

Sullivan Community Newsletter

Vol 40 No. 3

Sullivan, NH

November – December 2020

GENERAL ELECTION DAY – November 3

Masks, please.

Voting will take place at the Sullivan Town Hall on Nov. 3 from 8am to 7pm. Remember to bring your photo ID! If you are not registered, you may register at the polls – bring proof of residency, age, citizenship and a photo ID.

If you have any doubts about the safety of voting in person, please take advantage of the absentee ballot. You are permitted under the new rules to use Covid-19 as a reason to request an absentee ballot. Absentee ballots are available from Town Clerk, Mary Hull. Stop by the Town Hall during regular office hours or call 847-3316 for more information. Note: The Town Clerk's office will be closed on Election Day.

**SAMPLE BALLOTS ARE POSTED ON THE TOWN WEBSITE
AS WELL AS AT THE TOWN HALL, LIBRARY & POST OFFICE!**

<https://townofsullivannh.com/>

Not registered to vote? You can register anytime with the Town Clerk, on Election Day or with the Supervisors of the Checklist who will be in session at the Sullivan Library on Saturday, Oct. 24 between 11 and 11:30am for additions and corrections to the checklist for the November General Election. Bring proof of residency, citizenship & a photo ID.

HOLIDAY EVENTS IN SULLIVAN – Happening or cancelled?

SANTA DAY IN SULLIVAN – May be HAPPENING - December 5



The Friends of the Sullivan Library are hoping to hold Santa Day on December 5 from 1-3 pm outside the Town Hall. Please wear face masks and dress warmly. As usual, gifts will be available for 25¢ to purchase for family and friends. Wrapping paper and bows will be provided for people to take home. This event is dependent on the status of the COVID-19 virus at that time and the weather. Please call 847-3271 or 847-3477 on Friday evening, December 4, to see if Santa Day will be held. The snow date will be December 12, same time and place.

COUNTRY CHRISTMAS CRAFT FAIR – CANCELED – We're looking forward to seeing everyone next year!

CHRISTMAS POTLUCK DINNER – CANCELED; due to COVID-19 precautions and there were no suggestions for an alternative program.

**Merry Christmas to all Sullivan residents
and best wishes for a Happy New Year
from the Recreation Department**

CHRISTMAS EVE CANDLELIGHT SERVICE – HAPPENING – Dec. 24 – Bundle up and join the Sullivan Church for a 6:30 pm carol sing with a short message from Pastor Chris outside among the luminaries. Watch for more information around town as the date gets closer. Masks and physical distancing, please. Mark your calendar for this holiday happening!

VOTING NOTES FROM MODERATOR CHRIS PRATT
Please read, if you did not vote in the September Election

As you probably know, elections this fall are like no others. There have been a lot of issues raised as to the safety of voting and whether or not the State of New Hampshire is ready for the 2020 season. The answer is “yes”. Your town election officials have been attending a number of “Zoom” classes over the past few months, and we can say with some confidence that we are as prepared as we are ever going to be.

As September voters know, because of Covid-19, the town polling place was redesigned for the Primary Election. We will use the same procedures for the November Election. The new traffic pattern is designed to keep voters a safe distance apart and ensures that you will be able to move in and out of the building as quickly and efficiently as possible.

Voting In-Person:

- Entrance will be through the “handicapped” door which faces Centre Street.
- Exit will be via the side door which faces the parking lot.
- Please have your photo ID out and ready to present before you enter the hall.
- 6-foot markings will be placed along the route. Please use them as a guide for proper distance.
- Please wear a face mask. If you do not have one, one will be provided.
- At the door, voters will be greeted by the Town Clerk and an Assistant Moderator. They will assist you with a face mask if you do not have one. They will provide you directions to navigate the tables.
- If you are not sure if you are registered to vote, ask the greeters. They will have copies of the voter list. If you are not registered, you will be directed to the Supervisors of the Checklist.
- The check-in and check-out procedure will be the same, but the tables will be rearranged.
- Voting will take place in the booths, but because of social distancing, only two booths will be available. Voting screens will be set up along the far wall as an alternative.
- When you have completed your ballot, go to the check-out desk and then to the Moderator to cast your ballot.

