

Sullivan Community Newsletter

Vol. 42 No. 5

Sullivan, NH

March-April 2023

IT'S SPRING AND THERE'S A LOT GOING ON!

Check out these coming events.

Find all the particulars inside this newsletter...

School & Town Election Day & Town Meeting

March 14th & 15th, details inside including candidate comments.

A Concert to Welcome Spring

Sullivan Church - March 19 – 2pm

Household Hazardous Waste Collections Begin in March!

Dates are on the calendar.

Drive-By Easter Egg Hunt

Saturday, April 8 – 11am

Easter Services in Town

April 9 – Sunrise, breakfast & 9:30am

Earth Day Poster Making

April 15 - 9am to noon – Church Hall

Earth Day Poster Contest

Roadside Clean-up Day with Lunch!

April 22 – 9am – Meet in Town Hall Parking lot

Quilt Show at the Church

May 6 – 2pm

Annual Memorial Day Yard Sales

May 26 & 27

WEIGHT RESTRICTION ON TOWN ROADS March 1 through May 15

In accordance with RSA 231:191, the Board of Selectmen, on advice from the Road Agent establishes the max. seasonal weight limit of 6 tons, effective March 1 to May 15 for all Town of Sullivan roads. Violations shall be subject to a fine of \$1,000. For exceptions and questions to the 6 ton weight restriction, contact the Road Agent at 603-847-3366 between the hrs. of 7am & 3pm Mon. – Fri. or email highway@townofsullivannh.com.

SCHOOL & TOWN ELECTION DAY & TOWN MEETING

Town & School Elections

Elections for Sullivan School District and Town Officials will take place on Tuesday, March 14, from 11 am to 7 pm in the Town Hall. The procedure will be unchanged from last year's elections—enter from the door facing Centre Street. In order to keep the check-in line moving, PLEASE, have your photo ID out and ready to present before you enter the hall. When you vote, you will receive 2 separate ballots—one for town officers (including an amendment to the Community Planning Ordinance) and the other for school district officers. A complete list of those running for office and their candidate statements follow.

School & Town Meetings

Meetings will take place on March 15 in the Town Hall. The School District Meeting will begin at 7pm and Town Meeting will follow.

Register to Vote

If you have not registered to vote, you may do so anytime with the Town Clerk, on Mar. 4 at the library between 11 and 11:30am or at the polls on March 14. You must be a registered voter to vote on warrant articles at the meetings on March 15. **New voter registrations will not be accepted at Town or School Meeting on March 15.**

Absentee Ballots

Just a reminder - if you are worried that you won't be able to get in and vote, don't despair! Contact the Town Clerk's office to find out how you can vote by absentee ballot. Absentee ballots are available for both the Town Election and School Election.

The Sullivan web page will have copies of the ballots posted.
<https://townofsullivannh.com/> Go to "Community" and "Voter Information"

Bring your Photo ID's

Please remember to bring your photo ID.

Free Photo ID's for Voting - A voter who does not have an approved photo ID may obtain a free photo ID for voting purposes only by presenting a voucher from their town/city clerk or the Secretary of State to any NH DMV office that issues identification.

The Town Clerk's Office will be closed on Election Day!

CANDIDATE STATEMENTS

Especially for new people in town, we offer the following candidate statements to give them a little background of those running for office.

TOWN OFFICERS (school district candidates follow town candidates)

Town Clerk/Tax Collector – 3 years

Mary Hull - I have been your town clerk/tax collector for 16 years. My term is now up, and I am running again for another 3 years. I moved to Sullivan in 1978 and it has been one of my better choices in my life. I would appreciate your vote.

Selectman – 3 years -

Paul Bolduc - During this year's election period, as we weigh and consider the choices before us for the town-elected officers that serve our community, I would like to be considered for the position of Town Selectman, a position I have held for the past several years. My wife, Sara and I have been Sullivan residents since 2002. Being a selectman has afforded me the experience of working on many challenges that our small town faces. Serving as a volunteer EMT and firefighter, as well as a Sullivan School Board member for the Sullivan School District has provided me with a unique and broad perspective of our town's citizens, the strengths and needs. It is through these experiences that I am able to draw a balanced and thoughtful approach to conducting our town's business. It has been an honor to serve with other dedicated townspeople, working together on behalf of our families and community. I respectfully ask for your support and vote for Town Selectman. Thank you for your consideration.

Cemetery Trustee – 3 years

No Candidate – write in

Description of Position:-

Our Cemetery Trustees are responsible for the care and maintenance of the town's cemeteries and maintain the records of sold plots. A landscaping contractor provides mowing and other maintenance services, and the number of plots sold has averaged 2-3 per year. Either a funeral director or gravestone monument company are responsible for grave digging, not the trustees. The cemetery trustees meet approximately three times per year. This is a volunteer position.

The town's three cemeteries are the resting place both for recently passed members of the Sullivan community and individuals from the town's early history, including Revolutionary War veterans. It's important that we honor them all.

