



# BARNSTEAD BANNER

Good News from a Small Town

## Big River Recreation Area: Barnstead's Poorest-Kept Secret

Kate Crary

One of the best parts of living in Barnstead for so long is that you get a sense of just how many incredible outdoor recreation areas we have access to. In my opinion, one of the best (and maybe the most under-rated) is the Big River Recreation Area next to Oscar Foss Memorial Library.

Most people know this area as the "ice rink" place, a great winter spot for skating and hockey. Big River Rec Area offers so much more in the warmer months. Next to the skating rink are the amenities most people know about – a full size basketball court and playground area. This year, Parks and Recreation installed new basketball hoops, and the playground area has some picnic tables and benches, ready for spectators.

Behind the basketball court is a boat launch, perfect for kayaks. I love kayaking down Big River. The fishing is excellent if you're looking to land a bass, trout, bluegill, or pickerel. I caught my largest pickerel a few hundred yards from the boat launch, and I've seen ducks, deer, turtles, and mink- it's a beautiful spot to do some wildlife gazing.

A few feet past the boat launch is a wonderful nature trail. Its wide, well maintained by the Boy Scouts in the area, and leads to a beautiful picnic area at the top of a hill – complete with charcoal BBQ grills, picnic tables and nestled in an old pine grove. Shady and cool, the nature trail is the perfect length for younger kids and makes for a great quick snowshoe trail in winter.

Across from the skating rink is a target range for archery – fabulous targets set up and maintained by the local 4-H chapter, and open for use. Backed by a hill, the range is incredibly safe and far from the other amenities in Big River Recreation Area.

Big River Recreation is a wonderful, multi-use area, where families can come and spend time outdoors. I hope to see you down there, reading a book, taking a paddle, playing some pickup basketball, or relaxing around one of Barnstead's best public spaces.



## Farmer's Market News

### Restarting an Old Farm in Barnstead: The Fox and Crow Farm

In June 2015 Erin and Jared purchased their first home together right here in Barnstead, NH. They didn't know much about the property other than it was 100 acres with a house, an old run down dairy barn and an old cemetery. They didn't know much about the town either. One thing that was certain was that every time they would put the address in the GPS to get to the property it would take them to the old Barton's Lumber in Gilmanston. They had to use the exact coordinates to get around.

The house was a bit of a fixer-upper, which was no big issue for Jared since he happens to be a carpenter. The barn, on the other hand, was just too far gone for repairs and had to be taken down. (Many of the salvaged pieces of the barn have been built into the house or used onsite.) Slowly the process of rebuilding began.

Erin wanted to learn more about the property and the farming that went on there, so she started with the cemetery and an old book she found in the basement entitled *The History of Barnstead* by Jeremiah Peabody Jewett. She created an ancestry.com account to learn more about the people buried on the property. They were inspired to rebuild the property as a fully functional farm.

The farm, now The Fox and Crow Farm, might not be the same large dairy farm it was back in its heyday but it is still the same originally deeded 100 acres. They built an off-grid cabin in the wood, much like the trappers' cabins would have looked for the hunters and trappers that inhabited this area. With a newly built barn for their horses, they also raise hogs, chickens, turkeys and ducks.



You can learn more about the farm by visiting [www.thefoxandcrowfarm.com](http://www.thefoxandcrowfarm.com). Their farm store is open Friday-Sundays from 2-7 p.m. You can shop online or make an appointment. You can also find them on Facebook and Instagram @foxandcrowfarm



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**Welcome to the  
Barnstead Banner!**

The Banner is produced at the Oscar Foss Memorial Library by a team of dedicated volunteers.

If you would like to submit an article, event or classified to the banner, or if you are interested in advertising with us, please email [danielle@oscarfoss.org](mailto:danielle@oscarfoss.org).

