Residents of Norwich: Have you seen a man blowing giant bubbles larger than a five-year-old at Marion Cross School? Or did you notice in the town picture that one of the residents has on a massive Bernie Sanders Puppet head? Perhaps maybe at Dan and Whit's last year, you noticed an out-of-the-ordinary housing ad? It wasn’t on a white, 8.5 x 11 piece of paper, but a colorful 3D cardboard cut-out featuring bees, ukuleles, chickens, a red Canadian Maple leaf, and individually drawn portraits of a family of four. They were seeking a house in Norwich by July 1st, which was clearly noted as Canada Day.

These were the works of master hobbyist and founder of Make Your Own Fun, Dr. Ken Leslie. For the curious, yes the search was successful, and Ken, along with his wife Shannon and two sons Journey and Phoenix, recently moved to a house upon the steep Glen Ridge Road. As for the focus on Canada, they are not exuberant Canadophiles, but actual Canadiens.

Although he grew up in Ontario, he and his family were living on the islands of Haida Gwaii off the coast of British Columbia before moving to Norwich over two years ago for his job as a consumer neuroscientist at Merchant Mechanics, located one mile south of Hanover. With an impressive academic background, this is not Ken’s first time in the Upper Valley. After earning a Neuroscience PhD at Brandeis University, he came to Dartmouth to do a postdoctoral fellowship in Psychological and Brain Sciences in the early 2000s with Dr. Mike Gazzaniga.

Although this was before marriage and starting a family, Ken has always

Editor's Note: For a few years now, the Norwich Times has been featuring our young people thinking, doing, and living outside the box. Rather than follow the traditional four-years-of-high-school on to four-years-of-college route, these adventurous souls are recognizing that there are many paths, and that some may lead to a whole new world to explore. Read about Abby Dole, Maisie MacMillen, and Cleo Roback as they tell us about their exciting and humbling travels to distant lands.

Continued on page 12

Continued on page 22
The Colors of Summer

Having lived in Norwich for nearly 30 years, you might think the explosion of life every Spring would become less of a surprise. But I have to admit to a true sense of awe when the bare trees suddenly become a thick blanket of many shades of green. It continues to amaze me every year just how quickly the change takes place. As my daughter approaches her second birthday, she seems fascinated with colors, and one of her favorite words lately is the one she says every time she looks out our windows: “green!” Along with the visible changes in the landscape, there are many other exciting aspects of the season, not the least of which is the arrival of a new vintage of “warm weather wines.”

The 2017 Rosés have begun to appear on our shelves, and just as we do every Spring, we have been tasting them and deciding which are our favorites of the year. This is an exciting time, as every new wine is always a mystery, and some of the ones we liked most last year are being replaced with others that we feel are showing better. We have been selling an assortment of delicious dry rosés for more than 20 years, but it is really in the past few years that more and more people have become comfortable with something pink in their glasses during the warmer seasons. New vintages of crisp Summer whites and bright reds suited for barbecue season are also arriving almost daily. Whatever your tastes, we’re sure to be able to help you find something new to try!

~ Peter Rutledge

What To Do About the Emerald Ash Borer

What will we lose if the ash trees of Vermont are driven to extinction by the emerald ash borer?

People often associate our forests with the iconic sugar maples and white pines. But Vermont’s three species of the ash (Fraxinus), which comprise about 5% of Vermont’s trees, also provide important wildlife, economic and cultural values. The green, white and black ash aren’t easy for a novice to tell apart. The ash borer, an invasive insect from Asia, attacks them all.

The ash borer is bright green beetle about a third of an inch long that kills trees during its larval stage by eating the inner bark. It is also attacking another US native, fringetree, (Chionanthus virginicus) which is not found in Vermont.

The ash borer showed up in Michigan in 2002 and was found in Vermont early this year for the first time in Orange County. The evidence so far suggests that the borer arrived here several years ago and has already spread to several counties, a common emergence pattern.

Ash trees, which are members of the olive family, don’t have nuts or fruits, but bear clusters of oar-shaped seeds like the familiar maple “helicopters” that hang dry into the fall. Bullfinches, nuthatches and woodcock, among others, eat the seeds. Owls, woodpeckers and wood ducks nest in ash canopies. The Canadian sphinx, Eastern Tiger Swallowtail, Orange Sulphur, Giant Sulphur, Hickory Hairstreak, Mourning Cloak and Viceroy butterflies, among others, rely on it as a larval host.

Sportsmen, especially lacrosse and baseball players, favor the ash. The Mohawk made lacrosse sticks from it, and Ted Williams swung an ash bat for the Red Sox. Basket makers prize the black ash, and long ago wove it into the Abenaki culture where it features in creation myths.

The disappearance of ash in the forest would diminish the quality of other timber trees. In the forest, ash trees provide a “trainer effect” on other species. They tend to grow faster and straighter than other hardwoods, forcing neighboring trees also to grow taller and straighter, increasing their value in turn. Where the borers wipe out the ash population, invasive bush honeysuckle takes hold. That shades out tree seedlings and harms canopy growth by sucking up nutrients and releasing chemicals into the soil that choke other roots, a competitive strategy known as allelopathy.

To search for an infestation, look for dead branches in the crown, yellow, thin or wilted foliage, unusual amounts of woodpecker activity, shoots with very large leaves growing from roots or the tree trunk, and/or D-shaped exit holes in the bark. If you see any of these signs, contact Vermont Invasives at VtInvasives.org.

Emerald Ash Borer spreads over short distances by flying. Long distance spread is mainly through firewood, ash wood products, infested ash plantings and trees, ash wood debris including chips and ash wood packing materials. Make sure you do not receive firewood or any other ash products or material from outside the state, or from infected Vermont counties (Orange, Washington and Caledonia).

At this time, there is no protocol for eradicating emerald ash borer. Pesticide use does more harm overall than good. The federal government has approved and released four species of Asian parasitic wasps known to infect emerald ash borer eggs and larvae. It will take several years to determine how successful these wasps are in North America, though early signs are positive. Some native wasps and birds appear to prey on the borers as well. Emerald ash borer kills most, but not all ash trees, so there is hope that the very small number of trees that survive have natural resistance, and can be used as part of an overall strategy of borer management along with native and introduced predators.

For more information, or if you see evidence of emerald ash borer go to VtInvasives.org. If you can send in photos of the evidence they will be reviewed by state foresters and the state entomologist. Please also let the Norwich Conservation Commission know if you suspect or have found the borer in our local woods.

~ Lynnwood Andrews
Tracy Hutchins, President, Hanover Area Chamber of Commerce

Happenings of the Hanover Area Chamber of Commerce/Norwich Business Council

This year, the Hanover Area Chamber of Commerce (HACC) celebrates 70 years of serving the businesses of Hanover, Lyme and Norwich, as well as throughout the Upper Valley. As a resident, you may know a chamber of commerce as the organization that promotes tourism in a region such as in the saying, “It’s a chamber of commerce day,” meaning the weather is fine and the town looks great for visitors. Certainly, the HACC works toward promoting tourism in our area. However, we also work to promote positive economic growth, shopping locally, and we help to support businesses with resources and education.

The Norwich Business Council (NBC) is an affiliate of the Chamber and comprised of local businesses and organizations in Norwich. Together with support from HACC, NBC sponsors several community events such as their upcoming Ice Cream & Watermelon Social on July 15 during the Concert on the Green. NBC meets monthly at the Norwich Inn and any business located in Norwich is welcome to attend. Next meeting is June 8, from 8:15 – 9:15 AM.

Coming up: HACC is coordinating the first annual ART in the PARK on the Norwich Green on Saturday, 10 AM to 4 PM and Sunday, 10 AM to 3 PM. This arts festival will feature over 50 booths of fine art and crafts, performances, children’s activities and specialty foods.

The Bandstand will have performances all day ranging from music to dance and theater. Artistree will bring their theater talents to the bandstand and VINS will show off their birds of prey. Singer Bryan Blanchette will perform songs of Native American culture, the Windsor High School Jazz Band will turn up the beat to get your toes tapping and a capella group, The Clef Hangers, will harmonize to make you swoon.

Children of all ages may demonstrate their artistic ability with a Sidewalk Chalk Art Contest. Chalk will be available and budding artists will be assigned sidewalk squares in which to draw their creation.

The art theme continues with the Norwich Historical Society’s annual Norwich House & Garden Tour: A Stroll Down Norwich’s Historic Main Street on Saturday, June 23, from 3 - 7 pm. Six historic homes and grounds with plein air artists painting on site. Tickets $25 ($20 NHS members) for sale at NHS on June 23 or www.norwichhistory.org.

Cap your weekend off with the Summer Revels by Revels North on Sunday, June 24 at 6:30 PM on the Green. This year’s Summer Revels performance takes us across the U.S.A. on a family vacation! Sing new arrangements of old familiar songs, from Appalachian to honky-tonk! A little bit country, a little bit rock-n-roll, a little bit madcap, and a lot of fun.