TOWN HALL HOURS

The Administrative Office at the Town Hall is open to the public on Tuesdays, Wednesdays and Thursdays from 10am to 2pm. Selectmen’s meetings are held each Monday at 6:30 pm – please call or email ahead to be put on the agenda.

The Town Clerk’s office is open Tuesdays, Wednesdays and Thursdays from 10am to 2pm. It is also open on the **second and last Thursdays** of the month from 6pm to 8pm. Note: Thanksgiving and Christmas Eve fall on the last Thursdays in November and December, so the clerk’s office will be open only one evening during those months.

Phone: 603-847-3316

E-mail: townofsullivan@myfairpoint.net or sullivantownclerk@myfairpoint.net

What’s Going on in Town?

Check the **town website**: <https://townofsullivannh.com/>

And these **Facebook pages**: Sullivan-NH-Fire-Rescue; Sullivan NH Community; Sullivan Public Library;
Sullivan School District; Sullivan UCC

We're in Trouble and Sullivan Needs You to Step Up!

Submitted by: Marsha Cook, Selectman

Hi there. I hope you are planning to vote on Nov 3rd. I have always looked on voting as my duty. And, it is an opportunity for me to thank the men and women in town who work so hard to ensure the integrity of the process.

Once the November election is over, your town government will be hard at work. The selectmen and all the other commissions and departments in town, as well as the school district, will be working on their budgets for the next year. When they are all put together and given to the town budget committee, they will be reviewed individually. At the same time, we will be putting together the town warrant for the March town election and meeting. That's when the residents of town vote to authorize the budget and ordinance amendments in the warrant for the next year. Remember, you are the legislative body, not the selectmen.

The selectmen, along with all the other town and school officials together, have the responsibility to take in revenue, oversee spending, maintain & improve infrastructure, respond to emergencies and carry out the ordinances in service to the residents. For the most part, our town runs pretty darn well, and we can be proud of that. Like it or not, the town government, and schools, are important to every single person who lives here in one way or another. But it doesn't all keep running by itself!

I'll come out and say it. We need help! Most of the people who work for the town are volunteers (as in "working for free"), and many are on more than one committee or board. A lot of us are retired and need or want to spend less time on town responsibilities. We need new people to run for selectman, sit on the planning board, help the cemetery committee, help us get much-needed broadband, all kinds of things.

Every year we beg people to take on a selectman position or perhaps join other committees that have fewer people than they need. So, I am going to start begging early this year. Attend some selectmen's meetings; take the fear out of it. See where your money is going and how decisions are made. Many interesting problems fall into our lap. But, working with your fellow selectmen, you figure it out. Go to a planning meeting and see how a driveway is planned or an ordinance is drafted. The Conservation Commission is doing good work and could always use help.

Come on and see what might interest you. Talk to your friends and neighbors about what you think the town needs to make it better and help make it happen. Don't keep ideas to yourself. Bring them to the selectmen for discussion. We have a town Broadband Research Committee as a result of just that process. Look for notices for public hearings on various issues and come and give your input. The more hands we have, the lighter the load. But, you have to make the commitment, if it is going to work, and that sometimes means putting your personal time aside for the greater good. Just being honest here. Bottom line, if any of the folks carrying the load now stop being able or willing to do that, we won't have a town anymore. If we had a few people in training with some of these jobs, it would be easier on all of us.

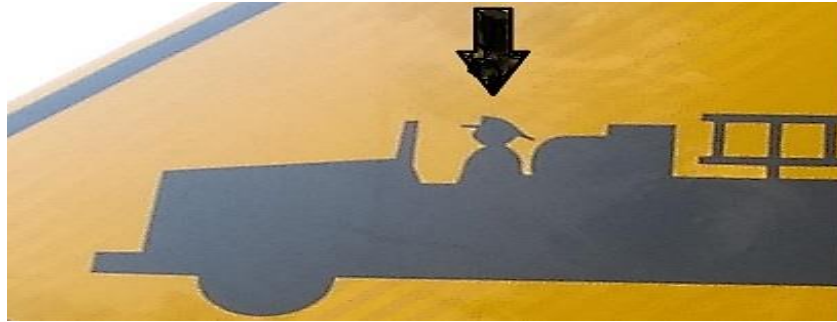
And, there are opportunities for you to help the town in other areas. At Town Clean-up Day each spring, we pick up roadside trash, get a free lunch and have a chance to visit with other townspeople. It's actually fun. Help the Trails Committee clean up Jewett Park or other trail areas. You can start small. Do something and share it with your neighbors on social media: clean up around a stone wall on your own property and post a picture; plant some flowers and take a picture of the happy bees that visit, take down old barbed wire and post a game-cam picture of wildlife exploring the new path, pitch in to help somebody. Community connections are our foundation.

