



# WINDHAM NEWS & NOTES

VOLUME 3, ISSUE 1

WINDHAM, VERMONT

JULY-AUGUST 2005

## Answers sought to avert flooding

by Mary McCoy

Kathy Campbell and her brother Jim McCandless learned to drive on the hard earth of the field across from their family's farm on White Road. That field is now soggy and filled with cattails. "Last winter, we had a four-foot wall of ice against our barn," stated Kathy. "You could see how it flowed from the quarry down the road to our barn."

These conditions are the focus of a dispute involving the Town of Windham, the McCandless family, and Sean and Elizabeth Reese, owners of property adjacent to the McCandless' land, which includes the quarry formerly owned by U.S. Talc Mine and before that Omya, Inc. The quarry, as shown in the photos on page 2, has changed over the years from a large empty pit to a deep pond filled to capacity.

On May 18, Kathy, Jim, various Windham representatives, our town's attorney, lawyers for the Reeses, engineers, and environmental experts met at the site to evaluate whether the water-filled quarry is the cause of the flooding on the McCandless property and White Road. No

official conclusions were reached.

What is known for certain is that when the talc mine closed down operations in the early 1990s, they assured the Town that there was no cause for concern about the quarry filling with water. For reassurance of that claim, our select board contacted the Vermont board that deals with land use and development, commonly called Act 250 for the law establishing it. According to select board member Helen George, the Act 250 board ignored the Town's request for a judgment.

The Reeses, who purchased the land in 2002, insured their property against damages, and as a result, their insurance company is providing lawyers and experts to support the claim that the Reeses are not solely responsible for the water on White Road and the McCandless' property.

The Town and the McCandless family feel that the quarry is the source of the water flowing onto their field and the road and that the Reeses should fix the problem by

*(continued on page 2)*

## Town elders invited to monthly lunch

by Edith Serke

Are you a mature "older adult" or a so-called "senior" who is trying to understand and deal with the changes in your life? Do you ever wonder if you're the only one who feels challenged by everyday issues? How will the changes in Medicare affect you? Do you have someone you can turn to in case you need help? Or wouldn't it be nice if you could just discuss some issues with your peers over a cup of coffee or tea?

The Windham Community Organization will sponsor a monthly informal get-together, tentatively dubbed the "Senior Brown Bag Chat Group". It will meet on the third

Wednesday of each month at noon at the Windham Meeting House, starting August 17. For the first meeting, a light lunch will be provided; after that you can bring your own "brown bag" lunch, and coffee or tea will be provided. We will share information, discuss issues and concerns, and provide companionship and support for each other. There is no obligation or commitment. Come and enjoy a couple of hours with your friends and neighbors.

If you are interested in attending the first meeting on August 17, please call Edith Serke at 874-4812 or Beverly Scott at 874-4064.

## BBQ on July 16

Don't miss this  
delicious occasion!

*See page 5 for details.*

## News & Notes needs your financial support

Inside this issue is a form and envelope to send with your annual check for the *Windham News & Notes*. Your support is needed and appreciated. If you lose the envelope, you can send your check to: Windham News & Notes, P.O. Box 1068, Windham, VT 05359. Please send what you can, with a basic contribution being \$10.



## Answers sought to avert flooding

(continued from page 1)

forcing the overflow onto their own property.

To officially determine who is responsible for this situation and how to correct it, a mediation has been set for August for the concerned parties. If no agreement is produced in the mediation and no resolution is otherwise

reached, a verdict will be determined in court.

Robert Stevens, the engineer hired by the Town and the McCandless family, hopes the mediation will focus on a solution to the flooding. One possibility he suggested was directing the overflow into a deepened ditch alongside White Road and down to a nearby creek.



The quarry in the 1990s, while talc was still mined.



The quarry on May 18, 2005, during the site visit.

## One number offers seniors hundreds of answers

by Edith Serke

If you're a Vermont senior, a family member, or a care giver, you'll gain useful information by calling 1-800-642-5119. The Senior HelpLine, a service of the Council on Aging for Southeastern Vermont, is a toll-free information and assistance resource serving people age 60 and older. Staffed by caring, knowledgeable professionals, the Senior HelpLine can answer your questions and put you in touch with the resources you need to stay at home safely and comfortably.

Seniors may face difficult challenges in their daily lives, challenges that affect their safety, health, or well-being. But only a phone call away, trained advocates consult with seniors, their families and care givers, helping them identify and take advantage of programs and community resources that support well-being and independence. The Senior HelpLine can send you a list of luncheon sites

where you can go and join with other seniors to enjoy a hot nutritious meal and good companionship. Or, if you are unable to prepare a meal due to health or other reasons, you can be connected to the home-delivered meals program, called Meals on Wheels.

The Senior HelpLine can also refer calls to case managers who provide in-depth consultation with seniors, their families, and their care givers. Staff can visit seniors in their own homes. All assistance is confidential and under the direction of the elder. Staff can answer your questions about paying for prescription drugs, food, heating costs, home care services or legal services, as well as questions about Medicare or Medicaid, mental health issues, transportation, and other issues. No question is too trivial or too complex. Calling 1-800-642-5119 is your first step toward finding the answers, information, and resources you need.

How is the Senior HelpLine different from the 211 information and referral program featured in the last issue of the *Windham News & Notes*? The 211 program is a basic service which refers you to the various services available to the general population. The Senior HelpLine is a very specific assistance program especially for seniors and their families provided by trained professionals.

