

Sullivan Community Newsletter

Vol. 42 No. 1

Sullivan, NH

July – August 2022

PIZZA NIGHT FUNDRAISER FOR SULLIVAN FIRE DEPARTMENT

Orchard Hill Breadworks – Tuesday, August 2

See inside for all the details!

SOME SUMMER FUN!

SWIMMING:

Otter Brook & Surry Dam – Open daily at 8am – no fee. Carry in, carry out trash. There are no life guards; it is a swim at your own risk facility. Beach advisories may be posted at any time due to water quality issues.

For more information call the Otter Brook Lake & Surry Dam office at (603) 352-4130.

Wheelock Park and Robin Hood Park in Keene are both open to the public. Note: Fees apply – see the website for complete information. The pools are open from June 13th - August 18th:

Monday - Friday 1:00 - 6:45 PM

Saturday & Sunday 12:00 - 5:45 PM

Swimming lessons are also available, but classes fill quickly. Check the website for all the details.

https://www.canva.com/design/DAEfyF4ctk4/52L0MtSF2PrNZ-iUj_kYA/view?website#4

Keene Wizzarding Week - July 27th-July 31, 2021

Downtown Keene transforms into all of the favorite destinations in Diagon Alley! Each year Downtown Keene takes on an entirely new look to appease all you Witches, Wizards and Muggles alike.

TOWN FOOD PANTRY SCHEDULED TO OPEN TWO NIGHTS EACH MONTH

The Sullivan Food Pantry, located in the rear, lower level of the Sullivan Congregation Church, will be opening on the second and last Thursdays of each month from 5:30 – 6:30 pm, starting in August 2022. The dates for August are August 11 and August 25. Any town resident may stop by and pick up food and paper goods. If you would prefer home delivery, please contact the Town Hall (603-847-3316) or Gaynelle Pratt, Food Pantry Coordinator, at 603-847-3271. If you, or someone you know is in immediate need, feel free to call anytime. Donations of paper goods or non-perishable food for the pantry may be left at the Sullivan Post Office, the Town Hall or the Library. Many thanks to all who support the pantry!

WHAT'S INSIDE THIS ISSUE?

Sullivan Archives, Movies Under the Stars in Keene, Meet Your Neighbor, more summer fun, NH Fairs & Festivals, information on heat stroke, gardening ideas, hazardous waste dates and much more!

GRASS CLIPPINGS & LEAVES BLOWN IN THE ROAD ARE DANGEROUS!

Residents are encouraged to think twice before blowing their grass clippings and leaves into the road - please don't do it. When the clippings and leaves get wet from rain, dew, etc., they become extremely slippery, causing unsafe riding conditions for motorcyclists, cyclists and even vehicles. Wet leaves and grass can be **as slippery as black ice!**

“Library Footnotes”

Sullivan’s Big Free Library...

Welcome to Summer, and welcome to the **Sullivan Public Library’s Summer Reading Program!**

The Collaborative Summer Library Program is a national program – libraries all across the country participate each year. We are excited to participate with this year’s theme of “**Oceans of Possibilities**”. Think sea creatures, coral reefs, beaches and seashells! We’re pleased to present a series of crafts, story time and competition for the whole month of July.

Sullivan is entering into a friendly competition with the towns of Gilsum and Surry to see which town can read/listen/be read the most books. Reading materials will be weighed each week, ending on Thursday July 28th. The town with the winning weight will host an ice cream social on Saturday, July 30th. All reading program participants and their families are welcome to attend. Readers of all ages are encouraged to join and help Sullivan win. Any library book listened to or read by any Sullivan resident and relative counts - let’s get started and win the coveted ice cream sundae trophy!

Be sure to check the Sullivan, NH Community and Sullivan Public Library Facebook pages to see the calendar of events for every Saturday in July. We look forward to seeing you and winning that trophy!

Some new books that we’d like to highlight are:

Flowers of Darkness by Tatiana de Rosnay

Lady Killer by Lisa Scottoline

The Vanishing Half by Brit Bennett

The Night She Disappeared by Lisa Jewell

We want to extend a special thanks to everyone who has donated their time and materials to us!

Your Librarians,
Paulette Tuttle and Sara Bolduc

Public Notice

The Sullivan Public Library Board of Trustees will hold its monthly meetings on July 14, August 11 and September 8, 2022 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.

The Little Free Library on Centre St...

The little library on Centre Street is doing well. I have a surplus of books to restock and rotate. I want to thank anyone who has donated books - often I find great reads for myself in there. It is a wonderful opportunity to share our books with everyone who loves to read as we do. Stop by anytime, grab a book, say hello. Clover is always looking for new playdates if you have a puppy, Echo is gentle with the little pups too. They do love to watch (and bark) at anyone who goes by, but they are very gentle, stop by to meet them. Over the summer look for activities and prizes randomly in the free library, for no reason whatsoever. Just enjoy them. Send me your thoughts on a rock painting event this summer. rondeauecho@gmail.com or on Facebook - Tammy Rondeau

A new Little Free Library on Valley Road...

Sullivan’s second Little Free Library is now open! Located on the section of Valley Road between Centre Street and Route 9 (formerly known as “the bridge detour”), the book-sharing box contains books for all ages! The other book box can be found across from the Sullivan Post Office. Both boxes are registered with Little Free Library and are pinned on their world map.