The cemeteries also serve the town as places for to go for walks, to enjoy the open space and views and sit in contemplation.

If you are interested in serving the town as a cemetery trustee, please call the town hall 603-847-3316 and ask to speak to Mary Hull, Jim Casey or Kevin Wheeler. Thank you.

Library Trustee – 3 years

Chris Pratt -. I am running for reelection to the Sullivan Public Library Board of Trustees.

Budget Committee – 2 positions of 3 years each

Gary Patnode - My wife Tricia and I have lived in Sullivan for over 35 years. Prior to my serving on the Budget Committee, I had served 4 years as a Selectmen. I have enjoyed staying involved in the town and believe it is very important. That is why I am running for reelection and I hope to have your vote.

BJ Wahl - I feel that it's important for Sullivan residents to get involved in our governance, and would appreciate your vote for a second term on the Budget Committee. Thanks.

Zoning Board of Adjustment – 3 years

Richard Hotchkiss – For those Sullivan Citizens who are unfamiliar with me, I have been a Sullivan resident and Citizen since the early 1990s and have been involved with Sullivan government since 1997. I have been a member of the Planning Board (2 years), Select Board for (10 years) and the Zoning Board of Adjustment (ZBA) for about 10 years.

By trade, I am an aerospace engineer and have designed and developed environmental control support systems for commercial aircraft, military aircraft and spacecraft.

The Sullivan ZBA is an ad hoc Board which meets at the request of Sullivan Citizens. The ZBA has two primary purposes in Sullivan which is a single zone (Rural Residential) town. Per the CPO (Community Planning Ordinance), certain activities are allowed in Town only by Special Exception and the ZBA works with applicants to help develop Special Exceptions (conditional) which are compatible with our community. The ZBA also can approve variances which allow variance from our zoning regulations. Since our zoning regulations (CPO) reflect the will of the Sullivan Citizens, variances are not easily given and the ZBA will provides help to avoid or minimize the extent of any particular variance.

I look forward to supporting and helping the Citizens of Sullivan for the next three years.

Trustee of Trust Funds –

John “Chip” Woodbury - My name is John Woodbury (Chip), and I am running for a three year term as a member of the Sullivan Trustee of Trust Funds. I have lived in Town for 52 years and have served on several boards and committees over this time. I have been a Trustee for the past several years, and have found this work to be interesting and useful to the town. I would like to continue serving in this capacity and would welcome your vote.

Overseer of Welfare – 1 year

Gaynelle Pratt - For the past few years, I have served as interim Welfare Officer and would like to continue to assist people in Sullivan. Due to my background in human resources, I have experience working with sensitive situations in a confidential manner. I have lived in Sullivan for over thirty years and care about this community. Thank you for considering me as you vote.

PUBLIC NOTICE

The Sullivan Public Library Board of Trustees will hold its monthly meetings on March 9, April 13 and May 11, 2023 at 3:30 PM at the library. The purpose of the meeting 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.

SCHOOL DISTRICT OFFICERS

School Board – 2 positions of 3 years each

Stephanie Milotte - I have been a resident of Sullivan since 2001. As a current member of the Sullivan School Board (since March 2015), I wish to continue and am running for another three-year term. My husband, Cory and I plan to stay in Sullivan as we continue to raise our two daughters, Troia and Zoey. I have a background in commercial insurance, sales and marketing, Information Technology and customer service as well as community involvement as an alumnus of Up With People! I believe in representing our vested interest, our children and their future and look forward to continuing to serve our community as a school board member. I would appreciate your support by voting for me on Election Day. Thank you, Stephanie Milotte.

Will Thorndike – Five years ago, my wife, Sarah and I moved to this wonderful little town. After 37 years of my teaching middle school math and science, I have seen first-hand the power of education. I am running for re-election to the Sullivan School Board. I would very much appreciate your vote.

Will Thorndike

“Education is the most powerful weapon which you can use to change the world.” — **Nelson Mandela**

School District Treasurer – write-in

Ann Gray, write-in - I have lived on Valley Road for 45+ years, raised my kids here and I am now retired with time to give back to the town. I would like to be a write-in for the school district treasurer. I have a BS in accounting and an MBA. I worked for 32 years for Osram Sylvania in Hillsboro, 12 years as a financial analyst of operations, supervisor of accounts payable and payroll. I am experienced in budgeting, forecasting and account reconciliations. I would appreciate your **write-in vote**.

“Petitioned Community Planning Ordinance Amendment”

Also appearing on the ballot...

Article 2: (by petition) Are you in favor of amending the Community Planning Ordinance Article III, C. Areas and Dimensions for Structures and/or Buildings, 11. to read as follows:

11. The minimum setback for a septic tank or leach field from any wetland is 75 feet.

AND

Are you in favor of amending the Wetland Conservation District Ordinance Special Provisions, 1. to read as follows:

1. Closer than seventy-five (75) feet to any wetland, there shall be no septic tank or leach field constructed or enlarged.

