

Mountain View



A newsletter by and for the Randolph Community, published by the Randolph Foundation

Bill Arnold wins 2014 EMS Provider of the Year Award by Edith Tucker

Bill Arnold of Randolph was presented with the Emergency Medical Services Provider of the Year Award at the 7th annual Awards Dinner of the North Country Public Safety Foundation (NCPS) on Friday, Nov. 7, in the Grand Ballroom of the Omni Mount Washington Hotel.

Bill was nominated by Lt. John Scarinza, retired Troop F State Police Commander, who also made the presentation. "Bill started his love for the mountains at a very young age, spending summers with his family hiking the many trails on the Presidential Range," Scarinza explained. "At age 16, he became the youngest caretaker of a high-elevation camp, located at tree line for the Randolph Mountain Club, describing that job as being better than being President of the United States."

"It was during his tenure as a camps' caretaker that he had his first experiences in search and rescue, searching above tree line, often with a Coleman lantern in hand, looking for lost, injured or misplaced hikers," Scarinza continued. "One of his earliest rescues occurred when the train on the Mount Washington Cog Railway crashed and Bill was one of the first responders to assist in the exhaustive rescue and recovery effort of those injured and killed. He later described this rescue as a life-changing event for a young man only 21 years old. But that experience also solidified his dedication to search and rescue in the mountains, and Bill has since been involved in hundreds of SAR missions, five plane crash searches and recoveries, and countless calls for assistance which continue to this day, 47 years later."

Bill worked for the Appalachian Mountain Club (AMC) in the late 60s and the U.S. Forest Service as a back-country ridge-runner in the early 70s. It was then he started his nearly 40-year career fighting wildfires in the West during the summer fire season.

In 1982 he was involved with searching for a wanted

man in Carter Notch, when an AMC hut crew member got shot during a holdup, on that same day a woman walked into the Wild River Campground to say that two days earlier she had been in a plane crash somewhere in the mountains and the pilot had died. When reporting to work at the Ranger Station the following morning, Arnold's instructions were to hike into the Carter Range to "look for a guy with a gun" and to let folks know if he found the remains of a plane crash somewhere along the way. Arnold recalled thinking that he didn't want to find either a plane crash or a man with a gun.



Alex Dery Snider, Bill Arnold, Barbara Arnold, photo by Mike Pelchat

"When 25 drunken, 20-something-year-old-men took over one of the Randolph Mountain Club's high-elevation camps on Mt. Adams, Arnold led the team of State Police troopers and Fish and Game officers on a three-hour march up to the camp in the middle of the night — known in local lore as the 'Gray Knob Massacre,'" Scarinza explained. "As the story goes, when the

Articles, notices, inquiries, comments, and ideas are welcomed and encouraged. Send materials for the **Mountain View** to Dede Aube, dedeaube@gmail.com or by snail mail to 32 Nekal Lane, Randolph, NH 03593, (603-723-0847) by the 15th of the month preceding publication. Publication is quarterly: September, December, April & June. **The Randolph Weekly** is published in July & August only. Send notices by Tuesday of each week to Gail Scott at 603-466-5498 or mscott1@ne.rr.com; or PO Box 160, Gorham, NH 03581. The **Blizzard** is published the first of each month except July and August. Send notices to Laura Brockett, 603-466-2034; lbrocett@gmail.com or 11 Randolph Hill Road, Randolph, NH 03593 by the 24th of the preceding month. If you are not receiving the **Blizzard** but wish to, let Laura know. A grant from the Randolph Foundation makes these publications possible.

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 Randolph Foundation
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Laurie Archambault, Publisher
Diana (Dede) Aube Editor & Design Production
 Jim Hunt, Final Proof Reader

Community Calendar
 (NOTE: For recurring meeting schedules see "Town Directory" on the left)

December

- 14 Town Christmas Party
6:00pm Town Hall
- 19 Tax bills due
- 20 Town Caroling Party 6:00pm
232 Randolph Hill Rd.
- 23 -1/02 No School
- 24 Christmas Eve 4:00 pm
Randolph Church

January

- 19 Civil Rights Day No School
- 20 Supervisors sit 7-7:30pm
- 21-30 Filing for town positions

February

- 4 Last day to petition for a warrant
- 23-27 No school
- 28 Supervisors sit 11-11:30

March

- 1 Supervisors session 11-11:30 am
- 10 last day absentee ballots may be returned in person
- 10 Town Meeting – absentee ballots received up to 5 pm by mail.

