

# GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Vol. 8 Issue 2

Summer 2014



A parade, speeches, and music brought old and young alike together at Remembrance Park on Memorial Day. The solemn event was well attended as those who served in past and present wars were honored and remembered. For more scenes of the event, please turn to pages 10-11.



## Sheila Pratt Selected as Citizen of the Year

By Barbara Fleming

At Town Meeting on Saturday, March 15, MJ O'Neill of the Greenland Women's Club presented the 2014 Citizen of the Year Award to Sheila Pratt. Sheila is a long-time Greenland resident and taught at the Greenland Central School for 40 years before retiring in 2010. Since then she has become one of the most reliable and consistent substitute teachers, and has repeatedly made herself available to the school community to help in whatever capacity has been needed.

Sheila is familiar to many parents and students as a teacher and as someone truly dedicated to promoting strong community and social values. She has long been involved with the Pease Greeters, and worked hard to raise and maintain awareness of the sacrifices of our military troops by organizing seasonal treat collections and Valentine's Day card projects. She encouraged student and family participation at various Greeter events as well.

About eight years ago, Sheila initiated a Greenland Central School Veterans Day assembly for the whole school. This was so well received that it has become an annual event with Veterans from all decades and branches of service invited to the school to be honored and feted by students from kindergarten through eighth grade. The Veterans are served breakfast prepared by the Life Skills class, and mingle with the students to answer questions about their service to our country. Sheila has faithfully invested countless hours each year after retiring to keep this great tradition alive

at the school and in the community.

It was also Sheila's idea to organize an annual Memorial Day Parade in Greenland from the Town Hall to Remembrance Park on the Town Green. This has grown each year and involves the Greenland Veterans, the Greenland Police and Fire Departments, the Greenland School Band, and other community groups that are proud to join in recognition and celebration of



Dennis Pratt, Sr., (husband), Sheila Pratt, Dennis Pratt, Jr., (son), and MJ O'Neill of the Greenland Women's Club, who made the presentation.

those who have sacrificed to protect our freedoms, liberties, and present quality of life. The speeches and invocations each year have been very moving and serve to remind us all of what it means to be an American.

Sheila, or Mrs. Pratt as she is known by so many past and present Greenland students—many of whom are becoming parents themselves, is really quite humble and would prefer to avoid the limelight, but if you see her around town, be sure to say "congratulations!" and "well done!" to this year's Citizen of the Year!

## A Chance Meeting — Lifetime Memories

By Glenn Bergeron

Recently I had the extreme pleasure of talking with long-time Greenland NH resident and WWII nurse veteran, Ruth Ladd. We discussed her nursing experiences in the war zone and especially her surprise meeting with General George S. Patton, Jr. What follows is a heart-felt account of that meeting and the events that led up to it.

It was July of 1944 and Ruth, along with her fellow nurses, had just crossed the English Channel on a transport ship, which was now anchored off the shore of Normandy, France. They climbed aboard a Higgins landing craft (a small boat used to shuttle personnel from ship to shore that is made with a large front door for a fast exit after landing) for their ride onto Omaha Beach. Yes, Omaha Beach, the same beach the allies landed on during D-Day 1944, just seven weeks earlier.

On the short ride to shore, Ruth had time to reflect on how quickly her life had changed since the war began. In December 1941, Don Ladd, her fiancé, joined the Army Air Force as a bombardier and was ordered to Guam in the Pacific Theater. With Don away, Ruth entered the nursing program at New England Baptist Hospital and graduated in 1943 as a registered nurse. Shortly after graduation, she married Don while he was on leave. Almost immediately, she joined the Army Nurse Corps and was sent to Fort Devens MA for basic training and, later, pre-operative school. Once she received her commission, she departed the United States for England aboard the Queen Mary. After a short stay in Scotland, she boarded a transport ship for her trip to Normandy, France.

Her thoughts were suddenly interrupted by the noise of the landing craft's door opening up and slamming down onto the beach. With that, Ruth looked up and noticed a fleet of trucks waiting to take them to their next destination.

Once loaded in the vehicles, Ruth found

out she was headed to the small town of Suippes, France, where the nurses were to work in a make-shift general hospital complex comprised of a series of large tents located behind the front lines.

It was here that Ruth encountered her first experience with the casualties of war. The amount and magnitude of



Ruth Ladd (L) with her friend Gravelle after completing a seven-mile walk. Ruth cannot remember Gravelle's last name, but she hailed from Bucksport ME. Ruth met Gravelle on the train to Ft. Devens and they were roommates for a long time.

horrific injuries to our servicemen was, at times, overwhelming. Doctors and nurses alike were asked to put in more and more hours, but on less and less sleep. Long rest periods were generally out of the question and the only stress relief came in the way of taking simple walks or writing letters.

As bad as these conditions were, they would get even worse. Ruth received orders to report to a Third Army field hospital on the front lines. Arriving at her new location, Ruth soon noticed that the wounded she cared for were just as horribly scarred as the ones she previously treated at her last command, except now they were wheeled in at a quicker rate.

Ruth elaborated on one incident in particular when she was treating a young African-American soldier. He was in the hospital complaining of combat fatigue and wished that he could go home. While he was talking to Ruth, she couldn't help but think of the recent incident of General Patton slapping two

*Memories Continued on following page •*

Greenland Grapevine  
PO Box 296  
Greenland, NH 03840

**Bulk Rate  
Postage PAID  
Permit #1  
Greenland, NH 03840**

**RESIDENT / BOX HOLDER  
GREENLAND, NH 03840**

## MEMORIES FROM PAGE 1

soldiers who were complaining of the same condition. In fact, General Patton was currently making the rounds to every field hospital in his command to personally apologize to all soldiers and medical staff for this slapping incident. This was per direct order from General Dwight Eisenhower, the Supreme Allied Commander. Suddenly, a bullet ripped through the top of the tent and “whizzed” by Ruth’s ear striking the soldier in his shoulder nearly shattering it. When the medical staff finished treating his wound and the soldier was resting comfortably, Ruth said to him, “It looks like you’ll get your wish after all.”

The bullets fired into the tents were not the result of stray rounds from the front lines, but as a result of a calculated attack by Nazi paratroopers, dressed as American soldiers, dropping from the sky shooting as many soldiers, doctors, and nurses as they could before being killed themselves—basically, a suicide mission.

Attacks like this were frequent, and it became apparent to Ruth that war had no bounds, and it only served to harden her resolve.

The one advantage Ruth’s field hospital had for being so close to the front lines was that it was also located next to the 82nd Airborne field and its fabulous mess hall facilities. The Airborne personnel had better food than the regular Army; therefore, the medical staff would often walk over to their facility to eat meals.

It was on one of these mealtime walks that Ruth and two of her friends were crossing a road to the mess hall when a Jeep approached them to ask directions. Immediately the two other nurses started talking and flirting with the driver as Ruth looked on, shaking her head back and forth in disbelief. Finally the driver interrupted the nurses and said, “Girls, do you know who’s sitting in the back seat? That’s General Patton.”

When Ruth peeked into the back seat, she saw General George S. Patton, Jr., in all his glory. He was wearing his khaki riding trousers and an olive drab waistcoat, and holding a manila envelope. With his ivory-handled revolver in prominent view, along with his highly



General George S. Patton, Jr.

polished helmet on the seat next to him, he looked majestic—tall—even while sitting; with his silver-gray hair neatly combed back, he looked so distinguished.

Smiling, he then leaned over toward Ruth and said, “Could you tell us how to get to the field hospital?” After they gave him directions, General Patton turned again to Ruth and said, “Good luck, ladies. Thank you for what you do for our boys.” With that said, he sat back into his seat and the Jeep sped down the road and out of sight.

Ruth would again see General Patton two weeks later when he stopped by her field tent, quickly greeting soldiers and medical staff alike. She couldn’t get close enough to talk to him this time as he was surrounded by a large entourage. Her last vision of him was this towering figure in full military regalia, helmet setting squarely on his head, and the trademark, ivory-handled revolver in its leather holster resting high on his hip. He smiled and saluted to all as he walked out of the tent... and into history.

General George S. Patton, Jr., remained a controversial figure not only throughout the remainder of the war but also throughout the decades—even to this day.

To Ruth Ladd, it doesn’t matter that there is controversy. She believes General Patton could do no wrong. He will always have a special place in her heart.

When we finished our conversation, I agreed with Ruth that General Patton was a heroic leader, but he still had serious flaws. She looked at me with a smile on her face, a twinkle in her eyes, and made the final point when she said, “I don’t care what historians say, General Patton was a great man. He was the best general we’ve ever had.”

Ruth’s story is but one of many shared by all nurse veterans everywhere. A fabulous movie based on true stories of nurses during WWII will be shown at the Weeks Public Library on Monday, June 23 at 6:00 p.m. The film “So Proudly We Hail” stars Claudette Colbert, Veronica Lake, and George Reeves. See you there! Free popcorn!

## 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
- ▶ Bette Hirtle - Proofreader
- ▶ John Hirtle - Layout / Advertising
- ▶ Karen Mason - Proofreader
- ▶ Karen Johnson - Director, Copy Editor
- ▶ Margaret Mooers - Proofreader
- ▶ Erica Rahn - Treasurer, Public Relations

### 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 Fall 2014 issue of the *Greenland Grapevine* for both content and advertising is July 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

Greenland Grapevine, Inc.  
PO Box 296, Greenland, NH 03840-0296  
[GreenlandGrapevine@comcast.net](mailto:GreenlandGrapevine@comcast.net)

To place advertisements,  
please contact us at:

[GREENLANDGRAPEVINE@COMCAST.NET](mailto:GREENLANDGRAPEVINE@COMCAST.NET)  
[GREENLANDGRAPEVINEADS@YAHOO.COM](mailto:GREENLANDGRAPEVINEADS@YAHOO.COM)  
OR [GREEN@JH603.COM](mailto:GREEN@JH603.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!

We Want You In The Next Edition Of The...

## GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Reaching over 3,500 residents with every issue!

Size	Height (Inches)	Width (Inches)	Rate Per Issue
A - Business Card	2	3.5	\$40.00
B - Medium	4	3.5	\$80.00
C	6	3.5	\$115.00
D	8	3.5	\$150.00
E - Large	4	6.5	\$150.00
F	6	6.5	\$225.00
G	8	6.5	\$300.00
I - Jumbo	4	9.5	\$225.00

Please Contact Us About Larger Ad Sizes & Inserts

EARLYBIRD Ad SUBMISSION DATE	PUBLICATION DATE	NOW TAKING RESERVATIONS FOR OUR FALL EDITION!
January 1	March	
April 1	June	
July 1	September	
October 1	December	

### AD SPECIFICATIONS

We will be happy to set an advertisement for you if you desire, **free of charge**.

If you have your own advertisement prepared, please make sure it has the following specifications in addition to the proper sizing to make it look as good as possible:

- **Resolution:** 300 DPI Minimum.
- **Color Model:** CMYK. We can use RGB, but it will not reproduce as well.
- **File Types:** .pdf is preferred. .jpg, .tif and .eps are acceptable.
- **Don't Forget!** Color is **FREE of Charge!**

**To ADVERTISE IN THE GREENLAND GRAPEVINE CONTACT:**

[GREENLANDGRAPEVINE@COMCAST.NET](mailto:GREENLANDGRAPEVINE@COMCAST.NET)

[GREENLANDGRAPEVINEADS@YAHOO.COM](mailto:GREENLANDGRAPEVINEADS@YAHOO.COM) OR [GREEN@JH603.COM](mailto:GREEN@JH603.COM)

Greenland Grapevine • PO Box 296 • Greenland NH 03840-0296

## Farmers' Market Returns

By Jean Eno

Ardent locavore and longtime supporter of Seacoast Eat Local (SEL), Greenland resident Jean Eno has taken the reins as the new market manager for the Greenland Farmers' Market.

A former sponsorship coordinator for Seacoast Eat Local, and longtime CSA shareholder, Jean brings with her the enthusiasm, time, commitment, knowledge, and connections to help widely promote the Greenland Farmers' Market.

"I am completely in my element with this new role, and can only shake my head that it took friends and SEL cohorts as long as it did to get me to take it on."

In addition to seeking corporate sponsorships from local businesses to help support low stall fees for vendors, music and entertainment for shoppers, and overall community investment, Jean is also seeking nonprofit interest.

"Nonprofit groups are encouraged to check out the 2014 GFM Nonprofit Guidelines and Application on our Web blog. There is no fee for tabling, and other farmers' market venues are pretty much full, so we expect to receive quite a few applications; now's the time to get your application in."

The market, which runs every Tuesday from 3 to 6 p.m. until October 14, will be comprised mainly of NH farmers,



and ME farmers, and supplemented with locally sourced, prepared goods from vendors all within a 50-mile radius of Greenland. However, there is one exception: the NH Mushroom Company!

In the spirit of keeping local, guidelines for prepared foods include the following: Vendors' products must be derived from or utilize locally grown

goods. All prepared foods must contain locally grown ingredients and/or demonstrate an added value to a farm/farm product. Vendors whose products rely exclusively on ingredients from outside of the region will not be accepted and should not apply. Any meat used in prepared foods must be local (no exceptions).

The market will be held at Veterans' Park on Post Road, across from Greenland Central School.

"Barring hurricanes and tornadoes, we're in it for the duration, which means we need the community to stick with us through thick and thin. And, you should know, upon the close of the season I will be donating half of the market's net profit from stall fees to area food pantries and homeless shelters. So, it's really, truly going to take a hurricane or tornado to shut this market down."

Vendor guidelines, site logistics, and the vendor application are posted on the Greenland Farmers' Market blog at [www.greenlandfm.blogspot.com](http://www.greenlandfm.blogspot.com). There you can also see the wonderful line-up of farmers and other vendors, such as Riverslea Farm from Lee, Foxes Ridge Farm from Maine, Wolf Meadow Farm from Amesbury MA, Winnicut River Farm from Stratham, and Blackbird's Daughter Botanicals and Kellie Brook Farm from Greenland.

"Many people have already expressed much enthusiasm for the market's continuation. Many thanks to Rolling Green Nursery for taking the initiative last year, and to Greenland's town administrator, Karen Anderson, for all of her support as well!"

For more information, contact Jean on Facebook ([www.facebook.com/greenland-farmersmarket](http://www.facebook.com/greenland-farmersmarket)) (a \$25 gift certificate to the market awaits the 500th fan!) or at [greenlandfarmersmarket@gmail.com](mailto:greenlandfarmersmarket@gmail.com).



## Remembrance Park Project Now Funded

By Wallace Berg

April 11, 2014, was a "Red Letter" day for the Greenland Veterans Memorial Committee (GVMC). After intense months of a community-based funding effort, final funding was reached with a grant from the Chief Michael Maloney Memorial Foundation. A check in the amount of \$5,000 was received from the Foundation President, Sgt. Dawn Sawyer of the Greenland Police Department. It was presented to Florette Berg, GVMC treasurer. The occasion was marked with a brief ceremony at the "Remembrance Park" site on Post Road. Others in attendance were: Vaughan Morgan, a GVMC member and Greenland selectman; Gary Davis, commander of the Greenland Veterans; and Wallace Berg, GVMC member. Maloney Memorial Foundation members present were Jeff Pierce, Robert Lukacz, Kathleen Lahey, Ralph Cresta, Melissa Perkins, and Richard Sawyer.

The project was originally initiated in September 2013 when it was noted that a public monument for Congressional Medal of Honor recipient, Hudson Van Etten, did not exist. He is buried in the Greenland Prospect Hill cemetery. The award, our nation's highest honor, was given for heroic service in the Spanish American War. The action involved cutting the transatlantic cables from Cienfuegos, Cuba, to Spanish headquarters in Spain while under constant fire from a Spanish fort overlooking the cable terminals.

Further investigation revealed that Remembrance Park veterans' monuments had not been updated since the end of the Vietnam War, nearly 40 years ago. With that knowledge a small group of veteran citizens formed a committee. They soon recognized that "tax exempt status" was a fund-raising necessity and asked the Greenland Veterans, Inc., to sponsor the project, but not fund it. With this sponsorship, the GVMC petitioned the town select board for permission to complete specific park and monument updates. With this authorization granted, it was "full steam ahead." The park, originally scheduled for dedication in May 2014, will now be dedicated on Veterans Day, November 11, 2014. Insufficient funding and monument manufacture time forced the delay.

In addition to the smaller Van Etten monument, there will be two larger monuments: one devoted to pre-WWI veterans such as those from the Spanish American War and the American Civil War, and the second for those who have served since Vietnam. Except for Afghanistan and Iraq, many citizens have forgotten or were too young to know that our youth have been involved in other wars such as in Panama and Grenada. Fewer still know that our military have been involved in more than 30 special

operations, under many descriptive names, and that all were potentially deadly to those involved.

