

The Fitzwilliam

Newsletter

published by volunteers for the benefit of the town



Vol. XLVI N0. 544

SEPTEMBER 2025

WEEKLY MEETINGS & EVENTS

Sundays AA Meeting Fitzwilliam Community Church – 7 pm

SEPTEMBER EVENTS

Mon. 1 LABOR DAY

Tue. 2 Fitzwilliam Historic Society Annual Meeting - All members & interested parties invited – 5:30 pm
Planning Board – Town Hall – 7 pm

Wed. 3 VFW Auxiliary – VFW Post Home Winchester – 6:30 pm

Thu. 4 Gap Mt. Lions Club – Village Pond Community Ctr. Troy – 6:30 pm

Sat. 6 Troy Sr. Citizens Breakfast – Sam Paul Memorial Ctr. Troy 8 – 10 am
Stories & Tunes with Ms. Boo – Library – 9:30 am
Read to Milo – Library – 10 am
Fitzwilliam Farmers Market – On the Common – 9 am – 1 pm

Mon. 8 Economic Committee – Town Hall – 7 pm
Book Group – Library – 7 pm
Water District – Town Hall – 7 pm

Tue. 9 Board of Adjustment – Town Hall – 7 pm

Wed. 10 Nature as Your Classroom – Library – 6 pm (see article)
Fitzwilliam Fire Dept. – Fire Station – 6:30 pm
VFW – VFW Post Home Winchester – 7 pm

Thu. 11 Recreation Commission – Library – 7 pm
Historic District Commission – Town Hall – 4 pm

Fri. 12 Agricultural Commission – Town Hall – 10 am

Mon. 15 Fitzwilliam Historical Society – Historic Faire Meeting – Blake House – 6 pm
Conservation Commission – Town Hall – 7 pm
Novel – Tea Book Group – Library – 7 pm

Tue. 16 Planning Board – Town Hall – 7 pm

Wed. 17 Associated Sportsman Club – 7 pm

Fri. 19 Mobil Food Pantry & Free Produce – Fitzwilliam Inn. 1 pm

Sat. 20 Fitzwilliam Farmers Market - On the Common - 9 am - 1pm
Stories & Tunes with Ms. Boo – Library – 9:30 am
Read to Milo – Library – 10 am

Mon. 22 First Day of Autumn
Cribbage – Library – 6 pm
American Legion Post 38 - Library – 6:30 pm

Wed. 24 FREMS – Depot – 7 pm
Nutrition Workshop – Library – 6 pm (see article)

Thu. 25 Water Commission – Library – 6 pm

Mon. 29 Fitzwilliam Historical Society – Historic Faire Meeting – Blake House – 6 pm
Tweens & Teens – Library – 6:30 pm



Upcoming October Events

Mon. 13 – COLUMBUS DAY
 Fri. 31 - HALLOWEEN

Winnipesaukee – Abenaki for Beautiful Water in a High Place or The Smile of the Great Spirit



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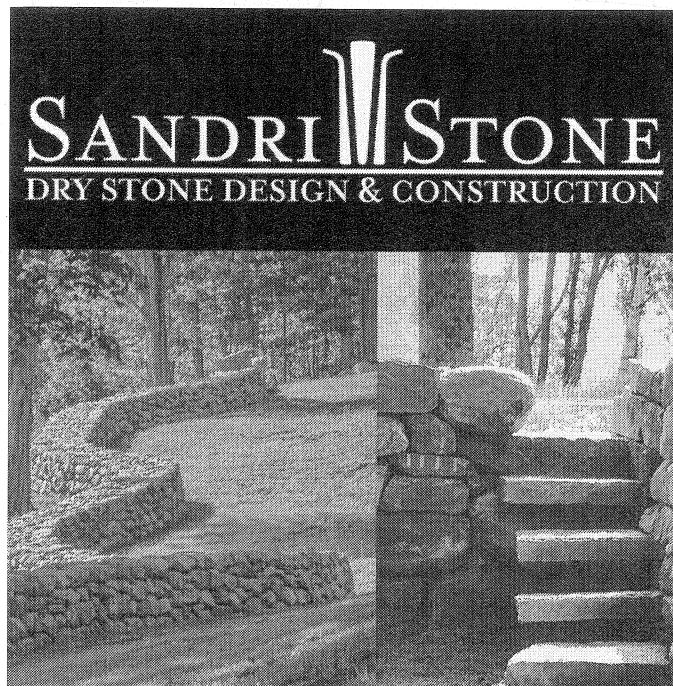
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FITZWILLIAM HISTORICAL SOCIETY NEWS

A letter from the Chairman of the Board of Fitzwilliam Historical Society

Dear Residents of Fitzwilliam,

Did you know that Leroy Blake - son of the lawyer, statesman & inventor whose former home holds one of the most comprehensive collections of town history, was a member of the *Improved Order of Red Men*?

