

GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Vol. VII Issue 4

Winter 2013

Greenland Veterans Sponsor Civic Project

By Wallace Berg

The Greenland Medal of Honor Committee, recently formed, has changed its name, gained stature, and been reorganized. Its mission remains largely unchanged but has been enhanced, and there have been minor changes in membership. It is still a "citizens committee" of veterans and a Greenland civic project, but it has acquired an important sponsor; the Greenland Veterans, Inc. has volunteered to sponsor the effort and assume an active role in the project.

Perhaps unknown to many residents, each year the Greenland Vets are involved in multiple civic and charitable acts such as emergency aid to needy families, hospital visitations, funerals, highway clean-ups, Pease Greeters, school programs, emergency heat and utility assistance, etc. These activities are almost solely funded by the efforts of the Greenland Vets through Christmas tree sales, dinners, and other group efforts. This will be the first time that the Greenland Vets has sponsored a community-wide project to honor our servicemen.

Because the Greenland Veterans, Inc. is a duly authorized federal 501 (c) (3) organization, all donations made to the Greenland Veterans Memorial Committee (GVMC) are tax exempt. All donations over \$100 will be provided a letter receipt; donations of less than \$100 will be provided an e-mail receipt on request. Submit e-mail requests to greenlandvets@comcast.net. The fund drive was officially scheduled for October/November 2013 but donations will be gratefully and legally accepted at any time. This information was included in the mail package sent to every Greenland residence and business in November of this year.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans' membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim Hayden, Bill Bilodeau, Kevin Forrest, Mike Moran, Vaughan Morgan, Wallace Berg, and Florette Berg. Thus far a local monument company has been selected and planning cost estimates are being gathered.

Additional "Remembrance Park" restoration efforts being considered include rearrangement of items on the large platform; these being the cannons, cannon balls, granite seating, and electrical illumination and power outlets. The logic for these proposed changes is:

1. An enlarged and/or rearranged platform would provide a larger stage area, useful for many purposes, and certainly increased seating.

VETERANS Continued on following page •

The Christmas Pageant

By Mark Weaver

The Community Congregational Church is getting ready for the Christmas season. This year's pageant, conceived and written by the Church's fifth through seventh grade Sunday School class, is entitled "One King, Two King, Red King, Blue King: A Dr. Seuss Christmas." The pageant will explore the wonder of the Christmas story as seen through a young girl's dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communitychurchofgreenland.org.

VETERANS HONORED AT GCS



THANK YOU VETERANS! Greenland's Veterans, Pease Greeters, families and students held a special assembly on Thursday, November 7 in honor of Veterans Day. Teachers and students performed music, and heartfelt thanks were expressed. Treats were enjoyed, and all had a great time.

— Photos courtesy of Elizabeth Kendall



Community Congregational Church Christmas Fair

By Heidi Duncanson

The Community Congregational Church (CCC) in Greenland will hold its annual Christmas Fair on Saturday, December 7 from 9 a.m. to 2 p.m. at the Parish House on Post Road/Route 151 in Greenland.

There is no admission for this community holiday event that will feature two floors of merchandise and activities including a cookie walk with hundreds of homemade cookies, handcrafted items made by the CCC Women's Alliance, gifts created by Greenland's Boy Scout and Girl Scout troops, a jewelry table, gourmet foods, and the ever-popular "Nearly New Room" offering



second-hand bargains galore. The fair's silent auction will be the center of the event featuring artwork, handmade items, restaurant gift certificates, passes to area attractions, gift baskets, and more.

A full lunch will be served, as well as fried dough and ice cream sundaes. Around 11:00 a.m., Santa will arrive by fire truck to greet children and share some sweet treats.

For more information about the CCC Christmas Fair, contact the church at 603-436-8336 or visit www.communitychurchofgreenland.org.

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Going Green in Greenland: Conscious Consumption

By Abigail Bassett

Life goes so fast. We say "I'll start that diet tomorrow" or "next year I'll go on a vacation". We are busy. In the busyness, though, we tend to lose ourselves a little bit. Have you ever gone to sleep at night and thought to yourself, "What did I even do with my day?"

The same can be said of the individual parts of our day. We go through the motions and we are on autopilot, never fully giving much thought to what we are doing. I've created the habit where I need to stop and get coffee on my break at work. I do it without thinking about it. I do it a lot of times without bringing a reusable cup either. If I put in a little more effort or a little bit more thought, I would make coffee at home to save money and a tree. I could even still get coffee out, if only I would give it the two seconds of thought required to grab my travel mug.

The worst part though isn't the food consumption; it's the everyday consumption. We are constantly bombarded by deals and new low prices that seem enticing at face value. We never stop and put thought into what it is we are actually buying. Where was that three dollar t-shirt made? Are you buying it in a local boutique or a giant retailer? Do you even really need another t-shirt?

We tend to buy things on impulse, because it seems like a deal. How could I not buy that scarf? It's only five dollars and it's so cute. We rationalize and buy things we don't need because we are too busy to give it enough thought. I've gone into Target and come out with a notebook, a candle, and a bottle of nail polish all because they were on sale. All of those things still sit on their respective shelves, unused.



As human beings we need things to get by, but what we need has also been blown way out of proportion. If we bothered to really look through all the shelves and drawers in our houses, we'd find infinite stuff. Some of it has never even been used. Where did it all come from? I genuinely can't remember buying half the things I own.

I think it's time that we start really thinking about exactly what and why we buy. Do we need it? Are we just buying it out of boredom or sport? If we think about exactly what we are consuming and why, maybe we'll all start consuming a little less. In turn, we'll create less waste; and we might feel a little lighter with a little less stuff holding us down.

VETERANS FROM PREVIOUS PAGE

2. The cannons/balls are showing weather deterioration/decay. They urgently need treatment and periodic maintenance. Powder coating is being considered for metal components and replacement of some wooden components.
3. The existing electrical installation is showing its age and is becoming a maintenance expense for the town; monument illumination is minimal even when working.
4. A special, smaller monument is being planned for Greenland Medal of Honor recipient Hudson Van Etten; it will be a permanent part of the park.
5. The Greenland Vets have a copy of an early photo-

graph of Mr. Van Etten. It is to be professionally enhanced, and the photo and citation are to be custom framed and displayed in the veterans' hall. The Greenland Vets are trying to locate other photos of Mr. Van Etten. Please contact the Greenland Vets if you have one.

The existing "Remembrance Park" monuments include Greenland participants from the two World Wars, Korea, and Vietnam. The new proposed monuments, at least two, will cover the American wars since Vietnam. These new monuments will be made from polished black marble, as featured at the National Vietnam Memorial in Washington D.C. The Vietnam Memorial, employing new technology on polished black marble, is easily maintained and names can be added as necessary. Use of this technology will permit periodic name updates on our monuments in the years ahead, as needed. A three-dimensional, scale model is available for viewing at the veterans' hall. This model shows both the present site layout with existing monuments and the positioning of the proposed new black monuments. Some site modifications may be necessary to better accommodate them.

We have begun the search for the names of Greenland residents who joined the military since the end of the Vietnam War, and served during a time of conflict. If you have knowledge of any Greenland residents who may be eligible for a monument inscription, please let us know. Information needed is the person's name, dates of service, and official "home of record" as shown on the enlistment record. The government Privacy Act makes data search very difficult. Mail this information to Greenland Veterans, P.O. Box 92, Greenland NH 03840 or e-mail it to greenlandvets@comcast.net.

If all goes as planned, there will be a formal dedication of the new "Remembrance Park" on Memorial Day 2014. Please, if you have not yet made your donation, do so now. One hundred percent of every dollar is devoted to making our "Remembrance Park" a place of honor and respect for those who have and are serving — a place of civic pride. Contributions are tax exempt.

This is an update to the original article which appeared in the Grapevine fall 2013 issue. A follow-up article will appear in the Grapevine spring 2014 issue.

ABOUT GREENLAND GRAPEVINE

Our Mission

To improve the quality of life in Greenland by informing you of news, events, updates, and opportunities within Greenland so each of us can be a part of the community.

Committee Members

- ▶ Nancy Bassett - Secretary, Content Manager
- ▶ Trudie Bergeron - Director, Copy Editor
- ▶ Barbara Fleming - Proofreader
- ▶ Jacque Gravelle - Proofreader
- ▶ John Hirtle - Layout
- ▶ Lauren Hudson - Copy Editor
- ▶ Karen Johnson - Copy Editor
- ▶ Sara MacCorkle - Advertising Representative
- ▶ Margaret Mooers - Proofreader
- ▶ Erica Rahn - Treasurer, Public Relations
- ▶ Lisa Rothermich - Proofreader

Content Policy

- ▶ Articles submitted must include the organization's name and the author's name and telephone number for possible verification prior to publication. They may include e-mail addresses and additional information for a contact person if different than the author.
- ▶ Articles shall be published on a first-come, first-served basis, or as space permits in the *Greenland Grapevine*.
- ▶ The *Greenland Grapevine* may edit or omit any article or advertisement deemed as inappropriate by the Board of Directors.
- ▶ The *Greenland Grapevine* reserves the right to edit articles for content and space limitations without notifying content author.
- ▶ Greenland businesses may submit articles for publication, provided that content is pertinent to the community and is not explicitly promoting the business.
- ▶ The *Greenland Grapevine* makes every attempt to produce accurate content and shall not be held liable for any errors or omissions in articles or advertisements.
- ▶ Graphics must be submitted according to the size of purchased advertisement at 300 DPI resolution. Advertisements that do not meet these specifications are subject to editing or conversion. Advertisement proofs will not be sent to advertiser prior to publication.
- ▶ The due date for the Spring 2014 issue of the *Greenland Grapevine* for both content and advertising is January 1, 2014. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

Disclaimer

Articles and content do not necessarily represent the views of *Greenland Grapevine* or its committee members. *Greenland Grapevine* makes no warranties, guarantees, or representations of any kind as to the information contained in this newsletter.

Contact Us

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Greenland, NH 03840
GreenlandGrapevine@comcast.net
To place advertisements, please contact Sara MacCorkle directly at GreenlandGrapevineAds@yahoo.com

Masthead Image Courtesy of Charlie Evatt

Thank You to Our Donors

By Greenland Grapevine Committee

We are funded 100% by advertisers and donors. We thank those who donate to the *Greenland Grapevine*. Please contribute today to keep this newsletter going strong!

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Writers

We would love to hear from you, please share what is going on within the community. Consider submitting a story about a recent trip, adventure, exhibit, history, etc. Let's keep the paper interesting! Submit your articles and photos to GreenlandGrapevine@comcast.net



FROM THE GREENLAND VOLUNTEER FIRE DEPARTMENT



Stay Safe in 2014

- Seatbelts:**
Buckle up. Seatbelts really do save lives. Airbags are not an alternative to wearing a seatbelt.
- Motorcycle and Bicycle Helmets:**
They also save lives. Buckle your helmets (motorcycle and bicycle); if it's not buckled, it will not protect your head. Kids grow; make sure their helmets still fit correctly.
- Snow Blowers:**
Keep your hands to yourself! Never use your hands to fix a clogged auger or discharge chute.
- Space Heaters:**
Place them at least three feet away from anything that can burn. Turn them off before going to bed.
- Smoke Alarms, Carbon Monoxide Detectors, and Fire Extinguishers**
Test each alarm and replace the batteries in each alarm every six months.
Have a smoke alarm on each level of your home and near sleeping areas.
Have a carbon monoxide detector on each level of your home and near sleeping areas.
Keep fire extinguishers in key areas of your home and know how to use them.
- Fire Drills and Meeting Places**
Practice a fire drill in your home. Practice "Stop, Drop and Roll" with your children.

