

# CENTER OF GRAVITY GAZETTE



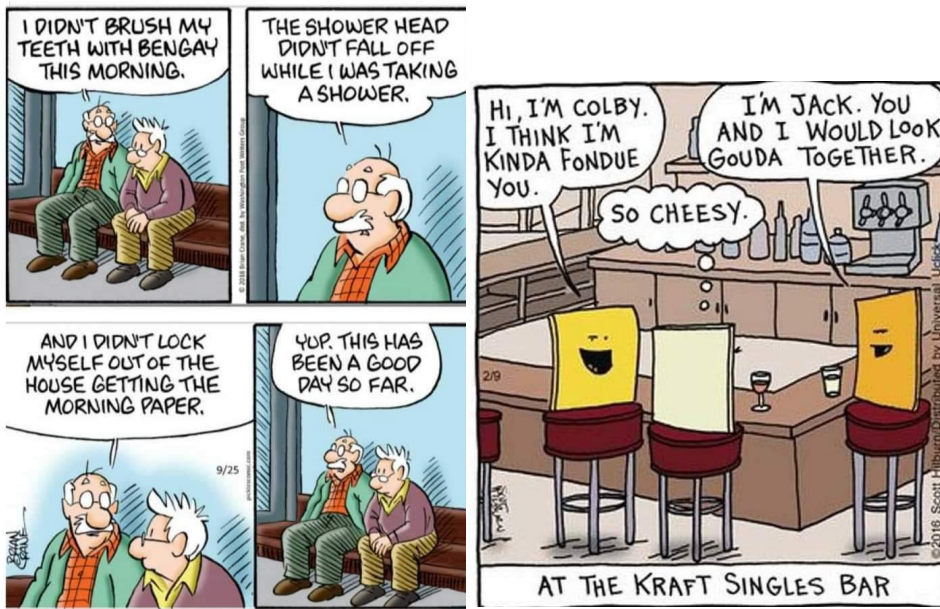
March/  
April  
2024

## NEW BOSTON'S SENIOR NEWSLETTER



### What's going on?

- ◆ March 13, Senior Trip to Windows on West. Street. The students at Milford High School will delight you with their culinary prowess at this school run restaurant! We leave the town hall at 11 am. Please call our office to sign up. You may choose to ride our bus or drive your own vehicle and meet us there.
- ◆ Historical Society Event—Thursday, March 14, 7:00 pm at the CCNB, “How Electricity Changed Rural New Hampshire Life”, Speaker: Steve Taylor
- ◆ Foot Care Clinic, March 18 and April 15, CCNB
- ◆ March 23 at 10:45 am the Easter Bunny Visits New Boston! Everyone welcome. Face painting, take your own photo with the Easter Bunny or our cute Easter cut outs. Kids can take part in the Easter Bonnet Parade and Egg Hunt and win prizes!
- ◆ Red Cross Blood Drive—Tuesday, March 26th at 12:30pm at the Whipple Free Library



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Roots and Wings preschool dropped off donations for the Goffstown Food Pantry which serves New Boston Residents. The Pantry is open Wednesday Evenings 6-7:30 pm, and Saturday Mornings 10-11 am.



Director-Mike Sindoni  
Assistant-Sheri Moloney  
www.newbostonnh.gov/recreation ~ 603.487.2880  
Recreation@NewBostonNH.gov

“Our mission is to enrich and enhance the lives of the residents of New Boston. We accomplish this by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community.”

“Our greatest glory is not in never falling,  
but in rising every time we fall.”

~Oliver Goldsmith





### “The Boston Post Cane”

by Dan Rothman, New Boston Historical Society volunteer  
for the March / April 2024 issue of the Center of Gravity Gazette

When Betty Poltrack turned 100 she celebrated with a parade through New Boston village and by firing the Molly Stark cannon on the Fourth of July. She had a different kind of celebration the year before when the New Boston Select Board awarded her the Boston Post Cane.

