

*The* **Strafford Community Calendar**

*April 2024*

*Volume 48*



**DEADLINE for the MAY 2024 Issue of  
The *Strafford Community Calendar* is  
APRIL 15, 2024**

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**STRAFFORD COMMUNITY CALENDAR  
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and Debbie Liskow

**VISIT US ON THE WEB**

Log on to [www.traffordcommunitycalendar.com](http://www.traffordcommunitycalendar.com) to see  
the online version of the *Strafford Community Calendar*.

**HOW TO SUBMIT ADS**

Please email ads in PDF format (file name ends with  
.pdf), portable network graphics format (file name ends  
with .png), .jpg or .jpeg format (file name ends with .jpg or  
.jpeg) or Microsoft Word format (file name ends with .docx  
or .doc) to [staff@traffordcommunitycalendar.com](mailto:staff@traffordcommunitycalendar.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 on  
this page of every issue.

If you want us to design your ad, send us an idea of  
what you want, along with your payment and the phone  
number where you can be reached with questions, to the  
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**WHERE TO FIND**

**THE STRAFFORD COMMUNITY CALENDAR**

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

**CREDITS**

Bill & Linda Hodgdon took this month's cover photo.  
The photo on page 3 is courtesy of Danielle Harvey. On  
page 4 is a stock photo. Bob Bennett took the photo on  
page 10.

Marcela Fernandes, MS OM, Dipl. O.M. (NCCAOM)®,  
L.Ac., wrote the article on Chinese Natural Health that  
appears on page 14.

Many thanks to all who share their creativity with us!

**HOW TO SUBMIT ARTICLES**

Please send articles to [staff@traffordcommunitycalendar.com](mailto:staff@traffordcommunitycalendar.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 15<sup>th</sup> 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@traffordcommunitycalendar.com](mailto:staff@traffordcommunitycalendar.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: \$16.50; 3 3/4 in. wide x 1 in. high  
1-inch ad for 6 months: \$90.00  
1-inch ad for 1 year: \$160.00

2-inch ad for 1 month: \$30.00; 3 3/4 in. wide x 2 in. high  
2-inch ad for 6 months: \$170.00  
2-inch ad for 1 year: \$320.00

1/4-page ad for 1 month: \$40.00; 3 3/4 in. w. x 5 in. high  
1/4-page ad for 6 months: \$230.00  
1/4-page ad for 1 year: \$450.00

Inserts:

\$80. After our review of your insert, you provide 600  
copies to Lilac Printing & Great Bay Graphics, 73 Pickering  
Rd Suite 101, Rochester, NH, by the 15th of the month before  
publication; e.g., May 15 for the June issue. A handling fee  
may be charged for more than one 8 1/2 x 11 page.

Please remember:

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

### CATE SCHOLARSHIP

The George N. Cate Scholarship is available to Strafford students who are attending, or will be attending, post-secondary education. The Scholarship is funded from the sale of Austin Cate Academy and is managed by the New Hampshire Charitable Foundation.

Since 1986 we have provided close to \$600,000 to local students. The fund is unique in that students are able to reapply throughout the four years they attend college. The application is on the NH Charitable Foundation web page. The deadline is Friday, April 12, 2024, at 5:00 p.m. ET.

### 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](http://www.campsentinel.org). Limited scholarships are available for Strafford residents. Applications for scholarships will be accepted until May 1, 2024. Further scholarship information is available through Lori Shiere from the Third Baptist Church (603-817-3225) or Louise Matteson from the Bow Lake Baptist Church (603-664-9753).

### NATIONAL JUNIOR HONOR SOCIETY

Strafford School is pleased to announce our inaugural group of inductees to our newly established National Junior Honor Society Chapter.

Inductees: Nicholas Belh, Wyatt Bungard, Mia Currier, Lilah Fitzpatrick, Sadie Nichols, Lilly Pelletier, Vivian Rich, Pacey Rowell.

These students must demonstrate scholarship through their grades and service, leadership, citizenship and character. Congratulations to the scholars and their families on this achievement.

Four CBNA National Honor Society members helped facilitate the induction ceremony. We want to extend thanks to Annika Gunderson, Honorah McGlone, Jayden Porter and Holly Smith.



### PETER CARSWELL ANTIQUES

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Silver & Gold have been on the rise of late and we are actively buying.



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40 Piper Drive, Strafford, NH 03884

### \*Men's Breakfast\*

Saturday April 27<sup>th</sup>

8 to 9:30am

Bow Lake Church

Idlepines Room

Men of Strafford and surrounding areas are invited to our Free Men's Breakfast, Fellowship and uplifting message.



Bow Lake Baptist Church  
530 Province Rd

### READY RIDES

Are you looking for a way to help those in need during this crisis? Or are you someone in need? Ready Rides is a non-profit organization providing rides for seniors and physically challenged neighbors in Strafford, Barrington, Northwood, Nottingham, Durham, Lee, Madbury, Newfields, and Newmarket, who need transportation to medical, physical therapy, and dental appointments. The program depends on volunteer drivers and we are always looking for more drivers. Drivers select rides from a list of requested trips to match a driver to a rider. We provide training programs for new drivers and mileage reimbursement. Because of COVID-19, rides are way down. But things are beginning to pick up and we have riders looking for drivers again. Many services available to those in need have been cancelled or have not resumed yet and so the need for our service is going to be even more vital. Ready Rides makes sure all PPP are taken and every driver and rider wear masks and drivers are trained on the proper sanitization before and after each ride. To request information about registering as a rider or volunteering as a driver, please email us at [info@readyrides.org](mailto:info@readyrides.org) or call 603-244-8719. You can also register online to be a driver or passenger at <https://readyrides.org>.

Amazon Smile will donate 0.5% of every purchase to Ready Rides: <https://smile.amazon.com/ch/37-1741606>.

### THE NEW ENGLAND MUSEUM PROGRAM

New Englanders are lucky to have so many wonderful museums in the region. The Friends of the Hill Library are pleased to see so many of you taking advantage of our museum reimbursement program. This program provides an opportunity for Strafford residents to experience great New England museums at a reduced cost.

Haven't tried it out? It is easy. Visit one of our many New England museums, see the list on the library website for some ideas. Keep your admission slip, bring it to the library and fill out the reimbursement form. The Friends will reimburse a family up to \$35.00 (not to exceed the admission fees) per year. \* A great way to have fun and save some money!

