

## ***Sullivan Community Newsletter***

**Vol. 43 No. 6**

**Sullivan Newsletter**

**May – June 2024**

### **SPRING ROADSIDE CLEAN-UP & LUNCH!**

**Saturday, May 4**

**at Town Hall for bags & routes  
(Join us for free lunch afterwards!)**

**Meet at the Town Hall at 9 am** for road assignments and to pick up a few of the familiar blue bags.

Afterwards, at noon, a complimentary 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, enjoy the food & company and sing along with Chip on his guitar.

If you can't make it on the 4<sup>th</sup>, but would like to help, trash bags will be available at the Town Hall, Library and Post Office, or call Becky Cummings 847-3477, to get bags ahead of time. Leave filled bags in the salt shed at the Town Barn on Church St. on or before May 11.

### **MEMORIAL DAY YARD SALES**

**May 24 & 25 – Rain or Shine!  
Fire Dept. & Sullivan Church**

#### **Sullivan Fire Department Yard Sale**

Are you ready to start your spring cleaning but don't know what to do with all of those things that aren't ready for the trash yet? Step away from the trash can and donate them to Sullivan Fire and Rescue for the Annual Yard Sale Fundraiser. Donations of all types (except oversized furniture and electronics) will be accepted after May 1st. To arrange donation pick-up or drop-off, please contact Bonnie Blanchard at 847-9680 or leave a message at the fire station at 847-9020.

The Yard Sale will be held at the Fire Station, rain or shine, from 9:00AM – 3:00PM on May 24th and May 25th.

#### **Sullivan Church Yard Sale**

The Sullivan Congregational Church will hold an inside yard sale on Friday, May 24<sup>th</sup> from 9am to 3pm and on Saturday, May 25<sup>th</sup> from 9am to 2pm. This year they have a big assortment of items - furniture, household items, clothing, fabric, vintage items, books - and who knows what else? If you have items to donate, call Gaynelle Pratt (847-3271) or Becky Cummings (847-3477). Stop by and see what is available - it just may be your "treasure"!

**FOOD** - Coffee, soda, hot dogs and more available!

#### **Library Plant & Book Sale – Saturday, May 25**

The Friends of the Sullivan Library will hold their annual Plant & Book Sale on Saturday, May 25 from 9am to 2pm at the library. It's time to think about flowers! Select hardy Sullivan grown plants - a fine selection of perennials and other plants will be available for \$3 each. Find a book for beach-reading, vacation or a rainy day...many subjects available - come take a look!

### **MONADNOCK BLEND TO PERFORM FREE CONCERT SULLIVAN CONGREGATIONAL CHURCH!**

**June 9 – 3pm**

Monadnock Blend is returning to the Sullivan Church for an afternoon concert on Sunday, June 9<sup>th</sup> at 3pm. They are a men's acapella group who sing a wide range of songs from **classical to country to "doo wop" with a some "oldies" mixed in.** Guaranteed - it will be a great afternoon of entertainment!

The concert is free and open to all. Donations will be appreciated and will be split between the group and the Church historic preservation fund.

## **Community Celebration of Marsha Cook's Life**

Since moving here from Massachusetts in 2013, Marsha Cook loved our little town of Sullivan and worked hard on its behalf. She served as a selectman and volunteered as a Friend of the Library for many years. Marsha died in January. There will be an informal celebration of Marsha's life on Saturday, June 8 from 2-4 pm in the Friendship Hall of the Sullivan Church. Come and join friends in sharing pictures and stories of her time with us. Refreshments will be served. As Marsha was committed to helping animals in need of special care, a donation in her memory to any charity such as Amazing Grace Animal Sanctuary in Sullivan would be a fitting commemorative.

## **2024 Reassessment of Sullivan Properties**

Avitar Associates of NE, in conjunction with the NH Department of Revenue Administration (DRA), will be conducting the reassessment of Sullivan properties in 2024. For tax year 2024, all property values will be updated to market value as of April 1, 2024. This is a process that every municipality must complete as often as every fifth year and was last done for Sullivan in 2019. With the real estate market fluctuating over the past few years, many property owners may see values increase; however, an increase in values does not necessarily mean that your taxes will increase.