Town Directory

- AMBULANCE 911**
- BOARD OF ADJUSTMENT** (Chair, Paul Cormier) 466-5841
meets at 7 PM the 3rd Thursday of the month.
- BOARD OF SELECTMEN** (Chair, Ted Wier) 466-3970
Administrative Assistant, Linda Dupont; Treasurer Angela Brown
Meets at 7 p.m. at Town Hall 2nd & 4th Monday 466-5771
- BUILDING PERMITS.** See Board of Selectmen
- CEMETERY TRUSTEES** Suzanne Santos, Steve Hartman, & Karen Eitel
- CONSERVATION COMMISSION** (Chair, Bruce Kirmmse) 466-5777
(Vice-Chair, Jim Hunt) 723-6653
- DOG LICENSES** See Town Clerk. Obtain or renew by the end of April.
- FIRE DEPARTMENT - ALL ALARMS - CALL 911;**
Randolph Chief, Dana Horne
- FOREST FIRE WARDEN** (Jeff Parker) Call for Burning Permits 662-4050
- GRS COOPERATIVE SCHOOL BOARD** Contact the SAU Office 466-3632
Meets at 6:30 p.m. on the 3rd Tuesday of the month; location alternates between the 3 towns.
- LIBRARY** Trustees meet the 3rd Mon. of each month; Chair, Jean Malick, Librarian, Joy McCorkhill . Open Mon. & Wed. 3 – 8 pm; Fri. & Sat. 10 –noon 466-5408
- LIFELINE** (Heather Wiley) 466-5179
- PLANNING BOARD** (Chair, John Scarinza) 466-5775
Meets at 7 p.m. at the Town Hall on the first Thursday of the month.
- POLICE** (Randolph Chief, Alan Lowe) 466-3950
- RANDOLPH CHURCH** (Moderator, Beverly Weatherly)
Sunday morning services July & August (10:30 a.m.).
- RANDOLPH COMMUNITY FOREST COMMISSION** (chair, John Scarinza) 466-5775
Meets at 7 p.m. at the Town Hall on the 1st Wednesday
- RANDOLPH FOUNDATION** (President, Barbara Arnold) 466-2438
- RANDOLPH LIFE SQUAD — Call 911 in an emergency**
Co-Directors Bill & Barbara Arnold 466-2438
- RANDOLPH MOUNTAIN CLUB** (President, Randy Meiklejohn)
- ROAD AGENT** (Kevin Rousseau) 466-5185
- SUPERVISORS OF THE CHECKLIST**
Denise Demers, Michael Sewick & Angela Chakalis-Pfeffer
- TAX COLLECTOR** (Anne Kenison) by appointment; call the Town Hall 466-5771
- TOWN CLERK** (Anne Kenison) 466-2606
Town Hall hours: Mondays 9 - 11 a.m. ; Wednesdays 7 - 9 p.m.
- TOWN HALL** Monday– Thursday, 9 a.m. to noon. 466-5771
- TRASH COLLECTION** Must be at roadside by 7 a.m.
Trash - every Tuesday; Recycling, sorted & bagged - 1st Saturday of each month.
- TRUSTEES OF THE TRUST FUND** Judy Kenison, Michael Sewick, M. Lark Andreas

Real Estate Transactions

- 09-29-14 From Edith Tucker to Dwight & Lauren Bradley
- 10-30-14 From George Furness trust to James Anderson
- 10-30-14 From Lawrence Coulter to Randolph Conservation Commission

Building Permits

Randolph property owners are responsible for ensuring that they or their builders receive any necessary permits before beginning any construction. Building permits must be approved by the Selectmen. The Selectmen need time to review all permits, so please remember to submit them early enough to allow that process.

- 09/22/14 Vandemoortele
Build shed
- 09/22/14 Sappington
Expansion
- 10/13/14 Broadacres Trust
Replace barn roof
- 10/13/14 George Dunham
Insulation foundation
Siding replacement
Roof extensions
- 10/13/14 Barbara Turnbull
Expand porch

Continued from pg. 1

order went out by the State Police to vacate the camp, the miscreants, confident that troopers would never hike to tree line from the valley below in full uniform with polished brass buttons and spit polished boots, hollered back, 'Yeah, right, we're not coming out.' ... Moments later the State Police and Fish and Game entered the camp and the drunken 20-something-year-olds were shortly thrown out and eventually escorted back down the mountain."

