



The Something to Crow About RICHMOND ROOSTER

June 2016

The Bicentennial in Retrospect

Harold Dickinson

Reprint of an article from the *Richmond Community Newsletter*

As we in Richmond join our neighboring towns, and the nation, in celebrating two hundred years of independence and freedom, my mind goes back to the year 1763, and to the courageous families who had come by ox teams, and on foot, to make homes and farms in the heavily forested wilderness that comprised the 23,725 acres our town now occupies.

Questions arise concerning them that cannot be answered with truth or accuracy, for all the near descendants of those who first settled here have been at rest for many years, and we have only *The History of Richmond*, and a few surviving legends to provide the information we seek. From such records as remain, and from tales of old time customs and activities, we must create our deductions.

We read that a road twelve feet wide had been cut through the wilderness in 1734 to accommodate the Commandant at Fort Dimmer, just below Brattleboro, Vermont, whose home was in Lunenburg, Massachusetts, and over this road most of the first settlers came, transporting their few possessions on a lumbering ox cart, many vehicles having only two wheels, the children walking with their mothers, or perhaps riding behind them if a horse was included in their possessions.

The first comers took up lots in proximity to the road, then as others took up their 80-acre sections. Paths, which afterward became roads, were cut from house to house, and gradually the settled areas were united by narrow lanes that permitted easier communication between families.

The first Town Meeting was called in 1765, and the first official road was laid out the same year.

There is little doubt that these first families experienced hardship that we of the present day cannot even imagine. Years ago this writer was told by an "oldster" who was quoting her grandmother: "The only shelter

they had was by hanging woolen blankets over a pole to form a roof until they could build a sod hut, or log cabin." Knowing the water resistant qualities of a hand woven wool blanket, I do not question that statement, or the effectiveness of the improvised roof.

Consider, if you will, that in clearing virgin land in preparation to build a home, the area first had to be cleared, the brush and waste burned, and if a frame house was planned the rough logs had to be cut the desired length, hewed to the size timber needed, and allowed to dry, after being wedged to prevent warping. And when, thoroughly dry, mortise and tenon would be cut, so there would be no shrinkage. Thus the tenons so cut never loosened, and frames fitted two hundred years ago are still tight and strong.

The first sawmills, known as "up and down" mills, produced more boards and plank than timber. Boards were cut faster than by whipsawing, and were more uniform in thickness. The outer house walls were boarded "up and down," and lap jointed.

As the farms developed, every home had cows, which provided milk, cheese and butter, as well as meat, and hides tanned into leather, from which the family boots were formed. Sheep were also of importance, as a source of meat, and wool woven into cloth from which most of the clothing was made. Grist mills driven by water power sprang up on the numerous streams, where corn, wheat, and rye were turned into meal or flour, coarse, but edible. Trading was mostly "in kind," for very little was needed, except salt and spices, that was not produced on their farms.

Communication with the areas from which they had come was accomplished by requesting some traveler going near those places to add letters to others in his saddle bags, for delivery to the nearest point.

By 1775, the population of Richmond had increased to 860 hardy souls, of which 1/3 were males from 16 to 50 years of age. Some had already joined the armed forces. A survey showed 56 guns fit for use, and 5 pounds of powder. After the Concord fight excitement

ran high, and “The Stamp Act” and “The Boston Port Bill” were discussed at all gatherings, and the disregard of the British for the people “duly considered.” They decided that their rights and liberties must be defended, or submit to an arbitrary power. Even the Quakers, whose principles forbade them to unite in war, signed the Association Test. Only one Tory is known to have refused to sign, and fled to Nova Scotia. The records of those who fought in the Revolution are incomplete, but it is believed that at least twenty-five Richmond men fought in Colonel Doolittle’s Regiment at Bunker Hill. Others fought at Bennington, Ticonderoga, and Stillwater.

And as it has been in all wars, the wives and children of those in service “carried on,” doing the heavy work of the farm required in those by-gone days, presenting a brave front for all to see. This silent heroism has made our country great, and made Richmond a small but indivisible part of this great Nation. And as we watch, or have a part in a parade or celebration this Bicentennial year, let us pay honor, either audibly or mentally, to our ancestors whose determination and courage paved the way for the present generation.

Town Clerk’s Calendar

Annette Tokunaga, Town Clerk

June 1, 2016 Filing period begins for State Office

June 10, 2016 Filing period ends for State Office
(Open 3-5 pm)

If you would like to know your status as a registered voter in Richmond or your party affiliation, you can view this information at <http://app.sos.nh.gov>. You can also call (239-6202) or come to the Town Clerk’s office to confirm your voter status and party affiliation.

