



BARNSTEAD BANNER

Good News from a Small Town

BUILDING COMMUNITY

By Sam McKeen

Oxford Languages defines community as a group of people living in the same place or having a particular characteristic in common.

Based on this definition those who live in the town of Barnstead can be defined as a community. Of course, within Barnstead, there are many other smaller communities. Examples would include neighborhoods, churches, organizations, etc.

Community is a vital part of being human. Everyone needs community. Being known, valued, and respected is innate to all of us. Sadly, in our current cultural climate, we are seeing the dismantling of community. Despite our digital connectedness, more and more people are experiencing isolation and loneliness. Why is this? It is partly due to the fact that our culture has conditioned us to respond to those with whom we disagree with harshness and outrage. We wrongly perceive those who don't agree with us as the enemy. In a dispute, we assume the worst and judge motives, instead of addressing differing opinions and ideas with civility.

My dad gave me some great advice when I was a teenager and was wanting to "go after" someone who was spreading lies about me. He told me, "You can't control what people say or do but you can control how you respond to them." It was counsel that I have never forgotten, even though I have not always succeeded at following it.

Does the way that we respond to others build community or destroy it? Take social media as an example. When used correctly social media is a great tool to build and foster community. However, it can also be used to damage relationships and destroy a community. It has become a platform where one can weaponize their words and rally others to take a particular "side" of an issue. The words of Proverbs 15:1 come to mind, "A soft answer turns away wrath, but a harsh word stirs up anger."

We must be careful not to reduce a person to their opinions, ideas, philosophy, political views, religion, etc. When we do, we dehumanize them. We need to remember that they are a person. While we may disagree, we still need to respect and care for one another.

We all should strive to be peacemakers in our community. Instead of escalating a conflict, we should diffuse it. When there is a disagreement between people, instead of taking sides we should offer to mediate and bring both sides together. You would be surprised at how many times a conflict is due to an unintentional misunderstanding. This type of thinking may seem counter-cultural but isn't that better than continuing down the path that we are currently headed? We live together in this community. So, let us work together to make Barnstead a community that we are proud to belong to.



VOLUNTEERS WANTED!

The Banner needs you!

Our monthly publication depends on articles, event submissions and ads from readers like you. If you are interested in learning more, please contact us at :

danielle@oscarfoss.org or
visit our website at
www.oscarfoss.org/the-barnstead-banner

Volunteer

April Events at Oscar Foss Memorial Library

Wednesdays at 10:30 are dedicated to our Children's Story Time. This is a great way to get out of the house, meet other people, and help your littles learn how to socialize and make stuff. You can expect: awesome stories, fun crafts, catchy tunes, and a general feeling of bonhomie. Plus, we have a dedicated area for the littles to play in afterwards.

Yoga Time at the Library. Plain and simple, doing yoga is good for you. It can reduce stress, increase physical strength, and help you sleep better. Take this opportunity to treat yourself to a little self care. On Mondays we have All-Levels at 10:15 am and Seniors at 12:00 pm. Tuesdays are reserved for Intermediate Yoga at 5:30. A \$10/class donation is suggested but not required.

Mead and Read Book Club (ages 18+) will be at Over the Moon Farmstead in Pittsfield Wednesday, Apr. 5, at 6:00. We will be discussing James Clear's Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (now that's a mouthful). Our May book will be The Midnight Library by Matt Haig.

Thursday, Apr. 20, from 4:00-6:00, the library is the place to be for Tween DnD. What will the party do after their long rest? Who or what is waiting for them further below the mountain? For grades 6-8, and anyone can join at any point in the campaign. Light refreshments provided.

Teen DnD (grades 9-12) is still going strong, and Thursday, Apr. 20, from 6:00-8:00 is your time! The party has taken a tumble and they now find themselves in the Underdark. What lies in wait for our heroes? Flumphs and dinosaurs and glowing mushrooms, oh my! Anyone can join at any point in the campaign. Light refreshments provided.

