The Dublin Advocate

To Encourage and Strengthen Our Community

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Hiking New England's Highest Peaks

The journey continues, Part 1 of 2.
BY CATHY CARABELLO

At 9 pm on July 22, headlamps blazing, Andrea McGill-O'Rourke and I emerged from the woods after a grueling 15-hour trek up Maine's mightiest peak – Mount Katahdin. This was the end of our quest to hike all 67 of New England's 4,000-foot mountains.

Our journey had begun in April 2017 when we hiked the first of 48 4,000-foot peaks in New Hampshire – Mount Pierce. Four years and approximately 1.4 million steps later, we found ourselves finishing a quest that took us through New Hampshire, Vermont, and Maine in all kinds of weather – and would become one of the most amazing accomplishments of our lives.

In September 2019, after completing our New Hampshire hikes, we both knew this had just been a warm-up to a larger quest. By adding 19 more peaks to what we had already done, we pushed forward to hike the rest of the highest peaks in New England – the NE67.

Two weeks after finishing our 48th peak on Mount Bondcliff in the heart of New Hampshire's Pemigewasset Wilderness, we were in the car again at dawn heading for the first of our five Vermont peaks, Mount Mansfield. While there are some differences hiking in Vermont (vistas, no cairns, sometimes greeters, sign-in books at the bases), three hikes were in winter

Cathy's earlier hiking articles appeared in *The Advocate* March 2020 (completing the 48), June 2020 (their presence in the book), and March 2017 (winter hike).

conditions. This gave us valuable practice in layering, special food prep for cold temperatures, and using our Hillsound trail crampons to negotiate ice.



Cathy (L) and Andrea (R) at the top of Katahdin!

We discovered that once prepared for the conditions, hiking is easier in winter. The snow covers any rocky terrain, making the trails faster to navigate and less wearing on feet and knees.

In March 2020, just before the world was turned upside down by the COVID-19 virus, we completed our Green Mountain hikes on Mount Abraham in Lincoln, VT. It was snowing and below freezing all day. Our water hydration lines were icing up and it was so cold when we stopped in a lean-to for lunch that when I bit into an energy chew, I barely felt the crown that came off my tooth. It was a memorable last Vermont hike for sure!

In June 2020, we began the first of 14 Maine hikes on Old Speck Mountain (part of the Appalachian Trail) in Newry, Maine. It was the beginning of our adventure with the often steep, remote trails we would come to love in the months to follow. With

COVID shutting down much of the world, hiking was quickly becoming more popular, especially in the White Mountains, and we were glad we had moved on to the quieter part of our adventure.

All through the summer and on some weekends into the fall, we continued to check peaks off our list, sometimes three at a time. Most of the time we were hiking between 12 and 15 miles in a day, and by September, the three peaks left on the list were all in Maine's renowned Baxter State Park.

With pandemic restrictions in place, the Baxter hikes seemed even more inaccessible than usual, so we waited until summer 2021 to tackle what would be by far the most difficult hikes of our quest.

Next month, in Part 2, I describe our hike up Mount Katahdin.

CATHY CARABELLO is a paraprofessional at First Friends Preschool at Peterborough Elementary School. In addition to hiking, her passions include sailing, paddle boarding, and gardening.

ANDREA MCGILL-O'ROURKE is an Associate Professor of Healthcare Administration at Husson College in Bangor, Maine, and a former Assistant Professor at Franklin Pierce University in Rindge.



After completing the NE67, Andrea and Cathy were featured guests on a webinar with international presence hosted by author Martin Pazzani (Secrets of Aging Well: Get Outside). They shared the anti-aging benefits of hiking, their motivation, their training, and what they've gained mentally,

physically and spiritually from this endeavor.

Dublin Public Library

BY RACHAEL LOVETT

Tall is here! With school starting August 31, we bring back our Tafternoon Book Buddies program. Beginning September 14, we'll offer after-school snacks, stories, crafts, and games on Tuesdays from 3:30 to 4:30 pm. All school-aged children are encouraged to attend.

