

The Richmond Rooster

Something to Crow About

October 2023

Remembering Sandy Vinoy Laughner



Sandy playing his favorite guitar.

Paul A. Laughner Jr. ("Sandy,") of Richmond passed away on July 9th in Jaffrey. Many people in town knew Sandy, and he was involved in a number of local projects. He had a keen interest in local history. He was born in St. Petersburg, FL, to Paul A. and Lois T. Laughner. His family moved to NH in the late 1960s and lived in Fitzwilliam when he moved to Richmond in 1985. He graduated from the University of New Hampshire. Sandy worked at various things in his lifetime, including medical manufacturing and carpentry. He was a lover of music, especially American folk music, and loved to play guitar.

Sandy's love of local history led him to be involved at various times over many years in the Richmond Historical Society. He and his companion Susie Roney (who were usually seen together around town) were involved in starting the Richmond Heritage Commission in 2014. Projects he took part in included: restoring the Memorial Watering Trough at Town Hall, refurbishing Brewer Memorial Park and Veterans Memorial Park, maintaining the Quaker Cemetery, researching and erecting the Civil War plaque, as well as other signs around town, and, with Bob Weekes, researching and playing

a significant role in the Tramp House project. (When the Tramp House was opened to the public, he and Susie greeted visitors.) He also took part in painting the Telephone building and cleaning up the Town Pound. He loved the town and its history.

He had a special connection to the old house he lived in in town, the Grindal Thayer house on Turnpike Road. Grindal Thayer built the center chimney "cape" house in 1768 and was a brickmaker. All the bricks in the old fireplaces and chimney were handmade by Thayer, the nails in the house were also made by hand. The house was rustic and pretty much a timepiece, a local treasure he thought, and Sandy always cherished it.



Sandy and his mom standing in front of his house on Turnpike Road. Soon after, he redid the roof with wooden shingles.



Bob Weekes and Sandy Laughner install Tramp House sign, introducing Richmond to our mascot, Harry, the Hobo

Bob Weekes and Sandy Laughner

Sandy will be missed by those who knew him and knew him to be a friendly and kind person. He is survived by his two children, Perry Laughner of Dover, NH, and Georgia Laughner of Keene. He also leaves behind a sister and two brothers. While he had spent time traveling earlier in his lifetime, he really mostly enjoyed simple things: local corn on the cob, the birds he faithfully fed and watched, a beer with friends by the fire, good music.

Sandy will be buried alongside his parents in Fitzwilliam at a family gathering. At the time of this writing, a simple event and celebration of his life had been planned for September 29th at Veterans' Hall in town from 1 PM to 4 PM.

Additional Richmond Deaths in 2023

(not previously printed in the Rooster)

<u>Name</u>	<u>Date of Death</u>
Anne Marie Patricia Marshall	1/17/2023
Edwin “Ed” R. Swanson	4/2/2023
Kenneth “Ken” James Herman	5/13/2023
Laurence “Larry” Hull Richardson	5/31/2023
Priscilla A. (Fontaine) Purrington	7/3/2023
Robert Wilder	7/18/2023
Joseph “Joe” C. Bannister	7/29/2023
Dan Russell	8/?/2023

The Rooster never charges for obituaries and welcomes articles or letters of tribute, memorializing Richmond residents who recently have passed away.

Five Little Peppers and How They Grew

Karen O’Brien

Each year, the International Herb Association nominates an Herb of the Year™ as a way of focusing attention on either an underused or unknown herb. *Capsicum* was chosen as the 2016 Herb of the Year™, as it is not only used for culinary purposes, but also for medicinal use, as an ornamental, and as a pest deterrent. The main types of peppers are:

- *Capsicum annuum* – most of the peppers we know, bells, pimentos, jalapenos, etc.;
- *Capsicum baccatum* – aji types;
- *Capsicum pubescens* – rocoto;
- *Capsicum chinense* – habaneros;
- *Capsicum frutescens* – tabasco.



Peppers are a New World plant, originating somewhere in South America. Christopher Columbus, searching for a route to the Spice Islands, stumbled on these plants accidentally. He was seeking pepper, or *Piper nigrum*, and found the native people called Arawak using a plant they called aga or aji as a seasoning for their root vegetable age, or yam, as we know it today. This flavor was hot and pungent and reminded Columbus of pepper,

Cushing & Sons

Water Wells and Pumps

2023 is our 51st Year

Prompt service, Local people

603-352-8866

and so it was named. Thus began the plant’s exodus to many other lands, as seeds and pods were distributed around the world. Five species had already been domesticated by the time of his arrival, and it’s hard to believe that so many cultures have embraced it as their own.

Africa, Italy, India, Thailand, and China are a few of the countries with which peppers are associated.

Many tropical locales use hot peppers, and with good reason. Hot peppers are considered “yin” and bring heat to surface capillaries, where it dissipates, resulting in a cooling sensation. It is said that in Mexico, because of a devoted consumption of fiery peppers, a man who unfortunately perishes in the desert will never be devoured by vultures, because the peppers cause their bodies to be too hot and spicy to eat!

I find hot peppers enjoyable to grow and use. My favorites are Fish, a variegated pepper; Hinklehatz, a German variety that grows extremely well and prolifically for me; and Bulgarian Carrot, whose neon orange color adds a nice touch to salsas and gazpacho. As to sweet peppers, I love Aconcagua, whose tall plants yield an abundant crop of 7” to 9” long, thin-walled peppers that ripen in my zone.



What to do with all the peppers you grow? There are lots of ways to preserve them. I love to pickle them, dry them in a dehydrator, use them in chili, spaghetti, or barbecue sauce. Make a hot pepper vinegar, preserve them in sherry (you can use both the peppers and the sherry), and make Fire Cider. Try them – you’ll enjoy growing them and using the abundant fruits.

