



The Dublin Advocate

To Encourage and Strengthen Our Community

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A New Year's Reflection: Community Brings Us Together

BY YUMMY CADY

Our joys are easy to talk about, to write about. Whatever is going on in our world right now is certainly *not* easy to talk about, nor to write about. But just as it is vitally important to our well-being to shout out our joys, it is equally important to acknowledge what it is that darkens our souls, so that light can shine into our hearts.

Lots of names have been used to identify what is currently happening to humanity. Labels divide us, so let's toss them aside and instead think of ourselves as citizens of all of *Humankind*. A quote from the incorrigible Willie Nelson always brings me to a better place: "When I started counting my blessings, my whole life turned around." Joy and hope can break through our defenses in ways that reason and argument cannot.

Even our wounded world is feeding us. Even our wounded world is holding us, giving us moments of wonder and joy. Most days, I choose joy over despair. Not because I have my head in the sand, but because joy is what the

earth gives me daily, and I feel blessed to return the gift.

These days, lots of us can't focus. The earth beneath our feet feels shaky, and the hazards feel very real. So too the dread. The world seems all messed up. And so are we. We do our best to cope with the anxiety, paying loving attention to the day's holy details, clinging to each other in solidarity, mustering tidbits of hope from our own and others' deep reserves of faith, trying to keep loving no matter what,

Music lovers from Dublin and beyond gather at the DubHub Open Mic.

determined not to lose track of what's most meaningful to us.

I believe that the one shelter big enough to protect us from the current harmfulness of our world is person-to-person community. I pray that each of us can seek out our community and live into it with abandon and love, be it a yoga class, a book group, weekly trips to the library, a PTO group, a self-help organization, scheduled meetups with friends, your local community center, a cooking class, a knitting club, church – any place people gather together in purpose and joy. Community in its countless forms!

Together, in community, we can rise up in joy and hope. Allow me to quote another of my favorite advisers, Archbishop Desmond Tutu: "Peace, in its most fundamental form, is the connection of one human spirit to another." That vital connection is made through interactive community, loving person to loving person.

YUMMY CADY is a former co-owner of Carr's Store and the long-time Sunday School superintendent at the Dublin Community Church. She lives in Harrisville.



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An Easy New Year's Resolution

BY CHRIS SPRAGUE

It's the time of year again when we prioritize ways in which we can enjoy life more. While many of these can be daunting, here's an easy one: Make the library a weekly habit!

The Dublin Public Library has had over 9,000 visits this year. Open more than 30 hours a week, it's a busy place, with over 1,100 cardholders choosing from over 22,000 books. There's a new buzz in the air as people have discovered or rediscovered our "contemporary 1901 library."

In 2025, we want to engage at a deeper level. We want to hear what you like, what we are missing, and what you might want to contribute. Experts abound in our town, and we'd like to take advantage of the knowledge all around us. We want to recruit individuals for the library Board of Trustees and are actively looking for alternate trustees. Former trustee Pam Bator is now president of the Friends of the Library and is looking to expand that group with people who share our love of learning.

Thanks to our director, Karen Madigan, and her ace staff of library assistants, our library is a dynamic place, with rapidly changing collections, new physical layouts, numerous programs for children, and our new lending Library of Things. People are coming to the library for all kinds of reasons:

Curated collections – Stop by and pick from several hundred new fiction and nonfiction books.

Learning programs – The library is not just for children. Adults enjoy a social game of bridge, meditation sessions, book groups, coloring club, and more.

Digital expertise – Get advice on how to make best use of your personal technology, be it a phone, tablet, or laptop. Or come learn about Canva Pro, a popular digital design tool.

Digital content – Learn how to access movies, magazines, eBooks, and audio books anywhere, anytime. Borrow one of our Google Chromebooks.

Group meetings – Participate in any number of organization meetings or book a room for your group.

Cozy connection – Sit by our fireplaces with a warm drink, read magazines, and catch up with your friends.

Your research – Engage with our staff on how best to advance your projects.

Online publications – Connect with us through Facebook, Instagram, and our Bookworm Beat monthly newsletter. Come in and use our online reference library.

The Dublin Public Library has quickly become a place "where everyone knows your name." Stop by in the new year and help us understand how we can continue to make our library the best small town library in New Hampshire.

CHRIS SPRAGUE is the chair of the library trustees.



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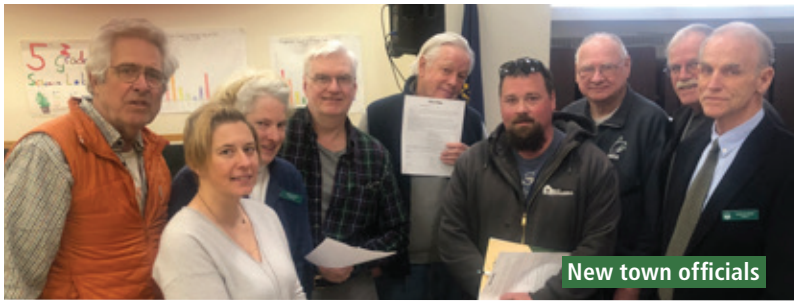
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2024 in Photos: We Are Dublin



