Sheila Pratt Selected as Citizen of the Year

By Barbara Fleming

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

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

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

It was also Sheila’s idea to organize an annual Memorial Day Parade in Greenland from the Town Hall to Remembrance Park on the Town Green. This has grown each year and involves the Greenland Veterans, the Greenland Police and Fire Departments, the Greenland School Band, and other community groups that are proud to join in recognition and celebration of those who have sacrificed to protect our freedoms, liberties, and present quality of life. The speeches and invocations freed and maintained awareness of the sacrifices those who have served in past and present wars.

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

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

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

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

Once loaded in the vehicles, Ruth found herself to an area known as the Normandy beaches. She was one of the many who arrived in the early morning hours of D-Day to care for the wounded soldiers and nurses alike were asked to put in more and more hours, but on less and less sleep. Long test periods were generally out of the question and the only stress relief came in the way of taking simple walks or writing letters.

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

Ruth elaborated on one incident in particular when she was treating a young African-American soldier. He was in the hospital complaining of combat fatigue and wished that he could go home. While he was talking to Ruth, she couldn’t help but think of the recent incident of General Patton slapping two Memories Continued on following page…
soldiers who were complaining of the same condition. In fact, General Patton was currently making the rounds to every field hospital in his command to personally apol-
go to all soldiers and medical staff for this slapping incident. This was per direct order from General Dwight Eisenhower, the Supreme Allied Commander. Suddenly, a bullet ripped through the top of the tent and “whizzed” by Ruth’s ear striking the soldier in his shoulder nearly shattering it. When the medical staff finished treating his wound and the soldier was resting comfortably, Ruth said to him, “It looks like you’ll get your wish after all.”

The bullets fired into the tents were not the result of stray rounds from the front lines, but as a result of a calculated attack by Nazi para-

chutists, dressed as American soldiers, dropping from the sky shooting as many soldiers, doctors, and nurses as they could before being killed themselves— basically, a suicide mission.

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

The one advantage Ruth’s field hospital had for being so close to the front lines was that it was also located next to the 82nd Airborne field and its fabu-

lous mess hall facilities. The medical personnel had better food than the regular Army; there-

fore, the medical staff would often walk over to their facilities to eat meals.

When Ruth peeked into the back seat, she saw General George S. Patton, Jr., along with his highly polished helmet on the seat next to him; he looked majestic—tall—even while sitting; with his silver-gray hair nearly combed back, he looked so distinguished.

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

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

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

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

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

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

We Want You In The Next Edition Of The…

GREENLAND GRAPEVINE
A Community Newsletter for the Town of Greenland, NH
Reaching over 3,500 residents with every issue!

AD SPECIFICATIONS
We will be happy to set an advertisement for you if you de-

sire, free of charge.

If you have your own advertisement prepared, please make sure it has the following specifica-

tions in addition to the proper sizing to make it look as good as possible:

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• Don’t Forget! Color Is FREE of Charge!

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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!

Graphic Design Work Done By John Hirtle
Ardent locavore and longtime supporter of Seacoast Eat Local (SEL), Greenland resident Jean Eno has taken the reins as the new market manager for the Greenland Farmers’ Market.

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

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

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

“Nonprofit groups are encouraged to check out the 2014 GFM Nonprofit Guidelines and Application on our Web blog. There is no fee for tabling, and other farmers’ market vendors and local businesses are encouraged to receive quite a few applications; now’s the time to get your application in.”

The market, which runs every Tuesday from 3 to 6 p.m. until October 14, will be comprised mainly of NH farmers, followed by MA and ME farmers, and supplemented with locally sourced, prepared goods from vendors within a 50-mile radius of Greenland. However, there is one exception: the NH Mushroom Company!

In the spirit of keeping local, guide- lines for prepared foods include the following: Vendors’ products must be derived from or utilize locally grown goods. All prepared foods must contain locally grown ingredients and/or demonstrate the same value to a farm/farm product. Vendors whose products rely exclusively on ingredi- ents from outside of the region will not be accepted and should also seek venues that will not apply. Any meat used in prepared goods with locally sourced, derived ingredients from outside of the region will not be accepted and should also seek venues that will not apply. Any meat used in prepared foods must be local (no exceptions).

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

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

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

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

For more information, contact Jean on Facebook (www.facebook.com/greenlandfarmersmarket) (a $25 gift certificate to the market awaits the 500th fan!) or at greenlandfarmersmarket@gmail.com.

Remembrance Park Project Now Funded
By Wallace Berg

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

The project was orig- inally initiated in September 2013 when it was noted that a public memorial to those who served in recent overseas conflicts to help widely promote the Greenland Farmers’ Market.

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Tour a Lighthouse

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

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

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

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

In addition to the open lighthouse, don’t forget the upcoming Preservation of Portsmouth Harbor Light.

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

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

June 26—the Bougaloos Swanis will make their first appearance in Greenland.

The style is a mix of Cajun and Zydeco, with a bit of Rockabilly, Tex Mex, and Blues. They have been named Outstanding World Music Act at the Boston Music Awards four times!

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

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

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

Lawn Mower Tune-ups Are A Wise Investment

Investing 30 minutes on a spring tune-up for your lawn mower can pay dividends for years to come. Those who don’t perform this important basic maintenance task can waste time and be frustrated with a mower that is not running at peak performance. A spring tune-up can help extend your lawn mower’s life and reduce the risk of engine failure.

A Spring Tune-up Is Key—“Homeowners simply want their lawn mower to start when they need it for that first cut of spring, and a simple tune-up can make the difference between a hassle-free start and frustrating trips for service,” said Sysolivia Shaw with the Briggs & Stratton Engine Marketing department.