Learn what it takes to run our town. Help keep Sullivan the town we love.

Interested in Faster Internet?

The selectmen have recently created a Broadband Study Committee chaired by Mike Brooks. The committee is researching various possibilities for Sullivan, including costs. Everyone should have received a survey in the mail a short time ago regarding internet use in town. If you did not receive one and are interested, go to the town website <https://townofsullivannh.com/>. On the home page click on "Sullivan Broadband Survey". They are working to satisfy households needing much higher speed for students, home businesses, etc., as well as taking into consideration the households that are happy with what they have.

Do you have what it takes to be this awesome dude?



Here are some facts about the Sullivan Volunteer Fire Department:

Roughly a third of the department lives out of town.

There are currently 10 people active on the department. (That is bad!)

The average mean age of the department - 40 (That is really bad!!!!)

Your local fire department needs your help. As you can see, we are in serious need of more members, particularly “young blood”. What we do is physically demanding. Even though some of us old fogies can do the job, sometimes it is better to let a “20 something” do it.

Of course, it would be great to have people join the department who are already firefighter and EMS certified, but that **is not** required. For those who join and wish to, training for certification is available. Even without certification, there are numerous support roles that need to be filled on the fire scene. Roles like traffic control, communications and accountability. To fill these roles with support personnel allows certified firefighters to more effectively do their jobs.

Do you possess skills that we are looking for to make us a more effective department? Some of those skills and professions include but are not limited to:

- Doctors, nurses, and medical technicians.
- CDL drivers and heavy equipment operators.
- People in construction fields, particularly people with knowledge of structural engineering, electricians, and plumbers (we get a lot of calls for electrical problems and leaky pipes).
- People who work in forestry and tree service fields.
- People with working knowledge of pumps and generators.
- Last but not least, if all you do is “pick things up and put them down”, oh boy, do we have a job for you!

But wait, there’s more! If getting up in the middle of the night for horrible pay (see volunteer) is not your thing, we hold several non-emergency activities and fund-raisers where we are always looking for help. These include the Memorial Day yard sale, the open house BBQ and the Warden’s dinner to name a few.

For those who are interested, stop by the fire station any Wednesday night between 7PM-9PM except for the 3rd Wednesday of the month (that night we do EMS training in Nelson). Hope to see you there.

BRUSH PILE TO BURN THIS WINTER? Yes, you will need a permit.

Fire Permit Regulations can be found on the town website under “Fire and Rescue”. At the lower left of that page you will find the link to detailed regulations and the names and phone numbers of Sullivan’s Fire Wardens, who issue the fire permits. Permits are required for all outside burning except gas grills or charcoal fires up and off the ground.

From the Archives

by Chris Pratt

Traveling along Centre Street from Route 10, one comes to the sharp curve near Jenkins Lane. If you are not in a particular hurry, and you slow down in order to meet the curve, you may notice that you are passing by what seems to be a very complicated intersection involving four different roads. At Jenkins Lane look to the right and you may be able to see a double stonewall that is heading up a steep rise.

That road (as well as Jenkins Lane) is part of the first highway in Sullivan. Called the Gulf Road, it was laid out by the town of Gilsum in 1771 to connect their southern lots to the meetinghouse in Gilsum. I have written about the road before and described how it meandered through town and forms portions of our modern highway system.