These three monuments will be made from polished black granite similar to that used in the Vietnam Memorial in Washington D.C. The quarry product, black granite, is only available in two locations in the world. After it has been quarried, there is a manufacturing process involving precise cutting, sizing, boring, and polishing that must be completed before it is received by "Seacoast Memorials." Seacoast completes the monuments by adding the artwork and name inscriptions. On April 7 the owner of Seacoast Memorials met at the site for final measurements and consultation with the GVMC. Everything checked out and three polished black granite were ordered. Delivery will take about four months. The recent Memorial Day celebration, held



in May, was the last time the old site will be officially used. There will be construction work on the site at various times throughout the summer.

The GVMC is making every effort to gather the names of those Greenland veterans eligible for monument inscription. We cannot

complete this task without your help! There are forms and instructions available in the town office. If additional information is needed, please e-mail to [GREENLANDVETS@comcast.net](mailto:GREENLANDVETS@comcast.net).

Because of the incredible generosity of Greenland citizens and local businesses, the project now has the resources and pledges to produce a truly beautiful and memorable park. This rededicated park will be professionally landscaped by local landscapers and will feature a complete fill and re-grade of the immediate monument area. The immediate park area will be surrounded by a "low-profile" granite post and rope barrier. The enclosed area will be contour graded and seeded with new lawn. Current plans, not yet approved, will provide for a lawn sprinkler system to insure its beauty and proper care through the summer months.

The present concrete pad serves as a stage for events and is a platform for the cannons and granite benches. Two new pad additions will increase the pad size, relocate the cannons, and provide additional seating space on the stage. The cannons are to be completely refinished with "Powder Coating" and new carriages are being built. All-new electrical illumination is being installed. The existing concrete stage, containing cannons and benches, will be enlarged for safety and better utility. Air pollution and natural algae growth from over the years must be dealt with. Brian Fogarty, Scoutmaster of Greenland Boy Scout Troop 158, and the Scouts, as a troop effort, have undertaken the cleaning and polishing of the existing monuments.

### June is Perennial Gardening Month

#### Father's Day BBQ

featuring Downeast Street Rods to benefit JDRF

June 14 • Saturday • 11-3

#### Summer Solstice Annual Silent Auction & Sale

to benefit Families First

June 21 • Saturday • 9-4

64 Breakfast Hill Road  
Greenland, NH 03840  
T 603.436.2732 • F 603.436.2309  
[RollingGreenNursery.com](http://RollingGreenNursery.com)



## Vacation Bible Camp Workshop of Wonders

By Joanne Spradlin

The annual Vacation Bible Camp at Community Congregational Church will be held Monday through Friday, August 11–15, 2014, from 8:00 to 11:30 a.m. at the Parish House, 44 Post Road, Greenland NH. Although the children (and their parents) are invited to attend church on Sunday, August 17, to sing the song they learned during the week, children do not have to be members of the church in order to attend the week-long school. The program is designed for children ages three to ten. The cost is \$25 per child. If more than one child from the same family attends, the family rates are \$45 for two children, \$60 for three children, and \$75 for a family. The cost includes a daily snack. Scholarships are available.

In each of the five days, kids will explore a different Biblical festival and discover the principles for living according to God's plan. All are welcome.



Rivet, the ant

Anyone interested in joining us, and learning while having fun, should contact Joanne Spradlin at [Yutgroup@aol.com](mailto:Yutgroup@aol.com) or the church office at 603-436-8336 or [GreenlandUCC@myfairpoint.net](mailto:GreenlandUCC@myfairpoint.net).

## Tour a Lighthouse

Portsmouth Harbor Lighthouse is located on Coast Guard Station Portsmouth Harbor in New Castle NH. The public is allowed into the grounds of historic Fort Constitution, also located within the station, from 8:00 a.m. to 4:00 p.m. daily. The grounds immediately around the lighthouse are not open except during open houses and special events. Another good place for a view of the lighthouse is from Great Island Common in New Castle.



Open houses are every Sunday from late May (Memorial Day weekend) through mid-October (Columbus Day weekend) from 1:00 p.m. to 5:00 p.m. The admission to climb the lighthouse is \$4 for adults and \$2 for children 12 and under. There are also special open houses scheduled throughout the season. Proceeds go towards the preservation of Portsmouth Harbor Light.

No reservations are needed. Tours are on a first come, first served basis. Children must be 42 inches tall to climb to the top, and adults are not permitted to carry children up the stairs. Visitors get to climb to the lantern room to enjoy the magnificent view and to see the fourth-order Fresnel lens up close. Volunteers will tell visitors about the history of the light station, and there will be souvenirs for sale.

There are 44 stairs to the watch room and a seven-rung ladder to the lantern room. Flat shoes (not sandals or flip-flops) are strongly recommended to climb the ladder into the lantern room.

In addition to the open lighthouse, don't forget the upcoming lighthouse cruise. Sunset Lighthouse Cruise on Friday, June 20, 2014, at 7:00 p.m., aboard the M/V Granite State, departing from Rye Harbor on Route 1A in Rye, NH.

The cruise will pass close to Portsmouth Harbor Lighthouse, Whaleback Lighthouse, and White Island Lighthouse in the Isles of Shoals, providing unique views of these scenic lighthouses.

For more information about these events, please visit [www.portsmouthharborlighthouse.org](http://www.portsmouthharborlighthouse.org), e-mail [info@portsmouthharborlighthouse.org](mailto:info@portsmouthharborlighthouse.org), or call 603-828-9243.

## 7th Annual Greenland Summer Concert Series

By Barbara Fleming

It's hard to believe that this year will be the seventh year of Summer Bandstand Concerts in Greenland!



During years one through five, we were quite lucky with only a few scattered cancellations due to weather. Last year, however, we had three cancellations, which were disappointing for all, but all three have been rescheduled for this year, and the total line-up of five concerts looks great. In addition to the great music, the Greenland Vets will again be providing a snack bar with hamburgers and hot dogs, etc., so come and have dinner at the park, or pack a picnic. The concert series is a collaborative effort of the Greenland Women's Club, the Greenland Veterans, and the Town of Greenland Recreation Committee.

As always, admission to the concerts is FREE, but we do depend on community donations. You will find in this issue of the Grapevine a program insert and general appeal for funds. We will also "pass the hat" at the concerts, so please give what you can so we can continue this great tradition in Greenland.

All concerts are on alternating Thursday nights beginning on June 26 through August 21. The first three begin at 6:00 p.m. and the last two begin at 5:30 p.m. as the days become shorter. Please be sure to save the program enclosed with this issue of the Grapevine, or clip this article and mark your calendars!

June 26—the Boogaloo Swamis will make their first appearance in Greenland. Their style is a mix of Cajun and Zydeco, with a bit of Rockability, Tex Mex, and Blues. They have been named Outstanding World Music Act at the Boston Music Awards four times!



July 10—the Jazz Factory Orchestra, rescheduled from 2013, will bring their 18-piece, modern jazz big band to Greenland. They have appeared at the Portsmouth Jazz Festival, Manchester's Fourth of July Celebration, and other venues throughout New England.



July 24—the Bel Airs Doo Wop make a repeat performance at the Greenland bandstand, playing favorites from the 50s and 60s. Recipients of the Best of NH Award in 2012 and Readers' Choice Award in 2013, they are not to be missed.



Aug. 7—the New Legacy Swing Band will be appearing for the third time in Greenland. Covering music from the 30s to the present, they are one of New England's premier jazz and swing orchestras. They are also rescheduled from 2013.



Aug. 21—the High Range Band will close out the summer with their high-energy mix of folk, bluegrass, and original music on the guitar, bass, mandolin, fiddle, banjo, and drums. And they are also rescheduled from 2013.



Information about cancellations, if any, will be announced on WMUR, WHEB, WOKQ, and WTSN.

## Lawn Mower Tune-ups Are a Wise Investment

From NAPS Web Site—[www.napsnet.com](http://www.napsnet.com)

Investing 30 minutes on a spring tune-up for your lawn mower can pay dividends for years to come. Those who don't perform this important basic maintenance before the weather turns too warm often end up putting their equipment at risk.

The good news is that it is easier than ever before to get your lawn mower ready for spring—from tune-up kits to oil evacuation kits to a free oil recycling solution, you can keep your lawn mower running smoothly. An engine tune-up for your push mower takes only 30 minutes or less. Riding mower engines may require an oil filter or fuel filter, which could add five to ten minutes to the job.

**A Spring Tune-up Is Key**—"Homeowners simply want their lawn mower to start when they need it for that first cut of spring, and a simple tune-up can make the difference between a hassle-free start and frustrating trips for service," said Synoilva Shaw with the Briggs & Stratton Engine Marketing department. "While the source of most starting problems is old gasoline, which goes stale in about 30 days, a tune-up can help extend the life of the mower engine and keep it running at peak performance."

**Prepping a Push Mower**—A tune-up for a push mower engine can reduce engine emissions by as much as 30 percent and involves just four easy steps:

1. Changing the mower oil
2. Replacing the air filter
3. Replacing the spark plug
4. Adding fuel preservative to the gasoline.

**Tune-up Kits**—A basic push mower engine tune-up kit costs under \$12.99 and includes an air filter, spark plug, bottle of oil, and a pouch of fuel treatment and stabilizer. A tractor tune-up kit costs under \$32.99 and includes the same as a push mower kit with the addition of a fuel and/or oil filter. The kits are available online on your lawn mower company's Web site or at authorized dealers and home improvement stores.

**Oil Evacuation Kits**—Two options are available for oil evacuation kits—one that removes oil only, and another that removes both oil and fuel. These kits help eliminate the need for consumers to tip the mower to drain the oil during a tune-up, making it easier to change the oil and reducing the possibility of an oil spill in the garage or driveway.

**Disposing of Used Oil**—Participating Briggs & Stratton dealers nationwide make recycling oil easy and have recycled more than 200,000 gallons of used engine oil to date. Simply drop off your used oil in a closed container and let your dealer take care of the rest.

**Look Before You Pump**—Certain gasoline blends should never be used in lawn mower engines and other small gas engines. Fuel blends containing more than 10 percent ethanol, like E15 or E85 gasoline, or gasoline containing other alcohol blends can damage small gas engines.

Repairs required because of the use of these unapproved gasoline blends are not covered under the manufacturer's engine warranty. Look for the "Look Before You Pump" warning logo on new models, or find more information from the Outdoor Power Equipment Institute at [www.oppei.org](http://www.oppei.org).

**THREE RIVERS**

New Patients get FREE Whitening Kit with this AD!

**DENTAL**

PLLC

Logan K. Reilly DMD

**603-373-0500**

655 Portsmouth Ave-Greenland, NH

**WWW.SEACOAST-DENTIST.COM**



# Bringing Living History to Greenland Students

By Jonathan Dowling, 5–6th social studies teacher at Greenland Central School

Many thanks to 7–8th grade social studies teacher Lynne Macdonald, her fellow teacher team members, Mr. Peter Smith, Dr. George Cushing, Mary Lyons, Julie Kratimenos, and especially to the Greenland Parents Organization.

Also, I extend a special thank you to Mr. Weisshaus, who brought history alive by coming in to speak with our students.

Sometimes a chance encounter with another individual can be mundane, boring, or repetitive. Some people go out of their way to avoid these chance encounters, but they can also bring about a life altering change of course—a realization that things are not as glum or as sad as they may seem. I recently had one of these chance encounters; during the dark gloomy early spring of 2014, a ray of brightness entered into my life.

On a cloudy, gray, cold day in March following another day at school, I headed off for physical therapy. In the locker room I noticed an older gentleman with the same thick black rimmed glasses I wore. He was struggling to pull up his socks, later I learned due to arthritis, and I felt empathy as I also sometimes struggle with simple everyday tasks, such as tying shoes or putting on socks. I asked him how he was doing, hoping to provide a small bit of distraction. He responded well, and we began our first conversation during which he explained to me that he was a retired English teacher, from Hungary, and that he was a survivor of the Holocaust in Hungary who gave talks with local groups such as middle and high schools. He also shared about his book *Not a Victim!* in which his story is retold through his own words in a short, but moving book that I highly recommend.



We continued our ongoing conversation over a few weeks—as I arrived he was leaving. We kept planning to meet for me to learn more, and to plan a time for him to come and speak to Greenland Central School, but our attempts were always futile, so we did our planning during the transition times of our Mondays, Wednesdays, and Fridays. I found his energy, positivity, and friendliness were a great way to begin a workout after a long day at work. I learned that he never once spoke about his experiences, some chilling, until he retired in the early 2000s, after he became a part of the Nottingham schools presentation of a play featuring the Holocaust as a central theme. Since, he has spoken at many area middle and high schools, sharing his story to eager learners. His goal is to promote living history, or bringing history alive to kids so they may not allow hate, fear, and abuse of power become realities in their lives. His message is powerful and moving, and the Town of Greenland has benefited from having him come in to speak.

Below is a summary of Mr. Weisshaus' presentation with student reactions and questions.

Mr. Weisshaus' presentation began with a general context of the Holocaust and how it arrived in Hungary in the spring of 1944, and finished with students asking specific questions. His stories varied, but all showed the grit and determination of someone determined to continue, to push



forward, and to survive. He spoke of being brought to a work camp on an island in the Danube River where close to 100,000 men and boys were sitting in the mud for days, all heads down because they knew their fate, and had given up. All trains that left the island going north and west were full; those coming back were empty. By some miracle, described in detail in his book, he speaks of how he and his uncle were saved by his aunt, and he still to this day does not know how she was able to get their release.

Following the presentation I asked a few seventh and eighth graders their thoughts, and then the question of what story moved them, or tapped that thing in our guts that responds to terrible situations, or that “lump” in the stomach that forms when empathy overwhelms. Many spoke of the story during the bombing of the city, when he went to a bakery to pick up bread and how a bomb from an American plane exploded near him, but he was relatively unhurt. They also spoke of his touching stories about family members and how he was never able to say goodbye to his mother or father. One of the responses I heard over and over again was the idea that they could pass his stories to others, to prevent hatred, fear, and anger. They could now be witnesses, because they have a better context and a different story than typically told in a textbook. This witnessing is a central theme of Mr. Weisshaus' message.

Mr. Weisshaus is a witness, and those who listen and learn his story may also become witnesses. He believes strongly that we should teach our children about what occurred to prevent the past from being repeated. This “witness” philosophy is what was given to our students by Mr. Weisshaus. Some students even responded following the presentation of things they can do now as a witness. One student described building a small memorial, and also telling this to his parents and younger siblings so they themselves may become witnesses.

Mr. Weisshaus' presentation was moving, and not at all what the students typically learn when learning from books and their teachers. His message is direct; his story occurred with his eyes and wearing his shoes. It's powerful because what occurred is a true story as witnessed by one sixteen year old, but it speaks to a larger history, one that is complicated, scary, and very disturbing. All of us in the cafeteria that day in May became witnesses. I know our students and teachers will now serve to help others witness the Holocaust.

Greenland students pay rapt attention to Thomas Weisshaus (inset, left), a survivor of the Holocaust, who shared his experiences during that time. His recollections of that era is the subject of the book *Not A Victim!*

## Change in Town Clerk's Hours

By Marge Morgan

Effective Monday, April 7, 2014, the Greenland Town Clerk's office hours changed. On Mondays, the Town Clerk's office is open from 10:00 a.m. to 6:00 p.m. On Tuesdays through Fridays, the Town Clerk's office is open from 8:30 a.m. to 4:30 p.m.

If you have any questions, contact the Clerk's office at 603-431-7111 ext. 1.

**Cindy Kohlhase**, owner of Salon Central, has been a hairstylist in the Seacoast for 29 years. With her experience and continuing professional education in color theory, Cindy makes hair color one of her specialties. Cindy believes that advancing her career with continuing education is a must to stay on top of the latest trends and techniques that inspire and motivate her.

**Salon Central** is a full service hair salon for men, women, and children providing haircutting and styling, hair color and foiling, perms, facial waxing, and manicuring.

**Salon Central**

**Cindy Kohlhase**  
Owner/Stylist

(603) 682-3383

66 Tuttle Lane Greenland, NH 03840



## History Enthusiasts Wanted

Discover Portsmouth is seeking articulate, people-friendly history enthusiasts to become gallery docents for our John Haley Bellamy exhibit. Gallery docents greet visitors, provide them with information about Portsmouth and Discover Portsmouth, and have a working knowledge about the exhibit. All volunteers who want to become

gallery docents will be trained by Discover Portsmouth staff. Gallery docents are extremely valuable volunteers to our museum. Ideally, docents should be able to commit to one 3–4 hour shift per week. For more information, please contact Erika Beer, volunteer manager at [erika@portsmouthhistory.org](mailto:erika@portsmouthhistory.org) or 603-436-8433.

Got a Great Greenland Photo or Story? Want To Advertise?  
Please send it to [greenlandgrapevine@comcast.net](mailto:greenlandgrapevine@comcast.net)  
prior to July 1 for our next issue.