ART in the PARK is sponsored by Ledyard National Bank. Many thanks to support from AVA Gallery, the Children’s Art Studio, Dartmouth College, InTrack Investment and Vermont Institute of Natural Science (VINS).
Exciting Announcement!

One of my dreams, since 1997 when I first started the Norwich Times, has been to spread the concept of good-news-only community papers. I was routinely becoming upset by mainstream, bad-news-only media and had to stop watching the news and reading newspapers. Over the years I raised my daughters and started three other good-news-only publications with the idea that I would launch additional ones as time permitted. My daughters came first so the business was slow to grow.

It’s now time to focus my energy on spreading good news and inspiring others to share stories about their efforts for the Greater Good… thus the name change!

The business name, Village Green Publishing, was perfect for my quaint New England business. As I move in the direction of realizing my dream by launching publications in cities and suburbs across the country, the “Village Green” image may be unfamiliar to some people and too limiting overall. The name “Greater Good Media” is time- and space- unlimited. I am very excited for this new step and I can’t think of a better time than NOW to share, through media, the works of people across the country doing “good” for the Greater Good.

If you have ties or connections in communities where this media concept will work, please contact me as you wish at publisher@greatergoodmedia.net.

Gratefully,
Jen MacMillen

Correction: Relating to the Gilberte article in the winter/spring 2018 issue of the Norwich Times, the two photos accompanying the article should be credited to Hanover photographer Jon Gilbert Fox.
Molly O’Hara

The image of a livestock guard dog that comes to mind for most people is that of the Great Pyrenees, and it isn’t wrong, but there are more of those fluffy white breeds than you might have known. The Kuvasz, Komondor, and Maremma all have similar looks but slightly different personalities.

Maremmas are becoming increasingly common as farmers re-discover their wonderful traits and smaller size. Maremmas get along with a wide variety of animals, large and small, including cats and other domestic pets, and they are known to be very affectionate with their families and children.

Eva Smith* of Norwich, VT researched the breed heavily before investing in her first puppy when she was still living out west. In her research, some of the most critical things Eva found were that they bark less, roam less, and are more accepting of visitors. They may remain aloof but not aggressive. Sentinel “Senti” came to her from Texas in the spring of 2016 and went straight to work.

One of the ways to raise livestock guard dogs is to put a separate pen inside the sheep pen so that the puppy and the sheep get to know each other first. Senti ended up at the mercy of two sheep who coveted his food and broke down his fence many times. However, it sent him patrolling early.

“I was losing sheep like crazy to coyotes out west. He was the best investment I ever made,” Eva noted.

Eva described the Maremmas’ personality as having wolf-like independence and ability to make decisions. They aren’t dogs for the obedience ring! While they will follow the commands of their leader, these dogs aren’t likely to listen to anybody else.

That’s an instinctual trait bred into these dogs over centuries. A shepherd would need to be able to trust that his dog would only listen to him and not a potential thief, the dog needs to trust its instincts and make decisions at the moment, and the human needs to make sure that the dog is always set up to have positive experiences from the beginning.

Eva decided to move back to Norwich, VT in late summer 2016 and brought — along with her children, house pets, home furnishings, and the rest of accumulated stuff from 12 years of life out there – 16 sheep and Senti in a trailer.

Sheep aren’t the only animals Eva and her family have, of course. She also has two alpacas, a mini horse, goats, and chickens. Last winter, she acquired a second Maremma, Ginger, who is driven to be with the lambs. Eva now summers her sheep at Sweetland Farm in Norwich, VT.

Right now, while the lambs are being born, Ginger is in with the alpacas and the mini horse as she is just about to turn one and still in training. Ginger does make daily visits to see “her” lambs and sheep, though.

Senti, on the other hand, still hates being inside, but seems to enjoy being a family farm dog. He loves his family and protects the area around the house, the sheep in the winter, and the other animals in the summer. Unlike their neighbors, Eva and her family haven’t had a single bear problem at their house, though Senti will bark for much of the night if a bear is around.

Later this summer, Ginger will get her chance to actively guard her flock, when Eva’s lambs are old enough for the sheep to move to a different pasture at Sweetland Farm. It will be a good move for all involved. Sweetland Farm will get a new pasture grazed, allowing the older one to come back, the sheep will have fresh grass, and Ginger will be out and able to do her job. When small agriculture works cyclically like this, even if it means involving a few farmers, we get back to a more environmentally friendly agricultural system, one that has been practiced for centuries. ■

*Name has been changed by request
In 1824, Edwin Ferry Johnson, a young cadet at Alden Partridge’s military school, hiked up Norwich’s Prospect Hill, plunked himself down and drew a detailed pen and ink sketch of Norwich with Hanover in the distance. The drawing includes the South Meeting House, which later became the Congregational Church, and Alden Partridge’s American, Literary, Scientific & Military Academy, which became Norwich University in 1834. Johnson’s sketch shows a prosperous village that had seen its population grow from 1,158 in 1790 to 2,316 in 1830. Wool production, apple growing and farming were fueling the growth. A toll bridge to Hanover was built in 1796. A year later, Jasper Murdock built his elegant home that was both a stagecoach stop and tavern near the corner of what is now Beaver Meadow Road and Main Street. A post office opened in 1805.

The village was thriving; into this development stepped the Emerson family from Westfield, Massachusetts.

From the day they first arrived, Elihu, Joseph and Thomas Emerson and their cousin, John, worked in the community as merchants, speculators, smithies, farmers, builders and town officials. Acting singly or together, the Emersons invested in many properties, including a 100-acre lot of two thousand apple trees.

Elihu Emerson, the oldest of the Emerson men, headed from his family home in Westfield, Massachusetts to seek his fortune in Norwich in 1792, soon after he turned 21. Westfield is not far from the Connecticut River, so it’s possible Elihu paddled upstream to Norwich. But, alas there is no record of how he first journeyed to his new home. Shortly after he arrived, Elihu, who was a blacksmith by trade, set up a shop. In 1794, he built just south of his blacksmith shop what many believe was the earliest brick house in Norwich. The house at 332 Main Street still stands today, opposite Beaver Meadow Road. In 1798, Elihu and Thankful Grant were married and raised six children together. The large family may have prompted him to build a larger home next to his first house which is known today as the “The 1820 House.” The exterior of the house looks much as it did when it was first constructed, only a projecting porch now covers the front door. “The interior is noteworthy,” explained The Early Houses of Norwich, Vermont “for the beautiful treatment of one of the main rooms on the second floor... there is a paneled fireplace and on either side of it recessed alcoves with seats, the alcoves being spanned by graceful arches.”

Mr. Emerson was a sturdy New Engleander. He outlived his first wife and then also his second wife who died when she was eighty. According to one story, Elihu, who was considered quite agile his whole life, placed his hands on his horse’s back and mounted “thereon from the ground on his seventy-first anniversary of his birth.” Elihu died at his daughter’s home in Leicester, Mass in 1873 at the “advanced age of over one hundred and two.” His remains were returned to Norwich and placed in the Fairview cemetery near his brother Joseph’s grave.

Joseph Emerson followed Elihu to Norwich and, in 1796, purchased land on “the highway leading from Dr. Joseph Lewis’s house to the Meeting House.” Around 1815, Joseph built a house on his land “at a time when he was in his middle forties and just beginning his active career as a builder in Norwich.” The “1815 Emerson House” still stands on the east side of Main Street. The building to the north, which now houses the Ledyard Bank, was once his workshop where he made a living as a builder and a hat maker. According to The Early Houses of Norwich, Vermont the house was...
“almost a twin to Elihu’s house…and the decorative treatment is unusually rich, and would lead us to suppose that Joseph was fond of all kinds of carved detail, panelling, etc.”

Joseph was “engaged considerably as a builder”—and considerably is the word. Following the construction of his own home he built “The Partridge House” on Main Street. Now a B&B, the house is an impressive brick structure. Next time you walk by, take a look at the doorway and the triple window above the door which is “…itself treated like a doorway with sidelights and elliptical fanlight.” Joseph also built the third brick house on the left as you enter Norwich and probably had a hand in the building of his brothers’ homes.

One of the striking features about the brick houses built in Norwich between 1810 and 1830 was the beautiful color of the brick described as “a warm soft red, almost a salmon-pink.” These bricks were made in a brickyard located on Blood Brook near the intersection of Main Street and Route 5. In all probability, the Norwich brickyard was the earliest brickyard in this region.

Thomas, the last Emerson brother, arrived in Norwich in the early 1800s. Thomas “was bred a merchant” and “parlayed an inheritance from his great-grandfather Pratt, a Boston banker, into a fortune.” In 1807, Thomas moved to Detroit, Michigan where he formed a partnership with Stephen Mack. The firm Emerson, Mack & Conant, “kept a general assortment of dry goods, groceries and hardware.” They traded with Native Americans and the American military and had a very lucrative business until Detroit was surrendered to the British in 1812. With this “interruption of business, Mr. Emerson withdrew from the firm and retired to Vermont where, with ample means, he entered upon a more public and notable career.”

