Strafford Community Calendar

June 2015

Volume 39



STRAFFORD COMMUNITY CALENDAR STAFF OF VOLUNTEERS

Print Editors Rollande	Merz, Lucinda Kerivan, Carol Cooper
Web Editor	Rollande Merz
Circulation Staff	Carolyn Page, Debbie Shaver,
	Shirley Brownell, Mary Lou Lambert

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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.

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
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• \$70 (you provide copies) for one 8 $\frac{1}{2}$ x11 page (handling fee at discretion of editors will be charged for more than one page)

The cover photo of a male Baltimore Oriole, as well as the female oriole on page 8 and the female oriole on page 13, were sent to us by Bill and Linda Hodgdon. The male Baltimore Oriole on page 10 is courtesy of Norma Bishop. And oranges & grape jelly are included for the orioles! 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.

STRAFFORD LINKS

Bow Lake Camp Owners Associati	on <u>blcoa.org</u>
Bow Lake Community Club	www.bowlakecc.org
Bow Lake Sailing wessex	<u>usa.com/bls_main1.html</u>
BSA Troop 23 str	affordtroop23.webs.com
Coe-Brown Northwood Academy	<u>www.coebrown.org</u>
Hill Library	<u>straflib.org</u>
Lakeside Players	<u>thelakesideplayers.org</u>
Strafford Community Calendar	
strafford	<u>communitycalendar.com</u>
Strafford Police	straffordpolice.org
Strafford Recreational Sports, Inc.	straffordrec.org
Strafford School	strafford.k12.nh.us
Strafford Swamp Stompers Snowm	obile Club
<u>stra</u>	ffordswampstompers.org
Strafford Town Democratic Comm	nittee
	strafforddems.org
Town of Strafford	<u>strafford.nh.gov</u>
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STRAFFORD WOMEN'S CLUB

The Strafford Women's Club will be holding its June 22, 2015, meeting at 12 Noon on Bow Lake as long as the sun is shining (Idlepines Room if not). Let's celebrate Summer! Bring a brown bag lunch and enjoy the outdoors. Drinks and desserts will be provided. Be ready to sign up for the July Ice Cream Social!

CAMP FIRESIDE ANNUAL OPEN HOUSE Saturday, June 20, 2015, 10 am to 2 pm

FREE fun for the whole family! Come find out what Camp Fireside is all about. Meet the 2015 staff, tour our facilities, and try out some of our favorite activities like archery, air rifles, face painting, crafts and more. You can even register for camp, sign up for swim lessons, or purchase a beach pass while you're here. Call 332-1701 or email meglyons@fireside.org for more info. Camp Fireside is located at 86 Pond Hill Road in Barrington, NH.



ICE CREAM SOCIAL

Summertime is almost here. What better way to celebrate after a long winter than with a delicious ice cream sundae? Join your friends and neighbors down at the Bow Lake Grange Hall from 4 to 8 pm on Wednesday, July 8, for the Strafford Women's Club Ice Cream Social and Pick-a-Prize Raffle. Those who have participated before know how much fun it is to make your own sundae with a choice of vanilla, chocolate, or coffee ice cream topped by a variety of scrumptious toppings. Small sundaes are \$2.50 and large are \$3.50. Add a homemade brownie to your sundae for only fifty cents. Since the Strafford Women's Club members keep the costs low by donating most of the items, more money is raised for the two college scholarships awarded to deserving Strafford students and for other worthwhile community projects.

Generous local businesses and individuals donate prizes for the Pick-a-Prize Raffle to be awarded at 7:30 pm during the second Ice Cream Social on August 5. Choose which prizes you want to win by placing your \$1.00 tickets in the appropriate jar. Purchase raffle tickets from any SWC member or buy them at the door.



Northwood Physical Therapy

We have been in clinical practice for more than thirty years, and operating in Northwood for the last eleven years. Thank you for making us your provider of choice.

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Your Therapists are:

Dr. Toyin Atoro-O PT DPT MCSP(UK) Dr. Jessica Roy, PT DPT Dr. Joseph Girard, PT DPT

PHONE: 603 942 9933

We are right on Route 4, almost across from the Fire Department.