At the Town Clerk’s Office

Annette Tokunaga, Town Clerk

I would like to remind everyone that June 30 is the deadline to mail the DP-8, Low and Moderate Income Homeowners Property Tax Relief form. You may qualify for tax relief from the State if you were single and earned \$20,000 or less or were married and earned \$40,000 or less in 2014. Forms are available at the Town Hall and on the State website at www.revenue.nh.gov. The forms must be postmarked by June 30.

Dog News: If you have not yet licensed your dog, you will be charged late fees effective June 1. If you licensed your dog in the Town of Richmond last year, you can either come to the office or renew the license

online. If you have added a dog to your family, you will need to come to the office to license your dog. To license a new dog, please bring with you the Rabies Vaccination Certificate along with verification that your dog has been neutered or spayed. Please let me know if you no longer have your dog so I can update my files.

Please feel free to contact either my deputy, Jennifer Thompson, or me if you have any questions. Our contact information can be found in *The Rooster* and online at <http://www.richmond.nh.gov> the Town of Richmond website. The office phone number is 239-6202.

Library News

Paul Dobbs

Come Fly with Us!

Explore Flying in History, Sports, and Science

Wednesday mornings, 10 to 11:45 am, June 18 to August 17.

Come Fly with Us!

Explore Flying in History, Sports, and Science at the
Richmond Library Summer Reading Program



Summer Kick off: Tie Dye Party!
Hot Dogs, Ice Cream
Saturday, June 18th at 1:00 pm at the Pavilion
Bring a shirt to tie-dye and room for hot dogs and ice cream!
Brought to you by the Richmond Parks & Recreation Committee and the Library.

Then Join Us Every Wednesday at 10:00 AM
June 22nd to August 17th
Stories, Experiments, Videos, Drawing & Painting, and Games
All about (well mostly about) Flying



Like last year the library will be collecting non-perishable food items for the Richmond Food Pantry throughout the summer program. You can fly in and drop off food for those in need!

Richmond Public Library
239-6164, library@richmondnh.us
At the Four Corners (the intersection of Routes 119 & 32) next to the Fire Station.
These are not school-sponsored events.

The Library’s summer program is aimed at children, but many of the resources and projects should interest teenagers and adults too. Everyone is welcome to participate, and, if you’d like, to volunteer. The activities will be custom-designed for the ages and needs of whoever registers. To learn about flying we’ll do science experiments, read aloud, paint pictures,

make giant puppets, meet some human and animal guests, and watch and discuss short videos. At the conclusion of each session we'll find books for taking home that match participants' interests and reading levels.

To register your child, please drop into the library anytime during open hours: Tuesdays and Thursdays 3-7pm, Wednesdays 9-noon, or Saturdays 10 am-2 pm. You can also register during the Summer Program Kick-Off Tie-Dye Party, brought to you by our generous collaborators, the Richmond Parks and Recreation Committee: Saturday, June 18 at 1:00 pm at the Pavilion behind the Fire Station, just beside Four Corners. Bring a T-Shirt to tie dye, and an appetite for hot dogs and ice cream!

I would love to hear from you about what other kinds of activities for children, teenagers, or adults you wish our library would arrange, and what books, magazines, CDs, and DVDs you would like us to buy. Programs about sustainable gardening, astronomy, stress reduction, photography, canoeing, animals? Do you need help with writing resumes or college application letters? Don't hesitate to send me an email, call, or drop in with your suggestions.

Do you belong to a group that needs a location for a meeting? If the event is open to the public, our newly-renovated Edith Atkins room may be the right place.

I'll be happy to hear from you, just call 239-6164. Email: library@richmondnh.us or the Library website at <https://sites.google.com/a/richmondnh.us/library>

Things and Thoughts from the District

Neil Moriarty

Thanks to *The Rooster* staff for printing the Middle/High school honors in the May Issue.

I sent that in way late in the month and they did a great job of making room for them. This should mean that we get both the Trimester Elementary and the

Quarterly Middle/High Honors in the July issue 2016.

Great Story in the Sentinel: Two Girls Playing on Boys Lacrosse Team at MRHS. Maddie Daniels, a Richmond resident, and Jenna Johnson, are playing on the boys Lacrosse Team at our high school. Congratulations to all concerned – the girls for making the reach, the boys for not objecting, and the coaches for encouraging the kids. No lawsuits, no screaming to the school board – just play. Let's hope this effort by these young women makes more kids reach a little higher in life.

MAPS: Help for Drug Issues at the Middle/High School?

