

The Strafford Community Calendar

September 2015 • Volume 39



**DEADLINE for the OCTOBER Issue of
The Strafford Community Calendar is SEPTEMBER 15**

**STRAFFORD COMMUNITY CALENDAR
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Shirley Brownell, Mary Lou Lambert

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

This month's cover photo of a Harrier hawk and the kingfisher photo on page 14 were snapped by Bill & Linda Hodgdon. The photo on page 5 is courtesy of Bette Frazier. The eagle photo on page 11 came to us from George Fisher. The photo of Austin Hall is by Rollande Merz. Thanks, everyone!

Send your photos to staff@straffordcommunitycalendar.com.

STRAFFORD LINKS

- Bow Lake Camp Owners Association blcoa.org
- Bow Lake Community Club www.bowlakecc.org
- Bow Lake Sailing wessexusa.com/bls_main1.html
- BSA Troop 23 straffordtroop23.webs.com
- Coe-Brown Northwood Academy www.coebrown.org
- Hill Library hilllibrary.org
- Lakeside Players thelakesideplayers.org
- Strafford Community Calendar straffordcommunitycalendar.com
- Strafford Police straffordpolice.org
- Strafford Recreational Sports, Inc. 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

PLEASE REMEMBER

Inserts in the *Strafford Community Calendar* must be approved by the editors on or before the deadline.

Inserts and ads are prepaid.

942-8164 or staff@straffordcommunitycalendar.com

DUCKS O'ER THE DAM

The whole community is looking forward to Ducks O'er the Dam at 1:00 pm on September 5, 2015, the perfect way to celebrate a nearly perfect summer and have a chance at the \$300 top cash prize. Don't forget to get your quacks in a row and buy your ducks at Sheilah's Deli and Market; through our website (bowlakecc.org); or from any Board member; and come out for a guaranteed great time.

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.

READY RIDES

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

We continue to see a growth in ride requests month after month. The success of our program depends on our volunteer drivers. We are always looking for new drivers. Our program works around your schedule and availability; you can do as many or as few rides as you want. Drivers select rides from a list of requested trips to match a driver to a rider. We offer training programs for new drivers and mileage reimbursement.

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.



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NOTES FROM THE TOWN CLERK

The Town Hall will be closed on Monday, September 7, 2015–Labor Day; and Monday, October 12, 2015–Columbus Day.

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.trafford.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.



STRAFFORD RECREATIONAL SPORTS

Strafford Recreational Sports provides youth sports opportunities for all children in Strafford, including soccer, cross country, basketball, skiing & snowboarding, track & field, baseball & softball, and volleyball. See our website www.traffordrec.org for details about each sport, including important registration deadlines.

WOMEN’S BREAKFAST

The Bow Lake Church extends 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.



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**APPALACHIAN TRAIL PROGRAM
HOSTED BY STRAFFORD WOMEN'S CLUB**

Bette Frazier Thru-Hiked the 2,174 mile Appalachian Trail from Springer Mt, GA, to Katahdin, ME March 31 to August 27, 2007 after retiring from teaching children Physical Education for 25 years in NH. She was the 115th hiker to complete the Trail and the 14th woman in the 2007 season. She averaged over 15 miles per day for the 150-day journey (which included seven zero days). With a trail name of "Catchup", Bette caught up to hundreds of other hikers who helped her to have a safe, injury-free, life-changing experience. Carrying a 28 lb. backpack, eating dehydrated food, encountering rattlesnakes, bear and a bobcat, this was a very exciting adventure! She will show her equipment and slide show, representing her website at www.trailjournals.com/catchup.

Bette's goal is to encourage youth and adults to experience the beauty of nature right here in our local area where hiking trails are readily available. She has completed hiking the NH forty-eight 4,000-footers, the 67 New England 4000-footers, the Long Trail and Belknap Ridge. She has 600 miles remaining to complete her section hike of the Appalachian Trail.

