

GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Vol. VII Issue 2

Summer 2013

Greenland's Citizen of the Year

By Joey Cresta, Portsmouth Herald



Never was Fire Chief Ralph Cresta's ability to get things done more apparent than the night of the shooting of Police Chief Michael Maloney and the days that followed.

Police Sgt. Dawn Sawyer said Cresta went above and beyond to help wherever he was needed in the wake of the tragedy that shook the small town of Greenland more than one year ago. For that reason, Sawyer and the entire Greenland Police Department nominated him for the Citizen of the Year award.

The Greenland Women's Club solicits nominations for the award every year. Based on the letter Sawyer wrote, the club selected Cresta for the honor, and presented him with a framed plaque at the annual Town Meeting on Saturday, March 16.

His name also will be engraved on a plaque in Town Hall that bears the names of past winners.

"I think we were all touched by the fact that, given the tragedy last year and what the police department and the members themselves had gone through, they were touched enough by Ralph's actions that they
CITIZEN Continued on Page 7 •

Don't Miss A Fun Run!

Join your friends and neighbors on the green (across from Central School) at the 23rd Annual Summer Fun and Jason's Run on Saturday, July 20.

RACE REGISTRATION

Pre-register (\$15) at www.summerfunandjasonsrun.org or register (\$20) on race day.

RACE COURSE

There is a change in the course this year. The race begins in front of Greenland Central School, up Post Road, left onto Breakfast Hill Road, left on Maple Drive, around Sunnyside Drive back to Breakfast Hill Road, and right onto Post Road; the finish line has not changed—it is at the green. To view the new course, visit www.usatf.org/routes/view.asp?rID=513828.

RACE SCHEDULE:

Fun Runat 5:00 p.m.
Luther's Walkat 5:30 p.m.—not timed.
5k Raceat 6:00 p.m.

VOLUNTEERS NEEDED

We will need race day volunteers! For information about the race or to volunteer on race day, contact Rob Robertson at rob Robertsoniii@comcast.net. For more information, visit www.summerfunandjasonsrun.org.



Helping Fill Greenland's Food Pantry

By Donna Lee Lewis

In May, one year ago, the postal food drive gave the Food Pantry a good supply of food. It had to last us until the next food drive that the Boy Scouts held in the following November.

Every month the Greenland Women's Club supplies us with health and beauty products, and Ron Gross keeps us supplied with paper products such as toilet paper and paper towels. We also receive bread from Me and Ollie's every week. During the summer, we receive fresh fruits and vegetables from gardens, as well as eggs from people who have their own chickens. Thank you to all who fill the tote on the steps of the Parish House because this helps us to keep going in between the food drives.

In November, the Vets gave us 15 turkeys and 15 bags of potatoes to put in the Thanksgiving baskets. In December, the Nike Employees Store and the Greenland Vets gave us a good supply of canned goods and other items. The Vets also gave us 15 hams for Christmas.

In April 2013, the Greenland Central School held a food drive. Bags and boxes lined the corridor walls of the school. Jonathan Dowling and the students carried the food out, which filled Glenn Bergeron's pick-up truck and Trudie's PT.



ABOVE: Greenland students help fill up the Food Pantry with provisions.

BELOW: Some of the people behind Greenland's Food Pantry - Glenn Bergeron, Mr. Dowling, David and Linda Muchemore, three students, and Donna Lee Lewis, coordinator of the food pantry.

From May 5, 2012, through April 30, 2013, we have helped to feed 1,323 people. As they can only have two plastic bags full—plus the fresh food items, and we are only operating one day a week for two hours, this is a lot of people.

Thank you to the residents of Greenland, and the many friends and members of the Community Congregational Church, as well as the various organizations who often think of our food pantry. None of this would have been possible

without the help of the generous citizens of this town. Thank you to Ann Watson and Heidi Barrett for volunteering to staff the food pantry on Wednesday mornings, and to those who help in checking dates of all the items we receive from food drives.



Greenland Veterans Support Pease Greeters

By Wallace Berg, Lt. Col. USAF Retired

Once again the Greenland Veterans, proudly wearing their distinctive sashes and silver-braided headgear, made a financial contribution to the Pease Greeters. The check was presented by Greenland Veterans Commander Jim Hayden to George Davidson, co-chair of the Pease Greeters. The Greeters have become an organization devoted to honoring our service men and women as they go to and return from America's conflicts in the far corners of the earth. These young men and women—our sons and daughters—deserve our respect and gratitude; they are truly America's finest.



Surrounded by Greenland Veterans, the Greenland Veterans Commander, Jim Hayden presents a donation to George Davidson, Co-Chair of the Pease Greeters.

These service men and women travel by military charter jets on almost daily/nightly flights. The troop contingents vary in size, sometimes numbering almost 300 personnel. The flights arrive at all hours of the day and night, but there are always Pease Greeters there to meet them. It is truly a moving experience, and not just for the Greeters, but also for

the troops. After every flight, the Greeters receive a flood of thank you e-mails from the troops—a few are included at the end of this article. Last names have been omitted to preserve privacy.

GREETERS Continued on Page 6 •

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GREENLAND RECREATION SUMMER PROGRAMS

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: August 4, 5, 6
Time: 6:00 - 8:00 pm
Location: Portsmouth High School
Cost: \$35

5th Annual Mini-Camp

Players will work with current High School players on skills used in all positions. In this camp everyone will be a QB and everyone will be a center. The emphasis here is on understanding the entire game of football and how it is the ultimate team game.

Grades: 3rd-6th
Dates: August 12, 13, 14
Time: 6:00 - 7:30 pm
Location: Portsmouth High School
Cost: \$30

FIELD HOCKEY DAY CAMP



Prepare for a fun few days of learning field and sticks skills, gaining confidence and challenge yourself to try a new fun sport. Bring your stick, shin pads, mouth guard, and plenty of water. Each participant will receive their own ball at completion of clinic. Sticks can be provided upon request.

Coach Natalie is an avid field hockey player who has competed at international and national levels. As a member of the Northeastern University varsity field hockey team, she helped win 3 consecutive America East championships in Division 1 college field hockey. Register Online: www.greenlandrec.com

Open to all Ages

Dates: July 17, 18, 19
Time: 9:00 am - 12:00 pm
Location: Michael P. Maloney Recreational Complex
Cost: \$40
Contact: Natalie Singelais
E-Mail: singelais.n@gmail.com

BASKETBALL CAMPS



Co-ed camp w/ Coach Rogers

A skills camp run by Coach Bryan Rogers, freshman coach at PHS. Bryan is also a Special Ed teacher at PHS and very active in Special Olympics.

Ages: 3rd - 6th Grade
Dates: July 15th - 19th
Time:
3rd - 4th grade: 9:00 - 11:30 am
5th - 6th grade: 12:00 - 2:30 pm
Location: Greenland Central School Gym
Cost: \$50

3 on 3 Basketball

Teams will be made each week based on age and skill level. Players will play on 2 half courts.

Ages: Open to all in grades 7 - 10
Location: Greenland Central School Gym
Cost: \$40 for all 6 days
Drop-ins are welcome if space \$8 at door

Tru Champions Shooting Clinic With Coach Kerby

This entire clinic focuses on shooting. Instruction includes proper shooting form, shooting off dribble, and more.

Location: Greenland Central School Gym
Cost: \$25/2 hour session
Coed grade 7 - 9
Date / Time: Tue July 9, 11: 9:30 - 11:30 am
Date / Time: Tue July 16, Thur July 18: 4:00 - 6:00 pm
Coed grade 4 - 6
Date / Time: Tue July 23 9:30 - 11:30 am

For more information about Summer Fun, Concerts, or Greenland Themed Merchandise, Be Sure To Visit:
WWW.GREENLANDREC.COM

BASEBALL CAMPS



6th Annual Sandlot Baseball

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

Dates: June 27, July 2, 16, 18, 23, 25, 30
Ages: 6-11
Time: 9:00 am - 11:30am
Cost: \$30 or \$20/week
Location: Caswell Field, Greenland
Contact: Matt Gladu
E-Mail: gladu@comcast.net
Cell: 867-8355

Matt Gladu's 11th 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, in-field 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 8 - 12
Ages: 6-11
Time: 9:00 - 11:00 am
Cost: \$90.00**
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.

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, 10 years high school coaching experience, Seacoast United Coach, 2008 New Hampshire Class I Coach of the Year, 2010 State finalist.

Jason Demers: 5 year PHS Girls Varsity Assistant coach, 5 year Oyster River middle school boys soccer coach, 30 years of playing experience.

Don't forget your water bottle!

Ages: Boys & Girls Ages 5 - 12
Dates: July 22 - 26
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@yahoo.com

LEGO® CAMP ROBOTICS AND ENGINEERING WORKSHOP



In this action-packed workshop, participants will use LEGO® Power Functions and LEGO® Mindstorms to learn how motors, gears, and wheels work together to make LEGO® vehicles move! Participants will work from specialized instructions to create a variety of different motorized projects including a racecar, top-spinner, ping-pong ball shooter, and a remote-controlled car. Opportunity will also be provided for participants to customize their designs!

Note: Participants DO NOT take projects home.
Ages: Grades: entering 1st - 6th
(min 8 children, max 18 children)

Dates: August 12-16
Time: 9:00am - 12:00pm
Location: Greenland Central School Cafeteria
Fee: \$125.00 per child

ABOUT GREENLAND GRAPEVINE

Our Mission

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

Committee Members

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

Content Policy

- ▶ Articles submitted must include the organization's name and the author's name and telephone number for possible verification prior to publication. They may include e-mail addresses and additional information for a contact person if different than the author.
- ▶ Articles shall be published on a first-come, first-served basis, or as space permits in the *Greenland Grapevine*.
- ▶ The *Greenland Grapevine* may edit or omit any article or advertisement deemed as inappropriate by the Board of Directors.
- ▶ The *Greenland Grapevine* reserves the right to edit articles for content and space limitations without notifying content author.
- ▶ Greenland businesses may submit articles for publication, provided that content is pertinent to the community and is not explicitly promoting the business.
- ▶ The *Greenland Grapevine* makes every attempt to produce accurate content and shall not be held liable for any errors or omissions in articles or advertisements.
- ▶ Graphics must be submitted according to the size of purchased advertisement at 300 DPI resolution. Advertisements that do not meet these specifications are subject to editing or conversion. Advertisement proofs will not be sent to advertiser prior to publication.
- ▶ The due date for the Fall 2013 issue of the *Greenland Grapevine* for both content and advertising is July 1, 2013. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

Disclaimer

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

Contact Us

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To place advertisements, please contact Sara MacCorkle directly at GreenlandGrapevineAds@yahoo.com or call 603-430-7709.

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!



FROM THE GREENLAND VOLUNTEER FIRE DEPARTMENT



Volunteer Fire Department Ladies Auxiliary

By Barbie Hazzard

The Greenland Volunteer Fire Department (GVFD) Ladies Auxiliary needs more members! We usually meet once a month. We do our best with seven members to raise money for special projects for the GVFD. We hold bake sales on all election days.

Our most recent bake sale was on the town election day, March 12, and we sold out in the early afternoon. Thank you to everyone who baked, bought, and gave donations. We especially want to thank E.M.T. Judy Graham for her generous donation of whoopee pies; they went very fast. Thanks to my helpers—Betty Rolston, Heidi Barrett, and Edith Lovering.

We are proud to announce that with the money from the November 2012 election bake sale and this last bake sale, the GVFD was able to purchase the rescue saw that was requested by the fire department.

For our March 26 meeting, we met at the chowder luncheon at the Parish House as a group. We had a good time and were able to not only enjoy the camaraderie of each other, but also of many other people at the chowder luncheon.

Now comes a really big challenge. We absolutely need to grow our membership. You don't have to have a family member or relative on the GVFD to join the Ladies Auxiliary. What we do need are some fresh fundraising ideas, and then more people to help carry out these ideas. All our earned money is given to the GVFD. Please help us out! Right now, we are too small of a group to do much more than bake sales.

For more information, please contact Barbie Hazzard at 603-436-6447.

Burn Permits: How Do I Get One?

By Sara MacCorkle

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

Who should I call for a permit?

- Kevin Schmidt603-433-5572
- Myrick Bunker603-817-1102
- Mo Sodini603-765-7904
- Brian DiPietro603-498-3162
- Ralph Cresta603-235-7676

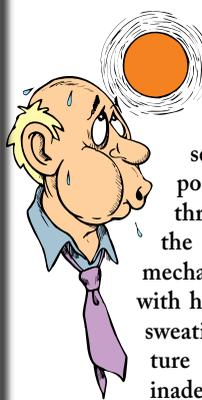
For more information, please visit www.Greenland-Fire.org.

Summertime: Stay Hydrated Avoid Heatstroke and Heat Exhaustion

By Sara MacCorkle

During the summer's heat it's easy to forget to stay hydrated. Read the signs and symptoms below to identify heatstroke and heat exhaustion.

Heatstroke is the most severe of the heat-related problems, often resulting from exercise or heavy work in hot environments combined with inadequate fluid intake. What makes heatstroke and severe potentially life-threatening is that the body's normal mechanisms for dealing with heat stress, such as sweating and temperature control, are inadequate.



Young children, older adults, people who are obese, and people born with an impaired ability to sweat are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease, and certain medications.

The main sign of heatstroke is a markedly elevated body temperature—generally greater than 104° F (40° C)—with changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry—although if heatstroke is caused by exertion, the skin may be moist.

Other signs and symptoms may include:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- Cessation of sweating
- Irritability, confusion, or unconsciousness
- Feeling dizzy or lightheaded
- Headache
- Nausea
- Fainting, which may be the first sign in older adults

If you suspect heatstroke:

- Move the person out of the sun and into a shady or air-conditioned space.
- Call 911 or emergency medical help.
- Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.
- Have the person drink cool water or other nonalcoholic beverage without caffeine, if he or she is able.

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake. Signs and symptoms

resemble those of shock and may include:

- Feeling faint or dizzy
- Nausea
- Heavy sweating
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin
- Low-grade fever
- Heat cramps
- Headache
- Fatigue
- Dark-colored urine

If you suspect heat exhaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.
- If fever greater than 102° F (38.9° C), fainting, confusion, or seizures occur, call 911 or emergency medical help.

This information is provided by the Mayo Clinic. For more information, visit www.mayoclinic.com.

What's New at the Fire Department?

By Sara MacCorkle

New Ambulance in Town

Greenland Volunteer Fire Department took delivery of a new ambulance in April. The new ambulance replaced Greenland's 13-year old ambulance.

Do bake sales really work? Yes!

Thank you for your support, baking, and buying!

Thanks to the fundraising efforts of the Greenland Volunteer Fire Department (GVFD) Ladies Auxiliary the GVFD has a new Stihl rescue saw. Chainsaws are used by fire departments to conduct rescue operations when time is of the essence, to clear downed trees, to provide ventilation, and in other emergencies. This saw is an addition to GVFD's existing chainsaws that are over ten years old. All members of GVFD are trained in the safe operation of the new rescue saw.

GVFD Needs You to Volunteer!

By Sara MacCorkle

The Greenland Volunteer Fire Department (GVFD) is always looking for new members. Being a member of the Greenland Volunteer Fire Department is an opportunity for you to give something back to your community.

It is easy to start!—Complete an application on www.GreenlandFire.org or pick one up at the station. We have volunteer opportunities in firefighting, EMT, dispatch, and support. You must be at least 18 years old, a New Hampshire resident, available to respond to emergencies, and attend our monthly meetings and training.