If you have aging parents or relatives living in another state, and you're wondering how to find out about and arrange for services, there is a national hotline, called Eldercare Locator, 1-800-677-1116, available Monday through Friday, 9:00 AM to 8:00 PM (ET), which will put you in touch with an organization similar to the Council on Aging here in Southeastern Vermont. To learn more about our local Council on Aging, visit their website at [www.coasevt.org](http://www.coasevt.org).



# Planners and listers address growth, changes in Windham

by Ernie Friedli

## Town Plan

The Windham Planning Commission is engaged in the process of rewriting the town plan. The town plan must be carefully prepared, as it outlines the direction the citizens of the town wish to pursue to safeguard, maintain or otherwise alter the direction the town will take as the inevitable changes are thrust upon the area by way of development, subdivision, and general expansion.

Meetings are held at the Town Office on the 2nd and 4th Thursdays of each month. The process to bring forward a town plan for adoption takes many months, followed by hearings for the public review, before culminating in an approved plan.

Input by the public prior to final reviews is always sought, since it minimizes the number of objections which might otherwise require further alterations and additional reviews. It is recommended that interested citizens check on the schedule with the town clerk as the meetings are subject to change. Call 874-4211.

## Grand List

The town listers have completed the changes to property valuations. If a property has been revalued, a notice has been sent to the owner of the property providing notice that they may appeal the change or seek to understand why changes were forthcoming. Public notice has also been given that property owners may examine the grand list file recorded in the Town Office to compare their property values and may request a review on the grievance day as has been posted.

This grand list (which will constitute the total taxable values of all

properties) will be used to generate the town municipal tax rate on or about July 5th which is based on the budgets adopted by vote at the town meeting on March 8th.

## Taxes

The school portion of the tax rate cannot yet be set. While the listers have compiled a grand list of valuations, the state prepares a study each year comparing the sales of any properties in the town with the valuations which have been estimated by the listers. As the actual selling prices have moved upward, the state now has placed a 20% adjustment to *all* properties in the town by increasing the grand list at the state and sending a revised school tax to the town. This amount will then be used to add to the municipal tax rate as described above.

It should be understood that the state school taxes are sent to the state and a portion (approximately 50%) is returned to the town which is based on the number of students in the school system.

Tax bills are prepared in early August and are sent out for collection due on or before November 1, 2005.

## Reappraisal

Since the town's valuations have moved to a 20% or greater deviation from actual selling prices, the town will have to undertake a 100% reappraisal of all properties as required by the state's rules governing this subject. The listers will be embarking on this routine after completing this year's activity.

If the record at the Town Office appears to be incomplete, the property owner will be informed that the listers would like to schedule a visit to the property.



## WINDHAM NEWS & NOTES

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## The WN&N Team

Carolyn Chase  
Jean Coburn  
Dawn Bower  
Bev Carmichael  
Bill Koutrakos  
Mary McCoy  
Imme Maurath  
Edith Serke  
Margaret Woodruff

## Acknowledgments

Thanks to all who provided articles – their names are noted with their submissions.

Thanks also to our advertisers.  
Additional ads are welcomed.

## Submissions

*Windham News & Notes*  
welcomes submissions.

Send articles and signed "letters to the editors" of 100 to 300 words to the address below.  
We prefer emailed submissions.

**Next deadline**  
August 12, 2005

**Windham News & Notes**  
**P.O. Box 1068**  
**Windham, VT 05359**  
**802-874-4874**  
**wnandn@vermontel.net**





Recent recipients of training are (left to right) Nathan Boynton, Rick Weitzel, and John Boynton

## Tater Hill name returns with new golf course owners

by Imme Maurath

The *News and Notes* would like to welcome Tim and Diane Mueller to the Town of Windham. They are the new owners of Tater Hill Golf Course, formally Windham Golf Course, formally Tater Hill.

I interviewed the pro shop manager Sylvia and asked her why they renamed it Tater Hill, and she said that's what it's been known by since the 60's when it first opened. The new owners asked its members what they'd like changed about the course. They all agreed, change it back to Tater Hill, which got its name because before it was a golf course it was a potato farm.

Since taking over the course, many improvements have been made, including redoing the back nine, which is across from Howard Hill Road, which is actually in the Town of Andover. Sylvia tells me that even though we haven't had the best weather this spring, the course is in excellent condition, due to these improvements.

Check the weekly *Message* for fees, schedules, ongoing specials, and clinics for beginners and intermediates.

### Windham Country House



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living and dining rooms  
with all the comforts of home

The perfect place for friends or family visiting you

1113 Old Cheney Road ~ 802-874-4790

[www.WindhamCountryHouse.com](http://www.WindhamCountryHouse.com)

Michael Simonds and Mary McCoy, hosts

## Fire company enhances personnel, equipment

by Imme Maurath

The Windham Volunteer Fire and Rescue Company would like to congratulate the following volunteer firefighters: Rick Weitzel, our chief; Nathan Boynton, our president; and John Boynton, his brother, on completion of Firefighter I training.

This course is 180 hours of classroom and practical training that is recognized nationally. They learned information on burning buildings, people rescue, ladder rescue, fire prevention, and car crashes. They have brought this knowledge back to the firehouse and are teaching us in our monthly training sessions. Thanks, guys!

