Building Community With Bits and Bytes

Norwich locals behind initiatives bringing Upper Valley citizens together online

Once the meeting house was the place where people would, well, meet, interact, and exchange news and information while discussing community affairs. Twenty odd years ago, along came the internet, enabling you to connect with a new, ethereal community. Remember dial-up? Your computer and landline joining forces, shrieking awkwardly in an attempt to establish a tenuous link that allowed you to exchange some brief messages with others far away? It was revolutionary and otherworldly, but slow and unreliable. And since the connection couldn’t be taken for granted, it was more novelty than productivity. It was also a blow to our sense of belonging to our traditional local community.

Continued on page 20

Premiering in June: Back to School Lessons from Norwich’s One-room Schoolhouses

Over two years in the making, “Back to School: Lessons from Norwich’s One-room Schoolhouses” will have its long-awaited premiere this month, with a screening at Wilder Center on Sunday, June 28 at 7:00, and another screening at Marion Cross School in the multipurpose room on Tuesday, June 30 at 7:00. The screenings will benefit Root Schoolhouse and Beaver Meadow Schoolhouse, with a suggested donation of $10 for adults, $5 for children, and $20 for families.

Continued on page 20

Elder Profile: Georgina “Dinny” Forbes

I grew up in a family trained to see,” says Georgina Forbes, “to see where compositions are. Gardening is an exercise in composition, as is arranging rooms in the house.”

She is known to many as Dinny. “My grandmother was Georgina, and she was called Dinny. I was called Dinny right away, when I came home from the hospital. I’ve claimed Georgina as an artist—it has more gravitas,” she adds with a cheerful laugh. “About half the people around here call me Georgina, the ones who know me from the TipTop,” where she’s had a studio for 13 years and counting.

Dinny is one of a long line of artists: her mother and her grandmother were both painters, and her daughter is an artist and color designer in the...
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EST. 1986
Honoring The Conservation Spirit
The Rosemary Littledale Rieser Trail and Sample’s Woods Project

Just in time to savor sunlight filtering through the pine woods and hear the sounds of frogs and birds from a mossy bog and a rushing brook, Norwich will soon have a new trail for walking and observing nature. Thanks to the generosity of 105 members of the community, the Norwich Conservation Commission, and the Rieser children – Abby, Tim, Len and Ken Willis – a conservation easement and designated trail is being added to the 11-acre property that borders Blood Brook, Hopson Road, and nearby Pine Tree Road.

The Rieser family has been an important part of the Norwich landscape since the late Rosemary Littledale Rieser (pictured below) and her esteemed physicist husband Leonard first took up residence in the village of Norwich in 1953. While Leonard immersed himself in academic life and administration at Dartmouth, starting in the Physics Department and progressing to Provost and Dean of the Faculty, Rosemary devoted herself to raising her family, tending to home, vegetable and flower gardens, enjoying the outdoors, and sharing her talents and thoughtfulness through volunteer community activities. She loved walking her dog and interacting with neighbors. Rosemary and Leonard were among the original signers of the Warner Meadows conservation agreement held by the Upper Valley Land Trust (UVLT), and they further demonstrated their commitment to conservation by purchasing and maintaining the adjacent Sample’s Woods parcel beginning in 1965.

Today, a 24 member group owns and maintains the meadow on which a portion of the trail access easement will reside. In the years following Rosemary’s death in 2012, the Rieser children decided to honor their mother’s memory, love of walking, and devotion to Norwich by granting public access to a trail to be designated as “The Rosemary Littledale Rieser Trail”. To guarantee protection of the pine grove, wetlands, ski jump, and ecologically significant brook corridor, a fundraising campaign for $50,000 was organized in late March with a team assembled from local residents and friends of Leonard and Rosemary Rieser, the UVLT, and the Upper Valley Trails Alliance (UVTA). Over six weeks, this hard-working group raised the sum required with enough additional resources to support trail building and stewardship.

While the length of the trail is relatively short, the richness of the area speaks volumes to scenic quality, open space, abundant birdlife, beaver activity, historic significance, and environmental education. During the Earth Day walk and talk presented by UVLT and UVTA, Lindsay Putnam, an environmental educator at the Marion Cross School, explained how students learn, share, and begin to comprehend natural systems through science class outings she leads to the meadow and brook.

Another feature of this special spot is the naturally contoured ski jump, known to former Ford Sayre ski jumpers like Mike Holland, Walter Malmquist, and Buff McLaughry, as Sample’s Jump. Paul Sample, the local painter of familiar scenes around the valley, owned the land prior to the Rieser family and the jump bears his name. Visitors to the woods can view the jump takeoff and landing and imagine themselves flying through the air as many young boys did during the winters of the 50’s and 60’s.

The Rieser family’s 50 year ownership and care of this parcel is exemplary, and it is thanks to their vision for its future and the help of many generous and thoughtful friends and neighbors, that its future status and use will be permanently protected for all of our benefit. Like the Bill Ballard Trail and the Milton Frye Natural Area, it is wonderful to be able to recognize and celebrate a similar conservation spirit, that of Rosemary Rieser, with this very personal and public project. After an anticipated easement closing in late June, information about the trail, its status, and how to access it will be available at uvlt.org and uvtrails.org.
Past Plus Future Equals Now

 Isn’t it so much fun when what we’ve created and experienced in our past, coupled with our dreams and hopes for the future, collide to become a fabulous now? It seems that just about every article in this issue has that theme. Let’s look at a few of them!

 The cover story about a number of Norichians creating community in the digital world is a perfect example. EC Fiber embodies the “we’ll do it ourselves” perseverance of old time Vermonters. This character trait shaped by our collective past and today’s need and desire to interact with the world via reliable internet connection is, in a sense, how EC Fiber began. Similarly, the mostly Norwich team from Subtext Media and, all on his own, Chris Healy, have also taken a need from our ancient past – the need to connect socially and share information – and the current trend to do so online, by creating digital platforms, the dailyUV.com and the Upper Valley Facebook page, respectively.

 Going with the theme, the cover story describing how the documentary about Norwich’s one-room schoolhouses came to be brings to the present how honoring our past and hoping for the future can result in pure magic today. Through the stories from our neighbors, we see how a past shaped by the culture and confines of a one-room schoolhouse, can create a model and context for bringing people together today.

 What about the lives of young people? I, for one, am so very hopeful about the future of humanity when I read about what people like Jyoti Graber, Emma Bippart-Butler and Charly Voelkel have been doing. Their past is short and their future seemingly endless… where to begin?! It is very clear that each girl featured in The Adventures of Gap Year Kids on page 8 have pasts that have included freedom, encouragement, love, guidance and privilege (in the best sense). They have taken their upbringing and coupled it with their own courage, passion for adventure and desire to try something new and have traveled the globe doing good things. Their future – and ours – is a bright one!

 I could go on and on about this issue, but the magical “now” of my deadline is here. Enjoy the summer!

 – Jen MacMillen

The Historical Society article in the Winter/Spring edition was attributed to an incorrect writer. They byline should have been Martha Nelson.
Norwich Women’s Club’s Concert on the Green

Norwich Triangle Garden maintained by Norwich Women’s Club members

Norwich Women’s Club News

Join us for Summer Concerts on the Green!

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featuring Red Hot Juba

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Justin Morrill Homestead
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802-828-3051. 214 Justin Morrill Highway, Strafford. mormillhomestead.org.

Montshire Museum

Norwich Historical Society
Wed-Thur 10am-4pm, Saturdays 10am-noon (Jun-Oct). Various exhibits and events throughout the summer.
277 Main St., Norwich. 802-649-0124. www.norwichhistoricalsociety.org

Vermont Institute of Natural Science
10am-5pm daily. Trails, exhibits, live bird programs & animal feeding times.
6565 Woodstock Road, Quechee. 802-359-5000. www.vinsweb.org

Hanover Farmers’ Market
June 3 - October 14, 2015. Wed 3-6pm. Fresh produce, meats, herbs, cheeses, flowers, plants, dairy, baked goods and locally prepared foods.
Dartmouth Green, Hanover. (603) 643-3115.

Norwich Farmers’ Market
Every Saturday through October 31, 9am-1pm. Over 50 local vendors each week.
US 5, Norwich. (802) 384-7447.

June

36th Annual Quechee Hot Air Balloon Craft and Music Festival
Friday, June 19, 3-9pm. Featuring over 20 hot air balloons, continuous music, entertainment for all ages, and over 60 craft artisans and commercial vendors.
Quechee, Hartford. 802-295-7900. www.quecheeballoonfestival.com

Norwich House & Garden Tour
Saturday, June 27, 10am-4pm. The Norwich Historical Society will host its 6th annual House & Garden Tour. All new-to-the tour homes are chosen to delight and dazzle!
277 Main Street, Norwich. 802-649-0124.

July

Hanover Township Fireworks and 4th of July Celebration
Wednesday, July 1. Hanover Township Recreation invites you to a patriotic celebration in honor of Independence Day. Music, demonstrations, activities... and fireworks!
Veteran’s Field, Hanover. 973-263-2683. info@hanoverwinds,org

The Prouty
Friday and Saturday, July 10-11. Make the Difference in the Fight Against Cancer... Do The Prouty! Share the camaraderie, fun and passion of participating in the 34th Prouty.

August

UVHS Battle of the Bands
August 15, 4pm. Enjoy great music, food and beverages, and lots of fun while supporting the animals at Upper Valley Humane Society!
East Thetford Pavilion, 140 Pavilion Rd. East Thetford. 603-448-6888 ext. 111.