FIRE CIDER

Ingredients

1 large horseradish root, peeled
3 medium size fresh ginger roots
5 - 6 fresh turmeric roots
5 - 10 small hot peppers
2 small onions
Apple cider vinegar
4 heads of garlic, peeled

Directions

Grate horseradish in food processor and place in large bowl. Shred the turmeric, onions, garlic, ginger and hot peppers and add to bowl. Mix well. Place ingredients into 2 large (2 quart) canning jars and cover with apple cider vinegar - the best kind to use is one that has the "mother". I used 2 1/2 quarts of vinegar, being sure I covered the shredded roots. If you don't have the large jars, you can use any extra large wide mouthed jar, or use several smaller ones. Place in a dark place for 4-8 weeks, shake frequently, then strain and re-bottle.

FISH PEPPER DIP

This dip is only slightly spicy and is equally good on crackers or with vegetables. You can use the peppers before they are ripe, when they are cream and green colored. Makes about 1 cup.

Ingredients

4 ounces cream cheese
4 ounces sour cream
3 to 4 Fish peppers (or other hot pepper), seeds and stem removed
2 scallions, white part only
1 tablespoon parsley

Directions

Place all ingredients in a food processor and blend. Let chill 3 to 4 hours before serving.



Fish pepper



800-252-8484

[Editor's Note: Effective September 1st, NH owners of electric vehicles and plug-in hybrids will be assessed a road infrastructure surcharge which is applied to their annual registration. We'd like to send some happier news their way...]

Moving Forward

Terri O'Rorke

With the immediate need to address the in-your-face fact of global extreme weather and climate change, the [Bipartisan Infrastructure Act](#) was signed into law by President Biden in November 2021. Among the infrastructure items included in this law is the investment in a national network of electric vehicle (EV) charging stations. It also includes the largest investment in domestic manufacturing of batteries along with the important minerals that power them.

A charging station is a power supply device, supplying electrical power to recharge vehicles (cars, buses, trucks, hybrids). Charging stations provide multiple connectors conforming to an assortment of international standards. This enables a large variety



of vehicles the ability to use these charging stations. Public charging stations are generally found at government facilities, retail shopping centers and some public parking areas. Private charging stations are usually at private residences, hotels and workplaces.

In 2016, the German automaker Volkswagen AG entered into a [settlement](#) with the United States and the State of California for cheating on emissions tests and deceiving customers. Included in the settlement was the company's agreement to spend \$4.7 billion to relieve

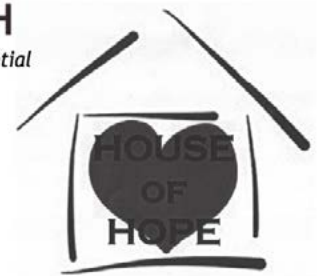
This space donated on behalf of:

House of Hope NH

An 12-18 month faith-based residential program providing hope for women overcoming addiction.

PO Box 10371
Swansey, NH 03446-0371
www.houseofhopenh.org

(603) 499-8068
houseofhopenh@gmail.org



Saving Lives. Impacting Generations.

Frazier & Son

FURNITURE

• FAMILY OWNED AND OPERATED FOR MORE THAN 60 YEARS •

(800) 494-3876 • (603) 352-0337

www.frazierandsonfurniture.com



233 Old Homestead Highway
(Route 32, south of the airport)
Swanzy, New Hampshire

Monday - Friday 10 to 6
Saturday 10 to 5 • Sunday Closed

L A Z B O Y
Flexsteel England



pollution and invest in vehicle technology that supports zero-emissions. Nearly \$31 million came to New Hampshire through that settlement and \$5 million had been set aside for statewide charging station projects.

Which brings me to good news for Keene and the surrounding area. Later this month, Keene's Monadnock Food Co-op will become the recipient of a public charging station. The station is expected to be finished in November, and customers will pay for using it. A usage price will be determined by the co-op in order to enable it to recoup its investment.

Money from the above-mentioned settlement and around \$308,000 from New Hampshire's Dept. of Environmental Services will go towards the installation. Additionally, the Monadnock Sustainability Hub raised \$30,000 towards the installation.

This is how we move forward in addressing and combating the very real issue of climate change!



Richmond Holiday Fair

Alison VanBrocklin

We are looking forward to the 2023 Holiday Fair! This year, it is scheduled for Saturday, November 11th at the Veterans' Hall in Richmond. Shopping hours are from 9 AM – 2 PM on the day of the fair. Luncheon will be available from 11 AM until 1 PM in the Holly Cafe.

The Holiday Fair is sponsored by the Richmond Community Church. It provides local artisans an opportunity to present handcrafted treasures and shoppers a unique beginning to the holiday season. If you would like to participate as a vendor in a traditional craft fair, please contact Alison at (603) 239-4494 for more information or to reserve your space (if still available).

Let's Have a Grave Talk

Wendy O'Brien, Secretary,
The Richmond Historical Society

Come celebrate Halloween with the Richmond Historical Society! We will be hosting Glenn Knoblock, who will be giving his lecture about "New Hampshire Cemeteries and Gravestones." This program will be presented on **Tuesday, October 10th at 6:30 PM at the Veterans' Hall** and is free and open to the public.

Mr. Knoblock will detail the rich variety of cemeteries and gravestones which can be found in town cemeteries all across our state and the forgotten aspects of our history which are therein revealed. These stones not only tell stories of such historical events as the Great Awakening, the Throat Distemper epidemic, the American Revolution, and the battles of the Civil War, but also reveal how aspects of society in the Granite State, such as the status of women and people of color, have changed over time. Join the RHS and Mr. Knoblock to find out more about these deeply personal works of art and learn how to read the stone "pages" which give insight into the vast genealogical book of New Hampshire through the ages.

Glenn A. Knoblock is an independent scholar and author of over twenty books. Knoblock has served as the main military contributor to Harvard and Oxford University's landmark *African American National Biography*, and he has also written for the Gilder Lehrman Institute of American History. His work documents a wide variety of subjects in New Hampshire

Richmond Historical Society

**Richmond, NH The Town and The Forest,
250+ years of living and growing together**

Certifications: Construction Supervisor CS056788
Radon Mitigator 103048RMT
Radon Measurement 4SS0018RMS



EAGLE
ENVIRONMENTAL INC

RADON MITIGATION AND TESTING SPECIALISTS

Kevin M. Murphy
kevin@radonremover.com

60 Whipple Hill
Richmond NH, 03470

508.868.2974

www.radonremover.com

From a friend on Athol Road

IMPORTANT NEWS FROM THE SUPERVISORS OF THE CHECKLIST

Due to a state mandate, the Supervisors of the Voter Checklist will meet on Friday, October 6, 2023 at 7 PM at the Veterans' Hall. This will be the last day to change party affiliation before the Presidential Primary.

and New England history, including African American history, historic cemeteries and grave markers, as well as covered bridges, the Kancamagus Highway, and New Hampshire's loon population. He holds a BA in History from Bowling Green State University.