You can find more information online at [www.oscarfoss.org/the-barnstead-banner](http://www.oscarfoss.org/the-barnstead-banner)

## Barnstead Historical Society

An excerpt from "History and Genealogy of Barnstead's Early Families from 1727 to 1970:

*[SIC] The early Barnstead pioneers came from Durham, Dover, Newington, Portsmouth, Newington and Madbury to name a few of the towns. They came on foot at first following spotted trees through the wilderness. In 1760, they built the Province Road. They built log cabins at first and later framed homes. They cleared 1 acre at a time, always on the alert for Indians and wild animals. They had very hard winters and was short of food. They didnt have many doctors then. They built Saw mills, Grist mills and Tanneries. In early 1800 there was 26 mills in Barnstead. In the early 1800 they started their churches and their schools. In 1839 there were 18 schools. We have 130 cemeteries in Barnstead, almost all of them are little family plots. From 1750 to 1865 the men had to fight in 4 wars. The women were left to run the farm.*

Copyright, 1970  
Stuart Merrill

Stuart "Twink" Merrill was a founding member of the Barnstead Historical Society, an elected member of the Trustees of the Trust Fund, 40-year veteran of NH Fish and Game, as well as Barnstead's own version of Ancestry.com long before Ancestry.com existed. His dedication to the history of Barnstead was legendary.

The Historical Society is pleased to announce that a granite bench will be placed in front of the "Tramp House" (you know, the funny little white building located between the Center Fire Department and the Town Hall) in his memory. Look for an announcement in The Baysider of a dedication ceremony sometime in September which will include the date and time.

### Barnstead Historical Society Meetings

The Barnstead Historical Society has recently become aware that, through various social media postings, its members and the public aren't aware of when the Society meets. To clarify this, we are providing the following information:

Due to the COVID-19 state of emergency, the Society did not meet in 2020 or in June of 2021. Meeting cancellations were mailed to members in these instances. In addition, there were no special events during this time.

The Historical Society meets four times a year in April, June, August, and October, on the last Thursday of the month at 7 p.m. in the Town Hall. Meetings are always publicized in The Baysider and on the town's website at [www.barnstead.org](http://www.barnstead.org). When a new member joins the Society, they are provided with a membership card and information on when the Society meets. With the ever-increasing cost of postage, we do not typically send out meeting notices. We do not have an email distribution system as many of our members do not have email.

We are a very small group, with dedicated members and do our best to preserve the history of Barnstead. With help of the staff at the town office, many artifacts have been saved from an avoidable trip to the dump, and were instead added to our collection. If you find yourself with items that you think might be of interest to us, please keep us in mind.

## Library Corner

### NEW BOOKS COMING IN SEPTEMBER!

- Poet Warrior by Joy Harjo
- Under the Whispering Door by T.J. Klune
- The Madwoman's Ball by Victoria Mas
- Apples Never Fall by Liane Moriarty
- The Last Graduate by Naomi Novik
- The Man Who Died Twice by Richard Osman
- Fuzz by Mary Roach
- Forgotten in Death by J.D. Robb
- The Wish by Nicholas Sparks
- Miss Kopp Investigates by Amy Stewart
- Creepy Cross stitch by Amy Swearingan
- Black Ice by Brad Thor
- The Last House on Needless Street by Catriona Ward
- Harlem Shuffle by Colson Whitehead
- She Kills Me by Jennifer Wright
- The Disney Princess Cookbook
- Creative Acts for Curious People by Sarah Stein Greenberg
- Murder by the Bookend by Laura Gail Black

Oscar Foss Memorial Library's Teen Advisory Board is set to meet Thursday, September 23rd at 4 p.m. in the Meeting Room at OFML. Melissa Stowell, Teen Programming Coordinator, serves as mentor to this group.

The purpose of the Advisory Board is to encourage young adults (ages 12-18) in the community to come together and work toward planning interesting and relevant young adult programs at the library. Group members will get to have a say in what they would like to see and do! Returning members and newcomers are all welcome! This is an excellent opportunity to learn and develop leadership skills by helping run programs, choosing books for the young adult collection, and building marketing skills by contributing to the Library Instagram page.

Participants will receive community service hours for attendance and for any additional volunteer time. Fun crafts, snacks, and music are always provided.

So come join us, bring your friends, and contribute to the community in a fun and friendly environment!

## Molasses Sugar Cookies

If you have had the pleasure of enjoying our library trustee Linda Nelson's molasses sugar cookies at one of our events or bake sales, you know why we are SO EXCITED she is sharing her recipe here!

