



BARNSTEAD BANNER

Good News from a Small Town



IN THIS ISSUE

CIVICS 101 WITH KATE

LIBRARY HAPPENINGS

BUSINESS SPOTLIGHT

IF YOU WOULD LIKE TO SUBMIT AN EVENT OR CLASSIFIED FOR THE BARNSTEAD BANNER, PLEASE EMAIL DANIELLE@OSCARFOSS.ORG WITH THE DETAILS.

TO SUBSCRIBE TO THE ONLINE ISSUE OF THE BANNER, GO TO WWW.OSCARFOSS.ORG /THE-BARNSTEAD-BANNER

Liberty, Equality, Frugality!

by Kristina Schram

Somewhere along the way we've been brainwashed by "Big Business" to think we absolutely must buy things we don't need, like fancy buttercream-frosted cupcakes. Business folk are very good at this type of manipulation, and I totally get why we fall for their wily tricks (especially if they tell us fancy buttercream-frosted cupcakes are the secret to life, because that is entirely believable). They're also quite adept at making it seem like we're making our own choices when we're just parroting what somebody else said (e.g., life without fancy buttercream-frosted cupcakes is meaningless). That somebody is very likely someone on their marketing team, who is also very good at picking the right group to share their 'message' with, which gets the group to do the work of passing the marketer's misinformation along, for free. So efficient! (And more than a little bit evil.)

The act of buying coffee drinks, for example, has become symbolic for younger generations as a means of demonstrating how older individuals don't understand today's economy (or anything, really). Older people: "You youngins can save money by not buying those swanky, though admittedly delicious, coffee drinks every day and making your own boring brew like I do." Younger people: "Well, I'm going to be in debt all my life so I might as well enjoy myself while I'm at it, Boomer." I get that sort of thinking—life is short and coffee is sweet—but let's break this logic down. The average cost of making your own coffee is about \$.32 (after your coffee maker is paid for). The average cost of a medium iced coffee at Dunks is about \$2.32 (twice that at Starbucks, and twice that if you add donuts, which you know you will). We'll stick with Dunks because Starbucks is apparently too snooty to build anything around here. A \$2 difference over one year, purchasing 5 drinks a week, equals \$520. Over 10 years, that adds up to \$5200 in savings. Just for making your own coffee. Now imagine if you gave up avocado toast.

Obviously these 'people' telling you that small savings won't do you any good are lying to you. Why? To make you spend more, of course, so they can get rich at your expense. You get your coffee, sure, but they get a private jet with its own award-winning barista. They don't want you to catch on, so savvy marketers have made buying that coffee more than just about treating yourself; they have transformed it into a rebellion against an entire generation.

Boomers don't get it, so I'm going to do the opposite of anything they say. And if I go broke, it's because of what they did, not my own life choices. So there!

While I applaud your rebel spirit, unfortunately the only winner in this is "Big Business." Here's an idea: let's push back against those clever desk monkeys and refuse to let ourselves be manipulated. Saving money (and giving it to Kristina) should be at the top of everyone's list. Second on your list should be making the most of the money you earn (by giving it to Kristina). Third would be finding ways to make your money grow (then passing it along to Kristina). There are a lot of resources (including here at the library) to guide you in all of these areas. (I wrote them all, ha ha! Oh, wait. Forget I said that.)

In sum, think twice before you purchase something. Are you buying it because you need it? Or are you buying it because you're being manipulated? Manipulation can be hard to spot, so be on the alert. You never know who might be trying to take all your hard-earned money so she can buy herself a private jet with its own award-winning barista.

FISH TAILS



Bait & Tackle

OPEN DAILY
6am - 6pm



1045 Beauty Hill Rd
Barnstead, NH
603-545-5808

 @fishtails1



May Library Happenings



Good to Know Info: We are Closed for Staff Training the 2nd Thursday of the month until 3:00PM (5/8). But most importantly, Mother's Day is on May 11!

Fridays @ 10:30AM-12:00PM Home School Group: Join us for a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week.

Thurs. 5/1 & 5/15 @ 3:00-7:00PM Drop-In Shirefest Crafting Days: Join us in the meeting room for an open crafting session and help us get ready for Shirefest. We'll be making decorations, props, and more, to bring the magic of Shirefest to life. All ages welcome—come lend a hand and get a sneak peek at the fun to come!

