

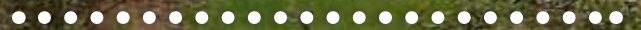


# VITAL COMMUNITIES

## FALL 2011 NEWSLETTER

Serving the Upper Valley region of Vermont & New Hampshire

### **VALLEY QUEST** Comes to Life



Local Business Returns  
Value to Communities

Ambitious Goals to  
Support New Farmers



## VITAL COMMUNITIES

### Mission

Vital Communities engages citizens, organizations and communities in creating solutions to our region's challenges. We currently work in the following topic areas:

SENSE OF PLACE: Valley Quest

LEADERSHIP: Leadership Upper Valley

TRANSPORTATION: Upper Valley TMA

LOCAL ECONOMY: Local First Alliance

LOCAL AGRICULTURE: Valley Food & Farm

CONVENING: The Municipal Network, Corporate Council

ENERGY: Rural Energy Partnership

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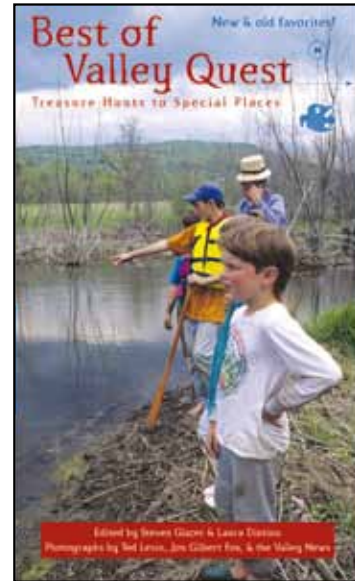
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## Valley Quest

Discover our special places

**Best of Valley Quest**  
is a collection of 70 of the  
**BEST** Upper Valley treasure hunts!



**Bring the *Best of Valley Quest* home today!**

\$24.95, Available at bookstores or  
online from [EnfieldDistribution.net](http://EnfieldDistribution.net).

**“I am so amazed at the places these  
Quests are taking us! I highly  
recommend Questing to anyone who  
is interested in nature and history.”**

**—By a Quester**

**FREE NEW QUEST**  
**Mill Cemetery Quest**  
(See page 6)



FALL 2011

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# What's New at Vital Communities?



*Len Cadwallader &  
Mary Margaret Sloan*



*Deb Jones*



*Debbie Diegoli*



*Phil Bush*

As the new Executive Director, I'm honored to follow in the footsteps (and distinctive bow tie) of **Len Cadwallader**, who is now enjoying his retirement and traveling with his wife Mary Ann. We wish him well and hope he visits often. I am thrilled to be part of an organization that is working on issues critical to this region and important to me personally, as my husband Howard and I have set roots here.

We also wish the best to former Valley Food & Farm Coordinator, **Deb Jones**, who, with her husband Jeem, has relocated to the West Coast, and Assistant **Debbie Diegoli**, who is moving on to new adventures while staying put in Weathersfield, Vermont. The Valley Food & Farm program is core to Vital Communities and we're taking this time of transition to celebrate our successes and evaluate how we can best support local farmers and local food going forward.

As the voices from community members in this newsletter attest, Vital Communities is doing great work in our region. The Smart Commute transportation project is celebrating significant successes, **saving commuters \$1.2 million** in fuel costs in its first year. Valley Quest is wrapping up a busy season commemorating the 250th anniversaries of many towns across our region, and is developing new **Quests for the 150th anniversary of the Civil War**. Leadership Upper Valley has launched its 5th Leadership Institute, training current and burgeoning leaders. Local First Alliance is planning a fall campaign to put our local economy in the forefront as we head in to the holiday season. And with the significant support of a generous donor, we are launching a **new energy initiative**, focusing first on businesses, then municipalities, then residences.