BOW LAKE BEACH – 2015 SEASON June 21, 2015 to August 15, 2015

Lifeguards will be on duty at the beach area, weather permitting: Monday through Saturday, 10 am until 4:30 pm; Sunday, 11 am until 4:30 pm. Year-round residents and property owners who are seasonal residents may pick up a pass from the beach attendants during normal operating hours. Please present an ID or proof of property ownership (a tax bill) to obtain a beach pass. Visitors may purchase a pass for the day or for the 2015 Summer Season from beach attendants during normal operating hours. Day pass for an individual or family is \$5.00; no charge for children under 12 accompanied by an adult; season pass for an individual is \$25.00; and season pass for a family is \$50.00.

Swimming lessons: Session 1 runs from July 13 through July 24. Session 2 runs from August 3 through August 14. Registration is required. Registration forms will be available at the beach, Town Hall, and at www.strafford.nh.gov.

THANK YOU

Many thanks to the members of the Strafford Garden

all around Town. A special thank you to those members who

Club who beautify Strafford by maintaining the "gardens"

tended the plantings at Town Hall. We so appreciate your

talents and hard work. It looks wonderful!

NH BOATER SAFETY CLASS

Strafford Fire & Rescue will be hosting a NH Boater Safety Class on Tuesday, June 16, and Thursday, June 18, from 6:00 to 9:30 pm. You must pre-register and pre-pay the NH Marine Patrol by calling 1-888-254-2125. If you have any questions, you can call the Bow Lake Station at 664-6863.

NEW ENGLAND DISTRICT LIGHTNING CLASS DISTRICT CHAMPIONSHIPS

Lightning Fleet 493 and the Bow Lake Yacht Club will be hosting the 2015 New England District Lightning Class District Championships on June 27 and June 28. Starts will be at Noon on Saturday and 10 am on Sunday.

STEAK TIPS TO GO

The annual Steak Tips To Go BBQ Dinner will be held on Saturday, June 27, 2015, at the Bow Lake Baptist Church; serving from 4 pm till gone! We will serve steak tips marinated in Bob Chadbourn's secret sauce, rice pilaf, a fresh garden salad, and a homemade roll—all for \$9. All proceeds go to the fund to help send Strafford children to Camp



Sentinel.

4

STRAFFORD GARDEN CLUB

Every fall, millions of monarch butterflies travel across North America to hibernate in the forested mountains of central Mexico. But the number of monarchs wintering in Mexican forests has plunged in recent years. One of the main threats to monarchs is the eradication of milkweed along their migratory route. Milkweed is the primary food source for the insect—and the only plant where the females lay their eggs. But in the U.S., vast quantities of milkweed have been wiped out. In some states it is estimated that 90% of all milkweed has disappeared.

There is a simple remedy—plant native milkweed in your garden. The butterfly weed (Asclepias tuberosa) is native to eastern North America. It is perennial, grows 1-3' tall, with clustered orange or yellow flowers from early summer to early fall. It favors dry sand or gravel soil and full sun. Most easily propagated by seed, sown outdoors after frost, a plant will flower and produce seed in the third year. By planting a pollinator garden, you will give migratory monarchs a much-needed respite from the dangerously sparse food supply on their long journeys north and south. (Sources: World Wildlife, vol. 3, no. 2, & Wikipedia.)

With the plant sale behind us for another year, the Strafford Garden Club is in full swing with our many summer projects.

The first order of business is our annual tea, always fun to dress up in garden finery, including fancy hat, and bring a tasty treat to share. President Carol Thompson is hosting at her home this year on June 1, 2015, at 12 noon.

The Dam Garden is reportedly in rough shape after the harsh winter, and the group is challenged to make it beautiful once again. We will try to spend some time each Monday to accomplish this, so please come out to help when you can. We also take care of 17 little barrel gardens around Town, as well as the triangle gardens in front of the Grange Hall and the corner of Rte. 202A and Province Road. You will see SGC volunteers working all over Town throughout the summer.

And then there is the Second Annual Blueberry Pancake Breakfast at the end of July. This year we are planning a slightly different menu for the whole family, so look for more details about this popular event next month. Should be delicious. Hope to see you at our meetings, the first Monday of the month, 1:00 pm at the Bow Lake Grange Hall. Happy gardening.





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Support the Heart of Bow Lake!!