You may ask, what is the Boston Post Cane? It’s a three-foot length of polished ebony with a 14-carat gold head engraved with the words “Presented by the *Boston Post* to the Oldest Citizen of New Boston.” The cane has been given to 28 oldest citizens of New Boston since 1909. Originally the same cane was passed from person to person but now the Town has made replicas, and the first cane is in the Historical Society museum.



Top of The Boston Post Cane,  
photo by John Poltrack

Edwin Grozier was the publisher of the *Boston Post* in 1909. The story is told that he bought seven hundred ebony sticks at a good price and had to think of something to do with them. At the same time he noticed that the circulation numbers for his newspaper were declining and he needed good publicity to reverse the trend. The Boston Post cane was his solution to both problems.

Grozier gave a Boston Post cane to every town in every state in New England; every state except Vermont and Connecticut, that is – he had only 700 canes. At first, the cane was given only to the oldest *male* citizen of a town. After considerable debate at the *Post*, women became eligible to receive the cane in 1930, although it took another eight years for New Boston to get the news. In 1938, Sarah Goodwin was the first New Boston woman to be awarded the cane. “Granny” Goodwin held the Boston Post cane for ten years, more than anyone else in our town’s history.



Howard Towne with cane at his 100<sup>th</sup> birthday party,  
Photo by Dan Rothman

Howard Towne held the Boston Post cane before Betty. His grandfather, James Towne, received the cane for Peterborough, NH, in 1910, and Howard's sister Esthermary Towne Hadley, born in New Boston in 1922, held the Boston Post cane for Weare.

In 1992 Helen Christiansen, the grandmother of Ellen McDowell Ruggles, received the Boston Post cane and also the congratulations of President George H.W. Bush, who was campaigning in New Boston at the time.

**Continued on Page 3**



## “The Boston Post Cane” - Continued from page 2



*Betty Poltrack with cane at the official presentation, Photo by her son John Poltrack*

Other cane holders include two Todd brothers, and Almus Warren, his daughter Josie, and his niece Elsie.

While I was researching my list of Boston Cane holders for our records a few years ago I found one name that was unfamiliar to me. After some digging I discovered that this woman held the Boston Post canes for two different towns at the same time! I won't mention her name here in the *Gazette*, as I don't want any hint of scandal associated with a lady who lived to be 106.

No doubt the New Boston Select Board soon will award the Boston Post cane to another long-lived resident of our town, if they haven't done so by the time this newsletter goes to press.

### The Historical Society Event

Thursday, March 14, 2024, 7:00 pm at the

New Boston Community Church

“How Electricity Changed

Rural New Hampshire Life”

*Speaker: Steve Taylor*



The popular NH Humanities Council Speaker Steve Taylor's latest presentation will be his 7th in New Boston! This presentation is free. Refreshments to follow afterwards in the Historical Society museum.

Here's a teaser: "Imagine a New Hampshire town where some people enjoyed the benefits of electricity - lighting at the flick of a switch and reliable heating controlled by a thermostat - while others lived with smelly kerosene lamps and smoky box stoves. In New Hampshire, during the first half of the 20th century, residents of developed communities enjoyed the transformative benefits of electric power while those in the sparsely populated regions lived and worked in conditions little changed from the 19th century."

**Thursday Senior Lunch at NBCS**

Seniors play Bingo at noon in the Recreation Office after lunch.

- \* We are ready to greet you at the Gym doors at **10:50 AM**
- \* Purchase a hot lunch for \$3 or bring your own.
- \* We will provide coffee, tea and water. Hot lunch includes milk
- \* Third Thursday is Birthday Celebrating with a special treat!
- \* Join us for Nickel ante Bingo after at the Recreation Dept from Noon until 3pm.
- \* We will provide the Bingo supplies, just bring your nickels!

Any questions or need directions?  
Call us at 603-487-2880.



Tuesday's Hand and Foot card game crowd with a grandchild visitor!



Tigris says:  
"Can I have some Birthday Cake Please?"