In 1976, when the first winter caretaker was hired to spend the winter at this same RMC camp and Arnold was concerned that the caretaker might freeze to death, he agreed to do a radio call at 8:00 each night to check in and ensure that all was well. "To this day, 38 years later at 8:00 each evening everything stops as Arnold continues to do a daily radio call, being the voice in the valley, checking to make sure that all is well on the northern slopes of the Presidential Range,"

Bill Arnold became a deputy fire warden in 1979; he has been a certified EMT since 1982, a 1993 founding member, who still serves on the Randolph Life Squad; a certified Level One firefighter and one of the founding members of the Randolph Fire Department; a founding member of Androscoggin Valley Search and Rescue (AVSAR); and after almost 50 years of helping those in need, he is still there answering emergency calls.

"Yet, with all the accomplishments and experiences he has had over the past 50 years, he's a quiet and humble man. When asked recently what his greatest accomplishments in life have been, Arnold listed three things: his 24-year marriage to Barbara; the opportuni-

ty to be a step-dad to his daughter Alex; and being a grandfather to Henry and Della." Scarinza concluded, "That to me is the definition of an unsung hero!"

Arnold tells his story in his own words in a chapter of "Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond," collected and edited by Doug Mayer and Rebecca Oreskes (AMC Books, 2012).

Three other unsung heroes were honored that evening. Gov. Maggie Hassan and U.S. Senator Kelly Ayotte each spoke after dinner to the more than 300 attendees on hand and thanked First Responders and their families for their unstinting and dedicated service.

Editors Note: Barbara Arnold, Bill's wife and current president of the Randolph Foundation, provided the following information. The organization was established in 2006 as a means to raise money for the former Police Chief of Sugar Hill who suffered severe injuries during a tour in Iraq. They eventually built a suitable home his family and him. Since then, over \$900,000 has been distributed to deserving emergency personnel in need. For more information on their work and mission, visit their website: <http://psfoundation.org/>

Other local recipients of awards are John Scarinza (President's Award, 2009) and Mike Pelchat (EMS Provider of the Year, 2011).



Town Christmas Party for Children of all ages -

December 13, 6:00 pm

Randolph Town Hall

sponsored by Randolph Fire Department

Isobel and John Micucci, Alex Corrigan and Sabrina Ferriera in a 2013 re-enactment.



“A BEAUTIFUL THING”

by Angela Brown,



On a cold winter day, I wheeled my keyboard and its cart into the comfort care room at the hospital, having been asked to play for an agitated patient who was dying. While the nurse was introducing me, I realized that no matter where I sat, I would not be able to see the patient. The family was frantically surrounding the bed like butterflies on a flower—smoothing the blanket, caressing the face, holding a hand, asking a question, moving from one side of the bed to the other. I trusted that the music I chose for the patient would also help calm the family, and sent my best intention to serve into every note I played during that session. I don't remember the name of the pieces I played that afternoon, but I do remember the effect on those butterflies. Little by little a sense of calm and quiet entered the room. A son, a daughter, a sister—one by one each curled up in a chair, left to get a cup of coffee, or sat on the foot of the bed. Now that I was able to see the patient, I tailored my music specifically, concentrating on the breathing and facial expressions. Visitors came and went, no longer at such a frantic pace. The minutes flew by, and even the act of turning a page seemed too much of an intrusion into what had become such a peaceful space. Using the skills I had learned, I improvised on those two pages of music in front of me until the stiffness in my shoulders prompted me to look at the clock. Over an hour had passed, and it was time for me to end. As the final note disappeared into silence, the daughter at the end of the bed raised her head from her hands and said to me, “That has to be the most beautiful thing anyone has ever done for me. Thank you.”

That “beautiful thing” is live therapeutic music at the bedside, and until May of 2012, I had never heard of its existence. My husband invited me up to Androscoggin Valley Hospital (AVH) for a conference sponsored by the Arts Alliance of Northern New Hampshire, and there I heard Alice Kinsler from Concord Hospital explain what live therapeutic music is, how it differs from music therapy, and what is required to become a Certified Music Practitioner® (CMP). I knew at that moment that this was exactly what I had been looking for! I had the skills and the desire—all I needed was the knowledge and the experience. I applied to the Music for Healing and Transition Program (MHTP), a nationally accredited program of certification for therapeutic musicians. Once accepted, I began my coursework at Concord Hospital and Concord Community Music School, in Concord NH.