We need your help! Whether you live in Strafford year round or are part of our special camp community, you recognize the Bow Lake Grange Hall as the heart of our small town, hosting special events and a number of community organizations while serving as a visible reminder of what makes our community so special. Imagine Strafford without the Grange Hall and all it provides the community. Help us keep her well maintained and ready to serve for the next century. Renew your Bow Lake Community Club membership or become a new member during this year's membership drive for as little as \$25; your dues go in direct support of the Grange Hall.

To join, or for more information, simply go to bowlakecc.org and click on "Membership" or contact Mark Thompson (664-9507 //bluehillfarm@metrocast.net). Thank you!

GEORGE N. CATE SCHOLARSHIP FUND

The Trustees of the George N. Cate Scholarship Fund are pleased to announce that \$16,750 in scholarships has been made available for the 2015/2016 academic year. The graduating seniors receiving awards this year were Kerry Baratier; Julia Colins; Liam Corless; Sarah Curtin; Caitlin Foley; Daniel Grove; and Katheryn Huckins. Awards to current undergraduates were given to Alexandra Archambault; Megan Curtin; Samuel Fortier; Chelsea Hodges; Anna Kofer; Christian Rainey; Sophie Shiere; and Jordan Shurtleff. These individuals join the group of over 200 current or former residents of Strafford who have benefitted from financial assistance from this Fund.

The George N. Cate Scholarship Fund was established in 1986 by the Trustees of Austin Cate Academy to provide scholarship assistance to students who have resided in Strafford for two or more years and who are attending any accredited, post-secondary institution. Recipients are selected on the basis of academic achievement, character, extracurricular activities, and financial needs. Since 1986, the Fund has provided over \$545,000 in scholarships to Strafford students—few towns our size are as fortunate.

The Cate Scholarship Fund is a component of the New Hampshire Charitable Foundation. If you would like to help us grow to continue to fund the ever increasing costs of education, please consider a tax deductible contribution. If you received help in the past or know someone who has,



683 Suite A, 1st NH Tnpk, Northwood, NH 03261 Northwood, NH 03261

a contribution now will help some new student in the near future to meet his or her goals. Together we can make a difference, one scholarship at a time.

The Trustees of the George N. Cate Scholarship Fund Mark Thompson-Chair, Geoff Ames, Barbara Bennett, Edmund Cournoyer, Steve Smith

SWC SCHOLARSHIP WINNERS

This year's winners of the Strafford Women's Club Scholarships are Sarah Curtin and Katheryn Huckins, both of whom are 2015 graduates of Coe-Brown Northwood Academy. Congratulations and best wishes from the members of the SWC.

Thanks to all of our highly qualified applicants. We wish everyone success in their college studies.



SIXTH ANNUAL BOW LAKE DAM 15K/5K

The excitement is heightening again this year as we grow nearer to race day! On Saturday, June 6, 2015, we are hosting a 15K run around Bow Lake and a 5K fun run to benefit the Cystic Fibrosis Foundation. The races start at 10 am with a 9 am start for 15K walkers. Registrations start at 8 am. We are also debuting a toddler dash at the church following the main races at about 11 am. Join us for a healthy run and stay

afterwards for live music, a cookout, and fun for the whole family! Sign up to run at www.bowlakedam15k5k. com. To support the event as a sponsor or a volunteer, email racingtocureCF@ gmail.com. Alone we can make gradual progress; together we can make miracles! Come be a part of an awesome event!



NOTES FROM THE TOWN CLERK

On-Line Vehicle Renewals & Dog Licensing—You can renew your vehicle registrations and license your dogs with the Strafford Town Clerk online. Just follow the instructions on the renewal letters we send OR go to www. strafford.nh.gov (our Town website) 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 online; 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. Note: We continue to offer renewal services by mail or in person at the Town Clerk's office.

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

HOW TO READ THE BIBLE FOR ALL ITS WORTH

Have you always wanted to read the Bible but found it confusing? Gordon Fee and Douglas Stuart have written a wonderful book that helps bring the Bible to life in a very enjoyable way. Beginning Sunday, June 7, this free study will be offered at the Bow Lake Freewill Baptist Church from 8 to 9:30 a.m. It will be held in the upstairs room of the Idlepines wing. For more information or to get the book, contact Carolyn Clarke at 664-9375 or Louise Matteson at 664-9753._

