

The **Strafford Community Calendar**

March 2024

Volume 48



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

**STRAFFORD COMMUNITY CALENDAR
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VISIT US ON THE WEB

Log on to 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 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 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@traffordcommunitycalendar.com or call 942-8164.

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; Click on **Download Current Issue** or **Download Previous Issue**; Save to your computer.

CREDITS

The Goldfinch on this month's cover was snapped by Bill & Linda Hodgdon, as were the background photos on pages 13 and 14.

Marcela Fernandes, MS OM, Dipl. O.M. (NCCAOM)®, L.Ac., wrote the article on Chinese Natural Health that appears on page 12.

Many thanks to all who share their creativity with us!

HOW TO SUBMIT ARTICLES

Please send articles to 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 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@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 8½ 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.

CHURCH SERVICES FOR EASTER

The Crown Point Church will be hosting a Maundy Thursday Service at 7:00 p.m. on Thursday, March 28. The Bow Lake Church will be hosting Good Friday (please see their article for times) on Friday, March 29. Third Baptist Church will be hosting a Son Rise Service on Easter Sunday, March 31, at 6:30 a.m., with a breakfast to follow in the Christian Education Building. Everyone is welcome to all services.

SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist will be sitting at the Town Office on Saturday, March 2, from 11 a.m. to 11:30 a.m. to register new voters and for corrections to the checklist. The Town Clerk will also accept registrations during her normal office hours. Saturday, March 2, 2024, will be the last day to register to be able to vote at the School District Meeting to be held at the Strafford School on Saturday, March 9, at 9:00 a.m. Voter registration will be accepted on Town Election Day, Tuesday, March 12, 2024, at Strafford Town Hall. Tuesday, March 12, 2024, will be the last day to register to be able to vote at the Town Meeting, March 16, 8:30 a.m. at Strafford School. Proof of identity, domicile, age and citizenship are required to register. RSA 654:7; RSA 654:12; RSA 669:5

FRIENDS OF THE HILL LIBRARY MEMBERSHIP

The Friends would like to invite you to join us as a new or renewing member. Your dues will help us continue our support of the library.

The Friends...

- Support the children's **Summer Reading Program**
- Reimburse families for **Museum Tickets**
- Support the library **Humanities Programs**
- Purchase the **BookPage** news subscription
- Fund the **Baby Baskets** for newborns
- Support the **Community Garden**
- Celebrate our **Library Volunteers**

You will receive a bi-monthly, emailed newsletter, letting you know how your dues are making a difference. You do **not** need to attend meetings or fundraise, but we would love to hear any ideas that you might have.

So, to join us, decide on a donation that fits your budget. Get a membership form at the library, on the library website under our tab or at the town meetings. Drop it off or mail it. Renewing members will be sent an email. We have a gem of a library, and we hope you will consider becoming a Friend!

Thank you,

The Friends of the Hill Library

Tanya Rich for Strafford School Board



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Scriptural Stations of the Cross

Where: Bow Lake Free Will Baptist Church
530 Province Rd. Strafford, NH 03884

When: Friday March 29th (Good Friday)

Times: 2PM, 4PM, and 6PM

What: An opportunity to engage in a time of prayer and reflection on the final hours of Jesus Christ's life as recorded in the Gospels from His prayer in the Garden of Gethsemane to His burial in the tomb. We will read Scripture, sing hymns and pray together as we consider the cost of what we celebrate on Resurrection Sunday.

Please wear comfortable shoes as we will be walking outdoors (weather permitting) and indoors across our church campus.

HISTORICAL NOTES

The Strafford Historical Society is working with several local families who have found family photographs and old documents that they are willing to share with the Society. We are always eager to learn more about the people and places that have made our community special over the last two hundred and more years. In today's world, it is possible to share old photographs, letters, and even photos of family keepsakes through digital/electronic files, and it is a true delight for us to be able to archive these records for future generations. We are also happy to accept donations to our museum collections housed primarily at Austin Hall. Please reach out to us if you have something you would like to share!

In lieu of the regular March meeting of the Strafford Historical Society, we urge our members to be sure and attend Town Meeting, which takes place on Saturday, March 16, the same day we would normally be gathering. Watch for information about the time and place for our annual joint meeting with the Barrington Historical Society in April.

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 straffordnhhistory@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 the coming year include updating our handicap access ramp to the Waldron Store and repairing windows while we begin to fundraise for a new roof. 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 on-line at strahist.weebly.com.

