Strafford Community Calendar

January 2015 Volume 39



DEADLINE for the FEBRUARY Issue of The Strafford Community Calendar is JANUARY 15

STRAFFORD COMMUNITY CALENDAR STAFF OF VOLUNTEERS

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Log on to www.straffordcommunitycalendar.com to see the online version of the Strafford Community Calendar

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). Ad Rates & Sizes are below and on our website.

If you want us to design your ad, send a handwritten or typed copy 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.

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 (you provide copies) for one 8 ½ x11 page (handling fee at discretion of editors will be charged for more than one page)

January's cover photo was taken by Pat Sims. The photo on page 8 was taken on Rt. 126 near Perry Rd. by Pat Dupuis. The sheep photo on page 11 was captured by Paula Miles. Thanks, everyone!

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 any 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 the statement: "The Strafford Community Calendar staff has my permission to publish any or all of the photos attached to this email."

STRAFFORD LINKS

Bow Lake Camp Owners Association <u>blcoa.org</u>
Bow Lake Community Club

bowlakecommunityclub.org

Bow Lake Sailing <u>wessexusa.com/bls_main1.html</u>
BSA Troop 23 <u>straffordtroop23.webs.com</u>

Coe-Brown Northwood Academy <u>www.coebrown.org</u> Hill Library <u>straflib.org</u>

Lakeside Players thelakesideplayers.org

Strafford Community Calendar

straffordcommunitycalendar.com

Strafford Police straffordpolice.org

Strafford Recreational Sports, Inc. straffordrec.org

Strafford School strafford.k12.nh.us

Strafford Swamp Stompers Snowmobile Club

straffordswampstompers.org

Strafford Town Democratic Committee

strafforddems.org strafford.nh.gov

Town of Strafford



SPAGHETTI DINNER

Mark your calendar—BSA Troop 23 will be holding a Spaghetti Dinner fundraiser on Saturday, January 17, 2015 from 5 to 7 pm at the Bow Lake Grange Hall. Please join us for an evening of fine dining while helping to support the Troop. Donations are \$5/person.

For more information about Scouting, please contact us at StraffordTroop23@gmail.com, and someone will get back to you right away. Please watch this space each month for updates on Troop activities, and thank you for supporting Scouting in Strafford.

SUPERVISORS OF THE CHECKLIST IN STRAFFORD

Supervisors of the Strafford Checklist will be sitting at Town Hall on Tuesday, January 20, from 7 to 7:30 pm for additions and corrections to the checklist per RSA 654:27;669:5. Change in party registration will be accepted. If you are registering as a new voter, proof of citizenship, age and residency in Strafford needs to be provided.



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Dr. Jessica Roy, PT DPT

Dr. Joseph Girard, PT DPT

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NEW YEAR'S GAME DAY

How are you planning to spend New Year's Day? How about celebrating the New Year with friends and family in the community? Third Baptist Church will be hosting a New Year's Family Game Day, where we will be playing board games, card games, and video games from 1 to 5 pm. What games, you ask? Well, I'm so glad you brought that up—the board and card games will be your favorites like Monopoly and Uno as well as some new ones like Tetris Link and Star Flux; plus if you have a favorite game, bring it and let's play. For video games we will be offering Minecraft on the XBOX 360, Crash Team Racing or Crash Bash on the PlayStation1, and lastly Super Smash Bros Wii U! To add to the fun that these various games offer, there will be a Dominion tournament at 1:30 pm and a Super Smash Bros tournament at 2:30 pm, both with grand prizes of a \$20 Amazon gift card and \$20 GameStop gift card, respectively. Super Smash Bros is a fighting party game, and Dominion is a strategy card game—come early for a tutorial. At 5 pm we will enjoy a potluck dinner with tasty home cooking, and feel free to bring a dish along, too. Finally, at 6 pm we will round off the day with the movie Soul Surfer on a big screen. So, if you think this sounds like a super fun way to spend your New Year's Day, stop by Third Baptist Church. Come on over when you'd like and leave when you need; we would love to see you there. If you have any questions, please feel free to e-mail abascom08@yahoo.com for further details.

