

## Sullivan Community Newsletter

Vol 44 No. 5

Sullivan, NH

March – April 2025

### SILENT AUCTION

**Good Eats! Good Company! Good Finds!**

Awesome Silent Auction, March 29, 2025, 2-4 pm\*

Sullivan Church

Visit with friends and neighbors and have fun bidding on furniture, antiques, baskets of specialty items, art work, and much, much more! For photos of items, check the church's Facebook page at

<https://www.facebook.com/sullivanucc/>. All are welcome! **Support Sullivan's historic building!** All proceeds go to the church restoration fund. Donations of items welcome! If you have gently used or new items to donate, please contact Gaynelle Pratt, 603-847-3271. \*(Snow Date April 5)

### EASTER SUNRISE SERVICE AT SEWARD MTN. FARM

April 20 6:30am

The Sullivan Congregational Church and Pastor Christopher Cornell invite you to join them for their annual Easter Sunrise Service. This year it will be at Seward Mountain Farm, a favorite location - overlooking Bolster Pond. Following that, a complimentary Easter breakfast will be served back at the Church! In case of inclement weather, the service will be held in the Church sanctuary.

### Easter Egg Hunt?

Hmmm... Something is in the works. Watch for announcements on the notices and posters around town as the date gets closer.



### Easter Bunny?

Sullivan Community Facebook page,

### SPRING ROADSIDE CLEAN-UP

May 3 – 9am

We need your help to clean Sullivan's roadsides again this spring! As in years past, spring and snow melt generally means that many cans, bottles and "you name it" become visible alongside our roads, unsightly additions to our beautiful country side.

**Meet at the Town Hall at 9 am** for road assignments and to pick up a few of the familiar blue bags. Afterwards, drop your filled bags in the salt shed at the Town Barn, then meet back at the Sullivan Church Hall for lunch at noon, sponsored by the Sullivan Conservation Commission. The food is good, and the company even better. For those new to town, it's a great opportunity to meet your neighbors! Chip Woodbury will provide music on the guitar for a sing-along and your listening pleasure.

If you can't make it on the 3<sup>rd</sup> but would like to help, you can pick up some of the familiar blue bags at the town hall, library or post office. The filled bags can then be left in the salt shed at the Town Barn on Church St.

Wherever you pick up the blue bags, please take a minute to fill out one of the town forms for volunteers. This helps us keep track of who participated so we can thank them; they are also a liability release form for the town.

### TOWN ELECTIONS & TOWN MEETING – MARCH 11 & 12

Complete information inside

### SELECTMEN & TOWN CLERK CHANGING HOURS!

Beginning March 25, the Selectmen will hold their meetings on alternate Tuesday evenings at 6:30pm, rather than on Mondays. The Town Clerk/Tax Collector will change evening hours to alternate Tuesdays to coincide with the Selectmen, but opening at 6pm.

## SCHOOL & TOWN ELECTION DAY March 11th - 11 a.m. to 7 p.m.

### Town & School Elections

Elections for Sullivan School Board Members and Town Officials will take place on Tuesday, March 11 from 11 am to 7 pm at the Town Hall. **Voters MUST present a picture ID to cast a ballot.** When you vote, you will receive 2 separate ballots—one for town officers and one for the school district officers. A complete list of those running for office follow, and sample ballots may be found on the town webpage. <https://townofsullivannh.com/> under Community > Voting Information.

### Register to Vote

If you have not registered to vote, you may do so at the polls on March 11, with the Supervisors of the Checklist on March 1 at the Town Library between 11 and 11:30am or with the Town Clerk at least 10 days before the election. You must be a registered voter to vote on warrant articles at the school & town meetings on March 12. New voter registrations will not be accepted after March 11.

Bring proof of residency, citizenship and a photo ID. **Under the new law, proof of citizenship is required for all new voter registrations – this must be a birth certificate, US Passport/Passport Card or naturalization papers.**

### 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. If, at the last minute, you find that you are unable to make the March 11<sup>th</sup> elections, the clerk's office will be open on Monday, March 10<sup>th</sup>, from 3:00 pm to 5:00 pm. You may go in then and cast your absentee ballot. Please bring your photo ID with you.

### Photo ID's

Please remember to bring your photo ID. 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. **Under new law voters MUST present a picture ID to cast a ballot.**

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

## SCHOOL & TOWN MEETINGS March 12 - 7 p.m.

Voting on the school and town warrants will take place at the Town Hall Wednesday evening beginning at 7 pm. You must be a registered voter to vote, whether by hand, voice or ballot, at the meetings. The last day to register for this will be March 11 at the polls.

## CANDIDATE STATEMENTS

Following are candidate statements - a little background of those running for office, especially written for new people in town.

### **TOWN OFFICERS**

#### Selectman (3 years)

**David Jakway** – (incumbent) I would like to be considered for the position of Town Selectman, a position I have held for the past three years. I have been a resident of Sullivan since 1999. In addition to serving as Selectman, I have served on both the budget committee and planning board, which provided me with additional knowledge of the workings of town government. I am requesting your vote so that I may continue to serve the Town of Sullivan. Thank you.