Billings Farm 29th Annual Quilt Exhibition
August 1 - September 20. This highly anticipated juried exhibition made exclusively in Windsor County will celebrate 29 years of quilting excellence at the Billings Farm. Quilting demonstrations, programs, and activities for children and adults.
5302 River Road, Woodstock. 802-457-2355. www.billingsfarm.org
Dr. Christine Pinello Is Our Local Large Animal Vet

Her true passion lies with exotic animals like reptiles and turtles, but in Norwich and surrounding towns, Dr. Christine Pinello of River Road Veterinary Clinic works with much larger animals: everything from goats and sheep on upwards in size to alpacas, horses and cows.

Farm animals were once the bread and butter for a country vet, but with fewer farms around, Dr. Pinello estimates that the large animals today take up only a fifth of her work with most of those interactions being house calls.

Such is the case as she makes her way out to West Hartford on a beautiful, late spring afternoon to check up on Morgan Whitney's two horses, Saxon and Secret, grazing on her grandfather's property on the edge of the White River. A quick blood draw, some paperwork, and a series of four booster shots are deftly dealt with, but then the craft of the experienced vet is on full display as Dr. Pinello tries to get a sense of how the horses are doing, both by examining her thousand-or-so pound patients closely, and by discussing their habits and routines with Morgan.

Clearly, Dr. Pinello has decades of experience and a great team of colleagues and technicians to draw on, so whether it's equine dental care, helping deliver lambs, or more complicated emergencies like the prolapsed cow uterus she recently had to tend to, she's more than ready to take on the challenges that face a large animal vet!
Joyti Graber  
Making Connections in a Vast World  

“Nine months! That’s a really long time!”

“Rwanda? Where’s that?”

“Isn’t it dangerous there?”

“Don’t get Ebola!” These are just some of the questions and pieces of advice I received before I left to spend the better part of the year in Kigali, Rwanda with the Ryan-O’Flaherty family, also from Norwich. Unlike the majority of my peers who also chose to take gap years, I had very little planned for my year besides a determination not to come home early, to get the most of my experience, and to truly adjust to daily life somewhere new. My previous trip to Rwanda, in the summer of 2011, had prepared me for some of the cultural complexities and tragic economic realities of life in a developing country. In actuality, living with another family in such an incredible place provided more invaluable opportunities than I could have hoped for and taught me so much.

My first months in Rwanda, I was almost endlessly enthusiastic: everything was new and everyone had an interesting story of struggle and triumph to share. Even daily tasks like going to the grocery store, the market, or the bank were full of new colors, smells, and opportunities to observe a new culture. Katie, the eldest daughter in my American host family, and I worked at the Children’s Peace Library of Kigali sorting books and teaching English. The realities of teaching students with whom we had no common language with few resources besides worn picture books quickly became apparent. More importantly, however, we learned the magic of playground hand-clapping games, hopscotch, soccer games, and simple songs. From my first week at the library, it became clear to me that what the kids I played with everyday wanted was not someone who could “save” them or fix all their problems, but a friend- someone who could tell them stories about places they’d never heard of and listen closely while they practiced English and talked about their schoolwork and families. I was lucky to develop real connections with some students that were not solely virtues of my vast privilege.

After the holiday season, only my second without snow, I worked with an American doctor and a Rwandan medical resident that are part of Human Resources for Health Rwanda, the program that brought the Ryan-O’Flaherty family and many other Upper Valley families to Rwanda. The purpose of the project was to determine how an anesthesiopreparedness checklist affects rates of desaturation and hypotensive events, which are harmful to patients. Spending time in operating rooms in the major hospitals in Kigali reinforced my interest in working in medicine in resource-deprived settings. I was able to observe dozens of surgeries and learn about the complexities of doing research in a chaotic setting. I have no doubt that these experiences will motivate me on my path through college and on to medical school.

I was beyond fortunate to live with a family as adventurous as the Ryan-O’Flahertys – we spent two weeks in South Africa, Christmas in Tanzania, weekends in Uganda, and a week in Turkey. Katie and I explored Ethiopia with friends we met abroad. I finished my year with a trek in Nepal, from which I was lucky to escape after the country was tragically devastated by the earthquake.

To parents and students considering a gap year, I would say that there is transformative power in a year of freedom to explore and discover passions. The rewards and challenges of new adventures, especially travel, far outweigh the risks. This year, I learned the world is both much more connected and infinitely more vast and diverse than I ever could have imagined. My
hunger to explore more and to discover what connects me to people around the world will serve me as both a source of perspective in college and as a compass for the rest of my life.

P.S. If you are considering a gap year and have questions about my year, email me at jagraber@umich.edu.

Emma Bippart-Butler
Give a Year. Change... Me
My name is Emma Bippart-Butler, and I am a City Year Corps Member at the James F. Condon School in South Boston. City Year is an AmeriCorps organization aiming to bridge the gap between what students need and what their schools can provide. I serve in a third grade classroom, in one of Boston's lowest performing schools, providing whole classroom support as well as offering my support in small group and one-on-one settings. The job description was to “Give a Year. Change the world.” Change one life, one situation, one kid at a time, but I couldn’t make this commitment without it changing me.

Shortly after being admitted to Barnard, I decided I wanted to take a break. I wanted to do something different where I could gain a unique set of experiences while helping others in the process. After typing “gap year” into Google’s “I’m Feeling Lucky” function, I was taken to a webpage with the headline “Dedicate a year of your life to service. Join AmeriCorps!” As I browsed through the numerous service organizations affiliated with AmeriCorps I realized I’d found something great. Eventually I came across City Year. City Year combined my interests in education, youth development, and social equity into a year-long, full-time experience.

The level of commitment required by City Year was daunting. I was about to move to an unfamiliar city, serve over fifty hours a week with some of the city's most at-risk youth, and work alongside a much older group of diverse college graduates after having graduated from high school only months before. Once I started to engage with the students, the commitment was easy.

As my year comes to a close, I look back and realize that City Year has given meaning and direction to my passions. I am walking away with an insider’s understanding of the challenges that many under-resourced communities face, both within the education system and at home. I am now inspired to pursue studies in law, urban development, and education next year. City Year has also helped me develop valuable skills such as time management and professional communication. I will take these skills and my newfound sense of social awareness into my career as a student and into my adult life.

I have a million stories about my students – the challenges, the joys, the successes – but there is one in particular that will resonate with me.
One student in particular, I’ll call him Jack, had ongoing behavioral issues due to a variety of external factors. At the beginning of the year, Jack would rest his head down on his desk from the moment he entered the classroom to when the bell rang for dismissal everyday. Classwork and homework remained untouched, and Jack continued to fall even further behind than his initial below-grade-level averages. Jack and I began to connect through more accessible topics such Kobe Bryant, the Bruins, and video games. Once those initial ties were created, I started to invite him to lunch, asked him to play basketball at recess, and left positive notes on his desk throughout the day encouraging him to keep doing his best. While Jack’s academic domain needed more help, I noticed an upwards trend in his social-emotional tendencies in the ways he politely greeted his peers, positively engaged with other adults in the building, gave huge hugs at the end of each day, and most importantly came to class with a new, beaming smile. The first day of poetry corner, I invited all the students to the rug. Jack slowly walked over and sat in the back with hood on, reluctant to pay attention to the lesson ahead of him. I started off by reading poems with vibrant imagery and asked students to draw or act out the feelings that were triggered by them. Jack’s head remained down and I overheard him complaining how dumb the lesson was. I started to read a poem, which he expected to be another disappointing academic experience, but this one was about his idol, Kobe Bryant. He appeared untouched, but after class, he quietly approached me asking for a copy. I knew after months of trying that I’d finally broken through. The next day I remember as one of the happiest days of my year. Jack walked into the classroom, head held proud, and sat down at his desk with his hand raised. “Ms. Emma! Guess what? I memorized the whole poem last night. All 13 lines! Can I say it?” His performance was flawless. Since then, Jack has been an active participant in our classroom, raising his hand, ready to engage with his work and his classmates, and has a much happier disposition towards anything academic. We are still learning together to help him become the person we both know he can be, but the improvements in behavior and coursework have been tremendous, and we both agree he is ready to tackle fourth grade.

My attitude towards myself and life has changed. Everyday I watch my students deal with a number of external factors that make it difficult for them to even make it to school, let alone stay on top of their daily work. By watching their struggles and the way they overcome them, these students have taught me what it means to persevere. I have seen the transformative power of education and the role social-emotional development has in it. I have learned what it means to be fully invested in somebody other than yourself and to want them to succeed just as much as you want to, personally. I have learned that leadership is a quality best demonstrated through action and by setting the example for others to follow. I credit City Year for helping me become a person with more self-value and ambition, a more conscious citizen and student, with a newfound desire for knowledge and a passion for service.

Charly Voelkel
Couches Are Good – Some Gap Year Adventures

I was lucky enough to be accepted early decision into my dream school, Barnard College in New York City. Once the initial elation died down, I discovered that the idea of plunging into four years of studying followed by the rest of my life filled me with absolute panic. Luckily my parents were supportive and, since my maternal family hails from England, I already had a lot of contacts and couches in Europe. What began as a “what if” started to evolve into an actual plan. For the first six months after high school I would work to generate the funds for my adventure. For the next six months, I would travel, have experiences, learn, get homesick, make new friends, survive in strange places, find myself, lose myself – all the stuff that gap years are supposed to be about. The final itinerary took me to Turkey, Spain, and England before I knocked down to work as a teacher’s assistant in a school in Brittany, France, followed by three months staying with an artist in Paris and studying at the Sorbonne. I just got back.