This lecture is brought to Richmond by a grant from the New Hampshire Humanities, which nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire. They connect people with ideas. Learn more at www.nhhumanities.org.

For more information about this program, contact Wendy O'Brien at (603) 239-6164 or at library@richmondnh.us.



Parks & Recreation Events in October

- 10/10/2023, Tuesday, 7 PM: Parks & Rec meeting at the Taylor/Van Brocklin Building; the public is welcome to attend.
- 10/29/2023, Sunday, 2 PM to 4 PM: Celebrate "Falloween" with games and activities at the Richmond Vets' Hall.

Innovative
MACHINE • INC

TERRY HASKINS
President

40 SNOW ROAD
WINCHESTER, NH 03470
www.innovative-machine.com tmhaskins@innovative-machine.com

TEL: 603/239-8082
FAX: 603/239-6380



Be an Involved Citizen

2023 Meeting Minutes of the Select Board can be found online at <https://www.richmond.nh.gov> under Meeting Minutes and Forms.

Be Kind to Those who Volunteer for Public Service

Just a reminder that the *Richmond Rooster*, in keeping with its long-standing policy, does not publish derogatory comments about candidates for election. Your positive endorsements are welcome.

GARY'S
POWER
EQUIPMENT
SALES & SERVICE
(603) 239-4953
WINCHESTER, NH

Mahindra Tractors

Timberwolf Stihl EXmark
Echo Hustler Ariens

Gary Rokes
15 Warwick Road
60 Forest Lake Road
Winchester NH 03470

toll free: 800-499-4953
fax: 603-392-0081
garyspower@comcast.net
garymahindra.com



**Toys, Pottery
Tools, Old Radios
Old Cars or Car Parts
Old Fans or Machines**

**Danny Wahl
Pickin67@gmail.com**

Want to Buy!

We are currently looking to purchase many different items, including but not limited to these.

Call before you throw anything out!



**Musical Instruments
Stoneware, Dishes
Vintage Clothing, Frames
Photography, Pictures**

603-381-7444 Call or Text

Library News Wendy O'Brien

Library Calendar for October

Anytime: StoryWalk @ Amidon Park: *Room on the Broom* by Julia Donaldson

Wednesdays, 10 AM: Storytime

Saturdays, 10 AM to Noon: Drop-in Knitting Circle
NEW! Wednesday, Oct. 4th, 11 AM: Richmond Reminisces

Tuesday, Oct. 10th, 6 PM: Book Club, *And Then There Were None* by Agatha Christie

Saturday, Oct. 14th, Noon to 2 PM, Partial Solar Eclipse Party @ Amidon Park

Tuesday, Oct. 24th, 6 PM: LEGO Club

Tuesday, Oct. 31st, 4 PM to 7 PM: Trick or Treat @ Library

SAVE THE DATES

Saturday, Nov. 4th, 7 PM, Family Owl Program with Suzie Spikol

Thursday, Nov. 9th, 6 PM, Screening of the Documentary: *Bearer of the Morning: The Life of Te Ata Thompson Fisher* in honor of Native American Heritage Month



Te Ata

Nov. 15th - Dec. 6th: Holiday

Handcrafts Raffle

New Program-Richmond Reminisces

On Wednesday, October 4th at 11 AM, come and visit during our new monthly program, "Richmond Reminisces." We'll have yummy goodies, record some of the great tales of Richmond, and help identify some photographs from a recent gift to the Town Archives. Anyone is welcome!

Partial Solar Eclipse Party

We're getting ready with lots of fun programming for the total eclipse coming to NH on April 8, 2024. Need some practice? We'll be out in Amidon Park (behind the Library) on Saturday, October 14th from Noon to 2 PM to view the partial eclipse. Free viewing glasses will be available along with fun eclipse activities for families.

Trick or Treat at the Library

Looking for some fun this Halloween? Drop by the Library between 4 PM – 7 PM for creepy crafts, ghastly goodies, and grim games. Costumes are welcome. Who knows, maybe you will meet the Library ghost!



Holiday Handcrafts Raffle-Contributions Needed

Calling all handcrafters - the third annual Library Holiday Handcrafters Raffle needs you! Help us raise funds for new books by donating handcrafted items. Items can be dropped off at the Library anytime until Nov. 9th. Mark your calendars; the Raffle will take place between November 15th and December 6th.

Town Archives Now Available Online

The Trustees of the Richmond Public Library are pleased to announce that portions of the Richmond Town Archives are now available for the public to view online at:



<https://richmondnh.catalogaccess.com>

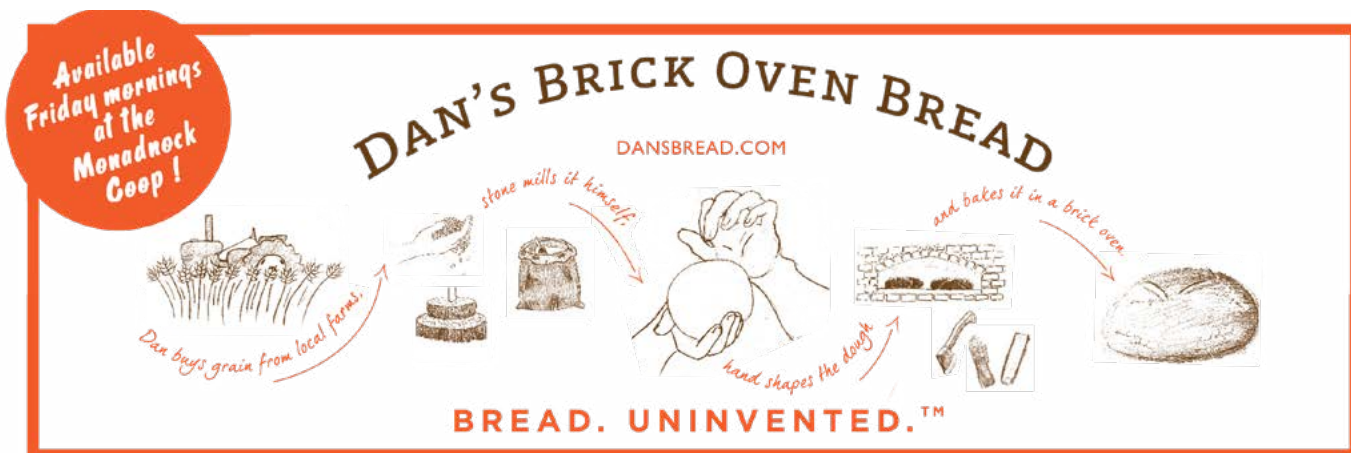
This is an easy way to explore Richmond's historic people, houses, and events from the comfort of your armchair. More collections are being added regularly. Looking for something specific and can't find it? Contact us; there is a wealth of information in the Town Archives which has not yet been catalogued!



(603) 239-6164
library@richmondnh.us
19 Winchester Road
Richmond, NH 03470

www.richmondnh.us

Tuesday 3-7
Wednesday 9-12
Thursday 3-7
Saturday 10-2



Town Clerk Tidbits Karen O'Brien, Town Clerk

Transfer Station Fees

The new dump stickers are available for purchase at the Richmond Town Hall. **Residents need to have new 2024 stickers for their vehicles by September 30th.** You can also purchase them at the dump – just be sure to bring proof of your residency. Rates have increased: **the first sticker for each household is now \$40 and additional vehicles will be charged \$10.** This is still a bargain as many other communities charge more or assess per-bag fees.



Motor Vehicle Renewals

This is a reminder of what you need to bring to facilitate renewals:

- The most **current registration** for each vehicle or the reminder notice sent either email or snail mail. *[If you do not have either, you will be required to pay for a duplicate registration before renewing and fill out a form requesting the same. Also, we cannot process registrations for anyone who is NOT the primary owner. The primary owner is the name listed on the registration, unless the owner lives at the same property and can produce either of the above items.];*
- Your **driver's license** - this should have your legal address and be up-to-date;
- **Cash or check only** – no debit or credit cards *[If you pay online through EB2Gov, **PLEASE** be sure to get your bank routing number and checking*

account number correct. We cannot redeposit checks that bounce, and you will be required to come in and pay the fees in cash plus a service charge.].

Registering Small Trailers, Vehicles without Titles, Vehicle from Out-of-State

Requirements for New Trailers under 3,000 lbs.:

- **Certificate of Origin** (dealers will often issue these);
- **Bill of Sale** – for either private sale or dealer;
- Be sure you know the **GVW and MSRP** – not always on dealer paperwork.

Requirements for **Used Trailers** under 3,000 lbs. - *need two of those below:*

- **Bill of Sale** – be sure you have name and address of both seller and buyer, signatures of both, VIN, make, model, color;
- **Previous registration** (can be expired);
- **VIN Verification** – forms available in the office or online at the DMV (TDMV 19A);
- Be sure you know the **GVW and MSRP** – not always on dealer paperwork.

Requirements for **Vehicles without Titles** *[Please note NH does not require titles for vehicles older than 1999] – need two of those below:*

- **Bill of Sale** - be sure you have name and address of both seller and buyer, signatures of both, VIN, make, model, color, previous registration – can be expired, but need original, not copy;

POWERS

GUARANTEED SERVICES
THE POWER IS ON

Serving all of New England since 1994.

STANDBY GENERATORS • DUCTLESS MINI-SPLITS
ELECTRICAL SERVICES • GAS SERVICES

powersguaranteed.com • 800-853-7202



NORTON & ABERT, P.C.

Wills ♦ Trusts ♦ Estate Planning
Elder Law ♦ Estate & Trust Administration

KEENE, NEW HAMPSHIRE
www.nortonabertlaw.com

603-355-8858



- **VIN Verification** - forms available in the office or online at the DMV (TDMV 19A);
- Be sure you know the **GVW and MSRP** – not always on dealer paperwork.

NOTE: If you do wish to title your older vehicle, you may, but you will need all three of the above to be able to title your vehicle.

Requirements for **Vehicles from Out-of-State** Purchasing a vehicle from out-of-state can be challenging, as other states have different requirements for titling, registering, insurance, etc. As in the above cases, knowing your vehicle (GVW, MSRP, make, model, VIN) can help with what can be frustrating. Whether you are buying from a dealer or in a private sale, you will need to provide:

- **Bill of Sale** – be sure you have name and address of both seller and buyer, signatures of both, VIN, make, model, color;
- **Title** – be sure this is properly filled out – NO CROSS OUTS, CHANGES! Be sure odometer is filled in and both seller and buyer have signed and/or printed where needed;
- If the former title had a lien holder, the seller either needs the title stamped and released or a **letter from the lien holder** stating the lien has been satisfied;
- If you have a lien on your new purchase, be sure this **lien information** is available to input on the Certificate of Title Application.

NOTE: If you do not have a title to transfer, you will need a previous registration, Vin Verification, and Bill of Sale.

Please email the clerk for any additional questions or concerns. We would rather you have the proper documentation before you come in, so we can hopefully complete your transaction in one visit. It is recommended you keep a copy of this article for future reference.



CVTC Seeks Ideal Community Engagement Coordinator

- Are you looking to join a devoted professional team which generates enormous impact on the lives of residents of the Monadnock region who have limited or no access to transportation?
- Are you energized by improving people's health, well-being, and independence?
- Are you a people person?
- Are you creative?
- Do you have a flare for marketing and outreach activities?
- Are you available to work an average of 20 hours a week?