Doing all this great work takes space, and Vital Communities is pleased to have moved to larger, but just as welcoming, offices **on the second floor of the Upper Valley Food Co-op** in White River Junction. We're delighted to get to know the UVFC staff, and we are already planning joint events, including an **Open House** on the First Friday of December.

We welcome **Phil Bush** as our new bookkeeper. Since 1990, Phil has been the Director of Finance at the Dartmouth Psychiatric Research Center at Dartmouth Medical School. He lives at Cobb Hill in Hartland, where he was the bookkeeper for Cobb Hill Cheese, and he's currently the Treasurer for Upper Valley Housing Coalition.

As you know, Vital Communities is a nonprofit organization that is both part of and working for our region. In that spirit, I welcome any thoughts or ideas about our work, and I look forward to getting to know you!

A handwritten signature in black ink that reads "Mary Margaret Sloan".

Mary Margaret Sloan

MaryMargaret@VitalCommunities.org, 802.291.9100 x101



# RURAL ENERGY PARTNERSHIP

## *A Ten-Year Vision for Sustainability*

By Megan Shannon, Energy Initiative & Corporate Council



The new Rural Energy Partnership of Vital Communities will develop and implement a region-wide 10-year vision for an energy-efficient future in the Upper Valley. This initiative is unique in its focus on rural energy issues and behaviors.

Last year, Vital Communities' Corporate Council (comprised of the Upper Valley's largest employers) engaged a student team from the Tuck School of Business to investigate energy efficiency initiatives across the county, and solicit local input to explore the possibility of an Upper Valley initiative. In a presentation to the Corporate Council, Tuck student Dwight Keyser reported that to catalyze deep energy savings, "local business and community leaders see a need for coordination at a regional level." Tuck researchers concluded that Vital Communities is therefore the ideal organization to lead such an endeavor, having already developed its strength at a regional approach to finding solutions.

To move forward this fall on a 10-year regional vision, Vital Communities will:

- ✦ Assemble a Rural Energy Advisory Group to draft a vision.
- ✦ Convene a Corporate Energy Working Group to suggest goals for the business sector.
- ✦ Present at a community forum and brainstorm community-wide indicators that will measure progress toward the vision.

Corporate Council energy subcommittee member Clay Adams, CEO of Resource Systems Group and Vital Communities Board member acknowledges that "there are already incredible efforts underway in the business sector, local government, institutions and non-profits. Our intention is to work collectively with the wide range of stakeholders to tackle this issue together."

Such an initiative will help businesses increase energy efficiency, advance renewable energy projects for municipalities, and celebrate successes about energy reduction efforts throughout the Upper Valley. For more information, contact [Megan@VitalCommunities.org](mailto:Megan@VitalCommunities.org).





# COLONIAL QUEST

## Comes to Life

BY LAURA DINTINO, VALLEY QUEST

Over the past school year, Valley Quest hosted teacher workshops showcasing our new Colonial Quest Curriculum. Following these workshops, we helped area elementary schools use the Colonial Quest lessons to create a new collection of Quests, commemorating the history of the Upper Valley. You can find these Quests as well as Curriculum on our website.

Plainfield is one of several towns commemorating the 250th Anniversary of its charter this year. We worked with Kathleen Maslan's third grade class using the Colonial Quest lessons to study the history of their town. The students learned the meaning of familiar words such as Mascoma and Ascutney, then mapped the area, starting with locating Abenaki places and moving on to overlaying Colonial names and places.



*Students gather data from gravestones for their Quest.  
Photo by Plainfield Elementary.*

Next, the class went out in the field to the site of an early mill and cemetery, where they studied the graves of some early colonial settlers. Returning to the classroom, they researched further by using the history of Plainfield, "Choice White Pines," and interviewing elders and local historians.