Senior Lunch at NBCS, celebrating Bill Manna's Birthday.

**EASIER SUDUKO**

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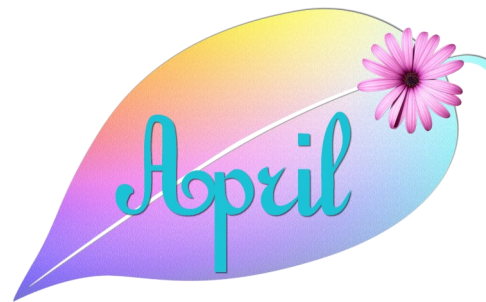
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**HARDER SUDUKO**

# MARCH



March 17 ~ PATRICIA BERGEN  
 March 28 ~ RUTH MILLER  
 March 30 ~ JEANNINE BALLOU



April 2 ~ ROXANNE POLAK  
 April 2 ~ RICHARD SILVERNAIL  
 April 4 ~ THERESA WOODBURY  
 April 5 ~ FLOYD GUYETTE  
 April 11 ~ KATIE KACHAVOS  
 April 14 ~ KEN HOLBROOK  
 April 17 ~ GEORGIA CHANCEY  
 April 20 ~ JACKIE MALANDRINO  
 April 22 ~ KATHY PALUMBO



Words cannot express how much we will miss Betty's smile, laughter and humor. She had a quick wit and caring nature. She participated in our Senior Reading Program, regularly attended Senior Lunch and Trips. Boat trips were her favorites and we were so happy she enjoyed our senior trip cruise on Sunapee Lake just last year.

We love and miss you "Dame" Betty.





**Whipple Free Library**  
There's Always Another Chapter



**Monday Morning Quilters-** 10am Every Monday



**3rd Tuesdays— Piscataquog Quilters** - Tuesday, March 19 at 7pm and Tuesday, April 16 at 7pm



**Wednesdays— Cribbage** - 6:30pm Every Wednesday



**Wednesdays— Cross Stich** - Wednesday, March 27 at 6pm and Wednesday, April 24 at 6pm .



**Thursday Knitting-** 10am Every Thursday. All experience levels and types of fiber arts welcome.



**Friends of the Whipple Free Library** – Thursday, March 14 at 7pm and Thursday, April 11 at 7pm



**Mahjonn**g - 1-3pm Every Friday. All experienced players welcome!



**2nd Fridays - Second Friday Foreign Film.** All are welcome!

Friday, March 8 at 7pm: *Jiro Dreams of Sushi* (Japan, 2011)

Friday, April 19 at 7pm: *The Last Bus* (UK, 2021) Yes, this is on the 3rd Friday

Due to the setting up of the Auction on the 13th, this week was moved to the 3rd Friday instead!



**Puzzle and Game Night** – Friday, March 15th at 6pm and Friday, April 26th at 6pm



**Saturdays— Chess Club** - 10am every Saturday

### **Book Clubs:**

#### **Who Dunit? Book Club**

Wednesday, March 6 at 10am – *Vera Wong's Unsolicited Advice for Murderers* by Jesse Q. Sutanto

Wednesday, April 3 at 10am – *The Crow Trap* by Ann Cleeves

#### **Wed. Night Book Club**

Wednesday, Wednesday, March 13 at 7pm – *The Light of Days: The Untold Story of Women Resistance Fighters in Hitler's Ghettos* by Judy Batalion

Wednesday, April 10th at 7pm – *Mr. Penumbra's 24-Hour Bookstore* by Robin Sloan

#### **Bon Appetit Cookbook Club**

Wednesday, March 20th at 6pm – *My Vermont Table: Recipes for All (Six) Seasons* by Gesine Bullock-Prado

Wednesday, April 17th at 6pm – *Nothing Fancy: Unfussy Food for Having People Over* by Alison Roman