“What’s that?” you ask, “Is it important?”

“Well, I guess it’s time you visited your town’s Museum and found out! “

“Why?” you ask.

“Because the history of your town from when it was first granted to Roland Cotton and his 44 followers 1752 until the late 1900’s is there. I don’t mean just a story to read, or old stuffy artifacts (we have those too!) – It means stories of the real people who...

- ~ birthed the first baby (a girl) under an oxcart
- ~ were great generals that hosted weary travelers
- ~ became famous artists that left us their work
- ~ brought the railroad to Fitzwilliam
- ~ were part of a regiment that did not quit its training 12 years after the Revolution
- ~ or played in a full Marching band

~ or were clockmakers, quarry workers, store owners, family and friends that have left to us one of the most iconic towns in New England. Come learn about these people of Fitzwilliam and more. *Step inside and step back in time! Call and book a tour today* because the most repeated comment after a tour is, “*We will have to come back and spend more time!*”

Now that we have had our conversation, I hope I have convinced you to visit the museum very soon. There will always be another day to play in the park, swim at the lake, watch a game, but there may not always be a day to visit your Museum. Times have changed, and although we have tried to reach out to the community of Fitzwilliam in many ways:

- Warrant Petition
- Historic Celebration
- Women of Fitzwilliam Event
- Depot Day Trail Run, Easter Event, and more...

Only a few good people have helped out. We are very appreciative for a volunteer treasurer, for the check that paid to repair the Museum’s roof and for the ways that children have given their time to help with inventory & those who have pitched in at events. But it takes more than a few people to run a society, a museum and put on events to pay for the upkeep and maintenance of a three story house with 13 rooms of artifacts! Not to mention insurance, security, advertising, and connections to the community. We need your help!

I am tenacious and stick with most things and look at every angle to make something work- so this is yet another way to ask for your time, your energy, and your ideas to ensure this unique, special place does not close forever. A year ago, I thought our small membership could save the Museum on our own - I know now, that is not possible for so few to do so much.

How you came to be in Fitzwilliam, or when you will leave, I do not know - but you are here now - you are part of our history. Put your name in the Museum’s register and learn something about your town’s history you can brag about it!

Volunteer to help at an event, be present, make a donation, and help save your museum now!
I know you will find something of interest to hold on to, so that you have a proud connection to this amazing historic place and all it has been through.

Participate in your town fair on October 11 and show that you care, that you belong and all is not yet lost. Send us an email (fitzhist@gmail.com), fill in the form on our website (fitzhistoric.org), stop by when there is a car in the drive or call 603-585-1000. Please do something - WE NEED YOU!

Respectfully,
Karen Beitler

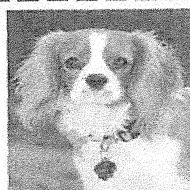
FROM THE SELECTMEN'S OFFICE

We are seeking Community Input for our Hazard Mitigation Plan Update. The Town of Fitzwilliam is in the process of updating its Hazard Mitigation Plan, a vital tool used to identify local risks—such as flooding, severe storms, and winter weather—and to outline strategies that reduce their impact on our community. As part of this effort, we are seeking input from residents, business owners, and other stakeholders through a brief Hazard Mitigation Survey.

Your feedback will help the town better understand which hazards concern you most and what steps you believe should be taken to improve community resilience. Whether you've lived here your whole life, just moved to town, come to Fitzwilliam for work, or stay for part of the year, your perspective is valuable. The survey will be open until September 15th.

You can take it online by scanning the QR code below, going to <https://forms.office.com/r/ttUPxu1MuR>, or filling out a hard copy at the Town Office, Library or Police Department. Thank you for helping us plan for a safer future!

The Town has support for this project from NH Homeland Security and Emergency Management and Southwest Region Planning Commission. Questions? Please contact Henry Underwood, Senior Planner at SWRPC at hunderwood@swrpc.org or the Board of Selectmen at fitzwilliamnh@fitzwilliam-nh.gov.