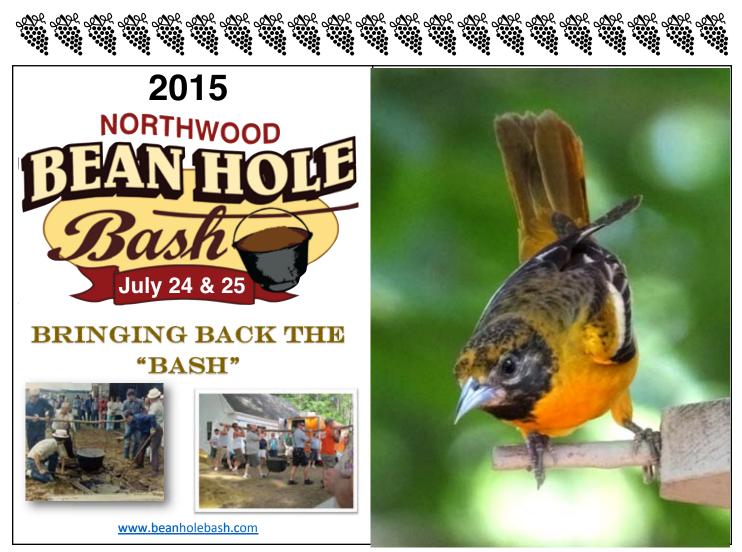


CONSERVATION NOTES

Strafford's conservation lands offer places for a walk with a variety of conditions. For those who like a steep climbing hike with the reward of a grand scenic view, there's the popular and well-known Town Forest Spencer Smith Trail beginning near the high point where Route 126 goes over the shoulder of Parker Mountain. At the Isinglass River Conservation Reserve (IRCR), well-marked trails lead over and around rocks through the woods and offer views across the Beaver Pond on one loop and the wetland meadow on the Meadow loop with wooden benches at good viewing sites.

But what about some trails for those who'd prefer a stroll on a wider path without the need to watch footing so carefully? At the IRCR one can access the wide snowmobile trail that runs through the Reserve with an easy walk down the Cowpath from the kiosk off New Road. At the Town Forest beginning at the parking area by the sign, the wide forest access road makes an easy walking trail to the bridge and, for those who don't mind some uphill, the wide road well beyond the bridge. At the School District's conservation property, there is the walk from the Strafford Swamp Stompers' parking area by the Mohawk River along Johnsonboro Road, or one can drive the road and park at the orange gate and walk in to the pond for a stroll along the pond's embankment. A third possibility is to take the old forest access road that begins on the left just a couple hundred feet beyond the orange gate toward the pond. This old access road leads around the north end of the pond past an impressive beaver dam and on to a pretty peninsula on the far side of the pond.

But what if your outdoor pleasure is biking instead of hiking? Come join Bear-Paw Regional Greenways in Hooksett on June 13 from 10 to noon for a Mountain Bike trail ride led by Peter DeSantis, a member of the New England Mountain Bike Association. In the past few years Bear-Paw has worked to conserve about 1500 acres in Hooksett in the Clay Pond area adjacent to Bear Brook State Park. This will be an opportunity for mountain bikers to discover and enjoy new trails they may not have known about. It won't be a race, just a leisurely trail ride and is open to all ages as long as they have an off-road bike and are capable of some ups and downs on the trails. Bring your own water and snack, and register at info@bear-paw.org for directions to the starting location.



LIBRARY LINES

Join us for our Summer Reading Kick-off for "High Flying Heroes" on Saturday, June 27, at 11 am. Come in and sign up for Summer Reading. Remember, we are now open 11am to 7 pm, Monday to Thursday, and 10 am to 2 pm on Saturday. We will also have the Coe-Brown reading list books for you this summer.

We have purchased many new best sellers, filling holes in our collection, and acting on your book requests. New Children's Titles: Secret Zoo series by Chick, Big Nate books, 7 Wonders series by Lerangis, Lord Sunday by Nix, Pigeon books by Willems, and Bippolo Seed by Dr. Seuss. New YA books: Virals series by Reichs, Lunar Chronicles series by Meyer, 13 Reasons Why by Asher, Fall of Five by Lore, and more. We also have a growing collection of Manga & Graphic Novels. New Adult Fiction includes Strangers On A Train 2001, the debut thriller by Highsmith, Casebook by Simpson, Cinderella Murder by Clark, Americanah by Adichie, and The Sinner by Gerritsen. Rounding out our collection, we now have Death of Ivan Ilyich by Tolstoy, Maltese Falcon by Hammett, and The Big Sleep by Chandler. Come check out our new titles.

