Fun Fall Events
Compiled by John Hirtle

We write to share the sad news that on Saturday, July 20 around 1:30 p.m., fire broke out at Gentle Currents Wellness Center. Lisa and Beth Ann’s office and all the offices and treatment rooms were destroyed, as were all three treatment rooms in the back and their contents. There was smoke damage to the waiting room, and to the Loft kitchenette upstairs.

Minimal smoke damage was incurred by Jan Hummel’s massage therapy office, the Sunrise Room, the bathroom, and our private residential area. Chester and Dover, our two cats, were outside when it broke out and are fine—though highly stressed from all the noise of work being done!

We were extraordinarily lucky in several respects.

No one was here doing acupuncture that day, so our patients were here. Lisa was home and was able to call 911 when the smoke detector sounded and she went to investigate. When she heard the alarm she went downstairs, away and smelling smoke. The closer she got to the acupuncture office the more smoke there was. When she looked through the door between the waiting room and the acupuncture office she saw flames. David was at the back of the building and got home just after Lisa called in the fire. We used the garden hoses outside to spray water into the office from both sides of the building through the open windows. That probably helped save the rest of the building.

The two-alarm fire brought fire units from Greenland, of course, and also Kittery, York, Newington, Rye, and the city of Portsmouth. They were great.

It appears we have adequate insurance. We may be short on business contents insurance, but we should be okay as far as the building is concerned. Our State Farm insurance agent came over with his two kids at the time of the fire (he was at home with them at the time) and was a great help. The Greenland Fire Chief knew a board-up company (new term!) and they had the windows boarded up almost before the Greenland fire company left.

From Monday, the 22nd, for three weeks solid, ServPro was at Gentle Currents. They filled five large dumpsters with the contents of the offices and treatment rooms, the barn, insulation from the entire back half of the building, carpeting, drywall, flooring, ceilings, etc. That’s two decades of our lives/Gentle Currents in the trash. Sigh... But we are okay and Gentle Currents will be okay. That’s the intention we are holding. In general

A Fire Blog... Sort of
By David Phreear

A Five-Lighthouse Cruise
Set sail to see the Seacoast’s five lighthouses closer than you have ever before. Friends of the Portsmouth Harbor Lighthouse are sponsoring a special cruise aboard the MV Granite State on Saturday, September 21. Departing Rye Harbor at 8:30 a.m., the cruise will take you to view White Island Light and the enigmatic Isles of Shoals, then Boon Island Light, the tallest lighthouse in all of New England. See the iconic Cape Neddick “Nubble” Lighthouse in York ME from a decidedly different angle before cruising the coastline back to Rye Harbor, passing to get a close up view of Whaleback Light and Portsmouth Harbor Light to wrap up the tour at around 1:00 p.m. The cruise will be narrated and there will be a raffle with prizes for those aboard.

Reservations are required. Tickets are $45 for adults, and $30 for children under 12. There is also a parking fee of $5 per car at the Rye Harbor State Marina off Scenic Route 1A/Ocean Blvd. where the tour will depart from. For more information or to reserve tickets, please visit www.portsmouthharborlighthouse.org/events/five-lighthouse-cruise or call 800-964-5545.

Apple Harvest Day
Don’t miss the largest autumn craft fair in the heart of downtown Dover NH. In Oregon, coming October 5, 2013, from 9:00 a.m. to 4:00 p.m. With over 300 vendors, six stages filled with entertainment, Orchard Alley, kids activities, and wonderful food, Apple Harvest Day is a can’t miss. For more information, visit www.darcenh.org/apple-harvest-day-5k-road-race.

The Greenland United Methodist Church (GUMC) congregation hosted and honored a group of Korean War Veterans and guests. The commemorative banquet was one of many events held nationwide with the largest being a three-day event in Washington DC. The church, located at 83 Great Bay Road, Greenland, had its organizational beginning in the late 1950s. American military personnel, and their war brides, formed the nucleus of that church. The church continues to grow and includes recent immigrants from Korea and other Asian countries; the congregation now exceeds 150. This unique regional church serves parishioners from Maine, Massachusetts, and New Hampshire. It has both Anglo and Korean pastors and staff, and services are conducted in both languages.

A superbly choreographed program featured a Taekwondo demonstration, a traditional Korean fan dance, and a young ladies choral group. Taekwondo is a martial art form originating in Korea and is now an Olympic competitive event. The fan dance (Buchae-chum) is a traditional Korean dance form performed on special occasions and festivals by female dancers. The dancers wear traditional Korean dress and each carries two large, brightly decorated fans. The fans are used in intricate, flowing, undulating rhythms to depict birds, flowers, butterflies, and waves—a very beautiful mesmerizing dance. The national female dress, called a hanbok, is a flowing, vibrantly colored gown. It consists of a full flowing, high bodice skirt and a sleeved shirt, all without pockets. This dress is still commonly worn in both formal and semi-formal settings and often is called street-wear, where more subdued colors prevail.

The program opened with formal announcements and prayers by the Reverends Sang-Shin Han and Dan Weaver, and posting of the colors by Greenland Bay Scout Troop 158. Ms. Amanda Munton sang the national anthems of the United States and Korea followed by remarks by Ms. Paul Evers and Mr. Sun Woo Park. Twenty-five Seacoast veterans and wives were honored; the members from Greenland were Carl Beatrice (USAF) and wife Patricia, Wallace Berg (USAF) and wife Florette, Barre Glidden (USAF) and wife Karin, and Carl Mueller (USMC) and wife Mary.

However, there are plenty of fun events around the Seacoast area to visit and view. Here are a few that may interest our readers.

Festivals at Applecrest
Visit Applecrest Farms any Saturday or Sunday from 11:00 a.m. to 5:00 p.m. in September and October for our annual fall harvest festival. Let the music, rides, and more. Parking and admission is free, and each weekend offers a different theme that is sure to appeal to everyone. Applecrest Farms is located at 88 Hampton Falls NH. For more information, please visit www.applecrest.com/festival-schedule.html.

Historic Portsmouth Walks
Join author Rosie Zwicker for a haunting stroll through the streets of Portsmouth NH every Friday evening from 6:30 p.m. through November 15. These tours begin at historic North Church at 2 Congress Street, and take you to places where legends and ghosts of the old port town may lurk. The price is $10 for adults, and $8 for children under the age of 12. To make reservations or find out about other local walks through local history, please visit www.newenglandcuriosities.com.

Rye Lions Car Show and Cruise-In
Possibly the largest collection of antique, sport, and muscle cars you will find anywhere on the Seacoast is coming to Parson’s Field in Rye (near the TD Bank North branch at 500 Washington Road) on Sunday, September 15 (rain date: September 22). Admission is $3 per person. The cars begin rolling in around 8:00 a.m. and roll out after all the awards are given out at 4:00 p.m. The Rye Lions Club is also holding a 5K Run, fee of $10 for adults, and $5 for children for the race.

Greenland Church Honors Korean War Veterans
By Wallace Berg (WWII/Korean Veteran)

The program opened with formal announcements and prayers by the Reverends Sang-Shin Han and Dan Weaver, and posting of the colors by Greenland Bay Scout Troop 158. Ms. Amanda Munton sang the national anthems of the United States and Korea followed by remarks by Ms. Paul Evers and Mr. Sun Woo Park. Twenty-five Seacoast veterans and wives were honored; the members from Greenland were Carl Beatrice (USAF) and wife Patricia, Wallace Berg (USAF) and wife Florette, Barre Glidden (USAF) and wife Karin, and Carl Mueller (USMC) and wife Mary.

VETERANS Continued on Page 9
With school starting, parents should take the opportunity to reinforce the following safety tips with their children.

1. Don’t be afraid to say “NO,” and GET AWAY from any situation that makes you feel uncomfortable. Trust your feelings.

2. Teach kids that responsible adults will NOT ask a child for directions, for help finding a lost pet, or offer a ride.

3. Teach your children if anyone follows them on foot, get away as quickly as possible. If they are followed in a vehicle, tell them to turn around and go in the opposite direction.

4. If someone tries to take your child somewhere, teach them to make a scene by kicking and screaming and yelling, “This is not my parent.” or “This person is trying to take me away.”

5. Always tell an adult as soon as possible, if something happens, that makes you feel that way.

6. Adults, contact the police immediately so that we have a better chance of finding the suspect.

7. Have a safety plan in place so your children know what to do in a dangerous situation.

Ladies’ Tea Party

The ladies came with their gloves; they came with their hats.

The tables were set with candles, flowers, and a welcome mat.

Each tablecloth was placed with loving care with china tea cups, dishes, and silverware.

Some sandwiches were shaped like flowers, and cookies like teapots.

So much food that just hit the spot.

Two young girls belted out songs; a pianist played; and we could have listened all day long.

Of course Joann is still waiting to hear from the Pope, while poor Emily Dickinson has given up hope.

Other poems were read. “Hello, Dolly” was sung in glee. We had such a grand time with the “Ladies at the Tea.”

—Barbie Hazzard 6/30/2013

Safety Tips for Kids

Reprinted from Greenland Police Dept. Newsletter

The Greenland Police Department has received a complaint from the US Post Office about vehicles cutting through the parking lot to access Portsmouth Avenue and Turtle Lane, avoiding Rte. 33. Vehicles cutting through the parking lot have created a safety hazard to the pedestrians and customers using the post office.