The rules are simple: take a book, share a book. You can return a book to any Little Free Library or pass it on to someone else. Book donations are welcome, too. Whatever you do, spread your love of books and reading! The world map and more about Little Free Libraries can be seen here: <https://littlefreelibrary.org/ourmap/> Happy Reading! - The Pinard Family, 426 Valley Road

From the Archives

by Chris Pratt

A few weeks ago, I drove by what was known as the Pannadue Block on Main Street in Keene. It had been heavily damaged by a fire that destroyed the Cobblestone Ale House and did heavy damage to the other shops and apartments in the building. The damage was too great and the building was being torn down. I watched an operator move his backhoe about scooping up the debris as he tore into the walls. With each “bite,” the machine could swing easily to the left or right and drop the load on the pile. A thumb on the bucket allowed the operator to grab piles of rubble and stack them neatly. The technology involved with such a machine is part of everyday life on construction sites. The credit for invention goes to a man named Vaino (pronounced Wayno) Holopainen who lived in Sullivan from 1963 to 1979.

Vaino John Holopainen was born on 16 September 1918 and grew up on his family’s farm in Hubbardston, MA. He worked as a truck driver and in a rattan chair factory for a few years. He was one of those people who liked to tinker with machinery in order to understand its function and improve it. At some point, he became interested in hydraulic systems to manipulate the parts of a machine. The principles of hydraulics had been around since the 18th century, but in the early part of the 20th century they began seeing more use in machinery. Hydraulic fluid is placed inside a sealed system that includes a reservoir, controls and a cylinder containing a piston. The control valve is opened or closed to control the piston’s movements. The piston, in turn, manipulates arms that do the work.

Vaino Holopainen began by considering the main way machinery was used to dig holes and move dirt. These were sometimes called “steam shovels” even though internal combustion motors had replaced steam around 1900. The “shovel” or bucket scooped up the dirt from back to front—much like one would use a shovel to dig with. To deposit the dirt the machine used a series of gears and pulleys to turn the machine and deposit the load. This was fine, but not all that useful if one wanted to dig a trench. The most efficient way to do that was with a front to back motion—like using a hoe—which steam shovels could not do. Further, the machinery was usually quite large and not useful for a small construction company or to a farmer.

In 1947, Vaino formed a partnership with a man named Roy E. Handy, Jr. They built a machine that used hydraulics to manipulate a bucket that scooped dirt from front to back and then, through a series of torsion bars, turned the bucket to one side or another to deposit the dirt. All of that was mounted on the back of a Ford tractor which provided the power. Thus, the modern backhoe was invented. Their company was called Wain-Roy and they filed a patent on the device. Later, the Hough Company adapted the Wain-Roy patent to make a line of backhoes. Still later, the Case Company began using the technology on a dedicated power source instead of a tractor. Construction machinery was never the same again.

The Wain-Roy company continued to make its backhoes to be mounted on tractors and sold some 2500 of the devices over the years. They also made some other pieces of farm machinery as well as parts for backhoes. They later patented the “thumb” which fits onto the bucket. This device allows backhoes to pick up bulky items like brush, tree stumps, and construction debris and hold the load in place until it can be dumped.

Around 1960, Vaino began thinking about retirement. He had purchased an interest in a company called Channel Construction in Keene. He began looking around Cheshire County for a place to live and retire. He found the old White Farm at the end of White Brook Drive. He purchased the place on 30 December 1963 and lived here first as a summer home and then as a year-round residence. He called it the “Happy Farm.” His first marriage had ended in a divorce and on 10 October 1968 he remarried to Eila M. Maki. Both Vaino and Eila were fondly remembered in town.

For reasons not stated, the Holopainens subdivided the farm in 1979 and conveyed the house to a new owner on 28 June 1979. They eventually conveyed the balance of the subdivision to others. They moved to Moultonborough, NH, and later to Florida. Vaino died on 19 May 1995 and Eila died on 4 February 2006.

The invention of the backhoe is a good example of applying a known technology to a new use which is often how progress is made. I thought about that as I watched the backhoe taking apart the Pannadue Block and neatly piling the debris using the thumb. Thanks to Vaino Holopainen’s skill as an inventor, a job that would be dangerous to do by hand is easily taken care of by a single operator.

MEET YOUR NEIGHBORS

by Risa Keene
Can You Guess Who?

In 1934, a young couple bought a house on Centre St in Sullivan. According to the younger son, who was then a year old when the house was purchased, "It was an old wreck of a house!" The family bought the house to use as a retreat since their lives in Boston were very busy. They had two young sons, the wife was a nurse at Mass. Eye & Ear Hospital and the husband was a surgeon at Mass. General Hospital. Their friend, Ruth Cordingly had moved to Sullivan and urged them to buy the house.

The mother of the family had many skills atypical of a woman from Boston, because as a young adult, she had to take care of her dad and siblings after her mother died. She knew how to garden, raise animals and butcher them, too.

In 1938, the year of "The Hurricane," the younger son, who was then 5, recalls that his mom packed her two boys into the station wagon, along with goats, chickens and the boys' tricycles, to get them to a safe place. Centre St was a dirt road at that time, so you can imagine how messy it was. As they drove through Keene, the son remembers water getting onto the floorboards of the car. Their dad didn't know where they were for about a week.