The Sullivan Planning Board approves this amendment.

Amendment to CPO explained

A petition to amend the Community Planning Ordinance was submitted by 25 residents which is the State statutory requirement for a petition.

The petitioners seek to have the minimum setbacks from wetlands to a leach field or septic tank reduced from 100 feet to the State minimum requirement of 75 feet.

In 2006 the Conservation Commission requested the change to 100 feet. Although it would seem that a greater distance would serve to add extra protection for our wetlands, it also puts an unnecessary burden on existing small lots. Because the ordinance does not differentiate between types of wetlands, a swamp is given the same priority as a roadside ditch. Imagine a 2 acre lot that is 200 feet wide with a roadside ditch, a small stream along one side and ledge throughout. A pretty typical scenario for Sullivan. Adhering to the 100-foot setback would render this lot unbuildable and would require the owners to seek a variance. This puts a hardship on the owners of increased costs and time when building or replacing an existing system. Reducing the setback down to the 75-foot State minimum would help to alleviate this burden in most situations.

Please vote yes on Article 2.

Wendy Pelletier

Note: The Sewing/Quilting Group will not meet on March 13th, the day before Town Election Day.

From the Archives by Chris Pratt

Here is the annual look back at previous town meetings.

10 years ago. The 2013 warrant contained 21 articles signed by Selectmen Mark Paquette and Gary Patnode. The Selectmen's report noted two major events that occurred in 2012. The first was the disastrous flood following a major thunderstorm on 29 May, 2012. The flood waters washed out major portions of our roads and bridges. This required a lot of work by the road crew (Randy Smith and Paul Yawarski), the emergency management team (Al Henry and the emergency responders in the volunteer fire department), and our town offices who coordinated aid from FEMA. The aid covered 80% of the costs of repairs, but the remaining 20% amounted to over \$100,000 that the Town had to pay. The second event was the completion of Sullivan's withdrawal from the Monadnock Regional School District. While the withdrawal was completed, the new school district was still left with the problem of selling the Sullivan School building and with the remaining legal and miscellaneous costs. Finally, the Board of Selectmen noted the passing of Selectman Robert Thayer who died on 13 December, 2012.

25 years ago. The 1998 warrant contained 32 articles signed by Selectmen Edward McCann, Jean Hoffman and Douglas Washburn. The Town Meeting voted to amend the Community Planning Ordinance to allow the Planning Board to regulate wireless communications facilities—popularly known as cell towers. The sale of the old Town Hall (30 Centre Street) provided the town with funds to repair town buildings and buy new highway equipment. The Town Meeting also passed a vote of thanks to Richard and Barbara Connor for their 30 years of service to the Fire Department. The Selectmen's report noted the completion of the cemetery expansion. It also noted the completion of the basement of the new Town Hall with the opening of the police station and the small meeting room.

50 years ago. The 1973 warrant contained 21 articles signed by Selectmen Theodore Parker, Raymond L. Scott and Harvey W. Swett. The Town Meeting voted to issue a bond to rebuild and improve Hubbard Road and Apple Hill Road. The meeting voted down a proposal to adopt the Australian or secret ballot for town elections. The meeting also voted down a proposal to reestablish the planning board which had been voted out 1972. Apparently, there was some debate over this proposal as the Selectmen called a special town meeting in November of that year. That meeting voted to reestablish the board.

100 years ago. The 1923 warrant contained 14 articles signed by Selectmen Edward L. Jewett, Herbert S. Currier and Frank L. Rawson. One of the main issues was purchasing a new road machine. These machines were similar to our modern road graders, but without the motor or an enclosed cab for the operator. They had an adjustable blade for smoothing and crowning the road surface. The process of passing the article regarding the machine went something this. First, the meeting voted to buy a machine. Then, they voted to have the Selectmen and Road Agents be a committee to investigate the best kind of machine for our purposes. Then they voted that the committee elect one of the Selectmen to be chair of the committee. Then, they voted to have the Selectmen sell the old machine. And, finally they voted \$350 toward the purchase of the machine.
Archives continues...

From the Archives continued...

Warrant for our first annual meeting: (Spelling and grammar as transcribed)
State of New Hampshire, County of Cheshire, Town of Sullivan

These are to give notice to all persons belonging to the Town of Sullivan qualified by law to vote in Town affairs that they assemble and meet at the dwelling house of Mr. James Rowe in said Sullivan on Tuesday the seventh day of March next at nine O'clock in the forenoon to act upon the following articles.