No Experience?—If you're committed to becoming an active member of the Greenland Volunteer Fire Department, we'll train you! We provide professional-level training in addition to our monthly training at the fire station.

Come to our monthly business meeting on the second Tuesday of the month, 7 p.m. at the fire station, or visit the Web site for more information www.GreenlandFire.org. Join our team!

On the Road? Be Safe and Seen!

By Sara MacCorkle

What Side of the Road?

When using a public road for exercise, you may not impede the flow of traffic. Moving in a single file meets this criteria; moving abreast impedes the flow of traffic.

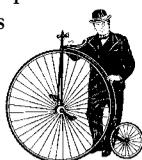
- Bicycles always ride with the flow of traffic
- Horses always ride with the flow of traffic
- Runners, walkers, or baby strollers always face oncoming traffic

—Information provided by NH Highway Safety Agency

Wear Reflective Clothing and Stay Safe!

Are you or your kids outside and exercising on a road? A

runner, walker, or bicyclist? Stay safe—always wear reflective clothing (vest, hat, jacket, or arm/ankle bands) when you're exercising. Use a flashlight or a headlamp in the evening or early morning; attach a headlight to your bicycle; use a flashing red rear light attached to your bicycle or bike trailer at all times. Make sure drivers can see you from a distance when you're on the road.



Helmets

Helmets are a good idea for any bike and any age—they also save lives. Buckle your helmets (motorcycle and bicycle)—if it's not buckled, it will not protect your head. Kids grow; make sure their helmets still fit correctly.

Cushman Way Honors Former Greenland Building Inspector

By Patti O'Brien, Gove Group Real Estate and Sara MacCorkle

Road and site construction of a 17-home subdivision, the Homes at Greenland Commons, located off Portsmouth Avenue began in March. The road to this new cluster-home subdivision has been named CUSHMAN WAY in honor of Greenland's former Building Inspector, Bob Cushman. For ten years, until his untimely passing last August, Bob served as Greenland's first full-time Building Inspector. Bob was also instrumental in establishing the NH Seacoast Code Officials Association.

The home lots will use a small portion of the 32-acre parcel of land. The remaining 22 acres will be given back to Greenland in the form of a conservation easement, and land will connect with conservation land behind Coastal Way.

The 17 High Performance Homes will employ Energy Star techniques; building practices that promote energy conservation, and improved comfort and indoor air quality. Each home includes a wide range of green building amenities including Energy Star qualified appliances, plumbing and electrical fixtures, ultra-efficient insulation and sheathing, and double-glazed windows with Low E and argon gas-filled sashes. The goal of a High Performance Home is to consume 40% less energy than an average new home of equal size and 50-75% less than an older home.



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Is Your Birthday Cake Served with More Than 55 Candles?

By Sara MacCorkle

*Seems that when you reach around middle age,
You don't want a final chapter; you want to write
another page...
And like a rare wine, you don't get older, you just get
better...*

*The Middle Aged Blues Boogie,
Saffire—The Uppity Blues Women*

If the candles on your birthday cake indicate you are a senior, but you know age is just a number, here is a partial list of opportunities to get out of the house, meet new people, and make lasting friendships.

Greater Portsmouth Area Senior Services

As a Greenland senior, these programs and more are available to you. A monthly newsletter containing events, classes, and things to do is posted online. Recent events include a Lunch & Learn "Celebrating Rivers" at Strawberry Banke with the Portsmouth Gundalow Company, an art exhibit at Great Bay Community College, a Senior Investor Fraud Workshop by the State of NH Bureau of Securities Regulation, and much more. Visit www.cityofportsmouth.com and select recreation; then select Senior to view the current newsletter. For more information, call Brinn Chute, Senior Services Coordinator at 603-610-4433.



Senior Luncheons, Portsmouth

Senior Luncheons take place on the second Tuesday and fourth Thursday of each month. Lunches are \$4 per person and take place from 12 p.m. to 1:30 p.m. at the Community Campus, 100 Campus Drive, Portsmouth. Senior Luncheons serve soup, sandwiches, salad, and dessert. Reservations are required; RSVP to 603-422-8208, extension 333.

Senior Supper Club at Living Innovations, Portsmouth

Senior Supper Club takes place on the first and third Tuesdays of each month. Seniors are welcome to come early for some great fellowship and stay for dinner, dessert, and coffee/tea. Meals are \$7 per person. Be sure to RSVP by the Monday before each dinner to Cindy Shanley at 603-531-0767. Living Innovations is located at 1950 Lafayette Road (1/4 mile south of Market Basket), Portsmouth.

Senior Fitness at Living Innovations, Portsmouth

Fitness classes sponsored by Living Innovations are offered for seniors four days a week. Class offerings include RSVP bone builders, tap dancing, strength and balance, chair yoga, line dancing,

and Tai Chi. There is a \$2 fee for all classes, except for RSVP bone builders, which is by donation. Living Innovations is located at 1950 Lafayette Road, Portsmouth NH. For more information and the daily class schedule, contact Perry Blass at 603-430-5430.

Friends Program

The Friends Program strengthens communities by building relationships that empower people, encourage community service, and restore faith in the human spirit, "Building Relationships...Restoring Hope." For more information, visit the Friends Program online at <http://friendsprogram.org>.

Foster Grandparent Program

Join others in finding a renewed purpose in life. Enjoy children's smiles and change lives just by showing you care. Serve as a mentor or tutor at a school or nonprofit childcare center near you. Receive a federal tax-free stipend for your service that does not affect social security, rental subsidies,

or any type of assistance (ages 55+, income eligible). For more information, visit the Friends Program online at <http://friendsprogram.org>. Select Our Programs, then Foster Grandparent, or contact Margo Toppan at the Friends Foster Grandparent Program at 603-228-1193 ext. 237.

Retired and Senior Volunteer Program (RSVP)

Join a volunteer effort based upon your interests, talents, and time availability. Examples of volun-

teer opportunities include: providing transportation for older citizens to medical appointments and the grocery store, providing companionship to the elderly and disabled, serving as a tutor and mentor to children, and assisting with public safety, disaster preparedness, and blood drives. RSVP volunteers organize or manage local thrift shops, prepare and deliver meals, and provide clerical and other office assistance. They also provide free tax preparation and assist with starting small businesses. They are museum docents and cultural event ushers, organizers, and fundraisers. For more information, visit the Friends Program online at <http://friendsprogram.org>. Select Our Programs, then RSVP Program, or contact Addie Tarbell at 603-228-1193 ext. 213.

Kittery Community Center Senior Activities, Kittery, Maine

Non-residents are welcome at any Kittery program. Seniors age 55+ are welcome to participate in all Kittery Community Center activities and meals. There is an indoor walking loop that is free and open to the public. Seniors can enjoy a Senior Breakfast, Luau Lunch, Bingo Lunches, and more!

The Center also holds monthly Senior Movie Days. The film presentations are free and seniors will receive free popcorn and a beverage. For more information, visit www.kitterycommunitycenter.org, or call 207-439-3800.

Osher Lifelong Learning Institute (OLLI)

OLLI offers classes for ages 50+ who are eager to explore ideas and interests in a community of peers. Class and event schedules are updated online frequently. For more information and/or schedules, visit OLLI at <http://olli.granite.edu/> or call 603-513-1377. A sampling of recent classes and events include:

- Aboard a U.S. Coast Guard Cutter
- Body Heal Thyself
- Calligraphy for Everyone
- Sailing on the Gundalow
- Journey through Burma
- Learning about Lobsters
- Portsmouth Naval Shipyard History Tour

New Homes for Sale in Greenland!

THE GOVE GROUP
Raising the Standard REAL ESTATE, LLC



Falls Way

Now in the final phase of this beautiful, wooded 76 lot community. These Chinburg-built homes offer a perfect blend of craftsman and traditional-style architecture starting in the high \$300's.



Greenland Commons

Greenland's first High Performance Home community is here! These fantastic new Chinburg-built craftsman-style homes offer many cost and energy saving green features. Prices start in the high \$300's.



Hughes Lane

Four new condex-style homes to be built in a great commuter location just off Post Road. Features include hardwood & tile flooring, granite counters, central air and more! Starting at \$339,900. Photos show similar home.

Coming Soon... Ten new homesites off Breakfast Hill Road and eight more condex homes on Post Road. Go online to sign up for email updates on our progress!

Search MLS, Browse our Newest Communities and Stay Connected with Market Data.

603.778.6400 :: TheGoveGroup.com :: 603.637.1870

Stratham, NH

on the Web

Epping, NH

*This subdivision has not yet been registered with the NH Attorney General's office. Until such time as registration is complete, only non-binding reservations may be accepted.

Engraved Bricks Honor Early Greenland Family at the 1710 Weeks Brick House and Gardens

By Reginald W. Bacon, Weeks Brick House and Gardens Board Member

The Memorial Brick Walkway project at the 1710 Weeks Brick House and Gardens in Greenland resumes this spring, and local residents are invited to join with Weeks descendants to submit suggestions for relevant honorees.

The walkway project at the Weeks Brick House, which has been on the National Register of Historic Places since 1975, began in 2010 when a number of descendants of Leonard Weeks (1633-1705) from near and far were memorialized with engraved bricks on the walkway at the rear of the house.

Since then it has become clear that there are Greenland residents who, while not descendants of Leonard Weeks, may still have a personal or family connection to the farmstead established in 1656, or else have a cherished memory of a more recent Weeks family member—perhaps one who has no living descendants to speak up for them. The Memorial Brick Walkway project is the perfect way to memorialize, honor, dedicate to, or show appreciation to Weeks-relevant ancestors, family members, or special friends of the Weeks Brick House by ordering a custom-engraved brick for placement this season.



The cost is just \$100 per brick, which includes preparation, engraving, and placement. For complete information, visit the donations page at the Weeks Brick House Web site: <http://weeksbrickhouse.org/Donate.html>. From this page, one can download the convenient Brick Inscription Order Form.

The Weeks Brick House, built in 1710 by Samuel Weeks (1670-1746), is among the earliest brick houses in New England. The farmstead established in 1656 by Leonard Weeks (1633-1707) remained in the family for over 300 years. In 1975 the house and property were saved from development by a group of Weeks family descendants from across New England and the U.S. In 1977 a Colonial-era herb garden adjacent to the house was designed by garden historian Anne Leighton (1902-1985) and Kitty Weeks. Today the farmstead includes 30 acres of permanent conservation land laced with hiking trails for public enjoyment. For more information about the Weeks Brick House and Gardens, and how

you can support the preservation of the house, gardens, and farmstead, visit www.WeeksBrickHouse.org.

Town Historians Honored

By Sara MacCorkle

The Town of Greenland is indebted to the Paul Hughes family for their efforts and dedication in researching and recording Greenland's history. In 1968, as a member of Greenland's Historical Society, Paul C. Hughes began collecting information about the town's early homes and families. He was soon joined by his son Paul F. Hughes in a quest to accurately document Greenland's history. In 2002, Paul F. Hughes fact-checked and compiled his and his father's decades of research into *A Pleasant Abiding Place: A History of Greenland, NH 1635-2000*. The 11-volume history of Greenland is available to view at the Weeks Public Library. Paul F. Hughes, author, historian, and Greenland resident, willingly shares his in-depth knowledge of Greenland, local, and regional history.

The new road constructed between 577 and 579 Post Road has been named Hughes Lane honoring the Hughes family.



Greenland students need summer work; Greenland residents and businesses need part-time student help.

If you are either one, email your request to Wberg5050@comcast.net and include *Student Employment* in the subject line. Your emails will be forwarded. **This is a test program and will expire June 30, 2013.**

CAKE FROM PREVIOUS PAGE

Senior Job Training

The Senior Community Service Employment Program (SCSEP) helps low-income people age 55+ find work-based training opportunities. While training, seniors can be paid and receive up to 20 hours per week. SCSEP is part of the National Able Network, which is sponsored by the U.S. Department of Labor. For more information, call 603-206-4400 or visit www.nationalable.org.

Seacoast Newcomers Club (for women)

Monthly activities include Bunco, Mahjong, Canasta, Bridge, golfing, skiing, kayaking, walking group, coffee club, supper club, book club, monthly luncheon, and more. SNC encourages women to join the group; non-members are welcome to attend a function or two before becoming a member. For more information or to join, visit: www.seacoastnewcomersclub.com.

Don't forget about Greenland!—There are many activities happening in Greenland, and a few are listed below. These activities are open to all adults.

Weeks Public Library

- 36 Post Road, Greenland
- ❑ Cribbage, Mondays 5-8 p.m.
- ❑ Chair Yoga, monthly first and third Fridays 10 a.m.
- ❑ Friday Morning Group, weekly, 11 a.m.
- ❑ Book Club, monthly third Wednesday 7 p.m.
- ❑ Lectures and events are also offered.

For more information, visit www.weekslibrary.org or call 603-436-8548.

Community Congregational Church Parish House

44 Post Road, Greenland. For more information, visit www.communitychurchofgreenland.org and select Events, or call 603-436-8336.

Greenland Cemetery Repair Volunteers

Repair Gravestones—Volunteers meet every other Saturday from 9-11:30 a.m., weather dependent. No special skill required. For more information and/or to be notified of scheduled cemetery repair dates, contact David Gill at dmgill75@hotmail.com or Dick Rugg at 603-436-8695.

Rolling Green Nursery

64 Breakfast Hill Road, Greenland—Classes, trips, and events—Numerous activities are offered throughout the year at Rolling Green Nursery. Visit www.rollinggreennursery.com and select Events for up-to-date information, stop by the nursery, or call 603-436-2732.

Weeks Brick House

One Weeks Ave., Greenland—Walk the trails from dawn to dusk! Trail access is from Tide Mill Road, just past the Weeks Brick House driveway, and off the railroad track where they cross Bayshore Drive. Well behaved dogs are welcome on the trails, but please remember to pick up after your pet. For more information about the Weeks Brick House, visit <http://weeksbrickhouse.org>; select The Trails for information and a map of the trails.



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To advertise, please contact Sara MacCorkle at GreenlandGrapevineAds@yahoo.com or call 603-430-7709

Summer Fun

By Sara MacCorkle

Greenland's annual summer event connects friends, neighbors, and the community with music, food, and a day full of events. In the past, Summer Fun has included a pancake breakfast, book sales, children's activities, field games, crafts, townwide yard sales, BBQs, face painting, climbing walls, raffles, and more. All community groups, nonprofit agencies, and businesses are invited to host an event or fundraiser at Summer Fun.

If you would like to volunteer to help with Summer Fun, or your organization would like to participate in Summer Fun, contact Sharon Hussey-McLaughlin at 603-531-0615 or Sharon-hussey@comcast.net.