New town officials



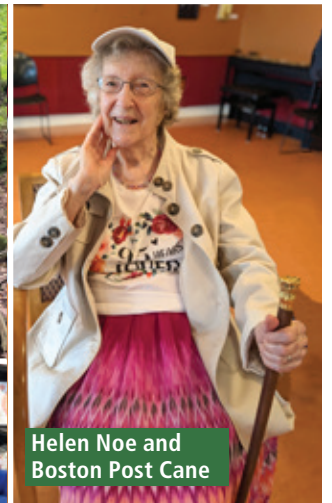
DCS waits for eclipse



Rotary helps build birdhouses



Beech Hill's accessible trail



Helen Noe and Boston Post Cane



Women's Club Beach



Sally Shonk and Lily at the library



Will Weidner's train



Gas Engine Meet



DCA students with Chief Suokko



Remembering Edie Clark



DCS Harvest Supper

Planning Board News

BY ARCHIE MCINTYRE

Over the past year, the Dublin Planning Board has been working to increase housing options available to the residents of Dublin. The town voted in March 2024 to approve changes to the Accessory Dwelling Unit (ADU) language in the Zoning Ordinance to make it easier for residents to develop ADUs on their property. Recently, the Planning Board approved two new warrant articles for the voters to consider in March 2025. Both articles provide greater ease and more flexibility in developing housing options for Dublin property owners.

First, changes to our transient housing regulations make it easier to receive a permit for short-term rental housing (think Airbnb or Vrbo) on their property. Currently, an applicant must apply for a Conditional Use Permit, an involved process similar to a lengthy Site Plan Review. We intend to streamline the process by requiring a simple application for short-term rentals that outlines basic property information submitted to the Planning Board for review and approval. It is our hope that by simplifying the process, more homeowners will comply with permitting in order to inform the town about short-term rentals on their property, thereby enhancing public safety.

The second warrant article proposes relaxing dimensional restrictions in the Village District, reducing minimum lot size from one acre to 35,000 square feet, and reducing the side yard and rear yard setbacks to 15 feet. These minor adjustments will encourage housing development in the Village District, including ADUs. All other lot requirements, including the provision of water and septic, remain.

Public hearings are scheduled on both articles to solicit public comment. Residents are encouraged to attend to learn more and voice their opinion on these changes. The public hearings will be held at 6:30 pm on Thursday, January 2, and Thursday, January 16, at Town Hall. Both articles will be discussed at each of the meetings. For more information on the articles, visit the Planning Board page on the town website.

As many *Advocate* readers may know, there have been recent resignations of members and alternates from the Planning Board. As a result of these resignations, there are four Planning Board positions open, and we encourage you to consider running for one of the open positions in the upcoming town elections in March. Please inquire about the details of the openings and how to run for town office. More information is available on the town website.

Effective town government requires the active participation of its residents. We are optimistic and working hard to rebuild an effective and productive Planning Board where the important business of the town can be advanced in an open, transparent, and cooperative environment. We invite you to participate.

If you have any questions about the warrant articles, open Planning Board positions, or any other questions relating to town planning, please feel free to contact me at 781-760-1017.

ARCHIE MCINTYRE is the chair of the Planning Board.


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Community-Supported Peace Pole

BY KATHERINE GEKAS

This past fall, a group of Dublin residents from different walks of life got together to talk about installing a granite peace pole in the town. Peace poles are installed in other communities around the world (including Peterborough and Keene), and can be a reminder to all of us that we can strive for peace in our daily lives – within ourselves and within our community. In a world where we can witness violence from afar, it is a reminder to practice up close the opposite of violence – kindness, mutual respect, calmness, compassion for others, and self-compassion. It can serve as a reminder that we are all striving to create a community where we care and take care of each other.

The peace pole effort was started in 1955 in Japan, in response to the ending of World War II, and began to spread into other countries in the early 1980s. The words “May Peace Prevail on Earth” are usually engraved in four to eight different languages around the pole. Currently, there are over 200,000 peace poles planted around the planet!



The group talked about where the Dublin community might plant a peace pole. We thought that people would want to have access to it – to contemplate what peace means to them – in a place where someone could go, sit next to it, take a rest, and think about what cultivating peace in ourselves and our community might look like. We finally

agreed that the patch of grass between the library and the Town Hall next to the parking lot (where there is already a bench!) would create the most access for the most people – children and adults alike. We also thought it would be a great idea for the children in the community to vote on the languages that would be engraved into the pole, and we have started talking with the Dublin Consolidated School folks about this.

We’re collecting signatures so that this idea of a community-supported peace pole can be an article in the town meeting warrant. We’ve also started a related activity of having an “inner peace check-in” circle at noon on the first Monday of each month at the library. (The idea is that life and the world may not be perfect, but we can meet and check in with each other to remind each other and ourselves of life’s ups and downs, creating ripple effects along the way). If you’re interested in adding your signature to support this effort, please contact one of us: Don Primrose, Balmeat Laskey, Bruce Fox, Zach Redler, Marsha Whitney, Traceymay Kalvaitis, or Katherine Gekas.

KATHERINE GEKAS is a Dublin resident and teaches herbal classes at the DubHub.