**Yield: 3 dozen +**

**Ingredients:**  $\frac{3}{4}$  cup shortening - 2 cups sifted flour  
 1 cup sugar -  $\frac{1}{2}$  tsp. cloves  
 $\frac{1}{4}$  cup molasses -  $\frac{1}{2}$  tsp. ginger  
 1 egg - 1 tsp. cinnamon  
 2 tsps. Baking soda -  $\frac{1}{2}$  tsp. salt

Melt shortening, and let cool. Add sugar, molasses and egg. Beat well. Add flour, soda, cloves, ginger, cinnamon and salt. Beat until smooth.

Set in bowl and chill for at least 60 minutes.

Make into balls and roll in sugar.

Place on baking sheet and bake at 375 for 8 - 10 minutes.

Cool on sheet and then on racks. Enjoy!

## Oscar Talks - Sharing Knowledge Via Experts in Our Local Community

Oscar Foss Memorial Library has started a new adventure: Oscar Talks! This program looks to disseminate information on a broad spectrum of topics and skills found right here in our community. On August 5th we had our first speaker – Gordon Unzen, a Prospect Mountain High School and UNH Alumnus, who talked about “Artificial Intelligence and the Future of Humanity.” His presentation on the latest advances in AI was entertaining, enlightening, and a little bit frightening. He started off his talk by explaining that the music he’d been playing while we were waiting to begin had been created entirely by AI. It was actually quite good, which challenges the argument that only humans can create art. We learned about quantum crystals and how they may be the answer to accelerating AI development. We also learned how that could be a scary thing when we don’t have much of a guide on how to manage a ‘being’ potentially way smarter than we are. Gordon ended the talk with a note of optimism: If we figure out our parameters now, we’ll have a better chance of being able to use AI as a tool, and hopefully avoid ending up enslaved by despotic robots.

So what’s next for Oscar Talks? Well, that’s up to you! To make Oscar Talks a success, we need you – the good people of Barnstead – to share your talents! Your talk can either be formal (like Gordon’s; he did a PowerPoint presentation) or informal (chairs in a circle), but it should definitely be on something you know and are passionate about: gardening, computer safety, birds, gaming, finances, getting organized, cars, hiking, chocolate, Ewoks, fashion, and so on.

Oscar Talks is a volunteer endeavor. It is about bringing our community together, learning new things from each other, and sharing what we know with all generations. If you want to build your resume, need to practice your public speaking, or simply would love to share your expertise, let me know. I can be reached at [Kristina@oscarfoss.org](mailto:Kristina@oscarfoss.org). I look forward to hearing from you!





# SCHOOL NEWS



## **Barnstead's Summer Program Helps Students Build Connections, Expand on Learning**

Superintendent Tim Broadrick is pleased to share the success of the Barnstead School District's summer program.

More than 200 Barnstead Elementary School students participated in at least one week of the four-week program, which ended on July 29. The program was open to all Barnstead students who attended preschool through Grade 7 in the past school year.

The summer program combined fun and learning with the goals of increasing social-emotional connections, addressing learning gaps, and preparing students for the school year ahead. Activities were designed to be inclusive for students with special needs and those who required additional educational assistance.

"The best part of the summer program was hearing one of our teachers say during lunch, 'I don't know who this was better for, us or the students. I'm having so much fun with them,'" Director of Student Services Allyson Vignola said. "The very best learning happens when teachers are jazzed up about what they're teaching. It's infectious."

Students selected activities appropriate for their age group: 3D printing, geocaching, model rocketry, horsemanship, pottery, a cooking challenge, outdoor adventures (hiking and fishing), photography, "Sensational Science," art, and a cooking class using ingredients students gathered from local farms.

Students were supported by 28 teachers and paraeducators, plus staff from the Barnstead Adventure Zone after-school program, as well as by Salty Dog Pottery and Serenity Stables.

"This has been an outstanding program for our staff and students," Barnstead Elementary School Principal Tim Rice said. "After 16 months of COVID-19 restrictions, isolation, and educating through technology, it was amazing to meet in-person and combine academic skill work with hands-on projects and experiential learning."

"I was completely impressed with the program this summer. This has been so welcome after such a long time without school as we knew it," parent Krystle Day said. "This has just been so good for my son, and I'm sure others, for social emotional well-being."

