

The **Strafford Community Calendar**

March 2017

Volume 41



**DEADLINE for the APRIL Issue of
The Strafford Community Calendar is MARCH 15**

**STRAFFORD COMMUNITY CALENDAR
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HOW TO SUBMIT ADS

Please email ads in Microsoft Word format (file name ends with .docx or .doc) or PDF format (file name ends with .pdf) to staff@straffordcommunitycalendar.com and your payment to SCC, P.O. Box 341, Strafford, NH 03884 by the 15th of the month before publication (e.g., July 15 for inclusion in the August issue). See Ad Rates & Sizes (below) on page 2 of every issue.

If you want us to design your ad, send us an idea of what you want included, along with your payment and the phone number where you can be reached with questions, to the SCC address above. Email any further questions to staff@straffordcommunitycalendar.com or call 942-8164.

WHERE TO FIND

THE STRAFFORD COMMUNITY CALENDAR

Here are the locations where you can find a copy of the *Strafford Community Calendar*: Elf's; Hill Library; Post Office; Strafford Town Hall; Strafford School; Isinglass Store; K & J's Diner; Nippo Lake Golf Club; Northwood Garage; Northwood Physical Therapy; and online. The online version is posted in PDF format, complete with ads and working links on our website. Go to straffordcommunitycalendar.com; Click on **Download Current Issue** or **Download Previous Issue**; Save to your computer.



PHOTO CREDITS

Our cover photo this month was taken by Elaine Boyce behind her Strafford home.

Thanks to all of our Strafford photographers! Send your photos to staff@straffordcommunitycalendar.com.

HOW TO SUBMIT ARTICLES

Please send articles to staff@straffordcommunitycalendar.com in Microsoft Word format (File name ends with .docx or .doc) or RTF format (File name ends with .rtf). Otherwise, place the text of your article directly into the message section of your email. (See guidelines below to submit photos with your article.) Place the name of your organization or article topic on the subject line. Include your name, email address, and phone number(s) on all submissions. We do not accept anonymous submittals.

The editors of this newsletter reserve the right to make any such corrections, additions, and/or deletions as needed in material submitted in accordance with established editorial practice. Opinions expressed in the *Strafford Community Calendar* do not necessarily reflect the opinions of the staff. The staff is not responsible for changes in function dates, times, or locations; errors; omissions; or cancellations. All materials must be received by the 15th of the month for inclusion in the following month's issue. Thank you for your cooperation.

HOW TO SUBMIT PHOTOS

Email photos in .jpg or .png format to staff@straffordcommunitycalendar.com. Attach them to your email and include the photographer's name and the photo location(s) in your email, along with a statement of permission to print your photo(s). Send photos separately from your article; do not embed them into a Microsoft Word document.

**THE STRAFFORD COMMUNITY CALENDAR
AD RATES & SIZES**

Regular Ads:

- 1-inch ad for 1 month: \$12.25; 3 3/4 in. wide x 1 in. high
- 1-inch ad for 6 months: \$68.50
- 1-inch ad for 1 year: \$117.00

- 2-inch ad for 1 month: \$24.50; 3 3/4 in. wide x 2 in. high
- 2-inch ad for 6 months: \$137.00
- 2-inch ad for 1 year: \$237.00

- 1/4-page ad for 1 month: \$30.00; 3 3/4 in. wide x 5 in. high
- 1/4-page ad for 6 months: \$170.00
- 1/4-page ad for 1 year: \$330.00

Inserts:

- \$70 (After our review of your insert, you provide 1000 copies delivered to Lilac Printing, Rochester, NH by the 15th of the month before publication; e.g., May 15th for the June issue). A handling fee may be charged for more than one 8 1/2 x 11 page.

Please remember:

1. Inserts in the *Strafford Community Calendar* must be approved by the editors on or before the deadline.
2. Inserts and ads are prepaid.

STRAFFORD'S OLDEST CITIZEN

We are looking for you! Since the early 1900s, the Town has recognized and honored Strafford's oldest citizen with the presentation of the Boston Post Cane. With the recent passing of Lauretta Buddelmann, who held the title since 2010, the search begins again for the person who might be recognized as Strafford's oldest resident. If you know someone you believe might qualify for this honor, please contact the Town Hall at 664-2192 Ext. 107. Office hours: 8:30-2:00 MWTh and 9:00-7:00 Tuesdays. Please leave a message if we are unable to take your call.

DO YOU KNOW WHERE YOUR TRASH IS?

Unsecured trash has a tendency to fly out of the back of trucks and land in yards and on roadways on your route to the Recycling Center. PLEASE take the time and make the effort to avoid being guilty of this unintentional littering by closing bags tightly and tying down the load. Let's all help out and keep litter in its appropriate place.



FROM THE STRAFFORD SCHOOL BOARD

Please remember to attend the School District Meeting on Saturday, March 11, 2017, at 9 am in the School gym. This is the meeting where the Board presents the School budget to be voted on by the Town. There is also a petition warrant to bring full-day kindergarten to the district. The new budget is over ten and a half million dollars and is a significant part of our tax rate. Almost 60% of that is employee pay and benefits. The Board needs everyone to take the time to come to the meeting to better understand where our tax dollars go. It is the only way we can ensure the work we do is what the voters want. This meeting was changed to a Saturday this year in the hopes of getting greater voter participation. Again, please make time for this very important meeting.