The public is welcome at this event. Please join the Strafford Women's Club to hear this inspiring account of Bette's Thru Hike on Monday, September 28, 1:30 pm in the Idlepines Room of the Bow Lake Baptist Church.



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Rental includes a banquet/dance hall with a stage and a smaller ground-level room. A fully-appointed kitchen is available.



*Contact Paula King
at 664-5901
to book your event now!*

STRAFFORD SUMMER ARTS

Strafford Summer Arts welcomed students from the Strafford area to a week-long day camp in August at Strafford School. Campers had a fabulous week working with members of the NH Theatre Project playing theater games, learning lines, painting back drops, designing costumes and sets in addition to learning accompanying music on world instruments. All this activity culminated in a presentation to the community on Friday evening called "World Tales" where the students presented a Japanese tale titled "The Old Women Who Lost Their Dumpling" and a fairy tale titled "Tam Lin, A Story from Scotland". Both tales were adapted by NHTP Theatre Director Genevieve Aichele and accompanied by students directed by World Music Director Randy Armstrong. The whole ensemble also performed "Anansi's Hat - Shaking Dance" a Tale from West Africa which had the gymnasium shaking too! It was a fantastically fun show.

SSA would like to thank the businesses that helped make this week possible—Sheilah's Deli & Market, The Generator Connection, Hannaford's Supermarket, Blue Mountain Woodworking, Donnelly Bookkeeping & Business Solutions, Isinglass Country Store, Blue Loon Deli, and Crescent Lake Media. Strafford Summer Arts

would not be possible without the amazing talent and dedication of NH Theatre Project's Genevieve Aichele and Randy Armstrong of Unu Mondo Productions. SSA is a truly one of a kind experience because of their unique collaboration and enthusiasm.

Many thanks also to the Town of Strafford Board of Selectmen, Town Administrator, School Board, the Administrative and Facilities staff at Strafford School for their support and assistance. It was a wonderful, magical week with the campers expressing enthusiasm for next year. This non-profit camp would not have happened without the support and encouragement of the community. Strafford Summer Arts would welcome donations to help cover the cost of this year's 20th camp and also looks forward to beginning preparations for its 21st year in 2016. Donations can be made payable to Strafford Summer Arts, P.O. Box 186, Strafford, NH 03884. Contact Lisa or Angela at StraffordSummerArts@gmail.com with any questions or comments.



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Labor Day		
WHIG HILL YARD SALE Sat. Sept. 5, 8am-2pm At least 4 families: Too much stuff and cleaning out for mom to move in!!!! Come find treasures!!		

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LIBRARY LINES

Our Summer Reading Program ended on August 15th with our grand finale of “Reptiles on the Move!” Thank you to all who participated in our Summer Reading Program! Congratulations to Myles Pickard (1st Place \$30 Gift Certificate to Cooper Hill Pizza), Harlan Kory (\$20 Gift Certificate to BarnZs), and Nick Carle (\$10 Barnes & Noble Certificate). Congratulations to the 50 young patrons who signed up to read this summer, and welcome to the 20 new patrons that have joined! We also had a huge book sale blowout. Thank you to all who came in and made room! We will now be working on a new Young Adult section in the front of the Library. Stop by, check it out, share your ideas and help us create a new safe and thriving place for teens. 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.

THE COLLECTION—Adult Fiction: *Station 11* by St. John Mandel, *Deadly Assets* by Griffin, *Outlander* audio by Gabaldon, *In the Unlikely Event* by Blume, *Finders Keepers* by King, *Vacationers* by Straub, *Zoo* by Patterson. Non Fiction: *God and Jet Fire* by Seek, *Adios America* by Coulter, *Sixth Extinction* by Colbert, and *Fields of Blood* by Armstrong. DVDs: *Insurgent*, *Home*,

Charlie and the Chocolate Factory, *Lady and the Tramp*, *Corpse Bride*, *Amelie*, *Closer Season 4*, and *Women on the Verge of a Nervous Breakdown*. Children/Young Adults: *Wings of Fire* series, by Sutherland, *Throne of Fire* by Riordan, the *Fablehaven* series by Mull. Come in and check out our telescope or one of three Kindles.

