

The Strafford Community Calendar

March 2015

Volume 39



**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.

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:

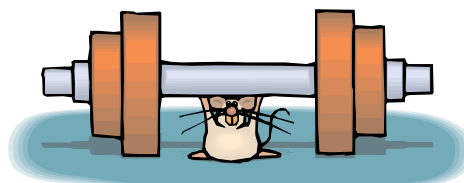
- \$70 (you provide copies) for one 8 1/2 x11 page (handling fee at discretion of editors will be charged for more than one page)

Once again, Pat Sims contributes our cover photo, taken at the beach on Water Street. Photo of a spotted salamander on page 11 was snapped by Rollande Merz in her yard last spring. Shawn Barry took the photo on page 14 along Province Road West.

Send your photos to staff@straffordcommunitycalendar.com.

STRAFFORD LINKS

- | | |
|--|--|
| Bow Lake Camp Owners Association | blcoa.org |
| Bow Lake Community Club | bowlakecommunityclub.org |
| Bow Lake Sailing | wessexusa.com/bls_main1.html |
| BSA Troop 23 | straffordtroop23.webs.com |
| Coe-Brown Northwood Academy | www.coebrown.org |
| Hill Library | strafflib.org |
| 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 |
| Town of Strafford | strafford.nh.gov |



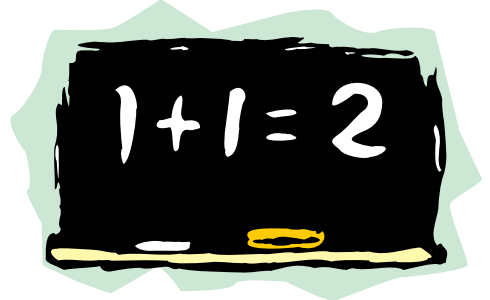
GIRL SCOUT COOKIES

What could be better than to warm up the winter chill in the air than to have a hot chocolate with a box of Thin Mints or Samoas Girl Scout Cookies? How about a nice hot cup of tea with some Trefoils short bread cookies or the new Rah-Rah Raisins, a delicious new oatmeal cookie with yogurt bits and dried cranberries? Is your preference one of the two fabulous peanut butter cookies, Do-Si-Dos or Tagalongs? Well, we have them all and more. Come visit the Cadette/Senior Girl Scouts at Town Meeting on Saturday, March 14, at Strafford School. Support a good cause while helping the Scouts achieve their goal of raising money to travel south to Savannah, Georgia to visit the birthplace of the founder of Girl Scouting, Juliette Gordon Low. The Scouts will also be at the Isinglass Country Store on March 1 from 8 am to 1 pm. Be sure to pick up a box or two before the cookies are all gone.



15TH ANNUAL CENTER SCHOOL AUCTION

The 15th Annual Auction for the Center School (Northwood Parent Cooperative Preschool) will be held at 7 pm on Saturday, March 28, 2015, at the Bow Lake Grange Hall in Strafford. All are welcome to come and join in the fun. There are many unique and exciting items to bid on including hand-crafted goods, gift certificates to local businesses, event tickets, and many other great deals. The auction is BYOB, but snacks will be provided. The annual auction is our largest fundraiser. All proceeds go to any non-budget items such as building repairs and upgrades to our 200+ year-old building. Previous years' proceeds have been used to install new doors and to paint the exterior of the building. We are also accepting donations if anyone has any goods or services they would like to donate. It is a great way to get your business some exposure, and the donation is tax-deductible. Thank you to all the businesses and individuals who have donated in the past and are donating this year. For more information, please feel free to contact the Center School at 603-942-7686.