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READY RIDES



We wish to thank the residents of Strafford and Northwood for their support of Ready Rides following the completion of our first full year of service. Ready Rides is a

non-profit organization formed to provide rides for seniors and physically challenged neighbors in Barrington, Durham, Lee, Madbury, Newmarket, Northwoood, Nottingham, and Strafford who need transportation to medical appointments.

To request information about registering as a rider or volunteering as a driver, please email us at info@readyrides. org or call 603-244-8719.

Monetary donations are always appreciated and can be mailed to Ready Rides, P.O. Box 272, Northwood, NH 03261. Your gifts are tax deductible. Thank you.

CITIZEN OF THE YEAR 2014

Peter and Eric Wensberg and the Team at AMI were chosen by the Strafford Garden Club as Citizens of the Year for 2014 for their contributions to the quality of life in Strafford. Not only do they provide, at no cost to civic organizations in our Town, professionally made signs, banners, and placards to advertise various community functions but also good jobs to citizens in Strafford and neighboring communities. Peter and Eric and the entire team at AMI are good for Strafford, and we are fortunate to have such a worthy enterprise in our Town. Congratulations and many thanks to AMI!



At right, Eric Wensburg accepts Citizens of the Year Award from Carol Thompson, Garden Club President.



TREE REMOVAL EXPERTS 603-608-9976

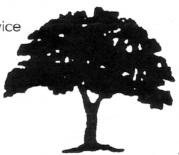
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STRAFFORD WOMEN'S CLUB

Many thanks to all who visited our booth at the Bow Lake Grange Hall during Christmas in Strafford last month. The purchases of our homemade baked goods, beans, and raffle tickets for the breakfast basket go a long way to help support our scholarship fund and other community projects. Congratulations to Debbie Shaver, the lucky winner of the breakfast basket.

Don't forget about our third annual Ham & Bean Supper on February 6, 2015 (snow date February 7) from 5 to 7 pm at the Bow Lake Grange Hall.

Remember that we take a break from our monthly business meetings in winter, but we will meet for lunch at the Good & Plenty Restaurant on Rt. 125 in Barrington on Monday, January 26, 2014, at noon. If you want to carpool, meet at the Bow Lake Church parking lot at 11:30 am. All are welcome to join us.

ATTENTION HIGH SCHOOL SENIORS!

This year the Strafford Women's Club is offering two \$1,000 scholarships to full-time, college-bound graduating seniors who are residents of Strafford. Scholarship application forms will be available at Coe-Brown's Guidance Department on February 1, 2015, or may be mailed to you upon request by calling Dr. Pamela Marks at 603-822-2563.

HAM & BEAN SUPPER

Save the date for the Strafford Women's Club Third Annual Ham & Bean Supper to benefit the SWC Scholarship Fund for Strafford high school seniors. Come and enjoy baked ham, prize-winning baked beans, homemade cole slaw, potato salad and pies, rolls and butter, coffee and milk at the Bow Lake Grange Hall from 5 to 7 pm on Friday, February 6, 2015. \$8 tickets will be available at the door, and kids 5 years old and under eat free! (Snow date will be Saturday, February 7.)

SENIOR CAFÉ

The Chesley Memorial Library Senior Café meets at the Library in Northwood every Monday from 1:00 to 2:30 pm. Are you looking for a chance to get out and make new friends? Would you like to enjoy some home baked goodies? Seniors from Northwood and surrounding communities are all welcome. There is no specific program planned for each week; we might talk about books, make decorations for the Library, play Trivial Pursuit, or we might just visit and enjoy each other's company. Caretakers are welcome to stay with seniors for the café but can also enjoy some time away on their own if appropriate. Please call the Library at 942-5472 if you would like more information.

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TOWN OF STRAFFORD ELECTION NOTICE

The following offices are open for election on March 10, 2015, at the Annual Town Meeting:

Library Trustee. 3-Year Term
Planning Board 3-Year Term
Selectman 3-Year Term
Road Agent 1-Year Term
Trustee of Trust Funds 3-Year Term

Any Strafford Resident who is a registered voter may file to be a candidate beginning January 21, 2015 through January 29, 2015. Declarations of Candidacy will be taken by the Town Clerk at the Town Hall during the Clerk's regular business hours. In addition, on Friday, January 30, 2015, the Town Clerk will be available from 3:00 to 5:00 pm for filing only.