The result of the students' learning is the "Mill Cemetery Quest," written in rhyme with gravestone illustrations. Says Kathleen Maslan of the process:

**"Creating the Mill Cemetery Quest with my class was a rich experience for everyone involved. What an interesting way to learn history! Vital Communities' facilitators provided the knowledge, materials and support to help make this project a huge success. Students were very invested and I found their enthusiasm inspiring. It was an exciting way to wrap up the year!"**

Valley Quest has been an effective tool to make Colonial History come to life for young and old in the Upper Valley. The next historic anniversary that Valley Quest will focus on is the Civil War. For more information about using Quests in your classroom, contact [Laura@VitalCommunities.org](mailto:Laura@VitalCommunities.org).



EASY | HISTORICAL | BRING A COMPASS

**This Quest begins at the Covered Bridge in Meriden. Follow True's Brook Road off 12A in West Lebanon. This Quest takes you into a cemetery, please be careful not to disturb the graves.**

Stand at the covered bridge  
and recall, The people who  
live here first of all.

The Abenaki people named a  
lot of places around here like the  
Connecticut River, Mascoma  
Lake and Mount Ascutney.  
Connecticut means Long River,  
Mascoma means Clay Place and  
Ascutney means Wide Mountain.

Walk through the bridge, from  
dark to light, Look for the historic  
sign on the right. Read about  
Kimball and the mill, And then go  
on this Quest to learn more still!

From the sign go up the hill,  
Pass the homes on the left  
and right, Walk through the  
stonewall opening in sight.

Walk east along the stonewall, Be  
careful, don't fall. Go four rows  
and if you listen to what we say,  
You'll get to the grave of Harriet  
Silloway. Then go right six stones,  
There lie Nathaniel French's bones.

Nathaniel French was married  
to Alice. She has no last name  
on her grave; her father was a  
Pennacook Indian, possibly named  
"Bentfeather." French's Ledges  
was named after this family.

Another French, Hezekiah,  
fought in the Revolutionary War.  
His wife was Mehitable. This  
line can be traced all the way  
back to the Mayflower pilgrim  
family of Francis Billington!

Facing the French's stones, Take  
22 paces to find Benjamin Kimball  
Jr's bones. It is a tall stone that is  
gray, A red one is not far away.

Benjamin Kimball Junior had  
two children named Hannah  
and Reuben, and a wife named  
Rebekah. He was a hog reeve and  
lived in a big white house on the  
corner. When he was put to his  
bed, his grave was 60 inches tall.

Go south 10 paces and turn west  
7 paces, Don't worry you won't  
see a ghost, Just a birdhouse on  
the granite post, 68 paces south  
to the two cracked Hadley graves,  
Daniel & Susan, Notice the flag  
carved in his grave, you may  
think it's an illusion. Turn west,  
go 22 paces to the Merrill Colby  
obelisk grave, If you go to the east  
side, your energy he will save.

Merrill Colby died July 12,  
1845, but during his life, he was  
town moderator in 1811; town  
representative in 1821-1822;  
and selectman a lot! That was  
the basic life of Merrill Colby.

At Colby obelisk you will  
start, Walk 10 steps to the  
road where you will part. Turn  
left and go 8 steps in all, To  
the next obelisk that is tall.

The True Family. He was born  
in 1781. He was in charge of  
building the Meriden Baptist  
Church. He has two wives,  
Mary Cutler and Hannah  
Duncan. He had three children,  
Mary, Reuben and Eunice.

From the True family stone so  
white and immense, Head to  
the gate all covered in green.  
All rusty and old, and needs  
to be cleaned, Go left, take 24  
steps around the green fence.

Look to your left, not right, You'll  
see a tall sight, Six little stones you  
will see, That's the Kimball family!

Daniel and Hannah Kimball and  
their six children lived a happy life.  
Daniel Kimball was the founder  
of KUA. He died on February 27,  
1817, when he was 63 years old.

Facing Kimball's stone, 3  
paces to the right, You will  
find a grave with two faces.