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

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Prepping a Push Mower—A tune-up for a push mower engine can reduce engine emissions by as much as 30 percent and involves just four easy steps: 1. Changing the mower oil 2. Replacing the air filter 3. Replacing the spark plug 4. Adding fuel preservative to the gasoline.

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

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

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

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

Repairs required because of the use of these unapproved gasoline blends are not covered under the manufacturer’s engine warranty. Look for the “Look Before You Pump” warning logo on new models, or find more information from the Outdoor Power Equipment Institute at www.opiei.org.

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

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

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

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

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

Below is a summary of Mr. Weisshaus’ presenta- tion with student reactions and questions. Mr. Weisshaus’ presentation began with a general context of the Holocaust and how it arrived in Hungary, during the early 1940s, and finished with students asking specific questions. His stories varied, but all showed the grit and determina- tion of someone determined to continue, to push forward, and to survive. He spoke of being brought to a work camp on an island in the Danube River where close to 100,000 men and boys were sitting in the mud for days, all heads down because they knew their fate, and had given up. All trains that left the island going north and west were full; those coming back were empty. By some miracle, described in detail in his book, he speaks of how he and his uncle were saved by his aunt, and he still to this day does not know how she was able to get their release.

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

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

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

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

Change in Town Clerk’s Hours

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

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

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

Salon Central is a full service hair salon for men, women, and children providing haircutting and styling, hair color and foiling, perms, facial waxing, and manicuring.
The TOTAL PACKAGE is exactly that. It is a 5 week program that will contain the following skill weeks that build upon each other each week to create the “Total Package.” This program is being run and taught and staffed with ALL College level players, coaches and trainers! This will be the BEST run camp on the Seacoast this year!

Grades: 6th-10th Grade Boys & Girls

When: July 1st – July 31st Tuesday and Wednesday Times: 3:30 - 6:30 pm

Cost: $150

**Special** $5 per week for “drop ins”

The camp will offer 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 suited for intense. Our excellent & versatile staff creates a great environment. Activites are tailored towards each age group to provide an exciting soccer atmosphere for players of all ages!

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

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

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

Don’t forget your water bottle!

Ages: 6-11

Time: 9:00 am – 11:00 am

Location: Portsmouth High School

Cost: $125.00**

Day Camp

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

Open to all Ages

Dates: July 14-17

Time: 9:00 am – 12:00 pm

Location: Michael P. Malone Recreational Complex

Cost: $60 includes a ball

Min: 10 to run

Contact: Natalie Tilton • singletaxgmail.com

For more information, register online at www.greenlandrec.com

To register for these programs, please visit www.greenlandrec.com
The Friends of the Library Annual Meeting and Potluck Dinner will be held at the Greenland Congregational Church Parish House on Monday, June 9, 6:00 p.m. —this year’s annual meeting and potluck dinner features magic! Bring a dish to share and join Rev. Robert Fellows of Congregational Church will give a brief talk titled, “Library Magic.” An avid bibliophile and longtime follower of the library, Fellows will tell stories, using magical illustrations, about the impact that libraries have on childhood dreams. He will also show a few items from his magic book and Houdiniiana collection.

The Shaker Legacy
Tuesday, June 17, 6:30 p.m.
In their place and two and a half centuries of existence, members of the United Society of Believers in Christ’s Second Appearing, commonly known as Shakers, made ingenious contributions to diverse fields: agriculture, industry, medicine, music, furniture design, women’s rights, spiritual equality, craftsmanship, social and religious thought, and mechanical invention and improvement. Darryl Thompson explores some of these contributions in this illustrated and engaging presentation, and shares some of his personal memories of the Canterbury Shakers.

So Proudly We Hail
July 7–11; 4:00–4:30 p.m.
Determined to serve her country in its darkest hour, Lt. Janet Davidson (Colbert) leads a group of spirited women through the struggles and challenges of War II. Based on a true story, So Proudly We Hail continues the story of women tirelessly treat the wounded despite constant threats to their safety. Hearing stories from real-life heroism. (Amazon) captured in this issue of the Greenland Grapevine.

Movie & Craft
Tuesday, July 22 at 6:30 p.m.
Presented by the York Center for Museum Passes.

Superhero Night
Thursday, July 24 at 6:30 p.m.
Free admission to a Fisher Cat game (Age 18 and under).

Free book from Barnes and Noble (Grades 1–6)

Slimy, Smelly, and Gross: Use Your Senses!
Wednesday, July 23 at 6:30 p.m.
Students entering fifth and sixth grades this fall will be having their own scientific adventures with this program designed just for them. Fun programs are planned for the following Wednesday nights:

Pet Care Night
Tuesday, July 15 at 11:00 a.m. and 6:30 p.m.
Contact the library at 603-436-8548 for more information, or by e-mail at weekspl@comcast.net. As always check our Web site www.weekslibrary.org and our monthly newsletters for the most current listing of events and any changes. As much as we try to plan ahead to provide you with advanced notice of events, things happen beyond our control and events need to be changed. Like us at Facebook http://www.facebook.com/WeeksPublicLi and follow us on http://twitter.com/WeeksPubLib to receive event news and reminders.

Upcoming Events at the Weeks Public Library
By Denise Grimes, Director

**2014 Summer Reading Programs**

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

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

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

**Special events include:**

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

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

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

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

**Summer Reading Program for Students entering Grades 7 and up:** Spark a Reaction—Students going into seventh grade and up are invited to participate in unique events throughout the summer and enter program nights to spark a Spark a Reaction. Prizes are sponsored by the Friends and include gift cards to Game Stop, Target, Barnes & Noble, and Regal Cinemas.

