



# BARNSTEAD BANNER

## Good News from a Small Town

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### Discovering Native Bees



By Rebecca Cowser

At our June Mead & Read, we had planned to discuss the book, *The Music of Bees*, by Eileen Garvin, but - plot twist! - two bee scientists, Nick and Leslie, happened to visit the Over the Moon Farmstead at the exact same time. The book was forgotten as our gracious scientists told us about their current research project on the cellophane bee, a wild bee that specializes in lowbush blueberries. The blueberries grow in sandy soil, where the bee builds its nest in the ground. Adult bees become active only when the blueberry flowers bloom, meaning they never see the berries they helped create! The bee scientists taught us so many things. We learned that bees cannot see red, and that they are excellent with directions and remember the different paths they've flown. We also discovered the huge diversity within bees. The blue orchard mason bee is small and bright blue. Cuckoo bees look more like mini-wasps because they're hairless. Like the cuckoo bird, these wily bees lay their eggs in other bees' nests. Green sweat bees are no bigger than a fingernail. Bumblebees can reach up to an inch in length and have fuzzy fannies. While carpenter bees, on the other hand, have shiny hineys. Humans and honeybees - the bee we are perhaps most familiar with - have worked together for thousands of years creating food, medicine, and wax. Today large farms transport colonies around the country to help our crops grow.

Unfortunately, compared to wild bees, domesticated bees are not always the most effective pollinators. We do not know as much about our native wild bees, but we are learning how important they are to the ecosystem and to agriculture. We are also learning that it is in our best interest to protect our wild bees. To help wild bees do their thing and also safeguard our own food sources, you can avoid or limit chemical use outdoors. It's also a good idea to leave some bare soil for ground nesters, and to create food and water sources for them. Grow a diversity of native plants throughout the season and always have something in bloom. If you choose to purchase or build a "bee hotel," keep it clean for your bees' health. Use natural materials to control moisture and allow cells to breathe. Also, make sure the tubes are long enough for bees to nest (about 5-6 inches). It has been so fascinating learning about the amazing world of bees. In our summer garden I hope to find a longhorn-bee pollinating the corn and squash bees sleeping in pumpkin flowers. If you want to learn more about bees, the library has numerous resources for you: bee identification cards, wildflower seed packets, and of course - books! Please come by and check them out.

#### Recommended Reads:

*The Nature of Oaks: The Rich Ecology of Our Most Essential Native Trees* by Doug Tallamy  
*Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard* by Doug Tallamy  
*Pollinators of Native Plants* by Heather Holm  
*Rewild Your Garden: Create a Haven for Birds, Bees and Butterflies* by Frances Tophill  
 DVD: *My Garden of 1000 Bees* (PBS film)

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CHILD/FAMILY EVENTS	TEEN EVENTS	ADULT EVENTS
<p>Summer Story Hour - Weekly on Wednesdays at 10:30am</p> <p>Sweet Sushi - 7/6 at 3:00pm - Join us to create sushi made from candy - Ages 6-12, Registration Required.</p> <p>Family Movie Night - 7/8 at 6:00pm - Finding Nemo.</p> <p>Learn about Whales and Seals with the UNH Marine Docents on July 13 at 1:00pm. All ages welcome.</p> <p>Storytime at the Town Beach - 7/20 at 10:30am</p> <p>Aquarium in a Jar - 7/27 at 3:00pm - Ages 6-12. Registration required.</p>	<p>Summer Reading Meet and Greet - 7/7 @ 6:00pm - Join us for our teen kick off! Grades 9-12 are invited to hang out, make crafts, design summer reading t-shirts and sign up to volunteer for community service. Refreshments will be served.</p> <p>Pottery Paint Night - 7/21 at 6:00pm - Come paint pottery at the library! Registration required.</p> <p>Aquarium Lights - 7/29 at 6:00pm - Design your own acrylic aquarium lights using our glowforge! Registration required.</p>	<p>Starting a Small Creative Business - 7/9, 7/16 and 7/23 from 11:00am - 1:00pm. A three part series on starting a small creative business from home.</p> <p>Beginner Yoga - Mondays @ 10:00am</p> <p>Senior Yoga - Mondays @ 12:00pm - Join Mary Ellen for a gentle yoga class outdoors (when weather permits)</p> <p>Intermediate Yoga - Tuesdays @ 5:30pm</p> <p>A Walk Back in Time: The Secrets of Cellar Holes - 7/28 at 6:00pm at the Town Hall</p> <p>Glass Mosaic Suncatchers - 7/22 at 6:00pm -Registration required.</p>



**SUMMER READING FINALE!**  
8/6 at 11am

The library had so much fun kicking off summer reading with an assembly at BES with Mad Science of Maine!