Identify two ways to exit each room in case of a fire. Designate one outside meeting place for your family (for example: the mailbox) in case of a fire or emergency.
If you have children, decide who is responsible for getting each child out of the home in an emergency.



- Home Safety**
Schedule an appointment to have your furnace or boiler and your chimney cleaned and inspected. Remove any gasoline from inside your home or attached garage. Store it away from the home in a well-ventilated area.
Put non-slip strips in your tub and shower.
Install night lights in the hallway. Put a flashlight in each bedroom. Use a fireplace screen.
Use plastic instead of glass near the pool.
Cover any spa or hot tub when it is not in use.
If the power goes out, use flashlights instead of candles. Check all the outlets in your home for overloaded sockets or

- extension cords.
- If Young Children Visit or Live in Your Home**
Turn down your hot water heater to 120 degrees or less to prevent burns.
Turn pot handles toward the back of the stove when cooking. Store all matches and lighters out of reach of children.
Put hot food and drinks near the center of the table only. Put down your hot drink when carrying a baby.
Use flameless candles.
Turn over buckets so water cannot accumulate and become a drowning danger.
Post the Poison Control hotline number (1-800-222-1222) next to your phone.
Put an infant to sleep on his/her back and remove any soft bedding, stuffed animals, and pillows from the crib.
Move cribs and furniture away from windows so children don't climb up to look out and accidentally fall.
Tie cords for windows and blinds out of a child's reach.
Cut your toddler's food into small bites and don't leave them alone while they are eating. Cut hot dogs into half-moon shapes.
Use safety straps on highchairs and changing tables.
Test small toys for choking hazards—if it fits in a toilet paper roll, it's too small. Pick up any small items, such as coins or buttons, that can be choking hazards for infants and toddlers.

Heart Attacks: Know the Warning Signs

Heart disease is the number one killer of both women and men. Men and women respond differently to a heart attack. If you think you may be having a heart attack, call 9-1-1. You will benefit most if you seek fast treatment.

What are the warning signs of a heart attack?

The American Heart Association and other medical experts say the body likely will send one or more of these warning signals of a heart attack:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain in the center of the chest.
- Discomfort in other areas of the upper body. Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.
- Shortness of breath. Often comes along with chest discomfort, but it also can occur before chest discomfort.
- Other symptoms. Chest discomfort with light-headedness, fainting, nausea, anxiety, nervousness and/or cold, sweaty skin. Paleness or pallor, increased or irregular heart rate.

- Pain or discomfort in the center of the chest. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach. The pain can be gradual or sudden, and it may wax and wane before becoming intense. Sometimes people mistake stomach pain that signals a heart attack with heartburn, the flu, or a stomach ulcer.
- Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, fatigue, or light-headedness.



Did you know?

- Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.
- Women tend to be about 10 years older than men when they have a heart attack.
- Women are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—five minutes at most—to call 9-1-1.

For additional information visit the National Heart, Lung and Blood Institute at www.nhlbi.nih.gov and Health Central at www.healthcentral.com.

You Go Girl...to the hospital!

Women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Some of the additional heart attack signs women need to pay attention to are:

G.V.F.D. Wants You!

We still need volunteers! Learn a new skill and get involved in the community. No experience? No problem. We provide free training. You must be at least 18 years old and reside in Greenland or an abutting town. Come to our monthly business meeting on the second Tuesday of the month at 7 p.m. at the fire station, or visit the Web site for more information www.GreenlandFire.org.

The Greenland Volunteer Fire Department is comprised of men and women living in Greenland, though a few members reside in abutting towns. They have each trained, on their own time, to become certified New Hampshire Firefighters and/or nationally registered Emergency Medical Technicians. Probationary members are still in training.

Thank you to Greenland's current and past volunteer firefighters, EMTs, dispatchers, support personnel, and Ladies Auxiliary members. Take a moment and thank one of Greenland's many wonderful volunteers, especially the firefighters and EMTs. Where would our community be without our volunteers?



G.V.F.D. Roll Call

Greenland Volunteer Fire Department Officers

- Chief
Ralph Cresta Jr.
- Deputy Chief
Myrick Bunker
- Captain
Ted Hartmann
- Captain
Rick Hussey
- Captain
Kevin Schmit
- Engineer
Brian DiPietro
- Engineer
Matt Tobey

Firefighters and EMTs

- Mo Sodini
- Eric West
- Max Brown
- Tom Tillman

Firefighters

- John Seavey
- Bill Bonnacci
- Tom Maher

- Chip Hussey
- Emery Eaton
- Chris Pearl

EMTs

- Dan Gravelle
- Derek Simpson
- Judy Graham
- Rob Holt
- Jim Black
- Colleen Sodini
- Kathi Hussey

Dispatch

- Dick Hazzard
- Rhonda Bunker

Probationary

- Rob Gill
- Chris Beauchemin
- Thomas Duplessis
- Bruce Morse

Support

- Harold Buzzell
- Kathy Cresta
- Vaughan Morgan
- Sara MacCorkle

Be a Good Neighbor...

Keep an eye out for your neighbors, especially in the winter. Snow and ice result in many slips and falls. Reach out to your neighbors with a phone call or visit—don't wonder if they are OK, make sure they are.



If you are concerned and unable to reach your neighbor, request a well-being check from the Greenland Police. Call Rockingham County Sheriff Dispatch at 603-772-4716.

New Registration Services Available

By Marge Morgan, Town Clerk

The Town Clerk's office has added some conveniences for our residents this year. We are now able to register resident and non-resident boats and off-highway recreational vehicles (OHRVs), as long as they are operated in our water or on our trails in New Hampshire, e.g. ATVs, snowmobiles, etc. After two days of intensive training in April and September, we have all the information and decals available to make your registration experience convenient. Being on Great Bay and located near the ocean, woods, and mountains, Greenland residents have many opportunities to relax and enjoy our state. Please feel free to contact us with any questions you might have by calling the Town Clerk's office for information at 603-431-7111 x1. You may also check out the town Web site at www.greenland-nh.com for additional information.

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Help for the Homeless During the Holidays

By Martha Stone

On most nights at the Cross Roads House homeless shelter in Portsmouth, nearly every one of our 96 beds is filled. Since 1982, Cross Roads House has provided shelter and assistance to the homeless from Rockingham, Strafford, and southern York ME counties. Last year we served 386 local community members including 26 families with 51 children. Our volunteers prepared and served 20,000 nutritious meals for our residents.



There are several ways you can help this holiday season:

- ▶ Make a financial contribution. Gifts at all levels help us run the shelter, which is open 24/7. Three-quarters of our operating budget comes from private donations.
- ▶ Contribute an item from our wish list. Each shelter resident receives a gift bag filled with items contributed by donors.
- ▶ Become a volunteer. Orientations are held monthly. Most volunteers help prep, cook, and serve dinner.

Holiday Wish List

New items for men and women: hats, gloves, rain ponchos, socks, underwear, thermal underwear, wallets, watches, small daily planners, bike locks, and bike helmets.

The following types of gift cards are especially useful: Wal-Mart, gas stations, Rite Aid, grocery stores, Fox Run Mall, movie cinemas, bike shops, Bowl-O-Rama, Coast and C and J buses, taxis, local restaurants, and pre-paid cell phone minutes.

Toiletries: toothbrushes, toothpaste, deodorant, disposable razors, shaving cream, shampoo, and first aid supplies. In addition to full size products, unopened travel sized toiletries are particularly useful.

Donations can be mailed or dropped off to: Jessica Parker, Cross Roads House, 600 Lafayette Road, Portsmouth NH 03801.

Questions? Contact Jessica at 603-436-2218 x 112 or e-mail j.parker@crossroadshouse.org. To view a complete list of items we need year round, or learn about volunteer opportunities, please visit our Web site at www.crossroadshouse.org.

Introducing the Alliance for Art, Healing, and Adventure

By Suzan Lang, BSN, RN, and founder of AAHA

The Alliance for Art, Healing, and Adventure (AAHA) is based on a few important principles — love, action, and wisdom, in equal parts, to help transform the suffering of the human experience and elevate people through art, integrative healing, and spiritual travel. The more people take charge of their own health the better off we all are as a whole.

Art, in all its forms, benefits the brain by activating the non-thinking, right side, spatial, and intuitive part of the brain, which allows us to access ways to solve problems in a creative way. Simply, art enhances cognitive abilities and the ability to grow and gain in knowledge. The creative process and reflecting on art also increases a sense of self-awareness and awareness of others. At the Alliance, art is used exactly this way. Sumi-e, Japanese brush painting, is a form of art that is taught as meditation: meditations in ink. The process of grinding the ink, loading the brush, and moving the brush in a specific way to create beauty is all part of the meditation.

With over 25 years of practice as a nurse I have researched and learned many "alternative" modalities which provide relief from pain, speed up healing time, enhance a sense of well-being, and even eliminate illnesses without side effects. Alternative practices have evolved over time, and the word "fringe" was sometimes used to describe what is now being called integrative medicine. So we have gone from fringe to alternative to complimentary to integrative. Scientific studies have helped this along and some modalities such as Reiki, acupuncture, massage, chiropractic, and herbal remedies, just to name a few, have been found to demonstrate the above benefits. Integrative services are present in many hospitals now and some medical schools are also beginning to incorporate

classes in their curriculum. Eighty percent of Americans who go to the doctor have used some kind of alternative medicine. It is extremely important you share with your doctor all the herbal and over the counter medications you are taking. Even though herbal remedies are natural they may interfere with prescription medications.

Among the alternative modalities many forms of massage are available. The Hawaiian massage, Lomi Lomi, especially, has many benefits. Lomi Lomi is based on Hawaiian spirituality. Fundamentally, we are all connected and we are all born as beings of light. From a body perspective Lomi can help to reduce stress, remove pain, reduce symptoms, relax the nervous system, improve circulation and digestion, as well as give your skin a glow by helping to open the pores to breathe better. The spiritual aspects of the massage can help to open your mind, give way to emotional support and enlighten the spirit resulting in contentment and clearer thinking. The Lomi massage is done with slow rhythmic movements which send messages to your brain allowing you to connect to your whole body rather than individual parts.

I believe the most important journey we take is the path to discovering our own divine nature. Spiritual retreats are one of the ways that can help us along this path. Retreats that immerse you in alternative cultural and spiritual traditions provide opportunities to expand your mind and help you experience different world views. That power can free you from limitations that may be holding you back from your greatest potential. Spiritual retreats create deep connections, heart-felt renewal, inspiration, clarity, and peace of mind.

At the Alliance for Art, Healing, and Adventure we have an art gallery, hold art classes, and make Spirited and Sacred jewelry. Integrative services include Reiki, Reiki classes, and a community Reiki clinic every Monday night from 6 to 9 p.m. We offer Lomi Lomi massage and training.

Alternative cultural and spiritual venues are offered frequently. Spiritual retreats to Peru for May 25-June 7, 2014, and China, Greece, and Japan in 2015 are currently being planned.

Stop by to visit the gallery, sign up for a class, or treat yourself or someone you love to a session at 30 Riverside Dr., Greenland, or feel free to call Suzan Lang at 603-334-6484 or 603-345-6221.

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Letters from Vets

By Wallace Berg

The Pease Greeters do a great deal to support our troops. Not only do they meet all the planes flying through Pease regardless of the hour, but they also put together care packages and send them to our troops overseas. All that they do means a great deal to our troops. Below are two letters that they recently received. At the bottom of the article, please see ways that you can help.

Greetings again.

We received the two care packages today (food in one, hygiene in the other) and our shop along with the other people (Marines and Air Force) who work with us were knocked out.

The generosity and kindness you all show is truly appreciated and enjoyed by all. We passed out the phone cards in literally five minutes (our current marines are headed home in a month and their replacements will be here in a couple of weeks to transfer over knowledge), plus, big PLUS, you sent Crest toothpaste (they don't carry Crest in the BX here so I snagged a tube for myself).

