



Second Annual Never Give Up Race for Angella Morin Joslyn Angella Morin Joslyn

I want to send out a thank you to everyone who gave or sent in a donation, their time, hugs, or gifts. It was an amazing day of October to share with everyone. I am still overwhelmed by all the support and help given to our family. Our family is thankful for every day. We are starting a fund for cancer research for non-small-cell lung cancer. My "thank you's" reach out to: Ted, from Ted's Shoe and Sports, Kristen, Stacy, my family and friends, Beth, Charlotte, James from Brewbaker's Café, Molly Kelly (just for showing up and making her husband walk) Sara Emberly for DJ-ing and volunteering her time and gifts, people who volunteered, raced or walked at the race and the community.

I decided to send the below information also for cancer awareness to our community. My husband and friends of the family researched a lot during my month stay at the hospital of other ways besides medical intervention on how to survive with a cancer determination.

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ("TRY", BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between six to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by

including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc., and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

CANCER CELLS FEED ON:

- a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc., are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.
- b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells are being starved.
- c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
- d. A diet made of 80 percent fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20 percent can be from cooked food including beans. Fresh vegetable juices provide live enzymes that



are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, try to drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables two or three times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water: best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down

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to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Things to know:

1. No plastic containers in the microwave.
2. No water bottles in the freezer.
3. No plastic wrap in the microwave.

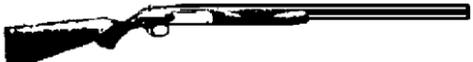
Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad, but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Richmond Public Library Wendy O'Brien

Story Times

We have several story time offerings in December: first, a brief story hour for younger elementary school-aged children on Monday, December 6th at 2:00 p.m. All are welcome. Evelyn Pogorzelski will lead a pajama story time focusing on the popular story "The Gingerbread Baby," on Tuesday, December 7th at 6:30 p.m. Wendy

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will lead a series of story hours on Wednesdays at 10:00 a.m. featuring seasonal stories. All of these story times will have a craft and snack. We do ask that children come accompanied and be supervised by an adult.

Kodah the Library Dog

A visit from, Kodah, our official library dog, has been scheduled for December 18th at 11:00 a.m. Kodah is a certified pet therapy dog from Monadnock Therapy Pets and loves being read to by children. This offers a chance for a patient and nonjudgmental ear for our younger or reluctant readers.

The Great Cookie Exchange Caper—A Family Party

On Sunday, December 5th from 2:00 to 4:00 p.m., there will be a Library Patron Family Party, where both children and adults are invited to participate in a cookie exchange along with a re-gifting exchange. Each family should bring four dozen homemade cookies to exchange, and a container to take home your share. There will also be (for those who wish to participate) a gift exchange. Bring in a new or old item (we all have received a gift we have no use for!) and trade it for something else. Wrapping is optional. In addition there will be volunteer awards, as well as right/left game for the volunteers. There will be refreshments for all library patrons and crafts for the children. Please join us!

Bake Sale and Raffles

Our bake sale and raffles were a huge success, greatly supporting the purchase of books and materials for our children's room. Thanks go out to the members of the Bake Sale Committee who put such an effort into baking, setting up, taking down, and maintaining the table throughout the day. Special thanks also go to Elaine Moriarty for coordinating the sale, as well as the following donors to our raffle: Jeff and Susan Taylor of Windswept Mountains View Christmas Tree Farm, Deb Watson, Marie Juhlin and Elaine Moriarty, Bonnie McCarthy, Terri O'Rorke, Mary Taylor of the Herb Barn, Evelyn Pogorzelski, and Mary Jo Vaine. The BIGGEST thank you goes out to all of you who baked for the sale. We had an overwhelming response. We couldn't have done it without all of you!



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Notes from Town Hall The Selectboard

This old house of mine, quoting Carl Elefante, architect, "The greenest building is the one that already exists." He added "we can't build our way to sustainability, but we can conserve our way."

A study from 1976, and more recent studies, agree that replacing an existing traditional building with a new, more energy efficient building does not yield enough operations energy savings to offset the new embodied energy "footprint" for decades to come.

Embodied energy is the total expenditure of energy involved in the creation of a building and its constituent materials. Old buildings are built of brick, plaster, concrete and timber, among the least energy consumptive of materials. And, as the life of a building stretches over 50 years, the embodied energy savings increase dramatically. It would be a waste to overlook the vast body of assets that are our old and historic buildings, because the embodied energy costs have already been paid on such buildings.