The fire company has received a nice sum of money, \$42,625 to be exact, from the Homeland Security Fund. We will be able to purchase a generator, mobile radios, a gas meter, monitors, portable radios, four SCBA self-contained breathing apparatuses, and a vent saw. This is much needed equipment.

We are also applying for a grant to get a dry hydrant at Burbee Pond. We have one new dry hydrant located across from the firehouse. These hydrants allow us to get water into the tanker as opposed to chopping ice in the winter to draft water.

We'd like to thank Chaves Excavating for donating their labor and gravel for the new hydrant. The firehouse paid for materials. Thanks also to Charles Snyder for lettering the tanker truck. Before this, we were anonymous.

Please remember that you need a permit for any outdoor fires. Call Clarence Merritt at 875-3740, Rick Weitzel at 874-4140, or Ralph Wyman at 875-3373.

Last but not least is our annual auction, Saturday, August 13. We need your donated items – *please* only those in good shape that others will buy. Call Rick at 874-4104, Steve at 875-1709, Ralph at 875-3373, or Phil at 875-2104.

## Fire Company BBQ & Auction

at the Fire House

Saturday, August 13

Tag Sale 9:00 AM

Auction 10:00 AM til around 2:30 PM

Hot Dogs, etc. throughout day

50/50 Raffle - drawing 12:00 Noon

Chicken BBQ 5:00 PM

Pie & Cake Auction 7:00 PM

*All proceeds used to keep the firehouse going!*



# WCO hosts annual BBQ on July 16

The Windham Community Organization (WCO) will host the annual Chicken BBQ on Saturday, July 16 at 5:30 PM on the Meeting House yard.

As usual, each dinner will include half a chicken, deliciously cooked over an open grill, potato salad, baked beans, various green salads, an assortment of bread, and strawberry shortcake. Be forewarned – latecomers have been turned away due to the large number of diners.

In conjunction with the BBQ, a raffle will be held with many wonderful prizes, generously donated by local businesses. (See prize listing in box.) Each tickets is \$1 or six for \$5 and are available from WCO members. They will also be sold at the BBQ. For more information, call Carolyn Chase at 874-4039.

The money raised by the raffle and BBQ will be used by WCO to provide assistance to Windham residents with urgent, one-time financial needs. All citizens of Windham are invited to attend the monthly meetings of WCO held on the last Wednesday of the month at 7:00 PM. In addition to planning ways to help neighbors in need, the monthly meetings provide an opportunity for residents to become better acquainted with one another.

A committee has been formed recently, led by Beverly Scott and Edith Serke, to make available to the community information regarding health and social services.

## WCO Raffle Prizes (as of mid-June)

- 13-inch bowl from D. Lasser Ceramics (Londonderry)
- \$50 gift certificate from Brown Enterprises (South Londonderry)
- Dinner for two at the Outback Restaurant (Winhall)
- \$25 non-perishable food basket from Winhall Market (Winhall)
- \$25 beauty products basket from Londonderry Pharmacy (Londonderry)
- Round of golf for 2 with cart from Tater Hill Golf Course (Windham)
- \$30 two-person inflatable boat from Londonderry Hardware (Londonderry)
- \$35 gift card to Clark's Grocery Store (Londonderry)
- one large pizza of choice from Gran'ma Frisby's (Londonderry)
- Gift certificate to the New American Grille (Londonderry)
- Gift certificate to Jake's (Londonderry)
- Gift certificate for services from Country Living Small Engine (Windham)
- Item from Butch Jelly of Jelly's Mobil (Londonderry)
- Item from Hot Glass Works (Jamaica)

## Congregational Church bids ado, hosts choir, plans celebration

by Nancy Dyke

### Good-bye to the Campbells

On Sunday, May 29 during its morning worship service, the congregation bade farewell to the Campbell family – Bill, Kathy, Jimmy, Joey, and Jenny – by forming a circle around them and sharing stories and special memories about them. David Crittenden, president of the church council, presented bibles to Jimmy, Joey, and Jenny. Each bible was appropriate to the recipient's age.

The family will be sorely missed by the congregation - Jimmy and Joey for the weekly ringing of the church bell, Jenny for her

enthusiastic singing, and Kathy for her work with the summer day camp and the Christmas pageants.

After the service a potluck lunch was enjoyed by all in their honor. Two paintings were presented to the family by Donna Koutrakos. One was a painting of the McCandless homestead (Kathy's family) and the other was one of the Campbell's current home.

The Campbell family will be leaving during the first week in June for St. Ignace, Michigan, where Bill's extended family resides. They are already in the process of building a house not far from the beach of Lake Huron. Although their going will

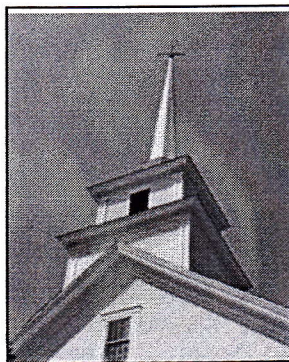
leave a huge void, everyone wishes them well in their new adventure.

### Yankee Male Chorus

The Yankee Male Chorus, well known to residents of Windham, will be performing at the Congregational Church on Thursday, August 11 at 8:00 PM. Bill Koutrakos will be preparing a meal for the chorus before the concert. The Yankee Male Chorus will also be performing nearby in Wilmington, Westminster, and Grafton.