Diane Waldron, Strafford Town Clerk

STRAFFORD SCHOOL DISTRICT ELECTION NOTICE

Any Strafford resident who is a registered voter may file to be a candidate beginning January 21, 2015 through January 30, 2015. Declarations of Candidacy will be taken by the Strafford School District Clerk at her home located at 12 Birch Road (Beaver Dam Estates), Strafford, NH on Wednesday, January 21, 2015, and Thursday, January 22, 2015, from 9 am to 2 pm; on Tuesday, January 27, 2015, and Wednesday, January 28, 2015, from 9 am to 2 pm. In addition, on Friday, January 30, 2015, the Strafford School District Clerk will be available from 3 to 5 pm.

Carrolle A. Popovich, Strafford School District Clerk



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NOTES FROM THE TOWN CLERK

Winter Town Hall Closed Schedule: Thursday, January 1, 2015—New Year's Day; Monday, January 19, 2015—Martin Luther King Jr. Day; Monday, February 16, 2015—President's Day

Online Vehicle Renewals & Dog Licensing—You can renew your vehicles and license your dogs with the Strafford Town Clerk on-line. Just follow the instructions on the renewal letters we send OR go to www.strafford.nh.gov and locate 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! Only renewals can be processed on-line; 2015 dog renewals can be processed online beginning January 1, 2015; allow one week for processing; all new vehicles, vehicle transfers, and new dogs, must continue to be processed in person at the Town Clerk's office. We continue to offer renewal services by mail or in person at the Town Clerk's office.

NEW: The State of NH now requires that the Town Clerk enter Drivers License numbers when processing titles/title applications. Please have your license available for the Town Clerk.

TOWN ELECTION - TUESDAY, MARCH 10, 2015

TOWN MEETING - SATURDAY, MARCH 14, 2015, 8:30 am

Voter registration for Town Election/Town Meeting/Supervisors of the Checklist Sessions—You may register to vote with the Town Clerk during regular business hours before February 26, 2015. You may also register to vote at the Supervisors of the Checklist sessions (change of party will be accepted) to be held on Tuesday, January 20, 2015 from 7 to 7:30 pm; and Saturday, February 28, 2015 from 11 to 11:30 am, both at Strafford Town Hall. If you have not registered to vote by February 28 and want to vote at Town Election or Town Meeting, you may register at the polling place (Town Hall) on Election Day, March 10. Please note that if you have not registered to vote by Election Day, March 10, you will not be eligible to vote at Town Meeting on Saturday, March 14.

For further information or questions please contact Diane Waldron, Strafford Town Clerk, at 664-2192 ext. 102.



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



STRAFFORD GARDEN CLUB

Each year we wrap up our business by recognizing a Garden Club Member for her contributions to the group. Anne Lake was chosen as Strafford Garden Club Member of the Year for 2014 for her many services to the Club, such as being a founding member of our organization; coordinating 17 years of trips to garden spots from the Fells in Newbury, NH, to Beauport in Gloucester, MA; volunteering her home for our Teas; maintaining colorful flowers at the Dam; and donating countless pounds of her wonderful blueberries to Club events. We are fortunate to have both her commitment and her leadership as a member. Congratulations and many thanks to our good friend Anne! (See related article and photo about Citizen of the Year.)

Here's an interesting idea to save for your spring garden, submitted by member Norma Bishop—Honey bees are responsible for pollinating one-third of our natural foods, yet they are disappearing at an alarming rate. How can we help bring them back? Plant flowers! Bee-friendly flowers provide nectar that keeps honey bees alive and pollen that helps fruits and vegetables to grow. Try these honey bee gardening tips: 1) Choose flowers that produce nectar and pollen, such as sunflowers, daisies, cosmos, zinnias, dahlias, asters, marigolds, hyacinths, hollyhocks, crocuses, foxglove and geraniums; 2) Select an assortment of flowers that bloom successively over the spring, summer and fall in order to provide food through all seasons; 3) Pick blue, purple, orange and yellow flowers—these are most attractive to honey bees; 4) Plant patches of like flowers in close proximity to one another; and 5) Do not use pesticides!

