



# BARNSTEAD BANNER

## Good News from a Small Town

### Art Is the Heart of Everything



By Kristina Schram

When some people think of art, they tend to think of a framed painting hanging on a wall. Perhaps a Picasso or a Georgia O'Keeffe comes to mind. Or maybe you think of Bob Ross and his happy little trees. All good examples. But art is so much more than creating a painting. Art is the heart of everything we achieve as humans. Innovation and progress can only come about through creativity and discipline, and the making of art requires both. Research has shown that engaging in the Arts helps boost critical thinking skills, improves academic achievement, develops motor skills, decreases discipline problems, teaches us how to problem-solve, and much more. Getting involved in the Arts can also improve your health. Painting, dancing, crafting, writing, making music, acting, restoring old cars, wood carving - these are just some of the creative pursuits that decrease stress. Teaching via the Arts also makes learning fun, which is a win-win situation for all of us. Fun means engagement and engagement sparks motivation. When you have purpose in your life, you are much more likely to focus on that and less likely to act out in destructive ways. I don't know about you, but I'd rather have kids inventing new skateboarding moves than stealing the change from my car (or just taking the whole car).

To treat the Arts as less than any other subject in school diminishes them all. Our education system needs creative endeavors, not just as an addendum to the curriculum but as a pivotal piece. Creativity drives success. It enables children to do their best learning and helps adults do their best work. Ask someone who fixes machines and/or home systems for a living. Sure, there are formulas you will use from one job to the next, but there are also times when you need to innovate. I've seen a plumber use a piece of bread to stop up a stubborn leak long enough to fix it. Now that's thinking outside the (bread) box. We need to encourage that sort of imaginative thinking, because if we want to be successful as individuals and as communities we need to go above and beyond teaching the basics.



Children - no matter what generation, from cave kids to Gen Z - all learn best when they enjoy the process. Adults, too. Here at OFML, we offer a plethora of creative activities, from paint nights to music workshops to writing forums to dance lessons to crafting events. But we are always looking to expand our repertoire, so if you have ideas or want to run a program, please let us know! Call us at 269-3900 or email [ofmlstaff@gmail.com](mailto:ofmlstaff@gmail.com). Or simply stop by the library and give us a pitch. You too can become a part of the heart by supporting the Arts!



The Oscar Foss Memorial Library has wrapped up another year of Summer Reading! This year's theme was "Ocean's of Possibilities" and we hosted lots of ocean themed events.

Check out some of the photos below!

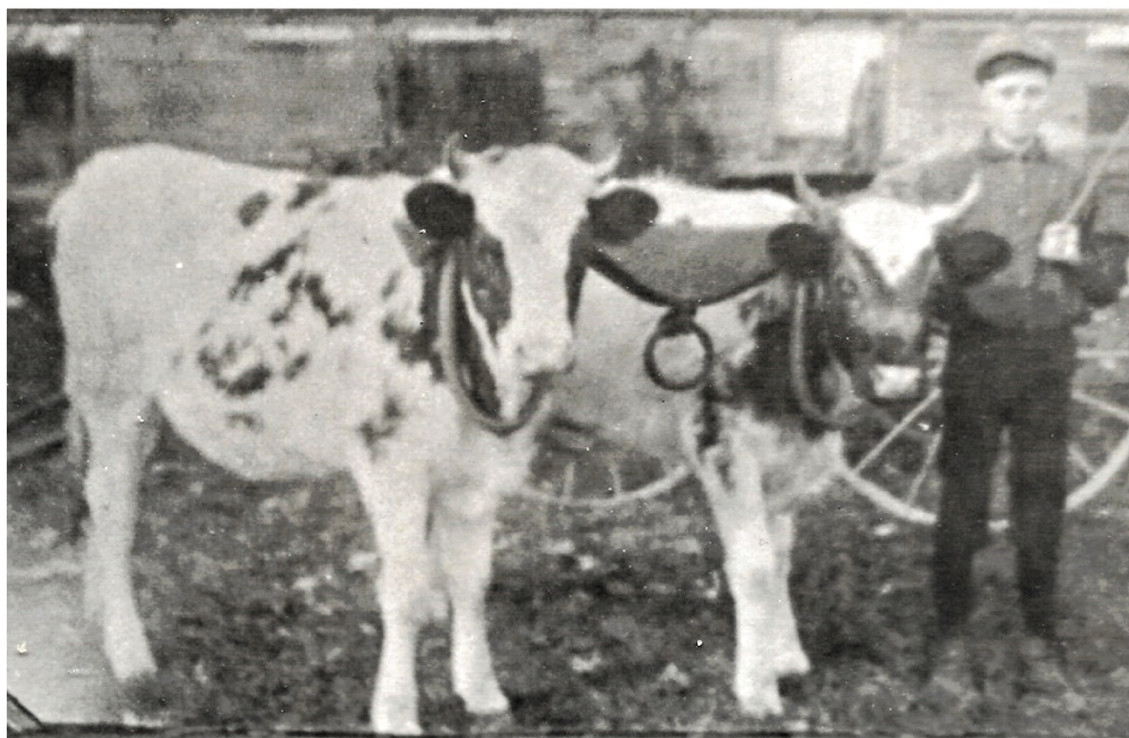
Everyone is welcome to celebrate our Summer Reading Finale with us on 8/6 at 11AM. We will have games and activities, prizes, hot dogs and snow cones. All ages are welcome!