However, these buildings are frequently drafty in the winter, hot in summer and generally less energy efficient in current operation. We usually blame the windows for the heat loss, but from an energy perspective, the vast majority of heat loss in a building is through the attic or uninsulated walls, not windows. Adding just three and a half inches of fiberglass insulation in the attic has three times the R factor impact as replacing a single pane window with no storm window with the most energy efficient window. Properly repaired historic windows have an R factor nearly indistinguishable from new, so-called, "weatherized" windows. Repairing, rather than replacing, wood windows is most likely to be the "green option" and a more sustainable practice.

The National Trust for Historic Preservation Tip Sheet, "Historic Wood Windows" says "studies have found that it could take 100 years or more for a replacement window to pay for itself in energy savings. The wood itself (*in old windows—ed.*) is denser and of higher quality than what is grown today, and it

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is generally more rot- and warp- resistant than modern wood.” With the energy audit of the Veterans Hall completed, the Energy Committee secured a grant of \$4,000 to continue the energy audits of the four remaining town buildings. The town has posted the request for proposals (bids) to conduct the energy audits online at the Department of Administrative Services website, or it is available at Town Hall. The result of each audit is a report that analyzes the current energy use, recommends energy saving retrofits, and predicts energy savings based on those recommendations.

While the grant makes it possible to conduct the remaining energy audits of the Town Hall, Civil Defense building, library and fire and police station, it makes good common sense and is fiscally responsible to then ensure that the recommended energy retrofits are completed. With the exception of the fire and police station, these are historic buildings, valuable assets to conserve, while saving on energy expenses.

References:

www.thegreenestbuilding.org
www.emptyhomes.com

www.guardian.co.uk/environment/

The National Trust for Historic Preservation, “Tip Sheet, Historic Wood Windows” at <http://www.nh.gov/nhdhr/publications/>

The March 2011 Ballot

Annette Tokunaga, Town Clerk

Are you interested in running for office in the March 8, 2011 Town Election? In order for your name to appear on the ballot, you



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must file for candidacy. The filing period begins January 19, 2011, and ends January 28, 2011. The Town Clerk’s office will be open on January 28th from 3:00 to 5:00 p.m., for those wishing to file for candidacy and for no other business. The following offices will be on the March ballot:

- One for Cemetery Trustee, 3-year term
- One for Library Trustee, 3-year term
- Two for Planning Board, 3-year term each
- One for Selectmen, 3-year term
- One for Trustee of Trust Funds, 3-year term

You must be a resident of Richmond and a registered voter to qualify for candidacy for any of these offices.

If you would like to run for any of the above offices, please come to the Town Clerk’s office during the filing period.

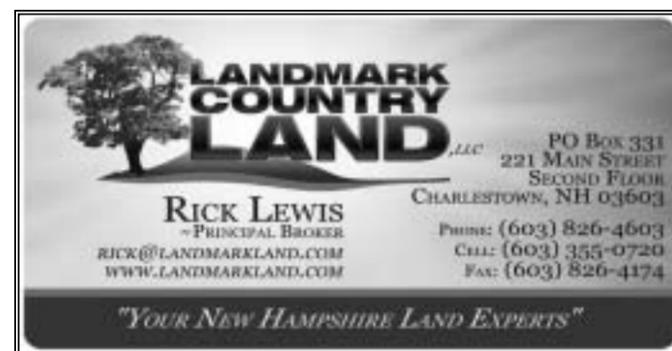
Your Library and Town Archives Need Your Financial Help

Bonnie McCarthy

Since the weather cooled down, the Richmond Public Library (RPL) has been experiencing an influx of unwanted visitors in the form of mice, bats, and squirrels. With increasing frequency we have found "evidence" of these rodents, including a hole chewed in the bathroom wall and small puddles of excrement on the floor, which Wendy graciously disposed of upon her arrival at the library. As a final straw, a patron found a live, stunned flying squirrel on the floor in the nonfiction room, which Wendy disposed of humanely.

To determine the extent of our critter problem, the RPL Board of Trustees authorized Critter Solutions to perform a thorough inspection of both the library and the archives at a cost of \$125. We now find ourselves, our materials, and our patrons in an unsanitary and potentially unsafe situation with insufficient funds to correct the problem in a timely manner.

The total cost of evicting our current unwanted guests and plugging their nine major means of entry into our historic building is \$645. A visit to the Selectman to discuss the funds needed to repair the outside entry points was met sympathetically with the sad news



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that there are no funds left for town building repair and maintenance due to cuts from the proposed 2010-11 town budget. RPL does not have a budget item for outside building maintenance because that is a line item in the town's budget. Thus our dilemma.