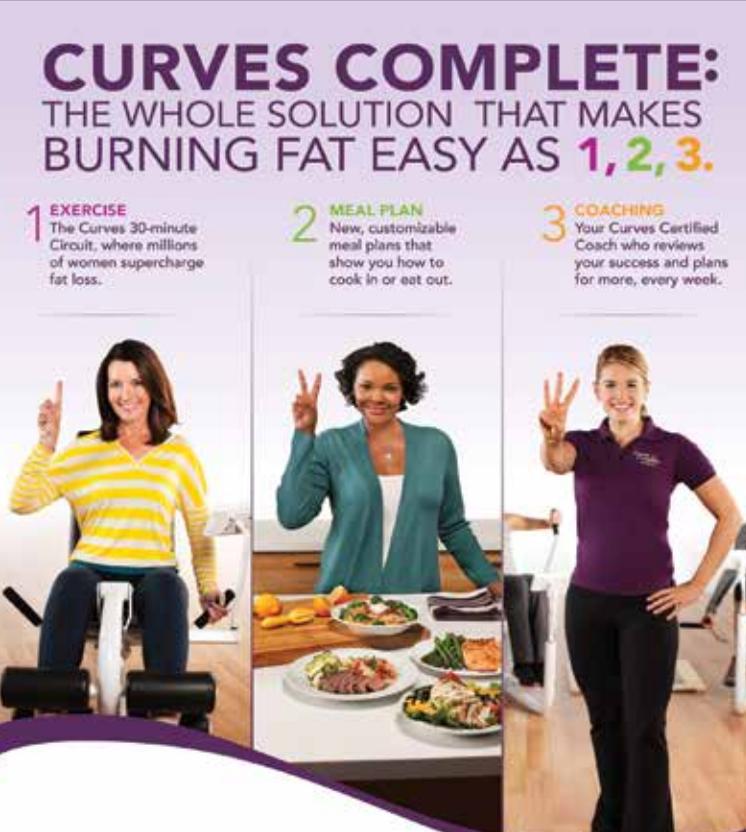
For more information regarding the activities planned and schedule, visit www.summerfunandjasonsrun.org.



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GREETERS FROM PAGE 1

The passenger terminal at the Tradeport has become a living memorial dedicated to the individuals and units making passage through this portal. Each transit flight has a welcome ceremony composed of veterans from WWII through the present as well as scores of patriotic Americans.

The following is a typical event synopsis: The initial greeting includes hundreds of Greeters clapping and cheering while patriotic music plays in the background. Hospitality continues with Dunkin Donuts coffee, soda and water, cookies, Friendly's ice cream, and many more delicious goodies, along with availability of telephone banks installed by Whaleback Industries so that our brave men and women may place calls, free of charge, to anywhere in the world. All of this includes the troops being able to spend time with a great group of Americans who are appreciative of what they do for our country. The Greeters' closing ceremony may come last, but it is far from least in the overall scheme of the greeting. This part of the greeting includes photographing the troops so that each flight may be added to Hero's Walk—a hallway at Pease dedicated solely to our brave men and women who have passed through Pease International Airport. Next, our Nation's Colors are presented. We have the singing of our National Anthem, a blessing from the Greeters Chaplain, a brief presentation of who we are to the troops before us, and a reading of the Star poem. Stars from retired flags, and a poem, are given to every man and woman who comes through Pease. They are also offered "the shirt off our back"—a signed Pease Greeter sweat-shirt presented to the commanding officer. At the closing of our ceremony, just prior to the troops boarding the flight, the Officer of the Day will salute the troops with the following words, "We, the old warriors, salute you, the young warriors."

Since its inception in 2005, the Greeters and thousands of regional citizens have met almost 700 charter flights. More than 160,000 transient military personnel and authorized civilians have been honored as they passed through. In addition to the airport activities, the Greeters have also sent more than 45,000 care packages overseas, and local ladies have knitted hundreds of woolen items for the troops. When departing the terminal, each service member is given a symbolic star saved and packaged from a retired U.S. flag. My wife, Florette Berg, former USAF captain and chief operating room nurse, sits at night, while watching TV, cutting out thousands of these stars. The Pease Greeters is a volunteer organization funded 100 percent by cash donations and generous merchandise contributions, including telephone call cards and stuffed animals. It can take as much as \$600 to meet and greet each

flight. Even though local merchants and vendors are incredibly generous, the Greeters must make local purchases for items in short supply such as hot pizza and toiletries. Contributions are always needed, welcomed, and appreciated. The Pease Greeters is a 501(c) tax-exempt non-profit organization; therefore, your contribution is tax deductible. Donations to the Pease Greeters may be made online at www.peasegreeters.org or by mail to PO Box 22311, Portsmouth NH 03802.

For information about the Pease Greeters, flight schedules, donations needed, or to view additional thank you notes from the troops, visit www.peasegreeters.org. You can also call the Greeters at 603-828-6444. The public is welcome and encouraged to join the Pease Greeters in greeting the troops.

Thank You From The Troops

Following are some of the messages the Greeters have received from service men and women:

My flight came through your airport in New Hampshire to one of the most marvelous receptions a soldier could ever imagine. I was the guy who said the prayer at the ceremony on March 2nd. Thanks for all that you and the good people of New Hampshire did to honor our service and more importantly, our great country. I still have five more months in Afghanistan. Many thanks and God bless you all!

Master Sergeant John ____,
3rd Infantry Division

I would like to thank you for the two boxes of snacks and personal hygiene items. They were very well received—in particular, the telephone calling cards. Again, thank you for the superb support!

James ____,
Deputy Program Director, Afghanistan Logistics Civil Augmentation Program (LOGCAP)

I was on the flight into New Hampshire on March 6, 2013. Thank you for your time and all your support. It really meant a lot to all of us for such a warm welcome home. I am back home!

Leslie ____,

I want to thank you and everyone else for all that you do for us. I know that there are a lot of us who appreciate the greeting. We were even more impressed at the send-off that night from the flight line. Thank you again. Take care.

Nicholas ____,

I want to thank you for the amazing things that your group is doing. It shows us that there are still people out there who support us soldiers. I can't say thank you enough for everything that your group is doing to boost the morale of everyone—both military and civilian. Again, I say thank you.

SFC Byron ____,
"You have to go through the storm in order to get to the sunshine."




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Church to Honor Korean War Veterans

By Wallace Berg, Lt. Col. USAF Retired (1942-1978)

The Greenland United Methodist Church will recognize and honor surviving Seacoast-area Korean War Veterans at a two-day event on July 27 and 28, 2013. The Saturday evening banquet, featuring a guest speaker and entertainment, is by veteran registration only and begins at 6:00 p.m. The banquet is in remembrance of those who died and to honor those who served during the period of conflict: June 25, 1950, through July 27, 1953. On Sunday, July 28, the honoring of the Korean War Veterans will continue with a special focus during the 10:30 a.m. worship service. There will be a luncheon for the congregation and guests, without charge. The luncheon will feature traditional Korean dishes, and many of the congregation will be wearing traditional dress.



Veterans who served within the combat theater, which includes Korean territorial waters and air space, are requested to contact Rev. Dan Weaver at 603-679-1808 or danvw@prodigy.net for evening banquet reservations and Sunday lunch reservations. There will be no charge for the evening banquet or the lunch; a spouse or companion of eligible veterans is cordially invited. Veterans are urged to make early reservations because of space limitations.

The Greenland United Methodist Church is truly a unique church. It is bilingual and multi-cultural; it has both Korean and Anglo pastors. The origins of this church are also unique. When the Korean War Armistice was signed in 1953, our troops remained to ensure peace and prevent further military incursions from the North. During the ensuing years, after World War II, American troops returned to America, many with war brides. Many of those who came to Pease Air Force Base have remained. In those early years, these brides and their husbands formed a prayer group at Pease and met in the base chapel. Over the years, the congregation grew and a pastor became a necessity. A parsonage was formed in 1991 and land was purchased in 1992. A groundbreaking service was held in 1997, and the new church building was built and consecrated in 1998. The newly named Greenland United Methodist Church was born. Another unique feature of this church is that its present membership comes from three different states—Massachusetts, Maine, and New Hampshire; also its membership is inclusive of three generations.

Recent news events remind us that the United States and the United Nations forces are still at war with communist North Korea. For those readers too young to remember the “Forgotten War,” a brief review is as follows:

Following the conclusion of WWII, the countries occupied by the German and Japanese armies were returned to their previous government forms. In the case of Korea, both the Russians and Americans had a vested interest in a partition of the Korean Peninsula; the 38th parallel became the boundary line. North Korea developed under a communist philosophy and South Korea became democratic. Disagreements and conflicts were inevitable. After months of talks and border skirmishes, the situation escalated into open warfare when North Korean forces invaded South Korea on June 25, 1950.

With the inception of war, President Harry Truman appointed General Douglas MacArthur with a new responsibility. The Supreme Commander of the Allied Powers in the Pacific, who was responsible for the reconstruction of Japan, including the creation of the constitution promulgated in 1946, now had a new title: Supreme Commander of U.S./U.N. forces.

These forces were miniscule at the beginning of the war; they were neither prepared nor equipped for war and were purely there as an occupying police force. In the first weeks of the conflict, the North Korean forces met little resis-

tance and advanced rapidly. By September 10, they had driven the South Korean army and a small American force to the Bussan (Pusan) area at the southeast tip of Korea. MacArthur, in a daring and controversial move, ordered a counteroffensive to cut enemy supply lines far in the rear of communist forces engaged at critical Pusan; they were forced to retreat or be annihilated. The naval landing began on September 15 at Inchon, located on the West Coast—the present location for the new ultra-modern commercial airport for Seoul.

On October 19, the North Korean capital of Pyongyang was captured. By November 24, North Korean forces, under assault by the 8th Army and the X Corp, had almost reached the Yalu River, which marked the border of communist China. As MacArthur prepared for a final offensive, the Chinese communists joined with the North Koreans to launch a successful counterattack. The U.N. troops were forced back, and in January 1951, the communists again advanced into the South, recapturing Seoul, the South Korean capital.

After months of heavy fighting, the center of the conflict was returned to the 38th parallel, where it remained for the rest of the war. MacArthur, however, wished to mount another invasion of North Korea. When MacArthur persisted in publicly criticizing U.S. policy, Truman, on the recommendation of the Joint Chiefs of Staff removed him from command and replaced him with Gen. Matthew B. Ridgway. Gen. James Van Fleet then took command of the 8th Army. Ridgway began truce negotiations on July 10, 1951, with the North Koreans and Chinese, while small unit actions (bitter, but indecisive) continued. Gen. Van Fleet was denied permission to go on the offensive to end the “meat grinder” war.

The war’s unpopularity played an important role in the presidential victory of Dwight D. Eisenhower, who had pledged to go to Korea to end the war. Negotiations broke down four different times, but after much difficulty and nuclear threats by Eisenhower, an armistice agreement was signed on July 27, 1953. Casualties in the war were heavy. United States losses were placed at more than 54,000 dead and 103,000 wounded, while Chinese and Korean casualties were each at least ten times as high for Korean forces on both sides, who suffered massive casualties. The countries were stripped bare and impoverished.

As a personal observation, having served three assignments there, and more recently visiting there in 2012 (see *Grapevine* Winter issue 2012), I can attest to conditions then and now. The country is clean, efficient, prosperous and worthy of a visit. We still have almost 30,000 service personnel, a few with families, in Korea; we must not forget them. Our forces around the world deserve our prayers, remembrance, and support.

CITIZEN FROM PAGE 1

nominated him,” said Barbara Fleming, treasurer of the Greenland Women’s Club.

In her letter, Sawyer noted that while he is humble and shies away from the spotlight, Cresta is always there when he is needed. “Whether it is rescuing a dog from an icy pond or using his skills as a wrecker operator to lift a mangled tractor-trailer off a car to extricate an injured passenger, he has a quiet, unassuming calmness, whatever the crisis,” she said.

Sawyer told the Portsmouth Herald that on the night of the Maloney shooting and in the weeks that followed, Cresta lent a hand in numerous ways. Whether it was providing diesel fuel for the generators that powered the lights at the command station that night, or using his contacts at the N.H. Motor Speedway in Loudon to obtain trolleys to transport the hundreds of police officers who came to pay their respects during Maloney’s funeral, Cresta had a solution for every problem, she said.

“You name it, he did it. That’s how he is with everything,” she said. “Any task that would come up that anybody [else] would be scratching their head about, he would just get it done.”

Sawyer said she nominated Cresta for the award because it was time for him to receive some recognition for his selfless actions. “He’s just one of these guys who stands in the background and doesn’t really get appreciated. People don’t realize what he does for this community,” she said. “I just thought everybody else needed to know that.”

Sawyer said she has worked in other towns where police had “decent” relationships with firefighters, but that bond is much closer in Greenland. “This whole town is very tight-knit and very much like a family,” she said.

Cresta said he was “kind of shocked” to receive the award because he didn’t think he had done anything other than “the simple stuff I’ve always done.”

The chief has lived in Greenland since 1983 and joined the volunteer Fire Department the next year. He has been chief for the past eight years.

His wife, Kathy Cresta, said it was hard to keep the award a secret from her husband. She said the family surprised him with a cake on Sunday to celebrate. “I wanted to jokingly call him ‘Mr. Citizen,’” she said. “I couldn’t do that until after it [the award presentation] had happened.”

Ralph Cresta stressed that the award did not belong just to him, but to the town’s 32 other firefighters, the crew at National Wrecker Service, and the firefighters from around the Seacoast who pitched in to help the town in its time of need.

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Why Buy From Local Farms?

Fresh food tastes better and you're supporting a farmer!

By Sara MacCorkle

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ROLLING GREEN NURSERY <input type="checkbox"/> 64 Breakfast Hill Road, Greenland NH <input type="checkbox"/> 603-436-2732 <input type="checkbox"/> www.rollinggreennursery.com <input type="checkbox"/> Open: Monday-Saturday 8-5 & Sunday 10-4 <input type="checkbox"/> Farmers Market: Tuesdays 3-6 p.m. June 4-Oct. 1	FRUIT AT THE TUESDAY FARMERS MARKET			FRESH HERBS, VEGETABLE PLANTS, & SEEDS VEGETABLES AT THE TUESDAY FARMERS MARKET	MEAT AT THE TUESDAY FARMERS MARKET	HONEY, PUMPKINS, GOURDS, & CORN STALKS BAKED GOODS AT THE TUESDAY FARMERS MARKET
SOUTH BROOK FARM <input type="checkbox"/> 667 Post Road, Greenland NH <input type="checkbox"/> 603-591-3584 <input type="checkbox"/> www.southbrookfarm.net <input type="checkbox"/> Open: Monday-Friday 9-6 and when the sign is out.		CHICKEN EGGS		VEGETABLES	LAMB	

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HURD FARM <input type="checkbox"/> 11 Old Stage Road, Hampton NH <input type="checkbox"/> 603-944-6869 <input type="checkbox"/> www.hurdfarm.com <input type="checkbox"/> Farmers' Markets. <input type="checkbox"/> Farm Stand open all year - Wed. & Fri. 4-7 p.m.		CHICKEN EGGS			CHICKEN, TURKEY, PORK, & BEEF	
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HAMPTON FALLS

APPLECREST FARM ORCHARDS <input type="checkbox"/> 133 Exeter Road, Hampton Falls NH <input type="checkbox"/> 603-926-3721 <input type="checkbox"/> www.applecrest.com <input type="checkbox"/> Farm stand open daily 8-6 from May 1st-December	APPLES, PEACHES, PEARS, & NECTARINES		STRAWBERRIES, BLUEBERRIES, & RASPBERRIES			HONEY, PUMPKINS, & GOURDS. PICK YOUR OWN AND FESTIVALS.
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NEWFIELDS