CPR CLASS OFFERED

Strafford Fire & Rescue is sponsoring a CPR class for the residents of Strafford. The date will be April 22, 2017 starting at 9:00 am. The class will be held at the Strafford Town Hall. Class size is limited to 50 students. To register, please contact Chief Scott Whitehouse at the Bow Lake Station at 664-6863 or via email at 25admin@metrocast.net. This class is free so don't delay.



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NOTES FROM THE TOWN CLERK

Regular Business Hours: Mon/Wed/Thu-8:30 to 2:00; Tuesday-1:00 to 7:00.

Online Vehicle Renewals & Dog Licensing—For your convenience, you may renew your vehicle registration and dog license online. Simply follow the instructions on the renewal letters we send OR go to www.strafford.nh.gov and click the red “Online Payments” button. The Strafford Town Clerk will process your online renewals and mail your registrations/licenses to you. It’s easy and convenient. There are extra fees associated with online transactions which are explained during the online process. Only renewals can be processed online; allow one week for processing; all new vehicles, vehicle transfers, and new dogs must be processed in person at the Town Clerk’s office.

Dates to remember: March 14—Town Election at the Town Hall which is open for voting only. Polls open at 8 am and close at 7 pm. March 18—Town Meeting at the Strafford School Gym beginning at 8:30 am.

Voter Registration: Residents can register to vote with the Strafford Town Clerk during regular business hours on or before Thursday, March 2, 2017. Last day to register to vote prior to the Town Election is Saturday, March 4. The Supervisors of the Checklist will be available between 11 and 11:30 that day at the Town Hall. New voters may also register on Election Day, March 14. Please see the Voter Registration tab on the Town website for instructions. Please note that if you have not registered to vote on or before Town Election Day, March 14, you will not be eligible to vote at Town Meeting or School

District Meeting. Absentee ballots for both Town and School elections are available for eligible voters; please see the Absentee Ballot tab on the Town website for instructions.

For further information or if you have any questions, please contact Christine Bane, Strafford Town Clerk, at townclerk@strafford.nh.gov or 664-2192 ext. 102.

SUPERVISORS OF THE CHECKLIST

Supervisors of the Strafford Checklist will be sitting at Town Hall on Saturday, March 4, 2017, from 11:00 to 11:30 am for additions and corrections to the Checklist per RSA 654:27, 28; 669:5. Change in party registration may be accepted. If you are registering as a new voter, a photo ID, proof of citizenship, age and residency in Strafford need to be provided. No additions or corrections shall be made to the Checklist after this session until Town Election Day, March 14, 2017, except as provided in RSA 659:12; 654:8, II.



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TROOP 20447 NEWS

The Girl Scouts are continuing their monthly themed collections with a drive for newborn, infant and toddler pajamas. Pjs for Peru is a clothing collection being done by Girl Scout troops in the towns of Strafford, Barrington, Nottingham, Lee, and Durham. The clothing collections will be brought to Peru to help new mothers who are in impoverished areas of Peru. All donations from the five towns are being personally brought to the country for distribution. We have a donation box at Strafford's Hill Library. The Library staff is excited to see patrons drop off their donations. Our Scouts will be periodically picking up the donations made there.

As our Troop continues the year long, monthly themed, community service collections, we send out a big thank you to our community for supporting our efforts thus far. The donation collections have been very successful. We also give a big thank you to Hill Library for hosting our donation box.

Here is a list of the themes we have planned for the coming months: March-Pjs for Peru-Collection of infant and toddler pajamas to be brought to Peru; April-Stuffed Animals, new with tags to bring to the Pease Greeters; May-Pet Care to benefit the Cocheco Valley Humane Society; and June-Food Drive for Strafford Food Pantry.

Girl Scout Cookies are still available until April 2. Be sure to look for your local Girl Scout to get your cookie cravings satisfied. Feel free to contact our Troop at trop@20447, and we will have a Scout contact you to take your cookie order. Thank you for your support.

CELL PHONES FOR SOLDIERS

My name is Sam Whitehouse, and I am a senior at Coe-Brown Northwood Academy, Class of 2017. As my Senior Project I will be helping the Cell Phones for Soldiers national initiative to bring telephone calling cards to our troops overseas. I am collecting old, unused cell phones (regardless of age or condition). I will donate the phones to purchase calling cards that will be mailed to our troops overseas. We all have a drawer filled with old cell phones. Drop-off box locations are at Coe-Brown Northwood Academy front office (weekdays) and Strafford Fire Department's Bow Lake Station (8a-4p daily). Thank you for your support of our military men and women.

STRAFFORD HISTORICAL SOCIETY PROGRAM

Please join us on Wednesday, April 12, at Hill Library for a NH Humanities Program beginning at 7 pm. The program is entitled THE FOUNDING FATHERS: What were they thinking? The presenter is Richard Hesse, Professor Emeritus at UNH School of Law. He has been an advocate for civil and human rights for more than 50 years. Mr. Hesse explores the cast of characters called "founders," their problems, and solutions they fashioned. All are welcome.

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to book your event now!

THE FUNKY DIVAS OF GOSPEL

We welcome the public to enjoy the positive music and positive message of locals, The Funky Divas of Gospel, in the sanctuary of Northwood Congregational Church, UCC, 881 First New Hampshire Turnpike (Route 4 next to Coe-Brown Northwood Academy) on Sunday, March 5, 2017, from 3 to 4 pm; suggested donation at the door is \$8.00. This is a late afternoon performance and sure to perk you up.