In 1945 the family bought the parsonage, and the boys' paternal grandmother and great grandmother moved in after it was restored. Later in the 40's, the younger boy took the milk train, which stopped at every little town from North Station in Boston to Keene. He loved visiting Sullivan.

The family became friendly with Edward and Bessie Jewett. At that time, the 10-year-old enjoyed walking all over town with Clarence Jewett. He loved fishing at the Ellis Reservoir; at that time there was still water in it. When this child was in 4th grade, he had an arithmetic teacher, "Sir" Aldrich, who did NOT like the way his student solved his arithmetic problems, so he whacked the poor boy on the wrist with a yardstick and made him sit in the front of the room. That incident led to a math phobia which lasted all through college. The child's mother arranged for her son to be tutored by Elsie Jewett!

When the younger brother was about 14-years-old, Edward Jewett was unable to handle his horse-drawn mowing machine any longer. Since the boy's grandfather had been teaching him how to handle horses, this adventurous child took over the mowing. It was done with a 4-foot cutter bar! Once it was cut, Clarence would then throw the hay over so it wouldn't get all bunched up. The 14-year-old then took it back to the Jewett's place. Two years later, Edward bought a tractor, and that was the end of the need for the horses.

You may ask, "Who is this man?" Why, it's Roger Sweet. How lucky I was to have my second *Meet Your Neighbors* interview with Ann and Roger Sweet and how lucky Sullivan is that Richard and Betty Sweet bought that "wreck of a house," on Centre St.! The interview was fascinating!

When Roger was home from college during summer vacation, he worked with Don Warner from Nelson. Together they worked on cutting the grass with a scythe along 30 miles of state roads here in Cheshire County. A scythe is long-handled tool with a curved blade used for cutting grass. Some of the Warner boys collected old Fords, and Roger collected and fixed up Model A's. They had a wonderful time together comparing notes.

Ann and Roger met while in college. She attended Radcliffe, and he was a student at Harvard. Around 1954 Ann visited Sullivan for the first time, when she, Roger, and several of their friends went to hike in the White Mountains. They were married on June 9th in 1956. They just celebrated their 66th wedding anniversary. Happy Anniversary, you two!

After they married, Ann taught Ancient and Medieval History to 9th graders until the couple's children were born. Afterwards, Ann was a full-time at home mom who made sure that the family and home ran lovingly & smoothly. When her children were older, Ann was the Director of Alumni relations at the Harvard Business School for about 10 years.

Ann grew up in Rockville Center, NY on Long Island. She did not have much background in gardening. Her mother had a small Victory Garden, and as a child had grown up on a farm. Ann is now a Master Gardener, a fantastic cook, baker and very well read! Her gardens are absolutely beautiful! They contain asparagus from Betty Sweet's original asparagus bed and some purple raspberries as well.

As a young couple, Ann and Roger would frequently make visits up to Sullivan. In 1975, Roger's mother was robbed by the Troy Boys while living alone in the Centre St. home. They were a small group of young criminals from Troy. She was supposed to be at a meeting with Doe Walters and Persis Motter. Because she didn't show up Persis stopped by Betty's house and found her tied up with duct tape and badly bruised. Apparently, the Troy Boys had found out that the Sweets had many antique clocks, and they had come to steal them. Being a strong woman who didn't want to be taken advantage of, Betty confronted them with her cane! The Troy Boys were eventually caught after another break-in. Betty never returned to Centre Street to live in the house.

Roger has had quite a career in medicine. He was an internist at Mass. General Hospital, worked for the Public Health Service in Olympia, Washington, developed an internal medicine department in Charlestown, MA and finally was the medical director for Revere, Charlestown, Chelsea and Logan Airport medical clinics in Massachusetts. It is obvious he had a huge impact in all these places.

In high school, Ann developed a wonderful relationship with her English teacher. She looked up to this young teacher and was invited to spend a lovely day with her teacher in Greenwich Village, where the teacher lived. One of Ann's passions is reading. A highlight of her college career was meeting several well-known writers. Roger enjoyed May Sarton as his freshman English class teacher. She and Roger met and attended a literary discussion group with the elderly Rollo Walter Brown. Ann invited Robert Frost to speak at a Radcliffe fundraiser organized by May Sarton and she and Roger invited him to come to their apartment for breakfast.

When her children were young, Ann loved reading to them, particularly Robert McCloskey's books Make Way for Ducklings and Blueberries for Sal, which, Ann recalls, "took place in a berry patch very much like the one we have in Sullivan." As a young adult her favorite books were primarily 19th century novels from such well-known authors as Jane Austen, George Elliot and Charles Dickens.

Roger and Ann have always supported each other; Ann taking care of the children & home while Roger was busy with his medical work, and Roger supporting Ann with her passions and later her work from home. After retirement and they had moved to Sullivan permanently, they worked tirelessly for the Society for the Protection of NH Forests, led hikes for the Harris Center for Conservation Education, volunteered as land stewards for the Monadnock Conservancy, served on many town committees, attended CALL classes at Keene State College, became Master Gardeners, and, of course, they continue to enjoy their lovely home on Centre St together.

Thank you, Ann and Roger Sweet, for your time and sharing your fascinating stories with us all.

MEET YOUR NEW MAIL ROUTE DRIVER!

Hello Sullivan Community!