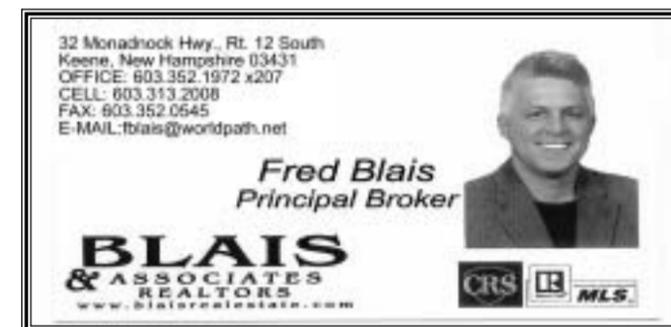
The RPL Board of Trustees and Wendy are reaching out to the citizens of Richmond to help us protect our library, and the archival history of our little town in the forest. ANY amount to help us raise the necessary funds will be appreciated!! Donations can be dropped off at the library or mailed to Bonnie McCarthy, President Board of Trustees, P.O. Box 123, Winchester, NH 03470. A copy of the building inspection from Critter Solutions can be viewed at the library.

A recent inspection of the RPL electrical wiring system by Tattersall Electric made it abundantly clear that our current 60 amp load center is inadequate and unsafe for our current usage. We budgeted for a new 100 amp load center to be installed with an eye toward eventually adding additional electrical receptacles to accommodate the increased wi-fi usage of laptops, a point of use hot water heater in the bathroom, and some form of air conditioning for summer use. Any additional funds from our "critter evacuation drive" will be used to upgrade the safety, sanitation and convenience of your library. A copy of the Tattersall Electric Company proposal is on file at the library.

Election News

Annette Tokunaga, Town Clerk

On October 26, 2010, the Monadnock School District held a Special School Election. The question on the ballot was, “Shall the school district accept the provisions of RSA 194-C providing for the withdrawal from a School Administrative Unit involving school districts of Hinsdale, Monadnock and Winchester in accordance with the provisions of the proposed plan?” It passed by an overwhelming 90% majority, with 1089 district-wide votes cast. Richmond had a voter turnout of 24%, with 157 voting yes and 33 no. Although 24% is by no means considered a high turnout, the school district was anticipating low interest in this particular election. Fitzwilliam had a



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12% voter turnout and Swanzezy, the largest town in the school district, had an 8% turnout. Interestingly, Richmond also had the most “No” votes.

For the November 2, 2010 General Election, 56% of Richmond’s registered voters came to the polls that day. Out of the 31 area towns reported by The Keene Sentinel, there were nine towns with a higher voter turnout than Richmond’s. The majority of Richmond voters cast their ballots for the Republican candidates in all contested races. For details, the results are posted at the Town Hall and the Veteran’s Hall bulletin boards.

Voters Keep Current Melissa Herman Chair, Supervisors of the Checklist

The Supervisors of the Checklist are responsible for maintaining accurate records on Richmond voters. We ask that you make sure you let us know of all changes, including a change of address within the town. This can be done by filling out a form at the Town Clerk’s office. To check on what we hold as your current home address, you can call the Town Clerk (239-6202) or Melissa Herman (239-4216) or look at the voter registration list, which is kept on the desk outside the Selectmen’s office. Also, please ensure that if your mailing address is different from your home address, you give us that as well.

All Library Patrons Elaine Moriarty

Sunday December 5, 2010 at the Veteran’s Hall from 2 to 4 p.m., there will be a great Cookie Caper Exchange and a Re-gifting Exchange. This affair also will include the Annual Volunteer Party. Anyone participating is asked to bring four dozen homemade cookies to the exchange, along with a container to take home their share. There will be an optional re-gifting table for those who wish to unload a gift they’ve received previously and have no use for. Bring one, take one, wrapping is optional. The volunteers will receive awards and play the right/left game at 2:30. Refreshments will be served and there will be kids crafts and games throughout the afternoon. We look forward to your participation. Any questions: Elaine Moriarty, 239-4031 or Wendy O’Brien, 239-6164.

Community Christmas Gathering Pam Goodell

All are invited to a time of community Christmas spirit on December 11, 2010. In the morning, lights will be placed on the large tree outside the Richmond Community United



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6 About Town

Methodist Church thanks to John Holman of Fitzwilliam. At 3:00 p.m. there will be a craft session for the making of tree decorations. At 5:00 p.m. the lights will be turned on and there will be carol singing. Refreshments will be served.

We hope you can come for some or all of the events and share the spirit.

**Meadowood County Area Fire Dept
Melanie Ellis**

In October, 20 firefighters from around New England attended a two day Vehicle Rescue Instructor class that was held at the Meadowood Training Center and was sponsored by the Troy and Meadowood Fire Departments. Local firefighters from Meadowood, Troy, Fitzwilliam and Richmond attended this class, which was taught by Todd Hoffman with the company "Scene of the Accident."