I have been playing the piano for 40 years now, and playing in public since the age of 10. Nothing was more terrifying than walking into the classroom in March 2013. Musicians can be a highly competitive bunch but instead of rivalry, I found myself with a group of new friends who have a dizzying array of skills beyond their instruments, all of whom had been called to this work of sharing music in a healthcare setting. Over the course of the five modules (classes) that year, I discovered beauty in improvising and playing in modes that freed me from the printed page. I learned detailed information about how to create a calm, healing environment in the moment for patients in a variety of situations. By the end of Module 5 and the practicum, I felt confident in my abilities, and was looking forward to beginning my internship. I am fortunate to live in an area with forward-thinking healthcare facilities that were eager to offer me an internship experience.

I am grateful to AVH and Coos County Nursing Home for providing me with the enthusiastic support I needed to complete the required 40 hours of playing time for patients and residents. I felt completely prepared to play for patients when I walked onto the med/surg floor at AVH last January. I was not prepared, however, for the overwhelming positive response from patients, nursing staff, and physicians. One physician even asked me to play for him, because “if I'm calm, then the staff is calm and that is good for patients!” As one surgeon described it, music at the bedside is truly “a window of beauty” in an otherwise stressful environment. With

each session, as I play the first few notes, the outside world stops, and for the rest of the shared time it is me, the patient, and the music, all wrapped in a lovely cocoon.

When March arrived and I began at the county nursing home, I had no idea I would fall in love with that population. As much as I enjoyed being in the hospital setting, I absolutely adored being at the nursing home! I have had the sacred opportunity to play for several residents who were nearing the end of their journeys here on earth—each of them died two or three days after I played for them. I will never forget the quiet peace that surrounds those residents. I have had a resident there describe my keyboard as a “beautiful thing in her room” and another resident who said “I could go far over the rainbow listening to your music.” I have also learned to not take it personally when a resident says, “that’s nice but I’ve had enough”!

By the end of the internship, I had completed and documented over 110 individual therapeutic music sessions, sharing every log with my advisor and incorporating her suggestions for improvement. After submitting a final recording of my therapeutic repertoire, I heard those magic words, “Congratulations, you are a Certified Music Practitioner!” My CMP name badge represents the journey that brought me to where I am today. A patient once said to me, “Music opens windows and doors you never expect.” This is so true—MHTP and therapeutic music opened windows and doors that I never expected, and for this I will always be forever grateful.

Research shows that music can have an impact on heart rate, respiratory rate, blood pressure, and other body functions. This effect is called entrainment, and if you’ve ever found yourself tapping your foot to music or working out to an upbeat play list, you have experienced entrainment. Music can also impact mood and emotions, bringing back happy or even painful memories. This is why it is so important for me as a therapeutic musician to pay close attention to the patient’s response to the music I am playing. As more and more hospitals, nursing homes, and care centers discover the powerful effect of therapeutic arts on their patients and residents, there will be more music, visual art and creative art experiences available to them. And that is a beautiful thing.

For more information, visit www.mhtp.org. Angela Brown, CMP since June 2014, is a Randolph resident and currently holds a paid position with Coos County Nursing Home, and volunteers at AVH and several sites for AHEAD.



Randolph Christmas Caroling: Join us for the annual Randolph Christmas caroling, Saturday, Dec. 20, 6 PM at Marie Beringer's home, 232 Randolph Hill Road (Sugar Plum Farm).

Bring a goody to share. Caroling in the neighborhood starts at 6 p.m. Party and poetry at Marie's by 8 p.m. All welcome.

Send suggestions for people who would like to be caroled to to Barbara Arnold 466 - 2438.

Victorian London Solstice Celebration

Come to a Victorian town house for a vintage Victorian feast to celebrate the solstice. The setting will include a snowy London exterior with carolers, revelers and wenches, as well as the cozy dining room with more genteel entertainments as well as a three course meal plus appetizers, wassail, and more.

Your hosts will be costumed and the dining room decked out for the season. BYOB. Costumes optional. Benefit for Music in the Great North Woods.

Sunday, December 21 at 4:00 pm in the Randolph Town Hall Tickets \$25 or donation.

Limited to 48 guests. Reserve your tickets early to avoid disappointment.

FMI call Betsy Hess at 466-5718 or Tim Sappington at 466-5780.



Local Emergency Operating Plan in Process

From Town Selectmen

The Selectmen and participating community members are making an emergency plan in the event a catastrophe hits town. We have held 3 meetings so far and have scheduled two more. Many of you recall the Ice Storm and are aware of how important it is to have a plan in place to deal with emergencies of this nature.