Have I changed? Completely.
Do my parents have more gray hairs? Of course.
But we all agree that taking this year was the best decision I could have made. So now, for any other local high schoolers who might be considering a gap year, I’d like to share some of the knowledge I have since accrued.

Packaging Is the Worst

Every time you have to pack up and move on, you’re going to survey the mountain of stuff on the floor and curse yourself for bringing it. Conversely, no matter how many cute outfits you think you’ve brought, you will never have the right clothes for the occasion or appropriate footwear or ANYTHING warm.

There is no way around it.
On a related note...

Accumulation Is Inevitable

Though you’ve been really good about not buying anything, somehow your possessions will multiply and expand of their own accord. The last time you packed up everything will be infinitely more difficult than the first. Though my
things had comfortably fit into my suitcase, I arrived at for my flight home wearing three coats, two sweaters, a hat, and a pair of rainbows with two carry ons and my suitcase zipper straining. And all I had acquired was a few postcards. Really.

Just Do It

I wanted to build up as many memorable moments as possible that I could wrap around me like a blanket for when I was poring over textbooks in the coming New York winter. I thus tried to leave behind my shy, self-conscious Vermont self and take risks. This lead to an afternoon au naturelle in the Turkish baths being scrubbed raw by a Turkish attendant who spent the whole time making fun of how grossly pale I am; and then on to a teaching position at a school in Brittany where I became known for my panic dancing when (having been banned from speaking French with the children) I accidentally used complicated English words. Most notably the infamous instance when (in a help-I’ve-forgotten-literally-every-animal-name moment) I said that my favorite animal was an octopus and consequently tried to act one out by undulating my arms and legs to the complete bewilderment of 35 French children. And, many other weird circumstances which now make great stories.

Don’t Go to the Bathroom

Over the course of my trip, I was locked in seven bathrooms, the longest duration being for two and a half hours. Assuming that this isn’t due to some personal ineptitude with doors, foreign bathrooms are death traps. Though difficult to prepare for, I wish I’d had some emergency phrases written down in my pocket. I can assure you that, in the panic of realizing that this insalubrious foreign lavatory could be your new home, your language skills desert you except perhaps asking where to find the library. And yelling that loudly through the door tends to hinder one’s cause. Probably best to have a search party on hand.

Stereotypes Are Wrong – Unless They’re French

My parents were very nervous about me going to Istanbul. Ignoring all realities of geography, there was an irrational fear of my capture at the hands of ISIS and my future as a jihadi bride. My mum literally refrained from physical contact in my final week at home in an attempt to sever emotional ties to prepare for the eventuality of my death to minimize her distress. She pleaded with me to be aware of what I wore in Muslim areas - none of those risqué outfits flaunting my wrists and ankles. In reality, however, I never once felt at all unsafe, and my first prudent outfit was met by laughter and a request to change into a more normal number of layers. This opened my mind to potential stereotypes I might harbor before heading into other countries. In France however, I found that people live up to their stereotypes delightfully. One day in Brittany, out of a class of twenty, fifteen happened to be wearing black or navy horizontally striped shirts. There was an enormous amount of baguettes and croissants consumed on a daily basis (whoops) and Paris is just as magical as it’s supposed to be.

Anywhere Can Feel Like Home

Having never traveled on my own before, I worried that I’d feel lonely or homesick. I needn’t have, as I found that each new place began to feel comfortable and familiar within days. When it was time to leave, it would seem impossible to be anywhere else, but, without fail, I would soon be settled into my new locale. I’m sorry to end on a cliché, but home is a state of mind. Family is about relationships as much as it is blood. I can proudly say that I now have many more brothers and sisters and lots more couches for my next trip.
Bay area. “Art was part of my life from the very start,” Dinny notes. Her childhood in Sudbury, MA, fortunately contributed to her artistic development. She had an excellent teacher for six years in elementary school—Loring Coleman, a well-known watercolorist “in a Wyeth kind of style, but better,” says Dinny. “I could always draw,” she adds casually. “I learned to manage the medium, and hand-eye coordination. In her teens her mother took her along to a life drawing class, and she took classes at the DeCordova Museum in Lincoln, MA.

“I have something that’s rare now: an entire childhood in the same house,” Dinny says. “And we had ‘free roaming rights’ in the woods and fields.” (There were woods and fields, not just suburbs.) She developed her eye for light and color in outdoor rambles, a restorative exercise she still enjoys.

A Leap Into a New World

In the early ’60s, when she was 20, Dinny married John Karol (a lawyer who later became a filmmaker in Orford) and went with him and their two small children to what was then Nyasaland in Africa; Karol, worked on the constitution of the country as it became independent Malawi. Dinny found wonderful mentors among the Scottish expatriates who taught her bush survival skills such as making shampoo, children’s clothes, cream cheese, and ginger beer. “What I got out of that experience was a deep appreciation for other cultures,” says Dinny. “There was the Arab and Moslem, the tribes, the medicine-man thread. And then the colonial, westerners, and the Scots, many of whom had what they felt was the best interest of the native people at heart, but I was so aware of the gap. I felt a really deep knowing that we were fast obliterating cultures that had so much to teach us.”

She came home, in 1967, depressed by the westernization she’d observed, and wanting to avoid “shopping mall America.” The couple moved to Vermont. When Karol began filmmaking, Dinny took up sound recording and interviewing, and they headed off to northern Alaska, to film a local student who had participated in “A Better Chance,” a program that introduces disadvantaged minority students to high-end education. In Alaska, Dinny saw the same destruction of a way of life connected to the environment that she’d seen in Africa. She saw the Bureau of Indian Affairs teacher pushing the students into eagerness for western commercial ways at the expense of the culture they knew, and the seeds of her political consciousness sprouted and began to grow.

Becoming Serious About Painting

Around 1972 Dinny realized she wanted to become serious about painting. “I found my teacher,” she says: James Gahagan, a respected color-field painter had a studio in the Northeast Kingdom. She spent two weeks in total immersion, in the studio 14 hours each day, discovering how color creates space in a different way from perspective drawing or tonal shading into distance. “I wanted to step outside of the conventions I was raised in, and become more conscious of edges and shape, of hard and soft creating a sense of drama,” Dinny says. “It didn’t really work until I began painting on the floor.”

Dinny pours water on the unstretched canvas and adds color. With the canvas on the floor she can move around it and see it from all different sides. “There’s a letting go of what I thought it looked like,” she says, “plowing through what I thought it was and allowing the paint to lead me.”

This willingness to abandon self to physical reality is part of Dinny’s life in other ways. She got a Master’s degree in Counseling Psychology, needing a way to support her family as her marriage broke up. She studied with Dawna Markova and became a trainer in Markova’s training group in non-traditional therapies such as trance work, guided fantasy, and movement and body work.

Georgina Forbes with her Morgan horse, Rain Beaux, and dog Gracie (now deceased). Rain Beaux is part of her “toolkit” for painting. While riding, she watches the light and gathers sensory data. “Animals are a big part of energy work,” she says. “They teach non-verbal levels of communication. And they teach you about letting go, because they die. The world is richer for the people who open themselves to this, painful though it may be.”

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She honed her sensitivity to energy. “About 95 percent of the brain we don’t use,” Dinny explains. “The five percent we use is like a secretary to do the work. But being outside of the rational mind opens a world of possibility... The physical world connects with healing—sound and color are energy fields.”

Dinny trained people in Markova’s techniques for about seven years, but she began to feel trapped in an ivory tower, since only a small section of society came to the trainings. Her political activism bubbled to the surface. She went to Nicaragua, staying with local families and learning from local people about the economic and political situation.

Creating Your Home

“You may see your space for what it is, or what it is not. I see it for what it could be.”

—Aharon Boghosian, Gilberte Interiors

On her return, she and a pair of Bread and Puppet alumni created a sculpture installation called “The Peace Hunger Kitchen.” After mounting some local displays, Dinny got a permit to display the Kitchen in the Senate’s Russell Rotunda. One evening she spotted Jesse Helms and Bob Dole passing, whispering hissily about the sculpture. She pursued them, but could not engage them in conversation. The next morning she found guards packing the piece into boxes. She protested that it would not fit into her car in those bulky boxes, with no result. “Then I said it was Art,” she recalls, “and they jumped back and wouldn’t touch it. The power of Art!”

Dinny toured with the installation for two years, supported by donations and the occasional grant. It was wearing. She came back to Vermont and took a job counseling abused women—also stressful, but not being in charge of the business was relatively restful. She painted intensively over the next years, and in 2002 moved into a studio in the newly renovated TipTop building in White River.

After intervals of having a studio in part of her house, Dinny is happy to work away from the possible distractions of home. “It’s hard to stop, and hard to start,” she says, capturing the dilemma many freelancers face.

Eight years ago Dinny met Pan Vera online. She laughs as she explains, “My daughter told me, ‘Mummy, you say you like living alone a bit too often,’ so even though I had a life, and wasn’t looking for someone to fill holes, I went on the internet to look…” Six months after they met Pan made the leap to Vermont from Seattle. They provide each other with a good mix of similarity and difference: Pan teaches Nonviolent Communication through his White River–based company, Compassionate Communications, and is also a technology guru.

Reflecting on her experience, Dinny thinks of creating a record of her art and the process of creating it, the energy transfer in that process. Certainly this dynamic woman’s paintings evoke emotions and recollections in viewers, which is what she hopes: “I want people to see the landscape as a spiritual presence in our lives.”
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Exquisite 4x4-inch paintings by regional and national artists
Friday, July 3, 2015, 5:30PM

Gallery in the Garden Art Exhibit
July 3 - July 19, 11AM-5:00PM
Wed. through Sun.
July 22 - October 12, 11AM-5:00PM
Wed. through Sun.