1. To choose a moderator to govern the meeting,
 2. To choose a town clerk,
 3. To choose selectmen and other necessary and customary town officers,
 4. To raise money to repair highways,
 5. To raise money to support a school,
 6. To hear the report and accept the acct. of the committee chosen to perambulate the lines of the town,
 7. To see if the town will agree upon a certain place for the meeting house,
 8. To see if the town will divide the town into districts to accommodate schools.
 9. To see if the town will petition the general court to annexation of the town some part of Stoddard,
 10. To see if the town will take any method to procure town books,
 11. And any business that be necessary to be done on said day.
- By order of the Select Men, Roswell Hubbard, Town Clerk

“A Concert to Welcome Spring”

March 19 – 2pm – Sullivan Church

Welcome Spring with an afternoon of light musical entertainment that will feature a mix of blues, Broadway, folk and arias. Musicians include Dorothy Yanish (mezzo-soprano), Leo Campbell (tenor), Steve Armstrong (on bass), Chip Woodbury (on guitar), Phil Crotto (pianist) and others.

Admission by donation to support church ministries. Rain/snow date March 26
Spread the word to friends & family!

Sullivan's Annual Drive-By Easter Egg Hunt

Saturday, April 8 - 11am to 12noon

Visit the Easter bunny at 312 Centre St. & at 12:15 pm meet in Jewett Park for the egg hunt! If you'd like to participate, you need to fill out a form. Check the Sullivan Community Facebook page or email sullivancountrystore@gmail.com for more information.

Something as simple as a basket full of eggs or a bowl of candy left at the end of your driveway will do!! A map of those places participating will be available the day before.

Spring Concerts with Apple Hill

In April, the Apple Hill String Quartet presents three opportunities to hear an eclectic, exciting program of classical works including *Sonoralia* by Emmanuel Arias y Luna, *String Quartet No. 1* by Silvestre Revueletas, *Switchback* by Tanner Porter, and *String Quartet in C Minor* by Johannes Brahms. For more details, visit <https://applehill.org/>

Saturday, April 8, 8 pm - Nova Arts; 48 Emerald St., Keene, NH

Wednesday, April 12, 7:30 pm - Dartmouth College; Location TBA, Hanover, NH

The April 12 concert is part of the Apple Hill String Quartet's year-long residency with the Hopkins Center for the Arts at Dartmouth.

Sunday, April 16, 6 pm - The Music Hall Lounge; 131 Congress St., Portsmouth, NH

Back by popular demand: Pop-up Dinner at Apple Hill! - April 18, 6pm

Tickets for the event are \$100 per person and will include wine. All proceeds from ticket sales will go to support scholarships for local New Hampshire students to attend Apple Hill's summer workshop.

Reservations - Seating is limited and we expect to sell out quickly! Advanced reservations required.

For more details and to purchase tickets, visit <https://applehill.org/> or contact Jan Woiler Meuse at jan@applehill.org or 603-847-3371.

REMINDER – VACCINATE & LICENSE YOUR DOGS SOON!

Stop by the Town Clerk's office before the end of April and register your dog(s). Rabies vaccinations must be up-to-date. Check with your vet if you don't remember.

CELEBRATE EARTH DAY

It's a day to remind us to take care of our Earth.

2ND ANNUAL EARTH DAY POSTER CONTEST - Calling All Sullivan Households!

The Sullivan Conservation Commission is inviting people – kids & adults - to submit a poster illustrating what they cherish about our natural world or perhaps their ideas of what should be done to protect the Earth. The poster can be in words, photography, any type of artwork, a magazine collage or a combination. Make your poster at home and drop it off anytime at the library or town hall or...

POSTER MAKING WITH US! Create a poster with Wendy Pelletier, Laurie Goldsmith & Wendy Byrn in the Sullivan Church meeting hall on April 15. Drop in anytime between 9am and noon. There's no fee - materials will be furnished or you can bring your own. Kids to adults welcome!

Every household submitting a poster will receive a complimentary gift. Make sure your name and contact information is on the back or attached. Submissions will be accepted any time after receiving this newsletter up until **EARTH DAY/ROADSIDE CLEAN-UP on APRIL 22ND**. This fun family/household contest (no age limitations) is an opportunity for you to think and talk together about our natural world, what it means to you and what you want to protect. We hope you'll take a little time to think about Earth Day, participate in this community project and have some family fun together!

If you have questions, ask any conservation member or call or email Wendy Byrn at 603-847-9621; dervish@myfairpoint.net or Wendy Pelletier at 603-209-0333; pelletier.wendy.s@gmail.com.

SPRING ROADSIDE CLEAN-UP & LUNCH! - April 22 - 9am

The snow is melting and soon we'll begin to see what's been left underneath; the cans, bottles & miscellaneous refuse. Everyone's help is needed to clean Sullivan's roadways again this spring. If you could take one section of your road and pick up the rubbish, it would be a great help.

Meet in the Town Hall/Church parking lot at 9 am for road assignments and to pick up a few of the familiar blue bags.

Lunch at Noon including music & posters! A lunch, sponsored by the Sullivan Conservation Commission, will be served in the Fellowship Hall at the church. The food is good and the company even better. For those new to town, it's a great opportunity to meet your neighbors! There is no fee for lunch. Earth Day posters will be on display and Chip Woodbury on the guitar will provide music for a sing-along and your listening pleasure.