This action is prohibited by RSA Section 265:11a—Prohibiting Avoidance of Traffic Signals—which states: “If any traffic control signal or sign, it shall be unlawful for the driver of a motor vehicle to cut across public or private property or near the intersection which is not a roadway to avoid the traffic control signal or sign. Any person who violates the provisions of this section shall be guilty of a violation.”

Please do not cut through the parking lot. The lot is for post office use and includes both business and after hours. The Greenland Police Department will be conducting directed patrols in the area to enforce this law.

CUTTING THROUGH POST OFFICE PARKING LOT IS A VIOLATION

With an adult...

1. Don’t be afraid to say “NO,” and GET AWAY from any situation that makes you feel uncomfortable. Trust your feelings.

2. Teach kids that responsible adults will NOT ask a child for directions, for help finding a lost pet, or offer a ride.

If an adult is doing any of these things, they should be treated as dangerous.

3. Teach your children if anyone follows them on foot, get away as quickly as possible. If they are followed in a vehicle, tell them to turn around and go in the opposite direction.

4. If someone tries to take your child somewhere, teach them to make a scene by kicking and screaming and yelling, “This is not my parent.” or “This person is trying to take me away.”

5. Always tell an adult as soon as possible, if something happens, that makes you feel that way.

6. Adults, contact the police immediately so that we have a better chance of finding the suspect.

7. Have a safety plan in place so your children know what to do in a dangerous situation.
Fall Reminders from the Fire Department
By Sara MacCorkle

Before you strike a match, get a burn permit. Burn permits are required for brush burning, chimineas, fire pits, campfires, and outdoor fireplaces. Plan ahead—the Greenland Fire Department is staffed entirely by volunteers. Contact 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.

Who can issue a burn permit?
Kevin Schmidt .................................. 603-833-5572
Myrick Bunker .................................. 603-917-1102
Mo Sodini ....................................... 603-765-7904
Brian DiPietro .................................. 603-498-3162
Ralph Cresta .................................. 603-235-7676
Ted Hartmann .................................. 603-436-1188

Feel free to leave a message at the fire station 603-436-1188.

Smoke Detectors and Carbon Monoxide Alarms—Time to Replace the Batteries!

Have you tested your smoke detectors and carbon monoxide alarms lately? No time to check! No time to replace the batteries? It takes less than 5 minutes. Buy and install new batteries; push the test buttons to replace the batteries and test the alarms twice a year.

If one of your smoke detectors is over ten years old, consider replacing it. Failure rates of smoke detectors increase after ten years of use.

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Fire Extinguishers
By Sara MacCorkle

Fire Extinguisher Letters—Explained! As Easy as A, B, C, D. Make sure you buy the correct one!

A, B, C, or D—which extinguisher is the correct one to purchase? And what are the letters all about? The labels A, B, C, or D are used to indicate the type of fire on which an extinguisher is to be used. Fires involving wood or cloth, flammable liquids, electrical, or metal sources react differently to extinguishers. In the event of any fire, call 9-1-1 first.

Type A
For Ashes
A Type A label has a triangle with the letter A on the extinguisher. This extinguisher is used for ordinary combustibles such as cloth, wood, paper, rubber, and many plastics. These types of fires usually leave ashes after they burn.

Type B
For Barrels
Look for the letter B in a square on the extinguisher. This extinguisher is used for flammable liquid fires such as oil, gasoline, kerosene, paint, lacquers, grease, and solvents. These substances often come in barrels.

Type C
For Currents
Type C labels have a circle with the letter C on the extinguisher. This extinguisher is used for electrical fires such as in wiring, fuse boxes, energized electrical equipment, and other electrical sources. Electricity travels in currents.

Type D
For Pots
A star with the letter D on the extinguisher designates this extinguisher. It is used for metal fires such as magnesium, titanium, and sodium. These types of fires are very dangerous and seldom handled by the general public. Don’t attempt to put this type of fire out; call the fire department.

If you buy an extinguisher, make sure you know how to use it!

PASS

Pull the pin,

Aim the nozzle at the base of the fire,

Squeeze or press the handle,

Sweep the nozzle from side to side at the base of the fire until it goes out.

In the event of any fire, call 9-1-1 first.

Smoke created by fire contains a deadly gas (carbon monoxide [CO]). You can’t see it, taste it, or smell it. As you breathe while sleeping, the carbon monoxide puts you into a deeper sleep. Unless the smoke irritates your nostrils as you breathe, you may continue to sleep until you become a victim. A smoke detector, when properly installed, will give you an early audible warning—you’ll wake up and safely escape from the fire.

Carbon monoxide (CO) is produced by the incomplete burning of various fuels including coal, wood, charcoal, oil, kerosene, propane, and natural gas. Products and equipment powered by internal combustion engines such as portable generators, cars, lawn mowers, and power washers also produce CO. A carbon monoxide alarm, when installed properly, will alert you when CO levels become dangerous.

Households with non-working smoke detectors now outnumber those with no smoke detectors. Do your smoke detectors work? Are you sure? When was the last time you tested them?

If one of your smoke detectors is over ten years old, consider replacing it. Failure rates of smoke detectors increase after ten years of use.

Fire Prevention Month
By Sara MacCorkle

The National Fire Protection Association’s 2013 Fire Prevention Campaign is “Prevent Kitchen Fires,” reminding everyone that cooking fires are the number one cause of home fires and home injuries.

Re Safe:

Stay in the kitchen while you are frying, grilling, or boiling food. If you have to leave the kitchen—even for a few moments, turn off the stove.

If you are baking, roasting, or boiling food, remain home.

Keep flammable items (even mists, towels, wooden utensils, etc.) away from your stove’s burner.

When cooking, always keep the handles of your pots turned inward so they cannot be knocked or pulled over.

If you have a fire:

Get everyone out of the house, and then call 9-1-1.

Use pot’s lid to smother small grease fires.

Use a fire extinguisher to put out small fires.

Re prepared:

In a house fire, you could be engulfed in smoke and flames in a few minutes—there is no time to plan an escape. Create a fire escape plan that provides at least two ways out of the home for each individual. What if your planned escape route is blocked?

Have you changed the battery in your smoke and carbon monoxide alarms in the last six months? Do they all work? Are they located outside each sleeping area and on each floor of the home?

Do you have working fire extinguishers in your home? Are they the correct fire extinguisher for your needs? Do you know how to use them?

For additional fire safety tips, visit www.nfpa.org.

Road Safety Tips
By Sara MacCorkle

Wear reflective clothing and stay safe! Always wear reflective clothing (vest, hat, jacket, or arm/ankle bands) when you’re exercising on a road. Use a flashing red rear light attached to your bicycle or bike trailer at all times. Make sure drivers can see you walking, running, or bicycling from a distance when you’re on the road.

Bicycles always ride with the flow of traffic

Fl Ponts always ride with the flow of traffic

Runners, walkers, or baby strollers always face oncoming traffic

Information provided by NH Highway Safety Agency

Helmets—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. Check to make sure you can place 2 fingers above your eyebrows, the strap makes a V-shape under your ears, and there is 1 finger space under your chin to ensure a proper fit.
Again this year, the Friends' June Tenth Annual Meeting was preceded by a sumptuous potluck supper. (Thanks to the Greenland Community Church for letting us use the Parish House.) Joining us were Library Trustees representatives and other Friends members. This was followed by our business meeting, which included election of officers. Serving again will be Deb Bauder, President; Phyllis Picha, Treasurer; and Joann Duncanson, Secretary.

And now for the pizza—a fall fundraiser at Greenland's Nik & Charlie's Pizzeria on Tuesday, October 22 from 5:30 to 7:30 p.m. The Friends will receive a percentage of the sales that night so we are hoping for a BIG turnout. We like keeping things local—neighbors helping neighbors—so thanks to Nik & Charlie's for agreeing to join us in this special event. It will be a tasty way to feed our appetites and Weeks Library's needs at the same time! (Eat in or take out.)

The next Friends meeting will be on September 9 at 6:30 p.m., downstairs in the library. Come join us!

And remember, October is Renew your Friends Membership month!!

**From Potluck To Pizza!!**

By Joann Duncanson

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**Events from the Weeks Public Library**

By Denise Grimse, Director

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**Events for Children 2 Tweens**

- **Wild Wednesday for 5th & 6th Graders**
  - Apples, Apples, Apples
  - Wednesday, September 18 • 2:00–3:00 p.m.
  - Eat, think, and create all things apple!

- **Family Story Time**
  - Thursdays at 10:00 a.m.

- **Fall Drop-in Craft Week for Children**
  - September 23–27 • All week in the Children's Room.

- **Halloween Drop-in Craft Week for Children**
  - October 15–19 • All week in the Children's Room.

- **Children's Annual Halloween Party**
  - Sponsored by the Friends of the Library
  - Thursday, October 24 • 2:30–4:00 p.m.

- **Thanksgiving Drop-in Craft Week for Children**
  - November 18–22 • All week in the Children's Room.

- **Holiday Drop-in Craft Week for Children**
  - December 2–6 • All week in the Children's Room.

- **Children's Annual Holiday Party**
  - Sponsored by the Friends of the Library
  - Thursday, December 12 at 2:00 p.m.