When Thomas returned to Norwich to join his brothers, the Emerson community spirit kicked into high gear. In 1817, Thomas and his brothers pledged almost 50% of the funds needed to erect the South Meeting House which later became the Congregational Church. Joseph became the builder of the Meeting House. Half of Thomas’s $600 pledge paid for a Revere Bell that he had carted to Norwich by oxen from Massachusetts. Although it is not mentioned in any history, a simple yet elegant weather vane atop the South Meeting House was almost certainly crafted by Elihu Emerson, the first known blacksmith in town. That same year, the Emersons backed Alden Partridge’s desire to build a military academy on the Plain. Today this is the village green. In 1819, Joseph Emerson was awarded the contract to build the Academy. He finished the South Barracks in 1820 and completed the North Barracks in 1832. In 1820 Thomas became involved in politics and represented the town between 1824-1829 as a Jackson Democrat. “Mr. Emerson was a good representative, in his day and on a small scale... was a good example of a political ‘boss.’”

In 1820, Thomas Emerson bought a lot from Cyrus Partridge and built his own house diagonally across from “his” meetinghouse in 1822. Today, the house holds the post office and is known as the Emerson House. Not to be outdone in the 1820s, John Emerson, Thomas’ cousin, built a large house on Main Street, just beyond the Main Street-Beaver Meadow intersection and opposite the Grange Hall. “Originally this house was entirely heated, of course, by fireplaces, but in 1889 or 1890 the first furnace and the first bathroom in Norwich were installed.”

The Emersions left their mark on Norwich in more ways than one.

Today, if you have the time to stroll down Main Street you can still see many of the structures that Edwin Johnson sketched in 1824. If you look closely at the drawing, you can pick out Elihu Emerson’s blacksmith shop and the home he built in 1820. And, further still, you can spot Joseph’s home on Main Street and Thomas’s home which is on a diagonal from the South Meeting House. With a savvy eye for style and sturdy building, the Emersions set the standard in Norwich for home construction. Their legacies are with us today, two centuries after they were constructed.

Many thanks to Nancy Osgood for her detailed research on the Emerson family. To learn more about the early homes of Norwich be sure to attend the House and Garden Tour, “The Art of the Past: A Stroll Down Norwich’s Historic Main Street” on June 23rd.
The research is clear – gardening is good for our health, good for our mind/body/spirit connections, and good for the planet. Here in the Upper Valley we’re blessed with thriving community gardens, colorful public garden displays, wildflower sanctuaries, and high quality nurseries that tempt us all season with unusual plants and old favorites. For the two longtime Norwich gardeners we profiled for this article, the benefits of gardening include volunteering with their local clubs and lovingly tending their home gardens.

Since 1907, the Norwich Women’s Club has been supporting educational, civic, and cultural projects for the town and its residents. One of the club’s many initiatives is beautifying downtown Norwich by designing and planting the “triangle garden” on Main Street just before Tracy Hall. For many years, club members donated plants and their time to care for the garden. Today, the club funds the purchase and installation of flowers for the crew of dedicated volunteers led by Mary Ann Holbrook.

In 2006, Mary Ann and four Norwich Women’s Club members volunteered to take over the care of the garden and have been designing and installing the gardens each year for nearly two decades. The Norwich Highway Department pitches in by donating mulch and helped with the installation of new granite pavers for the border. An attractive, wood sign is placed in the front of the garden identifying it as the Norwich Women’s Club Garden.

Mary Ann says of her work in the gardens, “I feel very fortunate to be working in the garden for 12 years now, with friends who value our efforts to make a beautiful garden for the enjoyment not only for us, but to share with the whole community.”

Melinda Stucker of Norwich is a member of the Hanover Garden Club, and volunteers to water plants in the club’s greenhouse over the winter months and helps out at the club’s annual plant sale fundraiser.

Melinda and her husband Richard focus primarily on maintaining the gardens at their home, starting from scratch in three different locations over the years. The current garden puts their skills and years of experience designing and selecting plants to the test. “This garden has been the most challenging so far because the house is entirely on ledge,” says Melinda. She admits to being a “scrounger gardener,” taking plants from her previous homes and trading plant divisions with gardening friends to create a country style.

Richard loves to work in the garden, and builds the hardscape components like constructing wood trellises, arbors, and stonewalls. “I could not garden without my husband – he builds all the walls by hand. Everything is done the old-fashioned way with rollers, pry bars, and wheelbarrows.”

Melinda’s earliest memories of gardening are from growing up on Chicago’s north shore growing tomatoes with her parents. She has carried that inspiration with her for more than 40 years, and in 2007, joined the Hanover Garden Club. As Melinda notes, “One of my goals is to have flowers in bloom all season long. We have a lot of flowering shrubs which we grow for the birds, producing berries of some kind and flowers.”

So if you have the chance, stop by and visit this year’s triangle garden in Norwich to admire the handiwork of the Norwich Women’s Club volunteer gardeners.

Cindy Heath is a UVM Extension Master Gardener and maintains public and private gardens around the Upper Valley. Melinda Zucker contributed to this story.
NORWICH WOMEN’S CLUB NEWS

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NORWICH WOMEN’S CLUB NEWS

Spring-Summer 2018 Calendar

• June 12, 11-1pm: Annual Meeting and Spring Luncheon, The Partridge House
• June 17, 5-7pm: Summer Concert on the Green, Brian Cook Band
• July 1: Community Project Grants become available
• July 15, 5-7pm: Summer Concert on the Green, John Lackard Blues Band
• August 19, 5-7pm: Summer Concert on the Green, The Hobos
• August 27, 10-11am: Coffee and Conversation, Norwich Inn

For more information on these events, find us on Facebook or www.norwichwomensclub.org. All welcome!

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ON THE GREEN

SUNDAYS at 5pm

June 17th  *  Brian Cook Band
July 15th  *  John Lackard Blues
Aug 19th  *  The Hobos

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Helping one’s community can come in many flavors. For some, it may mean opening a new local business in the heart of a downtown shopping district; for others, it may mean helping to watch and entertain students at an after-school program. For a group of volunteers with Aging in Place Norwich, it meant moving furniture for an injured resident on a cold Saturday afternoon.

Just past lunchtime on St Patrick’s Day, Shelby Grantham’s driveway fills with cars. Nick Krembs, David Lemal, and Duff Nelson had all signed up to help Shelby move furniture from the primary section of her house to one of the two attached apartments. She intends to live there now that her three children have all moved out and she no longer needs the space. I’ve joined the ‘movers’ as a last-minute addition, and so that I can learn more about Aging in Place.

Shelby welcomes us into her house and promptly begins indicating what furniture needs to move and what needs to stay. Beginning with kitchen furniture, we pick up drawers and boxes and follow Shelby down a pair of steps into the rear of the building. We return for more pieces, and move them first where Shelby indicates, then eventually wherever we find space on the floors or on newly-relocated furniture. Having already begun the process of downsizing to “fit a three bedroom house into a one-bedroom apartment,” Shelby acknowledges her work may not be done yet.

When we sit down for coffee and cookies, we have a moment to talk about our lives and the program that has connected us on this day. Nick – a retired carpenter – has been volunteering for Aging in Place longer than the others, and has been a volunteer all his life, for St. Barnabas Church, the Lions Club, Boy Scouts, and more. David – a Research Professor at Dartmouth who retired from teaching in 2005 – first joined the program in the fall of 2017. He was assigned to stack wood with Nick, where the two first met. Duff – a retired Air Force psychiatrist – has been volunteering with the program for about a year and had not met the other two men prior to this project. Shelby is pleased to have found the program. She says when she fractured her knee in June of last year and was forbidden to bear any weight on it, the volunteers’ help “mulching my
Norwich residents can request a ride by contacting Bob Pitiger at 802-299-7745 or rpitiger@gmail.com, and they can request Service Day help by contacting Judy Pond at 802-649-1420 or judy.pond@comcast.net.

Judy Pond – the Service Day Coordinator for Aging in Place Norwich – has been a part of the group since its inception in 2009. Looking toward retirement after 45 years as a teacher, Judy read a listserv posting for a June planning session at the library for Aging in Place. The parking lot was busy that day: 129 people were gathered to discuss the potential for the program. Organized by Norman and Judy Miller, attendees discussed two primary goals which similar programs in other towns addressed, and that Norwich wished to see. First, a structure for completing tasks in the home; and second, a social center for the community’s older residents.

The group established ‘corners’ to address each of these needs, as well as other possibilities, and began its work. The first ‘service day’ occurred over the winter of 2009-2010. Assistance recipients had called to share their requests and were matched to volunteers recruited previously. The volunteers gathered at the Norwich Historical Society before heading out to perform their assigned tasks.

Over the years, the tightly controlled structure of Service Days has morphed to fit the needs of both parties, as well as the capabilities granted by technology. Judy collects a list of tasks, which she then sends to the volunteers to determine who wants to perform each task. Judy then assigns volunteers to each assistance recipient and shares contact information so the parties can make arrangements directly. “We still don’t send volunteers out until we’ve met them, because we want to ascertain that they’re good people, that they want to do good.” Though it’s difficult to imagine a person signing up for the program in order to do harm, Judy believes the due diligence is a necessary part of the program to protect the recipients.