President Carol Thompson is all about the winter red berry at this time of the year. It is a large upright ornamental shrub (6'-9' tall and wide) that produces loads of bright red berries, making it the focal point of the garden in fall and winter. Cut branches can also provide indoor decoration for the holidays. The leaves of Winterberries are thick and dark green, and the foliage stays healthy all summer and isn't bothered by insects. You'll need both male and female plants to produce fruits, with one male for up to 6 nearby females. Plant in sun or part shade; they like moist to wet, slightly acid soils; space about 4-feet apart. Over 40 species of birds are known to eat the fruit throughout the winter and into spring. No garden should be without them.

So, as our gardens lay mostly quiet through the winter, so do many of our members. We'll be back in the spring with our big plant sale. See you then.

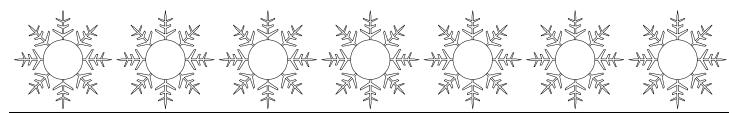


CONSERVATION NOTES

Strafford's Isinglass River Conservation Reserve has a variety of trails for different uses including foot traffic, snowmobile travel and horseback riding. Of course, not all trails are appropriate for each of these activities. Any of the trails with the narrow bridges over streams and wet areas need to be reserved for foot traffic. Those bridges are there not merely to keep hikers' feet dry, but most importantly to keep traffic out of the wet area and prevent bank and stream erosion and wetland degradation. Consequently users of those trails will now notice new signs indicating that they are not for horseback riding. The Conservation Commission members are grateful to AMI for making and donating the signs to us and are happy to see horseback riders on the trails that are safe for both horses and the environment.

Wildlife habitat improvement timber operations are continuing at the Strafford Town Forest this winter. Check out the results of previous "patch cuts" in which open areas are created, but the stumps remain. You can find several of these areas uphill from the end of the wide trail where regrowth from those stumps has provided good browse for deer, moose and hares. Ample droppings will mark the success of that operation. This year's work will create new patches beyond those created in the past while, according to the plan, other areas of the forest are left untouched to develop an "old growth" habitat which other critters enjoy.

New Hampshire's own black bear expert and author, Ben Kilham, will be the guest speaker at the Bear-Paw Regional Greenways Annual Meeting on Saturday, January 24, 2015. Come join Bear-Paw as Ben entertains us with tales of his adventures taking care of orphaned cubs and the interesting theories he has developed in years of observing bear behavior in the wild. This year's meeting will be held at the Hooksett Public Library and will include the usual morning coffee and treats, a hearty lunch of crockpot soups and stews and sandwich makings, the raffle of donated items, and the afternoon hike. Check www.bear-paw.org for information and directions.



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BOB PERRY HONORED BY TOWN DEMOCRATS

Long-time State Representative Bob Perry was honored

for his service to the town of Strafford at the Town Democrats' holiday gathering in December. Bob served seven years as Strafford's elected State Representative. The local committee presented him with an engraved plaque honoring



him for his service and his outstanding work as a "dedicated advocate of clean elections." A member of the Election Law Committee, Bob served in the NH House from 2007-2014. "I've been honored to serve, and I will continue to stay informed and involved in the Legislative process," said the former Representative.

As the New Year rings in, stay tuned for details on the Town Democrats' St. Patrick's Day dinner, featuring corned beef and cabbage, Irish entertainment, luscious gift baskets, and more.

The Strafford Town Democrats will not meet in January. Please plan to join us next month on February 3 at Hill Library (7 pm). Meanwhile, stay in touch online at strafforddems.org.