#### Town Clerk/Tax Collector (1 year)

**Jason Taylor** - I have lived in Sullivan for the past 7 years and have served as your Deputy Town Clerk and Tax Collector for a little over 2 years. Prior to joining Mary in the Town Hall, I was the Tax Collector in Swanzey and have about 30 years experience in bookkeeping and accounting for various local businesses. One of my goals, if elected, is to bring a modern touch to the office with online tax payments and vehicle renewals. I ask you to consider voting for me as your next Town Clerk/Tax Collector and if you have any questions for me, you can find me at the Town Hall during business hours. Thank you.

#### Cemetery Trustee (3 years)

**No Candidate** – Please write in.

#### Trustee of Trust Funds (3 years)

**No Candidate** – Please write in.

#### Budget Committee (3 years)

**Mike Blanchard** – (incumbent) I have lived in Sullivan for 23 years. Prior to moving to Sullivan, I resided in Keene and Marlow. I serve as the Deputy Chief of the Sullivan Fire Department and a current member of the Budget Committee. I am running for re-election and would appreciate your vote.

#### Budget Committee (3 years)

**No Candidate** for the second seat. Please write in.

## **SCHOOL DISTRICT**

### **Moderator (3 years)**

**Will Thorndike** - Seven years ago, my wife Sarah, and I moved to this wonderful little town. She has fully embraced retirement. I not so much. After 37 years of my teaching Middle School Math and Science, and now seven years at Keene High School, I have seen firsthand the power of education. I am running for the position of Moderator of the Sullivan School Board. I would very much appreciate your vote.

### **School Board (3 years)**

**Michael Brooks** – (incumbent) As a father of a Sophomore at Keene High School, I have a vested interest in the educational opportunities for the children of Sullivan. I have an IT background and a long family history in Sullivan. I served 4 years active duty in the United States Air Force and ultimately retired from the Air National Guard with 20 years of service. While serving on the board as an elected member and board chair, I have had the pleasure to work with and learn from a number of dedicated members who all care about the success of our children. I look forward to continuing in that role should the voters honor me with another term.

### **School Board (3 years)**

**No candidate** for the second seat. Please write in.

### **District Clerk (3 years)**

**Paul Bolduc** - After a decade of serving as a Sullivan School Board Member, I have decided to vacate my position this year. I began as a young father who desired to play a role in my own children's education. It is my hope that other young families consider joining the Sullivan School Board and partake in the important role overseeing the education of our kids. I have decided to offer my skills to run for the position of School Board Clerk. This is a vital and required position which works with the Superintendent and School Board to ensure the accurate printing of district ballots, record minutes and report officers to state authorities. I have a close trusted relationship with the School Board, and this would provide a seamless segue for the running of School Board Affairs. I would appreciate your support in seeking this position.

## **FREE SAND FOR RESIDENTS!**

A reminder that free sand is available to town residents for their personal use. Avoid falls in your dooryard - you are welcome to fill your own bucket at the town barn. Note: this is not for commercial operations.

## **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](mailto:highway@townofsullivannh.com) .

## **CHECK NEW ENGLAND ROAD CONDITIONS**

The latest road conditions can be obtained by going to [www.newengland511.org](http://www.newengland511.org) .

## **Annual Sullivan Center Yard & Plant Sales!**

**May 23 & 24**

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 23<sup>rd</sup> and 24<sup>th</sup> 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 1<sup>st</sup>. 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 23<sup>rd</sup> & 24<sup>th</sup> and will begin collecting items in May. Call Becky Cummings at 847-3477 or Gaynelle Pratt at 847-3271 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 24<sup>th</sup>. More on all to come in the next newsletter!

# From the Archives

by Chris Pratt

It is that time of the year when we gather at the town hall to vote for town officers and approve or amend the town's budget for the next fiscal year. I always think of it as a sign of spring, like seeing a robin or the ice breaking up on Otter Brook. The Board of Selectmen post the warrant, the town report is printed, and the annual meeting is scheduled. For this article, I decided to look back in our history and write some thoughts on the town meeting system of government.

It is said that the New England Town Meeting is unique within local government in the United States. That is not quite true as there are portions of New York and a few states in the west and middle-west that practice this form of direct voter participation in government. Population increases in our region have led to some localities adopting other forms of governance, such as the elected representative town council.

In New Hampshire, larger populations have led to the creation of the two-tiered town meeting. The first session (called the deliberative session) has the power to amend the town's warrant, but not to adopt it. The second session is a vote on town meeting day regarding each of the warrant articles. This system has proven popular in larger towns, which makes places like Sullivan unique, because we have retained the traditional town meeting.

Our Puritan ancestors are responsible for what we now call the town meeting. For them, governance of church matters and community affairs were one in the same. They also believed that their church membership was the governing body of the town. This was particularly important for financial decisions where a majority of the congregation had to agree with any proposal to spend money. Thus, the town meeting becomes a legislative body while the selectmen become the executive body. Most importantly, the town meeting has the "power of the purse" much like the U.S. House of Representatives under our Constitution.

The date of the annual town meeting is set by state law—the second Tuesday in March. However, there is a provision that allows towns to continue their meetings to a "time and place certain." Sullivan has chosen to meet on Tuesday to elect town officers then to hold a separate "business" meeting to discuss and vote on the town warrant articles. Currently, the adjourned meeting in Sullivan is on Wednesday evening. In the past, it has been on other days and, in the 1950s and early 1960s, was an all-day meeting held on a Saturday.