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

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

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

Forms and details for each program are available at the library.

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

**Museum Passes**

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

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

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

**Children’s Summer Reading Program:**

- **Superhero Night, Thursday, July 24 at 6:30 p.m.**
- **Free Stratham Fair admission (Grades K–8)**
- **Free Rye Airfield admission (Age 18 and under)**
- **Free admission to a Fisher Cat game (Age 18 and under)**
- **Free book from Barnes and Noble (Grades 1–6)**

*Forms and details for each program are available at the library.*

Graphic Design Work Done By John Hirtle
Problem-Solving Students Shine!
By Beth Sommers

While no one knows for sure where the next Thomas Edison will come from, Greenland Central School (GCS) students in Grades 1–7 did their part to bring out their inner inventors during our third annual Invention Convention held on Tuesday, February 11, in the MPR. For our fifth-grade students, the convention was the culmination of a six-week STEM (Science, Technology, Engineering, and Math) unit about invention and using the Engineering Design Process to solve an everyday problem.

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

Winning students who get to compete at the state level in March include: Clara Kelley, Geno Vinciguerra, Zoe Robertsson/Zoe Rahn, Danny Bottrell, Skylar Burke, Nolan Pafford, and Jay Wendell/Colin Wohlert. Tied for the “People’s Choice” Award were Geno Vinciguerra and Jay Wendell/Colin Wohlert. Other award winners were: Holden Burke (Original and Unique), Mackenzie Lombardi and Sadie Tomkinson (Environmental), Ethan Avery (Fun and Leisure), Bryce Sturtevant, Ben Dubois, and Camden Francois (Most Marketable), Anna Ricci, Jane Tucker, Madelyn Ricard, and Ryan Prevost (Practical and Useful).

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

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

Notes from Greenland Central School
By Peter Smith, Principal

Our school year is winding down. This year’s challenging winter pushed our calendar back and our last day of school is now Friday, June 20. We will therefore conduct our eighth-grade graduation, promotion, and welcome new students at the beginning of our next school year on Tuesday, July 29.

Our school had a great spring this year. Our students did very well on the New Hampshire Student Assessment, and we are working hard to improve scores even further. We would like to thank all the students who worked hard this year and all the parents and staff who support them.

This year, we have had a number of special events. We have had our usual celebration of the American Heart Association’s Jump Rope for Heart, the collection of donations for the American Cancer Society, and the collection of donations for the American Heart Association through the Jump Rope for Heart program sponsored by our physical education teacher, Ms. Brown. Our school collected over $5,000 for this important charity, and we are grateful to all members of the school community who contributed. The Student Council sponsored a food drive to help the Greenland Food Pantry, and again this year collected an impressive number of donations to help others. Our eighth graders, with the help of staff member and advisor Colleen Soares, also conducted a fundraiser to support the Chief Michael Maloney Memorial Fund.

School Registration

I must again encourage any parent of an incoming kindergarten student to please register their child if they have not already done so. Parents may register by stopping by the school office any school day between the hours of 8 a.m. and 3 p.m.

School Leadership News

For those who have not heard, Mr. Salvador Petralia has been chosen as the new superintendent of SAU 50 to replace the retiring Dr. George Cushing. Mr. Petralia was selected after an extensive search, interview, and site visit process, with input from members of the SAU 50 school community. Mr. Petralia is currently the assistant superintendent in the Wellesley, Massachusetts, public schools, and will take over the helm at SAU 50 on July 1, 2014. Mr. Petralia holds degrees from Boston State College and Northeastern University, and is currently a PhD candidate at Nova Southeastern University. As we welcome Mr. Petralia to our SAU, we bid Dr. Cushing a fond farewell, and wish him the very best in his new role.

The Greenland School Board conducted their annual reorganization at the March meeting. Sandy Tague was elected to serve as chairperson for the coming year, Martha Stone as vice-chairperson, and Pat Walsh as secretary. School board member Ann Mayer continues to serve on the SAU 50 school board, and is the representative to the Portsmouth School Board. The school board members have not yet set their committee assignments as determined at their April meeting. The school board is committed to serving the Greenland community, and will hold elections for the entire community. They welcome questions and comments from constituents at any time.

Other Notes:

I am pleased to remind the Greenland community that the Greenland Central School is accredited by New England Association of Schools and Colleges (NEASC), one of the oldest and most respected school accrediting institutions. School accreditation is required of all secondary schools and colleges, but there are relatively few elementary or K–8 schools that hold themselves to these standards. We are in the midst of our ten-year accreditation cycle, and have just recently submitted our five-year update, in which we were able to report that all recommendations from the 2009 site visit have been completed.

On behalf of the students and staff, I want to thank the following organizations within the Greenland community who helped to make ours another very successful and safe school year: the fire department, police department, recreation department, Greenland Women’s Club, Weeks Public Library, Greenland Grapevine, Jason Hussey Memorial Fund, Thomas Fogarty Memorial Fund, and many individual citizens who contribute in so many ways.

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Graphic Design Work Done By John Hirtle
In February, Mrs. Hett’s class celebrated the birthdays of two great presidents, George Washington and Abraham Lincoln. We learned a lot of facts about each of these presidents. Washington was born on February 22, 1732. He was our first U.S. president. Before becoming president, Washington served as commander-in-chief of the Continental Army during the American Revolution. Washington never actually wanted to be president, but the people voted for him and he won. Lincoln was born on February 12, 1809, and he was our sixteenth president. Lincoln is well known for ending slavery. He is also remembered for the silk top hats that he always wore. Those hats not only made him taller, they were also useful, as he would store important documents in the linings. Both of these presidents had a great impact on shaping our country.