Books by Barbara and Tim Rogers

IT HAPPENED IN NEW HAMPSHIRE: New edition, autographed. Events that shaped NH (and world) history, pub at \$16.95, *Rooster* special: \$12.00

NATURAL WONDERS OF VERMONT: Waterfalls, gorges, a fossilized coral reef, and migrating Snow Geese, pub at \$12.95, *Rooster* special \$3.00

Orders: rogerswrite@gmail.com or 239-6231



DAVID GANIO

P.O. Box 565 • Spofford, New Hampshire 03462
Office: (603) 357-4561 • Cell: (603) 355-7700
E-mail: glmgt@myfairpoint.net • www.ganioland.com

If the answer is YES, please introduce yourself and share why you believe an interview is the logical next step. If you are CURIOUS, learn more about CVTC by visiting on our website (www.cvtc-nh.org) and click on the We Are Hiring banner for information related to this open position. The application process will close when we have hired the ideal candidate. Ideally, we are looking for a September start date.

The Application Process includes the following:

- Cover letter, no more than one page;
- Resume - If there are breaks in employment, please address in Cover Letter;
- Contact information for three references and a sentence on how long you have known them; including one supervisor, one staff member where you served as a volunteer, and one of your choosing. This information may be included as an addendum to your resume;
- If you have supporting documents, attach a maximum of three files which represent your work in marketing and outreach (poster, flyer, written article) and/or customer service. If there is a website which features your work, please provide access information;
- Send application packet in care of CVTC Community Engagement, 375 Jaffrey Road, Suite 3, Peterborough, NH 03458 or email to ellen@cvtc-nh.org. No phone calls, please.

“...the Founding Fathers gave the free press the protection it must have to fulfill its essential role in our democracy.

The press was to serve the governed, not the governors.”

U.S. Supreme Court Justice Hugo Black

Support your Richmond Rooster

From a friend on Old Homestead Hwy.

Crockpot Apple Cider Terri O'Brien

Ingredients

4 apples (use multiple varieties and colors)

2 persimmons

1 pear

1 orange

1 pomegranate, seeds removed

9 cups water

3 cinnamon sticks

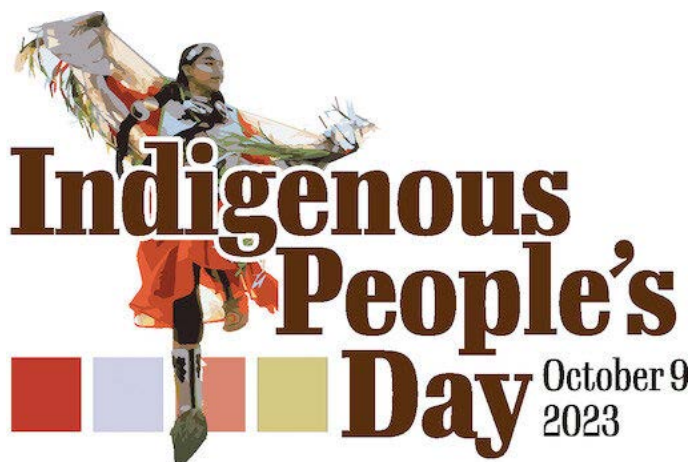
2 tablespoons mulling spices

honey, maple syrup or brown sugar to taste



Directions

- Wash all fruit very well.
 - Cut the apples, persimmons, and pears into quarters and remove the cores. Cut into thin slices, leaving the skin on.
 - Cut the orange into thin slices. If you are sensitive to bitter flavors, you may want to zest the orange, remove the skin, and just use the zest and flesh in the cider.
 - Use a cheesecloth, or a cotton spice bag to wrap the mulling spices.
 - Pop the fruit, water, cinnamon sticks, and mulling spices into the crockpot. Set on low for 6-8 hours, or on high for 3-4 hours.
 - Once cooking time is done, remove the mulling spices from the liquid. Use a potato masher to gently mash the fruit and cinnamon sticks and release their flavor.
 - Remove as much of the fruit as possible and discard it.
 - Use a small gapped strainer to strain the cider liquid and remove any small pieces of fruit or spices.
 - Pour cider back into the slow cooker, set it to keep warm.
 - Serve warm, and use some honey, maple syrup, or brown sugar to sweeten if desired. Garnish with apple and orange slices, cinnamon sticks
 - Wonderful to serve at a harvest gathering.
- Serves 10



HOLMAN CONTRACTING

Call for a free quote today ...

JOHN HOLMAN
www.HolmanLandscapeMaterials.com

40 YEARS EXPERIENCE
Roads, Driveways, Site Prep, Septic Installation, Site Excavations, Trucking, Material Processing & Sales

Three New Services

- Tree Trimming
- Wood Chipping
- Stump Grinding

585-9600

*Richmond Community
United Methodist Church*
PASTOR STACEY HARTFORD

**Worship Services
Sundays 9am**



All are welcome to join our church family!

Tramps, Hobos, and Bums

The Richmond Historical Society sponsored the tramp re-enactors once again for Richmond Day. Visitors were treated to tales of the hard lives of tramps, hobos, and bums, got to sample campfire coffee and stew, and tour the inside of Richmond's Tramp House.



Tramp House exterior



Tramp House interior



Tramp laundry on the line

C&L DISPOSAL LLC

Residential Trash Pick-up
Roll Off Container Rentals
Rototilling & Driveways




Our Business is "Picking Up"
Chip Adams
cnldisposal@gmail.com (603) 313-3406

Luck Be a Lady



Shirley Domin, our favorite camper, won not one, but four, of the library's raffle prizes on Richmond Day. Her prizes were an art basket, a Ken Burns' Jazz cd set, a Walmart gift card, and a hand-quilted table runner. Congratulations, Shirley!



Gluten free

Oh, No! I've been Gluten-ized!