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BYA BEST PIZZA NIGHT FUNDRAISER

Support BYA (Barrington Youth Association) with a night of sampling pizza from area restaurants. Eat and vote for the area's best pizza on Friday, March 6, 2015, from 6:30 to 8:00 pm at the Barrington Middle School Auditoria on 20 Haley Drive in Barrington. Tickets can be purchased at the event for \$10 per person. BYA Players: Wear your game jersey and your name will be entered into our special player drawings. There will also be raffles from local businesses, 50/50, and other great prizes! To sponsor or donate to this event, please contact BYA at barringtonyouthassociation@yahoo.com. Strafford students play baseball and softball through the Barrington Youth Association.



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 are available at Coe-Brown's Guidance Department or may be mailed to you upon request by calling Dr. Pamela Marks at 603-822-2563. Your application must be in our hands by 5 pm on April 30, 2015. Time flies, especially in your senior year, so don't delay!

KINDERGARTEN REGISTRATION 2015-2016

If you have a child who will be of kindergarten age (age 5 as of September 30, 2015) or if you have a child who will be entering 1st grade and is not currently at Strafford School, please contact the School office with all pertinent information (i.e. name, DOB, address, parent name, phone, etc.). We will send registration packets out in mid-March. Please call the School at 664-2842 or email information to lhebert@strafford.k12.nh.us or ddoyon@strafford.k12.nh.us.



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NOTES FROM THE TOWN CLERK

The Town Hall will be closed Tuesday, March 10, 2015 – Town Election Day (open for Town Election only).

Online 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. We continue to offer renewal services by mail or in person at the Town Clerk’s office.

NOTE: 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 will be held at the Strafford Town Hall Tuesday, March 10, 2015. The polls will be open for voting from 8:00 am to 7:00 pm.

TOWN MEETING will be held at the Strafford School Gymnasium Saturday, March 14, 2015 beginning at 8:30 am.

VOTER REGISTRATION FOR TOWN ELECTION / TOWN MEETING—If you have not registered to vote (deadline was February 28) and wish to vote at Town Election or Town Meeting, you may register at the polling place on Election Day, March 10, 2015.

Please note: If you have not registered to vote on or before Town Election Day, March 10, you will not be eligible to vote at Town Meeting or School District Meeting.

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

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.

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SCHOOL BOARD NOTES

Contract negotiation update: The Strafford School Board declared a negotiation impasse due to being unable to reach an agreement with the Strafford Education Association (SEA). Both parties agreed to meet with a mediator to help with the process. Due to a severe snow storm the date of the meeting, the mediator and representatives were unable to hold the meeting. Because the parties could not get together again prior to the date needed to stay within the legal timelines, there will not be a new SEA contract warrant to be voted on at the District Meeting. The teachers and paraprofessionals will continue to work under the current contract. Both parties have agreed to continue negotiations after Town Meeting. If there is an agreement reached, the contract would have to be ratified by the SEA and voted on by the School Board. If it passes, the School Board will have to petition the NH State Superior Court to get approval to hold a special Town Meeting to have the contract voted on by the Town. This will be discussed at School District meeting on March 11, 2015.

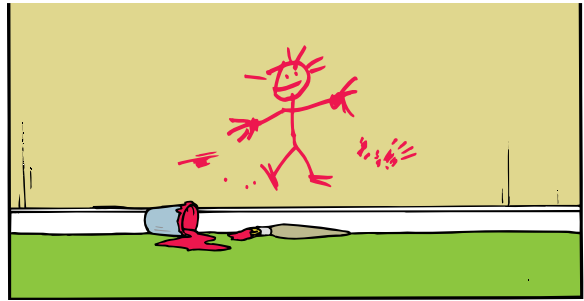
The School Board would like to pass on their congratulations to the 2015 Strafford School Spelling Bee Champion Kelsey Pine (8th grade) and the Runner-up Elizabeth Abbott (6th grade). The Board would also like to congratulate the 2015 Strafford School Geography Champion Brooke Sawyer (8th grade) and the Runner-up

Kathryn Blake (6th grade). Well done and good luck to the champions as they move forward!