GCS Feeds the Food Pantry
By Elizabeth Molleur, Grade 8

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

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

3-D Letters in Art Class
By Bryanna Augusta, Grade 4

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

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

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

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

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

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

From the Greenland Gazette
GCS Students Celebrate Presidents Washington and Lincoln!
By Clara Kelley, Grade 1

A Time to Grow
By Donna Funeral

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

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

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

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

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

The workshop will be held at Great Bay Community College, Room 122, 320 Corporate Drive in Portsmouth. Each session is $15 per person and is geared for both new and experienced gardeners. Contact Ron Christie at ron.christie@unh.edu or 603-679-5616 to register.

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

Special thanks to the Greenland Grapevine for providing this opportunity! Please visit GGG online at www.greenlandgrapevine.com. Still Wanted: Greenland Grapevine • Summer 2014

Portsmouth Pediatric Dentistry & Orthodontics
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Graphic Design Work Done By John Hirtle
Memorial Day Scenes In Greenland

Greenland Veterans listen attentively during ceremonies at Remembrance Park

Memorial Day Scenes In Greenland

Greenland Police ensured everyone knew the parade was coming

Photos By John Hirtle

Sheila Pratt — Citizen of the Year

Greenland Scouts led the way in the parade

Greenland Central School musicians showed off their talents in the parade

Greenland Volunteer Fire Department on parade

Greenland’s Veterans make their way to Remembrance Park
The National Anthem was performed by Marissa Frizzle and Nicole Genimatas.

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

Kayleigh Vogel recited the poem "The Ultimate Sacrifice".

Wallace Berg of the Greenland Vets was the keynote speaker.

Sheila Pratt organized and officiated at the ceremonies.

Greenland Central School students played "America".

Mrs. Pam Tucker—NH House of Representatives.
To Improve Your Life, Improve Your Food and Sleep
By Charlie Murdach

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

We eat at relatively the same time everyday... maybe we snack... and we can get in a rut when it comes to food choices. With each meal consumed there is a chance we’ll overeat and we eat when we shouldn’t. Food has the amazing ability to heal or destroy it. With more Americans than ever acquiring diabetes, we are slowly killing ourselves.

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

To change your food habits for the better, increase your protein intake on a diet close to bedtime, the natural cold down process will not take place, putting us at risk of low levels of both melanin and growth hormone. Sleep deprivation makes us wake up with higher amounts of the stress hormone cortisol, which fuels appetite and increases muscle repair. Not only does sleep shut down your hormones out of whack, it can also increase the risk of injuries due to decreased balance and postural control. If you suffer anxiety, depression, post-traumatic stress disorder, exhaustion, or if you have a digestive issue such as irritable bowel syndrome, your cortisol levels are high. Not only does this increase your appetite and cravings, it causes a loss of muscle mass, drops libido and bone density, and also contributes to depression and memory loss.

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

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

Charlie Murdach lives and works in Greenland. He is a husband and father to three kids, three cats, and an old dog. He can be reached at worldm84@hotmail.com or www.greenalliance.biz.

Great Bay Stewards Hone Efforts to Reverse Decades-Long Decline of Estuary
By the Green Alliance

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

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

Sadly, the Great Bay Estuary, as an ecosystem, has been in steady decline for the better part of two decades due to increasing pollution from development in the towns and cities that ring the bay. The biggest single current threat to the health of the Bay is nitrogen, which promotes algal growth; algae, in turn, threaten one species vital to the overall health of the Bay—eelgrass.

“The eelgrass is our canary in the coal mine. Algae are growing due to the excess of nitrogen in the estuary,” says Peter Wellenberger, executive director of the Great Bay Stewards (GBS), a voluntary organization with the mission to preserve the Bay’s bees, birds, and bugs, especially the eel grass which “is a living structure to help reduce one of the biggest sources of nitrogen in the Bay.”

GBS will also help homeowners determine whether they need nitrogen and phosphates, or how to reduce the amount of nitrogen, particularly from residential sources,” Wellenberger says. Called Soak Up the Rain Great Bay, it partners GBS with the New Hampshire Department of Environmental Services’ Soak Up the Rain New Hampshire campaign. As the name implies, the goal of Soak Up the Rain is to reduce the amount of pollution carried into waterways by surface runoff.

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

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

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

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

While this level of regulation will seem onerous to some, it’s an important step in saving the Great Bay ecosystem, Wellenberger believes. “If the Soak Up the Rain program is successful, it should have a posi- tive impact on the health of the eelgrass,” he says.

There are two main parts to the GBS approach: the first is education, whether one-on-one, or to groups. “You get visits to farms, schools, or community groups to do programs to educate the public. Part of that is letting people know that a lot of homeowners are doing things right. Many of the GBS offers the “Tide Turner”—a voluntary agreement signed by the property owner or their designee with certain undertakings to preserve the Bay.

“For instance, they agree they won’t wash the car in the driveway, they won’t use detergents containing phosphates, they will use bird feeders, they won’t destroy wetlands, they won’t disrupt water bodies, they will not alter the system,” he explains, “and we give them a plaque for their property. This is a way of using posi- tive reinforcement that is critical because the focus has been on big contributors.”