**Fresh Seafood.**  
*Refreshing View.*

Home of the Famous Boathouse Punch

Heated Upper Deck

Come to BG's for the freshest seafood around and our beautiful water view. You'll love our fresh seafood, steak tips & burgers, Kids' Menu and more. Enjoy our two outdoor decks, cozy dining room, and the Sagamore Pub! We have plenty of parking and you can come by boat or kayak, too!  
See you at the Boathouse!

Summer Hours:  
7 days 11am-close

**BG's BoatHouse**  
Restaurant & Marina

191 Wentworth Road • Portsmouth, NH 03801  
603.431.1074 • [bgsboathouse.com](http://bgsboathouse.com)

# GREENLAND RECREATION SUMMER PROGRAMS

## BASKETBALL EXTRAVAGANZA



All camps are open to all skill levels! Limited only to grade level.

### Athlete's Edge

Give your Athlete the Edge this season! This program is designed to enhance athletic ability and get your athlete ready for the upcoming season. We will be focusing on Speed and Agility, Hand-Eye-Coordination, Muscular Strength and Endurance, Functional Movements, Flexibility, Core Strength and much more to give your athlete an Edge over the competition.

This program is beneficial to athletes of any sport. We measure each athlete's progress to show results. Will your athlete have the Edge this season? This will be run by strength and conditioning trainers and college strength and conditioning coaches. It's a fun way to get your athlete faster, quicker, stronger and more

**Grades:** ..... 6th-10th Grade Boys & Girls  
**Dates:** ..... July 1st - July 31st Tuesday and Thursday  
**Times:** ..... 3:30 - 4:30 pm  
**Cost:** ..... \$100

### The Total Package

The TOTAL PACKAGE is exactly that. This is a 5 week program that will contain the following skill weeks that build upon each other each week to create the "Total Package."

This program is being run and taught and staffed with ALL College level players, coaches and trainers! This will be the BEST run camp on the Seacoast this year!

**Grades:** ..... 6th-10th Grade Boy & Girls  
**When:** ..... July 1st- July 31st Tuesday and Thursday  
**Times:** ..... 4:30 - 6:00 pm  
**Cost:** ..... \$150 or \$50 a week for "drop ins"

### Dribble Like A Pro

"Dribble Like a Pro" is taught by ball handling expert Greg Jacques. If you have trained with TrueChampion then you know who Greg is and what he brings to the table. Before going abroad to play professional basketball, we have asked Greg to run one more ball handling camp for us.

We feel ball handling is the basis for the entire game. Many kids can dribble but are not effective with it and are far from reaching their potential. We are convinced that at most levels the player that can handle the ball the best can control the game. We especially encourage any player who has been labeled "post players" or "biggs" to come as we train ALL of our athletes like guards.

**Grades:** ..... 5th-8th Grade Boys & Girls  
**When:** ..... July 2nd - July 30th Monday and Wednesday  
**Times:** ..... 9:00 - 10:00 am  
**Cost:** ..... \$85 or \$20 a week for "drop ins"

### Shots Camp

This is one of all our athletes' favorite camps. "2014 Shots Camp" is just that! During the course of the 5 week program the goal for all players is to get up 2014 shots! The emphasis will begin with form (we will have one coach on hand JUST to work on form) and then progressing to shooting off the dribble, off screens, longer range, pressure shooting, foul shooting and much more.

Our mentality is simple: players do NOT take enough shots and needs these repetitions to take their game to the next level. This camp is for players developing their shot, and for the more advanced player that wants to take their shooting skills to the next level. This camp will also be taught by college coaches, college shooting guards and more!

**Ages:** ..... 5th-8th Grade Boys & Girls  
**When:** ..... July 2nd - July 30th (Monday and Wednesday)  
**Times:** ..... 10:00 - 11:00am  
**Cost:** ..... \$85 or \$25 for "drop ins"

## FOOTBALL CAMPS



### Passing Camp

The camp will emphasize QB technique with emphasis on proper throwing mechanics as well as running the spread offense. Receivers will concentrate on proper running of pass patterns and catching the ball. The last day of camp there will be 7 v 7 games.

**Grades:** ..... 5th - 12th  
**Dates:** ..... Tuesday and Thursdays in June beginning June 24th through July 31st excludes July 1st and 3rd 10 sessions  
**Time:** ..... 6:00 - 8:00 pm  
**Location:** ..... Portsmouth High School  
**Cost:** ..... \$40

### 6th Annual Mini-Camp

Non-contact skills camp. PHS coaches and current PHS players will teach players basic skills needed for youth level. The emphasis in this camp is that everyone will leave this camp with a better understanding of the entire game. All players will cover all aspects of the game, everyone will be a QB and center.

**Grades:** ..... 3rd-6th  
**Dates:** ..... August 10, 11, 12  
**Time:** ..... 6:00 - 7:30 pm  
**Location:** ..... Portsmouth High School  
**Cost:** ..... \$35

## GREENLAND SOCCER CAMP



The camp program offers technical & tactical training for all ability levels; beginners and players looking to play at a higher level. The programs are challenging & fun. Training sessions provide a strong basis for the forthcoming fall season and are suitably intense. Our excellent & versatile staff creates a great environment. Activities are tailored towards each age group to provide an exciting soccer atmosphere for players of all ages!

Rick Hugener: PHS Girls Varsity Coach, 11 years high school coaching experience, Seacoast United Coach, 2008 New Hampshire Class I Coach of the Year, 2010 State finalist

Martin Carter: Former PHS Boys Varsity Coach, 8 years high school coaching experience, former England club soccer player, 11 years PHS Physical Education Teacher

Will Purcell: PHS Boys Junior Varsity Coach, 9 years elementary and high school coaching experience, former England University and club soccer player for 10 years

Don't forget your water bottle!

**Ages:** ..... Boys & Girls Grades K-8  
**Dates:** ..... July 21 - 25  
**Time:** ..... 9:00 am - 11:00 am  
**Location:** ..... Michael P. Maloney Recreational Complex  
**Cost:** ..... \$50 (t-shirt included)  
**Late Fee:** ..... \$10 if added after July 1st  
**Questions:** ..... Richard Hugener • rickhugener@gmail.com

## LEGO® CAMP ROBOTICS & ENGINEERING WORKSHOP



Participants will have an opportunity to explore the amazing world of Minecraft with LEGO®. Create your very own Minecraft village complete with houses and crops. Or construct an obsidian portal and the Nether complete with lava, gravel, and bedrock! We will also explore the amazing world of LEGO®Engineering as we learn about motors, gears, and pulleys as we construct motorized vehicles, amusement park rides, elevators, and more! Each participant will receive a custom-made take-home Minecraft® character!

**Note: Participants DO NOT take projects home.**  
**Ages:** ..... Grades: entering 1st - 6th (min 8 children, max 18 children)  
**Dates:** ..... August 4-8  
**Time:** ..... 9:00 am - 12:00 pm  
**Location:** ..... Greenland Central School Cafeteria  
**Fee:** ..... \$125.00 per child

## BASEBALL CAMPS



### 7th Annual Sandlot Baseball

A quick warm-up of running, throwing and batting followed by a wooden bat baseball game.

**Ages:** ..... 6-11  
**Dates:** ..... July 1, 3, 15, 17, 22, 24, 29, 31  
**Time:** ..... 9:00 am - 11:30am  
**Cost:** ..... \$40  
**Location:** ..... Caswell Field, Greenland  
**Contact:** ..... Matt Gladu  
**E-Mail:** ..... gladu@comcast.net  
**Cell:** ..... 867-8355

### Matt Gladu's 12th Annual Baseball Skills Camp

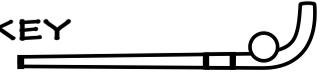
Focus on hitting, throwing, fielding, running and learning about the game of baseball. 8 to 11 year old players may stay for an extra 1.5 hours for position specific instructions including; pitching, catching, infield and outfield. Current college and high school/Legion players will assist with instruction. Includes a poly/cotton blended baseball shirt.

Run by Matt Gladu: A math teacher and baseball coach at Portsmouth High School. Matt will provide a safe and fun setting while teaching the skills of baseball.

**Dates:** ..... July 7 - 11  
**Ages:** ..... 6-11  
**Time:** ..... 9:00 - 11:00 am  
**Cost:** ..... \$100.00\*\*  
**Ages:** ..... 8-11  
**Time:** ..... 9:00 - 12:30  
**Cost:** ..... \$125.00\*\*  
**Location:** ..... Krasko Field, Greenland  
**Contact:** Matt Gladu ..... gladu@comcast.net (additional hour/day optional)

\*\*Skills camp includes sandlot baseball at no additional charge.

## FIELD HOCKEY DAY CAMP



Come join us for the 4th annual field hockey clinic! Prepare for a fun week learning field and sticks skills, gaining confidence and challenge yourself to try a great sport. Natalie has directed and coached this clinic since 2010. She is an avid field hockey player who has competed at the national level and Division 1 college. This year, we have a team of coaches with quality experience playing and coaching in high school, club, and college levels. They are thrilled to join our staff to support the growing interest in field hockey for younger generations. Please bring your stick, shin pads, mouth guard, a snack and plenty of water. (Sticks can be provided upon request)

**Open to all Ages**  
**Dates:** ..... July 14-17  
**Time:** ..... 9:00 am - 12:00 pm  
**Location:** ..... Michael P. Maloney Recreational Complex  
**Cost:** ..... \$60 includes a ball  
**Min:** ..... 10 to run  
**Contact:** ..... Natalie Tilton • singelais.n@gmail.com

To register for these programs,  
more information about Summer Fun, Concerts,  
or Greenland Themed Merchandise, Be Sure To Visit:  
**WWW.GREENLANDREC.COM**



**Don't Miss...**  
**JASON'S RUN**  
**SATURDAY, OCTOBER 4, 3-5**  
**SAVE THE DATE!!**

REGISTER ONLINE FOR ALL PROGRAMS!

**WWW.GREENLANDREC.COM**

# Upcoming Events at the Weeks Public Library

By Denise Grimse, Director

## Red Cross Babysitting Class

Saturdays, June 7 and 14,  
9:30 a.m.–1:00 p.m.

Boys and girls, ages 11–15

Over the course of the two Saturdays, the back-to-back classes will prepare future babysitters with training every parent wants in a babysitter, including basic child care, first aid, injury prevention, and decision making. Fee is \$85. Make checks payable to the American Red Cross. Ten are needed to run the class. Participants must attend both sessions to receive the certificate.



## The Friends of the Library Annual Meeting and Potluck Dinner

Monday, June 9, 6:00 p.m.

The Friends of the Library Annual Meeting and Potluck Dinner will be held at the Greenland Congregational Church Parish House on Monday, June 9, 6:00 p.m.—This year's annual meeting and potluck dinner features magic! Bring a dish to share and join us! Rev. Robert Fellows of Community Congregational Church will give a brief talk titled, "Library Magic." An avid bibliophile and prestidigitator, Bob will tell stories, using magical illustrations, about the impact that libraries have on childhood dreams. He will also show a few items from his magic book and Houdiniana collection.



## The Shaker Legacy

Tuesday, June 17, 6:30 p.m.

In their more than two and a half centuries of existence, members of the United Society of Believers in Christ's Second Appearing, commonly known as Shakers, made ingenious contributions to diverse fields: agriculture, industry, medicine, music, furniture design, women's rights, racial equality, craftsmanship, social and religious thought, and mechanical invention and improvement. Darryl Thompson explores some of these contributions in his lecture and shares some of his personal memories of the Canterbury Shakers. This New Hampshire Humanities Council program is hosted by the Friends of the Library.



## Classic Movie Night

*So Proudly We Hail*, ©Universal Studios  
Monday, June 23, 6:00 p.m.

Academy Award winner Claudette Colbert, Paulette Goddard, and Veronica Lake star in this passionate film about brave American Army nurses during World War II. Determined to serve her country in its darkest hours, Lt. Janet Davidson (Colbert) leads a group of spirited women through the struggles and challenges of military camp. From the bombing of Pearl Harbor to the time they are shipped home, these courageous women tirelessly treat the wounded despite constant reminders of dangers, romance, and heartbreak. Based on a true story, *So Proudly We Hail* continues to inspire audiences today with its stunning portraits of American heroism. (Amazon) *See separate article written by Glenn Bergeron in this issue of the Greenland Grapevine about Ruth Ladd, Greenland resident who was a nurse during World War II.*



## Classic Movie Night

*A Night at the Opera*, ©Warner Brothers  
Monday, July 28, 6:00 p.m.

A near riot on a ship, a New York scandal, and an evening of insanity in a concert hall are just some of the fallout from Groucho's outrageous business schemes to bring Milan's finest opera stars to Manhattan. Year: 1935, Director: Sam Wood, Starring: Groucho Marx, Chico Marx, Harpo Marx, Kitty Carlisle, and Allan Jones. (Amazon)



## Classic Movie Night

*King Kong*, ©Warner Brothers  
Monday, August 18, 6:00 p.m.

This movie is ranked 43rd on the American Film Institute's list of Top 100 American Movies. King Kong teems with memorable moments: a moviemaking expedition on a fantastic isle filled with dinosaurs and other prehistoric creatures; the giant simian's love struck obsession with the film shoot's blonde starlet (scream queen Fay Wray); Kong's capture; his Manhattan rampage; and the fateful finale atop the Empire State Building, where Kong cradles his palm-sized beloved and swats at machine-gunning airplanes. "It was beauty killed the beast." But in these and other great scenes, Kong lives forever. (Amazon)



## 2014 Summer Reading Programs

Summer reading at the Weeks Public Library is about having fun, trying new authors, expanding ideas, and learning something new. As in the past, our program offers events for all ages and this year our focus is science. So visit us throughout the summer and discover something fun and different!

### Children's Summer Reading Program: Fizz, Boom, Read—

Calling all scientists! Readers entering grades K through fourth grade will celebrate "Fizz, Boom, Read" by recording their reading on science themed shapes. Younger children can participate by having parents read to them in the "Read to Me" program and coloring their science sheets. Small prizes will be awarded for reading. Registration begins the last day of school. The Friends of the Weeks Library sponsor the prizes for this program.



Everyone celebrates "Fizz, Boom, Read" with crafts, special animal guests, and more from the world of science. Watch for fun programs on select Tuesdays, several drop-in craft weeks, and the final special Wednesday evening event. Check the library Web site or stop in the library to pick up the calendar of summer events.

### Special events include:

- ❑ Cow Day coming during the week of June 16 featuring a cow craft, cow puzzles, cow jokes and facts, ice cream, and of course a baby cow! Watch our Web site for the exact date!
- ❑ Animal Survival presented by the York Center for Wildlife, Tuesday, June 24 at 6:30 p.m.
- ❑ Drop-in Craft Weeks: June 30–July 3; July 7–11; August 4–8
- ❑ The Great Building Challenge: Can You Build It? Tuesday, July 15 at 11:00 a.m. and 6:30 p.m.
- ❑ Movie & Craft, Tuesday, July 22 at 11:00 a.m. and 6:30 p.m.
- ❑ TBA, Tuesday, July 29
- ❑ Slimy, Smelly, and Gross: Use Your Senses! Tuesday, August 12 at 11:00 a.m. and 6:30 p.m.
- ❑ BJ Hickman Magic Show, Wednesday, August 20 at 6:30 p.m.

Students entering fifth and sixth grades this fall will be having their own scientific adventures with a program designed just for them. Fun programs are planned for the following Wednesday nights:

- ❑ Pet Care Night with the New Hampshire SPCA, June 25 at 6:30 p.m.
- ❑ Game Night, Wednesday, July 16 at 6:30 p.m.
- ❑ Sci-Fi Movie and Craft, Wednesday, July 30 at 6:00 p.m.
- ❑ Superhero Night, Wednesday, August 13 at 6:30 p.m.

Attend programs to win prizes. Prizes include gift cards from Target and Game Stop which are provided by the Friends.

### Summer Reading Program for Students entering Grades 7 and up: Spark a Reaction—

Students going into seventh grade and up are invited to participate in unique events throughout the summer and enter program night raffles to celebrate Spark a Reaction! Prizes are sponsored by the Friends and include gift cards to Game Stop, Target, Barnes & Noble, and Regal Cinemas.

### Special events include:

- ❑ Soldering Basics, Thursday, June 26 at 6:30 p.m. Sponsored by the Friends
- ❑ Paranormal Night, Thursday, July 17 at 6:30 p.m.
- ❑ Craft and Snack Night, Thursday, July 31 at 6:30 p.m.
- ❑ Dystopian Movie and Pizza Night, Thursday, August 14 at 5:30 p.m. Sponsored by the Friends

Students may use their summer reading to earn various prizes such as:

- ❑ Free Stratham Fair admission (Grades K–8)
  - ❑ Free Rye Airfield admission (Age 18 and under)
  - ❑ Free admission to a Fisher Cat game (Age 18 and under)
  - ❑ Free book from Barnes and Noble (Grades 1–6)
- Forms and details for each program are available at the library.