SCHOOL BOARD

The Strafford School Board would like to remind the community that the annual School District Meeting is being held on Saturday, March 9, at 9:00 a.m. in the school gym, with a snow date of Wednesday, March 13, at 6:00 p.m., same location. This year, Strafford voters will be voting on the school budget for the 2024-2025 school year, and an additional warrant article seeking to replace 20 windows along the side and back of the school. We would also like to remind everyone that Town Elections are being held on Tuesday, March 12, 8:00 a.m.-7:00 p.m.



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NH THUNDER TRACK & FIELD

The NH Thunder Track and Field Program is currently taking registrations for the 2024 Track & Field season. More information and online registration are available on our website: www.nhthunder.com. Registrations will also be taken the first night of practice.

The program will begin Monday, April 15, and will run thru May 29. No practice during April Vacation week. The Track and Field program is open to boys and girls, kindergarten through Grade 8.

Practices will be held Mondays and Wednesdays from 5:15 to 6:45 p.m., with 2 tentative track meets throughout the season. Practices are held at the Coe-Brown Northwood Academy Track. The meets will also be held at Coe-Brown. Times will be subject to change due to High School meets and availability of CBNA athletes.

The Track & Field program is USATF certified. This is a great opportunity to participate in any, and all, track and field events you may be interested in, such as shot put, javelin, long jump, discus, running events and hurdles. Events will be chosen by the guidance of the coaches and athletes together.

The track program only works if we have interested parents to volunteer to help with measuring, timing and supervising the different age groups. No experience is necessary. The Coe-Brown athletes also help to make this program a success.

We are excited to continue to build our NH Thunder

running program, our emphasis is completely on fun and participation. We are looking forward to another great year.

Please call Karyn Fisher at 603-664-6993 or email 5fishers@metrocast.net with questions or concerns.

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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FROM THE TOWN CLERK'S OFFICE

March holds significance for Strafford voters as they choose local government leaders during the Town and School Election on Tuesday, March 12, at the Town Hall. Voters also play a crucial role in determining Town and School budgets by participating in both Annual Meetings. The Annual School Meeting is scheduled for Saturday, March 9, at 9 a.m., and the Annual Town Meeting will take place on Saturday, March 16 at 8:30 a.m., both are held at the school. Remember, you must be a registered voter to vote at these meetings. The last day for pre-election voter registration is March 2. You may also register to vote on Election Day, March 12.

We urge residents to complete dog licensing early, with all renewals required by April 30. After licensing, remember to participate in our Top Dog Contest by sending a photo to townclerk@strafford.nh.gov.

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.

Judy Dupre, who has faithfully served as Tax Collector for the Town of Strafford for many years, is retiring. Please drop by the Town Offices to sign her Happy Retirement Book and extend your best wishes, thanking her for a job well done. Judy has been instrumental in training staff and assisting in the preparation of both customer service windows to handle tax collecting and town clerk services. We appreciate your patience as we navigate this transition.

Connect with the Town Clerk's Office by telephone at 603-664-2192 X102, via email at townclerk@strafford.nh.gov, by mail at PO Box 169 Strafford, NH 03884 or in person at 12 Mountain View Drive (behind the Post Office). However you reach out, we're here for you.

Thank you, Strafford!

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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CONSERVATION NOTES

Bear-Paw Regional Greenways held its annual meeting on February 17 at Coe-Brown Academy. The featured speaker was Dr. Pamela Hunt, of NH Audubon, who offered her expertise on New Hampshire's many bird species. Following the meeting outreach members Karen Festa and Tom Eid led a guided walk at Northwood Meadows Park. I was able to attend the meeting and found it enjoyable and informative. It was good to be around so many people with a heartfelt interest and dedication in conservation efforts.

It should be interesting to see the results of the NH Fish and Game wild turkey survey. My observations, as well as those of others I have spoken to, indicate a dearth of turkeys despite the mildest of winters. We also had an excellent fall mast crop of both acorns and beech nuts which comprise an important part of the bird's diet. The 2023 survey showed an increase in numbers from the previous year with 835 flocks totaling 15,098 turkeys, an average of just over 18 per flock. About three quarters of sightings were at backyard bird feeders, followed by corn and grain fields, then acorns and beechnuts. I saw precious few in drives through Strafford and surrounding towns and very few tracks during numerous woodland hikes. Some of the factors that can affect turkey population detrimentally are excessive rains during nesting season, avian pox, poor mast crop and prolonged cold snaps with deep snows that limit their movements and access to food sources. The survey also features a pie chart of public attitudes towards turkeys and they are welcomed by the vast majority. Here's hoping their numbers are up this spring.