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

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

“It wasn’t his fault at all. We designed a rain garden and installed it to catch the runoff,” Wellenberger says, adding that the assessment and rain garden installation were at no cost to the homeowner.” Stop- ping that runoff helped prevent lawn fertilizers, herbicides, and pesticides—in the aggregate, these are very big contributors, on par with agriculture— from reaching a waterway that drained into the Bay. GBS will also help homeowners determine whether they need nitrogen and phosphates, or how to reduce the amount of nitrogen, particularly from residential sources,” Wellenberger says. “For instance, they agree they won’t wash the car in the driveway, they won’t use detergents containing phosphates, they will use bird feeders, they won’t disrupt water bodies, they will not alter the system,” he explains, “and we give them a plaque for their property. This is a way of using posi- tive reinforcement that is critical because the focus has been on big contributors.”

The bottom line is that GBS wants to help home- owners and small businesses understand BMPs— best management practices.” Wellenberger says. GBS volunteers will also work with small commer- cial enterprises whose roofs and parking lots face regulation for stormwater runoff. “That’s where our membership in GSA becomes especially important because we can reach out to the small businesses who are members to help them with this process.”

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

Wellenberger notes the Stewards also hope to work with national and state associations of professional homeowners associations, and the like. “We have bigger impacts where a whole bunch of houses are involved and we can work with a neighborhood and come up with a plan—how it gets done. We might, for instance, plant a buffer—and pay for it.”

To learn more about the Great Bay Stewards, please visit www.greatbaystewards.org. For more information about the Green Alliance, visit www.greenalliance.biz.
Kid’s Summer Programs at Great Bay Discovery Center

By Kelle Loughlin

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

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

**Bayventure Highlights:**

- **July 2—Wonders at the Waterfront**
  Join us to discover the thrill of mucking around in Great Bay. Try finding an eel under a rock or seining for juvenile finned. Make a craft to take home.

- **July 16—Oysters Are Awesome!**
  Did you know oysters help to clean Great Bay? Learn how they do this by dissecting an oyster and exploring a nearby oyster bed. Make an oyster ornament to take home.

- **July 23—Who’s Who?**
  People who lobsters, work on research vessels, or patrol the waters all need to know how to get around Great Bay. What does it take to pilot the Bay? We’ll learn basic chart skills and build our own model boats to float.

- **July 30—Mystery on Great Bay**
  Join us for a day of mystery games and activities. If you like surprises, you will be sure to have a super day near Great Bay! Make a mystery craft to take home.

- **August 6—Bumble Bee Watch**
  This is a citizen science project to document bumblebees around Great Bay. These insects play an important role in pollinating the plants around us. What plants do they prefer and how many different species are present? Come find out! Make a fuzzy craft to take home.

- **August 9—Teddy Bear Clinic Set for August 8**
  What's all the buzz about bumblebees? Take part in a tea party for children and their furry guests. Children are invited to bring their favorite stuffed animal friends to the annual Teddy Bear Clinic at the Children’s Museum of NH on Friday, August 8 from 10 a.m.–noon. This event is presented by its long-time sponsor, Portsmouth Regional Hospital.

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

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

  A tea party for children and their furry guests will follow the Teddy Bear Clinic from 12–1:30 p.m. inside the museum. There will be fresh fruit, animal crackers, juice, and water for all.

  All Teddy Bear Clinic and Tea Party activities are included with paid admission to the museum ($5 per person or $25 for all programs) and $4 for seniors, and $3 for children. Call 603-742-2002 for more information.

- **August 20—Sweet Trail Trek**
  Join us for an adventure on the four-mile Sweet Trail. Grab your lunch, backpack, and water bottle and join us near an abandoned railroad bridge on the Sweet Trail that starts near the Great Bay in Newmarket and ends in Durham. We will search for signs of local wildlife, complete a scavenger hunt, and play games along the way. Note: This is an off-site, all-day adventure. There will not be pre- or after-care for this program. Drop-off will be at 9:30 a.m. at the beginning of the trail. Pick-up will be at 3:30 p.m. at the end of the trail. Directions for drop-off and pick-up will be provided at registration.

PRE-CARE AND AFTER-CARE AVAILABLE. Regular camp hours will be from 9:30–3:30. Pre-care will be supervised activities in the Discovery Center from 8:30–9:30 a.m. After-care will be an extension of the Bayventure program and will be on the grounds of the Discovery Center from 3:00–5:00 p.m.

ALL PROGRAMS are for children entering grades one through six in the fall of 2014. Please let us know if you have special needs. We have volunteer health professionals affiliated with Portsmouth Regional Hospital. Your LocaL resource for real estate

Rebecca Patton
Better Homes and Gardens Real Estate
The Masiello Group
79 Congress St., Portsmouth, N.H. 03801
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Second Annual Maker Faire Is Coming

By Heidi Duncanson

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

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

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

In preparation for this year’s Dover Mini Maker Faire, a group of key advisors from New Hampshire and beyond has already been meeting at Portsmouth’s Teddy Bear Clinic at the Children’s Museum of NH and Portsmouth Regional Hospital.

Teddy Bear Clinic at the Children’s Museum of NH

Starts August 8

A tea party for children and their furry guests. Children are invited to bring their favorite stuffed animal friends to the annual Teddy Bear Clinic at the Children’s Museum of NH on Friday, August 8 from 10 a.m.–noon. This event is presented by its long-time sponsor, Portsmouth Regional Hospital.

What do you do when your teddy bear is looking tattered or your stuffed bunny is worse for wear? Well, we’ll learn basic chart skills and build our own model boats to float.

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

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

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

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

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

The Dover Mini Maker Faire is a smaller, community-driven, independently organized Mini Maker Faires now being produced around the United States and the world.

The original Maker Faire event was held in San Mateo CA and in 2012 celebrated its seventh annual show with some 800 makers and 110,000 people in attendance. World Maker Faire New York, the other flagship event, has grown in four years to 500+ makers and 55,000 attendees. Detroit, Kansas City, Newcastle (UK), and Tokyo are the home of "featured" Maker Faires (30+ makers), which are community-driven, independently organized Mini Maker Faires now being produced around the United States and the world.