See our newsletters and check the Web site for other events like **At the Movies**, additional Wild Wednesdays for fifth and sixth graders, and special workshops. Be sure to like us on Facebook or follow us on Twitter—great ways to keep up with library events.

**Events for Teens Grades 6 and up**

- **Divergent Series Night**
  - Thursday, September 19 at 6:00 p.m.

Come celebrate the October 22 release of the third book Allegiant by Veronica Roth and talk about your favorite book in the series while also enjoying some Jeopardy–style trivia and refreshments.

- **Holiday No-Bake Bake-off**
  - Thursday, November 24 at 6:00 p.m.

Compete with your friends against other teams in a battle of flavor and deliciousness. Come with your best holiday appetizers or desserts for a chance at a prize! If you need some inspiration, check out the Kraft Foods Web site at www.kraftrecipes.com.

- **Holiday Party**
  - Thursday, December 19 at 6:00 p.m.

Celebrate the winter holidays with food and fun! There will be pizza, a book swap, and games.

**Events for Adults**

- **Garden Everlasting**
  - Wreath Workshop
  - Tuesday, September 17 • 6:30 p.m.

Extend the gardening season and bring summer into your home by creating a beautiful garden wreath using artemisia, strawflowers, roses, lavender, hydrangeas, and other dried flowers. Learn the basics of wreath making while enjoying a fun night out! $50 materials and supplies fee. Registration and payment required by Friday, September 13, so supplies can be purchased. Minimum of six (6) required to run the workshop, so register early if interested.

- **Treasure from the Islands of Shoals: How New Archaeology is Changing Old History**
  - Tuesday, September 24 at 6:30 p.m.

There is treasure here but out the pirate kind. Scientific "digs" on Smuttynose Island are changing New England history. Archaeologist Nathan Hamilton has unearthed 300,000 artifacts to date on this largely uninhabited rock at the Isles of Shoals. Evidence proves prehistoric Native Americans hunted New Hampshire's only offshore islands 6,000 years ago. Hundreds of European fishermen split, salted, and dried valuable Atlantic cod here from the 1620s. "King Haley" ruled a survivalist kingdom here before Thomas Laighton struck tourist gold when his family took over the region's first hotel on Smuttynose. Laighton's daughter Celia Thaxter spun poetic tales of ghosts and pirates. J. Dennis Robinson, a longtime Smuttynose steward, explores the truth behind the romantic legends of Gosport Harbor in this colorful show-and-tell presentation. This program is sponsored by the New Hampshire Humanities Council.

- **Sennett, Chaplin, Keaton, and the Art of Silent Film Comedy**
  - Tuesday, November 19 at 6:30 p.m.

Film was in silent before the first three decades of the 20th century. Patrick Anderson shows how the social and cultural history of the United States is reflected in the celluloid strips that captured it, especially as the art was developed by these three filmmakers. This program is hosted by the Friends and sponsored by the New Hampshire Humanities Council.

- **Chair Yoga with Cheryl Rossman**
  - Returns to WPL in October!
  - Friday, October 4 & 18 at 10 a.m.
  - Join Cheryl and others for chair yoga on the first and third Fridays of the month. Drop-in fee is $5.

- **Miscellaneous Events To Note:**
  - Join us on Monday nights for Cribbage from 5:00–8:00 p.m., and on Friday mornings for the Friday Morning Group at 11:00 a.m. Also watch our newsletters and Web site for Classic Movie nights, monthly book discussions, and other events not scheduled at the time of this printing.

**Online Services**

- **NH Downloadable Books**
  - Download eBooks and audiobooks from the NH Downloadable Books site. Special free software is required and available through the OverDrive site. Please note when you go to Amazon's site or utilize Adobe Digital Editions, the library's customary advantage titles! Be sure to Sign In before you begin.

**Learning Online**

- **Mango**
  - An online foreign language learning system, provides basic and complete language learning programs depending on your needs. Learn Arabic, Mandarin Chinese, French, Irish, Pashto, Portuguese, Russian, Urdu, and more! Library code and card number required.

**Library Services**

- **Lawn Service**
  - Sodding, Hedge Trimming & Mowing

- **Yard Work**
  - Tree & Shrub Removal, Brush Cutting & Chipping

- **Building Maintenance**
  - Pressure Washing & Handyman Services

- **Seasonal Clean Ups & Snow Plowing**

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**Stay Warm.**

Enjoy our heated deck all through the fall. Open until October 20th!

**News from the Weeks Public Library**

By Denise Grimse, Director

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**UNDER NEW OWNERSHIP!**

Wellness & Nutrition Emphasized
State of the art medical care with a personal touch.

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Like us on Facebook www.facebook.com/greenlandvet

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**John Brackett & Co. Landscaping**

Call Today! (603) 661-2352
www.jbcolandscapes.com

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**Learning Express Library**

A fully interactive online learning solution.

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**NH DOWNLOADABLE BOOKS**

Download eBooks and audiobooks from the NH Downloadable Books site. Special free software is required and available through the OverDrive site. Please note when you go to Amazon’s site or utilize Adobe Digital Editions, the library’s customary privacy protections no longer apply. Coming soon: Advantage titles! Be sure to Sign In before you begin your search to see titles available to Weeks Public Library patrons through this program. Use your card number and PIN.

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**Library News**

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**Library Code and PIN**

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**Legal Information**

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**Library Services**

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On Sunday, September 15, the CCC in Greenland will hold Rally Day, a day when Sunday School and choir return from summer recess. Rally Day is also an opportunity to celebrate the wide variety of programs the church sponsors or participates in. Ministry Group leaders organize a variety of opportunities for outreach and socializing for the whole family. Sunday School teachers have new lessons and experiences for the young. Paul Merril, our church organist and choir director, has a wealth of musical experience, including his Ireland connection. This past May, Paul accompanied the UNH Concert Choir Touring Ensemble at the Second Mayo International Choral Festival in Castlebar, Ireland. The UNH Choir won their division and became eligible to be included in the singing off—comprising all the division winners—for the premier prize of the competition. The group performed superbly in this showcase packed finale, and were fortunate enough to be named overall competition winners at the Grand Gala Concert in the Royal Theatre in Castlebar.

Vacation Bible Camp (VBC), held this year from August 19–23, is typical of the kind of programs CCC offers. Joanne Spradlin welcomed many from our community at VBC’s “Everywhere Fun Fair” held at the Parish House of CCC. Five Bible stories developed the theme of the week, “Love the Lord your God... and love your neighbor as yourself” (Luke 10:27). Children were introduced to people from the Bible who welcomed others into their homes as neighbors. They also explored everyday life of neighbors from Japan, Zimbabwe, the United Kingdom, Australia, and Mexico in order to experience how God’s love welcomes everyone.

Come to Community Congregational Church in Greenland where God’s love welcomes everyone. Our pastor is the Rev. Robert Fellows. Learn more about us at www.communitychurch-greenland.org. See you at 10 Post Road in Greenland (the church) at 10:00 a.m. or at the Parish House, 44 Post Road, at 11:15 a.m.

This fall we will create a new photo church directory. If you attend our church, please inquire about the photo sitting. The phone number for the church office is 603-436-8336.

grades four through adult. This service also includes eBooks for specific tests and various skills. This is a great resource for homeschooling. Computer Skills Tutorials for PC and Mac computers are also available. Be sure to try out this great product. Library card and card number needed.

Universal Class is an online educational service providing Business and Financial courses. Use the library code and your library card number to log in and begin learning something new! Windows 8 class available! Library card and card number needed.

Heritage Quest provides at-home access to a collection of genealogical and historical sources, with coverage dating back to the 1700s. Find many family and local history books and articles. Call for the library’s Username and Password.

For the Music Lovers FreesallMusic Service, download individual songs to your computer and move them to your favorite devices. Get the app for the 2nd generation Kindle Fire at http://slideme.org/application/freesall-music. Use your card number and your PIN.

Museum Passes

Free and Discounted Passes available:

- Barstow Children’s Museum provided by the Friends of the Library
- Charming Farm in Candia provided by the Friends of the Library (Open weekends in September)
- Children’s Museum of New Hampshire in Dover provided by the Greenland Women’s Club
- Currier Museum of Art in Manchester provided by the Friends of the Library
- Museum of Fine Arts in Boston provided by the Greenland Women’s Club
- Museum of Science in Boston provided by the Friends of the Library
- New England Aquarium in Boston provided by the Friends of the Library
- The Seacoast Science Center in Rye provided by the Greenland Women’s Club

Weeks Public Library
36 Post Road, Greenland, NH 603-436-8548
www.weekslibary.org
weekslb@comcast.net
News of Note from Families First
By Marge Wachtel

FAMILIES FIRST EXPANDS SERVICES FOR SENIORS—Seniors have always been welcome to take advantage of the medical and dental care offered at Families First Health and Support Center, the community health center in Portsmouth. Hundreds do so each year. In addition to high-quality care, the Health Center offers seniors discounts on Medicare co-pays and on dental care (depending on patient’s income), help managing chronic illnesses, and medication assistance for uninsured and underinsured patients.

Recently, Families First has begun expanding the services offered to seniors beyond health care. Here is a look at current offerings and plans for the future. Be sure to check Families First’s Web site for the most current information.