### 200th Anniversary

Special services, a birthday party, and other festivities are in the planning stage for the weekend of September 9, 10 and 11 of this year commemorating the 200th birthday of Windham Congregational Church which was founded in 1805.





## Valley Bible Church invites you

Valley Bible Church  
3264 Windham Hill Rd  
South Windham, VT 05359  
valleybibleVT.com  
Pastor Mark Griffin  
874-7287  
pastor@valleybibleVT.com

### SERVICE TIMES SUNDAY

Sunday School 9:55 AM  
Morning Worship Service 11:00  
Evening Bible Study 6:00

### THURSDAY

Bible Study & Prayer Meeting  
7:00 PM  
Children's Bible Club 7:00 PM

### UPCOMING SPECIAL EVENTS

July 11-15 Vacation Bible School  
August 4 Potluck Dinner &  
Drama Team from Bob Jones  
University

### VACATION BIBLE SCHOOL

Come join us for a Jungle Adventure July 11-15 at Valley Bible Church in tropical South Windham. We will have an exciting time of games, crafts, interesting snacks and special time of learning God's Word.

Bring a jungle animal, dress in your safari clothes, and join Jungle Jim as he discovers truths from the greatest of all guide books.

We will have three classes for ages 4-12 each morning from 9:30 to 12 noon. We look forward to seeing you there!

Call 874-7287, or email pastor@valleybibleVT.com for more information.

# Artists:

## It's time for summer day camp!

by Billie Van Alstyne

Hey, kids, it's time to start thinking about camp! July will be here before we know it. Since Kathy has moved to Michigan, I will be the new director. I've got lots of fun crafts and field trips planned.

We'll be doing many things similar to other years such as jewelry, painting and games, but I also have some new ideas which include going on some fun field trips to museums. I've lined up several local residents to come in and do special projects, and Walter Woodruff has agreed to take the kids on another nature hike.

Camp will be held at the Windham Meeting House from July 5 through July 22. Hours will be from 9:00 to

1:00 Monday through Thursday and 9:00 to 12:30 on Fridays.

Tuition is \$20 per week for one child, \$30 for two children, and \$35 for three or more children from the same family. For those who prefer the cost for one day, it is \$5. Anyone should feel free to pay less or not at all if they truly can't afford it, and everyone should feel free to pay more if they can afford it. No one should stay home because of lack of funds or a ride. If financial help or a ride is needed, please contact me, Billie Van Alstyne, at 875-4371.

If you plan to attend, please let me know as soon as possible to make planning for food and crafts easier.

## 4th of July Picnic 4:00 PM Meeting House



The Friends of the Meeting House invite you  
to Windham's annual July 4th picnic

**FREE - Hot Dogs, Soft Drinks, & Ice Cream**

**Please bring a salad, chips, dessert, or whatever.**

**Vacation homeowners and renters are invited to attend.  
Everyone, bring your guests with you.**

**Please come, one and all, to this community affair.**

To participate in an  
exhibit in September  
at the Meeting House,  
call Nancy Dyke at  
874-4428

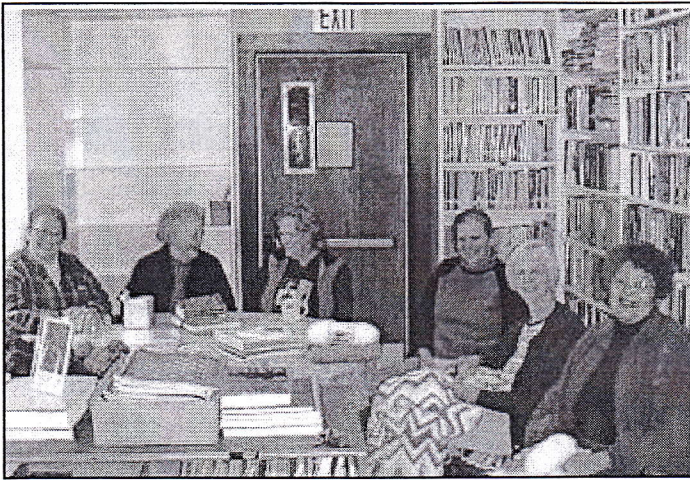
### *Country Living* Sales and Service

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## Library expands with new shelves

The Windham Town Library trustees would like to thank Jerry Dyke for his many hours of labor installing our new library shelves, as seen above in the back on the left. Town residents enjoy use of the library, located at the Meeting House, every Wednesday.

Participants above are a part of the knitting group. They are, *left to right*, Lydia Pope France, Jean Coburn, Margaret Woodruff, Arline Hay, Dawn Bower, and Beverly Scott.

## Strong Living exercises begin

*by Nancy Dyke*

Maggie Newton and Nancy Dyke will co-lead a Strong Living class at the Meeting House sponsored by Tufts University. It offers exercises and weight training to facilitate flexibility and bone density in men and women over 40 years of age. Half of the exercises are new this year.

An organizational meeting will take place on Wednesday, August 3 at 1:30 PM. At that time, forms will be given to participants to be completed before classes begin, including a medical release form to be completed by a physician.

Classes will begin on Monday, August 29 at 1:30 and will continue on Mondays and Wednesdays for 12 weeks, unless more convenient times are agreed upon by participants. The classes begin in August so that the course can be completed before the Thanksgiving holiday.