Benjamin Kimball 1721-1796.  
When Benjamin Kimball was  
75, he slipped off the dam  
and died. His wife's name  
was Hannah. Their children's  
names were Daniel, Mehitable,  
Raume, Elizabeth and Sarah.  
His wife, Hannah, was the  
first person buried at the  
Mill Cemetery in 1787.

Take 3 steps to the big stone  
of slate. Where 2 small graves  
stand straight, Walk to the two  
old graves that seem like they'll  
fall, That's the Kimball family  
one and all. Now 4 steps back  
toward the tree, Mary and Thomas  
Chellis graves you will see.

Thomas (1750-1835) and Mary  
Chellis didn't have any children.  
She was a library trustee, he was  
a fence viewer. , Chellis Road  
was named after them and their  
farm. It was the major route to  
Lebanon before the Civil War.

Walk down the hill toward the  
stone wall, 35 steps you will  
count in all. Under the elbow of  
a shade tree so old, You'll find a  
box hiding under rocks to hold.





# HELPING EMPLOYERS *Support Commuting Options*

BY AARON BROWN, SMART COMMUTE

The Upper Valley Transportation Management Association partners with employers to develop and market commuting options that save employees money and reduce the social and environmental impact of driving alone. Our approach is not to simply hand out brochures for transit providers and Upper Valley Rideshare. Instead, we get to know individual workplaces—their access to bike networks and transit lines, their employees' commuting patterns and motivations for choosing them—and we develop programs that fit each company. The Upper Valley Trails Alliance, our partners in the Smart Commute program, identify, develop, and map new bike-ped routes.

No two workplaces are identical. At Kendal at Hanover, for example, we knew that Advance Transit's Brown Route provided bus access, but discovered that employee residential patterns didn't align with the route. Our solution? Ramp up efforts to get colleagues carpooling. Working with David Watts in the Human Resources department, we designated parking closest to the main employee entrance as "carpool only" and launched a carpool benefits club. Each month, employees log their carpool trips and are entered into a prize drawing.

**"First year results have been impressive," says Watts. "Our carpool rate doubled, and employees have saved over \$20,000 so far."**

Another good example is Hypertherm, a growing company with headquarters in Hanover, that has long lacked viable transit options. We found that 10% of the company's associates live in Claremont. When a new transit route project connecting Claremont and Lebanon was announced, we got Hypertherm involved.

**We've seen great success from this work so far. Over the past year, employees at five of our 11 workplaces have saved over \$1.2 million on fuel alone.**



*Employee carpoolers at Kendal at Hanover. From left to right: Margi Lord, JoAnn Coulombe, Sherry Butler. Photo by David Watts.*

To learn more or to get your company involved, contact [Aaron@VitalCommunities.org](mailto:Aaron@VitalCommunities.org).



# LOCAL BUSINESS

## Returns Value to Communities

BY SHARON MILLER-DOMBROSKI, LOCAL FIRST ALLIANCE



*Terry Appleby, General Manager, Co-op Food Stores.  
Photo by Allan Rietz.*

For 75 years the Co-op Food Stores have tried to set the bar as to what it means to be a local business serving our communities. As a founding and active member, the Co-op Food Stores generously supports Local First Alliance, and our local economy, by engaging in cooperative commerce for the greater community good. “As one of the largest locally owned retailers in the region,” says General Manager, Terry Appleby, “we work to use our size as a positive influence on local communities.” Our support takes many forms, says Appleby, “We pay fair, above-market prices to the local farmers who supply us with products. Each week we donate over 2 tons of food to Willing Hands, and we send large quantities of produce trimmings to local pig farms for livestock feed.”

The Co-op is a stellar example of a local business that focuses on creating a sustainable work environment for its employees, and seeks to promote locally raised and produced products to its shoppers. For the Co-op, membership in the Local First Alliance was an obvious step given the organization’s core values.