SENIOR LUNCHEONS—Senior luncheons are held the second Tuesday and fourth Thursday of each month, from noon to 1:30 at the Community Campus in Portsmouth. The luncheon includes bread, salad, and dessert ($4); an informational or entertainment program; and the chance to socialize. RSVPs are needed no later than four business days before the luncheon date; call 603-422-8208 ext. 333.

SENIOR COMPANIONS—Senior Companions are healthy older adults (ages 55 and over) who help other adults live independently. They provide support to family caregivers by assisting with grocery shopping and other daily tasks. Families First manages the Seacoast “station” for this statewide program—training, matching, and supervising the companions. For more information, call Wanda at 603-422-8208 ext. 116, or call the main Senior Companions Office at 800-856-5525.

CAREGIVERS GROUP—Families First hosts the Mark Wentworth Adult Day Program’s Caregivers Support Group. The group, which is free and open to the public, meets the first Thursday of each month from 2:00 to 3:30 p.m. in Families First’s Parent Room. For more information, call Amy at 603-430-0070.

ALZHEIMER’S CAFE—Alzheimer’s Cafés provide a safe, supportive, and judgment-free setting for dementia patients and their caregivers to enjoy a community outing together, to socialize, and to make new friends. This reduces the isolation, public judgment, criticism, and stigma that dementia patients and their caregivers often experience as a result of unusual behaviors associated with the disease. Families First and a coalition of senior services providers will be introducing an Alzheimer’s Café this fall, to meet monthly at the Community Campus.

EDUCATIONAL SEMINARS—From time to time, Families First provides educational seminars on topics of interest to the “young” elderly (such as Preparing for Retirement, Finding Meaningful Volunteer Opportunities, and Long Term Care Planning) and to family caregivers about how to prepare for caring for elderly parents.

Updates on the Alzheimer’s Café, the seminars, and other programs will be posted on the Seniors page of Families First’s Web site: www.familiesfirstseacoast.org/seniors.html. For more information about Families First, call 603-422-8208 or visit www.FamiliesFirstSeacoast.org.
A group of local citizens have joined together to form a citizens “Greenland Medal of Honor Committee.” The purpose is to pay proper and fitting regard to a Greenland resident who was awarded our nation’s highest military honor, the Congressional Medal of Honor—that gentleman was Hudson Van Etten. Mr. Van Etten died in 1941, and he and his wife share a granite headstone in our Prospect Hill Cemetery. His grave site is marked with a simple flat marker with only his name, dates, and a “Congressional Medal of Honor” notation; that is the official marker provided by the government. The award was for heroic action in the Spanish-American War 1898 at the Spanish port of Cienfuegos in Cuba. Three other Van Ettsens, from other wars, are also buried in the family plot.

The committee’s proposed plans are to add an additional white marble cross, with Medal of Honor annotation, and clean/repair existing markers in the plot. The cross is similar to the thousands marking graves of our fallen all over the world. These efforts are being coordinated with Kevin Van Etten, grandson of Hudson Van Etten. An additional plan is to provide a granite plaque at Remembrance Park; this part of the project is being coordinated with town officials. A final, proposed tribute is to provide a display case for public display of Hudson Van Etten’s photograph and Medal of Honor citation. It is proposed that the Greenland Veterans Hall be the location for this case, as part of their ongoing efforts to serve other Greenland war veterans. This proposal is being coordinated with the Greenland Veterans Association.

Veterans from Page 1

A fabulous and authentic dinner was prepared and served by ladies of the church, some in traditional garb. Korean cuisine is largely rice, meat, and vegetable-based. Everywhere in the countryside there are vegetable farms and dairy, meat, and poultry production facilities that are modern, regulated, and efficient. During the war, there were severe food shortages, and the future of any kind was extremely scarce. Forests were decimated and livestock almost disappeared. Since the war, South Korea has been completely reforested through nationwide tree replanting. Today South Korea has the fifth largest economy in the world.-turned towns and villages were re-established and refounded through nationwide tree replanting. Today South Korea has the fifth largest economy in the world.

The banquet featured multiple side dishes and several main dishes, and contrary to popular opinion, kimchi is only one of many national dishes. The banquet included: Bulgogi (a marinated and grilled sirloin beef), Japchae (thinly sliced and exquisitely seasoned vegetables), and Mandu (meat stuffed dumplings). These dishes were considered fare for Korean royalty and are still considered “world class” cuisine. Because kimchi has been popularized and spoken of so much, a brief explanation of its purpose and use is justified. Kimchi contains a mix of fresh vegetables, fermented bean paste, soy sauce, salt, garlic, ginger, pepper flake, fermented chili paste, and other similar ingredients. It is used as a potent preservative for vegetables and protein sources. During the war years, clay pots were used for storing kimchi. Today kimchi is a popular side dish and available commercially as well as homemade.

The Medal of Honor committee plan is that these activities will be completed by Memorial Day 2014 and commemorated at that time. Arrangements will be made to provide military honors at these public events. In addition to committee action plans, it has been learned that our selectees have named a newly built Greenland street in honor of Hudson Van Etten. The street sign will have a small Medal of Honor symbol if available. Being a citizens’ committee, we are without federal stimulus money and are asking for public support and contributions. We are planning to make a direct mailing to each of Greenland’s 1,943 postal addresses in October. If we receive only $5 from each mailing address, we would have a budget of $9,715. This mailing will include a copy of this article and instructions for sending contributions. By then, we will have cost estimates for our proposed work; estimates have already been requested from local monument vendors.

The amount we receive from the October mailing will determine what we can afford. Granite work is expensive, and our budget will have to be prudent but reasonable. Hopefully, through citizen generosity, we can accomplish this project through the winter. Committee members are Vaughn Morgan, William Blidoule, Wallace Berg (coordinator), and Rev. Daniel Weaver, pastor of Greenland United Methodist Church (funds controller). Surprisingly, the Medal of Honor committee has already received a pledge of $100 and another donor has promised to design and manufacture a custom-crafted frame and display case to house Hudson’s photograph and his Medal of Honor citation.

Any funds received in excess of needed amounts for Medal of Honor plans will be given to the Greenland Restoration Volunteers committee. The Greenland Restoration Volunteers, a cemetery improvement committee, has been actively working to clean and refurbish markers and monuments at Prospect Hill. They have also undertaken to do a much needed “grave location and plot mapping” project at the cemetery.

Above: Hudson Van Etten’s gravesite.Inset, left: The U.S. Navy Medal of Honor as it appeared in 1898. The citation reads: “On board the U.S.S. Nashville during the operation of cutting the cable leading from Cienfuegos, Cuba, 11 May 1898. Facing the heavy fire of the enemy, Van Etten displayed extraordinary bravery and coolness throughout this period.”

In general, the Korean diet is healthy and well balanced. It is high in fiber, low in fat, and has moderate caloric content. Rice is a staple in the Korean diet and is eaten with various side dishes and soup for the typical meal at home. Side dishes can be as simple as marinated vegetables and as complex as bean jellies with dressing. Traditionally, housewives prepared these “side” dishes from scratch almost daily—with the number and tastiness of the dishes reflecting the wife’s culinary ability, as well as the ability to afford variety.

Summer worship for GUMIC is on Sundays at 9:30 a.m., changing to 10:30 a.m. in September. The service is bilingual and persons of all cultures are invited. There are separate child and youth services during the adult worship hour. For additional information, call the church at 603-430-2929 or Rev. Dan Weaver at 603-502-6307.

We are one of the few fully licensed food & beverage caterers here on the seacoast. Our private dining room, main dining room, vibrant lounge, or our historic brick courtyard combined with our award winning menus offer a perfect location for any event. Call us today!
From the Greenland Gazette

Talent Show Honors Chief Maloney
By Elizabeth Molleur—Seventh Grade

On Friday, April 12 at 6:00 p.m., Greenland Central School’s gymnasium was packed with tons and tons of people. Families, friends, and neighbors were all waiting to watch the 2013 Talent Show. This year’s show was very important to everyone. There was so much talent and effort put into the show. There were dancers, singers, pianists, a comedian, and a magician. There was also a band that traveled all the way from Sweden, a special visit from Justin Bieber, and many more talented students. It was a great night and everyone had an awesome time.

A special thanks to Mrs. Sodini and Ms. Rothschild for making that special night possible, and thanks to the crew that helped out a lot. Mrs. Sodini was very proud and said, “This was the best show I have been part of. It went faster than previous years. The students were so good and the weather was very hard and I could feel the energy and enthusiasm more than other years.” Great job Greenland!

The “Grizzly” Facts
By Abby Sargent—First Grade

There are lots of different kinds of bears: polar bears, black bears, and brown bears. In Mr. Emeron’s first grade class, we learned all about brown bears. Brown bears are also called “grizzly bears.” Brown bears are really big! They have thick fur and sometimes the fur is black and sometimes the fur is brown. Want to know how to tell if a bear is a brown bear? Look for a hump on its back! Brown bears are omnivores. They eat meat and berries. All bears hibernate except polar bears. Bears:  polar bears, brown bears. In Mrs. Emeron’s class, we learned all about polar bears. In Mrs. Emeron’s class, we learned all about polar bears. We learned all about polar bears in Mrs. Emeron’s class. In Mrs. Emeron’s class, we learned all about polar bears. We learned all about polar bears in Mrs. Emeron’s class.

