



## ALEXANDRIA TODAY SEPTEMBER 2015 EDITION

47 Washburn Road, Alexandria, NH 03222 www.alexandrianh.com alexandrianh@metrocast.net 603-744-3220



Recycling Committee 9/15



Recycling is contagious; You set the example, and others will follow

We're still looking for one more on our team. If you are interested in joining our committee either on a full time basis or to work on a specific project, please me at: [steve.whitman@metrocast.net](mailto:steve.whitman@metrocast.net) or (603) 744-3596.



As a reminder, in addition to glass bottles toilets, Porcelain sinks, dishes, ceramics, and any other glass items can be recycled in the 'glass' container. Please be sure that all non-glass hardware is removed [hardware can be recycled in the 'co-mingled' (plastic) or 'scrap metal' (metal) container].

### **Money in our Pockets**

The savings for the month of July was \$1,250, which includes \$732.40 for revenue reported from scrap metal and aluminum cans in August. Savings year to date through July 2015 are \$6,772 [including Aug. scrap metal and aluminum cans]. We should be at about 58% of our objective through July and we are currently \$2,000 ahead of our of \$8,000 savings objective. In spite of being ahead of our objective at the present time, I think that the \$8,000 year end savings objective is realistic. As always, we thank you all for your continuing support of your recycling program, which conserves our natural resources, improves the environment and saves us money.

### **Everyone Does Make a Difference**



If you began composting this past year and are wondering how you can continue to compost your food scraps over the winter, you basically have three options: 1) continue to build your existing compost pile, 2) store your food waste over the winter and work them into your pile in the spring, or 3) begin a new worm composting bin indoors – there is a fourth option and that is to not compost food scraps in the winter.

Option #1: fill a large covered can with leaves, twigs, dead plants, etc. and place it next to your compost pile. Before the snow arrives make a circle atop the existing compost pile, the walls should be 12 inches or so high and thick enough to contain the food scraps inside the circle. Each time you add food scraps, cover them with a couple of inches of the material from the garbage can. In the spring, after the ground has thawed, water and turn the pile as usual. The downside to option #1 is that your compost pile has to be fairly close to your house or you'll need to shovel a path.

Option #2: simply 'store' your food scraps in a container that can be tightly closed; a little sawdust in the bottom will help should we experience a warm period and add an inch of sawdust on the top of each layer as the container fills. In the spring, mix in some leaves and twigs raked from the garden, and either begin a new pile or add to your existing pile. There is no real downside to this option other than you need to have a container that closes tightly to keep animals out; the upside is that there is no additional work involved and you can continue to recycle your food scraps.

Option #3: you can start an indoor worm composting bin. Worms function best at normal room temperatures, so a cold cellar won't work. Instructions are available on the internet for making your own worm bin, or you can purchase a prefabricated bin. Starter worms may also be purchased from several websites. Worms eat more than one-half their weight daily and produce excellent compost. The downside here is that you need a warm area to keep your bin; however, the upside is you get excellent compost without much work.

Your choice, but please don't select option #4 and not compost your food scraps during the winter months.

Source: <http://www.anr.state.vt.us/site/html/reflect/oct22.htm>



We've talked about statewide mandatory recycling programs for certain types of products such as paint several times over the past couple of years. Recently the International Sleep Products Association (ISPA) created the Mattress Recycling Council (MRC) to develop and implement statewide mattress recycling programs for states that have enacted mattress recycling laws. Currently, California, Connecticut and Rhode Island have enacted mattress recycling laws. Connecticut's program, known as "Bye Bye Mattress", went into effect May 1<sup>st</sup> of this year. The California and Rhode Island programs will become effective sometime in early 2016.

Connecticut's program is very similar to bottle deposit programs with which many of you are familiar. Retailers who sell mattresses and box springs charge an additional \$9 per item to handle processing expenses incurred by the recycling facilities and a \$2 'deposit fee' that is returned to the individual when the old mattress/box spring is brought to a facility for recycling. It is hoped that the fact that disposal is free and individuals receive a \$2/item incentive to recycle old mattresses/box springs will result in increased recycling and reduce illegal dumping. In addition to promoting this program to residents, the MRC works with the state's mattress retailers, hotels, military facilities, education and healthcare facilities, and other public and private

*Meeting minutes, newsletters, alerts and other helpful information is updated on the Town's website on a regular basis.*

**Visit us at [www.alexandrianh.com](http://www.alexandrianh.com) or find us on Facebook:** <http://www.facebook.com/alexandrianh>



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entities in Connecticut to divert mattresses from the solid waste stream to recycling facilities. "I applaud the mattress industry for working with us to develop a solution that protects consumers, works efficiently with our existing municipal solid waste networks and values the recovery of the natural resources . . ." said Connecticut's DEEP Commissioner Robert Klee.