The value of Judy’s work is clear: on any given Service Day, between five and fifteen recipients request volunteers for tasks ranging from garden help to minor home repairs to furniture moving. Over the course of the year, she’ll assign around forty volunteers to complete these tasks. “I used to worry about whether or not we’d have enough people, or too many, but it always works out,” she muses. “Maybe we’re short one volunteer and I’ll fill the spot, or we’ll have one or two extras, but that’s it.” Judy tells me about a woman who received as a gift a Scrabble board.

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Judy collects a list of tasks, which she then sends to the volunteers to determine who wants to perform each task. Judy then assigns volunteers to each assistance recipient and shares contact information so the parties can make arrangements directly. “We still don’t send volunteers out until we’ve met them, because we want to ascertain that they’re good people, that they want to do good.” Though it’s difficult to imagine a person signing up for the program in order to do harm, Judy believes the due diligence is a necessary part of the program to protect the recipients.

The value of Judy’s work is clear: on any given Service Day, between five and fifteen recipients request volunteers for tasks ranging from garden help to minor home repairs to furniture moving. Over the course of the year, she’ll assign around forty volunteers to complete these tasks. “I used to worry about whether or not we’d have enough people, or too many, but it always works out,” she muses. “Maybe we’re short one volunteer and I’ll fill the spot, or we’ll have one or two extras, but that’s it.” Judy tells me about a woman who received as a gift a Scrabble board.

“Maybe we’re short one volunteer and I’ll fill the spot, or we’ll have one or two extras, but that’s it.” Judy tells me about a woman who received as a gift a Scrabble board. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment. Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment.

Aging in Place Norwich has explored numerous programs in other locations since its formation, some of which succeeded, and some that were less effective or less necessary. Social programs were initially a substantial part of Aging in Place. They have become less important, perhaps in part because of the many other programs available through libraries, churches, and other organizations. There are still some Aging in Place social events though, including a Spring Evening Program and a Fall Volunteer Reception, both of which are well attended and greatly appreciated by the recipients and the volunteers.

After attending an event entitled The Spiritual Side of Healing, one woman told Judy, “I need more purpose in my life. I’d like to volunteer with Aging in Place.” Another – after expressing the same sentiment but unable to perform many tasks requiring physical labor – offered to bring lunches to residents who could not leave their homes. One gentleman – a former board member named Bob Pitiger – single-handedly runs a ride service in Norwich, which receives requests from residents and coordinates a handful of drivers to help them. “He says people don’t use it all that much, but they are happy to know that it’s there,” Judy tells me, adding that she herself was glad to have the service available when she requested it for a recent oral surgery appointment.

Moving Shelby’s furniture with Nick, David, and Duff feels less like a job or an assigned project and more like friends helping friends, neighbors helping neighbors – which, of course, is what the program aims to do. Nick reflects that he has “lots of good memories, definitely no bad ones” from Aging in Place. For instance, David recalls a recent task that “was supposed to involve taking a 94-year-old lady to lunch. Because she was recovering from a recent fall, we ended up just talking at length in her home. ‘Twas fun!”

Despite the challenges of the task of moving Shelby’s furniture – maneuvering an eight-foot-long Dartmouth Library desk down a narrow stairwell requires all four of us at the corners, and at least as much strategy as muscle – I can’t help but agree with that assessment. ‘Twas fun!
GAP YEAR ADVENTURES – continued from page 1

Abby Dole

I began the fall of 2017 in Boulder, Colorado, working to save up for my travels, hiking, and living with my sister. After 4 months in Boulder, I went to Tamarindo, Costa Rica for three months in order to learn Spanish and surfing. There, I went to an International language school called EF (Education First) and stayed with a host family, taking Spanish lessons in the morning and surfing in the afternoons. I spent my weekends going on road trips with friends driving to different beaches and mountains around Costa Rica. While on these excursions, I came face to face with a sloth, a whale, and many monkeys, but the most exciting meeting was when Maisie MacMillen came to visit me in Tamarindo!

From there, I also travelled to Nicaragua to climb the Cerro Negro volcano and see the capital city of Managua. After my three months in Latin America, I went to Paris, France for two months, where I took French classes at the same language school (EF), staying with a host family again. While in Paris, I took a side trip and visited Frankfurt, Germany.

I returned to the USA at the end of May, and will start school at UVM in September. This year I tasted some amazing food, met incredible people, and got to do so many unforgettable things. After a big year, I'm excited to be back home in Norwich!
Cleo Roback

I had known I wanted to take a gap year ever since I became familiar with the term at the beginning of my high school career. And once the summer after my high school graduation started to fade away, I became more and more excited to finally make my own adventure and learn my own way.

When I first arrived in Rincón, Puerto Rico I had a mission in mind and a whole lot of excited energy. My travel partner, Liam Gurman, and I became interns for ARF, a local Puerto Rican animal rescue foundation. In our 3 months on the island we rescued, vetted and sent out over 200 dogs to their forever homes both on the island and to the states.

We also participated in three mass sterilization and vaccination clinics which is a vital step in ending the street dog problem in Puerto Rico.

We got to work alongside some amazing individuals during these projects such as Miriam Perez, the ARF president who stops at nothing to protect her morals and her animals. Dr. Cruz, the only licensed mass sterilization veterinarian on the island along with his mobile clinic able to arrive at all sides of the island for animals in need and the students and staff at the Jorge Seda Crespa Middle school where we hosted our monthly dog club. I felt so lucky to be surrounded with such an intelligent and passionate team. It made the monumental task we chose to take on that much more possible.

When I first set out I thought I was going to come back with a tan, hopefully a puppy (or two), and a great experience. But I gained so much more. Life lessons learned the hard way. Responsibility to myself and others, honesty, and resilience. More than anything I am now feeling more inspired, re-energized and motivated than ever to tackle my freshman year at Hampshire College.

Continued on page 14
Maisie MacMillen

I first knew I wanted to take a gap year after I was fortunate enough to attend The Island School the fall of my junior year. I attended The Island School for a transformative 100 days and it was after I returned home that I knew traveling abroad and stepping outside my comfort zone was where I shined and grew the most. With my parents on board, I put the college process aside, something not many teenagers and parents feel is an option, and focused on how to make this next year equally as transformative.

It was hard for me to sit back and live day to day, and not plan weeks in advance. In order to make money for my travels, the first thing on the agenda was to find a summer job. I moved to Little Compton, Rhode Island to become a nanny to four kids aged 3-7. This was a good introduction to “being on my own.”

During the fall, I lived at home and continued to earn money to fund the travel I hoped to do later in the year. I researched volunteer programs of interest such as childcare, environmental work, and nursing. I decided I wanted to travel to Central America as it has a warm climate and is more affordable than some other parts of the world.

I found a national volunteer program called IVHQ that connects people with Non Government Organizations (NGOs) in the country of choice. My first assignment was at a childcare center in San José, Costa Rica. While there, I stayed with a host family who spoke little English. The center in which I volunteered was located in the second poorest village in the city. Attending the center everyday allowed these children to experience the fun, laughter, and love that they deserve.

After two weeks, I moved on to a turtle conservation project to gain experience in a broader range of volunteer work. After riding in two extremely crowded, hot buses for a total of 6 hours to the Nicoya Peninsula, I ended up in a town called Junquillal, population 400. Dirt roads, beautiful beaches, The Verdiazul turtle camp, two hotels, a corner store and a larger grocery store was about it in the town. Verdiazul is an all-volunteer organization aiming to protect endangered sea turtles. Our days consisted of doing beach cleanups, nursery tree work, hatchery work, or general maintenance on camp. At night we walked the entire stretch of Playa Junquillal (about 5 miles) in two-hour shifts. Our goal was to find turtles laying their eggs or to find current nests and collect those eggs and bring them back to the hatchery. Bringing the eggs back to the hatchery and digging a man-made nest for them increases the hatch rate tremendously. In the hatchery, they are protected from poachers, dogs, birds, the sun, and tourists. I spent 3 weeks at Verdiazul and it was here that I
met other like-minded people and found a cause I care deeply about. I was able to be fully present and believe I was making a positive difference.

My next structured plan was to participate in a program in Santo Domingo, The Dominican Republic, for 2 weeks through a company called Gap Medics. Gap Medics creates intern opportunities in the medical field. During my time in the DR, I had the privilege of shadowing a nurse in one of the local hospitals. The hospital was very underdeveloped and vastly different than what I was used to. Each day we were in a different wing of the hospital shadowing Nurse Carla as she did procedures, took vitals and helped out in operating rooms. She always took the time to explain what she was doing and how the health care systems worked in the DR. This was an eye-opening experience and convinced me to study nursing at UVM this coming fall.