The Funky Divas of Gospel have been a fixture on the seacoast for over 20 years. Based in the Tri-City area, the seven piece group features long time area musicians Thom Scagliotti, Dan Poland, Dan Fishbein and Brian Randall, along with vocalists Vicky Poland, Ellen Gagnon and Dianne McMillen. The group performs regularly in the area, sharing great gospel and roots music. The Diva sound is harmony; it is hard rockin' and reflective; it is toe tapping; it is hand clapping; it can, and does, move audiences to their feet and onto the floor to dance.

Funky Divas performances are suitable for all ages. The group regularly performs in concert halls, music festivals and outdoor events, gospel brunches, corporate functions, benefits, and conferences and church services no matter the denomination. Recently after attending a Funky Divas of Gospel concert, a reporter wrote, "All bluegrass, soul and gospel fans be forewarned—if you miss this funky group, to paraphrase a line in one of their songs, it ain't nobody's fault but yours.

For more information about the show, visit the Funky Divas of Gospel Facebook site. For information about The Funky Divas, visit their website www.funkydivasofgospel.com or find them on Facebook, www.facebook.com/thefunkydivas.



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"ROAD TO RESURRECTION" EVENT

Please mark your calendars for Saturday, April 8, 2017 from 2-4 p.m., as Third Baptist Church will host "The Road To Resurrection." This fun, family-friendly event will have you talking and walking with Jesus. Scripture from the Gospels guides families through the events surrounding Jesus's death and resurrection. During this hands-on experience, you will travel the path Jesus journeyed, wave palm branches to honor Jesus, tiptoe into an upper room and taste the Passover meal, visit Barabbas in his jail cell, hear a Roman soldier's remorse for hurting Jesus, and celebrate on a hillside outside Jerusalem where Jesus has risen from the dead! For more information, please contact Diana Muzzey at 664-6862 or 664-7750.

TOPS

It's always a great time to refocus on your personal goals. TOPS (Take Off Pounds Sensibly) meets on Tuesday evenings at 6:15 pm at the Strafford Police Station. With the support of others you can reach your goals. Please join us to see what our group can do for you.



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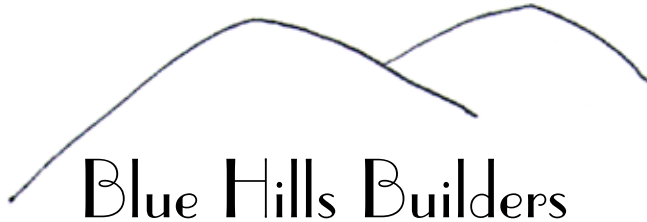
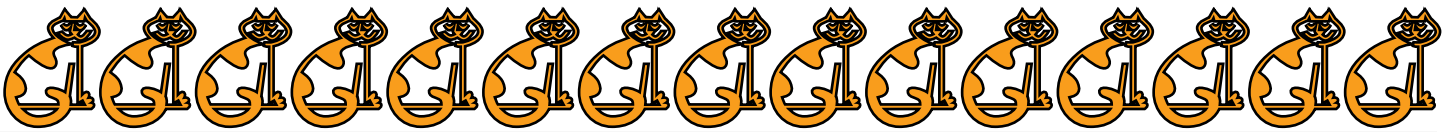
FROM THE PLANNING BOARD

Last year the NH Legislature enacted a bill that requires towns to allow the construction of Accessory Dwelling Units as part of single family residential use beginning on June 1 of this year. At the same time, the Legislature also recognized that each community is different, so the legislation allows towns to draft regulations to tailor the new units to fit each community's unique circumstances. Your Planning Board and Board of Adjustment members have worked together to come up with a Strafford regulation for these Accessory Dwelling Units. An Accessory Dwelling Unit is a separate unit attached to a house through an interior door. Accessory Dwelling Units are meant to offer families a chance to provide an affordable solution to the problem of housing elderly parents or grown children by allowing the construction of a separate space attached to the main house. After deliberation, Board members agreed that in a rural community such as Strafford, it would make sense to allow the development of detached units as well. Board members have worked hard to craft an ordinance that will work for Strafford while also meeting State requirements.

Another proposal on the ballot is to add agrotourism to the list of allowed land uses. Agrotourism is the development of business ventures based on a farm, such as hosting events in the barn, hayrides, petting zoos, or conducting farm tours. Adding agrotourism to the list of allowed uses is the natural extension of our agricultural/residential zoning and Strafford's long history of allowing home occupations. Farm owners would work with the Planning Board to make sure that health and safety concerns, traffic, etc. are addressed.

Finally, there are proposals adding a paragraph to try to improve the Town's ability to enforce ordinances and codes, and a proposal to require setbacks from roof edges for the increasingly popular photovoltaic solar arrays in order to allow firefighter access in case of an emergency.

Zoning and Building Regulations proposals are voted on the paper ballots on Tuesday, March 14, 2017. If you have any questions about these proposals, we urge you to contact any member of the Planning Board or phone the Planning & Zoning office at 664-2192, ext. 105, email eevans.strafford.nh@gmail.com. Planning Board members have committed to making themselves available on Election Day to answer any questions you might have about the zoning proposals before you vote. Thank you for supporting our efforts to improve our community.



