



BARNSTEAD BANNER

Good News from a Small Town

New Beginnings and Hula Hoops

by Kristina Schram

Oh, the New Year's resolutions I used to make! To write more. To exercise more. To LIVE more! To dance on tabletops while doing the hula hoop more! And then one year I got smart and skipped over all that tomfoolery and told myself: Don't bother. You're either going to do things or you won't. Sure, life gets in the way, but so does your laziness. Let's call a spade a spade and get real, Kristina. It ain't happenin'. So I made a new resolution: Don't make resolutions.

I must say, resolving not to resolution worked pretty well for me. It was a relief not feeling beholden to this list of improvements I was supposed to be making on myself while trying to figure out how to pay ever-increasing food bills (we have 3 boys), raising wild animals, I mean, children, cleaning the zoo house, grocery shopping for what feels like an army, doing laundry for said army, mowing the lawn while avoiding rocks and roots and those jerk apple tree branches attempting to behead me, chopping wood like Paulette Bunyan, and scaring off amorous porcupines (don't ask). How the heck was I going to fit tabletop dancing while hula hooping in? Not to mention the time I would need to go to the doctor's office after I fell off the table when I somehow managed to knock myself out with the hula hoop.

My husband still makes a New Year's resolution, and it's the same thing every year: to be kinder to himself. Hmmm. While certainly a worthy goal, I don't think he suffers from being too hard on himself. Just not really in his wheelhouse. But I had to admit it was a good goal, so a couple years ago I went back on my resolution to not do resolutions and stole his idea. I can now highly recommend it, because really, how are you going to go wrong with being kinder to yourself? (Disclaimer: In saying this, I don't mean going on a wild, chocolate-fueled hula hooping spree like someone might have done the year she started this resolution.)



I get why people do the resolution thing. Some psychologists believe we humans are driven by a desire to improve ourselves. It's called self-actualization. Granted, the bar is pretty low for some people (like sitting on the ground low), but it's still there. And let's face it, we all could use some improving. Manners, empathy, finances, health - all good areas in which to improve. Personally, I want to get better at not finding slow drivers on Route 28 so annoying. See? Everyone has an area they need to work on. On the other hand, we are constantly being bombarded with messages that we aren't good enough. (Like when your doctor says maybe you shouldn't do tabletop dancing while hula hooping because you have the grace of a baby giraffe.) That's not healthy, either. So basically, I think you should just find your happy medium and stick with it.

To sum up, I guess if you want to do resolutions, do resolutions. If you don't want to, then don't. But if you do them, be sure to include being kinder to yourself. It's definitely more fun than the alternative, especially if done while hula hooping.



**JOIN US FOR A TASTY LUNCH AND LEARN A NEW SKILL!
January 16th at 11:30 AM
Barnstead Parade Fire Station**

Learn to play Mahjong, Gin Rummy or Cribbage, or create decoupaged tile coasters. Beginners are welcome!

**Contact the library at 603-269-3900 or email
dhinton ofml@gmail.com if you would like to bring chili,
bread, or dessert to the potluck.
(Bringing a dish not required to attend the event)**

**Event sponsored by the Barnstead Senior Services Committee
For more information, or if you need a ride, contact Danielle at
dhintonofml@gmail.com**

January Library Happenings

Library Hours: Tuesdays and Wednesdays from 10:00AM-6:00PM, Thursdays and Fridays from 12:00PM-8:00PM, and Saturdays from 10:00AM-1:00PM. We are closed for staff training on the second Thursday of every month until 3:00PM.

Good to Know Info: There will be No Yoga on Monday, Jan. 1, 2024.

Wed. 1/3 @ 6-7:30PM Meet and Read (Ages 18+): We have changed our meeting location to the library's Meeting Room, where we will be until spring and better traveling weather. (Feel free to bring food for yourself and/or to share.) This month we will be meeting to discuss the haunting gothic novel *Rebecca* by Daphne du Maurier. Next month's book will be *Everything I Never Told You* by Celeste Ng.

Fri. 1/5 @ 5:30-7:30PM Barbie Movie Night: Hi Barbie! Teen and tween Barbie fans are welcome to join us in the meeting room for a Barbie-themed movie night. Light refreshments will be provided while we watch Margot Robbie bring our favorite Mattel girl alive. We hope you 'Ken' come!