Taxes are based on the combined budgets for the Town, school, and county. The tax rate is determined by taking the total of those budgets divided by the overall value of the Town to arrive at a tax rate to "pay the bills". Unfortunately, there is no way to determine the impact of the update until after the values are finalized and the NH Department of Revenue Administration (DRA) calculates the total amount of money needed to "pay the bills". That process takes place in the fall, usually in October, resulting in the Town's tax rate.

### **Reassessment Process:**

In 2024, Avitar-assessing staff members will visit all recent sale properties to verify that the physical data is accurate. This is especially important for the sale of properties as they become the basis for the new values. Notices with their new preliminary value will go out to every property owner and includes instructions on how to access the website where you can schedule a phone appointment with an Avitar representative to discuss your assessment, should you have any questions. Also included in the notice are instructions to access the on-line database and review the information about your property and every other property in town, including the sale properties that were used to help establish the new values. New values will be used to calculate Sullivan's 2024 tax rates and taxes due on the December 2024 tax bills.

The DRA has some oversight responsibilities, which include visiting a sampling of those properties to verify data accuracy and monitoring the hearing process. Once the update has been completed, Avitar will deliver to the Town a manual which describes the process in detail. The DRA will also review that manual for compliance with applicable state law.

If, at the end of the reassessment, you have any further questions or concerns, please contact the Selectmen's Office (603-847-3316) where you may leave your contact details. Avitar will reach out as soon as possible.

Avitar Associates of NE

## **LAST TIME TO CHANGE PARTY AFFILIATION BEFORE SEPTEMBER PRIMARY! June 4 – 7 to 7:30PM**

Supervisors of the Checklist will be in session at the Sullivan Public Library on Tuesday, June 4 from 7 to 7:30pm for new registrations, corrections to the checklist and change of party affiliation. If you are registering to vote in Sullivan for the first time, bring proof of identity, age, residency and citizenship (a birth certificate, U.S. Passport/Passcard or naturalization document).

If you do not have documents, you can prove your identity, age and/or citizenship by signing a Qualified Voter Affidavit, under oath, in front of an election official. You can always register or change your party with the Town Clerk, too.

Wondering whether you're registered as a Republican, Democrat or as Undeclared? Checklists are posted at the town hall (in and out), the library and outside the fire station. Or, check your party online <https://app.sos.nh.gov/voterinformation> .

## **MEMORIAL DAY WEEKEND YARD SALES AROUND TOWN**

Thinking of your own yard sale? It will also a great weekend to have your own yard sale. You could have it at your house or set up a table on the church lawn. There's no fee to set up a table, but a donation would be appreciated. Early birds, get to pick their spot first!

## **Sullivan Runner Competes in Boston Marathon**

Don Arguin is a familiar runner along Sullivan roads. Running here is no easy task and a great place to train for the Boston Marathon. Don recently competed in and finished the 128<sup>th</sup> Boston Marathon with an excellent time of 3:39:22. Congratulations, Don!

# From the Archives

by Chris Pratt

In 1987 the Sullivan Bicentennial Committee held a contest to determine the celebration's slogan. The winner was "Sullivan, as solid as its rocks." On the one hand the slogan paid tribute to the solid foundations of our community. On the other hand, it may also mean a tongue-in-cheek comment on our town's notoriously rocky soil. In any event, the slogan captured an observation of our Town's character that has profoundly affected our history.

J.L. Seward's history of Sullivan devotes a few pages to our geological makeup. In it, he quotes the monumental 19<sup>th</sup> century study by Charles H. Hitchcock called Geology of New Hampshire. Our bedrock is composed of very old schist permeated with quartz and pyrite that predates the evolution of life forms. However, the ice ages brought chunks of rock from further north and deposited them as the ice melted. These ranged in size from very large boulders (sometimes called a glacial erratic) to smaller rocks and deposits of sand and gravel. Some of the rock contained large amounts of iron pyrite which easily crumbles when exposed to the weather. This is part of the reason why some of our soil has a brownish hue. All of that glacial till was deposited on very hard bedrock.