Kim Gold

The title above is a common phrase for many of us who suffer from Celiac Disease and some with a gluten allergy or sensitivity. Gluten-free ("GF") is an

Welkinwind watercolor and mixed media studio

jean c tandy

Whipple Hill Road
Richmond NH
603.239.6024
jean@welkinwind.com

32 Monadnock Hwy, Rt. 12S
Keene, New Hampshire 03431
OFFICE: (603) 352-1972 x204
CELL: (603) 355-0720
FAX: (603) 352-0545
EMAIL: ral4754@gmail.com



BLAIS
& ASSOCIATES
REALTORS®
www.blaisrealestate.com

Rick Lewis
Associate Broker




Rick Lewis
DRONE PHOTOGRAPHY SERVICES
LICENSED • FAA CERTIFIED • INSURED

RAL
Aerial

COMMERCIAL • RESIDENTIAL • RETAIL
CONSTRUCTION • MARKETING & MEDIA • LEGAL

P.O. BOX 10065 • SWANZEY, NH 03446
(603) 355-0720 • RAL4754@GMAIL.COM



absolute need. However, for those of us living with Celiac Disease, this is no joke! Those with Celiac cannot have any gluten nor anything with cross-contamination of gluten. Doing so causes serious long-term health issues. With this story, I hope to bring awareness to my readers. Maybe someone you know has issues with gluten. I don't know about others, but I kind of keep this secret. I find it can be embarrassing and difficult to explain to people so they understand why I cannot have certain foods or beverages. If you want to learn more, there are plenty of resources out there, such as news articles, books, doctors, the internet - which I only recommend to get an idea, etc.

This story is strictly my own personal life experience living with Celiac (medically diagnosed five years ago with Celiac Disease-Asymptomatic). Being asymptomatic makes it very difficult to be certain my consumption is safe, since I don't always get the doubled-over abdominal pain that many experience. I have had my share of this horrible experience, so don't think I'm lucky and excluded from this symptom. I just don't always get this side-effect.

So, here's my story ...

HOME LIFE

Meal prep. I have my own toaster, and no sharing! I have my own containers of mayo, butter; bread is stored separately; seasonings and condiments are either all GF, or I have my own containers. Goodness, there's a lot of thought in food prep. and separation. Think about how you make a sandwich. You put your hand in the

bread bag to take a couple slices of bread out. Well, you just completely contaminated your hand - the hand you're going to use to pick up the knife to get some mayo and the container the mayo is in. Oh boy! You haven't even started to make that sandwich yet. Ok, so you wash your hands and pick a clean knife to dip into your mayo and spread it on your bread. Oh? You need more mayo because you didn't get enough the first time? Well, you can't dip back into the mayo because your knife and the hand holding that slice of bread while you spread your mayo are both now contaminated.

Don't let your fish sticks touch my GF fish sticks! Separate pan, separate baking all together. Otherwise, I get the top rack. Pasta. Do you love pasta? Forget it! It can be hard to find GF pasta, and they are not all created equal. The taste and texture will not be what you're used to. I don't like pasta, so no loss there.

This is only dusting the surface. Living with Celiac has a positive side: it teaches you how to read labels on your groceries and can be quite eye-opening for the listed ingredients. Plus, you do eat better. There's a ton of GF junk food, but most GF food is pricier than its non-GF counterpart. Those with Celiac need to read labels, do research, or call the manufacturer with regards to ingredients. This goes for medications, cough drops, toothpaste, shampoo, lipstick, chap-stick, hand lotion. (Yup, you read that right...shampoo!! It can run down your face and onto your lips. Then, you lick your lips and you've just consumed gluten. Hand lotion, too. You touch your face and mouth constantly throughout the day and don't even realize you do it. I could go on and on. I have a friend who can't even go into a bakery because the dust particles containing gluten affects her. This is crazy stuff!! I never even heard of Celiac until I was diagnosed.

SOCIAL LIFE

It's all a struggle: venturing out to a restaurant or group gatherings, a family get-together, or just socializing. Ever notice, all social events revolve around FOOD? A Celiac NIGHTMARE! The anxiety which follows is difficult for most to understand. Often times, I don't



Bob's Fuel Company, LLC
(603) 239-6721
www.bobsfuelcompany.com

We will heat your home for less!
www.bobsfuelcompany.com

Caitlin Ward
Manager

(603) 239-6721
bobsfuelcompany@gmail.com

21 Warwick Road
Winchester, NH 03470

Keene, NH to Greenfield, MA to
Brattleboro, VT (and everywhere
in between)

Heating Oil * Kerosene * On Road Diesel * Off Road Diesel

This space donated on behalf of:



Pregnancy Resource Center
of the Monadnock Region
Compassionate Confidential
FREE
100 Washington Street
Keene, NH 03431-3157
(603) 358-6460
ed@pregnancyresourcekeene.org

- Pregnancy and Ultrasound Testing
- Information on Pregnancy Options
- Pregnancy & Parenting Education With Free Baby & Maternity Items



know I've been "Gluten-ized". But when I do have symptoms, "Lord Help Me!" Just rip my innards out, who needs them anyway? I absolutely dread social gatherings. It has nothing to do with the company who surrounds me; I love my family and friends. It has everything to do with the anxiety of eating or not eating, drinking or not drinking. The foods all look and smell so good. Then, the questions start, "Aren't you hungry?", "Don't you want to try (*whatever it might be*)?" "Are you feeling ok?", "Why aren't you eating?". Then my most dreaded part: "(So & So), made this so you can have some, too, and said it was Gluten Free.' Now, for the panic! Do I respond with:

Oh, thank you. Was it a brand-new stick of butter, a new unopened non-contaminated jar of mayo, a freshly clean work surface after the other food was made? Also, did you happen to wash your hands to remove any gluten residuals from your hands? One more thing: did you use a fresh and clean knife out of the drawer or just wipe it down with a paper towel after making the previous, deliciously looking dish?"

There is no way to ask any portion of this scenario without sounding rude or ungrateful. Oh, the struggle is so real! It's just easier to passively decline with as much candor and grace as possible.

I don't want to put anyone out or be "That Person" - you know, the one who always seems to be a difficult, picky person with food or drink; That Person who sucks the fun out of the get-togethers. Come on...we've all been there...we secretly roll our eyes and shine a big smile. Therefore, my circle of friends and gatherings remain small and limited. My husband, who can be a social butterfly, is driven nuts when I start to freak out about social events, but he's supportive and always my advocate. And, to any of my friends or family who are reading this, we laugh and joke about all of this, and, yes, as funny as it is, it's a real, REAL struggle. So, please know, you are all so patient and understanding of me, you hold a very special place in my heart.