My name is Stephanie and I have lived in Stoddard for almost 5 years. I started my postal journey 3 years ago, and delivered to Antrim, Hancock and Bennington. Although I was sad to leave my previous customers, I am overjoyed to start this new journey with all of you! If you see me on the road, please wave or say "Hi!" I love dogs, so it's always a treat for me to see your fur babies!

MOVIES UNDER THE STARS AT THE KEENE RECREATION CENTER, WASHINGTON ST.

Note, you must register ahead of time, see below:

Dates for the movies in July are the 7th, 15th (this is a Friday) & the 21st and on August 4th. Special screening on Friday, July 15. (rain dates are June 30, July 28 and August 11. Special screening on July 15 will not be rescheduled)

Enjoy a free film (PG or PG-13) outdoors on the big screen with family and friends! Movies begin at dusk, but make sure you arrive early for the best viewing spots. Bring your blanket or lawn chair, food and drink. Alcoholic beverages and smoking are not permitted in the park. No pets! For the safety and comfort of everyone, please leave your furry friends at home. Restrooms are available.

FREE OF CHARGE, but you must register through the link below (this gives them a way to contact you if they need to reschedule due to rain or high wind).

<https://www.eventbrite.com/e/movies-under-the-stars-2022-keene-nh-tickets-339438518747> or google "Movies Under the Stars Keene NH". For questions, call 357-9829.

League of New Hampshire Craftsmen's Fair

Saturday, August 6 – Sunday, August 14, 2022; 10 a.m. – 5 p.m. daily

Location: Mount Sunapee Resort; Route 103 in Newbury, NH

More than 300 crafts-people showcase their work at the Craftsmen's Fair.

If it's made by hand, you can find it here. Jewelry, textiles, wood, furniture, glass, pottery and much more. More information: <https://nhcrafts.org/annual-craftsmens-fair/>

Mark your calendars – Country Christmas Craft Fair at the Sullivan Church – Saturday, Nov. 12.

Crafters – if you would like a table, contact Gaynelle Pratt at 603-847-3271.

PIZZA NIGHT FUNDRAISER FOR SULLIVAN FIRE DEPT.

Orchard Hill Breadworks – Tuesday, August 2

On Tuesday, August 2nd, the Sullivan Fire Department will be the beneficiary of Orchard Hill Breadworks, Pizza Night Fundraiser. The event runs 5:00pm-7:30pm.

Pizza night is a weekly celebration of food and friendship on the beautiful hilltop farm, at 121 Old Settlers Road in Alstead, NH. Join us on Aug. 2nd for an evening of live music, wood fired pizza and safe outdoor socializing, all while supporting Sullivan Fire Department. Orchard Hill Breadworks provides crusts (GF available) tomato sauce and cheese. Also available for sale are special toppings from local producers, house made green salads, fresh baked desserts and drinks.

To reserve your spot for pizza night, visit www.orchardhillbreadworks.com and click on the link on the home page. Reservations for our event begin Fri Jul 29, 1 PM - Tue Aug 2, 1 PM. Questions? For all other inquires, reach out to noah@orchardhillbreadworks.com or call the bakery at 603-835-7845.

Reservations are strongly suggested and can be made up to 4 days in advance. In the event that it has not sold out, space will be made for walk up guests on a first come, first serve basis.

WHAT TO BRING:

Payment (cash, check and Venmo)
Picnic supplies (limited table space available, bring something to sit on)
Utensils and dish ware (paper plates, cups and napkins are provided)
Bring any extra pizza toppings that you'd like to build your pizza

PROVIDED FOR YOU:

Pizza crust (regular and GF)
Pizza sauce and cheese
Toppings from pizza garden (some herbs and veggies may be available)

WHEN YOU ARRIVE:

Check-in
Arrive early to check-in (10-15 mins.)
All weather event; no cancellations

COSTS:

\$10.00 for 12"- PIZZA-CRUST
\$12.00 for Gluten Free PIZZA-CRUST
See you August 2nd at pizza night!!

WYMAN TAVERN BREWFEST - Saturday, August 6 from 1-5 pm, (12-1 VIP Entry)

This annual gathering features over 100 craft beers and ciders from the Monadnock region and throughout New England. Proceeds benefit the programs of the Historical Society of Cheshire County. Tickets are available online and at the gate for purchase (if not sold out). General admission is \$40 (\$45 at gate, if available). VIP Admission \$70.

For more information and tickets, go to: <https://hscconh.org/wyman-tavern-brew-fest-2022/>

NH FAIRS

Stratham 4-H Summerfest - July 16, 2022
North Haverhill Fair - July 27-31, 2022J
Cheshire Fair in Swanzey - August 4-7, 2022
40th Annual Hot Air Balloon Rally in Pittsfield – August 5-7
Belknap County 4-H Fair in Belmont - August 6-7, 2022
Cornish Fair in Cornish - August 19-21, 2022
Lancaster Fair in Lancaster - September 1-5, 2022
Hopkinton State Fair in Contoocook - September 1-5, 2022

Roadside Clean-up Total – Thank you all who helped!