As our earliest ancestors began clearing land after moving here from Massachusetts and Connecticut, they quickly discovered our rocky soil. An examination of Samuel Wadsworth's 1905 map of Sullivan shows where the people settled. We find clusters in Sullivan Center, East Sullivan and along our major roads. However, there are large sections where no or very little settlement occurred. For example, the area between Boynton Road and Bowlder Road shows a few settlements, but most only lasted a short time. That land is now part of the easement owned by the Society for the Protection of New Hampshire Forests. It is littered with large boulders and steep gullies—not all that useful for an 18<sup>th</sup> or 19<sup>th</sup> century farmer. One of the largest boulders is called the Giant's Cradle. It is balanced on a ledge and can be rocked back and forth. Nearby is the Giant's Knee which is an outcrop of ledge. On the west side of town between the Gilsum boundary and Gilsum and New Roads, is another place with rock strewn land leading up to Bear Den Mountain. This contains another glacial phenomenon—potholes. As the glacier retreated, large quantities of melt-water poured over the nearby land. Sometimes a rock would be caught between the rushing water and a ledge. If it was harder than the bedrock, the spinning motion of the water would soon cause the rock to start to drill out a round hole in the bedrock.

In the areas of our town that were more suitable to settlement, the rocks might have been smaller than the areas described above, but they were still a major obstacle. Moving the rocks involved the hand labor of many people who only had a few tools and maybe a team of oxen. Digging up the rocks was only one part of the process. The next step was to find a practical use for them. Most New England houses had a cellar to store crops for the winter months. This required a deep foundation made of rock. Similarly, the barn required a cellar for the storage of manure during the winter to be spread in the spring. Often the foundation was where the larger boulders would end up. Plowing the fields produced new rocks every year which would have to be removed. These were often used for another New England phenomenon—the stone wall.

As Tom Wessells points out in his book, Reading the Forested Landscape, a more proper term would be stone fence. These were built over the years as new crops of stone were harvested during plowing season. Their main purpose was to mark boundaries for fields, pastures and garden areas. This was largely to keep livestock enclosed and away from crop land. They were also used to mark boundaries between properties, including the Town's right of way for highways. As for the smaller stones that rose to the surface during plowing, those were often used as filler in the stone fences or simply piled up away from the field. If you happen upon such a pile while walking the woods, the chances are good that you are near a cellar hole of a long-discontinued farm.

One of the more interesting artifacts in the Town Archives is a map of Sullivan's stone walls drawn up in 1947 by our mid-20<sup>th</sup> century Town Historian, Carleton Nims. Some walls are square or rectangular (indicating fields) but others take on shapes including curves and semi-circles. Others seem to follow a straight line and then stop for no particular reason except that was where farmer no longer needed a fence.

When we speak of our history, we often focus on the influence of economic and sociological factors that have shaped our community. Often, however, our community has been shaped by more humble things such as rocks. Think about that the next time you see an ancient, moss-covered stone fence.

## PUBLIC NOTICE

The Sullivan Public Library Board of Trustees will hold its monthly meetings on May 9, June 13 and July 11, 2024 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.

## NELSON CRAFT FAIR

June 29 – 9 to 3pm – On the Common

Nelson's annual Craft Fair on the Common in Nelson will feature 25 crafters this year.  
Think gifts – birthday, hostess, shower and maybe even Christmas, for unique and locally made items.  
Lunch is available, too!

## “Library Footnotes”

### Sullivan Public Library

Spring is here! Flowers and trees budding, blooming, looking so pretty.

There are many things going on at the Sullivan Library these days. We are preparing for Summer Reading, adding new materials to our collection and continuing to barcode the existing materials.

We have been diligently working to add to our Large Print Collection, so if you find that you are needing more large print these days, perhaps we can assist you.

One of the new books we'd like to highlight is *Everyone But Myself* by Julie Chavez – “For Julie, an elementary school librarian and mother of two boys, there was no time for debilitating anxiety. Yet, the aftershocks of her first panic attack left her grappling with questions about the causes of her mental health crisis and where it would lead next. What follows is a hopeful, honest account of love and loss, a husband who isn't a mind-reader, disastrous family outings, and finding a path (with help from loved ones and a few key new friends) to the joy of a well-lived life. Sure to resonate with anyone spread thin by the demands of modern family life, *Everyone But Myself* offers an intimate portrait of how one woman found her way back to herself.”