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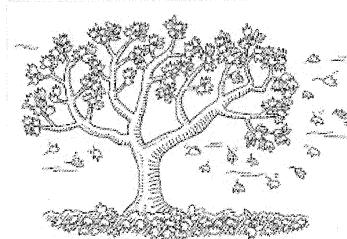
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GUACAMOLE

2 avocados, peeled, seeded, and sliced
 2 garlic cloves, pressed
 1 shallot, minced
 2 tablespoons lemon juice
 1/2 teaspoon Worcestershire sauce
 1/2 teaspoon salt
 Several drops of Tabasco sauce
 1 tablespoon chopped fresh cilantro

Place the avocado slices on a large plate and mash them with a fork. (This method creates a consistency that is smooth yet texturally interesting.)

Blend in the garlic, shallot, lemon juice, Worcestershire sauce, salt, and Tabasco. Mix in the chopped cilantro.

Transfer to a bowl and lay a sheet of plastic wrap directly on the surface to retard browning.

Refrigerate for 2 to 3 hours or until lightly chilled.

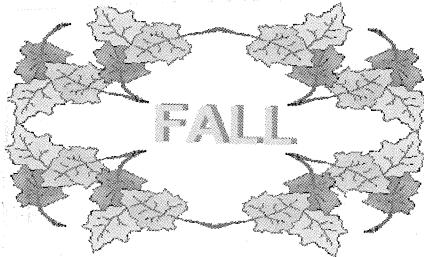
MORE GOOD NEWS FROM THE FDNA!

Please join us AGAIN for FREE FOOD SHARES. FDNA members are giddy with excitement that we can continue to bring a mobile food pantry to Fitzwilliam in September. Join us on Saturday, September 13th, between 1:00 and 3:00 p.m. for distribution of food products including meat, eggs, bread and many nonperishable products. We'll have lots and lots to give. The Fitzwilliam Inn is our distribution site. Anyone in the Monadnock Region can attend.

We think this is a great program supported by The Community Kitchen and Monadnock Healthy Alliance. If you have come before - please come again! Take some stress off of your grocery bill. If this is your first time attending then we welcome you with open arms. It's going to be great! Please remember to bring ID.

CONTINUED GOOD NEWS: Our October event will be held on the 18th - so mark your calendars now!

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September Fitzwilliam Farmers' Market

Join us on Saturday Sept 6th and 20th
 9am-1pm on the Town Common.
 Sept 6th is the Mac and Cheese Contest
 Musicians are Brandon O'Neill and Mike
 Spencer
 And the 20th our Musicians are Brandon O'Neill
 and Mike Spencer



Any Questions please email:
 Fitzfarmersmarket@gmail.com
 or Check out our Facebook
 Fitzwilliam Farmers Market



For Kids

Fall PreK Storytime (ages 3-5) - Wednesdays beginning Sept. 10 at 10:30: Come read, craft, learn & have fun with Ms. Veronika. Please register in advance.

“Big Kid” Storytime - Tuesdays beginning Sept. 9 at 3:30pm. Kids in grades K-2 can travel the world through stories and activities with Ms. Boo. Please register for this program.

Thursday Afternoons at the Library (grades 1-6) starting Sept. 11 at 3:30pm: Register for crafts, games and activities with friends! Take the bus from school.

Mon, Sept. 29 at 6:30pm - Tweens & Teens (grades 5-9) - Register to bake Mini Pineapple Upside Down Cakes.

Stories & Tunes with Ms. Boo: Sat, Sept. 6 & 20 at 9:30

Read to Milo: Sat, Sept. 6 & 20 at 10:00

CLOSED: Labor Day, Monday, Sept. 1

For Adults

Mon, Sept. 8, 7pm - Book Group: Finding Beauty in a Broken World by Terry Tempest Williams.

Mon, Sept. 15, 7pm - Novel-Tea Book Group: The Benevolent Society of Ill-Mannered Ladies by Alison Goodman

Wed, Sept. 17, 7pm - Sisters in Crime: Fast-paced improv game in which a team of authors brainstorms on their feet to create a new mystery.

Mon, Sept. 22, 6pm - Cribbage Night! Play with neighbors or learn to play. No experience needed.

Sat, Oct 11 - Mini Art Show: Pick up a mini canvas, (available while supplies last) at the Library Sept. 25. Art must be returned by Oct. 9 for display in our show. Open to all ages.

Stitch & B - Every 1st and 3rd Wednesday at 6pm.

Coffee Hour - Each Saturday at 10:30am.