The Meadowood County Area Fire Department will be having a Pie/Bake Sale on December 18, 2010 from 10 a.m. to 2 p.m. at the Meadowood Assembly Hall. If you are going to be too busy to bake for the holiday season, this will be a great opportunity for you to stop by and purchase some home-made items for your holiday party. All proceeds from the bake sale will be going towards the Meadowood County Area Fire Department.

At the beginning of November, 16 local area firefighters started the Firefighter Level 1 class at the Meadowood Training Center. This class will be held on Sunday afternoon and Tuesday evenings thru April.

The members of the Meadowood County Area Fire Department wish you all a happy and safe holiday season.

**Things From the School District
November 2010**

Jim Carnie and Neil Moriarty

As of July one, 2011—It's now SAU 93! The October 26th vote for Monadnock Withdrawal from SAU 38 held on October 26 2010 was 90% YES to withdraw. Richmond had 33 NO votes – I'm not quite sure where those NO vote people wanted to go. Tentatively, our new SAU number will be 93. Until July 1, 2011 there will be no SAU board for SAU 93. Therefore, only interim appointments can be made (and are subject to NH Dept of Education approval). Dr Dave Hodgdon will be the interim Superintendent of SAU 93; Jane Fortson will be interim Business Manager.

Many items need to be decided for SAU 93. For example, do the voters want an SAU budget on a separate Warrant Article as it is

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today (that requires a voter acceptance warrant article)? There is a new SAU 93 organization committee formed that has yet to meet. Both Neil and Jim are on this committee and would like to see some changes in some practices under our new SAU.

Hinsdale is out of SAU 38. Hinsdale voted to withdraw from SAU 38 effective July 1, 2011. Only Winchester remains—and they continue to move forward on their SAU 38 withdrawal plan/process.

The FY 2011-2012 budget process continues to move along, starting with an administrative request for a 6% increase with declining student enrollment.

Contract negotiations continue with both the support staff and the new Administrator's Union. Given there are agreements between the school board with one or both unions, that contract(s) will appear on the March 2011 Warrant for your approval.

The school board voted to have all-day Kindergarten on a separate warrant article in March 2011 – including the budget required to run all-day Kindergarten. It was felt that the voters should have a say in this topic.

Given you have comments, suggestions, or concerns, please give either of us a call, Jim (239 4948), or Neil (239 4031).

**Howard Fishman Band
Concert at the Fitzwilliam Inn
Bridget Stixrood**

Critically and internationally acclaimed singer, songwriter, guitarist and band leader Howard Fishman is set to perform at the Fitzwilliam Inn on December 3, 2010. Currently touring their new trilogy album, set against the geological backdrop of Fishman's musical career: New Orleans (Better Get Right), Romania (No Further Instructions), and Brooklyn, NY (The World Will Be Different). After sweeping through New York and Boston, Fitzwilliam will be the third destination on the East Coast tour.

The Howard Fishman Band has headlined in the states and internationally in major venues, including The Steppenwolf Theater, The Blue Note, NJPAC, The Pasadena Playhouse, Joe's Pub, The Bottom Line, and Le Petit Journal in Paris. He made his Lincoln Center debut in February, 2007, when he was presented as part of this sea-

son's American Songbook series.

Fishman has also been a frequent NPR guest, making feature-length appearances on Fresh Air with Terry Gross, World Cafe with David Dye, The Leonard Lopate Show and Soundcheck with John Schaefer, among others. Often compared to artists like Lou Reed, Beck, The Magnetic Fields, and Jonathan Richman, Fishman brings a punk-like edge to an encyclopedic familiarity with diverse musical forms to create "an irresistible synthesis" (Backstage) that is "something entirely new" (Downbeat.)

Fishman began his musical career on the streets of New Orleans and in the subways of New York before debuting at the famed Algonquin Oak Room in 1999. He keeps his roots as a traveling musician by drawing from a rich pool of musical backgrounds. Ever evolving and restlessly creative, Fishman's music has moved through early jazz, folk, blues, free jazz, classical, rock, pop, funk, country and recently elements of New Orleans brass band and gospel music. A native of West Hartford, Connecticut, Fishman currently resides in Brooklyn, NY.

**To The Editor
Biff Mahoney**

The following was forwarded to me in late October and references my article about Charlie Hapgood in the June 2010 Rooster. It was accompanied with a note from Marie Knowlton that said: "Hi Biff – perhaps you could do a story on Alice Collier; she has been a Rooster subscriber forever. Marie"

The letter is a story in itself.
Biff Mahoney
Sheffield VT
Dear Mr. Mahoney,

It was with great interest and delight that I read your front page Richmond Rooster article! First off, to read the term "Stinson Hill" brought back many fond memories of growing up in Richmond. My grandfather lived in the big white house on the hill and in later years my dad and mom spent many happy years there. My dad was born in that house in 1902, followed by a sister (1903), a brother (1915) and another sister (1916). His mother died there in 1916. My mom was the last to live there until 1993 when she died. I'm the only one left of the immediate family.