THE TRUSTEES—The next Trustees Meeting is Tuesday, September 8, at 6 pm. If you might be interested in being a Hill Library Trustee Alternate, come to the meeting. We are looking for energetic, creative folks to bring fresh perspectives to the Board. For transportation to the meeting, please call 664-2800.

PROGRAMMING—Our new Fall Story Time session begins Wednesday, September 9, at 11 am. Come in for stories, crafts, and new friends. Come build with Legos at our Bricks4Kidz on September 12 from 12:00 to 1:30. Join us on Thursday, September 24, at 6:30 pm for our Book Group. This month’s book is *Faith Bass Darling’s Last Garage Sale* by Lynda Rutledge. Minecraft Club is back on Saturday, September 26, from 11 to 1 pm. We will supply snacks; you bring your devices. All are welcome! Bring yourselves and your poetry to share at an “Evening of Spoken Word” with Steve Manning on September 28 from 5 to 7 pm.



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



BOW LAKE COMMUNITY CLUB NEWS

What a beautiful summer we are having! Hard to believe September is here. We want to extend a special “thank you” to all



who helped make our membership drive an unqualified success. Your membership dues and contributions go directly to cover the ever-increasing maintenance and improvement costs of the Bow Lake Grange Hall, so our community can continue to enjoy her. Without you, we couldn't do it. On behalf of our Board of Directors, thank you for your vital support.

If you're planning an event at the Grange Hall, our new resource guide is available on our website (www.bowlakecc.org) and available through our Building Administrator, Paula King. If you represent a business or service that could be a resource for special events held at the Grange Hall, please contact Suzanne Murdoch at smurdoch1005@aol.com to be included. For more information on Grange Hall rentals or to secure your event date, call Paula at 664-5901 or email at lnpbakerhouse@aol.com.

UPCOMING BOW LAKE COMMUNITY EVENTS

Ducks O'er the Dam is here—Saturday, September 5, 2015. It's not too late to get your quacks in a row and buy your ducks at Sheilah's Deli & Market, through our website (bowlakecc.org), from any Board member, or come out to the Dam before the 1 pm launch time and get your lucky ducks before the start of the race. Ducks are just the beginning— come out for a “quacking” good time: games, food, and the chance to enjoy the last community event of the summer. Refreshments will be available beginning at 11 am. See you there!

Free to the public on Saturday, September 26, the BLCC presents the Community Café from 10 am to 1 pm. From 11 am to Noon there will be an internet safety presentation, “Protecting Your Identity”. Bring your laptop, your tablet, and relax and enjoy our free Wi Fi. Complimentary coffee and donuts will be available, and sandwiches and soda will be for sale.

Looking ahead, the Chili & Chowder Challenge is on October 10 from 5 to 7 pm at the Grange Hall. All are welcome to enter their prize recipes, or come out for great food and much more! To enter, contact Michelle Benger at 664-5745 or benger@metrocast.net. Space is limited so sign up early to treat the community to your best chili or chowder.



Walkathon for John

When: Sunday October 4, 2015

- Registration starts at 11AM
- Walk from 12-3PM

Where: Coe-Brown Track

Cost: Minimum pledge of \$25

Why: To raise money for The American Foundation for Suicide Prevention in memory of John Niese



Bracelets will be given to all participants and prizes will be awarded throughout the day!



For more information, find us on Facebook Walkathon for John or contact



Zach Flanagan (603) 664-2092



Welcome to the 26th Annual “Christmas in Strafford” 2015 Craft Fair

A Wonderful Way to Spend the Day

Place: Strafford, NH

Dates: Saturday and Sunday, December 5 & 6

Hours: 9:00 am – 4:00 pm

If “Christmas in Strafford” is new to you, it's a time when the local artisans and craftspeople of Strafford, NH (and friends) open their homes and studios to the public. 20+ locations offer all manner of handcrafted items for sale.