The program is still in its infant stage and no doubt modifications will be needed before all of the glitches are worked out. However, it is an important first step in helping to reduce reliance on our vanishing landfills. The MRC will report on the program's progress to the Connecticut DEEP each October.

Source: <http://mattressrecyclingcouncil.org/about/>

<http://byebyemattress.com>

### **Reusing Makes Good**



A broken patio umbrella makes a good trellis for peas, beans, or morning glories. Remove the bottom section, open the top half until the ribs are at the desired angle; secure to hold in place.



Broken Adirondack chairs can be placed in the garden and used to hold plants or become structures for plants to climb on. The more they weather, the more they'll become part of the garden.



Old or damaged garden hose can be reused to protect saw blades, a guide for edging new beds, a drip hose to slowly water your plants, or chaffing protection for any number of things.

Please send any ideas, tips or comments to: [steve.whitman@metrocast.net](mailto:steve.whitman@metrocast.net) or drop them off at the Municipal Bldg. during normal business hours.

### **Alexandria Conservation Commission**

"Stewards of our Planet"



### **ACC Notebook**

Fall is a great time to get outdoors and get re-acquainted with nature. New Hampshire's Lakes Region is fortunate in that we have national and state parks close at hand, as well as many designated town forests, including our own, and hundreds of acres of privately owned conserved land throughout the area. Most property owners welcome hikers, and can highlight particular areas of interest; some even provide trail maps. Not all areas allow motorized vehicles, or if they do, limit access to snowmobiles only.

Many of you are familiar with the Alexandria topography and the many unique and interesting areas within our town; however, for those who may not be, the Natural Resource Inventory (NRI) for the Patten Brook watershed area of Alexandria can be helpful. The NRI serves as a guide and informational packet for the area, and lists detailed descriptions of the natural elements found within Alexandria and adjacent towns. Nearly 90 miles of rivers and streams have been mapped in Alexandria, including the most commonly known waterways: Smith River, Fowler River, Patten Brook, Bog Brook, Brock Brook, and Clark Brook. Several smaller wetlands have been identified at the higher elevation headwaters along Clark Brook, Brock Brook, and Davis Brook. Larger wetlands are found along the lower portions of Patten Brook, Bog Brook, and the Fowler River. The best known and by far the largest wetland in town is the Alexandria Bog at approximately 319 acres. The NRI also identifies various habitats, and explains the biological diversity of plants and wildlife within these habitats. It suggests areas where you can expect to view specific species of birds, mammals, reptiles, and flora. Copies are available for viewing at the Haynes Library, town hall or on the town's website under Commissions/Committees. Why not take a few minutes to look over the NRI before your next hike; it may provide greater insight as what to look for and add to your appreciation of what you see.



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### As the Wind Blows

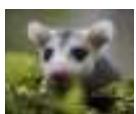
Thinking of replacing your old lawn, or creating a new vegetable garden or flower bed? Fall is a great time to begin, and the new area will be ready for planting in the spring as soon as the ground is frost free. There are two commonly used methods of soil preparation: till the old vegetation under, or 'smother' it – your choice is somewhat dependent on your planting schedule. Tilling is faster and, if you start now, will allow you to seed and have the new grass germinate before the ground freezes. However, tilling is more labor intensive in that the existing grass or other vegetation should be removed before the soil is tilled; failure to do so will energize weed seeds and may require that you apply 1 or more applications of a weed killer before planting. Tilling also disturbs the soil structure and some of the beneficial creatures that live there.