The Gala Event of the Season is coming! After last year's huge success, the PMHS National Art Honor Society is back with another fabulous art exhibit. Student artwork will be on display in the library's meeting room from Wednesday evening (4/5) to Friday evening (4/7). Then, on Friday (4/7), from 6:00-8:00, OFML will be hosting an Evening of Art. Enjoy a variety of art displays, meet the artists in person, and partake of delicious refreshments (made possible by a donation from the PMHS Teachers' Association). Books, stickers, and postcard-sized prints of the showcased artwork will be available for a donation, and the event proceeds will support the PMHS National Art Honor Society. So come prepared to be awed by our local students' immense talents while you fill up on tasty hors d'oeuvres. Feel free to dress up!

During our monthly Homeschool Event on Tuesday, Apr. 11, from 12:30-2:00, tap into your inner artist and come prepared to paint! Registration is required.

Friday, Apr. 14, at 6:00, we'll be having our Family Movie Night! Our super movie this month will be DC League of Super-Pets (rated PG). Sadly, this is not about all the awesome pets and animals living here in Barnstead (e.g. Egberta the Escape Artist Chicken and Henri the Ornerly Horse). But it is about some heroic pets who set out to rescue Superman and the Justice League from their dastardly kidnappers.

Tween Advisory (grades 6-8) is Thursday, Apr. 27, from 4:00-5:00. Teen Advisory (grades 9-12) is Friday, Apr. 28, from 6:00-7:00. Have a voice in your community! Meet with like-minded individuals about book suggestions, volunteer opportunities, and library events. Need volunteer hours? This is a great and fun way to get them, while improving your résumé. Light refreshments provided.

Calling all Tweens and Teens! On Thursday, Apr. 27, from 5:00-7:00, in honor of National Sense of Smell Day, come give your schnoz a test! Can you name everything you're smelling? Remember, preparation is key. So be sure to practice with non-toxic items in your own home, like gym bags and garbage cans and the refrigerator bottom drawer. You might get some strange looks, and will probably experience some nausea, but it will be worth it when your nose wins the title of Supreme Schnoz!

OFML Kids Club: Friday, Apr. 21, from 3:30-5:00. Ages 6-10. It's a Book Tasting! No, you can't eat the books, but you will get to try out a variety of genres you might not normally check out to see what strikes your fancy! Light refreshments provided.

OFML is collaborating with T.L. Storer to bring you Earth Day Nature Journaling! All ages and abilities are welcome to join us at the camp on Saturday, Apr. 22, from 10:00-2:00. We'll host short, easy hikes where we'll observe nature and then document what we see using a variety of recording methods. Art supplies will be provided, but we recommend journalers bring snacks or a picnic lunch. The event is open to everyone, but please sign up with the library in advance.

Our Writers Forum happens from 6:00-7:30 on the 4th Friday of every month: Friday, Apr. 28, is April's date. For ages 14+ and for all levels of writing experience/expertise. It's time to dust off those couple of chapters or stack of poems sitting in a lonely drawer or directory, just waiting to be revisited!

For events that require registration, please contact us at 269-3900 or ofmlstaff@gmail.com to reserve your spot!

Thought Engenders Thought by Rebecca Cowser

During the Day of Gratitude celebration, guest speaker, Jo Radner, gave a fantastic presentation, “Wit & Wisdom: The Forgotten Literary Life of New England Villages,” about New England’s history of self-education (i.e., when one learns outside a designated learning institution). In her speech, she discusses lyceums, a 19th century tradition that occurred mainly during the winter months, where community members came together, listened to lectures, and formed debating societies or literary clubs. Following George Augustus Sala’s belief that “thought engenders thought,” men and women would write stories and read them aloud to each other. They would also edit small newspapers, which shared stories, poems, and more, on topics ranging from the silly to the serious, and which were often filled with gossip and salacious stories. Regarding the gossip aspect, Ms. Radner assured us, “It was always love surrounded by humor and satire. A farm’s blunders never escaped talk. Everyone was close-knit and would have to know how to take a joke.” These homegrown newspapers encouraged everyone to “share their own stories as part of a collective conversation,” even if it wasn’t always easy to do so.

In the lyceums, people would debate a wide range of topics: politics, philosophy, the Gold Rush, slavery, moral essays, and more. Ms. Radner shared many examples, but the most surprising was the question, “Who have Europeans harmed more - Africans or American Natives?” Wow! How to begin untangling that one? In debates on this question, judges would not choose a winner based on their own opinion on the matter, but would focus instead on how well the points were debated. Can you imagine this happening today? Perhaps, we (and our politicians) could learn from our New England ancestors.