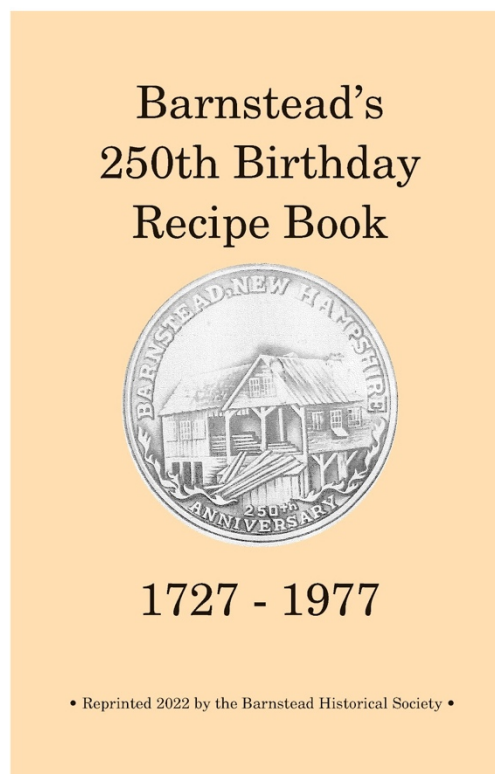
## Barnstead's 250th Anniversary Recipe Book

As Barnstead began celebrating its 250th anniversary in 1977, the Historical Society was busy selecting recipes submitted by many of Barnstead's families. In keeping with the 250th theme, 250 recipes were chosen to be included in the Recipe Book. There are many familiar names; Tiede, Locke, Krause, Pitman, as well as many others that made contributions.

As part of the book's 50th anniversary, it has been reprinted as-is. It will make its debut on August 20th, when the Historical Society will be participating in Open Farm Day. Copies can be purchased that day at the Town Hall for \$15.

Stop by for a visit and check out some of Barnstead's farming history!

If you will be out of town enjoying a great summer vacation, call Denise at 269-5871 to preorder and reserve your copy.



Summer recipes from the Barnstead Anniversary Recipe Book. The reprint will be available at Open Farm Day in August at Town Hall. Stop by and see the Barnstead Historical Society Exhibit and pick up your copy of this great piece of Barnstead history.

### ZUCCHINI CAKE

Recipe submitted by Roberta Cotton Smith

3 eggs	3 cups flour
3 cups sugar	1 tsp. salt
3 tsp. vanilla	1 tsp. soda
1 cup oil	¼ tsp. baking powder
2 c. shredded zucchini	3 tsp. cinnamon
1 cup nuts	1 cup raisins

Beat eggs and add sugar, vanilla, and oil; set aside. Sift dry ingredients and add to egg mixture. Add the shredded zucchini, including skins. Fold in the nuts and raisins. Bake in greased tube pan for 1 hour at 350 degrees. Another way to use zucchini when there is an abundance is to make this yummy relish. It will remind you of your garden and all of its bounty during the winter months.

### ZUCCHINI RELISH

Submitted by Roberta Cotton Smith

10 c. ground zucchini	3 red/green peppers
2 c. ground onions	5 tbsp. canning salt
2 ½ cups vinegar	6 cups sugar
2 tbsp. celery seed	1 tbsp. turmeric
2 tbsp. cornstarch	½ tsp. pepper
1 tbsp. nutmeg	

Mix together zucchini, peppers and onions; pour salt over and cover with water and let stand over night. Next day drain the vegetables and add the remaining ingredients and boil slowly for 30 minutes. Put into jars while hot. On average there will be 6 pints of relish.

# RECIPE CORNER

## Spinach and Strawberry Salad

A nice light summer recipe, submitted by Linda Nelson



Dressing:

½ cup oil 1 TBSP poppy seeds

½ cup sugar 1 ½ TBSP minced dried onion

¼ cup raspberry vinegar ¼ tsp paprika

2 TBSP Sesame seeds ¼ tsp Worcestershire sauce



Mix all above ingredients well.

When ready to serve, toss with cleaned fresh spinach, sliced strawberries, and walnuts.