## Adults Summer Reading Program:

### Literary Elements—

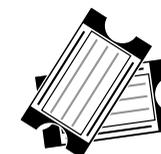
The Adult Summer Reading Program, "Literary Elements," begins Memorial Day weekend. Begin your summer reading on the "unofficial" start of summer weekend and start earning raffle tickets for the grand prize drawing in September. The program runs through Labor Day Weekend. Receive a raffle ticket and a chance to win prizes for every five books that you listen to or read. Just record the titles on your summer reading card at the Circulation Desk. The grand prize is a \$50 Portsmouth a la Carte gift card provided by the Friends of the Library. Begin reading or listening to books May 24. The adult reading program is limited to patrons who have a Weeks Public Library card.



### Museum Passes

The library also has the following discounted museum passes during the summer:

- ❑ Boston Children's Museum, Boston MA
- ❑ The Children's Museum of New Hampshire, Dover NH
- ❑ Currier Museum of Art, Manchester NH
- ❑ Museum of Fine Arts, Boston MA
- ❑ Museum of Science, Boston MA
- ❑ Peabody Essex Museum, Salem MA
- ❑ Seacoast Science Center, Rye NH



Contact the library at 603-436-8548 for more information, or by e-mail at [weekspl@comcast.net](mailto:weekspl@comcast.net). As always check our Web site [www.weekslibrary.org](http://www.weekslibrary.org) and our monthly newsletters for the most current listing of events and any changes. As much as we try to plan ahead to provide you with advanced notice of events, things happen beyond our control and events need to be changed.

Like us at Facebook <http://www.facebook.com/WeeksPublicLibrary> and follow us on <http://twitter.com/WeeksPubLibrary> to receive event news and reminders!

# NOW HIRING

McDonald's  
63 Ocean Road  
Greenland, NH

Working at McDonald's will provide a wealth of experience & skills including time management, customer service, team building, problem solving, self-confidence, responsibility & more

Enjoy excellent wages, flexible hours & many other great benefits

JOIN OUR TEAM!!

## Roll Off Container Service

10 – 30 Yard Containers Available for  
Construction & Roofing Debris  
House & Garage Cleanouts

JGM Trucking  
(603) 433-2106  
Joe Mills Greenland, NH

## Problem-Solving Students Shine!

By Beth Sommers

While no one knows for sure where the next Thomas Edison will come from, Greenland Central School (GCS) students in Grades 1–7 did their part to bring out their inner inventors during our third annual Invention Convention held on Tuesday, February 11, in the MPR [Multipurpose Room].

For our fifth-grade students, the convention was the culmination of a six-week STEM (Science, Technology, Engineering, and Math) unit about invention and using the Engineering Design Process to solve an everyday problem.

All inventors had to design, create, and present their own inventions along with a display board and journal page describing their invention. Inventions did not have to work—students were judged on their ideas.



Winning students who get to compete at the state level in March include: Clara Kelley, Geno Vinciguerra, Zoe Robertson/Zoe Rahn, Danny Bottrill, Skylar Burke, Nolan Pafford, and Jay Wendell/Colin Wohlert.

Tied for the “Peoples’ Choice” Award were Geno Vinciguerra and Jay Wendell/Colin Wohlert. Other award winners were: Holden Burke (Original and Unique), Mackenzie Lombardi and Sadie Tomkinson (Environmental), Ethan Avery (Fun and Leisure), Bryce Sturtevant, Ben Dubois, and Camden Francois (Most Marketable), Anna Ricci, Jane Tucker, Madelyn Ricard, and Ryan Prevost (Practical and Useful).

Special thanks to parent assistant Katerina Tsiguelnitskaia and parent judge Randy Bunnell, as well as judges Mr. B., Mr. Norton, Dr. Cushing, and Mr. Smith. Thank you GPO and the Fogarty Fund for helping make this event possible!

*Beth Sommers is the Curriculum Integration and Extended Learning Coordinator at Greenland Central School.*

**17th Annual GPO Scholarship Golf Tournament**  
**SEPTEMBER 6<sup>TH</sup>**  
 1PM Shotgun Start

Join us for 18 holes at Breakfast Hill Golf Club

Save the Date

[www.GreenlandNHParents.org](http://www.GreenlandNHParents.org)

**HARTMANN OIL & Propane**

Your local provider of propane gas and service.

Free to Switch Propane Providers\*

Complete 24-Hour Service Installations

Price Protection Plans Available

**Call Today For Free Quotes!**  
**(603) 778-8855**  
[www.hartmannoil.com](http://www.hartmannoil.com)  
\* Certain restrictions apply.

## Notes from Greenland Central School

By Peter Smith, Principal

Our school year is winding down. This year’s challenging winter pushed our calendar back and our last day of school is now Friday, June 20. We will therefore conduct our eighth-grade graduation on the evening of Thursday, June 19 at 6 p.m. Our graduates are excited about this milestone, and we wish them the very best as they head off to high school. All of our students and staff are completing another year of hard work and accomplishment, and we have been enjoying many of our traditional year-end events including our Student Exposition, concerts, GPO Reading Carnival, DARE graduation, eighth-grade New York City trip, and many other grade and class level field trips and special activities.



I am pleased to share that our school was involved in several charitable causes this spring including the collection of donations for the American Heart Association through the Jump Rope for Heart program sponsored by our physical education teacher, Ms. Brown. Our school collected over \$5,000 for this important charity, and we are grateful to all members of the school community who contributed. The Student Council sponsored a food drive to support the Greenland Food Pantry, and again this year collected an impressive number of donations to help others. Our eighth graders, with the help of staff member and advisor Colleen Sodini, also conducted a fundraiser to support the Chief Michael Maloney Memorial Fund.

### School Registration

I must again encourage any parent of an incoming kindergarten student to please register their child if they have not already done so. Parents may register by stopping by the school office any school day between the hours of 8 a.m. and 3 p.m. Students entering kindergarten must be five years old on or before September 30, 2014. Students entering first grade in September of 2014, who did not attend Greenland kindergarten, should also be registered at this time.

It is important that any student who will be new to our school for the 2014–15 school year register as soon as possible so that we can most effectively complete next year’s class assignments. The class lists for the 2014–15 school year will be posted in the gymnasium lobby on Thursday, August 14, 2014, by 12:00 noon.

### School Leadership News

For those who have not heard, Mr. Salvatore Petralia has been chosen as the new superintendent

of SAU 50 to replace the retiring Dr. George Cushing. Mr. Petralia was selected after an extensive search, interview, and site visit process, with input from all segments of the SAU 50 school community. Mr. Petralia is currently the assistant superintendent in the Wellesley, Massachusetts, public schools, and will take the helm in SAU 50

July 1, 2014. Mr. Petralia holds degrees from Boston State College and Northeastern University, and is currently a Ph.D. candidate at Nova Southeastern University. As we welcome Mr. Petralia to our SAU, we bid Dr. Cushing a fond farewell, and wish him the very best in retirement.

The Greenland School Board conducted their annual reorganization at the March meeting. Sandy Tague was elected to serve as chairperson for the coming year, Martha Stone as vice chairperson, and Pat Walsh as secretary. School board member Ann Mayer continues to serve as the SAU 50 school board chairperson, and is the representative to the Portsmouth School Board. The school board members have taken on many additional committee assignments as determined at their April meeting. The school board is committed to serving Greenland families, the school staff, and the entire community. They welcome questions and comments from constituents at any time.

### Other Notes:

- I am pleased to remind the Greenland community that the Greenland Central School is accredited by New England Association of Schools and Colleges (NEASC), one of the oldest and most respected school accrediting institutions. School accreditation is required of all secondary schools and colleges, but there are relatively few elementary or K–8 schools that hold themselves to these standards. We are in the midst of our ten-year accreditation cycle, and have just recently submitted our five-year update, in which we were able to report that all recommendations from the 2009 site visit have been completed.
- On behalf of the students and staff, I want to thank the following organizations within the Greenland community who helped to make ours another very successful and safe school year: the fire department, police department, recreation department, Greenland Women’s Club, Weeks Public Library, Greenland Grapevine, Jason Hussey Memorial Fund, Thomas Fogarty Memorial Fund, and many individual citizens who contribute in so many ways.

**JOIN OUR TEAM!  
 BECOME A**

**GREENLAND  
 VOLUNTEER  
 FIREFIGHTER!**



**Find out more!**

[www.GreenlandFire.org](http://www.GreenlandFire.org)

**How often should your septic system be cleaned and emptied?**

For maximum performance and lifespan - clean and empty your septic system **every two years.**

**Chris-Co**  
 — INC. —

**PHILBRICK SEPTIC TANK SERVICE**

**603-436-0315**

Call or e-mail to schedule your service!

[Chris-Co@comcast.net](mailto:Chris-Co@comcast.net)

**Septic Systems**

**New Installations & Replacements**

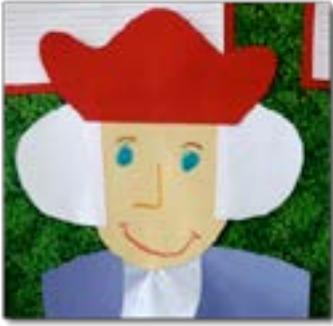
**Septic Tank Pumping & Cleaning**

Fully Licensed & Insured

## GCS Students Celebrate Presidents Washington and Lincoln!

By Clara Kelley, Grade 1

In February, Mrs. Hett's class celebrated the birthdays of two great presidents, George Washington and Abraham Lincoln. We learned a lot of facts about each of these presidents. Washington was born on February 22, 1732. He was our first U.S. president. Before becoming president, Washington served as commander-in-chief of the Continental Army during the American Revolution. Washington never actually wanted to be president, but the



people voted for him and he won.

Lincoln was born on February 12, 1809, and he was our sixteenth president. Lincoln is well known for ending slavery. He is also remembered for the silk top hats that he always wore. Those hats not only made him taller, they were also useful, as he would store important documents in the linings. Both of these presidents had a great impact on shaping our country.

## GCS Feeds the Food Pantry

By Elizabeth Mollieur, Grade 8

After the very relaxing week of April vacation, Greenland Central School (GCS) held its annual food drive. Each grade was paired up with another grade to see who could bring in the most food. The grades that brought in the most food won an ice cream party! Student Council went around the school and collected the different classes' food. There were many things to do to make this food drive possible. I worked very hard with the fifth and sixth grade social studies teacher, Mr. Dowling. We discussed all the details that were needed to make this food drive possible. With the help of student council, posters were hung around the school to remind students to bring in food!



We had one other fundraiser that also went along with the food drive. On Friday, May 9, we had a dance at the school. This dance was very special because it was the first time ever that we invited the fifth grade to join! We wanted them to have a feel for what the dances would be like when they are in sixth grade! You may be wondering what a dance would have to do with the food drive. Well, admission was originally \$6 but we decided to make a deal. If you brought in food for the food drive, we took a whole dollar off! What a deal! The food that was raised at the dance also contributed to the school-wide competition. Although it was a lot of work, the results made it all worth it.

Along with the food drive, we put together another fundraiser. On Thursday, May 8, students had to bring in a dollar in order for them to wear their favorite hat to school. Some students got very creative! The money that we raised for Hat Day went towards the food pantry too!

Student council members went around the school and picked up all the food. There were piles of boxes and bags that got stacked in the cafeteria. Some students spent some time counting every item that was donated. Overall, our school donated around 1,142 food items in total. You go Greenland!

## 3-D Letters in Art Class

By Bryanna Augusta, Grade 4

In fourth grade Art Class, we made 3-D letters of our names. First, we made two horizontal lines for the letters of the name. Next, we drew in the bubble or block letters without forgetting to uppercase the letters. Then we made a Vanishing Point above the middle of the name. Next, using a ruler, we drew lines from the corners of the letter to the vanishing point. Then we ended the letters and drew the back of the letters. Finally, we added fun and cool patterns with colored markers.



Here are some thoughts from my classmates about 3-D letters.

"I think they are AWESOME!" says Chester Derocki. "If you have never made one before, you should try to make one."

"I think they are fun and they are so easy to make. I was able to do it on my first try," says Max Murdach.

You can do it too! Start by making a name the plain old way and then make it 3-D. Add some color and cool patterns. A plain name becomes fun and cool looking!

**Our Thanks To the Advertisers, Contributors, And Supporters Who Make The Greenland Grapevine Possible**

**To Find Out How You Can Help Keep This Paper Going, Please Turn To Page 2**

## A Time to Grow

By Donna Funteral

A partnership between UNH Cooperative Extension and Great Bay Community College brings "Time to Grow: A Home Garden Workshop Series" to Seacoast gardeners at Great Bay Community College in Portsmouth.

UNH Cooperative Extension Agriculture Program Coordinator Ron Christie will lead a workshop in August with two sessions showing gardeners how to extend their gardening season, and the important step of closing up their garden for next year.

"We are very excited about our new partnership with Great Bay Community College," says Christie. "This workshop series is our first collaboration, and we foresee the prospect of even greater programming, such as a demonstration garden, plant sale, community garden, and production garden for their café. Our Master Gardener program has been looking for a home base in the Seacoast area, and we believe Great Bay Community College's Portsmouth campus is a perfect fit."

The workshop on Saturday, August 23, begins with a morning session from 9 to 11 a.m. "Storing Your Harvest" will help gardeners learn the best conditions to store and preserve fruit and vegetables and enjoy their harvest through the winter months.

"Closing Up Your Garden," the afternoon session from 12 to 2 p.m., will show the steps necessary to prepare your garden for the winter, assess this year's success, and plan for next year. The work you do in your garden this fall ensures a healthy garden in the spring!

The workshop will be held at Great Bay Community College, Room 122, 320 Corporate Drive in Portsmouth. Each session is \$5 per person and is geared for both new and experienced gardeners. Contact Ron Christie at [ron.christie@unh.edu](mailto:ron.christie@unh.edu) or 603-679-5616 to register.

*UNH Cooperative Extension provides New Hampshire citizens with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families, and communities; sustain natural resources; and improve the economy. For more information on programs in Rockingham County or the Master Gardener program, please call 603-679-5616 or visit [extension.unh.edu](http://extension.unh.edu).*

**Lang's Landscape Service**

*A Family Owned Business  
Over 60 Years Experience*



**Nursery**  
680 Portsmouth Ave./Rt. 33  
Greenland, NH 03840

Nashua (603) 882-6962  
Greenland (603) 433-3211  
Nationwide (800) 882-6962

[www.langslandscape.com](http://www.langslandscape.com)

**STILL WANTED:**  
Someone to sell advertising for the *Greenland Grapevine*. Please contact: [GREENLANDGRAPEVINE@COMCAST.NET](mailto:GREENLANDGRAPEVINE@COMCAST.NET)



**Portsmouth Pediatric Dentistry & Orthodontics**  
(603) 436-2204 [www.SeacoastSmiles.com](http://www.SeacoastSmiles.com)  
150 Griffin Road Portsmouth, NH

# MEMORIAL DAY SCENES IN GREENLAND



Greenland Veterans listen attentively during ceremonies at Remembrance Park

Photos By John Hirtle



Greenland Police ensured everyone knew the parade was coming



Greenland Scouts led the way in the parade



Sheila Pratt — Citizen of the Year



Greenland Central School musicians showed off their talents in the parade



Greenland Volunteer Fire Department on parade



Greenland's Veterans make their way to Remembrance Park





Greenland's Scouts assisted with the flag-raising and wreath-laying ceremonies during the event



The National Anthem was performed by Marissa Frizzle and Nicole Genimatas



Mrs. Pam Tucker—  
NH House of Representatives



The invocation was said by Mrs. Florette Berg (chaplain of the Greenland Vets)



Greenland Central School students played "America"



Kayleigh Vogel recited the poem "The Ultimate Sacrifice"



Wallace Berg of the Greenland Vets was the keynote speaker



Sheila Pratt organized and officiated at the ceremonies

## Support The Greenland Grapevine!

Your Local Quarterly Community Newspaper

**Still Wanted:**

• Writers • Proofreaders • Ad Sales •

**Still Needed:**

• Advertisers • Donations •

*We Can't Do It All Without Your Support!*

**CONTACT US TODAY!**

Greenland Grapevine, Inc.

PO Box 296, Greenland, NH 03840-0296

[GREENLANDGRAPEVINE@COMCAST.NET](mailto:GREENLANDGRAPEVINE@COMCAST.NET)

## To Improve Your Life, Improve Your Food and Sleep

By Charlie Murdach

Our lives are very busy these days. Two of our most interesting challenges involve food and sleep.