The next Trustees Meeting is Tuesday, June 9, at 6 pm. There are two positions for alternates that need to be filled. If you think you might be interested in being a Hill Library Trustee Alternate, come by and see what the Trustees are all about. We are looking for energetic, creative folks to bring fresh perspectives to the Board. If you need transportation to the meeting, please call 664-2800.

Bricks4Kidz meets June 13 from 12 noon to 1:30 pm, and our Preschool Story Time will finish on Wednesday, June 17, from 11 am to 12 noon. Cartoon & Drawing Club meets the first Tuesday and third Thursday of each month—June 2 and June 18, 5 to 7 pm. On July 15 from 12 noon to 3 pm, Ann will lead a special "Make-and-Take" book-making workshop with "Cereal Box Books" for 6- to 12-year-olds. Call Anne with questions at 664-2238.

Minecraft Club is on hiatus over the summer and will reconvene in September. Donate your unused bricks to the Library. Also, our Young Adult collection is growing but can use your help. If you have books or audios to donate, please bring them to the circulation desk. Thank you.

For the adults, Steve Manning will be hosting a Poetry Reading on June 29, from 5 to 7 pm. Lucas Perry will be the Feature Reader. Bring your poetry and join in. And please join us on Thursday, June 25, at 6:30 pm for our Book Club. This month's book is *The Paying Guest* by Sarah Waters, and July's book is *The Invention of Wings* by Kidd. Come join in the fun. All Hill Library events are free and open to the public.



BOW LAKE COMMUNITY CLUB NEWS AND A CONTEST

Welcome to summer! For a free duck entry in "Ducks o'er the Dam" look for the misplaced "duck" word in this article. First person to email Bob Lee at bobbowlake@ metrocast.net wins!

A big "thank you" to all who came to our "Your Just Desserts and Auction" fundraiser; it was a success thanks to you. Our membership drive is well under way; check out the thermometer at the Grange Hall for our progress and help us meet our goal. Membership starts at just \$25, and your dues go to directly support the iconic Bow Lake Grange Hall. Look for more pintail information on our website at bowlakecc.org.

Our annual Pulled Pork Drive-Thru is just around the corner on Friday, July 3, from 5 to 7 pm. What easier way to pick up the perfect summer meal? Come out and support your Grange Hall.

Don't forget to get your duck entries for Ducks O'er the Dam; available through any Board member or at Sheilah's Deli & Market. We still have summer dates available for Grange Hall rentals; call Paula King at 664-5901 or email at Inpbakerhouse@aol.com.

HISTORICAL NOTES

There will be a Bicentennial Planning Meeting on Tuesday, June 23, at 6:30 pm at the Old Waldron Store. If you would like to help out but cannot attend the meeting, just be sure to let us know and we will add you to the mailing list.

Start your summer right by joining the Historical Society for an evening of good humor and live theatre. Performances of 'Twain's Tales' will be on June 19, 20, and 21 at the Old Waldron Store. Proceeds will benefit the Society. For tickets and more information, please call JoAnn Brown at 664-2225 or Nancy Hill at 664-5557.

As you tackle spring cleaning, please remember that one person's cast offs are often another's treasures. The Strafford Historical Society will again be holding our Annual Yard Sale fundraiser at the Old Waldron Store in early August. Donations are welcome. Contact any Society member, or you may drop off donations at the Old Waldron Store.





STRAFFORD SUMMER ARTS PRESENTS WORLD TALES

Strafford Summer Arts is excited to be holding its "World Tales" one-week summer camp program at Strafford School from August 3 to 7, 2015 from 9 am to 3 pm with a Friday evening performance for the Community at 6:30 pm.

Strafford Summer Arts offers a unique opportunity for children entering grades 3 to 8 from the greater Strafford community to have fun participating with professional artists from the NH Theatre Project while exploring a multicultural theme in a weeklong arts experience. Guided by NHTP Director, Genevieve Aichele, activities will include dramatic theater and movement instruction, storytelling, costume design and set decoration/setup. Instrumentalist and instructor, Randy Armstrong, brings world instruments the students are excited to play; learning to play multi-cultural music, play sound effects, with no prior experience necessary. The emphasis of this camp is placed on collaboration, gaining self-confidence and an appreciation for world cultures through theater, art and music. And, of course, fun!