## A Barnstead Mouse

by Kristina Schram

I grew up in what we referred to in Minnesota as the Boonies. In other words, the middle of nowhere. We were surrounded by trees and water and a cornfield or two, lots of wild and domesticated animals, and billions of bitey bugs, plus a few lakeside resorts we only had access to if we worked there – no bare-footed, dirt-smudged rapsclions like myself allowed. If you didn't enjoy nature there wasn't a heck of a lot to do. Luckily for me I liked nature. I went for long walks in the sun-dappled woods, swam and snorkeled in the slow, cool river, fished for elusive sunnies – though often catching only wormy perch, built forts from whatever scrap me and the three neighbor kids could salvage from their dad's junkyard, 'sailed' on less-than-seaworthy vessels, hunted for agates, taught myself to barrel walk, practiced throwing knife and tomahawk, and formed a bike gang. I kept myself busy.

As I transitioned into teenhood, however, nature no longer cut it, and I began to dream of visiting places that had more people than critters living there. The big city of Brainerd, which was 35 minutes away and had a population of 10,000 people, plus a MALL, beckoned. To small-town/boonies teens, especially those of us who wanted to find a mate, it was the place to be. I didn't have a car, though, so I was often stuck at home with only homework, books, and 3 channels on TV to take the edge off.

City folk came in droves to visit our little neck of the woods, hitting up the lakeside resorts or staying in lake cabins they had bought and were always in the middle of renovating. Most of them spent more time driving to the nearby tiny tourist town of Nisswa to spend their money than enjoying nature. We called them tourons (a cross between tourist and moron, if you didn't pick up on that – no comment, if you didn't), but mainly only when they did something stupid. Which was often. Like when they would stroll down the middle of our country road, taking up both lanes, like they owned the place.



It wouldn't have been a big deal, because let's face it, traffic was pretty light – if only they got out of the way when they heard a car coming. But typically they remained oblivious to anyone else's existence. My mom would take great delight in coming up behind them and leaning on the horn. Watching them freak out, we impressionable young passengers would take great delight as well. And when I learned to drive myself...well, let's just say the tradition continued.

While attending grad school, I finally got to live in a big city. Hurrah! Unfortunately, I quickly discovered that metropolitan life wasn't for me. Where were the trees? The quiet? The critters? I tried to make the most of my city experience, but it was a relief to finally escape. I now live here in Barnstead – not the boonies exactly, but not a hot spot, either. You get the quiet, but also a steady buzz of activity from all the school, library, and community events going on. In my opinion, it's a perfect balance. Now, if someone could open a bakery/cafe in town, I think I'd finally have found my true home. Add a touron I can scare the bejeebers out of while driving home from work, and I'll be in absolute heaven.

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## Barnstead Parks and Recreation News

### Commission Members Wanted

Do you have an interest in being more involved in planning and hosting activities or programs for our community? Maybe you want to lead an event and coordinate the moving pieces that make it happen or maybe you prefer to be more low key and work behind the scenes. Are you curious what other ways you can be involved or bring new ideas forward? Well now is the perfect opportunity to see if being on the Parks and Recreation Commission is a good fit for you. You can reach out for more information by contacting us at [barnsteadparks@gmail.com](mailto:barnsteadparks@gmail.com) or by joining us at our monthly meeting which is held every 2nd Thursday, 6 p.m. at the Oscar Foss Memorial Library.

### Barnstead Parks and Recreation Swimming Lessons

Barnstead Parks and Recreation is offering swimming lessons at Upper Suncook Lake. There will be 2 two week sessions that will start at 1:00pm and run through the afternoon in 30 minute increments. Session 1 is July 11-22 and Session 2 is July 25-August 5. Lessons are open to Barnstead and Non Barnstead residents. Some financial assistance is available thanks to a donation from The Congregational Church of North Barnstead. If needed, contact [BarnsteadP&Rhelps@gmail.com](mailto:BarnsteadP&Rhelps@gmail.com) to inquire on availability. Program details, deadlines for sign up and sign up forms are posted on the website [www.barnsteadnhparks-rec.com](http://www.barnsteadnhparks-rec.com)

### Barnstead Parks & Rec Summer Concert Series – July Lineup

July is a big month with 5 amazing shows scheduled for every Saturday during the month. We will be welcoming to the stage Rockin Daddios, Wayne Potash, Aches & Pains, Chris Bonoli and Saxx Roxx. July's concerts cover many different types of music, and we are excited to share a little bit about them!

Rockin Daddios, playing on July 2nd, is a vocal group from the Lakes Region and are well known for their great harmonies. Their songs from the 50's and 60's, in a doo-wop style, is sure to conjure up many special memories and their encouragement for audience participation will surely make this fun evening fly by.

Wayne Potash, playing on July 9th, may not be new to the children's music game, but his music still sounds fresh and fun. He will perform a combination of original tunes as well as covers of popular songs but with updated, kid-friendly lyrics. With topics like having a sweet tooth or a train heading down the track, children are sure to relate and enjoy the show.