We eat at relatively the same time everyday... maybe we snack... and we can get in a rut when it comes to food choices. With each meal comes the opportunity to make a change in what, how, and when we eat. Food has the amazing ability to heal our body or destroy it. With more Americans than ever acquiring diabetes, we are slowly killing ourselves.

One of the major hormones that fluctuate with our diet is insulin. Insulin's main function is to process sugar in the bloodstream and carry it into cells to be used as fuel or stored as fat. A primary cause of elevated insulin is the excessive intake of sugar or carbohydrates. Couple this with processed foods, sugary drinks and sodas, packaged low-fat foods, insufficient protein intake, inadequate fat intake, and deficient fiber consumption and you are on a path to disease. Challenges with insulin levels may also be attributed to lack of exercise, too much alcohol, stress, a family history of diabetes, high blood pressure, and excess body fat.

To change your food habits for the better, increase your protein intake. Sticking to about 20 to 25 grams per meal and about 15 to 20 grams per snack may be a good place to start, depending on your body size and activity level. Higher protein intake keeps your blood sugar balanced and your insulin levels low.

When we talk about sleep, we are actually talking about recovery. One misconception of those who workout a lot is that to get more fit and reduce stress you need to smash as much exercise into your schedule as humanly possible. In reality fitness improves after workouts and during recovery. You don't get stronger, faster, and fitter working out. You get stronger, fitter, and faster from recovery. Here's the rub... if you don't sleep enough... you don't recover well enough... and this leads to hormone imbalance by increasing cortisol, reducing testosterone, and lowering muscle repair. Not only does sleep debt throw your hormones out of whack, it can also increase the risk of injuries by decreasing balance and postural control. If you suffer anxiety, depression, post-traumatic stress disorder, exhaustion, or if you have a digestive issue such as irritable bowel syndrome, your cortisol levels are high. Not only does this increase your appetite and cravings, it causes a loss of muscle mass, drops libido and bone density, and also contributes to depression and memory loss.

To change your sleep habits for the better you need to sleep at least 7.5 to 9 hours per night in total darkness. Sleeping in total darkness, releases melatonin, which cools down the body and releases growth hormone, which improves recovery. If we sleep with lights on or eat too close to bedtime, the natural cool-down process will not take place, putting us at risk of low levels of both melatonin and growth hormone. Sleep deprivation makes us wake up with higher amounts of the stress hormone cortisol, which fuels appetite and increases our cravings. Not only does poor sleep pack on pounds, good sleep actually helps you to lose weight by influencing the hormones that control your appetite and increase your metabolism.

That's it... eat better... increase your protein... get rid of processed foods... increase how much sleep you get... get blackout shades... and see what happens.

*Charlie Murdach lives and works in Greenland. He is a husband and father to three kids, three cats, and an old dog. He can be reached at [like2move@gmail.com](mailto:like2move@gmail.com) or [www.4seasonfitness.com](http://www.4seasonfitness.com).*

# Bio-Spray

**TICK & MOSQUITO CONTROL  
POISON IVY & LAWN PROGRAMS  
TREE & SHRUB TREATMENTS**

**603-436-2358    [service@Bio-Spray.com](mailto:service@Bio-Spray.com)**

**"Service Excellence, since 1984"**

## John Hirtle Creative Services

Affordable Solutions For Any Project

- Graphic Design
- Photography
- Writing
- Logos
- Menus
- Advertisements
- Brochures
- Publications
- Books
- Marketing
- Websites

**www.JH603.com**

## Great Bay Stewards Hone Efforts to Reverse Decades-Long Decline of Estuary

By the Green Alliance

How do you know Great Bay? Perhaps you've been in it in a swimsuit or a wet suit, a kayak or a boat. Maybe you've hiked its shoreline, fished it from a bridge or rocky outcrop. Or you've just enjoyed its sunlit glimmer or sea smoke, catching site of an eagle enjoying lunch on an ice floe.

Whatever your connection, you know that the Bay and its collection of seven rivers shape the topography and the culture, whether human or natural, of this beautiful place, and are a key part of what makes living on "the Seacoast" unique.

Sadly, the Great Bay Estuary, as an ecosystem, has been in steady decline for decades because of increasing pollution from development in the towns in its watershed. The biggest single current threat to the health of the Bay is nitrogen, which promotes algal growth; algae, in turn, threaten one species vital to the overall health of the Bay—eelgrass.

"The eelgrass is our canary in the coal mine. Algae are winning the war right now due to the excess of nitrogen in the estuary," says Peter Wellenberger, executive director of the Great Bay Stewards (GBS), a volunteer-based organization working to prevent shoreline erosion, invasive plant growth, and increased nitrogen levels from human-caused water runoff, and is committed to protecting Great Bay for plants, animals, and people alike. "We are continuing to see a decline in both eelgrass cover and especially in the density of the beds," Wellenberger says.

A Green Alliance (GA) member, the Stewards have recently announced a new campaign—and one with teeth—to help reduce one of the biggest sources of nitrogen deposition in the Bay. "We've set up a partnership to reduce pollution, particularly nitrogen, from residential sources," Wellenberger says. Called Soak Up the Rain Great Bay, it partners GBS with the New Hampshire Department of Environmental Services' Soak Up The Rain New Hampshire campaign. As the name implies, the goal of Soak Up the Rain is to reduce the amount of pollution carried into waterways by surface runoff.

"We are a membership-driven organization," Wellenberger points out, "so this effort with homeowners is a natural fit for us. Our job will be to educate property owners in the watershed about what to do to reduce the amount of nitrogen, particularly from lawns, that gets into the Bay."

The Stewards are well-suited to the task of reaching across borders to private landowners and small businesses in the 1,023 square-mile Great Bay watershed that comprises 42 New Hampshire and 10 Maine communities. The impetus for the Stewards' Soak Up effort is new rules taking effect in 2014, under which the U.S. Environmental Protection Agency (EPA) will regulate stormwater and surface runoff—commonly referred to as "non-point sources" of pollution, Wellenberger explains.

He notes the Stewards have a particular interest in what's happening with stormwater, because it washes pollutants into waterways "and is increasing with extreme precipitation. The new EPA permits will require reducing nitrogen from all non-point sources, including residential and smaller commercial properties."

"Communities that have never dealt with this kind of regulation before will now be required to reduce pollution from stormwater," Wellenberger says. "Sewage treatment plants and other major sources have known regulation for some time, but this new requirement gets down to the level of lawns, large roofs, parking lots—any source of polluted runoff."

While this level of regulation will seem onerous to some, it's an important step in saving the Great Bay ecosystem, Wellenberger believes. "If the Soak Up

the Rain program is successful, it should have a positive impact on the health of the eelgrass," he says.

There are two main parts to the GBS approach: the first is education, whether on-site, one-on-one, or to groups. "We will visit homeowners, companies, or community groups to do programs to educate the public. Part of that is letting people know that a lot of homeowners are doing things right." For those folks, GBS offers the "Tide Turner"—a voluntary agreement signed by the property owner detailing certain responsibilities they agree to undertake to preserve the Bay.

"For instance, they agree they won't wash the car in the driveway, they won't use detergents containing phosphates, they will restrict the use of garbage disposals that empty into septic systems," he explains, "and we give them a plaque for their property. This is a way of using positive re-enforcement that is critical because the focus has been on big contributors."

The second part of the Soak Up effort is on-the-ground action: trained GBS volunteers will visit a piece of property and do an assessment and undertake measures to reduce pollution. "We've been trained to go in—particularly to properties that border water ways," Wellenberger says, "and work with owners to help them understand the impact of fertilizing, disposing of wastes, use of chemicals, and anything that might end up in the waterway, and to devise ways of reducing those impacts."

He cites a pilot assessment where the trained staff from GBS went onto a property and were able to determine that runoff was crossing the homeowner's lawn from an entire neighborhood because of the way the road was designed.

"It wasn't his fault at all. We designed a rain garden and installed it to catch the runoff," Wellenberger says, adding that the assessment and rain garden installation were at no cost to the homeowner. "Stopping that runoff helped prevent lawn fertilizers, herbicides, and pesticides—in the aggregate, these are very big contributors, on par with agriculture—from reaching a waterway that drained into the Bay."

GBS will also help homeowners determine whether they need nitrogen and other chemicals at all. "If a soil test indicates the lawn could get by with little or no help, that helps reduce pollution," Wellenberger explains. "So the homeowners understand that it's not just the big players like the treatment plants and corporations; we all play a role because as agriculture has waned, houses with lawns have exploded."

The bottom line is that GBS wants to help homeowners and small businesses understand BMPs—"best management practices," Wellenberger says. GBS volunteers will also work with small commercial enterprises whose roofs and parking lots face regulation for stormwater runoff. "That's where our membership in GA becomes especially important, because we can reach out to the small businesses who are members to help them with this process."

The Green Alliance is a union of local sustainable businesses promoting environmentally sound business practices and a green co-op offering discounted green products and services to its consumer members.

Wellenberger notes the Stewards also hope to work with neighborhood associations, condominium homeowners associations, and the like. "We have bigger impacts where a whole bunch of houses are involved and we can work with a neighborhood and come up with a plan—here are some options! We might, for instance, plant a buffer—and pay for it."

To learn more about the Great Bay Stewards, please visit [www.greatbaystewards.org](http://www.greatbaystewards.org). For more information about the Green Alliance, visit [www.greenalliance.biz](http://www.greenalliance.biz).



## Kid's Summer Programs at Great Bay Discovery Center

By Kelle Loughlin

There is lots for the kids to do at Great Bay Discovery Center this summer.

Bayventures 2014 is a summer program for kids entering grades 1-6 and is held on Wednesdays. You can sign up for one, two, or all of the super summer series of seven.

### Bayventure Highlights:

#### July 2—Wonders at the Waterfront

Join us to discover the thrill of mucking around in Great Bay. Try finding an eel under a rock or seining for juvenile flounder. Make a craft to take home.

#### July 16—Oysters are Awesome!

Did you know oysters help to clean Great Bay? Learn how they do this by dissecting an oyster and exploring a nearby oyster bed. Make an oyster ornament to take home.

#### July 23—Who's Who on Great Bay?

People who lobster, work on research vessels, or patrol the waters all need to know how to get around Great Bay. What does it take to pilot the Bay? We'll learn basic chart skills and build our own model boats to float.

#### July 30—Mystery on Great Bay

Join us for a day of mystery games and activities. If you like surprises, you will be sure to have a super day near Great Bay! Make a mystery craft to take home.

#### August 6—Bumble Bee Watch

What's all the buzz about bumblebees? Take part in a citizen science project to document bumblebees around the Discovery Center. These insects play an important role in pollinating the plants around us. What plants do they prefer and how many different species are present? Come find out! Make a buzzy craft to take home.

#### August 13—Eelgrass, Eelgrass Everywhere

Did you know eelgrass beds are the most abundant habitat type in Great Bay? This flowering plant provides an ideal place for many animals to hide. We'll make an eelgrass craft to take home and put on an "eelgrass theater" presentation at the end of the program for parents to watch.

#### August 20—Sweet Trail Trek

Grab your lunch, backpack, and water bottle and join us for an adventure on the four-mile Sweet Trail that starts near the Great Bay in Newmarket and ends in Durham. We will search for signs of local wildlife, complete a scavenger hunt, and play games along the way. Note: This is an off-site, all-day adventure. There will not be pre- or after-care for this program. Drop off will be at 9:30 a.m. at the beginning of the trail. Pick-up will be at 3:30 p.m. at the end of the trail. Directions for drop-off and pick-up will be provided at registration.

#### PRE-CARE AND AFTER-CARE AVAILABLE. Regular camp hours are from 9:30-3:00.

Pre-care will be supervised activities in the Discovery Center from 8:30-9:30 a.m. After-care will be an extension of the Bayventure program called Let's G.O.! (Let's Get Outside) on the grounds of the Discovery Center from 3:00-5:00 p.m.

ALL PROGRAMS are for children entering grades one through six in the fall of 2014. Please have children bring a lunch, change of clothes, and a towel. Call 603-778-0015 or e-mail [beth.heckman@wildlife.nh.gov](mailto:beth.heckman@wildlife.nh.gov) to register. Each Bayventure program is \$35 (or \$225 for all seven programs) for Great Bay Stewards members and \$40 (\$280 for all seven programs) for non-members. There is a \$5/sibling/day discount for the normal program hours. Pre-care is \$5/day. After-care is \$10/day. The camper-to-staff ratio is a maximum of 7:1. Inquire about how to become a member to get children's program and other discounts. Make checks payable to GREAT BAY STEWARDS and send to the address below marked ATTN: Beth.

There is also a program available to the younger ones. "Once Upon an Estuary" is a summer program for 2- to 5-year-olds on Thursdays from 9:45 a.m. to 11:00 a.m. The cost is \$2 per child. Children, with an adult, are invited to come listen to a story, play games, and make a craft. Most activities will be outside so come dressed ready to play and have some fun! Children may be registered for two programs at a time. Visit [www.greatbay.org](http://www.greatbay.org) for the calendar of events.



## Second Annual Maker Faire Is Coming

By Heidi Duncanson

Last summer, more than 1,100 people traveled to Dover to experience the state's first-ever Maker Faire, a celebration of creativity and innovation for all ages. On August 23, 2014, the second annual Dover Mini Maker Faire will bring even more interactive exhibits, demonstrations, and speakers to downtown Dover from 10 a.m.-4 p.m., based in and around the hosting organization, the Children's Museum of New Hampshire.

Featuring both established and emerging "makers," the Dover Mini Maker Faire is a family-friendly celebration that will feature rockets and robots, do-it-yourself science and technology, tricked-out vehicles, educational workshops, unique handmade crafts, green technology, music, art, and local food trucks.

"The Faire is a perfect way to showcase the creativity, innovation, and emerging technology that make New Hampshire a vibrant place to live and work," said Jane Bard, president of the Children's Museum of NH and founder of Dover Mini Maker Faire. "This event celebrates making of all kinds and inspires visitors ages 3-93 to make things themselves through engaging activities, demonstrations, and talks. We are thrilled to continue to host New Hampshire's first Maker Faire and look forward to making this event even bigger and better than last year's!"

In preparation for this year's Dover Mini Maker Faire, a group of key advisors from New Hampshire and beyond has already been meeting at the Children's Museum. Individuals and groups currently on the Dover Mini Maker Faire program committee include: Clint Crosbie of Port City Makerspace, Alex Nunn of Seacoast Makers, Lindsey Wright of Seacoast Robotics, Richard Cecchetti and Tara Hicks Johnson of the Sea Perch program, Tim Tabor from the McAuliffe-Shepard Discovery Center, Fran Meffen from Dover Middle School, Wayne Moulton of New Heights Adventures for Teens and Sages of RPG, artist Nathan Walker, Rob Worobey of Black Sparrow Industries, Karrah Kwasnik of Genius Switch Studio, and Kalie Rocheleau of Sages of RPG.

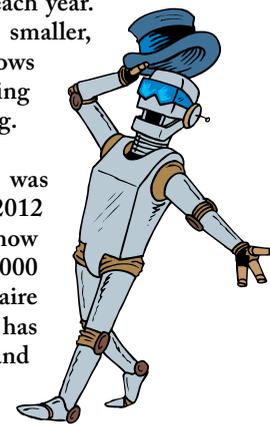
Sponsors who have already committed to underwriting the 2014 Dover Mini Maker Faire include the 3M Foundation and Holy Rosary Credit Union.

The Dover Mini Maker Faire takes after its enormous parent event, Maker Faire, which hosts more than 100,000 visitors in San Mateo CA each year.

The Dover Mini Maker Faire is a smaller, community-focused event, but follows the Maker Faire model of celebrating do-it-yourself creativity and tinkering.

The original Maker Faire event was held in San Mateo CA and in 2012 celebrated its seventh annual show with some 800 makers and 110,000 people in attendance. World Maker Faire New York, the other flagship event, has grown in four years to 500+ makers and 55,000 attendees. Detroit, Kansas City, Newcastle (UK), and Tokyo are the home of "featured" Maker Faires (200+ makers), and community-driven, independently organized Mini Maker Faires are now being produced around the United States and the world.

Dover Mini Maker Faire is independently organized and operated under license from Maker Media, Inc. Interested attendees and exhibitors can follow the development of the Dover Mini Maker Faire on Twitter [@makerfairedover](https://twitter.com/makerfairedover), as well as on its Facebook and Pinterest fan pages. For more information, please visit [www.makerfairedover.com](http://www.makerfairedover.com) or call the Children's Museum of NH at 603-742-2002.



## Teddy Bear Clinic Set for August 8

By Heidi Duncanson

What do you do when your teddy bear is looking tattered or your stuffed bunny is worse for wear? Children are invited to bring their favorite stuffed animal friends to the annual Teddy Bear Clinic at the Children's Museum of NH on Friday, August 8 from 10 a.m.-noon. This event is presented by its long-time sponsor, Portsmouth Regional Hospital.