The cost is \$250 per child for residents of Strafford and \$325 for non-residents. Scholarships may be available for students with demonstrated need or multiple student registrations; please request an application. Space can be reserved for your child by mailing a \$125 deposit with a completed SSA Participant Info Form and Medical Consent Form to NHTP Camps, 959 Islington Street, Portsmouth, NH 03801. The balance of tuition is due prior to July 1. Early enrollment is encouraged as space is limited, and early enrollment allows us to plan stories and activities plus coordinate volunteers and fund raising activities for this non-profit camp.

The SSA Participant Info Form, Medical Consent Form and Parent Information Form can be downloaded at the Strafford School web site: www.strafford.k12.nh.us ; under Community Groups. If you have any questions or would like the forms mailed or emailed to you, please contact either NH Theatre Project at info@nhtheatreproject.org, call 603-431-6644 x4, or contact Lisa Donnelly at 603-833-5417 or StraffordSummerArts@gmail.com.





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FLAG DAY FAMILY PICNIC

Please join the Strafford Town Democrats for a festive Flag Day Family Picnic on Sunday, June 14, from 2:00 to 5:00 pm at the Kitz Farm, 848 Parker Mountain Road in Strafford. Enjoy a delicious grilled chicken barbeque, plus salads, sides, vegetarian options, watermelon, and dessert. Tickets are just \$10 per person, \$5 for students, or take advantage of the special family rate of \$25 for parents and children age 12 and under. Buy your tickets now at www.strafforddems.org. Come enjoy old-fashioned fun and games, plus folk music provided by Charles Proulx of Raymond. Take a chance on an array of themed raffle baskets. The picnic is a rain-or-shine event at one of Strafford's most scenic venues. Don't miss the fun!

The Strafford Town Democratic Committee will meet on Tuesday, June 2, 2015, at 7 pm at Hill Library in Strafford.

STRAFFORD TOWN REPUBLICANS

During the May 11, 2015 Town of Strafford Republican Committee meeting, State Senator John Reagan and State Representative Kurt Wuelper joined us for a round table discussion. It was noted that Governor Hassan vetoed her first bill. This bill would have reigned in Common Core. Senator Reagan is the Education Committee Chair, and he noted that the only Common Core guidelines written so far are math and science; and the professors who wrote them don't like them and so refused to sign off on them. Also, on the intrusive side, Common Core seeks to do a permanent record of student's parent's political affiliations, beliefs, religion, and income. The House has rejected the Governor's proposed budget and provided one of their own. We enjoyed a discussion of the Presidential hopefuls as well. Please join us at Hill Library on Monday, June 8, 2015, from 6:30 to 8 pm for another round table discussion.



MISSIONARY PRESENTATION

Paul Young and his wife, Vicki, will be visiting Third Baptist Church on Wednesday, June 3, at 7:00 pm. You won't want to miss this presentation. Paul is a missionary and evangelist based in Cape Town, South Africa. He uses chalk drawings to visualize his messages.

Paul and Vicki minister in churches, prisons, schools, and Bible colleges across South Africa. God has used him in a compelling way to bring the Gospel to people for whom the doors of evangelism would be closed. God uses his unique approach to open these doors. Please join us June 3, 2015, to meet this amazing couple.



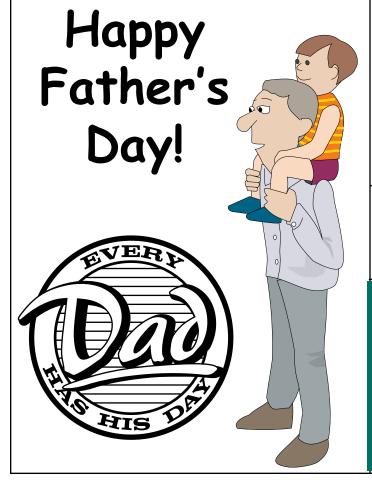
2,380 POUNDS OF FOOD COLLECTED!

The residents of the Town of Strafford participated in the 23rd Annual US Postal Service's National Food Drive. This year's total is a significant increase over last year's collection of 1,720 pounds.

The non-perishable food, paper goods, and personal care products donated are contributed to the Town's food pantry located at Third Baptist Church, 22 Strafford Road. The food pantry is available for confidential distributions every Thursday morning from 8 until 10 am.