As reported last month, I had forwarded the MAPS CEO's name to Troy Kennet, our Director of Student Services to see if Monadnock Regional School District could receive some assistance in the area of drugs and other social issues. No progress has been made to date.

\$510,000 Teacher's Insurance Pool

Since the teacher's contract failed in March, and thanks to the efforts of Troy Selectman Tom Matson, three towns – Richmond, Swanzey, and Troy, asked the school board to declare the "pool" a surplus and return the \$510,000 to taxpayers. The school board continues to drag its feet and has done nothing (as of *The Rooster* entry deadline 05/15/16). The teachers received free health insurance for years – what more do they want?

We Are losing Troy Kennet

Mr Troy Kennet is leaving SAU 93 in June 2016. We are losing a very good employee who has saved the district a great deal of money, and also made some improvements in student services.

May Update

Jim McConnell – State Representative
Cheshire 12 – Richmond and Swanzey

At this point, activity in Concord has slowed pretty much to a crawl. Committee hearings have been com-

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pleted in both the Senate and House and very little remains to be done outside Conference Committee action on bills to resolve differences between the Senate and House.

One important bill which remains outstanding is HB 1660, the Eminent Domain bill. This bill, of which I am a co-sponsor, improves current eminent domain law in a number of ways. It allows an owner of residential property to have an updated appraisal completed at the expense of a pipeline company seeking to acquire the property by eminent domain. It also allows certain owners of property subject to a partial taking under eminent domain to require a pipeline company to take the entire tract of land. In addition, it provides for the awarding of relocation, temporary housing, and legal expenses in gas pipeline eminent domain proceedings. Finally, it requires that the site evaluation committee file as an intervenor in Federal Energy Regulatory Commission proceedings involving the siting of high pressure gas pipelines.

Unhappily, the Senate chose to add a non-germane amendment to the HB 1660 regarding the Regional Greenhouse Gas Initiative. This has the effect of diminishing HB 1660's prospects and has almost certainly ensured a Committee of Conference, the outcome of which is difficult, in advance of further House consideration or the appointment of the conferees, to forecast. I will continue to closely monitor the progress of HB 1660.

Two of the bills I submitted this session were passed by both the House and Senate. HB 1181, which allowed for the appointment of an Alternate Cemetery Trustee and HB 1147, which requires the Department of Resources and Economic Development to annually report on the total federal land holdings within the state, and the federal holdings within individual towns.

Two other bills I submitted were Interim Studied. HB 1101, prohibiting charges to New Hampshire resi-

dents for the construction of high pressure gas pipelines will be the subject of an Interim Study by the House Ways and Means Committee with a report due at the end of this October. HB 1148, relative to pipeline capacity contracts, was amended to establish a committee to review potential statutory revisions to constrain possible stranded costs associated with pipeline capacity contracts. HB 1148 will be studied by a committee to be appointed by the Senate President and the Speaker with a report due November 1, 2017. I hope both committees will produce recommendations which will result in legislation in the next legislature. Both committees' deliberations will, I hope, increase the pressure on the Public Utility Committee to ensure electric ratepayers are not burdened with the cost of building pipelines which have no connection to electricity generation.


The Maplewood Subcommittee, which has been meeting for almost eighteen months, will be holding public hearings at five locations around the County in June. These meetings will seek public comment on the subcommittee's work thus far and are expected to allow the subcommittee to finalize its work in time to make a recommendation to the County Executive Committee for further recommendation to the full County Delegation at its August meeting. The decision we arrive at will be financially significant and I encourage attendance at what should, given the divisions within the subcommittee, be informative and lively hearings.

I can be reached at 903-3878, which is my cell phone. I have decided it is much more efficient to use my cell phone as I'm frequently away from my desk and I'd rather take a call than return one. My personal email is mcc@mindspring.com Please use my personal email as my legislative email is inundated from both out of state interest groups and individuals and I'd like to make sure that you, my constituents, can reach me when you want to and not get lost in the shuffle.

SAY NO TO THE PIPELINE

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is to serve the greater good of the people,
not special interests, corporate
or otherwise.**

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One Hour, Once a Week, Can Improve the Life of a Young Child!

Allison Riley

The Monadnock RSVP Volunteer Center invites interested men and women, ages 55+ to consider becoming an America Reads volunteer to help children struggling with reading. Research shows that supportive and consistent interactions with adults in the early years can affect a child's brain development and set the stage for school readiness and academic success.

Under the close supervision of a teacher or center director, America Reads volunteers will engage children in grades Pre-K through 3rd grade in literacy activities and one-on-one reading time in order to build vocabulary, increase letter-word identification, and foster a love of reading.