We are working with the school district to establish a bus stop at DPL, so stay-tuned! Our hope is to offer a daily After-School Club, where children of all ages are welcome to enjoy the library and use our space for winding down, fun activities, and games, getting a head start on homework and, of course, reading!

September is library card signup month. There is nothing more empowering than getting your own library card! It gives you access to technology, resources, and services to pursue your passions and dreams. You can sign up for a library card online (www. dublinnhpubliclibrary.org) or in-person at the Circulation Desk. Come check out something new today!

In July we were the recipient of a grant from the Federal American Rescue Plan Act (ARPA), made possible by the Institute of Museum and Library Services (IMLS) and the New Hampshire State Library. We were able to purchase 17 new Playaway Launchpads for circulation. Launchpads are preloaded, no-internet tablets, filled with educational games and play, based on age and reading level. They are now available for checkout – so stop by to try one!

Don't forget to come look at our Monarch Habitat. We'll have a small tank for caterpillars and chrysalis for as long as we can.

ollow I Love Libraries on Facebook and Twitter and use the hashtag #LibraryCardSignUpMonth to join the celebration on social media. DPL's open hours are Monday 10-5, Tuesday 3-7, Wednesday 9-5, Thursday 3-7, Saturday 9-1; we are closed Fridays and Sundays.

he Friends of the Dublin Public Library will host their Annual Meeting on September 18 via Zoom. A speaker will be announced. All are welcome to attend, and a link will be sent out prior to the meeting.

For more information, please visit the FDPL webpage at www.dublinnhpubliclibrary.org/Friends.

Everyone can observe the caterpillars and check to see if any have hatched into butterflies. We also welcome any new additions (caterpillars and a few milkweed leaves to get them settled).

RACHAEL LOVETT is Director of the Library.

Community Take-Out Supper

n Tuesday, September 28, the Dublin Community Church will be offering a free Community Take-Out Supper for all. Pickup begins at 5:30 pm. The menu will be meatloaf, potato salad, coleslaw, and dessert. Reservations are required. Please call Laurie Jameson at 603-876-5003 by Friday, September 24, to reserve a meal and give her your phone number. You will get directions when you call.

About the Jamestown Canyon Virus

BY MARY LOFTIS

A Te've been worrying about our health for a year and a half now – so when news broke that a Dublin resident had died from the Jamestown Canyon Virus (JCV), it was hard not to be alarmed.

It turns out that the mosquito-borne virus is a lot more common than people think, causing more cases of illness than the better-known West Nile Virus or Eastern Equine Encephalitis. To learn more about JCV, the State Health Department has recently collaborated with Cornell University.

JCV is an arbovirus, which spreads to people through the bite of an infected insect. Sometimes there are no symptoms; others develop fever, muscle aches, headaches, and fatigue. There can also be rare but serious complications such as meningitis or encephalitis, which can be fatal.

The relatively good news is that there have only been 15 cases of JCV identified in New Hampshire since 2013.

However, it's important to be careful. Dublin, as well as Harrisville, Jaffrey, Marlborough and Peterborough, are identified as communities with moderate to high risk for mosquito-borne illnesses. People should wear pants and long-sleeved shirts during peak mosquito times (dawn and dusk), use bug spray, and protect infants and children.

Questions? Call the DPHS Bureau of Infectious Disease Control at 603-271-4496 from 8 am to 4 pm, Monday through Friday. For more information, go to www.dhhs.nh.gov or www.cdc.gov. MARY LOFTIS is on the staff of the Advocate.



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Special Election Reminder for September 7

BY TIM CLARK

ue to the death of State Representative Doug Ley (Cheshire District 9, covering Dublin, Harrisville, Jaffrey, and Roxbury), a state special election will be held to fill his seat. The state special primary elections will take place on Tuesday, September 7, at Dublin Town Hall.