## Historical Society Participating in Open Farm Day

Join the Barnstead Historical Society in celebrating its 50th anniversary this year! We are excited to be participating in Barnstead's Open Farm Day, with exhibits and demonstrations at the Town Hall on August 20, from 10AM to 4PM. Stop by to see photos of Barnstead many years ago, tour the old Lock-up, and to see examples of items found in early homes and businesses in the area. Bring any old photos of Barnstead that you have questions about, one of us may be able to help you. Or if you have a cemetery on your property, you can find out more about who is buried there. Tiede Farms Smokehouse will be on-site selling its fabulous sandwiches! The Historical Society has reprinted the Barnstead 250th Anniversary Recipe Book and it will be available for purchase at \$15 a copy. We also have other books for sale, including the History of Barnstead, Malcom Locke's Last Stories, the History of the Barnstead Fire Departments and the History and Genealogy of the Barnstead Early Families. Also, you will be able to take a break and enjoy a relaxing chair massage by Zenworks, LLC, no appointment necessary. We look forward to seeing you!



Ernest Crossett and his oxen on the Joel Berry Farm (year unknown).

### Elephant Stew

A good recipe to use when company arrives unexpectedly.

1 elephant (medium sized)

2 rabbits (optional)

salt and pepper

Cut the elephant into small bite-size pieces. (This should take about two months). Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees. This will serve thirty-eight hundred people. If more are expected, two rabbits may be added, but do this only if necessary, as most people do not like to find Hare in their stew.

# RECIPE CORNER

## Tomato - Lemon Tart

It's the perfect time of year for a tomato recipe!



Ingredients:

1 sheet frozen puff pastry (one 14-ounce package or half of a 17.3-ounce package), thawed

All-purpose flour (for dusting)

1 garlic clove, finely grated

2 tablespoons olive oil, divided, plus more for serving

1 lemon, thinly sliced into rounds, preferably on a mandoline, seeds removed

1 cup torn basil leaves

1 pound ripe tomatoes (about 3 medium), sliced ¼ inch thick, patted dry with paper towels

Kosher salt, freshly ground pepper

Crème fraîche (for serving)



### Step 1

Preheat oven to 375°. Roll out puff pastry on a sheet of lightly floured parchment paper, smoothing out creases, to a large rectangle measuring about 15x10". Prick pastry in a few places with a fork, leaving a 1" border around the edges, then slide parchment paper onto a rimmed baking sheet.

### Step 2

Combine garlic and 1 Tbsp. oil in a small bowl and brush dough with garlic oil, staying within border. Arrange lemon slices in a single layer over brushed pastry, then scatter basil over lemon slices.

### Step 3

Arrange tomatoes on top (a little overlap is okay). Sprinkle with lots of salt and a few grinds of pepper, then drizzle with 1 Tbsp. oil.