If you can't make it on the 22nd but would like to help, trash bags will be available at the Town Hall, Library and Post Office. The filled blue bags can be left at the town barn in the salt shed on Church St.

Annual Sullivan Center Yard & Plant Sales!

May 26 & 27

Once again, the center of Sullivan will host 3 sales on Memorial Day weekend!

FIRE DEPARTMENT - It's almost time to start spring cleaning! The Sullivan Fire Department plans to hold their annual yard sale on May 26th and 27th at the Fire Station, 9am to 3pm, rain or shine. Keep in mind "one man's trash is another man's treasure" as you clean. Donations will be accepted starting May 1st. To arrange a donation, pick up or drop off, please contact Bonnie Blanchard at 847-9680 or leave a message at the fire station at 847-9020.

SULLIVAN CHURCH - The church will also have a yard sale on May 26th & 27th and will begin collecting items in May. Call Becky Cummings at 847-3477 for help with pickup or drop-off of any items you might have to donate.

LIBRARY - The library will host their annual plant and book sale on Saturday, May 27th. More on all to come in the next newsletter!

Get a Ride, or Give a Ride - Everyone Benefits

Right down the road, right now, someone needs a ride to somewhere essential. And volunteer drivers for Community Volunteer Transportation Company (CVTC) drive people where they need to go.

When riders can keep their essential appointments, they stay independent, and can live at home in peace. Riders can request to be taken to their doctor's or social service appointments, pharmacy or grocery shopping; all non-emergency. A five business-day advance notice is all CVTC needs to enter a rider's trip request in our TripList system. And for the rider, it is more than just the free ride. Our drivers are courteous and trustworthy, willing to converse and engage. Sometimes even new friendships are made.

Once our vetted volunteer drivers choose which trips best fit their schedule, they call the rider to verify pick-up times and, when they return home themselves, they track their total mileage for reimbursement from CVTC. Drivers select when, and to where, and for how long they are available. By making this difference in a rider's life, drivers contribute to the health of the Monadnock Region, one person at a time

Please call CVTC for more information at 1-877-428-2882 x 5.

"Library Footnotes"

"Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve and contribute to improving our quality of life. Libraries change lives for the better." — Sidney Sheldon

On March 11th, the 2nd **Saturday Book Group** will be discussing *The Maid* by Nita Prose and will be given *The Silent Patient* by Alex Michaelides for next month. Feel free to join in anytime!

Here are highlights of two books, a fiction and a non-fiction, that are available at our town library that may spark an interest or question on a particular person, event, time period or genre. We welcome you to come in and browse our shelves for whatever might be of interest to you!

Fiction Highlight

The Mountain Between Us by Charles Martin is a story about two unlikely companions on their respective journeys back home, when things don't go exactly as planned. As they learn to work together, they realize that they are going to make it, but at what cost to each of them?

Non-Fiction Highlight

Acts of God: The Old Farmer's Almanac – an unpredictable guide to weather and natural disasters.

The Almanac's Benjamin Watson scoured two centuries' worth of issues and collected the most revealing, entertaining and irreverent bits of weather lore. The result is this fascinating treasury of anecdotes, tips, facts & figures and reliable predictions on all types of weather. From tornadoes to whirlpools, from floods to droughts, from divining rods to weather vanes, *Acts of God* offers inimitable wit and wisdom for all seasons.

The library is now on FiberCast broadband. Public access to it is not available yet – we apologize for the inconvenience, bear with us as we get everything set up.

We would like to thank our volunteers, Sionne Bolduc and Ginger DeAngelis.

Your Librarians,

Sara Bolduc & Paulette Tuttle

Little Free Library on Centre Street – Tammy Rondeau

It's the story of...

A boy...

A bookcase...

And a family legacy that dates
back five generations.

Be sure to stop by and grab a book, check out the series by Alfred Struthers, a local author from Peterborough. There are 7 books in this series (we have 5 for the library), and they are kid friendly (4-7th grade) adventure books. After all, how much trouble could two 12-year-old friends get into during the summer or even at school? *Book 1 The Case of Secrets*; grabs your attention and pulls you in. The book leads him through a complex set of clues left by Alastair Raven, a renowned New York City architect who vanished in the mid 1800's, never to be heard from again. <https://www.alfredstruthers.com/> Stop by to grab it. The books need to be read in order; each book is its own adventure.

What kind of books would you like to see in the Little Free Library? Let me know, Facebook me or leave me a note in the library.

Look for bracelets for St. Patrick's Day and Easter Eggs/Toys for Easter

Little Free Library on Valley Road–Anne Pinard

March and April are full of reasons to celebrate reading!

March is National Reading Month. Both of Sullivan's Little Free Libraries kicked off this month with a celebration of Dr. Seuss. March 2nd is Dr. Seuss's birthday and Read Across America Day! What is your favorite Dr. Seuss book? Our family loves *There's a A Wocket In My Pocket*.