Continuing on...

A Friend On Granite Hill Road

RESTAURANTS

This part sucks! I...LOVE...FOOD! There are only a few (*three in the Keene and one in Ringe, to be exact, for me at least*) that I'm confident are safe for me to frequent. So, it's a treat when I get to go out to eat. Remember when you were a kid, and Mom or Dad announced, "Let's get a Happy Meal!" Do you remember that excitement? Yeah? That's me! Now, with my limited options, don't be fooled. One of those restaurants is not cheap, so that one is extra special and extra exciting to visit.

The anxiety to visit a restaurant is just as high as going to a social event. I have to verify first, if it can accommodate gluten-free. Then, how the meals are prepared. Are the veggies in a common container which is used for other non-gluten free meals? (*This quickly will cause that cross-contamination I was talking about earlier.*) Is the staff knowledgeable about gluten-free or even better, Celiac? Sometimes having to ask so many questions EVERY SINGLE TIME I go out to eat, I forget to ask them all. My husband steps in and ask the remaining questions for me. Other times, I just throw my hands up, order a soda, say I'm not hungry and go without eating. He doesn't stand for that nonsense out of me. So, he helps figure it out together, or we pardon ourselves and go elsewhere. (*Shhh...but I have pulled this nonsense a few times when he wasn't with me.*) It's really frustrating! So again, my choices and selections of menu and restaurants become smaller and smaller. I have to be mindful that just because a restaurant says it is gluten-free, it is NEVER guaranteed. The bread or item

The Toadstool Bookshops

"Enchanting selections of wonderful books"



Keene, Nashua, & Peterborough, NH

CHIMNEY CLEANING TIME!

Est. 1982
DON'T WAIT -
Prevent Chimney Fires!
Rainguards, Relining,
Repairs & Problems Solved
Chimney Cricket Sweep
[603] 239-4636

offered might truly be gluten-free, but, as soon as it is put on the common cooking surface or is prepared using the same utensils or the same gloves as all the other meals prepared there, it's now cross-contaminated. I've visited several restaurants where it was stated they had gluten-free salad (*which, ok, yes, vegetables are naturally GF*), but then delivered my salad with croutons! Croutons are bread (*yes, are GF croutons do exist, but 99.9% of restaurants I've visited don't have those*) and with Celiac, those tasty, little, crispy, bread-bits can't just be plucked off and discarded. Nope! The entire salad is now contaminated and has to go back. You've heard horror stories about what happens behind the scenes of some shady restaurants. So, I only cross my fingers when I have to return my plate that they don't just flick the bread-bits off my salad and re-gift it to me.

What is Celiac Disease? Here is an introductory bit of information. It's an illness caused by the immune system which reacts to gluten consumption. Gluten is found in wheat, rye, barley, and other derivatives of these. It's found in so many foods and beverages, it's almost unbelievable. Celiac Disease is recognized by the ADA (Americans with Disability Act).

The most common and almost instant reaction for Celiac Disease is severe abdominal pain. Doubling over sometimes for 30 minutes up to 24 hours or more waiting for everything to settle down and "pass".

Some think it's just an allergy, and you can take a pill, or just have a little of whatever it is that contains gluten. Consuming gluten, which is primarily found in

Edward Jones®

Looking for a new financial advisor?
Let's talk.



Annie J Colombie
Financial Advisor
650 Park Ave
Keene, NH 03431-1776
603-283-6602

MKT-5894N-A

> edwardjones.com

bread, pasta, cookies, and many other foods that contain wheat, rye, barley, or derivatives of these, causes issues with the small intestines. This hinders the body from absorbing vitamins and nutrients needed for the brain, the liver, the nervous system, the skin, and several other organs. So, it is important not to dismiss Celiac. If you know of someone with Celiac Disease or gluten issues, understand there is a much bigger picture they are living with than most people think about.

The Last Days of Poocham

Fran Heap

(photos by Alan Conklin)

By the time this issue of the Rooster is snail-mailed, Poocham Hill Winery of Westmoreland will be closed for good. The winery is known for using only its own grapes for its wines, as authentically New Hampshire as one can get. Personally, I really loved all of their wines made with Frontenac grapes, so I'm sorry to see this little winery shut down on September 30th.

The owners, Steve Robbins and Mame Odette, have worked hard and now plan to enjoy their retirement. Rumor has it the vineyards will be leased to other winemakers, so not all is lost.



Need your driveway plowed?

Call Frank Whipple

(603) 757-3897

**Experienced Plow
Driver**

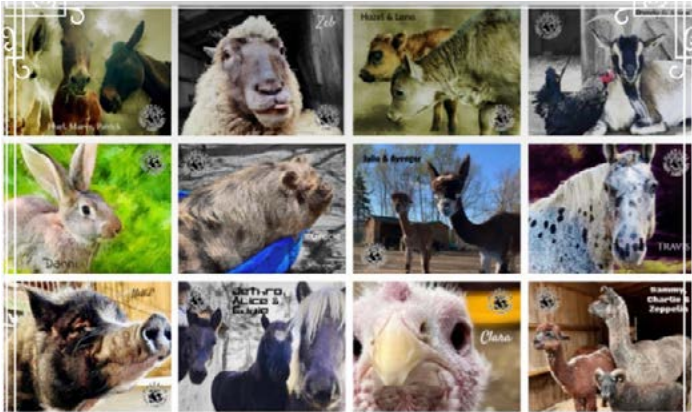
Richmond, NH



MAGZALEA Farm Sanctuary

2024 Calendars Are Here!

Don't know about you, but we'd be lost without calendars! The older we get, the busier life gets, any tool to help stay organized is a must. Heck, just knowing what day it is can be a struggle. Good news! The sanctuary residents were more than happy to help by modeling their precious faces over 12 months!