However, the subject of your article, Mr. Hapgood, was most interesting to me. I remember both him and Mr. Campbell, but didn't know much about them. Mrs. "Mac" lived there also. My folks

on occasion would give them a ride to Keene. My mom would do Mrs. Mac's hair, take her for groceries, etc. At some time she gave my mom an incomplete set of Blue Willow dishes, of which I'm the proud owner of now! In fact, I had a lunch with Dick & Alice Dickinson several years back and used those same dishes!

Mr. Hapgood gave my folks an autographed copy of his book "The Earth's Shifting Crust" which I also had later on. When I retired and downsized I sent the book to the Richmond Library with an explanation of who Mr. Hapgood was. That would have been in 2000. I received a lovely thank you note back, which I have in my memory file. I do hope they still have the book, or the Historical Society has it.

I've given a lot of photos, obits, etc. to Norma Thibedeau and admire the efforts the Society has done to keep the town history intact.

I was sorry to learn of the tragic end of Mr. Hapgood's life, and wonder about Mr. Campbell.

You mentioned the Hood family, many of whom I knew. My sister was best friend with Judy Hood (daughter of Jesse & Gladys Hood). Gladys was a teacher at the Four Corners School (now the library) where my dad and siblings all went.

It really was a trip down memory lane for me.
Sincerely,
Alice Stinson Collier
East Derry, NH

**The Great Sheep Boom
Steve Taylor, Kim Mattson**

The Conservation Commission and the Rural Preservation Committee would like to thank the 40+ friends and neighbors who attended Steve Taylor's wonderful presentation "The Great Sheep

Boom and its Enduring Legacy on the New Hampshire Landscape." The knowledge and history that Steve shared with all of us that evening will long be remembered. What a memorable evening of good food and delightful discussions.

Rural Preservation hopes to continue to work with the Richmond Conservation Commission to bring along additional lectures. Both groups' main goal will be to create an Agricultural Commission in Richmond.

A study recently completed for the NH Department of Agriculture, Markets and Food examined agriculture's impact on New Hampshire's economy and found it to be significant and far reaching. Agriculture's impact lies in New Hampshire's economy, employment base and tax revenue.

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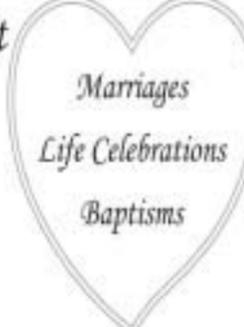


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Richmond's farming base is far from this kind of organized farming, but we certainly can protect through education what our town has to offer.

**Dear Mailbox Vandal,
Adria Tolman**

I would like to applaud your most recent effort. My mailbox has been smashed three times in the past year. Quite impressive indeed. What isn't impressive at all though, is the challenge. You see, my mailbox is one eighth of a mile from my house at the top of my driveway, so when you crawl out from beneath your rock to cave it in, I'm afraid there is virtually no chance of you being caught in the act. What fun is that?! It can hardly feel like a victory- you're not even around to see my expletive-filled tirade when I discover it! With that in mind, I would like to extend an invitation for you to come vandalize something more challenging on my property. Maybe my barn, my house, or my vehicle? I have two large dogs who would positively LOVE to meet you. Oh—and in case my mailbox looks like an attractive target again in the future, I feel it's only fair to warn you that it is now being monitored by a motion-activated game camera.

Thank you for your time and please enjoy the shiny new mailbox I will have erected by the time this message reaches you.

Sincerely,
Adria Tolman
209 Athol Rd.
Richmond

**Creative Writing for All Ages
Bonnie McCarthy & Community Readers**

In October I submitted an article to the November Rooster (pages 10-11), which invited community readers to stretch their creative writing talents by submitting Americanized "haiku," or 17 syllable verse, directly to the Rooster for the December issue. I write this article not knowing if this idea appealed to anyone except me, that is. That said, below I am contributing a new haiku for December, and offering another suggestion for the January Rooster in addition to haiku. The idea is to encourage community participation, and to solicit Rooster submissions of all kinds.

An overcast day
A sliver of blue peeks through
I await the sun

For people who are not into counting out 17 syllables, I suggest



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a simpler six word exercise called "Six-Word Memoirs." The idea according to AARP The Magazine is to write a six-word story about a given topic. For instance, the topic chosen for their November/December issue is "What Was I Thinking?" Here are two of the winners:

- Needed money. Sold my '65 Mustang.
and
Located my childhood sweetheart. Shouldn't have.
- For a January topic let's write about "A Vacation of Remember." Remember to use only six words for your "memoir," and the deadline for the January 2011 Rooster is December 10, 2010. Have fun!