## Whipple Free Library

There's Always Another Chapter

**Library News**  
**whipplefreelibrary.org**

Library news continued  
**SPECIAL EVENTS!!**



**American  
Red Cross**

Blood  
Services

**Red Cross Blood Drive**  
**Tuesday, March 26th at 12:30pm**

### SPECIAL EVENTS

#### **Beginner's Mahjong Class series**

**Starts Monday, March 4th at 10am**

Over a series of 4 sessions (March 4; March 11; March 18; March 25), Gretchen Mersey will teach you the basics of mahjong, taking you from newbie to knowledgeable. Space is limited, so please **register in advance**, either by emailing Sue at [adultserviceswfl@gmail.com](mailto:adultserviceswfl@gmail.com) or by signing up in the library.

#### **"All About Eclipses" with the NH Astronomical Society - Thursday, March 7th at 6pm**

On April 8, northern New Hampshire will be in the path of totality for a total solar eclipse. Want to learn more about them? Then join us as the New Hampshire Astronomical Society explores the science of solar eclipses and offers tips on how to view them safely. Solar eclipse viewing glasses will be available for everyone in attendance.

#### **Solar Eclipse Event #1 - Saturday, March 30th at 10am**

Solar eclipse information and fun activities for the whole family! Solar eclipse viewing glasses will be available for everyone in attendance.

#### **"Preventing the Scammers" with Edward Jones - Thursday, April 4th at 6pm**

Learn how to protect yourself and your financial information from online scammers. Financial advisor Casey Creamer will teach us how to recognize common scams and how to keep our personal data from being exploited.

#### **Craft Night: Watercolor Class with Katie Hawkes - Friday, April 5th at 6pm**

All necessary supplies will be provided. Please **register in advance**, either in-person at the library or by emailing Sue at [adultserviceswfl@gmail.com](mailto:adultserviceswfl@gmail.com).

#### **Solar Eclipse Event #2 - Saturday, April 6th at 10am**

Solar eclipse information and fun activities for the whole family! Solar eclipse viewing glasses will be available for everyone in attendance.

#### **Total Solar Eclipse - Monday, April 8th at 2:00pm**

Experience the wonder of a total solar eclipse! The eclipse will start around 2:15pm and reach totality at 3:27pm (New Boston will see about 95% totality). The library will have a solar telescope on hand for safe viewing of the sun; solar eclipse glasses will also be available for everyone in attendance.

#### **Ask a Financial Planner series Starts Monday, April 8th at 3pm**

Do you have financial questions? Come to the library and get answers! Edward Jones financial advisor Casey Creamer will be on hand to answer your basic financial questions. He'll be holding drop-in sessions on April 8, 15, and 29 from 3 to 5:30pm and a special late-night session on April 22 from 3 to 8pm. Advance sign-ups are appreciated, or feel free to just stop by.

#### **Friends of the Library Auction Saturday, April 13th at 6pm**

Find your next treasure, and support the Friends of the Library at the same time! Doors open for auction item viewing at 6pm, and bidding starts at 7pm.

### Tai Chi / Qigong Foundations Free Class!

Free Introduction class to Tai Chi/ Qigong Foundations – Wednesday, March 20, 10-11am in White Building #2.



After the introductory class we are hoping to have enough interest to continue a session. Join class instructor Theresa Rogers, Zen wellness certified qigong instructor. Currently she trains and is a registered teacher with Alex Dong's taijiquan lineage of Yang Style Tai chi.

Register online or call our office to be placed on the list. We will take a max of 12 participants. Since enrollment is limited and the class is free, please register only if you are sure you can attend.

#### A Walk in the Woods

Thursdays, 9-11am

Discover the beautiful conservation trails in New Boston.



Louise Robie will be our guide as we discover new places to hike and enjoy our beautiful woods. Pace will be according to the fitness of the group as a whole. Expect easy to moderate terrain to traverse and please dress accordingly to the weather. This is an all-ages walk but children must be accompanied by an adult. Well-behaved, leashed dogs may attend.