Support Your Local Misfits



www.magzaleasanctuary.org



Cheshire Floral Farm

We are opening for the season...
and ready to bring some
brightness to your home



Offering a wide selection of:

- ❖ Pansies
- ❖ Vegetable Starters
- ❖ Herbs
- ❖ Foliage Plants
- ❖ Succulents
- ❖ Annuals
- ❖ Perennials
- ❖ Hanging Baskets

603-313-4124

603-355-7930

92 Pleasant Street, Marlborough, NH
cheshirefloral@gmail.com

Visit
us on  Facebook.

Boys Missing from Winchester since June

Name: Connor Blanchard	Hair: Bald
Current Age: 17	Eyes: Brown
Missing From (Location): Winchester, NH	Height: 5'10"
Reported Missing: 6/14/2023 (Age at Missing: 16)	Weight: 130
Investigating Agency: Winchester PD	Race: White
Clothing Description: Unknown	Gender: Male
Brief Synopsis:	

Name: William Leblanc	Hair: Brown
Current Age: 15	Eyes: Brown
Missing From (Location): Winchester, NH	Height: 5'5"
Reported Missing: 6/12/2023 (Age at Missing: 15)	Weight: 120
Investigating Agency: Winchester PD	Race: White
Clothing Description: Lime green shorts, crocs	Gender: Male
Brief Synopsis:	

Online Source: <https://www.nhsp.dos.nh.gov/missing-persons>

This space donated on behalf of:

CROSSWAY
church

28 Arch Street, Keene, NH 03431 * (603) 283-0041 * KeeneCrossway.org

"Making Jesus Christ Famous for His Grace"



Family owned business since 1972
Proud to have earned a solid reputation for
Integrity and Excellent Service

BLAIS
& ASSOCIATES
REALTORS®



50*years of Real Estate
to the Monadnock Region



32 Monadnock Hwy
Keene, NH
(603) 352-1972

The Richmond Rooster
an Independent Domestic Non-Profit Corporation



Richmond Rooster Staff

Editor/Co-Publisher: Fran Heap
Design/Production/Co-Publisher: Renée Murphy
Consultant: John Bocalini
Proofreader: Lew Whittum
Treasurer: Renée Murphy
Distribution: Wendy O'Brien
Social Media/Staff Photographer: Debra Carroll
October's Contributors:
Kim Gold, Fran Heap, Vinoy Laughner, Karen O'Brien,
Wendy O'Brien, Terri O'Rourke, Alison VanBrocklin.

Advertising Rates - Contact: 860-508-4896

Effective in 2023

Yearly Rates

Business card size.....\$165
Double size.....\$330
1/4 page.....\$418
1/2 page.....\$693
Full page..... \$1375

Monthly Rates

Business card size.....\$15
Double size.....\$30
1/4 page.....\$38
1/2 page.....\$63
Full page.....\$125

Ad Dimensions:

Business Card.....2" h x 3 5/8" w
Double Vertical.....4 1/8" h x 3 5/8" w
Double Horizontal.....2" h x 7 1/2" w
1/4 page.....4.9" h x 3 5/8" w
1/2 page.....4.9" h x 7 1/2" w

Online Subscriptions Free

Snail Mail Subscription (1 year) \$30

Call 860-508-4896 or email therichmondrooster@gmail.com

Stories are presented as fiction and are not intended to be historically accurate in content. Public notices, committee reports, articles, press releases, and letters to the editor are printed as received with minor changes according to space. *The Richmond Rooster* welcomes comments and article contributions. **Deadline is the 10th of each month.**

Email – therichmondrooster@gmail.com

Rooster Online: <http://therichmondrooster.net>

Town Administration

Selectmen: William Daniels, Doug Bersaw,
Andrew Wallace

Selectmen Meeting at Town Hall – Mon. 5:30 P.M.

Public is welcome to attend. Please call 239-4232 for an appointment if you have an item for the agenda.

Town Administrator: Susan Harrington

Administrative Assistant: Jennifer Thompson

Mon. 9 AM – Noon, 3 PM – 5:30 PM

Wed. 9 AM – 1 PM

Thurs. 9 AM – Noon

*For town business outside of the above hours,
please call 239-4232 for a Monday evening appointment.*

Town Clerk: Karen O'Brien

Deputy Town Clerk: Cheryl Brake

Tues. 12:30 PM - 4:30 PM

Wed. 9 AM - Noon & 1 PM - 4 PM

Thur. 8 AM - Noon

*For Tues. appointments (5 PM, 5:30 PM, 6 PM),
call 239-6202 or email the clerk.*

Tax Collector: Steve Boscarino

Deputy Tax Collector: Mary Rogers

Mon. 6 PM – 8 PM, Wed. 9 AM – Noon

Planning Board: Held at Taylor/VanBrocklin Bldg.

1st & 3rd Tuesdays of the month - 7:00 PM

Transfer Station and Recycling Facility: 239-8136

Tues. 8 AM – 4 PM, Thurs. 8 AM – 7 PM

Sat. 8 AM – 5 PM

Town Library: Wendy O'Brien, Librarian, 239-6164.

Tues. 3 PM – 7 PM, Wed. 9 AM – Noon

Thurs. 3 PM – 7 PM, Sat. 10 AM – 2 PM

Police (Non Emergency): 355-2000

Fire/Rescue (Non Emergency): 239-4466

Fire Warden:

Fire Permit: Buzz Shaw, 239-4238

Selectmen – 239-4232

Town Clerk – 239-6202

Tax Collector – 239-6106

Road Agent: Elton "Buddy" Blood, II – 400-3629

Building Maint.: James Nolan, 239-3353

Zoning Compliance Officer: Richard Drew

[Phone number area codes are 603, unless otherwise noted.]

Visit town online: <http://richmond.nh.gov> or in person at
Town Hall at 105 Old Homestead Highway.



Live local. Buy local. Bank local.

We are proud to be the Monadnock Region's truly local bank,
committed to giving back to our community and providing the
best products and services for our customers.



(603) 352-1822 | walpolebank.com |  Member FDIC |    



The Richmond Rooster

60 Whipple Hill Richmond, NH 03470

BULK RATE
US POSTAGE PAID
PERMIT NO. 4
WINCHESTER, NH
03470

CURRENT RESIDENT
RICHMOND, NH 03470