



# The Sunapee-Ragged-Kearsarge Greenway Coalition

Newsletter #90

June 2016

## SRKG Summer Hikes 2016

The SRKG board is pleased to offer a selection of hikes every summer. While some take place on SRKG trails, others explore new places and opportunities. Be sure to contact the trip leader at least one day in advance to register your interest, learn where and when to meet, and find out if any special conditions exist. Always carry a good supply of water, a snack, and layers of clothing to prepare for possible weather conditions.

**June 19 (Sun)** SRKG Trail #9 over Ragged Mountain. A challenging hike of 6.4 miles with many great views. Approx. 5 hours. *Nick Baer* (526-8233)



*The view of Andover, Bradley Lake and Mt. Kearsarge from the ledges on Ragged Mountain. Photo: L. Carvalho*

**June 25 (Sat)** SRKG Trail #10 A six mile gradual uphill walk between Andover and Winslow State Park along trails and class VI roads. Approx 3.5 hours. *Anne Hewitt* (848-5762)

**July 2 (Sat)** Runners! Here's your chance to run on some mountain trails. *Nathan Richer* (344-0287)

**July 9 (Sat)** As part of Newbury's Old Home Days we offer a walk to Eagle's Nest overlook in Mount Sunapee State Park. This hike begins with a short but steep section leading to an easy trail. *Lisa Correa* (763-3310)

**July 16 (Sat)** SRKG Trail #5 from NH 114 in Springfield to Pleasant Lake in New London. This 8.7 mile walk, mostly downhill, passes through a variety of forests, along streams, and past old settlements. *Gerry Gold* 526-2857

**August 21 (Sun)** An easy walk from Ring Brook in Newbury to Sutton where we celebrate Sutton's Old Home Day. 3.5 miles. *Sue Reel*, 927-4920

**August 27 (Sat)** This walk begins and ends on a quiet dirt road in North Wilmot. The goal is an exploration of remote Eagles Nest. Approx. 4 miles with some uphill. *Lee Carvalho* ([leecarvalho6@gmail.com](mailto:leecarvalho6@gmail.com))

## Kearsarge Regional High School Classes Take It Outside

The Lincoln Trail on Mount Kearsarge is benefiting from the 2010 purchase by the Forest Society (SPNHF) of 1025 acres on Black Mountain.

A new foot bridge over a small stream on the Lincoln Trail is the first reward of a collaborative project of Kearsarge Regional High School (KRHS) and the Society for the Protection of NH Forests (SPNHF). KRHS students built the log bridge this Spring with instruction by SPNHF project leaders. Log "stringers" were cut, de-barked and carried to the site. The 8-week curriculum for the forestry class included information and training on timber harvest skills and safety, forestry techniques and technology, land conservation, and, of course, timber bridge construction.

Lew Shelley, of Snowhawk LLC, who led SRKGC trail skills workshops last year, and SPNHF staffers Carrie Deegan and Dave Anderson organized the project.

KRHS staff involved in the project are Melinda Wilder, Peter Angus, Andrew MacVie and Dr. Randy Wormald.



*KRHS/SPNHF collaborators at work. Photo: G. Gold*

The SRKGC Newsletter is issued four times a year. Comments and articles may be sent to SRKGC Box 1684, New London, NH 03257. Editor: Lee Carvalho, [leecarvalho6@gmail.com](mailto:leecarvalho6@gmail.com)

# ANNUAL MEETING

This year's annual meeting was a huge success. Over sixty people arrived and gobbled up a splendid array of pot luck choices. Most requested recipe? Nathan's Black Rice Salad. He graciously agreed to share the recipe which you'll find below.



After a brief business meeting we gathered to listen and watch as Kevin Gardner demonstrated what it means to know all about stone walls. While filling us in on the history and basics of stone wall construction, Kevin



proceeded to built a shockingly good miniature version of a wall, using an array of ordinary rocks dumped onto the table from a 5-gallon bucket. The audience was fascinated to learn about the historical reasons for stone walls, to learn the extent of New England's walls, amused to hear about the tradition of moving buildings, and eager to ask questions.

The SRKG board is grateful to Kevin, to Rosanna Dude for bringing us Kevin, to Jean LaChance for all the dinner arrangements and the members who continue to support the Greenway.

## HELP WANTED!!

Join Charlie Baughman in a major work session on SRKG Trail #5 on **Sunday, June 26th**. Needs include blazing, pruning, and clearing blow downs. Please contact Charlie asap to help him form crews and organize logistics. 603-667-3551 or



### Greenway Town Directors

Andover	Lee Carvalho	735-5719
	Anne Hewitt	848-5762
Danbury		
Goshen	Tom Lawton	477-1995
Newbury	Nathan Richer	763-2127
New London	Andy Hager	526-2846
	Nick Baer	526-8233
Springfield	Mike Chiarella	763-4661
	Susan Chiarella	763-4661
Sunapee	Tim Eliassen	763-2502
Sutton	Jean LaChance	927-4345
	Dave Gardner	927-4033
Warner		
Wilmot	Brian Faughnan	526-7838
	Rosanna Dude	828-1001

### ASIAN BLACK RICE SALAD

- 2 oranges
- 1/4 cup lime juice
- 2 tablespoons vegetable oil
- 1 tablespoon sesame oil
- 2 cups black rice
- Kosher salt
- 2 just-ripe mangoes, peeled, pitted, diced small
- 1 cup fresh cilantro leaves
- 1 cup finely chopped red onion
- 1/2 cup unsalted, dry-roasted peanuts
- 6 scallions, thinly sliced
- 2 jalapeños, seeded, minced, pitted, diced small

- 1) Remove peel and pith from oranges. Working over a medium bowl to catch juices, cut orange into small pieces and set aside.
- 2) Add 1/4 cup lime juice and oils into the (orange juice) bowl; whisk to blend. Set dressing aside.
- 3) Bring rice and 2 3/4 cups water to a boil in a large saucepan. Season lightly with salt. Cover, reduce heat to low, and simmer until all liquid is absorbed and rice is tender, about 25 minutes. Remove pan from heat and let stand, covered, for 15 minutes. Spread out rice on a rimmed baking sheet, drizzle with dressing, and season lightly with salt; let cool.
- 4) Place mangoes and remaining ingredients in a large bowl. Add rice and toss gently to combine. Season lightly with salt and more lime juice, if desired.