In this case, the Gulf Road used what is now the beginning of Jenkins Lane, went up the hill and descended the hill to pass onto what is now Centre Street roughly where the driveway for 697 Centre Street is today. The road provided access to lot 4, range 7 of the Gilsum Plan. The western end of the lot went through a number of different owners until it was finally settled by Stephen Belding in 1790. The cellar hole for the house is still there. Belding sold the farm to Philip Proctor in 1794 and the Proctor family worked the land for two generations—raising 8 children per generation. The farm was sold out of the family in 1861 and 1862. The new owners removed the buildings a few years later.

In this part of town modern Centre Street does not appear until the layout of the West Road in 1839 along the modern right of way. The West Road was a major improvement over the many, often circuitous routes to get from Sullivan Center to Keene. The hill by the Proctor Farm was bypassed using the current route. However, avoiding the hill meant creating a sharp curve that is still there today. That was an acceptable tradeoff in the 19th century. The horse or oxen teams had a much lower grade and could easily negotiate the curve. The remaining road was called the Proctor Road and remained a public highway until it was discontinued in 1851.

Returning to the intersection of these three roads, we find a fourth road. As one proceeds around the sharp curve this road goes straight while Centre Street curves to the right. This is called the New Road and its story begins in 1877.

While it may be a little difficult today to appreciate why it was built, we have to understand that getting from different parts of our town to other places in 19th century was an arduous process for people and their horses. A person in the northern part of town who wished to go to Keene had a number of choices, but all involved steep grades. Once the West Road (completing modern Centre Street from East Sullivan to Beaver Brook) was built, a much easier grade was available. However, to get there meant going up a steep grade to Sullivan Center. In reverse, people living on the west side of town had similar problems getting to Gilsum.

On 13 May 1877, a petition was presented to the Sullivan Board of Selectman to lay out a road that would connect Gilsum Road to Centre Street by taking advantage of a relatively easy grade and no stream crossings. In addition, the road would be almost a straight line for a distance of a little over a mile. The connection on Gilsum Road was near the District #5 Schoolhouse (now the entrance to the Allison Nims Piper Forest).

There was some opposition to having a new highway in town. Standards for roads were improving and the old system of having gangs of volunteers grading roads with shovels was fading in favor of paid workers supervised by road agents. Thus, cost was something to be considered as well as need. The northern and western parts of town were our least populous sections and local politics probably added to the disagreement.

At any rate, it was not until 1886 that the Board of Selectmen finally laid out the road. The controversy seems have continued, however, as it was not until the town meeting of 31 March, 1888 that the road was accepted. Perhaps as a reflection of the controversy the road was not named after a person or a geographic characteristic. It was known as the North Part Cut Off Road or more simply the New Road.

The road continued in use for a number of years although no farms were built on it. In addition to being a connector road it also provided access for property owners to extract timber. In the 20th century cost considerations began to become more important and roads that were little used were subject to discontinuation. The town meeting considered many of our original highways over the years and in 1953 the New Road came up. Perhaps because it still had some use and access to timber was still needed, the meeting voted to discontinue the New Road but make it a class VI highway. That relieved the town of maintenance costs while maintaining public access.

So, the next time you go through the intersection I have described, take a moment to look for the four roads—Jenkins Lane, Centre Street, Proctor Road and New Road. While the modern highway may be annoying because of the sharp curve, it forces us to slow down and take in a lesson in local history.

"LIBRARY FOOTNOTES"