Also, included is the Bow Lake Grange Hall, where you can stop for lunch on Saturday.

Historical Waldron Store will also have craftspeople selling their products as well.

Beautiful, hand-crafted items are at every location!

A number of our craftsmen are juried “League of New Hampshire Craftsmen” and all of our craftspeople offer high quality handcrafted products.

Saturday ONLY at selected venues, a special gift will be given to the 26th customer.

Official maps with stop descriptions available at: Hill Library, Isinglass Country Store, Sheilah's Deli, & Strafford Town Hall, or download one from www.christmasinstraftford.com.

CONSERVATION NOTES

Come join Bear-Paw on Saturday, September 12, from 9:30 am to noon for a walk with author Russ Cohen to discover edible wild plants at the Graylag Cabins property on Wild Goose Pond. Russ is a Rivers Advocate in the Riverways Program of the Massachusetts Fish and Game Department and also spent many years as an instructor for the New England Wildflower Society. His longtime passion and experience in foraging for wild foods led to his book, *Wild Plants I Have Known...and Eaten*. Participants on an earlier Bear-Paw walk with Russ enjoyed it so much; it is very good to have him come again. He will not only help us find what plants can be eaten but give us tips about how to prepare them. The walk is free and open to the public, but please do register at Bear-Paw at infor@bear-paw.org so there will be materials for all and contact information in case of any last minute change in plans.

Another reminder for those who enjoy the Spencer Smith Trail on the Strafford Town Forest—Conservation Commission members have removed the planks that helped hikers across the boggy area near the beginning of the trail and have re-routed that short section of the trail. The new section is easily seen to

the right, and brush piles at the beginning of the boggy area are intended to keep travel out of the section that will be wet and vulnerable to injury in most parts of the year.

Conservation Commission members have also worked on the Neil Mooers loop trail this summer. One can access this trail at either end—park at the Town Forest sign and follow the wide forest access road uphill until, near the top, you see the blazes leading off on the narrower trail through the woods. Following the blazes leads one out to Parker Mountain Road about halfway up the hill. There is a small parking area there where one could also start the loop. Enjoy September on our conservation lands!



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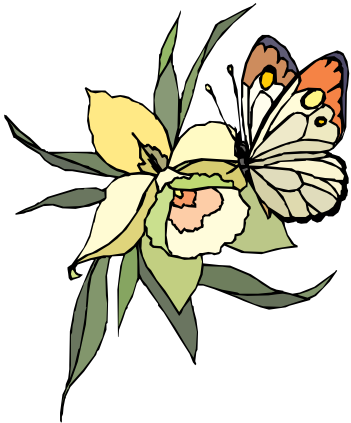
STRAFFORD GARDEN CLUB

August got off to a great start with our hugely successful Blueberry Pancake Breakfast at the Grange Hall. Several people asked for the blueberry sauce recipe, and Bev Nemetz graciously shares it here—Blueberry Sauce (makes about one quart) 2.5 lb. fresh or frozen blueberries; 1½ T cornstarch; 1/3 C water; 1/8 C cold water; ¼ C sugar; 1 T lemon zest; (3 T real maple syrup, optional). (1) Heat berries, water and sugar to boil, just to dissolve sugar; turn to simmer; (2) Simmer about 15 minutes; (3) Stir cornstarch into the cold water, and mix thoroughly; then add to hot mixture, stirring lightly until thickened; (4) Stir in zest and syrup, if using; (5) Chill several hours. Bring to room temperature for service. Enjoy!

Anne Lake has an excellent program planned to follow our September 14, 1:00 pm, meeting—Cynthia Bennett will present “a celebration of the garden through photography and verse”. There’s also an interesting field trip coming up on September 21 to *The Garden in the Woods* in Framingham, MA. There will be more information and a sign-up sheet at the meeting.