Sullivan was incorporated by an act of the NH State Legislature on 27 September 1787. Of course, the new town had to organize itself, but there was no board of selectmen to call a town meeting. Fortunately, the Town Charter provided a mechanism to get started. A man named Lemuel Holmes was appointed under the provision of the charter to issue a warrant and call a town meeting. He was a lawyer from Surry. He had held a number of positions in that town and was serving in the legislature at the time of Sullivan's incorporation. He posted a meeting notice on 12 October 1787 for the residents "qualified by law to vote in town meeting" to assemble at the home of James Rowe (located on Winch Hill) on 29 October. The first annual meeting (even in the 18<sup>th</sup> century, the date was the 2<sup>nd</sup> Tuesday in March) was held on 11 March 1788. Among other things, the meeting voted to have the selectmen act as a committee to see about building a meeting house.

In the 18<sup>th</sup> and early 19<sup>th</sup> centuries, the term meeting house meant a building large enough to hold the population for town-wide meetings. In other words, it served both a religious purpose as a house of worship and a secular purpose as a place to hold town meetings. Sullivan's first meeting house was built on Winch Hill in 1792. Prior to that, meetings were held in barns on different properties on Winch Hill and at the Four Corners. When the First Meeting House proved inadequate, the Second Meeting House was built near where the library is today. In 1848, the Sullivan Congregational Church built its current building at the corner of Church and Centre Streets. This new building proved to be a symbolic separation of church and town as it would only be used as a house of worship. The Second Meeting house served as a town meeting place until it was replaced in 1852 with a new town hall (now the public library).

While we call the church the "Third Meeting House," it was not used for town meetings until a special problem occurred during the COVID-19 Pandemic. Because space was needed to allow for personal distancing, the town meetings for 2021 and 2022 were held at the church.

Of course, holding a town-wide meeting in March can be difficult because of the weather. Over the last century, meetings have proceeded regardless of conditions, although, meeting attendees have been urged to talk faster as conditions outside worsened.

Many meetings have been postponed due to bad weather, but I know of only one meeting that was canceled. That was the 1888 Annual Meeting which was called off because of the worst blizzard in New England history. The Selectmen were puzzled as to how to legally call a new meeting. It was finally settled by having a group of citizens petition the justice of the peace to give authorization to the Selectmen to hold the meeting. The petition document makes it seem like the Selectmen "forgot" to call the annual meeting—unless you know the rest of the story.

The Sullivan Scrapbooks and Clippings Collection contain many articles and photographs of our previous meetings that were published in *The Keene Sentinel*. One of my favorites was from the late 1960s. The photograph was taken outside the old town hall (now the library). The snow banks are high, the sky is black, a single light illuminates the door, but the lights are on inside the hall.

So it is that we will gather on the second Tuesday in March and on the following evening to vote on expenditures and policies that will govern our town for the next year. Our meetings continue a tradition of self-government that has existed in New England for about 400 years. Like the photograph in the scrapbook collection, the outside may be dark and cold, but the lights will be on inside the Town Hall.

### **PUBLIC NOTICE**

The Sullivan Public Library Board of Trustees will hold its monthly meetings on March 20, April 17 and May 15, 2025 at 11:30 AM 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.

## **“Library Footnotes”**

### **From Your Big Free Library**

“March was an unpredictable month, when it was never clear what might happen. Warm days raised hopes until ice and grey skies shut over the town again.”

— Tracy Chevalier

March is a good time to lay out your plans for gardening, home renovations, or even just to read a good book. Our library has many books to offer on different topics. If we do not have what you are looking for, chances are good that we can request it from another library in the state.

Are you looking for seeds for your gardens or maybe for a kitchen window? We are proud to announce that the library is starting a Seed Catalog this spring. Come on in and see if you can help us produce heirloom seeds that will be from our own town of Sullivan.

The 2<sup>nd</sup> **Saturday Book Group** will be discussing *The Echo of Old Books* by Barbara Davis on March 8 at 11 AM. If you have read this book and would like to talk about it, come and join in! The next book after that will be *A Test of Wills* by Charles Todd. This is the first in the Inspector Ian Rutledge Mysteries. We will discuss it at the April 12<sup>th</sup> meeting.

Some of the **new books** that we have added into our collection are:

*The World of All Souls* by Deborah Harkness

*One of Us Is Lying* by Karen M McManus

*The Book of Lost Friends* by Lisa Wingate

*Prince Freya* by Keiko Ishihara (The first 5 books)

Follow Sullivan Public Library on Facebook to keep updated on potential Easter plans and our Summer Reading theme and events.

Your librarians,

Paulette Tuttle and Sara Bolduc

**DON'T FORGET – MUSEUM PASSES ARE AVAILABLE AT THE SULLIVAN LIBRARY!** - Fort # 4 in Charlestown; the McAuliffe-Shepard Discovery Center in Concord and Cheshire Children's Museum in Keene - these have been made available for you by Sullivan Friends of the Library!