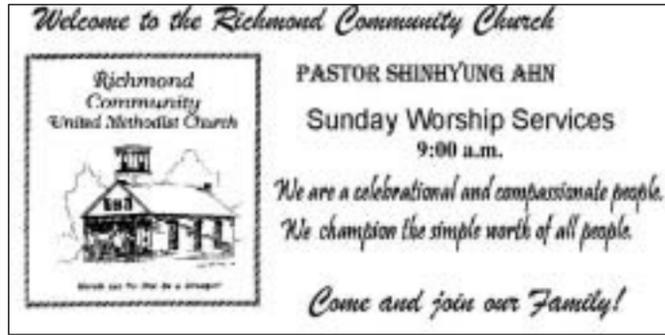
**Appreciation
Theresa Majoy**

I want to thank the nearly 1400 citizens of Fitzwilliam and Richmond for coming out to vote on November 2 in support of the democratic process. I especially want to thank the many volunteers and voters in these two communities who supported my campaign. To all the citizens of both towns I wish a happy and healthy holiday season. Warm regards.

**The Secret to Success: Part Three
Dice and the 2 Sided Coin**

Pete Majoy

Into and out of life we all roll like dice
simultaneously spinning
as transparent two sided coins.
We bumpety-bump in the labyrinth of luck
when fortune fades from the edge of the table
withdrawing itself so we are able
to face our own grief.
There are smiles in sadness, laughter in madness,
not forms of denial, just part of the brief trial
that slowly but surely opens our hearts
which home the soul of the transparent
two-sided coin.



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Never moving nor motionless it whispers wisdom through the one side of now and the other of forever always together in all kinds of weather rhythmically inviting us to cross the bridge of illusion. When there, we sit in the vast emptiness, the stillness of union beyond conceptions that we are this or that.

**Stanwyck Shows Her Versatility in Old Series
Frank Behrens**

I suppose I watched as much television in 1960-61 as most people, but I do not remember Barbara Stanwyck hosting and starring in her own show. Loretta Young, yes; Stanwyck, no. In 2009, E1 Entertainment released a boxed set of three DVDs titled "The Barbara Stanwyck Show, Volume 1" that contains (to quote the press release) "15 of the series' most memorable half-hour dramas—all of which have not been seen since their original broadcast nearly fifty years ago."

Now, they have given us Volume 2, a two DVD set with 13 episodes.

This is part of E1's "The Archive of American Television Series Presents" sets of DVDs that are trying to restore what is called the "Golden Age of Television." And it is, along with the other sets, a very welcome addition to any collection.

Each show starts with a glamour-shot of Stanwyck standing awkwardly in some magnificent dress and giving the introduction to the 23-minute drama to follow.

With the exception of one episode, which was given to Milton

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Berle to dominate, Stanwyck appears in all the shows. Usually she plays a sympathetic character, now and then a not-so-nice one who learns her lesson at the end of the show. But this was what the public wanted: a desperate situation neatly solved in less than a half-hour with a happy ending.

The funniest episode is in Volume 2's "The Assassin," in which Peter Falk plays a great comic role as an honorable hitman. The second episode in Volume 2, "Adventure on Happiness Street," is strangely missing the last few minutes of the story and Stanwyck's ending message.

Stanwyck is the ultimate professional and a pleasure to watch. Among her guest stars are Ralph Bellamy, Anna May Wong, Michael Rennie, and Lee Marvin (Volume 1), and Dana Andrews, Joan Blondell, and Buddy Ebsen (Volume 2).

Both sets include her 1961 Emmy acceptance speech, and there is a booklet for each set, giving background and details of the series and episodes. This is a good nostalgia trip—and possibly a good educational device for aspiring young actresses. It is also a valuable tool for any student of the history of mass media in America, as are all of the entries in this Archive series.

Selectmen's Meeting Minutes

Date 11 Oct 2010 Time: 7:00 p.m.

Attending: JC Boudreau, Wes Vaughan, Sandra Gillis. Read mail and signed checks.

Bev Hart, Selectmen's secretary, addressed the Board with concerns about the sign out front; she thinks it should say falling slate also.

Dana Taylor, Road Agent, addressed the Board to discuss the winter maintenance bids. JC made a motion to accept the bid from Dan Firman for the east side of town for winter maintenance. Wes seconded it. Motion carried. His bid was for \$27,200 min. and \$37,000 max .