We would love to hear your ideas and suggestions on how the Friends of the Hill Library can continue to serve our library patrons.

\*Note: You must have a Hill library card and have no books outstanding.



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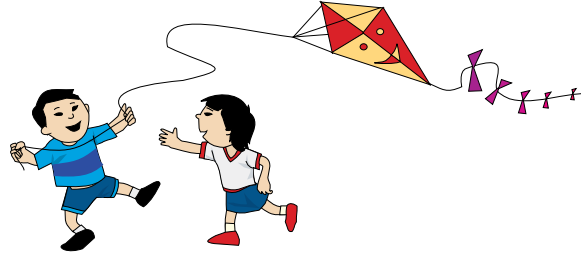
## CONSERVATION NOTES

There are two events of note in April. The first will occur on April 8 at 3:24 p.m. when we will witness a solar eclipse, one of nature's most awe-inspiring shows. During a three and one-half minute span the skies will dim and the temperature will drop as the moon passes over the light of the sun and blocking it. To witness a total eclipse, you will need to be in the northern third of the state. Please view it safely and not directly without proper eclipse glasses.

The second is Earth Day which will be celebrated on Monday, April 22. According to NHACC (New Hampshire Association of Conservation Commissions) this year's theme is "Planet vs Plastics!" Some of us recall a young Dustin Hoffman getting some unsolicited advice in *The Graduate* on career planning delivered in one word, "Plastics!" How prophetic! It's been over half a century since that film and plastic products are everywhere, leading to all sorts of environmental problems, including our health. The Earth Day theme calls for an increased awareness of the health risks; to phase out all "single-use" plastics including a 60% reduction in the production of all plastics by 2040; a push for a strong UN Treaty on Plastic Pollution and to demand an end to fast fashion. Fast fashion is low priced clothing that moves quickly from design to retail stores in an effort to keep up with trends. Some problems associated with it are: overuse of resources, excessive water use, dangerous chemicals, massive carbon emissions and use of child labor in certain countries. Think globally and act locally.

Yet another invasive is threatening one of our tree species. The elm zigzag sawfly, an insect native to Asia, was first reported in Quebec in 2020. It has since been found in Massachusetts, Vermont and four other eastern states. The pattern it cuts eating elm leaves is a perfect zig zag pattern, hence the name. It has the potential to inflict major damage on our elm trees.

Nonetheless it looks like an early and beautiful spring. Rainwaters have left our vernal pools with ample water that will ensure an abundance of new life in our amphibian species. The sound of the peepers is music to the ears.



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*for schedule*

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## STRAFFORD TOWN DEMOCRATS

Come talk with fellow town residents, who share your concerns, at the next meeting of the Strafford Town Democrats. We will meet by Zoom on Tuesday, April 2, with special guest, Joyce Craig, one of the candidates running for governor. For a link, email [straafforddems@gmail.com](mailto:straafforddems@gmail.com). These sessions are a good resource for finding out how you can get involved and make a difference during this critical election year.

Strafford Democrats are excited to announce that the popular folk duo Fortune's Favor will be playing live at our Blueberry Festival at 2 p.m. on Saturday, July 27, at the Waldron Store. This is another reason to mark your calendars to come party with your fellow Democrats! Stay tuned for more details, but if you are a craft vendor interested in having a table at the festival, please contact us at [straafforddems@gmail.com](mailto:straafforddems@gmail.com). The table fee is \$10.

Recent committee meetings have been a great chance to hear directly from candidates. In March we got to talk to Michael Strand, who is running for Executive Council. Strafford is part of 20-town Executive Council District 4. Strand is a Bedford Town Councilor, runs his own start-up staffing firm and is a citizen representative on the State PFAS commission. Not all of us are familiar with the Executive Council, but it is the most powerful executive board in the state, responsible for approving all state contracts over \$10,000 and all governor nominations for state boards and departments.

Visit the Strafford Town Democrats online anytime at [www.straafforddems.org](http://www.straafforddems.org).

## STRAFFORD TOWN REPUBLICANS

It is now official. The Republican Town Committees of Barrington and Strafford have merged to form a single committee. This was recently approved by the State Committee and was done because the two towns now share in the same NH House Districts.

The initial meeting of the joint committee will be held on Wednesday, April 4, at the Independence Inn at Bow Lake in Strafford. A dinner/social time will start at 5:30 p.m. with the formal meeting starting at 7:00 p.m. The meeting is open to all Strafford Republicans and all are encouraged to attend as we start to develop strategies for the upcoming elections.

At the State House we are approaching crossover day, the date when all House passed bills must be sent to the Senate and vice versa. The House will then take up Senate passed bills and the Senate the House passed bills. It is anticipated that the House session will end by mid-June.

Information on all bills can be found at <https://www.gencourt.state.nh.us/>.

Should anyone have questions on state matters they can contact Rep Mike Harrington ,603-942-8691, [harringt@metrocast.net](mailto:harringt@metrocast.net) or Rep. Len Turcotte, [lenturcotte@metrocast.net](mailto:lenturcotte@metrocast.net).

## Bow Lake Community Center

Since 1921 in this building!

Please consider donating to help the Community Center be here another 100 years.

We are a Tax Deductible, 100% donor-membership supported Non-profit organization that depends on donations from people like you . As an old building there is always maintenance work to keep up with.

Won't you help with a membership of \$25 or more? With your membership fee you gain status as a member and will be receiving in return the satisfaction of knowing you are supporting a good cause in your community.

Donate at [WWW.bowlakeecc.org](http://WWW.bowlakeecc.org), or send checks to PO Box 204, Strafford NH 03884

THANK YOU!



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### BOW LAKE CAMP OWNERS' ASSOCIATION

The seasonal change from winter to spring seems to take far too long. The ice on the lake is slowly melting, and yet the summer of 2024 will arrive, and it is one we are all eagerly anticipating. The BLCOA has its familiar events scheduled. Fireworks will light the sky on July 3 and family fun will begin with Day at the Dam on July 4. Socializing, food and community are the highlights of Chicken BBQ on July 13 and Lobster Cookout on August 10. It is now officially a tradition to end the summer with the BLCC/BLCOA sponsored COGO golf tournament, which will be held on August 31 at Nippo Lake Golf Club.

For those interested in earning some money, as well as being a part of Bow Lake preservation, there is the Lake Host program. Boat monitors are needed at the Water Street boat ramp to inspect boats and educate boaters on pervasive species on weekends, from Memorial Day through Labor Day. Please contact lori.dike@fwilliams.com for information.