### **Little Free Library on Centre Street**

Even in the coldest of winter, the Little Free Library on Centre Street is well used. We have noticed lots of toddler and kids' books have found new homes recently, that is great! I have had some great donations of graphic novels that will be out there in the spring.

200,000! That is how many little free libraries there are as of March 2025.

“Since the first Little Free Library box was built in 2009, Little Free Libraries have grown into a worldwide phenomenon, with libraries now spanning across all 50 U.S. states, 128 countries, and 7 continents.” [Take a Book. Share a Book. - Little Free Library](#)

More libraries are popping up everywhere. You can always checkout this link for a map of libraries near you [Little Free Library World Map - Little Free Library](#) I see a total of 22 in the towns of Sullivan, Harrisville, Marlborough, Keene, Swanzey & Chesterfield; and these are just the ones that are registered on the map. There are more out there not listed.

HAPPY READING!!!!

Need Easter pictures (with or without the Easter Bunny) to Mother's Day pictures? I can help, let me know or see my Facebook page. Tammy Rondeau 603-499-3676

## **Easter Services at the Sullivan Congregational Church**

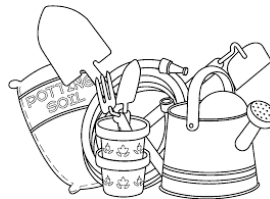
In addition to the Easter Sunrise Service mentioned on page 1, the Sullivan Church will also hold its traditional Easter Service at 9:30 am in the church.

Other Easter Services include Palm Sunday, April 13 at 9:30 am and Maundy Thursday on April 17 which is the Tenebrae Service, preceded with a soup and bread meal at 6:00 pm in Friendship Hall at the church.

“No matter who you are, or where you are on life's journey, you are welcome here.”

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

Submitted by Leslie Casey



Are you already thinking spring, and gardens? Try sowing seed plants for the garden: it is less expensive and requires little equipment. Sowing seed also allows gardeners to grow varieties that may not be available garden centers. In this article, I will talk about “the how and when” of starting seeds indoors. Most of this information can be found in the UNH Extension fact sheet, “Starting Plants Indoors from Seed.”

Starting seeds indoors in late winter or early spring is a good way to extend the growing season. It is also a way to get cool-weather crops into the garden early so they can grow before hot weather takes over! Start with good quality seeds from a reliable supplier. Choose varieties that are suited to our growing conditions.

Although some seeds will keep for several years if stored properly, it is recommended that you buy only enough seeds for the current year’s use. Seed suppliers perform germination tests to determine the viability of seeds before sale. If you find you must store seeds for any length of time, keep them in a cool, dry place. Paper packets are best kept in tightly closed containers and maintained around 40°F with low humidity. Seeds such as those of some native perennials that need special treatment to break dormancy will not be discussed here.

Some seeds, such as lettuce, require light to help them germinate. Just cover them lightly with fine peat moss or vermiculite – do not bury them. Others do not have specific light requirements. If possible, provide supplemental light by suspending fluorescent or LED lights 6 to 12 inches above the seeds for 16 to 18 hours per day. It is important to make sure the lights provide the full spectrum of wavelengths that plants need to make chlorophyll and grow. Absent that, a sunny south-facing window will do for starting most plants.

The proper time for sowing seeds depends upon when plants may safely be transplanted outdoors in our area. See the UNH Extension resource, “Growing Vegetables: When to Plant your Vegetable Garden” for guidelines on when to seed vegetable transplants in New Hampshire. A common mistake is to sow the seeds too early and then attempt to hold seedlings back under poor light or temperature conditions. This results in weak, stressed plants that do not perform well in the garden. On the other hand, some seeds should be started earlier than you might think. For example, seeds for onions need to be started 12 to 14 weeks before our average last frost date, meaning they should have been planted in February!

The seed starting medium must be fine-textured, loose and well-aerated. If it is packed too tightly or saturated with water, there will not be enough oxygen for the sprouting seeds, and germination will be inhibited. A continuous supply of moisture is important to ensure germination, however. Another thing to bear in mind is that seed starting mixes have little fertility, so seedlings must be given a diluted fertilizer solution soon after they emerge. Garden centers sell many types of peat pellets and peat or fiber-based pots or blocks, where the container itself becomes part of the growing medium. These can reduce the risk of root injury when transplanting and may be useful for those plants with delicate root systems. You can also make your own medium using this recipe: 4 quarts of peat moss, 4 quarts of fine-grade vermiculite, 1 tablespoon of superphosphate(optional), and 2 tablespoons of ground limestone.

To start seeds, moisten the medium and fill the pots or flats to within 3/4 inch of the top. Do not cover extremely tiny seeds; simply press them into the medium. For small seeds, top off the medium with 1/4 inch of a fine, screened mix or a layer of vermiculite. For medium to large seeds, plant at a depth of about twice their diameter. After sowing, wet the planting mix using a fine mist spray. Avoid splashing or excessive flooding which might displace small seeds.