For more info on the style and instructor Theresa Rodgers, visit: [www.7starsqigong.com](http://www.7starsqigong.com)

Please meet at 8:55 in the Town Hall Parking lot. We will discuss where we will hike and then carpool/convoy to that location. Dress for the weather.

### VINYASA FLOW YOGA



Look for Yoga to start up again in the Spring Whipple Free Library on **Wednesdays**, 6-7 pm.



**Tuesdays 7-8:45pm, NBCS Gym.**  
**Sign up online or drop in for \$3**

No Pickleball: March 12 (voting day)  
 All levels welcome  
 We have extra equipment available to use.



**ACROSS**

- 1) Dog tag datum
- 6) Sanctified (var.)
- 11) Summon a genie, in a way
- 14) French wine region
- 15) 4:1, e.g.
- 16) Metal-in-the-raw
- 17) Occurs
- 19) Like a burning candle
- 20) Bog
- 21) Sound of impact
- 23) Clad
- 26) Cause of concern at the polls
- 27) One of the friends on "Friends"
- 28) Altogether
- 30) Does some tailoring
- 31) Condescending one
- 32) Furry household member
- 35) Bank offering, for short
- 36) Sgts., e.g.
- 38) Type of lab
- 39) The Tigers, on scoreboards
- 40) Birdlike
- 41) Accomplishment
- 42) Pieces for eight
- 44) Cascades peak
- 46) Noisy toy
- 48) Hunter, to the prey
- 49) Broadcasting
- 50) Old Turkish coins
- 52) Fleur-de-\_\_\_
- 53) Focus on satisfaction
- 58) Columbus Day mo.
- 59) University in Beaumont, Texas
- 60) "Falstaff" composer Edward
- 61) "Comprende?"
- 62) Bullpen sound
- 63) Shortsighted one

**DOWN**

- 1) Mythical monster
- 2) First name in comedy?
- 3) \_\_\_ de plume
- 4) Adversaries
- 5) Soak up again
- 6) Like some humor
- 7) Pool exercises
- 8) Flight data, briefly
- 9) "... boom bah!"
- 10) Drunkards
- 11) Slatted furniture item
- 12) Bathsheba's first husband
- 13) Legendary TV actress White
- 18) Birch or banyan
- 22) Butter unit
- 23) Ladybug's snack
- 24) "So \_\_\_!"
- 25) Sauce ingredient, sometimes
- 26) Molecular bit
- 28) Ancient Peruvians
- 29) Twelve, half of the time
- 31) Agitated state
- 33) Related maternally
- 34) Golden Horde member
- 36) Innately gifted ones
- 37) Kitchen appliance
- 41) One way to be accused
- 43) Certain special effect, in movies
- 44) Short stride
- 45) Globetrotter's home
- 46) Some shirts
- 47) Chilled
- 48) Badminton or tennis
- 50) BBs, e.g.
- 51) Antares, for one
- 54) "At Seventeen" singer Janis
- 55) "Long \_\_\_ and far away ..."
- 56) Maple product
- 57) "... \_\_\_ he drove out of sight"

**HIGH AND INSIDE**

By Agnes Brown

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P P E T U R T L E S E R D U S  
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 MRBIG  
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OHHENRY  
 POWERHOUSE  
 REESESSTICKS  
 ROCKYROAD  
 SKOR

SNICKERS  
 TOBLERONE  
 TURTLES  
 TWIX

# FREE TRANSPORTATION

Free Transportation Bus Operates: Monday - Friday, 7:00am to 4:30pm



- Make a reservation as early as 1 week prior, and no later than 1 day prior
- Priority rides for age 62+ or disabled passengers
- Priority rides for medical appointments
- Rides available to all New Boston Residents
- All buses accessible for disabled passengers
- Riders may go anywhere within New Boston, Goffstown and Bedford and medical appointments to Manchester.
- 

Reservations call: 603.623.8801

You will hear: A greeting for Manchester Trans Authority

Dial - Opt. #2 This will bring you to the **Cart and Step Saver** receptionist. **If no one answers, please leave the following information listed below. Someone will return your call.**

- Full Name
- Address of pick up
- Address of place you are travelling to
- Phone Number
- Age
- Purpose of Travel



The Francestown Community Market will open on Friday, May 3, 4-6:30! We run every Friday evening from May-September, 4-6:30. And the month of October 4-6pm! We are located on the grounds of the town hall at 2 New Boston Road. We have a great selection of both food and craft vendors and always looking for more participants!