Update from ConVal – CTE and Safety Renovations at High School

BY ALAN EDELKIND

For over two years, a Building Committee, consisting of members of the ConVal administration, facilities management, and school board, has been investigating needed renovations to the Career and Technical Education (CTE) space and safety improvements at the high school. The CTE space was designed and implemented over 20 years ago and is no longer in compliance with Americans with Disabilities Act (ADA) requirements. It is too cramped, is not up to industry standards, and does not allow for the use of modern equipment.

This Building Committee has visited many CTE centers in other school districts to better refine our needs and options. We interviewed many architectural organizations skilled in designing and developing CTE spaces and have given them our requirements. We held many need and design sessions, by ourselves and in concert with selected architectural companies, to refine our approach and budgetary requirements.

The design needs were determined to be: a secure entry, updated CTE program spaces, connecting CTE programs, more natural light, student-centered spaces, improved learning spaces, improved accessibility, and a new auditorium. You will notice that these design needs are not in anticipation of increased enrollment in the school district but to better serve our decreased student population. Our students deserve to be educated to the best of our ability, within budgetary constraints, regardless of their numbers.

The CTE currently serves grades 10, 11, and 12 per state requirements, provides services to 355 students (55% of the 10th, 11th, and 12th grade student population), provides seven CTE programs in a

work-based learning environment that can lead to seven industry credentials that have been identified as needs of local industry. The renovation plan allows for the addition of two additional CTE programs in health science and animal science. The current programs are for careers in: business, education, computer and information technology, digital photo and video, pre-engineering, graphic design, and manufacturing (welding component).

Your school board has developed written and audio communications and web-based access for the entire ConVal community to learn and understand this activity. We have held a community forum (for both in-house and online audiences) to offer presentations and allow for questions and answers and input from both audiences. We have learned from this interaction and, as you will see, reacted proactively to your input.

Costs have been on the rise due to the impact of COVID and are predicted to steadily continue to climb at a lower annual rate. Consequently, the school board has tentatively decided to eliminate the auditorium renovation from this project, resulting in a bond savings of \$10,657,002. This still needs to be voted on by the entire school board.

The costs of this activity are listed below:

Original project cost	\$44,136,127
Elimination of auditorium renovation	(\$10,657,002)
	-
Total remaining cost	\$33,479,125
State payment – 75% of CTE cost	\$14,732,773
ConVal bonded amount (20-yr. level principal)	\$18,746,352
Cost to Dublin in Year One (highest year)	
Dublin taxpayer impact (town-wide)	\$141,359
Tax impact per \$1,000 of assessed value	\$ 0.32
Tax impact on \$500,000 assessed value	\$ 162

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

Intelligence plus character — that is the goal of true education.
— Martin Luther King Jr.



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Update from DCS

BY NICOLE PEASE

Welcome to 2025! As I reflect upon the past year, I feel a great amount of gratitude toward DCS and the community. The strong connections we have with our families, the PTO, local community and businesses, and the variety of volunteers who come in to help at DCS enrich the experiences of our students and staff.

December was a very short month, which we filled to the brim with learning and other adventures. With help from art teacher Justin Bentley-Melle and Jeannie Connolly, each student created a lantern to carry during the lantern parade in Peterborough. If you have not yet attended this event, please mark your calendars for next year. It is a beautiful, joyous, and mesmerizing event. It was exciting to see so many of our students in attendance.

I am thankful we have snow on the ground – it has made recess a winter wonderland for sure! We were able to get out on the cross-country skis from Dublin School, and students had so much fun trying out these new skills. The week before the holiday break was filled with traditions. DCS staff member Vicky Brown planned craft activities for students to create works of art for their families. Students chose the activity they wished to participate in and were totally engaged in making something for others. Thanks to teacher Deb Lang, we have added another element to our Candy Cane Walk to Yankee Field. As we walked through the woods, there was a story to guide us along, which deepened the experience for all.

The DCS students held a Snow Dance, which we hope will encourage Mother Nature to bring us snow, not rain! January brings the start of our Winter Fun Fridays, when many students will travel to Crotched Mountain for the ski/ride program. Those students at school will enjoy extra recess and other winter activities. January includes a new event coordinated by our supportive PTO, a Family Game Night. Students will enjoy time with family and friends playing games. In mid-January, we will focus on our



DCS students created their own version of a "Macy's Thanksgiving Day Parade."

winter assessments. We are excited to see the growth our students have made and to examine areas in which we need to deepen the focus of instruction. I look forward to sharing that growth with families and community members.

As we focus upon the new year, we are also starting to plan for the next school year. If you or anyone you know has a child who will be 5 years old by September 30, please get in touch at 603-563-8332. Kindergarten screenings begin in February.

NICOLE PEASE is principal teacher at Dublin Consolidated School.

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January 2025 Events at the DubHub

Ongoing Weekly Activities

Coffee & Conversation, Mondays and Wednesdays, 10 am–noon

Adult Yoga, Mondays, 3–4:15 pm

Early AM Yoga, Tuesdays, 6:30–7:30 am

DubHub Open Hours, Tuesdays, 9 am–3 pm

Office Hours, Wednesdays, 10 am–3 pm. DubHub director, Monica Laskey, is available to meet with community members. Feel free to email info@dublincommunitycenter.org to set up a meeting or to see the space.