## The Ladies of Windham

*by Arline Hay*

Let me weave you a tale of the Ladies of Windham,  
the town they all live in a green mountain kingdom.

This band of women were lively and good,  
and did for their town whatever they could.  
Ladies of talent could weave and could paint,  
not given to fashion or thought of as quaint.  
Some did lift weights, while others read books,  
a few did crochet, and many were cooks.

Some did go skiing, and others did run,  
they met once a month when the day's work was done.  
At Helen's of George, they did plot many schemes,  
like who would make taters and who would bake beans.

Midnight oil burned in many a lamp,  
how to raise money to send kids to camp.  
Ideas knit together like bright colored yarns,  
and sparked like sequins with each lady's charms.

Jean of the Coburn, a lady so brave,  
she raised the fat chickens coyotes did crave.  
Carolyn of Chase, whose poems did inspire  
a walk in the woods through maple and briar.

Donna of K, our lady Van Gogh,  
her paintings made all clap their hands and say Wow!  
On Burbee Pond Road lived Dawn of the Bowers,  
blue, pink and yellow, an expert with flowers.

Bev of the C, was a wizard with wool,  
with teaching the others her roster was full.  
Margaret of Woodruff knew all the town history,  
spoke of the past and unraveled the mystery.

Nancy of Dyke, one very smart cookie,  
to far away places, she loved to play hooky.  
Maid Mary called Mac was once a McCoy,  
would marry her Mike and all wish them great joy.

To write of the others would take me all day,  
but each did her part in her own special way.

This band of women were lively and good,  
and did for their town whatever they could.

A most sincere wish from Arline of Hay –  
Have a glorious summer, enjoy each beautiful day!



*Emily de Coninck*  
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## ----- Such a deal -----

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Windham Meeting House Bicentennial  
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### COOKBOOKS

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– also only \$10 –

both available at Town Office



# Kathy gives her all for family and town

by Mary McCoy

Kathy Campbell has always wanted to live in Windham. Having spent part of every summer here for 47 years, she was convinced by the tragic events of 9-11 that life was too unpredictable to delay the move.

In June 2002, she and her husband Bill moved to North Windham along with their three children, Jimmy now age 13, Joey now 11, and Jenny now 6. Her parents, Mac and Mary McCandless, had lived here permanently since the 1980s on land Mac's parents had farmed since the 1930s. For Kathy, it was a chance to help her mother look after her father whose health was failing and to spend time with her mom whom she describes as "the light of my life."

But life was even more unpredictable than Kathy imagined. Two days after the Campbells moved to Vermont, Mary McCandless suffered a heart attack and died. Mac followed her in 2004.

While Kathy deeply regrets not being able to spend more time with her mother, she was pleased to see her father take an interest in her children.

"When I was a kid, Dad worked seven days a week and did everything he thought a man should do. He was an excellent provider, but raising the children was my mother's job. Dad saw how Bill was actively involved with our kids, and it was something new to him. His generation wasn't like that. There was no closeness with the father. No touching or talk of love."

In his final years, Mac changed. Explains long-time friend, Bill Koutrakos, "Mac got a kick out of going to his grandsons' soccer games. It was a surprise to him and, I think, a blessing."

Kathy was the coach for the soccer team, just one of the many ways in which she has contributed to Windham during the family's three years here. She also coached the basketball team, helped out regularly in her children's classrooms, organized the summer day camp, and actively contributed to the Congregational Church.

Although Kathy downplays her contributions, saying that for her it was fun and no hardship, others describe her efforts in superlatives. Says Bill Koutrakos, "Kathy's hard work and the positive energy of her whole family has meant a great deal to Windham. They will be sorely missed."

In early June, the Campbells are moving to Michigan to

live near Bill's family. They plan to open a diner with breakfast and lunch service, using Kathy's past experience as a restaurant manager and caterer. "We're not looking to get rich," Kathy said. "We just want to pay the bills and have time to spend with our kids. They are one-hundred percent our priority."

Anyone who knows Kathy knows this is true. Not only does she put her children first, she demonstrates a strong child-rearing philosophy. Similar to the way she was raised by her parents, teaching right from wrong is key, as well as

patriotism. Kathy holds her kids accountable for their actions. She permits no foul language, and violent movies are not shown in her home.

"I believe in a hands-on approach. There are too many negative influences that can hurt children. I'd never say about my kids' behavior: 'There's nothing I can do about it.' Kids are kids. They need direction."

Kathy looks to her parents as guides. "My mother set the rules and loved me too. My parents taught me that your word is everything. If it comes

out of your mouth, it better be true. I don't know if there's enough of that these days. Perhaps I'm old fashion, but I try to raise my kids that way."

Kathy says she would have enjoyed living here and farming the land as her grandparents did. Hard work has long been a part of who she is – with a masters degree in psychology, she established and managed two organizations in Cincinnati, Ohio, to help people with head injuries. She gave it up when Jimmy was born, later working part-time as a caterer.

Yet there was always time for the family to come to Vermont in the summer to recapture that old-time experience. "Bill and I have known since I first brought him here 23 years ago that this is our kind of place. I love being on this property, knowing its history, who's walked on it, how it got this way. I know it's just land, but it's more than that to me. And we're comfortable here with the people from the church and others. We hope to come back."

Kathy and Bill are considering retirement here. That's good news for the Town of Windham. Our regret at seeing the Campbells go is softened only by knowing they might return.