Please take time to visit our website! The updated design includes beautiful photographs and a wealth of information about life on Bow Lake. Visitors to the website can read more about BLCOA programs, plan for this year's social events and link to other sites to learn more about loons, bald eagles, boating and fishing and more. We are sure you will enjoy it. Please go to [www.blcoa.org](http://www.blcoa.org) to check it out.

BLCOA is a 501(c)(3) organization. Donations support our programs which help to keep Bow Lake healthy and

recreational. Donations can be made on the website with credit card or PayPal. Donations can also be mailed to BLCOA, PO Box 227, Strafford, NH 03884. Stay safe and we hope to see you as soon as possible.

### THIRD BAPTIST CHURCH EVENTS

Third Baptist Church will be hosting a Coffee House on April 20, at 6:30 p.m. This will be held in Foss Hall of the Christian Education Building. All are welcome to this free event. There will be music, recitations, poetry readings and a great time of fellowship as everyone enjoys coffee and snacks. For more information, please call Pastor Muzzey at 603-664-7750.

Also mark your calendars for the following dates: Sunday, May 19, as Teen Challenge will speak during the 10 a.m. service; June 9 (Children's Day) as we hold an outdoor 10 a.m. service with a Home Folks Concert to follow and July 22-26 VBS!! Watch for more details of these events in the coming issues of the town calendar.



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**FROM THE TOWN CLERK  
AND TAX COLLECTOR OFFICE**

We are currently in the process of integrating the Town Clerk and Tax Collector customer service windows to offer combined services. We extend our gratitude to Judy Dupre, our dedicated Tax Collector of many years, who retired in March. Over the past few months, she has been training and assisting us in preparing for this transition. Our aim is to provide residents with the convenience of accessing both Town Clerk and Tax Collector services at either customer service windows. Hours of services are: Monday & Wednesday 8:30 a.m.–2:00 p.m. and Tuesday & Thursday 1:30 p.m.–7:00 p.m.

As we work towards fully implementing these changes, we anticipate that it may take a few months to ensure everything is running smoothly and in place. Your patience and understanding during this process are greatly appreciated.

Dog license renewals are due by April 30. New dogs are required to be licensed promptly after their first rabies vaccination. After licensing, remember to participate in our Top Dog Contest by sending a photo to townclerk@strafford.nh.gov. Top dog contestant photos can be viewed on the dog licensing page of the town website. The new Top Dog will be chosen May 1.

Elections are behind us for now. We welcome and thank the many people who serve in our local government here in Strafford. Later in the year we will gear up again for State and Federal Elections in September and November. You may register to vote with the Town Clerk or Deputy Town Clerk at either customer service window. Proof of identity, age, domicile in Strafford, and US Citizenship must be provided.



Stay informed by regularly checking the town website at strafford.nh.gov for up-to-date and accurate local government information. Your suggestions are always appreciated, and we invite you to share photos of Strafford for our homepage. Feel free to reach out if you require assistance navigating the site; we're here to help you find the information you need.

Connect with the Town Clerk and Tax Collector Office by telephone at (603) 664-2192 X102, via email at townclerk@strafford.nh.gov, by mail Town Clerk, PO Box 169, Strafford, NH 03884, Tax Collector, PO Box 23, Ctr. Strafford, NH 03815, or in person at 12 Mountain View Drive (behind the Post Office).

However you reach out, we're here for you.

**strafford.nh.gov**

The Strafford Town Website is the most reliable source for current and accurate local government information. Stay informed by visiting strafford.nh.gov.

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## **BOW LAKE COMMUNITY CENTER (BLCC) NEWS**

Happy Spring! What a great time everyone had at our 2<sup>nd</sup> annual, and free, Easter Egg Hunt and Pictures with the Easter Bunny on March 23! Kids also enjoyed doing an Easter craft. This event is a keeper, so be sure not to miss it in 2025!

The next regular meeting of the BLCC will be on Monday, April 1, 2024, at 6:00 p.m. on Zoom. Our meetings are open to all, so please join us and support a fantastic group of volunteers, and maybe even consider becoming a new volunteer for BLCC! Call or text Tara at 480-229-5480 if you'd like to get the Zoom link to attend!

The BLCC is now open through the end of 2024! You can book your date for your wedding, shower, birthday, and anniversary parties; theatrical events, celebration of life/memorial programs, concerts, education seminars, annual meetings, potlucks, holiday parties, dances, and more right now! Please email 569grange@gmail.com for more information about available dates, rental rates, and the contract you need.

Line Dancing has returned to BLCC. Check for details at [www.bowlakecc.org](http://www.bowlakecc.org)!

On Monday, May 27, Memorial Day, the BLCC will serve a free hotdog lunch, as long as supplies last. This will start immediately following the Memorial Day Ceremony at the Bow Lake Dam, which follows the Memorial Day Parade. Donations will be gratefully accepted.

In anticipation of Memorial Day, BLCC is selling US Flag set-ups (flag, flagpole and mounting hardware) to be displayed on telephone poles all over town. These flag set-ups can be purchased in memory of or in honor of loved ones and the names of the loved ones will be posted on the BLCC website. Please go to [www.bowlakecc.org](http://www.bowlakecc.org) to purchase them or mail a check for \$100.00 to BLCC, PO Box 204, Strafford, NH 03884. Be sure to state what your check is for and who you want to honor or memorialize. Please do so soon to ensure our town is covered in brand new flags by Memorial Day!

Please mark your calendars for BLCC FUNdraising in 2024:

Wednesday, July 3, Annual Food Truck Festival in the BLCC parking lot from 5 p.m. to 9 p.m. with Kona Ice, Cheese Louise, Phil's Cupcakes, Chicken Fingers, Fried Dough, and more! The Town of Strafford Fire Works happen at about 9:15 p.m. Inquire if there's room for your food truck at 569grange@gmail.com.

Saturday, August 31, 7 a.m.–1 p.m., COGO! Annual Community Golf Tournament at Nippo Lake Golf Course. More info about registering your team or signing up to be a sponsor will come out soon.

Sunday, September 1, Ducks O'er the Dam, 12 p.m.–1:30 p.m., at the Bow Lake Beach and Dam. Featured are a duck race, with cash prizes, at 1 p.m., hot dog lunches for sale, lawn games, and a Duck Pinata for the kids! Adopt your ducks for the race at [www.bowlakecc.org](http://www.bowlakecc.org).