Everyone in my shop is writing (e-mail or included in the box we are sending you) to those who included their name or e-mail address. I got one from Michael who is six and his sister got a baby bearded dragon named Ed and he has a fish pet dog (if you can find who he is, I have included something special for him in the box).

Tell everyone a big thank you and attached is our shop picture (we have three civilians with us) and share a work floor with about 50 Marines/Air Force/Civilians. Thanks again. YOU ALL ROCK!!!!!!

V/R
CPT Anthony Burmeister
CJLTF-NEXUS

Received the two boxes yesterday. Thank you very much! One went to the Chaplain's office where we keep a sort of "General Store" of free stuff open for all of our Marines in the Wing, that was after all of the cards and letters went up on our door to Medical.

The other box went forward to a Medical Evacuation Squadron currently manned by folks from the New Hampshire Air National Guard. Miss New Hampshire (current or former, not sure...) is up there now as a Medic and the whole crew is doing a bang up job as one of the busiest Medevac groups in the country. So thank you very, very much for the packages, and please know they are very much appreciated and going to a very good cause!

Thank you very much for the support! GO SOX!!!!

Best regards,

CDR Joseph O'Brien, MC, USN
Originally from MAINE !!
Wing Surgeon
2d Marine Aircraft Wing (FWD)

If you would like to help support the Pease Greeters and the work that they do for our troops, you can help with either monetary donations or donations of products for care packages. You can make monetary donations at our Web site, www.peasegreeters.org/donate, or make your check payable to The Pease Greeters Fund, Inc. and mail it to: Pease Greeters, P.O. Box 22311, Portsmouth NH 03802-2311

*These are Only a Few of the Services
We Have Provided to Our Troops*

- Coffee and Tea
- Calling cards
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- Care packages
- Website
- Lemonade
- Phone bank
- Cell phones
- Pizza
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- Warm welcomes
- Sports equipment
- Donuts
- Photographs
- Flag stars
- Soda
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- Knitted hats
- Games
- Candy
- Historical artifacts

A "Berry" Good Idea

From the NAPSI Web site

If you're careful and enjoy healthy meals during the many celebrations, you may not have to resolve to change your diet in the new year. Fortunately, some tasty, traditional foods can be a big help. Recent scientific research shows that cranberries contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer, and other diseases.

Combining them with nutritious rice increases the nutrition even more. One quick, easy, and economical way to enjoy cranberries is with RiceSelect's Texmati® rice in a Cranberry Pecan Rice Pilaf recipe.

Cranberry Pecan Rice Pilaf

- 2 tablespoons butter
- 1 cup uncooked Texmati rice
- 1 3/4 cups chicken broth
- 3/4 cup grated Parmesan cheese
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans, toasted
- 1/4 cup sliced green onions
- Salt and ground black pepper, to taste

Melt butter in 2-quart saucepan over medium heat. Add rice; cook and stir 2 to 3 minutes. Add broth and heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove from heat.

Stir in cheese, cranberries, pecans, and onions. Season to taste with salt and pepper.

It makes for a nice side dish when entertaining or just for the family, and if you add a little leftover turkey, it can provide your protein as well.



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January 25 - Rollinsford
February 8 - Exeter
February 22 - Rollinsford
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March 22 - Rollinsford
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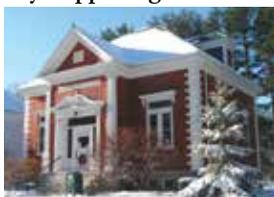
Got a Great Greenland Photo or Story? Please send it into greenlandgrapevine@comcast.net prior to January 1 for our next issue.

From the Friends of Weeks Library

By Joann Duncanson

One of the best things about being an active member of the Friends of Weeks Library is the chance to see firsthand just how much goes on there. Whoever said that libraries would soon be obsolete hasn't been in ours lately. Books (eBook and hard copy) are still being borrowed by young and old at a steady pace, movie buff regulars come in to find their favorite films on DVDs, many people drop by to use the computers, and some even come for sociability and a bit of serious card playing. And that is just the tip of the Weeks Library iceberg.

At our Friends' monthly meetings, when library Director Denise Grimse gives her report of the previous month's statistics, we are amazed to see the amount of activity happening in such a compact space. Credit for this goes to our dedicated staff members who continue to work their magic while an answer for our current space problem is being sought.



Meanwhile, the Friends of Weeks Library continue to help in any way we can. Whether it is raising money for needed services or equipment, or helping with refreshments on special occasions, we enjoy being a part of our town's library.

Are you a Friend of Weeks Library? We meet on the second Monday of the month at 6:30 p.m. and would be happy to welcome you—and your input—any time. For more information, contact Debbie Bauder at 603-373-8833.

Weeks Public Library Winter Programs

www.weekslibrary.org

Children's Programs

- ❑ **Family Story Times**
Thursdays at 10:00 a.m.
Sessions run from December 5 through January 30 and from February 20 through April 10.
No story time on Thursday, December 26.
Join us for stories, a craft and fun! All ages welcome, no registration required.
- ❑ **Holiday Drop-in Craft Week**
December 2-6
A variety of holiday crafts will be available in the Children's Room all week.
- ❑ **Children's Holiday Party**
Thursday, December 12, 2-3:30 p.m.
Pre-K through Grade 4
Come celebrate the holiday with crafts and more!
- ❑ **Winter Drop-in Craft Week**
January 13-17
A variety of winter crafts will be available in the Children's Room all week.

- ❑ **February Valentine Drop-in Craft Week**
February 3-7
A variety of Valentine crafts will be available in the Children's Room all week.

See our monthly newsletters for additional events for children, adults, and junior high kids. Events are also posted on our Web site and on Facebook.

Library Holiday Closings

- ❑ **Christmas Eve**,
Tuesday, December 24, Closing at 2:00 p.m.
- ❑ **Christmas Day**: Wednesday, December 25
- ❑ **New Year's Eve**
Tuesday, December 31, Closing at 2:00 p.m.
- ❑ **New Year's Day**, Wednesday, January 1, 2014
- ❑ **Martin Luther King Jr. Day**: Monday, Jan. 20, 2014
- ❑ **Presidents' Day**: Monday, February 17, 2014

Weeks Library Services to Remember:

Library Online Services

- ❑ **NH Downloadable Books.**
Download eBooks and audio books from the NH Downloadable Books site. Special free software is required and available through the OverDrive site. Now available: Advantage titles! Please Sign In before searching for best results in viewing our expanded collection. Please note when you go to Amazon's site or utilize Adobe Digital Editions the library's customary privacy protections no longer apply. Use your card number and PIN.
- ❑ **Freegal™ Music Service.**
Download individual songs to your computer and move them to your favorite device. Apps are also available for Apple and Android devices. Get the app for the 2nd generation Kindle Fire at <http://slideme.org/application/freegal-music>. Now available: Music Videos! Each music video will count as two of your allowed three songs per week. Use your card number and your PIN.
- ❑ **Mango**
Mango, an online foreign language learning system, provides basic



and complete language learning programs depending on your needs. Learn Arabic, Mandarin Chinese, French, Irish, Pashto, Portuguese, Russian, Urdu and more! Library code and card number needed.

- ❑ **Learning Express Library**
features Learning Centers which include SAT and ACT practice tests, skill-building courses and information for success at school, at work or in life. Resources are appropriate for grades four through adult. This service also includes eBooks for specific tests and various skills. This is a great resource for homeschooling. Computer Skills Tutorials for PC and Mac computers. Be sure to try out this great product. Library code and card number needed.
- ❑ **Universal Class**
is an online education service that provides business and financial courses. Use the library code and your library card number to log in and begin learning something new! Windows 8 class available!! Library code and card number needed.
- ❑ **Heritage Quest**
provides at-home access to a



collection of genealogical and historical sources, with coverage dating back to the 1700s. Find many family and local history books and articles. Call for the library's Username and Password.



Free and Discounted Museum Passes Available at the Weeks Library

- ❑ **Boston Children's Museum** provided by the Friends of the Library
- ❑ **Children's Museum of New Hampshire in Dover** provided by the Greenland Women's Club
- ❑ **Currier Museum of Art in Manchester** provided by the Friends of the Library
- ❑ **Museum of Fine Arts in Boston** provided by the Greenland Women's Club
- ❑ **Museum of Science in Boston** provided by the Friends of the Library
- ❑ **New England Aquarium in Boston** provided by the Friends of the Library
- ❑ **The Seacoast Science Center in Rye** provided by the Greenland Women's Club



Plan great family outings! Call to reserve a pass or check on availability.
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Community Toolbox: A Safe and Healthy Home for Everyone

By Cheryl Van Allen, Executive Director

There is a great need in our community that is not being met—small home repairs for homeowners in need. There are good people in need—veterans, senior citizens, people with disabilities, and people who have fallen on hard times—neighbors in our community living in disrepair or worse, losing their homes, because they can't afford simple repairs. A small group of experienced non-profit leaders saw this need and decided it was time to do something about it. Hence, Community Toolbox was born.

Community Toolbox (CT) has a mission to bring volunteers and communities together to improve the homes and lives of homeowners in need. CT believes that everyone deserves to live in a safe and healthy home. People shouldn't be forced to choose between food or mortgage payments and the home repairs necessary to keep them safe and warm.

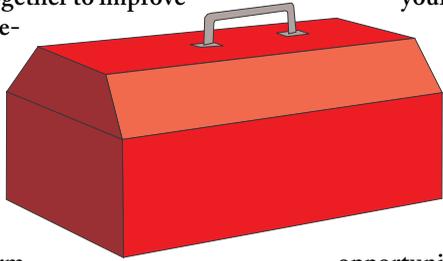
Our focus is to provide critical repairs, accessibility modifications, and energy efficient upgrades to low income and at-risk homeowners. "We believe in neighbors helping neighbors, communities rallying together to lend a hand and help one another in times of need," says Tom Boisvert, board chairman.

Community Toolbox is a three-armed business: the Fix-It Program, the Deconstruction Program, and the Retail Outlet.

The Fix-It Program is why we were founded—it is the heart and soul of our business. The program's premise is that it takes a village. When neighbors help neighbors, we can take care of our own. Just like the old days of "Yankee barn raising," we can pull together to help our neighbors by providing basic repairs in their homes so they won't have to choose between home safety or health and putting food on the table.

Our program services NH clients within 30 miles of Portsmouth. We accept clients through referral agencies such as community action programs, welfare departments, senior and veteran care programs, etc. We provide small, basic repairs (front steps, grab bar installation, mobile home roof repair, small plumbing repairs, and accessibility repairs, for example) for the cost of materials. All labor is provided by a volunteer team, which allows us to keep the job costs low.

Obviously, we will need a way to help fund this program, and while the public is encouraged to support us financially with their generosity, we want to try to be more self-sufficient, providing opportunities for the community to be involved and get something out of it in the process.



The Deconstruction Program is designed to help us bring in funds, while helping those who are doing home renovations save money on their projects. We tear things down to help lift people up.

What IS deconstruction? Deconstruction is the hand demolition of buildings or rooms in the reverse order of their construction in order to carefully remove materials for reuse and recycling. What are the benefits? As a homeowner, when you choose Community Toolbox for your deconstruction project, you will be keeping down the costs of your kitchen or bath project, while using our fully insured team of volunteers. In addition, you will be donating the reusable materials from your project to be resold to the general public at deep discounts in our Retail Outlet. This provides you a tax deduction, as well as the

opportunity to help us raise money to fulfill more Fix-It requests in our community.