We currently need people to fill volunteer positions at two new America Reads sites in Troy and Stoddard. But we will continue to expand our volunteer placements in the fifteen schools and four Head Start/Early Learning programs where we are currently serving.

The commitment is for one hour, once a week, throughout the school year. All you need is a desire to make a difference in the lives of children in your community and have a love for reading. But training and resources will be provided.

If you are interested in joining the America Reads

Volunteer Program, you will be asked to attend one of the two training classes for new volunteers. Prior to the training classes, volunteers will complete an interview and application process.

All volunteers will also undergo criminal background and reference checks. Fall trainings will take place:

In Peterborough: Wednesday, September 21 from Noon – 4:30 pm.

In Keene: Tuesday, September 27 from 9 am – 2 pm.

A quick call or email is all it takes to get the process started. To find out more about America Reads, contact the Monadnock RSVP Volunteer Center at 603-357-6893 or send an email to rsvp@mfs.org. Monadnock RSVP is a program of Monadnock Family Services, a Monadnock United Way Agency.

Quotable Quote


Terri O'Rorke

Fatherhood is the best thing that could happen to me, and I'm just glad I can share my voice.

Dwyane Wade, professional basketball player

“Happy Father’s Day all Richmond dads!”

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The Hummingbirds of Whipple Hill

Jean Tandy

It's now May 8, 2016 and another Ruby Throated Hummer just returned to where our first red marked feeder hung...

in April 1968 – our family nailed the feeder to a post that still stands strong ...even today. As he tried feeding

in crazy west winds...blowing so strong the little guy was blown off – but picked himself up to scout 'round the house to the east deck feeder...calm, quiet, sweet water...

Imagine! lifting out of a 'winter hang out for Hummingbirds'...

in central Mexico...destined for a NH home in Richmond.

Is like following Columbus, or Balboa...we know their story. But this bit of flying feathers drinking deep long sips, here... this bit of 'Winged Hope' flying over swamps and rivers, high

Appalachian peaks, returning every year? To his birth place. here, on this slab of granite...? Well he's a little miracle of life.

His Lady will follow...usually within a week, after their nest is nicely woven and ready...to begin their next generation.

Next Projects of the Richmond Heritage Commission

Carol Jameson, Chair

Historic "Additions" to the Richmond Public Library, formerly Richmond Schoolhouse #6

The Richmond Heritage Commission plans two new projects this year, in keeping with our mission to preserve and attractively present the historic and cultural assets of the town of Richmond.

The building that now hosts the Richmond Public Library was originally one of Richmond's fifteen one-room neighborhood schoolhouses, Schoolhouse No. 6 built in 1850. It served children living at the center of town until 1947, including Dick Dickinson who passed away in March at the age of 93.

The photograph above has been digitally enlarged and is mounted as a mural in the library. The original wooden structure once had dark green shutters and a belfry in which a large school bell hung and was rung to announce the call to class. The building was converted to a library in 1962 and has been used as a cultural center



since then. An addition was added in 1974 and the building was listed on the National Register of Historic Places in 1980.

At some time between its original function as a schoolhouse and its present use as a library, the belfry, school bell, and shutters were removed from the structure. However, the original shutters and school bell still exist and are stored in the basement of the library.

The Heritage Commission plans to restore the building to its original appearance by restoring and reinstalling the window shutters and building a replica of the belfry in which the original bell will be rehung.


Sign and Small Park at the Site of the Former Town Common

Old photographs also show that the former Richmond Town Common was 'located at the intersection of the Old North Road (Old Homestead Highway) and the Ashuelot Turnpike (Route 119) at the Four Corners.

A century ago that spot held a town well, water pump, watering trough, and signs directing travelers to neighboring towns. In later years the subsequent widening and straightening of both roads ultimately obliterated most of the small Common, and the land reverted to the owners of the white house located on the northeast corner of the intersection, the former Geraldine Brewer house. Members of the extended Brewer family are longtime residents of Richmond. Gerry Brewer not only

Welcome to the Richmond Community Church

Richmond Community United Methodist Church



Herein Let No One Be a Stranger!

Pastor Arnold Johnson

Sunday Worship Services
9:00 a.m.

*We are a celebrational and compassionate people.
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lived in the house, the former “Widow Howe’s Tavern,” during the middle 1850s, she was a mainstay at the Four Corners Store across the street in our time, having worked for six succeeding proprietors of the store over a period of 48 years. Although Gerry never held public office in Richmond, she was the unofficial welcomer to newcomers in town, affectionately referred to as the ‘Mayor’ of Richmond.