STRAFFORD PTO

Join the Strafford PTO for a Dessert Dialogue with Lynn Lyons, LICSW and author of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle* on March 18 from 6:30 to 8:30 pm in the Strafford School Cafeteria. Child care will be provided. Please contact the PTO at straffordpto@strafford.k12.nh.us with any questions. You can also check out our Facebook page, "Strafford School PTO," for more details.

The PTO is also gearing up for our Second Annual Spring Fling, which will again be held at the Governor's Inn on May 15. If you are interested in sponsoring this event through a cash donation or donating an item, please contact us.



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TOWN OF STRAFFORD DEMOCRATS

The Strafford Town Democrats will meet on Tuesday, March 3, at 7 pm at Hill Library in Strafford. This meeting will serve as the 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 for Strafford's delegate to the Democratic State Convention and the County Democratic Committee. "We encourage all local Democrats to attend the caucus and exercise their voice in the town committee," said Committee Chairman Bob Perry. For more information about the caucus, call Bob at 269-4651.

In other news, the traditional Irish dinner originally planned for March has been postponed until warmer weather arrives. Stay tuned for alternate event plans later this year. Learn more about the Strafford Town Democratic Committee at strafforddems.org.

TOWN OF STRAFFORD REPUBLICANS

Please join us for the Town of Strafford Republican Committee meeting on Monday, March 9, 2015, at 6:30 pm at Hill Library for a discussion with State House Representative Kurt Wuelper about the upcoming session and what's on the minds of citizens.

CAMP SENTINEL

It is time to start thinking about summer camp. Camp Sentinel is located in the foothills of the Ossipee Mountain range in Tuftonboro, NH. Established in 1949, Camp Sentinel offers a safe, fun, Christian experience for boys and girls ages 7 to 15. For more information, go to www.campsentinel.org. Limited scholarships are available for Strafford residents. Further scholarship information is available through Lori Shiere from Third Baptist Church (664-6910) or Louise Matteson from Bow Lake Baptist Church (664-9753).



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SPOTLIGHT ON THE SELECTMAN'S RACE

There is one contested race in the Town election on Tuesday, March 10. Two candidates have stepped up to run for the three-year position replacing longtime Selectman Stephen Leighton, who is retiring after many years of dedicated service. The following two candidates are in the running.

Bryant Scott of Parker Mountain Road has been a lifelong resident of Strafford. He served on the Strafford Police Department from 2007 to 2014 and currently is a Strafford County Deputy Sheriff. Scott also has managed residential and commercial construction projects for the US Army Corps of Engineers. "Due to my involvement in local and county law enforcement, I have an integral knowledge of the town," said Scott. "I've had the opportunity to guard the well-being of Strafford residents for several years now, and I'd like to continue to do so as a Selectman of the Town." As Selectman, Scott would emphasize continuing to work with the Planning Board for future plans of the Town, collaborating with neighboring towns and town officials to create a vision for the future of our Town, and prioritizing Town needs to control spending and keep property taxes down. "I care deeply about preserving Strafford's small town integrity as we push forward with future improvements," said Scott.

Stephanie M. Gray of Spruce Pond Road is running for Selectman because she is committed to community involvement. Gray previously held the post of Selectman in Strafford from 2008 to 2011. During her tenure, she expanded the use of technology, creating the Town's website and promoting the availability of online services. She encouraged Strafford's participation in regional efforts to work with other towns to share expenses for services and equipment. Gray feels it is very important to take care of the needs of Strafford's poorest residents. "I would like to see more outreach to the elderly and young people in the community," she said. After serving as Selectman, Gray moved away from Strafford for two years while earning her Master's Degree. She now has returned to Strafford and works full-time as a Physician's Assistant in Maine. Previously an EMT (Emergency Management Technician) for the Strafford Fire Department for five years, Gray is supportive of Town Police and Fire Departments. She feels her experience, both as a Selectman and an EMT, gives her the background to effectively set priorities for the community. "It's important to see what the people of Strafford need and to strategize about how best to meet those needs in a cost-effective way," said Gray.