While the growing season is still a way off, the U.S Department of Agriculture has recently released new maps to help gardeners decide what plants can thrive despite the lowest winter temperatures in their location. Southern NH is now in a warmer zone. According to Steph Susinski, Head of Home Horticulture Program at UNH Cooperative Extension, "Peach trees have even more chances of not getting hit by winter injury at those deeper temperatures because we are not experiencing those deeper temperatures as often." Any good news about peach season is welcome after last year's scant harvest due to other weather-related problems.

The Strafford Conservation Commission's Annual Report has been completed and will be available in the Annual Town Report. We hold our meetings at Strafford Town Hall the first Monday of each month at 7 p.m. and encourage anyone with an interest to attend.



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STRAFFORD WOMEN'S CLUB

After our hiatus from normal monthly meetings and, instead, enjoying lunch together in January and February, we welcome everyone to come to our next meeting on Monday, March 25, in the Idlepines Room at the Bow Lake Baptist Church. This welcome back meeting is a potluck to start at noon. We look forward to enjoying all your wonderful cooking. Plates, silverware, cups and beverages will be provided. A business meeting will follow our feast together. New members are always encouraged to come join us. We not only have a wonderful fellowship but also sponsor so many great programs for the Strafford community, e.g., yearly college scholarships, 8th grade award, flowers and/or cookie plates to folks in the community who cannot get out, etc. So do come and join us. If you have any questions, please call Jane, 603-942-9202. Looking forward to seeing you at noon on March 25.

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. 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.

ATTENTION HIGH SCHOOL SENIORS

THANK YOU, STRAFFORD! Because of your generous support, the Strafford Women's Club is able to offer THREE (3) \$1000.00 college scholarships in 2024. This scholarship is open to seniors who attend any area high school, academy, technical school, or are home-schooled; are residents of Strafford; maintain a 3.0 grade point average and seek to further their education in a college, university, or institute. Application forms are available at your high school's Guidance Department or by email, upon request, by contacting Carol Cooper at 942-8164 or bccoop@metrocast.net. All applications must be in our hands by 5 p.m., on April 26, 2024.

Thank you, again, Strafford.

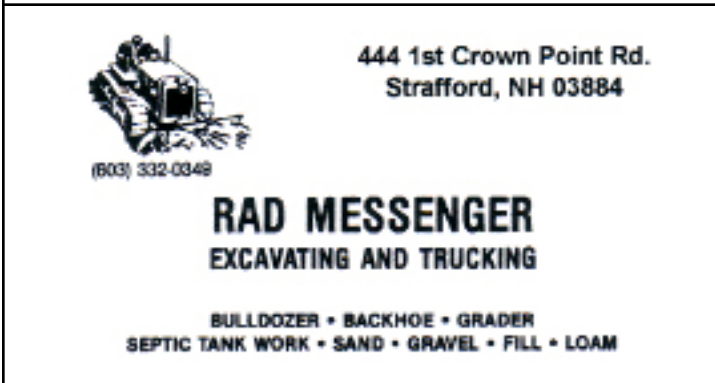


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LIBRARY LINES

Our new Coffee Bar is located next to our Circulation desk so come by and enjoy a hot drink and conversation. Thursdays in March we will be offering a Coffee & Chat time at 1 p.m. And let us know if you are interested in a weekly Puzzle Time. We have many puzzles to check out and to work on with others. Winter is a great time to check one out!

March Programs: On Friday, March 8, at 5 p.m., the Friends of the Library will be sponsoring Harnessing History: On the Trail with New Hampshire's State Dog, the Chinook. This program is made possible by a grant from the New Hampshire Humanities. On Thursday, March 21, at 6 p.m., Holly Gahm will be sharing Backpacking the High Peaks of Colorado: The Collegiate Loop. Join Holly Gahm and Dale Barnes experience 12 days of adventure, friendship, and lots of sweat! On Thursday, March 28, at 6 p.m., join Katie Pagnotta as she reads an excerpt from her book, *Empowered by the Human Design*, and leads a conversation on supporting ourselves and the people around us.

