



# GORHAM GAZETTE



A COMMUNICATOR

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At the Tip of Mount Washington Valley

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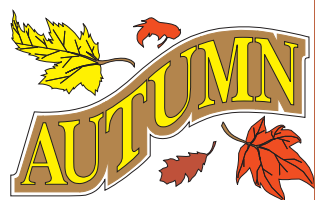
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P.O. Box 123,  
Gorham, NH 03581

Issue 7  
August 30, 2012



REMEMBER ALL OF THE  
SOULS WHO LOST THEIR  
LIVES ON THE DAY THAT  
CHANGED OUR WORLD  
SEPTEMBER 11, 2001



Begins  
September  
21



Pat and Dick Lussier, of Shelburne, are lacing up their sneakers (and hiking boots!) to take part in Gorham's annual MS Walk, on Saturday, September 8th. (See story on page 6.)

We Wish Our Jewish Friends and  
Neighbors A Meaningful  
Rosh Hashanah and Yom Kippur



HAVE A SAFE LABOR DAY WEEKEND AND BEST  
OF LUCK TO ALL OF OUR YOUNG  
PEOPLE AS THEY BEGIN THEIR NEW SCHOOL  
YEAR. STUDY HARD, DO WELL AND HAVE FUN.

WANT TO GET AN EDGE ON FINDING THE  
LATEST EDITION OF THE GORHAM GAZETTE?  
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## DYNASTY BUFFET GORHAM

We Cook - You Enjoy! Authentic Chinese Cuisine  
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*Delicious Dynasty Buffet*  
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THE LARGEST BUFFET, THE MOST  
VARIETIES, IN THE NORTH COUNTRY

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We Do  
Catering

Open Monday - Thursday 11:00 a.m. until 9:00 p.m.  
(Friday & Saturday until 10:00 p.m.)

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10% OFF FOR SENIOR CITIZENS 60 YEARS AND OVER - JUST ASK!!

## THE NORTHERN NEW HAMPSHIRE HEALTHCARE COLLABORATIVE, LLC (NNHHC) A NEW AND EXCITING APPROACH TO MEDICINE IN COOS COUNTY

To live in the northern portion of New Hampshire is a wonderful experience. If there is anything of a negative nature that can be attributed to this pristine and beautiful area is that the amenities one finds in a more largely populated region are, at times, difficult to obtain.

One of the services that is not only convenient, but vital to all of our communities in the North Country, is medicine and the connection of the many different disciplines and technology that make it a complete system.

We are so very fortunate that through their ingenuity and aggressive approach a group of local people and institutions have come together through a method in the spirit of improving the lives of our citizens and visitors while vastly increasing our ability to seek and receive the treatment and care we all need from time to time in our lives.

This bold, new plan has materialized in The Northern New Hampshire Healthcare Collaborative, LLC (NNHHC). Owned by all three Coos County hospitals, Androscoggin Valley in Berlin, Weeks Medical Center in Lancaster and Upper Connecticut Valley in Colebrook, the Collaborative will be governed by representatives of each of the three-hospital governing boards. With this new corporate structure, they are intent on developing a new, sustainable system of healthcare for Coos County.

The first responsibility of the NNHHC is to implement the Management Agreement for Upper Connecticut Valley Hospital (UCVH). Developed as a result of an RFP from UCVH, NNHHC will provide management services to UCVH including a Chief Administrative Officer, a Chief Financial Officer and the support from the Chief Executive Officers of Androscoggin Valley Hospital (AVH) and Weeks Medical Center (WMC). The agreement commits to the provision of important local services (emergency, inpatient, ambulatory surgery, ancillary and special physician clinics as well as primary care in collaboration with Indian Stream Health Center while identifying substantial cost savings to improve the sustainability of UCVH. The UCVH Board of Directors maintains governing authority, receiving monthly financial and clinical reports from management and clinicians.

As important as the Management Agreement is to care in the Colebrook community, the potential for the NNHHC is even more important to sustaining healthcare throughout the entire County and provides an essential structure for the three hospitals to work together, a structure that demands accountability and responsibility for collaborating to address problems. The loose structure that has existed to date has worked well, but it is not sufficient to make the important decisions and successfully implement difficult changes that will be necessary.

The principal purpose of NNHHC will be to pursue collaborative initiatives among the hospitals aimed at promoting the effective, efficient and rational expenditure of their resources to preserve and enhance future access to critical, primary and preventive health care services within the County. Subject to the reserved powers of the hospitals, the management of the Company will be vested in a Board of Managers. Each hospital will appoint three voting Managers who will meet at least six times per year.

In the next edition of Gorham Gazette: A FAMILY DEDICATED TO THE  
WORLD OF MEDICINE

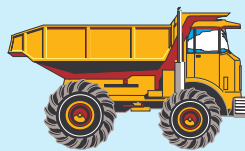
## 3rd Annual Touch-A-Truck Fundraiser

Saturday, September 22nd, 10am - 2pm  
Northern Forest Heritage Park, Main Street, Berlin

Now is your chance to get up close and personal with  
all of the trucks you only see from far away!

Climb! Explore! Honk!

BBQ Available Beginning At 11:00 a.m.



\$6 adults  
\$3 children 12 and under  
Children under 2 are free!



BBQ RAFFLES FUN

Admission Includes:

Touch-A-Truck Display Home Depot Wood Craft Kits  
Bounce House (Sponsored by Abbott's Rentals)  
State Police K9 Demonstration



All proceeds benefit the CHILD ADVOCACY CENTER OF COOS COUNTY

## WINTHROP GRANGE

We will be having a cook-out at the Meyers' house on Thursday, September 6th at 5:30 p.m. This evening event will include installation of new officers for the Winthrop Grange. On September 13th, Ponoma Grange will meet at the Shelburne Town Hall for deputies inspection. at 6:00 p.m. The meeting will be held after a supper and judging of the pumpkin muffin recipe contest.

## GORHAM ECONOMIC DEVELOPMENT COMMITTEE

The Seventh meeting will be held on the usual fourth Monday of the month, September 24, 2012 at the Gorham Public Library from 4 to 6 p.m.

## The Shelburne Union Church

The Shelburne Union Church will be closing for the season following the service on August 26th. After the service an ice cream social will be held at the Town Hall.