And for the children we just added *My Big Fat Zombie Goldfish* by Mo O'Hara. “When Tom's big brother decides to become an evil scientist, his first experiment involves dunking Frankie the goldfish into toxic green gunk. Tom knows that there is only one thing to do: Zap the fish with a battery and bring him back to life! But there's something weird about the new Frankie. He's a BIG FAT ZOMBIE GOLDFISH with hypnotic powers... and he's out for REVENGE!”

We are very appreciative to all who have donated their time and materials to the library. Thank you!

Your Librarians,

Paulette Tuttle and Sara Bolduc

### Little Free Library on 192 Centre St.

Last week I visited a Little Free Library in Hampton, NH that was built inside a tall tree stump! The AMAZING part was the library had no doors and the books never got wet! I spoke with the owner and her library moves about 11,000 books a year. That's a lot of books! I happened to have some books with me that had already been cycled through my library, so I donated them to hers. It's a win-win for both of us.

The Little Free Library on Centre Street has been fully restocked with fresh books, and look for a Ranger Rick subscription magazine as well. If you stopped by for Earth Day, you found seed packs and Earth Day coloring posters along with Earth Day bookmarks. During the April Spring school break you may have found coloring books and sidewalk chalk. The week of May 12-18 stop by for a birthday favor bag to celebrate the start of Little Free Libraries everywhere. I want to thank anyone who sent items for this week's celebration from the Amazon wish list, they are greatly appreciated and will be in the library the week of May 12-18. Special stickers have been added to the books donated.

### Little Free Library on 426 Valley Rd.

May is “Get Caught Reading Month”! In celebration, stop by the Little Free Library on Valley Road to pick out a new book or two. How many different places will you get caught reading? Challenge your children to read outside or under a table or with a flashlight!

## Monadnock Food Co-op & CCCD Announce 2024 Farm Fund Recipients

*\$21,400 distributed to two farms in 2024!*

The Monadnock Food Co-op & Cheshire County Conservation District announce two grant recipients for the 2024 Monadnock Food Co-op Farm Fund: **Five Sigma Farm of Sullivan** and Picadilly Farm of Winchester. The Farm Fund proudly distributed \$21,400 between these two farms. Since starting in 2017, the Farm Fund has awarded over \$193,400 in grants to twenty-five local farms!

**Congratulations, Milton Trimitsis!**

**Five Sigma Farm**, a diversified farm in **Sullivan, NH**, which produces pasture raised lamb and eggs, will install a mobile coop and hoop house. These projects will result in the expansion of Five Sigma Farm's pastured egg operation by doubling the number of hens which can be managed, and provide comfortable and productive winter housing for the entire flock. Both improvements will increase the efficiency of the enterprise through year-round egg production, will improve feed efficiency, while reducing farm labor inputs. Learn more about Five Sigma Farm at <https://fivesigmafarm.com/>. Keep up the good work, Milton!

**Picadilly Farm** is an organic vegetable farm in Winchester, NH. <https://www.picadillyfarm.com/>

## PANCAKE BREAKFASTS AT NELSON SCHOOL!

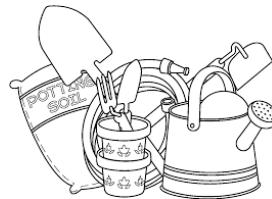
May 4 and June 1 from 8 to 11am; \$5 per person. All funds benefit the classes who run the breakfasts.

## CHILD ENTERING KINDERGARTEN NEXT SEPTEMBER?

Believe it or not, Nelson School is also already planning for their new Kindergarteners to arrive next year. If you have a child entering Kindergarten in Fall 2024 and have not already contacted the school to let us know, please call our administrative assistant, Joy Birdsey, at 603-847-3408 at your earliest convenience.

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

Submitted by Leslie Casey



There is a lot more to Sullivan's lovely landscapes than lawns and gardens. In this article, I will stray out of my Master Gardener comfort zone to offer some tools and resources for managing another key component of our landscape, forests and woodlots. Please feel free to reach out to me (contact information below) if you need help finding anything referred to here.