The alternative to tilling is 'smothering'. 'Smothering' is a longer process, but utilizes the vegetation already present to enhance the composition of the soil. Many people use newspaper or cardboard to define the area involved; the area is then covered with several inches of leaves or other compost material to smother the existing vegetation. Before the first significant snow, cover the entire area with 6 – 8 inches of leaves. In the spring, the leaves will have decayed and you'll be able to plant directly into the compost mixture [no tilling required] and the soil remains virtually undisturbed. A soil test may be helpful to determine if applying a supplemental fertilizer would be beneficial. If fertilizer is applied, "gently" watering it will help it absorb into the soil faster and avoid excessive run-off.

**Source:** <http://www.thisoldhouse.com/toh/asktoh/question/0,,486816,00.htm>

<http://faq.gardenweb.com/discussions/2766672/creating-a-new-bed-without-tilling>

*The Lyme Times*, Aug 13, 2015, published by the *New London Day* newspaper [www.theday.com](http://www.theday.com)



### Animal of the Month

The Virginia or common opossum, sometimes mistakenly referred to as 'possum' [a marsupial species native only to Australia and surrounding islands], is one of over 100 species, and is the only opossum found in North America; it is also the only marsupial found in North America. It ranges across nearly all the United States (except some of the most arid regions) and thrives as far north as southern Canada. Because of its appearance and often being seen scavenging in trash, many people consider the opossum a filthy animal; however, the opossum is one of the cleanest animals in the wild. They groom themselves as meticulously as the most finicky house cat. Opossums are about the size of a domestic house cat, and have grey to blackish fur, black ears, a pointed pink nose, and a long, hairless prehensile tail (can wrap around and hold, an ability which aids them in climbing).

Opossums are nomadic and live alone in diverse habitat settings ranging from forest and farmland to urban and suburban areas; they prefer areas near water. They are nocturnal and make their home in areas that are cool, dark, and quiet allowing them to sleep during the day. They prefer taking over abandoned nests of other animals rather than building from scratch. Their diet consists mainly of insects, snails, over ripened fruits, and grass; also mice, rats, snakes (they are immune to snake venom), and eggs from ground nesting birds and other wildlife. Since their diet allows them to indulge on snails, slugs and beetles, they can be a welcome addition to the garden, and are a benefit to any area they inhabit. Opossums also keep rats and cockroaches at bay by competing with them for food; in fact, it's common for opossums to kill cockroaches and rats if they find them in their territory. The opossum has earned the title of "Nature's Little Sanitation Engineer". They are not generally aggressive toward humans, although, when threatened, they will growl, belch, urinate and defecate, and omit a foul odor from their glands. When all else fails, they "play 'possum" and act as if they are dead; this is an involuntary response (like fainting) rather than a conscious act - this catatonic state can last for up to four hours.

The opossum has numerous natural predators, including humans, dogs, cats, owls, fox, coyotes, and other larger wildlife. They have a short lifespan, and typically last in the wild less than 5 years. Although opossums are considered by some as desirable game animals, an individual opossum can become a nuisance near homes where they may get into garbage, bird feeders, or pet food. They may also destroy poultry and game bird nests. Opossums are not leery of trapping devices and can be easily captured alive and relocated. Laws protecting opossums vary from state to state. Usually there are open seasons for hunting or trapping opossums. It is advisable to contact local wildlife authorities before removing any nuisance animals. Opossums are not considered endangered or of conservation concern at the present time.

**Source:** <http://www.mnn.com/earth-matters/animals/stories/10-things-you-didnt-know-about-opossums>  
<http://icwmd.org/handbook/mammals/opossums.asp>



### Upcoming Area Events

- Our September meeting will be on September 23rd at 6:30pm; town residents and guests are most welcome.



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### Selectmen's Office

#### **Alexandria Board of Selectmen - Meeting Schedule**

September 1, 2015	Selectmen's Meeting
September 15, 2015	Selectmen's Meeting
September 22, 2015	Budget work session: Transfer Station, Planning Board, & Treasurer
September 29, 2015	Selectmen's Meeting
October 6, 2015	Budget work session: Highway Department
October 13, 2015	Selectmen's Meeting
October 20, 2015	Budget work session: Town Clerk/Tax Collector & Police Department
October 27, 2015	Selectmen's Meeting
November 3, 2015	Budget work session: Supervisors of the Checklist, Trustees of Trust Funds, Cemeteries, Health Officer, Emergency Management & Conservation Commission
November 10, 2015	Selectmen's Meeting
November 17, 2015	Budget work session: Executive Budget & Other budget