Any Strafford resident is invited to a weekly dinner held at Third Baptist Church on Wednesdays from 5 until 6:30 pm. Come join in good conversation, companionship, and a delicious hot meal.

All employees at the Strafford Post Office, including Stacie, Karen, Maureen, Susan, Ron, and Thom, would like to thank the following people for making this year's food drive such a success: Betty Buckman, Martha English, Peggy Keefe, Karen Orr, Ashley Lynn, and Ann Burnham. Thank you also to Strafford School, Hill Library, Karen & Julio's Diner, Sheilah's Deli & Market, and Isinglass Country Store for advertising this worthwhile event.





STRAFFORD RECREATIONAL SPORTS SENDS OUT A BIG THANK YOU

The 6th Annual Bow Lake 5K Road Race and Walk to support Strafford Recreational Sports went well thanks to all of the support we received! We could not have asked for better weather or enthusiasm. We would like to thank everyone that showed up to support our cause; the turnout was larger this year, and we hope it will increase next year as well.

We would also like to thank our Corporate Sponsor, Graystone Builders, for their continued and generous support. Our other Sponsors included DHK Financial Advisors, Inc.; Edward Jones; RF Resins; High Meadow Farm; New England Traffic Control, Inc.; AMI Graphics; Pit Bull Painting; Options for Women; Bottomline Technologies; Lambert's Auto & Truck Recyclers; Libby + Miner Tax & Bookkeeping, LLC; A-D Archambault Plumbing; Northwood Garage; Gosse Septic Service; Profile Goldens; Anytime Fitness; Cooper Hill Pizzeria; Runner's Alley; and Berrybogg Farm. Thank you to the Strafford Police Department for keeping the participants safe during the race.

Food for the race was generously donated by Fiddlehead Farms Market, Panera Bread, Denise Ramirez, and many volunteers. Coke and Hannaford also helped to make the race successful by donating water for all the racers. We would also like to thank our other contributors: Nippo Lake Golf Club and Restaurant; Eclectic Florist; Chichester Massage; Gamer; Nike; Heather Roman; Lazy Lion; Ma's & Mine Restaurant; Johnson's Seafood and Steak; Butternut Farm; Queen B's Cupcakes; Red Sox; NH Fisher Cats; Portland Seadogs; Volvo; The Lotus Touch. The local Boy Scout Troop also came out to help us with the water stations. This race would not be possible without such a supportive community; so thank you to everyone for your support. A big congratulations to our local NH Thunder team made up of young runners; they were the first place team this year.



Contacts

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	

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, Wednesday9:00-noon

Building Inspector's Hours (Ext. 104 or by appointment):

Planning & Zoning (Ext. 105)

Assessor (Ext. 107)

Hill Library	664-2800
Monday through Thursday	
Saturday	

Recycling Center Year-Round Hours:

Wednesday	4:00 p.m7:00 pm
Saturday & Sunday	

Strafford Post Office	664-2118
1079 Parker Mountain Road (Rt. 126), Strafford, NH	03884
A. J. W.J.	

Monday-Friday:

Retail Service
Lobby & Post Office Box Access
Saturday:

Retail Service	
Lobby & Post Office Box Access	

CHURCH DIRECTORY
Bow Lake Baptist Church
530 Province Road, Strafford, NH www.blfwbc.org
Worship Service (Sunday School & Child Care Available)
3rd Baptist Church of Ctr. Strafford
Sunday Worship Service
Crown Point Baptist Church
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 Church
New Hope Church
34 Raymond Rd. (Rte. 156), Nottingham, NH 03290
www.new-hopechurch.com
Sunday Service
Nottingham Community Universalist Church
Sunday Service10:00 a.m.
St. George's Episcopal Church
Sunday Services
Northwood Advent Christian Church
Worship Service

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.

Home ~ Health ~ Hospice Trusted care since 1913 Your Health. Your Home. Your Choice.