I am looking forward to doing my final gap year travels with my sister this summer, and am extremely grateful for my solo travels and for all of the people I met and the places I experienced. To all of you future high school graduates, I highly recommend taking a gap year!
**MEET YOUR NEIGHBOR**

**Sarah Smith**  
Beaver Meadow Road, Norwich

What fictional place would you like to visit?  
The land of Oz

If you could only eat at one local restaurant for the rest of your life, which restaurant would you choose?  
Wicked Awesome BBQ

What are you most looking forward to this summer?  
Warm weather and riding horses

What weird food combinations do you really enjoy?  
A hotdog with Mac and cheese on it

What's the last good book you read?  
The Lucky One

What is your favorite movie from childhood?  
National Velvet

What is your motto in life?  
It's all good.

If I gave you $1,000, what would you spend it on?  
A family get-together

What song most describes your life right now?  
Champion by Carrie Underwood

If you didn't have to sleep, what would you do?  
Spend the time with my daughter, family & animals

When was the last time you climbed a tree?  
A few years ago

If you could turn any activity into an Olympic sport, which event would you have?  
Riding and training horses

What weird food combinations do you really enjoy?  
Fruit on my bagels and cream cheese (like kiwis, strawberries, and cantaloupe)

What is your favorite movie from childhood?  
The Princess Diaries

What's the last good book you read?  
Amazonia by James Rollins

What is your motto in life?  
Even when the skies are gray, the sun is still shining above it.

If I gave you $1,000, what would you spend it on?  
Does the chicken dance song count? Lol

What is your favorite movie from childhood?  
Labyrinth with David Bowie

What do you wish you knew more about?  
Crafting

Are you usually early or late?  
A queen is never late, everyone is simply early

Who inspires you?  
My mother

You can invite 3 people to dinner, who are they?  
My mom, one of the strongest people I know.

What is something you thought you would grow out of?  
My fear of spiders; I don't think I'll ever shake that.

**Jordan Kendall**  
Route 5 North, Norwich

What fictional place would you like to visit?  
Azeroth from World of Warcraft

If you could only eat at one local restaurant for the rest of your life, which restaurant would you choose?  
Any Salt hill Pub (I'm obsessed with their burgers)

What are you most looking forward to this summer?  
Being outdoors as much as possible, trying to get in all the hiking, biking, swimming, and camping I can.

What weird food combinations do you really enjoy?  
What weird food combinations do you really enjoy! Fruit on my bagels and cream cheese (like kiwis, strawberries, and cantaloupe)

What's the last good book you read?  
Into Thin Air by John Krakauer

What is your favorite movie from childhood?  
National Velvet

What's the last good book you read?  
Amazonia by James Rollins

What is your motto in life?  
A family get-together

If you didn't have to sleep, what would you do?  
Explore as much as I could

When was the last time you climbed a tree?  
Last week, roughly

If you could turn any activity into an Olympic sport, which event would you have?  
Power napping

What weird food combinations do you really enjoy?  
What weird food combinations do you really enjoy! Fruit on my bagels and cream cheese (like kiwis, strawberries, and cantaloupe)

Are you usually early or late?  
A queen is never late, everyone is simply early

Who inspires you?  
A queen is never late, everyone is simply early

You can invite 3 people to dinner, who are they?  
My mom, one of the strongest people I know.

What is something you thought you would grow out of?  
What weird food combinations do you really enjoy! Fruit on my bagels and cream cheese (like kiwis, strawberries, and cantaloupe)

**Alyssa Jette**  
Norwich

What fictional place would you like to visit?  
Willy Wonka's Chocolate Factory

If you could only eat at one local restaurant for the rest of your life, which restaurant would you choose?  
Molly's (that bread!)

What are you most looking forward to this summer?  
Enjoying the great outdoors!

What weird food combinations do you really enjoy?  
Sriracha on hummus

What is your favorite movie from childhood?  
Heavyweights

What's the last good book you read?  
Stay positive!

If I gave you $1,000, what would you spend it on?  
Travel more

What fictional place would you like to visit?  
Azeroth from World of Warcraft

If you could turn any activity into an Olympic sport, which event would you have?  
Baking brownies. I've become a pro.

Are you usually early or late?  
Are you usually early or late?

Who inspires you?  
A queen is never late, everyone is simply early

You can invite 3 people to dinner, who are they?  
My grandmother, Ina Garten and John Lennon

What is something you thought you would grow out of?  
My mom, one of the strongest people I know.

What weird food combinations do you really enjoy?  
Tacos and snowboarding gear

What do you wish you knew more about?  
What do you wish you knew more about?

Are you usually early or late?  
What do you wish you knew more about?

Who inspires you?  
What do you wish you knew more about?

You can invite 3 people to dinner, who are they?  
My grandmother, Ina Garten and John Lennon

What weird food combinations do you really enjoy?  
What weird food combinations do you really enjoy!
If you could meet anyone in Norwich, who would it be? Norwich offers a lot of names for us to choose from. Lately, I have been thinking about who would be at the top of my list.

Part of me thinks it would be fun to have tea with Marion Cross, just to get her thoughts on all the games and laughs and tussles and learning that have happened in front of her school. Lyman F. Pell, I wager, would be pleased about how we honor his ultimate sacrifice. Something tells me Jasper Murdock would drink the lot of us under the table, regaling us with stories from the 18th Century. After recounting his considerable achievements, Alden Partridge might pose on the bandstand on the green and wonder why Alden isn’t a more popular first name.

Those people have all left us, and left us all a little richer thanks to their contributions to our town.

There are so many other names around town. I hope I won’t offend anyone – the Norwich Historical Society, ancestors, the person him or herself – when I confess my ignorance about the Jones of Jones Circle, the origins of Olcott, or the history of Hazen. I cannot be the only resident of this town to wonder whether Lary Lane forgot an “R” or if it is a last name. Doc Hardy sounds like Norwich’s version of Moonlight Graham, but I don’t know anything about him. Without any idea whether she is fictional or real, I speculate that Barbara Lee would be the world’s greatest dance partner. Unless, of course, Kate Wallace shows up. I’d like to ask Joshua why he gets his own road. Parcel 5 has Keith’s Connector. We’ve never met, but I want to thank you, Keith, for the connection.

It helps my young boys love the woods. I often wonder if Bob White was (is?) a bird lover. For more than 30 years, I have been driving up Brigham Hill to the house where I grew up and where my parents still live, yet until recently I never knew that Norwich resident Paul Brigham was the second governor of our state.

When it comes to domiciles, there are literally thousands of other names out there. I like to cruise around with my boys in the back seat, mixing old and fresh, yelling out, “There’s Pete’s place! Gramma Lib’s old house! Coach Dave’s! That’s where Bunsy used to live!”

Mostly, my kids ignore me. I don’t blame them.

If you take the time to notice, you discover that names are everywhere in Norwich. They give our town its charm, its whimsy, its unique character. Take a look around and think of all the names you see and use without giving them much thought. What are the stories behind Simpson, Dutton, McKenna, and Willey? Did people lobby to get their names in certain places, or, perish the thought, attempt to bribe elected officials? If you changed the names, would you change the town in the process?

I’m not sure, but I do know that I am grateful the general store is not called Stan & Mitt’s.
Upper Valley residents may recognize bits of their own backyard in Lindsey Stoddard’s debut middle grade novel Just Like Jackie.

In the book, eleven-year-old feisty tomboy Robinson Hart is her grandpa’s right hand. She helps him fix cars at his mechanics garage, and tap the maple trees behind their house in Vermont. But she won’t let anyone know what she knows – that her grandpa’s memory isn’t what it used to be, and nowadays she has to help him remember simpler things, like how to cook the macaroni cheese they’ve always made together, and which comes first, socks or shoes.

Stoddard, a 2002 graduate of Hanover High School, drew on her own upbringing in Norwich, Vermont to create the setting of Just Like Jackie. The school yard, where Robinson gets in a load of trouble right from the first page, was inspired by the yard at the Marion Cross School, Robinson loves the hamburgers from ‘Dean and Walt’s,’ the Appalachian Trail crosses through her backyard, and her grandpa’s friend drives an old, green truck with the ‘V’ and ‘T’ missing from ‘Chevrolet’ printed across the back, just like Stoddard’s seventh-grade math teacher, Mr. Kitzmiller.

Just Like Jackie has been named to the Indies Introduce and Indies Next Top Ten lists. It has received starred reviews from Kirkus and Publisher’s Weekly, and is a Junior Library Guild Selection. Stoddard will be presenting at Bookstock in Woodstock, Vermont on Saturday, July 28th.
Communities can be very powerful places when everyone gets involved. As the saying goes, “Many hands make light the work.” Volunteering is an easy way to lend a hand, but the work of volunteers isn’t always obvious—or easy. While some are out in public supporting the work of a nonprofit organization, there are countless other volunteers behind the scenes making things happen.

Volunteers at Granite United Way take on a unique mission; each fall they come together to raise over a million dollars to support the annual campaign. While some donors designate how or where their contribution is to be used, other donors contribute to a larger fund called the “allocable pool.” Each spring, they work together to decide how this pool of funds will be distributed to meet the needs in our community. Altogether, this not a small undertaking.