MUSEUM REIMBURSEMENT PROGRAM

The Strafford Library Association (Hill Library's "friends group") offers a \$500.00 per calendar year fund for reimbursement on admission fees to any museum in New England. A family can request up to \$25.00 per visit per year (amount not to exceed the actual admission fees). All you need to do following a visit to a museum is fill out a reimbursement request form (which will include the patron's library card number) and submit it at the circulation desk in the Library, together with the receipt from your visit which shows the full cost, number of attendees, and the date. Requests made after the \$500 fund is depleted will not be processed. The required form will be available at Hill Library or can be downloaded from the Library's website—www. straflib.org. There are hundreds of museums throughout New England. Visit the following websites for more information: http://www.museumlink.com; http://visitnewengland.com; or HistoricNewEngland.org.



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664-5551

Hours: Mon-Thurs. 6am – 9pm

Friday & Saturday 6am- 10pm

Sunday 6am -8pm

Delivery Thurs-Sunday starting at 5pm

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; Sheilah's Deli & Market; 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.

Strafford KinderCampus

2014-2015 Program Openings:

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www.straffordkindercampus.weebly.com 664-9025

LIBRARY LINES

Please come by Hill Library and welcome George Preston, our new Director. The next Trustees meeting is Wednesday, January 7. There is a Trustees workshop from 5 to 6 pm and a Trustees meeting from 6 to 7 pm at Hill Library. Sarah Kern will be retiring from the Board of Trustees. Thank you, Sarah, for all of your hard work. There are vacancies in the Board of Trustees. Please consider coming aboard and helping to shape the future of Hill Library. Add your name to the ballot; see Town Election Notice within this issue for direction. We look for input on Library hours, staffing, and finances. If you need transportation to the meeting, please call 664 2800.

Three-week Inquiry Club will run January 8, 15, and 22 from 2 to 3 pm in Hill Library's Cilley Room with Indra Edmonds, M.Ed. Students in grades 3 to 8 formulate questions, investigate, build meaning and understanding, and communicate their learning to others while doing some fun hands on science and making new friends. The cost is free and all materials are included, but space is limited. Please stay tuned for an after school inquiry club from 3-5 pm starting soon! Please sign up by contacting the Library at straflib@ metrocast.net or calling 664-2800.

The Library will have new hours on Wednesdays beginning in January. We will be open from 11 am to 7 pm. Our preschool Storytime will resume on Wednesdays

beginning January 7 at 11 am. All Hill Library events are free and open to the public. See the Events page for more Library meetings and club listings.

STRAFFORD RECREATIONAL SPORTS 6th Annual Bow Lake 5K

Do you have a New Year's resolution to be healthy? Well, why not train for our 6th Annual Bow Lake 5k? This is a local road race in support of Strafford Recreational Sports. It takes place on Sunday, April 12, 2015, with the gun going off at 9:00 am. Registration will begin at 8:00 am. Registration is available on-line at our website www.straffordrec.org. View course map and other details there as well. Pre-Registration is \$20 (online until April 11 at 5 pm). Family Discounts will be offered for three 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 and prizes for 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 have fun and stay active! Look for more information in the upcoming months. Any questions, contact Karyn Fisher at 5fishers@ metrocast.net or 664-6993.



STRAFFORD SWAMP STOMPERS SNOWMOBILE CLUB

Mother Nature is quite a tease. Well, we've already had our first taste of real snow at the cost Thanksgiving Dinner by candlelight and a few skipped showers. Our trails took a hit too. The Club has been out on the same trails that we'd trimmed and prepped weeks ago when we all hoped the next time we were out, it would be via snowmobile. We've had lots of downed trees and flooded trails to contend with.



Things are looking good in that department now though. Hopefully by the time you read this, all of our trails will have been rechecked and ready to go!

Christmas in Strafford was a very successful fundraiser for our Club again this year. Thanks to all of our local and not-so-local businesses for their donations. Also, a huge THANK YOU to all who volunteered their time during this event. Don't forget that joining a snowmobile club saves you \$30 on each snowmobile that you register. Joining a local club means your money stays local and helps the trails that we all ride on. These are volunteer organizations. We don't get paid for the work that we do. We do it so we all have a better place to ride. Membership dues and proceeds from t-shirt sales and events like Christmas in Strafford are what keeps this Club going.