Saturday, October 12, Chili and Chowder Challenge, 5–7 p.m. at BLCC. Call Michelle at (603)664-5745 for more information or to enter your chowder or chili.

BLCC will also be offering free community events including the Annual Haunted House at BLCC on Trick or

Treat Night (Wednesday, October 30) and possibly another night, for Halloween; Christmas Tree Lighting and pictures with Santa on Sunday, December 1, and more. Please keep checking our website!

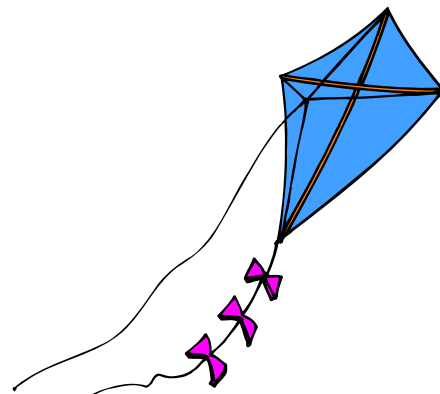
We are pleased to announce we have procured a new industrial stove with 10 burners and 2 ovens for the BLCC kitchen! And the replacement of the outside stairway and porch is almost finished! Thanks to all who have volunteered, donated materials, given discounts for materials and labor, and supported the winter projects and upgrades to the BLCC with financial donations. The community support is amazing and we appreciate it so much!

Our only income, other than rental income, is from our generous community through donations and supporting all of our fundraisers! We do not receive funding from the Town or the State. We do not have a Trust Fund. And the expenses of yearly operation (heat, utilities, cleaning, snow removal, lawn maintenance, insurance, etc.) far exceed the rental income. If you haven't already done so, please consider renewing your sponsorship of the BLCC now! BLCC is a 501 (c) (3) non-profit and volunteer organization. You can make a tax-deductible donation at [www.bowlakecc.org](http://www.bowlakecc.org) or mail it to the BLCC, PO Box 204, Strafford, NH 03884. We appreciate all donations immensely! Thank you so much for your support!

*For the Care of the Beloved Bow Lake Grange Hall!*

## **GRIEFSHARE**

Are you grieving the loss of a loved one? You can find understanding and support by participating in GriefShare. GriefShare is a recovery and support group that will be meeting weekly for 13 sessions starting Tuesday, March 5, through Tuesday, May 28, from 6 p.m. to 8 p.m., at Bow Lake Free Will Baptist Church 530 Province Rd, Strafford, NH 03884. You may join the group at any time during the 13-week session. GriefShare features nationally recognized experts in grief recovery topics. Seminar sessions include: "Is this Normal?" "The Challenges of Grief," "Why?" and "Guilt and Anger." Register for this session by going to the website [www.griefshare.org](http://www.griefshare.org). You can purchase a workbook when you come to your first session for \$20.00. Please let us know if you need financial assistance—don't let that stand in the way of getting help. For more information, call Dawna Belanger at 603-953-3526.



### STRAFFORD GARDEN CLUB

The Strafford Garden Club opens for the season on April 8 with a member potluck at noon with our hosts, the Bennetts. This gathering features a potluck meal of members' specialties, which is always enjoyable.

Once we have had our fill, our planning begins for the upcoming year's activities, programs and outings. Our well-known Plant Sale will be the main topic of this meeting, as we plan for the popular May 25 sale held at Strafford School parking lot, 8 a.m. Payment in cash or using Venmo is easy.

Please let us know if your garden needs trimming. The club members are always happy to accommodate your needs to trim out unwanted perennials in Strafford gardens, as these add generously to our upcoming plant sale. All offerings are then tended carefully by members, and potted for the plant sale. Helps you and the income, which helps to beautify our town and adds to our scholarship for local students.

Also of note, locally, a yearly tradition is to celebrate two local people, a Member of the Year and a Strafford Citizen of the Year. This time around, we honor Cheryl Mrozienski, who ensures the health of loons and eagles in our Bow Lake, by monitoring their nesting sites and responding to bird emergencies. She also educates those using the lake, on sharing this beautiful environment with these fowl we enjoy. The Member of the Year we celebrate is Harmony Anderson. A member who has spent much time and effort holding offices as president and in other offices and using much time and effort in her skills

of arranging outings and programs which enrich our members.

We hope to see more community involvement in our efforts to enrich our community enjoyment of nature's bounty.



*Strafford Citizen of the Year Cheryl Mrozienski (left) and Member of the Year Harmony Anderson (right)*



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A business card for Leighton Roofing. The top half features the company name 'Leighton' in a large, stylized font, with 'Fully Insured' and 'Free Estimates' to the right. Below the name is a silhouette of a house with a red roof. The text 'Commercial Residential' is on the left, and '24 Hour Roofing' is in a blue oval on the right. A list of services follows: 'All types of roofs / New Construction', 'Chimney Repairs', 'Snow &amp; Ice Removal', and 'Snow Plowing / Sanding'. The location 'Rochester, New Hampshire' is listed below. Contact information includes 'Phone: (603) 332-0833', 'leightonroofing.com', 'CEO: Guy Leighton', and 'Cell: (603) 817-6633'.



## HISTORICAL NOTES

The Strafford Historical Society holds a joint meeting with the Barrington Historical Society each spring to celebrate our joint heritage. This year's meeting will be in Barrington on April 13; watch for more information.

Here in Strafford, the Society is pleased to co-sponsor a special Humanities to Go program at the Hill Library on Wednesday, April 17, at 6 p.m., titled "Henry Dearborn—From Captain to Cabinet Secretary". Henry Dearborn was born in Hampton in 1751, grew up in Epping, and at one point had a medical practice in Nottingham. During the Revolutionary War, he led a local militia group at the Battle of Bunker Hill as a Captain in John Stark's First NH Regiment. He later served under Benedict Arnold during the Expedition to Québec, was captured, and exchanged two years later. He returned to service in Washington's Continental Army in 1777 and fought at Ticonderoga. He represented Massachusetts in the US House of Representatives in the 1790s, and served as the United States' fifth Secretary of War under Thomas Jefferson. There are many other interesting stories to be heard, and did you know that the city of Augusta, Maine was named for his daughter? We look forward to seeing you at this event.

Reminder: If you are looking for a friendly local venue for a family or friends' event or for a gathering of your community group, please remember that the Waldron Store is available for rentals. For more information or to book a date, please reach out to the Society

at [straftordnhhistory@gmail.com](mailto:straftordnhhistory@gmail.com).