- It's hard to believe that the year is drawing to a close. I think I've just heard a collective "Whew" floating out there over the town of Sullivan. This past year has been one of challenges for all. During the Covid-19 shutdown, I thought the library looked sad, missing its patrons, as I passed by. But, now we are back and our doors are open once again. It's nice to see so many faces smiling beneath the masks.
- As we reopened, certain protocols were put into place as the safety of our patrons is of utmost concern. So, we ask that patrons entering the library wear a mask. If you do not have one with you, we have a supply of disposable masks available on the circulation desk for your use, as well as disposable gloves. Hand sanitizer is also in plentiful supply throughout the library. A bin is available in the entryway for quarantining returning items. All returned items are quarantined for a minimum of three days and wiped down with disinfecting wipes before being returned to the shelf.
- The **Inter-Library Loan** system is back! The State of New Hampshire put the system back on-line at the beginning of October. As you can imagine, a collective sigh of relief was uttered by patrons and librarians across the state.
- Unfortunately, our book groups have been suspended since the early part of this year. Although we are all anxious to begin the groups again, we will be waiting until it is safe to do so. Even though we are not meeting, the following are **suggestions of book titles** by book group interest for those who like to keep up with the book clubs but cannot attend meetings.
- **Tuesday Book Club - Cooking:** *Half-Baked Harvest Cookbook* by Tieghan Gerard; *Betty Crocker's Lost Recipes*; *The Happy in a Hurry Cookbook* by Steve and Kathy Doocy; *Magnolia Table* by Joannan Gaines; *Dorie's Cookies* by Dorie Greenspan; *Keeping It Simple: Every Weekend One-Pot Recipes* by Yasmin Fahr; and *Home Cooking* with Trisha Yearwood.
- **Thursday Book Club:** *Transcendent Kingdom* by Yaa Gyasi; *When Time Stopped* by Ariane Newman; *The Book Woman of Troublesome Creek* by Kim Michelle Richardson; *Galileo's Daughter: A Historical Memoir of Science, Faith and Love* by Dava Sobel; *Love, Life, and Elephants: An African Love Story* by Dame Daphne Sheldrick; *Devil in the Grove: Thurgood Marshall, the Groveland Boys, and the Dawn of a New America* by Gilbert King; *Shooting Victoria: Madness, Mayhem and the Rebirth of the British Monarchy* – Paul Thomas Murphy; and *Mauve: How One Man Invented a Color that Changed the World* by Simon Garfield.
- **Saturday Book Club:** *Never Have I Ever* by Joshilyn Jackson; *The Vanished Bride: a Bronte Sisters Mystery* by Bella Ellis; *The Summer House* by James Patterson and Brendan DuBois; *All the Devils Are Here: an Inspector Gamache Mystery* by Louise Penny; *The King's Justice: a Maggie Hope Mystery* by Susan Elia Macneal; *A Deadly Chapter: Secrets of the Castleton Manor Library* by Jan Fields; and *How to Knit a Murder* by Sally Goldenbaum.
- **Tuesday/Saturday Book Club Crossovers:** You may be surprised how many mystery stories revolve around food – or maybe not. Some suggested titles with delicious recipes included are: *A Key West Food Critic Mystery* series by Lucy Burdette; *The Hanna Swenson Mystery* series by Joanne Fluke; *Aunt Dimity* series by Nancy Atherton; *A Southern Chocolate Shop Mystery* series by Dorothy St. James; and *A Crackleberry Club Mystery* series and *A Tea Shop Mystery* series both by Laura Childs. As an avid mystery fan and an avid cook, I can give a thumbs-up to most of the recipes in these series.

- The “**Conversation Café**” has been meeting since September from approximately 9:30 – 11:00 am. The hardy group has been meeting outside the library. The group welcomes you to bring a chair and a cup of coffee and add to the conversation. If you have a pick-up truck, you could be a trendsetter and start a tailgating party at the library.
- Even in the midst of this pandemic and all the worry it has brought, our faithful patrons are still thinking of the library. We are ever mindful of their kindness through donations and volunteering efforts. So, it is fitting that we acknowledge them here. A heartfelt thank you from the trustee’s and the librarians goes to: Wendy Bolles, Becky Cummings, Virginia Howard, Nancy & David Jakway, Peter Miles, Gaynelle Pratt, Janet Walters, Anne Pinard, Scott & Val Woods and Virginia Yawarski

Curbside pick-up is still available! Can’t get into the library during regular hours? Don’t feel comfortable going into public buildings? Call or email the library and Dott & Paulette will be happy to leave your books at curbside for you to pick up when it’s convenient for you! 847-3458 or sullivanpubliclibrary@gmail.com

Follow us on Facebook: <https://www.facebook.com/Sullivan-Public-Library>

Wishing everyone a wonderful holiday season! Stop by soon and check us out,
Dott Miles & Paulette Tuttle, your librarians

Friends of the Library

Due to COVID-19, the Friends of the Sullivan Library will have no regular meetings until further notice.