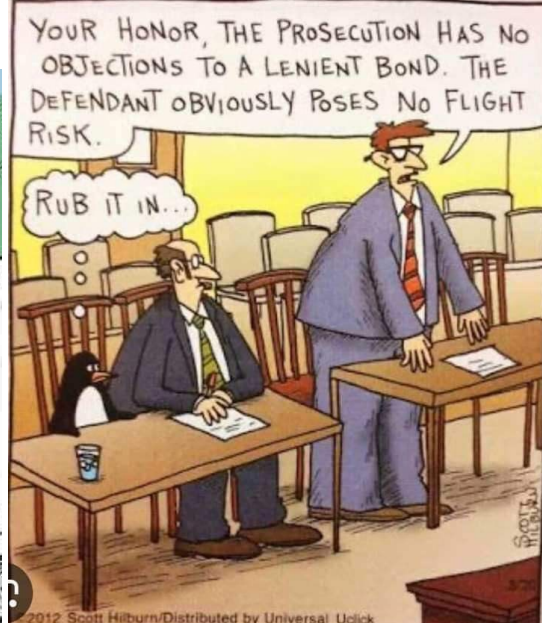
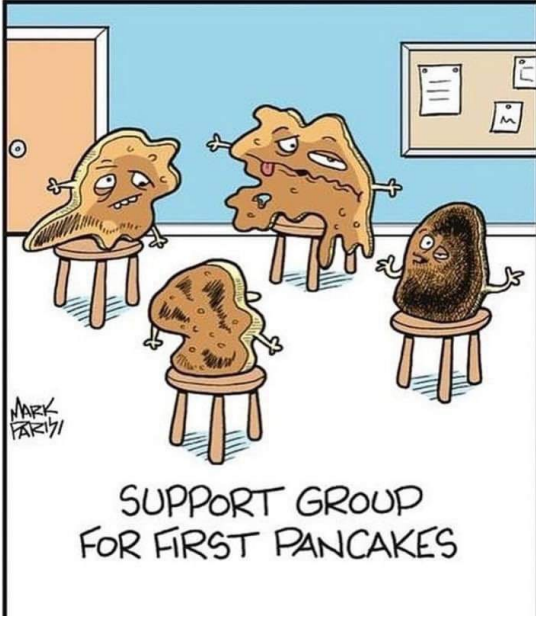


Join us for locally sourced items. Support your local crafters and farmers!

**Starting in May!**



Questions? Check us out on Facebook or email us at [francestowncommunitymarket@gmail.com](mailto:francestowncommunitymarket@gmail.com)





Below are fire safety tips for March and April from our Fire Dept.

IS IT TIME TO TEST YOUR SMOKE ALARMS?

Test them once a month or ask someone to do it for you.

SMOKE ALARM MONTHLY TEST

JAN.	FEB.	MAR.
APR.	MAY	JUNE
JULY	AUG.	SEPT.
OCT.	NOV.	DEC.

Fire Safe Seniors

CDC FEMA U.S. Fire Administration Fire is Everyone's Fight.

### March - Smoke Alarms

Installing smoke alarms in every bedroom, outside each separate sleeping area, and on every level of a home, including the basements is a fire safety precaution that all homeowners should take. Age matters when it comes to smoke alarms. They need to be replaced 10 years from the manufacture date. If you need assistance changing your alarms batteries or installing new ones, contact the Fire Dept at 603-487-2500 x312

### April – Cooking fires

Cooking is, by far, the leading cause of home fires and home fire injuries. In 2021, fire departments in the United States responded to an estimated 170,000 home cooking fires. These fires caused an estimated 135 deaths, 3,000 injuries and over \$494 million in property loss. Watch what you are cooking. Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.