**“We want membership in the Local First Alliance to continue to gain recognition as a vital investment in our communities; and we hope the local business community is further recognized for the tremendous value it returns to the region.”**

Local First Alliance recently conducted a survey to learn about Upper Valley businesses like the Co-op Food Stores, their involvement in the local community, and their support of other local businesses. Preliminary results show that 25% of locally owned businesses contribute in-kind donations (like labor and expertise) locally, 22% make financial donations within the Upper Valley, and nearly 20% want to contribute more to our region.

How can your business, or the business you patronize, do more? Visit Local First Alliance on the Vital Communities’ website. Find out about more opportunities provided by LFA, like the speaker series (see back cover), the Think Local First Holiday Campaign, and the online Local Solutions Directory. You can also contact [Sharon@VitalCommunities.org](mailto:Sharon@VitalCommunities.org) for more information.





# Ambitious Goals *to Support New Farmers*

BY GABE ZOERHEIDE, VALLEY FOOD & FARM



*It's never too early to foster new farmers.*

Beginning farmers face serious obstacles to starting a career in farming, including lack of access to affordable land, limited operating capital, and inadequate technical and business management skills. Yet with 40% of Vermont farmers over the age of 60, and a growing agricultural economy, new farmers are desperately needed.

Vital Communities is working with the Vermont New Farmer Network, a collaboration of food and agriculture organizations, on an ambitious project to increase the number of successful beginning farmers in Vermont and adjacent towns in New Hampshire. The three year goals of the project are:

- 100 farmers with initial sales below \$50K will increase sales revenue at least 20%.
- 65 farmers will take steps to scale up their business to earn at least 51% of their family income from the farm.

As a regional partner to the statewide network, Vital Communities will act as the contact point for beginning farmers in the Upper Valley. We look forward to working with our partners to provide a coordinated program of education, technical assistance, coaching and mentoring. If you know someone beginning their career as a farmer, or would like more information, please contact [Gabe@VitalCommunities.org](mailto:Gabe@VitalCommunities.org).





# LEADERSHIP INSPIRES SERVICE

## Spotlight on Randy Heller

BY SHARON MILLER-DOMBROSKI, LEADERSHIP UPPER VALLEY



Randy Heller

Randy Heller has lived in the Upper Valley for ten years, but as a Leadership Institute graduate, he says, "I now know more about the community in which I work and live than any of the areas I have lived in before . . . I gained understanding of the strengths and challenges of the region and how I can get involved and be an effective leader."

As owner of Upper Valley Ride to the Airport and Upper Valley Window Washing, Randy knows his business practices affect the environment. He chooses environmentally friendly cleaning products, and his ride service has space for up to seven individuals, reducing energy consumption. "By networking and building relationships with Leadership Institute classmates and alumni, I am able to work, learn and collaborate with a number of people. It was fascinating to learn how different industries overlap."

Randy notes, "When visiting the Upper Valley Haven on Health and Human Service Day, I gained an understanding of the importance of their work and the positive impact this organization is making." From that experience, Randy was inspired to support the Haven by collecting contributions and inspiring others to become involved in service opportunities.

A year long program, the Institute provides insight into how education, health and human services, government, arts and the creative economy, transportation and economic development work in the Upper Valley. For more information contact [Sharon@VitalCommunities.org](mailto:Sharon@VitalCommunities.org).