Public Notice

The Sullivan Public Library Board of Trustees will hold their monthly meetings on November 12, December 10, 2020 and January 14, 2021 at the 3:30 PM at the library. The purpose of the meetings will be to formally receive any donations, hear reports, and conduct any business related to the administration of the library. As always, the public is welcome.

CHRIS PRATT & SON, GREG, STAR IN A SPOOKY TALE!

The Edge Ensemble is committed to keeping the arts vibrant. At a time when live theater is not possible, they will create video productions featuring their ensemble members. The second video production of the FALL 2020 season is "Spooky Tales of Edgar Allan Poe," which premieres on YouTube October 16 and will be available to view through October 31. The tale that Chris and Greg are in is “Murders in the Rue Morgue”.

The first on-line Edge production, "The Diaries of Adam and Eve," has been extended through October 25. You can watch both videos on line at <https://www.edgeensemble.org/videos> .

Please know that producing plays, live or online, during COVID-19 times is more challenging and expensive than ever! Help support the Edge by making a donation.

HCS Offers Poinsettias to Support Care in Our Region

The 25th Annual Poinsettia Sale to benefit Home Healthcare, Hospice and Community Services (HCS) will be happening in November and the beginning of December 2020. Plants will be available at the HCS offices in Keene and Peterborough. Proceeds from the sale benefit HCS home care and hospice services provided in southwestern New Hampshire communities. The poinsettias are local – grown right here in New Hampshire! These beautiful plants make great holiday decorations and gifts!

Poinsettias are available in red, pink and white and in three sizes: a single stem plant in a 6” pot with 6 to 8 blooms (\$12); a double stem plant in a 7” pot with 12 to 15 blooms (\$20); and a triple stem plant with 20 to 25 blooms (\$30).

Orders must be received by Thursday, November 19. Orders may be placed online at www.HCSservices.org or printed forms may be mailed. To print an order form, or for details on delivery dates and pick-up options, visit www.HCSservices.org . For more information or to request an order form be mailed to you, 352-2253 x4291 or email poinsettias@HCSservices.org.

SULLIVAN SCHOOL NEWS

From Nelson School...

We have had a successful start to the year with our hybrid opening. One cohort (group) attends school in person on Mondays and Thursdays and the other on Tuesdays and Fridays. We also have a cohort who have chosen the remote option. We are very fortunate to be 1:1 with Chromebooks. Each student has a Chromebook assigned to them that they bring back and forth between home and school. Remote students picked their materials up the first week of school and have their Chromebooks at home. Teachers and students are working hard to get routines down both in school and when at home. Instruction is happening for ALL students regardless of their school schedule choice. Our in-person students are getting outside many times a day. Our outdoor learning spaces are being used as well as the woods and sidewalks around our school. Work has even begun on our Otter Den outdoor classroom! Even though it has only been about a month, we are back in the swing of things, and it feels a bit closer to what we are used to. I have been able to watch in person and virtual lessons and am amazed at how our teachers have adapted to this new way of teaching. I saw students making lava using water and cornstarch in the classroom and then joined a virtual meeting where students were doing the same experiment at home! Our custodial staff is doing a great job keeping our school sanitized and in great shape. Overall, it is great to have students back, even if it's only a few days a week or through a computer screen.

Upcoming events of importance are:

11/9&10 - Picture Day

11/2 - Nelson School Board Meeting @4

Respectfully submitted,
Kelsey Kilburn, Principal

Sullivan School District...

After a delay in the start of the school year to allow teachers and schools more time to prepare due to Covid 19, students returned to school on September 10th. Most students are currently in the hybrid model going to school in person 2 days a week and doing remote learning the other 3 days per week. About 20 percent of students have remained fully remote. Teachers have had to adapt to teaching both in person and remotely, as well as to the new safety protocols in school. Hybrid students have adapted to new rules at school with mask wearing and social distancing while also changing from in person to remote learning. Remote students continue to adapt to online learning and decreased social interactions with peers. Parents continue to support their students learning at home, making sure they are doing their work and teaching students when they do not understand the material. Many of them do this while simultaneously working from home. The Sullivan School board would like to give our appreciation for all of the hard work our teachers, students and parents are putting in during these unprecedented times.