## Child Advocacy Center of Coos County

Child sexual abuse prevention and response are an adult's job. Our children need us. They can be empowered with awareness and choice, but the real responsibility for protecting children must be shouldered by adults. The sexual abuse of children is an overwhelming problem. Not only is it widespread and deeply painful to those it affects, but the immediate solutions are not always ideal or obvious. The Child Advocacy Center of Coos County (CAC-CC) is here to lead the way to those solutions and services available within our communities to child victims of crime and their caregivers and families.



The CAC-CC is a non-profit organization dedicated to protecting children and eliminating child abuse through education and cooperative community partnerships. Partner agencies within Coos County have created a child-friendly place where kids can come and talk about the unspeakable acts that have been committed against them. The CAC-CC also coordinates the multidisciplinary team consisting of all the people and agencies necessary for an investigation. The hope is that by responding to allegations of abuse as a team and immediately offering victims support, children will be less traumatized and better able to heal.

It has been said that child sexual abuse is taboo, or that we don't allow it in our society. This is not an accurate statement when it has been shown that 1 in 4 girls and 1 in 6 boys are sexually abused before their 18th birthdays and in 90% of sexual abuse cases, the child and the child's family know and trust the abuser. These numbers signify an epidemic. It is more accurate to say that the taboo in society is acknowledging sexual abuse, talking about it, and responding to it; because we have not been taught how to.

We're not emphasizing this information in order to blame, but instead to name what is actually happening. Child sexual abuse is a community problem and a collective problem which can be overcome with a collective power of change. This collective power happens when many people come together for the same cause. Becoming conscious, trusting ourselves, and actively choosing to protect children establishes a collective power that will outshine the heartbreak of child sexual abuse.

Recognizing child sexual abuse is not always easy, for it is often shrouded in secrecy and committed by those believed to be trustworthy. However, the signs are usually there, if one is willing to look. It takes courage to see it because it takes courage to report it. The CAC-CC is a great resource for those who wish to learn more about the signs of child abuse and how to talk to children about personal safety. As the Director of the CAC-CC, I applaud the people we see every year who have the courage to follow the law and stand up against child sexual abuse, by reporting their concerns. I have even deeper respect for the child who pass through our doors and break the code of silence by talking about their abuse.

The CAC-CC is providing a cultural change within our communities where people are not afraid to speak up and providing a safe place to discuss concerns about possible child sexual abuse as keys to promote greater safety for our children.

What can you do to help children in your community? Become aware, informed and willing to report suspected child abuse. Donate your time, share your ideas and financially support organizations that fight the tragedy of child sexual abuse; such as the CAC-CC. For more information please contact us at 603-788-4633 or at caccoos@myfairpoint.net. The CAC-CC can also be found on Facebook under; Child Advocacy Center of Coos County.

## GORHAM PUBLIC LIBRARY

35 Railroad St., Gorham, NH 03581 603/466-2525 gorhampubliclibrary@ne.rr.com  
Monday – Friday: 10am – 6pm Saturdays: 10am - Noon

### View Children's Quilt

Our Summer Reading Program at the Library, with its rush of kids and activities, concluded on August 1. Our Junior Librarians, Michaela Buteau and Dan Li, assisted Cora Jo in making this a fun-filled learning experience. A special thanks goes out to them and to volunteer Pam Hall for graciously helping us make it all come together.

As in the past, the children made a quilt commemorating their experience. The quilt will be on display at the Library until October. After that, it will be donated to Project Linus, which provides handmade quilts to youngsters in hospitals throughout New Hampshire. Please come and take an opportunity to view this delightful and unique craft! Open Monday – Friday, 10am – 6pm and Saturday, 10am – Noon.

### “Ella's Journey Part 1”, The Movie To Preview at the Gorham Public Library

Susan J. Ackerman, author of “Ella's Journey from Sadness to Hope” Parts 1 and 2, has made a DVD movie of her book, “Ella's Journey, an Odyssey, a Fantasy, a Fable, Part 1”. She will give a free preview of it on Friday evening, September 28th, 7PM, at the Gorham Public Library. It takes one hour and she will be happy to answer any questions after the presentation.

What is it about? It is the story of Ella, who, having lost her entire family to death in 12 months, returns home to the North Country to begin her life again. Ella has the gift of talking to everything in nature, to birds, trees, plants, rocks, even to rivers. Each of them has something to teach her about life and by the end of the story, she has learned to carry within her the peace, hope, and joy of nature. Ella's Journey is a fable about each of us when one thing has ended and it's time to begin again.

The movie is actually a moving slideshow of photographs taken by Ms. Ackerman of many scenes in the North Country, including Mount Prospect and a few of the ocean in Maine and Florida. She read her story, recorded it, and then put the beautiful music of Yvonne Youst under her voice.

Ms. Ackerman has Masters degrees in Teaching and Counseling and is also the author of “Beginnings and Endings” and “Comforting Thoughts, the Spiritual Collection.” She will also have DVDs of Part 1 and books of Part 2 available for sale. You can read more about her work at [www.comfortingthoughts.com](http://www.comfortingthoughts.com).

### Rebecca Rule Returns to the Gorham Public Library Friday, September 14th, 7PM

Good stories never die, they evolve from teller to teller. New England has a rich and ongoing storytelling tradition from folklore to “Bert and I” to stories about your family, your life, or the town you live in. On Friday, September 14th at 7PM, humorist Rebecca Rule will prime the pump with stories she's collected at small-town gatherings, often at historical societies and libraries, over the last ten years, plus a classic or two. Our “discussion” will be the stories that listeners offer up, and as one story leads to another – humorous, serious, thought-provoking, or just plain entertaining – we practice our stories and tradition. And laugh, a lot. Rebecca Rule tells and gathers stories in New England, especially New Hampshire. Her books include *The Best Revenge: Short Stories*; *Could Have Been Worse: True Stories, Embellishments, and Outright Lies*; and *Live Free and Eat Pie: A Storyteller's Guide to New Hampshire*.

### STAFF PICKS

The following are some thoughts on books by your local library staff – enjoy!

#### FICTION:

***I, Michael Bennett* by James Patterson and Michael Ledwidge.** This latest Michael Bennett thriller involves a sadistic Mexican crime lord who vows deadly revenge on the city of New York, the justice system, and Bennett's own family. Bloody, brutal, yet entertaining, this story is one more installment in the Michael Bennett saga for Patterson fans.