# The road to where?

by Margaret Woodruff

Yes, the sign reads “7 miles to South Londonderry.” And, in case you don’t recognize it, the caption on the bottom of the photo reads: “Meadow Bridge W.Windham V.T.” This is our present day bridge from Burbee Pond Road, leading to West Windham. Back 100 or more years ago, when Windham was an active farming and mill town and the census count was more than 760 residents, it was a very well traveled road indeed.

If you went down and turned right on Toad Road, you could continue and come out on Under The Mountain Road in South Londonderry. That road, surprisingly, is still usable today, but only with a four-wheel drive vehicle or a sturdy pair of hiking boots.

Another well traveled road in the early days was the Chase Road. About one and one-half miles down, as the road turns to the right, there is an old road that went straight ahead, which can still be seen today. A left-hand turn would take you to Grafton, and a right-hand turn comes out on Simpsonville Road in Townshend. There was also another road at the top of the hill that led to Windham Center, but I am not sure if this one can be followed any longer, with or without 4WD or suitable footwear.

Many of these roads appear on older maps, and if you look carefully as you travel the highways and byways of Windham, you will see some evidence of them meandering off from the roads we now call our main roads. Walking



them, you find cellar holes and other evidence of the many lives that came before us – the lilac bushes that appear to be in the middle of nowhere, the stone walls off in the woods, and other hints of those people who called Windham home back when life on this hill was a lot tougher than it is today! Maybe you even have some of them running through your own land.

It’s fun to think about what used to be, and how, even in our tiny town of Windham, the world has changed so much.

So long for now,

Margaret Woodruff

## Snakes provide curious adventure

by Elisabeth Robinson

It was early summer, and as I looked across the meadow toward my neighbor’s house, I saw what appeared to be a yard of sand carefully mounded on top and covered with a piece of blue plastic held in place with rope. The mound’s proximity to the house in a shallow dip in the land convinced me that it was an elaborate above ground septic system with sand filter.

One day, however, I was talking to my neighbor in the meadow that

divides our properties, and he offered to show me his snake pit. Most people probably would not think this was a great treat, but I am not afraid of snakes and saw this as a curious adventure. My neighbor lifted off the blue plastic sheet to reveal beneath a seething beehive of all sizes of garter snakes. Medusa could not have asked for more.

Now the fun began, as he plucked the small snakes from their hive to play

with. These were harmless garter snakes, so there is no danger of getting bitten. They ran up and down your arms and around your neck and have a good time before being put back in their nest. My friend who was staying with us at the time decided she would pass and opted to pick the blueberries.

Apparently, snakes love the habitat of warmth and facility of sand and have a great time making their dens and  
(continued page 11)



# Large snappers make presence known

by Mary McCoy

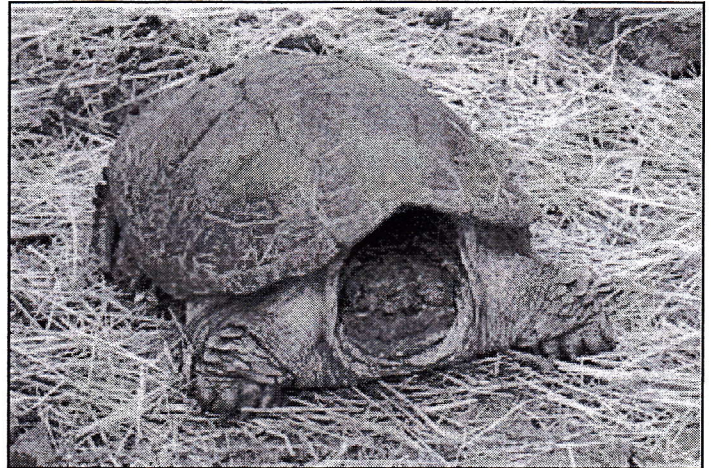
In mid-June, several large snapping turtles were sighted in Windham, especially near the construction area at Abbott and Windham Hill Roads near the stream that feeds into Burbee Pond.

Reported by several residents, some turtles were estimated to be at least 30 inches long, and they were on the move. Said Ernie Friedli, "They can really travel. You'd be amazed." They still would not win a race with a hare, but one was seen on Burbee Pond Road in a near run.

Speculation has it that they were inspired by mating season, looking for places to bury their eggs. Dawn and Al Bower, who live on Burbee Pond Road, think a turtle was responsible for the digging in their garden. Al said it appeared eggs had been buried there, and then the turtle returned to Burbee Pond. The incubation period for snappers is 30 days.

Margaret Woodruff saw turtle activity near her home on Windham Hill Road just south of Windham. She said, "My snapping turtle laid eggs by the roadside. So far nothing has molested them, but they usually get eaten by the raccoons."

The turtle in the photo here, taken by Ernie, was only about 18 inches long, small compared to others. Lydia Pope



France saw another one that was so large, it appeared to have outgrown its shell.

Knowing a snapper is easily capable to biting off a person's hand, Lydia took photos from 10 feet away. Then she handed over her camera to Ernie "who was very intrepid when it came to getting up close and personal," according to Lydia. Unfortunately, Ernie's subject withdrew his head, apparently camera shy.

# Bunny's mules give Dan a workout

by Daniel Reilly

The second house on the left on Route 121 coming from Londonderry is occupied by an elderly man whose nickname is Bunny. That is what everyone calls him, and I don't know why. Bunny has a very bad heart condition and says the doctors don't know why he is still alive.