LITTLE BROOK FARM <input type="checkbox"/> 58 Oaklands Road, Newfields NH <input type="checkbox"/> 603-396-3623 <input type="checkbox"/> www.littlebrookfarmbeef.com <input type="checkbox"/> Farm stand open daily 8-5 from May-Halloween <input type="checkbox"/> Other times, call ahead.		CHICKEN EGGS		VEGETABLES	GRASS-FED BEEF & PORK	PUMPKINS, HAY, GOAT MILK SOAP, SAWDUST, & COMPOST
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B & H FARM <input type="checkbox"/> 150 West Road, Rye NH <input type="checkbox"/> 603-964-5010 <input type="checkbox"/> Open daily 9-6	APPLES & PEACHES	CHICKEN EGGS	RASPBERRIES	VEGETABLES		PANSIES, RHUBARB, GOAT MILK, CORN, PUMPKINS, & GOURDS
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STRATHAM

BARKER'S FARM <input type="checkbox"/> 218 Portsmouth Ave-Rt. 33, Stratham NH <input type="checkbox"/> 603-778-1039				VEGETABLES		CIDER & CUT FLOWERS
BLUEBERRY BAY FARM <input type="checkbox"/> 38 Depot Road, Stratham NH <input type="checkbox"/> 603-580-1612 <input type="checkbox"/> www.blueberrybayfarm.com <input type="checkbox"/> Chemical Free Farm <input type="checkbox"/> Weekends Only 9-4 May, Sept., Oct., & Nov. <input type="checkbox"/> Daily July & August <input type="checkbox"/> Mon, Tues, & Thurs 8:30-6 Wed, Fri-Sun 8:30-5	PEACHES & PEARS		RASPBERRIES, STRAWBERRIES, BLACKBERRIES, BLUEBERRIES	VEGETABLES		GRAPES, GARLIC, HERBS, FLOWERS. MUFFINS, JAMS, SYRUP.
FRYING PAN FARM <input type="checkbox"/> 45 Frying Pan Lane, Stratham NH <input type="checkbox"/> 603-944-8243				VEGETABLES		HAY
MEADOW'S MIRTH FARM <input type="checkbox"/> 61 A Stratham Heights Road, Stratham NH <input type="checkbox"/> 603-767-2310 <input type="checkbox"/> www.meadowsmirth.com <input type="checkbox"/> Farmers Markets'. Farm stand open Spring-Fall				VEGETABLES		
RAWSON'S FARM STAND <input type="checkbox"/> Route 108 (College Road), Stratham NH <input type="checkbox"/> 603-686-0303 <input type="checkbox"/> www.rawsonsfarmstand.com		CHICKEN EGGS		VEGETABLES		HOMEMADE SOAP, HONEY, JAMS, JELLIES, MAPLE SYRUP, WOOD, VEGETABLE PLANTS, FLOWERS, HERBS
SALTBOX FARM <input type="checkbox"/> 321 Portsmouth Ave (Rt 33), Stratham NH <input type="checkbox"/> 603-436-7978 <input type="checkbox"/> Open mid-July Tuesday-Sunday 8-5 <input type="checkbox"/> Pick Your Own			RASPBERRIES, BLUEBERRIES			FLOWERS, JAMS, JELLIES, MUFFINS. PICK YOUR OWN.
WAKE ROBIN FARM <input type="checkbox"/> 52 Union Road, Stratham NH <input type="checkbox"/> 603-772-5740 <input type="checkbox"/> www.wakerobinfarm.com				VEGETABLES		FLOWERS & HERBS

2013 Summer Reading Programs at the Weeks Public Library

By Lisa Pike

Summer reading programs have been around for approximately one hundred years. Their success with keeping children and teens interested in books throughout the summer has been continually demonstrated with the increasing number of children and teens who continue to read for entertainment during the school year as well as the steady increase of lifelong learners through voluntary reading over the last century. This trend is continuing well into the digital age with ever expanding access to library materials through online eBooks and personal e-readers.

But as always summer reading at the Weeks Public Library is about having fun and trying new authors or genres, besides expanding ideas and knowledge amongst children, teens, and adults. This summer our focus is the under-world—whether it be underground in caves or underwater in shipwrecks—and the many animals, natural wonders, and man-made wonders that go along with these alien worlds. Come dig into a good book this summer at the Weeks Public Library!

In addition to events at the library, students may also use their summer reading to earn various prizes such as:

- Free Stratham Fair admission (grades K–8)
- Free Rye Airfield admission (age 18 & under)
- Free admission to a Fisher Cat game (age 18 & under)
- Free book from Barnes and Noble (grades 1–6)

For more information, contact the library at 603-436-8548 or by e-mail at weekspl@comcast.net. For directions and more information on all the library programs, visit us on the Web at www.weekslibrary.org.

Adult Summer Reading Program: Groundbreaking Reads

Claw your zombie self out of the grave and come feed your brain this summer with the Weeks Public Library's Adult Summer Reading Program "Groundbreaking Reads." 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 prizes so far this year include a \$50 Portsmouth a la Carte gift card provided by the Friends of the Library. The program began on May 25. The adult reading program is limited to patrons who have a Weeks Public Library card.

Special Events Wild and Colorful:

Victorian Architecture in New Hampshire

Wednesday, June 12, 6:30 p.m.

Visually explore the tremendous legacy of New Hampshire's architecture from the Victorian period (1820–1914). This program looks at exuberant Victorian-era architecture across the state in houses, hotels, mills, city halls, courthouses, and churches, with references to gardens, furniture, and other elements of the built environment. Richard Guy Wilson explores elements of visual literacy and points out how architecture can reflect the cultural and civic values of its time and place. This free program is hosted by the Friends and sponsored through a grant from the New Hampshire Humanities Council.

Teen Summer Reading Program: Beneath the Surface

Are you ready to dive into the library this summer? You will find summer fun when you are submerged

at the Weeks Public Library! Teens (going into seventh grade and up) are invited to read for prizes as well as to take part in unique events offered throughout the summer.

Terrific Thursdays

Drop in Thursday nights at 6:00 p.m. for activities that will include:

- No Bake Bake-Off June 27
- Cupcake and Movie Night July 11
- Live Clue: Murder on the Titanic . July 18
- Open Mic: Atlantis Café July 25
- Movie Night August 1
- Sand Design Night August 8
- Yoga & Smoothies Night August 15

Prizes include \$10 gift cards to Barnes and Noble Bookstore, Regal Fox Run Stadium 15 movie theater, and GameStop gaming store. Prizes provided by the Friends of the Weeks Public Library.

Fifth and Sixth Grade Summer Reading Program

Students entering fifth and sixth grade this fall will be having their own underground adventures with a reading program designed just for them. Fun programs are planned for Wednesday nights beginning June 26 at 6:30 p.m.

Some of the programs include:

- Star Wars Night June 26
- Movie Night July 10
- Spy Night July 17
- Hobbit Night July 24
- Survive Down Under July 31
- Indiana Jones Night August 7
- Potato Night August 14

Read and attend programs to win prizes provided by the Friends! Weekly raffles begin July 12. Check the Web site for the full schedule.

Children's Summer Reading Program: Dig into Reading

Calling all adventurers! Readers from K through fourth grade will celebrate "Dig into Reading" with crafts, special animal guests, and more from the underground world. Registration begins the last day of school. Younger children can participate by having parents read to them in the "Read to Me" program. Small prizes will be awarded for reading. The Friends help support this program. The Summer Reading Program will feature fun programs on select Tuesdays and several drop-in craft weeks. Several Tuesday programs will be scheduled at 11:00 a.m. and at 6:30 p.m. for grades K through 4.

Other Special Events

- Cow Day coming in June; this year's event will feature a cow craft, cow puzzles, cow jokes, cow facts, ice cream, and, of course, a baby cow!
- Squam Lakes Science Center presenting Animal Excavators on Tuesday, June 25 at 6:00 p.m.
- Children's Museum of NH presenting Dig into the Deep Sea on Tuesday, July 16 at 6:30 p.m.
- Steve Blunt, storyteller and musician, performing on Tuesday, July 30 at 6:30 p.m.

Check the library Web site or stop in the library to pick up a calendar of all the summer events.

The library has discounted passes to the Boston Museum of Science, the Children's Museum of NH, the Currier Art Museum, the Museum of Fine Arts in Boston, and the Seacoast Science Center, as well as Prescott Park Buttons.



Calling all Residents for the Townwide Yard Sale!

By Martha Bates

The Eighth Annual Townwide Yard Sale is being held on Saturday, July 20 from 8 a.m. to 2 p.m., in conjunction with the Summer Fun and Jason's Run Day. Proceeds from yard sale registrations will support the missions of the Community Congregational Church of Greenland.

It's a win-win situation for all of us—your unwanted items can become someone else's treasure vs. being thrown into a dumpster; you gain a little extra cash, and our community Church is able to use your donation to build our community's spirit and outreach throughout the year.

Your donation of \$20 will pay for extensive advertising of your sale through all local newspapers, community calendars, and postings throughout the area. There will also be a printed map of all properties holding yard sales available at the town hall during the previous week, as well as at other Summer Fun venues on that day. This has become a very popular (and profitable) event for both sellers and shoppers. Don't forget to tell your neighbors!!—the more yard sales and shoppers, the better!

The cost to participate in the Greenland Townwide Yard Sale is only \$20. Please make checks payable to Community Congregational Church (write "Yard Sale" on the memo line), and send to P.O. Box 128, Greenland NH 03840. For more information, please contact Martha Bates at bayridge@comcast.net, 603-828-8201 (cell), or 603-430-0110 (home), or the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.

Registration forms will be e-mailed or sent to you upon request, or they can be picked up at the Parish House or the Greenland Town Hall.

Please visit www.greenlandcommunitychurch.com and www.summerfunandjasonsrun.org.

**2nd Annual Lakes
Region Mah Jongg
Tournament**

Cash Prizes Door Prizes
*** Catered Meals ***
June 28, 2013
8:30 a.m. - 3 p.m.

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To Register Email
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Greenland Central School Registration

Kindergarten*, First Grade & All New Students

**Is your child entering Greenland Central
School for the first time? Register today!**

Registration forms are available at the school
Monday – Friday between 8am – 3pm.

*Children must be five years old on or before
September 30, 2013 to enter kindergarten.

Class lists will be posted at the gym lobby by
noon on August 15, 2013.

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

Kindness Flowers Fundraiser— SUCCESS!

By Kendall Mood, Grade 8

Greenland Central School students felt the love this past Valentine's Day! Mrs. Sodini put together a fundraiser that will benefit the eighth grades' graduation and New York trip in the spring. Over the past few weeks, kids in all grades, and even parents, bought flowers. These flowers were gorgeous carnations that cost three dollars each. Not only could we get the beautiful flower, we also got to give it to someone in school or at home on Valentine's Day. For an extra special touch, personalized messages were attached.



Thank you to everyone that purchased these flowers and a BIG thank you to Mrs. Sodini for putting all this together! We raised over \$500 for the eighth grade! We hope your Valentine's Day was happy Greenland!

It's Electric!

By Dominique Bunnell, Grade 4

Since the end of January, Mrs. Deremer's class has been doing an extremely fun and interesting unit about magnetism and electricity. We have been building all different types of circuits, making electromagnets that turn on and off with a switch, seeing what things in the classroom are magnetic (conductors), and seeing what things aren't (insulators), making different numbers of light bulbs light with different numbers of batteries, powering mini motors, and more. Only one of the things we did involved both magnetism AND electricity. This was when we made the electromagnet. All of the things we did that involved electricity had something to do with circuits. A circuit is an electrical network that has a path that starts and ends at the same place so all the electricity gets back to where it came from. This unit has taught me so many things about magnetism and electricity that I never knew.

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Amazing Young Inventors Share and Celebrate Their Ideas

By Ethan Lantz, 2J/S

On Wednesday, March 6, the Invention Convention was held at Greenland Central School (GCS). This is the second year that GCS had the Invention Convention. In the morning, judges interviewed students on their inventions. Classes came to the multi-purpose room to look at all of the creations that the kids made. At night, there was an awards ceremony and many parents showed up.



Congratulations also to these kids who won special category awards: Sam Howard, Geno Vinciguerra, Kate Deans, Timmy and Ethan Avery, and Grace Ripperger. Good luck to the people who do it next year.

In order to do the Invention Convention, you have to sign up for it. Kids in first grade and up could participate. They had to make an invention that has not been copied. They had to have a poster or a journal that showed how they thought of the idea and how they made their invention.

If you win in your grade, you get to go to the State Invention Convention where you can win money! Congratulations to these kids that got to go to the state competition: Aly Latsilnik, Ethan Lantz, Holden Burke, Julia Spiller, Ella Doyle, Melanie Carolan, Hannah Mattson, Janna Sargent, and Lars Hamilton. This year Alex Kratimenos was the only student to build a Rube Goldberg machine and he brought his "Chocolate Milk Maker" to the State Competition held March 23.



Addendum below by Mrs. Sommers:
GCS Inventors Awarded Top Prizes at State Competition

During the statewide Annual Young Inventors' Competition held in Penacook NH on March 23, the very best inventions and Rube Goldberg machines were showcased and judged on ingenuity and merit. This event highlighted the efforts of NH students from first through eighth grade. Winners were awarded medals by grade level in one or more of several different categories. Grand prize winners were deemed best in the entire competition for special categories and were awarded medals and monetary prizes. GCS inventors won a number of prizes for their amazing ideas!



Grand Prize Winners

- ❑ Aly Latsilnik (Gr. 1): Electric Award & Sustainability Award
- ❑ Ethan Lantz (Gr. 2): Medical Award
- ❑ Holden Burke (Gr. 3): Innovation Award

Grade Level Winners

- ❑ Ethan Lantz & Ella Doyle (Gr. 5): Special Needs Awards
- ❑ Melanie Carolan & Hannah Mattson (Gr. 6): Practical and Useful Award and Best in Grade
- ❑ Aly Latsilnik & Holden Burke: Original and Unique Award
- ❑ Alex Kratimenos (Gr. 5): Most Original and Unique Rube Goldberg Machine.

The Invention Convention is a really good thing because someday the things that you invent might really help people. My dad needs help because he has a paralyzed arm. I made my invention by thinking about what my dad needs help with. I invented the Handy Toothbrush Holder so my dad can put toothpaste on his toothbrush without making a mess. Before I made him the holder, he would put the toothbrush in his mouth to put the paste on with his one arm. Or, he would put it on the sink and it would roll around and make a BIG MESS.

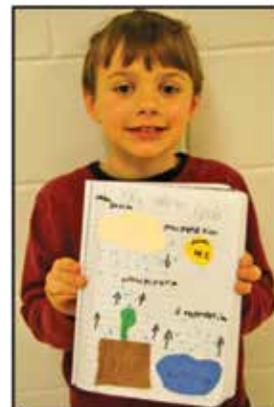
Drip, Drop—The Water Cycle

By Ethan Avery, Grade 3

Did you know that the water you drink today might be the same water that dinosaurs drank? We in Mrs. Hoppe's class are learning that the water we drink today has been around for a very long time thanks to the water cycle.

The Earth is 75% water, and the amount of water on the Earth never changes. The water cycle is responsible for recycling all of the water on Earth and distributing it throughout the planet. Without it there would be no water on Earth and everybody would die. This includes water in oceans, rivers, lakes, and in the ground.

The water cycle has four steps. First water evaporates from collection (lakes, rivers, ponds, etc.) to form gas. Next, the gas turns back into water droplets while in the troposphere (where all the clouds are). When they become full, clouds rain (or snow!) out all the water to the ground. Finally the water seeps into the ground and goes back into collection. After



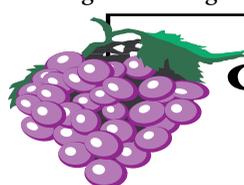
that, the cycle starts all over again.