Thanks to wonderful community support, these meetings have been well attended and lots of good feedback is coming in. One of our goals is to assess what resources are available in the community that we can quickly draw on in the event of an emergency. That is the reason we have asked the Randolph Foundation to allow us to include the "Volunteer Registration Form" in this issue of the Mountain View. We hope you will take the time to complete it, including such information as availability of bedding and cots for an emergency shelter, willingness to provide transportation for those who might be in need and just your ability to be called in the event of emergency.

We hope that when an emergency occurs, we will have a solid plan in place that we can quickly implement, and with the information garnered from surveys like this, we will also know who we can call and who can supply the items we will need.

Please take the time to complete the survey and mail it back to us so we can include it in our Plan. Remember, even if you are only here in the summer, you might be able to provide important resources to us. Many of you have skills to bring to the table which may prove invaluable.

Thank you for all your support.

This sign was donated by George and Renee Dunham to the town. It came out of their garage, and was included when they purchased the property from the Edwards. Several folks have confirmed that this sign was from the old Randolph East rail station. The sign is currently at the Randolph Town Hall.



Randolph Town Clerk

Filing period for town offices is Jan. 21 to Jan 30th

1 Selectperson	3 yr.	2 Planning Bd	3 yr.
1 Town Clerk	3 yr.	1 Library Trustee	3 yr.
1 Treasurer	1 yr.	2 Board of Adjustment	3 yr.
1 Auditor	2 yr.	Appointed	
1 Trustee Trust Fund	3 yr.	2 Conservation Commissioners	3 yr.
1 Cemetery Trustee	3 yr.	1 Forest Commission	3 yr.



As this issue goes to print, we were saddened to learn Mary Gail Scott died. Many of us hiked, danced, sang, discussed books and played bridge with Gail. Randolph has lost an important citizen, and we have lost a valuable companion as well as a frequent contributor of articles and photos to the Mountain View. We expect to be able to share more information in the spring edition.

VOLUNTEER REGISTRATION

EMERGENCY OPERATIONS PROGRAM

Town of Randolph

Name: _____ Date: _____

Address: _____ Contact Number: _____

PLEASE CHECK ANY OF THE FOLLOWING IN WHICH YOU HAVE EXPERTISE AND TRAINING

_____ First Aid (current card: Yes ___ No ___)

_____ CPR (current card: Yes ___ No ___)

_____ Triage

_____ Construction

_____ Search & Rescue

_____ Law Enforcement

_____ Multi-Lingual (Languages: _____)

_____ Food Preparation

_____ Bus/Truck Driver

_____ Commercial Driver's License

_____ Ham Radio Operator

_____ Structural Engineer

_____ Shelter Management

_____ Waste Disposal

_____ Recreational Leader

_____ Physician

_____ Nurse

_____ Mental Health Worker

_____ EMT _____

_____ Other _____

_____ Other _____

_____ Other _____

Do you have equipment or access to equipment or materials which could be used in an emergency?

Yes: ___ No: ___

Please list equipment and materials

Special Interests

Availability (i.e., summer, winter, year-round, weekends, etc.)

Fold here

Place stamp here

Town of Randolph, Selectmen's Office
130 Durand Road
Randolph, NH 03593

Emergency Survey

Randolph Remembers ...

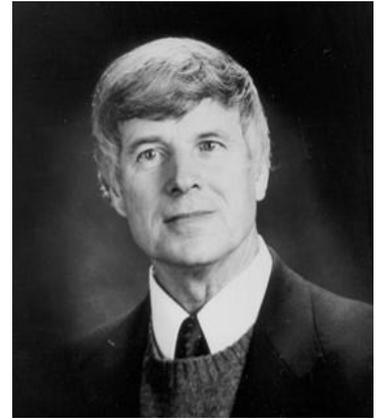
Rajmund Klekot ...

Rajmund Klekot, 74, of Randolph, NH passed away peacefully at his home in early August. Rajmund's "Journey of Life" began when he was born in Wroclaw, Poland on August 30, 1939. His journey brought him from Poland to the United States as a young adult where he settled down and met his wife, Mary Elizabeth, on Long Island in New York prior to moving to New Hampshire.