New Hampshire has the good fortune of being one of the most forested states in the country, with forest representing 82% of its 5,742,660 land area acres, according to the 2020 *New Hampshire Forest Action Plan* from the DNCR Division of Forests and Lands. Most of that forest is privately owned, with over 128,000 landowners representing over 70% of the forested acreage. All of us who own forest land have a responsibility and a role to play! The Division of Forests and Lands' *Good Forestry in the Granite State* guide says, "Managed forests help maintain New Hampshire's rural character," and, "New Hampshire's number one forest management goal is keeping forests as forests." If you have forest land in Current Use, you may already be working with a forester to establish goals and a management plan. Even if your forested land is not in Current Use, there are resources available to you.

UNH Extension has County Foresters who work with landowners, communities and natural resource professionals in every county to address crucial issues. Extension foresters help landowners achieve their goals and identify potential stewardship opportunities. "Stewardship" goes beyond timber production to also consider wildlife, soil, water, and aesthetics. The forester visits your property free of charge to help you achieve your forest or woodlot objectives. Cheshire County's Forester is Matt Kelly, who can be contacted by email ([matt.kelly@unh.edu](mailto:matt.kelly@unh.edu)) or phone (603-352-4550).

The first step in engaging with our County Forester would be to fill out a "Landowner Goal Assessment Form," which is available from the UNH Cooperative Extension website. In completing the assessment, you will be prompted to think about:

- What are the goals and uses for the property? These might be scenic beauty, wildlife, wood products, income or recreation.
- What is the forest's current condition?
- What do you have to work with in terms of time, equipment and budget? The forester may know of state resources that that you would be eligible for.

Proper management can help bring a forest back to good health. Abandoned fields are often colonized by white pine, which is gradually replaced by hardwood (especially red oak) or hemlock. Left unmanaged, pines become overcrowded, resulting in a low "live crown ratio" and unhealthy trees. As an example of management, if the goal for a pine stand is timber you might be advised to thin it when the trees are around 3 to 6 inches in diameter at breast height (4.5 feet above the ground) to help ensure that there will be at least one log per tree that is free of weevil damage and will have plenty of wood to grow over pruned knots.

"High grading" (sometimes called "diameter limit cutting") was a popular logging practice that has befallen many of our woodlots. "Selective cutting" is another term that is used. It is now known that the practice can seriously delay recovery of a logged forest. High grading occurs when the best trees are cut, and poor-quality trees are left to grow. Large stumps re-sprout into weak multi-trunked trees. Over time, a forest repeatedly high-graded will become degraded, dominated by low-quality, low-value trees. By working with a forester who can assess the situation and develop a silviculture plan with your goals in mind, you will be empowered to put this valuable resource back on the road to health!

Sometimes trees are simply growing in the wrong place to serve any of the goals & uses highlighted above. Pretty much everywhere in Sullivan will revert to forest if left to its own devices, and trees in the wrong place can cause problems as they continue to grow. For example, trees growing too close to houses can cause damage to siding or foundations. Saplings and trees sprouting up along stone walls can hasten the wall's demise by heaving the stones with their roots and dropping limbs, and they may diminish the curb appeal of your property. In those situations, the best management plan may be to have some, or all, of the trees removed. If you are going to cut down trees yourself, always practice good safety and don't risk injury. UNH Extension has helpful guides on staying safe when working in the woods.

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.

## APPLE HILL ANNOUNCES SUMMER CONCERT SERIES

Apple Hill announces its Tuesday Summer Concert Series 2024! The series runs June 18 - August 20, Tuesday nights at 7:30, with dinner on the lawn at 6pm (by reservation, or bring your own picnic), and a pre-concert talk at 6:45. Lawn seating is always free!

The concert series features the Apple Hill String Quartet, joined by guest artists from around the world. Programs include familiar and beloved works by Mozart, Dvorak, and Schubert; staples of the ever-evolving American canon such as Quinn Mason and Margaret Bonds; and works by composers from the AHSQ's many global touring destinations, such as Kamran Aziz of Cyprus.

The musicians you will hear in the Concert Barn this summer distinguish themselves not only as extraordinary performers, but as faculty members at Apple Hill's Summer Chamber Music Workshop--and many are composers as well. Programs this season will also include works by Apple Hill faculty Kareem Roustom, Ramzi Aburedwan, and Jessie Montgomery.