Although privately owned, the Brewer family allowed the town to continue using a portion of the front yard as a “common” and let the Eagle Scouts put up two town notice boards. These have fallen into disuse and have not been maintained for quite a few years.

The RHC approached the current owner of the house (another Brewer descendant, our Richmond Fire Chief, Ed Atkins), and other Brewer family members about putting a small mini-park on their property, memorializing the site as the former Town Common. This will involve installing an antique water pump (similar to the original) atop the existing well, together with a wooden trough (this time, used as a flower planter), and also a directional sign of “historical” character. The mini-park will then be named in Gerry Brewer’s memory. The owners are pleased with the idea and are willing to give the town an easement to create this small memorial.

We have other projects in the works too, and would welcome anyone interested to join us. Look for historic

signs coming soon to several Richmond sites, and more landscaping on town owned land.

We are working on an educational program about welfare in New England towns over the centuries – the Richmond Tramp House is an important part of this story and will be open to the public and to educators as part of this story. Stay tuned, there is more to come.

Please let the RHC know if you’re interested in helping with any of these projects or if you want to make a tax deductible contribution to our work. Contact any of the RHC members – Carol Jameson, Chairman, Bob Weekes, Secretary, and Bonnie McCarthy, Treasurer – or leave a message with Heidi Wood, Town Administrator at Town Hall.

A Real “Pet Peeve.”

Debra Carroll

You’re driving down the street on your way to who knows where. Perhaps you are coming from work? Or maybe you are on the way to pick up your children? You step on the brakes ever so gently as you ease into yet another monotonous red light. You know you’ll have to sit there for at least 2 minutes, so you glance at the car beside you. What the heck was that? And then you see what looks like a kitchen mop sticking out of the driver’s side window. Oh...wait! You take a closer look. Is it? Is that what I think it is? A dog? A dog on the driver’s side of the car? What is a dog doing on the driver’s side of the car? Come on people!

I shouldn’t even have to write about this, but seeing that nobody has taken the initiative to do so, I thought I would seize this opportunity. After all, that is what community contribution is all about. It’s about expressing your concerns about your community, while trying to improve the quality of life for everyone.

We all know cell phones are a major distraction which is why it’s illegal in California to use your cell

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phone while driving (unless it's hands free). I mean after all they make noise and even vibrate, but "cell phones" and "driving" shouldn't even be used in the same sentence. So why then is "dog" used in the same sentence as "driving?" Because people are STILL doing it! How safe can it be to drive around with a dog on your lap?

I don't care what excuse you have or how "good" your dog is; it is still a dog! I am an advocate for animals which is what inspired me to write this. Driving with a dog on your lap is a hazard to yourself, others on the road, and especially, your dog! Surely in the case of an accident an airbag would likely injure your dog, and the possibility of a broken neck is not too far-fetched. It all boils down to a public safety issue.

I just can't believe this still goes on! We see it all the time! As much I am for "cell phone-free driving;" I'd like to know how they can rationalize outlawing cell phone use while driving...yet allow people to drive with dogs on their laps. It could be because it's much safer to drive with your dog on your lap. (Ok I'm being facetious, but you get the point!) I have honestly thought about writing to our local representative to see if I could generate interest in passing a bill. I would call it "The Safety Paws Law," which would restrict people from driving with dogs on their laps. Unfortunately, it would never be passed because it wouldn't be high on the priority list, such as the case of Illinois State Representative Dan Burke, co-sponsor of a bill in Chicago that he is trying to pass. Dan says "Because I travel, I can't help but observe the number of people with dogs on their laps. It is a public safety concern. If a driver is distracted, certainly it would be a risk to other motorists on the road."

In a 2010 AAA survey, 65 percent of dog owners admitted to engaging in a potentially distracting activity, such feeding, petting, and even taking cell phone pics of their dogs. DOUBLE-DISASTER!

Richmond Agricultural Commission

Debra Carroll

The Richmond Agricultural Commission is looking for participants for our 2nd Annual Agricultural Fair! We are looking for vendors, crafters, homesteaders, or any-

Richmond ^{2nd Annual}
Agricultural Fair

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one who has information to share that relates to agriculture and homesteading. This year's fair will be held in August so that we may share this season's harvest with each other. We will also need food vendors to join us!

Our goal is to unite the community and learn about agriculture and more! This is your chance to get out there and let people know what you do! We hope you will share skills and goods and help us grow this event each year. Vendor space is free of charge. You just need to bring your own set up. Tables, chairs or what have you! We will keep you posted! Among the participants so far we have quilters, a turkey farm, local maple syrup, natural soap, herbalists, a blacksmith and more! Let's make this happen!