After germination, seedlings must receive consistent moisture and bright light. After seedlings are well-established, move the pots or flats to a light, airy, cooler location, e.g. 55° to 60°F at night and 65° to 70°F in the daytime. This will prevent soft, “leggy” growth. A common mistake is leaving the seedlings in the seed flat too long. Re-pot young seedlings after the first true leaves appear between the cotyledons (“seed leaves”). Carefully scoop up the small plants with a knife or spoon. Let the group of seedlings fall apart and pick out individual plants. Avoid tearing roots. A pencil can be helpful with this, but if you want to get fancy, specialized tools are available from garden centers such as “dibbers,” “pricking sticks” and “wiggers.”

Fill pots with a good-quality potting mix, screened to ensure a fine texture. Dibble a hole in the growth medium at the same depth the seedling was growing in the seed flat. Handle seedlings by their leaves, not their delicate stems. Place small plants 1 inch apart and large plants 2 inches apart in the premade holes. After planting, firm the medium and water gently.

If you are using a medium without fertilizers, you will need to add supplemental nutrients. To fertilize, use a soluble fertilizer diluted as recommended by the manufacturer weekly after the seedlings germinate. Remember that young seedlings are easily damaged by too much fertilizer, especially if they are under any moisture stress. The goal is seedlings that are dark green and sturdy. The next step before they go out in the garden is “hardening off,” which I will talk about in the next newsletter.

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

## Ornamental Pruning Demonstration in Ashuelot River Park, Keene

April 5, 2025 | 12:00 - 2:00pm

In-Person

This free workshop will focus on pruning various ornamental trees and shrubs. No registration or fees are required, but small donations are appreciated. Please be sure to dress for the weather.

For persons with disabilities requiring special accommodations, please contact Steph Sosinski, [steph.sosinski@unh.edu](mailto:steph.sosinski@unh.edu), (603) 294-4247, prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

## From the Fire Department ~ Stroke ~



In the last article we covered heart attacks. This time we are going to cover brain attacks, more commonly known as strokes. They are both similar in how they occur, and affect the respective organ. This time around, we will be covering signs and symptoms, and what you should do if you suspect someone is having a stroke.

With a stroke, a blood vessel in the brain is either blocked or has ruptured, depriving part of the brain of oxygen. This causes the brain tissue in that area to start dying. The longer the interruption, the greater the brain damage and it can be fatal. Brain tissue that dies will not regenerate, so it is vital to recognize the signs of a stroke quickly and call for help.

There are several warning signs to look for when it comes to detecting a stroke. Three of the biggest are facial droop, speech problems, and coordination problems. These are major signposts of a stroke. Additional signs can be confusion, vision problems, headache, difficulty breathing and unconsciousness. These signs may be present with a stroke, but may also denote the presence of a different problem.

If you suspect a stroke, remember the acronym **FAST**. It is a quick way to gauge if a person is having a stroke.

**F** is for facial droop. Ask the patient to smile or show their teeth. A stroke patient will often lose the ability to control facial muscle on one side. The result is they will not be able to expose their teeth with a smile on that side of their face.

**A** is for arm weakness. A stroke patient will often lose coordination and strength in one of their arms. Ask the patient to close their eyes and then raise their arms straight out in front of themselves for a ten count. If they cannot raise one arm because they are too weak, or if they do raise both arms, but in the course for the ten count one arm drifts, it is a sign they may be having a stroke.

**S** is for speech problems. Have the patient repeat a few simple phrases. Someone suffering from a stroke will often slur their words or talk in gibberish. If they display the presence of one or more of these risk factors.

**T** is for time to call 911. Two other pieces of information you should try to have when calling 911 is if they have a history of stroke, and when they started to show signs of a stroke.

Unfortunately, there is nothing that can be done outside of a hospital to treat a stroke, but there are a few things you can do to treat symptoms. Monitor the patient's breathing. If breathing stops, begin CPR. If they are unconscious with no breathing difficulty, lay them on their side with their head positioned so any fluids (saliva or vomit) will drain out of their mouth. Conscious patients with no breathing problems should sit upright in comfortable position. Loosen any restrictive clothing (collars and ties) and do not give them anything to eat or drink because it may cause choking.

### CPR TRAINING

Sullivan Fire and Rescue will be conducting CPR training for the public on Saturday, April 5<sup>th</sup> from 9am to 1pm at the town hall. Please call the fire station at 603-847-9020 to RSVP. Leave your name and a contact phone number and someone will contact you with confirmation.

### Household Hazardous Waste Collection Begins this Month!

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

#### Spring 2025

Sat. Mar. 22    Wed. Mar. 26    Sat. Mar. 29

Sat. Apr. 12    Wed. Apr. 16    Sat. Apr. 26

Sat. May 10    Wed. May 14    Sat. May 31

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

Keene Recycling Center, 55 Old Summit Road, Keene

603-352-5739

<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.

*Collection takes approximately 10 minutes from time of arrival.*

## NELSON SCHOOL NEWS

Greetings, Sullivan Community!

It sure has been a snowy February so far, with more on the way! While the snow may seem never-ending now, before you know it, Spring will be here. Although I love the beauty and unique outdoor recreation opportunities that Winter offers, I think we are ALL looking forward to more daylight. This stretch of the year can feel long, but, as always, our days are filled with learning and community activities.