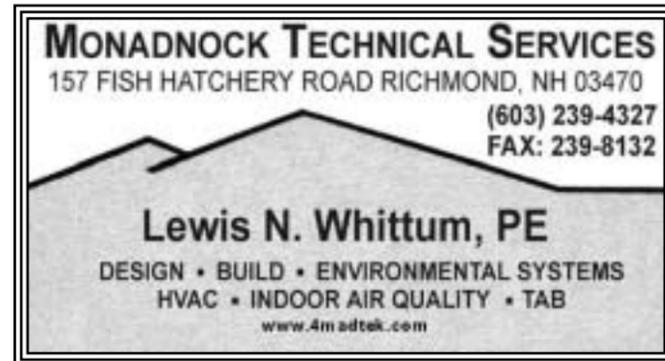
JC made a motion to accept the bid from Buddy Blood for the west side of town for winter maintenance. No one seconded it. Sandra made a motion to accept the bid from John Holman for the west side of town for winter maintenance. Wes seconded it. Discussion: Contractors need to have two plows, a sander and loader. Contractors need to communicate with the Road Agent on a consistent basis. Sandra asked Dana to explain what he needs from the contractors as far as communication goes. Dana explained that they should check in when plowing to determine priorities. Motion carried 2-1. His bid was for \$34,992.00.



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JC made a motion to accept Billy Hillock's bid for town building winter maintenance. Wes seconded it. Motion carried. His bid was for \$4975.00.

Wes made a motion to use Rob Hart and Darold Tanner for shoveling the Town Hall, Veteran's Hall, Civil Defense building and library. Sandra seconded it. Motion carried. They will be paid \$25.00 each storm.

Dana informed the Board that Old County Road has been crack sealed.

Dana also asked what is happening with the Cote easement. The Board will draw up an agreement with the Cotes regarding the terms of the easement.

Dana also has concerns about a driveway modification at 150 Tully Brook Road and will send a letter to the property owners.

JC announced the results of the bid awards to the public in attendance.

Roberta addressed the Board with a request from Heather Remick, treasurer, to open a second account for the town for the tax collector to receive electronic payments. The board had some questions regarding the account and Roberta will get the answers for them.

Frank Bateman addressed the Board regarding receiving a building permit for a handicapped railing on a Habitat for Humanity home. Since the handicapped ramp will be a replacement deck and ramp, a permit is not needed on M408 L011.

Annette Tokunaga, Town Clerk, addressed the Board regarding the General Election. Annette has the warrant for the Board to sign.

Annette also addressed the Board regarding the town personnel policy. She thinks the Board is doing a wonderful job and agrees with the personnel policy. She has some recommendations and some questions regarding the policy.

The Board discussed the budget and what the status is now. Departments should be at 75% of their budget. Some budgets are over now. The Board would like an email sent out to all department heads asking them to be cautious with their budget and to avoid any unnecessary spending.

The Board appointed Julie Swanson and Heather Remick to the Recreation Committee.

The Board appointed Kathleen Whitham to the Beach Committee.

There being no other business to come before the Board, the Board adjourned at 10:00 p.m.

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Date: 18 October 2010 Time: 7:00 p.m.
Attending: JC Boudreau, Wes Vaughan, Sandra Gillis
Read mail and signed checks.

Allison Van Brocklin came in to see the Selectmen regarding Permit #2010-013

M405-L039. The Selectmen approved Building Permit 2010-013 that was submitted for Sylvia Van Brocklin.

Matt Drew came in on request of the Selectmen. He brought in the US Cellular site plan to go over with the Selectmen. The Board discussed timing for inspections.

Shannon Deem was in to discuss his building permit. #2010-012. Approved. ZBA approved variance on 10/14/10.

Mark Casavant was in to acquire a building permit for a 10X12 shed. Permit #2010-019 was assigned. M405-078-2. Approved.

John Wahl was in to discuss his building permit #2010-016. M408L080. Approved. ZBA approved variance on 10/14/10.

Pam Goodell was in to see the Selectmen regarding a piano that was donated to the town. JC recommended the old one be removed if we take the donated one. If anyone wants the old piano please contact the Board of Selectmen as soon as possible.

Ms. Goodell submitted a letter to the Selectmen regarding brush and tree trimming on her property by the road crew.

Brian Allen came in to discuss U.S. Cellular's building permit #2010-014. Approved.

Timber cut for M407L089 was signed off by the Selectmen. Gun Permit R338532 was signed off by the Selectmen.

Two town building rental applications were signed off by the Selectmen.

There being no other business to come before the Board, the Board adjourned at 10:00 p.m.

Date: 25 Oct 2010 Time: 6:00 p.m.
Attending: JC Boudreau, Wes Vaughan, Sandra Gillis
Read mail and signed checks.

Cassandra Bradley came in to address CDFA Programs with the Selectmen. Peter Majoy was also in attendance. CDFA is Community Development Finance Authority. The Energy Loan

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Program was discussed.