For more information and to purchase tickets, please visit [applehill.org](http://applehill.org).

# From the Fire Department

## Chemical & Electrical Burns



In the last article, the different degrees of thermal burns and their treatments were covered. This time we are going to cover two other kind of burns; electrical and chemical. Both are extremely dangerous and victims need to seek professional emergency medical care. 911 should be called in all cases as soon as possible. Injuries and hazards may be further reaching than what the average person is equipped to assess and handle.

The first step in treating electrical and chemical burns is the same as treating thermal burn. You need to remove the patient from the source of the burn. The problem is that you need to be mindful of the hazards, even more so that you do not also become a casualty. For electrical burns, this means shutting off the power from a position of safety, such as a circuit breaker or unplugging an appliance to stop the flow of electricity. DO NOT try to move power lines yourself or with an object like a stick or rope.

For electrical burns, you need to remember that electricity will try to go to ground using the path of least resistance. The water that makes up most of the human body easily performs this function. This means there may a burn wound at the point of entry and a second wound at the exit point. This also means the majority of the burn can be internal and cannot be treated outside of a hospital. The worst case is that the path the electricity takes through the body brings it past or through the heart and/or lungs, causing cardiac and/or respiratory arrest. The first thing you need to check on an unresponsive patient (once they have been cleared of the hazard and 911 has been called) is for breathing and a pulse. If either are absent start CPR. All electrical burns should be considered 3<sup>rd</sup> degree burns, the entry/exit sites should be treated as such, and covered with a dry, sterile dressing.

There are a few additional considerations with electrical burns. The first being if the act of being electrocuted causes clothing to catch fire. If so, you may have to put the fire out, then deal with thermal burns. Be extra careful that the electricity is shut off if you are using water for this purpose. Another consideration is if there is additional trauma from a fall, if they were working on a ladder when they were electrocuted.

With a chemical burn, the patient needs to be removed from the source of the chemical spill. Again, you need to do this without becoming a casualty yourself, meaning avoiding contact with the chemical. If you do not know the hazards of the chemical in question, 911 will have access to reference materials to aid you in what needs to be done, and how to do it safely. If possible, you should wear gloves, goggles and a respirator, if available. 911 will also be able to tell you if the chemical produces hazardous vapors that will prevent you from approaching the patient. This may be hard for someone that wants to help, but you will only make the emergency worse if you also become a casualty.

Once the patient is removed from the site of the spill, it is important to remember they may still have the chemical on their skin and clothes. Jewelry and clothes impregnated with the chemical need to be removed. It may be necessary to cut the clothing off to prevent spreading the chemical to other parts of the body. The best example is a shirt soaked in a liquid. You do not want to risk pulling it over the patient's head, bringing the chemical in contact with their eyes or nose and mouth (respiratory tract). If the chemical is a dry powder, gently brush it from the patient's skin (you do not want to grind it into their pores).

In most cases, further treatment will consist of flushing the burn site with water. 911 will be able to advise you if a particular chemical should not be brought in contact with water. When flushing, if at all possible, avoid having the contaminated run-off flow over uncontaminated body parts (i.e. do not spread the burn area). Again, this is very important when done in proximity to the eye, nose and mouth.

If the chemical is already in the eyes, and you do not have access to an eye flushing station, there is a specific procedure for flushing the eyes. Any contact lenses should be removed. If only one eye is contaminated have the patient bend over at the waist and turn their head so the contaminated eye is closest to the ground. Then pour water (from either a faucet, hose or cup) from the bridge of the nose across the contaminated eye and down off the face. If both eyes are contaminated, have the patient lay on their back, pour water on the bridge of the nose, and allow it to flow into both eyes. Water should be poured or allowed to flow over the eyes. Do not use a pressurized hose to do the job. Flush for at least 20 minutes or until EMS arrives. Do not let the patient rub their eyes.

Observe the patient for any difficulty breathing. This could be a sign of complications or burns to the respiratory tract and should reported immediately to 911. Additionally, be watchful for other medical emergencies. A chemical may have other harmful properties aside from burns (such as being toxic) that may bring about other medical emergencies. Again, 911 should be helpful in telling you what to watch for and how to provide treatment.