Home Delivery – Homebound? We can help out. Call (603-585-3391) or email us (info@fitzlib.org) for more information.

The Fitzwilliam Town Library has partnered with the Monadnock United Way to offer a series of Parent/Child Workshops connecting families with valuable community resources.

Wed, Sept. 10 at 6pm - Nature as Your Classroom with Susie Spikol, Naturalist & Author: Kids ages 2-6 and their caregivers can discover the magic and science of nature. Go on a sensory scavenger hunt and create small woodland homes. Nature is the best playground ever! Registration is required. Takeaways for each child.

Wed, Sept. 24 at 6pm – Nutrition Workshop with Christina Parshall, UNH Extension Teacher: Kids ages 2-6 and their caregivers are invited to an interactive workshop on nutrition. Prepare a snack, discuss tips for creating healthy family meals, receive resources and healthy recipes. Takeaways for kids and families! Registration is required.

Selected Kids' Fiction

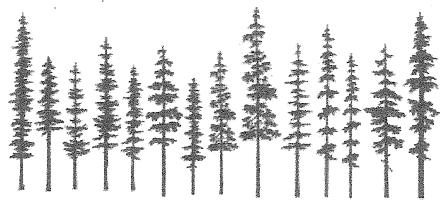
The Library of Unruly Treasures/
Birdsall, Jeanne
Who Threw That?/ lang, Suzanne
Grumpy Monkey Freshly
Squeezed/Lang, Suzanne
Ada and the Goat/ Aubrey, Heidi
Creepy Sheepy/ Cummings, Lucy
Ruth
The Deadliest: Spider/Spicer Rice,
Eleanor

Selected New Fiction

Pariah/ Fesperman, Dan
The Society of Unknowable Objects/
Brown, Gareth
The Dead Husband Cookbook/
Valentine, Danielle
The Winds From Further West/
Smith, Alexander McCall
The Locked Ward/ Pekkanen
People Like Us/ Mott, Jason
Kiss Her Goodbye/ Gardner, Lisa
The Crash/ McFadden, Frieda

Selected Non-Fiction

The Collector of Burned Books/
White, Roseanna
Monopoly X/ Orbanes, Philip
Angelica/ Beer, Molly
Dinner with King Tut/ Kean, Sam
An Enemy in the Village/ Walker,
Martin
The Mission/ Weiner, Tim
Black Moses/ Gayle, Caleb
Bringing Up Beaver/ Aberth, John



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**COMMUNITY LUNCH RESUMES IN
SEPTEMBER**

For all those who have enjoyed the community lunches at the Fitzwilliam Community Church they will resume September 9th at noon. For people that have not come please join us. You get to see your neighbors in a leisurely atmosphere and have a delicious lunch. The lunch consists of many kinds of soups and stews with an assortment of desserts. There is no charge. Please call 603-585-6842 or email fccnh@yahoo.com if you would like lunch delivered or if you need a ride.

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FITZWILLIAM FARMERS MARKET

On September 6, the Mac & Cheese contest will bring out many tasters/judges. To enter, please contact Marion Wheeler at mmsr@myfairpoint.net. Join our judging panel for \$5 to have a chance to try them all.

So many of you have stopped by the pink tent in support of Skylar day remembering we have a family right here in Fitzwilliam in need of a heart transplant. On September 6th, the pink tent will be back for the last time for the 2025 Farmers' Market season. Thank you for this support.

Musicians for September 6 and September 20 will be Brandon O'Neill and Mike Spencer. **A special thank you to the Elliot Institute of Fitzwilliam** for sponsoring our musicians for the second half of our 2025 season. It really means a lot to us.

So many of you have shown your support of the Fitzwilliam Farmers' Market and the special events that we incorporate into it. Thank You!

Look for us on Facebook-Fitzwilliam Farmers' Market and on the Fitznhcommunity.org website. Thank you!

BROCCOLI APPLE SALAD

2 heads fresh broccoli , chopped into small florets (about 4 cups)

2 apples , chopped (about 2 cups)

1/4 cup red onion , diced

1/3 cup slivered almonds

1/4 cup sunflower seeds

1/2 cup dried cranberries

Dressing:

3/4 cup plain Greek yogurt

1/4 cup mayonnaise

2 Tablespoons apple cider vinegar

2 Tablespoons honey

1 Tablespoon granulated sugar

1 Tablespoon lemon juice

2 teaspoons poppy seeds

In a large bowl toss together broccoli, apples, red onion, almonds, sunflower seeds, and dried cranberries.