Voting hours will be 8 am to 7 pm. We will continue to wear masks and observe

social distancing as we have since the pandemic began. Any voter who does not wear a mask will be required to check in and vote in a separate space.

The state special general election will take place on Tuesday, October 26. Voting will take place at Town Hall during the same hours and under the same pandemic-related rules as those of the primary. TIM CLARK has served as Dublin Town Moderator since 2004.

49th Annual Gas Engine Meet

Parades held on both Saturday and Sunday at 1 pm.

ublin's annual Gas Engine Meet will occur September 10 through 12, rain or shine, at Cricket Hill Farm, just off Route 101. Bring your antique engines and if you happen to have a Brackett, Shaw & Lunt Gas or Steam Engine, we'd love to see it! Rain or shine we hold our Gas and Steam Engine Show – exhibiting antique tractors, antique vehicles and antique working engines that were once tools of the trade from years gone by. Come see the giant flea market for hobby-related items

only. This is New England's largest antiques engine show. Refreshments will be available on the grounds. This year's show is in

memory of Lee Pedersen and Tony Sangermano. For details, please visit dublinnhgasenginemeet.com or call 603-563-8067.

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m Rummage}$ Sale and Yard Sale in Dublin Friday afternoon, September 24, from 1 to 6 pm and Saturday morning, September 25, from 8 am to noon. At this outdoors-only event, masks and social distancing are expected.

Community Church's

We have clothing, good for any family member, and plenty of yard sale treasures.

All items are without prices – contribute as you wish – as proceeds go to the church's Outreach projects.

If weather is not permitting, the rain date will be the next weekend, same times.

Sponsored by the Dublin Community Church, an Open and Affirming Church, at 1125 Main Street in Dublin Village. Inquiries: 603-563-8139; or go to www. DublinChurch.org.

Arts Alive! Mini-Grants

A rts Alive! is offering \$50-\$250 minigrants to artists and creative businesses in the Monadnock Region. Applications are open through October 15, 2021, and available on monadnockartsalive.org.





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Report from Our School Board Rep

Masks will be mandatory for indoor activities.

BY ALAN EDELKIND

Good September! I hope this note finds all well. With so much happening and details changing, I hope this information presented is still relevant.

Reopening plan: The ConVal reopening plan was presented to the School Board for their comments and vote on Thursday, August 12. There are four reopening phases. The Blue Phase is defined as no detectable or minimal community transmission; the Green Phase is defined as moderate community transmission; the Yellow phase is defined as substantial, controlled transmission; and the Red Phase is defined as substantial uncontrolled transmission.

Of major interest is the use of masks. For all three levels of schools (Elementary, Middle, High), the use of masks is based on CDC and NH DHHS recommendations for staff and students and an analysis by the COVID monitoring team. These recommendations and analyses were presented to the School Board for their vote.

The School Board voted for all eleven schools to open in the Green Phase. We

also agreed to open with mandatory masks for indoor

activities. For outdoor activities, mask use will be optional.

During the fall, we will be making use of outdoor learning as much as possible. We have tents in storage and will be using them based on site requirements.

Review of our opening levels or requirements within these levels is on an as-needed basis. If circumstances change, we will meet to evaluate. There are many other school level-specific safety protocols in place for the different phases. If you want more information about these and other aspects of the reopening plan, please go to the ConVal. edu website. You can also join our Facebook group Dublin/ConVal or email me at aedelkind@conval.edu, and I will email you a copy of the reopening plan.

There is a very interesting article on the ConVal.edu website that focuses exclusively on the process involved in making COVID-related decisions. It is titled "Board Statement on Role of COVID-19 Monitoring Team and Decision Making Related to the COVID-19 Pandemic."

Remote School: Another COVID topic is that of remote schooling. The plan does

allow for remote schooling to take place due to COVID changes. The School Board considered a remote option not based on COVID for those who desired it but have agreed not to pursue this.