Remember, Strafford Historical Society members always receive a discount. Austin Hall and the Old Waldron Store are two of our community's landmark historic buildings and they both are in need of regular maintenance and repairs. Projects for this year range from yard clean-up to rebuilding our handicap access ramp to the Waldron Store and repairing windows. We count on you, our community, for your support so that we can continue to both preserve and share Strafford's heritage with today's community members. We are a 501 (c) (3) organization and donations are tax-deductible. For more information, please check out our website and donate online at [strafhist.weebly.com](http://strafhist.weebly.com).

## STRAFFORD WOMEN'S CLUB

The Strafford Women's Club will meet April 22, 1:30 p.m., at the Idlepines Room at Bow Lake Baptist Church for the first planning meeting of 2024.

Plans for our May Annual meeting, Ice Cream Socials, Safe Seniors and involvement in planning for Christmas in Strafford will be presented by members Bev Nemetz and Betty Hayes, leading the meeting and providing refreshments.

New members are always welcome.



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No Water? Call any time for well pump service and repair.  
Phone or Text Bob: 603-330-0592  
email: [erfabian3@metrocst.net](mailto:erfabian3@metrocst.net)  
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## LIBRARY LINES

“The best way to find yourself is to lose yourself in the service of others.” —Mahatma Gandhi. National Volunteer Week is celebrated in April, from April 21 to 27. We want to say that we are grateful for all of our wonderful volunteers that help the Hill Library run more smoothly!

Come by and celebrate National Library Week from April 7 to 13. The theme is Ready, Set, Library! Stay tuned for special activities to celebrate!

Launched in April 1996, National Poetry Month is a special occasion that celebrates poets' integral role in our culture and that poetry matters. We will be having a special Poetry Round Table on Friday, April 19, at 6 p.m. Bring your writing or a poem to share with others! Poems from NH poets will be highlighted.

**Programs:** We hope you came by for one of our March programs. We thank the Friends of the Library for sponsoring the Chinook program, and we thank our community members Holly and Katie for sharing their experiences and expertise with Strafford! Please let us know what you'd like to see for future library programs. For April: Pat Wakenell will be sharing about Backyard Chickens on April 3 at 6 p.m. On Wednesday, April 17, at 6 p.m., the Strafford Historical Society is hosting “Henry Dearborn: From Captain to Cabinet Secretary.” George Morrison explores the life and career of Henry Dearborn; this is made possible by a grant from the New Hampshire Humanities.

**Looking for a Book Club?** We have lots to offer this month. The Hill Library Book Club 's title is *The Secret Diary of Hendrik Groen 83 ¼ Years Old* by Hendrik Groen and meets Thursday, April 4, at 6:30 p.m. Next month's book is *Secret Life of Sunflowers* by Maria Molnar. The Thriller/Mystery Book Club, Usual Suspects, meets on Tuesday, April 16, at 6 p.m., and will be picking apart the title, *Hidden Pictures* by Jason Rekulak. JD Clarke will be leading a book discussion on *Strafford Gleanings: the early 1900's in Strafford*, on Thursday, April 25, at 6 p.m. The Cookbook Club meets on Friday, April 26, at 6 p.m. and will making recipes from *Everything Chocolate* by America's Test Kitchen. Stop by to pick up a book for any of these book clubs today!

**Weekly and Monthly Programs:** Are you looking for an activity to do weekly in town? The Handy Crafters meet every Tuesday at noon. Bring a project and chat while you craft! Call the library to be put on the Book Buddies email list. The Mah Jong club is every Wednesday at 1 p.m. and is a lively bunch of patrons! Gentle Flow Yoga meets Saturdays from 9 to 10 a.m. Donations gratefully accepted.

Join Greg on Tuesday, April 9, from 2 to 3:30 p.m. for Computer Clinic for your technology questions. The Caregiver Cafe meets Wednesday, April 10, at 10:30 a.m. and provides support to family caregivers. The Library Trustees also meet April 10 at 6 p.m. Stop by and find out what the Trustees do. Chair Yoga will be held Fridays, April 12 and 26 at 2 p.m. Please stop in or call the library at (603)664-2800 to register. The Spinners and Fiber Arts Group meets every 3rd Sunday of the month. This month's meeting is on Sunday, April 14, from 12 to 4 pm. Bring your wheel; all levels welcome. We'd also like to have

a Scrabble and Backgammon night. Let us know if you're interested and what night would work for you!

**Save the Date:** Thursday, May 16, at 1 p.m.: Steps to Safety: Reducing the Risk of Falls and Fires. Thursday, June 13 at 6:30 p.m.: New Hampshire Humanities Perspectives Book Group featuring *The Nickel Boys* with Kiki Berk. This program is made possible by a grant from the New Hampshire Humanities.

## Youth Programs:

*Dear Readers,*

*It is with much sadness that I am writing my goodbye letter to Hill Library. I have loved meeting everyone and am grateful for the amazing opportunity to serve the town of Strafford as Youth Services Librarian. I am still finishing library school online and am very much missing my family in Texas. With so many things in my life to balance, I will be stepping down to part time while a search is made for my replacement. I will miss my young readers so much and all our story time fun.*

*Thank you for reading. I hope you all stay healthy,happy, and well read.*

*Love, Chelsea*

Storytime: Mondays at 10:30 a.m.

Pokémon with Nick: April 12, 5:00 p.m.–7:00 p.m.

Monday Library Club at 3:30 p.m.

Wednesday Library Club at 3:30 p.m.

Friday Music & Movement: April 5 & 19 at 2 p.m.

Read to Toby April 23, 3:30 p.m.–4:30 p.m.

Family Movie Night: *WALL·E*, April 24 at 5 p.m.

Youth Creative Writing April 27 at 1 pm.

The Hill Library is open 11 a.m. to 7 p.m., Monday–Thursday, 3 p.m. to 7 p.m. on Friday and 10 a.m. to 2 p.m. on Saturday. We are a US Passport Application Acceptance Facility, and we have a notary public on staff. Appointments are available Monday through Wednesday. Please visit our website: [www.HillLibrary.org](http://www.HillLibrary.org) or call 603-664-2800.

## CHILDREN'S CLOTHING SWAP

On Saturday, May 4, from 10:00 a.m. to 12:00 p.m., the Bow Lake Church is hosting a Children's Clothing Swap in the Idlepines Room of the church.