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Contact Brian, a Strafford resident, for a free consultation!



LIBRARY LINES

Please excuse our appearance! As we finish our remodel over the next month, our collection will be moving around. Our media is now located to the right of the entrance. Check out our beautiful new mural of the birds of New Hampshire by Lindsay Aucella. It will brighten up our new children's room. Our adult collection is now located on the front left of the entrance. If you would like to help with the move, let us know. This would be a great community service project for local teens. We will transition shelves at the end of March. Thank you for your patience, and watch for our grand re-opening!

During the month of March, Hill Library has Magformers for children and adults to explore. Come in on Monday, March 13, from 4-6 p.m. and play! Magformers use the power of magnets and your imagination to create unique structures with these cool, magnetic building panels. Bright, vibrant panels allow children to discover action and reaction while developing early geometry skills. Story Time will continue on the first three Wednesday mornings of March at 11 am. Bring your preschooler in for stories and a project.

Do you need help downloading your e-books or audios? Stop by for tech help on Mondays from 12-3 p.m. and Tuesdays from 4-7 p.m. Bring your device and we will help you download an audiobook and an e-book. The Overdrive website is nh.overdrive.com, where you can download audiobooks and e-books from NH Downloadable Books Consortium, accessing thousands of titles. NEW SILC—Suncook Inter-Library Cooperative—materials include *Persuasion* by Austen,

Signature of All Things by Gilbert, *Trojan Horse* by Lender, *A Night Divided* by Nielsen, and *See Me* by Sparks. DVD titles are: *Killing Kennedy*, *O Brother Where Art Thou*, *Under Our Skin*, *Avalon*, *Emperor and Escape Artist*. We also have three Kindles that can be checked out. Check our website: www.HillLibrary.org and our Facebook page: Hill Library, for new titles to our collection. And remember, you can renew your books online.

The next Trustee Meeting is Wednesday, March 8 at 6 p.m. All Trustee Meetings are open to the public. We are looking for energetic individuals who would like to serve the Town and our Library. Stop by or call 664-2800 for more information.

Looking for a new book to read? *Signature of All Things* by Elizabeth Gilbert will be discussed at the March 2 Book Club meeting at 6:30 pm. The April 6 Book Club book will discuss *Sing in the Morning, Cry at Night* by Barbara J. Taylor.

The Artist's Group meets on Tuesdays, March 14 and 28, from 5-7 pm.

Need some help with your computer or device? "Computer Help with Matt" is available Thursdays, March 9 and 23 from 6-7 pm.

An "Evening of Spoken Word" poetry reading with Skip Manning and Pat Frisella will be held on Monday, March 30, at 5:30 p.m. Remember that you can use the Meeting Room for your programs or meetings. Call for availability.

On Wednesday, April 12, from 7-9 p.m. Richard Hess will present a program on "The Founding Fathers." All Hill Library events are free and open to the public unless otherwise specified.

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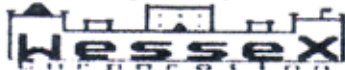
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Re-elect Debbi Hinrichsen for School Board A Balanced Approach to Education



Dear Community Members,

I am writing to humbly ask for your support in the upcoming School Board election. I have faithfully served our community in this position for the past seven years. My approach to this important responsibility is one of balance. I have worked diligently to research and study all decisions made based on ensuring our children receive the best education we can provide, while balancing our duty to be good stewards with the funds our community entrusts us with.

I have worked extremely hard for our community and our children during my tenure on the School Board. The committees I have had the opportunity to be a working member on are:

- Building Committee
- Professional Development Committee (SAU 44)
- Math Committee
- Principal and Assistant Principal Search Committees
- Wellness Committee
- Education Committee (CBNA)
- Alternative Education Committee (SAU 44)
- SAU 44 Management Committee (SAU 44)
- Superintendent Search Committee (SAU 44)
- Athletic Committee

I graduated from William Patterson University with a BA in Elementary Education, completed graduate work at UNH and Rivier College, and taught for 11 years.

My husband, Kevin, and I have lived in Strafford for 24 years. We have five children ages 15 to 22, all of whom attended Strafford School; three are currently enrolled at Coe Brown Northwood Academy and two are CBNA graduates.

As a mother of five children, a former educator, small business owner (Blue Hills Builders), and community member, I ask for your support in allowing me the privilege of continuing to serve our community as a School Board member.

Thank you,
Debbi Hinrichsen

CONSERVATION NOTES

As we turn the corner into spring through March, it is time to think of maintenance activities on our Town conservation lands, and the Conservation Commission will welcome volunteers to help with several activities. (1) On the steep portion of the popular Spencer Smith trail there is always the need to keep the water bars clear of the autumn and winter's accumulation of debris. (2) In May we will have our annual garlic mustard pull over at the Isinglass River Conservation Reserve (IRCR). The understory of our native plants including lady slipper, jack in the pulpit, trillium, partridgeberry, wintergreen and others continue to be threatened by this non-native that uses the insidious technique of emitting chemicals into the soil that inhibit our natives. Each year we need to halt the garlic mustard's advance before it goes to seed. Luckily it is easy to pull. (3) By the time the snow is gone, we will have approval of the proposed trail route connecting the Spencer Smith trail across to Evans Mountain and will welcome help with trail making this year.