For more information on all services, visit www.cornerstonevna.org

1	Mon	Noon 5 6:00 pm	Strafford Garden Club Tea; see article. Free Dinner at Interfaith Community Kitchen; St. Joseph's Parish Hall, Northwood (every Monday).
		5-6:00 pm 7:00 pm	Conservation Commission meets at Town Hall
		7:00 pm	Fire Department business meeting. Cartoon & Drawing Club meets at Hill Library
2	Tue	5-7 pm	Cartoon & Drawing Club meets at Hill Library.
		6:15 pm	TOPS (Take Off Pounds Sensibly) at Police Station (every Tuesday).
		6:30 pm	Middle School Band & Chorus Concert.
		7:00 pm	Town of Strafford Democrats meeting at Hill Library. PTO meets at Strafford School
		7:00 pm	PTO meets at Strafford School.
3	Wed	11:00 am	Story Time at Hill Library.
		5-6:30 pm	Free Dinner at Community Kitchen, Christian Center, Third Baptist Church (every Wednesday).
		7:00 pm	Fire Department EMS Training.
,		7:00 pm	Paul Young, chalk artist and missionary, presentation at Third Baptist Church; see article.
4	Thu	8-10 am	Food Pantry at Christian Center, Third Baptist Church (every Thursday).
-		7:30 pm	Planning Board meets at Town Hall.
5	Fri	7:30 pm	AA at Idlepines Room, Bow Lake Church (every Friday).
6	Sat	8:00 am 9:00 am	Registration for Bow Lake Dam 15K/5K for Cystic Fibrosis Foundation; see article for more details.
		9:00 am 8:00 pm	Women's Breakfast in Idlepines Room, Bow Lake Church. Ed Gerhard in Concert at Bow Lake Grange Hall; 664-7200 for tix/info.
7	Sun	0.00 pm	See Church Directory on <i>Contacts</i> page for local religious services.
8		6:30 pm	Town of Strafford Republicans meeting at Hill Library; see article.
		7:00 pm	Fire Department Training.
9	Tue	6:00 pm	Selectmen meet at Town Hall.
		6:00 pm	Library Trustees meet at Hill Library.
		7:00 pm	Bow Lake Community Club meeting at Bow Lake Grange Hall.
10	Wed	11:00 am	Story Time at Hill Library.
		6:00 pm	School Board meets in Strafford School Library.
13	Sat	6:30 pm 10-noon	3 rd and 4 th Grades Concert at Strafford School. Bear-Paw's Mountain Bike trail ride; see <i>Conservation Notes</i> .
15	Sat	Noon-1pm	Bricks4Kidz at Hill Library; see <i>Library Lines</i> .
14	Sun	2-5 pm	FLAG DAY Family Picnic at Kitz Farm; see article.
15	Mon	1	Deadline for July Strafford Community Calendar.
		7:00 pm	Fire Department work session.
		7:30 pm	Fire Department Officers meeting.
16	Tue	6-9:30 pm	NH Boater Safety Class; see article.
17		11:00 am	Story Time at Hill Library; last one for the season.
18	Thu	5-7 pm	Cartoon & Drawing Club meets at Hill Library.
19	Fri	6-9:30 pm	NH Boater Safety Class; see article. 8 th Grade Graduation at Strafford School.
19	1.11	6:30 pm	Twain's Tales at Old Waldron Store; see Historical Notes.
20	Sat	10am-2pm	Camp Fireside Open House; see article.
		- · · · · · · · · · · · · · · · · · · ·	Twain's Tales at Old Waldron Store; see Historical Notes.
21	Sun		Happy Fathers' Day! First Day of Summer!
			Twain's Tales at Old Waldron Store; see Historical Notes.
22	Mon	12 noon	Strafford Women's Club brown bag picnic and business meeting; see article.
		6:15 pm	Joint School Board meeting at SAU 44, Northwood.
	-	7:00 pm	Fire Department work session.
23	Tue	12:30 pm	Last Day Strafford School; early release.
		6:00 pm	Selectmen meet at Town Office. Strafford Historical Society's Bicentennial Planning Meeting at Old Waldron Store; see article.
24	Wed	6:30 pm 6:00 pm	School Board meets in Strafford School Library.
25	Thu	6:30 pm	Book Club meets at Hill Library; see <i>Library Lines</i> .
27	Sat	11:00 am	Summer Reading Kickoff at Hill Library; see <i>Library Lines</i> .
		Noon	NE District Lightning Regatta; see article.
		4:00 pm	Steak Tips To Go Drive-Thru at Bow Lake Baptist Church; see article.
28	Sun	10:00 am	NE District Lightning Regatta; see article.
		2:00 pm	Sew & Chat at Hill Library.
29	Mon	5-7 pm	Poetry Reading at Hill Library; see <i>Library Lines</i> .
		7:00 pm	Fire Department work session.
			16