Qigong, Wednesdays, noon–1 pm

Knit with Nancy via Zoom, Fridays, 10 am

For more information, email info@dublincommunitycenter.org

Tree-mendous Treat, Saturday, January 4

Bring your Christmas tree to the DubHub between 10–11:30 am to donate it to the animals at Amazing Grace Animal Sanctuary, who are eager to help you get rid of your green yuletide leftovers! Donna and Daryl Waterson, who run the farm, say that Christmas trees are a healthy snack for the goats, pigs, and alpacas. Bring the kids to meet and greet Buddy, their traveling goat mascot. Please make sure that your trees are free of hooks, tinsel, and any kind of ornament. We will serve hot coffee, cocoa, and donuts while you unload your tree and visit with Buddy. If you are not able to come during that time, we will have a tarp behind the building beginning Friday, January 3, where you may drop off your tree until our event ends on Saturday.

Song Circle, Sunday, January 5

All are welcome at Song Circle, which meets the first Sunday of each month from 3–5 pm. Musicians can share favorite songs with the group and are asked to bring sheet music of songs with chords (10 copies) to help others play along, and your

instrument if you have one, including your voice! If you don't have a printer, please send a printable version by the previous Friday to David Mueller at dmueller55146@gmail.com.

Herb Class with Katherine Gekas, Tuesday, January 14

Herb classes at the DubHub happen on the second Tuesday of every month at 7 pm. It's a great opportunity to learn about how herbs can help you get, and stay, healthy. On January 14, Katherine Gekas will focus on herbs for sleep. People will go home with a sample and a handout with information and resources so they can con-

tinue learning at home. Herb class is open to everyone at any time of the year, and there is a sliding scale fee (\$10–\$40). For more information, email katherinegekas2@gmail.com.

Storytelling & Spoken Word, Wednesday, January 15

On the third Wednesday of every month from 6:30–8:30 pm, the DubHub hosts the Monadnock Storytelling & Spoken Word Circle, an open mic to share stories, poetry, rap, comedy, or truly any kind of spoken word, going round the circle. The organizers are Sebastian Lockwood and Papa Joe Gaudet, both of whom have 20-plus years of experience as professional storytellers. All are welcome, participants and listeners. Coffee and tea will be avail-

Art Show Reception and Smartphone Photo Contest Winners, Friday, January 10

All are invited to attend our reception from 5–7 pm, at which the winners of the Smartphone Photo Contest will be announced. At the same time, we are delighted to display a visual and sound collaboration by Jaffrey-based artist Chris Reid and her daughter, Leah Reid, a composer, sound artist, and Guggenheim Fellow. The works on display include *Sounding Landscapes—Bee Conservancy*, *Cloud Burst* (recorded by the Neave Trio), and Leah Reid's award-winning piece *Sk(et)ch*.

Chris Reid is an internationally respected New Hampshire artist known for her plein air landscapes and still life paintings. She can often be seen working en plein air, capturing the rich fields, meadows, and farmland of New Hampshire. Her work can be found in galleries across New England and in homes around the world.

Leah Reid is a composer, sound artist, researcher, and educator, whose works range from opera, chamber, and vocal music to acousmatic, electroacoustic works, and interactive sound installations. Winner of a 2022 Guggenheim Fellowship, Reid has also won the American prize. She is currently an assistant professor of music composition at the University of Virginia.



able, and BYOB is welcome. For more information, contact Papa Joe at papajoe-storytelling.com and Sebastian at bit.ly/slockwood.



Coffee House & Open Mic, Saturday, January 18

On the third Saturday of each month, the DubHub hosts a combined Coffee House & Open Mic from 6–9:30 pm. A monthly coffee sponsor provides the java, and sweet and savory snacks are available. Attendees are also welcome to BYOB and dinner/snacks. A featured performance takes place for about 45–60 minutes, with open mic slots available both prior and after.

This month, we are delighted to feature Kota (a Lakota word meaning “friend”),

made up of a trio of friends from the Monadnock Region: Paul Belanger, Suzi Brumaghim, and Laurie Donohue. They have been playing, singing, and creating music together since 2017. Specializing in three-part harmony, Kota performs acoustic Americana from the 60s, 70s, and 80s, along with a variety of originals. They perform in venues around the region.

Email info@dublincommunitycenter.org to reserve a spot on the open mic sign-up, or just show up that evening to try your luck at finding an available spot on the list. A suggested donation starting at \$5 (or more) can be given at the door to help offset costs, and a hat will be passed during the performance for contributions to the featured performer(s).

Herbal Office Hours, Tuesday, January 21

On the third Tuesday of the month, Katherine Gekas will hold herbal office hours from 4–6 pm in the small room at the Dublin Community Center. Herbal office hours will be one-on-one sessions for people who have questions

about medicinal herbs but need a private consultation. Payment will be sliding scale and optional (\$0–\$125).