Make Dressing: Whisk together all ingredients until smooth. Drizzle the dressing, just a little at a time, over the salad and toss to combine. Chill for at least one hour before serving.

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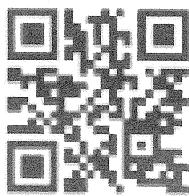
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FITZWILLIAM RECREATION DEPARTMENT NEWS

TAKE A HIKE CHALLENGE: The Take a Hike Challenge is back, sponsored by the Frank Massin Agency! Enjoy the beautiful outdoors and a chance to win a prize with nine local hikes for all ages and abilities. The challenge runs from September 13 to October 25. Info and registration can be found at Fitzrec.eventbrite.com.

FALL PAINT NIGHT: Join us for a fall paint night on Thursday, September 18th at 6:00pm, held at the Troy Community Center. Bring your drinks, snacks, and friends! The cost is \$30 per person. Register at fitzwilliam-nh.gov/parks-recreation

POP UP ZUMBA: Join us for a pop-up Zumba class with certified instructor Gina Wright on Tuesday, October 14, at 5:30 PM in the Fitzwilliam town hall. Bring a friend and pay just \$10 per person to drop in. If there's enough interest, we hope to make this a regular class! Register now at Fitzrec.eventbrite.com.

COMMUNITY ROCK SNAKE: Our community rock snake, "Rock-O," is growing, and we'd love for you to add your own painted rock! Simply bring your creation to the pole barn next to Emerson School to contribute!

TENNIS COURTS: The tennis courts next to Emerson School are open for pickleball and tennis! We kindly ask that you don't bike, rollerblade, or use other wheeled methods on the courts, as they've been newly resurfaced and we've noticed some scuff marks. Thanks for helping us keep them in great shape!

SPONSORSHIPS: We're looking for sponsors to support our 2025-2026 youth sports programs! Your generous contribution will help us create a fun, enriching experience for our young athletes, while keeping costs down for families. Visit fitzwilliam-nh.gov/parks-recreation for more information on sponsorship or stay up to date with all of our events and programs: fitzwilliam-nh.gov/parks-recreation. You can also find us on Facebook at www.facebook.com/FitzRec

QUESTIONS?: Contact us at: email: Fitzrec@fitzwilliam-nh.gov, phone: 603-585-7270 or talk to Fallon in person at the Recreation Office (Town Hall) on Wednesdays, 4-5 PM or by appointment!



CRUSTLESS QUICHE

8 slices bacon
4 ounces shredded Swiss cheese
1 ½ cups milk
4 large eggs, beaten
½ cup all-purpose flour
¼ cup finely chopped onion
2 tablespoons butter, melted
1 teaspoon salt

Gather all ingredients. Preheat the oven to 350 degrees F. Lightly grease a 9-inch pie pan. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels. Crumble and set aside.

Cover bottom of prepared pie pan with shredded cheese and crumbled bacon. Whisk together milk, eggs, flour, onion, butter, and salt in a large bowl until smooth. Pour mixture over cheese and bacon in pie pan. Bake quiche in the center of the preheated oven until golden brown and firm in the center, about 35 minutes. Serve hot or cold.

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VETERANS COOKOUT and FLAG RETIREMENT

The Fitzwilliam and Troy American Legion Posts are hosting a cookout for all veterans and their families. Legion membership is NOT required.

The cookout will be Saturday September 13th from 11am to 2pm under the pavilion at the Troy Recreation Center. Note, it is NOT inside the building.

We will have burgers and dogs on the grill, soft drinks, plus a few sides. Cornhole boards will be set up to have some fun.

Any RSVPs will be appreciated but are NOT required. Fitzpost38@yahoo.com. Hope to see you there!!



Glen Chip Grier, DVM
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APPLE CRUNCH SALAD

2 cups cubed cooked chicken or turkey breast
1 cup diced eating apples
1/2 cup diced celery
1/4 cup raisins
2 tablespoons chopped green onions
1/3 cup mayonnaise
1 tablespoon sour cream
1 teaspoon fresh lemon juice
1/4 teaspoon salt
1/4 freshly ground black pepper
1/8 teaspoon ground cinnamon

Combine first 5 ingredients in a large bowl. Combine mayonnaise and remaining ingredients in a second bowl, stirring well with a whisk. Add the mayonnaise mixture to the large bowl, tossing well to coat.