\Events: Preparations are already under way for our annual Swamp Stomper Bonfire and Cookout. The tentative date is February 7 (conditions permitting) and will again be held at the home of Club President Shawn

Barry. The Club provides the burgers, dogs, and soda. Bring along your favorite appetizer or dessert to share. BYOB; direct trail access to and from the event; limited parking available for those who choose not to arrive by snowmobile. The event is also in close proximity to the Club Park & Ride area if you can't ride from home. Any questions, please email shawn@ straffordswampstompers.org or call 969-4704 for more info. We're also working on ideas/plans for other fun events this winter. Stay tuned on our website at www.straffordswampstompers.org as the season progresses. Happy New Year and THINK SNOW!



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STRAFFORD SCHOOL BOARD

The Strafford School Board has been working with the Superintendent and School Administration to get the school budget to an amount that will allow the continued funding of educational programs the Town has begun and ensure the continued success of our students. The Board works on this budget at every scheduled meeting and will be presenting it to the Town at the annual School District Budget Hearing on January 28 at 6 pm. This is a very important meeting for Strafford taxpayers. It allows you to preview the budget and warrants expected to be voted on; ask questions; and, more importantly, gives the School Board time to react to any changes prior to Town Meeting. Please mark your calendars to attend the meeting at the School on January 28 at 6 pm.

SCHOOL BUDGET HEARING

The Annual School District Budget Hearing will be held on Wednesday, January 28, 2015, at 6:00 pm at Strafford School. All are welcome to attend as this is an excellent opportunity to present your questions as preparations are made for the School District Meeting to be held in March.

TOPS "TAKE OFF POUNDS SENSIBLY"

January is here and the time of year we all make the resolution to get healthy and lose weight. Why not try something new this year—TOPS. TOPS is a group that meets every Tuesday at the Strafford Police Station, downstairs. We start with weigh in from 6 to 6:30 pm, followed by an informative, fun-filled meeting. TOPS is a support group with the emphasis on SUPPORT with no set diet and no counting points. You decide how you want to lose the weight, and TOPS will support you with weekly weigh-ins, contest to motivate you, workshops, and rallies. You decide how involved you want to be. Even if you just come once a week, you will find a group that will support you and want you to reach your goals and a group of friends who want you to succeed. If you are looking for a weight loss group that once-a-week lectures you and then you leave for the week, TOPS is not that place. TOPS makes you the primary, most important person; and you will have a group of new friends who will support your weight loss journey and all the obstacles and pitfalls that come along the way. TOPS group will be right there to talk to, not just on meeting night but any time you may need that little boost. Give us a try; call Judy at 603-664-9684 or just come to one of the meetings. What do you have to lose?



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664-7414
info@wessexusa.com

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TOWN OF STRAFFORD REPUBLICANS

The Town of Strafford Republican Committee will resume meeting in 2015 at a time to be determined. In the meantime, Chair Michael Harrington had a few thoughts to share which follow.

Everyone should be thinking about their electric bill now. If you are buying your electricity from a competitive supplier (PSNH delivers it but someone else supplies the energy), the price will almost certainly be going up this winter. Last winter caught most competitive suppliers by surprise with January having the highest wholesale prices in recent history (the month's average was \$0.18/kw-hr as compared to a 2012 average price of less than \$0.04/kw-hr). They will not let this happen again. Make sure you know exactly what you are paying for electrical energy this winter. Do not wait until you get your bill because it is too late then. If you have questions, feel free to call Mike Harrington (a former PUC Commissioner and Strafford resident) at 942-8691.

The School Board is negotiating a new contract with the Strafford Teachers Union. (Please do not call the Board members on this as, by law, they cannot comment while negotiations are ongoing; but you can send them an email at schoolboard@strafford.k12.nh.us.) A few questions Strafford taxpayers should be asking are why the existing contract has better benefits than the contract that covers other State employees (retirement program for teachers is

paid for by the State); and will the new contract have these extra benefits? Will the health insurance that the teachers receive be subject to the so called "Cadillac tax"? Employer-sponsored health plans costing more than \$10,200 for an individual or \$27,500 for a family are subject to this tax. Will any tax be paid for by the teachers or the taxpayers?