Wrap-up: There are so many non-COVID related exciting things happening at ConVal but space limitations preclude me from going into them here. Please, if you are interested, join the Dublin/ConVal group on Facebook, or send me your email address at aedelkind@conval.edu. As I post articles onto the group site, I'll copy and send them to your email.

ALAN EDELKIND is Dublin's representative to the ConVal School Board, aka SAU1.

Peterborough Players: Where You Are

The Peterborough Players rounds out its three-show Grand Restart with the U.S. premiere of *Where You Are*, a new play written by Canadian playwright Kristen Da Silva. Directed by Tom Frey and performed on the new outdoor Elsewhere Stage at the Players, the show runs from September 1 through 12. Tickets are \$47.

Call the box office 603-924-7585; or go online, www.peterboroughplayers.org.

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News from DCS

Our school year begins on August 31.

BY NICOLE PEASE

We hope everyone has had a wonderful summer! The staff at DCS has been busy planning for the return to school and we cannot wait to see our returning students as well as to meet our new students!

As we moved into August, the excitement increased each day! To educators, August feels like a month of Sundays as we prepare for the year ahead. All this preparation will lead to a fun-filled and smooth start to the school year. It is such a joy to work on renewing our strong community connections with our staff and students.



We are excited to welcome new families to DCS and know they will come to love our school. Our building and district continue to focus upon understanding and effectively using the Responsive Classroom approach to learning.

We will spend the first few weeks of school establishing routines and rules in the classrooms and building. It is important that we take the time to create these rules together to create a strong community of learners. This time also brings an analysis of old assessments and the administration of some

new assessments to identify each student's needs. It is a busy beginning!

Our school year begins on August 31. It will be a day filled with excitement – and a little nervousness – as we reconnect with each other and establish connections with our new students.

NICOLE PEASE is the Teaching Principal at DCS.

Dubliners Celebrated DHS Centennial

BY RAMONA BRANCH

The Dublin Historical Society (DHS) celebrated its Centennial on August 7 with more than 100 people attending the festive event on a beautiful summer day at the 1841 Schoolhouse on Main Street.

One of the focal points of the event was the My Dublin Story exhibit, which was composed of 50 illustrated storyboards written by residents of their fond memories of Dublin.

Inside the old Schoolhouse were the actual desks schoolchildren and the teacher would have used. There were exhibits on vintage tools, homemaking items like spinning wheels and a loom, kitchen accessories, clothing, and artifacts from the archives.

Felicity Pool, who played the role of schoolmistress, wore a 1907-period dress made for her by Ruthie Gammons. The pattern used to make the dress came from Folkway Pattern Company, which specializes in period clothing.

Randy Miller entertained visitors with his Celtic fiddle music, and brought out his accordion as well, playing music and

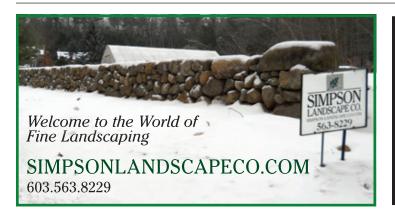
singing songs similar to what Dublin families would have enjoyed way back when.

Lemonade and ginger schoolhouse cookie refreshments were served by children, and many generations were represented by attendees. The whole event provided a nostalgic look at how early Dubliners lived and exemplifies why living here remains so special to so many today.

RAMONA BRANCH is on the staff of the Advocate.









Rolling Out the Welcome Mat

About 40 homes have been sold in Dublin in the past 18 months, and the *Dublin Advocate* joins many others in welcoming all newcomers. Were the threats of virus not still prevalent, the Dublin Community Center would undoubtedly be offering a welcome event as it did a few years ago.

At that event, local interests were on display to acquaint new residents with town offerings, like police, town administration, Transfer Station procedures, library, archives, and to answer any questions. Gift bags were given out, and refreshments were on hand. It was indeed a welcoming event!