Chili Cook-Off, Saturday, January 25

Do you make the best chili ever? Then enter our contest for a cash prize! It’s free to enter, and we’ll let the community be the judge! From 3–5 pm, everyone who attends may sample all the chili entrées for a fee of \$5 and then vote for their favorite! Email info@dublincommunitycenter.org for information on how to enter the contest.

We Want to Hear from You!

Please let us know if you have any new ideas for the DubHub. What kinds of classes, workshops, events, or services would you like to see? Are there things happening that you love, and is there anything we could improve on? If you are a person or business who would like to collaborate with us to hold a class, event, or service, please let us know. If there is a product or service that you produce that you would like to share with the community, or if you might like to be involved in any future fair or event, email info@dublincommunitycenter.org.

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Visiting Winter Birds

BY TOM WARREN

The pine grosbeak, rosy-red males and plain gray females with orange head and rump, both with two white wing bars, are stunning birds found in the Monadnock Region during winter months. The red coloring is a dietary by-product: They synthesize red pigment from the contents of their food.

The pine grosbeak's diet consists of beech nuts and conifer seeds, as well as berries from the deadly nightshade bush (with no apparent negative effect). They will also nip buds from branches and needles from the tips of branches. Other foods are sunflower seeds, ash fruits, and berries from crabapples, blackberry, ragweed, and burdock. During winter months, they will eat snow when water is frozen.

The pine grosbeak is an arboreal bird, living in northern forests around the world, with pines and red fir in high areas and mountain ash and maple in lower elevations. Here in the Monadnock Region, it is a winter visitor in small numbers and often escapes notice of the general public. Some years, it appears in large numbers with flocks numbering 40–50 birds.



The prevailing opinion is that pine grosbeaks (shown above) appear due to

bitter cold in Canada, but another reason is a lack of food supply in northern regions, usually caused by a dry summer. They often appear shortly after Thanksgiving, and their numbers increase in December and January. They can often be captured by hand when visiting our region.

The pine grosbeak's song has a ventriloquial quality, with many trills and warbles. Thoreau, a sometime Dublin resident, referred to their song and dazzling beauty and called them "the angels from the north."

TOM WARREN is Dublin's resident ornithologist.

Highlights from the Hawk Watch

The Pack Monadnock Raptor Observatory's 20th season has officially come to a close. Harris Center raptor counters tallied a record low of 5,770 migrating raptors this fall, primarily due to the lack of broad-winged hawks, which passed further to the west. Despite the low numbers, there were several bright spots. For the first time in 20 years, a snowy owl was recorded flying past the Pack Summit! A short-eared owl was also observed, only the second ever to be spotted during the count. Rough-legged hawks (shown above) tied their season high with two sightings, and golden eagles reached their second-highest count at 15. We also welcomed more than 6,200 visitors to the Hawk Watch, including hundreds of students.



Photo courtesy/ All About Birds.org. © Steven Miodinow

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News from the Conservation Commission

BY JAY SCHECHTER

The Dublin Conservation Commission is pleased to offer Dublin residents the Pullerbear Tree Puller for removing invasive plants. This tool eliminates the need to



use chemicals to remove unwanted plants from your property.

The Pullerbear is one of those odd but useful tools you never knew you needed.

Do you have an infestation of invasive vines or trees that you can't pull out of the ground? These must be extracted by their roots if you want to get rid of them permanently, and spring is a perfect time to do so before the landscape fills out. The Pullerbear is a tool recommended for removing any unwanted plant with a thick stem. The grip at the bottom of the tool attaches to the base of the stem; then you push down

to use leverage to extract the roots. The Pullerbear comes in seven different sizes that can handle stems from 3/4 inch to 3 inches wide. The tool is easy to use and comes from a family-owned company. Plus, it has the best name ever, right?

The Pullerbear will be available to borrow from the Library of Things at DPL. How-to videos are available on the Pullerbear website: pullerbear.com.

JAY SCHECHTER is a member of the Conservation Commission.

Conservation Educator of the Year: Susie Spikol

The recent annual meeting of the New Hampshire Association of Conservation Districts (NHACD) brought together conservation leaders, farmers, educators, and community members from across the state to celebrate achievements in environmental stewardship. In partnership with the Cheshire County Conservation District, NHACD presented the Conservation Educator of the Year Award to Susie Spikol of the Harris Center, recognizing her exceptional contribution to conservation and community engagement.



For over three decades, Susie has inspired people of all ages to explore and cherish the natural world. Her programs and writing emphasize the interconnectedness of humans and the environment, fostering curiosity and respect for wildlife. Her commitment to

inclusivity in the outdoors and her dedication to teaching others to find wonder in everyday wildlife have created a lasting legacy in New Hampshire's conservation community.

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HCS Welcomes Cindy Patnaude, Care Transitions Specialist

Cindy Patnaude has joined Home Healthcare, Hospice & Community Services (HCS) to serve as a care transitions specialist, focusing on the Peterborough area (including Dublin). Cindy will be working with physician offices, hospitals, skilled nursing facilities, and assisted living facilities to build awareness of hospice services. She will also provide educational programs to facilities and the community about the end-of-life services the agency provides.