As March begins, chances are we'll still be in deep snow. If there is anyone who is still feeling a bit snowbound with snow in the back yard even too deep for snowshoeing, you may want to check out the Strafford Swamp Stompers' trail system. Two good places to access the trails for a snowshoe-less walk are behind the Isinglass Country Store, and down Mile Hill on Johnsonboro Road. If you are still up for snowshoeing, the trails of the IRCR are so popular there is usually a trail already broken in from the kiosk. Find the trail map for the IRCR and

the Town Forest on the Conservation Commission page of the Town website.

Bear-Paw is offering two walks in the next several weeks in the "One Step at a Time" series to introduce people to the properties among the more than 8000 acres Bear-Paw has protected. On Wednesday, March 15, from 9:30 to about 11 am, we'll explore the Dowst Cate-Weiss Town Forest in Deerfield. On Saturday, April 1, from 9:30 to 11:30 am, we'll be in Hooksett checking out another of the Clay Pond Headwaters tracts. Check the Bear-Paw website and Facebook page for more details about each of these walks.



The snow on February 11th didn't keep this group from enjoying a hike on the Isinglass River Conservation Reserve.

Vote Kerry McMahon for School Board

I have been a Strafford resident for over 30 years. My stepchildren and nieces attended Strafford Elementary School and my wife, Colleen, was a para-educator there for 24 years.

After attending School Board meetings for over a year, I am concerned about the school's direction. I am eager to help move the school forward to benefit all the students while being a voice for the taxpayers.

I would be honored to become a member of the Strafford School Board, and I thank you in advance for your vote on March 14. I also encourage you to attend the School District Meeting on March 11 at 9 am. If elected, I promise to work hard and to remain fair, balanced and open minded. Contact me at kpmnh@icloud.com if you have questions.

Thank you very much,

Kerry McMahon

TERRY HYLAND for PLANNING BOARD



Hello. My name is Terry Hyland and I am running for the Strafford Planning Board. I've been on the planning board for the past six years. The first three years as an appointed member and the last three years as a town voted member. I have lived in Strafford since 1985 with my wife and three children. While on the planning board I have worked with my colleagues to help preserve Strafford's rural charm. I volunteer my time because I believe it is important to keep open space and abundant forest land whenever possible. I also believe its important for a family to be able to provide their children the opportunity to establish roots here so that they can also live in town. Please help to keep Strafford the wonderful place it is by voting on Tuesday, March 14th. Thanks for your support - Terry

BOW LAKE COMMUNITY CLUB NEWS

It's been a long winter, but spring will be here before we know it. The Grange Hall has been a little lonely down here in Bow Lake Village. All that promises to change with the coming reopening of the Bow Lake Inn and the grand opening of Uncle George's (the former Sheilah's). We are beyond excited!

Our annual membership drive will be kicking off in March. As you know, we depend on the generous support of our members to maintain our historic Bow Lake Grange Hall for the use of the community. Watch for our mailing or inserts in a future *Strafford Community Calendar* and consider renewing or joining us.

Our meetings for March and April have been changed to the first Tuesday of the month at 6:30 due to Town schedule conflicts. We would love to see you; our meetings are informative, informal, and we provide snacks.

Looking forward to April, the ever-popular Impersonators of Romance are back for the weekend of April 21-23. Check our website (bowlakecc.org) and next month's *Calendar* for details on how to reserve tickets.

If you missed getting our 2017 Strafford calendar featuring photography of our beautiful Town and Lake, there are just a few left. Call Suzanne at 905-9897 if you want to display a little Strafford pride while supporting the Grange Hall.

MUSEUM PROGRAM

Have you been to the Children's Museum in Dover? How about the NH History Museum or the Currier Museum of Art in Concord? When was the last time you went to Strawberry Banke in Portsmouth? Well, you could go to any one of these, bring back a receipt for your fee, and present it to the Friends of Hill Library for a family reimbursement of up to \$35 per year. This program allows you to go to any museum and be subsidized for at least part of your cost to visit. If you are a Hill Library patron, you can take advantage of this offer. Just ask at Hill Library's circulation desk or go online for the forms (www.hilllibrary.org). Check out <http://museumsnewengland.org/> to find a wide variety of museums to select from for your next family trip.

STRAFFORD TOWN REPUBLICANS

Snowflakes foiled the February Strafford Town Republican Committee meeting. Please join us on 2nd Mondays with our next meeting being March 13, 2017 from 6:30 to 8:00 pm at Hill Library for our monthly roundtable.



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FESTIVAL OF GAMES AT THIRD BAPTIST CHURCH

Imagine for a moment several tables lined with dozens of board and card games. The room is filled with the laughter of families playing games together and the excitement of someone who just won filling the air. Consider what it would be like to play a video game where the character on screen is controlled by your own movements rather than button presses. Lastly, just think how awesome it would be to be a contestant on Wheel of Fortune. On March 4, 2017, you'll be able to witness some of the above events first hand.

Third Baptist Church is hosting a Festival of Games at 1:00 pm with a potluck dinner at 5:00 pm. Here you'll find board and card games for all ages and interests to play including some new ones that you may never have played before. In the back room there will be Xbox 360 Kinect games and a few favorites for the Gamecube and Wii like Mario Kart Double Dash and Wii Sports.