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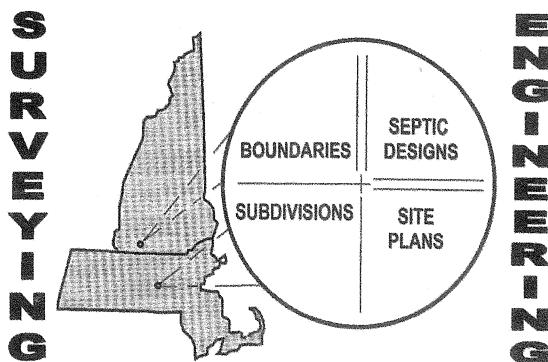
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TOWN CLERK NEWS

Civil Forfeitures will be processed this month. This means if you HAVE NOT licensed your dog for this year you will be charged \$50.00 Civil Forfeiture fee and have to license your dog. Please pass on the CF fee and license your dog(s) today.

We are able to renew any vehicle for 2026 this month (even if you have December renewals). Avoid the rush and renew your vehicles today.

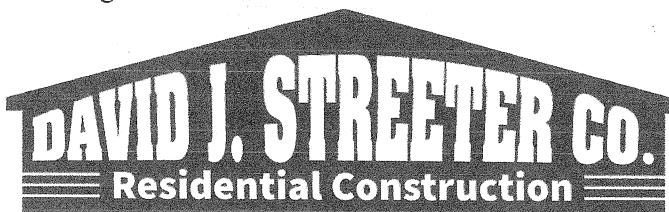
The Town Clerk's office (and the Town Hall) will be CLOSED Monday, September 1 for Labor Day. Regular business hours will resume on Tuesday, September 2.

Heidi L. Wood, Town Clerk
fitzclerk@fitzwilliam-nh.gov
 603-585-7214

RANCH YOGURT DIP

1/2 tsp dried dill
 1/2 tsp dried parsley
 1/2 tsp dried chives
 1 tsp garlic powder
 1/4 tsp sea salt
 1/4 cup buttermilk
 1 cup Greek plain Whole Milk yogurt
 1 tsp lemon juice

Whisk all ingredients in a small bowl. Adjust seasonings to taste.



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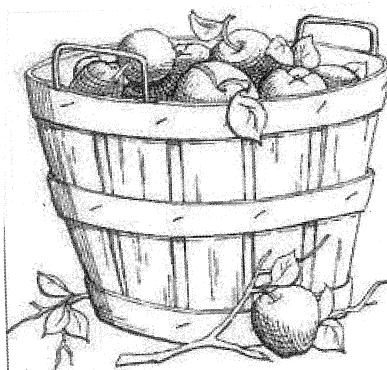
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FITZWILLIAM GARDEN CLUB

On August 23 we held the Garden Clubs fall plant and bake sale at the same time as the Library book sale. Mums and asters were featured along with plants dug from our own gardens and houseplants. We enjoyed seeing returning customers and helping people choose the appropriate plants for their properties. All proceeds are used for civic beautification and to provide scholarships for local students.

On August 28, we had a presentation from Aaron Abitz, the owner of Fassett Farm Nursery in Jaffrey. This nursery specializes in native plants, provides consultations at local properties and installs and maintains the plants they choose. Aaron spoke about how he designs and chooses species for specific sites and reduces the reliance on lawns while stressing the importance of using native plants to feed local insects and sustain wildlife.

In September, we will hold a potluck dinner with Jane Raymond of UNH Cooperative Extension who will present a program on invasive plant species and how to identify and deal with them. We are seeing invasives everywhere, and it is a constant effort to kill them and prevent their spread.

We always welcome new members. Check out our Facebook page to see what we are all about or email us at fitzwilliamgardenclub@gmail.com for more information. Gardening can be fun!



HAPPY LABOR DAY

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MAPLE SQUASH CASSEROLE

3 cups cooked and mashed winter squash
 3 eggs, beaten
 1/4 cup milk
 3 tablespoons maple syrup, plus more for topping
 3 tablespoons all-purpose flour
 1/2 teaspoon salt
 1/4 teaspoon ground nutmeg
 freshly ground black pepper, to taste
 chopped pecans, for topping

Preheat oven to 350°F. Butter a 1-quart casserole.

In a bowl, combine all ingredients except pecans. Pour into prepared casserole and bake for 35 minutes, or until top is golden. Before serving, top with warm maple syrup and pecans.

Rosh Hashanah

