



BARNSTEAD BANNER

Good News from a Small Town

Local Resources for Barnstead Seniors

It has been a long and isolating time for seniors since the COVID pandemic began. Things have improved recently, but many remain cautious about getting out and about. Add to that, after a beautiful fall, cooler weather is making itself known and outdoor activities are becoming fewer. Before we head back into hibernation, now is a good time to make sure you know what senior services you have access to, along with their contact information.

We may not have our own Senior Center here in town, but two of our neighboring towns provide services to Barnstead seniors. Both the Senior Centers in Alton and in Pittsfield have reopened and welcome our seniors to their programs. Currently, the Pittsfield Center is in transition while looking to move to a new home. However, during this time, the Meals on Wheels Program will continue to deliver to Barnstead residents. Pittsfield offers one on-site meal a week, which will be served at their temporary home (The Pittsfield Youth Workshop building - 5 Park Street), and two days of takeout meals. The Alton Senior Center at 7 Pearson Road is serving lunch four days a week and breakfast only on Tuesdays, and provides takeout lunches two days a week. Alton also offers a variety of fun activities, including art and photography classes, sewing and knitting, exercise and yoga classes, and games.

The Pittsfield Center holds a Senior Health Clinic each month, and the Alton Center offers free Blood Pressure Screening and Foot Care clinics. If transportation is an issue, there is a bus to get you to these two Senior Centers. One day a week, transportation is also available to Concord, Tilton, or Rochester. Be sure to contact the centers for more information. Carol is the manager at the Pittsfield Center and her number is 603-435-8482, or you can email her at cschiferle@bm-cap.org. Natasha is the manager at the Alton Center and her number is 603-875-7102. Natasha's email is nlapointe@bm-cap.org.

ServiceLink is the statewide network of community-based connections for elders, adults with disabilities, and their families. Right now Medicare's Annual Open Enrollment season is going on - they are your Medicare experts, so take advantage of them. You can contact ServiceLink toll-free at 1-866-634-9412.

No matter your age, our best resource in town is the Oscar Foss Memorial Library (located at 111 S. Barnstead Road and can be reached at 603-269-3900). OFML currently offers yoga classes for seniors and will help you not only with checking out books, either in print or on audiotape, but movies and magazines, too. They even have a telescope you can check out! The library offers printing, copying, and faxing services for a small fee, and there are two computers free for public use. The library also continues to offer adult programming on a variety of topics, ranging from fun crafts and storytelling around the fire to learning about ways to reduce anxiety or better handle your finances. The library will also deliver books to homebound seniors upon request. Library cards are free to residents and only require your presence and proof of Barnstead residence (e.g., a current driver's license or a bill with your name and address on it).

Our community has many resources to help people out, and who truly want to be of service, so be sure to make use of them!

Ethel McConaghy



Library Corner

NEW BOOKS COMING IN NOVEMBER!

- Go Tell the Bees That I Am Gone by Dianna Gabaldon
- And Bloom by Mitchell Beazley
- Atlas of the Heart by Brene Brown
- Happiness for Beginners by Katherine Center
- You Feel it Just Below the Ribs by Jeffrey Cranor
- All of Us Villains by Amanda Foody
- Knitting with Disney by Tanis Gray
- The God of Lost Words by A. J. Hackwith
- The Dictionary of Obscure Sorrows by John Koenig
- Chouette by Claire Oshetsky
- Pony by R. J. Palacio
- Beautiful World, Where Are You by Sally Rooney
- The Making of the Bible by Konrad Schmid
- Lore Olympus by Rachel Smythe
- The Sisters Sweet by Elizabeth Weiss
- The Sentence by Louise Erdrich



BECOME AN OFML TEEN ADVISOR

Our teen advisory group had a very productive October!

On 10/14 our teen advisors put on their costumes and prepared to haunt OFML. The Haunted Library was a great success, with two event times, an early one for younger kids, and an older, scarier version for teens.