Try out a Book Club: The Hill Library Book Club's title is *Island of Missing Trees* by Elif Shafak and meets Thursday, March 7 at 6:30 p.m. Next month's book is *The Secret Diary of Hendrik Groen 83 1/4 Years Old* by Hendrik Groen. The Cookbook Club meets on Friday, March 15, at 6 p.m.; we will be making soups this month. Stop by and pick up the next cookbook! We are offering a new Thriller/Mystery Book Club called Usual Suspects. Our first meeting will be on Tuesday, March 19, at 6 p.m., and the title will be *Sometimes I Lie* by Alice Feeney. Pick up a copy 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! Book Buddies meets some Wednesdays at noon; this program gives Strafford youth a chance to read and be read to. Call the library to be put on the Book Buddies email list. The Mahjong club is every Wednesday at 1 p.m. and is a lively bunch of patrons! And Thursdays in March we will be offering a Coffee & Chat time at 1 p.m. Gentle Flow Yoga meets Saturdays from 9 a.m. to 10 a.m. Donations gratefully accepted.

Chair Yoga will be held Friday, March 1 and 29 at 2 p.m. Please stop in or call the library at 603-664-2800 to register. Join Greg on Tuesday, March 12, from 2 p.m. to 3:30 p.m. for Computer Clinic for your technology questions. The Caregiver Cafe meets Wednesday, March 13, at 10:30 a.m. and provides support to family caregivers. The Library Trustees also meet Wednesday, March 13, at 6 p.m. this month. Stop by and find out what the Trustees do. The Spinners and Fiber Arts Group meets every third Sunday of the month. This month's meeting is on Sunday, March 17, from 12 p.m. to 4 p.m. Bring your wheel; all levels welcome. On Tuesday, March 26, at 6:30 p.m., there will be a Friends of the Library Meeting. Learn more about membership and what you can do to support the library!

Save the Date:

Wednesday, April 3, at 6 p.m. Backyard Chickens: Pat's Top 10 Diseases of Backyard Chickens

Wednesday, April 17, at 6 p.m.: Henry Dearborn: From Captain to Cabinet Secretary, sponsored by the Strafford Historical Society. This program is made possible by a grant from the New Hampshire Humanities.

Youth Programs: Happy March! Congratulations to all the Readers who made it through the Winter Reading Challenge, you are certainly preparing for summer!!! Youth program themes of the month will be offering recognition to Women's History Month, Celtic history with St. Patrick's Day, and hopefully gardening as the weather allows! Our very first youth book club will meet on March 14 at 4 p.m. You can email me or sign up at the library if you want to join! *Mummies in the Morning* will be available to check out from the library.

There will be more March Mummy Madness for Teen Readers at our movie showing of *The Mummy* on March 22 from 5 p.m. to 7 p.m. Be sure to check our social media for updates and our website for resources! -Miss Chelsea
Storytime: Monday at 10 a.m.

Music & Movement: Thursday at 10 a.m.

Magic Tree House Mummies in the Morning: Youth Book Club: March 14 at 4 p.m.

Youth Astronomy: Saturday, March 16 at 1 p.m.

Teen Movie Night: *The Mummy* March 22 at 5 p.m.

Library Club Sign Ups for April open March 22 at 2 p.m.

Rock + Mineral Club: March 23 at 1 p.m.

Read to Toby: March 26 at 3:30 p.m.

Last Wednesday Storytime March 27 at 10:30 a.m.

Creative Writing: March 30 at 1 p.m.

Pokémon with Nick: April 12 from 5:00 p.m. to 7:00 p.m.

The Hill Library is open 11 a.m. to 7 p.m., Monday through 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 or call 603-664-2800.



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 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>.

STRAFFORD TOWN DEMOCRATS

Whether you are a Democrat, or an Independent who leans our way, the Strafford Town Democrats would love to see you at our next Zoom meeting at 7 p.m. on Tuesday, March 5. Our special guest will be Michael Strand, who is running for Executive Council. For a Zoom link, email strafforddems@gmail.com. At our February meeting, we heard from former Executive Councilor Cinde Warmington, a Democrat running for Governor.

March brings important opportunities for all of us to show our support for public education in Strafford. These include the Town's annual School District meeting, which takes place at 9 a.m. on Saturday, March 9, at Strafford School.

As your summer plans shape up, be sure to save the date for the Strafford Town Democrats' Blueberry Festival, back by popular demand. This fun event will be held on Saturday, July 27, 2024, at the Waldron Store. Come enjoy live music, tasty blueberry dishes and have a chance to meet local Democratic candidates.