Life goes on in the garden, with all the sunshine, heat and humidity, and occasional drenching rains we’re having this summer. A few months ago we wrote in this space about the benefits of growing milkweed (also known as “butterfly weed”) for monarch butterflies. But if you happen to have planted a butterfly bush instead, you surely have noticed how prolific it is—growing tall and spreading wide, drinking lots of water, producing flowers and seeds galore, maybe even taking over the garden. Butterflies are crazy for the flowers of these two different plants, but the butterfly bush does nothing to support butterflies in their larval stage. Indeed, the butterfly bush is considered a highly invasive exotic plant that crowds out native plants, including native butterfly weed. The butterfly weed is an important host plant to native wildlife and, therefore, a much better choice for your garden. (homeguides.sfgate.com)

So, that’s the Garden Club news for this month. Hope to see you at our next meeting.



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FIRE FIGHTERS ANNUAL DINNER

The Strafford Fire & Rescue Fire Fighters Association is once again hosting its annual dinner on October 17 from 4 to 7 pm, with a change to the menu. We will be unable to do a prime rib dinner due to the rising cost of beef; so we would like to try a Pig Roast with all the fixings and a new apple crisp recipe. Tickets will be \$15.00; kids 8 and under \$5.00. Tickets will be available mid-August for pre-purchase at the Bow Lake Station or from any of our Fire Fighters. These events support our efforts to help out others in the community who may be experiencing a difficult time. We do not purchase equipment for our operations from the Association. Hope to see you there! Thank you for your continued support.



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STRAFFORD SWAMP STOMPERS

It's hard to believe but summer is winding down and soon the leaves will be changing. The Swamp Stompers will be gearing up for fall as well. Our first meeting of the 2015-2016 Snowmobile Season will be held on September 10, 2015, at 7 pm at Nippo Lake Golf Club. We held our annual elections back in April and our elected officers will remain the same for another year. See our website, www.straffordswampstompers.org, for contact information. We'll also be starting out-trail maintenance towards the end of September which includes inspecting the trails, trimming branches and repairing any bridges that are damaged or weathered.

Speaking of trail work, Coe-Brown students can use time spent helping our non-profit snowmobile club towards their required Community Service hours. We could certainly use a few extra hands this fall. See the website for more details.

There are some changes coming in the way snowmobile clubs and the New Hampshire Snowmobile Association (NHSA) handle Club memberships. It's designed to make it easier on everyone from the members, the State, and even our membership guy, Mike Harris. The transition may have a few glitches so bear with us as we iron things out. Again, more info will be on our website soon. These are the beginning steps towards being able to join your snowmobile club of choice (hopefully ours) online from the comfort of your own home; and the next step in the process will eventually be having the ability to register your sleds online along with receiving your discount for being a club member.

Here's a reminder for a fun event coming up in September—the annual Water Cross and Vintage Snowmobile Display and Swap Meet will be held on Sunday, September 13, at Lake Shore Farm in Northwood. Gates open at 7 am. Visit www.northwoodcrankpullers.com for more info. Good times! Think Snow!



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E-mail: boyencpa@metrocast.net

HISTORICAL NOTES

If you haven't had a chance to drive by Austin Hall lately, be sure to take a few minutes to check out our new paint job! The painters were hard at work during the month of August, and we are delighted with the results. Painting the Hall is the final step in our recent efforts to restore the building and have the Hall ready for our upcoming Bicentennial in 2020. The Historical Society is still holding fundraisers to pay for it all, and all donations are very welcome.

Historical themed events for the month of September begin with the Historical Society's September Potluck Supper Meeting at Austin Hall on Tuesday, September 15. The supper begins at 6:30 PM. Bring a plate and utensils and a dish to share.

The next quarterly Bicentennial Planning Group meeting will be on Tuesday, September 22, at the Waldron Store at 6:30 PM.

And on Sunday, September 27, from 1 to 4 PM, please join us for an Afternoon Tea and Live Music at Waldron Store, featuring talented people you know and good food. A \$10 donation is requested and will support the Austin Hall fund. Come one, come all! For more information, please call JoAnn Brown at 664-2225.