AMERICA’S MICHELANGELO
An Exhibit of the Life and Works of Constantino Brumidi
Celebrate the restoration of the U.S. Capitol dome with a visit to this world-class exhibit honoring the classical works of the artist deemed America’s Michelangelo by Vermont Senator Justin Morrill.

July 22 - October 12, 11AM-5:00PM
Wed. through Sun.

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Learn about our special event applications.
This has been an eventful year at the Norwich Historical Society. Over 3000 visitors—the most ever—have come to the restored Lewis House to enjoy the photo/video/oral history exhibit “Cycles of Change: Farming in Norwich,” to research the histories of their families or homes, or to meet with local groups in the welcoming community space. The annual House and Garden Tour and Antiques Show drew large numbers of enthusiastic patrons; a new workshop series taught research skills; the Lewiston Walking Tour made history tangible.

These accomplishments represent, in no small part, the efforts of our President Nancy Hoggson, who died in January 2015. Nancy’s death reminds us what a difference one person can make in the life of a community. A large, energetic board is now working to preserve her legacy and expand our service to the town. NHS this year is offering a series of five Summer Sunday Walking Tours featuring Lewiston (May 31, September 20), Main Street (June 21, July 19) and the Waterman Cemetery (August 23). A workshop series about preserving family history and a linked history book discussion group is planned for the fall. A new exhibit showcasing interesting and perhaps unexpected items from our own collections will open in the fall. The Lewis House barn will welcome kids and families for treats and surprises on Halloween; we will celebrate the holiday season with a special talk on November 19 (“The History of Christmas in New England”) and festive, historical decorations throughout. Please check our web site or the list serve for other events and remember that admission to Lewis House itself is always free. Please visit us!

UPCOMING EVENTS

Summer Sunday Walking Tours
June 21 and July 19, 3pm: Historic Main Street
August 23, 5pm: Waterman Cemetery
September 20, 1pm: Lewiston: Norwich’s Ghost Hamlet
Cost: $5 (free for NHS members).

House and Garden Tour
June 27 from 10am–4pm;
Cost: $25; $20 for members

Ria Blaas Puppet Shows
July 4, 5, 11, 12 at 2pm; Cost: $5

Norwich Antiques Show
Saturday, September 12, 10am – 4pm

Don’t miss this wonderful show that attracts some of the region’s finest antique dealers, showcasing fine country to formal antiques on the lovely grounds of the Norwich Historical Society in the heart of the village. Something for everyone! As in the past, auctioneer Bill Smith of William A. Smith, Auctioneers and Appraisals, will offer an informal appraisal session in the barn from 2 – 4pm. We also wish to thank Bill for lending his amazing marquee tent to make this a rain or shine affair. Good food, special art raffle—mark your calendar now! Admissions is $5 (children 12 and under free).

HOUSE AND GARDEN TOUR 2015
Saturday, June 27, 2015, 10am – 4pm

Now in its sixth year, Norwich Historical Society’s House and Garden Tour has become a perennial favorite in the Upper Valley. The 2015 tour features five beautiful properties that illustrate the town’s change over time. The large Federal on Turnpike Road, built when the road was the main thoroughfare to Montpelier, is an excellent example of the common practice of expanding a modest early cottage by the addition of an impressive Federal front and the later incorporation of sheds and barn into the living space. An unassuming 1880’s worker’s home on Main Street shows how intimate spaces indoors and out can serve a modern family with elegance and charm. The “Moongate House” uses its long frontage on the Connecticut River as the backdrop for carefully planned gardens, stately, walks and gathering spaces. Freed from the limitations of road- and water-ways, two houses from the 1990's show how modern architects can design homes to maximize the impact of natural features and long views. This year’s tour is dedicated to Nancy Hoggson, who had the idea in the first place. Please join us for this tour through Norwich’s architectural and horticultural delights. The tour is a fundraiser for the Historical Society.
A poetry group enjoys a sunny day on the Lewis House lawn

New donations to the collection included this Pattersonville doll’s rocking chair donated by Barbara J. Merrill

Carolyn Porter
Tom and Misty Porter
Carolyn and Alfred Purcell, Jr.
Sharon and Bob Rucusin
Steve and Martha Richardson
Horst Richter
Fred and Michie Rogers
Arline and Barry Rotman
Elisabeth Russell
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Kathleen and John Shepherd
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Jim and Pegge Strickler
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Lynn Timman
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Jonathan and Priscilla Vincent
Suzanne and Graham Wallis
Renee Wells
Donna and Philip Wheeler
Marcia and Bruce Williams
Bradford and Alice Williams
JoAnne Whittington
Mike Woods and Deborah Hall
Anonymous (4)

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Patron ($100 – 249)

Nancy Osgood
Norwich Inn
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Sue Cain shows Marion Cross School students how to spin wool

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IN-KIND DONATIONS

Bill Aldrich
Roger Blake
David Ferrm
Chad Finer

A poetry group enjoys a sunny day on the Lewis House lawn

Jay and Deb Van Arman’s historic Meeting House Farm was featured on the 2014 House and Garden Tour
Elisabeth Russell
Gail and Nick Sanders
Mark and Paula Schleicher
Jacqueline K. Simpson
Martia R. Smith
Barry Smith
Demo and Georgia Sofronas
James and Margaret Southworth
Peter Stein and Lisa Cashdan
Steven and Shelia Swett
Marie M. and Thomas Taylor
Nancy Tela
Lynn Tidman
Jonathan and Priscilla Vincent
Noelle and Geoffrey Vitt
Susan and Ronald Voake
Cleta Wheeler
Bradford and Alice Williams
Roger and Nancy Zaenglein

**Associate ($50 – 99)**
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Anne Badgley
Jeanne Baer
Betty and Doug Barba
Cinny and Steven Bensen
Mark Borsuk and Amy Gladfelter
Colleen and Paul Bozuwa
Jill and Martin Butler
David B. Callaway
Carol Campbell and John McKenna
Nancy Chase
Marilyne de Boissezon
Paul and Margo Doscher
Rogers and Asaong Elliott
Polly Forcier
Jack and Jean Fraser
Holly Glick and Jonathan Frishtick
Clint and Libby Gardner
John and Catherine Girard
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Priscilla Grayson
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Laurie and Jerry Halpern
Josie and Fran Hanlon
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Virginia Hazen and Laurence Ranslow
Nancy Hoggson
Lisa and Bob Holley
Brucie Hubbell
Karen Waterman Hutchcraft
Ann Waterfall and Peter Kaufman
Karen and Wayne Kniffin
Stephen and Rita Lajoie
Jean and John Lawe
Gary Lenhart and Louise Hamlin
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Barry and Sylvia Scherr
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Richard and Melinda Stucker
Suzanne and Graham Wallis
Elaine Warshell
Elaine Waterman
Chris Weinmann
Robert and Barbara White
Marcia and Bruce Williams
Alice Thomason Worth and Peter Van Oot

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Alan Berlozheimer
David and Carole Bibeau
Debra L. Birenbaum
Cynthia Bittinger
Elizabeth Blum and Nelson Kasfir
Deborah Boettinger
Edgar and Christine Bothe
Virginia Brack and Clay Block
Judy and Jim Brown
Inge Brown
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Harriet M. Chase
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Dr. Robert Christie
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Yvonne Cook
Mina Cowie
Anne Atlee Crewe
Gretchen Dale
Nancy and Robert Dean
Courtney Dobyns
Martha Drake
Jim and Beckie Eakin
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Eleanor and David Eldredge
Jonathan and Corinne Fenton
Jon Gilbert Fox
Anne M. Garrigue
Marion H. Gauthier
Bruce Genereaux
Richard Gingras and Arlene Gingras-Bettigole
Shirley K. Griggs
Susan C. Hastings
Barbara Hazen
Cornelia E. Hodder
Mary Ann Holbrook
Ted and Ruth Jabbs
Mary F. Jacoby
Tom Johnson and Jeannie Scheinin
Joyce and Calvin Knights
Jane and Kenneth Korey
Margaret Kuhrs
Alice B. Lacey
Craig and Amy Layne
Rebecca Leake and Stephen Miller
Nancy LeSourd
Robert and Barbara Lewy
Virginia McCleery
Joanne and John McCormick
Lee McDavid
Susan McGrew
Susan and Buff McLaughry
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Tracy Smith
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John and Lydia Starosta
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Nancy Stone
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Bernard and Lynne Trumper
Candace Vandouris
Ross and Sandra Virginia
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Marie and Charlie White
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Bill and Betty Ann Aldrich
Penny Folley Miller
Gillian F. White
Dan and Bunny Fraser
Daniel D. Fraser
Charles Hodgdon, Jr.
Bill and Betty Ann Aldrich
Sandra K. Anderson and Reeve Williams
Bill Osgood
Bill and Betty Ann Aldrich
Nancy Osgood
Frank Rigg
Rosemary Rieser
Len Riser
Robert Withington, Jr.
JoAnne Withington
Kimberly King Zea
Molly King
Roger and Nancy Zaenglein

**IN MEMORY OF**
Wayne Armstrong
Nancy Osgood
Bill and Betty Ann Aldrich
Granville Austin
Nancy Osgood
Jean Ballin
Jane Sargent

If there are errors or omissions to our lists, please accept our apology and let us know so that we can correct our records and acknowledge your support in the future.
This year’s Volunteer of the Year Award was made (posthumously) to Nancy Hoggson, who for the last decade, devoted her full energy and creativity to making the Norwich Historical Society intellectually vigorous, socially relevant and financially secure. We are grateful to have had her leadership.