The clinic is set up like a miniature hospital and is designed to let kids take on the role of parents as they accompany their stuffed animal through a health visit. Experiencing this process may help children feel more confident and less scared during their next visit to the doctor or hospital.

Volunteer health professionals affiliated with Portsmouth Regional Hospital will be on hand with museum staff to register each animal, issue plastic ID bracelets, perform check-ups, and share information about healthy eating and exercise. There is also a surgical area where volunteers can sew up minor tears, wrap bandages, and apply Band-Aids where needed. At the end of the appointment, each child and their animal will receive a certificate of good health to take home.

A tea party for children and their furry guests will follow the Teddy Bear Clinic from 12-12:30 p.m. inside the museum. There will be fresh fruit, animal crackers, juice, and water for all.

All Teddy Bear Clinic and Tea Party activities are included with paid admission to the museum (\$9 per person for children and adults, \$8 for seniors, and no charge for babies under 12 months old). No reservations are needed to participate in the Teddy Bear Clinic.

For more information, visit [www.childrens-museum.org](http://www.childrens-museum.org) or call 603-742-2002.



**YOUR LOCAL RESOURCE  
FOR REAL ESTATE**

**Rebecca Patton**  
REALTOR®

*Better Homes and Gardens Real Estate  
The Masiello Group*

79 Congress St., Portsmouth, N.H. 03801  
Mobile: 603-828-2517  
Office: 603-430-9995  
[RebeccaPatton@Masiello.com](mailto:RebeccaPatton@Masiello.com)

**PIANO LESSONS**

Accepting new students for  
the 2014-2015 school year

Lesson times available  
Mon.-Wed. starting at 2pm

100 Post Road, Greenland  
(Next to Greenland Central School)  
603.433.9593  
[PianoLessonsNH.com](http://PianoLessonsNH.com)

## Stay Active and Have Fun

By Debra Nichols

Boomerang Adventures was founded with baby boomers and beyond in mind. Outing Club, Adventure Trips, and Long Tour activities vary in skill level and are designed to enhance the lives of active adults by providing outdoor adventures that challenge and inspire while at play.

You are never closer to the heart of a region than when you are hiking its footpaths and trails, and peacefully navigating its waterways. Take the time to appreciate New England's distinctive character and exciting Long Tour Adventures—leaving your worries behind.

Here are some of the Adventures we have this summer. Contact Debra for reservations and more information at 603-785-1411, [djwalking@gmail.com](mailto:djwalking@gmail.com), or [www.boomerangadventuretrips.com](http://www.boomerangadventuretrips.com).

### □ Sat–Sun, June 7–8, Boomerang Adventure's NH Rail Trail Club—Exploring Keene's Cheshire Railroad Trails



New Hampshire granted Keene businessmen a charter for the Cheshire Railroad in 1844. The line was completed in 1849, and was successful for a time, but was abandoned in 1972. We'll be exploring both the south and north ends of the pathways. Keene is developing a bicycle route through the town that will connect the three main trails—Ashuelot, Cheshire North, and Cheshire South. We'll spend the night in downtown Keene, enjoying the walkable little city, complete with various shops, galleries, and restaurants! Our bike partner, Pedal Power Cycle, will provide rentals and bike transport. Activity miles are 10 or 20-plus. It's a beautiful time of year to explore the Keene area. Cost includes one night accommodation in the historic Lane Hotel, Saturday evening dinner, and bike rentals. The cost is \$205 per person/double occupancy, \$320 per person/single occupancy. Reservations and payment are due by May 15. See more details in our separate article.

### □ Fri/Sat/Sun, July 18–20, Live-in Museum, Peaks Island, ME



Join us for this rare opportunity to stay in an authentic Victorian Lodge located on Peaks Island just minutes from the Old Port waterfront of Portland ME. The Lodge is owned and operated by the non-profit corporation Eighth Maine Regiment Memorial Association, Inc. Yankee Magazine named the regiment as one of the "twelve best places to stay on the seashore!" Activities for this trip include walking, biking, horseback riding, kayaking, and hammock reading. There are restaurants, a café, a library, an umbrella museum, art galleries, a local grocery store, and secret inner-island trails to explore. There is room for only 20 in the museum. This trip is already filling fast! Cost includes two nights' stay, a historian-guided golf cart tour of the island, and a traditional downeast lobster bake catered on the museum's back lawn overlooking the ocean. Optional activities include a half-day kayaking tour. The cost is \$245 per person/triple occupancy, \$295 per person/double occupancy, and \$345 per person/single occupancy. Reservations and payment are due by June 10.

## Families First Earns National Recognition for Patient-centered Care

by Margie Wachtel

Families First Health and Support Center, the community health center in Portsmouth, has received recognition from the National Committee for Quality Assurance (NCQA) under its Patient-Centered Medical Home 2011 standards. The standards emphasize enhanced care through patient-clinician partnerships.

Families First's providers—physicians Ruth James and Eric Samuel, and nurse practitioners Elizabeth Harrison and Eileen McCarthy—also received the recognition.

Families First received recognition at Level 3, the highest level that is offered by NCQA, which is a private, non-profit organization dedicated to improving health care quality. Families First was also recognized as a Level 3 Patient-Centered Medical Home from 2011–2014.

To attain the new recognition, Families First had to demonstrate its ability to meet these six criteria:

□ **Enhance access and continuity**—Ensure that patients can access care easily 24 hours a day and

that a team of professionals will coordinate their care

- **Identify and manage patient populations**—Target specific groups of patients with preventive care reminders, medication information, and educational tools
- **Plan and manage care**—Provide information about medications and provide a written visit summary with specific care plans for certain diagnoses
- **Provide support for self-care and provide community resources**—Provide resources to patients both within the practice and in the community
- **Track and coordinate care**—Track testing results and hospitalizations so that care is coordinated
- **Measure and improve performance**—Measure and track data to improve care to patients

Families First, the Seacoast's community health center, provides primary, prenatal, and oral health care; free parenting classes and family programs; one-on-one support for families facing particular challenges; and mobile health care for people who are homeless. For more information, call 603-422-8208, or visit [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org).

## Boomerang Adventures Presents NH Rail Trail Club

By Debra Nichols

All Abo-o-o-oard!! For the newly launched NH Rail Trail Club, that is. Boomerang members and friends are excited about their newest program which was unveiled during their April member meeting. The new program/club was developed during long conversations about being able to provide our members with interesting "horizontal hikes." A great deal of discussion about the New Hampshire 4000 Footer Club, which was formed in 1957 with 36 peaks under the 300-foot rise rule, ensued. Members like the challenges and camaraderie the 4000 Footer Club represents, but many of our members no longer participate in vertical climbs. "We're just not 'peakbaggers' any longer," says Debra. "We are, however, horizontal hiking and biking enthusiasts, and we were looking for pathways that would meet our program goals, which are to challenge and inspire while at play." Creating the NH Rail Trail Club meets these goals wonderfully.

The challenge! NH rail trail numbers are impressive. There are 37 New Hampshire Rail Trails, north to south, representing 308.4 miles of potential horizontal hiking, biking, walking, horseback riding, XC skiing, or snow shoeing. "Imagine this," Debra said. "If all of our members logged in all of the miles on our 37 rail trail NHRTC check-off list in a year, while enjoying their activity of choice, we would be able to log enough miles to go around the earth (24,000 miles) in that year." NH's rail trails vary in distance from one to twenty-one miles in length. The ratio of rise and fall of the grade line to its length means the grade is horizontal enough for our needs. Say, if a track is on a 1.5% grade, it rises 1.5 feet in every 100 feet of track. The maximum typical grade for railroad practice is on the order of 2% or 2 feet of rise in every 100 feet of track. There are very few pathways with more than a 3% grade in NH. Groups can also team up to complete the list of 37 NH Rail Trails making this challenge achievable for everyone.

Inspiration and Play! There is a wonderful educational aspect to this club. Frog, point of switch, tangent, batter pile, skeletonized track, fusee, and nail dating are just a few of the fun and informa-



“Imagine this,” Debra said. “If all of our members logged in all of the miles on our 37 rail trail NHRTC check-off list in a year, while enjoying their activity of choice, we would be able to log enough miles to go around the earth (24,000 miles) in that year.”

tive railroad terms we will come to know as we learn about the history, terminology, and cultural impacts these historical trails and depots had in the towns they served. Our NH Rail Trail Club (NHRTC) kickoff was held on Saturday, May 24, at the Keene NH depot. A local historian greeted us, and we enjoyed six to twelve miles of biking and walking, as well as lunch together at the Full Belly Deli. It was a great day. Our thanks go out to Janice and Steve Bakula of Pedal Power Cycle for providing bikes to those who wanted to try biking again. Day outings and overnight adventure trips are planned year-round specifically to accomplish our goal of completing all of NH's 37 rail trails. We'll be immersing ourselves in the culture of each region of NH during our adventures—learning, laughing, and enjoying our healthy returns.

NH Rail Trail Club adventures in June. Our first NH Rail Trail Club Adventure Trip will be a one-night stay in the historic Lane Hotel in Keene NH on Sat/Sun, June 7 and 8. We'll be exploring the Cheshire Railroad Trails (5, 10, or 21 miles). Cost includes one night accommodation in the historic Lane Hotel, Saturday evening dinner, and bike rentals. \$205 pp/double, \$320 pp/single. June's NHRTC scheduled Day Outings (3–8 miles) include Friday, June 13, and Saturday, June 28. Carpooling is encouraged and provided. There is a \$5 activity fee.

Contact Debra Nichols by phone, 603-785-1411, or email her [djwalking@gmail.com](mailto:djwalking@gmail.com), to sign up for these and other Day Outings and Adventure Trips that include a trip to Peaks Island, a Live-in Museum, July 18–20, as well as kayaking, walking, biking, and other adventures. Visit us at [www.boomerangadventuretrips.com](http://www.boomerangadventuretrips.com) to learn more about Boomerang Adventures. And, like us on Facebook!



AMERICAN TRADITIONS INC.

*fine furniture, lighting & home accents*



*Serving the Seacoast area for 40 years*

72 Lafayette Rd. • Hampton Falls, NH 03844

(603) 926-3007

[www.americantraditionsinc.com](http://www.americantraditionsinc.com)



## Not all Apps are for Kids!

By Jean Dumais

Dating apps.  
Rating apps.  
Hook-up apps.  
Anonymous messaging apps.  
Sex position apps!

When you hand your child a phone, iPad, iPod Touch, Kindle, or other tablet you are opening them up to a world of apps. There are over one million apps available on the Apple App Store and over one million on Google Play for Android. New apps debut daily. Yes, there are many educational and child-friendly apps included in those millions, but just as many are not intended for a child or even teen audience.

In the last few weeks I've come across so many examples. Such as:

I was e-mailed a press release about an app called Hula. With Hula, you can "find an STD test center, get your results online, and share your verified STD status."

Anonymous sharing app Yik Yak has been getting a lot of press. Intended for college students on campus to share anonymous information and tips, it has also become popular with high school students. The app (or to be more specific, those using the app) wreaked havoc in cities from San Clemente CA to Marblehead MA after multiple incidents of cyberbullying and even bomb threats.

Hot or Not is an app you can use to "find out who is hot around you. Check out how hot you are!" Sounds like a great choice for the fragile self-esteem of a teenager!

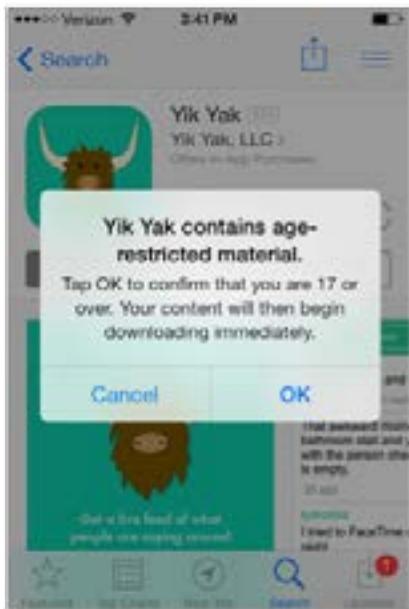
How should parents manage apps? Do you let your children download apps on their own? Do they need to get your permission? Do they have the password needed in order to install or do they have to come to you first? There is no one best answer to these questions, and as a parent you would certainly take into account their age and maturity level.

But regardless of age, in the world of apps I believe you can't just hand over the device and be done with it. Guidelines and rules, discussions, and possibly restrictions are part of the process. We talk a lot about "parenting in the digital age" but it simply comes down to parenting.

You're probably interested in what books and magazines your kids are reading, the video games they play, the movies and TV shows they watch. So it's the same with apps. If you wouldn't want your child watching an R-rated movie, then you probably don't want them using a 17+ rated app.

And while looking at the app's rating is a good first step, it may not tell you everything you need to know. The app's rating may not always be a good indicator of its appropriateness for your child. As an example, Facebook is rated 4+ in the app store. But you cannot join the service until you are thirteen. Obviously there is no need for 4-12 year-olds to download Facebook to a device. So don't judge an app by rating alone.

Another factor to consider is that apps are different than books, TV, and movies. Reading a book, or watching a TV show or movie are passive activities. Apps can be active and social. The apps that teens (and adults) gravitate towards are popular because of the social connections. Friending, liking, sharing, and commenting are part of the attraction. So in a way, the rating and guidelines for apps are even more important. Who is your child friending? What are they liking and sharing?



Some may think this is "helicopter" parenting; but I'd say it's just parenting. Restrictions and protections are like training wheels that help while you teach your children how to navigate the digital landscape. Just like with riding a bike, once they are steady and ready, you remove the wheels and let them try it out on their own. The timing is different for every child and family based on the child's maturity level and age. I wouldn't suggest sending a child off to college with parental controls enabled on their phone! But the steps you take at the younger ages will help your children prepare to make good decisions on their own. Isn't that the main goal as a parent?

Here are a few steps you can take when it comes to Apps:

### For all ages

- Discuss expectations in advance before you hand over the phone/device.
- Enact a technology or media agreement / contract.
- Restrict app download by rating (especially for those rated 17+) depending on child's age. Keep in mind that some apps rated 12+ might not be appropriate; the "Hot or Not" app mentioned earlier has a 12+ rating.

### For younger children

- Disable the ability to install new apps using restriction settings on the device. (Then you can un-restrict when it's time to install a new app).
- Become the "keeper" of the password required to install new apps.

### For older teens

- Spot-check devices and discuss new apps with your teen.
- For those who want to know about new apps without having to extract the device from a teen's firm grip, you can try an app monitoring service. You can also log in to iTunes with your child's Apple ID and password, to review purchases which will include paid and free apps.

Choose any of these actions that seem appropriate to you based on your child and parenting style. But do something; doing nothing is NOT an option!

*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.bewebssmart.com](http://www.bewebssmart.com).*



**436-8820**

**Your local Company for**

Carpet  
Upholstery  
Area Rug  
Cleaning.

Keeping It Clean Since 1977

**32 Autumn Pond Park**  
Greenland, NH  
**436-8820**

[info@townandcountryservices.com](mailto:info@townandcountryservices.com)  
[www.townandcountryservices.com](http://www.townandcountryservices.com)

## Vial of L.I.F.E. (Lifesaving Information for Emergencies)

This easy program can help save your life or that of a loved one. The Vial of LIFE speaks for you when you are unable to speak for yourself.

The Vial of LIFE contains your medical information (history, known drug allergies, current medications) and contact information. It puts helpful information regarding your medical history in the hands of EMTs when it is needed most—during the first minutes of critical illness or accident in your home. And it's FREE.

The kit contains:

- A decal that is attached to your refrigerator door alerting EMS of the Vial of LIFE.
- Health history forms that are completed, in pencil, for each family member. It is critical that this information remains up to date and accurate.
- The vial, a plastic medicine bottle with a Vial of LIFE decal, that is kept in your refrigerator door.



Anyone can benefit from this program, especially if you have special medical concerns such as heart conditions, prior stroke, seizures, chronic illness, or respiratory conditions. The program is also for people who have known allergic reactions to medications or who have any other life threatening allergies.

**WHERE CAN YOU PICK UP A FREE VIAL OF LIFE?**—Vials of LIFE can be picked up at the Greenland Police Department (GPD) during regular business hours. If you require assistance completing the forms or have questions, please call the GPD at 603-431-4624.

This program is sponsored and managed by the Greenland Police Department. The Greenland Volunteer Fire Department fully endorses the Vial of LIFE program and supports the Greenland Police Department's efforts.

## 3<sup>rd</sup> Annual Lakes Region Mah Jongg Tournament



**Cash Prizes**  
**Door Prizes**  
**Catered Meals**



**June 27, 2014**  
**8:30 a.m. - 3:00 p.m.**  
**Pheasant Ridge Country Club**  
**140 Country Club Rd, Gilford NH**

FOR INFORMATION, EMAIL:

LAKESREGIONMAHJONGGTournament@GMAIL.COM

Call the Greenland Real Estate  
Company & Get Results!