April 12th is Drop Everything And Read (D.E.A.R.) Day thanks to children's author, Beverly Cleary! In addition, April 23-29 is National Library Week. What will you be reading? If you need a good book or want to pass on a favorite, stop by the Little Free Library on Valley Road (or the one on Centre Street). Learn more about Beverly Cleary and D.E.A.R. Day here: <https://www.beverlycleary.com/dear-day>.

EASTER SERVICES AT THE SULLIVAN CONGREGATIONAL CHURCH

Sunrise Service followed by Easter breakfast!

The Sullivan Congregational Church and Pastor Christopher Cornell invite you to join them for any or all of their Easter Services. A Sunrise Service will be held on April 9 at 6:00 am, in front of the Church. In case of inclement weather, the service will be held inside. Following that, a complimentary Easter breakfast will be served! A traditional Easter Service will be at 9:30 am in the sanctuary. Both services will feature special music and an Easter message

Other Easter Services: Palm Sunday, April 2 at 9:30 am; Maundy Thursday, April 6, Tenebrae service, preceded with a soup and bread meal will be held 6:00 pm in Friendship Hall at the church.

From the Fire Department

Frostbite & Hypothermia



A few months back we talked about heat related injuries. This time around, we are going to talk cold related injuries. Frostbite and hypothermia, if not identified or treated can become debilitating or life threatening. We will briefly go over what they are, how to identify them and the basics for treatment.

Frostbite occurs when the skin and underlying tissue freezes. The deeper the freezing penetrates, the more severe the damage. Exposed skin, in cold windy weather, is more likely to develop frostbite, in particular, exposed extremities that are prone to rapid heat loss (fingers, ears, nose, etc.). However, covered skin can also develop frostbite (toes are a good example or even fingers when gloves are worn). This means frostbite may have longer to develop before being detected and treated. Still, the best preventative measure is to keep skin covered with warm, dry clothing.

When frostbite first starts to form (frostnip), the patient will notice numbness or a prickly feeling in the skin. The next symptom would be a change in skin color (red, purple, blue, black or white) as frostbite starts to develop in deeper tissue layers (superficial frostbite). Your skin may start to feel warm at this point as well. This is a sign of serious damage to skin and you may need to seek medical attention. The last stage of frostbite (deep frostbite) is when muscles and joints are affected. Skin will take on a waxy look and you may become clumsy due to muscles and joints becoming stiff. If frostbite progresses to this point, you will need to seek medical attention.

There are several things you can do to treat frostbite. Remove wet clothing and protect the affected area from further exposure. If the hands/fingers have frostbite, place them in the armpits to use body heat to rewarm them. If possible, get inside (or at least, in a vehicle). Protect the damaged area, try not to walk on frostbitten feet and do not bang or strike frostbitten extremities. Do not rub affected skin because you may cause even more damage. If possible, warm affected area with warm water, but not hot water.

Hypothermia is a serious, life-threatening condition that starts when the body's temperature drops below 95F (35C). As the body temperature drops, your organs do not work properly, and if left untreated can lead to cardiac and/or respiratory arrest and death. People often associate hypothermia with being immersed in water, but it can occur in cold weather conditions.

There are several preventative measures you can take to avoid hypothermia. The first is wear a winter hat. The body loses most of its heat out of the top of the head, so a good hat will help to retain a lot of that heat. Expose as little skin as possible to the elements. Cover the neck and face with a scarf, and the eyes with goggles. Wear mittens as opposed to gloves. Gloves separate the fingers, so they defuse heat faster. With mittens, the fingers stay together and help warm each other. Avoid overexerting yourself or performing activity that will cause you to sweat. Wet clothes will cause you to lose heat faster, so if you get wet, either by sweat or by other means, change out of the wet clothes, if possible. In addition to covering up and staying dry, layering is a good way to retain heat. By layering, you create heated air pockets between the layers that help to insulate you.

The symptoms of hypothermia include slurred speech, weak pulse, shallow breathing, clumsiness, confusion, memory loss, drowsiness and/or loss of consciousness. One of the first symptoms you may experience is shivering. This is the body attempting to generate more heat. One of the big indicators that you have an advanced case of hypothermia, and are in serious trouble, is when you can no longer shiver. Anyone showing signs of hypothermia should seek medical attention. Treatment, if possible, should include getting inside. Avoid treating hypothermic people roughly because it may cause irregular heartbeat. If the patient is wet, carefully remove wet clothing and redress them in warm, dry clothes or cover them with blankets. Despite what you may have heard or seen in movies or on TV, alcohol does NOT help fight hypothermia. It pushes bodily fluids to your extremities, displacing body heat away from the core and speeding up the cooling process.