Native American Totem Poles in Third Grade
By Jay Wendell—Third Grade

Imagine waking up in the northwest coast region with many totem poles surrounding you that represent your clan (a clan is a group of families claiming a common ancestry). Well, that is what Mrs. Hoppie’s class tried to imitate.

The Native Americans who lived in the northwest coast region were spread from south Alaska to northern California. If you were a boy, you would learn how to hunt and fish while girls would learn how to cook and find berries. Adults had to make the plank houses they lived in, and used stone axes to chop down the cedar trees.

Native Americans made their totem poles from cedar trees. Totem poles would be placed at the front of the house, and at times the totem poles could also be put up throughout the village. The totem poles were used to conduct ceremonies or tell stories.

The different tribes that used the totem poles were the Tlingit, Haida, and Tsimshian. Each tribe put different symbols on their totem poles, such as the thunderbird, hawk, wolf, killer whale, and shark.

My class made our totem pole out of paper mache, cardboard, and paint. Our totem pole had six different parts. The first part was the totem pole, the second part was the whale, third was the deer, and fourth was the fox. The fifth animal was the one I made, the bear, and last but not least, the salmon. It took our class a good amount of time to finish it, but when it was done, it was at least five feet tall. I hope you were able to see it at the Expo.

Fourth Grade Visits Concord, Meets Governor
By Grace Ripperger—Fourth Grade

On sunny March 26, the fourth grade journeyed to Concord to visit our beautiful State House. We arrived at approximately 9:15 a.m. After travelling for a little over an hour, everybody was glad to stretch his or her legs and get off the bus. Our tour guide greeted us on top of the granite steps that led to the State House.

We separated into groups and headed into the House of Representatives. We each sat down in one of the representative’s chairs. Our representative, Mrs. Tucker, was at the front of the room. We did some activities, including voting, and gave our opinions on a bill. After that, we listened contently to Mrs. Tucker give us a sneak peak on the presentation she was going to give tomorrow.

Ten minutes later, we found ourselves in the Senate. We each got to sit at one of the senator’s desks, and some of the students set on a leather couch or leather chair. After a lot of humor, we got up and finished our small lesson. Then our tour guide announced that we would get to meet the governor! A lot of anxiety swept over all of us as we walked along the shiny granite floor and approached Governor Maggie Hassan’s assistant’s office.

Governor Hassan and Greenland Central School fourth graders

All the fourth graders’ breaths caught in their throats as we watched Governor Hassan walk into the room. We talked for some time and then promised Governor Hassan that we would try our hardest in education. We all parted and Governor Hassan walked between us and sat down in the back of the room. We all got tons of pictures with Governor Hassan.

As we journeyed down into the Hall of Flags, we blinked camera flashes out of our eyes. As our final thirty minutes drew by, we examined flags that NH soldiers had carried on their battlefields. I personally liked the Gettysburg flags from the Civil War. There were at least fifty flags. We perused through glass and our breath fogged up a small circle. Some were whale flags, while others were almost little rags. As we got our coats, we were psyched to be so lucky to have met the governor and our representative, Mrs. Tucker.

Another journey stretched out in front of us as we headed to the NH Museum of History. It was a day of fun and we learned a lot. As the bus came an hour later, we wished we could have gone back to Concord the next day.
we're fairly positive about everything. It's just a bit overwhelming and we're having a hard time keeping up with everything that has to be done (it all has to be done NOW).

We have been learning about the world of insurance adjusting, doing inventory on personal contents and business contents, learning which policy covers what and for how much. We hope you never have to go through this; it's not that much fun. We've learned that recovery from the fire is a full time job. In some ways it is more traumatic than the fire itself. Decisions must be made and everything is Priority One.

So far everyone has been very helpful, though we did decide to hire a public adjuster. Public adjusters, we learned, work for the insurance company (not the client) though State Farm's adjusters have been fine. But everything has to be approved and that's slow-o-w.

Lissa is relocating the acupuncture treatment rooms to the Sunrise Room and one of our downstairs rooms (once used as a “craft room.”) We’ve also rented a storage unit (Route One Self-Storage in North Hampton—they’re great!) until we get things sorted out. Imagine taking your entire life and putting it in half the space you had a day ago.

We spent the first four nights after the fire at a hotel due to the smoke in the building. We were strongly encouraged to do this by several knowledgeable folks, especially the Greenland Fire Chief, and the insurance company agreed. We kept the cats outside and kept them with us. We were at a hotel every day, just not sleeping there. We’ve been back home since the 24th, but we find ourselves exhausted at the end of each day.

Many friends have helped and made offers of help; we are so grateful to all. One of the things we discovered is we are being too tired to even think about cooking. Friends provided food and meals. We’re reminded of the way friends often provide casseroles and meals on the death of a loved one. A fire is a kind of death. The way friends often provide casseroles and meals on the death of a loved one. A fire is a kind of death. Everyone we call your attention to items of potential interest to the client (navigate the insurance company); though State Farm's adjusters have been fine. But everything has to be approved and that’s slow-o-w.

One of the lessons of a fire (or any disaster) it turns out is: ask for help! Everything is a priority! Decisions have to be made, offices relocated. Needles and supplies re-stocked. Insurance requires detailed inventory—how many needles, pens, cotton balls… We are learning “we have to ask for help.” For instance: Lissa needs a temporary desk. Her hand-finished oak desk was destroyed. We logged on to craigslist and freecycle asking for a gift or loan of a desk. We didn’t know what to expect and were so grateful to have several offers—and quickly, too. We realized we could ask...

Here’s our “Help Needed” list. If you can help or point us towards help, we’d appreciate it:

- NAILS PULLED FROM PLYWOOD BOARDS. Recycle, reuse, repurpose. We’ve salvaged some boards from the building that didn’t get burned but had to come out. Many are full of nails needing to be pulled.
- WIRELESS PRINTER SETUP. The printer/fax/copier in the office burned (actually, melted). We’ve purchased a new one, but it needs to be hooked up and the drivers installed.
- OFFICE SETUP. Temporary office space will be set up in part of the waiting room. Office arranging help needed.
- FILING—REBUILDING OFFICE FILE SYSTEM. Luckily most paper files survived, but some charred folders need replacing. Files to be re-labeled. All need to be re-organized in a workable way.
- GARAGE ORGANIZING. Actually, the garage is cleaner than it has ever been in a while (thank you, ServPro!). It’s also more organized from ServPro’s cleanup: two sides to every coin! It needs to be organized. Some lifting involved.
- INVENTORY DATA ENTRY. By the time you see this, it may be done, but insurance inventory requires a lot of data entry, so there may be plenty to do.
- WEEDING/WATERING. We can’t keep up with daily/weekly tasks. Help appreciated.
- BASIC HANDYPERSON HELP. Small projects we planned on this summer—now we probably can’t get to them.

We’ll keep you posted. In the meantime we call your attention to items of potential interest in the sidebar of this article, and, if you wish, ways to be of help. Gentle Currents is here for the long run, and with the hope and prayers and help from many good friends, we expect to fully recover from and overcome this fire to fulfill our mission: To provide compassionate, gentle, healing wellness services to members of the greater Seacoast community... to you.

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**FIRE FROM 1**

Learning To Ask...

One of the lessons of a fire (or any disaster) it turns out is: ask for help! Everything is a priority! Decisions have to be made, offices relocated. Needles and supplies re-stocked. Insurance requires detailed inventory—how many needles, pens, cotton balls… We are learning “we have to ask for help.” For instance: Lissa needs a temporary desk. Her hand-finished oak desk was destroyed. We logged on to craigslist and freecycle asking for a gift or loan of a desk. We didn’t know what to expect and were so grateful to have several offers—and quickly, too. We realized we could ask...

Our previous “craft room” has been divided into two small treatment rooms (but we’re currently still in process on that), so part of the acupuncture treatment area is now in part of our house.

Lisa and Beth Ann’s office will be relocating to part of the waiting room. In a month or less we should be fully back up to speed as far as the acupuncture practice is concerned.

The rebuilding of the burned and gutted part of Gentle Currents may be a much longer project. I (David) hope that at least get the place sealed before the weather turns. That’s all part of the process.

We’ll keep you posted. In the meantime we call your attention to items of potential interest in the sidebar of this article, and, if you wish, ways to be of help. Gentle Currents is here for the long run, and with the hope and prayers and help from many good friends, we expect to fully recover from and overcome this fire to fulfill our mission: To provide compassionate, gentle, healing wellness services to members of the greater Seacoast community... to you.

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**FUN FROM PAGE 1**

Tour a Lighthouse

Ever wonder what the inside of a lighthouse is like?

The Friends of Portsmouth Harbor Light- house will be hosting tours of the lighthouse every Sunday through mid-October (Columbus Day weekend) from 1 p.m. to 5 p.m. The admission to climb the lighthouse is $4 for adults and $2 for children 12 and under.