As a contractor, when you use our Deconstruction Team, you will be working with a professional, fully insured team of volunteers. We will come onto your work site and for a small fee, remove all reusable materials, saving you money in labor costs and disposal fees. By reducing your costs, you will be able to provide a more competitive price to your customers. Donations of materials are tax deductible.

The Retail Outlet is a way for you to shop for a bargain while you help raise money to lend a hand to your neighbors in need. A program of Community Toolbox, Inc., the Retail Outlet supplies overstocked, discontinued, new and used cabinets, doors, and windows donated by manufacturers, stores, contractors and individuals. These donated items are sold to the public or used in our Fix-It Program to help our neighbors in need. All net revenue from sales is used to support our Fix-It program.

What do we accept for donations? Kitchen and bathroom cabinets, kitchen, bathroom, and utility sinks, doors, windows and flooring. If you have a donation or questions about what we accept, please give us a call at 603-294-0479.

Yes we have a lot going on, and we are looking for YOU to help spread the word, come volunteer, give us a shout with your donations. It takes a village, and we need YOU to help us help them. For more information, e-mail info@commtoolbox.org and check out our brand new Web site www.commttoolbox.org.

We look forward to hearing from you!

Reminder: Public Access To Portsmouth Country Club

When golf season ends, Greenland residents may enjoy a right to access the Portsmouth Country Club property for passive recreational uses, without causing damage to the premises.

That is, when the ground is frozen, the public may enter upon the land for hiking, sledding, and cross-country skiing. The Country Club can post restricted areas that could be damaged, such as greens, tees, sand traps, and the like, to be sure that they are protected from accidental damage by persons using the area.



Members of the public should take care to use the land carefully, obey any reasonable restrictions on where cars should be parked, and avoid the sensitive areas that could be accidentally damaged. The Country Club property allows citizens to see and enjoy open space and areas along the shore of Great Bay. It offers views that are not available from any other location in the town. Please use this valuable access entitlement, but treat the land with respect so that this access will be available for others to enjoy in the future.

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Hospice Seeking Compassionate Volunteers

By Whitney Blethen

If you have a passion for caring for others, and if you're looking for a way to make a difference in people's lives, please consider becoming a Beacon Hospice Volunteer.

The Beacon Hospice approach to care creates an environment of hope, comfort, and dignity for both hospice patients and their families. Our patient-centered approach extends through our volunteers, as a helping hand and calming presence can make an enormous difference in the lives of others.



As you can imagine, the activities you will do as a Beacon Hospice volunteer may come in many forms. From reading at a patient's bedside and knitting lap blankets, to joining Reiki and pet therapy programs...there is something for everyone. With many different and unique volunteer opportunities, all free of cost, becoming a Beacon Hospice

volunteer is a great way to make a lasting difference in your own life and in the lives of others.

New volunteers are asked to complete an application and participate in a 20-hour training program. Our next training session is scheduled for spring of 2014 in Portsmouth, as well as at the Hyder Family Hospice House in Dover. Class size is limited. Ongoing supervision, support, and continuing education follow the initial training period.

To request an application or to get additional information regarding becoming a hospice volunteer, please call Whitney Blethen at 603-433-2480 in Portsmouth, or Rondi Boyer at 603-740-8500 at the Hyder Family Hospice House.

For more information contact Whitney Blethen or Rondi Boyer at the phone numbers listed above or check out our Web site www.beaconhospice.com.

Got a Great Greenland Photo or Story? Please send it into greenlandgrapevine@comcast.net by January 1 for our next issue.

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Seasonal Driving Checklist

From the NAPSI Web site

Whether drivers are trading out their ice scrapers for an open sunroof or putting the cover on the convertible after another summer driving season, experts advise that seasonal car prep should go beyond the basic wash and wax.

With that in mind, consider these car care tips for keeping your vehicle looking and running in tip-top shape.

Check tire tread depth. To check tread depth, look inside the grooves on the tire. At every 6 to 10 inches, a raised wear bar will appear, and if the tread is worn to the same height as the bar, it's time to replace the tire. Make sure to check for wear at several spots on each tire, as wear may not always be even. If new tires are needed, be sure to follow your vehicle manufacturer's recommendation for size and type of tires, as the wrong tire can hurt vehicle handling.

Verify battery strength. Don't assume all is well with the car battery just because your vehicle starts. While some drivers may be able to check their own battery, this is usually best left to the professionals.

Regularly monitor tire pressure. Underinflated tires reduce fuel mileage and optimal handling, and can suffer unnoticeable damage that compromises car performance and safety. Check tire pressure often; don't just "set it and forget it."



Pay attention to brake operation. Properly functioning brakes are essential to vehicle safety. Disc brakes on modern vehicles are exposed to road salt, dirt and moisture, which together can create problems. Pay attention when braking. Does your vehicle stop evenly or does it seem to pull to one side? This can indicate a malfunction if it occurs on a variety of road surfaces and should be checked immediately. What about noise? While an occasional noise is not uncommon, unusually loud or constant noises when applying the brakes should be checked by a professional.

Inspect/replace wiper blades. The joys of a leisurely drive through changing scenery can be quickly erased by a freak thunderstorm, especially if that's when you discover you need new wiper blades. The rubber used in wiper blades can become dry and brittle during the hotter months, especially if they've already been through a season of snow and rain. Replace them early to ensure a clear view of the road ahead.

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Notes from Greenland Central School

By Peter Smith, Principal

We are in the midst of another busy year at Greenland Central School and I will take this opportunity to share some updates, information, and reminders. We have experienced significant growth at school this year with more than 30 new students, and enrollment K-8 approaching 400. We also have 12 new staff members in our building due to retirements, resignations, and three long term leaves of absence. The new staff members have brought great energy, enthusiasm, and new ideas, and with many new students and several major initiatives, everyone has stepped up to exhibit the tremendous effort that change and transition requires.



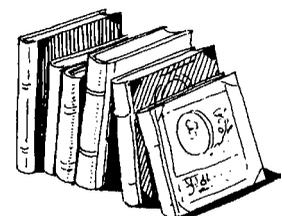
► **School Safety**—I am pleased to report that in conjunction with the Greenland Police Department and Greenland Fire Department we have conducted very recent and successful drills to test both our lockdown and evacuation procedures. Through the careful planning of our school-based Emergency Management Team and the direct involvement and input from town safety officials, we continue to adjust and test our plan and protocols.

► **Greenland Educational Improvement Plan (G.E.I.P.)**—The Greenland School Board recently approved the steering committee's revisions to the G.E.I.P., which sets out long-range and short-range goals and initiatives which impact all aspects of school operation. The plan is the vehicle by which we monitor, through timeframes and measurable objectives, the important educationally based initiatives that will enhance student learning and success. The updated G.E.I.P. can be viewed on the school Web site under Plans and Policies.

► **Play for the Cure**—I am pleased to report that our school community raised over \$1000 through the "Play for the Cure" initiative to support the American Cancer Society. Our interscholastic fall sports teams raised funds through a campaign led by our school staff member and field hockey coach Colleen Sordini, as well as a school wide "hat day" and general donations resulting in this charitable donation. The contribution this year was raised in the memory of SAU 50 office secretary Deb McKenna who passed away from cancer prior to the opening of school.

► **Focus on Math**—In response to new math standards and two years of research by our Math Curriculum Committee, our teachers K-8 are implementing a new math program this year, Math in Focus (also called Singapore Math). The staff has undergone significant training and more than sixty parents attended a recent evening presentation to provide them with additional insight regarding the strategies, resources, homework, and assessments that are a part of Math in Focus. To learn more about Math in Focus you may visit the link on the homepage of our Web site or contact curriculum coordinator Beth Sommers here at school.

► **Friends of Rachel**—I am pleased to report that the Friends of Rachel Club at Greenland Central School is thriving with as many as thirty-five seventh- and eighth-grade participants. The club, under the leadership of advisors Spanish teacher Cindy Frizzle and guidance counselor Sheila Cleary, is currently working on a number of important initiatives that will promote a message of kindness, inclusion, and respect throughout our school. Friends of Rachel at Greenland Central School, and also at Portsmouth High School, are modeled from a national effort which honors Rachel Scott who was the first student killed at the Columbine High School shooting in Colorado. It is our hope that our seventh- and eighth-grade club members will go on to continue their very positive involvement when they attend Portsmouth High School in the coming years.



Budget

As most Greenland citizens know the School District will conduct the 2014-15 budget process through the SB-2 framework, which is significantly different than the previous annual School District meeting. The budget process under SB-2 started much earlier and we are faced with very difficult decisions regarding staffing and class size next year, in light of our increasing enrollment. The SB-2 process will require Greenland voters to attend public hearings and deliberative sessions, so they can make informed decisions about the budget when voting at the polls in March. More information and reminders regarding the budget process will be forthcoming as we begin the new calendar year.

2014-15 Kindergarten/School Registration

We are currently registering kindergarten students for the 2014-15 school year. You may register by stopping by the school office any weekday between the hours of 8:00 a.m. and 3:00 p.m. Students entering kindergarten must be five years old on or before September 30th of 2014. A kindergarten information night will be scheduled in the spring.

Students entering first grade in September 2014 who did not attend Greenland kindergarten are also encouraged to come in and register at this time. If registrations for next year greatly exceed our expectations, this could have significant impact on our staffing and class sizes. If you have any questions, you may call the school office at 603-431-6723.

Activities, Initiatives and Events

The following are a few events or initiatives that I will highlight for community interest. My monthly newsletter is available at the Greenland Central School Web site at www.sau50.org/greenland, which will provide you with a more frequent and up to date reporting of school activities.



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Scholarship Golf Tournament

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Greenland Parent Organization Scholarship Golf Tournament A Huge Success!

The 16th Annual GPO Scholarship Golf Tournament took place on Saturday, September 7 at Breakfast Hill Golf Club in Greenland on a day that seemed scripted for golf with sunny skies and temperatures in the 70s. The field of 51 enthusiastic golfers began their day with a noon registration and complimentary "dogs and drinks" provided by Kayem and Suds 'N' Soda of Greenland. The shotgun "scramble" began promptly at 1:00 p.m. and when 18 holes were completed the following players ended up victorious:

1st place team:

Jeff Hadad, Daren Hudson,
Dave Jagielski, and Ben Ross

2nd place team:

John Danis, John Dube,
Lance Huestis, and Mike Leary

3rd place team:

John Asdourian, Travis Bezio,
Greg Ducluzeau, and Jason Mitchell

Other winners included:

Closest to the Pin (Ladies):

Tara Gendron

Closest to the Pin (Mens):

Todd Cadle

Longest Drive (Juniors):

Ethan Prieto

Longest Drive (Ladies):

Sarah Smith

Longest Drive (Mens):

John Dube

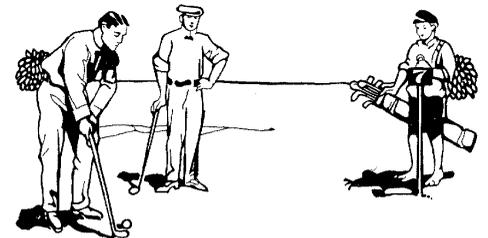
Putting Contest:

Ethan Prieto

Family, friends, and children, who were not playing in the tournament, were treated to complimentary pizza from Greenland's own Nik and Charlie's Pizzeria near the putting green while the kids had their own fun during a putting contest. Second grader Hannah Hudson had the winning putt and many other children won prizes during the kids' raffle.

Inside the Breakfast Hill clubhouse, at the awards dinner, Principal Peter Smith thanked everyone for taking part in such a fun event benefitting a great cause and thanked the golf committee members for their months of hard work (Kim Aucella, Dan Fish, Daren and Justyna Hudson, and Peter Kratimenos). The GPO Scholarship Golf Tournament is the only fundraising source for the scholarship fund which annually awards college scholarships to deserving GCS graduates. This year's golf tournament raised a whopping \$10, 942 and plans are already in place to make next year's event even bigger and better....so mark your calendars now for September 6, 2014!