Classrooms are busy continuing their learning with our new literacy curricula and continuing their learning with Eureka math. The Harris Center is continuing their visits, with plans to have a whole-school field trip to the Harris Center in May to explore. Their "one continued point of pride" has been students earning "SPIRIT gems", which are given when they are "caught" following one of our school rules - safety; problem-solving; including others; respect; in control of words and actions; and treating others the way they want to be treated. We are currently working toward earning an all-school activity, which students will choose with the help of our Student Advisory Council.

January was a relatively quiet month, when we fell back into the rhythm of school after our holiday break. One special event that we had was the annual Nelson School Spelling Bee. Classroom winners in Gr 1-5 competed in our spelling bee as the rest of the school cheered them on. Congratulations to all of our participants, and especially to John Corindia, who was the school champion. John will go on to take a test to see if he is among the top 30 spellers in the state, who will compete in the state-wide spelling bee in March.

February was a bit busier, as it was Reading Month! We celebrated reading with the Scandinavian concept of Hygge (pronounced "hoo-gah"), which emphasizes coziness, contentment and comfort. Students completed their Reading Choice Boards and worked as a class toward cozy prizes, such as socks, fleece blankets and more! We also took our annual trip to Toadstool Books to build our classroom libraries, thanks to the generosity of Friends of Nelson School. We had good participation overall in our activities, and are excited to continue to grow our students' love of reading throughout the spring.

In March, we will have a visit from Ribby, the SwampBats' mascot, as a kickoff for our participation in the Reading with Ribby Program! Students who fill their bookmarks with reading for a certain amount of time will receive a free t-shirt and a family pass to a Keene SwampBats' game in June. We will also have NHDI come for our yearly residency, marking the return of a dance residency to Nelson School since 2012. Students will have the opportunity to participate in the Cardboard Creators Club after school on Tuesdays. In April, we will celebrate Math Month, which will include our Math Bee. We look forward to all of our learning to come during these months.

On Saturday, March 29th, our Grade 1 and 2 students will host their Pancake Breakfast. For just \$5, you can enjoy pancakes, sausage, fruit, juice, and coffee. Our students, staff, and families all work together to plan and put on this event. Please come join us!

It is officially time for us to start planning for the 2025-2026 school year! If you have a child who you anticipate being in our Kindergarten class in Fall 2025, please reach out to the office so we know to keep you informed about enrollment and upcoming events. Our administrative assistant, Joy Birdsey, can be reached at [jbirdsey@sau29.org](mailto:jbirdsey@sau29.org) or at 603-847-3408. We are so excited to welcome our new students and their families into our school community.

As a reminder to our school families, students will be released from school at 11:30 on Thursday, March 20th and will not have school on Friday, March 21st, which is our Spring Parent Conference date. Students are off for April vacation during the week of Monday, April 21st-Friday, April 25th. Our second trimester officially ends in mid-March. We will be sending home Trimester 2 report cards during the last week of March.

Thank you, as always, for your continued support,

Nicole Gordon  
Principal/Curriculum Integration Specialist  
Nelson School

### **PANCAKE BREAKFAST!**

Grades 1 and 2 students in Nelson School will host a Pancake Breakfast from 8am to 11am on March 29.  
Just \$5!

### **A Reminder - It's Time to License Your Dog!**

The State of New Hampshire requires that every owner or keeper of a dog four months old or older shall annually cause it to be registered, numbered, described, and licensed for one year in the city or town in which the dog is kept. RSA 466:1 Dog Licenses must be **renewed annually by April 30th**. Remember to provide the dog's current rabies certificate and spaying/neutering certificate.

# WHAT'S COOKIN'?

By Bonnie Blanchard



Don't you just love a bargain? I look forward to perusing the Saturday bargains. Soon, Easter Ham will be featured on all the front pages with time to take advantage of the low pricing and stock up! The wonderful thing about ham is that it has a long shelf life in comparison to other meats you will find in the meat case. The stores will have many options and price points available. Do not feel bad about rearranging the entire ham display when searching for your favorite with the longest expiration date! After the main meal, what do you do with the leftovers and that extra ham that you bought for the freezer? Here are some ideas and recipes to ensure that you use every morsel of your bargain.

sales flyers hunting for the best "the lowest price." This is the

time to take advantage of the low pricing and stock up! The wonderful thing about ham is that it has a long shelf life in comparison to other meats you will find in the meat case. The stores will have many options and price points available. Do not feel bad about rearranging the entire ham display when searching for your favorite with the longest expiration date! After the main meal, what do you do with the leftovers and that extra ham that you bought for the freezer? Here are some ideas and recipes to ensure that you use every morsel of your bargain.

## Split Pea Soup ~

16 oz. bag green split peas      1 meaty ham bone  
2 medium carrots (diced small)      1 bay leaf  
1 medium onion (diced small)      salt and black pepper to taste

Wash peas and add to a large pot with 2 quarts of hot water. Bring to a boil and boil for 2 minutes then set aside for one hour. DO NOT DRAIN. Add the ham bone and bay leaf to the soaked peas and water and simmer for about 3 hours or until the peas are tender. During the last hour, add the onion and carrots. Remove the ham, cut the meat from the bone into bite sized pieces and add to the soup. Additional ham can be added if desired. Reheat and season with salt and pepper to taste.