WOMEN'S BREAKFAST

The Bow Lake Church continues to extend an invitation to all community women to come together for a once-amonth pot luck breakfast. This gathering is designed for women of all ages to enjoy the fellowship of one another as well as giving the opportunity, through the easy channel of food, to become better acquainted. There is no charge, no homework, no deadline and no lists, but we do ask that everyone bring a dish to pass. Each breakfast features a new (and brief) speaker. Breakfast begins at 9 am on the first Saturday of every month in the Idlepines Room of the Church. Place settings and beverages are provided. Welcome! Come and enjoy.



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Golf Course OPEN EVERY DAY



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BLUE GRASS

Sundays 6pm – 8pm visit: www.nippobluegrass.com for dates and bands performing





SUNDAY FOOTBALL

\$5 Specials during afternoon Patriots Football Games

RESTAURANT HOURS

MONDAY and TUESDAY – CLOSED
Limited Hours - Wednesday thru Sunday

Come join us for a variety of LUNCH and DINNER SPECIALS

CALL to BOOK your CHRISTMAS PARTY
CRIBBAGE begins – Wednesday Night – January 7^{tl}
Call NOW to Sign-up

603-664-2030

www.nippolake.com 88 Stagecoach Road, Barrington, NH 03825

Martin Luther King Day



January 20

Contacts

EMERGENCY NUMBERS

EMERGENCY NUMBERS		
Police/Fire/Medical Emergency		
Police Non-Emergency		
Police Business Line		
Dog Officer		
Poison Control	1-800-562-8236	
All Emergencies		
Fire Department Business Line	664-2915	
Town Hall	664-2192	
Town Clerk's Hours (Ext. 102):		
Monday, Wednesday, & Thursday	8:30-2:00	
Tuesday		
,		
Tax Collector's Hours (Ext. 103):		
Monday & Wednesday	8:30-2:00	
Tuesday		
,		
Town Office/Selectmen's Hours (Ext. 110 or	101):	
Monday, Tuesday, Wednesday		
, ,		
Building Inspector's Hours (Ext. 104 or by ap	ppointment):	
Tuesday	4:00-7:00	
Planning & Zoning (Ext. 105)		
Assessor (Ext. 107)		
Hill Library	664-2800	
Monday	2:00-6:00	
Tuesday	Noon-8:00	
Wednesday		
Thursday		
Saturday		
,		
Recycling Center Year-Round Hours:		
Wednesday	4:00 p.m7:00 pm	
Saturday & Sunday	9:00 a.m1:00 p.m.	
Strafford Post Office		
Monday–Friday:		
Retail Service8:00 a.m12:30 p.m.	. & 1:30 p.m. – 4:30 p.m.	
Lobby & Post Office Box Access		
Saturday:	1	
Retail Service	8.00 a m 12.00 a m	
Lobby & Post Office Box Access		
Lobby & Fost Office Dox Access	0:43 a.m. – 12:00 p.m.	

CHURCH DIRECTORY

CHURCH DIRECTORY		
Bow Lake Baptist Church664-7401		
530 Province Road, Strafford, NH www.blfwbc.org		
Worship Service (Child Care Available)10:00 a.m.		
3rd Baptist Church of Ctr. Strafford664-7750		
Sunday Worship Service		
Sunday Worship Service10.00 a.m.		
Crown Point Baptist Church509-2224		
274 First Crown Point Rd.		
Worship Service9:00 a.m.		
St. Joseph's Catholic Church942-8716		
Rte. 4, Northwood		
Sunday Mass		
Northwood Congregational Church U.C.C		
881 First NH Turnpike (Rte. 4), Northwood, NH 03261		
Sunday Service9:00 a.m.		
,		
St. Stephen's Episcopal Church435-7908		
50 Main Street, Pittsfield, NH 03263 www.ststephenspittsfieldnh.org		
Sunday Service9:30 a.m.		
New Hope Church285-3533		
34 Raymond Rd. (Rte. 152), Nottingham, NH 03290		
www.new-hopechurch.com		
Sunday Service10:00 a.m.		
Nottingham Community Universalist Church679-8400		
106 Church St. (Rt. 156 & Church St), Nottingham, NH 03290		
www.nc_uc@yahoo.com		
Sunday Service		
St. George's Episcopal Church		
One Park Court at 14 Main Street, Durham, NH 03824		
www.stgeorgesdurham.org		
Sunday Services		
Northwood Advent Christian Church834-0863		
113 School St, Northwood, NH		
Worship Service10:00 a.m		