Wed. 5/7 @ 6:00-7:30PM Meet and Read (18+): Our Meet and Read Book Club takes place on the first Wednesday of the month, in the library. This month's book will be "The Devil in the White City" by Erik Larson. Next month's book will be "West With Giraffes" by Lynda Rutledge. Books are available at the library.

Wed. 5/8 @ 6:30-7:30PM Civics & Snacks - Curious how your town government works? Join us for Civics & Snacks, a casual evening of conversation and pizza as we break down the basics of local government. We'll cover: why local government matters in daily life, how boards and commissions function—and how you can get involved, what public meetings are and how they work, how local officials are elected or appointed, and the importance of transparency and citizen participation. Bring your questions—and your appetite!

Wed. 5/14 @ 10:30AM Early Literacy Fair: There will be stories with a special guest reader, followed by crafts and games. Local community organizations will be available to talk with parents about resources designed to promote literacy in children. You can also sign up for 1000 Books Before Kindergarten!

Fri. 5/16 @ 4:00-6:00PM Bingo for Books Family Event: The entire family is invited to play Bingo! When you get a Bingo, you get a free book. Even if you don't win, you'll still go home with a gift certificate to Sarah's Book Nook (the cool safe in the library where we have our little, and very cheap, 'store' of donated books, DVDs, and video games for sale). Light refreshments will be served.

Tues. 5/20 @ 3:00PM Senior Social Club (65+): Provides activities that foster community and relationship building. The club meets the third Tuesday of the month. Light refreshments will be served.

Wed. 5/21 @ 12:30-3:30PM The OFML Sewcial Club: This club meets the 3rd Wednesday of the month. Bring your sewing or quilting project, along with sewing machines and supplies.

Thurs. 5/22 @ 12:30PM Shirefest Planning Meeting: Are you volunteering or partnering with us for Shirefest? Join us for a collaborative planning meeting where we'll share updates, brainstorm ideas, and coordinate our magical efforts! Whether you're a returning volunteer or just jumping in, your input is welcome and appreciated as we work together to bring this enchanted event to life.

Thurs. 5/22 @ 6:00-7:30PM The Tight-Knit Knitting and Crocheting Circle: Knitters and crocheters come together to work on your projects, discuss any technical difficulties you're having, and support one another. The group meets the fourth Thursday of the month.

Fri. 5/23 @ 6:00-8:00PM Brick Painting: Follow the book brick road at our Brick-Book Painting Party! All ages are welcome. Recreate your favorite book cover on a brick, or create your own book cover for your favorite book. The finished brick-books will be displayed near our new gazebo. Registration is required.

Fri. 5/30 @ 6:30-8:00PM Books & Banter (18+): Come ready for a lively discussion of the last 3 books you have read/are reading. Give the group a brief synopsis of & thoughts on your book so we can discuss.

Fri. 5/30 @ 6:00-7:30PM Let's Write a Novel (16+): A series of structured classes on the how-to's of writing a book. Provides writers with inspiration, structural hints, and constructive feedback on your work.

Sat. 5/31 @ 10:00AM-1:00PM Prom Prep at the Library: Get prom-ready with a little help from our amazing volunteers! Join us in the meeting room for hairstyling, makeup magic, and even a visit with a barber—just in time for the big night. Appointments are 1st come, 1st served. Space is limited, so reserve your spot early!



Local Business Spotlight: Farm to Table - Lorren Joyce Farm's Local Impact

Lorren Joyce Farm, nestled on 25+ acres with 13 acres of open pasture in Center Barnstead, New Hampshire, is far more than a source for natural, local food—it is a heartfelt tribute to the people and values that shaped its founders. Owned and operated by Brian and Amy Matarozzo, the farm is named in honor of Amy's mother, Joyce, and her uncle, Lorren, both of whom have passed away. The name Lorren Joyce is a daily reminder of their legacy.

Amy's passion for farming was sparked in childhood through 4-H and deepened by years working on dairy farms. These experiences instilled in her a commitment to doing things the right way—never taking shortcuts, always prioritizing the health and well-being of her animals. Founded in December 2013 at its first location in Londonderry, NH, Lorren Joyce Farm moved to Barnstead in August 2014, transforming a property that once had only a house and a goat shed into a thriving agricultural hub.