We do have podcasts and TV panel shows in these modern times, which are great at sharing ideas. But I wonder how often we learn something new, or consider a different viewpoint, when most of us only listen to one type of podcast or news outlet, without any sort of debate or conversation on it. According to Ms. Radner, the best kind of forum for true learning is in person, as was done in lyceums. While easier, avoiding “face-to-face” discussions isn’t the most effective way to learn. You cannot fully understand a topic until you have access to all sides of it.

In fact, we humans are a social bunch who best learn by listening to others, as well as by speaking and engaging with them. Although we do not have lyceums like before, there are some parallels in today’s world. Oscar Foss Memorial Library and the Barnstead Historical Society host several NH Humanities events every year. T. L. Storer has created better access for many children and adults to develop their outdoor and traditional skills. Several churches and community groups offer resources and programs to support various community needs. During the Mead & Read book club, attendees share different thoughts on the topic at hand. Hearing new viewpoints adds nuance, broadens one’s viewpoint, and makes one think more deeply. More importantly, when all this happens in person, people have no choice but to be exposed to alternative ideas. To quote Ms. Radner one last time, “Reading is important, but face-to-face (listen and respond) is the essence of self-education.”

Encouraging lifelong learning is key to promoting a healthy life and community. If “thought engenders thought,” as Mr. Sala suggested, then let’s continue to support education, educators, literacy, and civil discussion. Improve our community by sharing your knowledge via one of the many forums our town has to offer—you might even consider taking a page from the past and creating a lyceum of your own!

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Let's Go Stir Crazy! by Kristina Schram


It's that time of year again - when you start feeling the itch to do something that isn't inside your home. When, after a long bout with winter, you start feeling the urge to gnaw on your own limbs (or someone else's) because you can't stand another minute indoors. When I was a kid, we called this squirrely sensation Spring Fever. Unfortunately, in Minnesota, when SF hit us, we typically couldn't leave the house for fear of freezing to death/getting lost in a blizzard/being mistaken for a Yeti. So, until the Big Thaw began (around April), we were forced to scratch pictures in the frost coating our bedroom walls to avoid going all Jack Torrance on the family.

You might be surprised to learn that Spring Fever was once thought of as a physical disease. By the time spring arrived, all sorts of mysterious symptoms would appear in people (especially pirates): joint swelling, loose teeth, wounds that wouldn't heal, and lethargy (aka scurvy). If you surmised that a lack of Vitamin C caused these torments, you'd be spot on. People didn't have access to Vitamin C during the winter months and by springtime were suffering from the deficit. This was before Flintstone chewables, of course. If you were poor, you were even more prone to SF. Before we understood what was going on, we'd call these people lazy or deficient in character, though I'm sure we'd be much nicer about it today. Ha.

The saying, "an apple a day keeps the doctor away" comes from our efforts to combat scurvy. Apples contain Vitamin C, plus they store really well (unlike the orange, which hogs all the Vitamin C credit, but is much more delicate). Onions and sauerkraut are also good sources of Vitamin C, but bear in mind that onions and sauerkraut a day keep everyone away.

Scurvy isn't the only springtime malady we can get. Here in New Hampshire, the sun, an excellent source of Vitamin D, pretty much goes into hiding November through February. Lack of Vitamin D can lead to fatigue, bone pain, hair loss, and depression. Seasonal Affective Disorder (SAD) - another form of depression, often emerges during the darker months, as well. Apparently, the dark side is not our friend (I'm sure Jedis everywhere will support me on this).

Winter can be rough on humans, which leads me to believe animals that hibernate are onto something. But until we can realize that dream, we must continue our battle against Spring Fever. For the squirrely kind: Go outside. We are not mushrooms; we need to seek out light (though if you hear a little voice that tells you to 'go to the light,' my advice is to ignore it). For the piratey kind: To avoid being called a scurvy dog, eat your apples, oranges, onions, and sauerkraut. To avoid being mistaken for dead, get your Vitamin D on. And to be on the safe side, take in loads of chocolate and books. Your health, nay, your life, may depend on it.

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Our collective medicine is meant to be shared with other women!

Snag your retreat ticket before 4/4/2023 to receive a FREE coaching call with Peace and Calm Life

Barnstead Historical Society News**New Collections**

The Barnstead Historical Society is excited to announce two new donations to add our collection!