This event will take place in August at the Richmond Pavilion. Contact the Richmond Agricultural Commission at richmondnhac@gmail.com. Date is to be determined. Join us at our next meeting on Thursday, June 2 at 6 pm at Veteran's Hall on Rte 32.

Keep a 'Happy and Healthy Mind' in Mind

Debra Carroll

How to Conquer Stress – “The Silent Killer”

It amazes me that people worry so much that it takes away from their quality of life. I feel compelled to help people and am always sharing my insight with anyone who will listen. I want people to know that we all have an inner strength that's always available, especially in stressful situations. You owe it to yourself to live a life that's peaceful and fulfilling. Stress is part of life, no doubt about it, but managing stress is crucial to a healthy life and begins with acknowledging stress.

Reducing Stress and Disease

People who tend to “worry” about everything may not realize the impact it has on their bodies and overall health. This has been researched by medical experts and it is widely known that stress contributes to disease. I'm not sure if you have seen “The Secret,” but there is a line in there that says “a body that is not at ease is at “disease.” You may wonder “how do I not worry” and I am here to tell you that by simply changing the way you think, you can make positive changes in your life.

If a doctor told you tomorrow “you need to avoid stressful situations because it's affecting your heart,” or that you were a candidate for a heart attack, I think most of you would likely try to reduce stress. So why wait for a doctor to tell you that? Let's face it, we all fall into un-

healthy routines such as not eating right, not making time for our loved ones, and more importantly, not making time for ourselves! If you feel stressed on a regular basis, you really need to get a hold of yourself and make instant changes.

Practicing a Strong Mind

Many assume that people who are strong are just “naturally” that way or “lucky” and the truth is that every single day is a new challenge. Strong people face things head on. We can all make better choices. I see each day as a chance to think about my life and make the necessary changes that will bring me the most happiness. I try to be a good person and do the right thing. I am human though, and sometimes on rare occasions, I can lose my cool, but these days, almost never. From experience, I can tell you that you can change and become the person you want to be. Every minute of every day is a chance to literally turn your life around. If you don't create your own happiness, nobody else will.

Majorities of people perceive this to be extremely difficult when in fact it should be very easy if you know yourself and what kind of person you are. The simple fact is that you have to really be ready to make the changes. And if you're not ready now, then you may never be! We are human beings and capable of overcoming anything, but not if you are weak in the mind. People who say “I can't” tend to be among those who do not

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believe in themselves. This article is to give you a reality check because there is nobody better than you and you deserve to have everything your heart desires! If it's a new car, then start a savings account for that. If it's a healthy body, then stop eating things that aren't good for you! (There are endless healthy meal plans out there). If it's to be nicer, then start right away. If it's to take a class of some sort, then sign up! Go for it! Any change you make will become routine if you stick with it and you will then see how being true to yourself will help you feel stronger and more capable of making changes.

Learning to Ride a Bike

I use riding a bike as a metaphor for how developing a strong mind works. At first you may be a little nervous. But then you get on the bike (with or without training wheels) and you do it for the first time. After a few times you get your balance and you're riding on your own pretty quickly. Before you know it you are racing your friends and riding through puddles making a big splash!

It is reinforcement that will help you develop new ways of thinking, new ways of looking at life and help shape you into the "you" you have always dreamed of. Whatever "it" is, the first step is to go after it.

People have no problem going to a job they hate every day, but when it comes to "writing that book" or "taking that walk" most people don't because it's not mandatory or you have a hard time keeping commit-

ments to yourself. You should be more important than anyone and if you make a commitment to yourself, keep it! When you see results from being committed to yourself, this is the fuel you need to keep your fire going!


Familiar Scenarios

As I write this, I think about the box of chocolates I ate last night and think of how I fall off the wagon often. For example: if I am trying to eat healthy all week and then at the end of the week I may feel that I have somehow earned that chocolate, and perhaps I have? The important thing is that I don't do it again tonight or routinely. We are all human after all and capable to developing more discipline in every aspect of life.

If you are overweight you should know that people believe in you and your ability to maintain a healthy way of life. There are so many delicious foods and you can always eat everything you love! The key here is moderation. Don't eat three slices of pizza, eat one slice with a big salad topped with grilled chicken! Please do not be one of those people who say "I can't." You can, and you will!