620 lbs. – 4 tires

Earth Day in Sullivan

The First Annual Earth Day Celebration in Sullivan was a creative, fun, and enlightening success. The Conservation Commission hopes to organize a town celebration of Earth Day again next year. This year 14 posters were by folks in Sullivan. The poster creators drew on their skills as artists, painters, poets, scientists and collage artisans. They honored what Sullivan's natural environment provides them: gardening, maple sugaring, clean air and water, quiet, walking and hiking, clear night skies, camping, ponds and more. The posters were exhibited as they came into the library, and on town clean-up day were exhibited at the lunch at the church. After helping their parents on the roadside clean-up, Sylvia & Joel Burch drew new posters, read a poem and Joel told a story about the importance of bears. Chip Woodbury provided entertainment with a concert of songs related to the natural world. Next year the Commission hopes to collaborate with the school as plans are made.

Memorial Day 29 May 2022

By Paul Bolduc

It has been a number of years since Sullivan has held a formal Memorial Day Ceremony. This year James Devine (CWO-4, Army, Ret.) organized a remembrance at Sullivan's Soldier's Monument, putting it together using Facebook, his connections with various veteran's groups around Cheshire County and word-of-mouth. He was assisted by Sullivan resident SFC Kevin K. Wheeler, who is on active duty with the New Hampshire National Guard and assigned to the recruiting district centered at Hillsborough. The Swanzey American Legion provided the rifle squad and bugler. Jim was also assisted by his wife Robin Christopherson. He has helped organize such observances in other communities for many years.

The weather cooperated with a fine day and about 25 citizens attended. Veterans in the audience were invited to stand apart from the others in a line to the left of the monument. Jim opened the ceremony with some brief remarks and recognition of those who had assisted him, thanked the anonymous folks who had the monument professionally cleaned in Spring 2021, then led the group in the Pledge of Allegiance.

Rev. Christopher Cornell, pastor of the United Congregational Church of Sullivan, was invited to give the opening prayer.

Sullivan's unofficial town historian and archivist, Chris Pratt, then gave remarks regarding the history of the monument.

Pictures and a complete Memorial Day article, including the history of the monument, will soon be posted on the Archives page of the Sullivan town website.

2022 "CONCERTS ON THE GREEN" IN WALPOLE

For the 39th year, Savings Bank of Walpole is excited to sponsor the "Concerts on the Green" series in Walpole. All shows will be held rain or shine on Sundays from 6:30-8:00 PM. Pack a picnic basket, bring a blanket and/or lawn chair and enjoy the show! For more information, call (603) 352-1822.

SCHEDULE

July 10, 2022 Springfield Community Band
July 17, 2022 Nelson Town Band
July 24, 2022 The Temple Band
July 31, 2022 East Bay Jazz Ensemble
August 7, 2022 Brattleboro American Legion Band
August 14, 2022 The Residential Band

Found at the town hall around the end of May

Child's Mac-Tool black, hooded jacket with a red printed lining.

From Your Fire Department



Now that the weather has become warmer, and we have hidden the snow shovels and other winter gear from sight, it would be a good time to talk about heat injuries and their preventions. Heat injuries that are not identified and go untreated can be very serious, even fatal. The best way to prevent heat injuries is to be aware of your surroundings and take a couple precautions ahead of time.

First, let us talk about what the different heat injuries are. The least severe injury would be heat cramps. As the name implies, the primary symptom is painful spasms in a muscle or muscle group. It general occurs when the patient becomes dehydrated, has an electrolyte imbalance (due to heavy sweating), or exposes a muscle to heavy exertion it is not accustom too. Treatment for heat cramps is to remove the patient to a cool environment and drink (not chug) a sports drink or cool water.

The next, and more severe form of heat injury, is heat exhaustion. Symptoms of heat exhaustion are heavy sweating, vomiting, fatigue, fainting, dizziness and headache. Additionally, symptoms that help to identify heat exhaustion are a fast, but weak pulse and the patient's skin will be COOL, PALE AND CLAMMY. For treatment, move to a cool place. Loosen any restrictive clothing, and cool the patient with wet cloths or advise them to take a cool bath. Sip room temperature water. Do not chug water. It is already too late, and this will make the patient sick. Especially do not sip/drink ice cold water, as it can trick the body into thinking it is suddenly hypothermic, and organs can shut down. Call 911 and seek medical help if the patient is vomiting, symptoms become worst, or persist for more than an hour.

The last stage of heat injury is heat stroke, and this one is life threatening. It has many of the same symptoms as heat exhaustion, such as nausea, dizziness, headache and fainting. Additional symptoms of heat stroke are confusion, high body temperature (103 or higher), fast strong pulse and the skin is HOT, RED AND DRY. This is because the patient has stopped sweating! It is life-threatening, and you should call 911 to seek medical help immediately. Also, move the patient to a cool location and help to cool the patient with a cool bath or wet cloths. Do not give the patient anything to drink.

If you have to work out in the heat, the best way to avoid heat injury is to stay well hydrated. The average adult should drink roughly one gallon of water per day as a baseline. This amount will only increase with higher temperature and more demanding physical labor. It is all right if you throw a sports drink in now and then to keep electrolyte levels up, but that should not be exclusively what you drink. Also remember alcohol, coffee and soda does not help hydrate, but in fact dehydrates you. If you feel funny, SAY SOMETHING! Know the early signs of dehydration and heat illness. It is better to catch heat injuries early before they have a chance to advance to the serious stages.