### MEET YOUR NEIGHBOR

Donna Henry

by

Risa Keene

**YOU** may know Al Henry... .. but **I know** Donna Henry and soon you will too!

I first met Donna when I started going to the YMCA, attending a few of her exercise classes. The music she uses is hip swinging, foot tapping, upbeat tunes you can easily exercise to. If you come with minimal vigor, you'll leave with LOTS of it. She greets the class with her broad smile, high energy and a warm heart. Initially I did not know that Donna was from Sullivan. Someone in town had suggested that I interview "Al Henry's" wife for "Meeting Your Neighbor". I was so surprised when I found out it was Donna! (continued on next page)

I had thought that Donna began dancing as a young child, but I was wrong! She started dancing in middle school when she was a “band groupie.” Her older brother Ernie played in a band called “The Devolutions”. They performed in the hall nicknamed FAT ALBERT, downstairs at St. Joseph’s School. Ernie and his friends enjoyed playing rock music from The Rolling Stones and The Animals. That’s when she started dancing and she hasn’t stopped moving to the beat since! She taught some exercise classes in Sullivan, first at the Town Hall and then in her mother in-law’s living room. There may be some people who attended those classes who still live in the area.

Donna began teaching Zumba at Downtown Fitness when it opened. She became a certified instructor, in all the forms of Zumba. After someone from the YMCA attended her class, she was asked to teach it there. She’s been teaching Zumba for at least 10 years. Being an exercise instructor takes much more time than just teaching a class; one also needs to keep up certification, learn and create new routines, as well as practice. Here’s an interesting fact about her: Donna was part of a belly dancing troupe which performed at Keene High School, Alyson’s Apple Orchard, as well as in Springfield MA and Manchester NH.

Donna makes her classes (Zumba, cardio & strength training and TRX) fun, and she can make them accessible to anyone who wants to take them. If need be, she can help a student modify some of the moves. Donna clearly demonstrates the routine while instructing. I’ve spoken to several people after her class, and all have said that they love them. Some noted that she has “tons of energy”; several people noted have said attending Donna’s classes is like getting together with your friends, another added that in her class “the time goes so fast, it’s over before you know it,” and finally someone said that “I never knew exercise could be so much fun.”

Donna grew up in Keene. Her dad was born in Canada and moved to Keene when he was 8 years old. As an adult he was well known in the city because he was the only licensed steeplejack in NH. He has worked on all the churches in Keene as well as many of the historic buildings.

Donna keeps quite busy with more activities than just her dancing. When she was at Keene High School, she took a tailoring class and entered a state competition **Make It with Wool**. She submitted a cape, barrette and pants that she had designed and made. The students had to model the outfits they created; an exciting thing for a young teenager. She won first prize in the state! That competition helped her get a job at Ed Bergeron’s Clothing Store in downtown Keene, where she worked for many years doing alterations. Later, she did the same for Rare Essentials and Essentials for Men, both in the Colony Mill. Although the stores are no longer there, she continues to do alterations and upholstery at home. She works at the hospital in the Nutritional Services Department. Twenty years ago, she started out as a host, taking patients’ meal orders and now she is a supervisor.

Al originally lived in NJ, but moved to Sullivan in 1970, when his parents bought the Hilltop Campground. Donna and Al met while working at MPB. She explained that the machines she worked with would often flood with oil covering the floor. Al was a Chemical Waste Technician and would have to come and clean it up.

They got married in 1983, at the Sullivan Church and had their reception in the old town hall. Al’s mother made the food for the celebration and Barb and Rich Connor’s daughters (Nancy and Sherry) helped at the reception. Phil Crotto, Mike Dunham and Fred Parker were in the wedding party, along with Donna and Al’s son Jason, who was the ring bearer and their niece Carrey, who was the flower girl. The young couple built a house on the hill across the road from Al’s parent’s campground and continue to live there today.

Donna dearly loves her two German shepherds, Ahna and Elsa, her cat, Leia, her wonderful son Jason, of course her husband Al and the many people who she meets at the YMCA. She is a social person with a beautiful big smile that warms up a room. Keep shining Donna and thank you for letting me interview you.