We also recognize the consistent support of Bill Aldrich, Roger Blake, and Nancy Osgood, without whose unassuming assistance we could not function. Finally, to all those volunteers who help with everything from the garden tour to school programs to writing articles for this publication, hats off! We couldn’t do it without you.

NHS has just completed its sixth year as co-sponsor, with the Norwich Public Library, of the Vermont Humanities Council’s popular First Wednesdays lecture series. Held the first Wednesday of each month from October through May at the Congregational Church, the series this year drew over seven hundred regional listeners to a wide variety of intellectually challenging and entertaining talks. Next year’s line-up promises to be as lively and varied as ever, with topics like E. B. White, Picasso & Stein, Walking with the Great Apes, the Examined Life, Costumes of Downton Abbey and more.

We thank our generous sponsors without whom First Wednesdays would not be possible: Friends of the Norwich Public Library, The Jack and Dorothy Byrne Foundation, Ledyard National Bank, Mascoma Savings Bank, and the Norwich Historical Society.

The Historical Society is grateful to our sponsors who underwrite this event every year.

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**1st Wednesdays Humanities Lecture Series**

Norwich Historical Society

**Condensed Balance Sheets:**

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**Condensed Profit & Loss Statement for Years ending:**

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</table>

The Historical Society is grateful to our sponsors who underwrite this event every year.

**HOUSE & GARDEN TOUR 2014**

We wish to thank our generous Norwich homeowners for offering their beautiful home and gardens for last year’s amazing Tour:
- Dottie and George Dorion
- Karen and Jeffrey Lubell
- Bill Noble and Jim Tatum
- Elizabeth Perry and Jeff Reed
- Deb and Jay Van Arman

Thanks to Joe Porter, third from the right, who for his Eagle Scout community service project built a new floor in the NHS tool shed.
**GOODNESS InDEED**

**Making Music for Everybody**

*Ruth Sylvester*

Sometimes music made in your living room or at a family gathering is taken for granted,” says the Upper Valley Music Center’s executive director and violin/fiddle faculty member, Ben Van Vliet. “But there’s a unique value in hearing people you know make music, and in the community gathering for a performance.” When family and friends turn up for a student recital, they open their hearts to appreciating the musical voice of their child, parent, or friend, and the performer gains from sharing their hard work and artistic expression with those close to them. “We believe in helping students achieve excellence at every level, whether they’ve just started or are an advanced performer,” adds Ben. “But there’s a unique value in the sharing implicit in this motto is a key part of UVMC’s mission.

** Becoming the Region’s Music School**

UVMC currently counts about 500 students in individual lessons, workshops, and summer camps; the offerings are mostly in classical and folk styles. Instrumental instruction is available for strings, woodwinds, trombone and trumpet, piano, voice, guitar, and percussion. Ensembles include three graded youth orchestras, a community orchestra for adults, two youth choruses, and coached chamber music groups. Group classes cover topics ranging from music theory to dance band to vocal performance. Music Together, a franchised program that introduces babies and children to music fundamentals, is offered five times a week. It's a long way from the plans beginning in 1994, with Norwich’s Marcia Williams and two colleagues organizing gatherings to read chamber music. Over the next 20 years various incarnations of youth choruses and orchestras for children and adults came and went, as did experiments with summer camps. The Suzuki program began with violin lessons in 2005, and UVMC opened as a music school in 2008.

“We think of a school as being for children [the majority of UVMC's students], but most of my UVMC students are adults,” says voice teacher and mezzo-soprano Jennifer Hansen. “I think the need of adults to learn and grow and be taught and succeed is great. For me, it’s delightful to teach people who can understand and grow at such a high level.”

**Teaching and Doing**

Faculty concerts throughout the year inspire students and enable faculty to continue their own artistic work. “Our faculty are expert performers,” notes Ben, “but good teaching requires more than just performance skills. Our faculty emphasizes the art of teaching, and we value teachers who love and know how to teach.” UVMC provides faculty with the opportunity to learn from and inspire each other; support through professional development grants and peer review is a priority for UVMC.

Like many of the faculty, Jennifer also teaches outside the UVMC, but she welcomes the fertile environment the Center provides. “In studios we practice and teach alone,” she says. “I envied university teachers because they could get ideas from each other, and share their joys and sorrows. And at UVMC the students reap the benefits of sharing and consulting with others. The students are exposed to a wide variety of age and ability, of musical styles and instruments.” “Free Lesson Days” let people try an instrument and meet a teacher, as do “Open House” days this summer and fall.

**A Lifetime Recreation**

Practicing can be hard, though it’s a skill that can itself be learned. “If you’re trying to develop skills, it is solitary,” says Jennifer Hansen, “but most of us are programmed for collaboration, and UVMC provides a context for cooperation. So much of the world is about competing” – conservatories and orchestra jobs can be fierce on this front – “but at this level music is cooperative and collaborative.” Children may work on an instrument for a while, or may advance to a high level; either way, the skill remains available to them throughout life. Making music offers joy at any level.

Norwich resident Judy Pond is known at UVMC for the enthusiasm with which she took up violin after a career teaching English. She loves the UVMC’s energy and vibrancy. “Music is important because it makes your heart bigger,” she says. “I learned how to do things that seemed impossible by taking micro-steps.”

The faces of people making music show intense but oddly calm focus, and—if things have gone well – smiles and laughter at the end. Increasing numbers of studies point to effects on the brain similar to meditation, and suggest multiple benefits from making music. But the players aren’t thinking about brains; they’re hotly pursuing that perfect tone, that most lovely harmony.
In the winter of 2013, Boston-based Historic New England, the nation's oldest, largest, and most comprehensive regional heritage organization, and CATV, the Upper Valley's local community cable television studio, agreed to make a documentary about the history of Norwich's one-room schoolhouses. The groups' previous project, “Connecting the Threads,” a documentary about AVA Gallery's history as the H.W. Carter and Sons factory, had been well-received, and they were eager to now tell a Vermont story about great buildings and their transformations, weaving together interviews and historic photos. CATV director Bob Franzoni suggested Norwich's schoolhouses, with a focus on the surviving two that were at the time on the cover of Norwich's town report and would soon be added to the National Register of Historic Places: Beaver Meadow and Root. Over the next two years, ten students who attended Norwich one-room schoolhouses in the 1930s and 1940s were interviewed, along with local experts on one-room schoolhouses, and dozens of historic photos provided by the Norwich Historical Society were identified for use in the documentary.

Excitement within Norwich about this project grew, so much so that a photo of Root Schoolhouse graced the cover of the winter 2014-15 edition of its membership magazine, the first time a Vermont building had ever been Historic New England's cover story. In that article, Ken Turino, the documentary's director and Historic New England's Manager of Community Engagement and Exhibitions, writes, “Why do one-room schoolhouses resonate with people today? Do they remind us of a more rural America with strong local communities? Is it nostalgia for a simpler, slower pace of life?”

Excitement within Norwich grew as well. In February 2014, Dan & Whit's and the Norwich Inn hosted a wine-tasting fundraiser in support of the documentary. In the fall of 2014, a crowd-source fundraising campaign to help complete the documentary resulted in 38 contributors donating anywhere from $25 to $50; some of these donations came from outside of the Upper Valley. Thanks to the community's support, the documentary will include a remarkable soundtrack of original string quartet music composed by Travis Ramsey, the music teacher at Marion Cross School; performed by instructors at the Upper Valley Music Center under the leadership of its director, Ben Van Vliet; and recorded live by Spencer Lewis within the walls of Beaver Meadow Schoolhouse. The composition is called “Marion's Morning,” in honor of Marion Cross, a former Union Village one-room schoolhouse teacher who later moved on to the school in the heart of Norwich village.

The completion of the documentary comes at a time when the community's interest in preserving the schoolhouses is at its peak, no doubt in part due to the schoolhouses' addition to the National Register of Historic Places in the summer of 2013, made possible by the efforts of the Norwich Historic Preservation Commission. Shortly after this designation, Beaver Meadow Schoolhouse launched a major fundraising campaign to re-establish the septic system, plumbing and bathroom and upgrade other areas. Significant progress has been made thanks to generous grants from the Vermont Arts Council, the Byrne Foundation, Mascoma Savings Bank, Ledyard National Bank, the Norwich Women's Club, the Norwich Lion's Club, and Beaver Meadow Chapel Association, and in-kind donations from contractors including Pathways Consulting, Wanner Earthmoving and others. Many individual donors have contributed and fund raising continues with Beaver Meadow's annual cocoa mulch sale, concerts and other efforts. Upcoming improvement plans include building and attached shed repairs, wheelchair accessibility and electrical upgrades.

Meanwhile, the Root District Game Club, which became a 501(c)3 nonprofit last summer, has initiated an $80,000 capital campaign to rebuild its deteriorated foundation, which forced the building's closing in 2011. In 2014, it received a major boost with a $40,000 matching pledge from the Byrne Foundation, and has also received support from the Norwich Women's Club, the Norwich Lion's Club, Vermont Community Foundation, Preservation Trust of Vermont, in-kind donations from Smith & Vansant and Pathways Consulting.
and several individual contributions. The Game Club’s campaign still has a long way to go, but they are optimistic that the documentary could help generate the additional financial support it needs.