Cindy comes to HCS with deep healthcare experience. Most recently, she was a respiratory therapist at RiverMead in Peterborough and Powerback Rehab in Keene, after earning her Associate of Science degree in respiratory therapy

from River Valley Community College. Prior to moving to the Keene area, Cindy lived in North Carolina, where she was the medication nursing assistant supervisor at a senior living facility specializing in memory care.

HCS serves southwestern New Hampshire with home health and hospice services and provides support services such as Meals on Wheels that help residents to recover at home or remain in their home. The agency is celebrating 117 years of providing care in the region and has offices in Keene, Charlestown, and Peterborough. More information about services is available at www.HCSservices.org or by calling 603-352-2253.

Dr. Gale E. Vrtiak, LCMHC/LPC

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Dr. Vrtiak is a spouse of a retired Military Officer.

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Empower Your Health in 2025 – Health and Wellness Seminar Series

Monadnock Community Hospital announces new health and wellness seminars starting in January 2025. These seminars offer free, expert-led sessions covering essential health topics to empower the community with knowledge and support proactive health management. Each seminar will focus on a critical aspect of wellness, with sessions on spine surgery advancements, cardiovascular health for women, and colorectal cancer prevention.

SEMINAR SCHEDULE

All seminars take place at the Bond Wellness Center at 5:30 pm.

Thursday, January 9:

Innovations in Minimally Invasive Spine Surgery

Led by Dr. Vache Hambarzumyan of Monadnock Orthopaedic Associates, this informative session will highlight recent advancements in minimally invasive spine surgery, demonstrating how these techniques improve precision, reduce recovery times, and enhance patient outcomes. Attendees will gain insights into innovative methods for treating spine conditions with minimal disruption.

Thursday, February 27:

Women's Guide to Cardiovascular Wellness

Join Dr. Robert Spencer of Monadnock Gastroenterology Associates for an essential discussion on cardiovascular health tailored for women. In honor of American Heart Month, this session will cover unique risk factors, early warning signs, and lifestyle changes to help women reduce heart disease risks and manage existing conditions.

Thursday, March 27:

Colorectal Cancer Awareness and Prevention

Led by Dr. Michael Gilbert of Monadnock Gastroenterology Associates, this seminar will address the importance of colorectal cancer screening and prevention. Learn about risk factors, the latest screening guidelines, and lifestyle changes that support colorectal health. Early detection is key, and this session aims to empower attendees with practical knowledge during Colorectal Cancer Awareness Month.

The seminars are free to attend, but space is limited. To reserve your spot, go to MCH.EventBrite.com. For more information, visit MonadnockHospital.org.



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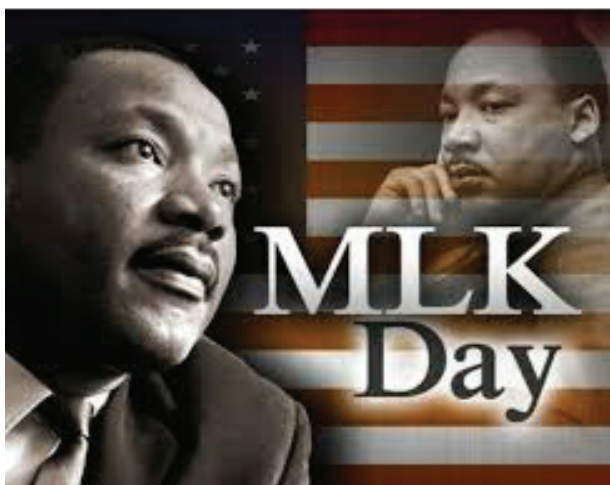
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Local Events Commemorate Martin Luther King Jr. Day

The Hancock Community Conversations on Race group will host their 7th annual Reverend Dr. Martin Luther King Jr. event on January 20 from 10 am–noon in Reynolds Hall, All Saints Church, 52 Concord Street, Peterborough. The theme of the event comes from one of Reverend King’s speeches: “...the tension which we face in America today...(is) a tension between justice and injustice.”

Subjects to be addressed by speakers include the lives of people of color in the Monadnock Region from a historical perspective, a New Hampshire company’s current DEI initiatives, and what is happening at the state level with pending and proposed legislation. Music will be offered by the Grand Monadnock Youth Choir. Decor for tables and the room will be the creative work of the students at Hancock and Peterborough Elementary schools. The program will include a brunch.

The Jaffrey-Rindge Celebrating Martin Luther King Jr. 2025 will commemorate the 60-year anniversary of the Voting



Rights Act of 1965, sweeping legislation intended to eliminate racial discrimination in voter registration and balloting. Voting rights and constitutional law expert Nicholas Stephanopoulos of Harvard Law School will deliver the keynote address, intended for a high school and older audience, on Monday, January 20, 2 pm, at the Cathedral of the Pines in Rindge.

A family-friendly community celebration with music and other features will be held on Tuesday, January 21, 5–6 pm, at

the Park Theatre in Jaffrey. Special guest Ali Sekou will share his inspiring journey to citizenship and the right to vote. Ali Sekou grew up in a small village in Niger, immigrated to New Hampshire, learned English, went on to higher education, and made history as the first New American, first African American, and first Muslim to be elected to the Concord City Council.