Unfortunately people sometimes pollute the water and make the water dangerous. Some people drink it out of desperation and die. Pollution can happen in many ways such as:

1. Factories give off toxic chemicals to the water.
2. People drop oil into water.
3. People drain sewage into water.

The water cycle is important to all living things. We need to conserve our water by not using it when we don't need it. If we use the water too fast or pollute it, drinkable water will continue to become scarcer.

So the next time you drink water, think about whether or not a dinosaur drank the same water thousands of years ago, and treat it nicely so someone else can drink it a thousand years from now!



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Notes from Greenland Central School

By Peter Smith, Principal

The school year has been extended due to the frequency and timing of this year's snow storms, but it is now winding down. Greenland Central School "Viking Pride" for both school and community has been most evident this spring through a variety of school-based activities and events.

This year's drama production *Into the Woods* was outstanding as Greenland resident, grandparent, and experienced drama director Judith Lyons partnered with our music teacher

Marcia Leach to guide over sixty student cast and crew members through a very creative and entertaining production. We conducted our second annual Invention Convention from which eight grade level and special category winners went to the state competition in Concord where they outscored all other schools in terms of awards and recognition. The annual Spring Food Drive sponsored by our Student Council was a huge success yielding a truck load of essential items for the Greenland Food Pantry. The 26th annual Greenland Central School Talent Show was particularly special this year as it fell on April 12, the anniversary of the tragic death of Chief Maloney. Greenland staff member and fire department volunteer Colleen Sodini once again took on the role of coordinating the talent show, dedicating this wonderful event to the fallen chief. All proceeds went to support members of the Greenland police and their efforts to attend the memorial ceremony in Washington D.C., at which Chief Maloney was honored on May 15, 2013.

Spring concerts, our annual school-wide exposition, career fair, and spring sports also showcased the exceptional talent, hard work, and commitment of our students, staff, and parents. With no other calendar interruptions we expect to graduate another outstanding class of eighth graders on the evening of June 20 at 6 p.m.

SCHOOL APPROVAL

Renewing our state school approval was also on the agenda this spring, as current approval will expire in June. This process requires that the school demonstrates it meets all required standards relating to every aspect of school operation including programs, time requirements, staffing, facility, etc. I am pleased to say that Greenland Central School again meets all standards and, therefore, meets state approval unconditionally.

The process did require comprehensive inspections by both the Greenland Code Enforcement Officer, Myrick Bunker, and Health Officer, Wallace Berg. Both gentlemen spent extensive time in our building ensuring that our facility meets all fire, safety, and health standards. They directed several corrective actions, made helpful recommendations, and provided prompt follow up reporting for the completion of our state report. Both of these town officials were extremely professional, helpful, and collaborative in working with our school personnel, and we appreciate their serious and comprehensive approach to school safety. I also take this opportunity to note our appreciation to Myrick Bunker for providing CPR and AED training for a large group of school staff this year.

SCHOOL BOARD NEWS

The Greenland School Board is pleased to welcome new member Pat Walsh who replaces outgoing member Dr. Jon Wendell. Pat is no stranger to our school community as he and his wife Linda have been parents of children at our school for the past 15 years and have also been strong school supporters, volunteering in many capacities. Pat's two younger children currently attend Greenland Central School and his older daughter, a GCS graduate, is now in college. Pat most recently served on the Greenland Budget Committee, an experience that will certainly be valuable as we continue to balance cost with quality education.

We extend great thanks to Dr. Jon Wendell for

his three years of service on the school board, during which time he was extremely active and contributed greatly. Dr. Wendell was always thoughtful and articulate in any discussion, and was particularly helpful as the board's liaison to the budget committee, as a negotiator for the teacher contract, and as a member of our school's math committee in researching a new standards-based program.

At the school board's March meeting Len Couture was elected to continue serving as chairperson, Martha Stone as vice chairperson, and Sandy Tague as secretary. School board member Ann Mayer continues to serve as the SAU 50 school board chairperson and is a representative to the Portsmouth School Board. All school board members, including Pat Walsh, will have a variety of additional responsibilities in terms of subcommittees they serve on such as budget, negotiations, policy, and many more. We are fortunate to have such dedicated school board members who are committed to serving Greenland families, school staff, and the entire community. They welcome questions or comments at any time.

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 on any weekday between the hours of 8 a.m. and 3 p.m. Students entering kindergarten must be five years old on or before September 30, 2013. Students entering first grade in September who did not attend Greenland Central School should also be registered at this time. It is important that any students who will be new to our school for the 2013-14 school year register as soon as possible so we can most effectively complete next year's class assignments. The class lists for the 2013-14 school year will be posted at the gymnasium lobby no later than noon on Thursday, August 15, 2013.

Save Box Tops and Labels

By Heidi Barrett, Treasurer, GPO

The Greenland Parent Organization (GPO) participates in several redemption programs. The money earned through these programs help support various programs at Greenland Central School (GCS), such as the very popular Reading Carnival, GCS alumni scholarship, movie/community nights, teacher grants for classroom supplies, back-to-school family BBQ and more. These programs are easy to participate in, with no need to buy anything special—just cut labels or box tops off of items you use every day!

Make your labels and box tops count!

Drop off all box tops and labels at the Greenland Central School's office during school hours. They may be mailed to Greenland Central School – GPO Box Tops, 70 Post Road, Greenland NH 03840.

Box Tops for Education

The box tops are found on most General Mills products. Some of these items are probably in your house right now! Simply cut out the box top from the packaging and send it to Greenland Central School. We receive 10 cents for each box top, and they add up very quickly! For a list of participating products, visit www.boxtops4education.com.



Labels for Education

These labels are found on many products including Campbell's soup, Prego sauces, and Pepperidge Farm breads, Goldfish, and crackers. Clip the labels and UPC codes and send them to the school. These points are collected and banked for the school. Items available for purchase include instruments, supplies, computer software, gym equipment, and more. For a list of participating products, visit www.LabelsForEducation.com.



Tyson Project A+

The Project A+ redemption labels are found on most bagged and boxed Tyson frozen chicken products. Just tear off the label or box edge and send it to the school. Our school receives 24 cents for each label! For a list of participating products, visit www.ProjectAPlus.tyson.com.



If you have any questions, please feel free to contact Heidi Barrett at 603-436-9936 or by e-mail at habarrett@myfairpoint.net.

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Bringing the Complex World to American Students: Being a Part of a Farm

By Jonathan Dowling

My hands are in the wet, life-giving soil. My knees are scraped from kneeling down to plant. Sweat rolls down my face, and brings a mixture of sunscreen and bug repellent to my nose. I hear laughing combined with the scraping of a shovel as it hits small rocks. I see a mixture of ash and calcium being brushed onto the trunk of a ceibu (kapok) tree, reviving this majestic beauty of nature which was at one time dying, but now thriving. We are bringing our own life forces to Don German's farm on the Osa Peninsula in Costa Rica. We are all now a part of this farm.



Greenland student Fae Kayarian and Portsmouth student Jared Markovsky show off their successful cacao tree

Students need to put their hands into the soil, plant a tree, or drop seeds into the earth. They need to listen to a farmer like Don German describe his land, his life, and philosophy.

How do we accomplish this when we know that not all students can travel to places like Costa Rica?

A teacher can start by trying to be genuine in their analysis of

places, peoples, and cultures. Teachers and students need to not over generalize and present only a text-book version of all "Costa Ricans" or "Europeans." Teachers need to introduce students to individuals such as Don German and others whose stories will enrich their understanding of cultures. Students and teachers can attempt to form connections to places far away using the available technologies that allow for communication over vast distances. At Greenland Central School we Skyped via iPads with students at the Corcovado Bilingual School and the Puerto Jimenez High School facilitated by Portsmouth High School (PHS) teacher Helaine Wemple. Teachers can also relay their own experiences of travel, either earlier in their lives or current trips, to bring authority to their lessons about various places and the things they learned about people around the world.

We know that not all students can be taken to Costa Rica to be fully immersed in a new way of life. Not all students or teachers can live with host families and be forced out of their "American" comfort zones to fully learn about who a people are. Not all students can stare from afar at a beautiful ceibu tree towering in the distance. Not all students can become a part of Don German's amazing farm by planting an avocado or cacao tree. But in classrooms, students should have their eyes opened to the complex world they are a citizen of and to understand their responsibilities as global citizens.

Jonathan Dowling has participated in the Live the Osa teacher trip in August 2012 to Costa Rica. He recently returned from chaperoning the PHS Spanish trip to Costa Rica in February 2013.

Mr. Dowling is 5/6 Social Studies Teacher at Greenland Central School.

Rancho Raices de Osa is the farm of Don German and his family. The farm was purchased after many in the region were compensated for land lost when the Costa Rican government removed farmers and gold miners to create the Corcovado National Park. PHS students spent the day at this farm doing a variety of activities. Not only did PHS students complete service projects at the farm, but they also learned Don German's incredible story.

Learning begins in a classroom. We all took part in this social construction of putting 20-25 heterogeneously mixed students into a 900-square-foot room, sitting behind wooden desks or tables and being led by an adult with experience teaching a discipline. There are many amazing teachers using this structure to educate their students, but how truly are students learning about places and people from around the world?

A teacher can teach about campesinos (Latin American farmers) from a textbook in a social studies class. A science teacher can explain how farming works at a biological level. A language arts teacher can have students write about what it would be like to be a farmer. But, how can students truly learn about farming in Latin America without experiencing it firsthand?



Above: Author Jonathan Dowling preparing soil to plant a cacao tree

Right: Greenland students Ella Maroni and Jamie Kelly with Portsmouth student Emma Zwick work hard applying the mixture to the ceibu tree



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Strategies to Help Parents Keep Their Cool

By Marge Wachtel

Every parent gets angry. Children cause emotional responses in us that we didn't know were possible before we had kids. A smart parent learns strategies to keep this inevitable anger in check.

The following strategies have helped parents keep their cool:

1. Try to figure out which of your child's behaviors seem to make you lose your cool most often.
2. Identify your own underlying beliefs about why your child behaves in these ways. For instance, you might find yourself thinking thoughts such as, "He's doing this just to get me" or "She doesn't respect me" or "He thinks I'm his maid." These beliefs fuel the angry feelings.
3. Next time you see the behavior, pretend that you are a scientist observing human behavior (or watching it on TV). Say to yourself: "What else could this mean?" When things are calm, write down all of the possibilities of why else your child might behave this way.
4. Try to learn more about the behavior your child is displaying by looking it up in a book or on the

Internet, or by attending a parenting class at Families First, such as "Keeping Our Cool: Anger Help for Everyday Parenting."

Families First Health and Support Center, located at the Community Campus in Portsmouth, offers one or more free parenting classes each week on a wide variety of topics. "Keeping Our Cool" is one of the most popular programs and will be offered Tuesday evenings, June 4-18, from 6-7:30 p.m. For more information or to register, call 603-422-8208 or visit www.FamiliesFirstSeacoast.org/programs.cfm. To stay informed about what classes are coming up each month, subscribe to Families First's monthly e-newsletter by clicking the "Subscribe" link on any page of its Web site.

All classes include free child care, available with advance registration.

Families First, the community health center in Portsmouth, provides health care, dental care, and parent and family programs. All Seacoast residents are welcome: infants to seniors, single people and families, insured or uninsured, and all income levels. For information, call 603-422-8208 or visit www.FamiliesFirstSeacoast.org.



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Summer Concert Series Six Years and Counting!

By Barbara Fleming

We are gearing up for another great Summer Concert Series and hoping folks in Greenland will put the concert dates on their summer calendars right away. If you've been a patron of the Summer Concert Series, you know what fun it is to come to the green on a lovely summer night, greeting friends and neighbors and enjoying the truly great entertainment that our committee lines up each year. If you've not attended in the past, please do check us out! There's no need to drive all the way to Portsmouth or Hampton Beach and pay for parking to enjoy a magical, musical summer evening. Bring along a picnic, or plan to pick up dinner at the Vets' Snack Bar.

While the Summer Concert Series falls under the umbrella of the town's Recreation Department, it is completely funded by donations; no tax dollars have been requested or spent. You will notice that we are again making an appeal through the Grapevine (see insert) for community donations, and hope that people will be as generous this year as they have been in the past. When one considers that the Concert Series began in 2008, just before the economy took a turn for the worse, it is truly amazing that we have been able to sustain this worthwhile community effort through private donations. Most of those donations are modest; just think about what you might spend on an outing with friends, and you'll realize you can afford to support us too! No amount is too small to be appreciated and put to good use, and your donation is tax deductible.

So mark your calendars now. Clip out this article or save the schedule from the insert.

June 27 High Range Band

High Range is an energetic roots/folk/bluegrass group with a long list of rave reviews from national publications. They highlight original music with a mix of cover songs on guitar, upright bass, mandolin, fiddle, banjo, and drums. www.highrangeband.com



July 11 New Legacy Swing Band

Back for their third appearance at the Greenland Summer Concert Series, the New Legacy Swing Band is one of New England's premier jazz and swing dance orchestras. They play the music of your life—big band swing, jazz, waltzes, and Latin from the 1930s to today. www.newlegacyswingband.com



Banish Weekend Warrior Pain

By Beth Ann Schmitt

Summer has arrived and with it an active lifestyle. Warmer weather makes us all into weekend warriors. With that comes muscle aches and pains from activities like golf, gardening, and tennis.

Common ailments that often occur at this time are low back pain, tendonitis, and knee pain. Many of us will quickly grab over-the-counter pain medication for temporary relief, but often the pain still lingers. Living with chronic pain can start to affect other aspects in our life like sleep and energy levels.

There is another option to over-the-counter medication—acupuncture. Acupuncture is a safe and effective way to treat muscle pain. Acupuncture helps in three ways.

When an acupuncture needle is placed at an acupuncture point, the body's response is to release endorphins. Endorphins are natural pain killers. The endorphin release helps you feel more relaxed. Being more relaxed releases tense muscles and tendons.



July 25 Jazz Factory Orchestra

The Jazz Factory Orchestra is an 18-piece modern jazz big band featuring music from some of America's top composers and arrangers. It has been featured at the Portsmouth Jazz Festival, the Manchester Fourth of July Celebration, and other venues in the New England area. www.thejazzfactory.biz/jazzfactoryorchestra.html



August 8 Soulmate

Appearing for the second time in Greenland, SoulMate is a dance party and show style band specializing in classic soul, Motown, and R&B with some jazz, funk, classic 60s, rock, and disco favorites. Their performance is an experience that is exciting, fun, and interactive with audiences of all ages. www.thesoulmateband.com



August 22 '60s Invasion

'60s Invasion is a show band featuring music and television trivia of the 1960s, with tributes to Elvis Presley, Bob Dylan, and Roy Orbison, among others. www.sixtiesinvasion.com



The members of the Summer Concert Committee are Marian Connelly, Barbara Fleming, Dale Genimatas, Jerrian Hartmann, Bob Krasko, Vaughan Morgan, Brian Pafford, Carol Sanderson, Kathleen Van Cantfort, and Rich Young. We welcome your feedback and suggestions! Please call Barbara Fleming at 603-436-8779 with questions or comments, or for additional information.

Community Pancake Breakfast at CCC

By Heidi Duncanson

Please plan to join in the fun at the Community Congregational Church's eighth annual Community Pancake Breakfast on Saturday, July 20 from 8–10 a.m. at the Parish House. The breakfast menu will include butter-milk and blueberry pancakes, maple syrup, bacon, sausage, orange juice, lemonade, and coffee. The cost is \$4 for adults, \$3 for children ages 4–12, and free for children under age 4. All proceeds benefit the church's general fund.