As fundraising came to a close, the local Community Impact Committee received and reviewed nearly 60 grant applications from area nonprofits. Together with volunteer grant reviewers, the committee considered the needs of the community and awarded funding to local nonprofits. Volunteers read and evaluated pages of applications, met with each applying organization and finally made the tough decision of how to best utilize available funds.

From the first dollar raised to the last dollar granted, this volunteer effort supports dozens of agencies and thousands of people. “The United Way has been an important partner for us in terms of helping fulfill our mission,” said Allison Colburn, Executive Director at The Child Care Center in Norwich. “Funding helps us offset our sliding scale fee and scholarship fund – making childcare affordable and accessible to all families.”

Families having fun at The Family Place, a GUW-funded partner

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<tr>
<th>Windsor County Granite United Way Funded Partners 2018</th>
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<tr>
<td>Child Care Center in Norwich*</td>
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<td>The Family Place*</td>
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<td>Upper Valley Trails Alliance*</td>
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<td>Willing Hands Enterprises*</td>
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<td>Green Mountain Children’s Center</td>
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<td>Upper Valley Haven, Inc.</td>
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<td>Windsor County Partners</td>
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<td>Twin Pines Housing Trust</td>
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<td>Zack’s Place</td>
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The above agencies serve over 27,000 individuals in the Upper Valley Region.

*Agencies located in Norwich

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*This is not an offer of financing, which is dependent on bank acceptance and other eligibility criteria being met.
When Blair Brooks returned to the Upper Valley as a physician in 1989, he quickly became aware of The Prouty. At the time, biking was his sport, and he soon became an annual participant. Blair rode regularly, including one memorable year, in hurricane-like conditions, when he rode the 100 mile course, and followed it up with a 25 mile ride with family later in the day. “I was drenched,” he recalls.

As a physician working at DHMC, Blair felt a connection with the event through the patients it helps, and the other caregivers who are so dedicated to making a difference in those patients’ lives. The thought that the money raised would have a direct impact on his life was not considered at the time, Blair says.

All that changed in 2016, when the Norwich resident was diagnosed with cancer. It came as a surprise; “No one in my family had cancer,” Blair says. Going through treatment and recovery, Blair saw firsthand how The Prouty helps cancer survivors. “I was the one benefitting as a patient in the Cancer Center,” he says.

Though the money raised through The Prouty has a great impact on cancer research, it also helps increase education, and support services offered to patients at DHMC. For Blair, a good deal of that support came in the form of attending art and writing therapy groups. “Writing is great therapy,” says Blair. Not only do patients work through their illness and treatment with the help of writing, or creating art, they are able to share their work with others, as the works created are displayed in various units at DHMC. Money raised from The Prouty helps fund the wide range of support services offered at the Cancer Center, including physical activities such as massage and exercise.

Though The Prouty is most known as a biking event, other activities also raise money, including walking, golf, and rowing. Serving as president of the Friends of Hanover Crew since 2007, Blair is now very active in the rowing portion of the event. Since becoming involved with The Prouty several years back, this group “has raised well over $1 million,” Blair proudly says. The Friends of Hanover Crew is consistently one of the top Prouty fundraisers each year.

For Blair, the family aspect of The Prouty is one of the most important components of the event. “Our family is fully committed to it,” he says. Both his daughters, who live in other parts of the country, regularly return to take part.
Let's have a parade!

We are trying to re-establish the Norwich Fair Parade. We have a date set: Saturday, July 21 starting at 10am. The Norwich Lions Club is assisting by providing liability coverage for the event — one of the biggest hurdles to overcome. Thank you Norwich Lions! However, we need to raise money if we are going to make this happen. Last year, we raised the $1,200 needed in a little more than a week, so I am confident that we can do the same this year. Funds are needed to cover the cost of bands, and also to cover the cost of the BBQ for participants following the event. No amount is too small to donate. Checks can made to The Norwich Parade and dropped off to me at Dan & Whit’s. We thank Mascoma Bank for providing us with an account for the funds collected.

Do you remember how much fun the parade was last year? Let’s do it again. And, this year, we have a lot more time to plan, so it will be bigger and better! Save the date, talk to your friends, neighbors and organizations and start thinking about a float for the parade. We are looking for everything from old cars, parade-worthy animals, bands, clowns, and all those things... The more creative, you name it, we would love to have you join the parade. Please consider donating today. Let’s see how fast we can make this happen.

Thanks for keeping it local. 

~ Dan Fraser

If you or your organization would like to be in the parade, register by contacting co-chairs Rose Swift Smith at 603-276-0900 or rosemswift@aol.com, or Richard Neugass at neugass2009@gmail.com.

A R O U N D  T O W N

Be forewarned:
Your circle of friends is going to get a whole lot bigger.

The Norwich Times Summer 2018 Page 21
THE MOST BUBBLY MAN – continued from page 1

been an active participant in Upper Valley life. If you’ve seen anyone sporting the stylish Upper Valley zip-up hoodies sold at Revolution in White River Junction, Ken was the original designer. He was also a pioneer and editor of the uvScene.com, an early social media website that promoted face-to-face community by hosting events, including dances and creative fundraisers, many of them hosted at the now defunct India Queen restaurant in Hanover. In some ways the uvScene could be thought of as a precursor to the functions of DailyUV.com or the Upper Valley VT/NH Facebook page.

Make Your Own Fun is Ken's website (myof.org) that features his hobbies and creations while encouraging others to take part as well. From animation to beat boxing to creating giant puppets, there appears to be few things he's unable to do. In his words, Make Your Own Fun is about using the power of play to create optimal conditions for learning, relaxation, and enjoyment while building community and promoting well being.

As eluded, his hobbies aren't something that live only inside the confines of his home. He’s dazzled with giant bubble shows at the Montshire and has run the kids zone at music festivals in Canada and the US. At events, he goes by Dr. Ken, a factually accurate nickname bestowed to him during his post doc days by a friend who had yet to receive his PhD. Initially it annoyed him, but when he needed a stage name, he conceded it had a nice ring.

Ken's infamous bubble blowing prowess started just before his older son Journey was born, initially learning from YouTube videos. When bubbling, he's often dressed in a colorful costume such as a paint covered overcoat and hat. In action, he looks almost like a wizard casting gentle spells with his bubble wand. If one giant bubble isn’t whimsical enough, he can even blow bubbles within bubbles.

Bubbles are endless fun that kids love to chase, and will force even the most hardened adults to crack a smile. As to what’s special about bubbles, Ken says “they teach embracing the impermanent.” Bubbles are ephemeral. There’s a beauty in their aimless trajectory and fleeting existence.

Ken is a fervent advocate of making your own fun. Fun doesn’t have to come via a brand new toy from Walmart. The box itself can provide superior entertainment. That’s why one of his favorite mediums to work with is cardboard. “It’s the ultimate toy” says Ken. It’s free and can be constructed into nearly anything. Kids love it because it can be easily drawn and painted upon. He turned his son Phoenix’s stroller into a Tesla tractor (sadly they don’t actually exist) for an organic farming event, and if you think a cardboard Christmas tree wouldn’t achieve sufficient holiday spirit, you’d feel otherwise upon seeing the tree in his house. But as fun as cardboard is for creation, so is its destruction. It can be controllably burned, and there are few things more enjoyable than watching the glow of fire.

Music is also a passionate hobby of his. As a child he took formal training on the violin; now he’s self-taught on the ukulele. He realized that if you make a sound, and enjoy the sound, then you’re playing it right. All of this leads to a feedback loop that leads to mastery and, most importantly, the enjoyment of...
making music. He’ll walk around Dan and Whit’s strumming the ukulele, creating a stress-free environment for shoppers searching for socks and stewed tomatoes. During the holiday season, he and a friend spent Saturday mornings at the Norwich Post Office, relaxing the frenzied employees and customers by playing Christmas carols.

As if creating a giant Bread and Puppet-style Bernie Sanders head wasn’t enough of an artistic challenge, in the future, Ken is looking to enhance his crafts by further refining his technique, and moving more toward the fine arts. On the wall in his living room is a current work-in-progress: a giant puppet self-portrait. He intends to have it ready for the Unifier Music Festival (unifierfestival.com) in Tolland, MA this Solstice (June 22-24), and is engineering it so it can blow bubbles.

He considers his Make Your Own Fun activities to be his form of cultural currency. A way of spreading enjoyment while also bringing community together to have and share sweet experiences. He recalls a particularly warming moment back in British Columbia; a renegade bubble floated upward in the sky seemingly forever, and everyone stopped what they were doing to watch.

There are moments when he starts to feel a twinge of self-consciousness over his colorful dressing style when among more traditionally dressed crowds, but ultimately he’s a supporter of self-expression. He wants kids to understand that “we don’t all have to be cookie cutter. If you want to play your ukulele and blow bubbles on the playground, you can do that.” In other words, don’t stop doing what you want to do just because you fear being the weird kid.