## Jambalaya ~

1 small green pepper (diced)      1 tablespoon olive oil  
1 small onion (diced)      1 lb. smoked sausage  
2 stalks of celery (diced)      ½ lb. diced chicken breast  
2 cloves of garlic (minced)      ½ lb. bite sized pieces ham  
1 28 oz. can of diced tomatoes      1 lb. cooked, peeled deveined shrimp  
1 6 oz. can tomato paste      3 cups chicken stock  
1 ½ cups uncooked rice  
4 teaspoons dry Cajun seasoning, divided (add more or less to taste)

Heat oil in Dutch oven over medium heat. Add chicken, stir in 1 teaspoon Cajun seasoning, cook until lightly browned. Add green pepper, onion, celery, garlic and 1 teaspoon Cajun seasoning and cook until vegetables are tender. Add diced tomatoes, tomato paste, smoked sausage, ham, 3 cups chicken stock, rice and 2 teaspoons Cajun seasoning. Stir to combine. Bring to a boil, reduce heat and simmer until rice is cooked but not dry, approximately 30 minutes. Add shrimp, heat thoroughly and serve.

## Other Ideas for left-over ham...

Add to egg dishes and salads

Hawaiian Pizza (ham and pineapple)

Add to scalloped potatoes or macaroni and cheese

Grilled ham and cheese sandwich

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are 3 billion to 1". Irma Bombeck

## MEET YOUR NEIGHBORS

### AMELIA PERRON

By Risa Keene

Almost every morning Apple Hill Road has a warm glow of sunshine moving up the street. It's Amelia Perron, the Summer Workshop Administrative Director of Apple Hill Center for Chamber Music and a Sullivan resident. As part of her morning routine, she takes a daily walk up and down the road.

Amelia, who is originally from Henniker, has worked at Apple Hill Center for Chamber Music since 2008 and moved to Apple Hill Road in 2013, so she could be surrounded by nature, as well as live in close proximity to work. She warms up the road with her beautiful smile. As Summer Workshop Administrative Director at Apple Hill Center for Chamber Music, Amelia not only processes applications for summer students, trains counselors, helps campers with their travel arrangements, makes sure the sessions go smoothly and performs other logistical tasks. She's warm, bright & thoughtful, as well as a musician and a great baker!

Her musical journey began when she was in 3rd grade, and she took up the violin because, "I thought I would look cool carrying a violin case around." In middle and high school, she became involved in the youth orchestra, and with a dash of influence from her mom, who plays the piano, along with her music teacher, she became immersed in music. Eventually Amelia majored in music at Lawrence University in Wisconsin. After graduating she took a slight detour to France where she taught English as a second language in a small city named La Ciota, which is very close to the Mediterranean Sea and the larger city of Marseille. While there, she enjoyed exploring the countryside, using her French, meeting young adults from other countries who were also working in Marseille and eating delicious French food.

Upon returning to NH, she took a job at Apple Hill Center for Chamber Music and became the Summer Workshop Administrative Director. She loves working at the center as there is a great community of people both faculty & students, and it's an inclusive and accepting community. There are campers of all races, ages, economic backgrounds and nationalities. Of course, working at Apple Hill allows her to be around music which she finds uplifting and helps her continue to learn about new composers. When asked who

her favorite composer is, Amelia notes that she enjoys whatever composer has written the piece she is working on at the moment. She did, however, admit that her favorite pieces are Bach solos for the violin. "I never grow tired of them!" Amelia occasionally substitutes for the Symphony NH, which is out of Nashua, as well as the Keene Chamber Orchestra.

Music is not her only passion by any means. Amelia loves to learn about the native wildlife in our region and she is extremely enthusiastic about baking. Just before Thanksgiving this year, she indulged herself by taking some vacation time to try some pie recipes which included pumpkin & apple pies, savory potato pie (using a herring bone weave for crusts, a first for her) and mince pie from scratch. This dessert was fun to make because she had to cut up fresh fruit and soak it in brandy. Amelia noted that, "this was particularly fun because most people do not make this pie from scratch." For Christmas she baked fruitcake using one of her grandmother's recipes (also a first) and cinnamon rolls for Christmas brunch. During COVID Amelia began going for her Apple Hill Road walks, to get outside and get some exercise. She started noticing a "cute," young man about her age, they kept bumping into each other. Amelia and Keegan began talking and realized that they had a lot in common. Keegan has lived on Apple Hill Rd for his whole life. She found that he was friendly, bright, loved music as well as exploring nature. They began taking daytime walks together and have been a couple for 4 years! Amelia has two other companions, her 9-year-old cats Xena and Princess Leia, although they do not take walks with her.

So, tomorrow morning when the sun rises on Apple Hill Road look outside, you'll probably see Amelia walking up the road. Thank you, Amelia, for the wonderful time I had interviewing you this month.

## APPLE HILL SPRING CONCERTS

<https://applehill.org/>

### **Sunday, March 30, 2:30 pm**

**St. Bart's Church**

**325 Park Ave, New York City**

The Apple Hill String Quartet performs works by Tribeca artist Meredith Monk and the New York premiere of a string quartet by Monadnock Area composer Miriam Sharrock. Flutist Gretchen Pusch joins for a quintet by Amy Beach, native of Henniker, NH and longtime St. Bartholomew's parishioner in the early 20th century.