Until such time as that event (and others) can be replicated, the *Advocate* will fill in the gaps by running short articles covering information such as what to expect at the Transfer Station, how the Conservation Commission helps us all. We hope these short articles will allow newcomers to get to know the police and members of the

Recycling is

Dublin. Residents

mandatory in

town administration, meet local business people, find suitable hikes and open waterways for boating, check out open hours for the Post Office and library, and identify local churches.

We begin below with the Transfer Station, written by Denise Frankoff, who is on the staff of the *Advocate*, and has been in town since 2016. She is also on the board of MATS, which provides transitional shelter in Peterborough; the Hub, and works as a speech therapist at Monadnock Community Hospital.

Transfer Station & Recycling in Dublin

Be sure to visit the Swap Shop on Saturdays.

BY DENISE FRANKOFF

must

Dublin residents are fortunate to have a clean and organized Transfer Station for recycling and disposal at 137 Cobb Meadow Road. The station is managed by Tom Kennedy (603-563-8557) with dedicated help from his wife Daoning, and Dublin volunteers man the Swap Shop.

The Transfer Station is open Wednesdays and Saturdays from 8 am to 5 pm and Sundays from 8 am to 4 pm. Speak with Tom to obtain a town recycling sticker for your car.

must separate recyclables from their trash. Recycling guidelines are posted on the town's website and on signs at the Transfer Station. The town recycles corrugated cardboard, glass, plastics (#s 1 and 2), aluminum cans, tin cans, foil and plates,



newspaper and mixed paper (e.g., magazines, egg cartons, junk mail).

Residents may also bring other materials to the transfer station – yard waste, wet cell batteries, metal objects, lead fishing tackle, and used oil. The station also properly disposes of most household items, except ammunition and hazardous waste. Speak with Tom before disposing these items. Fees may apply and are posted at the station.

On Saturdays be sure to visit the Swap Shop, which is open seasonally by volunteers from 9 am to 2 pm. Please wear a mask. The Swap Shop accepts most household items in good condition except electronics.

DENISE FRANKOFF is on the staff of the Advocate.

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Michael Breshears Enjoys Life in Town

BY JULIE RIZZO

Dublin resident Michael Breshears has an inborn sense of community, bringing passion and creativity to the Monadnock Region in his job as Advertising Director and Interim Special Publications Editor at the *Keene Sentinel*.

Michael has been with the *Sentinel* since he graduated from Keene State College 35 years ago, starting at the front counter taking liner ads for yard sales. He is the force behind the *Sentinel's* popular ELF Magazine (ELF stands for "Enjoy Life to the Fullest"), a weekly lifestyle publication for Greater Keene, Brattleboro, and Peterborough that debuted in 2013.

"I created the concept for ELF about 10 years ago. I wanted it to be hyper-local, about everything people enjoy doing here in our region – farming, antiques, gardening, food, entertainment, outdoor activities, alternative health, etc. No politics!"

Michael's interests outside work are infused with the energy of ELF. He gardens, does home renovations, and has a small booth selling farmhouse décor items at the Peterborough antique store, Twin Elm Farm.

Originally from Saxton's River, VT, Michael moved to NH as a teenager when his parents opened Breshears' Farmstand

and Greenhouses in Alstead. "My parents were a hub for the town – people loved my mother." The farmstand closed in 2014, but Michael retains the love of gardening he learned from his parents. Even now, he writes a weekly gardening column for ELF during the growing season on topics ranging from moles and voles to soil.

With his partner Joe Collins, an engineer at Saint Gobain in Milford, Michael enjoys preserving and improving

properties. In the late 1990s, they bought a 17-room historic mansion on Court Street in Keene with another couple, and worked room by room over 10 years to restore it to its original Victorian glory.

In 2009, they moved to Goldmine Road in Dublin and went to work on their 1980s contemporary, installing hardwood floors and bookcases, re-designing the kitchen and fireplace, and adding an expansive

back porch.

"Originally this was a densely wooded lot," Michael laughs. "I saw a sign for 'Free Tree Removal,' so I called the guy and he spent the summer here taking down trees. Then we had to hire someone to remove the stumps, then someone to contour the land... 'free tree removal' turned out not to be so free!"