Rajmund Klekot was an internationally acclaimed Polish actor whose career extended over more than 30 years. He began his career with (and was one of the original members of) Wroclaw's world famous "Theatre Pantomima" and later co-founded the highly successful "Warsaw Mime Theatre." He toured extensively, performing in nearly all of the world's major theatres. He performed locally in New Hampshire over the later years of his life.

He attended St. Barnabas Episcopal Church in Berlin and was a member of the Rotary Club. Being involved in the local community was very important to Rajmund. He was known for his friendly disposition, contagious smile and unique accent. He had the gift of allowing his heart to speak to the hearts of his family, friends, acquaintances and audiences.

Family members include his son Jerrard Whitten of Newbury, MA. He was predeceased by his beloved wife Mary Elizabeth (Hill) Klekot and brother in law Nathaniel Hill of Ohio. A memorial service was held at St. Barnabas Episcopal Church in Berlin on the 12th of September.



... Harvey Folks Zimand



Harvey Folks Zimand, passed away on November 10, 2014 peacefully at his home in New York City. He was 86 years old. Harvey was born in New York City. He attended Friends Seminary, graduated from Colgate University, received a master's degree in political science at the University of Chicago, and his law degree from Yale University.

After law school, Harvey joined Kelley Drye & Warren where he became a partner and specialized as a trusts and estates attorney for over 50 years. He was selected for over twenty years, as one of The Best Lawyers in America in Trusts & Estates and Litigation. Harvey was a lifelong resident of New York City and spent many summers with his family in Randolph, New Hampshire, where he loved to hike and was a member of the Randolph

Hiking Club. Mr. Zimand is survived by his two daughters, Patty Carpenter and Stephanie Plexico, his four grandchildren and his stepsons Chris Manfre and Mark Manfre and their two sons. Funeral services were held on November 22, at Frank E Campbell, The Funeral Chapel.

... Sam Cross

Sam Cross, 65, died peacefully in Hughson, CA after a year-long struggle with cancer in October, 2014. Sam resided for a time on Durand Rd. in Randolph where he learned to fly fish. He was a Junior Maine Guide and a Randolph Mountain Trail Crew member.



... Deborah (Dee Dee) Hebert

(October 1, 1959 - October 26, 2013) A graveside service was held on September 16, 2014 at the Holy Family Cemetery for Deborah Hebert of Randolph who passed away on October 26, 2013.

Building Abbie B

I've dreamed of restoring an old boat, or building one, since I was 16 years old. I spent a great deal of time on boats that year, especially sailing with the neighbors on Isle La Motte, Vermont where I learned to sail several small boats and took the helm of a much larger vessel. These experiences reinforced that desire.

My Michigan background was surrounded with many lakes and ponds besides the "Great" ones. I often ran my hands over old wooden boats, tracing the ribs of old row boats, and dreaming of getting them back in the water. Old boats are beautiful. I see them as they were and for what they can be.

I sold my Wenonah Jensen 17' canoe a few years ago and missed being on the water. Fred Beringer changed this when he put me in a kayak and we paddled out to Richmond Island. It was my first time in a kayak and only my second time on the ocean. I was hooked.

Marie Beringer helped me buy a recreational kayak for my birthday last year. I removed pieces and added others to make the kayak as sea worthy as possible and then took her out for almost 3 weeks, traveling amongst the islands closest to shore in the Casco Bay area of Maine. By the time I returned, I knew what I wanted in a kayak.

Those ideas lay dormant until chatting with Lincoln Robertson (bike shop in Gorham) last January. He put me in touch with Dan Caouette. Dan is a master designer and builder of kayaks.

And so, began the process and research for understanding and building a kayak. Scrap paper bore out much scribbling and rough drawings as I worked out the lines I was looking for. These many pages became the launching point for the design of what is now Matinicus

Rock175 and the Abbie B. The name comes from Matinicus Rock Lighthouse off the coast of Maine. I adopted this name from the history of Abbie Burgess. She is one of the most famous lighthouse keepers along the Atlantic seaboard. Hence, Abbie B is the name of my kayak.

The process of building has been most amazing. I learned so much about the minutia and the art of creating a beautiful boat. I also experienced the minutia and art of creating an idea born out of a childhood fantasy into today's reality.

I looked forward to the days of early departures, riding from Randolph to West Milan on my bike. Dan lives and builds beautifully functioning kayaks in his basement there. It has been and still is a pleasure to know Dan, to have him work with me, and get to know his family.