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.

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Calendar of Events $J_{anuary}\ 2015$

1	Thur		NEW YEAR'S DAY; No School; Town Hall and Library closed.
		8-10 am	Food Pantry at Christian Center (every Thursday).
		1-5 pm	Game Day at Third Baptist Church; see article for more info.
2	Fri	7:30 pm	AA in Idlepines Room, Bow Lake Baptist Church (every Friday).
3	Sat	9:00 am	Women's Breakfast in Idlepines Room, Bow Lake Baptist Church.
4	Sun		See Contacts page for local religious services.
5	Mon		Strafford School re-opens - Happy New Year!
		1-2:30 pm	Senior Café at Chesley Library, Northwood; see article (every Monday).
		5-6:30 pm	Free Dinner Interfaith Community Kitchen, St. Joseph's Hall, Northwood (every Mon.)
		7:00 pm	Fire Department Business Meeting.
		7:00 pm	Conservation Commission meeting at Town Hall.
6	Tues	5-7 pm	Cartoon & Drawing Club meeting at Hill Library.
		6:00 pm	Selectmen meeting at Town Hall.
		6:15 pm	TOPS (Take Off Pounds Sensibly) at Police Station; see article (every Tuesday).
		7:00 pm	PTO meeting.
7	Wed	11:00 am	Story Time at Hill Library (every Wednesday).
		-	Free Dinner at Community Kitchen, Christian Center, Third Baptist Church (every Wed.)
		5-7 pm	Library Trustees meeting at Hill Library; see Library Lines.
		7:00 pm	Fire Department EMS Training.
8	Thur	2-3 pm	Inquiry Club meeting at Hill Library; see <i>Library Lines</i> .
		7:00 pm	Strafford Swamp Stompers Snowmobile Club meeting at Nippo Lake Golf Club.
		7:30 pm	Planning Board meeting at Town Hall.
	Mon	7:00 pm	Fire Department Training.
	Wed	6:00 pm	School Board meeting in Strafford School Library.
15	Thur	2.2	DEADLINE for February Strafford Community Calendar.
1.7	C	2-3 pm	Inquiry Club meeting at Hill Library; see <i>Library Lines</i> .
	Sat	5-7 pm	Spaghetti Dinner at Bow Lake Grange Hall by Troop 23; see article.
19	Mon	7.00	Martin Luther King, Jr. Day; School, Town Hall, and Library closed.
		7:00 pm	Fire Department Work Session at respective Stations.
20	Tues	7:30 pm	Fire Department Officers Meeting.
20	Tues	5-7 pm 6:00 pm	Cartoon & Drawing Club meeting at Hill Library.
			Selectmen meeting at Town Hall. Supervisors of the Checklist sit at Town Hall.
22	Thur	2-3 pm	Inquiry Club meeting at Hill Library; see Library Lines.
22	Tilui	6:30 pm	Book Club meeting at Hill Library.
23	Fri	0.50 pm	Strafford School end of mid-term.
	Sat	9:00 am	Bear-Paw Annual Meeting; see Conservation Notes for more info.
	Sun	2:00 pm	Sew & Chat at Hill Library.
	Mon	Noon	Strafford Women's Club lunch trip; see article for details.
		7:00 pm	Fire Department Work Session at respective Stations.
		7:00 pm	SAU 44 meeting in Northwood.
28	Wed	6:00 pm	School District Budget Hearing open to the public; see article.
30	Fri	-	Strafford School mid-terms issued.