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

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Greenland Grapevine • Summer 2014

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

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

Here are some of the Adventures we have this summer. Contact Debra Debra for reservations and more information at 603-785-1411, djnwalking@gmail.com, or www.boomerangadventuretrips.com. Email her djnwalking@gmail.com, to sign up for these Day Outings and Adventure Trips that in conjunction with our Day Outing Club meets these goals wonderfully.

- Enhance access and continuity—Ensure that patients can access care easily 24 hours a day and that a team of professionals will coordinate their care
- Identify and manage patient populations—Target specific groups of patients with preventive care reminders, medication information, and educational tools
- Plan and manage care—Provide information about medications and provide a written visit summary with specific care plans for certain diagnoses
- Provide support for self-care and provide community resources—Provide resources to patients both within the practice and in the community
- Track and coordinate care—Track testing results and hospitalizations so that care is coordinated.

Families First, the Seacoast’s community health center, provides primary, prenatal, and oral health care; free parenting classes and family programs; one-on-one support for families facing particular challenges; and mobile health care for people who are homeless. For more information, call 603-422-9208, or visit www.FamiliesFirstSeacoast.org.

Families First Earns National Recognition for Patient-centered Care
by Margie Wachtel

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

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

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

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

- Measure and improve performance—Measure and track data to improve care to patients
- Identify and manage patient populations—Target specific groups of patients with preventive care reminders, medication information, and educational tools
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I was e-mailed a press release about an app called Hula. With Hula, you can “find an STD test center, get your results online, and share your verified STD status.”

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

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

For those who want to know about new apps for kids, Jean Dumais offers articles, tips, guidance, and reviews for parents. For example, when the app Hot or Not was mentioned, she advises parents to take note of its 12+ rating and to be wary of apps rated 12+ that might not be appropriate; the “Hot or Not” app mentioned earlier has a 12+ rating.

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

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

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

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

For older teens
- Spot-check devices and discuss new apps with your teen.
- For those who want to know about new apps without having to extract the device from a teen’s firm grip, you can try an app monitoring service. You can also log in to iTunes with your child’s Apple ID and password, to review purchases which will include paid and free apps.
- Choose any of these actions that seem appropriate to you based on your child and parenting style. But do something; doing nothing is NOT an option!

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

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

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

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

The Vial of LIFE speaks for you when you are unable to speak for yourself.

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

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

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For information, email:
- 3rdAnnualLakesRegionMahJonggTournament@gmail.com

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

For information, email:
- LAKESREGIONMAHJONGGTOURNAMENT@GMAIL.COM

GREENLAND GRAPESINE • Summer 2014
Don't send money. Exhort your parents or grandparents to:

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

Here’s one more thing you can do to help your parents or grandparents avoid financial fraud: If they don’t already work with a trusted, qualified financial professional, introduce them to one.

Parents avoid financial fraud: If they don’t already work with a trusted, qualified financial professional, introduce them to one.

If your parents have a relationship with such a professional, they will be less likely to listen to any questionable, unsolicited offers than if they were trying to manage their finances on their own.

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

GREETINGS once again! This is the last issue before the Legislature goes into break for the summer. We will have finished at the end of May and won’t be back unless for a “special session” to fund the state or override vetoes.

WHAT IS CROSSOVER—Each year the bills from the House and the bills from the Senate must all be sent over to the other body. This is what we call crossover. The good news is we have disposed of every House bill by a certain date—normally the end of March. The tough part is it becomes crunch time that month to vote on every bill before the deadline. This year we met twice a week almost every week in March to get through over 100 bills.

THOMPSON BROOK—You may have not noticed a small tributary to the Great Bay that travels beneath Winniac Road and leads to the bay. The culvert under the road is marked for the most part and in need of some repair. Trout Unlimited has been trying to open up the upstream for more brook trout to be able to travel to the bay and spawn (there aren’t any “salterm” in southeast NH). The obstacle preventing them from going upstream is a culvert on both sides of the road. It is in need of replacement and is a few inches higher than the water level thus prohibiting their upstream movement. Even though the project looks small, there is a great deal of work and research into the things that must be done before the physical activity. Working with Trout Unlimited and the NHD, we hope to have this project moving ahead on this project with the necessary funding to complete it by next summer.

BILLS—We had some interesting bills this year.

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

HB1601 would have required every driver to have car headlights on from sunset to sunrise. Our current law requires headlights on one half hour after and before each point. There was no proof that this law is a cause of accidents or that it was needed. The bill didn’t pass out of the house (ITL 14). This bill relates to charter school enrolments. The House passed a bill that removed the arbitrary set limits on the number of students who could transfer to a charter school. Although the number of public charter schools available will still be limited, the families who need an alternative to the traditional public school will have more options.

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

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

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

ITL stands for “Inexpedient to Legislate;” it means that the bill is killed.—Ed.

Asset Allocation: A Step to Balancing Your Portfolio

As the global markets continue to fluctuate, many investors and their portfolios are feeling the effects. Therefore, a sudden dip or rise in a portfolio may be the perfect time to take a look at how much or what one’s investments are truly diversified and assets are properly allocated among the different asset classes (stocks, bonds, and money market/cash equivalents). Asset allocation and diversification are techniques used to spread out the money from the various risks versus rewards of an investment portfolio. However, neither asset allocation nor diversification can prevent investment losses from ever occurring.