Today, Lorren Joyce Farm specializes in products that reflect this ethos: natural, raw milk and cream from registered Jersey cows (renowned for their rich, high-butterfat milk), pasture-raised beef, farm-fresh eggs, pork, and compost. Amy's herd of Jersey cows is not only the backbone of the farm but also her pride and joy.

Each cow has a name and personality, and even the retired cows live out their days in comfort. "The cows," Amy says, "are my favorite part of farming. I love them. I talk to them and they each have their own personality. I'm better with cows than I am with people".

Amy and Brian's influence extends well beyond their own farm. Both serve as President of the Belknap County Farm Bureau, and Amy is the state coordinator for young farmers with the New Hampshire Farm Bureau. She also serves on the county FSA Board, advocating for local producers and helping to shape the future of agriculture in the region.

For Amy, farming is not just a business—it's a way of life rooted in family, hard work, and a deep love for her animals. Raising her own two boys on the farm, she hopes to pass on these values. Lorren Joyce Farm stands as a testament to the enduring power of family, community, and doing things the right way. Lorren Joyce Farm continues to honor its namesakes—Lorren and Joyce—by nurturing both the land and the community, one bottle of milk and one pasture-raised steak at a time.

Customers are welcome to call 603-499-6060 or stop by the farm to purchase products. You can also visit their website for updates on product availability and farm news, lorrenjoycefarm.com.



CENTER BARNSTEAD
CHRISTIAN CHURCH

Worship Service - Sundays @ 10AM

www.centerbarnsteadcc.org





Public Speaking

Speaking up at public municipal meetings can feel scary, but it's a powerful way to let your elected officials know how you would like them to make decisions. Here are some tips to help overcome the fear and make your voice heard:

1. Prepare in Advance:

- Research the topic you want to address and gather supporting facts or examples.
- Write down your key points so you can refer to them if you feel nervous.
- Try to make sure you stick to one main point or question – what is the one thing you want everyone to understand about your perspective?
- Practice what you want to say out loud, either alone or with a trusted friend or family member.

2. Start Small:

- Attend a few meetings as an observer.
- Read over Meeting Notes! This is a great way to make sure you are up to date on the topic you feel passionate about.
- Try speaking on less controversial topics to get used to public speaking. This is a great way to develop relationships with committee members, and to get comfortable with your own style of speaking.

3. Use Your Own Words:

- Speak authentically and from the heart. People appreciate sincerity and honesty more than polished perfection. It's ok to stumble over words, mess up, or make other mistakes.
- Focus on your message, and not the reactions of people who may disagree with you. It's ok for people to have different points of view.

4. Take It One Step at a Time:

- You don't have to say everything all at once. It's okay to start with a brief comment or question.
- Celebrate each small step toward becoming more comfortable with public speaking.

What is the difference between a public input session, and a discussion during the annual

Town Meeting?

- **Public Input Sessions** are time held aside during every Committee and Board meeting that allows for members of the public to share their thoughts, opinions, and ideas. These sessions are often informal and allow the members of the Committees or Boards to hear feedback from the public while shaping a project, warrant article, budget, or other proposal. The topics are broad, or are issues the public wants to bring forward for future action or discussion.
- **Discussions during annual Meetings:** These are decision-focused dialogue sessions where members of the public, officials, experts, and others provide information with the goal of reaching some kind of decision. The topic is focused only on the decision up for vote at that time and ends once everyone has spoken or someone calls the question so the public can vote on it.

What does it mean when I'm speaking, and someone calls "Point of order!"?

- This means that the person feels that you have left the central point or topic of discussion, or that the Moderator or Chair needs to clarify a meeting rule that isn't being followed.

Does this mean that what I am saying is not important?

- No! What you are saying IS important. It is hard to have a full discussion about a topic in a single meeting. Committee Chairs and Moderators are responsible for making sure the meeting gets things done within the timeframe of the meeting itself. If a speaker tries to address multiple points within a single statement, and some of those points are outside of the decision that is being addressed, the Chair or Moderator's job is to re-direct people so that a decision can be reached in a timely manner.
- Attending meetings and being up to date on an issue is the best way to stay on-topic during a discussion period. However, it's hard to attend meetings. When you can't attend a meeting, reading the Committee or Board's meeting notes can help you. By reading through meeting notes, you can be informed and understand how to make your point clearly and in a way that people will understand.