Thank you, Malinda Sherpa for the Sullivan School Board

Wellness Massage for Pets

When: Saturday, October 31

Time: 10am - 2pm

Where: Monadnock Humane Society, 101 W. Swanzey Road, Swanzey in the spacious Guinane Training Center (plenty of room for social distancing)

To Register: Contact April Begosh, 603-674-1176, april@healthypetsnh.com, or go online.

Course Fee: \$60 per person (a portion of proceeds will be donated to MHS)

For years, people have used massage to reduce stress, alleviate the aches and pains of everyday life, increase flexibility and to simply improve their overall wellness. Our pets can benefit from wellness massage in the same way. This class will teach you how to massage each part of your pet's body with the intention of keeping them happy and healthy. To learn more, please visit www.healthypetsnh.com. To learn more about Monadnock Humane Society, please visit www.monadnockhumanesociety.org.

Make Sure Your Animals are Good Neighbors, too!

Do you perhaps have dogs or farm animals that are tethered or fenced in close to a neighbor's property? If so, are they an asset to the country character everyone loves or are they perhaps a nuisance? How do your neighbors see your animals? Check with them – your animals will thank you, they want to be good neighbors, too!

RECIPE CORNER

by BJ Wahl

The next few issues of the newsletter will feature recipes that are plant-based. Many people today have become vegetarians or vegans, and even more are thinking about it. It's hoped you may find a few recipes here you would like to try.

Plant-Based Eating

People all over the world are trying to eat more plant-based meals, or even eating completely plant-based. They do this for 3 primary reasons: for their own health, for the health of the environment or for animal welfare. For this issue, we'll discuss human health. You've probably heard about some of the primary health benefits of eating fruits, vegetables and grains, which lowers blood pressure and cholesterol and improves heart health. People who are diabetic have been able to decrease their medication and have even been cured when they switch to a plant-based diet. The risk of many types of cancer decreases by eating plant-based. Eating fruits and vegetables decreases your risk of dementia and cognitive impairment, strengthens your immune system, lowers inflammation, decreases the risk of osteoporosis and helps with weight control. One study found "that a plant-based diet lowers the risk of all causes of mortality by 25 percent."

If you would like to eat more plant-based meals, there are literally thousands of sites and recipes online to give you menu ideas. One of our favorite recipes is Cheesy Tofu Scramble. It uses nutritional yeast, which is not to be confused with the yeast you use for bread or with brewer's yeast. It consists of large flakes which taste like cheese and can be sprinkled on salads and is used in many vegan dishes. You can find it in the baking aisle at local grocery stores (bags or jars) and/or with Bob's Red Mill natural foods.

Cheesy Tofu Scramble

Prep Time: 5 minutes Cook Time: 10 minutes Servings: 2-3 servings

INGREDIENTS

¼ cup non-dairy milk, unsweetened or plain
2 Tbs. apple cider vinegar
2 Tbs. soy sauce or tamari
½ cup nutritional yeast
1 ½ tsp. paprika, smoked paprika or chili powder
1 pound firm tofu, drained, sliced and squeezed on towel (to remove most of the water)
Salt and pepper, to taste
1 Tbs. oil

DIRECTIONS

1. In a small bowl or measuring cup, mix milk, apple cider vinegar and soy sauce. Add nutritional yeast and smoked paprika.
2. Heat oil over medium heat. Crumble tofu into small pieces into oil and cook for about 4 minutes, scrambling tofu in pan.
3. Pour in the liquid mixture and continue to cook until all the liquid is absorbed, a couple more minutes. Salt and pepper to taste. Add hot sauce, if desired.

CHESHIRE COUNTY CONSERVATION DISTRICT GOES VIRTUAL!

Celebrate 75 years of Conservation with us!

This year, in light of the ongoing COVID-19 pandemic, the CCCD has decided to host our **75th Annual Meeting** virtually, online. Please save the date: Tuesday, October 27th at 7pm. To join us online for this virtual celebration, please register online ahead of time! <https://www.cheshireconservation.org/> Register Now!