***The 500* by Matthew Quirk.** Harvard Law School graduate Mike Ford lands his dream job in a prestigious D.C. law firm, but he soon finds out that the prestige comes at a price he is not sure he wants to pay! What holds does this firm have over the most influential people in government? Fans of John Grisham's work will love this new author!

***The Sandcastle Girls* by Chris Bohjalian.** Set in Syria in 1915 and New York City of 2012, this historical love story relates the horrors of the Armenian genocide during the fall of the Ottoman Empire and its far reaching effects through four generations of an Armenian-American family. The story of the savage murders of over one million innocent Armenians cannot be told by soft-spoken words, yet this story also shows the strength and faith and endurance of the human spirit.

***Word of Honor* by Nelson DeMille.** In this older DeMille novel, we see how one's past can indeed come back to haunt him. Another book about Vietnam and the atrocities of war has just been published and there are references to the questionable actions of a platoon of soldiers over twenty years ago. Suspicions and accusations explode the comfortable life of Ben Tyson and his family. Are the accusations true? How does one try to prove his innocence when he is not so sure that he deserves innocence?

***War Brides* by Helen Bryan** (read from a Kindle). What do a young woman from the English countryside, a girl from the London slums, a vivacious socialite, a Holocaust refugee, and a spirited young woman from New Orleans have in common? They all seek refuge in a tiny village in England as they try to escape the bombings and horrors of war. As different as they all are, their wartime experience creates a bond of friendship that lasts a lifetime.

#### NONFICTION:

***Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day* by Peter Zuckerman and Amanda Padoan.** In August of 2008, eleven mountain climbers lost their lives while attempting K2, the world's most dangerous peak. Two Sherpas survived -- and their story, from their lives in the remotest of villages to the top of the world, is told powerfully and well by Zuckerman and Padoan. The authors also take us into the world of mountaineering, with its unique and colorful characters. An engaging and haunting book.

***The Barefoot Bandit: The True Tale of Colton Harris-Moore, New American Outlaw* by Bob Friel.** This is the riveting true story of Colton, a teen from the Pacific Northwest whose sideways life burst onto the national scene when he stole a plane. The author not only gives us the backstory (how in the world did that kid come to that?) but also details the efforts of law enforcement to catch him before tragedy occurs. It's a winning combination for an enjoyable read.

## The Quilters are Coming! The North Country Quilt Show Returns to St. Kieran Arts Center!

The Quilters are coming! Just imagine the entire interior of St. Kieran Arts Center filled to capacity with over 150 quilts and quilted items for the Fourth North Country Quilt Show to be held from on Friday, September 28 from 4 to 8 PM and Saturday September 29 from 10:00 am to 3:00 pm. Admission is \$3.00 or both days for \$5.00.

Organized and presented by The Berlin Quilters Guild - Material Girls of Berlin, this exciting exhibition is planned as a celebration of the art and craft of quilting, the many uses of quilted pieces in the home, and as a tribute to the history and heritage of quilt making. Showcasing new full size quilts and a wide range of quilted items, the exhibition will be dramatically displayed throughout the historic St. Kieran Arts Center setting.

There will also be an "Anything Goes" Basket Raffle of themed gift baskets and tickets for upcoming Quilt Raffles will be part of the festivities. There will also be a variety of vendors on hand with Quilt related products. Proceeds of this event will benefit Berlin Quilters Guild projects such as donations to local charities and other special needs.

Word has been sent out to quilt guilds throughout the North Country and beyond inviting quilters of all levels to display their works at the show. "We have had extremely successful and beautiful shows in 2006, 2008, and 2010 and believe that this one will be even more spectacular!" says Sylvia Charest, President of the Guild. In each previous show over 150 quilts of all sizes were on display creating a beautiful kaleidoscope of colors and shapes.

Bed quilts, wall hangings, and garments will be on display. There will be examples of hand -pieced, hand -quilted items as well as machine -pieced and machine -quilted pieces.

"We are delighted to make our beautiful facility available for this exciting show. We always love presenting the work of North Country artists and artisans and encourage the community to see this incredible one-of-a-kind celebration of quilt-making," states Joan Chamberlain, Arts Center Executive Director.

The Berlin Quilters Guild meets at 7:00 p.m. on the first Monday of each month in the Community Room of the St. Kieran Center for the Arts at 155 Emery Street, Berlin, NH. A Sew Day is held on the Saturday following the Monday meeting. All are welcome to join or visit the guild at these meetings.

For directions to St. Kieran Arts Center at 155 Emery Street, call 752-1028 or visit [www.stkieranarts.org](http://www.stkieranarts.org).



## I'm Glad You Asked

It's time to address one of the most sensitive topics for women, Help for Thinning Hair. There is so much information involved, that I will be discussing this in segments beginning with this month.

Nearly half of women will suffer from Hair Loss at some point, but take note: you can prevent Shedding and even regrow what's been lost. While a man's baldness can symbolize power, success and virility (what's sexier than a chrome dome?), a women's sexual attractiveness has always sprung historically and culturally from gorgeous, shiny, plentiful hair. So the first question is what causes the fallout? I'm glad you asked...

So where did it all go, that mass of thick, hormonally hopped up high school hair? At puberty-decades before we can appreciate it or have the money and good taste to properly deal with it-we are blessed with the fullest mane of our entire lives. Then, the strands begin to diminish, not just in number but also in diameter and in their ability to grow long. Ever see a 90 year old woman with wonderful eyes and a magical smile? Sure. With great hair, not so much. Even though slightly thinning hair is a fact of nature for women after the age of 30, there is quite a lot we can do to fight back and look good.

First, assess your losses. Before deciding on a battle plan, you need to determine whether your hair loss is excessive or just normal shedding. The classic definition of abnormal shedding is if you lose more than 80 to 100 strands a day. If you're uncertain, a good quick test is to run your hands through dry hair. If your fingers come away wrapped in eight or more full-length strands with tiny root bulbs attached, then you probably do fall into the excessive hair loss camp. The next step is to find out why and there are four likely possibilities.

1. You make it happen. Most receding hairlines on a woman's head are actually lifestyle induced. So if you've spent years pulling your hair into a ponytail, wearing a riding helmet, or yanking at bangs when you blow dry, it's not surprising that the hair around your face is thinning. Altering these habits will enable your hair to grow back fuller and thicker within three to six months.