The results of their efforts are idyllic. The back porch now overlooks a garden teeming with birds, flowers, shrubs, and

butterflies. With their two dogs, two cats, and five chickens roaming the property, Michael and Joe are indeed enjoying life to the fullest!

JULIE RIZZO is on the staff of the Advocate.







September Events at the DubHub

New DubHub Website

The new website for the Dublin Community Center is up and running (while still under construction). The URL is slightly different: dublincommunitycenter.org (it no longer starts with www). The new site was made possible by a grant from the Phalarope Foundation.

Coffee & Conversation

Coffee & Conversation will be in the Garden Sanctuary of the Dublin Community Church on Monday and Wednesday mornings from 10 to noon. In case of inclement weather, sessions will move inside with face masks and/or socially distanced with windows open. For more information, email info@dublincommunitycenter.org.

Knit with Nancy Meets Weekly

Knit with Nancy continues via Zoom every Friday at 10 am. Contact Nancy Cayford at npcayford@myfairpoint.net for an invitation.

Song Circle Meets Monthly

DubHub Song Circle, hosted by Bruce Simpson, will be on Sunday, September 5, starting at 3 pm. This informal group

Qigong guided by Ginnette Groome (center) meets Wednesdays in the Garden Sanctuary.



meets in the Garden Sanctuary and musicians, listeners, and singers are welcome to attend. Bring a lawn chair, beverages and snacks. For info, email Bruce Simpson at bruce_simpson@msn.com.



"Blame It On Sally," duo featuring April Claggett and Rhine Singleton.

"Blame It On Sally" in Concert

Blame It On Sally," featuring Rhine Singleton and April Claggett, will perform in the Garden Sanctuary on Friday, September 10 at 5 pm (rain date Saturday, September 11, at 3 pm.) Tickets (\$10) at blame-it-on-sally.eventbrite.com. Proceeds benefit the DubHub. Bring a lawn chair, snacks, and beverages. Please park at Yankee or the Town Hall.

Paintings by April Claggett

These painting from April's travels in Southern Africa feature people and animals fictionally reunited in a "reverse ecological apartheid." The Opening Reception will be held Friday, September 17, at 5 pm, outside the DubHub with COVID protocols in place for viewing the show, which will be on display in the North Room through October.

Red Cross Blood Drive

The Red Cross will be having a blood drive at the Dublin Community Center from 9 am to 2 pm on Saturday, September 18. Go to www.redcrossblood.org and search under zip code 03444. You may need to click "load more results" to see this location. For more information, contact the Red Cross.

Community Lunch: Free for All

The next Community Lunch will be on Tuesday, September 21, from noon to 1 pm. Pick up your meal by the main entrance of the Hub between 12 and 1. There is no cost for the meals. Feel free to bring a lawn chair and enjoy your meal and music in the Garden Sanctuary. The menu will be veggie roll-ups, chips and dessert.



The DubHub free veggie and flower stand is now open.

Open Stage: All Are Welcome

The DubHub Open Stage, hosted by Volkert Volkersz, will be Sunday, September 26, at 3 pm, in the Garden Sanctuary. All styles of music and spoken performance are welcome. Performers are encouraged to reserve a slot by emailing info@dublincommunitycenter.org. All attendees are encouraged to bring lawn chairs, beverages, and snacks.





Harrisville's Mill No. 6: Spinning Again

BY CORWIN LEVI & MICHELLE ALDREDGE

For over a hundred years – from back in the 19th century through 1970 – you could walk through Harrisville and hear the distant whir of machines making woolen yarn and cloth in

the village's mills. When the mill closed in 1970, the buildings were sold and the spinning equipment moved. As long-time Harrisville resident Ron Trudelle recalls, "when the mill shut down... and the looms stopped running, I had trouble getting to sleep because I was so used to the rhythm, that white noise."