The Potluck Dinner will contain delicious dishes made by all of us; and feel free to bring a dish of your own. (The kitchen will be available to heat dishes that need it). Lastly, to end off the night, it may not be exactly like the real deal but we will be hosting a mock Wheel of Fortune. So if you're looking for a way to fight the winter blues, come on over to Third Baptist and play.

STRAFFORD TOWN DEMOCRATS

The Strafford Town Democratic Committee will meet at Hill Library on Tuesday, March 7, at 7:00 pm. This meeting is the official Town of Strafford Democratic Party Caucus. All registered Democrats in Strafford are eligible to attend and vote in the biennial election of Town Democratic Committee officers and delegates to the Democratic State Convention and the County Democratic Committee. For more information, call Town Democratic Committee Chairman Bob Perry at 269-4651.

March also brings an important opportunity for Town residents to turn out and take a stand for quality public education in Strafford. Please mark your calendars and plan to attend the annual School District Meeting on Saturday, March 11, at 9 am at Strafford School (snow date 6 pm on March 15).

The Town Democratic Committee invites all interested community members to join our meetings and be a part of the discussion. We have fun and work together to stay informed on the issues and network with other concerned citizens. Watch for updates and opportunities for action at www.strafforddems.org.



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STRAFFORD GARDEN CLUB

Winter wouldn't be so bad except for the weather.

December is gone and the January bleakness has faded into February's harshness. As I write this column, I look out my window and see two feet of freshly fallen snow in my backyard. Even though I have my garden plot planned, my compost and my newly arrived seeds are ready for the good earth, there is no sign of spring to be found. To make matters worse, my brother texted me from Georgia sending me a picture of the daffodils blooming around his house and saying that the temperature was 72 degrees.

As winter sets in, so does cabin fever – not to be confused with Saturday night fever, an entirely different thing. Cabin fever is that winter syndrome that makes me feel cooped up and stir crazy. If all this seems strangely familiar, you too may be suffering from cabin fever. My attention is diverted to our coffee table where there lies a Valentine's gift from my husband. It is a book entitled, "American Grown: The Story of the White House Garden and Gardens Across America," written by Michelle Obama. Within a few short minutes I am transported to a gardening euphoria. Politics aside (the book has no political agenda), this is an inspiring and beautifully written and photographed book with an emphasis on growing and eating nutritional fruits and vegetables. It details the planning, planting and harvesting of the Kitchen Garden on the White House lawn; a garden planted by Mrs. Obama in 2009. Readers are invited to read about the Kitchen Garden from season to season, as well as view various gardens across our country. At

the back of the book are nutritional, delicious and eye-pleasing recipes.

Don't get me wrong, this is not a "How to Garden Book," although there is much to be learned about improving our children's and adults' health by growing, preparing and eating healthy fruits and vegetables grown in a vegetable garden. It is truly inspirational. It is a great gift for young and old alike because it carries the message that you can benefit from the fruits (pun intended) of your labor in more ways than one; you can grow a great garden and in the process become healthier and happier. It is a sure bet that it will cure your cabin fever, if only for an afternoon.

In the meantime, don't forget about the peas, squash and tomatoes you froze last fall. Soups and stews are wonderful comfort foods this time of year. The only real cure for cabin fever is called spring. All you have to do is wait about four more weeks.

ATTENTION HIGH SCHOOL SENIORS

This year the Strafford Women's Club is offering two \$750 scholarships to full-time, college-bound, graduating high school seniors who are residents of Strafford and who maintain a 3.0 GPA. Scholarship application forms are available now at Coe-Brown's Guidance Department or mailed to you upon request by calling Marilyn Roderick at 664-2824.

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8th ANNUAL BOW LAKE 5K

Registration is now open for this annual event. The Bow Lake 5K Road Race and Walk is a local road race open to anyone interested in either running or walking. Participants range from the serious runner to the recreational joggers enjoying the challenging but scenic route. The intent of all participants is to take part in this fun community event to raise funds in support of Strafford Recreational Sports and NH Thunder. The race takes place on Sunday, April 9, with the gun going off at 9:00 am. Registration will begin at 8:00 am. Registration is available online at www.straffordrecsports.org. View course map and other details there as well. Pre-Registration is \$20 (online until 4/8 at 5 pm). Family discounts will be offered for 3 or more family members registering. NH Thunder athletes will also be given a discount. Race day registration will be \$25. There will be cash prizes for first and second place Male and Female runners overall. Prizes will be given in each age category. There is also a Walker's category. Refreshments will be served after the race. We hope you can join us in support of SRS and NH Thunder to have fun and stay active. If you can't make it to the race, you can make a donation right on our webpage. Direct any questions to Karyn Fisher at 5fishers@metrocast.net or 664-6993.

MENTAL HEALTH RESOURCES

Saturday, March 4, 2017, at 9:00 am the Bow Lake Baptist Church Women's Breakfast invites all women to join us for a potluck breakfast with speaker Heidi Mathews Cantin. Heidi will be speaking on the topic "Resources for Persons and Families dealing with Mental Illness in NH." Heidi is a spokesperson for NAMI, "National Alliance for Mental Illness," and brings a wealth of wisdom drawn from her experience advocating for increased services for treatment of mental illness. All women are invited to join the monthly potluck breakfast at Bow Lake Church, which is held on the first Saturday of the month at 9:00 am.