2. Your past made it happen. A new drug or a change in dosage, a crash diet, child birth, blood loss, anesthesia, high fever, traumatic life event; your hair tells all. If the shedding is tied to something that started in the past and continues to this day, you may want to talk to your doctor about your options.

3. Your body makes it happen. If your hair loss doesn't seem to be due to a life-long habit or a notable recent event, it's time to ask your doctor to test your thyroid and iron levels. An estimated 10 to 20 percent of American women have thyroid dysfunction. Whether it slows down or speeds up, excessive hair loss is a symptom.

4. Hormones make it happen. If your thyroid and iron levels are normal, your next strategy is to find a dermatologist who is an expert in hair and scalp disorders. A decrease in estrogen during menopause is one common cause for hair loss and a doctor will advise you of your options.

What if none of the usual explanations apply to your hair loss situation? Don't lose hope. Even if the reason remains a mystery, you should be able to trigger some regrowth or at least plump up what's left with a few strategies, which I'll discuss next month. To my young friends and all of you working in the school system, have a great start to your back to school year! Until next time...

Susan Griffin, Hairstylist and Salon 64 Business, Owner  
64 Main St., Gorham; (603) 466-9964



Susan Griffin

## GORHAM HOUSE FLORIST

### "MUMS" the Word

Fall is here and bring on the chrysanthemum or "mum" plants. They are bright and beautiful and very much a tradition in our fall decorating efforts. But, they also have a very interesting legacy. I have uncovered a list of some little tidbits about the "mum" plant that will have most of you saying..."I didn't know that!"

Did you know...

\*Mums are second on the popularity scale only to be out done by the rose.

\*Mums are native to China, Japan, Northern Africa and Southern Europe.

\*The scientific name "chrysanthemum" is derived from the Greek word "cheysos," meaning gold and "anthos" meaning flower.

\*In the Victorian era they gave a meaning to three colors of mums to extend a hidden message or feelings.

Red: Love

Yellow: "Slighted Love"

White: Truth

(Did I just hear "I didn't know that?")

\*Mum is the birth flower of the month of November to symbolize optimism or happiness.

\*The Mum is the symbolic flower used in celebration of a 13th wedding anniversary because of it's association with abundance and loveliness.

\*The "Festival of Happiness" is held to celebrate the Chrysanthemum during the month of October in Japan.

\*The Chrysanthemum has great meaning in many cultures; optimism, long life, joy, expression of sympathy, and to hold a place of honor, just to mention a few.

OK, I'll admit, some, OK most of this information was new to me too (thank you internet) but now we can say, "I know that."

Happy Fall Ya' All.



Terri Colarusso

Terri Colarusso, Gorham House Florist,  
10 Exchange St., Gorham; 466-5588

## Words of Wellness

By Lise King, AFAA Certified Personal Trainer



Fall Into Fitness!! It has always been my philosophy that if people can just get started with a healthier lifestyle, they will feel the benefits and continue. I also believe that being inactive is hazardous to your health. Americans are taking the easy way out when it comes to their health. For instance, how many people park close

to the grocery store instead of walking a ways to get to the store, or sit by their computer or in front of the T.V. more hours in the day than they do moving around? With an increase in modern technology, we have a decrease in physical activity. Getting started is the hardest part.

Fall is coming upon us. Vacations are done and kids are going back to school. It's a time when gym members are ready to get back on track with their exercise routine. But if you haven't been exercising for a while or just starting out, my advice is to start easy in the beginning and find activities you really enjoy. Getting professional advice from a fitness trainer is the best way to ensure a positive experience. When training new members I ask them what their goals are. Most will say, "I want to lose weight", or "I want to get rid of belly fat". But when I spend more time with them, what they truly want is to feel better. They want more energy, to reduce stress, improve their blood pressure, to lower their cholesterol, feel stronger and healthier and sleep better. The list goes on and on. Now their weight loss is not as important, but feeling better is.

With a proper exercise program, good nutritional advice and consistency the weight will come off. You will feel empowered and in control of your health. Many people accept the fact that they will lose muscle and strength as they age. That is true to a certain degree, but we can also slow the process and in some cases reverse the effects of aging. Get started now and you will see results and feel great!!! For questions or more information feel free to contact me at 603-466-5422 or [rlkc20@yahoo.com](mailto:rlkc20@yahoo.com). Lise King, Certified Personal Trainer/Fitness Director, Royalty Athletic Club 138 Main St. Gorham N.H. 03581.

## The Red Chair Makes Journey Across New England



Where travelers once held photos of Flat Stanley in unusual places, photographers now shoot photos of a humble red chair. Long considered simply a place to rest one's buttocks, the lowly wooden chair has been elevated to celebrity status, and is being welcomed at inns and B&B throughout New England. It's all part of a consciousness raising experiment among New England innkeepers, and from August 30 until September 4, 2012 the chair is making its way to Shelburne and the Mt. Washington Bed and Breakfast. Look for innkeeper Mary Ann Mayer shooting images of the Red Chair at the Old Man of the Valley, the Gorham Commons, the top of Mt. Washington as well as the Mt. Washington Bed and Breakfast.

Throughout the spring, the Red Chair developed a personality of its own being photographed by innkeepers in communities from one end of Cape Cod to the other. Follow the Red Chair's travels on [www.RedChairTravels.com](http://www.RedChairTravels.com) where inspiring photos of the Red Chair can be seen from beaches to bandstands. Throughout late summer and fall photos and stories from the Red Chair's journey to Rhode Island, Maine, New Hampshire, Vermont, Massachusetts and Connecticut will be added to the website as they are captured.

It all started last winter with a single image. Woods Hole Inn innkeeper Beth Colt posted a picture on Facebook of her simple red chair perched on the ice behind her house and watched her page light up with "likes". The picture was shared on the Facebook page of Julie Ann Cromer, a photographer from Santa Barbara, CA, who was inspired by the image to visit the Woods Hole Inn. Julie's visit resulted in a beautiful photo of the chair on Nobska Beach now hanging at the Woods Hole Inn. Colt blogged about the chair and soon interested fans were asking for more. This inspired Colt to share the chair with other innkeepers, sending it on a journey through towns and villages throughout Cape Cod last spring. As innkeepers all over the Cape were inspired by the chair it has taken on a personality of its own.