Our Agents know Greenland. We're your neighbors living here in town.

**Kate Arsenault**  
Agent

**Joe Hunkins**  
Broker

Offering Seller & Buyer Representation

Rentals & Property Management Services

(603) 433-2690

Members of the Greenland Community Since 1972



[www.Hunkins.com](http://www.Hunkins.com)



3Br Home For Rent

## Help Elderly Loved Ones Avoid Financial Abuse

Submitted by John St. Pierre

It's unfortunate, but true: the elderly population may be the most vulnerable group in our society. In fact, in an effort to call attention to the problems of physical, emotional, and financial abuse of the elderly, the United Nations has designated June 15 as World Elder Abuse Awareness Day. If you have older parents, or even grandparents, can you do anything to help prevent them from being victimized, especially with regard to their finances?

Actually, there's a lot you can do. First and foremost, you need to maintain good communications and a trusting relationship with your older family members. As long as these elements are present, you should feel free to make the following suggestions:

- ❑ Increase awareness—When it comes to financial fraud and scams, many seniors think: "It can't happen to me." But the facts suggest otherwise: Some 20 percent of Americans over the age of 65 admit to having been victimized by financial swindles, according to a survey by the non-profit Investor Protection Trust. Let your loved ones know that no one in their age group is immune to financial predators.
- ❑ Guard private information—Ask your parents or grandparents to not divulge personal information over the phone. In fact, urge them to get caller ID if they don't have it already, and tell them that if they don't recognize the number, don't answer. Legitimate callers are more likely to leave messages than scammers.
- ❑ Don't send money. Exhort your parents or grandparents to never wire money to a random account—no exceptions.
- ❑ Ignore "limited-time offers"—Your loved ones should ignore callers, mailers, or e-mails that demand they act immediately. These offers are often overblown at best and may be fraudulent at worst.
- ❑ Don't trust "no risk" offers—Financial offers that sound too good to be true are likely just that—untrue. Legitimate investments carry both potential risks and rewards.
- ❑ Avoid "debt-settlement" claims—If your older loved ones have debt problems, they may be especially susceptible to offers that claim to "clear up" all their debts. But there's no quick fix to this problem, and any caller who claims otherwise is likely being deceitful. Encourage your parents or grandparents to discuss their debt situation with an honest, professional debt counselor or a financial advisor.

Here's one more thing you can do to help your parents or grandparents avoid financial fraud: If they don't already work with a trusted, qualified financial professional, introduce them to one. If your parents have a relationship with such a professional, they will be less likely to listen to any questionable, unsolicited offers than if they were trying to manage their finances on their own.

You're in a good position to know how much, or how little, help your elderly loved ones may need in terms of avoiding financial abuse. So be willing to do whatever it takes to help them enjoy their retirement years comfortably.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

## News from State Representative

By Pam Tucker

Greetings once again! This is the last issue before the Legislature goes into break for the summer. We will have finished at the end of May and won't be back unless we need another "special session" to fund the state or override vetoes.

**WHAT IS CROSSOVER**—Each year the bills from the House and the bills from the Senate must all be sent over to the other body. This is what we call crossover. The good news is we dispose of every House bill by a certain date—normally the end of March. The tough part is it becomes crunch time that month to vote on every bill before the deadline. This year we met twice a week almost every week in March to get through over 300 bills.

**THOMPSON BROOK**—You may have not noticed a small tributary to the Great Bay that travels beneath Winnicut Road and leads to the bay. The culvert under the road is unmarked for the most part and in need of some repair. Trout Unlimited has been trying to open up the waterway for more brook trout to be able to travel upstream and spawn (there aren't any "salters" in southeast NH). The obstacle preventing them from going upstream is the culvert beneath the state road. It is in need of replacement and is a few inches higher than the water level thus prohibiting travel upstream. Even though the project looks small, there is a great amount of site work and preliminary things that must be done before the physical activity. Working with Trout Unlimited and the NH Dept of Transportation, we hope to be moving ahead on this project with the necessary funding to complete it by next summer.

**BILLS**—We had some interesting bills this year. The larger bills are all carried by the major papers and our voting records are online for all roll-called bills. Here is a list of some smaller pieces of legislation that were voted on this past session.

HB1601 would have required every driver to have car headlights on from sunset to sunrise. Our current law requires headlights on one half hour after and before each point. There was no proof that this would reduce accidents or that it was needed. The bill didn't pass out of the house (ITLd.\*).

HB1392 relates to charter school enrollees. The House passed a bill that removed the arbitrarily set limits on the number of students who

could transfer to a charter school. Although the number of public charter schools available will still be limited, the families who need to have an alternative to the traditional public school will have more options.

HB1402 concerns setting a state minimum wage higher than the federal standard. Supporters have argued that increasing the minimum wage will help the poorest. I could not support this bill as even the CBO [Congressional Budget Office] reported that a half million jobs will be lost by 2016 if it's raised. With our economy still slow, we don't need more unemployment. The cost of increased wages, which is one of the largest expenses to business, will be absorbed either through loss of jobs, less hiring of unskilled employees, or higher prices.

HB1333 relates to the elderly property tax exemption. This bill, which passed, allows for our town to prorate the elderly tax exemption. Many of the elderly in our community are on fixed incomes. This will help them stay in their homes.

HB1351 concerns prohibiting tanning by anyone under 18. The current law states that anyone under 18 must have a parent's permission to use a tanning bed. This bill, which the House indefinitely postponed (we won't hear it again this year), would have required a doctor's note for a child to visit a tanning booth. If a family was planning a vacation to a warmer destination during winter break, it seemed silly that one would need a doctor's note and not just the parent's approval.

**ELECTION YEAR**—The New Hampshire Legislature (House and Senate), Executive Council, and governor are up for election every two years. Though it seems like a short amount of time we all serve, it keeps us responsive to the citizens. I am planning on running for state representative this fall to represent Greenland and Newington. It has been a great experience to serve our community and respond to the needs. If there is anything in particular you'd like me to cover, please contact me. I will be back at the Country View Restaurant starting in September on the first Monday of the month (except holidays). Please stop in or contact me at [pamzt@comcast.net](mailto:pamzt@comcast.net). Thank you!

*\*ITL stands for "Inexpedient to Legislate;" it means that the bill is killed.—Ed.*



## Asset Allocation: A Step to Balancing Your Portfolio

Prepared by MetLife • Delivered courtesy of Paula M. Parrish, MSFS

As the global markets continue to fluctuate, many investors and their portfolios are feeling the effects. Therefore, a sudden dip or rise in a portfolio may be the perfect time to take a look at whether or not one's investments are truly diversified and assets are properly allocated among the different asset classes (e.g., equities, fixed income, and money market/cash equivalents). Asset allocation and diversification are techniques used to manage risk and attempt to balance the risks versus rewards of an investment portfolio. However, neither asset allocation nor diversification can prevent investment loss or assure a profit.

For many investors, investing typically begins with the purchase of a stock, a bond, or a mutual fund. Over time, other investments may be added because many people understand it may not be prudent to invest in a single investment. However, simply "spreading money around" in various investment vehicles doesn't necessarily create a properly diversified portfolio.

A sound portfolio management strategy begins with diversification—that is, dividing

investments among major asset classes. Since each type of asset class has unique characteristics, they will rarely rise or fall at the same time, creating somewhat of a buffer in your investment portfolio. An investor can then make finer distinctions within each asset class by combining different assets to help soften the risks and losses within the portfolio, although in no way do they eliminate them all together.

The main objective of diversification is to match the characteristics of the various investments and their asset classes to percentages allocated within your investment portfolio so that the allocated percentages match the most important aspects of your personal investment profile. For example, your tolerance for risk of loss or ability to handle the ups and downs of a volatile market and what you ultimately seek to achieve through investing should all inform how you allocate your investment dollars to different asset classes.

Investing according to your risk tolerance helps to keep you from making rash decisions when it comes to your investment portfolio.

One way to measure your risk comfort zone is to ask yourself how much of a loss in a one-year period you could withstand and still stay the course. Finding an appropriate match of your tolerance for risk against the different volatility levels of returns is the ultimate goal of asset allocation. For example, if the thought of potentially losing 10% of your portfolio's value over the next year for the potential of gain 20% within the next five years makes you very uncomfortable, you may want to consider a more conservatively allocated portfolio. The potential for higher returns usually involves taking a greater degree of risk.

Lastly, understanding how long you want to invest in order to meet your goals is important. In fact, it may be the thing that makes you choose one investment vehicle over another. Your personal time horizon extends from when you implement an investment strategy until you need to begin withdrawing money from an investment or investment portfolio.

You may wonder at this point, how much should be invested in each asset class. The

short answer is that asset allocation is more a personal process than a strategy based on a set formula. There are guidelines to help establish the general framework of a well-diversified and properly allocated portfolio, but no two portfolios are alike. Please keep in mind, a properly allocated and diversified portfolio will not guarantee against a loss, and there is no guarantee that an allocated or diversified portfolio will outperform.

Do take into consideration all your assets, e.g., your retirement savings and other investments, when you put together an asset allocation strategy or seek professional guidance—that way you can ensure that all your assets are working together to help meet your goals and objectives throughout all stages of your life.

*The foregoing discussion is general in nature and not intended as specific advice. Neither [MetLife/New England Financial] nor its representatives are engaged in rendering tax, accounting, or legal advice. A qualified professional should be consulted regarding the effect of such considerations on the matters covered in this publication.*

# Get Involved with Conservation Commission

By Laura Byergo

The Conservation Commission is looking for two people to become new members on the Commission. The Commission provides advice and recommendations to other town Boards on protecting and managing the town's natural resources. We have a new project to build a town walking trail and we are working to expand our outreach to town residents. If you are interested in serving on the Commission and taking an active role, get in touch with the town Board of Selectmen and let them know of your interest.

## A Garden For Wildlife:

### Natural Landscaping For A Better Backyard

The Seasonal Conservation Discussion Group, sponsored by the Winnicut River Watershed Coalition (WRWC), will have its next meeting Thursday, June 19, 6:30-8:00 at the Weeks Public Library. The presenter will be Jean Eno, co-founder of the WRWC and volunteer for the NH Coverts Project and Speaking for Wildlife program.

## The Results Are In!

The results of the Conservation Commission's survey are in. Below is the survey with results of each question highlighted in blue. If you have any questions, you may contact Laura Byergo at 301-928-0647.

Total respondents—149

Total requesting more information—86; 83 provided e-mail contact info

Total offering to "maybe" volunteer—45

Total offering to volunteer—22

Total offering information about a vernal pool and offering a contact number—3

## Question 1 Results:

Average weight with 1 being a higher value

Maintain = 3; Work to identify = 2; Improve water = 2.5; Work to protect = 2.9; and Expand = 4

1. Rank the conservation goals below from 1-5 in the order you think most important, 1 being the goal you would most like to see the Conservation Commission work on.

- Maintain and expand walking trails on the town's conservation easements.
- Work to identify and protect environmentally important land in Greenland.
- Improve water quality in the Winnicut watershed and along the Great Bay.
- Work to protect and improve wildlife habitat in Greenland.
- Expand efforts to inform residents about conservation issues in Greenland through the Greenland Web site and other venues.
- Other

## Question 2 Results:

Average weight with 1 being a higher value

Reduce = 2; Preserve = 2.1; Reduce = 3.9; Protect = 2.4; and Other = 3

2. Choose the local environmental issues that interest or concern you most.

- Reducing the environmental impact of residential, commercial, and infrastructure development on water quality and wildlife habitat.
- Preserving open space, including farms, recreation, and nature areas
- Reducing carbon emissions
- Protecting and improving both surface and subsurface water quality in Greenland
- Other

## Question 3 Results:

Very Important 110;

Important 32;

Not so Important 2

3. Open space is broadly defined as undeveloped land. This may include woodlands, waterways, fields, wetlands, farms, vernal pools, scenic vistas, recreation fields, trails for hiking, biking, and/or snowmobiling, and a variety of other underdeveloped areas. Please indicate your view of the importance of preserving open space in our town.

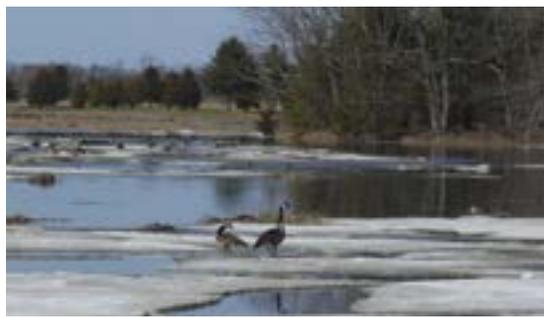
Very Important  Important  Not so important

## Question 4 Results:

A = 50; B = 113; C = 104; D = 3; E = 13

4. If you support preserving open land in Greenland, please indicate why you think this is important.

- A. Conserving land is good for the economy



because it supports jobs in tourism, agriculture, recreation, and forestry.

- B. Conserving open land in Greenland preserves the town's semi-rural identity, supports property values, and reduces density.
- C. Conserving open land is good for the environment in general and wildlife in particular.
- D. Other
- E. I think there is enough open land already preserved in Greenland.

## Question 5 Results:

Total times chosen are in blue next to the activity.

The four top choices were Hiking (89), Bird watching (77), Biking (75), and Canoe/kayak (71)

5. In what ways do you enjoy the area's recreational opportunities? (Please circle all that apply).

Bird watching (77), Biking (75), Boating (40), Camping (14), Canoe/kayak (71), Fishing (35), Golfing (51), Hiking (89), Horses (10), Hunting (22), Skiing (36), Snowmobiling (9), Snowshoeing (52), Swimming (33), Other (Activities mentioned: walking, running, X-country skiing, and tennis)

## Question 6 Results:

3 people said they had information on vernal pools and provided telephone numbers. One person said "no way."

6. A vernal pool is an ephemeral body of water which dries up in the summer and is not connected to any other body of water. Several species of wildlife are dependent on these pools for breeding. If you believe you have a vernal pool on your property, and would like to let the Conservation Commission provide confirmation and add it to the index of natural resources in town, please give us a contact number \_\_\_\_\_

## Question 7 Results

Yes (with e-mail contact) 83; No 39

7. Would you like the town to occasionally send you information about environmental issues in the local area by e-mail?

- Yes Please provide an e-mail address:
- No

## Question 8 Results:

Total: 124 — Yes 22; No 57; Maybe 45

8. Would you be interested in volunteering to help the Conservation Commission on specific projects like water quality sampling, monitoring conservation easements, trail maintenance, invasive pulls, or other types of projects? This would probably occur in the spring and fall.

- Yes
- No
- Maybe

If you checked yes or maybe on question 4, please let us know if you have a strong preference for a particular type of project. Also please let us know how to contact you by e-mail or phone.

## Question 9 Results:

See totals filled in below. LUX had some support, bonds were divided, and both grants and a trust fund got the strongest support.

9. There are a variety of methods for financing conservation efforts in our town. Which of the funding options should be considered?

- A. Designate a portion of the Change Use Tax for on-going conservation efforts.  
Yes: 68 No: 8 Not sure: 52
- B. Fund specific projects through town bonds or increases in property taxes.  
Yes: 30 No: 55 Not sure: 34
- C. Seek state and federal grants to support specific projects.  
Yes: 132 No: 3 Not sure: 4
- D. Create a special trust fund for charitable donations.  
Yes: 123 No: 1 Not sure: 12

# STRESS + "GREMLINS" = :(

Submitted by Kathy at Woodland Associates

Stressed and overwhelmed? It's so normal you don't even blink. In many social and occupational circles, it's a membership requirement. It's become a badge of honor to be "totally stressed out" because it means you are responsibly trying to keep up. In reflective moments you'd like to get off the speeding train, slow down, and simplify. But you feel stuck within the vicious circle of external pressures and the wish to be competent at adult life.

Sound familiar? That's because over-functioning behavior has become the cultural norm. It is viewed by many as necessary: there is "too much to do, but I have to do it all." Over-functioning involves operating with unreasonable, excessive expectations to the point of chronic self-sacrifice. The thinking is, "If I don't keep up with everything I'm expected to do, I am a failure. I am afraid of letting others down or appearing to be lazy, selfish, or disloyal to my parents/kids/spouse/employer/peers. Thus, I need to put my needs aside, keep going, and meet every expectation of me, including my own." We become hard on ourselves if we cannot keep up ("I'm a failure"), and yet we are hard on ourselves BY keeping up ("I'm exhausted and overwhelmed and so I'm a failure"). It's a no-win belief system, a formula for misery and helplessness, and it doesn't stop with you. When you are hard on yourself, you become intolerant and hard on the people around you. You are not the parent you want to be, not the partner or friend or family member or co-worker you used to be, not as productive or creative as you could be.