Please stay in touch to find out how you can get involved during this important election year. Visit the Strafford Town Democrats online anytime at www.strafforddems.org.



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*Men's Breakfast *

Saturday March 23rd

8 to 9:30am

Bow Lake Church

Idlepines Room

**Men of Strafford and surrounding
areas are invited to our 3rd Free
Men's Breakfast, Fellowship and
uplifting message.**



**Bow Lake Baptist Church
530 Province Rd**

BOW LAKE COMMUNITY CENTER (BLCC) NEWS

Thank you to everyone who supported our February Calendar Raffle! All the daily winning numbers are posted on our website, www.bowlakecc.org, and checks to the winners will go out the first week of March.

The next regular meeting of the BLCC will be on Monday, March 11, 2024, at 6:00 pm 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! Happy St. Patrick's Day everyone!

On Saturday, March 23, 2024, please bring the kids to BLCC (aka the Bow Lake Grange Hall next to the dam) at 11 a.m. to participate in an Easter Egg Hunt! You can also have your pictures taken with the Easter Bunny from 11 a.m. to 1 p.m. This is a free event, however, donations to the BLCC will be gratefully accepted.


Although the BLCC is closed until March 23, 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, and more beginning March 24, 2024! You can email 569grange@gmail.com for more information about available dates, rental rates, and the contract you need.

Beginning in April the Line Dancing will return to BLCC. Check for details in the April *Strafford Community Calendar!*

We are pleased to announce we have procured a new industrial stove with 10 burners and 2 ovens for the BLCC kitchen! We are still working on finishing the refurbishing of the building and the outside stairway and porch. We plan to update and paint the kitchen over the winter months. Please email 569grange@gmail.com if you can help us out.

We have depleted our funds significantly to achieve the much-needed renovations, including siding, roofing, repairs, the new stove, new outside stairs and porch and painting. 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 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!



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Find out if your water meets recommended EPA water quality standards.

Free initial water testing for:
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CHINESE NATURAL HEALTH

Chinese Clock: Our circadian rhythm, or sleep/wake cycle, is our 24-hour internal clock. When the light changes in our environment due to Earth's rotation around its axis, this biological clock regulates our cycles of alertness and sleepiness. During the first four months of baby's life, the circadian rhythm is established with perceptions of day and night. Babies experience rapid physiological changes, including body temperature, the production of melatonin and cortisol, which allow an infant to establish a circadian rhythm that is stable.

As we grow and develop, our circadian rhythm may suffer disruptions which can have health implications for multiple organ systems. Our immune, reproductive, gastrointestinal, skeletal, endocrine, renal, and cardiovascular systems can suffer from a disturbed circadian rhythm.

Similarly, Chinese medicine portrays a Chinese clock: an ancient info-graphic of our body. The Chinese clock describes how energy (Qi) moves through our organ systems in a 24-hour cycle. From 5 a.m. to 7 a.m. Qi is flowing through the Large Intestine. This is said to be the best time to wake up and start the day. It is a wonderful time to exercise your body and move your bowels. The Qi moves to the Stomach from 7 a.m. to 9 a.m., and one should have breakfast during this time. The Stomach energy is very important for a healthy digestive system, and to build immunity. Choose warm foods to support your digestion. The Spleen time is from 9 a.m. to 11 a.m. It is said this is a good time to be focused and utilize your brain power. It is a time to read, study or do work that requires concentration.

From 11 a.m. to 1 p.m. the Qi is concentrated in the Heart, the most important organ in the system. It is time for creativity and doing things that bring you joy. The Qi is in the Small Intestine from 1 p.m. to 3 p.m. when the energy of the day begins to slow down. It is a good time to have a warm lunch and maybe a restorative nap or meditation, in preparation for slowing down for the evening (yin) time. From 3 p.m. to 5 p.m. Qi gets concentrated in the Bladder, and it is a good time to gauge how your own energy is flowing. Often, we start feeling less energized at this time of day; it is a good time for more mundane tasks that are not too demanding.