Stories from the Red Chair's travels have been chronicled on blogs at each stop. Look for tales of the Red Chair's travels to Mt. Washington Bed and Breakfast on [www.mtwashingtonbb.com](http://www.mtwashingtonbb.com) or on our Facebook page: .

For a compilation of these blogs, visit <http://www.redchairtravels.com/blog.html> . For a complete view of Red Chair photos, visit <http://www.redchairtravels.com/red-chair-photos.html> and get ready to be inspired. Stay updated at [www.redchairtravels.com](http://www.redchairtravels.com). To learn more about the Mt. Washington Bed and Breakfast visit [www.mtwashingtonbb.com](http://www.mtwashingtonbb.com) or call 603-466-2669.

## Ding Dong! School is Open!

Schools in S.A.U. No. 20 –Errol Consolidated, Milan Village, Edward Fenn, and Gorham Middle/High will officially open Wednesday, August 29, 2012.

### Contact Persons

Contact persons in each of the schools may be reached at the following numbers or you may call Paul Bousquet, Superintendent or Maria Delisle, Office Manager at 466-3632.

Keith Parent, Principal, Gorham Middle/High School, 466-2776  
Karen Moore, Principal, Edward Fenn School, 466-3334  
Kathleen Urso, Principal, Errol Consolidated School, 482-3341  
David Backler, Principal, Milan Village School, 449-3306

### School Calendar

A copy of the school calendar is currently posted on the SAU website at [HYPER- www.sau20.org](http://www.sau20.org) and one will be sent home with each student during the first week of school. Parents who do not receive a copy or who may wish additional copies are asked to call their respective schools and request that extra copies be sent home.

### School Closing Procedure

General school closing announcements may be heard over TV Channels 6 and 9, and radio stations WMOU-AM 1230, WHOM 94.9, WLTV-96.7, WPKQ at approximately 6:30 A.M. in the morning. Closings will also be posted on the SAU website at [www.sau20.org](http://www.sau20.org). School bus drivers in each of the communities are the first to be advised if schools are to be closed. In addition, all families will receive a phone call through the ALERT NOW emergency phone contact system with a delayed opening or school cancellation message.

### Transportation Inquiries

Further inquiries regarding transportation routes may be made by calling the following people at the numbers listed:

Milan Michael Fortier 449-2126  
Dummer Michael Fortier 449-2126  
Errol Terri Ruel 482-7784  
GRS Cooperative School District David Goyette 466-2776 GMHS  
466-3334 EFS

Please visit our website at [www.sau20.org](http://www.sau20.org) for more information on the above topics and others including entrance age, school hours, school lunch, school bus schedules.



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19 PLEASANT ST., BERLIN NH  
TEL 603-752-1050

VISIT US ONLINE AT [WWW.BERLINIGAONLINE.COM](http://WWW.BERLINIGAONLINE.COM)

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## Glimpses of Gorham's Past: A Napoleonic Carriage

by Reuben Rajala, Gorham Historical Society



Until a few years ago, if you visited the Gorham Historical Society (GHS), you would have seen a beautiful handcrafted Austrian style carriage on display in a cabinet in the Woman's Waiting Room at the 1907 former Grand Trunk Railway depot. I knew that we used to have Concord coaches in town, transporting visitors to the nearby grand hotels, but why would we have a Napoleonic carriage on display?

Unfortunately, there was no information about it or its builder. No one seemed to know anything about the carriage or the donor. I decided to remove it from the cabinet to see if I could find out anything about this wonderful artifact, one of our many small "history mysteries" that have been donated over the years.

Fortunately, on the roof of the carriage and hidden by the shelf above, was an envelope containing a 1984 letter from Mr. Gerard Dancoes, from Lynn, MA. He wrote that during his senior year (1933-34) at Gorham High School he had built the carriage as part of a nationwide competition held by the Fisher Body Craftman's Guild, part of General Motors.

From the 1930's through the 1960's millions of high school students (between 12-19 years of age) competed for scholarships and other awards. The program generated many new designers for General Motors and the contest also proved to be wonderful public relations for the car company.

Mr. Dancoes wrote that he did not win a scholarship but that he was proud to later have his carriage on display at the 1938 Chicago Worlds Fair. Reading a separate Berlin Reporter article it appears that Thomas Redfern, from Berlin, also competed in the 1934 competition.

Wondering about the Fisher Body Craftman's Guild competition, I found online John Jacobus's wonderful book, "The Fisher Body Craftsman's Guild: An Illustrated History." The book provides great detail about the contest, its goals and some of the participants:

The Fisher Body Craftsman's Guild began in 1930 as a way for the company to identify and recruit young men with exceptional skill in the "crafts" needed to design and build bodies for automobiles. In the beginning, the challenge was to build a scale model of the Napoleonic coach that was the symbol of Fisher Body, the General Motors body-manufacturing division. Participants would be provided plans and specifications, but many of the details were left to interpretation. It was more than just an assembly process; a great deal of creativity in design and materials was required for a competitive entry. It was not unusual for a youngster to spend well more than 1000 hours on a model. Winners received cash and scholarships that often triggered successful careers at Fisher Body and GM.

Mr. Dancoes did a masterful job on his carriage, which can be viewed at the Gorham Historical Society's museum in town. If anyone knows more about Mr. Gerard Dancoes, please get in touch with us.

Ironically, a few weeks after we added a small interpretive panel about the carriage, contest and Mr. Dancoes, we had a couple from Michigan visit the museum. It turned out that the gentleman was a retired Fisher Body designer, one who had heard about the contest over the years but he'd never actually seen a coach from the competition. Needless to say, he took many photos and they loved exploring our local history exhibits.

### Hindman-Davies Engagement Announcement

Mark Hindman asked Tanya Davies to marry him and she said yes! Tanya is the daughter of Mr. and Mrs. Christopher Davies of Gorham, New Hampshire, formerly of Lexington Park, Maryland. She graduated from Great Mills High School in Great Mills, Maryland and from Frostburg State University in Frostburg, Maryland. Mark is the son of the late Mrs. Constance Hindman of Bethel, Maine. He graduated from Telstar High School in Bethel, Maine. He is the owner and proprietor of Top Notch Painting in Bethel, Maine. Mark and Tanya will be married at a private ceremony in September in the White Mountains National Forest.