Abbie B is a hybrid kayak. Her hull is made from okoume marine plywood, covered with Kevlar and painted white. The skin is made from 4oz aircraft Dacron, covered with fiberglass and painted "John Deere" yellow. Red Cedar makes up the bulkheads, combing for the cockpit, and other miscellaneous parts of her fuselage.

I look forward with great anticipation to taking Abbie B out for a three week vacation. I'll be exploring the lovely coast of Maine while visiting and sleeping on the many islands that adorn her coastline. I hope to do this each year until I've covered the coast from Casco Bay on up to the Bay of Fundy. After that, we will have a chance to go on a long trip of a couple of months somewhere. But, this is another dream and I must wait until such a time presents itself, just like the Matinicus Rock175 and Abbie B.

~ Judy Owen September 3rd 2014



I've had dreams since I was young.	I listened to their call.
I lived amongst and within them.	I trusted their voice
They were a wonderful place to visit and still are.	And the time for which it came.
Dreams inspire imagination.	I run my hands over Abbie B.
They call out to the soul.	My fingers trace the creative rib of Matinicus Rock175.
Saying, I can be more, much more!	I will take to the sea and beyond.

What's Randolph Reading?



The Mildred Horton Book Review group met on Oct. 27 at the Randolph Library. Marie Beringer reviewed *Modoc: the true story of the greatest elephant that ever lived* written by Ralph Heifer. Raised together in a small German circus town, a

boy and an elephant formed a bond that would last their entire lives, and would be tested time and again.

On Nov 24, Barbara Turnbull reviewed *"Mauve: How One Man Invented a Color That Changed the World"* by Simon Garfield. In 1856 eighteen-year-old English chemist William Perkin accidentally discovered a way to mass-produce color. The experimental mishap produced an odd shade of purple that revolutionized fashion and the industrial applications of chemistry research.

The Mildred Horton Book Review meets the last Monday of each month. There is no meeting in December. The January book group meeting is Monday, Jan. 26, 2015.

The Back Porch Book Group discussed *Orphan Train* in October: a story of friendship and second chances written by Christina Baker Kline. This book was exceptionally popular with the Readers who found it to have rich characters and detail.



The November discussion was *The Arsonist*, by Sue Miller. This novel is set in a small New Hampshire town where the community is tested when an arsonist begins setting fire to the homes of the summer people. Needless to say, this made for a lively discussion.

There is no Back Porch book discussion during December but dates and titles have been chosen for the winter/spring months. Locations will be chosen at a later date. Call Barbara Arnold at 466-2438 for further information.

January 9, 2015, 7pm; *The Destiny of the Republic* by Candice Millard. The extraordinary account of James Garfield's rise from poverty to the American presidency, and the dramatic history of his assassination.

February 6, 2015, 7 pm; *The 100 Year Old Man Who Climbed Out the Window* by Jonas Jonasson

March 6, 2015, 7 PM; *The Circle*, an exhilarating new novel from Dave Eggers, best-selling author of *A Hologram for the King*.

April 10, 2015, 7 PM *Poetry month* – bring a poem to share, your own or a favorite.

May 8, 2015, 7 PM *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce.



Youngest Member

The Mildred Horton Book Group has been hoping to encourage younger members. Alivia Kenison stayed for snacks before heading off to kindergarten.

Trustees Greta Smithson and Nancy Penney discuss options with Volunteer coordinator Arlene Eisenburg at the November 1 Open House of the Randolph Library.

What's Cooking in Randolph? ...

Editor's Notes: Wendy brought this salad to the November covered dish supper at the Town Hall. Everyone at our table went back for seconds. It takes some time to make but it is worth it. I actually served this as a meal along with Ingrid Graff's Three Ginger Gingerbread (recipe found in the December 2013 Mountain View)

WENDY BRIGHAM'S FALL KALE SALAD: with red quinoa, pumpkin, mushrooms and tempeh

Ingredients:

1 cup Red quinoa grain
 1 Small box of fresh shiitake mushroom
 1 Small box of crimini mushrooms
 A big bunch of fresh or bagged organic Kale
 2 org. carrots
 1 pkg. garden Veggie or 3 grain Tempeh
 1 medium sized yellow onion-chopped
 1 small pumpkin pie pumpkin or butternut squash
 Light olive or sunflower oil
 ½ cup raw pumpkin seeds
 1 ½ tsp. 5 spice powder

1 Tablespoon Turmeric powder
 1 teaspoon Herbs of Provence
 1 large clove of fresh garlic
 1 fresh lemon- enough for 1 Tablespoon +2 teaspoons of lemon juice
 Sea salt or Braggs Liquid Aminos

Dressing: In a small jar w/lid, combine:

¼ c. light olive or sunflower oil
 1 Tablespoon + 2 teaspoons lemon juice
 1 lg. clove of garlic smashed
 ¼ teaspoon sea salt or 1 tsp. of Braggs Liquid

Simmer 1 cup red quinoa, 2 cups water, 1 ½ teaspoons 5 spice powder until water is absorbed. Set aside.