When it comes to life in Norwich, he’s grateful for the warm and welcome embrace his family has received from the town. Upon originally moving to the Upper Valley as a single adult, he was primarily focused on creating community with the other young and single adults. However, now as a father, he’s looking to connect with the other parents and children. The proverbial saying may be that it takes a village to raise a child, but Ken says, “we all need the village.”
Imagine that you are a world-class athlete, performing at an international competition. Part way through your event, you realize you’ve landed wrong, and feel a searing pain in your leg. You pull up, and wonder about not only the consequences of the injury in today's action, but in regards to your future.

That is just what Norwich's Hannah Kearney experienced after undergoing a serious knee injury back in 2007. Fortunately for Hannah, and others who undergo a traumatic injury or illness, there is a great deal of help available on the road to recovery.

Of course Hannah's comeback from injury included winning a gold medal in the 2010 Winter Olympics, as part of the US Freestyle Ski Team, followed by a bronze medal in the 2014 Olympics, both in women's moguls. For the rest of us, however, rehab from injury can mean getting back on that bike, resuming our passion for hiking, or even just returning to the work we love.

Norwich resident David Barlow, a physical therapist and co-owner of BE Fit Physical Therapy in Hanover and WRJ, finds that Upper Valley residents take their recreation pursuits seriously, which inevitably result in injuries requiring rehab. “People here are active to the nth degree,” Barlow says. Though clients come to him with injuries “from across the gamut,” Barlow says he treats many young people, as well as those in their thirties and forties with sports related injuries. Muscular and skeletal problems are a primary focus, Barlow says.

Not surprisingly, Hannah Kearney’s post-injury work included a great deal of physical therapy. After her knee operation (reconstructing her ACL) at DHMC, “I worked with the U.S. Ski Team’s physical therapists, as well as those at the Olympic Training Center in Lake Placid,” says Kearney.

Coming back from a serious injury requires patience, and a change from the previous routine. Kearney says she spent six months after surgery working in the pool, and on a stationary bike, while building up the muscle structure around her injured knee. She did not return to skiing until 10 months after the injury, then had another absence from the sport following a concussion shortly afterwards. That may have been a blessing in disguise. “The extended absence from the ski hill gave… more time for my joint to heal completely,” she says.

Returning to the sport they love is a goal of Olympic level athletes, but this is also true for many others. David Barlow says his clients are oftenintent on returning to their activity of choice after dealing with injury or illness. Changing a lifestyle as a result of an injury is not a desirable outcome for many patients, he finds. “We try to keep going, no matter,” says Barlow of most active people.

A history of activity does help in the rehab process. Though an Olympic level athlete’s body will respond more quickly than the rest of us, people who were active prior to injury do find the benefits of therapy result in faster healing times than for the inactive.

Physical therapy is a key component of rehab from injury and illness, but other forms of therapy can also play a key role. Kearney found yoga, and massage to be important factors in both recovery, and maintaining a healthy body.

Erin Messier, a massage therapist of 20 years, says the benefits of massage in rehab are numerous. Messier, who operates Four Fine Hands Massage Therapy in Norwich, says massage will relax damaged muscles, help with balance issues, and calm the nervous system. Additionally, massage helps

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**Rehabbing From Injury and Illness Requires Time and Dedication**

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**Frank Orlowski**

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Despite winning Olympic gold skiing moguls, Hannah Kearney is just as comfortable in deep powder.

Though she currently lives in Utah, Hannah Kearney says, “I’ll always be from Norwich.”

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increase circulation, “One of its biggest benefits,” she says. Increased circulation of blood flow to the affected areas of the body benefits healing.

Another benefit of massage is in relieving stress, says Messier. “Stress taxes all systems in the body,” she says.

Stress is, not surprisingly, a common reaction to injury and illness, and efforts to relieve stress go a long way in the healing process. David Barlow finds that stress is a common symptom for the patients he treats.

Though the traumatic injury or illness can initiate a rehabilitation process, those are not the only situations where one must heal their body. Hannah Kearney points out that often the minor, nagging, or recurring injuries can even be more aggravating. “Nagging injuries are arguably worse than traumatic ones, because they affect your performance day in and day out, and wear on you both mentally and physically,” she says. “The key to dealing with them (nagging injuries) is to put as much time into your recovery and treatment as training,” says Kearney.

Almost to a person, those that deal with the rehab process, both patients and caregivers, find that knowledge about how the body functions is a vital part of recovery. Basics, such as proper form in exercise, or attention to posture, are important in maintaining health and warding off injury. Erin Messier points out that often back pain results from poor posture. “Massage therapy can improve posture,” she says. “Massage can bring the body back to a balanced state.”

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Eac summer, thousands of children living in poverty from the five boroughs of New York City are given an opportunity: to get away from the hustle and bustle of the city, to experience nature first-hand, and to make new friends and lasting relationships. And it’s all thanks to The Fresh Air Fund.

The Fresh Air Fund is a non-profit whose goal is to connect children in the city with families in the country, and give both a summer experience to remember. Since its founding in 1877, the fund has helped more than 1.8 million children, and operates in over 300 rural and suburban communities in the U.S. and Canada. It is truly a massive undertaking. But how does it work on a local level? I met with Erica Brinton at the King Arthur Flour bakery in Norwich to find out.

Erica is the co-chair of the Upper Valley region, tasked with recruiting families from the towns of Norwich, Woodstock, and Hanover. "Basically, it means I reach out and see if there’s anybody interested in being a host family," she tells me.

The Fresh Air Fund can not exist without local families willing to host the children, so a large part of Erica’s job is to spread the word as best she can. In the past, she has put up advertisements and distributed brochures at local schools for kids to take home to their parents.

“I was all gung-ho a few years ago to put things in the schools, put up posters, and have little events.” Recently, though, Erica has utilized the Upper Valley listerv, and touts it as a great way to reach members of the community. “I think that has been the most effective,” she says.

After the outreach is complete and a family expresses interest, Erica’s next duty is to evaluate the family via a home interview. The interviews take between one and two hours, and are the primary tool the Fund uses to determine whether or not a given family is right for the responsibility of hosting.

“Not only do I interview the family, but I look at the house, the property, the neighborhood, and find out a little bit more about them through references. And I give them these.”

Erica hands me a host of documents, and carefully explains each one. The first sheet is one the families are provided with during the interview: The Fresh Air Fund’s Expectations for Volunteer Host Families. It lists what Erica calls...
"common sense policies" about proper child care.

"Should I have my firearms out?" Erica jokes, and then points to the sheet.

"No! It's right there!"

A background check and formal application round out the process, after which accepted families receive a "Host Family Invitation" from the fund. This is where they can specify the gender and age range of their prospective child in accordance with what would work best for their family.

"The office in New York does a fantastic job of matching children and families," she tells me.

But the experience of bringing someone else's child into your home and caring for them, if even for one or two weeks, can be nerve-wracking, and Erica understands this. "That's why we give the families this," she says, extending the second sheet across the table.

Its heading reads, "Some Fresh Air children..." and is followed by a list of possible qualities, like, "May be in Foster Care," "May be first generation Americans," or "May love ice cream." Erica laughed when I pointed out this last one.

"We want to let families know that, despite their life experiences, these are normal children," she tells me with a smile. "They still like to have fun."

As with any complex system, though, The Fresh Air Fund has to deal with its fair share of unexpected problems. In Erica's domain, this is largely a matter of host-child matches falling through and demanding an immediate fix. Could the family change their hosting dates? Are they opposed to a last-minute match? Would they be willing to take a different child? This doesn't sit well with Erica, but it is an unavoidable part of the job that, as she tells me, "someone's gotta do." When I asked her how she liked to handle these situations, she emphasized the significance of communication and understanding.

"It's so important," she says. "And it's good to keep in mind that there are a lot of factors on the other end, in New York, which may delay or conflict with making a match."

With the applications in, the interviews done, and the families paired with Fresh Air children, Erica's job should be done. But, each year, she takes it upon herself to go the extra mile and meet the kids when they arrive.

"I like to greet the bus when it arrives in Lebanon, and make sure the right child goes to the family that is waiting. And I won't say I feel as though I know these kids just because I've seen their names on the computer, but the second time around, when they go back, I feel more familiar. And that's really nice."

Erica grew up in a household that participated in The Fresh Air Fund's summer programs, and remembers fondly her experiences with the three children her family hosted over the course of five years. She referred to them as "her siblings."

"I didn't think anything of it," she tells me. "They were members of the family."

It's no surprise, then, that her job bringing people together is so fulfilling. The benefits are ones she herself has experienced.

As The Fresh Air Fund's 2018 season gets under way, Erica has her work cut out for her. Host families need to be located and interviewed, their references checked, and any problems that arise need to be solved quickly and with compassion. But Erica is the right person for the job, and assures me that this coming summer is going to be another great example of the Fund making a difference in people's lives.

"Fresh Airs" Back in the Day

In the 1950s, Erica Brinton's family lived in Pennsylvania, but spent their summers in Ludlow, Vermont. Along with her siblings — Keith, Anne, and Dan — Erica enjoyed the company of their summer siblings or "Fresh Airs" as they were often known.

Fresh Air children Annie and Bobby Hannon, a brother-sister pair, joined the Brinton family in the summer. Another child - known only to Erica as "Junior" — also joined the group. "I never knew his last name, but I'm sure he had one!" she remembers with a smile.