The Kidneys are said to be replenished from 5 p.m. to 7 p.m. It is important to avoid high intensity exercise or strenuous workouts at this time of day. If possible, exercise and work hard in the morning and unwind and relax in the evening, with a gentle walk or gentle yoga class. From 7 p.m. to 9 p.m. the Qi is flowing through the Pericardium. This is a good time to wind down, spend time with loved ones and eat a light dinner. The San Jiao (or Triple Heater) is considered an extra organ in Chinese medicine that describes more of a combined organ function. Its Qi is strong between 9 p.m. to 11 p.m., a great time to get into bed and go to sleep.

From 11 p.m. to 1 a.m. the Qi is concentrated in the Gallbladder. It is important to sleep and restore during this time. Any difficulty sleeping at this hour, may indicate one is struggling with making decisions in any aspect of their life. The Liver Qi is strong between 1 a.m. and 3 a.m. Deep sleep at this hour is important to detoxify the body. Waking up during this time usually refers to a Liver imbalance, since in Chinese medicine the Liver is said to process our emotions. Lastly, the Lungs are energized between 3 a.m. and 5 a.m., a good yin time to still be sleeping. This is said to be a very spiritual time. Grief and sadness are emotions associated with the Lungs. Waking up during this time may indicate Lung Qi imbalances. If awake during this time, do breathe exercises and meditate to tune and nourish that Lung energy.

The timing of our meals, our social interactions, our work and sleep greatly impact our sleep/wake cycle and have a negative impact on health. Similarly to our circadian rhythm, Chinese medicine offers a time guideline for our day. The Chinese clock helps us understand how to best nurture ourselves and be in flow with life. Due to work and many other life circumstances, it is not always possible to follow the energy clock or our circadian rhythm. Still, one can strive to pay attention to our physical, emotional and spiritual body, and learn to nourish it when we can and in the best way possible, at the best time of day.

STRAFFORD GARDEN CLUB

Strafford Garden Club members enjoyed informal lunch gatherings during our recent "non-winter" months, at Patty B's and the Galley Hatch. After the latter, we surprisingly found ourselves pictured in Foster's news, caught enjoying a good meal and companionship.

Come April, we begin the season with our April 1 potluck luncheon for members. Regular meetings at the Grange Hall resume the first Monday in May. We welcome Strafford residents to all meetings and programs. If you are interested in joining us, information can be found via bnemetz@myfairpoint.net.

If you've been following the club's incentive to provide sustenance through winter by leaving plant seedpods for birds, another idea is offered herein. If you happen to follow the frequent *Concord Monitor* nature articles derived from the *Northern Woodlands* magazine, you will enjoy well written pieces, also beautifully illustrated by Adelaide Tyrol. The most recent piece gave a great deal of information on conifer seeds and their value, particularly stressing the wisdom of leaving fallen cones for wildlife. If you cannot help but clearing them, perhaps leave a pile somewhere for the use of creatures and seed-seeking birds. This is an easy do, to help small creatures get through winter as well as to propagate future pine growth from the leavings in soils, missed by animals.

St. Patrick's Day March 17



EASTER SUNDAY

MARCH 31



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 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)

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.

Cornerstone VNA 603-332-1133
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www.cornerstonevna.org

CHURCH DIRECTORY

Bow Lake Baptist Church 664-7401
530 Province Road, Strafford, NH www.blfbwc.org
Worship Service 10:00 a.m.

3rd Baptist Church of Ctr. Strafford 664-7750
30 Strafford Rd. 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 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, N.H. Worship Service 10:00 a.m.

STRAFFORD LINKS

Bow Lake Camp Owners Association blcoa.org
Bow Lake Community Club www.bowlakecc.org
Bow Lake Yacht Club
<https://www.facebook.com/groups/BowLakeYachtClub/>
BSA Troop 23 Troop23master@gmail.com
Coe-Brown Northwood Academy www.coebrown.org
Hill Library hilllibrary.org
Lakeside Players www.the-lakeside-players.com/
Strafford Bicentennial www.Strafford1820-2020
Strafford Community Calendar
straffordcommunitycalendar.com
Strafford Police straffordpolice.org
Strafford Recreational Sports, Inc. straffordrecsports.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

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.