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VOTE FOR STEPHANIE GRAY

Hello! My name is Stephanie Gray, and I am a candidate for the Board of Selectmen. 7 years ago I was elected to the board. When my term in office expired, I did not seek re-election because I was pursuing a Physician Assistant degree at the University of New England in Portland, ME. After graduating 2 years ago, I returned to Strafford and currently work as an emergent/urgent care PA.

Having settled into my career and back into my home, I once again seek the opportunity to serve you. During my term, we established a town office, leapt into the information age, took part in collective bargaining groups to reduce costs, increased funding for the poorest of our community, and all without raising the town portion of the tax rate. While no candidate could match Steve Leighton's deep understanding of this town and its history, I do think it important that someone with experience take his place. I have that experience. I hope you will consider me as you cast your vote on Tuesday, March 10th at the Strafford Town Hall.

CONSERVATION NOTES

We know we are having a winter to remember when even the hardy group of Wednesday hikers organized by Conservation Commission member Carolyn Page, haven't been able to get in a good trek for weeks. Many others who enjoy a good snowshoe walk have laboriously created a trail in the deep snow only to see it filled by new storms and swirling drifts of powdery snow. These are tough times for those of us who like to get out and enjoy our beautiful Strafford countryside.

Thanks to our friends the Strafford Swamp Stompers, however, we may have some options. They keep a well-plowed parking area down at the bottom of Mile Hill by their trail on Johnsonboro Road. Once some of the snow machines have had a chance to take the trail, it makes a great place for a hike along the edge of the Strafford School District's conservation property and in to the Hill Pond.

Over at the Isinglass River Conservation Reserve (IRCR), Don Clifford keeps the parking area plowed. It isn't too long a trek on snowshoes past the kiosk and down the Cowpath Trail where one can again connect with the snowmobile trail system. Don also plows a parking area at the Strafford Town Forest near the sign. There is no handy snowmobile trail to access there, but a tough group of several on snowshoes could take turns trail breaking.

The Conservation Commission tried to hold its February meeting twice and twice had to cancel because of blizzard

conditions. The next meeting is scheduled for March 2 at 7:00 pm at Town Hall; as always, the public is welcome.

STRAFFORD WOMEN'S CLUB

Strafford Women's Club will meet for the annual welcome back potluck lunch and business meeting at noon on March 23. Some members have met for lunches through the winter, but the whole group enjoys reuniting with a delicious lunch of varied offerings. We meet at the Bow Lake Church parish hall (Idlepines Room). We welcome anyone interested in joining. Please bring an appetizer, entrée, or dessert to share as well as your plate and flatware. Beverages will be provided.

There will be a business meeting, and Bev Nemetz will provide an activity for all. See you there, as surely the snow will be gone!



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HISTORICAL NOTES

Ken Berry is working on an in-depth article on Strafford's one-room schools. Please help by allowing him to see and perhaps copy (scan) clippings, letters, miscellaneous papers and photographs. Interior pictures are very scarce. Group or candid pictures are needed, especially if people can be identified. Stories and experiences would be good to hear. Time is short and so much has already been lost to time. Thank you. Ken's new history of Strafford will be ready just in time for our upcoming Bicentennial in 2020. Would you be interested in joining a committee to help plan our Bicentennial celebrations? Please contact any Society member to volunteer.

Spring is right around the corner and the Historical Society is ready to get working on a number of projects. Please note that this year's annual spring joint Barrington-Strafford Historical Society Meeting will take place at 7 pm on Tuesday, April 7, 2015, at the Green Hill Chapel, Route 9 in Barrington. Jeremy D'Entremont will present a program on the history of Portsmouth Harbor Light. The Society also has a number of events planned for the coming months. Keep in mind the following dates. We will be hosting a tea at the Old Waldron Store on Sunday, May 17, and this year's theatrical production will take place at the Old Waldron Store with performances on June 19, 20, and 21. This year's annual yard sale benefitting the Society will take place on the weekend of August 8 and 9. We will be pleased to accept donations for the yard sale as soon as the weather settles.