Sat. 1/6 @ 10:30AM Beginner Crochet Class: This class will walk you through some of the basics of crochet. You will learn a single crochet and half-double crochet stitch and how to join two yarns together. By the end of the course you should have a cozy pair of slippers! There is a \$10 fee per person for materials. Registration is required. Note: We are already filled to capacity for this class, but if there is enough interest, we will potentially offer another one.

Fri. 1/12 @ 4:00PM Friendship Bracelet Making: Teens and tweens bring your friends to the library to create simple or elaborate friendship bracelets together. We will have embroidery floss as well as different examples and guides to help you create your masterpiece. Registration required.

Thurs. 1/18 @ 6:00PM Tea Blending Workshop: We're delighted to welcome back former OFML librarian, Lindsey Smith, who will be teaching an easy three tiered approach to blending herbal teas that maximizes flavor and health supporting benefits for a nutritional and delicious cuppa! Participants will have the opportunity to learn about and work with popular herbs like hibiscus, chamomile, lemongrass, spearmint, linden, tulsi, and more. Materials for tea crafting will be provided but attendees are welcome to bring along a notebook. Space is limited and pre-registration is required.

Fri. 1/19 @ 4-5PM Family Crafternoon: This month, ages 8 and older are welcome to join us for Learning to Sew with Miss Pam. Learn basic sewing skills and how to use a sewing machine, then create a small project to take home. Light refreshments and supplies will be provided. Space is limited, so registration is required.

Wed. 1/24 & 1/31 @ 1-4PM Beginning Quilters Workshop: For all you quilters who want to get their quilt on, Judey Clemons will be running a two-part workshop at the library, with the end goal being to make a small half-square lap quilt. There's a limit of 8 attendees (18+) so be sure to contact the library to register, and you must attend both sessions. You will need to provide your own fabric and tools for the workshop. Please visit our Facebook page or contact the library for details on what you'll need. We are also looking to see if there would be interest in starting a quilting club. If you would like to do something like this, let us know!

Thurs. 1/25 @ 6:00PM Vision Boards: Imagine the future...join us at the library to make a visual plan for your 2024 goals! The library will provide poster boards and magazines. You can bring any images, photos or items you would like to include. For ages 16+.

Fri. 1/26 @ 6-7:30PM Writers Forum: OFML hosts Writers Forum - a group created and run by fellow writers to help you in your writing process, wherever that might be. For ages 14+ and all levels of writing experience/expertise. Have you always wanted to be a writer? Maybe even a published author? Well, it's time to do something to make that dream come true. So bust out that journal or pull up that word document and be ready to write on!

Sat. 1/27 @ 11:00AM Volunteer Appreciation Day: Help us celebrate those who dedicate their time and talents to our town! Join us at the Barnstead Town Hall for a potluck brunch and recognition ceremony for our community volunteers. The Gordon Preston Outstanding Community Service Award will also be presented at this event. If you would like to provide a dish for the potluck, please contact the library at 603-269-3900 or email dhintonofml@gmail.com

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



Call for Nominations: Volunteer Appreciation Day

We are excited to announce our second annual Volunteer Appreciation Day! This special event is to celebrate the efforts of volunteers who have dedicated their time and talents to our community. We need your help to recognize the hard work and dedication of these individuals.

Nominate a Deserving Volunteer

Do you know someone whose volunteer work has positively impacted our community? Now is your chance to help them get the recognition they deserve!

What We Need From You:

- **Name of the Nominee:** Please provide the full name of the volunteer you are nominating.
- **Contact Information:** Include the nominee's phone number and/or email address so we can reach out to them.
- **Description of Their Contributions:** Write a few sentences about how the nominee assists the community. Tell us what makes their work special and why they stand out as a valuable volunteer.

Submission Deadline:

Please submit your nominations by January 13th. This will give us enough time to review all submissions and prepare for the event.

How to Submit:

Send your nominations via email to dhintonofml@gmail.com with the subject line "Volunteer Nominee". This will help us keep track of all the nominations.

We look forward to hearing about the amazing volunteers in our community and celebrating their contributions together.

Thank you!

The Best Ways to Help BES!

Most of us like to help out and give back to our communities. Oftentimes one of the first places we go to make this happen is our local school. If you're one of these people, and you want to help our local school - BES - there are two high-priority and concrete ways to make an impact.