Portsmouth Harbor Lighthouse is located at the end of Sullivan Lane in New Castle NH, next to historic Fort Constitution and the U.S. Coast Guard Station. One of the first nine lighthouses built in America prior to the Revolutionary War, it was the first illuminated beacon erected north of Boston. The current tower was erected in 1878, and is constructed of brick and cast iron, using an almost identical design to the lighthouse on Cape Neddick in York ME. While automated, it retains its fourth order Fresnel lens, a rarity as many lighthouses have had this key optical element replaced by solar powered LED airport beacons.

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

There are 44 stairs to the watch room and a 7-rung ladder to the lantern room. Flat shoes (not sandals or flip-flops) are strongly recommended to climb the ladder into the lantern room.

The proceeds go towards the preservation of this iconic light-house, since the U.S. Coast Guard is only responsible for maintaining the light, not the structure.

For more information about these tours, or to find out how to volunteer, please visit www.portsmouthharborlighthouse.org

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Discover Portsmouth

Located in the old Portsmouth Public Library on the corner of Ilfragood Street and Middle Street, Discover Portsmouth is operated by the Portsmouth Historical Society and plays host to local art exhibits, gallery talks, and community events. Their current exhibits include Bridging the Piscataqua: Construction and Community, on display until October 13 (donations); Discover Thursday evening music performances from September 12 through December 19 at 7:00 p.m. (admission); theolumbus Black Heritage Trail galley, and the Old Gaol, oldest jail in the state of Maine. The visitor center is located at 3 Lindsay Park Road in York ME. For more information, please visit www.portsmouthhistory.org

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Markefest!

All good summers must come to an end, and local attractions close up for the winter. The Old York Historical Society will close up their museums on Saturday, October 19, with a market festival from 9:00 a.m. to 4:00 p.m. featuring hearth cooking, craft demonstrations, an art gallery, and prize winners of the Old Gaol, oldest jail in the state of Maine. The visitor center is located at 3 Lindsay Park Road in York ME. For more information, please visit: www.oldyork.org

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GREENLAND GRAPEVINE • FALL 2013

9
Jimmy was on a roll. It was week three of the Puppy Campaign. “Please can I have a puppy?” he began again. Susan and Bob exchanged a quick glance over their son’s head. “Maybe when you’re older,” Susan said. “But I want one now. I have to have a puppy! Please! Please!” Jimmy pleaded. “Well, there’s a lot to know about taking care of a puppy,” tried Bob. “I’ll learn. I know I can do it,” Jimmy exclaimed eagerly.

Susan and Bob didn’t know what to do. Jimmy was eight years old, and an only child. They knew he really wanted a puppy and that a dog could be a great companion for Jimmy. They were confident he’d love a pet. But could he really take care of a puppy? He still needed reminders to brush his teeth every day. They sighed and vowed they’d reach a decision soon.

Chances are, your family has experienced some variation of the above scenario. According to the 2011–2012 APPA National Pet Owners Survey, 62% of U.S. households had some type of pet. Though I’m writing today about dogs, these ideas extend to all our varied pets!

What do pets bring to our lives? For starters, pets bring unconditional love and wonderful companionship. They enhance our physical and emotional health, helping us relax, lowering our blood pressure, and helping to create an overall sense of well-being. Pets can help to alleviate loneliness and add meaning to our lives. Caring for a pet even increases our own physical activity. Walking, grooming, and playing with our pets get us moving and bring us pleasure.

A pet’s presence in the home helps teach all of us about friendship, loyalty, empathy, kindness, and responsibility. These are qualities that are crucial for a developing child. Living with pets provides us with rich opportunities to deal with life issues that face all of us.

One great example has to do with the theme of adoption. When we take a pet into our home, it is a “forever choice.” We are making a commitment to love and provide for our new pet. Later—all children will forget to feed their pet sometimes—you have a terrific chance to say, “I fed Mitzy today when you forgot to. She needs her meals every day—just like you do. Let’s think of the best way to remember to get her fresh food and water every morning. We don’t want her to be hungry or thirsty.” This helps your child learn about responsibility while letting your child know you’re there to help and to model responsible behavior. It also stresses nurturance and empathy, and sends the message that Mitzy is a valued and permanent member of the household.

We also provide our pets with a safe environment. We watch over them and protect them. When your pretten wants to IM her friends without your “interference,” gently remind her that it is your responsibility to keep her safe, just as she helps keep her pet safe.

The inevitable death of a beloved pet is a particularly hard life lesson. Yet it is another moment in time when we learn about the importance of shared memories and sharing feelings. In teaching your children how to grieve and cope with the loss of a pet, you help provide a template for healthy ways to grieve other losses they will face.

Jimmy and his parents picked up two-year-old Samantha, a bright and friendly lab mix, on a crisp November Saturday. She was already housebroken, and they felt good about giving a new home to an affectionate dog whose owner had recently died. Jimmy showed Sam all around the house and yard and took her to meet Mrs. Conway, who lived next door. Mrs. Conway was already housebroken, and they felt good about giving a new home to a loving dog. Mrs. Conway wasn’t quite as spry as she used to be, but she began to join Jimmy and Sam on their walks around the neighborhood several times a week. Jimmy felt warm inside when he saw Mrs. Conway waiting by the front window for him and Sam. And Bob and Susan felt proud and pleased as they watched Jimmy take on each new life lesson with Sam by his side.

Patricia Kincare, M.D., is a Board-Certified psychiatrist with Woodland Professional Associates of North Hampton, N.H. She treats adults who have mood and anxiety disorders and has a special interest in women’s reproductive and childbearing issues. She can be reached at 603-964-4859.

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Two Signposts Compiled By John Hirtle

There are over two hundred green historic roadside markers in the state of New Hampshire. Greenland shares two markers that link the same story, and neither one of them is even located in the town’s borders!

The first is at “Portsmouth Plains,” the baseball field near the intersection of Route 33 and Peverly Hill Road, and reads:

“In the pre-dawn hours of June 26, 1696, Indians attacked the settlement here. Fourteen persons were killed and others taken captive. Five houses and nine barns were burned. The plaque is the Training Field and Master Ground. Close by stood the famous Plains Tavern (1728–1914) with its Bowling Green where many distinguished visitors were entertained.”

The story continues at a marker in North Hampton, near the intersection of Lafayette Road and Dow Lane, which reads:

“The hillside is to be seen to the north of this location a band of marauding Indians and their captives were found eating their breakfast on June 26, 1696, following the attack at the Portsmouth Plains. When confronted by the militiamen the Indians made a hasty exit leaving the prisoners and plunder. This locality still enjoys the name of Breakfast Hill.”

A newer, more permanent stone marker that tells the second part of this tale is now located on the summit of Breakfast Hill, where a trail leads back into the woods.
Q: What happens if my dog bites someone? A: All dog bites are required to be reported to the police. We will investigate the circumstances of the bite and take the appropriate legal action if necessary. The dog owner must provide proof of rabies vaccination and the dog must be quarantined for 10 days; in most circumstances, this can be done in the owner's home. If the dog is not vaccinated or was bitten by a wild animal, the quarantine may be longer.

Q: Can I walk my dog off leash? Can my dog be loose in my yard? A: The answer is yes; however, you must have your dog under control. "Under control" means voice, signal, or physical control so as to be restrained from approaching a bystander, from entering private property, and from causing damage to property. A dog is presumed not to have been under control if injury, damage, or trespass has occurred. If you describe your control as "My dog is great except when ________________," then you need to keep your dog on a leash. If your dog is outside off leash and you are inside, you are not in control of your dog. Very few dog owners have the control necessary to have their dogs off leash.

Q: Does my dog have to be registered? A: Yes, All dogs over four months must be registered by April 30 each year.

Q: My neighbor's dog barks all the time or comes into my yard. Is there something I can do? A: Yes, call the police when the dog is on your property or when it is barking. We will speak to the owners to try to rectify the situation, and if it continues, the dog owner can be fined.

Q: What happens if my dog bites someone? A: All dog bites are required to be reported to the police. We will investigate the circumstances of the bite and take the appropriate legal action if necessary. The dog owner must provide proof of rabies vaccination and the dog must be quarantined for 10 days; in most circumstances, this can be done in the owner's home. If the dog is not vaccinated or was bitten by a wild animal, the quarantine may be longer.

U.S. Pet Statistics:

- Dogs: 78.2 million—Number of owned dogs in the U.S.
- 21 percent—Percentage of owned dogs who were adopted from animal shelters
- 78 percent—Percentage of owned dogs who are spayed or neutered
- Cats: 86.4 million—Number of owned cats in the U.S.
- 21 percent—Percentage of owned cats who were adopted from an animal shelter
- 88 percent—Percentage of owned cats who are spayed or neutered

U.S. Shelter and Adoption Statistics:

- 3,500—Number of animal shelters
- 6 to 8 million—Number of cats and dogs entering shelters each year
- 25 percent—Percentage of purebred dogs in shelters
- 3 to 4 million—Number of cats and dogs adopted from shelters each year
- 2.7 million—Number of adoptable cats and dogs euthanized in shelters each year

These figures were compiled from the 2011–2012 APPA National Pet Owners Survey, and estimated by the HSUS using statistics provided by the National Council on Pet Population Study and Policy.

Camp Gundalow

Sports Mash-Up
6 – 12 years
Mondays 4:45 – 5:30PM
Play your favorite sports and learn some new ones!

GAGA - 6-12 years*
Tuesdays 4 – 4:45PM
Face-paced dodgeball in an octagonal pit!