THANKS TO ALL OF OUR SPONSORS, DONORS, PLAYERS, AND VOLUNTEERS WHO HELPED MAKE THIS A DAY TO REMEMBER!!



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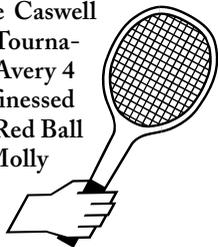
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1st Annual Sportsmouth/Greenland Tennis Tournament

By Sara Olsen, President Sportsmouth

Ethan Avery and Kenny Avery of Greenland dominated their age groups in the first annual Sportsmouth/ Greenland Tennis Tournament on October 3 at the Caswell courts. In the finals of the Orange Ball Tournament Ethan Avery overpowered Timmy Avery 4 to 1. In the semi-finals Ethan Avery out-finessed Aidan Shilman 4 to 2. In the finals of the Red Ball Tournament, Kenny Avery outlasted Molly McKinnon 4 to 2 and in the quarter-finals Geno Vinciguerra beat Bryanna Augusta 4 to 1.



For more information about Sportsmouth, check out the Web site at www.sportsmouthtennis.com or call 603-828-5259.

Zombies Support Special Olympics

The 15th annual Penguin Plunge returns to Hampton Beach this February with two different plunges for those daring to rush into the icy Atlantic for a good cause.

The Plunge is a fundraising event that benefits Special Olympics New Hampshire. Participants (Plungers) raise funds to run (Plunge) into the ice-cold Atlantic Ocean at Hampton Beach.



The High School Plunge will set the stage at noon on Saturday, February 1 with the theme of "School Spirit". Registration begins at \$50, and each plunger must raise at least \$175.

The main event follows at noon on Sunday, February 2, with the theme of "Zombies". Registration begins at \$50 and each plunger must raise at least \$350.

Those who raise more than the minimum, or do something special at the event receive prizes, in addition to boasting rights that they went swimming at Hampton Beach in February!

All of this goes toward funding to support the 5,608 participants of Special Olympics New Hampshire. In addition, the event helps local police and fire departments practice their cold weather lifesaving procedures as they stand ready to assist any floundering "penguins".

For more information about the Penguin Plunge and Special Olympics of New Hampshire, please visit: www.sonh.org.



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Hop on Your Skis and Keep Your Knees

By Melissa Hanson Gahr

After 15 years in NYC, moving back to New England reacquainted me with one of my favorite winter activities, alpine skiing. Like getting back on a bicycle, I quickly picked up where I left off as a twenty-something-year-old skier. Only now, much older and wiser, I have fear, a lot of fear. Over the past 25 years as a physical therapist, I've been up close and personal to countless knee joints that succumbed to the perils of the icy slopes of the east coast. First aid stations all over our great state are full of these injuries every winter. The vast majority of these injuries involve the ligaments keeping the knee joint together, namely the ACL, MCL, and less commonly the PCL. However, it's not just the fast turning, mogul bouncing, Tuckerman's regulars that get hurt. Often times, it's the novice skiers who are at risk. One of the most dangerous maneuvers on skis is the snowplow. This positioning of the skis places excessive force on the ligamentous structures of the knee and facilitates more knee extension. Knees should NEVER straighten with a loss of balance or fall. When combined with leaning too far back, one may as well have the surgeon on speed dial, because one false move and the ACL is blown.



knee extension machine are all great ways to fire up the quadriceps in the front of the thigh and allow for better control of the knee joint during skiing. The difference in a skier's performance on the slopes is often remarkable. Second, be sure your bindings are correctly adjusted by a professional and rechecked throughout the season for appropriate rear release. Third, if you do fall down, stay down. Never attempt to get back on your feet until you have come to a complete stop to avoid tangling or twisting your knees due to the torque from the ski. Finally, research suggests that warming up the body temperature with light exercise before skiing may prevent injuries and improve performance. Before getting on the lift, spend ten minutes doing squats, lunges, and straight leg raises before clicking into your skis. If a skier has sustained a ligament injury in the past, research in multiple studies shows that a functional brace will significantly reduce the incidence

and severity of re-injury. For more information on appropriate exercise protocols, bracing, or rehabilitation following any knee injury, contact Seacoast Body Balance, LLC at www.seacoastbodybalance.com.

Melissa Hanson Gahr is a physical therapist with Seacoast Body Balance, LLC, 655 Portsmouth Avenue, Greenland. She may be reached at 603-400-0711 or by e-mail at MelissaPT@seacoastbodybalance.com.

So what can be done to help mitigate these risks and have fun on the slopes? First, hit the gym about six weeks before your first ski trip and work the quads with resistance training. The leg press, squats, and

How Shoveling Snow Can Improve Your Skiing

By Charlie Murdach

Every year thousands of people end up with shoveling injuries bad enough to trigger a doctor's visit; so how can we use all of the hard work lifting frozen water to get better at skiing?

joint mobility such as neck circles, shoulder circles, body hugs, hip circles, knee circles, leg swings, and lunges.

Cold weather, slippery uneven surfaces, and high levels of exertion form a dangerous combination, especially if it's an activity you're untrained for. Snow shoveling is a major challenge because it is a high-intensity exercise where you use all your major muscle groups. Unfortunately, we rarely follow these guidelines on how to prepare:



Warm up thoroughly

Just jumping into any activity can be a recipe for disaster. Muscles that are cold and tight are more prone to injury. Take the time to warm up for five to ten minutes before shoveling. Start with a brisk walk or marching in place, then progress into easy

Pick the right equipment

Using ergonomic equipment can ease the amount of effort you use during exertional activity. The correct handle with an adjustable length will minimize painful bending, and smaller and more lightweight equipment helps reduce the amount of weight that you are moving.

Pace your exertion

Starting off with smaller chunks of activity instead of trying to do it all at once is less strenuous. If possible, starting with smaller bouts of exercise and progressing to larger chunks of time is best for your body. Take a break for a minute or two every 10 to 15 minutes or if you feel over exerted. Use these breaks to stretch your extremities and back.

Begin training early

Begin working on the activity early on and it will be easier later on in the year when the white stuff starts really flying. Using the wrong body mechanics can put undue stress on the lower back and lead to a painful muscle strain, or possibly more serious back injuries, such as a herniated disc or disc degeneration. Early and consistent training can help your body adapt more fully to the future demands.

If you keep all of these suggestions in mind this winter, not only will snow removal be easier on your body, but you may just have a more enjoyable winter season. Oh...and if you apply all the steps to skiing, you will have a better, stronger, and safer year on the slopes!

Charlie Murdach of 4 Season Fitness likes to shovel and ski in Greenland with his wife, three shoveling kids, three non-shoveling cats, and a non-shoveling dog. He can be reached at like2move@gmail.com.

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Help Make the Holidays Happy

By Pati Frew-Waters

Seacoast Family Promise (SFP), serving families with children experiencing homelessness for 10 years in the Seacoast area, seeks holiday donations. Donations of the following would be greatly appreciated: gas cards for parents to get to work (\$25 or less are preferred), gift cards to Walgreens, Walmart, Rite Aid, Market Basket, Shaw's, or any other similar store. Pantry foods such as peanut butter, jelly, soups, macaroni and cheese, instant rice, snack crackers, fruit roll ups, granola bars, pudding, applesauce, and cereal would also be helpful.



out about Adopt-A-Family opportunities call 603-658-8448 or e-mail us at sihnnh@comcast.net. Please consider making a holiday gift to SFP in honor of, or in memory of, a loved one. Gifts may be sent to SFP, P.O. Box 233, Stratham NH 03885.

If you have ever wondered what SFP does in the community and how it assists families, check out our Web site at www.sfpnh.com, or contact us at 603-658-8448 to schedule a meeting or presentation.

You may also help by "adopting" a family. To find

Happy Holidays!

Families First Readies for Affordable Care Act

By Margie Wachtel

With the Affordable Care Act set to take full effect in January, now is an exciting, uncertain, and fast-changing time for health care providers like Families First Health and Support Center, the community health center located at the Community Campus in Portsmouth.

Families First's mission is to provide "a broad range of health and family services to all, regardless of ability to pay," which means the practice is open to people both with insurance and without. "We expect that demand for services might increase as people who had not previously had health insurance seek to establish a medical home for themselves for the first time," says Families First Executive Director Helen Taft.

Families First is a provider in all the plans being offered by Anthem and Northeast Delta Dental through the new Health Insurance Marketplace. It is also in-network for all three plans being offered for patients with Medicaid coverage under the State of New Hampshire's new Medicaid Managed Care program.



Dr. Ruth James is part of the primary-care team at Families First, which is anticipating increased demand for services as more people become insured.

Families First received a federal grant to hire and train staff to assist people with finding health coverage through the new Health Insurance Marketplace and learning what type of financial assistance they can receive. To get personalized assistance from Families First, call Enrollment Coordinator Elaine Beauchesne at 603-422-78208 ext. 188. Information is also available at www.HealthCare.gov or 1-800-318-2596.

Families First has also hired a new family nurse practitioner and family physician, which will increase the number of hours of provider time available and allow new patients to establish care more quickly. The new providers are physician Eric Samuel and nurse practitioner Elizabeth Harrison. They join physician Ruth James and nurse practitioners Lynne Henning, Margot Kingston, and Eileen McCarthy (a pediatric nurse practitioner).

For information about becoming a patient at Families First, call 603-422-8208 ext. 1, or visit www.FamiliesFirstSeacoast.org and click the blue "Become a Patient" button.

Families First Calendar of Events

More information about all of these activities is available at 603-422-8208 (press 2) or www.FamiliesFirstSeacoast.org

DAY	TIME	EVENT	ORGANIZATION/LOCATION
Tuesday, Dec. 10	6:00-7:30 p.m.	Family Holiday Traditions	Families First, Portsmouth 100 Campus Drive
Tuesday, Dec. 17	6:00-7:30 p.m.	Making Holiday Decorations	Families First, Portsmouth
Thursday, Dec. 12	9:30-11:00 a.m.	Setting the Stage for Good Holiday Behavior	Families First, Portsmouth
4th Mondays -- Dec. 23 -- Jan. 27 -- Feb. 24	2:00-4:00 p.m.	Alzheimer's Café	Community Campus, Portsmouth 100 Campus Drive
Mondays	9:30-11:00 a.m.	Toddler Playtime	Families First, Portsmouth
Tuesdays	10:00-11:30 a.m.	Babytime	Families First, Portsmouth
Tuesdays	6:00-7:30 p.m.	Parenting Classes	Families First, Portsmouth
Wednesdays	9:30-11:00 a.m.	Terrific Twos Playtime	Families First, Portsmouth
2nd and 4th Thursdays	9:30-11:00 a.m.	Parenting Classes	Families First, Portsmouth
Thursdays	9:30-11:00 a.m.	Exeter Family Morning Out	Exeter Parks and Recreation 32 Court St., Exeter
1st and 3rd and 5th Thursdays	9:30-11:00 a.m.	Parent Recharge	Families First, Portsmouth
Fridays	9:30-11:00 a.m.	Preschool Playtime	Families First, Portsmouth
2nd Tuesdays and 4th Thursdays	12:00-1:30 p.m.	Senior Luncheon	Community Campus, Portsmouth
1st Thursdays	2:00-3:30 p.m.	Caregivers Support Group	Offered by Mark Wentworth Adult Day Program at Families First, Portsmouth

A Word about SNAP

By Katy Hiza, MA, RD, LD

SNAP (Supplemental Nutrition Assistance Program), also known as food stamps, is an opportunity to eat healthy and support your local economy. The assistance is available to those whose gross monthly income is less than \$1,245. It looks and works like a debit card and may be used at your local farmers' markets and grocery stores.