Finally, once the snow melts, we urge you to take a moment to check out the new plaque in front of Austin Hall from LCHIP. Now that structural restoration of the building has been completed thanks to the LCHIP grant, it is time to finish the project with a fresh coat of paint. We have been working to raise funds for painting the exterior of the Hall for several seasons, and it is not too late to contribute. As we come into tax season, a little reminder that the Strafford Historical Society is a 501(c)(3) non-profit organization and donations are tax deductible.





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LIBRARY LINES

Please help us make Hill Library the best Library that it can be. Fill out our Community Survey, which is enclosed in this month's *Stafford Community Calendar*, and return it to the library at your earliest convenience. The survey will also be available on the Library's website. Help us to expand our programs and collections with your input.

Join Brett Amy Thelen, Science Director for the Harris Center for Conservation Education, on Wednesday, March 4, at 7:00 pm at Hill Library for an introductory talk and slide presentation about the "Big Night," the massive migration of amphibians in New England.

The next Trustees Meeting is Tuesday, March 10, at 6:30 pm. We look for input on Library hours, staffing, and finances. If you need transportation to the meeting, please call 664 2800.

Our Preschool Storytime will resume on Wednesday, March 18, at 11:00 am and take place until April 29. Join us on Thursday, March 26, at 6:30 pm for our Book Club. This month's book is *Blind Man's Bluff* by Sherry Sontag and Christopher Drew. Bricks 4 Kidz Program will be on Saturday, March 14, from noon to 1:45 pm. All Hill Library events are free and open to the public.

Wanted: Legos in the Library— Got bricks in your home that are no longer in use? We would love for you to donate them to the Library. Also, our Young Adult collection is growing but can use your help. If you have books or audios you would like to donate, please bring them to the circulation desk, thank you.

MUSEUM REIMBURSEMENT PROGRAM

The Stafford 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.



BIG NIGHT

In early Spring, people who are passionate about frogs and salamanders watch the skies and the temperatures. When the moment is right, they grab their headlamps and head out into a dark rainy night to view the circle of life in full swing. As the earth begins to thaw and Spring rains drench New Hampshire, salamanders, frogs, and toads begin to stir underground in their places of hibernation. They are waiting for small depressions in the northern forest floor to fill with meltwater, forming vernal pools and the season's first warm rain event. Then it is their time; this is their BIG NIGHT!

This is when the woods come to life with salamanders, frogs, and toads (referred to as "charismatic megafauna") making their annual migration from winter habitat to breeding habitat. They are headed for vernal pools, and not just any vernal pool, but to their birth places where they will find a mate and lay their eggs. This grand event is over in a matter of days, and the salamanders and frogs make their way back into the woods, leaving masses of eggs in the vernal pools. By Summer's end, many of these vernal pools will have dried out, revealing little trace of the remarkable and exceedingly important circle of life they contained in April.

Join Brett Amy Thelen, Science Director for the Harris Center for Conservation Education, on Wednesday, March 4, at 7:00 pm at Hill Library for an introductory talk and slide presentation about the exquisite, ephemeral world of the vernal pool and this massive migration of amphibians. Brett will provide a brief overview of common vernal pool species and discuss the ecological importance of these small, seasonal ecosystems to New England forests.



YOUR BOW LAKE COMMUNITY CLUB NEWS

Here are your three quick BLCC news bites for March:
 (1) March is our annual membership drive! Big needs drive big goals; we are targeting an ambitious goal this year of generating at least \$10,000 in new memberships, our main source of revenue. Membership levels start at just \$25 and each membership comes with a free hour of Grange Hall rental. If you or someone you know wants to join, please check out our new website, www.bowlakecc.org or contact any one of our officers for more information.
 (2) Grange Hall rentals are quite brisk this year. We are also working on a resource manual to help you plan your event. Don't miss out! If you are interested in renting the Grange Hall for your special event or gathering this year, call Paula L. King at 664-5901 or email her at paulakingbaker@aol.com to reserve your preferred date.
 (3) Whether or not you are a member, the BLCC is always looking for willing hands to help with our events and projects. What a great way to get to know your neighbors. To explore upcoming volunteer opportunities, contact any Board member. Finally, a shameless plug for the upcoming production of *Impersonators of Romance IV* at the Grange Hall April 16-18. This event always sells out. For more information, check out the Lakeside Players' website at www.thelakesideplayers.org or call Paula King at 664-9501, and get your reservations in early.

