



Winter 2017 / Issue No. 23

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atHome

with Seniors in the Eastern Monadnock Region

Time Travel with Horses

By *Francelia Clark, Member*



“What was it like?” If the question attracts you, there are various ways you can nudge history into becoming your own “time travel.” In this local region, you can download the oldest maps, and seek out, in your town historical society, the details of a place that stirs your imagination. (Consider Hunger Mountain or Brimstone Corner.) If you happen to have the luck of a historical companion, then “time travel” on the oldest roads becomes a natural goal. And what could fire up the imagination better than, say, a horseback ride around Mount Monadnock?

For me, deeply into retirement, this idea took a lot of help from friends, historical societies, landowners and horse-keepers, especially MaH member Linda Moran. But two friends and I, along with three horses, did accomplish this kind of ride in September. The route was a circle, clockwise around the extant roads of the Colonial settlements of Monadnock, starting southeast from a spot in central Dublin, about 28 miles. I was the scout; my horseback riding

friends, the lifelines; my willing pony, the inspiration.

When I first totaled up the potential mileage, I knew I needed two nights on the road, and these in a bed with a stable, not in a sleeping bag with a nearby snuffling muzzle. Keepers of two old inns responded and delighted us. The book *Very Poor and of a Low Make: The Journal of Abner Sanger* by a Dublin farmer of the 1790s and published by Lois Stabler in 1986, brought parts of our passage to life.

We rode an average of ten miles a day (modest to most riders), mostly on horse navigable dirt, public roads, in four townships. Several of these are cart paths, often beautiful with sudden views and with 18th century cellar holes of houses, mills and taverns. On Old Troy Road we could add gems of observations, struggle, even gossip by Abner Sanger with the other settlers of these cellar hole sites. We could feel a truth that this farmer’s working life was hard almost beyond imagination.

I’m writing it up, and hope to share it with you before too long. ☞

Memberships are now being accepted.
For more information call 603-371-0809 or
visit our website monadnockathome.org



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Shattuck Golf Course Tour

By Sandra Faber, Member Services Coordinator

I've never driven a golf cart in my life! In my mind, I was picturing those bumper cars at the amusement park in which I screamed to get off as other, aggressive drivers took pleasure in ramming into me! Not only was I to drive one on this trip, but I needed to convince a few fellow members who also had no experience driving one that it would be a piece of cake. Well, twenty three of us, drivers and passengers alike, arrived at the Shattuck on a gorgeous October morning to give it a go. The blue sky was a perfect backdrop to the multi-colored leaves. Our host, Tony, explained he would be taking us on a practice run before we began the tour. "Perfect!" I thought. Once I was in the cart, I soon realized this was going to be so much fun!



Looking around, it was clear that everyone was really enjoying this...and we hadn't even started the tour!

Soon we were off, through the wooded trail along the rolling green, over a bridge,

passing by beautiful foliage and Mount Monadnock as this golf course is perfectly set among its surroundings. One of Tony's dogs that spend much of its time at the club, also came along for the ride. Tony explained how the dog has fetched golf balls out of the water, sometimes to the amazement and sometimes to the dismay of golfers. Stopping at most of the holes, Tony gave the course history and spoke of the careful planning and environmental considerations that went into the design of the course. We were touring for about an hour. Although there were a few bumping of cars along the way, it only added to the joyful experience!

Once back at the club house, Tony had a wonderful lunch prepared for us to enjoy, while MaH member Owen Houghton showed pictures and explained a little more about the history. Many people said they would like to do this outing again next year. And now that we have plenty of experienced drivers, how can we not? I know I'm looking forward to driving that cart again! 🍷

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OUR MISSION *The Mission of Monadnock at Home is to provide seniors of the Monadnock Region with the support and practical means to live and thrive in their homes and communities.*

A Trip to the Tavern By Cynthia Sue Martell, Member



On August 18th, MaH members met at the Wyman Tavern Museum located on Main Street in Keene. We enjoyed a docent-led tour of this handsome — yellow with green shutters — 18th century tavern and residence. Captain Isaac Wyman built the tavern in 1762, and he and his family operated it for 40 years. It is one of the oldest surviving houses in southwestern New Hampshire.

Wyman Tavern is historically renowned as the first meeting place of the Dartmouth College Trustees in 1770. It was here that 29 Keene Minutemen gathered in 1775 at the outbreak of the American Revolution to march to Lexington, Massachusetts.

The first room we entered on our tour was the tavern. A sign posted on its wall immediately drew our attention: No more than 5 allowed per bed and boots must first

be removed. This posting was one among countless artifactual reminders of the rugged lifestyle of local colonists. We were impressed with their courage, ingenuity, and craftsmanship.

The group lunched at Ramuntos Brick Oven Pizza. During lunch, MaH member Linda Moran's guest from New Zealand, Carol, shared cultural facts about her native country further enhancing a delightful excursion. 🍷

Cindy's Corner

By Cindy Bowen, Executive Director



Hello everyone and welcome to the winter 2017 issue of *at Home*! It's been a busy fall for MaH, filled with several programs and trips, and members are now busily preparing for the holidays and cold winter months ahead. MaH staff and volunteers are gearing up for winter too!

Our Volunteer Committee, chaired by board member Bill Graf, is getting ready to make "Inclement Weather Check-In Calls." Volunteers will call members before OR after a storm depending upon circumstances. They will ask you if you have heat, electricity, enough food, water, necessary medications and if there is anything MaH can do to help you at

that time. Should you need assistance, the volunteer caller will contact staff, who will in turn refer a service provider or volunteer to assist you. Please review the enclosed insert, "Storm Prep Checklist," to help you be prepared in the event of a power outage or weather emergency. If you need assistance gathering the necessary items to keep on hand, please call MaH and one of our volunteers will be happy to help you.

As we make our way through the coldest months of the year, don't forget that, in addition to all of the great ways our volunteers help members,

they are also willing to pick up and deliver grocery orders from Roy's Market in Peterborough. All it takes is a single call to 603-371-0809! We are here for you!

MaH is always ready to accept new members AND volunteers. If you're happy with the services and benefits of membership, please spread the word to your friends and neighbors whom you think would benefit from our support. For more information, interested persons can call 603-371-0809 or visit our website MonadnockAtHome.org.

On behalf of the MaH staff and Board of Directors, stay warm and best wishes for a safe and happy Holiday Season! 🍷

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