Flag Football - 8-12 years*
Fridays 4 – 4:45PM
Learn the fundamentals.

Archery - 8+ years*
Saturdays 10 – 11AM
*weather permitting

Saturday Night Live
5-8PM for Grades K – 6
We'll take the kids and feed them pizza while you have a night out!
Saturday, September 7
Saturday, September 21
Saturday, October 5
Saturday, October 19

Register Now!
Classes Start
September 9th
www.yogm.org
(603) 431-2334

YMCA of the Seacoast
550 Peverly Hill RD
Portsmouth

All Star KidSport
3 – 4 years
*With a parent
Mondays 12:10 – 12:55PM
Mondays 3:30 – 4:15PM
Wednesdays 12:10 – 12:55PM

Basketball Skills – 5-9 years
Wednesdays 4:30 – 5:15PM

Sports Splash – 2-4 years
*With a parent
Thursdays 2:30 – 3:30PM

Street Hockey - 6+ years
Thursdays 4:30 – 5:15PM

All Star KidSport - 2 years
*With a parent
Fridays 12:10 – 12:40PM

Additional programs for children and adults are offered at the Y of the Seacoast.
Tai Chi for Better Balance Comes to Greenland
By Melissa Gahr

Tai Chi is a martial arts-based exercise consisting of slow, graceful movements. The Yang style became prominent in the first half of the 19th century in China, and was part of the training program for the Palace Battalion of Imperial Guards who protected the Chinese royal family. Today, its popularity has spread worldwide as a form of therapy and exercise that provides many health benefits.

Recent research on balance and falling in older adults has led to the development of a specific Tai Chi protocol called “Moving for Better Balance.” The one-hour sessions consists of a warm-up, modified eight-form routine, therapeutic mini-exercises, and cool down. All of the components can be performed in sitting, supported standing, or standing positions. The program was researched and developed by Fuzhong Li, Ph.D., at the Oregon Research Institute. Dr. Li’s work has been published in the Journal of Gerontology and has been endorsed by the CDC in the Compendium for Fall Prevention. In addition, Tai Chi is recommended by the American and British Geriatric Societies.

This low-cost, scalable, therapeutic balance training program is now being offered at Seacoast Body Balance, a physical therapy practice in Greenland specializing in balance and equilibrium disorders. Melissa Gahr, MSPT, is a member of the NHI Falls Risk Reduction task force and recently completed the instructor training program with Dr. Li. For those requiring a more tailored therapeutic program, “variety is the spice of life” could not be more true or critically important. When you are doing any particular movement, you need to explore how many ways you can do the same thing... maybe even reverse the movement. In doing this exploration, you actually stimulate your brain to form new connections... it will get bigger (don’t rush out for a new hat anytime soon)... and yes there will be adaptation (physically and mentally) as well as being more responsive to change. Things may get easier!

Let’s take a push-up, for example. There are about a thousand ways to do a push-up, but most of us stick with one way because push-ups are hard, or you are not strong enough (yet), or you just hate push-ups. If you train the movement, eventually you will get stronger, push-ups will get easier, and unless you do something different, you will plateau. However, if you sophisticate the movement, not only will you get stronger, push-ups will get easier, and unless you do something different, you will plateau. However, if you...
Tips to Save Gas and Cash

You can’t control the price of gas but you can control how much you use with some simple and inexpensive vehicle maintenance.

Save Gas and Cash—Consider these simple steps to save gas without driving less:

- Keep your car properly tuned to improve gas mileage by an average of four percent.
- Keep tires properly inflated and improve gas mileage by three percent.
- Replace dirty or clogged air filters on older vehicles to improve gas mileage by as much as ten percent.
- Change oil regularly and gain another mile per gallon.
- Check the gas cap. Damaged, loose, or missing gas caps let the gas just vaporize into the air.
- Observe the speed limit. Gas mileage decreases rapidly above 60 mph.
- Avoid excessive idling. Idling gets zero miles per gallon. Warming up the vehicle for one minute is sufficient.
- Avoid quick starts and stops. Aggressive driving can lower gas mileage by 33 percent on the highway and five percent in the city.
- Consolidate trips. Several short trips taken from a cold start can use twice as much gas as one longer multipurpose trip.
- Don’t haul unneeded items in the trunk. An extra 100 pounds in the trunk reduces fuel economy by up to two percent.

Debra stresses that trips with Boomerang Adventures are different from many that are available now for older adults, with a strong focus on being active and getting outdoors. There are lots of opportunities to get out there and enjoy nature in the company of other like-minded adults.

The year-round Outing Club offers weekly swimming, kayaking, hiking, and walking trips. In the winter, there is cross-country skiing and snowshoeing. Monthly Adventure Trips travel to favorite New England locations, and Long Tours of international destinations are offered twice per year. Boomerang Adventures offers various local and international adventures that challenge and inspire while at play.

These are lifelong activities, which means they have no age limit. So if you or someone you know is a boomer—or beyond—and looking for a fun way to stay healthy, come out and play with Boomerang Adventures! For more information, go to: www.boomerangadventures.org.

See more in our October issue!
The session for the year came to a close with the passing of the budget and committee of conference concurrences.

BUDGET HIGHLIGHTS—The new budget was similar to the budget passed two years ago. The revenue estimates have very modest growth expectations for the next two years. Based upon these estimates, the state would expect to increase Gross State Product by 2.5% in both years. The current budget will increase from $10.2 billion to $10.7 billion over the biennium. It had none of the increases in taxes and fees that had been proposed by the House. The Senate, in negotiations during the committee of conference, did not allow for additional taxation or fees to be added to the budget.

The last issue of the Grapevine, I had stated the House had passed many new taxes and fees. None are in the new budget. The legal marriage license fee, 65% gas tax increase, fishing license fees among others were all removed. Funding for the university system was expanded. The Senate stood firm on not raising taxes and should be commended for keeping spending in line with revenues.

MEDICAID EXPANSION—Expansion of Medicaid has been put aside for now until we can truly understand the cost to the state. Initially, the federal government had promised $2.5 billion to the state over several years if we expanded our Medicaid coverage. The first year would be paid for by the federal government, then schools would begin to pay from 75% to 90% coverage and lower in subsequent years. Of the $4,000 lives that would be part of the expansion, well over half of those lives already are covered under private insurance. Thus, part of the expansion would include moving from a private funding system to taxpayer funded. While it is important we help those who truly need services, we also must bear in mind how the federal government is going to pay for the program (borrowed money) and the impact on the federal deficit. The overspending on the federal level is an issue that affects us and future generations. We have put in place a study committee which will report this fall on the impact of the expansion. This study is crucial to prudent decisions. The expansion would include moving from a private funding system to taxpayer funded. While it is important we help those who truly need services, we also must bear in mind how the federal government is going to pay for the program (borrowed money) and the impact on the federal deficit. The overspending on the federal level is an issue that affects us and future generations. We have put in place a study committee which will report this fall on the impact of the expansion. This study is crucial to prudent decisions. The expansion would include moving from a private funding system to taxpayer funded. While it is important we help those who truly need services, we also must bear in mind how the federal government is going to pay for the program (borrowed money) and the impact on the federal deficit. 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referrals to community support systems, mental and physical health providers, and partners with many educational and instructional organizations like the UNH Co-operative Extension, providing the tools necessary for success. Utilizing a network of faith community buildings for overnight shelter, and over 900 volunteers annually, SFP brings community focus to an ever-growing problem of family homelessness.

THE OUTCOME—Since participating in the SFP program, Lise has continued to make wonderful choices for herself and her children. She has been self-sufficient since leaving the program in January of 2012 and we were just thrilled to have her return to tell us of her great success and voice her thanks for the kindness and support that her family received. At ages four and two, the children are healthy, happy, and growing every day. Lise has gained a bit of weight and is taking very good care of herself ensuring her future with her children.

THE FAMILY SOLUTION—SFP seeks to stabilize families experiencing homelessness, provide individualized case management support, such as life skills such as financial planning, budgeting, and appropriate decision making, provide parenting support, and promote child safety and development. The program also provides

A Family Returns to Give Thanks
By Pati Frew-Waters

Goodbye to a loved one. However, releasing those emotions and things can have a cathartic effect.

Take the time this fall to reflect and release in your life both physical and emotional elements. If you notice that you have issues with some of the weaknesses related to the Lung and Large Intestine Channels, consider ways that you can strengthen your Qi. Let go of over-extending yourself physically and emotionally.

Acupuncture can also help to strengthen your Qi, boost your immune system, and brighten your spirits. Consider a fall Qi tune up!

Autumn is harvest time: the time where we can see the proverbial “fruits of our labor.” Once the harvest is over the season slows down, the land becomes fallow.

Many of us start to slow down during this time. The hustle of summer activities and fun gives way to a slower pace. This is an important time for us to reflect and release. The changing leaves signal a time for change in ourselves. Fall is a season of letting go. Just as the tree drops its leaves so that its energy can turn inward, we should take nature’s cue and look at what needs to be released within ourselves.