Dr. Tuttle Artifacts

Dr. Tuttle lived in the Center, across from the White Buffalo. He tended the needs of Barnstead residents during the time of the Spanish Flu pandemic. With thanks to the Guptill family, we now have two packing crates used to ship items via the train to Dr. Tuttle, including one labeled as “medicines to treat the sick”.

Bunker-Downing Collection

From the family of Ada Bunker Downing, we are excited to announce several items that belonged to Benjamin Downing, husband of Ada. The history of these items is what books (literally) are written about. Sometime after marrying Ada, Robert took to adventuring. After spending time in the west as a cowboy, he headed north, to Alaska. In 1897, he landed a contract with the US government to deliver mail from Dawson, Alaska, 600 miles down the Yukon, to Nome on the mouth of the Tanana River, with sled and dogs. By 1902, he had developed a lucrative business delivering freight, mail, and passengers. According to the family, this is where he met and became friendly with a young man by the name of Jack London (yep, that's the one!). It is speculated that London's Call of the Wild is based on the time he spent with Mr. Downing.

During one of these long runs, he ran into a hole along the ice in the Yukon. Although he managed to extricate himself, frostbite had developed in his feet. While being treated for the subsequent infection, Mr. Downing died at the age of 44. Funeral services were held in the Parade Cemetery, and he was buried in Riverview Cemetery. The provisions of his lucrative business allowed his wife to live out the remainder of her life in the Bunker home in the Parade, which is often referred to as the London House. After her death in 1942, Ada left a small trust fund to the town for care of the needy. We thank Joanne Shattuck for this incredible donation of photographs, transcribed newspaper clippings, a copy of Alaska: The Territorial Life Magazine from 1946, featuring a story on Benjamin Downing, and a copy of Call of the Wild signed by Ada Bunker Downing. We plan on scheduling a time in the future when these items can be viewed by the public.

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T.L. STORER

April Break
Day Camp
April 24th-28th



Join us for our Spring camp we will have activities for all ages our theme this week will be animals and agriculture. You will get a chance to meet our Donkeys and Goats, we also will have local author Angelina Natale here to preview her new children's book "Pony Parade". We will also have a visit from "Treat's by Tess" to teach us about baking delicious goodies.

We are super excited to be welcoming Savannah to our team to help with all things animal related here at Camp.

<https://experiencebasecamp.org/pages/day-camp-1>

More information robb.ellis@scouting.org

Cost is \$230 includes lunch & snack,



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The Barnstead Planning Board would like to thank Kathi Preston for her 12 years of Service as a board member. On Thursday March 2, Rick Duane (Vice Chair) read a letter from the Board of Selectmen thanking her for her unwavering dedication to the town. Nancy Carr (Chairman) proudly presented Kathi with a certificate acknowledging her time served. Cake was served and shared with the group and any of those present for the meeting.

Barnstead Parks & Recreation Highlights

Spring Clean-Up – Partnered with Center Barnstead Christian Church, our annual spring roadside clean-up is schedule for Sunday, April 30th from 9 AM – 12 PM. Meet at the Barnstead Town Hall parking lot at 9am for safety briefing and instructions. Boots and gloves are recommended, and garbage bags will be provided. Join us after the cleanup for a 'thank you' lunch.

Game Night and Adult Coloring Events – Dates TBD

Beach and Swimming Lessons – It's time we start planning for the summer swimming season and swimming lessons (yes, it will be here before we know it). We are actively looking for a swimming instructor and will soon be looking for beach attendants.

Commission Member Openings - The time requirement is minimal but the satisfaction and enjoyment of seeing the community and kids enjoy our events is priceless! Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are different levels of involvement like leading and coordinating the moving pieces that make an event happen to pitching in wherever you are comfortable. 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!". There are various openings on the commission, and we are excited to welcome new members.

Please watch our website (barnsteadnhparks-rec.com) and Facebook page (@[barnsteadparks](https://www.facebook.com/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.

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**

Center Barnstead Christian Church

GOOD FRIDAY

April 7th | 6pm - 7pm

EASTER

April 9th | 10am - 11am

BARNSTEAD PARADE CONGREGATIONAL CHURCH



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



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