For many investors, investing typically begins with the purchase of a stock, a bond, or a mutual fund. Over time, other investments may be added because many people understand that diversified investing is a good choice for almost any investor in a single investment. However, simply “spreading money around” in various investment vehicles doesn’t necessarily create a properly diversified portfolio.

A sound portfolio management strategy begins with diversification—that is, dividing investments among major asset classes. Since each type of asset class has unique characteristics, they will rarely rise or fall at the same time, or changing somewhat of a buffer in your investment portfolio. An investor can then make finer distinctions within each asset class by combining different assets to better offset the risks and losses within the portfolio, although in no way do they eliminate the risks versus rewards of an investment portfolio. However, neither asset allocation nor diversification can prevent investment losses from ever occurring.

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

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

You may wonder at this point, how much should be invested in each asset class? The short answer is that asset allocation is more a personal process than a strategy based on a set formula. There are guidelines to help establish the general framework of a well-diversified and properly allocated portfolio, but no two portfolios are alike. Keep in mind, a properly allocated and diversified portfolio is a good foundation, but there is no guarantee that an allocated or diversified portfolio will outperform.

Do take into consideration all your assets, e.g., your retirement savings and other investments, when you put together an asset allocation strategy. In terms of risk and tolerance— that way you can ensure that all your assets are working together to help meet your personal and financial objectives throughout all stages of your life.

The foregoing discussion is general in nature and not intended as specific advice. Neither [MelLife/New England Financial] nor its representatives are engaged in rendering tax, accounting, or legal advice. Any advice is general in nature and should be considered regarding the effect of such considerations on the matters contained in this publication.
The Conservation Commission is looking for two people to become new members on the Commission. The Commission provides advice and recommendations to other town Boards on protecting and managing the town's natural resources. We have a new project to build a town walking trail and we are working to expand our outreach to town residents. If you are interested in serving on the Commission and taking an active role, get in touch with the town Board of Selectmen and let them know of your interest.

A Garden For Wildlife: Natural Landscaping For A Better Backyard

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

The Results Are In!

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

Total respondents—149
Total requesting more information—86; 83 provided e-mail contact info
Total offering to “maybe” volunteer—45
Total offering to volunteer—22
Total offering information about a vernal pool and offering a contact number—3

Question 1 Results:

Average weight with 1 being a higher value
Maintain = 3; Work to identify = 2; Improve water = 2.5; Work to protect = 2.9; and Expand = 4
1. Rank the conservation goals below from 1–5 in the order of your cultural beliefs and critical voice—the “shoulds” that were learned, the judgments internalized, the high standards met to feel good about yourself, to feel great about yourself (Carson states this is normal; we all have gremlins as part of our psyches, and they can positively motivate us toward excellence. However, when they unconsciously dominate our thoughts, beliefs, and actions, it becomes a struggle to ever feel good enough.

External stress is a fact of life, but the internal stress we experience can be reduced with a conscious and intentional adjustment. A wonderful book titled “Taming Your Gremlin” by Rick Carson (2003), offers a light- hearted view that is easy to relate to. With humor and insight, he observes the harshly judgmental critical voice that lives inside us, and he even uses the word “gremlin” as another way to describe the internal “judge” or what he calls the “personal moral compass.”

Carson offers simple and enlightening exercises to gain awareness of our gremlins, to “tame” them. He cautions that it is not a battle but a process of acceptance and there is no “winning”; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive expectation that I must be, not as productive or creative as you could be, our “gremlins” pipe up at ordinary moments as well as at major hurdles: when we feel disappointment and shame at mistakes or, when we feel inadequate to meet the challenges of our lives, and there is no “winning”; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive expectation that I must be, not as productive or creative as you could be.

Carson highlights the importance of self-care and self-compassion. He suggests it is about not being critical of yourself, and there is no “winning”; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive expectation that I must be, not as productive or creative as you could be.

When you are hard on yourself, you become intolerant and hard on the people around you. You are not the parent you want to be, not the partner or friend or family member or co-worker you used to be, not as productive or creative as you could be.

The culture is not slowing down. If anything, it is speeding up all around us. Our “gremlins” pipe up at ordinary moments as well as at major hurdles: when we feel disappointment and shame at mistakes or, when we feel inadequate to meet the challenges of our lives, and there is no “winning”; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive expectation that I must be, not as productive or creative as you could be.

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The culture is not slowing down. If anything, it is speeding up all around us. Our “gremlins” pipe up at ordinary moments as well as at major hurdles: when we feel disappointment and shame at mistakes or, when we feel inadequate to meet the challenges of our lives, and there is no “winning”; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive expectation that I must be, not as productive or creative as you could be.

The golden view that is easy to relate to. With humor and insight, he observes the harshly judgmental critical voice that lives inside us, and he even uses the word “gremlin” as another way to describe the internal “judge” or what he calls the “personal moral compass.”

Carson offers simple and enlightening exercises to gain awareness of our gremlins, to “tame” them. He cautions that it is not a battle but a process of acceptance and there is no “winning”; it is a Zen-like process of noticing and accepting what is your stuff, and realizing you have choices in how you think and act. (Case in point: Once I tame the excessive expectation that I must be, not as productive or creative as you could be.

When you are hard on yourself, you become intolerant and hard on the people around you. You are not the parent you want to be, not the partner or friend or family member or co-worker you used to be, not as productive or creative as you could be.
Preserve a Piece Of History
From NAPS Web Site—www.napsnet.com

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

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

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

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

The Project's congressional mandate is to collect, preserve and make accessible the wartime stories of America's veterans who served during World War I, and through the recent conflicts. The database of veterans stories, watch a 15-minute instructional video, and download a field kit, a how-to-record-a-story booklet.