Celebrating Martin Luther King Jr. programs are free and open to all. Reservations are strongly advised for the keynote address and may be obtained at cathedralofthepines.org. Free tickets

will be issued at the door for the community celebration. For questions and updates, contact jaffreyrindgemlk@gmail.com. Receptions follow both programs.

Celebrating Martin Luther King Jr. gathers people in remembrance of a great leader to reflect on the values he stood for and renew commitment to peace, community, and social justice. The programs celebrate shared positive values that lift the spirit, enrich understanding of human experience, and sustain a hopeful outlook.

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Online Program: Our National Parks

Humanities@Home,
Friday, January 24

New Hampshire Humanities presents an online program, *Rethinking the National Parks*, at 5 pm.

In the famous words of novelist and environmentalist Wallace Stegner, “National Parks are the best idea we ever had. Absolutely American, absolutely democratic, they reflect us at our best rather than our worst.” But are National Parks truly “democratic”? This interactive program explores the history of U.S. National Parks – as myths, symbols of democratic ideals, and colonial spaces –

alongside today’s common National Park activities (and some uncommon ones, including selfie deaths). One cannot talk about enjoying the National Parks without asking how the parks are affected by a changing climate and how their special status affects how people think about their own neighborhoods.

These questions will be considered from a national perspective and in relation to New Hampshire, home to the White Mountain National Forest. The program is presented by Abby Goode, associate professor of English and sustainability studies at Plymouth State University. To register, visit nhhumanities.org.



Thank You From End 68 Hours of Hunger

It’s always extra special when young folks support the students we serve through End 68 Hours of Hunger, and these “love notes” from a group of ConVal High School students are the latest example. Tucked into a recent round of weekend bags of food, they were sure to bring smiles to the faces of the lucky youngsters receiving them.

Meanwhile, Dublin folks continue to be among the most generous supporters of End 68 Hours, and as the number of students we serve remains between 230 and 240 every weekend, we’re incredibly grateful. This time of year, we’re even more grateful for food donations that won’t freeze in the west-side church drop-off spot when the temperatures dip. Mac and cheese or granola bars? Perfect! Thank you so much!

Grand Re-Opening at MAXT

BY ROY SCHLIEBEN

This is a momentous time for MAXT! After years of planning, the finishing touches are being made to our beautiful new facility at Noone Falls Mill in Peterborough, and we are in the process of moving in. This is all happening thanks to the efforts of hundreds – from the concept to the completion of the space. We are tremendously grateful for the contributions of our community, and we can’t wait to show you the result!

You are invited to an open house at Noone Falls on Saturday, January 18, 2–5 pm.

ROY SCHLIEBEN is the executive director of MAXT.



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January Music Concert

Music on Norway Pond's January concert features the Massachusetts-based vocal ensemble "Culomba," specializing in close harmony singing from around the world. Culomba ("dove" in the Corsican language) draws from a deep well of repertoire, including American folk traditions; music of Georgia, Corsica, the Balkans, Ukraine, and early European polyphony; and original compositions.



Culomba's singers have studied with masters of these traditions, and each brings their specialized knowledge to this unique ensemble. The group is powered by long-time friendships, roots in New England singing communities, and passion for close harmony in all its forms. They formed in 2018 after years of singing together, both professionally and around the kitchen table. Their approach to music is rigorous and expansive; it involves regular contact with tradition-bearers, tuning chords slowly, listening to crackly old recordings, and lots of collaborative arranging.

Culomba's shows combine this attention to detail with a relaxed stage presence that draws in listeners of all kinds. Culomba believes that harmony singing nourishes them and their audiences, fostering empathy, connection, and curiosity.

Come hear beautifully performed vocal music from many traditions on Sunday, January 19, at 4 pm in the Hancock Meetinghouse. Learn more about Culomba at www.culomba.com. For tickets, please visit musiconnorwaypond.org.

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Photo by Ed Tibbitts

On a chilly winter day, nine members of the Garden Club, organized by Nina Anderson and guided by Laurie Appel, set to work decorating the Town Hall for the holidays. When they finished, the team had placed wreaths on the doors and filled the four large urns under the porch with greens and berries gathered from their woods and gardens. Once again this year, Jerry Bird supported them with hot cider and pastries.

Discover Winter Programs at The River Center

BY NISA SIMILA

Join us at The River Center for family activities, parenting support, babysitting classes, and community events that aim to strengthen connections and build skills. Whether you're navigating the ups and downs of parenthood or looking to meet new friends, we have something for everyone! In addition to our ongoing programs such as yoga, Mini Explorers, Music & Movement, and a daytime "See the ABLE not the LABEL" support group, we have some special programs to announce.

The phone line for our Volunteer Income Tax Assistance (VITA) program, offering free tax preparation for low- to moderate-income households, opens on January 13, so you can find out if you are eligible and schedule your appointment if you are. We are here to make tax season less stressful by answering your questions, helping you maximize your refund, and ensuring everything is done accurately.

Over the winter break, we have two programs for students and families. The Safe Sitter Essentials babysitting class for students in Grades 6–8 takes place on December 30 from 9 am–3 pm. On Janu-

ary 3 from 10 am–noon, we are hosting our first ever sensory-friendly Slime-A-Palooza event – fun for the whole family! Fee is \$5 for a 4-ounce container of slime.