We encourage all eligible individuals and families to apply. Our community is healthier for such assistance. For questions or to apply call: Katy at the New Hampshire Food Bank, 603-669-9725, ext 124 (please leave a message so that she may return your call).

Thank You

Thank you to everyone who supported Greenland Volunteer Fire Department at our recent pancake breakfast! Thank you to the volunteers who worked hard to make this event happen!

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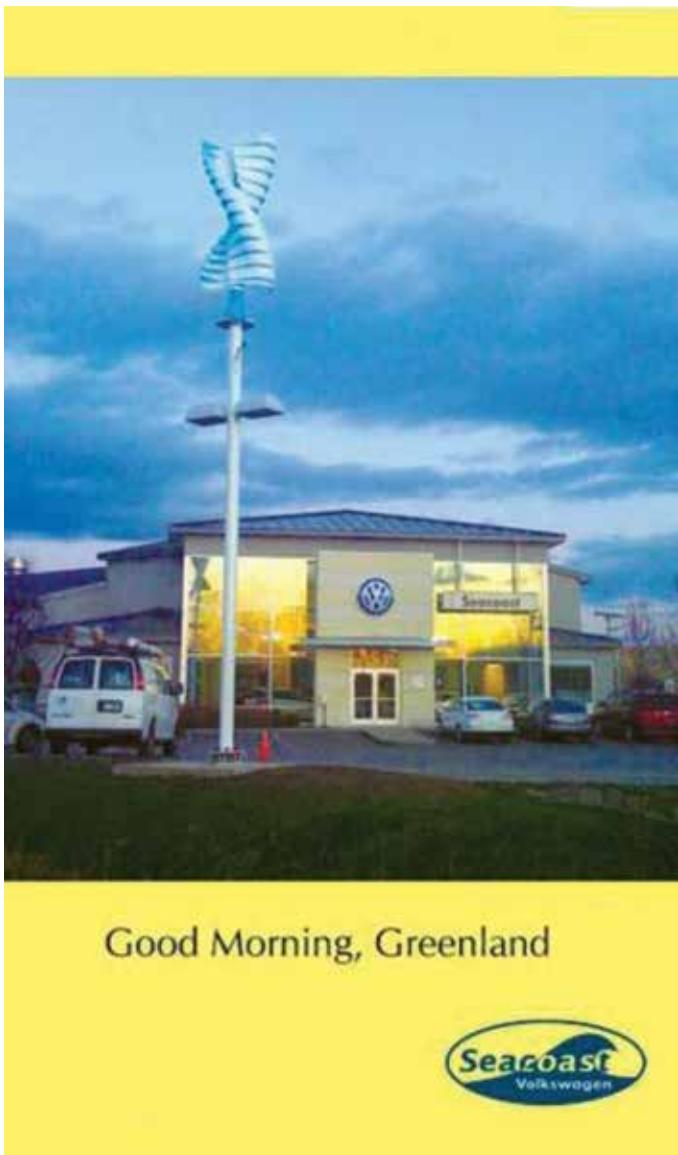
G.V.F.D. Burn Permits

Plan ahead—the Greenland Volunteer Fire Department is staffed entirely by volunteers. Contact the Fire Warden, or one of the Deputy Fire Wardens, to request a burn permit at least 24 hours prior to the start of your burn. Burn permits requested with less than 24-hours' notice may not be issued. Before starting a brush fire, you must have a signed burn permit in hand. Burn permits are also required for chimineas, fire pits, campfires, or outdoor fireplaces.

Who should I call for a permit?

Kevin Schmidt 603-433-5572
 Myrick Bunker 603-817-1102
 Mo Sodini 603-765-7904
 Brian DiPietro 603-498-3162
 Ralph Cresta 603-235-7676

Visit www.GreenlandFire.org for more information.



Hassan Signs New Environmental Laws

From the Green Alliance Newsletter • By Theresa Conn, Green Alliance Writer

In late August, Gov. Maggie Hassan signed three environmental bills into New Hampshire law. These three bills will lessen negative climate change impacts on coastal communities and will help reduce pollution in Great Bay.

The first two bills, Senate Bills 163 and 164, give more power to state and local governments to prepare coastal communities for climate change. In the next several decades, sea level rise and more frequent storms will threaten towns and state assets along the Seacoast. According to the Inter-governmental Panel on Climate Change projections, global sea levels may rise 30 inches by 2100. An increase in extreme weather events could lead to more river and coastal flooding.

SB 163 creates a new Coastal Risk and Hazard Commission, which will recommend legislation to help prepare for potential sea level rise and flooding. The commission will review National Oceanic Atmospheric Administration projections of flood risk areas, property risks, and environmental data to prepare legislation recommendations for the Senate. SB 164 helps coastal towns prepare for weather-related problems by authorizing coastal management provisions in municipality master plans. The new coastal management provisions will allow communities to make changes at a local level to protect their citizens and properties.

New Hampshire green businesses have reacted positively to the new coastal management legislation. "Governor Hassan and the N.H. State Legislature have demonstrated exemplary bipartisan leadership and foresight with the passage of Senate Bills 163 and 164," said Mike Bellamente, executive director of Climate Counts located in Durham NH. "The long-term risk of sea level rise to coastal homes and businesses is far too great to be left to chance alone. These bills signify willingness by our state government to take an informed look at coastal management planning, risk mitigation, and climate change adaptation."

The third bill, House Bill 393, reduces the amount of nitrogen and phosphorus allowed in turf fertilizers sold in retail stores throughout New Hampshire. Nitrogen and phosphorus are two pollutants that are common in the Great Bay estuary. Phosphorus and nitrogen act as food for algae blooms, which in turn deplete oxygen levels in the Bay. This lack of oxygen can have disastrous effects on marine life.

Two local non-profits, the Conservation Law Foundation and Great Bay Stewards, have been involved in Great Bay conservation efforts for many years. The Conservation Law Foundation uses law, science, and the marketplace to protect

New England's natural resources. In 2009, after several years of CLF advocacy, the EPA listed a majority of the Great Bay estuary as "impaired" due to nitrogen pollution. This listing secured greater protection for the estuary under the Clean Water Act. CLF also provides a Great Bay Piscataqua water-keeper, an advocate who acts as the eyes, ears, and voice of the Great Bay estuary.

"Reducing nitrogen inputs from fertilizers will be a very important part of addressing the overall pollution problem facing the estuary," said Jeff Barnum, Conservation Law Foundation's Great Bay-Piscataqua water-keeper. "This bill is a step in the right direction, and we hope it will lead to nitrogen reductions from those who choose to use fertilizers. But to reiterate, it's part of the solution, and by no means relieves the need to reduce pollution from major sources like sewage treatment plants." According to the NHDES study, sewage plants account for approximately 32 percent of Great Bay nitrogen pollution.



Great Bay Stewards is a volunteer-based organization dedicated to protecting and preserving Great Bay and located in Greenland NH. The Stewards help maintain the Great Bay National

Estuarine Research Reserve, run programs at the Great Bay Discover Center, and were integral in converting part of the former Pease Air Force Base into a National Wildlife Refuge. On top of their usual programs, the Stewards are currently working with NHDES to implement a new program called "Soak up the Rain Great Bay." The program helps property owners find ways to reduce storm water runoff, such as using slow-release fertilizer on their lawns.

Jay Diener, president of Great Bay Stewards, believes that the new fertilizer legislation will be beneficial. "With new legislation signed by the governor, everyone will start using 'smart' fertilizers. And we will use the opportunity to help residents understand that they can have a beautiful lawn and help protect Great Bay at the same time."

In July, a "dead zone" created by nitrogen and phosphorus runoff formed in the Gulf of Mexico; it was nearly as large as the state of Connecticut. On top of losing vital shrimp and fishing stocks, the Gulf of Mexico dead zone became home to large swarms of jellyfish that clogged fishing nets and closed beaches. Although Great Bay isn't yet plagued by a giant dead zone, the bay has been host to several harmful algal blooms in the past decade.

Researchers at the N.H. Department of Environmental Services have been investigating the cause of nitrogen and phosphorus pollution in Great Bay. In June 2013, they released a draft of their Great Bay Non-Point Source Nitrogen Study. The study found that the Great Bay estuary receives a load of roughly 1,225 tons of nitrogen pollution per year. Of the total load, an estimated 73 percent of nitrogen pollution is attributed to "non-point" sources. As opposed to a "point" source such as a pipe from a sewage treatment plant, "non-point" sources are typically harder to trace. A major cause of "non-point" nitrogen and phosphorus pollution is fertilizer runoff. HB 393 will reduce excess fertilizing while still allowing citizens to maintain healthy lawns. Hopefully, this bill will lessen nitrogen and phosphorus runoff in Great Bay.

For more information about the Conservation Law Foundation, visit <http://www.clf.org/>.
 For the Great Bay Stewards, visit <http://www.greatbaystewards.org/>.
 For Climate Counts, visit www.climatecounts.org/.

Greenland Veteran's Memorial Committee Asks For Your Support



GVMC will honor Greenland's Medal of Honor recipient with a special monument at the Remembrance Park dedication ceremonies on Memorial Day 2014.

For more information read the front page article *Greenland Veterans Sponsor Civic Project*.

Please send donations payable to Greenland Veteran's Inc.
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Scholarship Matters: A Parent's Guide to College and Private Scholarships

By Joan Catherine Ryan

How to Jump the Scholarship Hurdles

There is a profusion of scholarship companies, books, counselors, and Web sites with lists of thousands of names and addresses of scholarships for every imaginable reason, but if we cannot prove our child's eligibility with documentation, we cannot apply. We can have all the scholarship applications in the world sitting in our laps right now, but it's futile if all of our eligibility documentation is not in order. So how do we ready ourselves to take advantage of the monies available to us?

Begin now. Accomplishing this takes time. We cannot begin when our student is a junior in high school and expect the same success as if we had started years earlier. The earlier we prepare, the more documentation we will have for more opportunities. Scholarship Matters is a three-step process proven to equip families with documentation and other skills needed to successfully navigate the college and scholarship application process.

Imagine having all our family college application packages completed and ready to be mailed in the first week of September of our student's high school senior year? Scholarship Matters can help students jump over hurdles they didn't even know would block their path.

This task is accomplished in three steps. First, the family needs to create eligibility documentation. Next, work on college admission acceptance and financial aid. Lastly, the family seeks out educational and private scholarship money.



Experience, Strength and Hope (The Author's Story)

After the gut-wrenching experience of watching my bright and gifted sons receive no money for college, I wanted a very different experience for my daughter. As a single mother, I thought I had arrived because I'd accumulated enough ATandT stocks to pay for my daughter to attend a local state school. But life took unexpected turns. Within the span of a few years, I was diagnosed with breast cancer, underwent spine surgery, suffered with meningitis, became physically disabled and lost my job of eleven years. The money meant for college went to keeping the roof over our heads and food on the table. I had to start over.

It was during this time that I learned that I was not alone and that there were many parents who found the college application and private scholarship process a mystery. I made a decision to do my very best to help my daughter go to college. As a result of working in harmony with my daughter as a team, she received 15 outside private scholarships and attended her college of choice, all expenses paid.

*Applying her wealth of knowledge and vast experience over the years, Ryan has helped many families secure scholarships for their children. Her Web site is www.scholarship-matters.com. Her newly published book *Scholarship Matters: A Parent's Guide to College and Private Scholarships* lays out her step-by-step system for maximizing college bound students' chances of getting into and funding the college of their dreams. Ms. Ryan also offers one-on-one private family counseling. She can be reached at 603-929-2112 or jc_ryan@comcast.net.*

Community Child Care Center Earns National NAEYC Accreditation

By Catherine Edison

September 20, 2013—Community Child Care Center of Portsmouth has earned accreditation from the National Association for the Education of Young Children (NAEYC), the nation's leading organization of early childhood professionals.