External stress is a fact of life, but the internal stress we experience can be reduced with a mindset adjustment. A wonderful book, "Taming Your Gremlin" by Rick Carson (2003), offers a light-hearted view that is easy to relate to. With humor and insight, he observes the harsh, judgmental, critical voices that live in our heads, dominating our self-image, self-esteem, and values around being good enough. Beginning in childhood, we are sponges absorbing the positive and negative influences of others. Whether in families, school, or community life, we learn ideals and values to which we aspire, but are also affected by criticism, judgment, and, in some cases, bullying. When we internalize these negative messages, they become our "gremlins," and they are typically harsh, unreasonable, unforgiving, and persistent through life.



Each person's "gremlin" is a unique composite of cultural beliefs and critical voice—the "shoulds" that were learned, the judgments internalized, the high standards met to feel good enough, to feel loved. Carson emphasizes that this is normal; we all have gremlins as part of our psyches, and they can positively motivate us toward excellence. However, when they unconsciously dominate our thoughts, beliefs, and actions, it becomes a struggle to ever feel good enough.

Our "gremlins" pipe up at ordinary moments as well as at major hurdles: when we feel disappointment and shame at mistakes or falling short, when we push ourselves to exhaustion, when we say yes to please others at our own expense, or when we negatively judge our own needs and efforts. (Case in point: My gremlins are firing away as I write this!)

Carson offers simple and enlightening exercises to gain awareness of our gremlins, to "tame" them. He cautions that it is not a battle and there is no "winning"; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive critiquing and editing, it is finally "good enough!" Send!) Another example: Once you recognize that you tend to over-function, you can stop and consider more self-caring choices for life balance.

The culture is not slowing down. If anything, it is speeding up all the time. So we each need to find our own strategy for healthy striving—seeking competency and effectiveness within the context of firm boundaries and self-compassion. If we consciously go easy on ourselves and on others, we can make room for more enjoyment, relaxation, and fulfillment. In other words, taming the failure "gremlin" offers success at capturing life's happier moments.

Shelley C. Gardner, M.Ed., LCMHC, ATR-BC is a therapist and life coach at Woodland Professional Associates in North Hampton, New Hampshire. They are located at 155 Lafayette Road, Suite 3. Phone 603-964-4869.



**Sweet Grass**  
TRADE farm MARK

HANDCRAFTED SOAP, BODY & HOME CARE  
Made here in Greenland

WWW.SWEETGRASSONLINE.COM

CALL FOR LOCAL RETAILERS ~ 603/766-1651

## Preserve a Piece Of History

From NAPS Web Site—[www.napsnet.com](http://www.napsnet.com)

More and more Americans are looking forward to the summer—and other occasions—as a way to look back.

That's because they're seizing the opportunity to interview some of the older members of their family, preserving the insights, and highlights of their lives.

Making this especially meaningful—and simple—is the Veterans History Project (VHP) of the American Folklife Center at the Library of Congress. According to U.S. Department of Veterans Affairs statistics, nearly 22 million war veterans currently reside in the United States. Each one has a unique story to share, if only someone would ask.

VHP asks volunteers, including students in grades 10 or higher, to record veterans' interviews, or to submit veterans' original wartime photos, diaries, correspondence, and other documents, which will be preserved at the Library of Congress for posterity.

The Project's congressional mandate is to collect, preserve and make accessible the wartime stories of America's veterans who served during World War I, and through the recent conflicts. The goal is for future generations to hear directly from veterans, and better understand the realities of war. VHP holds nearly 89,000 collections, of which over 12,500 are digitized and fully accessible through its Web site, [www.loc.gov/vets](http://www.loc.gov/vets).

### Veterans Benefit

"As a veteran, I understand how important it is to share your experiences, and preserve them for generations to come. Veterans who participate in the Library of Congress Veterans History Project have the opportunity to share their stories in their own words, in their own way," said Bob Patrick, project director.

### Students Benefit

Educators agree that not only does participating in the VHP process help create a lasting legacy for each veteran, it also provides an opportunity for students to experience history up close and personal; a lesson they won't soon forget.

"Our students have the opportunity to leave their classrooms, go out into the community, and hear firsthand accounts of combat and life during wartime from the people who actually made that history. Talk about bringing history alive!" said Eileen Hurst of Central Connecticut State University.

To find out how to participate in this national preservation effort, visit [www.loc.gov/vets](http://www.loc.gov/vets). From there, you can search a database of veterans' stories, watch a 15-minute instructional video, and download a field kit, a how-to-record-a-story booklet.

Don't forget, as a community-based newspaper, the *Greenland Grapevine* will be happy to run articles of this nature to share your stories with the greater community.

## Saving Fading Pictures

By John Hirtle

A photo may be worth a thousand words, but what happens long after it is taken? You may scoff and say it doesn't matter, since you know who is in the picture, but in many cases, pictures will outlast you for quite a while.

Labeling photos is essential. Thanks to digital photography, it is a bit easier to enter proper file names, and information about a photo when you download it into a computer. Some cell phones and cameras are even smart enough to include GPS information so you know where it was taken.

Old photos need extra attention. Using a flatbed scanner to get them into the computer is the best way, and you may be surprised by some hidden details found in a tiny photo when you scan it at a resolution of 600 DPI. There may be lost relatives or a forgotten landmark in there. Surprisingly, black and white photos of the early 20th century are often in better shape than the color photos of the 1960s and 1970s. The processes used in that era, especially with Polaroid photos, tend to fade or darken with age, even if they are safely stored away.

If you're a serious photographer, or you're scanning lots of old photos for future generations, one last item you will need is a 1 TB external hard drive to store those photos on. This way, all your hard work won't be lost if your PC unexpectedly fails.

With a little work now, especially when you are stuck indoors during foul weather, your precious family photos and memories will last a lifetime, and for generations beyond.

## Women's Alliance Mystery Ride

By Trudie Bergeron

Blue skies... blue water... balmy fresh air... What a beautiful day at the Nubble! Once a month, the Women's Alliance of Community Congregational Church meets at the Parish House. Sometimes they invite a guest speaker; sometimes they play games; sometimes they go out... to a museum... to the movies... or to eat. On this bright and sunny day, the ladies went on a Mystery Ride! Only the drivers knew where they were going as they carpoled from Greenland to the Nubble, while the passengers tried to guess where the destination would be. The ladies enjoyed a wonderful meal at Fox's Restaurant, shopped in the Gift Shop, and admired the beautiful views at the Nubble—the ladies had a joyous, fun day. Liz Adell, who is recovering from a recent illness and hasn't been out for a while said, "I knew I was going to have a good time, but I didn't know I was going to have a great time."

The Women's Alliance is a service-minded group of women that meets on the third Tuesday of most months from September through May. All women who are members or friends of the church are always invited. The next Alliance meeting will be an annual Ladies Day Out on June 17 at the Portsmouth Country Club at noon. If you would like to join us, please contact Donna Lee Lewis at 603-436-8335 or the church office at 603-436-8336.



(L to R) Joann Duncanson, Elaine Barker, Donna Lee Lewis, Kathy Massett, Ann Watson, Trudie Bergeron, Linda Currier, (rear) Melody Fellows, (front) Liz Adell, Evelin Sammel, Lee Miller, Barbie Hazzard, Marlene Hodgdon, and Joanne Shultz. Below: Edith Lovering sitting in car.



## Thank You, Sara MacCorkle

From the Greenland Grapevine Staff

Because the *Greenland Grapevine* is not a big business, but is only a small-town newspaper run by volunteers, one of the most important volunteers on the *Grapevine* staff is the advertising representative. This person has to obtain the advertisers, and then do the billing and collecting. Advertisers and donations are what cover the costs of printing and mailing the *Greenland Grapevine*. When this paper was first organized (as a result of the Greenland's Community Profile Workshop in February 2006), it was 1.5 years before we could send it to print. Why? Because we didn't have any money. It costs more than \$2,000 to print and mail each issue.

When Marie Hussey volunteered to be the *Grapevine's* advertising representative, and advertising started to bring money in, that's when we finally printed our first issue. And with Marie working so diligently, the staff was able to deliver a great paper to the residents of Greenland. When Marie left the *Grapevine* and moved on to other important aspects in her life, the staff needed to find someone to take over to keep the *Greenland Grapevine* going.

Along came Sara MacCorkle. What a powerhouse! As a former project manager, Sara went "full steam ahead," and kept the *Grapevine* going for two more years. But now Sara and her family have moved on to another adventure in their lives, and moved out of Greenland. Again, the *Grapevine* staff is faced with a challenge to keep the *Grapevine* going. It will not be easy finding another volunteer to replace the likes of Marie and Sara. The *Greenland Grapevine* staff extends a sincere thank you to Sara for all that she has done for the *Grapevine*, and wish her and her family well in their new venture.

## Thank You, Jacque Gravelle

From the Greenland Grapevine Staff

What makes the *Greenland Grapevine* such a good newspaper? It's the articles... and the pictures... and the advertisers... and the proofreading.

Written copy is not the same as spoken words. Those of us who work with the printed word believe that grammar and punctuation are very important. The *Grapevine* receives many interesting articles, but the grammar, spelling, and punctuation in them oftentimes need polishing. The *Grapevine* staff needs proofreaders who not only know correct grammar, spelling, and punctuation, but also pay special attention to detail. That is Jacque Gravelle. She is good, she is accurate, and she is quick—providing a fast turnaround with the articles she proofread. When Jacque's husband retired, Mr. & Mrs. decided to try a new adventure, so the *Grapevine* staff has suffered another great loss. The *Greenland Grapevine* staff extends a sincere thank you to Jacque and wishes her and her husband much fun and happiness in their new adventure.

The *Grapevine* will go on. The *Grapevine* still has a nine-person volunteer staff (as indicated on page 2) that includes many good proofreaders and volunteer workers. But we would like to add one more... we are still in dire need of an advertising representative. If you are interested in this very important volunteer position, please contact Nancy at [GreenlandGrapevine@comcast.net](mailto:GreenlandGrapevine@comcast.net).

## Jason's Run

October 4, 2014

For 23 years Jason's 5K Run has been held on the third Saturday in July. This year this event has been moved to October 4, 2014. Watch for details in the next issue of the *Greenland Grapevine* which will be mailed the first week of September.

**Got a Great Greenland Photo or Story?  
Want To Advertise?**

Please send it to [greenlandgrapevine@comcast.net](mailto:greenlandgrapevine@comcast.net)  
prior to July 1 for our next issue.

# COMMUNITY CALENDAR

## ONGOING PROGRAMS

DAY	TIME	EVENT	LOCATION
Ongoing Programs			
	9:30 AM	Families First - Toddler Playtime	Families First Portsmouth
Mondays	5:00 PM	Cribbage	Weeks Public Library
Mondays, July 7 - August 25	Dusk	Outdoor Monday Night at the Movies	By Children's Playground Area, Hampton Beach
2nd Mondays	6:30 - 8:00 PM	Friends of the Library Meeting	Weeks Public Library
4th Mondays	2 - 4 PM	Alzheimer's Café	Families First, Portsmouth Community Campus
Tuesdays	10:00 AM	Families First - Baby Time	Families First, Portsmouth Community Campus
Tuesdays	3:00 - 6:00 PM	Farmers' Market	Veteran's Park on the Town Green
Tuesdays	6:00 - 7:30 PM	Parenting Classes	Families First, Portsmouth Community Campus
2nd Tuesdays	12:00 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
2nd Tuesdays	7:00 PM	Greenland Fire Department Business Meetings - Volunteers Welcome	Greenland Fire Department
Wednesdays	Dusk	Fireworks Displays	Hampton Beach
Wednesdays, June 18-Aug 27	6:00 - 8:00 PM	Outdoor Concerts	North Hampton Bandstand, Post Road
1st Wednesdays	7:00 PM	Greenland Recreation Department	Greenland Central School
Thursdays, July 10-31	5:00 PM	Music By The Sea Concert Series	Odiorne Point State Park, Rye
1st, 3rd & 5th Thursdays	9:30 AM	Families First - Parent Recharge	Families First, Portsmouth Community Campus
1st Thursdays	2:00 - 3:30 PM	Caregiver Support Group	Portsmouth Community Campus
2nd & 4th Thursdays	9:30 AM	Parenting Classes	Families First, Portsmouth Community Campus
4th Thursdays	12:00 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
Fridays	9:30 AM	Families First - Preschool Playtime	Families First, Portsmouth Community Campus
Fridays	11:00 AM	Friday Morning Group	Weeks Public Library
Sundays	1:00-5:00 PM	Portsmouth Harbor Open Lighthouse Tours	Route 1B, Newcastle NH

## JUNE

Saturday, June 07, 2014	5:30 - 8:30 PM	Sunset Over Portsmouth Auction to benefit Seacoast Community School	Discover Portsmouth Center
Sunday, June 8, 2014	10:00 AM	NHSPCA 23rd Annual Paws Walk	Stratham Hill Park
Monday, June 09, 2014	6:00 PM	Friends of the Library Annual Meeting and Potluck Dinner	Parish House
Thursday, June 12, 2014		Reading Carnival	Greenland Central School
Fri. June 13 - Sun. July 6		14th Master Sand Sculpting Competition	Seashell Stage, Hampton Beach
Saturday, June 14	9:00 AM - 4:00 PM	Market Square Day, Portsmouth	Downtown Portsmouth
Thursday - Sunday June 19-22		Hampton Beach Fair	State Park, Hampton Beach
Friday, June 20, 2014		Last Day of School	Greenland Central School
Monday, June 23, 2014	6:00 PM	Classic Movie Night--So Proudly We Hail	Weeks Public Library
Thursday, June 26, 2014	6:00 PM	Summer Concert: Boogalo Swamis	Greenland Bandstand

## JULY

Friday, July 04, 2014		4th of July Holiday: Library and Town Offices closed	
Thursday, July 10, 2014	6:00 PM	Summer Concert: Jazz Factory Orchestra	Greenland Bandstand
Saturday, July 12, 2014		American Independence Festival	Downtown Exeter
Thursday - Sunday, July 17 - 20		Stratham Fair	Stratham Fair Grounds
Thursday, July 24, 2014	6:00 PM	Summer Concert: Bel Air Doo Wop	Greenland Bandstand
Saturday, July 26, 2014	9:00 AM - 3:00 PM	New Castle Juried Arts and Crafts Fair	New Castle Congregational Church
Monday, July 28, 2014	6:00 PM	Classic Movie Night--Marx Brothers in Night at the Opera	Weeks Public Library

## AUGUST

Thursday, August 07, 2014	5:30 PM	Summer Concert: New Legacy Swing Band	Greenland Bandstand
Mon-Fri, August 11-15, 2014	8:00 - 11:30 AM	Vacation Bible Camp	Parish House
Mon-Fri, August 11-15, 2014		Hampton Beach Children's Festival	Hampton Beach
Monday, August 18, 2014	6:00 PM	Classic Movie Night--King Kong	Weeks Public Library
Thursday, August 21, 2014	5:30 PM	Summer Concert: High Range Band	Greenland Bandstand
Friday-Sunday, August 22-24		Hampton Beach Talent Competition	Seashell Stage, Hampton Beach
Saturday, August 23, 2014	9:00 - 11:00 AM	Home Garden Workshop Series: Storing Your Harvest	Great Bay Community College, Portsmouth
Saturday, August 23, 2014	12:00 - 2:00 PM	Home Garden Workshop Series: Closing Up Your Garden	Great Bay Community College, Portsmouth

## SEPTEMBER

Monday, September 01, 2014		Labor Day Holiday: Library and Town Offices closed	
Friday-Sunday, Sept. 5-7 2014		25th Annual Hampton Beach Seafood Festival	Ocean Blvd. Center of Hampton Beach

## Support The Greenland Grapevine!

*Your Local Quarterly Community Newspaper*

**Volunteers Still Wanted: • Writers • Proofreaders • Ad Sales •**

**Still Needed: • Advertisers • Donations •**

**100% Of All Funds Go Towards Printing & Mailing Costs**

**We Can't Do It All Without Your Support!**

**CONTACT US TODAY!**

**Greenland Grapevine, Inc. • PO Box 296, Greenland, NH 03840-0296**

**GREENLANDGRAPEVINE@COMCAST.NET**

*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!*



# Sizzlin' Summer 25% Gift Card Bonus!



**Buy \$40, get \$10 free!**  
**Buy \$100, get \$25 free!**

17 Ocean Blvd., Rt. 1A  
No. Hampton, NH

2800 Lafayette Rd., Rt. 1  
Portsmouth, NH

603-964-7451

603-433-3339

# LobsterRolls.com



## The Country View

BREAKFAST • LUNCH • FRIENDS

692 Portsmouth Avenue  
Greenland, NH

(603)431-7426



Find us on  
Facebook

**Take-out and Gift Cards Available!**  
**Ask about our Fundraising Dinner Nights!**