### Step 4

Bake tart until edges of pastry are browned, puffed, and crisp, 30–35 minutes. Let tart cool 10 minutes before cutting into 8 pieces. Drizzle with more oil and top each with a dollop of crème fraîche.



**The Barnstead Planning Board is currently requesting letters of interest from residents who would be willing to serve on the Planning Board until March 2023. Requirements include: being a full-time resident of Barnstead, being a registered voter in the town of Barnstead, attending one meeting a month (on the first Thursday) and one work session a month (on the 3rd Thursday) and any other meetings, as needed. No experience necessary, just a willingness to volunteer on a town board. Please mail your letter of interest to the Town of Barnstead, ATTN: Planning Board, PO BOX 11, Ctr Barnstead, NH 03225 or email it to [Planningbrd@barnstead.org](mailto:Planningbrd@barnstead.org). We look forward to hearing from you.**

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# Volunteers Needed!

TL Storer is looking for volunteers to help out with their Outdoor Skills Camp for Girls

Activities will include:

- Yoga
- Trail Hikes
- Ropes & Climbing
- Fishing
- Games
- Kayaking
- Axe Throwing
- Obstacle Course
- Group Bonding
- Bonfire
- Cooking/Family Style Meals

DATES ARE 8/8 - 8/11

IF YOU CAN HELP OUT, PLEASE CONTACT ROBB ELLIS AT (603)418-1418 OR [ROBB.ELLIS@SCOUTING.ORG](mailto:ROBB.ELLIS@SCOUTING.ORG)



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### Ice Cream & Backpacks

**Celebrate summer and the start of a new school year on Saturday, August 27th . Thanks to Chief Paul Poirier, the Barnstead Police Department's ice cream truck will visit a number of neighborhoods with free ice cream for all and backpacks & school supplies for those who need them. You will also be able to meet Jocelyn Allain, staff from the Family Resource Center's Satellite office in Barnstead. Look on the Facebook community page the prior week for the ice cream truck's schedule and then listen for the music!**

**If you'd like to donate school supplies for this event, the Oscar Foss Memorial Library is a drop off location. Items will be collected through 8/23.**



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## Barnstead Parks and Recreation News

### Barnstead Garden Club

The newly founded Barnstead Garden Club, in association with Barnstead Parks and Recreation, held its first monthly meeting on Tuesday, June 28th, at the Oscar Foss Memorial Library. We have 22 active members, and we can be found on Facebook as Barnstead Garden Club. We are currently collaborating with a local graphic designer to redesign and landscape several locations in the Barnstead community. Members have been gathering soil samples, creating logo designs, participating in dump runs to obtain cardboard, and seeking donations. We are contacting local nurseries for continuous plant donations and also seeking donations for manure/compost, loam, five wheelbarrows of rocks fist-size or smaller to control erosion, and twelve 36-inch wide flat stones for steps. The donations will be used to brighten the landscape surrounding the Parks & Rec Area near the Oscar Foss Memorial Library and other areas throughout the Barnstead community. We thrive off of community volunteers and donations, so please reach out to us through our Facebook page or [barnsteadgc@yahoo.com](mailto:barnsteadgc@yahoo.com) if you can lend a hand! We appreciate any help and support and hope you join our team!

### Barnstead Parks & Rec Commission Members Wanted

Do you have an interest in becoming 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 become 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. Since most sports are organized and led by other groups, we are focusing on other activities with the motto: "Bringing Community Together by Doing Fun Stuff!" Parks and Rec is actively seeking positive and energetic volunteers to serve on the Parks and Recreation Commission. 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 at 6 p.m. at the Oscar Foss Memorial Library.

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

To finish out the Summer Concert Series, we will be welcoming to the stage our two last shows, White Dog Duo and North River Music. They are sure to end the series leaving everyone sad the season is over but excited to see who will be on next year's lineup.

White Dog Duo, playing on August 13th, is a popular local Acoustic Duo playing your favorite 70's music. Undoubtedly, they'll have you singing along and swaying in your seat to some great tunes.

North River Music, playing on August 20th, is a local band from Rochester, NH. They have an Americana sound with strong harmonies and expressive musicianship. With their mix of rock, bluegrass, and country, they are certain to be a crowd pleaser.