At 10:00 a.m. the doors will open for families to bring in clothes and/or toys for swapping—focusing on items appropriate for newborn through age 5.

There will be a children's table open for Mother's Day crafts and card making.

Light refreshments will be available.

The swap ends at 12:00 p.m. and any remaining clothes or toys will be donated to the Salvation Army.

This free event is open to families from Strafford and the surrounding communities.

## **PLANNING BOARD UPDATE**

Our Master Plan guides the character, growth, and development of our Town. It serves as a policy guide that helps the Planning Board, Board of Selectmen, and Town officials make decisions about how best to meet the needs and desires of the community. Master Plan changes are most often driven by subcommittees led by interested parties and citizen leaders.

There are presently 10 Master Plan subcommittees in effect. These committees and their chair's contact information are as follows:

1) Natural Resources & Land Use—Mission Statement: Advance the community's desire to protect Strafford's rural landscapes, open space blocks, and natural resources, while planning to accommodate the town's future growth. Contact: Philip Lovejoy, Chair, email: philip.lovejoy@gmail.com

2) Arts & Events Council—Mission Statement: Enrich community connections by expanding local arts and culture through community events, activities and programs for residents of all ages. Contact: Susan Ryan, Chair, email: suzryan1@gmail.com

3) Building Design Standards—Mission Statement: Design standards for new construction, especially multi-family and community buildings. Contact: Meg Herndon, Chair, email: meg@herndon.com

4) Community Center/Recreational Facilities—Mission Statement: Advance the community's desire to improve community cohesion through a community center. Funding, location, programs, and/or design. Contact: Claire Murdough, Chair, email: straffordrecreationsports@gmail.com

5) Historic Assets—Mission Statement: Preserve and enhance the town's historic character. Digitize and map historical assets inventory (barns, cellar holes, graveyards, houses, stonewalls, lanes, etc.) Contact: Chairperson needed.

6) Library—Mission Statement—Town Library enhancement: Infrastructure improvements and multi-generational planning. Long-range planning. Contact: Larisa Molloy, Chair, email: librarysupport@hilllibrary.org

7) Bow Lake Subcommittee—Mission Statement: Advance the community's desire to protect and enhance Bow Lake as a significant community resource and to improve accessibility to more of the town's citizens. Contact: Sue Higgins, Chair, email: suemac2867@aol.com

8) Green Committee—Mission Statement: Advance the community's desire to move to clean, sustainable, and less costly energy sources and solid waste management practices and develop electric vehicle charging infrastructure. Contact: Hammond Brown, Chair, email: hammondbrown12@gmail.com

9) Community Mobility—Mission Statement: Enhance connectivity and mobility options around and between different areas of town and beyond. Focus Areas Include Sidewalks and bikeways, Recreational trails/connectivity, Transit (future planning) Contact: Chairperson needed.

10) Town Facilities Resilience—Mission Statement: Advance the community's desire to improve the safety and resilience of the town's facilities (includes roads, school,

flood control/stormwater management). Contact: Scott Whitehouse, Chair, email: nitehitch@gmail.com

Watch the town web site for subcommittee meeting dates and locations. The Planning Board welcomes your assistance in keeping our community in line with the goals of the Master Plan.

## **ARTS AND EVENTS COUNCIL**

We are pleased to announce the formation of the new Strafford Arts & Events Council, a sub-committee of the Planning Committee, acting as a Master Plan Implementation committee. The Mission of the Council is to: Enrich community connections by expanding local arts and culture through community events, activities and programs for residents of all ages.

We've just begun meeting after posting requests for members on the Town of Strafford NH Community page on Facebook. If you are interested in joining the Council please send an email to the chair at SuzRyan1@yahoo.com. The Arts & Events Council is scheduled to meet the 3rd Thursday of each month from 3 p.m. to 4 p.m. at the Hill Library and these meetings are open to the public. If you run a group in town that offers public events and have not yet been contacted by a Council member, please feel free to send an email to us so we can take your events into consideration in our future planning.

## **GREEN/ENERGY COMMITTEE UPDATE**

We have survived the winter and we have grown! We now have four steady members and our immediate goals have become clear. (Just a note: While we were conceived as the "Green Committee" by the Master Planning process, we feel it is important to add "Energy" to our title because so much of what we want to do involves energy.) We have now had two meetings with the "circuit rider" for our region from Clean Energy NH, and she has helped us to identify aggregate community power as well as infrastructure for solar power generation and EV charging as two of our early priorities. Beyond that, helping the town with solid waste management, a huge issue, will be our focus. If you came to the Town Meeting on March 16, you may have passed our information table where we promoted some of our priorities. We are also posting our meetings and minutes on the town website. Our next meeting will be at 5 p.m. on April 9 at the Hill Library, if you would like to check us out.

## STRAFFORD NATURAL RESOURCE AND LAND-USE COMMITTEE

**Calling all Strafford Farmers!** As a part of the Strafford Master Plan adopted by the Planning Board, there are several committees working to advance the recommendations made in the plan. One of the priorities identified in the plan was to support farming in the community, and that is one of the focuses of the Natural Resource and Land-Use Committee. We will be hosting a meeting on Saturday, April 13, 2024, at Waldron's Store, at 520 Province Road. Stop by between 4:00 p.m. and 5:30 p.m. to share your thoughts. We want to hear from our local farmers about what would be helpful to you—assistance in raising awareness of your products? connecting to a community of fellow farmers? services? You tell us! We hope to see you there.

If you cannot attend, please email [Philip.lovejoy@gmail.com](mailto:Philip.lovejoy@gmail.com) with your ideas.

## CHINESE NATURAL HEALTH

**Traditional Chinese medicine and mental health:** In the United States, more than one in five adults live with a mental illness. A substantial impact on individuals and on our society. There are many different mental health conditions of varying degrees of severity, with depression and anxiety being the two most common mental health disorders.

The holistic Chinese medicine approach considers the wholeness of the human body and our relationship with nature, others and our society. Chinese medicine treatments always target balance restoration by influencing the vital energy, *Qi*. *Qi* is believed to exist in the spaces between the skin and the muscles, and it has functions of warming, moistening, and nourishing the body. *Qi* is believed to promote normal organ function, provide energy for different processes, and regulate and protect the body. *Qi* helps us to maintain balance or homeostasis. When there is disturbance to the balance, we see symptoms and signs of disease. Due to its holistic approach, this is true for both our physical and mental health.