If you have any questions, check our website at www.bowlakecc.org or call Suzanne at 905-9897.

WOMEN'S BREAKFAST

The Bow Lake Church continues to extend an invitation to all community women to come together for a once-a-month 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.



		
<p>Migraines Allergies Hot Flashes Acid Reflux Fatigue Diarrhea MOOD Eczema <i>Stress</i> Anxiety TENSION Pain Nausea</p>	<p>dōTERRA Wellness Advocate</p>	 <p>Amy Passwater</p> <p>Call me for a FREE Wellness Consult!</p> <p>Using essential oils can be a safe, natural option to protect and maintain your family's health. dōTERRA offers a large selection of natural wellness products for a customizable health and beauty routine that's right for you.</p> <p>603.966.5361 amypasswater@wholewellnesscoach.com www.amypasswater.wholewellnesscoach.com</p>

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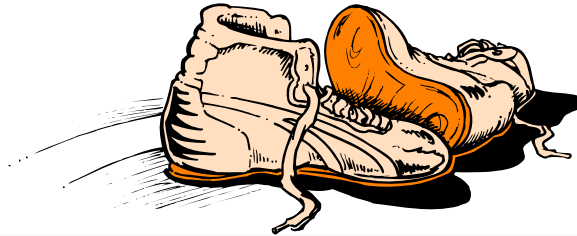
NH THUNDER TRACK & FIELD PROGRAM

The NH Thunder Track and Field Program is now accepting registrations for the 2015 Track & Field season. Register and pay online at www.traffordrec.org. Or you can print out and return the registration form with the program fee of \$45.00 (includes uniform and meet fees) (\$35.00 if you do not need a uniform and are using the one from last year) to SRS Track and Field, P.O. Box 261, Strafford, NH 03884.

Early Bird Registration Deadline is by March 20th; after that Registration will be \$55.00 without a uniform and \$45.00 with a uniform. Registrations will not be taken the first night of practice. The program will begin Monday, April 13, and run through the end of May.

The Track and Field Program is open to boys and girls ages 7-15 yrs. as of December 31, 2015. Practices will be Mondays and Thursdays from 5:15 to 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.



 <p style="text-align: center;">TOP OF THE RIDGE CHIMNEY SERVICES INC.</p> <p style="text-align: center;">Insured / Certified 603-942-7581 <small>P.O. BOX 434 STRAFFORD, NH 03884</small></p> <p style="text-align: right;">Chimney Sweeping Video Inspections Stainless Steel Liners Chimney Caps Masonry Repairs Stove Installations</p>	 <p style="text-align: right;">444 1st Crown Point Rd. Strafford, NH 03884</p> <p style="text-align: center;">(603) 332-0349</p> <p style="text-align: center;">RAD MESSENGER EXCAVATING AND TRUCKING</p> <p style="text-align: center;"><small>BULLDOZER • BACKHOE • GRADER SEPTIC TANK WORK • SAND • GRAVEL • FILL • LOAM</small></p>
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<p style="font-size: 2em; font-family: cursive;">Tony Fallon Architecture</p> <p style="font-size: 1.5em; font-family: cursive;">tony@tonyfallon.com</p> <p style="font-size: 1.5em; font-family: cursive;">603 269 3206</p>	 <p>C. Boyen Thompson, PC <i>Certified Public Accountant</i></p> <p style="text-align: center;"><small>The Cooper House • 195 No. Main St., Rochester, NH 03867 603-332-7423 • 800-491-7423 • Fax: 603-332-6950 E-mail: boyencpa@metrocast.net</small></p>