Another form of heat injury that is often overlooked is sunburn. There are several things you can do to protect yourself from the sun's rays. Avoid going out in the sunlight during peak intensity, generally between 10:00 and 2:00 (when the sun is highest in the sky). Wear clothing that covers as much skin as possible. Lighter clothes will also keep you cooler than dark clothes. Wear a broad brimmed hat, especially if you do not have much hair. Finally, apply sunblock to any exposed skin, even if it is cloudy out. The FDA recommends, at the very minimum, sunblock with 15 SPF, but you should consider use a higher SPF if you are fair skinned/haired, have a history of skin cancer, or if you are going to be spending multiple, prolonged periods out in the sun. The FDA also recommends reapplying sunblock every two hours.

In closing, please remember to NEVER leave children or pets unattended in your car. Even if you "crack the windows", temperatures inside the vehicle can spike to unsafe levels very quickly. Annually, the US averages 38 deaths of children under 15 from heat stroke as a result of being left in a vehicle.

CCCD Announces 2022 Conservation Opportunity Fund Recipients

The Cheshire County Conservation District was recently excited to announce the 2022 round of Conservation Opportunity Fund recipients and Sullivan's Leslie Casey is one of them! Leslie will be regenerating the forest edge of her property.

Due to the quality of applications received from across Cheshire County, the fund is awarding \$6,445 dividing among five recipients in 2022. The Conservation Opportunity Fund's mission is to provide funding for owners of small tracts of land who are interested in improving the wildlife habitat on their property.

Congratulations, Leslie!

SCHOOL UPDATE

All of us here at Nelson School wish our Sullivan families a relaxing and healthy summer! We want to extend special congratulations and well-wishes to our Nelson School Class of 2022 students, who are on their way to Keene Middle School in the fall: Noah Bunker, Kloe Carpenter, Abe Ginsberg, Aidan Howard, Elowen LeMoine, Reid Paquette and Shawna Willette. We are so proud of you and excited to see what awesome things you do at KMS and beyond!

Lunch & Snack no will no longer be free to all students next year. We will be returning to the full price rates. Families are encouraged to fill out a Free & Reduced Lunch application, available as of July 1 at the Keene Food Services website. We will also be sending home an application on the first day of school.

In early, mid-August we will be sending more information home regarding the upcoming school year, so stay tuned! We are all looking forward to seeing you on Wednesday, August 31st!

-Nicole Gordon, Nelson School Principal

Sullivan School District News

The Sullivan School Board would like to congratulate all our graduating students! Our high school graduates are McKenna Kleine, Eli Richardson, Hannah Shepard, Wyatt Whitney and Garrett Lewis.

Our middle school graduates are Audrinah Abrams, Sionne Bolduc, Shaylun Cullis, John Lee Goodine, Addison Howard, Jacob Kendall, Keanan Kleine and Hayden Paquette. Sionne won the Principal's Award. Also, Zoey Milotte, who just finished seventh grade at KMS, was elected student council president for next year.

Our elementary school graduates are Noah Bunker, Kloe Carpenter, Abraham Ginsberg, Aiden Howard, Elowen Lemoine, Reid Paquette and Shawna Willette. Congratulations again!

It was nice to have students getting back to a more normal school year this year. Hope everyone has a great summer and stays safe!

Malinda Sherpa, for the Sullivan School Board

APPLE HILL CONCERTS ARE BACK!

Apple Hill is delighted to announce the return of the Tuesday Night Summer Concert Series at in the Concert Barn at Apple Hill Center for Chamber Music! Concert at 7:30pm - Dates: June 28, July 5, July 12, July 26, August 2, August 9, August 23. Outside seating is free; \$30 for reserved seating. For details - <https://applehill.org/>

CONCERTS

Tuesday, July 5 - Works by Franz Schubert, Ellen Taaffe Zwilich, William Grant Still, and Gabriel Fauré

Tuesday, July 12 - Works by Domenico Scarlatti, William Grant Still, Maurice Ravel, Franz Liszt, Arnold Schoenberg, Franz Schubert

Tuesday, July 26 - Works by Sato Matsui, Gabriel Fauré, and Bongani Ndodana-Breen

Tuesday, August 2 - Works to include Classical, Turkish, and Progressive Rock music

Tuesday, August 9 - Apple Hill Summer Gala

Tuesday, August 23 - Works by Erik Satie, Caroline Mallonée, and Amy Beach

TICKETS

Outside seating is free

\$30 for reserved seating

\$100 for gala, including reception

DINNER

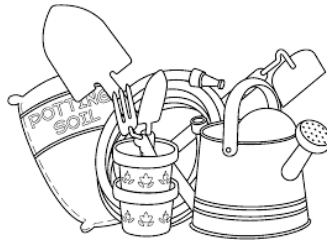
Pre-concert dinners (\$20) are at 6 PM (gala excluded) and are served buffet style. Reservations required.

COVID PROTOCOLS

The health and safety of the Apple Hill community is our top priority. All concert attendees must abide by the following policies: show proof of vaccination (initial series + booster) or recent (within 72 hours) proof of negative Covid-19 test; wear well-fitting masks while indoors. N95 or KN95 masks are encouraged; dinners are by reservation only and if you are feeling ill or experiencing potential Covid-19 symptoms, please stay home!

We can't wait to welcome you back up the hill to Apple Hill this summer!