Then on 10/22 the teen advisors sponsored a Library Lock-in. Teens 14 and up were invited to hang out at the library after hours from 7:30PM-11PM and play flashlight tag, eat pizza and tell spooky stories.

The OFML Teen Advisory Group meets the fourth Thursday of each month at 4PM. The group volunteers, helps Melissa, our teen librarian, develops programs and earns community service. All Prospect Mountain Students age 14 and up are welcome to join! Contact Melissa at ofmlstaff@gmail.com.



Barnstead Historical Society

HISTORY OF THE OLD TRAMP HOUSE

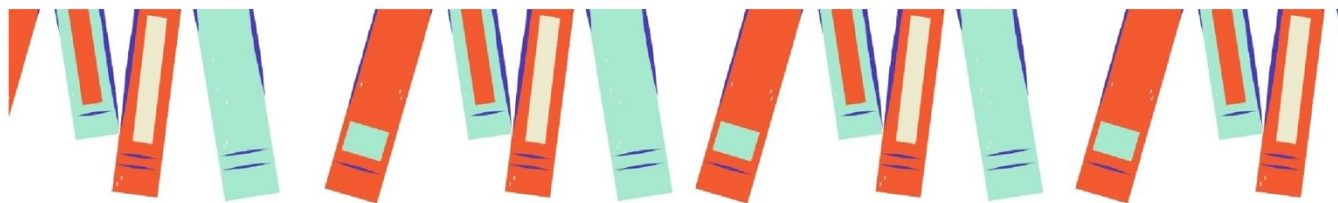
Use of the word “tramp” has devolved over time. In its intended form, a tramp was a vagrant, hobo, bum, or someone who typically traveled the railroad without a fixed destination.

Situated between the Town Hall and the Center Fire Station, the Old Tramp House was originally built in 1888. Its interior was unfinished with one grilled window, a box stove, two chairs and a lamp. It had a narrow board on the side for sleeping. The first man appointed by the Selectmen as constable (or policeman) was Albert Jenkins. If the constable were not available, the Selectmen were appointed to serve in his place. The 1888 Town Report noted the construction cost of \$130.00 (Source: Annual Report of the Town of Barnstead, 2005).

The Old Tramp House is now home to a permanent memorial to Stuart “Twink” Merrill. In addition to serving as a founding member of the Barnstead Historical Society, Twink was a 40-year veteran of New Hampshire Fish and Game. He was an elected member of the Trustees of the Trustfunds for over 40 years. Finding and documenting Barnstead’s many old family cemeteries was his passion.

Through a series of donations made in his memory, along with the donation of two of his many published books made available to the Historical Society by his wife, Grace, a memorial bench has been placed outside the Old Tramp House. Dedicated on October 16, 2021 (after many delays due to the spread of COVID-19), it will serve as a reminder to all everything Twink was to our community.

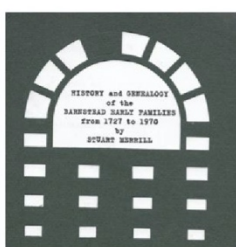




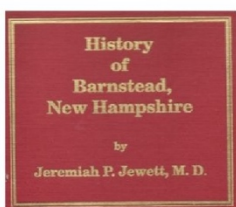
HOLIDAY SHOPPING BY THE BOOK

Start your holiday shopping early with a book!

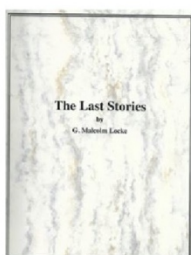
The Barnstead Historical Society has several books available for the bookworm on your list.



History and Genealogy of the Barnstead Early Families, from 1727 to 1970
By Stuart Merrill - **\$40**
Compiled from stories told to him by family members, cemetery records, and archival searches.