Cut pumpkin in half and then in wedges. Remove the outer skin and cut in 1 inch cubes. Steam onion and pumpkin until fork tender. Immediately remove from heat and set aside.

Thinly slice carrot to make 1 cup - steam and set aside.

Rinse and dry fresh kale leaves, remove stems and tear into bite sized pieces to fill 4-6 cups. Set aside.

Cut Tempeh diagonally into 1 in. strips. Slice these strips through the middle and cut in half again until you have thin, ½ inch pieces of tempeh.

½ c. thinly sliced shiitake mushrooms and 1 cup halved and sliced crimini mushrooms.

Into a hot skillet, over medium heat add 3 tablespoons oil and turmeric.

When turmeric has been awakened by the heat, add mushrooms and tempeh and cook for 5 minutes, stirring with a wooden spoon. Add 1 teaspoon herbs of Provence. Remove from heat.

Place Kale into a large serving bowl.

Add tempeh, mushrooms, 2 cups cooked grain, 3 cups of cooked pumpkin/ squash, onions and pumpkin seeds.

Drizzle with dressing. Lightly toss until all ingredients are incorporated and just barely moist with dressing.

I always go light with dressing but drizzle until your yum decibels reach a perfect pitch! YUMMMMMMMMM!!

Dwight and Lauren Bradley, Wendy & Mark MacDonald,
 Sarah & Sasha Tupick



Shawnee and the Skunk by Lynn Hunt

We woke this morning to the "slight" odor of skunk. In case this ever happens to your dog there is a lesson in this tale: the mixture really works!

We washed our White German Sheppard, Shawnee, with a mixture of peroxide, baking soda, and Dawn Detergent (thank you Dede Aube) - luckily the stain was just under her neck. One of the few advantages of a white dog happens to be that the yellow skunk spray can be seen (who knew skunk spray was yellow?).

I then had the "brilliant idea" to take Shawnee to Durand Lake so she could swim, I gathered a towel to dry her off, scooped her tennis ball out of her toy box and drove down Randolph Hill to Durand Road, in my husband Jim's car. (Jim has a "dog seat cover" in the back of his car and I'm not stupid; a wet dog in my car- no way!) We parked in front of the path leading to Durand Lake, picked up additional sticks along the path just in case the tennis ball got lost in the water, walked along the log bridges, came up over the rise, and I threw the stick into the lake. At that point, I heard a "thunk" and the stick skidded across the water; Durand Lake is now frozen! (Reality has set in-- I am in denial that winter is coming!) We got back into the car (no need to use the towel) and stopped at Jean Malick's house (she was still in cellar and could not hear me). Jean's small pond was not frozen so I signaled Shawnee into the water before I realized the water was only 8 inches deep.

As the Phoenix rose from the ashes, Shawnee rose from the pond, covered in mud from the bottom of her chest to the tip of her paws. She missed the "skunk section" entirely; that is one of the disadvantages of a white dog. But, I finally got to use the towel I dutifully brought and we jumped back into Jim's car (It was a smart move on my part not to take my car), and we headed home.

It is hard to believe, but the smell is "almost" gone, but ... I am now going out to wipe down the back seat of Jim's car!

Humane Society De-skunking Formula:

1 qt. 3% hydrogen peroxide + 1/4 cup baking soda + 1 tsp. Original Dawn Dish Detergent

Rub mixture through pet's fur and rinse thoroughly.

Next, wash pet with pet shampoo, rinse thoroughly and towel dry.

Caution: Do NOT save this mixture or make it ahead of time, as the mixture could explode if left in a bottle.



Left: Donna Cairns gave a pine needle basket weaving workshop in October at the Randolph Town Hall. Here Donna shows two of her Lancaster Fair top prize winning baskets. Participants were surprised to discover how difficult these beautiful baskets are to create.

Right: Tammy Lowe Towle, one of the workshop participants.





Clover Koopman Photo

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