1956: Bobby and Annie Hannon and Brintons

1953: Okemo with Bobby and Annie Hannon

1952: Fresh Airs Bobby Hannon and Junior with Brinton family

1954: Fresh Air friends

1956: Bobby and Annie Hannon and Brintons

1953: Okemo with Bobby and Annie Hannon

1952: Fresh Airs Bobby Hannon and Junior with Brinton family

1954: Fresh Air friends
Editor's Note: Now that summer is finally here, we decided that it would be fun to ask some Norwich residents to tell us about their “backyard” traditions. “Backyard” in Norwich could be a steep bank or a gorgeous view on the horizon or a local farmer’s field or Huntley Meadow. We will take anyplace that’s outside where we can create fond memories with friends, family and anyone who wants to join in.

Warren Thayer
My favorite summer “backyard” tradition is providing “trail magic” for Appalachian Trail through-hikers passing by my driveway on Elm Street. The “magic” is often in the form of cold Cokes on a hot day. One day last year, my dog Nellie and I (we’re on the right) went down to replenish the Coke supply and we bumped into a gaggle of hikers. We chatted awhile, and one of them took a selfie of everybody. My wife and I also put up through-hikers in our basement all summer. Fascinating conversations, cool people, and good times!

Lydia Starosta
I started placing pumpkins on the stumps at the top of Elm Street one fall and continued with Poinsettias at Christmas and faux flowers in the Spring. I always snuck out at night with a headlamp and denied any ownership of my secret mission. Then there were a couple of seasons that went undecorated and, much to my surprise and great joy, someone took up the slack! Today, beautiful faux flowers adorn the stumps at the top of Elm and while my kids still think it’s me, I know otherwise, but I know not who is the new Upper Elm Street elf! :)

I enjoy giving people a smile as they come to our special slice of heaven up here on the ridge!

OK here’s one more… When I was young and my sisters and I were bugging my parents, we were told to “go play in the traffic!” Which was code for “go outside and play and leave us alone.” We actually kind of did do that since we often gathered up the neighborhood kids and had crabapple fights across the road! Even though we have no traffic up here in Norwich, I now say to my kids, “go play in the traffic” which is code for, “go play outside in the woods.” In the spring, this is what they come back with!! Gotta love good old fashioned country fun. :)

Norah Lake
At our farm (Sweetland), we grow a big pick-your-own garden for our CSA members. My tradition on summer evenings is to hunker down with a cold water bottle and weed the flowers while people are out with their families picking. I love hearing the kids laughing, the grownups chatting, and the sheep baaing in the pasture as the shadows lengthen. It’s a relaxing end to a busy day!

The Moskow family
Our family moved to Constable Farm in 2010. Welcomed by the Van Armans, the Princes, and Nancy Larowe, we knew exactly how to use our backyard: raising and loving all sorts of farm creatures from bottle-fed calves to tiny Rhode Island Red layers. We love our “backyard” memories in Norwich.

The Moskow family includes goats Harley and Deadshot (pictured with Allison Moskow), a horse named Magic, pigs Rough and Tough, and their dog Banksie.

Peter Rutledge
The real sign of Spring at our house is my daily use of our outdoor shower. From May through October, the sun shines on it early in the morning, and I enjoy starting the day being outside among the trees and birds. Even cool Spring mornings are very pleasant, as long as it’s not particularly breezy!
Unexplained Pain?

It Might be the Effects of Pelvic Torsion

If you’re experiencing chronic pain that seems to have no clear explanation, you may be suffering from the cascading muscular effects of something called pelvic torsion.

Pelvic torsion can be responsible for an array of otherwise unexplained pain in the body. Back pain, hip pain, knee pain, shoulder pain, neck pain, and more can potentially be traced back to pelvic torsion.

What is pelvic torsion? When half of the pelvis rotates in one direction, and the other half rotates in the opposite direction we call that a pelvic torsion. This puts the hip joints in a different position from one another. In other words, the hip joints are not level with one another. One hip joint is higher and the other is lower. The result is a functional leg-length difference.

How does this result in pain? When the legs are a different length, we have a balance problem whenever we’re upright in gravity. Our muscular system is not going to let us walk around like the Leaning Tower of Pisa. It's going to do its best to try to straighten us up. It does that by contracting certain muscles to counter the force of gravity. But over time this can develop into a series of muscular contractions that become entrenched, chronic. Certain muscles become locked, fixed, and stuck and, over time, can become the source of significant pain and strain in the body.

The progression can be summarized as follows: Pelvic torsion —> Functional leg-length difference —> Upright muscular response to the force of gravity —> Compensatory muscular contractions —> Significant muscle pain and strain in the body.

Is there a solution? Yes, definitely. Because pelvic torsion is a functional pattern, it can be corrected. Again, in this pattern the bones of the legs are not a different length. This contrasts with a structural or congenital pattern in which the actual length of the leg bones is different. In such cases, it can be appropriate to place a lift in one’s shoe on the side of the short leg. But in the case of a functional pattern (95% of the cases I see), a lift only serves to reinforce the dysfunction.

Correcting pelvic torsion is accomplished by: 1) identifying the nature of the torsion, 2) lengthening muscles that have been locked short using a combination of manual therapy and assisted mobilization, and 3) regular implementation of a series of re-patterning stretches and exercises that can be done at home.

Once pelvic torsion is understood and corrected, compensatory muscular patterns — the root of much unexplained pain in the body — can lift and vanish. Often muscles that have been compensating for long periods of time do require some direct help in the form of hands-on manual therapy. But once the primary trigger of compensation is removed, our muscles can often heal quite rapidly. Once we look at the body as a whole, integrated structure, a great deal of mysterious pain in the body can be both understood and relieved.
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Chippers and Community Giving

Their trucks are a common sight in the Upper Valley as Chippers provides lawn, arboriculture, and land enhancement and gardening services to homeowners and businesses throughout the region. What often isn’t seen is how much this Woodstock and Enfield business supports Upper Valley communities through charitable giving.

“Our philosophy of giving back to our communities stems from the understanding of how much our communities give to us as a company and as individuals. We are so grateful to have such a wonderful place to live, work and play, and we will continually contribute to sustaining our high quality of life,” said Mundy Wilson Piper, Chippers President and CEO.

The business sponsors dozens of community organizations each year including the Montshire Museum of Science, VINS, Northern Stage, the Prouty, and the Upper Valley Haven, in addition to donating gift certificates for fundraising auctions and raffles. Employees spend time serving the community through the company’s Plant a Seed program, providing expert tree or lawn maintenance to nonprofits and communities.

“Chippers has been involved in our East End project since we started over eight years ago. Through their Plant a Seed program, they currently provide turf maintenance for the new riverfront park. They have been very supportive throughout the process of building the park, including knotweed remediation, brush clearing, and tree removal. They have provided woodchips and other material, too,” says Sally Miller, Executive Director of Sustainable Woodstock. “In this case, the Plant a Seed program has made a definite contribution to the beautification of our community.”

The company is also a longtime member of Local First Alliance, a local business marketing alliance coordinated by the regional nonprofit Vital Communities. As an independently owned, local business, Chippers is deeply rooted in the Upper Valley and offers personalized service to further strengthen the regional economy and greater community every day.

Mascoma Bank’s Emily Terrien

Moving to a new area, and starting a new job, can be a stressful time for most of us. Meeting new people, having new co-workers is often a challenge. For Emily Terrien, the newest teller at Mascoma Bank’s Norwich branch, the move, and new job has worked out very well, particularly because of her Norwich co-workers. “Everyone here has been very helpful, really supportive,” says Terrien of her Mascoma colleagues. “I feel lucky to be here.”

Terrien previously lived and worked in the Huntington, VT area where she worked in a retail establishment. After becoming engaged, she came to the Upper Valley and secured a teller position at the Norwich Mascoma Bank office, a position she has held for several months.

Along with her new job and home, Terrien began studying criminal justice through an online university. Studying online allows her to work her 40 hours each week at the bank and spend evenings doing her classwork.

Terrien loves the small town atmosphere of working in Norwich. Not only are her co-workers a great asset, she says the clients she meets at the bank “are just amazing.” It did not take long to be on a first-name basis with many of them, she says. Because of the relationships she’s developed with co-workers and customers, “I’m really comfortable here.”

As a teller, Terrien says she is on the front line in working with customers. Her job began with shadowing one of Mascoma’s tellers for a week, then moving into teller training before being ready to work with clients on her own. Terrien likes the fact that as she progresses in her teller position, opportunities for more responsibilities and advancement exist.

Besides having a job she thoroughly enjoys, how does Terrien like living in the Upper Valley, I asked. “I love it,” she quickly says.

Eventually, after getting her degree, Terrien may very likely continue working in the banking world, possibly in the area of bank security.

Yes, a move and a new job can be a challenging experience, but for Emily Terrien, it’s worked out wonderfully. She sums up her new job at Mascoma Bank very succinctly and appreciatively, saying, “Mascoma has exceeded my expectations.”

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