Aches & Pains, playing on July 16th, founded in 2014 by Ray Mahar is right out of our hometown. This 5-piece classic rock band will be playing rock and blues tunes from all of your favorite albums from the 60's and 70's. So come on down to support our local Barnstead band and be prepared to dance the night away to all of your favorites.

Chris Bonoli and the Blue's Monsters, playing on July 23rd, is sure to entertain the masses with their variety of classic rock, blues and contemporary music. Bonoli, who is also a local talent from right here in Barnstead, has been influenced by bands from the likes of Earth, Wind and Fire, Chicago, Jimi Hendrix, Johnny Cash and many others. You are sure to be familiar with much of their music and may even find yourself singing along.

SaxxRoxx, playing July 30th, will bring the stage to life with music you love to dance to. Made up of seasoned musicians from southeastern NH, they will grab your attention by playing classic rock and pop from the 60's to the 90's.

Summer concerts will take place at the Barnstead Parade Grounds every Saturday from June 18 through Aug. 20 from 6 to 8 p.m. (with the exception of Aug. 6 due to the Pittsfield Balloon Rally). This year's lineup features a wide array of music and can be found at [www.barnsteadnhparks-rec.com/events](http://www.barnsteadnhparks-rec.com/events). Concessions will be offered by local organizations and the concerts are free so grab a chair or a blanket and come on down to enjoy the show!

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or join us on Zoom at 10 AM.



## Community Events

Check out the Summer Reading event schedule for Oscar Foss Memorial Library on page 2!

Locke Lake Colony Members in good standing activities:

7/2: 12- LLCA Boat Parade- Contact Mark Andrews for details

7/5: 9:30-10:30- Storytime at Pool 2

7/6: 6:00 Sunset Walk OPEN TO ALL RESIDENTS OF BARNSTEAD (public roads) Starts at Colony Beach

7/7: 6:00- Outdoor game fun at Colony Beach for adults (BYOB no glass) and bring any fun outdoor games you are willing to share

7/12: 9:30-10:30- Storytime at Varney Beach

7/13- 6:00- Sunset Walk OPEN TO ALL RESIDENTS OF BARNSTEAD (public roads) Starts at Colony Beach

7/15- 6:00- Cribbage Night at Colony Beach Pavillions (Bring your board and some cards and show us your skills!)

7/19: 9:30-10:30- Storytime at Pool 2

7/20: 6:00- Sunset Walk OPEN TO ALL RESIDENTS OF BARNSTEAD (public roads) Starts at Colony Beach

7/21 6:00- Sip, Chip and Chat Red, White and blue themed food and drinks. Bring a dish to share and byob (You know where)

7/23- 10:00- Annual Board Meeting at PMHS

7/26- 9:30-10:30. Storytime at Varney Beach

7/27- 6:00-Sunset Walk OPEN TO ALL RESIDENTS OF BARNSTEAD (public roads) Starts at Colony Beach

7/12: 10:00-11:00- Beginner golf at the golf course for ages 13 and under accompanied by an adult (If you have clubs bring them otherwise no worries)

7/26- 10:00-11:00- Beginner golf for ages 14 to adult at the golf course. (If you have clubs, bring them, and if not, no worries)

Join us every Saturday from 9am-1pm for the Barnstead Farmers Market. Located at 96 Maple Street, Barnstead NH. Farm fresh fruits, veggies, meats, eggs, flowers, soaps, maple syrup and so much more.

Visit [www.barnsteadfarmersmarket.com](http://www.barnsteadfarmersmarket.com) for more details.

### 2022 SWIMMING LESSONS

Barnstead Parks and Recreation is once again offering swimming lessons at Upper Suncook Lake. We will be having 2, two-week sessions that will start at 1:00pm and run through the afternoon in 30 minute increments.

Session 1 is July 11-22

Session 2 is July 25-August 5

Deadline for signups will be July 1 for session 1 and July 15 for session 2.

The fee is \$40, with a \$5 sibling discount per each additional child in the same family. Non-Barnstead residents' fee is \$50, and the sibling discount still applies.

A parent or guardian IS required to stay around the beach area during the lesson time.

Some financial assistance is available thanks to a donation from The Congregational Church of North Barnstead. Contact [BarnsteadP&Rhelps@gmail.com](mailto:BarnsteadP&Rhelps@gmail.com) to inquire on scholarship availability if needed.

Signup forms are posted on the forms section of the website, or you can email, [barnsteadparks@gmail.com](mailto:barnsteadparks@gmail.com)



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