Tips from a Master Gardener: Better Lawns & Garden with Less Work Submitted by Leslie Casey



Managing weeds in the vegetable garden is one of any gardener's biggest challenges. A weed-free garden is the ideal, but there is truth to the saying, "Nature abhors a vacuum." Healthy garden soil does not stay bare of weeds for long! A zero-tolerance approach to weeds can turn gardening into an ongoing battle that ends only with the sweet relief of the first killing frost. On the other hand, weeds steal water, nutrients and sunlight from crops, so letting them just take over isn't a good option. Is there a middle way?

Try companion planting! Companion planting is defined as the growing of different plants species close together for expected benefits in productivity. Companion planting increases biodiversity in the garden, improving soil health and supporting beneficial insects to control pests -- think of the "three sisters" model in which corn, pole beans and squash are planted together. Another key benefit is that companion planting uses garden space more efficiently, meaning weeds have a harder time getting foothold (roothold?) and you can spend your energy on more enjoyable pursuits.

Some basic concepts of companion planting are:

- Interplant late crops with early crops for space efficiency.
- Mix plants with different root structures (tap roots, deep fibrous roots, legumes) for soil health.
- Use aromatic plants (basil, marigolds, etc.) to repel or confuse insect pests, and a variety of flowers to attract beneficial insects. A personal observation is that beneficial insects are especially attracted to flowers that come up by themselves from onions, carrots, dill, radishes, etc., so I don't waste a lot of effort on planting flowers.
- Mix plants of different heights, colors and textures to confuse pests.
- Use trap plants to protect main crops, such as arugula to protect broccoli from flea beetles.

A very good article on the subject, with research-based companion recommendations, is "Companion Planting in Home Gardens" (2021): <https://extension.umn.edu/planting-and-growing-guides/companion-planting-home-gardens>.

Many property owners these days are deciding to cut back on the amount of lawn they maintain. It is a great way to save on fuel and time, as well as to improve habitat for the critters. Vegetated buffers also provide important protection for Sullivan's waterways. Fun fact: the US has so much lawn that if we were to re-wild even half of it, it would add up to 20 million acres, much more than any of our national parks (look up "Homegrown National Park"). Before abandoning the mowing routine, however, it is important to be prepared to properly maintain your burgeoning meadow, unless you want it to quickly turn into forest. Wild Seed Project has an excellent guide: <https://wildseedproject.net/2022/03/return-of-the-meadow/>. It is recommended that mowing be done once a year in fall or early spring, and that aggressive non-native plants such as Asian Bittersweet be monitored and removed before they can get out of hand.

I hope you have enjoyed these tips. If you have gardening questions, email me: LCasey29@hotmail.com . I will try to find you the answer or I will forward your question to one of our UNH Extension experts.

Need to Register to Vote? Supervisors of Checklist in Session – Sept. 6

Sullivan Supervisors will be in session at the Sullivan Library on Tues., Sept. 6 from 7 to 7:30pm for new registrations and corrections to checklist. Change of party affiliation is not allowed at this time. Residents may also register to vote with the Town Clerk and on Election Day.

STATE PRIMARY ELECTION DAY
NH State Primary Day - September 13

Affordable Public Pet Health Clinics!

Monadnock Humane Society

With the cost of everything increasing this past year, including the cost of veterinary care, we understand the struggle that pet owners are facing. At Monadnock Humane Society (MHS) we're doing everything we can to help. We've expanded our pet care services with affordable public pet health clinics. These clinics are dedicated to helping owners keep their pets healthy and up-to-date on their vaccinations. We offer exams, microchipping, minimal diagnostics and preventatives through the income eligible vaccination clinics. MHS has a full-time licensed veterinarian who will be administering the vaccines and performing all procedures. Our programs and services are available to everyone who lives in one of the 44 towns and cities within the Monadnock Region.

We are currently offering 3 clinics:

Income Eligible Preventative Care/Vaccination Clinic is from 9:00am – 12:00pm - for families currently receiving financial assistance. Appointments are required.

Public Rabies Vaccination and Microchipping Clinic - Wednesday's between 1:00 PM and 4:00 PM. MHS is pleased to start offering this weekly affordable clinic. This clinic is offered by appointment only, please call the shelter now at 603.354.4004 to schedule your pet's appointment.

Public Feline Spay/Neuter Clinics: There is a \$25 deposit required to register. You can make an appointment on our website.

Our hope is that people will take advantage of these affordable services and get their pets vaccinated and cats spayed or neutered. Vaccines are crucial for pet health and safety. The benefit of vaccinating your pets is that it protects them against devastating diseases, such as Rabies, Distemper, and Lyme disease.

For more information go to www.monadnockhumanesociety.org or call (603) 352-9011.

Household Hazardous Waste Collection!

A great opportunity to clean toxic wastes from your basement, workbench, garage, and cupboards.

Summer 2022

Sat. July 16 Wed. July 20 Sat. July 30
Sat. Aug. 6 Wed. Aug. 10 Sat. Aug. 20

All collections run 8:00 AM - 1:00 PM

Keene Recycling Center, 55 Old Summit Road, Keene

<https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule>

What to Bring

Products marked toxic, poison, corrosive, irritant, hazardous, flammable, danger.

If you think it's hazardous, bring it up.