In Chinese medicine, mental health is often related to disharmonies of the Five Emotions and the Five Spirits. Our Five Emotions include joy, anger, anxiety/grief/sadness, thought/worry/pensiveness, and fear/shock. They each are associated to a different organ system, and when our emotions are out of balance, they are said to cause disease.

The Five Spirits include *Hun* (the noncorporeal spirit), *Po* (the corporeal spirit), *Zhi* (the will), *Yi* (the intellect) and *Shen* (the mind and the connecting spirit). The *Hun* is associated with the Liver and is said to be independent from the physical body for its existence and continues after death. The *Hun*, noncorporeal spirit, is associated with loving kindness, empathy, compassion and tolerance. When there is disharmony, one may feel anger, frustration, resentment, unkindness, and the feeling of leading a meaningless life.

The *Po*, corporeal spirit, is said to exist only during our physical life. *Po* is associated with the *Qi* of the Lungs, and is responsible for sensation and for our emotional and physical responses to life circumstances. It is said to promote justice and fairness. When in disharmony, one may feel grief, sadness, a blunted affect, and a tendency to overreact to situations. *Zhi* is our will power that resides in the Kidneys. The *Zhi* has two dualities: the yang active aspect provides the motivation for self-determination, and the yin passive side leads us down the path to an unknowable outcome. When in disharmony of yang, one may have illogical fears, and when disharmony of yin one may experience reckless behaviors.

The *Yi* is thought to be our intellect and conscious reasoning, and is associated with the Spleen organ. In disharmony, one may experience worry and overthinking. Lastly, the *Shen* is said to be our mind and connecting spirit that bridges the connection between our inner being and the outer world, and vice versa. Associated with the Heart *Qi*, our feelings and thoughts are also experienced in the *Shen*. When in disharmony, one may experience anxiety, shyness, social awkwardness or even agitation and delusions.

From a Chinese medicine perspective, our mental health can be understood as a disturbance to one or more of the Five Spirits. Particularly with anxiety and depression, one might experience feelings of lack of meaning in one's life, an inability to connect to other people, feelings of worthlessness and self-loathing, lack of energy, and feeling inauthentic. Chinese medicine approaches, such as acupuncture, Chinese herbal medicine, dietary therapy, Qi Gong, and Tai Chi are all useful tools for treating and being a complementary treatment to depression, anxiety and other mental health disorders.

Evidence suggests acupuncture raises the level of endorphins in the brain, helping to reduce pain and positively affect our mood. Acupuncture can lower blood pressure, increase circulation, induce relaxation and decrease the stress response, decrease anxiety and treat sleeplessness to help better regulate emotions. Additionally, acupuncture helps to regulate serotonin, a chemical in the brain that controls our mood.

There is an increased body of evidence that Chinese medicine is a safe alternative or adjunct therapy for depression and anxiety. Acupuncture and Chinese medicine can both relieve many of the unpleasant symptoms associated with mental health disorders, and the side effects related to prescription medications.

# 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

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Town Hall ..... 664-2192

Town Clerk's Hours (Ext. 102):  
Monday, & Wednesday ..... 8:30-2:00  
Tuesday & Thursday ..... 1:30-7:00

Tax Collector's Hours (Ext. 103):  
Monday & Wednesday ..... 8:30-2:00  
Tuesday ..... 1:00-6:00

Town Office/Selectmen's Hours (Ext. 101):  
Monday, Tuesday, Wednesday ..... 9:00-noon

Building Inspectors' Hours (Dan Howard Ext. 104)  
(Joseph White Ext. 106)  
Tuesday ..... 4:00-7:00

Conservation Commission (Ext. 105)

Planning and Zoning (Email: [bhaney@strafford.org](mailto:bhaney@strafford.org))

Assessor (Ext. 107)

Hill Library ..... 664-2800  
Monday through Thursday ..... 11:00-7:00  
Friday ..... 3:00-7:00  
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 Rd. (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.

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Cornerstone VNA ..... 603-332-1133  
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[www.cornerstonevna.org](http://www.cornerstonevna.org)

## CHURCH DIRECTORY

Bow Lake Baptist Church ..... 664-7401  
530 Province Road, Strafford, NH [www.blfwbc.org](http://www.blfwbc.org)  
Worship Service 10:00 a.m.

3rd Baptist Church of Ctr. Strafford ..... 664-7750  
30 Strafford Rd. [www.tbcestrafford.weebly.com](http://www.tbcestrafford.weebly.com).  
Worship Service 10:00 a.m.

Crown Point Baptist Church ..... 332-3218  
274 First Crown Point Rd. Worship Service 10:00 a.m.

St. Joseph's Catholic Church ..... 435-6242  
Rte. 4, Northwood Sunday 10:00 a.m.

Northwood Congregational Church U.C.C. .... 942-7116  
881 First NH Turnpike (Rte. 4), Northwood, NH 03261  
Sunday Service 9:30 a.m.

St. Stephen's Episcopal Church ..... 435-7908  
50 Main Street, Pittsfield, NH 03263  
[www.ststephenspittsfieldnh.org](http://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](http://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](http://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](http://www.stgeorgesdurham.org)  
Sunday Services 8:00 a.m. & 10:00 a.m.

Northwood Advent Christian Church ..... 834-0863  
113 School St, Northwood, N.H. Worship Service 10:00 a.m.

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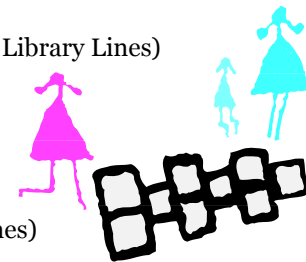
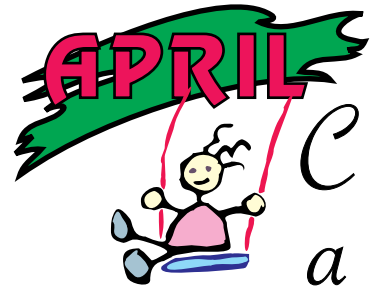
## STRAFFORD LINKS