Barnstead Parks and Recreation Highlights

Swimming Instructor needed for summer swimming lessons – we are looking to hire a swimming instructor for our summer swimming program. Check our website for details and contact us about possible certification assistance if needed.

Beach Attendants are needed for the Barnstead Town Beach– We are actively looking for beach attendants. Check our website for details.

Chuckster's Discount Passes – We will once again be offering discounted passes to Chuckster's. (This offer will be dependent on a minimum amount of participants ordering passes).

Upcoming programs and activities (keep an eye on our website for more info.): Archery; Summer Concert Series; Outdoor Movies; Game Night for Adults; Free Play; and more!

Commission Member Openings

We focus on activities with the motto “Bringing Community Together by Doing Fun Stuff!” There are various openings on the commission, and we are excited to welcome new members. Give us a call or send an email if you would like more information.

Barnstead Garden Club

Interested in getting your hands in the dirt and hanging around some amazing people? Then get involved with the Barnstead Garden Club. The club is very flexible, and anyone is welcome to join. We are seeking donations for plants, manure/compost, loam, rocks fist size or smaller, and flat stones. Donations will be used to brighten the landscape surrounding the Parks & Rec Area near the Oscar Foss Memorial Library. We thrive off of community volunteers and donations, so please reach out to us through our Facebook page (Barnstead Garden Club) or barnsteadgc@yahoo.com if you can lend a hand! We appreciate any help and support and hope you join our team!

Please watch our website (barnsteadnhparks-rec.com) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.

2025 SUMMER CONCERT SERIES

Free concerts - bring a blanket or chair and cash for concessions



6/21 Morgan-Nelson - Country & bluegrass

6/28 North River Music - Americana band, rock, bluegrass & country

7/05 White Dog Duo - 70's music

7/12 Windham Community Band - Selections from Broadway shows, movies, patriotic themes, marches & other popular band pieces



7/19 Wayne Potash - Engaging music & movement for kids

7/26 Visitors Band of NH - Classic Rock & Country

8/9 Heron Bluegrass Co. - Folk, old-time & bluegrass

8/16 SaxxRoxx - 60's-90's Classic rock & pop

8/23 Christine Bonoli - Classics, folk & rock



Saturday's from 6-8pm
on the Barnstead Parade Grounds,
1 Parade Circle



**Barnstead Historical Society:
Center Barnstead Cemetery**

The Center Barnstead Cemetery, located behind Fire Station 2, is one of Barnstead's older cemeteries, with stones dating back to the early 1800s. The cemetery boasts a unique three- tiered design.

Family names include Foss, Huntress, Shackford, and Nutter. Here you will find the final resting place of Oscar and Sarah Foss, benefactor of the town's library, and their young daughter Inez. You will also find the sad tale of James Davis.

James was born in Barnstead in 1835. In 1861 he enlisted in the Union Army at the age of 26. He was wounded, captured by the Confederate Army of Florida in 1864, and escaped in that same year. He died at the age of 81 in 1921. He was returned to Barnstead and was placed in the vault for future burial. For unknown reasons, perhaps lack of family, he was sadly forgotten and left in the vault until he was discovered in 1977 when he was finally properly buried.

Business Cards • Forms • Business Checks • Brochures
Color Copies • Stationery • Graphic Design • Magnets
Programs • Raffle Tickets • Rubber Stamps
Wedding Invitations and Accessories • Bookmarks

Full Color: Cards • Brochures • Flyers • Labels • Postcards
Customized Promotional Items • Banners • Yard Signs

GRANITE IMAGE

940 Suncook Valley Hwy • PO Box 683

Epsom, NH 03234 • 603-736-6056

print@granite-image.com • www.granite-image.com

BE THE CHURCH

Protect the environment. Care for the poor.

Forgive often. Reject racism.

Fight for the powerless.

Share earthy and spiritual resources.

Embrace diversity. Love God. Enjoy this life.

**CONGREGATIONAL CHURCH
OF NORTH BARNSTEAD - UCC**

504 N. Barnstead Rd. Center. Barnstead, NH

— ccnorthbarnstead.com —

**Worship with us in-person
or join on Zoom at 10am**



There is Help for Your Emotional Wellbeing!