Maybe you are in an unhealthy relationship and your significant other brings home the bacon. Instead of thinking you can't do anything about it, you should get out of the relationship as fast as you can and find a job. People do it every day when they are forced to. You should never be at the mercy of another person. You are

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an independent soul who is worthy of anything. There is a strong person in all of us if you are not afraid to be bold and take charge of your life. If there are kids involved, then all the better to get out. Don't make the mistake of thinking you are staying for their sake. Children should not have to grow up in a house where there is constant tension.

Creating A Plan of Action

It would be helpful to get a notebook to start and nonchalantly make a list of things in your life that you would like to change, as well as any specific goals you may have – even if it is just to maintain a clean house! Goals can be big or small. It can be as simple as reading a book. You can get through a book pretty quickly by reading only 10-15 minutes a day! But you have to “schedule, schedule, schedule!”

Simple but STRONG Advice

What keeps me going and not “worrying” is when I look back on my life and see how much I have overcome. I've made it through everything up to this point! The same goes for you. You made it this far, didn't you? If you are the worrying type, please try not to worry so much, it doesn't have a purpose and only makes you sick. Life may throw a lot of curve balls. Your strength will always save you if you let it.



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Angels in disguise

Debra Carroll

It's shame to admit, but I know that it's true
Not too many love animals the way that I do
I feel bad for those types, they don't know what they're missing
Like the wag of a tail, wet noses and kissing
Dogs have no idea how special they are
I love them so much, more than people by far
They would die for their master in the drop of a hat
I bet there aren't any humans like that
Their very existence depends on you
When you're not around they don't know what to do
Their whole day is probably spent waiting
Every second you're gone it's anticipation
For that magic moment, you finally come home,
And if they were good they know they'll get a bone
But it's much more than that
They are Angels in disguise
They save lives, sniff out bombs and give blind people eyes
They are so full of heart and more full of soul
They help people with seizures and those trapped in the snow
They cheer up the sick and the elderly too
They are therapy dogs with big hearts that are true
They don't hold a grudge, and they never get mad
And it's only “dog” to sometimes be bad
Their noses are a hundred times better than ours
That's why drug dealers are put behind bars
When a child goes missing, who's hot on the trail?
With a nose on the ground and a high flying tail
They're so smart, and I say that purely in vain,
They'll walk through broken glass in the cold pouring rain
But what amazes me most is how psychic they are,
They know exactly what time we'll pull up in our car
They can even sniff cancer...now I'm really impressed,
And they know when your leaving each time you get dressed
Of course I could go on if time had an end
A dog is much more than just “man's best friend.”

Adding a pet to your family

Debra Carroll

If you are thinking of adding a pet to your home, think again. Of course everyone thinks animals are cute and irresistible, but if that's your only motive, it is best to get yourself a stuffed animal. As a responsible pet owner, I stress the importance of researching the pet you want before bringing one home. You can see on Craigslist how many animals are looking for homes and a lot are very young. This usually means someone obtained an animal on impulse without researching the responsibility of owning a pet.

Working at home gives me access to picking up after my own dogs a minimum of twice a day. Feces should be removed at least once daily to maintain a healthy environment for your pet. These dogs are tracking disease bearing bacteria's onto your living room carpet where some of you have young children present.

Not only is it unfair to your pets to have to walk in their own feces, but it's inconsiderate to your neighbors and against the law! Dog feces should be disposed of daily or the chemicals will break down and become hazardous to our environment, specifically our water systems. Check out the following website for more info.
http://www.wiki-pet.com/articles/article.php?art_id=8

In any case, this basic responsibility of pet ownership (picking up after them) is too often overlooked by most people. There is really no excuse and it is neglect.

Another reason to research the pet of choice is that

most people often get a pet, but later realize it's too much work. Why else are there 1000s of young rabbits on <http://www.craigslist.com/> Craigslist 5-6 months after Easter? I just adopted two!

Any ad for a pet will say "we don't have time for the pet" or "we are moving." Pets are living creatures and just because they can't tell you how they feel, they need more from you than daily feeding and regretfully, some don't even get that. Being bounced from home to home or shelter to shelter is what makes these animals frightened or deemed "unadoptable."

Most important, it's your responsibility to spay and neuter your pets. Two rabbits can become 14 in 32 days!

PLEASE be a responsible pet owner. Help reduce the amount of animals that are left with no one to love them, dying in shelters all across the world everyday! See this very informative article by the American Humane Association regarding spay and neutering.
<http://www.americanhumane.org/animals>.

If everyone knew what was involved in cleaning a rabbit's cage they would think twice about owning one. Research what it takes to care for a pet BEFORE you bring a pet into your home. Most pets will bond with their humans, but the average pet owner regards them as disposable. How would you feel if someone dumped you at a homeless shelter? You should never adopt a pet unless you are truly looking to add a new member to the family.