Bow Lake Camp Owners Association [blcoa.org](http://blcoa.org)  
Bow Lake Community Club [www.bowlakecc.org](http://www.bowlakecc.org)  
Bow Lake Yacht Club  
<https://www.facebook.com/groups/BowLakeYachtClub/>  
BSA Troop 23 [Troop23smaster@gmail.com](mailto:Troop23smaster@gmail.com)  
Coe-Brown Northwood Academy [www.coebrown.org](http://www.coebrown.org)  
Hill Library [hilllibrary.org](http://hilllibrary.org)  
Lakeside Players [www.the-lakeside-players.com/](http://www.the-lakeside-players.com/)  
Strafford Bicentennial [www.Strafford1820-2020](http://www.Strafford1820-2020)  
Strafford Community Calendar  
[straffordcommunitycalendar.com](http://straffordcommunitycalendar.com)  
Strafford Police [straffordpolice.org](http://straffordpolice.org)  
Strafford Recreational Sports, Inc. [straffordrecsports.org](http://straffordrecsports.org)  
Strafford School [strafford.k12.nh.us](http://strafford.k12.nh.us)  
Strafford Swamp Stompers Snowmobile Club  
[straffordswampstompers.org](http://straffordswampstompers.org)  
Strafford Town Democratic Committee  
[strafforddems.org](http://strafforddems.org)  
Town of Strafford [strafford.nh.gov](http://strafford.nh.gov)  
Strafford Garden Club [straffordgardenclub.com](http://straffordgardenclub.com)

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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.

1	Mon		<b>April Fool's Day! Look out for jokes and pranks!</b> <b>National Poetry Month! <i>Roses are Red, Violets are Blue, the rest of the poem is up to you.</i></b> Storytime every Monday at Hill Library (see Library Lines)
		10:30 am	Library Club at Hill Library (see Library Lines)
		3:30 pm	Bow Lake Community Center meeting via Zoom (see BLCC article)
		6:00 pm	Conservation Commission meeting at Town Hall
		7:00 pm	Fire Department Business Meeting
2	Tues	12:00 pm	Handy Crafters every Tuesday at Hill Library (see Library Lines)
		5:30 pm	Board of Selectmen meeting at Town Hall
		6-8 pm	GriefShare at Bow Lake Free Will Baptist Church (see article)
		7:00 pm	Strafford Town Democrats meeting via Zoom (see article)
3	Wed	12:00 pm	Book Buddies every Wednesday at Hill Library (see Library Lines)
		1:00 pm	Mahjong every Wednesday at Hill Library (see Library Lines)
		5-6 pm	Community Kitchen every Wednesday at Third Baptist Church
		7:00 pm	Strafford Town Republicans meet at Independence Inn at Bow Lake (see article)
		6-10 pm	Backyard Chickens: Pat's Top 10 Diseases of Backyard Chickens (see Library Lines)
4	Thurs	8-10 am	Food Pantry every Thursday at Third Baptist Church
		6:30 pm	Hill Library Book Club meets at Hill Library (see Library Lines)
		6:30 pm	Strafford Planning Board meeting at Town Hall
5	Fri		AA Meeting: Contact NH Area Service Office at: <a href="http://www.nhaa.net">http://www.nhaa.net</a>
		2:00 pm	Music & Movement at Hill Library (see Library Lines)
6	Sat	9:00 am	Gentle Flow Yoga every Saturday at Hill Library (see Library Lines)
7	Sun		Religious Services see Contacts page.
			<b>National Library Week! April 7-13 Ready, Set, Library!</b> (see Library Lines)
		1:30 pm	"The Singing Trooper" at American Legion Hall in Rochester (see insert)
8	Mon	12:00 pm	Strafford Garden Club meeting (see article)
		3:24 pm	<b>Solar Eclipse</b> (see Conservation Notes)
		7:00 pm	Fire Department Training
9	Tues	2-3:30 pm	Computer Clinic with Greg at Hill Library (see Library Lines)
		5:00 pm	Green/Energy Committee at Hill Library (see article)
10	Wed	10:30 am	Caregiver Café at Hill Library (see Library Lines)
		6:00 pm	Hill Library Trustees meeting at Hill Library (see Library Lines)
12	Fri	2:00 pm	Senior Chair Yoga at Hill Library (see Library Lines)
		5:00 pm	Pokémon Club at Hill Library (see Library Lines)
		5:00 pm	Cate Scholarship application deadline (see article)
13	Sat		Strafford and Barrington Historical Societies meeting in Barrington (see article)
		4-5:30 pm	Natural Resource and Land Use Committee at Waldron Store (see article)
14	Sun	12-4 pm	Spinners and Fabric Arts Group gathers at Hill Library (see Library Lines)
15	Mon		<b>Deadline for May issue of <i>The Strafford Community Calendar</i></b>
		7:00 pm	Fire Department Officers Meeting
16	Tues	5:30 pm	Strafford Board of Selectmen meeting at Town Hall
		6:00 pm	Usual Suspects Thriller Book Club meeting at Hill Library (see Library Lines)
17	Wed	6:00 pm	"Henry Dearborn" program at Hill Library (see Library Lines)
18	Thurs	3-4 pm	Arts and Events Council meeting at Hill Library (see article)
		6:30 pm	Zoning Board meeting at Town Hall
19	Fri	2:00 pm	Music & Movement at Hill Library (see Library Lines)
		6:00 pm	Poetry Round Table at Hill Library (see Library Lines)
20	Sat	1:00 pm	Rock and Mineral Club meeting at Hill Library (see Library Lines)
		6:30 pm	Coffee House at Third Baptist Church (see article)
21	Sun		<b>National Volunteer Week! April 21-27 Thank You, Volunteers!</b>
			<b>Earth Day! This year's theme: "Planet vs. Plastics" Be good our only planet!</b>
22	Mon	1:30 pm	Strafford Women's Club meeting at Bow Lake Baptist Church (see article)
		7:00 pm	Fire Department Work Session at respective stations
23	Tues	3:30-4:30 pm	Read to Toby at Hill Library (see Library Lines)
24	Wed	10:30 am	Last Wednesday Storytime (see Library Lines)
		5:00 pm	Family Movie Night: <i>WALL-E</i> at Hill Library (see Library Lines)
25	Thurs	6:00 pm	Book Talk: <i>Strafford Gleanings: the early 1900s in Strafford</i> at Hill Library (see Library Lines)
26	Fri	2:00 pm	Senior Chair Yoga at Hill Library (see Library Lines)
		6:00 pm	Cookbook Club at Hill Library (see Library Lines)
27	Sat	8-9:30 am	Men's Breakfast at Bow Lake Baptist Church (see Ad)
		1:00 pm	Youth Creative Writing at Hill Library (see Library Lines)
30	Tues	5:30 pm	Strafford Board of Selectmen meeting at Town Hall



Calendar of Events