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## Gorham's 23rd Annual Walk MS

(from page 1)

by Sylvia Saladino

Gorham's 23rd annual Walk MS will be taking place on Saturday, September 8th. The walk begins with registration between 9 and 10am, on the Gorham Common, with the walkers leaving at 10am to undertake the 5 mile trek. Some of those walking have MS, others walk in honor of loved ones, others walk in memory of those lost, and still others walk simply because they have a heart for the cause.

New to the walk this year are Dick & Pat Lussier of Shelburne. They, along with family members and friends, will be walking in honor of Dick's granddaughter, Erika, who was diagnosed with MS two years ago. Erika is the young mother of two daughters, Nyla, 9, and Mikalia, 7. Erika's hope is to climb Mt. Washington, along with her husband, Nick, and her grandfather on the day of the MS Walk. Other family members and friends will join those of us walking through Gorham in support of Erika.

To help create a world free of MS, donations can be made on line, or to anyone taking part in the walk. The MS Society invests more money into research than any other voluntary health organization in the world! More than 80% of money raised is used for research and the advances made in the treatment of MS are astounding.

More than 80 individuals with MS in Coos County have registered with the Greater New England Chapter of the MS Society. Educational resources, direct service referrals, wellness provider network, caregiver programs and self-help groups are some of the resources available to those who register with the chapter.

Walk MS information is available online at [MSnewengland.org](http://MSnewengland.org) or call 1-800-344-4867. For local information call Sylvia Saladino at 466-2520. Remember, we walk for those who can't. Creating a world free of MS is only a footstep away!

## Volunteers Needed for American Cancer Society Relay For Life

The planning committee for the Relay For Life of Berlin/Gorham would like to fill current openings for Relay 2013. A volunteer informational meeting for the American Cancer Society Relay For Life will be held on Monday, September 17, 2012, 5:30pm at Androscoggin Valley Hospital, Berlin to learn more about the event designed to raise funds and awareness of the fight against cancer in the Berlin/Gorham area. All are invited to hear more about the American Cancer Society in your community. You will learn what the American Cancer Society does with the money you raise at Relay For Life, as well as exciting volunteer opportunities. It's easier than you think to make a difference in your community – so come hear how you can help the Relay For Life of Berlin/Gorham grow!

Relay For Life is a unique fundraising event that allows participants from all walks of life – including patients, medical support staff, corporations, civic and other organizations, and community volunteers – to join together in the fight against cancer. Walkers, cancer survivors (anyone who has ever been diagnosed with cancer), community leaders, team captains, and dedicated workers are all needed to make the American Cancer Society Relay For Life a reality in the Berlin/Gorham. "Relay For Life is as much an awareness raiser about the progress against cancer as it is a fundraiser," said Sandy Lemire, committee member. "Individuals who are willing to give their time and energy to this exciting event as a volunteer or participant have made a commitment to fight back against this disease and let the community know that you can beat cancer."

Volunteers are needed to organize and recruit teams, find refreshments and prizes, manage the web site, plan ceremonies, and lend their support in any way. For more information please contact Kathy Metz at 603-356-3719 or by email at [kathy.metz@cancer.org](mailto:kathy.metz@cancer.org).

Relay For Life of Berlin/Gorham will take place on Friday, June 14 – Saturday, June 15, 2013. For more information visit [www.relayforlife.org/berlingorhamnh](http://www.relayforlife.org/berlingorhamnh).

## Online Sales Tax Bill Would Harm New Hampshire Businesses

Citing New Hampshire's sales tax-free status, Senator Ayotte told the Commerce Committee recently that legislation to force online retailers to collect sales taxes would harm the state's online-based businesses - which for the first time would have to remit sales taxes to jurisdictions nationwide. The "Marketplace Fairness Act" aims to change current law, under which a state cannot compel out-of-state Internet vendors to collect and remit to it the sales tax its residents are required to pay on purchases from traditional brick and mortar vendors.

Citing a letter she received recently from Joe Cortese, a small business owner based in Pittsfield, Senator Ayotte said the legislation would turn New Hampshire's online retailers into tax collectors for states across the nation.

"This legislation tramples on New Hampshire's right to not have a sales tax," said Senator Ayotte, a Commerce Committee member. "The bill under consideration would require New Hampshire Internet businesses to file taxes in the 45 states that collect sales tax. And it would expose local online retailers to audits from those jurisdictions. I will fight any and all federal efforts aimed at forcing New Hampshire Internet businesses to collect sales taxes for other states."

## Gazette Cooking Corner

### Banana Bread

3 lg. Bananas mashed    1cup sugar  
1 egg                        1/2 cup shortening  
2 cups flour                1 tsp soda  
Place in greased pan. Bake at 350 degree oven for 1 hour.

### Pickled Beets

4 lbs. whole medium beets, cooked    2 c sugar,  
2 c vinegar                                2 tbsps. mixed pickling spices  
Bring syrup to a boil then add beets and simmer for 15 minutes. Pack in hot jars and seal.                        From the Kitchens of Priscilla (Tillie) Meyers

## The Back Yard Gardener

I'm really pleased to hear all the positive comments about my articles and the interesting questions this month. Your questions gave me the opportunity conduct a little research myself so I can better answer the questions for you. Interestingly enough, most of the question that I've received this month were based around topics concerning growing tomatoes and I have an enormous amount of information to share. However, I would like to offer additional information with a later article closer to spring. I hope you continue to ask questions and share your thoughts with me.



Will O'Brian

**Garden questions...** *I would like to know what are the easiest kinds of tomatoes to grow that will not get diseased easily and will produce tomatoes early and all throughout the summer?*

**Answer...** Many people like growing the heirloom types of tomatoes such as Rutgers, Beefsteaks, Brandywine, Roma, Tomaccio Cherry, and etc. What you may not realize is that the hybrid tomatoes are more disease resistant, with higher productivity and less fruit splitting. Most tomatoes are acceptable to fusarium and verticillium wilt but Hybridizers are still working today to develop a wilt free tomato and resistant to early blight.