It has been 51 years since the machines fell silent, but in 2021 Mill No. 6 will once again be humming with textile manufacturing as Harrisville Designs relocates its spinning mill operation from Skatutakee Road. Mill 6, which has been owned and managed by Historic Har-

risville Inc. (HHI) since 1999, will soon be bustling with well-preserved textile equipment from the Mill's heyday and manned by locals with the expertise to use it.

HHI Director Erin Hammerstedt says this is an "opportunity to bring a piece of history back to life" and it will be "exciting to be able to see and hear yarn being made in the village right where it used to happen." Harrisville Designs' VP of Operations Nick Colony says, "the company is growing, and the move will help us meet increased demand for our yarn and other products. We'll be able to use both sides of our plying machine, as it was originally intended to be used, and we'll have space to add a third spinning frame and a new German skein reeler." Colony explains that these updates will allow Harrisville Designs to increase production, hire

Dublin's immediate neighbor is honoring its legacy of millwork through energy generation. Since our two towns share more than a short history, this article (which first appeared on the cover of *Common Threads*, The Newsletter of Harrisville, August /September 2021) was adapted for publication in the *Dublin Advocate* with permission of Historic Harrisville Inc. and by the authors.

more staff, and improve workspaces for its 44+ employees.

This move supports HHI's strategic plan by bolstering the economy through bringing more jobs to town and reinforcing the strong textile tradition. In addition, HHI's mission includes increasing energy efficiency and independence, which it implemented in a big way when it brought hydropower back to the mill

complex in 2018. The hydropower has since produced more electricity than has been consumed by the Cheshire Mills Complex as a whole. Next, Harrisville Designs, in collaboration with HHI, will be installing solar panels on the roof of Mill No. 6. Even with the new added load from the spinning mill, there should be excess electricity that will be used to offset Harrisville's electric consumption through group net metering.

Since its formation in 1971, Historic Harrisville has worked to sustain the character of one of the only places in the country still spinning wool yarn where

it was spun in the 1800s. As HHI and Harrisville Designs both celebrate their 50th anniversary this year, Hammerstedt says, "We are pleased that our very first tenant, Harrisville Designs, has survived and even thrived over the past 50 years, and look forward to seeing what the next 50 bring for both our organization and the community we are so fortunate to be a part of."

CORWIN LEVI and MICHELLE ALDREDGE are Southern transplants living in Harrisville and are partners at Gwarlingo Studio, the design firm where they craft websites, books, and love everything local.





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Raptors of the Monadnock Region

Information courtesy of The Bobcat, *the Harris Center's August newsletter.*

For a virtual exploration of the Monadnock Region's raptors, join Pack Monadnock Raptor Observatory (harris center.org/conservation-research/packmonadnock-raptor-observatory) coordinator Phil Brown. The Zoom event was held August 25 but the link is full of relevant information.

Find out which species live here year-round, which ones migrate, and what challenges they face in our changing world. Hear about local research being conducted to help biologists, policy makers, and the public better understand birds of prey — and how what we learn can help ensure that these iconic birds will continue soaring the skies far into the future.

Phil Brown indicates he is fairly sure there will be a hawk watch again at Pack Monadnock running between September 1 and November 20. If so, the *Advocate* will update when information is available.

For more information on the Pack Monadnock Raptor Observatory, please contact Hawk Watch Coordinator Phil Brown at brown@harriscenter.org.

33rd Annual Walk for Animals

The Monadnock Humane Society (monadnockhumanesociety.org) is sponsoring its Walk for Animals again this year at the Dillant-Hopkins Airport in Swanzey, NH (just south of Keene), on Saturday, September 18. You can walk with or without your leashed pet on the scenic airport road.

Early bird registration has come and gone, so you missed out on a free T-shirt. They will also be offering a 5K Runway Fun Run. One can still register at MHSWalkforAnimals.com.

Castle Center Reopens

Provides respite for caregivers.