STRAFFORD WOMEN'S CLUB

The Strafford Women's Club March meeting will be held on Monday, March 27, at 12 noon, at the Bow Lake Baptist Church. This first meeting of 2017 features a potluck lunch for members and interested guests. Bev Nemetz will be the monthly leader of the business meeting. Please join us to learn more about our community endeavors. Call 664-2552 for more information.



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NH THUNDER TRACK & FIELD PROGRAM

The NH Thunder Track & Field Program is currently taking registrations for the 2017 Track & Field season. More information and online registration is available on our website, www.nhthunder.com. Or you can print out and return the registration form with the program fee of \$50.00—which includes new uniforms this year and meet fees—made payable to NH Thunder, P.O. Box 173, Strafford, NH 03884. Early Bird Registration is by March 31; after that the fee changes to \$55.00. Registrations will also be taken the first night of practice.

The program will begin on Monday, April 17, and run through the end of May. The Track & Field Program is open to boys and girls between the ages of 7-15 years as of December 31, 2017. Practices will be Mondays and Thursdays from 5:15-6:45 pm with 3 track meets throughout the season. Practices are held at the Coe-Brown Northwood Academy Track. The meets will also be held at Coe-Brown. Times will be subject to change due to High School meets and availability of CBNA athletes. There will also be optional meets during the season that we will encourage you to go to.

The Track & Field program is USATF certified. This is a great opportunity to participate in any, and all, track and field events you may be interested in, such as shot put, javelin, high jump, long jump, discus, running events, and hurdles. Events will be chosen by the guidance of the coaches and athletes together.

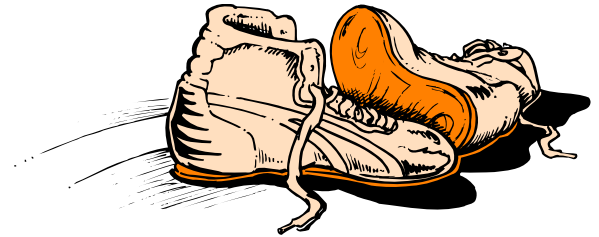
The track program only works if we have interested parents

to volunteer to help with measuring, timing and supervising the different age groups. No experience is necessary. The Coe-Brown athletes also help to make this program a success. We are excited to continue to build our NH Thunder running program; our emphasis is completely on fun and participation. We are looking forward to another great year. Please call Karyn Fisher at 664-6993 or email 5fishers@metrocast.net with questions or concerns.

STRAFFORD REC SPORTS NEWS

Baseball/Softball sign-ups are now open for the upcoming spring and summer teams. Please visit straffordrecsports.org or byanh.org to register.

Save these dates: Friday, March 17, for the Father/Daughter Dance (Visit straffordrecsports.org for more information) and Sunday, April 9, for the Bow Lake 5K (Register at straffordrecsports.org).



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Police/Fire/Medical Emergency.....	911
Police Non-Emergency.....	664-5644
Police Business Line	664-7462
Dog Officer.....	664-5644
Poison Control.....	1-800-562-8236
All Emergencies.....	911
Fire Department Business Line	664-6863

Town Hall.....664-2192

Town Clerk's Hours (Ext. 102):

Monday, Wednesday, & Thursday.....	8:30–2:00
Tuesday.....	1:00–7:00

Tax Collector's Hours (Ext. 103):

Monday & Wednesday.....	8:30–2:00
Tuesday.....	1:00–6:00

Town Office/Selectmen's Hours (Ext. 110 or 101):

Monday, Tuesday, Wednesday	9:00–noon
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Building Inspector's Hours (Ext. 104 or by appointment):

Tuesday.....	4:00–7:00
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Planning & Zoning (Ext. 105)

Assessor (Ext. 107)

Hill Library.....664-2800

Monday through Thursday.....	11:00–7:00
Saturday.....	10:00–2:00

Recycling Center Year-Round Hours:

Wednesday.....	4:00 p.m.–7:00 p.m.
Saturday & Sunday.....	9:00 a.m.–1:00 p.m.

Strafford Post Office.....664-2118

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Monday–Friday:

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Saturday:

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Lobby & Post Office Box Access	6:45 a.m. – 12:00 p.m.

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CHURCH DIRECTORY

Bow Lake Baptist Church.....664-7401

530 Province Road, Strafford, NH www.blfwbc.org

Worship Service 10:00 a.m.

3rd Baptist Church of Ctr. Strafford.....664-7750

30 Strafford Rd. www.tbcstrafford.weebly.com.

Worship Service 10:00 a.m.

Crown Point Baptist Church.....509-2224

274 First Crown Point Rd.

Worship Service 10:00 a.m.

St. Joseph's Catholic Church.....435-6242

Rte. 4, Northwood..... Saturday 6:00p.m. & Sunday 10:00 a.m.

Northwood Congregational Church U.C.C.....942-7116

881 First NH Turnpike (Rte. 4), Northwood, NH 03261

Sunday Service 9:00 a.m.

St. Stephen's Episcopal Church.....435-7908

50 Main Street, Pittsfield, NH 03263 www.ststephenspittsfieldnh.org

Sunday Service 9:30 a.m.

New Hope Church.....285-3533

34 Raymond Rd. (Rte. 156), Nottingham, NH 03290

www.new-hopechurch.com

Sunday Service 10:00 a.m.