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

Saving Fading Pictures
By John Hirtle

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

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

Old photos need extra attention. Using a flatbed scanner to preserve and scan your old photos, you can again see the image so you know where it was taken. Using a flatbed scanner to preserve and scan your old photos, you can again see the image so you know where it was taken.

Thank You,
Sara MacCorkle
From the Greenland Grapevine Staff

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

When Marie Hussey volunteered to be the Grapevine's advertising representative, and advertising started to bring money in, that's when we finally began to get along. And with Marie working so diligently, the staff was able to deliver a great paper to the residents of Greenland. When Marie left the Grapevine and moved on to other important aspects in her life, she left the Grapevine staff behind. Marie, you have a great sense of humor, and you will be missed. We wish you and your family well in your new venture.

Jason's Run
October 4, 2014

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

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<th>Day</th>
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<tr>
<td>Thursdays, July 10-31</td>
<td>9:30 AM</td>
<td>Families First - Toddler Playtime</td>
<td>Families First Portsmouth</td>
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<tr>
<td>1st &amp; 3rd Thursdays</td>
<td>9:30 AM</td>
<td>Families First - Parent Recharge</td>
<td>Families First, Portsmouth Community Campus</td>
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<td>Thursdays, July 10-31</td>
<td>12:00 - 1:30 PM</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
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<tr>
<td>Fridays</td>
<td>9:30 AM</td>
<td>Families First - Preschool Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
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<td>Fridays</td>
<td>11:00 AM</td>
<td>Friday Morning Group</td>
<td>Weeks Public Library</td>
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<td>Sundays</td>
<td>1:00-5:00 PM</td>
<td>Portsmouth Harbor Open Lighthouse Tours</td>
<td>Route 1B, Newcastle NH</td>
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<td>Saturdays, June 07, 2014</td>
<td>5:30 - 8:30 PM</td>
<td>Sunset Over Portsmouth Auction</td>
<td>Discover Portsmouth Center</td>
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<tr>
<td>Sunday, June 8, 2014</td>
<td>10:00 AM</td>
<td>NHSPCA 23rd Annual Paws Walk</td>
<td>Stratham Hill Park</td>
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<tr>
<td>Monday, June 09, 2014</td>
<td>6:00 PM</td>
<td>Friends of the Library Annual Meeting and Potluck Dinner</td>
<td>Parish House</td>
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<tr>
<td>Thursday, June 12, 2014</td>
<td>14:00-17:00 PM</td>
<td>Reading Carnival</td>
<td>Greenland Central School</td>
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<td>Saturday, June 14</td>
<td>9:00 AM - 4:00 PM</td>
<td>Market Square Day, Portsmouth</td>
<td>Downtown Portsmouth</td>
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<td>Thursday, June 19-22</td>
<td>5:30 PM</td>
<td>Summer Concert: Bel Air Doo Wop</td>
<td>Greenland Bandstand</td>
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<tr>
<td>Saturday, June 26, 2014</td>
<td>9:00 AM - 3:00 PM</td>
<td>New Castle Juried Arts and Crafts Fair</td>
<td>New Castle Congregational Church</td>
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<tr>
<td>Monday, July 28, 2014</td>
<td>6:00 PM</td>
<td>Classic Movie Night--Mars Brothers in Night at the Opera</td>
<td>Weeks Public Library</td>
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<tr>
<td>Saturday, September 01, 2014</td>
<td>5:30 PM</td>
<td>Labor Day Holiday: Library and Town Offices closed</td>
<td>Ocean Blvd. Center of Hampton Beach</td>
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### JUNE
- **Saturday, June 07, 2014**: 5:30 - 8:30 PM, Sunset Over Portsmouth Auction to benefit Seacoast Community School
- **Sunday, June 08, 2014**: 10:00 AM, NHSPCA 23rd Annual Paws Walk
- **Monday, June 09, 2014**: 6:00 PM, Friends of the Library Annual Meeting and Potluck Dinner
- **Wednesday, June 10, 2014**: 7:00 PM, Greenland Fire Department Business Meetings - Volunteers Welcome
- **Thursday, June 11, 2014**: 6:00 PM, Greenland Fire Department Business Meetings - Volunteers Welcome

### JULY
- **Friday, July 04, 2014**: 4th of July Holiday: Library and Town Offices closed
- **Saturday, July 12, 2014**: 6:00 PM, Summer Concert: Jazz Factory Orchestra
- **Saturday, July 19, 2014**: 9:00 AM - 3:00 PM, New Castle Juried Arts and Crafts Fair
- **Monday, July 20, 2014**: 6:00 PM, Classic Movie Night--Mars Brothers in Night at the Opera

### AUGUST
- **Thursday, August 07, 2014**: 5:30 PM, Summer Concert: New Legacy Swing Band
- **Friday, August 08, 2014**: 8:00 - 11:30 AM, Vacation Bible Camp
- **Monday, August 18, 2014**: 6:00 PM, Classic Movie Night--King Kong
- **Thursday, August 21, 2014**: 5:30 PM, Summer Concert: High Range Band
- **Friday, August 22, 2014**: 6:00 PM, Home Garden Workshop Series: Starting Your Harvest
- **Saturday, August 23, 2014**: 12:00 - 2:00 PM, Home Garden Workshop Series: Closing Up Your Garden

### SEPTEMBER
- **October 01, 2014**: 5:30 PM, Labor Day Holiday: Library and Town Offices closed
- **Friday-Sunday, Sept. 5-7 2014**: 25th Annual Hampton Beach Seafood Festival

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**Support The Greenland Grapevine!**

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

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