One recent study has shown that almost 60% of children from low-income communities reported coming to school hungry. That's over half the kids! But really, one hungry child is one hungry child too many, don't you think? Hunger affects concentration, leads to a decrease in academic performance and an increase in behavioral issues, and hungry children are also more likely to get sick more often. The sad thing is that most kids aren't going to say anything. They are either so used to feeling this way that they don't even know there's a different way to be, or they feel too ashamed to speak up. They are not responsible for their plight, yet they pay the price.

But you can make a difference! You can help pay down lunch debt for kids at BES. It's that simple. Just send a check made out to BES with an attached note that says, "This money is to pay for Lunch Program Debt."

Here's another way to help: Extracurricular activities increase student engagement, which leads to improved grades and health, and enhances teamwork and leadership skills. Getting involved in activities outside the class can also increase confidence and improve time management. It's a win-win! At BES, they have an Activities Fund that is used to support drama club, sports, student council, and the yearbook. You can donate money to this fund, as well!

So to sum up:

- Send money to help pay lunch debt
- Send money to improve extracurricular activities
- Make check out to: Barnstead Elementary School (BES)
- Put in the check memo that it's for the Lunch Program Debt or for the Activity Fund. You can choose a specific activity (Drama Club, Sports, Student Council, Yearbook) or leave it up to the school to pick an area that needs funding (in which case, just note that it's for the Activity Fund).

School Address: 91 Maple Street, Barnstead NH 03225 or drop checks off at the office M-F 7AM-3PM.

Servicelink Belknap County 67 Water Street Laconia 603-528-6945 option 1 or 1-866-634-9412

Servicelink provides free of cost information, support and referrals for all individuals, specializing in elderly and disabled resources.

Programs include:

- *NH Family Caregiver Support Program*: Offers information, support and respite.
- *SHIP-State Health Insurance Assistance Program*: Assists with understanding Medicare and helps you to make informed decisions about your Medicare benefits.
- *Options Counseling*: Assists in making informed decisions about appropriate long-term services and offers supports-to include Medicaid options.
- *Assistive Technology in NH (ATinNH)* Servicelink partners that provide information, training, workshops and services. Includes equipment demonstrations, as well as loans and refurbishing/reuse. Contact them to get a hands-on demonstration of AT tools and gadgets!
- *Senior Medicare Patrol Program (SMP) Preventing Medicare Fraud*: Learn how to be aware of and detect Medicare fraud, as well as receiving help if needed.

VOLUNTEER APPRECIATION DAY!

RECOGNIZING THE HEART AND SOUL OF OUR COMMUNITY



JOIN US FOR A POTLUCK AT THE BARNSTEAD TOWN HALL ON JANUARY 27TH FROM 11AM - 2PM AS WE CELEBRATE THOSE WHO DEDICATE THEIR TIME AND TALENTS TO OUR COMMUNITY.

THE GORDON PRESTON OUTSTANDING COMMUNITY SERVICE AWARD WILL ALSO BE PRESENTED AT THIS EVENT.

IF YOU WOULD LIKE TO PROVIDE A DISH FOR THE POTLUCK, PLEASE CONTACT THE LIBRARY AT 603-269-3900 OR EMAIL DHINTONOFML@GMAIL.COM

RECIPE CORNER

SLOW COOKER BEEF STEW



Ingredients:


2 pounds beef stew meat (cut into 1-inch pieces)	3 medium potatoes, diced
¼ cup all-purpose flour	1 medium onion, chopped
½ teaspoon salt	1 stalk celery, chopped
½ teaspoon ground black pepper	1 teaspoon Worcestershire sauce
1 ½ cups beef broth	1 teaspoon ground paprika
4 medium carrots, sliced	1 clove garlic, minced
	1 large bay leaf



Directions

1. Gather ingredients.
2. Place meat in slow cooker.
3. Mix flour, salt, and pepper in a small bowl. Pour over meat and stir till meat is coated.
4. Add beef broth, carrots, potatoes, onion, celery, Worcestershire sauce, paprika, garlic, and bay leaves; stir to combine.
5. Cover, and cook until beef is tender enough to cut with a spoon, on Low for 8 to 12 hours, or on High for 4 to 6 hours.
6. Serve hot and enjoy!





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**BARNSTEAD PARADE
CONGREGATIONAL
CHURCH**



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

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**