How do we measure whether or not this documentary is a success? Will it be a success if there is a strong turnout for the two screenings? Will it be a success if it is broadcast on Vermont Public Television, as “Connecting The Threads” was shown on New Hampshire Public Television? Will it be a success if it wins an award, as was the case with “Connecting The Threads,” which won the 2013 Leadership in History Award from the American Association for State and Local History?

More important than all of these possibilities, the documentary is already a success because it has given an opportunity for ten people who attended Norwich’s one-room schoolhouses to share their stories. Historic New England’s Ken Turino says, “Norwich’s one-room schools are now part of the past, but these stories are just as important to the town’s history as the structures themselves.”

Thanks to Dale Somerville, Stanley Teeter, and Jacquie Teeter-Durkee, we will remember Turnpike School, even though it burned down decades ago. Thanks to Alfred DeVaux and Alma Gray, we will also remember “Pompy,” the Pompanoosuc School, which was long ago converted to a single-family home. These schools may not have been preserved, but memories of them will be.

Thanks to Stanley Wallace, we will know Beaver Meadow Schoolhouse even better than before for its historic role in Norwich education, as well as for its current and future role as a vibrant gathering place in the Beaver Meadow community.

And thanks to Rockcey Ruby, Dan & Fred Smith, and Helen Smith, we will remember the Root School.

For the members of the Root District Game Club, for the many families who have used the schoolhouse as a community center from 1952 until its reluctant closing, and the current residents of the community surrounding this building, one important measure of the documentary’s impact will be a simple one: did it help save the building? The documentary alone cannot rebuild Root Schoolhouse’s deteriorating foundation and return it to public use. Hopefully, those who are moved by “Back to School” will respond by supporting the preservation of the building itself, along with its memories.

If you would like to attend a screening of “Back to School,” please contact us at (802) 331-0677, or send an email to rootschoolhouse@gmail.com.

More information about the documentary, including video clips, can be found at our website: www.rootschoolhouse.org. You can even follow the film on Facebook: www.facebook.com/rootschoolhouse.
CREATING COMMUNITY

The Bike Hub Wednesday Night Ride

None of them is Lance Armstrong, but these road warriors are committed and motivated to ride

Behind the windows of The Bike Hub on Route 5 South next to the Farmer’s Market in Norwich are all the sexy toys that makes the two-wheel spandex crowd go weak in the knees: acres of carbon fiber; curvy, other-worldly frame designs, seemingly inspired by the space shuttle. But the shop offers more than eye candy for the road biker – true to its name, it has become the nexus for a vibrant scene of recreational (if sometimes quite competitive) group rides several times a week throughout the summer and early fall.

At 5:30 on a Wednesday night, a cacophony of beeps can be heard across the parking lot as dozens of GPS devices are reset. Guys – and a few women – of all ages, in loud spandex and varying degrees of fitness, astride bikes ranging from “good enough” to “only the best will do” prepare to embark on a 25 mile ride around the Upper Valley. It’s early in the season, so only about two dozen riders have shown up; later, the group swells to 40-50 riders. Usually, the pack will divide into at least two, sometimes more groups, each riding at its own pace, and riders self-selecting where they want to be. The “A” group consists of a ferocious bunch of riders eager for an opportunity to push themselves and each other to the limit. It’s all in good fun, but not without some blood, sweat and tears at times.

Still, David from Grantham is eager to put the ride and the riders into perspective and dispel some myths while he waits for the rest of the pack to form up. “Honestly, nobody is trying to be Lance...
Armstrong here,” he says with a laugh and nods of approval from the bikers around him.

Nik Fiore, a regular from Lebanon, describes the dynamic of the group ride this way: “It’s first and foremost a social event that gets each of us out to ride after work at least once a week. Then, once you start riding with a group, they’ll start expecting you to show up, and to be ready to ride at their pace, so suddenly you feel compelled to stay fit between the weekly rides.”

Of course, that level of self-imposed pressure may not be for everyone, and Bill McFadden, who owns the Bike Hub and launched the group rides about five years ago, acknowledges that some may find the format of the Wednesday night ride daunting and intimidating. “Even the slow groups ride fairly fast,” he says, and tools like the activity tracking app, Strava, has made it easier than ever to measure your efforts against your fellow riders and to feel compelled to push harder. McFadden does worry that this may keep some from showing up, but while the shop promotes the ride and offers some support,

ride after work at least once a week. Then, once you start riding with a group, they’ll start expecting you to show up, and to be ready to ride at their pace, so suddenly you feel compelled to stay fit between the weekly rides.”

For detailed route information on these rides as well as other group rides in the area, check out www.groups.google.com/d/forum/upper-valley-velo

_and they’re off_. Bike Hub owner Bill McFadden (grey t-shirt) watches as the assembled Wednesday night group riders set off on their ride.

The Bike Hub owner Bill McFadden (center) gives the assembled Wednesday night group riders a quick recap of do’s and don’ts before sending them on their way.

For detailed route information on these rides as well as other group rides in the area, check out www.groups.google.com/d/forum/upper-valley-velo

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Stoncliff Animal Clinic: Cortni Muir

Cortni Muir had an early introduction to animals; her family owned dogs and cats and her cousins had a farm, so it wasn’t all that surprising that she went to the University of New Hampshire to pursue a degree in animal science.

After graduation, she worked on small-scale farms before finding a part-time position with Newport Animal Hospital as a veterinary technician. Cortni quickly realized that she had found a new passion for working with companion animals, “the best part of my day is building client relationships and getting to know some really sweet animals.”

When Cortni began working as a vet tech she decided to move back to the Upper Valley, and was offered a job at Stoncliff Animal Clinic last October.

Cortni talked about the benefits of Stoncliff’s new, larger surgical suite, “having more exam rooms, waiting areas, and room for us to grow only makes our future brighter... We just recently launched E-Pet Health on our website where clients are able to access informational videos, their pet’s health records, and more.”

“I am so lucky to work with a group of people that genuinely cares about the pets we see and the clients we work with.”

At home, Cortni shares her space with her rescued Beagle, Annie. “She spent the first three years of her life in a cage. These days she’s lounging on a couch or in the sun. [She] doesn’t make a peep and would do anything for food, cuddling, and an afternoon walk.” In the future, Cortni hopes to run a small hobby farm with a few chickens, sheep, and cattle; then she can use everything she learned in college and more!

Small Animal Veterinary Emergency and Specialty: Dr. Jason Hedrick, DVM

When SAVES set up operations in Lebanon and later joined the InTown Veterinary Group (IVG), owners Dr. Dan Kelly and his wife Jodi (Norwich residents) promised the following: “To start implementing in-depth services from highly-trained specialists.”

That commitment has been realized with the arrival of Dr. Jason Hedrick who recently the staff at SAVES in April as an on-call surgeon 24/7. Not only does Dr. Hedrick specialize in the scientific aspect of veterinarian care as a surgeon, but has been trained in the psychological world of pets, especially dogs and their owners

“I have always been interested in psychological care involved in veterinary care and absolutely love dogs,” Dr Hedrick explained. “That part of the practice is not only very important to the dog visiting a veterinarian under stressful conditions, but to the owner as well. Sometimes I don’t know who to comfort first, the dog or the owner.”

Dr. Hedrick, his wife Anna and their two children Bowen (3 years) and Vetter (1 ½) have just moved from Chicago to their new home in Norwich. He originally hails from Manitowoc, Wisconsin. The move to Norwich was just what the doctor ordered.

“I just love Norwich and the state of Vermont with all the outdoor living offered here and the Upper Valley. We go hiking and plan to start a significant garden this spring. This is a beautiful area.”

“One decided to focus on the scientific and psychological end of veterinarian care, I wanted to do something with my hands and was attracted to surgery. At SAVES, I get it all in one place. That really appeals to me. My true passion is working with people and dogs.”

Mascoma Savings Bank and Norwich Public Library

In 1901, the Norwich Public Library Association broke ground on what locals and non-locals alike have come to find as a resource of information and entertainment. The Norwich Public Library’s brick facade and white columns offer a resolute presence. Inside, books, magazines, audiobooks, and DVDs (about 35,000 in all) nestle themselves neatly upon the shelves.

While book-borrowers are paramount to the library’s existence, the non-profit and its programs are regularly supported by donations from Mascoma Savings Bank.

One such program is First Wednesdays, a collaborative offering of the library and Vermont Humanities Council, and co-hosted by the Norwich Historical Society. A series of lectures, First Wednesdays offers a variety of thought-provoking and fun topics presented by doctors, authors, musicians, and others.

Library Director Lucinda Walker, who has worked at the NPL since 2002, said Mascoma Savings Bank has “always” been a loyal supporter of the library, and is a “lead sponsor of First Wednesdays” having “generously sponsored this series since 2008.”

Samantha Pause, senior vice president of marketing, sales and service for MSB, said First Wednesdays is an ideal program for the area. “It provides an outlet for lifelong learning that is an important part of our community,” Pause said. “We live in such a great area where individuals do have opportunities such as this to gather to learn and have compelling conversation together. It simply adds to the vibrancy of our area.”

Additionally, MSB has sponsored library fundraisers, such as Altered Books and Book Feast, and though currently defunct, the MSB Foundation provided the seed support for Book Club Bags, a program that provided book groups with 10 copies of a book and discussion materials. Walker said Mascoma’s support at that time was “crucial,” and there are plans to reboot this program in the future.

Coldwell Banker Redpath: Bullet

In every issue of the Norwich Times we like to feature a staff member at one of our supporting organizations. Usually this is a human, but the crew at Coldwell Banker Redpath thought it would be nice to present their devoted canine teammate, Bullet.