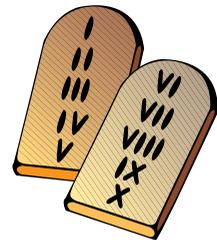


This event is the traditional kick-off to Greenland's Summer Fun and Jason's Run, so please invite your neighbors and plan to enjoy a great breakfast on July 20! For more information, please contact Heidi Duncanson at 603-431-4966 or HeidiD4660@aol.com.

Vacation Bible Camp

By Joanne Spradlin

The annual Vacation Bible Camp (VBC) at Community Congregational Church will be held Monday through Friday, August 19–23, 2013, from 8:30 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 25, to sing the song they learned during the week, children do not have to be members of the church in order to attend the weeklong school. The program is designed for children age three to ten. The cost is \$15 per child. If more than one child from the same family attends, the family rates are \$25 for two children, \$30 for three children, and \$35 for four children. The cost includes a daily snack. Scholarships are available.



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

Anyone interested in joining us, and learning while having fun, should contact Joanne Spradlin or the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.

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Three Rivers Dental Practice Opens in Greenland

By Sara MacCorkle

Logan Reilly, DMD, recently opened his dental practice at 655 Portsmouth Avenue, Suite 9, Greenland. It is located on Route 33 in the same building that houses Me & Ollie's.

Dr. Reilly earned his dental degree from Tufts University School of Dental Medicine in Boston. He worked in a Lakes Region dental office for the past three years.



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Love Your Summer Hair and Keep it Beautiful!

By Cindy Kohlhase, Owner of Salon Central, Greenland

Now that the drab days of winter are gone, let your hair feel and look its healthy best!

A NEW LOOK—Highlights or even a new cut can freshen up your look and give you just the right amount of lift this summer. Talk to your hairdresser about what cut would best fit your lifestyle and if highlights are a good option.

Adding a few highlights around your face results in a natural lightening effect. Adding highlights throughout your hair will brighten up your look and add dimension to your hair for the summer. Highlights can be added to natural hair or color treated hair creating a dimensional or a blonde-on-blond effect.

SUMMER HAIR CARE—Color fading, over lightening, dry, brittle hair and aging skin are all exacerbated with humidity, sun, and high temperatures. Use these tips to take care of your hair this summer!

Protection from the sun:

- ❑ Wear a hat when you are in the sun. It will protect your hair from over-lightening and protect your face from excessive sun damage.
- ❑ Use a sunscreen on your face, body, and hair. Many hair products have sun

protectors in them.

- ❑ Use a leave-in conditioner to add moisture and strength to your hair. It will also help to prevent color fading and dry hair.

Protection from the pool

The chlorine in swimming pools can strip your hair of natural oils causing a drying effect on the hair. To help protect your hair:

- ❑ Before entering a pool, thoroughly wet your hair with fresh (non-chlorinated) water. Your hair will absorb the fresh water, filling the hair cuticle, and reducing the amount of chlorinated water it absorbs.
- ❑ Add hair conditioner to your wet hair and leave it on while in the pool. The conditioner will help your hair retain moisture while you enjoy the pool.
- ❑ After using the pool, wash your hair and use hair conditioner to regain moisture.

Enjoy the summer and love your hair.

Salon Central is a full-service hair salon for men, women, and children, providing haircutting and styling, hair coloring, highlighting, foiling, perms, facial waxing, and manicuring. For information or an appointment, contact Cindy at 603-682-3383.

“Can Somebody Help Me With My Pants?”

By Charlie Murdach

Sometimes this is a fun thing to say... other times it could be a tad bit awkward. If you have ever had the misfortune of injuring your knee or hip, one thing that quickly comes to mind... besides your pants... is how will I be able to tie my shoes?

Let's take a step back. Tying your shoes is an amazing feat. No pun intended. Tying the bow knot is a great example of fine motor skills that uses both hands. Using both hands in tying the knot crosses the midline of your body along with engaging both sides of your brain. Because the human hand has a significant amount of area it occupies in the brain that governs movement and sensation of your body, we can quickly gain an understanding of how important the effect of both hands becomes. With this large area of the brain, complex movements of the hands provide movement and sensory feedback in the patterns of motion of the fingers, hand, wrist, and elbow.



Tying the bow knot is all fine and simple, and most, after learning the pattern, have few troubles with it. The main problem shows up after an injury when you have to “reach” down and tie the knot you have been so diligently practicing

all these years. All of a sudden your foot has gotten so much farther away than it has ever been! How do I get that foot closer?!

One major aspect of tying your shoes to consider is that the pattern is a whole-body activity. By this I mean that the flexibility of the spine, ribs, shoulders, and hips all take part. If one area of your body is off a bit, the entire pattern of reaching your shoes will be off.

Here are three ways to improve your flexibility over time as well as to keep tying your shoes for life:

- ▶ 1. Continue to practice tying your shoes. Seek out new knots, a faster way of tying, or tying your shoes in different positions.
- ▶ 2. Lie on your back. Straighten your left leg while you pull your right knee towards your chest. Continue to pull gently while keeping your left leg as straight as possible. Move gently, without pain or difficulty. Switch sides when needed.
- ▶ 3. Lie on your back. Straighten your left leg while you grab your right big toe with your left index finger. Gently begin to straighten your right leg as far as is comfortable; stop, and return to allowing your right knee to bend. Repeat this movement of straightening the leg many times. Move gently, without pain or difficulty. Switch sides when needed.

The last two patterns can be done lying on your back, lying on your side, sitting down, or even while standing, whereas the first point can be done on a daily basis while searching for something new.

Looking at a seemingly benign activity that we take for granted, it becomes vitally important to know that dressing oneself, or tying ones shoes, are both aspects of activities of daily life that we must be able to do when released from care of a medical professional... and how we can take matters into our own hands.

Charlie Murdach of 4 Season Fitness ties his shoes daily in Greenland with his wife, three semi-shoe-tying kids, three shoeless cats, and a shoeless dog. He can be reached at charlie@4seasonfitness.com.



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Chef Par Excellence at Portsmouth Country Club

By Wallace Berg

The Portsmouth Country Club (PCC) and Seacoast residents are fortunate to have, in our midst a chef of accomplishment and note. Mr. Jim Thompson, resident of North Hampton joined the staff at PCC in 2006. He is a graduate of Johnson and Wales University (JWU), Providence RI. JWU, with three campuses, is one of the top-ranked culinary and hospitality colleges in the world. It offers graduate degrees in culinary arts and associated disciplines; it has produced some of the most notable chefs cooking in the world today. The Johnson and Wales curriculum strikes a balance between business management and the art of cooking. The high visibility of its graduates attests to the winning formula put forth by the university. The university was founded by two women in 1914—originally as a business school for suffragette women.

Mr. Thompson graduated from JWU in 1981. He served his internship at Disney World in Orlando FL and progressed upwards—perhaps one of the most exciting positions being at a Hugh Heffner “Playboy Club” in Lake Geneva WI. In the local area, Mr. Thompson was senior head chef at the Whistling Oyster in Perkins Cove in Ogunquit ME, and more recently at the famous Wentworth by the Sea here on the Seacoast. He was also awarded the prestigious “Distinction Award” by *Travel + Leisure Magazine* in 1986. Since his arrival at PCC in 2006 as executive chef, the menu there has been ever changing and quite exciting. In addition to standard and traditional menu fare, patrons can usually expect at least one exotic or challenging entree.

In preparation for the 2013 PCC golf season, one day Mr. Thompson asked luncheon customers for feedback on some of the following interesting luncheon specials proposals:

A. “Jambalaya Wrap,” containing grilled chicken,

sausage, peppers, onions, rice, and salsa

B. Chesapeake Bay, deep-fried oysters served with a crispy cold “Bloody Mary Gazpacho” soup

C. “Korean BBQ, Pulled Pork Sliders”—almost everyone likes a good BBQ, and a Korean BBQ should be no exception; the major difference is in the subtle seasonings used in the slow roast.

D. Fresh Atlantic Scallop Stir-Fry—no introduction needed here.

E. “Kentucky Hot Brown Sandwich,” famous since 1926, an open-faced sandwich with sliced turkey, bacon (or perhaps ham), and Mornay sauce or melted cheese; then baked/broiled crispy brown.

F. And my favorite—delicious, plump, juicy, freshly made crab cakes. I usually get a double order so I can enjoy a crab cake sandwich the next day.

These were actually available for order that day. What a unique idea—preparing and serving a menu to customers’ tastes! PCC’s restaurant is open to the public. It goes without saying that the buffets, week-end brunches, and event banquets are outstanding and should be tried by all.

The Portsmouth Country Club is one of the most beautiful in the area, with spectacular views of Great Bay, rolling, open course greens, and fabulous sunsets. It is justifiably one of the top-rated courses in New England.

In the next issue of the *Grapevine*, I will bring you an update on the newest PCC improvement—a new, modern and essential “maintenance facility” to be constructed that will be “environmental friendly.” Included in the article will be the history and evolution of PCC—a famous course designed by Mr. Trent Jones. 🍷



On Summer and Families: Expectations Vs. Realities

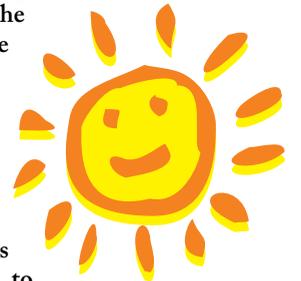
By Shelley C. Gardner, M.Ed., LCMHC

Are we having fun yet? You know, “V-A-C-A-T-I-O-N, in the summertime,” with plenty of frolicking and carefree days with the kids? No? Well, you’re not alone. In fact, ask a working mom or dad, and they might also say, “not so much.” For working parents, summer is hectic and crammed. As the final days of school and all the year-end events finally wrap up, before you can chant Om, there is a new pile of puzzles to solve.

Summertime holds many similarities to the December holidays. While the seasons’ activities are quite different, there is a dynamic for families that rings a familiar bell. It is the clash between the expectations of the season and the realities of people’s lives. At the holidays, we seek to enjoy the rituals of the season, while encountering the increased expectations of self and others and maintaining the day-to-day challenges of working, finances, and family life. In summer, kids are out of school and ready for fun and relaxation, while parents scramble to make arrangements for their care and activities, plan family activities, and look for flexibility in their schedules, while also continuing to work, maintain home life, juggle finances, and meet an array of responsibilities and expectations.

In both seasons, societal patterns morph and a ripple effect impacts our lives and routines. We have no individual control over how school years and vacations are structured or when religious observances occur during the year or how cultural norms frame the way we live at different times of the year.

In the summer months, we are surrounded by images of families enjoying summer fun—at the beach, camping, traveling, picnicking, and going to water parks and theme parks—all in contrast to the realities of parents actually working most of the summer while trying to keep kids “entertained” and constructively active. While we imagine the summer lifestyle to be laid back and slower, for working parents it can be just the opposite. It is a very different juggling act than the school year. Additional childcare resources are now necessary. Parents are figuring out how to occupy kids during work hours. Some of the choices include city and town recreation programs, pricey camps, sports clinics, organized hikes and nature programs, yoga and fitness classes, educational options, and distant travel for older kids. Many parents are concerned about kids over-indulging in TV, computer, Wii, electronic games, etc., and limit their “screen time,” which feeds the pressure to schedule activities. The summer can be a stressful puzzle to solve, and financially challenging as well.



While it is often stressful to add more to a plate already overflowing, we ourselves often contribute to higher stress levels by losing a sense of our own values, priorities, and choices. We may get drawn into following traditions without really thinking through whether it is time for a change. We may carry idealized expectations of others and ourselves. We may be influenced by what the Joneses or the Joneses’ kids are doing. We may lose track of finances. We may get caught up in pleasing others—kids, extended family, visiting friends. We may impose perfectionistic standards for what must be accomplished, resulting in overdoing, over-planning, and becoming overwhelmed. We may forget to relax and enjoy simple pleasures.

Shelley Cushner Gardner is a licensed mental health counselor with over 20 years of experience as a therapist working with individuals, couples, families, and groups. She has served on the faculties of Lesley College Graduate School and Regis College. Her areas of specialization include couples therapy, women’s issues, gay and lesbian issues, personal life coaching, organizational consultation, and using the arts as therapy and teaching tools. Shelley may be contacted at any of the following: Woodland Profession Associates in North Hampton, 603-964-4869, woodlandproa@comcast.net, or www.woodlandprofessionalassociates.com. 🍷

Answering Five Questions Can Help You Pursue Your Financial Goals

This article was written by Edward Jones Financial for use by John St. Pierre, Greenland’s local Edward Jones Financial Advisor.

As you strive to achieve your long-term goals, such as a comfortable retirement, you may, at times, feel frustrated over events you can’t influence, such as the up-and-down movements of the financial markets. Yet there is much you can control—once you determine the answers to just five key questions.

Where am I today?

Take stock of all your assets—your IRA, 401(k), and other savings and investment accounts. Then, do the same for your debts, such as your mortgage and any other financial obligations. On your financial journey through life, it’s essential that you know your starting point.

Where would I like to be?

Once you’ve established where you are today, you’ll need to identify where you’d like to be tomorrow. How much will you need to pay for the retirement lifestyle you’ve envisioned? Will you be able to help pay for your children’s or grandchildren’s college education? Will you need to support any other family members? At this stage, you’ll want to write down all your goals and put a price tag on each one.

Can I get there?

After you’ve identified your goals, determine if they are, in fact, achievable. By considering a variety of factors—including your likely future income stream and your family situation—you should be able to determine if you can attain your goals or if you need to modify them in some way.

How do I get there?

Now it’s time to put a strategy into action. Specifically,

you need to choose those investments that can help you pursue the goals you’ve selected. Your ideal portfolio will depend on your risk tolerance and time horizon, but in general, you’ll want a diversified mix of quality investments. While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility. As you put together your holdings, make sure you understand what you can expect from your investments. For example, growth stocks may offer the highest potential returns, but they also carry the greatest risk. On the other hand, investment-grade bonds can offer a steady income stream and, barring the default of the issuer, will repay your principal when they mature.

How can I stay on track?

Once you’ve built your investment portfolio, you’ll need to review it regularly—at least once a year—to help ensure that it’s still meeting your needs. After all, many things can and will change in your life, such as your family situation, your goals, your employment, and your risk tolerance. To address these changes, you’ll need to adjust your portfolio over time.

As you can see, answering all these questions will take both work and expertise. That’s why you may want to work with a professional financial advisor to help you identify your goals and create a strategy for pursuing them.

In any case, though, start asking—and answering—these five key questions as soon as you can. It’s easier to reach your financial goals if you put time on your side.

John St. Pierre is an Edward Jones financial advisor. His office is at 381 Portsmouth Avenue, Suite B, Greenland. He may be reached at 603-422-0402 or via e-mail at stpierre@edwardjones.com. 🍷



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Have You Googled Yourself Lately? Control Your Digital Footprint

By Jean Dumais

I recently caught up with an old friend I hadn't seen for several years. He asked about work and I mentioned that I had started publishing a Web site. He replied "I know. I...well...I Googled you." My mind started to race. What else could he have learned about me from a Google search? How well am I controlling my digital footprint and how do I make sure my daughter learns how to control hers?