*All meetings are held at 6:00 p.m. in the Conference Room at the Municipal Building (47 Washburn Road) unless otherwise noted. All appointments and agenda items for Selectmen's Meetings must be submitted by 4:00 p.m. the Thursday before the meeting. The Selectmen hold work sessions as needed at 5:00 p.m. prior to the meetings.*

### OTHER LOCAL EVENTS



#### **Alexandria Village School needs YOU!**

Did you know that our one room school house remains open? We have an after school program for children in Kindergarten through 6<sup>th</sup> grade. [But we need help!](#) In order to run this all volunteer program, we are looking for community members to join us in mentoring these young ones. Our current hours of operation are Monday – Thursday from 3:30 to 6:00 pm. In addition to providing healthy snacks, supervised play, and help with homework, we work to provide our children with a sense of community and responsibility for each other.

Children are dropped off directly from school to hour schoolhouse, and parents pick them up no later than 6 pm.

[Homeschoolers are welcome!](#) We encourage parents and children that are homeschooled to come and check out our program. Older children can be helpers and may even qualify for school credit.

Please consider joining us 1 day a week, or whatever time you have, and be part of a young person's life. We love having community members join us and share their favorite pastime or knowledge. If you can provide some craft, trade, or reading time for our program, please contact us. Love of children is our only requirement.

This program is currently offered to our families at a cost of only \$5 a week, or the equivalent in food or volunteer time. [This program is a huge community asset, but in order to continue, we need volunteers to help us keep the program running!](#) Join us a few hours a week, or a month...you will love it!

For more information, call Sue Cheney, Volunteer Director, at 744-8630.



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<b>Office Hours</b>		
<b>Selectmen's Office – 744-3220</b> Monday: 8 am to 4 pm Tuesday: 11 am to 6 pm Wednesday: 8 am to 4 pm Thursday: 8 am to 4 pm Friday: CLOSED	<b>Transfer Station</b> Monday: 8 am to 12 pm Wednesday: 10:00 am to 6:00 pm Saturday: 8 am to 4 pm	<b>Highway Department – 744-6516</b> Jeff Cantara, Road Agent
<b>Town Clerk/ Tax Collector – 744-3288</b> Monday: 9 am to 4 pm Tuesday: 9 am to 7 pm Wednesday: 9 am to 4 pm Thursday: 9 am to 4 pm Friday: CLOSED	<b>Police Department 744-6650</b> Chief Donald Sullivan When dispatcher picks up, give dispatcher your message. They will page an officer on the radio. Cell phones are not reliable locally.	<b>Planning Board – 744-8986</b> <i>Deliberative Meetings:</i> 3 <sup>rd</sup> Wednesday of each month at 7pm, 6pm during winter months (November thru March) Open 1 hour prior to meeting. Chair, Maggie LaBerge <i>Items to be included on the agenda must be received 21 days prior to the meeting.</i>
<b>Town Committees/Commissions</b>		
<b>Conservation Commission</b> The Conservation Commission meets the 4 <sup>th</sup> Wednesday of the month in the conference room at the municipal building. To contact the Conservation Commission: e-mail: <a href="mailto:alexandrianh@metrocast.net">alexandrianh@metrocast.net</a> Phone: 603-744-3220 Mail: 47 Washburn Road Alexandria, NH 03222	<b>Recycling Committee</b> Please send your suggestions, tips, and comments to: <a href="mailto:steve.whitman@metrocast.net">steve.whitman@metrocast.net</a> or call 744-3596. Thank you for recycling. A Reminder: Anyone wishing to receive electronic copies of committee business conducting electronically or meeting minutes can do so by providing me with an email address. Sent to: <a href="mailto:alexandrianh@metrocast.net">alexandrianh@metrocast.net</a>	
<b>FIRE PERMITS</b> Category I & II fire permits can be obtained in the Selectmen's Office (603-744-3220), but you will need to provide a copy of the previous year's permit in order to get a permit for the current year.	<b>All other burn permits are available from the following:</b> Fire Warden: Mark Chevalier 603-455-1591 Deputy Fire Wardens: Dave Ogden 603-744-9056 Jeff Cantara 603-744-6516 Tom Moore 603-744-6516 Or contact: Robert Duquette, George Clayman, Fran Butler, Ken Patten, Fred Platts	