One of the classes that I have taken previously by Steve Turaj at UNH Cooperative Extension, had thought me that when you are shopping for tomato plants at a greenhouse, you want to look for a name of a tomato that has a group of odd letters after it's name. It that might look like a code such as VF, VFNASt, VFA and the more letters the better! These letters or tomato codes indicate the diseases that they are resistant to. For example, if you see the V in the name that means it's resistant to Verticillium Wilt and the letter T for Tobacco Virus and along with the letter N that means it is resistant to harmful Nematodes. So purchase plants with the tomato codes and you will have yourself a robust plant and an exquisite fruit.

This is the list in order of some of my favorite hybrid tomatoes.

Better Boy VFN- For me, this is a truly magnificent showy fruit in my garden. Therefore, ranking first with it's huge handsome pumpkin-shaped tomatoes which have a possible potential to grow up to a pound per tomato. Because of their size, they also make the best fried green tomatoes. That's one of the reasons that I grow Better Boys every year along with the early red tomato, Early Girl.

Early Girl VF- This one holds true to it's name and allows me to say "Yeah, I have a tomato ripe already" that's why this delicious fruit is second on my favorite list, with it's medium size and pointed bottom.

Supersweet 100 VF- My favorite cherry tomato and the sweetest. As I walk around joyfully scanning my vegetable garden I usually pop these in my mouth to enjoy them.

Lemon Boy VFN- Yellow, sweet and less acidic than most tomatoes. To tell you the truth, I like this one because of it's beauty and it looks great in a salad.

Celebrity VFNT- This is a very highly productive friend to any garden and just look at that code!

Rutger is a heirloom that I grow only one plant each year in my garden because it reminds me of my grandfather in Tennessee and how he shared his knowledge with me by inviting me in his greenhouse. That's also where I seen my first gigantic yellow and black garden spider and always have been fascinated with them ever since!

**Question...** *How do you get your tomato plants to grow so tall ?*

**Answer...** Rabbit Manure Tea and "I don't mean Lipton"! I take a plastic 4" flower pot, the ones that you get from a greenhouse when you purchase a plant, and bring the soil up to the rim of the pot next to the base of the stem of my tomato plant or seedling. Then I slowly pour in to the top of the rim my rabbit manure tea once a week. This tea is made from placing rabbit manure in a bucket and filling the bucket up with water then stirring slowly and allowing the mixture to set for 24 hours. If you let it set too long you might not end up with happy neighbors! This works wonders on all vegetables in the garden along with flowering plants.

As I mentioned in a previous article that rabbit manure is a cold manure meaning you can apply it fresh to your plants and will not burn them. Rabbit manure contains high amounts of nitrogen but is gentle on plants because of it's super benefits of releasing nitrogen slowly unlike other manures.

**Question...** *Where can I buy hardy tomato plants?*

**Answer...** Why the Round Table Green House in Milan. It's great to support a local greenhouse and they're tomato plants always look great.

**Tomato Facts:** Did you know that the tomato is the most popular home grown crop in America and they're low in calories, and an excellent source of lycopene, in addition being rich in vitamin A and C. The pigment cells that make tomatoes turn red are linked to the preventions of many cancers.

## Coos County Botanical Garden Club News

The garden club had a very successful flower show August 9th at the Berlin Farmers Market with Roberta Arbee in first place, second Ellen Ross and third place Phoebe Ross. All winners received a ribbon for their wonderful flower arrangements. I would also like to thank the volunteers for helping starting with David Manikian, Sharon Kolinsky, Kathy Trumbell, Katsko Zintchenko, Laura Brown, Cathy Boucher and her daughter Regan. It would be great to see more entries at the 2013 flower show.

The garden Club also is planning a field trip cook out at Whiskey Ridge Organic Farm in Dummer N.H.

The Garden Clubs Annual Vegetable Show will be held at the Berlin Farmers Market on September 13th from 3:00 to 7:00. First, second and third place prizes will be given to the winners at this years show. It will be \$3.00 per entry. We are also looking for more volunteers this year. For more details please contact club president Will O'Brien. If you would like to support your local garden club and or volunteer in the beautiful gardens in our communities please contact club president Will O'Brien at 723-7672

# Animal Stories

## WALTER'S WORLD

Hello, everyone. I hope your Summer has been a pleasant one and that the Fall brings you happy days. Remember to watch for all of the "little humans" as you drive now that school has opened for the year.

Well, my Summer has been eventful as you've learned from my previous messages and after the long, hot, humid days I thought it was time for a nice, refreshing bath and a haircut. I even like to have my nails done often. It helps me navigate better and, in general, feel better.

So, I had my humans make an appointment for me with a new "stylist" (that's what we gents now call our "barbers", right)? She was great and, if I do say so myself, I look, and smell pretty good, too.

I have to add, though, that when I walked into the "salon", she greeted us with the words none of us like to hear, especially if they are true: "Boy, you're an old guy, aren't you"? Well, that started me thinking that we are all getting older. Oh sure, I have a few grey hairs, but I still feel like a "pup" of 3-1/2 (that's 25 human years to you). We don't always see it in our reflections in the mirror or even notice it in those we see on a regular basis, but the truth is the truth, I'm sorry to admit.

This comment also brought to mind my buddies who have already passed over, so to speak. I remember each and every one of them as though they were still romping and playing with me and their humans and giving their unconditional love to their families and bringing joy to all they encountered.

I wanted to share the following with all of you out there, as we come to...

### THE RAINBOW BRIDGE

Just this side of heaven is a place called the Rainbow Bridge. When an animal dies that has been especially close to someone here, that pet goes to the Rainbow Bridge. There are meadows and hills for all our special friends so they can run and play together. There is plenty of food, water, and sunshine and our friends are warm and comfortable.

All the animals who have been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind. They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent; his eager body begins to quiver. Suddenly, he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

### THEN YOU CROSS THE RAINBOW BRIDGE TOGETHER...

Your friend, Walter

## VISIT N.H. FISH AND GAME AT THE FAIR! EXHIBITS AT HOPKINTON AND LANCASTER

While you're having fun at the Hopkinton and Lancaster Fairs this Labor Day weekend, stop in and enjoy the New Hampshire Fish and Game Department exhibits – a great way to explore hunting, fishing and wildlife watching opportunities in our state.