There are no bad dogs, only uneducated people.



The Volunteer's Thank You Bar-B-Que at the Vet's Hall Saturday May 21. Wonderful food, company, and entertainment.

Yippee!



Tennessee Gas Pipeline
Company, L.L.C.
a Kinder Morgan company

KINDER MORGAN WITHDRAWS IT PIPELIN APPLICATION.

May 23, 2016

Kimberly D. Bose, Secretary
Federal Energy Regulatory Commission
888 First Street, N.E.
Washington, DC 20426

Tennessee Gas Pipeline Company, L.L.C., Docket No. CP16-21-000
Northeast Energy Direct Project
Notice of Withdrawal of Certificate Application

Dear Ms. Bose

On November 20, 2015, Tennessee Gas Pipeline Company, L.L.C. ("Tennessee") filed With the Federal Energy Regulatory Commission ("Commission") a certificate application ("Application") in the above-referenced docket for the Northeast Energy Direct Project ("Project"). On April 22, 2016, Tennessee submitted a letter to the Commission requesting that the Commission not take any further action in processing the Application, pending Tennessee submitting a status report to the Commission no later than May 26, 2016. The April 22, 2016 letter was filed following Kinder Morgan, Inc., Tennessee's parent company, announcing on April 20, 2016 that the company would suspend further Work and expenditures on the Project, as a result of inadequate capacity commitments from prospective customers and a determination that the Project is uneconomic.

Pursuant to Rule 216(a) of the Commission's Rules of Practice and Procedure, 18 C.F.R. § 385.216(a)(2015), Tennessee provides notice of its Withdrawal of the Application in this proceeding. Tennessee appreciates the Commission Staffs diligent efforts on the Project, during both the pre-filing and certificate review processes.

In accordance with the Commission's filing requirements, Tennessee is submitting this filing with the Commission's Secretary through the defiling system, and is providing a copy of this filing to the Office of Energy Projects and to all parties on the official service list for this proceeding.

Respectfully submitted,

TENNESSEE GAS PIPELINE COMPANY, L.L.C.

By: /s/ J. Curtis Moffatt
J. Curtis Moffatt
Deputy General Counsel and Vice President Gas
Group Legal

cc: Mr. Terry Turpin (Commission Staff)
Mr. Rich McGuire (Commission Staff)
Mr. Eric Tomasi (Commission Staff)
All parties on service list

EMERGENCY: POLICE/FIRE/RESCUE 9-1-1

The RICHMOND ROOSTER

180 Fay Martin Road, Richmond, NH 03470



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Town Business Hours

105 Old Homestead Highway, Richmond NH 03470

Board of Selectmen:

Chris Daugherty, Carol Jameson, Kathy McWhirk

Mon. 9 AM – 12 PM, 3 – 7 PM, 5:30 – 7 PM for business
7 PM – ? for public concerns)

Tues. 9-12 (Selectmen meet first Tuesday ONLY)

Wed. 9 AM – 1 PM, Thurs. 9 AM – 1 PM (unless posted)

Town Administrator: Heidi Wood

Assistant Town Administrator: Susan Harrington

Town Clerk: Annette Tokunaga

Deputy Town Clerk: Jennifer S. Thompson

Mon. 9 AM – 12 NOON, 1 – 4 PM, 6 – 8 PM

Wed. 9 AM – NOON, 1 – 5 PM, Thurs. 9 AM – 12 NOON

Tax Collector: Steve Boscarino

Deputy Tax Collector: Kerry A. Boscarino

Mon. 6 PM – 8 PM, Wed. 9 AM – 12 NOON

Tues. 2 PM – 5 PM in the week taxes are due

Planning Board:

Meetings held at Veterans Hall.

4th Tues. of the month – 7:30 PM

and 2nd Tues. if needed

Transfer Station and Recycling Facility: 239-8136

Tues. 8 AM – 4 PM, Thurs. 8 AM – 7 PM

Sat. 8 AM – 5 PM

Town Library: 239-6164. Paul Dobbs, Librarian

Tues. 3 PM – 7 PM, Wed. 9 AM – 12 NOON

Thurs. 3 PM – 7 PM, Sat. 10 AM – 2 PM

Police (Non Emergency): 239-6007

Fire/Rescue (Non Emergency): 239-4466

Fire Warden: Ed Atkins, 239-6337

Selectmen – 239-4232

Town Clerk – 239-6202

Tax Collector – 239-6106

Road Agent: Mark Beal – 903-2184

Visit town on-line: <http://richmond.nh.gov>