"We're proud to have renewed our accreditation for another five years, earning us the mark of quality from NAEYC, and recognition for our commitment to reaching the highest professional standards," said Deb Stokel, co-executive director and director of their Early Childhood Education Program. "NAEYC accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible." Community Child Care Center first achieved NAEYC accreditation in 2008 and was just re-accredited after an extensive assessment.

"Our program was visited in July by two NAEYC assessors who observed and tabulated scores for overall quality as well as individual classroom quality. The average score for individual classrooms was 97 percent. The overall program received commendations and scores of 100 or 100+ in 8 out of the 10 NAEYC Program Standards," said Stokel.

In New Hampshire, there are 57 NAEYC-accredited programs, with only five in Rockingham County. In the 25 years since NAEYC accreditation was established, it has become a widely recognized sign of high-quality early childhood education.

"The NAEYC accreditation system raises the bar for child care centers and other early childhood programs," said Jerlean E.

Daniel, PhD, executive director of NAEYC. "Having earned NAEYC accreditation is a sign that Community Child Care Center is a leader in a national effort to invest in high-quality early childhood education."

The NAEYC accreditation system has set voluntary professional standards for programs for young children since 1985. In September 2006, the Association revised program standards and criteria to introduce a new level of quality, accountability, and service for parents and children in child care programs. The new standards today reflect the latest research and best practices in early childhood education and development. NAEYC is committed to utilizing the newest studies and analysis on positive child outcomes to ensure young children continue receiving the highest quality care and education possible.

The NAEYC accreditation system was created to set professional standards for early childhood education, and to help families identify high-quality preschools, child care centers, and other early education programs. For more information about NAEYC accreditation, visit www.naeyc.org/academy or www.rightchoiceforkids.org.

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The Downeaster Salutes Our Troops and Veterans

By Natalie Bogart

The Northern New England Passenger Rail Authority (NNEPRA) announced that starting on Veterans Day, Monday, November 11, the Amtrak Downeaster will begin offering \$11 one-way fares to active duty military personnel and veterans on the 11th day of each month.



This offer is valid for active duty military personnel and veterans only. Reservations must be made three (3) days in advance of travel. Please reference promotion code v159 when making the required reservation.

In addition, active duty U.S. military personnel, their spouses and their dependents are eligible for a 10 percent discount off most Amtrak rail fares. Amtrak offers other discounts that can be found at www.amtrak.com.

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Local Stylist Attends RI Hair Show

Cindy Kohlase of Salon Central recently attended the Next Level hair show. She attended various continuing education classes featuring the latest trends and demonstrating some inspiring techniques with color. With her experience and continuing professional education in color theory, Cindy makes hair color one of her specialties.

Salon Central is a full service hair salon for men, women, and children providing hair cutting and styling, hair color and foiling, perms, facial waxing, and manicuring. Call Salon Central today!



Cindy Kohlase
Owner/Stylist
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66 Tuttle Lane Greenland, NH 03840



Greenland Women's Club

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First Night Portsmouth

First Night Portsmouth 2014 will take place on Tuesday, December 31, from 4:00 p.m. to midnight around Market Square, and at the South Mill Pond.

Outdoor activities include ice sculptures (starting at 2:00 p.m.), street dancing, astronomical observations (5:00 p.m. to midnight) and fireworks at 7:30 p.m.

An even larger selection of warm indoor entertainment and activities are being planned for this frosty final farewell to 2013 and to welcome in the New Year.

For more information, please visit www.proportsmouth.org.



Be Part of the Grapevine's Spring Issue!

Content for the Grapevine's March issue is due January 1, 2014.

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Upcoming Grapevine Deadlines:
January 1 – Spring/March Issue
April 1 – Summer/June Issue
July 1 – Fall/September Issue
October 1 – Winter/December Issue

Content may be submitted at any time.

News from Greenland's State Representative

By Pam Tucker

I've had quite a few e-mails regarding a couple of House bills that are making their way through the system. Both bills were heard in the Environmental and Agricultural Committee.

B110—Requiring persons who witness cruelty to livestock to report such cruelty and submit such recordings to a law enforcement agency. It really is as straightforward as it sounds. If one witnesses or gets photos of livestock cruelty, one must report it within 48 hours. The opposition to this bill came from those one would think most likely to support it, that is, an animal rights group. I received numerous e-mails asking me to vote against this bill, stating it is perpetuating animal abuse and threaten workers' rights. After reading the bill and talking with members on the committee, the amended version of the bill looks to protect animals, and quickly. I will be supporting this measure once it reaches the house floor.

HB660—Requiring the labeling of genetically engineered foods and agricultural commodities. The bill, as originally written, would require labeling to be placed on any food items produced entirely or partly through genetic engineering. As of this writing, the committee is finalizing their recommendations. There has been much talk about the dangers of genetically modified organism (GMO) food, but there are not many facts to verify these claims. We can debate the merits of GMO's and non-GMO's, however, the effects of the legislation need to be discussed. New Hampshire comprises about one-third of one percent of the U.S. population; we likely consume that much food as well. If New Hampshire mandates that all food has to be labeled, large food companies will most likely not bother with such a small segment of the market, our food choices will go down, and costs will be driven upwards with the lower income folks being hurt the most by such legislation. The organic food market is increasing every year as consumers demand, without government intervention, non-modified foods. Consumers have a choice now and are making it. Adding more costs to our food is not the job of the government. If there is to be a GMO labeling bill, it would need to be on the macro (federal) level to be effective.

What does your State Rep do?

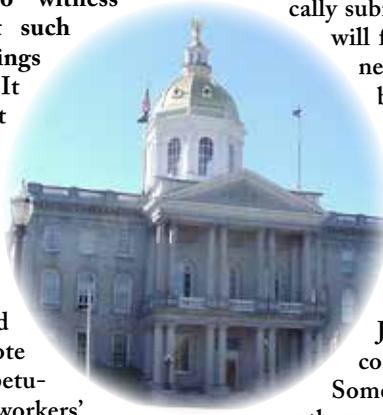
The summer is typically a break for the House and Senate; we reconvene in the fall to hear retained bills and meet as a body on a day for any bills vetoed by the governor. The House and Senate meet January through June almost every week to hear bills in committee, testify on their own bills, and vote on all bills that are out of committee on Wednesdays.

The bill process

I find it important to let you know, every so often, how the process works. This is a brief overview of the bill process in the House. Every bill starts out as a Legislative Service Request (LSR) and is typically submitted in the fall. A representative will file an LSR based upon a foreseen need or to change/repeal laws on the books. Once the LSR has been crafted, the representative may have up to ten representative and five senate co-sponsors on a bill. Thereafter, the LSR is assigned a bill number (HB) and the speaker's office determines which committee will hear it. Starting in January of each year, the standing committees begin to hear the bills. Some bills may take just one hearing, others may require sub-committees and multiple days of hearings. If you are passionate about a certain piece of legislation, I encourage you to drive to Concord and testify in support or opposition of it. The committees hear testimony from paid lobbyists. We do appreciate much of the research and information they provide, but hearing from the public is important. Many committees will give preference to the public over the lobbyists. I would caution, please be prepared and have something unique to offer to the committee. There are the cases where we hear stories, but not objective reasoning regarding a particular bill.

Every bill MUST be voted on by the General Court (House of Representatives). We do not have the option of burying legislation we don't want or like in a committee. Once the bill is voted upon in committee at an executive session and given a recommendation, the bill is then given back to the whole House for a vote. There are two main recommendations that come out of committee: Ought to Pass (OTP) and Inexpedient to Legislate (ITL). The other recommendation is Interim Study, but that can be used only at the end of the two year legislative session. The House votes on the committee recommendation first, before taking up any other motions. For example, a bill that has an ITL recommendation will be voted on. If the House did not agree with the committee recommendation, the majority would vote nay. Because the first motion did not pass, a new motion will have been made, likely OTP. The House would then vote on that recommendation. This explains the multiple votes you may see on a particular bill. If you have questions about a vote, please feel free to contact me.

Every first Monday (non-holiday), I am available at the Country View Restaurant at 10:00 a.m. to chat with you. If that is not convenient, please contact me at pamzt@comcast.net or 603-531-0085 and we can set up a time to discuss your concerns. I truly appreciate the opportunity to represent you in Concord. Thank you.



A Daytime New Year's Bash for Families

By Heidi Duncanson

Children and their families are invited to ring in 2014 a little early at the Children's Museum of New Hampshire's annual daytime Family New Year's Eve Celebration on Tuesday, December 31.

This festive event runs from 10 a.m. to 3 p.m. and includes three special "countdowns to midnight" held at 11 a.m., 12:30 p.m., and 2 p.m. At each countdown, a glittering ball drops 30 feet from the ceiling as everyone counts down the last ten seconds of the year. Noisemakers and confetti create an atmosphere like Times Square, and ginger ale is served to all for the first toast of the New Year. Visitors are also invited to make their own sparkly party hats and write their wishes for the New Year on mini flying blimps that are launched at each countdown.

"The Children's Museum has been hosting this tradition for more than 20 years, and it remains one of our most popular annual events," explained Jane Bard, President of the Children's Museum of NH. "Kids hear about the excitement of what happens at midnight and want to experience it for themselves. We

create a fun party atmosphere in the middle of the day so they can feel like they've actually celebrated New Year's Eve. It's a great way for different generations within a family to ring in the New Year together."



Regular museum admission applies for this special event; price of admission is \$9 for adults and children, \$8 for seniors age 65+, and free for children under one year old.

The not-for-profit Children's Museum of New Hampshire is located at 6 Washington Street in Dover and offers two levels of hands-on, custom-created exhibits for children ages 1-12. Children can explore a wide range of subjects from dinosaurs, music, and aeronautics to world cultures, art, and natural history. Open year-round, the museum specializes in creating family learning experiences and works closely with schools, social service agencies and educators. The museum also hosts a variety of live performances, workshops, classes and special events for families. For more information, please call the museum at 603-742-2002 or visit www.childrensmuseum.org.

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New Web Sites and Apps that Teens are Using— Goodbye Facebook?

By Jean Dumais

We've all heard of Facebook and Twitter. These are still two of the more popular social networks, with 94 percent of teen social media users on Facebook in 2012, and 22 percent on Twitter. But new sites and apps are gaining in popularity. Teens now are just as likely—perhaps more—to be using Instagram, Vine, Snapchat, Ask.fm, Kik, and a slew of other new social media sites and messaging apps.

Instagram



Instagram is a photo and video sharing app for Apple and Android devices. With Instagram, you can add cool filters and effects to your photos and short videos, and share them.

Other Instagram users who follow you can then comment and “like” your photos. Instagram profiles are public by default, but you do have the option to make your profile private—meaning you must approve someone to be your follower and view your photos. But even with a private profile, some information such as your name, username, and the short bio at the top are still public. Sometimes teens will include links to other social media profiles in their bio. While Instagram is intended for those over 13, many kids do create Instagram profiles, even referring to it as “Facebook for kids”.

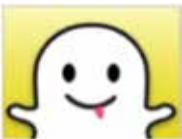
Vine



Vine is a video creation app where all the videos are six seconds or less. The videos or “vines” as they are called play in an endless loop. The videos are shared with other Vine users

who you follow and can also be shared on Facebook or Twitter. Vine profiles are public by default but you can set your profile to “protected”, where only your followers can view your posts. There is an “Explore” feature where you can randomly peruse public users’ videos. While most of the “vines” being created are silly, stupid, inane, or insane, some make creative use of the stop-motion animation loops. Every now and then you will encounter content that is inappropriate for minors (drug use, nudity, etc). Vine has a 17+ rating in the Apple app store.