Nottingham Community Universalist Church.....679-8400

106 Church St. (Rt. 156 & Church St.), Nottingham, NH 03290

www.nc_uc@yahoo.com

Sunday Service 10:00 a.m.

St. George's Episcopal Church.....868-2785

One Park Court at 14 Main Street, Durham, NH 03824

www.stgeorgesdurham.org

Sunday Services 8:00 a.m. & 10:00 a.m.

Northwood Advent Christian Church.....834-0863

113 School St, Northwood, NH

Worship Service 10:00 a.m.

STRAFFORD LINKS

Bow Lake Camp Owners Association blcoa.org

Bow Lake Community Club www.bowlakecc.org

Bow Lake Sailing wessexusa.com/bls_main1.html

BSA Troop 23 straffordtroop23.webs.com

Coe-Brown Northwood Academy www.coebrown.org

Hill Library hilllibrary.org

Lakeside Players thelakesideplayers.org

Strafford Community Calendar

straffordcommunitycalendar.com

Strafford Police straffordpolice.org

Strafford Recreational Sports, Inc. straffordrecsports.org

Strafford School strafford.k12.nh.us

Strafford Swamp Stompers Snowmobile Club

straffordswampstompers.org

Strafford Town Democratic Committee

strafforddems.org

Town of Strafford

strafford.nh.gov

The Christian Cupboard and USDA emergency food distribution

site at the Christian Center continues to serve the Town of Strafford.

Persons needing food are invited to come to the Center on Thursdays between 8:00 and 10:00 a.m. for confidential emergency food distribution.

Calendar of Events

March 2017

- 1 Wed Strafford School winter vacation continues through March 3, 2017.
11:00 am Story Time at Hill Library.
5-6:30 pm Free Dinner @ Community Kitchen, Christian Center, Third Baptist Church (every Wed.)
7:00 pm Fire Department EMS training.
- 2 Thur 8-10 am Food Pantry at Christian Center, Third Baptist Church (every Thursday).
6:30 pm Book Club meets at Hill Library.
- 3 Fri 7:30 pm AA in Idlepines Room, Bow Lake Church (every Friday).
- 4 Sat 9:00 am Women's Breakfast with Mental Health Program at Bow Lake Church; see article.
11-11:30a Supervisors of the Checklist sit at Town Hall.
1:00 pm Festival of Games at Third Baptist Church; see article for more details.
- 5 Sun See Church Directory on *Contacts* page for religious services.
3-4 pm The Funky Divas of Gospel perform at Northwood Church; see article.
- 6 Mon 4:30-5 pm Free Dinner @ Interfaith Community Kitchen, St. Joseph's Parish Hall (every Monday).
7:00 pm Conservation Commission meets at Town Hall.
7:00 pm Fire Department Business Meeting.
- 7 Tues 5:30 pm Selectmen meet at Town Hall.
6:15 pm TOPS (Take Off Pounds Sensibly) at Police Station (every Tuesday).
6:30 pm Bow Lake Community Club Board meets at Grange Hall; public welcome; see article.
7:00 pm Strafford Town Democrats meet at Hill Library.
- 8 Wed 11:00 am Story Time at Hill Library.
6:00 pm School Board meets in Strafford School Library.
6:00 pm Library Trustees meet at Hill Library.
- 9 Thur 6-7 pm Computer Help with Matt at Hill Library.
7:00 pm Strafford Swamp Stompers Snowmobile Club meets at Nippo Lake Golf Club.
7:30 pm Planning Board meets at Town Hall.
- 11 Sat **9:00 am Strafford School District Meeting in Strafford School gym (snow date 3/15 @ 6 pm).**
- 12 Sun **2:00 am Daylight Saving Time Begins – spring forward!**
- 13 Mon 4-6 pm Magformers Explore Time at Hill Library; see *Library Lines*.
6:30 pm Strafford Town Republicans meet at Hill Library.
7:00 pm Fire Department Training.
- 14 Tues **8am-7pm VOTE. Town Election Day—Polls are open in Town Hall; Election Business only.**
5-7 pm Artists Group at Hill Library.
- 15 Wed **Deadline for April *Strafford Community Calendar*.**
9:30 am Bear-Paw Walk; see Conservation Notes.
11:00 am Story Time at Hill Library.
- 17 Fri **Happy St. Patrick's Day.**
6:30 pm Strafford Rec Father/Daughter Dance at Strafford School; see article.
- 18 Sat **8:30 am Town Meeting in Strafford School gym.**
- 20 Mon **Welcome Spring!**
7:00 pm Fire Department Work Session at respective stations.
7:30 pm Fire Department Officers Meeting.
- 21 Tues 5:30 pm Selectmen meet at Town Hall.
- 22 Wed 6:00 pm School Board meets in Strafford School Library.
- 23 Thur 6-7 pm Computer Help with Matt at Hill Library.
- 24 Fri No School; Teacher Workshop day.
- 26 Sun 2:00 pm Sew & Chat at Hill Library.
- 27 Mon Noon Strafford Women's Club pot luck lunch in Idlepines Room, Bow Lake Church; see article.
6:15 pm SAU 44 Joint Board meeting at SAU office.
7:00 pm Fire Department Work Session at respective Stations.
- 28 Tues 5-7 pm Artists Group meets at Hill Library.
- 30 Thur 5:30 pm Evening of Spoken Word at Hill Library; see *Library Lines*.