The last thing we would go over is ice safety. Be sure to check ice using an augur or chisel to determine whether the ice has frozen to a safe depth. Start checking at shore and work your way out onto the ice. Always have someone with you when you go out on the ice and don't bunch up (it doesn't help to have someone with you, if you both go through the ice). Moving water takes longer to freeze so avoid rivers or brooks. Be mindful of currents that may exist on lakes or ponds because these can create weak points in the ice. Do not drive vehicles on the ice. According to NH Fish & Game, the minimum "safe" depth for a small, dispersed group of people is 4 to 6 inches, and for OHRV or snowmobile activity make sure there is eight to ten inches of solid ice. When in doubt stay off the ice.

From a Concerned Resident: Older Members of the Community in Need of Help

Have you forgotten your aged parent, relative or friend? We need help!

New Hampshire is a state of older people. Who do you call for an electrician, plumber, carpenter or a heating company, when your heat doesn't work and it's cold? No help in getting garbage pickup or mail delivery when you can't drive anymore. Any telephone number given by the telephone company is wrong, even the governor's (?) number.

Think about this and do your good deed for the day. Check in with your parent, relatives & neighbors!

(Note: Sentinel Printing, in conjunction with service organizations, has recently published a **Family Resource Guide** that may help in many circumstances. These are available at the Sullivan Library and Town Hall. Also, keep in mind the Town Welfare Officer, Gaynelle Pratt (603-847-3271), could possibly help, too.)

MEET YOUR NEIGHBOR

It's Henry "Butch" Brooks!

by

Risa Keene

Imagine a place that has ice covering the ground all year, with temperatures from 0 to -40 in the summer, and as low as -104 in the winter! This place is not owned by any country; there are no military weapons here, and it has tunnels to help you get from one building to the next, without going outdoors. Butch Brooks, a lifelong native of Sullivan, doesn't have to imagine this; he's lived there! "Where," you might ask, "is this place?" It's Antarctica. The day before Christmas I had the opportunity to speak with Butch about his incredible experiences in the Navy, which took him to many places including Antarctica!

In 1967 Butch joined the Navy Seabees, he went to boot camp in Illinois, and after further training in California he headed to Da Nang Viet Nam in 1968, assigned to Naval Support Activities. Butch volunteered to go to an outlying post in Phu Bai, located 20 miles south of Hue, the old Imperial Capital. After 10 months in Viet Nam, he took R&R in Australia and stayed with a family in the bush. He was there for Christmas (their summer) and played Santa Claus at the Australian Veteran's Club. The kids believed he was the real Santa because of his accent.

He returned to Viet Nam and found a poster asking for volunteers to work for Operation Deep Freeze (Antarctica). So, in February, he returned to the US, and went to Washington DC for psychiatric tests because he was going to head to a very isolated place! In late September, he arrived in Christchurch NZ, the jumping off point for Antarctica. He was fitted with foul weather gear and briefed. In early October he headed to McMurdo Station where he would spend the next 12 months. The military was the most qualified at the time to support the scientists in their research and to build and maintain the bases.

After being there less than a week, he was told he was being given a crew to go to Byrd Station for a couple of projects. At Byrd, the buildings were put in slip-trenches and covered with corrugated steel arch sheets. Over time, the weight of the snow buckled the steel and got close to hitting the buildings. His job was to cut out the steel where there were problems. The other job was to finish the fuel bladder pit. The trench had already been dug when they arrived, but they had to put the steel arches over the pit & build the end walls. Their berthing (beds) was outside on the surface in a portable building. These were like Quonset huts, only made of wood & covered with insulated blankets over arches.

After about 6 weeks, they finished their assigned tasks & returned to McMurdo. Within a few days they were sent to Pole Station for another project. This station, at an elevation of 9,350 ft, was built in 1957 on the snow surface with enclosed walkways to the buildings. Over the years the snow kept piling up and covered the buildings & tunnels. That year the buildings were getting much needed help. The tops were cleaned off and 10-ft tall boxes were built on top of roofs to take the snow load off them so they wouldn't be crushed.

While there, the carpenter asked Butch if he could get permission to winter over at the Pole and McMurdo because of the amount of work that needed to be done. He did! At Pole Station the last plane left on 15 February, leaving the 21 personnel alone for the winter. From then on, there were no supplies delivered until 1 November! The only communication they had with family was phone patches by short-wave radio. The sun set mid-March and they didn't see it again until mid-October. Most of the food supplies were stored in the tunnels, where it got down to -65!

Butch has visited other unusual places like Diego Garcia Island in the Indian Ocean. He was stationed there for 7 months, then went to Guam for 6 more months. After being discharged from the Navy, he joined the Reserves which took him to, among other places, Crete in Greece.

He has been to almost all 50 states and Europe, including England. He is still traveling, taking cruises and bus tours with family & friends. Butch has had some unbelievable adventures and is still planning on doing more of them.

Thanks Butch, for taking us to Antarctica with you!