Summer concerts take place at the Barnstead Parade Grounds every Saturday from June 18th through August 20th (with the exception of August 6th due to the Pittsfield Balloon Rally), and run from 6 to 8 pm. 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 out to enjoy the show!



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[cenorthbarnstead.com](http://cenorthbarnstead.com)

Worship with us in-person  
or join us on Zoom at 10 AM.



## Community Events

### Oscar Foss Memorial Library August Happenings:

- Mead & Read at Over the Moon Farmstead 8/3 at 6:00PM - This month we will be discussing "Where the Crawdads Sing" by Delia Owens. Next month's book will be "A History of Wild Places" by Shea Earnshaw and can be picked up at the library!

- Summer Reading Finale Party 8/6 at 11:00AM

- Family Movie Night 8/12 at 6:00PM: We'll be watching The Bad Guys this month! (Rated PG and based on a series of books.)

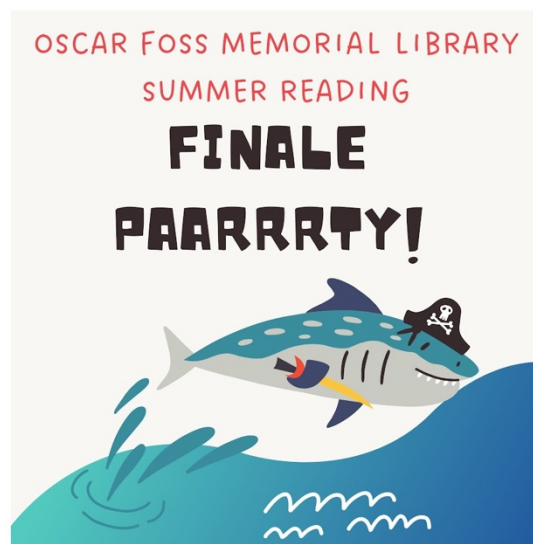
- Yoga at the library meets every week! Monday classes are All Levels Yoga at 10:15AM and Senior Yoga at 12:00PM. Tuesday class is an Intermediate Class at 5:30PM.

- Story Hour with Jerissa meets every Wednesday at 10:30AM. Join us for stories, movement and crafts! Suited for ages up to 5 years.

- Family, Memory, Place: Writing Family Stories presented by Maura MacNeil, sponsored by NH Humanities and hosted by the library and Barnstead Historical Society, will be at the Town Hall on 8/25 at 6:00PM.

- Teen Advisory Board meets the fourth Friday of each month at 6:00PM.

- Kindergarten Meet & Greet and Ice Cream Social will be held on 8/27 at 11:00AM at the library for all Barnstead students entering Kindergarten.



**August 6th from 11:00AM - 12:30PM**

Dress like a pirate, mermaid or your favorite sea creature and join us for games, activities, prizes, hotdogs, sno-cones and more!

Locke Lake Colony Members in good standing activities:

Tuesday August 2- Story Time at Varney Beach for the littles with their adult 9:30-10:30AM

Friday August 5- Roasting Marshmallows with your Neighbors- 6:00PM at Colony Beach BYOB

Tuesday August 9- Story Time at Varney Beach for the littles with their adult 9:30-10:30AM

Thursday August 11- Sip, Chip and Chat with the theme "Frozen" the song "Let it Go!" 6:00PM Usual Place. Go to LLC pages for address.

Sunday August 14- Cribbage at Colony Beach 1:00PM. Bring your boards and cards if you can

Tuesday August 16- Story Time at Varney Beach for the littles with their adult 9:30-10:30AM

Thursday August 18- LLC Board Meeting 6:30PM

Saturday August 20- LLC Yard Sales- If you are having a sale at your house be sure to send your address to Lisa Carazzo via messenger so you will be listed on the map of homes having sales. 8:00AM -1:00PM

Tuesday August 23- Story Time at Varney Beach for the littles and their adult 9:30-10:30AM

Tuesday August 30- Story Time at Varney Beach for the littles and their adult 9:30-10:30AM

Tuesday August 30- SURPRISE FAMILY EVENT at 6:00PM- Watch FB pages for more info to come.

Folks: Please remember to carry your passes with you in the event you are asked to show your membership. Thank you.

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.