In Chinese Medicine fall is connected to the Lung and Large Intestine Channels. When we think of lungs, we think of our breath. The cool, crisp air allows us to breathe more deeply now that the heat of summer has subsided. For many, this is a season where respiratory symptoms can arise with sneezing and stuffiness due to ragweed and mold from fallen leaves. These allergens can labor breathing. In Chinese Medicine, lung energy is about taking in energy and then releasing it: the ebb and flow of the breath. We must always breathe in and out—never holding onto our breath. Weak Lung Qi (chi) can result in a variety of symptoms including asthma, bronchitis, emphysema, colds, and nasal congestion.

The Large Intestine’s function is to receive the digested food from the small intestine and release it from the body. It helps us to eliminate what is toxic to our system. It is not always healthy to hold onto things in our lives as doing so may make it hard for us to move forward. When the Large Intestine Qi has been weakened, people can suffer from constipation, diarrhea, Irritable Bowel Syndrome, bloating, and abdominal pain. Lastly, there is a strong emotional component to this season. Letting go, whether it be physical or emotional, can be difficult for some people. Many of us experience grief with separation, be it with old memories, ephemera, or saying
<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>2nd Monday</td>
<td>6:30 - 8:00 PM</td>
<td>Friends of the Library Meeting</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>2nd &amp; 4th Monday</td>
<td>7:00 PM</td>
<td>Selectmen Meetings</td>
<td>Town Hall</td>
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<tr>
<td>Monday</td>
<td>9:30 AM</td>
<td>Families First - Toddler Playtime</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Monday</td>
<td>1:00 - 2:00 PM</td>
<td>Bone Builders Fitness Class</td>
<td>Living Innovations, Portsmouth</td>
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<tr>
<td>Monday</td>
<td>5:00 PM</td>
<td>Cribbage</td>
<td>Weeks Public Library</td>
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<tr>
<td>Monday</td>
<td>5:30 - 7:30 PM</td>
<td>Family Fun Night</td>
<td>Families First, Portsmouth Community Campus</td>
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<tr>
<td>4th Monday</td>
<td>2:00 - 4:00 PM</td>
<td>Alzheimer's Café</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>1st Tuesday</td>
<td>7:00 PM</td>
<td>Conservation Committee Monthly Meeting</td>
<td>Town Hall</td>
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<tr>
<td>2nd Tuesday</td>
<td>10:30 - Noon</td>
<td>Senior Drop-In Time</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>2nd Tuesday</td>
<td>12:00 - 1:30 PM</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>2nd Tuesday</td>
<td>7:00 - 9:00 PM</td>
<td>Greenland Volunteer Fire Department Meeting</td>
<td>Fire Station</td>
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<tr>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Families First - Baby Time</td>
<td>Families First, Portsmouth Community Campus</td>
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<tr>
<td>3rd Tuesday</td>
<td>7:00 PM</td>
<td>Zoning Board of Adjustment Business Meeting</td>
<td>Town Hall</td>
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<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>Families First - Terrific Two's Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
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<tr>
<td>1st &amp; 3rd Thursday</td>
<td>7:00 PM</td>
<td>Planning Board Monthly Meeting</td>
<td>Town Hall</td>
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<tr>
<td>4th Thursday</td>
<td>10:30 - Noon</td>
<td>Senior Drop-In Time</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>4th Thursday</td>
<td>12:00 - 1:30 PM</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>1st Thursday</td>
<td>2:00 - 3:30 PM</td>
<td>Caregiver Support Group</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>Thursday</td>
<td>4:30 - 5:30 PM</td>
<td>Gentle Stretch Yoga--October 24 to November 21</td>
<td>CCC Parish House</td>
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<tr>
<td>Friday</td>
<td>11:00 AM</td>
<td>Friday Morning Group</td>
<td>Weeks Public Library</td>
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<tr>
<td>Friday</td>
<td>9:30 AM</td>
<td>Families First - Preschool Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
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<tr>
<td>Friday</td>
<td>7:15 PM</td>
<td>Scottish Country Dance Classes</td>
<td>CCC Parish House</td>
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<tr>
<td>Every other Saturday</td>
<td>9:00 - 11:30 AM</td>
<td>Greenland Cemetery Volunteers</td>
<td>Greenland Cemetery</td>
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**SEPTEMBER**

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<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Monday, September 2, 2013</td>
<td>3:00 - 6:00 PM</td>
<td>Farmer's Market</td>
<td>Town Green</td>
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<tr>
<td>Tuesday, September 3, 2013</td>
<td>1:00 PM</td>
<td>GPO Golf Tournament</td>
<td>Breakfast Hill Golf Course</td>
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<tr>
<td>Tuesday, September 3, 2013</td>
<td>3:00 - 6:00 PM</td>
<td>Farmer’s Market</td>
<td>Town Green</td>
</tr>
<tr>
<td>Tuesday, September 10, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Working with Schools</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday, September 17, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Separation Minus the Anxiety</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday, September 17, 2013</td>
<td>6:30 PM</td>
<td>Everlasting Wreath Workshop</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Thursday, September 19, 2013</td>
<td>9:00 AM - 2:00 PM</td>
<td>Stormwater Best Management Practices Workshop</td>
<td>UNH Stormwater Center</td>
</tr>
<tr>
<td>Tuesday, September 24, 2013</td>
<td>4:00 - 6:00 PM</td>
<td>Farmer’s Market</td>
<td>Town Green</td>
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<tr>
<td>Wednesday, September 25, 2013</td>
<td>6:00 - 8 PM</td>
<td>Senior Years: Starting the Conversation and Caring of the Caretaker</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Thursday, September 26, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Working with Schools</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Thursday, September 26, 2013</td>
<td>6:30 PM</td>
<td>Stairway Best Management Practices Workshop</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday, September 27, 2013</td>
<td>8:30 AM - 7:30 PM</td>
<td>Rummage Sale - Early Bird Shopping</td>
<td>CCC Parish House</td>
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<tr>
<td>Saturday, September 28, 2013</td>
<td>8:30 AM - 1:00 PM</td>
<td>Rummage Sale</td>
<td>CCC Parish House</td>
</tr>
<tr>
<td>Sunday, September 29, 2013</td>
<td>10:00 AM</td>
<td>Seacoast Walk to End Alzheimer’s (registration starts at 8:30)</td>
<td>Strawberry Bank</td>
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**OCTOBER**

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<tbody>
<tr>
<td>Tuesday, October 1, 2013</td>
<td>3:00 - 6:00 PM</td>
<td>Farmer’s Market</td>
<td>Town Green</td>
</tr>
<tr>
<td>Tuesday, October 1, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Logical Consequences</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Friday, October 4, 2013</td>
<td>10:00 AM</td>
<td>Chair Yoga with Cheryl Rossman</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Tuesday, October 8, 2013</td>
<td>9:00 AM - Noon</td>
<td>Healthy Living Senior Wellness Fair</td>
<td>Community Campus</td>
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<tr>
<td>Tuesday, October 8, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Logical Consequences</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday, October 8, 2013</td>
<td>7:00 PM</td>
<td>GPO Meeting - All are welcome</td>
<td>Greenland Central School</td>
</tr>
<tr>
<td>Wednesday, October 9, 2013</td>
<td>6:00 - 8:00 PM</td>
<td>Senior Years: Embracing and Empowering Your Retirement</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Monday, October 14, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Logical Consequences</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Friday, October 18, 2013</td>
<td>10:00 AM</td>
<td>Chair Yoga with Cheryl Rossman</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Tuesday, October 22, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Who’s in Charge in Your Home?</td>
<td>Families First, Portsmouth Community Campus</td>
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<tr>
<td>Saturday, October 26, 2013</td>
<td>9:00 AM</td>
<td>Great Bay 5K</td>
<td>Stratham Hill Park</td>
</tr>
<tr>
<td>Saturday, October 26, 2013</td>
<td>TBD</td>
<td>Camp Gundalow’s Family Haunted Halloween Event</td>
<td>Camp Gundalow</td>
</tr>
<tr>
<td>Tuesday, October 29, 2013</td>
<td>6:00 - 7:30 PM</td>
<td>Parenting: Who’s in Charge in Your Home?</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Wednesday, October 30, 2013</td>
<td>5:00 - 8:00 PM</td>
<td>TRICK-OR-TREAT in Greenland</td>
<td></td>
</tr>
</tbody>
</table>

**NOVEMBER**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, November 11, 2013</td>
<td>7:00 AM</td>
<td>Veterans Day Pancake Breakfast</td>
<td>Greenland Vets’ Hall</td>
</tr>
<tr>
<td>Monday, November 11, 2013</td>
<td>9:00 AM</td>
<td>Veterans Day Ceremony</td>
<td>Greenland Vets’ Hall</td>
</tr>
<tr>
<td>Tuesday, November 12, 2013</td>
<td>7:00 PM</td>
<td>GPO Meeting - All are welcome</td>
<td>Greenland Central School</td>
</tr>
<tr>
<td>Sunday, November 24, 2013</td>
<td>10:00 - 3:00 PM</td>
<td>Greenland Women’s Club Annual Pie Festival &amp; Craft Fair</td>
<td>Greenland Central School</td>
</tr>
<tr>
<td>Thursday, November 28, 2013</td>
<td>TBD</td>
<td>TILTHANKSGIVING</td>
<td></td>
</tr>
</tbody>
</table>

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**Got a Great Greenland Photo or Story?** Please send it to greelandgrapevine@comcast.net prior to October 1 for our next issue.