Matt Drew came in to discuss Building Permit 2009-006 with the Selectmen. He finished his inspection for the Certificate of Occupancy. The fire inspection still needs to be completed and Bev placed a call to Mike Pearsall. He also discussed 2010-009. He has done a preliminary inspection for this permit.

Craig McPhail was in with a building permit for a garage. Map 405L078-1. Permit # 2010-20 was assigned.

Steve Boscarino addressed the Board regarding opening a new checking account to accept electronic payment of property taxes.

JC made a motion to allow the treasurer to open a new checking account for the purpose of accepting electronic payments for property taxes. Wes seconded it. Discussion: This will be a sweep account. Motion carried.

There being no other business to come before the Board, the Board adjourned at 8:10 p.m. to set up the voting booths at the Veteran's Hall.

Date: 8 November 2010 Time: 7:00 p.m.
Attending: JC Boudreau, Wes Vaughan, Sandra Gillis
Read mail and signed checks.

Steve Boscarino addressed the Board and updated them with information about the current status of unpaid property taxes.

Sandy Perry addressed the Board and requested that the Board approve the request of the ZBA to allow Roberta Fraser to be the minute taker for the ZBA. The Board agreed that Roberta could take minutes for the ZBA. The ZBA budget will be charged for her hours.

Wendy O'Brien, Librarian, and Bonnie McCarthy, Library Trustee member, addressed the Board on behalf of the Richmond Library and informed them that there is a problem with mice, squir-

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rels, etc. in the library building and that is a concern because they are chewing on the books at the library. Critter Solutions, a pest control business, did an inspection at the library and they can dispose of any critters at the library and they will also plug all the vents on the library. The cost will be \$645.00 for this work to be completed. The library will pay for the mouse trap program, at the cost of \$150.00 and they are asking for the town to pay the amount of \$495.00. The Board discussed the request and informed them that there isn't any money in the budget for this expense.

The Board discussed the request from a citizen to purchase tax deeded property at M409 L033. JC made a motion to auction M409 L033. Wes seconded it. Motion carried. The property will be put out for bid in the next few weeks.

The Board discussed the budget process and whether the budgets should be level funded or not and what the needs are for the town.

Sandra would like the Board to consider creating an ethics policy for elected and appointed officials.

Sandra made a motion that the Selectmen hold a leadership listening session about town priorities and to inform about the budgeting process. No one seconded it.

The Board discussed the loan for the energy retrofit of the Veteran's Hall. Sandra was in favor of applying for the loan

so there was a potential approval in place and then letting the voters decide if they would like to take the loan and JC and Wes were not. JC and Wes feel the town will be better served by putting specific projects on as a warrant article.

Sandra had a news article for the Richmond Rooster for review.

There being no other business to come before the Board, the Board adjourned at 9:25 p.m.

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Town Business Hours

- Board of Selectmen:** J.C. Boudreau,
Sandra Gillis, Wesley Vaughn
- Mon. 7:00 —7:30 p.m. Town Departments
 - Mon. 7:30 —? p.m. Public Concerns

Town Secretary: Beverly Hart

- Mon. 6 p.m. —9 p.m.
- Wed. 8 a.m. — 12 noon, 1:00 p.m.- 5p.m.
- Fri. 8 a.m. —12 noon, 1:00 p.m.— 4p.m.

Town Clerk: Annette Tokunaga

- Deputy: Pamela Goodell
- Mon. 9 a.m. —Noon, 1 —4 p.m., 6 —8 p.m.
 - Wed. 9 a.m. —Noon, 1 —4 p.m.
 - Tues. & Thurs. 9 a.m. —Noon

Tax Collector: Steve Boscarino

- Mon. 7 p.m. —8 p.m.
- Wed. 2 p.m. —4 p.m.

Planning Board: Richard Drew, Chairperson

- Meetings held at Civil Defense Building
1st & 3rd Tues of the Month —7:30 p.m.

Transfer Station & Recycling Facility

- Tues. 8 a.m. —4 p.m.
- Thurs. 8 a.m. —7 p.m.
- Sat. 8 a.m. —5 p.m.

Town Library: Wendy O'Brien, Librarian

- Tues. 4:30 p.m. —8 p.m.
- Wed. 9:00 a.m. —12 p.m.
- Thurs. 4:30 —7 p.m.
- Sat. 10 a.m. —2 p.m.

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- Town Clerk —239-6202
- Tax Collector —239-6106

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- Editor: John Bocalini
- Design/Production: Paul Clipper
- Proofreaders: Jean Tandy, Bob Weekes, Kathleen Bersaw
- Advertising Manager: Peter Majoy
- Treasurer: Janel Swanson
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The Richmond Rooster welcomes comments and article contributions.

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