Superintendent Broadrick congratulated teachers and staff members who organized the program.

"This past school year was extremely challenging for everyone. It was clear that the summer program needed to focus on educational activities that helped students reconnect with their peers," Superintendent Broadrick said. "Our faculty and staff rose to the occasion. Due to their hard work and dedication, our students will be fully prepared for the new school year when classes start."

**KACHUMBER - COOL AS A CUCUMBER!**

Cucumbers have been "cool" for over 4,000 years. As far as we know, cucumbers first appeared in India before spreading like the vines they grow on, to Greece, Europe, China, and eventually "The New World." Cucumbers are currently the 3rd most popular vegetable on the planet, according to The World Atlas!

The Roman Emperor Tiberius is said to have ordered cucumbers be served on his table every day! To meet this demand Roman gardeners developed an early form of what we now call "cold frames" or greenhouses. The frames, covered in translucent panes of silicates, were portable and could easily be shifted to help increase the cucumbers' exposure to the moving sun.

Did you know besides tasty eating, cucumbers are good for a hangover? Cucumbers are 95% water and contain B vitamins, Iron, Magnesium, and other nutrients to help replenish the body from your night out on the town.

Love garlic, but forgot your gum or breath mints? Ask for some cucumber slices and hold one to the roof of your mouth for about half a minute. The phytochemicals in the cucumber will help destroy your bad breath!

For more information about the amazing cucumber check out: <http://www.vegetablefacts.net/vegetable-history/history-of-cucumbers/>

<https://ipm.missouri.edu/meg/2014/3/Cucumber-A-Brief-History/>

<https://spoonuniversity.com/lifestyle/10-things-know-cucumbers>

In honor of the cucumber's Indian origins, here is a recipe for Indian Summer Kuchumber. This is basically a chopped and seasoned salad. Like any recipe, adding or subtracting what you have or don't like is simple, and any recipe such as Kuchumber will have regional variations. So don't feel like you have to follow this, or any recipe, exactly. Unless, of course, you are baking. That stuff is science!

**Indian Summer Kuchumber**

- 2 Medium cucumbers – chopped small
- 2 Medium tomatoes – chopped small
- 1 Small purple onion – chopped small
- 1 Cup savoy cabbage – chopped small
- 1 Green bell pepper – chopped small
- 1 Cup carrot – shredded

**SEASONING**

- Juice of 1/2 of a fresh lemon
  - 1/2 teaspoon Salt – or more to taste
  - 1/4 teaspoon Black Pepper – or more to taste
  - 1/4 teaspoon Cumin powder
  - 1/8 teaspoon Red chili powder - optional
  - 1/4 teaspoon Chaat Masala\* – optional – if using skip Red chili powder
  - 1 Tablespoon finely chopped mint leaves – optional
- Christine & BeccaRose Wenzel

In a large bowl combine all the chopped and shredded vegetables, plus the seasonings - EXCEPT SALT! DO NOT add salt to the salad until you are ready to serve. Salt will cause the vegetables to start releasing water, and no one likes a soggy salad! Feel free to experiment with other vegetables, spices and their quantities! I think shredded radishes and beet root would be nice.

\*Chaat Masala is a mix of amchoor (dried mango powder), cumin, coriander, dried ginger, black pepper, asafoetida (powered gum resin extracted from Furula plants), salt, and chili powder.

If you are interested in "shopping local," for chaat masala 'Concord Mart' in Concord, NH carries many different international foods and spices.

**APANE SALAAD KA AAND LENI!  
ENJOY YOUR SALAD!**





## **BARNSTEAD CUB SCOUT & TROOP HAPPENINGS**

Barnstead Scouts do not have regular meetings through the summer BUT that does not mean that we are not busy.

The first week of summer vacation our cub scouts went for a week of summer camp at Camp Carpenter in Manchester. Mr. and Mrs. Minot and Mr. McLain accompanied them. Lots of fun, activities and food!

The Barnstead Scout Troop (older scouts) went to summer camp at Camp Hinds in Maine for a week with Mr. Williams and Ms. Sharp. The scouts worked on individual merit badges and were involved in a number of group activities. Great time was had by all!