Bullet is a 6-year-old male French Bulldog who owns Sam Westelman, another dedicated realtor at CBRedpath. Bullet arrived on a jet plane from the midwest, and immediately began to take on his duties with a serious dedication that has only grown over time. Some of these include the smaller tasks, such as making his rounds to ensure key staff members are there – those are the ones who have learned to have his morning treat ready. He also greets any others who come in with a great bulldog smile at the top of the stairs.

His role has more serious duties, too. He is essential in calming those colleagues who just need a break for a few minutes, and perhaps even more important, in entertaining young children while their parents and the realtor work their way through endless heaps of paperwork. Bullet also takes pride as the welcoming committee for many of the new clients. While the other realtors do a relatively good job, Bullet feels that he really provides that extra oomph that sells those houses and helps people find their homes.

Bullet loves showing houses as well. His specialty is the exterior of the property where he can really demonstrate innovative landscaping ideas to clients. Once the group moves to the interior though, Bullet stays out of it; he’s not one for interior design.

Bullet loves his job; he’s lucky to get to work with such a great team, and that he lives with one of his personal favorites, Sam Westelman.
PEOPLE AND PETS

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Since then, the internet has matured and grown exponentially. Today, (almost) everybody has access to an infinite amount of information and people online; telecommuting is routine, and teachers assign homework to complete online and “hand in” electronically. Everything from banking to shopping is done on the web, and many if not most of our daily social interactions are virtual, rather than real.

**The Nuts and Bolts of Getting Us Connected**

But all that digital excess is only available if your connection to the internet has kept pace. For many Vermonters, however, connectivity has remained sketchy and slow, leaving them stranded on the far side of “the digital divide” that separates those with access to new technologies from those without. To be clear, that’s not only a developed-versus-developing world issue: the digital divide has been called one of America’s leading economic and civil rights issues, and it affects rural areas, like Vermont, particularly badly.

This was why Governor Shumlin earlier this year reiterated that Vermont’s economy cannot function without sufficient internet access. “It’s no different than the telephone lines and electric lines, the challenge that Governor Aiken faced, back when that was being distributed through poles and wires,” he said of broadband. “I don’t think there’s a more important goal for a small, rural state.”

The state has struggled to achieve that goal, however, and in 2007, enterprising Vermonter took on the challenge to bring broadband to the underserved in East-Central Vermont. By 2010, after a bumpy ride through the great recession, EC Fiber had set up shop in South Royalton, and the company has since extended fiber optic cable — and with it high speed internet — to towns, libraries, companies and private subscribers in off-the-grid places, including parts of Norwich.

Getting community buy-in and gaining the necessary access to utility poles has required EC Fiber’s team to jump through countless hoops, their accomplishment is perhaps more one of financial prowess and negotiating skill than of engineering. With its community ownership and leadership, a team of friends, local staffers and funding largely from local investors, EC Fiber certainly has more than a touch of modern day co-operative about it. With over 1,000 customers, their feisty business model is working well — so well, in fact, that EC Fiber is being noticed and their approach copied by other rural communities eager to deliver broadband, tired of waiting in vain for the state or commercial providers like Comcast to do so.

**In a Norman Rockwell Painting, You’d Ask Your Neighbor**

Once the high speed bytes flow freely, the first thing many users do is join the billion or so other users of Facebook, the social media juggernaut that — for better or worse — remains a primary conduit for information and interaction online. Perhaps you get back in touch with a long lost high school classmate or your old pen pal in Peru, but even if a few hundred of them are “friends,” Facebook’s vast network is no real community. As Chance Barnett of Forbes Magazine put it a few years ago, “Just because we connect with a person or company online, it doesn’t mean we have an actual relationship. Real connections are forged under many circumstances, but relationships built in local communities are more important than ever.”

To bring it back down to scale, one option would be to establish a local community in the virtual world. That’s what Chris Healy of Norwich did five years ago, using Facebook’s built-in groups – “The place for small group communication and for people to share their common interests and express their opinion” according to Facebook itself. Chris had already seen the usefulness of such groups as a hockey coach, and he felt an online group could broaden the scope for instant, informal communication between people from different towns in the Upper Valley, on a platform with which they were already familiar.

Chris invited his friends, then let word of mouth (and clicks on mice) do the rest, and today the Upper Valley VT/NH Facebook group has almost six thousand members. It’s mission is for users to do: “Share your experiences, give advice, make referrals with your neighbors. Be nice to each other. Revel in our differences as well our commonalities. Most of all, share your favorite Upper Valley finds.”

Members post almost anything, really. Live music announcements, requests for recommendations, announcements of yard sales. One member came looking for a “turtle-sitter,” another recently asked: “Does anyone know who runs the message on the group’s page. But as the moderator of the group he tries to be hands off, and he rarely has reason to intervene. “It’s somewhat self-policing,” he says. “People have really gotten the spirit of it and taken ownership.” Which may explain where Chris finds the courage to dream about expanding the group to involve more political discussions, hoping that the format would allow people to discuss local matters in a positive and meaningful way, while keeping things respectful.
Civic Participation in the Online Era

Whereas Chris Healy opted to use an existing social media network, Norwich resident, Watt Alexander, and his team at Subtext Media in White River Junction have instead built their own platform – a website called dailyUV.com – to support genuinely local, community-based conversation and connections while avoiding the privacy compromises and problems associated with sites like Facebook.

DailyUV.com began by repurposing the content from the venerable Upper Valley email listservs, but it is evolving into a comprehensive suite of events calendars, marketplaces and interactive hubs of community information.

Rob Gurwitt (also a Norwich resident) from Subtext Media notes that, even in a small town like Norwich, life has become more complex. “We’re busier, and with few exceptions – like the recent bond debacle – people just don’t have time to show up at a community meeting at 7pm. We saw that at Town Eating Day in Norwich, where we could never get more than a couple of hundred people to turn out. All the same, people do want to be and feel connected and informed, so local government and organizations in cities and small towns all over the country are struggling to figure out how to let people know what’s going on. That’s harder than ever with the barrage of information cluttering every media channel.”

Subtext Media’s approach is to use the internet to bring it all together, lowering the barriers to access information, and presenting curated local content in a more convenient and approachable way.

In Chris Healy’s ideal world, the connections forged online should lead to offline “real world” interactions as well – face-to-face meetings and collaboration on community projects. Rob Gurwitt isn’t convinced that improved access to local information will get more people actively involved in community life. “That remains up to each individual,” he says, but he does hope that the site will help stimulate discussion.

The reason Shumlin and others want all Vermonters connected to broadband is obviously not primarily so they may swap canning recipes with their neighbors. Rather, says Julia Pulidindi of the National League of Cities, “Ultimately, the goal of broadband access is to allow people to take advantage of its potential to improve the user’s experience, whether it’s for business development, improved healthcare, education or recreation.”

The goal is proving elusive, however, and the goals keep shifting. The leap from dial-up to even limited broadband like DSL was significant a few years ago, but the FCC recently increased the minimum speed that may properly be considered “broadband,” and as VPR reported in February, by that new standard, thirty percent of Vermonters still lack broadband.

EC Fiber’s Norwich-led team of innovators has taken a grassroots approach to help community members across the divide. Bit by bit, they’re connecting them to the online world around which our lives increasingly revolve. Once there, they can use both the dailyUV.com and the Upper Valley Facebook group to discuss matters great and small and share the experiences and insights that make the Upper Valley special. Our little community may be part of a brave new virtual world, but it can still be local.
On June 16th, 1943, about a hundred Norwich residents gathered for a picnic along the Charles Brown Brook just off Beaver Meadow Road. The gathering also served as a meeting to introduce the idea of a community pool. According to minutes from the meeting, after “much good fellowship and sociability around the supper table,” Rev. Harold K. Messner addressed the picnickers about the need for a local swimming pool, “as uncovered by the Norwich Town Survey, his own observations, the growing juvenile delinquency problem and the lack of transportation to lakes.” Rev. Messner felt sure, “Norwich had the pride and cooperation necessary to undertake such a project.”

Mrs. Della Sargent MacAulay, who owned the property abutting the brook, spoke next. For years she had wanted to donate a parcel of land along the Brown Brook to the people of Norwich. She “offered to give free use of (her land) providing proper legal protection could be worked out.” Someone estimated pool construction would cost around $3,500. Another resident reported he had, $25 from the pool fund. Before the meeting wrapped up, a committee was appointed to start the fund raising, “to give free use of (her land) providing proper legal protection could be worked out.” Someone estimated pool construction would cost around $3,500.

In August, the first meeting of the Norwich Development Association, an outgrowth of the fund raising committee, took place to oversee the creation of “a swimming pool, playground and recreation park, without profit” in Norwich. In its first letter to the community, the association extolled the benefits of a town swimming area.

“Community swimming pools have been approved by the War and Navy Departments not only because the pools will help prospective soldiers and sailors to learn to swim as well as to enjoy the benefits of one of the best forms of exercise, but also because such projects will provide recreational facilities within walking distance or within a short drive and thereby obviate out-of-town trips entailing the use of gasoline.” The letter closed with a request for citizens to support the pool in pledges that ranged from $25 to $100 that could be paid out over the next five years.

On October 14th, 1943, Mrs. MacAulay sold 7 acres to the Norwich Development Association for $1. The land she donated seemed ideally located for a swimming pool. The Charles Brown Brook, which fed the reservoir above the proposed swimming pool, was owned by the Norwich Water Company. The plan was for the overflow of the reservoir to fill the pool. The pool itself would measure about 130 ft. wide and 200 ft. long, with a wading area and a dock with a diving platform. Next to the platform a wide dam was to be built that would use splashboards to hold the water back.