The Strafford Historical Society would like to take this opportunity to thank the many folks who donated items for our big annual Yard Sale and Bake Sale fundraiser in August. We would also like to thank the people who spent long hours helping us to unpack and sort donations and who helped us during the days of the sale. Your hard work is greatly appreciated. If you missed the sale or have items that you would like to donate, please save them for next year. We will begin taking donations in the spring for next year's sale. Thank you!



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Tony Fallon
Architecture
tony@tonyfallon.com
603 269 3206

STRAFFORD TOWN DEMOCRATS

The committee thanks Jayne Young, Program Coordinator at the New Hampshire State Prison in Concord, for a fascinating talk at our July meeting on life behind prison bars. Young works “behind the walls” helping inmates change their thinking and behaviors to improve their chance of success at leading successful, law-abiding lives upon release. She helps prisoners nearing the end of their sentences learn social skills, analyze the consequences of their thoughts and actions through cognitive self-change and develop the ability to solve problems. “It means so much to see inmates learning things that can make such a big difference in their lives,” said Young. Because they are better prepared to deal with difficult situations upon release, the numbers are good for graduates from the program. Young travels around the country training other trainers about New Hampshire’s successful, evidence-based prison programming.

Many of the prisoners Young works with also cope with severe trauma and/or substance abuse issues. Young brought along her colleague Nancy Maguire, a Licensed Drug and Alcohol Counselor for the Department of Corrections, to address this important part of the equation, including the dramatic impact of New Hampshire’s heroin epidemic. Maguire works with prisoners who have been recently released, providing social support, counseling, and helping them connect with the clothing, housing, employment and other services they need to be successful and stay out of jail. “It’s tough – they land on the street with nothing,” said Maguire. Recent changes related to the Affordable Care Act have been a plus. “One of the greatest things has been the expansion of Medicaid,” said Maguire. “That has been a huge help.”

While the workload for both Young and Maguire is overwhelming and resources are scarce – caseloads have more than doubled in recent years, and each day brings a heartbreaking new story – they somehow meet the challenges of this tough work with grace, dedication, and good humor. They left the audience with an urgent call to action: “Instead of building more prisons, we need to give the Department of Health and Human Services the funding to provide more mental health and substance abuse treatment,” said Young. “If we build prisons, they will fill.” The bottom line is that it is less expensive to rehabilitate nonviolent offenders than it is to maintain those offenders in our prison system, and for Young and Maguire, much more personally rewarding when their intervention turns lives around.

The next meeting of the Strafford Town Democratic Committee will take place on Tuesday, September 1, at 7 pm at Hill Library. Stay in touch with the Strafford Town Democrats at www.strafforddems.org.

STRAFFORD TOWN REPUBLICANS

At the August Town of Strafford Republican Committee Round Table Discussion we spoke of Frank Edelblut’s pondering of a run for Governor. We also discussed the current Governor’s veto of the compromise budget which allowed for most of what she wished but for State employee raises and Medicaid expansion. It was noted that the budget predictions that the Republicans have been putting together have been within 0.2% or so of the actual dollars received which is far more accurate than previous budgets. We also chatted about how presidents for quite some time of both parties have been reaching for more and more control. And, of course, we batted around thoughts and opinions on the presidential candidates.

We want you to know you are welcome at the annual picnic of the Strafford County Republicans that will be on September 12, 2015 from 4 to 7 pm at Cottage by the Sea at 97 Piscataqua Road in Dover. Please join us on the second Monday of the month from 6:30 to 8 pm at Hill Library. On September 14 we will be joined by candidate for Governor Frank Edelblut.



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 664-6863

Town Hall..... 664-2192

Town Clerk's Hours (Ext. 102):

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

Tax Collector's Hours (Ext. 103):

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

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

Monday, Tuesday, Wednesday.....9:00–noon

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

Recycling Center Year-Round Hours:

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

Strafford Post Office..... 664-2118
 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 (Sunday School & 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.