Lakes Region Mental Health Center (LRMHC) is the Community Mental Health Center for Barnstead. In the past year LRMHC provided services to 70 Barnstead residents, 17 were children and youth; 44 adults and 9 seniors.

LRMHC provides services for people with mental illness and their families. They offer counseling and psychotherapy for seniors, adults and children and their family. They offer ongoing and emergency counseling services, as well as substance misuse treatment.

Referral, Education, and Assistance Program (REAP) is for NH residents 60 years old or older, residents of a NH Senior Housing site, or caregivers or family members of an older adult living in NH.

Call: 603-524-1100

Web: www.lrmhc.org

LRMHC offers 24/7 Emergency and a Mobile Health Crisis Response Team. This can be accessed by calling 833-710-6477.



OVER 60 AREA ARTISANS - ALL NH MADE PRODUCTS

1009 Upper City Rd, Pittsfield, NH

(Just off Route 28)

603-507-2378

Wed - Sat 10 am - 5 pm

Sun 1 pm - 5 pm

Facebook - page: [sugarslocal](https://www.facebook.com/sugarslocal) or visit the Barnstead
Business Uncensored group for updates!

JEANNIE'S RECIPE CORNER

PINEAPPLE CHICKEN SALAD SANDWICHES

- 2 cups cubed chicken breast
- ½ cup crushed pineapple, drained
- ¼ cup chopped pecans
- ¼ cup chopped celery
- 2 tbsp finely chopped onion
- ½ cup mayonnaise
- ¼ tsp onion salt
- ¼ tsp garlic salt or powder
- ¼ tsp paprika
- 6 lettuce leaves
- 6 sandwich rolls, split

Instructions:

In a small bowl, combine the first six ingredients. In a separate bowl, mix the mayonnaise, onion salt, garlic powder, and paprika. Add this to the chicken mixture and stir until well combined. Serve on lettuce-lined rolls.

Serves: 6

Pair with your favorite potato chips and a handful of colorful grapes.

Short on time? Use a rotisserie chicken, or ask the deli to cut a thick slice of cooked chicken breast sandwich meat for you to dice at home.

It's light, easy to make, and delicious!

MANDARIN ORANGE AND BANANA PUDDING

- 2 pkg instant vanilla pudding
- 15 oz can of mandarin oranges (drained)
- 2-3 bananas, sliced
- 1 pint heavy cream, whipped

Instructions:

Prepare the pudding according to the package directions. Let it sit until it begins to thicken, then stir in the mandarin oranges. Refrigerate until fully chilled.

Before serving, add the sliced bananas and whipped cream, and gently fold them into the pudding.

(I like to save a little whipped cream to dollop on top, along with a slice of banana or a piece of mandarin orange for a pretty finish.)

Enjoy, and Happy Mother's Day!

~ Jeannie



Community Events

BES PTO Meeting 5/8 at 6:30PM at Barnstead Elementary School.

Board of Selectmen Meeting is weekly on Tuesdays starting at 6PM.

Alcoholics Anonymous meetings are held Tuesday evenings at 7 PM at the Center Barnstead Christian Church.

Open House at Parade Fire Station. Chief Poulin and the Barnstead Firefighters/Medics are excited to welcome residents to an Open House at Fire Station 1 on Parade Road!

Come tour the station and see the new Tower Ladder. It's a great opportunity for the whole family to learn about fire safety, explore the trucks, and get to know the dedicated team keeping Barnstead safe. Event is 1PM - 3PM

BES Band and Choral Spring Concert is on 5/13 at 6:30PM

JMA School Board Meeting 5/20 at 6:00 PM at Prospect Mountain High School.

BES School Board Meeting 5/21 at 6:00 PM at Barnstead Elementary School.

PMHS Mattress Sale Fundraiser is on 5/18 at 10AM

LRCS Caregivers Meeting is at the Back Door Grill on 5/14 at 1 PM

The Alton Home & Garden Show is a yearly event started to bring the community together and bring local businesses to the spotlight. The event allows local businesses of any size to claim a spot and show off their products and services, and people can come through and explore all of the options they have that they didn't even know were right in their town the whole time. Event starts at 10AM at PMHS.

Prom Walk at Prospect Mountain High School starting at 3PM.

**BARNSTEAD PARADE
CONGREGATIONAL
CHURCH**



**Worship Service 9:00 A.M.
Rev. Sandy Pierson—483-2846**