Later that day I went to Google and entered my name. Since my name is actually somewhat common (among men in Quebec!) many of the links on the first page of search results had nothing to do with me. However, the fifth link went directly to my Twitter account. Variations of my name such as my maiden name or middle initial, combined with my state of residence, resulted in more search "hits."

Here are some steps to start taking control of your digital footprint.

1. GOOGLE YOUR NAME — First find out what others might learn about you from the Internet. Go to Google and

enter your name. You'll want to log out of your Google account first (for example, if you use Gmail or YouTube) to gain a better idea what the general public will find. Review the first few pages of search results. What you may find here will depend on a number of factors such as:

- ❑ how common your name is,
- ❑ how much information you have provided on the Web (Facebook, LinkedIn, online forums or discussion groups, other social networks),
- ❑ how much information has been written by others about you (mentions in newspapers, professional publications, employer's Web site),
- ❑ how much public data exists about you in general (public records ranging from marriage license, real estate transactions, legal actions)

For us married gals, also perform searches using just your maiden name or a combination of maiden and married names.

2. REVIEW AND REMOVE FROM DIRECTORIES — Now start clicking through the results. You may eventually see links to sites that have put together a profile about you, including your age, address, phone number, and even family members. There are many of these directory sites or "data aggregators" on the Internet that use public data as their source. These are a few of the sites you may encounter:

- ❑ Spokeo
- ❑ Pipl
- ❑ Intelius
- ❑ Mylife
- ❑ Radaris
- ❑ 411.info
- ❑ White Pages
- ❑ Peoplefinders
- ❑ Zoominfo



Each site has different methods for creating listings. Most all provide a way to request that your information be removed from their site; in particular, take a look at Spokeo. While many sites were able to figure out my current and former addresses, Spokeo actually provided a map! So if you were going to take the time to remove just one listing, I would suggest starting there. (Go to <http://www.spokeo.com/privacy> to learn how profiles are created; then click on the Opt Out link at the bottom of that page).

While you can request that your information be removed from these sites, it doesn't mean that someone won't be able to track this information down eventually. You're just making it harder for them to get that info.

3. CLEAN UP SOCIAL MEDIA ACCOUNTS — When I did test searches for some of my friends and family members for this article, I noticed that Google would often lead me to their Facebook or Twitter accounts. You may want to tighten up the privacy on your social profiles.

- ❑ Facebook: You can set your Facebook profile so that it won't be found by search engines. That option is on the privacy settings page. If you do want your Facebook profile to appear in search results, be sure to review your profile.
- ❑ Twitter: Twitter offers the option to "protect your tweets." If you check this option, people will have to request to follow you (similar to Facebook friending). Most people on Twitter don't use this. So if your tweets are public, you might want to review them to make sure you're not sharing personal details. As another option, if you don't want your Twitter profile to show up when people search for you by name on the Internet, don't use your full name on your profile page.
- ❑ Google+: We can't really talk about Google searches without mentioning Google's social network. You might have a Google+ account without even knowing it—for example, if you use Gmail for e-mail, or upload videos to YouTube. If you never intended to join Google+, you can delete your profile, but be careful that you don't delete your entire Google account! Instead, what you want to do is downgrade your account and choose "delete Google+ content."
- ❑ Abandoned accounts: Still have a MySpace (or other old unused) account out there collecting digital dust? Then deactivate or delete any old accounts that might pop up during a search.

4. TAKE CONTROL OF YOUR NAME ON THE WEB

— What do you want the world to know about you? One way to reduce the chance that searchers will find information you don't want them to know is to add information that you are comfortable

sharing. How much and to what extent really depends on your goals—if you are trying to stay under the radar, perhaps there is no need. But maybe you are trying to get back into the workforce after several years at home raising the kids, or you're switching careers, or launching a business or organization. In these cases you might want to create content that will get positive messages associated with your name higher up in the search engine "rankings."

- ❑ LinkedIn: This networking site is a good choice for putting your professional foot forward on the Web. When I did my test searches, friends who had LinkedIn accounts had those accounts as the first link in the results.
- ❑ Facebook and Twitter: While I recommended earlier taking Facebook out of the search results, some experts recommend the opposite. Keep it available to search engines, but set privacy controls carefully. You can control the audience of each item you share. Only those shared as "Public" will be visible, and only to those logged into Facebook.
- ❑ Create your own content: Your own blog or Web site using a Web address such as www.mynamewhere.com can help you appear in search results, and you have 100% control over the content.

5. HELP YOUR KIDS — Finally, follow these steps using your child's name in the search. You might be surprised what Google knows about your offspring, especially once they get to middle and high school. Along with congratulatory results like honor school mentions in the local newspaper, you might uncover social network accounts you didn't know about.

So there you have five steps you can take to gain awareness of your family's digital footprint and start taking control. Which action will you take today?

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.beweb-smart.com.

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Clean Up and Help Out

By Sara MacCorkle

It's good to be organized. It's wonderful to be organized! Imagine knowing exactly where to find something in your home. It's great to get rid of things that you no longer use that take up space. How many times have you decided against discarding an item because you knew it must have some monetary value? Granted, the item no longer has the same value to you that it initially did—it's now taking up space or collecting dust. However, you paid for it. It still works. It's in good condition. It shouldn't be thrown away—someone could use it. Rather than keep it or put it in the growing pile earmarked for the elusive yard sale, start earning your good karma points today. Many local thrift stores support local nonprofits within our community. Making your donation to a local store helps people within the community, and keeps re-usable items from entering landfills. You stay green, and your donations earn you green (a tax deduction)!



This is a partial list of local thrift stores that accept donations and support local nonprofits. Consider lending your support to one of these organizations either by volunteering time or with donations and purchases. Donated items must be clean, dry, gently used or in good condition, and working. Before bringing mattresses, box springs, computers, monitors, or TVs to one of these stores, call to ensure they will accept the item.

Journey Home Thrift *Benefitting local NH hospice.*

- 200 Lafayette Road, North Hampton NH
- 603-379-8070
- www.journeyhomethrift.org
- Accepting donations during business hours—clothing, furniture, jewelry, shoes, housewares, books, DVDs, CDs, etc. Planning to move or need to clean out a house or storage unit—call Journey Home and they'll send their van over.

ReStore

Habitat for Humanity *Mission to eliminate poverty housing in Southeast NH.*

- 29 Fox Run Road, Newington NH
- 603-433-9555
- www.senhhabitat.org
- Accepting new or reusable kitchen cabinets, appliances, furniture, doors, windows,

building materials, and tools, as well as any inventory that is overstocked or discontinued. Donations accepted Tuesday–Saturday 9:00 a.m.–4:30 p.m. All items must be in good condition, reusable, and working.

Second Generation Thrift Shoppe *Benefitting New Generation, Inc., a shelter for homeless pregnant women.*

- 3 Tide Mill Road, Greenland NH
- 603-430-9482
- www.facebook.com/secondgenerationthrift
- Accepting donations during business hours—clothing, books, shoes, furniture, housewares, etc.

The Fabulous Find *Benefitting local nonprofits, a different one is selected monthly.*

- 139 State Road (Rt. 1) Kittery ME
- 207-439-8669
- www.thefabulousfind.org
- Accepting donations during business hours—clothing, books, CDs, DVDs, jewelry, shoes, furniture, housewares, etc. Electronics and exercise equipment are not accepted.

Fair Tide Thrift Store *Benefitting Fair Tide, a long-term solution for homeless individuals and families in southern Maine and seacoast New Hampshire.*

- 15 State Road, Kittery ME
- 207-439-2427
- www.fairtide.org
- Accepting donations during business hours—books, clothes, shoes, DVDs, housewares, etc.

Wonderland Thrift Store *Benefitting local nonprofits, a different one is selected monthly.*

- 96 Epping Road, Exeter NH
- 603-686-5313
- www.wonderlandthrift.org
- Accepting donations during business hours—books, clothes, shoes, DVDs, housewares, etc.

Don't lose a beautiful summer Saturday holding a yard sale—donate your items today and get some deals at a local thrift store! ♻️

Going Green in Greenland

By Abigail Bassett

Reduce. Reuse. Recycle. It is the simple, yet effective, mantra to going green. Yet it is easy to miss out on opportunities to reduce, reuse, and recycle every day. Sometimes it's because we're in a rush. Sometimes it's because it seems too difficult. Here are some quick tips that are easy to accommodate in the fast-paced world we live in.

Reduce:

- Make coffee or tea at home and put it in a to-go mug in the mornings. You will save yourself the time and money of stopping to buy it somewhere else, and you'll save a cup from being used. (A good tip for brewing iced coffee at home is to double the ratio of beans to water, and place in a large container of ice so that the coffee doesn't become watered down.) Making your own coffee or tea and using reusable cups can make the morning commute a smoother and less expensive endeavor.
- Combine all errands, like grocery shopping and going to the bank, into one trip to save time and gas. By getting everything you need at once, it gives you more free time later on.
- Make sure to turn off electronics you aren't using. Also unplug things once they are fully charged. This helps conserve battery life and electricity.
- The weather is warming up, and using a clothesline is a good excuse to get outside. You'll use less energy and get to enjoy the wonderful weather.

Reuse:

- If you pack your own lunch every day, you probably go through numerous plastic snack baggies to hold things like pretzels or grapes. Instead of disposing of the baggies daily, reuse them throughout the week.
- Reuse jars and plastic containers that groceries and take-out come in. By collecting and reusing these things, you'll save on buying Tupperware later on.
- Have a yard sale. Spring is a time for cleaning, and while you may have no use for many of the older items in your home, someone else might. Having a yard sale is a great way to purge the excess stuff in your home.
- Get creative. Oftentimes things that seem like waste can make great craft projects. Old magazines, paper towel rolls, and plastic bottles can all turn into great craft endeavors.
- Old newspapers and cardboard work just as well at keeping weeds down as plastic weedblock solutions you can buy. Just lay the newspapers or cardboard down, cover them up with mulch and no one will ever know.

Recycling

- While recycling is better than throwing something into the trash, the recycling industry actually uses a large amount of energy and is often times not efficient. If you have something that can be recycled, by all means recycle it. But if you can, make sure to reduce and reuse as much as possible to not only cut down on waste, but to also cut down on the amount you need to recycle.



All of these steps are important, but reducing waste is the most basic and effective step. Reusing the waste we do have is also significant. And lastly, always make sure to recycle anything that can't be reused. ♻️

Safe Kids Strong Teens

By Debra Altschiller of Sexual Assault Support Services (SASS)

It is important to teach personal body safety in multiple settings to keep our children safe. Just as messages to use seat belts when riding in a car, wear a helmet when on a bike or skateboard, and look both ways before crossing the street are messages that we repeat over and over, learning to self-advocate and what appropriate body boundaries are also need to be reinforced messages. Sadly, statistics show one in four girls and one in six boys will be sexually assaulted by the time they turn 18. The Safe Kids Strong Teens prevention education program seeks to prevent abuse by changing the way we talk about personal body safety (making the conversation approachable and comfortable with appropriate language) and teach children what to do if abuse does happen. The program is a part of life skills curriculum in Rockingham and Strafford counties reaching ten thousand students each school year.



puppet has an issue with a friend's big brother harassing him, bossing him around, and showing him pictures that made him feel uncomfortable. He feels conflicted about getting help because he feels intimidated by this older boy. He doesn't want to jeopardize his friendship with the younger brother, and just can't imagine what help would look like. The children in the classroom are enlisted to help the puppet and to problem solve. Ultimately the classroom agrees to accompany the puppet to talk with a teacher because their teacher is a grownup who can help.

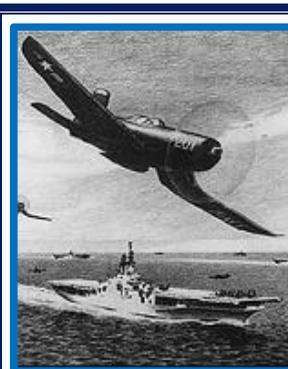
The puppets describe scenarios where they may have felt uncomfortable about keeping secrets, and they have been hurt. They problem solve with their puppet friends and help from the classroom suggestions, reinforcing a few basic safety rules for all kids.

- 1. My body belongs to me.
- 2. Touches are supposed to feel good.
- 3. Touches in private areas are only to keep me clean and healthy.
- 4. Touches in private areas are NEVER a secret.
- 5. If I am hurt or scared, I will tell a grownup whom I trust.
- 6. It's never too late to tell.
- 7. I will keep telling until I get the help that I need.

SASS is dedicated to the prevention of child sexual abuse, sexual assault, and stalking, while also supporting victims, survivors, and others who have been affected by sexual violence. If you or someone you know needs help, call the 24-hour hotline at 1-888-747-7070. For more information or to volunteer, visit www.sassnh.org. ♻️

The students at Greenland Central School recently had a visit from some familiar and friendly puppet friends. The puppets are characters in the Safe Kids Strong Teens prevention education program run by Sexual Assault Support Services (SASS). Educators Emily Murphy and Erica Skoglund bring these puppets to life in this dynamic life skills curriculum classroom program. Murphy, who has been an educator with SASS for eight years, is a graduate of both Vassar and Wake Forest School of Medicine. Skoglund is in her fourth year with SASS as an educator and comes to them from the University of Delaware and New England College.

The puppets are a great way for the kids to relate to a story about being safe. The puppets talk to each other and to the students, and ultimately teach problem-solving skills. In one of the puppet show scenarios, a



ATTENTION Local Korean War Veterans

You are invited to a memorial ceremony and banquet July 27th in Greenland, to recognize and honor Americans who served and fought in Korea, 1950-1953. This is a free event. **Space is limited, please join us and respond by June 17th, 2013.**

For details and to RSVP contact Dan Weaver at (603) 502-6307 or via email at danvw@prodigy.net.



News from Greenland's State Representative

By Pam Tucker

The State Budget

The largest bill the House will tackle this term is the budget. The budget is written for the biennium of 2014–2015, starting on July 1 of this year. The process began with the governor's budget proposal in February. It then went to the House where the finance group allocates the funding based on ways and means revenue estimates. In the budget that passed the House, taxes and fees have been increased in order to pay for the additional spending by the state government. Specifically:

- ▶ 25% increase on fuel oil tax. The additional money is to add to the fuel oil cleanup fund.
- ▶ License fees for youth skill camps increased by 300%
- ▶ Cigarette tax increased by \$3 per carton
- ▶ Increase in gas tax by 67%
- ▶ A temporary tax increase from 2009 was made permanent that doubled boat registration fees
- ▶ Increased salt water licensing fee by 50%
- ▶ Increased marriage license fee by \$5

The House also delayed the implementation of the net loss carry forward deduction for businesses. Having the ability to carry forward losses is especially critical for new businesses and those with very high start-up costs.

The House also voted to downshift \$11 million in county nursing home costs back to the county level. Based upon population, this could cost Rockingham county \$2 million. This will manifest itself in our property tax bill from the county.

The governor wants to have New Hampshire set up a health-care exchange in the state. First estimates on the cost of setting up a healthcare exchange range from \$10 to \$20 million. The federal government has stated they will pick up the cost for the first year of the program, but then participation drops to 90%. Given the fiscal situation on the federal level, and the fact that 46% of every dollar spent is borrowed now, the federal government must cut back on spending. New Hampshire has a very tight budget, so to pick up an additional few million dollars in, conservative estimates, will result in higher taxes or cuts in other departments.