Bunny has two pet mules. Driving home from Londonderry with my friend Bill Koutrakos, I see Bunny chasing them in his van. Every few hundred feet the mules stop, Bunny gets out with a rope, and the mules bolt again. This goes on several times, and Bunny is huffing and puffing.

I get out of the car, and one of the mules runs right up to me, shows his teeth, looks possessed, runs around me, and gallops up the road. I get back in the car. Bill drives up the road, and a mule is running alongside his car doing

a good 35 mph.

We pass the mules, and Bill blocks the road. The mules run on the lawn of the yellow house on the right of Route 121. The mules try to get around Bunny and me and are determined not to be caught and be put back in their field. Weaving in and out, the mules enjoy their freedom. Why a man with a bad heart chooses mules as pets is beyond my comprehension.

I ask Bunny, "What should I do?"

He replies, "Shoot the sons of bitches."

Down 121, in and out of every driveway, around the back of every house, the mules run. Bill and Bunny block the road with their cars where there are guardrails. The mules run instead across the front of the house known as the Big Z and around to the back. They stop to chew grass by the

Dorian's pond. I almost rope one by the pond, but they bolt down to the next house, up the driveway, and around the house.

The mules try to get around me, but I pick up a branch, light in weight and 10 feet long, and I use it to herd them. The mules are determined to get by me, so I yell at them, smack the branch on the ground, and chase the mules. I scare them, and they ran down the driveway and all the way back to their barn. Bunny puts his van blocking the door, and the excitement is over.

How did they get out? Bunny thinks a moose walked through and knocked down the electronic fence creating the havoc.

All I can tell him is: "Get a cat."

I tell my wife that I don't have to walk today.

I got my exercise.



# Uncle Sam says: Eat smart!

by Mary McCallum, Council on Aging for Southeastern Vermont

In January 2005 the governmental USDA revised dietary recommendations for the American public. They updated 25-year-old guidelines that were no longer in sync with American eating habits. The new guidelines emphasize healthy food choices and exercise.

All the advertised weight loss aids, supplements and extreme diets do not address the simple truth that in order to lose weight you must burn more calories than you consume. If you eat 100 more calories in a day than you use, your body will grow by a pound a month, roughly ten pounds a year. People of all ages need brisk cardiovascular activity on a regular basis for weight control and fitness.

What kind of calories you consume is as important as how many. There are nutrient-dense foods and foods that are mostly empty calories, providing little or no nutrition. Any product that lists sugar first on its ingredient list is loaded with empty calories. Alcoholic beverages are heavy in calories, low on nutrition. Salty snacks are often high in fat, trans fats and cholesterol, and

provide no health benefits. Sugar coated cereals are not healthy choices. A rule of thumb is when one serving of a single food item contains over 400 calories, it is a high calorie item.

Eating habits have changed over the past 25 years. Fast foods have altered our idea of what a normal portion size should be. We live in a supersize culture that promotes large servings. Americans expanding waistlines are the result and will continue to be until the food industry decides to push health over volume.

But don't wait for the food industry to make changes that you can do yourself. Follow these three simple guidelines on food and physical activity for a healthier you:

- Eat from every food group, and in moderation.
- Find your own healthy balance between food intake and activity.
- Get the most nutrition out of the calories you consume.

If you do, you will reduce your risk of heart disease, osteoporosis, diabetes and hypertension. And it just might add years to your life.

## Shorthand version of new dietary guidelines

- Limit calories to 2,000 a day for women, and 2,400-2,600 for men.
- Eat at least 2 cups of fruit and 2 1/2 cups of vegetables. Choose the most colorful that nature has to offer: bright yellow, orange, red and dark green vegetables, with red, blue and orange fruits.
- Limit salt to one teaspoon a day. Most salt comes from processed foods and restaurant fare, not your own salt shaker.
- For protein, eat poultry, fish and only lean meats. Include nuts, beans and eggs.
- Avoid saturated fats, trans fats and cholesterol. Trans fats are in almost all baked snack foods and processed cakes, cookies and pies. Cut back on butter, avoid margarine, and cook with olive or canola oil instead.
- Think fiber: along with your fruits and vegetables consume three ounces daily of whole grains, beans, and whole grain bread and pasta.
- Consume 3 cups per day of low fat milk, or the equivalent amount in yogurt or cheese – 1 and 1/2 ounces of cheese equals one cup of milk.
- Exercise for a minimum of 30 minutes a day for general well being, but it will take 60-90 minutes to actually lose weight.

## Snakes provide adventure *(continued from page 9)*

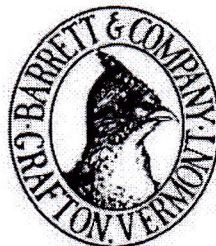
nests in a sheltered place such as this. As summer progresses, snakes spend more time in the sun before shedding their skin. I see them outside my kitchen door near the granite step.

Many people are afraid of snakes, and they can be disconcerting if they surprise you, but in China, it is considered good luck to have a snake living under your doorstep.