The Castle Center for Life Enrichment reopened its doors in Keene (312 Marlboro Street) to participants in all area

The Advocate is grateful for a donation in memory of Charlotte Boutwell

towns, including Dublin. It is a licensed, medical, adult day program offering a little help during the day for folks with medical needs or who need memory care, providing an opportunity for respite for family caregivers.

Activities include socializing, music, art, gardening, crafts, exercise, and time for peace and quiet. Our team of nurses, licensed nurse assistants, and volunteers are on hand to assist with medication monitoring and personal care. Healthy meals and snacks are provided each day.

Caregivers may contact Mary Lucas, RN, Castle Center Nurse Administrator, at 603-355-8281 for more information or to schedule a tour.

The Castle Center is open Monday through Friday from 7:30 am to 5 pm. Details are online at www.HCSservices.org/castle-center or call 603-352-2253.

Ending Hunger with Food Donations

Food for the weekend is free and confidential.

End 68 Hours of Hunger really does make a difference, as we heard recently from continued on next page

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a young single mom: "Our pantry is wellstocked with things my children can prepare by themselves or with help, and we love getting the extras for special occasions! ... We are truly blessed to live in such a caring community, where I know I do not have to worry that my children will be fed!"

If you know a child who needs weekend food, please encourage the family to contact their school's principal to sign up for the program this fall. It's free, there's no complicated application, and

everything is confidential.

End 68 volunteers are told only the number of food bags needed at each school each week – never the names of those receiving them - and the food goes home from school with the kids every Friday. And though we can't accommodate food preferences, we're happy to make adjustments to meet dietary needs, from dairy-free to gluten-free to vegetarian.

In order to fill the food bags, food donations are always welcome. This month we're especially looking for canned chicken and tuna, as well as nutrition bars.

Thank you very much for your continued support!

The Monadnock Conservancy's 32nd Celebration

n Saturday, September 18, the Monadnock Conservancy will meet from 9 to 11 am at the Peterborough Town House. It is free and open to all. Bring a friend!

Featured speaker Chief Paul "Gwilawato" Bunnell, who represents the Ko'asek (Co'wasuck) Traditional Band of the Sovereign Abenaki Nation, will share about a dream to build a conservation and nature preserve for tribal members and the public.

Recently, a local family and tribal members came together to transfer the stewardship and ownership of 10 acres of undeveloped land in Claremont back to the Abenaki.

Registration check-in and a coffee reception begins at 9 am. Program begins at 9:30 am. Find more details online at www.MonadnockConservancy.org.

Please register online by September 14 to help us with planning: www.tinyurl. com/32ndannual or call 603-357-0060 ext. 106. Mailing address: Monadnock Conservancy, PO Box 337, Keene, NH 03431-0337.

MFS Offers Quality Mental Healthcare

This summer, Monadnock Family Services (MFS) held a two-day, internal training for staff members who work with children and families on trauma-informed care. Using a model of trauma-informed care works from an understanding that most clients seen by MFS bring with them a history of trauma, and that MFS clinicians and support staff may come into mental-health work with their own.

During the training, staff members learned and worked together to understand the shared framework of trauma-informed, holistic care in order to create the best possible experience for those we serve.

Some of the topics explored in the training included racial trauma and body response, body-based regulation, and the stress-response system. MFS's goal is to ensure our quality mental healthcare begins from the first moment a client reaches out to MFS. MFS offers 24/7 emergency services support.

MFS is based at 64 Main St., Keene, NH 03431. To learn more, visit www.mfs.org or call 603-357-4400.







SEPTEMBER 2021 Calendar



THE DUBLIN ADVOCATE may be found online and in color at WWW.DUBLINADVOCATE.COM

The Dublin Advocate is written by neighbors, for neighbors. Everyone is welcome to submit articles and/or photographs of interest to the community. Email submissions by the 15th of each month to **DublinAdvocate@gmail.com**.

Articles subject to edit. The editor reserves the right to refuse any article or advertisement.

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