The House has set up what are called 'dedicated' funds. This means a fee or tax collected goes to a certain purpose, not into the general fund. The gas tax is one such fund. When it was set up, the funds from the tax were to go specifically to the

building and maintaining of our roads and bridges. Over the past 20 years, only 73% of every dollar has actually gone to that purpose. The remaining 27% was used for public safety and the judicial branch. Public safety is the government's first priority. Funding public safety should be treated like other departments and prioritized at the top of the list. The funding for roads and bridges, another public safety concern, should have all of its dedicated funds used for that purpose, meaning all the gas tax money needs to go towards our roads. If it were, there would be no need for a new gas tax. The money for public safety, which is about 1.4% of the proposed budget, should be prioritized at the top of the list. The current budget is allocating only 67% of the gas tax to roads and bridges.

The proposed budget would also allow for the state to use 'dedicated' funds for other departments, or as it's called, raiding of dedicated funds. The new budget would no longer protect any of these funds if our lawmakers want to use them on something else.

The budget out of the House must still go through the Senate and then most likely to a committee of conference, which is explained below.

Local Legislative Concerns

The Greenland school budget meeting had a procedural error regarding the noticing of Article 9 on the ballot. The article was discussed at the school budget meeting, however further action was needed to fix this error. The remedy chosen by the school board was a legislative one; when the state could

ratify the vote. Working with Senator Stiles, an amendment was attached to HB139, which was a municipality bill. The Senate committee voted unanimously to amend the bill. As of this writing, the bill will be voted on by the whole Senate, and then returned to the House. The House committee, from where the bill originated, will recommend to either concur or non-concur with the Senate amendment; then the House as a body will vote on that recommendation.

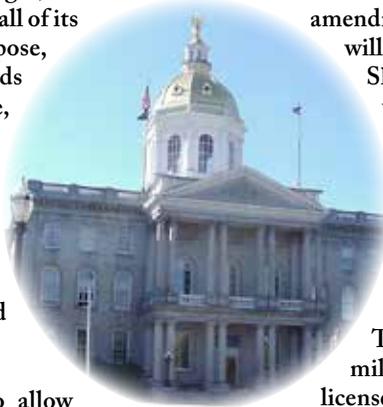
Should the House concur, the bill will go to the governor for signature. If the House does not concur, a committee of conference will be formed with members of the House and Senate meeting to come to an agreement on the bill.

Gambling

The governor first proposed \$80 million in her budget from gambling licenses to balance the budget. This amount was not included in the budget passed by the House; however, the debate on bringing gambling to New Hampshire continues. I have and will continue to oppose gambling in New Hampshire. I do not believe it is the answer for our state. Having one state-chosen monopoly is unconstitutional and, in looking at other states, the revenues have fallen short of the promises, yet the city or town still must cover the costs of additional infrastructure and public safety.

Contact Information

Please contact me with any state legislative concerns you may have at pamzt@comcast.net or 603-531-0085. I am at the Country View Restaurant on the first Monday of every month, but will be taking July through September off as we are not in session.



It's Revaluation Time in Greenland

By Karen Anderson

Market value, assessed value, revaluations, statistical updates...these terms will all be heard frequently over the next year in Greenland. That is because Greenland is scheduled for a Certification of Values by the Department of Revenue in 2013, and our assessed property values need to be between 90 and 110 percent of market value. Currently, Greenland's property values are at 104 percent of fair market value, based on the state's equalization study. The revaluation is not as simple as subtracting four percent from all property values because the values of different types of properties and neighborhoods (land, condos, commercial, etc.) have all changed by different percentages.

In New Hampshire, the assessed value of individual properties is not adjusted each year. Values are only adjusted during periodic revaluations or when physical changes are made to the property. The technical appraisal steps taken during the revaluation are beyond the scope of this article, but understanding the basic process will be helpful to property owners when the assessor contacts you with the new values. To determine the market value, recent sales in the community and the factors that affected the value of the property, such as the location, type of construction, size, etc., are analyzed. The assessor then evaluates additional information such as commercial reports on the cost of construction for the region, circumstances regarding particular sales, and any other information that may impact property values. It is not a scientific, exact process. It is a logical process that uses the best information available at that time to determine the fair market value. It is important to recognize that "market value" is as of a certain point in time—April 1 of the year the revaluation is taking place.

When people hear that their property value may decrease, it is not to be assumed that the tax bill will also decrease. One of the factors that the Department of Revenue evaluates is how proportional the

values are between the different sections of the town and types of properties. Greenland continues to score well on the proportionality of the values, so we anticipate that value changes on properties will be fairly even across the various neighborhoods and property types. When the value of property decreases, the tax rate increases, and the amount of taxes one pays remains approximately the same. During the 2008 revaluation, 80 percent of the property owners saw no change in their tax bill, 10 percent saw a small increase, and 10 percent saw a small decrease. It is anticipated that the same thing will happen this time. The example below shows two different types

of properties with slightly different percentages of change. The market value of the bigger house did not decrease by the same percentage as the small condo, so one tax bill decreased slightly while the other increased slightly. This is what we

	Rate Change		Tax Rate	
Property Values Before Revaluation				
Big House	\$500,000		\$6.00	\$3,000
Small Condo	\$100,000		\$6.00	\$600
(Town Expenditures = \$3,600)			\$3,600	
Property Values After Revaluation				
Big House	\$480,000	(- 4%)	\$6.32	\$3,034
Small Condo	\$90,000	(-10%)	\$6.32	\$566
(Town Expenditures = \$3,600)			\$3,600	

expect will happen in Greenland.

At this time, a field representative from the Department of Revenue is reviewing several random properties in Greenland to verify the accuracy of our data. We are busy certifying all residents who receive Veterans' credits and elderly exemptions. Property owners who purchased their property during our certification period (September 1, 2011, to March 30, 2013) have received questionnaires that will help us determine the circumstances that the sale involved. During the late summer of 2013, proposed new values will be released and sent to all property owners. Appointments will be available in July for residents who have concerns regarding the new assessment. The final values must be submitted to the Department of Revenue for certification by September 1, 2013. If you have any concerns during this process, please feel free to contact my office at 603-431-7111. We are located at 575 Portsmouth Avenue, Greenland NH. Our mailing address is P.O. Box 100, Greenland NH 03840-0100.

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- a. in the Military or a Veteran, or
- b. the offspring of a Veteran member and

would like to become a member of the Greenland Veterans Association, please call Lenny Fitzgerald at 431-4632 or Vaughan Morgan at 436-0281 for information and/or an application.

Restoration Efforts at Prospect Hill Cemetery

By David Gill, Greenland Cemetery Trustee

After becoming a Greenland Cemetery Trustee and focusing attention on the town's cemeteries, it became very evident that many of the monuments and headstones were in disrepair. Further research revealed an approximate average cost of \$200 to right a medium-size leaning headstone, remove biological growth and soiling, and resettle the headstone with the base. Obviously that cost is prohibitive as we have many monuments and headstones in various stages of disrepair.

With Karen Anderson's efforts and keen research abilities, we were able to secure an expert in the field of gravestone restoration, Ms. Glee Woodworth from Newburyport MA, who was available to train volunteers to do this work.

On July 14, 2012, Glee taught approximately 13 Greenland cemetery volunteers how to repair, clean, and right our cemetery monuments and headstones. She showed us which types of equipment, adhesives, and cleaning materials were required, along with the proper, safe techniques to accomplish all of our tasks. All volunteers experienced the hands-on approach to clean, repair, and right leaning and fallen headstones. Glee employed the "Crawl, Walk, and Run" approach to training. First she showed us how to accomplish each task. We then all took turns executing the restorations while receiving her mentoring, positive reinforcement, comments, and critiques. Her efforts and everyone's willingness to pitch in and learn have resulted in the Greenland cemetery volunteers now executing restorations at the "Run" phase, where we are independently repairing, uprighting, and cleaning cemetery headstones.

Throughout the remainder of the summer to mid-fall 2012 the Greenland cemetery volunteers met on approximately five weekends for two to three hours each. We focused our attention and hard work at the Prospect Hill Cemetery, and have righted and leveled close to 30 headstones while also cleaning those in need. The total cost for our volunteers' training, supplies, and equipment has been less than the cost of six headstones being repaired, righted, and cleaned by a professional restoration contractor. Starting this spring through mid-fall 2013, the Greenland cemetery volunteers will continue

with restoration efforts.

As rewarding as the restoration work has been, it has been equally intriguing to learn more about our Greenland forefathers as we examined the stones. Examples are the unique, interesting, and popular first names of generations past, and the family names of our town's inhabitants. This is history—our history! As we come across Veterans' headstones, we are always in awe of those who have served our nation, whether during the Civil War, the war with Spain, WWI, WWII, Korea, Vietnam, or the Gulf War. There are only 37 Medal of Honor recipients in the state of New Hampshire, and one of these heroes is resting in our Prospect Hill Cemetery.

Each time we completed a restoration, we were able to see the very noticeable changes, and can only hope that we are making a difference for the families who visit their departed loved ones, and for others in the community who cherish and honor Greenland's past. Special thanks and recognition are in order for Karen Anderson, Mo Sodini, Paul Hayden, Charlie Cummings, Michele Kaulback, the Greenland cemetery volunteers, and numerous others for giving their time, building skills, and donations.

New members are always welcome; no special skills are required, as we will train you! Volunteers meet every other Saturday morning from 9:00 a.m.–11:30 a.m.; however, the work is weather dependent. If you have any questions or are interested in making a difference by joining or lending a hand with this hard-working volunteer group, please e-mail David Gill at dmgill75@hotmail.com, or Karen Anderson at kanderson@greenland-nh.com, or call Dick Rugg at 603-436-8695. We will notify you via e-mail of scheduled cemetery repair dates and times. Please join us. We look forward to working with you.



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Thank you from the Friends of Weeks Public Library

By Joann Duncanson

Thanks to all our members and friends who helped make our spring Plant, Chili, and Bake Sale such a success! Not only did it help raise funds for future library programs, but a good time was had by all!

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E-mail Content & Photos to:
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For Advertising, Contact:
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Upcoming Grapevine Content Deadlines:
 January 1 – Spring/March Issue
 April 1 – Summer/June Issue
 July 1 – Fall/September Issue
 October 1 – Winter/December Issue

Content may be submitted at any time.

COMMUNITY CALENDAR

ONGOING PROGRAMS

DAY	TIME	EVENT	LOCATION
2nd Monday	6:30 - 8:00 PM	Friends of the Library Meeting	Weeks Public Library
2nd & 4th Monday	7:00 PM	Selectmen Meetings	Greenland Town Hall
Monday	9:30 AM	Families First - Toddler Playtime	Families First Portsmouth
Monday	5:00 PM	Cribbage	Weeks Public Library
1st Tuesday	7:00 PM	Conservation Committee Monthly Meeting	Greenland Town Hall
2nd Tuesday	12:00 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
2nd Tuesday	7:00 PM	Greenland Volunteer Fire Department Meeting	Greenland Fire Station
Tuesday	10:00 AM	Families First - Baby Time	Families First Portsmouth
Tuesday	6:00 PM	Families First - Parenting Classes	Families First Portsmouth
3rd Tuesday	7:00 PM	Zoning Board of Adjustment Business Meeting	Greenland Town Hall
Wednesday	9:30 AM	Families First - Terrific Two's Playtime	Families First Portsmouth
Wednesday	6:30 PM	Grade 5 & 6 Summer Reading Program Drop-In Activities	Weeks Public Library
3rd Wednesday	7:00 PM	Book Club	Weeks Public Library
1st & 3rd Thursday	9:30 AM	Families First - Parents Recharge	Families First Portsmouth
1st & 3rd Thursday	7:00 PM	Planning Board Monthly Meeting	Greenland Town Hall
2nd & 4th Thursday	9:30 AM	Families First - Parenting Classes	Families First Portsmouth
4th Thursday	12:00 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
1st Thursday	2:00 PM	Caregiver Support Group	Portsmouth Community Campus
Thursday	6:00 PM	Teen Summer Reading Program Drop-In Activities	Weeks Public Library
1st & 3rd Friday	10:00 AM	Chair Yoga	Weeks Public Library
Friday	11:00 AM	Friday Morning Group	Weeks Public Library
Friday	9:30 AM	Families First - Preschool Playtime	Families First Portsmouth
Every other Saturday	9:00 - 11:30 AM	Greenland Cemetery Volunteers	Greenland Cemetery
Sunday (June-Sept)	1:00-5:00 PM	Portsmouth Harbor Lighthouse Tours	Sullivan Lane, New Castle, NH

JUNE

Tuesday, June 04, 2013	6:00 - 7:30 PM	Keeping Your Cool: Anger Management for Everyday Parenting	Families First Portsmouth
Wednesday, June 05, 2013	6:30 PM	Scholarship Matters Workshop by Joan Ryan	Weeks Public Library
Wednesday, June 12, 2013	6:30 PM	Wild and Colorful: Victorian Architecture in New Hampshire	Weeks Public Library
Tuesday, June 18, 2013	6:00 - 7:30 PM	Keeping Your Cool: Anger Management for Everyday Parenting	Families First Portsmouth
Friday, June 21, 2013		Last day of school, 11:45 a.m. dismissal	Greenland Central School
Saturday, June 22, 2013	9:00 AM - 4:00 PM	Summer Solstice Sale & Silent Auction benefits New Generation	Rolling Green Nursery
Tuesday, June 25, 2013	6:00 PM	Squam Lake Science Center presents: Animal Excavators (grades K-4)	Weeks Public Library
Thursday, June 27, 2013	6:00 - 8:00 PM	Summer Concert: High Range Band - Bluegrass/Folk	Greenland Bandstand

JULY

Thursday, July 04		Independence Day	
Thursday, July 11, 2013	6:00 - 8:00 PM	Summer Concert: New Legacy Swing Band	Greenland Bandstand
Tuesday, July 16, 2013	6:30 PM	Children's Museum of NH presents: Dig into the Deep Sea (grades K-4)	Weeks Public Library
July 18-21	All Day	Stratham Hill Fair	Stratham Hill, NH
Saturday, July 20, 2013	8:00 AM - 10:00 AM	Community Pancake Breakfast	Greenland CCC Parish House
Saturday, July 20, 2013	8:00 AM - 2:00 PM	8th Annual Townwide Yard Sale	Greenland
Saturday, July 20, 2013	5:00 PM	Jason's 5k Run: 5 PM Fun Run, 5:30 PM Luther's Walk, 6:00 PM Run	Greenland Town Green Post Road
Saturday, July 20, 2013	All Day	American Independence Festival	Downtown Exeter, NH
Thursday, July 25, 2013	6:00 - 8:00 PM	Summer Concert: Jazz Factory Orchestra	Greenland Bandstand
Tuesday, July 30, 2013	6:30 PM	Storyteller and Musician Steve Blunt (grades K-4)	Weeks Public Library

AUGUST

Thursday, August 08, 2013	5:30 - 7:30 PM	Summer Concert: Soul Mate	Greenland Bandstand
August 12-16		Children's Festival	Hampton Beach, NH
Thursday, August 15, 2013	Noon	Class List Postings	Greenland Central School
Thursday, August 22, 2013	5:30 - 7:30 PM	Summer Concert: '60s Invasion	Greenland Bandstand
August 19 - 23, 2013	8:30 - 11:30 AM	Vacation Bible Camp	Greenland CCC Parish House
Monday, August 26, 2013		First day of school for teachers	Greenland Central School
Tuesday, August 27, 2013		First day of school for students	Greenland Central School

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