**IF YOU COOK BY USING THE STOVE..**



- Keep an eye on what you fry. Most cooking fires start when someone is frying food.
- Wear short sleeves or roll them up so they don't catch on fire.
- Move things that can burn away from the stove.
- Don't cook if you are drowsy from alcohol or medicine.
- Use oven mitts to handle hot pans.
- If a pan of food catches fire, slide a lid over it and turn off the burner.



FEMA

U.S. Fire Administration





# Monthly Foot Care Clinic

## New Boston Community Church

Wellness Services for Adults 65 and Older



**Third Monday of Each Month**

**9 a.m. - 3 p.m.**

**New Boston Community Church  
2 Meetinghouse Hill Rd., New Boston**

Services offered include:

- Foot Care
- Blood Pressure Screening
- Medication Education
- Nutritional Education

A suggested donation of \$10 is requested for services.

To schedule an appointment, call **(603) 224-4093, ext. 85815.**

30 Pillsbury Street | Concord, NH 03301 • (603) 224-4093 | (800) 924-8620 • [www.granitevna.org](http://www.granitevna.org)  
Offices in Laconia and Wolfeboro

Granite VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, national origin, religion, disability, age, gender, marital status, sexual orientation, source of payment, or the absence of advance directives.



## Meet Your New New Boston Farmer's Market Manager *By Jane Byam*

long time managers Jacki Filiault and Allison Vermette last fall. Opening date for the Farmer's Market will be on Saturday, June 8 on the town common, and Josh has already been busy at work preparing for his new role.

Originally from Woburn, Massachusetts, Josh managed the Farmer's Market in the neighboring town of Wilmington for two seasons. He and his wife Jenna moved to their village home in New Boston last September to enjoy a more laid back, natural lifestyle, away from the hustle and bustle with the hope of making connections in small town living.

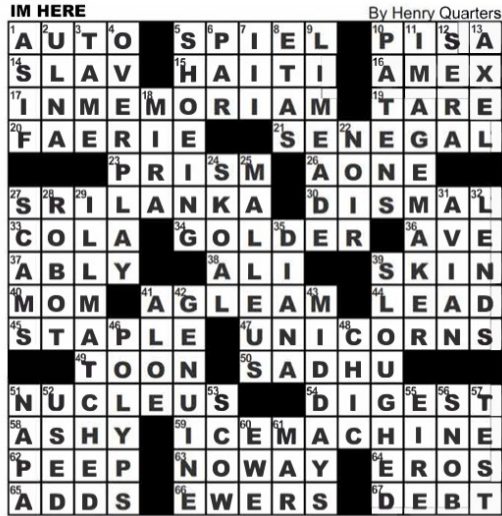


Josh is passionate about community and supporting local farmers. "I love the idea of farmers markets in that they bring together local, hard-working farmers, bringing natural products and foods to the community." Josh believes building relationships between farmers and the community is an important concept. "I think it's important for the community to know where their food comes from and the people that grow it."

Josh is enthusiastic for what is to come and says he hopes to continue a smooth operation of the market while building connections to the community. He does not plan to make any major changes. "It's like they say, if it's not broken don't try to fix it!"



As winter ends, Josh has already lined up several performers, including award winning blues guitarist Arthur James, Joy Thru Music, the Fretbenders, Eyes of Age, Mike Barger, and Bill Perry. Returning favorites also include Simone Clare, Elijah Boisvert, as well as Sam Gorton and Lynn Reimer. The popular Children's Market returns as well in July.



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No longer want to receive the Gazette?  
 Want to add someone to our circulation?  
 Your Birthday missing? Please let us know!  
 Recreation@newbostonnh.gov 603-487-2880



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