**STRAFFORD RECREATIONAL SPORTS
6th ANNUAL BOW LAKE 5K**

Strafford Recreational Sports' one-and-only fundraiser for the year is almost here—our 6th Annual SRS Bow Lake 5K on Sunday, April 12, at 9:00 am at the Grange Hall. 100% of the proceeds support your kids' recreational activities—Soccer, Track & Field, Cross Country, Basketball, Skiing, Snowboarding, Softball, and Baseball. We need your help to make this a success.

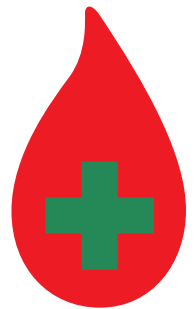
Registration will begin at 8:00 am. Registration is available online at our website, www.straffordrec.org. View course Map and other details there as well. Pre-Registration is \$20 (online until 4/12 at 5 pm) with t-shirts being given to the first 100. Family discounts will also be offered for 3 or more family members registering. Race day will be \$25. There will be cash prizes for first and second place Male and Female runners overall. 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 the SRS to have fun and stay active. Any questions, contact Karyn Fisher at 5fishers@metrocast.net or 664-6993.

Top 5 ways you can help: (1) Run the 5K—great exercise for the whole family and prizes for all age categories, including kids. Think you won't be one of the fastest? You're still included in the raffle drawings at the end of the race. (2) Not a runner? You can walk the route instead. Register in our walking category and enjoy the scenic route along the

lakeshore. (3) Encourage your running/walking friends to join us. Spread the word at work, on Facebook, Instagram, Twitter, etc. (4) Not an exerciser? Can you bake muffins, breads, cookies? We need a supply of energy replenishing treats—or sliced oranges, if you aren't a baker—for the racers after they finish. (5) Already booked for April 12? Donations are always welcome. Thanks in advance for your continued support for Strafford Recreational Sports. See you at the Grange Hall.

SAVE THE DATE: MAY 14, 2015

The Strafford Women's Club will sponsor a Red Cross Blood Drive on Thursday, May 14, 2015, between the hours of 1 and 6 pm in the Community Room of the Bow Lake Grange Hall. Look for further details in the May *Calendar*; but in the meantime, please plan to give the gift of life and save the date.



Contacts

EMERGENCY NUMBERS

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 664-2915

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):

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..... 11:00–7:00
Thursday..... 2:00–8:00
Saturday..... 10:00–2:00

Recycling Center Year-Round Hours:

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

Strafford Post Office..... 664-2118

1079 Parker Mountain Road (Rt. 126), Strafford, NH 03884

Monday–Friday:

Retail Service 8:00 a.m. – 12:30 p.m. & 1:30 p.m. – 4:30 p.m.
Lobby & Post Office Box Access 6:45 a.m. – 5:00 p.m.

Saturday:

Retail Service 8:00 a.m. – 12:00 p.m.
Lobby & Post Office Box Access 6:45 a.m. – 12:00 p.m.

CHURCH DIRECTORY

Bow Lake Baptist Church 664-7401
530 Province Road, Strafford, NH www.blfwbc.org
Worship Service (Child Care Available)..... 10:00 a.m.

3rd Baptist Church of Ctr. Strafford..... 664-7750
Sunday Worship Service..... 10:00 a.m.

Crown Point Baptist Church..... 509-2224
274 First Crown Point Rd.
Worship Service..... 9:00 a.m.

St. Joseph's Catholic Church..... 942-8716
Rte. 4, Northwood
Sunday Mass..... 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.

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.