History of Barnstead, New Hampshire, 1727-1872
by Jeremiah R. Jewett, M.D. - **\$15**
Originally published in 1872, this book tells of the settling of Barnstead, from materials collected by Dr. Jeremiah R. Jewett.



The Last Stories
by Malcolm Locke - **\$10**
One of Barnstead's originals! A renowned trapper, farmer, and a decendent of one of Barnstead's first families. These stories are sure to leave you laughing.



History of the Barnstead Fire Departments 1909-1995
by Stuart Merrill - **\$10**
Information compiled from various Town Reports.

To order a book, call Denise Adjutant at 269-5871



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Saturday, November 20, 2021, from 9-1

**Baked Goods • Silent Auction • Treasures
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504 North Barnstead Road, Barnstead

Barnstead Cub & Troop Scouts



Barnstead Scouts are still busy with their activities. Come visit and see what we do.

Both groups have already been camping! The Cubs attended the District Camporee in Tamworth this month and competed in several events. The Troop also camped there because they were running the events for the younger scouts. Cameron Deane and Carter Cassin, both AOLs, came home with the District Trophy for the Pack by winning a challenge to build a fire and bring water in a paper cup to a boil.

The Barnstead Scout Troop headed off camping the weekend of October 23rd at Hidden Valley Scout Reservation in Gilmanton. This group is also individually working on various merit badges.

In October the scouts had a Tupperware fundraiser to help pay for dues. We also participated in Trunk-or-Treat.

Our first pack meeting of this year, with family and friends as guests, will be held on October 27. All of the scouts will be receiving the badges and awards they have earned in September and October. This will also be our Halloween party.

There was no open house at Barnstead Elementary School this year, as you know. This made it very hard for us to contact families that are interested in Scouts. If your family would like more information, look for flyers that will be coming with the weekly school packets or contact me, Doris Williams, at mommydoris@metrocast.net or call 603-435-7054. You can join anytime, not only when school starts. If you have friends in Pittsfield or Strafford, please give them our information. Their towns do not have Cub or Troop scouting groups anymore.

RECIPE CORNER

Chicken Casserole

- 4 chicken breasts - cooked
- 2 cans cream of chicken soup
- 1 tablespoon lemon juice
- ½ cup mayonnaise or sour cream
- ¼ stick of butter
- Broccoli or Cauliflower
- Extra sharp cheddar cheese - Cut in chunks



Melt butter in pan.
Add chicken soup - mayonnaise - lemon juice.
When very hot, add cheese.
Layer cooked chicken and broccoli in pan.
Cover with sauce.
Top with dressing or stuffing mix.
Bake for 30 minutes at 350.

Submitted by Linda Nelson



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 - All Levels Yoga every Monday at 10:15AM, Senior Yoga every Monday at 12:00PM, Beginner Yoga every Tuesday at 4:15PM, Intermediate Yoga every Tuesday at 5:30PM

Teen Advisory Board Meeting will not be held in November due to the holiday

After School Club - Every 3rd Friday at 4PM at the library

Family Movie Night at the Library: Fantastic Mr. Fox November 12 at 6:00PM

Storybook Tea Party - Ages up to 12 at the Oscar Foss Memorial Library November 6th at 11AM

Marek Bennett's Comic Workshop Storywalk - Join us at the library or email dhintonofml@gmail.com to request the Zoom link! November 11th at 4:00PM\

Painting With Michelle: Sip and Paint Night at OFML - November 18th at 6PM

Cozy Teen Hangout - 11/19 at 6PM at Oscar Foss Memorial Library

The Oscar Foss Memorial Library will be closed 11/25-11/26. Happy THanksgiving!

Pumpkin & Pine Fair, November 20th, 9am - 1pm, lunch served in Cafe North Barnstead Congregational Church, 504 N. Barnstead Rd. (above Peacham Rd)

This fair is an annual community favorite with a silent auction, collectibles, baked goods, seasonal decorations and beautiful products from Ghana.

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



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