### 2011–12 Institute Participants

- ♦ Mark Boutwell, *Health Care & Rehabilitation Services of Southeastern Vermont*
- ♦ Stacey Chiocchio, *Hypertherm*
- ♦ Ernest Ciccotelli, *The Law Offices of Ernest J. Ciccotelli*
- ♦ Sandy Clavelle, *Ledyard National Bank*
- ♦ Elizabeth Anne Clemens, *Anne Clemens Communications and Anne Clemens Designs*
- ♦ Matthew Dungelman, *Gallagher, Flynn & Co.*
- ♦ James Grossman, *Ottawaquechee Community Partnership*
- ♦ Suzanna Liepmann, *Schiffman, Dattilio & Liepmann, P.C.*
- ♦ Steven Locke, *Town of Hartford*
- ♦ Mollie Martin, *Hartford Area Chamber of Commerce*
- ♦ Richard Menge, *Town of Hartford*
- ♦ Richard Neugass, *Videographer*
- ♦ Ashley Parker, *Kendal at Hanover*
- ♦ Hannah Putnam, *Vermont Institute of Natural Science*
- ♦ Jake Quigley, *Inspired Shifts Personal & Professional Catering*
- ♦ Justin Rendahl, *Dartmouth Printing*
- ♦ Dorisann Ross, *Lake Sunapee Bank*
- ♦ Elizabeth Roy, *Vermont Institute of Natural Science*
- ♦ Elizabeth Schibley, *Grafton County Senior Citizens Council*
- ♦ Lori Shipulski, *IT Stuff*
- ♦ Hazel Stone, *Connecticut River Bank, NA*
- ♦ Nicole Vecchi, *Citizen*
- ♦ Rebecca Vinduska, *Copper River Information Technology, LLC*
- ♦ Fred E. Wainwright, *Tuck School of Business*
- ♦ Aaron Warner, *Good News Training*

## VITAL COMMUNITIES



## FALL 2011 EVENTS CALENDAR

### LOCAL FIRST ALLIANCE SPEAKER SERIES

**WHAT:** Joe Sherman, author of *Young Vermonters: Not an Endangered Species*, shares stories of young people working in Vermont who represent a cross section of interests, jobs, and education.

**WHEN:** October 13, 7:30–9:30 p.m.

**EMAIL:** [LocalFirst@VitalCommunities.org](mailto:LocalFirst@VitalCommunities.org)

**WHERE:** Vermont Institute of Natural Science, Quechee, Vermont

**WHAT:** Ben Hewitt, author of *Making Supper Safe: One Man's Quest to Learn the Truth about Food Safety*, explains the dangers of the ever-expanding distance between us and our food sources, and introduces a vibrant cast of characters who are reinventing our food system.

**WHEN:** November 10, 7:30–9:30 p.m.

**WHERE:** The North Universalist Chapel Society (UU Church), Woodstock, Vermont

### ADVENTURES IN QUESTING

**WHAT:** **Jericho Historic District Quest** Join Laura Dintino and Pat Zacharski for a guided Quest of this historically important agricultural area in Hartford. Offered in conjunction with Hartford Parks & Recreation Department.

**WHEN:** Sunday, October 23, 2:00–4:00 p.m.

**EMAIL:** [Laura@VitalCommunities.org](mailto:Laura@VitalCommunities.org)

**WHERE:** Jericho Street (pull-off near Sugartop Road), Hartford Village, Vermont

**SUPER QUEST** It's not too late to participate in our UV 250 Super Quest—deadline to finish is November 1. Register and print your clues at the Super Quest section of our website. Super Quest is a great fall foliage activity for you and your family.

### MUNICIPAL NETWORK MEETING

**WHAT:** A quarterly gathering of elected and appointed officials who work collaboratively on common issues. Event includes a talk by Noelle MacKay, and breakout discussion groups.

**WHEN:** Thursday, November 17, 5:30–7:30 p.m.

**EMAIL:** [MaryMargaret@VitalCommunities.org](mailto:MaryMargaret@VitalCommunities.org)

**WHERE:** Hotel Coolidge, White River Junction, Vermont

### VITAL COMMUNITIES OPEN HOUSE

**WHAT:** Enjoy local beverages and snacks while touring our new offices. Valley Quest patches and hats will be awarded, and the Grand Prize winner for our Super Quest will be announced.

**WHEN:** Friday, December 2, 4:00–6:00 p.m.

**EMAIL:** [Sharon@VitalCommunities.org](mailto:Sharon@VitalCommunities.org)

**WHERE:** Vital Communities' new offices, above the Upper Valley Food Co-op, White River Junction, Vermont