History of agriculture, forestry, etc. by Alan Rumrill: Alan's talk will share stories of changes and developments in agriculture, forestry and land conservation in Cheshire County over the past 75 years. Alan is an engaging speaker who has a wealth of knowledge about Cheshire County's past. He is a native and current resident of Stoddard, NH where his family has lived since 1770! Alan has also served as Executive Director of the Historical Society of Cheshire County since 1983.

Needed: Old photos taken in Cheshire County that depict aspects of forestry, agriculture and land-use. As part of this year-long celebration, we would love to collect county photos depicting conservation over the last 75 years. We're most interested in photos that depict aspects of forestry, agriculture and land-use. Do you have a historic photo to share? Old, historic, photos can be shared to lola@cheshireconservation.org - please include a description of the photo. Contact the Cheshire County Conservation District at 603-756-2988 x4 with questions or for additional information.

JUSTICE of the PEACE
and
Notary Public
Mary Hull 847-9718

**SULLIVAN CONGREGATIONAL
CHURCH**

Sunday service 9:30 am
Pastor Christopher Cornell
Phone 852-0895
Facility Rental: Chip & Kathy Woodbury (357-3445)

**Buy or sell real estate with your neighborhood
REALTOR**

357-3035 x 20 & 209-4151
Stephanie Jacques, Associate Broker
Greenwald Realty
18 years experience selling real estate in the
Monadnock Region

OTTERBROOK CONSTRUCTION

847-9673
PO Box 203 Sullivan NH
Building & remodeling
Free estimates/consultations
All phases of construction
Earl Creasey

NH PIONEER CHIMNEY & HOME REPAIR

Route 9 Antrim
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<https://www.cvtc-nh.org/>

[If you can volunteer some of your time, we can
always use more drivers!](#)

ANGEL WING FARM STAND

The crew at Sullivan Center for Sustainable Agriculture would like to thank everyone for helping our 2020 season be so successful. Although the farm stand at Angel Wing Farm has officially closed for the season, we will have occasional "pop-up" markets, when we have cool stuff available from our greenhouses. Many of our past customers, neighbors and friends know that we have spinach, arugula, onions, garlic, oranges, Meyer lemons and fresh ginger which is harvested throughout the fall and winter, depending on the crop. To know more about the winter markets, check us out on

Facebook or go to our website.

Steve, Rich & Carol Sullivan

Visit us on Facebook at

<https://www.facebook.com/AngelWingFarm>

Go to our website for market updates

<http://sullivancsa.com/>

Veteran's Appreciation Month a Success!

This year's Veteran Appreciation Month, sponsored by the Cheshire County Conservation District, at the Keene, Jaffrey and Hinsdale Farmers' Markets turned out record numbers of veterans, and thus record numbers of fresh local food purchased from area farmers' markets! We served over 150 individual veterans through the program this year and gave out THOUSANDS of dollars in food vouchers! A direct support to our local veterans AND local farmers!

We'd like to thank our partners at the Farmers' Market of Keene, the TEAM Jaffrey Farmers' Market and the Hinsdale Farmers' Market, as well as our funders at the Cheshire Medical Center for Population Health.

SULLIVAN NEWSLETTER

PO Box 110

Sullivan, NH 03445

POSTAL PATRON
SULLIVAN, NH 03445

TOWN PHONE NUMBERS

Town Hall 847-3316

Town Highway Dept. 847-3366

Fire Station 847-9020

Sullivan Library 847-3458

Sullivan Post Office 847-9720

Nelson School 847-3408

Keene Middle School 357-9020

Keene High School 352-0640

Sheriff (non-emergency) 352-4238

NEWSLETTER INFORMATION

The Sullivan Newsletter is published 6 times a year. It is mailed free of charge to Sullivan residents and interested landowners/taxpayers. Subscriptions are \$5 a year for non-taxpayers. Classifieds are \$10 a year; \$2.50 per issue, \$45 per full page or \$25 for ½ page. Make checks out to Sullivan Newsletter. Mail to PO Box 110; Sullivan, NH 03445 or drop it off at the town hall with town clerk Mary Hull or administrative assistant. **Deadline for the next newsletter is 20 December.** News items may be left in the Sullivan Library Book Box, mailed to PO Box 110 Sullivan 03445 (labeled Newsletter) or e-mailed (preferred) to:

bcummings@myfairpoint.net

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