Tickets: \$25. Tickets bought at the door on the day of the concert incur an additional \$5 fee. Students & Seniors receive a \$10 discount.

### **Sunday, April 13, 4 pm**

**Colonial Theatre in Keene, NH**

**Co-presented by The Harris Center for Conservation Education in Hancock, NH**

Music inspired by the natural world, including composers F. J. Haydn, Meredith Monk, and a world premiere by Miriam Sharrock, commissioned by Apple Hill

### **Sunday, April 27, 5 pm**

**Sundays at Five**

**Church of the Assumption, Ansonia, CT**

## Shape Our County's Conservation and USDA NRCS Funding Priorities!

2025 Local Work Group Meeting:

Local work group meetings are a yearly opportunity to work with the local Conservation District to offer USDA Natural Resource Conservation Service feedback on their Environmental Quality Incentives Program (EQIP). The meeting helps determine conservation priorities which have an impact on their funding decisions!

Your voice matters! Share your feedback and conservation priorities!

### **Attend the Meeting!**

**When: Wednesday March 12<sup>th</sup>, 5:30PM-7:30PM Where: Walpole Town Hall, 34 Elm Street, Walpole, NH**

Farmers, foresters, NRCS program participants, representatives of conservation, agriculture, and forestry organizations are encouraged to participate. Light refreshments will be served.

**Register Today:** <https://www.cheshireconservation.org/events>

What impact do local work groups have?

As a result of feedback shared at last year's local work group meeting process, the following resolutions were endorsed by the NH Association of Conservation Districts in November 2024 & by the National Association of Conservation Districts (NACD) Northeast Region in December 2024: Practice of 96" exclusion fence scenario (under 382 Fence) through the Environmental Quality Incentive Program (EQIP); Funding of renewable energy generation, in addition to energy conservation, through EQIP practices and scenarios and Creation of NRCS payment scenarios for Reduced Impact Logging (RIL).

Make your voice heard again this year and see results!

For additional information, questions, or for assistance in registration, contact

[info@cheshireconservation.org](mailto:info@cheshireconservation.org) or (603) 904-3011

**SULLIVAN CONGREGATIONAL CHURCH**

Sunday service 9:30 am 847-9030

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603-209-0333

Preferred contact is email

[pelletier.wendy.s@gmail.com](mailto:pelletier.wendy.s@gmail.com)

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[www.sullivancountrystore.com](http://www.sullivancountrystore.com)

[www.Facebook.com/nhcountrystore](https://www.facebook.com/nhcountrystore) & Instagram:

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Kitchen Hours: Wed. – Sat. 6am – 5pm,

Sunday 8am – 3pm, Tuesday 9am – 4pm

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### **FOOD PANTRY**

Rear, lower level of church

2<sup>nd</sup> & 4<sup>th</sup> Thursdays 5:30-6:30 pm.

Contact Gaynelle Pratt 603-847-3271.

### **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 the town clerk or administrative assistant.

Deadline for the next newsletter 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](mailto:bcummings@myfairpoint.net)

Editor: Becky Cummings 603-847-3477

Assistant Editor: Gaynelle Pratt

### **SULLIVAN NEWSLETTER**

PO Box 110

Sullivan, NH 03445

### **SELECTMEN & TOWN CLERK/TC CHANGE HOURS!**

Beginning March 25, the Selectmen will hold their meetings on alternate Tuesday evenings at 6:30pm, rather than on Mondays. The Town Clerk/Tax Collector will change evening hours to alternate Tuesdays to coincide with the Selectmen, but opening at 6pm

### **TOWN CONTACT NUMBERS**

**Town Hall 603-847-3316**

[selectmen@townofsullivannh.com](mailto:selectmen@townofsullivannh.com)

**Town Clerk 603-847-3316**

[townclerk@townofsullivannh.com](mailto:townclerk@townofsullivannh.com)

**Town Highway Dept. 603- 847-3366**

[highway@townofsullivannh.com](mailto:highway@townofsullivannh.com)

**Sullivan Planning Brd 603-847-3100**

[planning@townofsullivannh.com](mailto:planning@townofsullivannh.com)

**Sullivan Fire Station 603-847-9020**

**Sullivan Library 603-847-3458**

[sullivanpubliclibrary@gmail.com](mailto:sullivanpubliclibrary@gmail.com)

**Sullivan Country Store 603-847-3853**

**Sullivan Church 603-847-9030**

**Sullivan Post Office 607- 258-3439**

**Nelson School 603-847-3408**

**Keene Middle School 603-357-9020**

**Keene High School 603-352-0640**

**Sheriff (non-emergency) 603-352-4238**

**EMERGENCY 911**

For Burn Permits

Fire permits are required for all outside burning including campfires and the burning of brush.

Sullivan's Forest Fire Wardens:

Al Henry - Warden 603-762-4231

Mike Blanchard - Deputy Warden 603-762-0941

Erik Kazlouskas - Deputy Warden 603-903-2881

Robert "JR" Guyette - Deputy Warden 603-852-2815

Paul Bolduc - Deputy Warden 603-498-2578

Please note: 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.

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