The Hopkinton State Fair (August 30 - September 3, 2012, <http://www.hsfair.org>) once again features a special Discover Wild New Hampshire Building presented by the N.H. Fish and Game Department, where you can see wildlife mounts, live falcons, hawks and fish, and talk to wildlife and fisheries biologists and Conservation Officers. Buy your hunting license for this fall right at the fair! Pick up fish and wildlife publications. Get your official Fish and Game merchandise and the 2013 New Hampshire Fish & Wildlife Calendar. The Fish and Game building will be open from 8 a.m. to 8 p.m. Thursday, August 30, through Sunday, September 2; and from 8 a.m. to 5 p.m. on Monday, September 3, 2012. Special programs will include live animal presentations by the Squam Lakes Natural Science Center (August 30) and live birds of prey from the N.H. School of Falconry (August 31) and the NH Falconers Association (September 1-2). Tune in to WTPL radio on Thursday and Friday, when the station will broadcast live from the Wild NH building. Find Fish and Game fast at the Hopkinton Fair by parking at the Blue Gate.

In northern New Hampshire, Fish and Game continues its long-standing tradition of presenting an exhibit at the Lancaster Fair (August 29-September 3, 2012). Housed in the 4-H Building, this year's Fish and Game exhibit explores ongoing brook trout studies, human-bear conflict abatement, and law enforcement related to the upcoming hunting and trapping seasons. Conservation Officers and Fish and Game biologists and volunteers will be on hand to talk about fishing, hunting, wildlife watching and Off-Highway Recreational Vehicle (OHRV) safety and ethics. Pick up N.H. Fish and Game publications, including the new 2012-2013 NH Hunting and Trapping Digest. Find more about the Lancaster Fair at <http://www.lancasterfair.com>.

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. Visit <http://www.wildnh.com>.



## LAST CALL FOR HUNTER EDUCATION! HUNTING SEASON IS HERE, ARE YOU READY?

Hunting seasons are almost here, so if you need a hunter education class, drop everything and sign up for one of the remaining classes for 2012. You can register online at [http://www.huntnh.com/Hunting/hunter\\_ed.htm](http://www.huntnh.com/Hunting/hunter_ed.htm). Just browse the calendar for the best date and location for you, then click on the course of your choice and complete the online registration form to officially join the class. Most of the remaining classes are in September.

If you have already completed the online course, please sign up for the required field day. There are a limited number of field days left available at the beginning of October. No field days will be offered from the end of October until the spring. Taking the online course does not guarantee you will find space in a field day.

Hunter education is required in New Hampshire before a new hunter can purchase his or her first hunting license (if you are age 16 or older, you need a license to hunt). To meet this requirement, the New Hampshire Fish and Game Department offers Hunter and Bowhunter Education classes around the state. Participants must be at least 12 years old to achieve certification in basic Hunter Education or Bowhunter Education.

A new opportunity for sharing the hunting experience this year in New Hampshire is the Apprentice Hunting License. This program allows people a chance to hunt under the guidance of an experienced hunter, without first taking a Hunter Education course first. Learn more at <http://www.huntnh.com/Hunting/apprentice.html>.

For more information on Hunter Education in New Hampshire, visit [http://www.huntnh.com/Hunting/hunter\\_ed.htm](http://www.huntnh.com/Hunting/hunter_ed.htm) or call 603-271-3214.

Hunter Education in New Hampshire is funded by Federal Aid in Wildlife Restoration, a user-pay, user-benefit program supported by an excise tax on firearms, ammunition and archery equipment. Learn more at [http://www.wildnh.com/SFWR\\_program/sfwr\\_program.htm](http://www.wildnh.com/SFWR_program/sfwr_program.htm).

## Gazette Cooking Corner

### Homemade Dog Biscuits

4 c. flour  
3 c. oatmeal  
1 c water

2 tbsp. brown sugar  
1 egg  
1 beef bouillon cube

Mix and shape into dog bones. Bake 300 degrees for 1 hour. Makes 48 biscuits.  
From the Kitchens of Priscilla (Tillie) Meyers

### NOTE: Cat Lovers

Watch your cats when they go out at night, Coy Dogs are after them. We lost ours.

Bert and Tillie Meyers of Shelburne

## 2012-2013 N.H. WATERFOWL HUNTING SEASONS SET

The New Hampshire Fish and Game Department has set final season dates and bag limits for the 2012-2013 waterfowl hunting season. After considering comments from sportsmen at the August public meeting, New Hampshire's proposed waterfowl season is much like last year's, with a 60-day duck season with a 6-bird daily limit, and a 60-day Canada goose season with a 2-bird daily limit.



Fish and Game will continue split seasons for both ducks and Canada geese in the inland and coastal zones to allow early and late hunting opportunities. This year, there will also be a straight season in the new Northern Zone, where marshes and ponds tend to freeze over earlier than in areas south of the White Mountains. A map of the state's waterfowl zones can be viewed at [http://www.huntnh.com/Hunting/Hunt\\_species/hunt\\_waterfowl.htm](http://www.huntnh.com/Hunting/Hunt_species/hunt_waterfowl.htm).

Following are the seasons for each zone:

- \* The Inland Zone waterfowl season will open on October 2 and run through November 4; then reopen November 21 through December 16, 2012.
- \* The Coastal Zone waterfowl season will open on October 3 and run through October 14; then reopen November 21 through January 7, 2013.
- \* The Northern Zone waterfowl season will open on October 2 and run straight through November 30, 2012.

To hunt waterfowl in New Hampshire, you must have a New Hampshire hunting license, a New Hampshire Migratory Waterfowl License and a federal duck stamp. You also are required by federal law to register for the National Migratory Bird Harvest Information Program (HIP). Separate HIP permits are needed in each state you hunt. Licensed hunters should call 1-800-207-6183, or go to <http://www.huntnh.com> and click on "Buy a License Online"; you can receive a permit number at this site (there is no charge). Write the permit number on your hunting license. Each year, a random selection of hunters is asked to complete a voluntary harvest survey.

Hunters are asked to report all banded birds using the toll-free phone number, 1-800-327-BAND or go to <http://www.reportband.gov>.

For more information on waterfowl hunting in New Hampshire, visit [http://www.huntnh.com/Hunting/Hunt\\_species/hunt\\_waterfowl.htm](http://www.huntnh.com/Hunting/Hunt_species/hunt_waterfowl.htm).

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**-Beth R.**



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**-Armand M.**



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