Cornerstone VNA 603-332-1133

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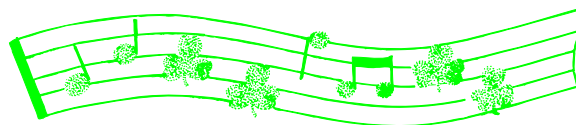
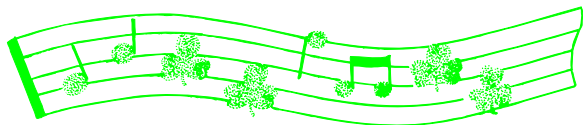
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Calendar of Events

March 2015



1	Sun		See Church Directory on <i>Contacts</i> page for religious services.
2	Mon	5-6:30 pm	Free Dinner @ Interfaith Community Kitchen, St. Joseph's Parish Hall (every Monday).
		6:00 pm	School Board meets in Strafford School Library.
		7:00 pm	Conservation Commission meets at Town Hall.
		7:00 pm	Fire Department Business Meeting.
3	Tues	5-7 pm	Cartoon & Drawing Club meets at Hill Library.
		6:00 pm	Selectmen meet at Town Hall.
		6:15 pm	TOPS (Take Off Pounds Sensibly) at Police Station (every Tuesday).
		7:00 pm	Town of Strafford Democrats meet at Hill Library.
4	Wed	5-6:30 pm	Free Dinner @ Community Kitchen, Christian Center, Third Baptist Church (every Wed.)
		7:00 pm	"Big Night" at Hill Library; see article.
		7:00 pm	Fire Department EMS training.
5	Thur	8-10 am	Food Pantry at Christian Center, Third Baptist Church (every Thursday).
		7:30 pm	Planning Board meets at Town Hall.
6	Fri	6:30-8 pm	BYA Pizza Night; see article.
		7:30 pm	AA in Idlepines Room, Bow Lake Church (every Friday).
7	Sat	9:00 am	Women's Breakfast at Bow Lake Church.
8	Sun	2:00 am	Daylight Savings Time Begins – spring forward!
9	Mon	6:30 pm	Town of Strafford Republicans meet at Hill Library; see article.
		7:00 pm	Fire Department Training.
10	Tues	8am-7pm	VOTE. Town Election Day—Polls are open in Town Hall; offices are closed.
		6:30 pm	Library Trustees meet at Hill Library.
		7:00 pm	Bow Lake Community Club meets at Bow Lake Grange Hall.
11	Wed	7:00 pm	School District Meeting in Strafford School gym (snow date 3/12).
12	Thur	7:00 pm	Strafford Swamp Stompers Snowmobile Club meets at Nippo Lake Golf Club.
13	Fri		No School; Teacher Workshop day.
14	Sat	8:30 am	Town Meeting in Strafford School gym.
		12-1:45 pm	Bricks4Kidz at Hill Library; see <i>Library Lines</i> .
15	Sun		Deadline for April Strafford Community Calendar.
16	Mon	7:00 pm	Fire Department Work Session at respective stations.
		7:30 pm	Fire Department Officers Meeting.
17	Tues		Happy St. Patrick's Day.
		5-7 pm	Cartoon & Drawing Club meets at Hill Library.
		6:00 pm	Selectmen meet at Town Hall.
18	Wed	11:00 am	Story Time at Hill Library (every Wednesday).
		6:30-8:30p	PTO Presents Parent/Caregiver Info Night; see article.
20	Fri		Welcome Spring!
22	Sun	2:00 pm	Sew & Chat at Hill Library.
23	Mon	Noon	Strafford Women's Club potluck lunch in Idlepines Room, Bow Lake Church; see article.
		7:00 pm	Fire Department Work Session at respective Stations.
		7:00 pm	SAU 44 Joint Board meeting.
25	Wed	6:00 pm	School Board meets in Strafford School Library.
26	Thur	6:30 pm	Book Club meets at Hill Library.
28	Sat	7:00 pm	Center School Auction at Bow Lake Grange Hall; see article.
30	Mon	7:00 pm	Fire Department Work Session at respective Stations.
31	Tues	6:00 pm	Selectmen meet at Town Hall.