We extend greetings  
to Windham's new  
property owners:



Jamie L. Whitte  
Jeffery & Jennifer Puffer  
Alan Goldstein  
Tammy Massingill  
Mathew C. Cryan  
Michael Record  
Andrew LaValle



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## WINDHAM NEWS & NOTES

P. O. Box 1068

Windham, VT 05359

The WN&N Team welcomes your  
signed letters and articles  
(300 words max). Send them to  
the address above or preferably by  
email to [wnandn@vermontel.net](mailto:wnandn@vermontel.net)

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### GET INVOLVED IN WINDHAM!

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## — Windham Community Calendar —

Every Sunday – **Windham Congregational Church** has worship services at 9:00 AM; everyone is invited. Communion first Sunday of each month.

Every Sunday and Thursday – **Valley Bible Church** has services (*see page 6*)

Every Wednesday – **Windham Town Library** at Meeting House 3:00 to 5:00 PM. Also at that time: Reading group first Weds, knitting group second and third Weds, and writing group on fourth Weds. All are invited to join.

Last Wednesday of month – **Windham Community Organization** meets at 7:00 at Helen George's house. Call Carolyn Chase at 874-4039 to confirm time and place or for info.

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday – **Town Planning Commission** meets and public input is invited (*see page 3*)

Monday, July 4 – **Friends of Meeting House Annual July Fourth Picnic** at the Meeting House 4:00 PM (*see page 6*)

Tuesday - Friday, July 5-22 – **Summer Day Camp** at the Meeting House for kids 4-12 (*see page 6*)

Monday-Friday, July 11-15 – **Vacation Bible School** at Valley Bible Church for kids 4-12 (*see page 6*)

Saturday, July 16 – **Chicken BBQ & Raffle** sponsored by Windham Community Organization at the Meeting House, 5:30 PM (*see page 5*)

Wednesday, August 3 – **Strong Living exercise class** begins at 1:30 PM at Meeting House (*see page 7*)

Thursday, August 4 – **Potluck and Dream Team** from Bob Jones University at Valley Bible Church

Thursday, August 11 – **Yankee Male Chorus** at the Meeting House 8:00 PM (*see page 5*)

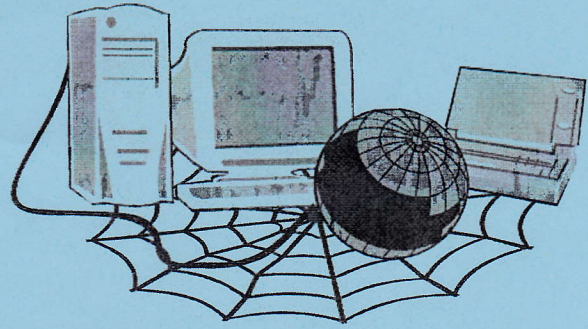
Saturday, August 13 – **Fire Company BBQ & Auction** at the Fire House 9:00 AM to 8:00 PM (*see page 4*)

Wednesday, August 17 – **Senior Brown Bag Chat Group** at noon at Meeting House (*see page 1*)

Friday - Sunday, September 9-11 – **200<sup>th</sup> Anniversary Celebration** of Congregational Church (*see page 5*)



# Do you want faster internet service in Windham?



For many Windham residents, especially those with Verizon as their telephone provider, using the web requires a great deal of patience.

Individuals who use the net for business purposes must wait hours for some downloads. Our town listers and town clerk must waste precious time while reports the state now requires via internet creep across the antiquated phone wires.

So far, attempts to persuade Verizon to upgrade Windham's lines have been unsuccessful. So have initial efforts to create the change with support from our elected officials.

It's time to organize! Many other Vermont towns now have acquired broadband with help from the Vermont Council on Rural Development's Vermont Rural Broadband Project.

The first step is to measure the level of interest in our community. That's why we hope you will complete the form below and return it in the envelope provided. You can send it with your check and membership form for the *Windham News & Notes* :- ) or send it alone.

We will neither publish nor disclose to anyone your personal survey responses; but we will contact you once we learn more about options for speedy internet service.

Please help Windham get off our poky pathway and onto the digital superhighway!



**I'm interested in getting fast internet access for my:**

☐ home      ☐ business      ☐ both

Name: \_\_\_\_\_

Windham E-911 Street Address: \_\_\_\_\_

(We need the location of your home or business in order to evaluate the potential for service.)

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

☐ Thanks, but I already have fast internet service from: \_\_\_\_\_

I am currently ☐ happy ☐ neutral ☐ unhappy with my internet service.

Comments: \_\_\_\_\_

\_\_\_\_\_





# WINDHAM NEWS & NOTES

☐ ***Yes! I want to support the Windham News and Notes.***

This issue of the *News & Notes* begins our third year of bi-monthly publication.  
We depend on your annual support to cover the cost of production and mailing.

Like public radio and TV, we ask you to contribute whatever you can,  
with a basic contribution to the *News & Notes* being \$10.

Your support will ensure that you and others receive Windham's own news source for another year.  
Please give what you can.

**Fill out the form below and mail it in the enclosed envelope to Box 1068, Windham, VT 05359.  
Include your check or money order payable to *Windham News & Notes*.**



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Windham address (if different from address above)

\_\_\_\_\_  
(E-911 address) (Zip)

☐ Contact me about placing an ad in the *News and Notes* by calling me at \_\_\_\_\_.  
(Phone)

**Please use the space below to provide your comments or suggestions for the *News & Notes*.  
This is YOUR newsletter.**

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☐ I do not want to receive the *Windham News & Notes* under any circumstances.