## Household Hazardous Waste Collection!

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

### Spring 2024

Sat. May 11 Wed. May 15 Sat. May 18  
Sat. June 8 Wed. June 19 Sat. June 29

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

Keene Recycling Center, 55 Old Summit Road, Keene

<https://keenenh.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.*

**SUMMER BREAK FOR SULLIVAN’S SEWING/CRAFTING GROUP** - The last get-together for the Sullivan sewing, visiting, crafting, S & B group this spring will be on Monday, May 6. The group will resume again in the fall.

## **SULLIVAN CONGREGATIONAL CHURCH**

Sunday service 9:30 am 847-9030

**Pastor Christopher Cornell**

Phone 603-852-0895

Facility Rental: Wendy Pelletier

603-209-0333

Preferred contact is email

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

## **Life changes causing a shift in insurance needs?**

603-313-8141

**Stephanie Jacques Kleine**

Kapiloff Insurance Solutions

[Skleine@kapiloff.com](mailto:Skleine@kapiloff.com)

Life, Accident, Health, Disability

Dental, Vision

Group and Individual Benefits

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*with 20 years' experience. Find me at Greenwald*

*Realty! [sjk@greenwaldrealty.com](mailto:sjk@greenwaldrealty.com)*

## **NH PIONEER CHIMNEY & HOME REPAIR**

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Specializing in all types of chimney work including: chimney repair, cleaning, installations (masonry or metal), relining, pointing, waterproofing, critter removal, caps, rebuilds, relining and leak stopping.

Is your roof stained? No problem for Marcel. He can clean that dryer vent for you, too.

Veteran & Senior Discounts

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Marcel Couturier 603-588-3908

## **KEENE TRANSMISSION EXCHANGE**

Transmission repair, Rebuilds, Remans

Install clutches – Trans filters

State Inspections

Pickup & Delivery Available

251 Gilsum Rd., Sullivan

Call Kevin Wheeler 603-847-9031

## **LACKEY PRECISION MACHINING LLC**

CNC Milling and Turning

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Frank Lackey

233 South Rd.

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

## **CARDINAL SURVEYING & LAND PLANNING**

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C. 603-209-1989

[wendy@cardinalsurveying.net](mailto:wendy@cardinalsurveying.net)

[www.cardinalsurveying.net](http://www.cardinalsurveying.net)

## **ELECTRICAL SOLUTIONS NEW ENGLAND, LLC (ESNE)**

Residential & Commercial, Ductless AC, Generators

Proprietor: Tom Pinard

PO Box 14

Sullivan 03445

(603) 757-2462

<https://www.facebook.com/contact.esne/>

## **KNIGHT AFFORDABLE HOUSING SOLUTIONS**

Custom tiny & small houses, cottages,

accessory dwelling units (ADUs),

in-law apts., sheds & garages.

Also, all kinds of general construction/carpentry.

**Ben Knight**

26 Heights Lane Sullivan

603-313-1504

## **OUELLETTE'S AUTO REPAIR**

307 Valley Rd. Sullivan

Auto & Light Truck Repair

A/C Service – NH State Inspections

Brakes, Steering & Suspension

603-762-2390

Del Ouellette

Call or text. Like us on Facebook.

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

**CVTC**

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



1-603-821-0569

<https://www.cvtc-nh.org/>

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

## SULLIVAN COUNTRY STORE

140 Route 9  
(603) 847-3053

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

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

Sullivan Country Store

Store Open Tuesday - Sunday 6am - 6pm

Kitchen Hours: Wed. – Sat. 6am – 5pm,

Sunday 8am – 3pm, Tuesday 9am – 4pm

## FOOD PANTRY

Rear, lower level of church

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

Not convenient?

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 June 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**

## 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 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

EMERGENCY 911

## For Burn Permits Call:

Al Henry, Chief & Warden 603-847-9598

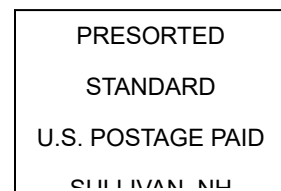
Mike Blanchard, Deputy Warden 603- 847-9680

Paul Bolduc, Deputy Warden 603-498-2578

JR Guyette Deputy Warden 603-852-2815

Erik Kazlouskas, Deputy Warden 603- 903-2881

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.



**POSTAL PATRON**  
**SULLIVAN, NH 03445**