Calendar of Events

1	Fri		AA meeting: Contact NH Area Service Office at http://www.nhaa.net
		2:00 pm	Senior Chair Yoga at Hill Library (see Library Lines)
2	Sat	9:00 am	Gentle Flow Yoga every Saturday at Hill Library (see Library Lines)
		11-11:30 am	Supervisors of the Checklist sit at Town Hall (see article)
			Last day to register to be able to vote at School District meeting, March 9 (see Supervisors article)
3	Sun		Religious Services see Contacts Page
4	Mon	10:00 am	Storytime every Monday at Hill Library (see Library Lines)
		3:30 pm	Library Club at Hill Library (see Library Lines)
		7:00 pm	Conservation Commission meeting at Town Hall
		7:00 pm	Fire Department Business Meeting
5	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 every Tuesday at Bow Lake Baptist Church (see article)
		7:00 pm	Strafford Town Democrats meet via Zoom (see article)
6	Wed	12:00 pm	Book Buddies 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	Thurs	8-10 am	Food Pantry every Thursday at Third Baptist Church
		10:00 am	Music & Movement every Thursday at Hill Library (see Library Lines)
		1:00 pm	Coffee & Chat every Thursday at Hill Library (see Library Lines)
		6:30 pm	Hill Library Book Club meets at Hill Library (see Library Lines)
		6:30 pm	Strafford Planning Board meeting at Town Hall
8	Fri	5:00 pm	Harnessing History: On the Trail with New Hampshire's State Dog, the Chinook at Hill Library (see Library Lines)
9	Sat	9:00 am	Annual School District Meeting at Strafford School (see Town Clerk's article)
11	Mon	3-5 pm	Town Clerk's Office open for Absentee Voting
		6:30 pm	BLCC meeting via Zoom (see BLCC article)
		7:00 pm	Fire Department Training
12	Tues	8am-7pm	Town and School Election at Town Hall (see Town Clerk's Article)
			Last day to register to be able to vote at Town Meeting, March 16 (see Supervisors article)
			Town Hall open for voting only
		2-3:30 pm	Computer Clinic with Greg at Hill Library (see Library Lines)
13	Wed	10:30 am	Caregiver Cafe' at Hill Library (see Library Lines)
		6:00 pm	Hill Library Trustees meet at Hill Library (see Library Lines)
14	Thurs	4:00 pm	Youth Book Club at Hill Library (see Library Lines)
15	Fri		DEADLINE FOR APRIL ISSUE OF THE STRAFFORD COMMUNITY CALENDAR
		6:00 pm	Cookbook Club at Hill Library (see Library Lines)
16	Sat	8:30 am	Annual Town Meeting at Strafford School (see Town Clerk's article)
		1:00 pm	Youth Astronomy at Hill Library (see Library Lines)
17	Sun		Happy St. Patrick's Day!
		12-4 pm	Spinners and Fiber Arts Group at Hill Library (see Library Lines)
18	Mon	7:00 pm	Fire Department Officers Meeting
19	Tues	5:30 pm	Board of Selectmen meeting at Town Hall
		6:00 pm	Usual Suspects Thriller Book Club at Hill Library (see Library Lines)
21	Thurs	6:00 pm	Backpacking the High Peaks of Colorado: The Collegiate Loop at Hill Library (see Library Lines)
22	Fri	5:00 pm	Teen Movie Night: <i>The Mummy</i> at Hill Library (see Library Lines)
23	Sat	8-9:30 pm	Men's Breakfast at Bow Lake Church (see Ad)
		11am-1pm	Easter Egg Hunt & pictures with the Easter Bunny at BLCC (see BLCC article)
		1:00 pm	Rock and Mineral Club at Hill Library (see Library Lines)
25	Mon	12:00 pm	Strafford Women's Club meeting at Bow Lake Baptist Church (see article)
		7:00 pm	Fire Department Work Session at respective stations
26	Tues	3:30-4:30 pm	Read to Toby at Hill Library (see Library Lines)
		6:30 pm	Friends of the Library meeting at Hill Library (see Library Lines)
27	Wed	10:30 am	Last Wednesday Storytime at Hill Library (see Library Lines)
		12:00 pm	Book Buddies at Hill Library (see Library Lines)
28	Thurs	6:00 pm	Book Talk on <i>Empowered by Human Design</i> by Katie Pagnotta at Hill Library (see Library Lines)
		7:00 pm	Maundy Thursday Services at Crown Point Church (see article)
29	Fri	2:00 pm	Senior Chair Yoga at Hill Library (see Library Lines)
			Scriptural Stations of the Cross at Bow Lake Church (see Ad)
30	Sat	1:00 pm	Youth Creative Writing at Hill Library (see Library Lines)
31	Sun	6:30 am	Easter Son Rise Service at Third Baptist Church (see article)
			Happy Easter! May the Easter Bunny be good to you!