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Calendar of Events

September

1	Tues	5-7 pm 6:00 pm 6:15 pm 7:00 pm	Cartoon & Drawing Club meets at Hill Library. Selectmen meet at Town Hall. TOPS (Take Off Pounds Sensibly) at Police Station (every Tuesday). Strafford Town Democrats meet at Hill Library; see article.
2	Wed	5-6:30 pm 7:00 pm	Free Dinner at Community Kitchen, Christian Center, Third Baptist Church (every Wednesday). Fire Department EMS Training.
3	Thur	8-10 am 7:30 pm	Food Pantry at Christian Center (every Thursday). Planning Board meets at Town Hall.
4	Fri		No School.
5	Sat	7:30 pm 9:00 am 1:00 pm	AA meets in Idlepines Room, Bow Lake Church (every Friday). Women's Breakfast in Idlepines Room, Bow Lake Church. Ducks O'er the Dam by the Bow Lake Community Club; see article.
6	Sun		See <i>Contacts</i> page for local religious services.
7	Mon		Labor Day ; No School, Town Hall, and Post Office closed.
		5-6 pm 7:00 pm	Free Dinner at Interfaith Community Kitchen, St. Joseph's Parish Hall (every Monday). Fire Department Business Meeting.
8	Tues	8-10 am 6:00 pm 7:00 pm	Book Fair in Library at Strafford School. Hill Library Trustees meet at Hill Library. Bow Lake Community Club meeting at Bow Lake Grange Hall.
9	Wed		Fall picture day at Strafford School.
		11:00 am 6:00 pm	Story Time at Hill Library. School Board meets in Strafford School Library.
10	Thur	6-7 pm 7:00 pm	Open House at Strafford School. Strafford Swamp Stompers Snowmobile Club meets at Nippo; see article.
12	Sat		NE District Women/Juniors/Masters Lightning Regatta on Bow Lake.
		9:30-Noon 12-1:30 pm	Bear-Paw visits Graylag Cabins on Wild Goose Pond; see <i>Conservation Notes</i> . Bricks4Kidz at Hill Library.
13	Sun		Water Cross/Vintage Snowmobiles/Swap Meet at Lake Shore Farm; see Swamp Stompers article.
14	Mon	1:00 pm 6:30 pm 7:00 pm 7:00 pm	Strafford Garden Club meeting at Bow Lake Grange Hall; see article. Strafford Town Republicans meet at Hill Library; see article. Conservation Commission meeting at Town Hall. Fire Department Training.
15	Tues		Deadline for October <i>Strafford Community Calendar</i>.
		6:00 pm 6:30 pm	Selectmen meet at Town Hall. Strafford Historical Society Potluck Supper & business meeting at Austin Hall; see article.
16	Wed	11:00 am	Story Time at Hill Library.
17	Thur	5-7 pm	Cartoon & Drawing Club meets at Hill Library.
21	Mon		Strafford Garden Club field trip; see article.
		7:00 pm 7:30 pm	Fire Department work session. Fire Department officers meeting.
22	Tues	6:30 pm	Bicentennial Planning Meeting at Waldron Store by Strafford Historical Society; see article.
23	Wed		Autumn begins.
		11:00 am 6:00 pm	Story Time at Hill Library. School Board meets in Strafford School Library.
24	Thur	6:30 pm	Book Group meets at Hill Library; see <i>Library Lines</i> .
26	Sat	10am-1pm 11am-1pm	Community Café at the Bow Lake Grange Hall; see article. Minecraft Club at Hill Library; see <i>Library Lines</i> .
27	Sun	1-4 pm 2:00 pm	Afternoon Tea & Live Music at Waldron Store by Strafford Historical Society; see article. Sew & Chat at Hill Library.
28	Mon	1:30 pm 5-7 pm 7:00 pm 7:00 pm	Appalachian Trail Program at Bow Lake Church by Strafford Women's Club; see article. Evening of Spoken Word with Steve Manning at Hill Library. Fire Department work session. SAU 44 Joint Board meeting.
29	Tues	6:00 pm	Selectmen meet at Town Hall.
30	Wed	11:00 am	Story Time at Hill Library.