**Opening Day**

On July 4, 1944, a crowd of about 400 people marked the official opening of the Norwich Community Pool with a rendition of “God Bless America”. Then Dr. Scott Pedley, the master of ceremonies, introduced Virginia “GeGe” Boorup, the swim instructor and supervisor of the pool. Mrs. MacAulay cut the ribbon and the daylong celebration commenced. Gatherers enjoyed grilled hot dogs and hamburgers cooked on fireplaces, built by Ernest Fitzgerald and Dan Fraser. They also treated themselves to soda pop, punch, and ice cream cones.

Bill Aldrich, a lifetime Norwich resident, was a small boy when the pool opened. “There was a jungle gym for the little kids plus arts and crafts, horseshoes and volleyball,” he recalled. “Flutterboards were set out at the shallow end of the pool.” Swimmers changed in dressing rooms that had been built by half the men in town under the supervision of Harold Cross. Kids and adults participated in races and contests. One game according to Mr. Aldrich, “involved drinking a Coke out of baby bottles and the quickest to empty was the winner. Lots of foam and belching toward the end!” The day also included an “old fashioned” swimsuit contest. The judges chose Elizbeth McKenzie as the winner, and Helen McKenna, “a close runner up.” The celebration closed when hundreds of voices joined in singing the “Star Spangled Banner”.

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In early September “Ge Ge” submitted a report at the close of the first season. She had provided free swim lessons to 86 Norwich children & grown ups. The average weekday attendance was about 50 people. On the weekends it swelled to 150, “but the pool was never overcrowded.” She reported, “the younger generation is particularly fond of archery,” and encouraged the town to provide targets “up at the pool for their use.” She wrote that a highlight of the season was the August 1 community picnic at the pool where 100 people showed up for a “life saving exhibition done by the girls in the older intermediate class.” There was also some lighthearted competition that included the potato sack races, a three-legged race and a cracker-whistling contest.

**Funding through the Years**

During the late ‘40s and ‘50s funds were needed for the salary of the pool supervisor, the upkeep of the grounds and to pay off the construction loan. The town and the Red Cross chipped in a bit, but the bulk of the funds came from Norwich residents: $491 in 1945; $980 in 1946; $859 in 1947; and $1,000 in 1948. But in the spring of 1952 money was tight and the town decided it couldn’t support the pool at all, “as part of a general effort to pare town expenses to the bone in a year of unprecedentedly high taxes.” The pool would be open only if a lifeguard could be paid.

To raise money, the Norwich Development Association hosted movies during five Saturday nights in spring in the Town Hall. The “Lifeguard Movie Series” charged fifty cents for adults and twenty-five cents for children. “We have scheduled high-class shows of wide variety,” the Association report noted. “You will be approached for ‘Lifeguard’ contributions and we sincerely hope that the movies will earn us a good lifeguard for a full season’s operation of the pool.” In 1953 the tax burden eased and the town returned to the tradition of supporting the pool with a modest annual contribution.

Funds weren’t the only thing that occasionally dried up. During particularly long, hot summers, flow from Brown Brook decreased, which meant water didn’t spill from over the dam, and the pool became stagnant. To remedy this, a 75 foot deep artesian well was drilled to help keep the water moving. While the well water was only about 55 degrees, it did keep the pool fresh and open longer.

The pool also faced structural issues over the years. In 1973 the dam was damaged by a storm but repaired without much fanfare. A leak in the dam in June of 2005 drained the pool in less than two hours. But by this time, the Recreation Department, which now saw to the operation of the pool, had the leak quickly repaired.

Over the decades, June marked the re-opening of the Norwich Pool, a much anticipated event for the community. People liked the fact that the road to the pool, a small opening to a narrow path barely wide enough for a car, was unmarked. Grade school children trooped to the pool for an end-of-year parties. After work, adults jumped into the water to enjoy relief from the pressures of the day. Families picnicked, waded in the shallows, dove in the deep end, and swam in water that was warm on the surface, but chilly on the toes.

**A Loss for Norwich**

Fast forward to August 28, 2011, when isolated parts of Norwich, along with other areas throughout the Upper Valley and Vermont, were devastated by Tropical Storm Irene. The storm blew out the dam at the Norwich Pool, which had not been built to withstand such a pounding. It pushed huge chunks of concrete to the side, drained the pool, and washed away the dock. The Norwich Pool was ruined and has not reopened.

Now, to recall the glory days of the pool, one has to go to the Norwich Town Hall, where a painting by the artist Paul Sample hangs in the Clerk’s Office. In “Norwich Holiday”, Sample captures the summer of 1944, the first year he brought his son, Timothy, to the pool for swimming lessons. Looking at the painting, you can almost hear the water spilling over the dam, the chatter among families at picnic tables and the screams of little kids as they race to jump in the water. Sample’s canvas also includes celebrities. Mrs. Elizabeth Ballard, daughter of Senator Ralph Flanders, peers into the water on the edge of the dock in her white bathing suit. On the left side of the painting a sailor in his white uniform stands with his arm around his girl, a reminder that in 1944 the United States was at war and that the pool had been built in part to offer a respite and sanctuary from a troubled world.

This summer marks the town’s fourth year without the Norwich Pool. Today the Charles Brown Brook makes a shallow stop before it tumbles 12 feet over a rocky gash in the portion of the dam that remains. The changing rooms are dilapidated and surrounded by yellow caution tape. The sand is gone from wading areas and rocks jut up in the center of the stream.

Now seventy-two years after Mrs. Della Sargent MacAulay donated her land to the town for a pool, a new effort is underway to revitalize the stretch of Charles Brown Brook and recreate the town pool. While town and state officials debate the best way to move forward, much of the community has already made their feelings known. Like the Norwich Development Association back in 1943, residents today also hope to create “a swimming pool, playground and recreation park, without profit.”

Quoted material, unless otherwise noted, in this article are drawn from: Minutes of the Norwich Swimming Pool Project 6/16/43, Norwich Development Association Minutes 9/4/44 and 4/14/52.
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High Horses Takes Participants to New Heights

Molly O’Hara

If you’ve ever taken a drive on Rte. 5 South from Norwich, you likely have passed by idyllic Brookside Farm, home of High Horses Therapeutic Riding Program. High Horses has been serving residents of the Upper Valley since 1993. In fact, they were the first program in Vermont that met the necessary criteria to attain “Premier Accreditation” by the Professional Association of Therapeutic Horsemanship International.

Over the years, High Horses has grown both in size and as a program. The program currently has use of both an indoor and an outdoor arena at the farm in Wilder which allows participants to ride in all seasons. There are 10 instructors, physical therapists, and site coordinators employed by High Horses, as well as countless volunteers who make the intensive daily workload possible.

High Horses’ programs are mainly geared towards individuals with special needs. In connection with various physical and occupational therapists, these programs advance in level to meet various riders’ challenges, from those who need a little physical help to those who have larger physical or emotional challenges. High Horses also runs a program for Veterans, and a program I was lucky enough to watch in action, the Grey Horse program. The Grey Horse program was piloted in March and April of 2015 and is for riders over the age of 50. The age range in the Grey Horse class currently is 50-89. I was lucky enough to speak with Mike, a local Norwich resident and participant of the Grey Horse program since its inception.

Her favorite part about the program is “developing that flexibility in her hips and joints again; it’s a great way for Norwich seniors to help with their joint problems.”

She also noted how wonderful developing that connection with a horse could be, “emotionally, developing that relationship, it’s something Norwich seniors can do for themselves to bring positivity to their lives and bring the light of High Horses to their community. My grandson has been a part of High Horses’ programs for 4 years; we both ride Dudley. He’s my grandson’s best friend, and my favorite, too.”

Sue Miller, Program Director and PATH Intl! Registered Level Instructor, was watching the lesson with me as she was training a new instructor, and she spoke about many of the seniors who found relief from and positive changes in joint issues that had previously plagued them. This new program is another very special option that highlights some of the positive additions the Executive Director and staff are willing and happy to create to meet the needs of the community.

Liz Claud, Executive Director, began by volunteering for High Horses, helping out with the lessons. She saw the joy the participants gained as some began to speak for the first time and others were able to sit up where they had not been able to previously. Liz fell in love with the program and first became the site coordinator before becoming the Executive Director - although she still volunteers, as you can see in the photo of her walking beside Mike as Dudley’s handler.

One of the reasons horseback riding is so therapeutic for so many individuals, special needs or not, is because it requires learning both physical skills and developing mental connections. As Liz said when I asked her if she had begun to ride since joining the program, “Yes, and I have come to realize how difficult it is… several parts of your body need to be doing different things at the same time, plus you need to be aware of your horse and the surroundings. [It] keeps your mind and body sharp and strong, yet relaxed. Plus, developing the relationship and actually partnering with the horse is a magical feeling.”

At High Horses, the riders are accompanied by volunteers and instructors walking on both sides of the horse until each individual participant is able to maintain balance on his/her own. Once he/she reaches this point, the student might be able to ride more freely and independently in the lessons. Regardless of how many people are helping the rider, the silent communication and trust still has to be developed, and that is something that can bring people out of their shells, or teach them to have strength in other areas of their lives.

This is the beauty of therapeutic riding programs – to help man, woman and beast learn how to trust and to communicate effectively – the cornerstones of success for most relationships and an independent and fulfilled life.

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