Snapchat



Snapchat is an app used to send photos to friends. The unique feature of the app is straight out of “Mission Impossible”—once viewed, the photo self-

destructs in a matter of seconds. The app may offer a false sense of security for teens who think they can send an embarrassing picture without consequences, as it is possible for someone

to take a screenshot of the image before it disappears. For privacy, you can use a setting to only allow friends (those you have added to your list of friends in Snapchat) to send you “snaps”. You can also block a friend from sending pictures to you. This app is rated 12+ in the iTunes app store. If you download the app and indicate you are less than thirteen years old, you get SnapKidz, a kids-only version.

Ask.fm



Ask.fm is a Web site where you create a profile and invite anyone in the known universe (not just other ask.fm users) to ask you a question. Some questions may be innocent like “Are you scared of airplanes?”.

Other questions are typical teen and tween inquiries: “Who do you like?” and “Who’s your best friend” but it can quickly go downhill from there. “What are you wearing?” was innocent compared to other questions I saw on the site. Those asking questions may remain anonymous, so there is no accountability. You can set your profile to not allow anonymous questions, but I’ve noticed that most teens don’t use that setting. There is an app version of Ask.fm, rated 12+ in the app store.

Kik



Kik is a free texting app available for iPhones, Android, Windows, and Blackberry phones. Kik is rated 17+ in the iTunes app store, and this is due to its reputation as a means of “sexting”, or sending nude

or otherwise inappropriate photos. Certainly not everyone who uses Kik uses it for this purpose. But if a teen’s Kik username is publicized on the internet (perhaps through another social media profile) they could be on the receiving end of unwanted messages. There is a block feature to block other Kik users by their username.

It’s a good idea to know which sites and apps your children, teens, and grandkids are using. You may want to check in with them to see who they are communicating with on these sites and apps. You may even want to download them yourself to gain a better understanding of how they work.

Greenland resident Jean Dumais is a Web master, technology educator and founder of Be Web Smart. She offers articles, tips, guidance and reviews for parents who want to keep their families safe and productive online. Visit her Web site at www.beWebSmart.com.

Holiday Parades

Who doesn’t like a parade? Greenland may not have one, but neighboring towns do:

Hampton Christmas Parade

Saturday, December 7, Lafayette Rd (Rte1), North Hampton to Hampton, NH. “Vintage Hampton Christmas Parade” is this year’s theme for the annual Christmas parade sponsored by Experience Hampton Inc. The parade will begin Saturday December 7 at 1:00 p.m. at the North Hampton/Hampton town line and will travel down Rte. 1 through downtown Hampton ending in front of the Hampton Town Hall on Winnacunnet Road.

Exeter Holiday Parade

Saturday, December 7, 5:30 p.m. - 8:00 p.m., Portsmouth Ave to Water St. The 56th Annual Holiday Parade is guaranteed to be bigger and better than ever this year as the Town of Exeter celebrates its 375th anniversary. The parade starts at the OSRAM facility on Portsmouth Avenue and makes its way past Swasey Parkway on Water Street.

Portsmouth Holiday Parade

Saturday, December 7, 6:00 p.m., Plaza 800 (Islington St) to South Mill Pond via Market Square. This year’s theme is a “Celebration of Lights” in honor of the Memorial Bridge. The Tree Lighting ceremony begins at 5 p.m. in Market Square with music from the Portsmouth Middle School Band, concluding at 5:30 p.m. with the official tree lighting.

Rye Holiday Parade

Sunday, December 8, 1:00 p.m., Webster at Rye on Washington Road to Rye Junior High School. The town’s annual holiday parade will celebrate the “old-fashioned New England holiday” this year.

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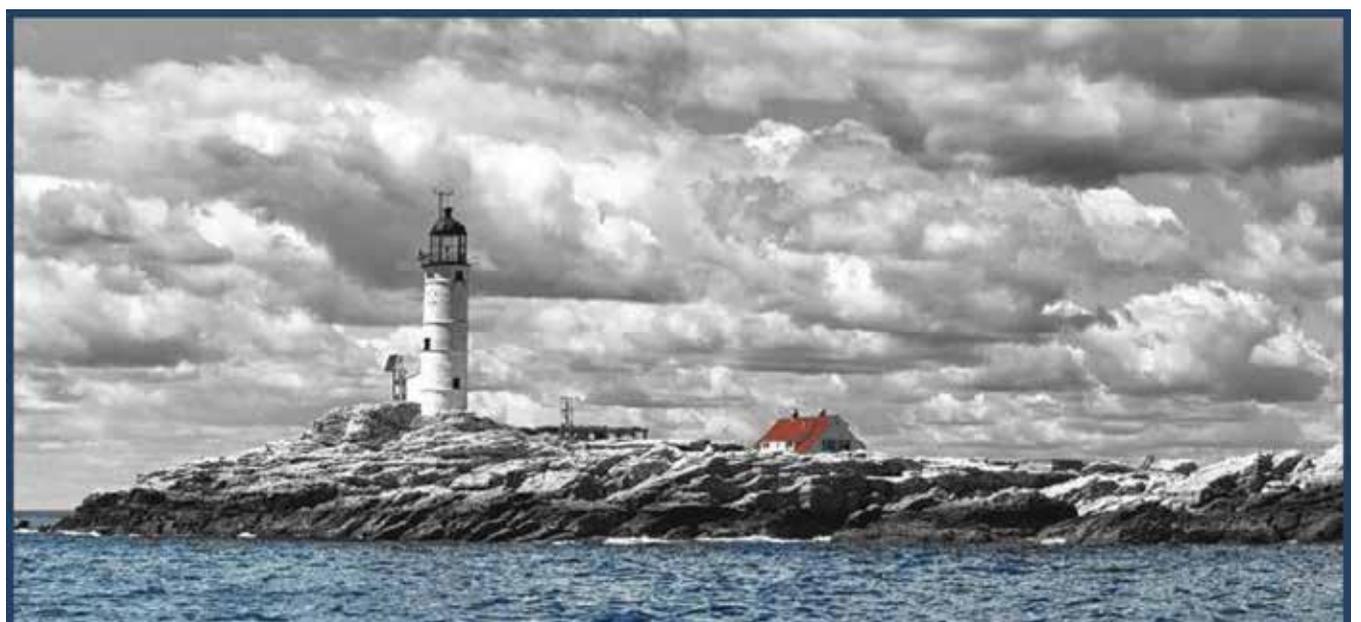
Stroll into History

Strawbery Banke Museum will celebrate “Once Upon a Winter’s Eve” during the 34th annual Candlelight Stroll, December 7-8, 14-15 and 21-22, 2013.

The event takes place from 5:00 to 9:00 p.m. on Saturdays and 4:00 to 8:00 p.m. on Sundays. Visitors will experience a variety of holiday preparations across cultures and across time.

On these special weekend evenings, the museum grounds glow with hundreds of lighted candle lanterns, the houses are adorned with thousands of hand-made decorations crafted from live greens and dried flowers and herbs collected from the Museum gardens, and the air is filled with the sound of holiday music and scent of woodsmoke. Festive holiday activities for all ages, and refreshments will be available.

For more information, please visit www.strawberybanke.org.



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COMMUNITY CALENDAR

ONGOING PROGRAMS

DAY	TIME	EVENT	LOCATION
2nd Monday	6:30 - 8:00 p.m.	Friends of the Library Meeting	Weeks Public Library
2nd and 4th Monday	7:00 p.m.	Selectmen Meetings	Town Hall
Monday	9:30 a.m.	Families First Toddler Playtime	Families First, Portsmouth Community Campus
Monday	5:00 p.m.	Cribbage	Weeks Public Library
2nd Tuesday	12:00 - 1:30 p.m.	Senior Luncheon	Portsmouth Community Campus
Tuesday	10:00 a.m.	Families First Baby Time	Families First, Portsmouth Community Campus
Tuesday	6:00 - 7:30 p.m.	Parenting Classes	Families First, Portsmouth Community Campus
Wednesday	9:30 a.m.	Families First Terrific Two's Playtime	Families First, Portsmouth Community Campus
1st and 3rd Thursday	7:00 p.m.	Planning Board Monthly Meeting	Town Hall
1st, 3rd, and 5th Thursday	9:30 a.m.	Families First Parent Recharge	Families First, Portsmouth Community Campus
4th Thursday	12:00 - 1:30 p.m.	Senior Luncheon	Portsmouth Community Campus
1st Thursday	2:00 - 3:30 p.m.	Caregiver Support Group	Portsmouth Community Campus
Thursday	10:00 a.m.	Family Storytime (except Dec 26th)	Weeks Public Library
Friday	11:00 a.m.	Friday Morning Group	Weeks Public Library
Friday	9:30 a.m.	Families First Preschool Playtime	Families First, Portsmouth Community Campus

DECEMBER

November 27 - December 5		Chanukah	
December 2 - 6		Holiday Drop-In Craft Week	Weeks Public Library
Saturday, December 07, 2013	9:00 a.m. - 2:00 p.m.	Christmas Fair	CCC Parish House
Saturday, December 07, 2013	1:00 p.m.	Hampton Holiday Parade	Route 1, North Hampton and Hampton
Saturday, December 07, 2013	5:00 p.m.	Holiday Tree Lighting Ceremony	Downtown Portsmouth
Saturday, December 07, 2013	6:00 p.m.	Portsmouth Holiday Parade	Downtown Portsmouth
Saturday, December 07, 2013	5:30 - 8:30 p.m.	Exeter Holiday Parade	Downtown Exeter
Sunday, December 8	1:00 p.m.	Rye Holiday Parade	Downtown Rye
Thursday, December 12, 2013	2:00 - 3:30 p.m.	Children Holiday Party (Pre K through Grade 4)	Weeks Public Library
Tuesday, December 10, 2013	6:00 - 7:30 p.m.	Family Holiday Traditions	Families First, Portsmouth Community Campus
Tuesday, December 17, 2013	6:00 - 7:30 p.m.	Making Holiday Decorations	Families First, Portsmouth Community Campus
Monday, December 23, 2013	2:00 - 4:00 p.m.	Alzheimer's Café	Families First, Portsmouth Community Campus
Monday, December 23, 2013	2:00 - 4:00 p.m.	Alzheimer's Café	Families First, Portsmouth Community Campus
Tuesday, December 24, 2013		Christmas Eve (Library closes at 2:00 pm)	
Wednesday, December 25		Christmas Day	
December 26 - January 1		Kwanzaa	
Tuesday, December 31, 2013		New Year's Eve (Library closes at 2:00 pm)	
Tuesday, December 31, 2013	4:00 p.m. - Midnight	First Night Portsmouth	Downtown Portsmouth

JANUARY

Wednesday, January 01, 2014		New Year's Day (Library Closed)	
January 13 - 17		Winter Drop-In Craft Week	Weeks Public Library
Monday, January 20, 2014		Martin Luther King Jr. Day (Library Closed)	
Monday, January 27, 2014	2:00 - 4:00 p.m.	Alzheimer's Café	Families First, Portsmouth Community Campus

FEBRUARY

February 3 - 7		Valentine Drop-In Craft Week	Weeks Public Library
Monday, February 17, 2013		President's Day (Library Closed)	
Monday, February 24, 2014	2:00 - 4:00 p.m.	Alzheimer's Café	Families First, Portsmouth Community Campus




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The biggest, brushiest turkey you may see in Greenland is sitting somewhere along Breakfast Hill Road right now, although some maintain it was once a tricky witch for Halloween. Just watch out in case it tries to cross the road when you're driving by.

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