What Not to Bring: empty containers (can be recycled), latex paint, ammunition, fireworks, radioactive materials, makeup & toiletries

Other Information: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted. Limit per resident, per collection day is 10 gallons.

Collection takes approximately 10 minutes from time of arrival.

WHAT ARE HAZARDOUS HOUSEHOLD MATERIALS?

Look in any storage cabinet in your home. Do you see products such as paint thinner, spot remover, oven cleaner, furniture polish, drain opener, pool chemicals and hair spray? These products are hazardous because they contain chemicals that are corrosive, explosive, reactive, flammable or toxic.

When you look at these products, you might not immediately recognize hazardous products by their name. When you see words like pesticide, acid, fungicide, caustic, herbicide, or solvent, you know they are hazardous. But, sometimes the name may not tell you anything about the product. Read the label, especially the instructions, carefully.

We make every effort to ensure the accuracy of the information in this newsletter. However, you should always call ahead or check the website to confirm dates, times, location and other information.

JUSTICE of the PEACE
and
Notary Public
Mary Hull 603-847-9718

SULLIVAN CONGREGATIONAL CHURCH
Sunday service 9:30 am 847-9030
Pastor Christopher Cornell
Phone 603-852-0895
Facility Rental: Chip & Kathy Woodbury
(357-3445)

**Buy or sell real estate with your neighborhood
REALTOR**
603-357-3035 x 20 & 603-209-4151
Stephanie Jacques, Associate Broker
Greenwald Realty
18 years experience selling real estate in the
Monadnock Region

NH PIONEER CHIMNEY & HOME REPAIR
Route 9 Antrim
Specializing in all types of chimney work including:
chimney repair, cleaning, installations (masonry or
metal), relining, pointing, waterproofing, critter removal,
caps, rebuilds, relining and leak stopping.
Is your roof stained? No problem for Marcel. He can
clean that dryer vent for you, too.
Veteran & Senior Discounts
Insured – Free Estimates
Marcel Couturier 603-588-3908

KEENE TRANSMISSION EXCHANGE
Transmission repair, Rebuilds, Remans
Install clutches – Trans filters
State Inspections
Pickup & Delivery Available
251 Gilsum Rd., Sullivan
Call Kevin Wheeler 603-847-9031

LACKEY PRECISION MACHINING LLC
CNC Milling and Turning
Prototype & Small Production Runs
Frank Lackey 603-847-3237
233 South Rd.
lackey@myfairpoint.net

CARDINAL SURVEYING & LAND PLANNING
"KNOW YOUR BOUNDARIES"
Wendy Pelletier, LLS
T. 603-499-6151
C. 603-209-1989
wendy@cardinalsurveying.net
www.cardinalsurveying.net

**"DJ KK" - Kris Kleine
DJ Entertainment**
Weddings Bar/Bat Mitzvahs Private Parties Special
Events School Dances Restaurants/Bars Sound
Equipment and Lighting
Need a Band?
For Service Call/Text:
603-209-5515
kriskleine@yahoo.com

**ELECTRICAL SOLUTIONS NEW ENGLAND, LLC
(ESNE)**
Residential & Commercial, Ductless AC, Generators
Proprietor: Tom Pinard
PO Box 14
Sullivan 03445
(603) 757-2462
<https://www.facebook.com/contact.esne/>

DOMESTIC GODDESS CLEANING SERVICES
Cleaning for your home or small business.
Celebrating 15 years of business serving the
Monadnock Region.
Openings available!
Fully Covid vaccinated.
Please call or text Mellanie L'Abbe at
603-209-4865 or email jimandmell@gmail.com

**"NO-FEE" TRANSPORTATION SERVICES
AVAILABLE!**

CVTC
Providing "no-fee" transportation for people who do
not have access to transportation because of age,
ability, economic situation or other limiting
circumstances. Our trip purposes include non-
emergency medical & social service appointments
and the pharmacy. Call CVTC!



1-877-428-2882, ext. 5
<https://www.cvtc-nh.org/>

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

FOUND!

At the town hall around the end of May

Child's Mac-Tool black, hooded jacket with a red printed lining.

WANTED – DISPLAYS FOR THE LIBRARY!

Do you have a hobby or special interest we could display in our glass case – or around the library?

Let the librarians know –

603-847-3458 or

sullivanpubliclibrary@gmail.com

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 August.

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

Editor: Becky Cummings 603-847-3477

Assistant Editor: Gaynelle Pratt

TOWN PHONE NUMBERS

Town Hall 603-847-3316

Town Highway Dept. 603- 847-3366

Sullivan Church 603-847-9030

Sullivan Fire Station 603-847-9020

Sullivan Library 603-847-3458

Sullivan Post Office 603- 847-9720

Nelson School 847-3408

Keene Middle School 603- 357-9020

Keene High School 603-352-0640

Sheriff (non-emergency) 603-352-4238

<https://townofsullivannh.com/>

For Burn Permits Call:

Al Henry, Chief & Warden 603-847-9598

Mike Blanchard, Deputy Warden 603- 847-9680

Erik Kazlouskas, Deputy Warden 603- 903-2881

SULLIVAN NEWSLETTER
PO Box 110
Sullivan, NH 03445

PRESORTED
STANDARD
U.S. POSTAGE
PAID

POSTAL PATRON
SULLIVAN, NH 03445