Register today to reserve your spot in one of our programs. Visit rivercenternh.org, or call us at 603-924-6800 to learn more and sign up. We look forward to seeing you this winter!

NISA SIMILA is on the staff of The River Center.

We're Back!



Home-cooked community suppers have resumed, serving on the 4th Tuesday of each month.

**January 28
5:30–6:30 pm**

Turkey, stuffing, baked potato, salad, green beans, dessert.
(always a vegetarian option too)

ALL ARE WELCOME!
in the meeting hall of the
Dublin Community Church.
Hope to see you there!
General info: 860-574-4235

JANUARY 2025 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>COP Cathedral of the Pines DCC Dublin Community Church DPL Dublin Public Library HUB Dublin Community Center MCH Monadnock Community Hospital PT Park Theatre TH Town Hall, Dublin</p>		<p>1 NEW YEAR'S DAY TH Closed; HUB Closed; DPL Closed</p>	<p>2 TH Planning Board Public Hearing 6:30pm</p>	<p>3 HUB/Zoom Knit w/ Nancy 10-11am</p>	<p>4 HUB Christmas Tree Recycle 10-11:30am</p>
<p>5 HUB Song Circle 3-5pm</p>	<p>6 TH Cemetery Trustees 9am; Select Bd 4:30pm; HUB Coffee & Conv 10am-noon; Yoga 3-4:15pm; DPL Mindfulness 1pm; Make & Take Lab 3:30pm; Creative Club 3:30pm</p>	<p>7 HUB Yoga 6:30-7:30am; Open 9am-3pm; DPL Creative Club 3:30-4:30pm; Dublin GOP 5:30pm</p>	<p>8 HUB Coffee & Conversation 10am-noon; QiGong 12-1pm; DPL Story Time 10:30am; Homeschool Group 10:30am; Creative Club 3:30-4:30pm; Trustees 5pm</p>	<p>9 DPL Creative Club 3:30-4:30pm; MCH Health Seminar on Spine Surgery 5:30pm; TH Planning Bd 6pm; Con Com Wetlands Protection 6pm</p>	<p>10 HUB/Zoom Knit w/Nancy 10-11am</p>	<p>11 DPL Dublin Dems 10am</p>
<p>12</p>	<p>13 HUB Coffee & Conv 10am-noon; Yoga 3-4:15pm; DPL Make & Take Lab 3:30pm; Creative Club 3:30pm; DHS 4pm; Waste & Recycle 4pm; FDPL 5pm; TH Select Bd 4:30pm</p>	<p>14 HUB Yoga 6:30-7:30am; Open 9am-3pm; Herb class 7pm; DPL Creative Club 3:30-4:30pm</p>	<p>15 HUB Coffee & Conv 10am-noon; QiGong 12-1pm; Storytelling Circle 6:30pm; DPL Story Time 10:30am; Homeschool Group 10:30am; Creative Club 3:30pm; TH Con Com 5pm</p>	<p>16 DPL Creative Club 3:30-4:30pm; TH Planning Board Public Hearing 6:30pm</p>	<p>17 HUB/Zoom Knit w/Nancy 10-11am</p>	<p>18 MAXT Grand Opening 2-5pm; HUB Coffee House & Open Mic 6-9:30pm</p>
<p>19 Hancock Mtghouse Music on Norway Pond 4pm</p>	<p>20 MLK, JR. DAY/ INAUGURATION DAY/ HUB Coffee & Conv 10am-noon; Yoga 3pm; All Saints Church P'boro MLK Jr. event 10am; COP MLK/Voting Rights event 2pm; DPL Closed</p>	<p>21 HUB Yoga 6:30-7:30am; Open 9am-3pm; Herbal Office Hours 4-6pm; DPL Creative Club 3:30-4:30pm; Felting 6pm; Tech Night 6pm; PT MLK Jr./Voting Rights event 5-6pm</p>	<p>22 HUB Coffee & Conversation 10am-noon; QiGong 12-1pm; DPL Story Time 10:30am; Homeschool Group 10:30am; Creative Club 3:30-4:30pm</p>	<p>23 DPL Creative Club 3:30-4:30pm; TH Planning Bd 6pm</p>	<p>24 HUB/Zoom Knit w/Nancy 10-11am; Zoom NH Humanities National Parks 5pm</p>	<p>25 HUB Chili Cook Off 3-5pm</p>
<p>26</p>	<p>27 HUB Coffee & Conversation 10am-noon; Yoga 3-4pm; DPL Make & Take Lab 3:30-4:30pm; TH Select Bd 4:30pm</p>	<p>28 HUB Yoga 6:30-7:30am; Open 9am-3pm; DPL Creative Club 3:30-4:30pm; DCC Community Supper 5:30-6:30 pm</p>	<p>29 HUB Coffee & Conversation 10am-noon; QiGong 12-1pm; DPL Story Time 10:30am; Homeschool Group 10:30am; Creative Club 3:30-4:30pm</p>	<p>30 DPL Creative Club 3:30-4:30pm</p>	<p>31 HUB/Zoom Knit w/Nancy 10-11am</p>	

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