Photos of Antarctica at <https://www.usap.gov/videoclipsandmaps/spwebcam.cfm>

New Planning Office at Town Hall

Submitted by Leslie Casey, Planning Board Chair

The Planning Board now has an office at Town Hall! We are open on Tuesdays, Wednesdays and Thursdays from 10 am to 2 pm. The office is located in the lower level. By having an office, the Planning Board can function more efficiently and handle documents in a more secure manner. Just as importantly, Sullivan residents will know how to find us! Feel free to stop by when the office is open with your planning-related questions or to say hello. The Planning Clerk, Brenna Manuel, will be happy to assist you.

A quick update on Planning Board activities: We are beginning the process of updating the 2014 Master Plan. Be on the lookout for opportunities to participate as we seek input from everyone in the community to help guide our town's future!

Many thanks to the Selectmen and volunteer helpers for getting the office set up. And thank you, Tim Sargent, for putting up the beautiful awnings that keep us from getting rained on.

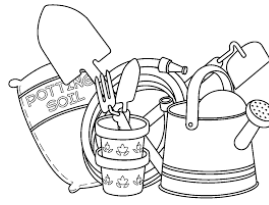
Quilt Show, May 6, 2pm

Mark your Calendars!

The Sullivan Church will host a quilt show on May 6. In addition to a display of quilts, Maureen Henry, an excellent seamstress and quilter, will provide an information session on quilts, quilting and tips. Do you have a quilt or two you might like to display? More details will be in the next Sullivan newsletter.

Tips from a Master Gardener: Better Lawns & Gardens with Less Work

Submitted by Leslie Casey



By the time you see this, spring will have begun its slow return getting stronger, and some of our migratory birds will be first red-winged blackbird the other day, which was nice.

It was quite a winter for broken branches and twigs. By cleaning them up off the lawn now, you won't have to worry about them later, when it's time to mow! Trees and shrubs should be pruned now, starting with any branches that are dead or broken. For tips and resources on pruning, see the Master Gardener article that came out in the March/April 2022 Sullivan newsletter. (Previous issues of the Newsletter are posted on the town website under "Community".)

This is the time to think about starting plants indoors from seed, if you plan to have a garden. UNH has a very helpful fact sheet on this called "Starting Plants from Seed," for those who are new to seed-starting. Begin with good quality seeds from reliable seed suppliers. Then, provide ideal conditions for germination (aka sprouting) of your young seedlings: potting-mix made specifically for seedlings, steady moisture, warmth and light. A large south-facing window is an ideal location, but grow lights work as well. Every type of seed has its own requirements, so consult the UNH fact sheet, "Growing Vegetables: When to Plant Your Vegetable Garden" for specific dates to start all of your garden favorites. Sowing dates are given as "weeks before last frost" -- here in Sullivan our last frost date is May 16th.

Once seedlings are up and established, move them to a bright, airy location where it gets cool at night. Keep them healthy and green by feeding diluted liquid fertilizer at intervals. It is important to make sure the roots don't get crowded, because that will set plants back in their development. Transplant into larger pots as needed. The stems of seedlings are very delicate, so it is best to handle young seedlings by their leaves. If you snap or kink a stem, the seedling is a goner. Two weeks before your beautiful seedlings are to go out into the garden, start hardening them off. The idea is to expose the young plants to more sunlight and breeze each day, so they will adapt smoothly to living out in the garden. Just be careful not to expose seedlings to strong winds or temperatures below 45°F.

Another seasonal thought: sales of potted plants will be starting soon, and "jumping worms" may be hitching a ride with your new purchase. Jumping worms are invasive earthworms that voraciously consume organic matter, wrecking soils. They overwinter as invisible cocoons so you may not know you have them until well into the summer, at which point it is too late. See the UNH resource "Plant Sales and Jumping Worms" for tips on removing potentially contaminated soil from potted plants to keep the worms from spreading. The Minnesota Department of Natural Resources website is another good source of information on this topic. And anglers: throw away extra bait worms rather than setting them free!

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.

to our landscape. The sun will be announcing their return. I saw our

Household Hazardous Waste Collection!

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

Spring 2023

Sat. Mar. 18 Wed. Mar. 22 Sat. Mar. 25

Sat. Apr. 8 Wed. Apr. 12 Sat. Apr. 22

Sat. May 13 Wed. May 17 Sat. May 20

Sat. June 10 Wed. June 14 Sat. June 24

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

Keene Recycling Center, 55 Old Summit Road, Keene

<https://keene.nh.gov/public-works/household-hazardous-waste-information>

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. 603-352-5739

Collection takes approximately 10 minutes from time of arrival.

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)

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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!](#)

Jeffrey P. Smith Farm Camp Scholarships For kids ages 5 to 20!

The Cheshire County Conservation District is now taking applications for the Jeffrey P. Smith Farm Camp Scholarship! It's a great chance to learn how to grow all sorts of wonderful foods and/or an opportunity to learn to help take care of animals. If this is of any interest, waste no time in applying for one of our free farm camp scholarships. Find the form at: <http://www.cheshireconservation.org/monadnock-localvores>
Deadline to apply is March 31st.

Please note: this is not a school sponsored program.

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 April 20. 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 603-847-3408
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

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