We also started a fundraiser by setting up a table at the Barnstead Farmers Market. Every Saturday we sell Campfire Wood and Firestarters (Go figure ... Scouts + Campfires). We also added cold water when we noticed it was really hot and no other vendors carried water. All of the proceeds go to the scouts who come sell during the summer to pay their dues. Come visit us!

There are summer activities planned for each month. July was s'mores night. We had a FIRE and FUN. Only the Pack attended as the Troop was at summer camp. Our next activity is in August and we are going fishing! The last activity is a recruitment event. We will be at School Open House with some fun things. Look for us there!!

If anyone is interested in or just thinking about scouting contact Doris Williams [atmommydoris@metrocast.net](mailto:atmommydoris@metrocast.net) or call 603-435-7054 or just come to the Barnstead Farmers Market on any Saturday from 9-1. You can join at anytime during the year.

## **Town Clerk Tax Collector News**

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### ***Exciting News!! We are now online!!***

Explore our new website and discover our new conveniences. We began using E-Reg. in July. You can now register your motor vehicles and dogs online as well as get estimates on how much your "new" car will cost to register!

The new renewal notices will now have a unique pin # on them, if you decide to use the on-line option be advised there are fees associated with this option.

Please be advised that our offices will be closed September 8, 9, and 10, as well as October 13, 14, and 15. These are the dates of our annual conferences for the Town Clerk and Tax Collectors Association. Since our spring conferences were canceled the last two years, and our conference was canceled last fall, we feel that it is important for us to attend the conference for all three days.

Please plan accordingly, Jessie, Mary and Melissa



## Community Events

Story Time at Oscar Foss Memorial Library - Every Wednesday at 10:30am - Join us for stories, songs, dancing and crafts! Ages up to 5yrs.

Yoga at the Library - Beginner Yoga every Tuesday at 4:15PM, Intermediate Yoga every Tuesday at 5:30PM, Senior Yoga every Friday at 3:00PM

ProCRAFTinator's Meeting - 9/9 at 6:00PM bring your unfinished craft projects to the library to work on them in a group! The library has a Cricut, printer, 3D printer and other craft supplies available you to use.

Family Movie Night at the Library - 9/10 at 6:00PM we will be showing "A Secret Garden". All are welcome and light refreshments will be served.

Teen Advisory Board Meeting - 9/23 at 4:00PM at Oscar Foss Memorial Library

Time Out! Coffee and Connections for Parents and Guardians hosted by Oscar Foss Memorial Library on the third Wednesday of each month at 1:00PM beginning 9/15. Meet up with other parents just before pickup for coffee and refreshments. Collaborate n car pools, play dates or just chat!

Library After School Club - Third Friday of the month beginning 9/17 at 4:00PM kids 10+ can take the bus to the library to have a snack and enjoy crafts and activities with Jerissa!

Bad Art Night - Oscar Foss Memorial Library at 6:00PM - Come prepared to show us your WORST art skills. We will provide the snacks and supplies. Art will be on display at the library so the community can choose the "baddest" art to win!

September is Vouchers for Veterans at the Farmer's Market!

9/4 is Yard Sale day at the Farmer's Market with musical guest Philip Reilly

9/11 is Articulture Day at the Market with musical guest Wayne Santos

9/25 is Fall Festival at the Market with musical guest Accoustic Tandem/Dave Hoffman

The Farmer's Market is held on Saturdays from 9AM - 1PM

The Fox and Crow Farm at 948 Province Road, Barnstead NH, will be hosting Christmas in September 9/18 from 3-6PM. Custom engraving on wood and leather ornaments for the holiday season. Come get a head start on your holiday gift ideas!

Barnstead Elementary School's first day of the school year is 9/1. You can find details and information about lunch and bus schedules on their website at [www.mybes.org](http://www.mybes.org)

Prospect Mountain High School classes begin 9/2 for all students. More details and information about required forms, bus routes and lunch can be found on their website at [pmschool.com](http://pmschool.com)

If you would like to submit an event or classified for the Barnstead Banner, please email [danielle@oscarfoss.org](mailto:danielle@oscarfoss.org) with the details.

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