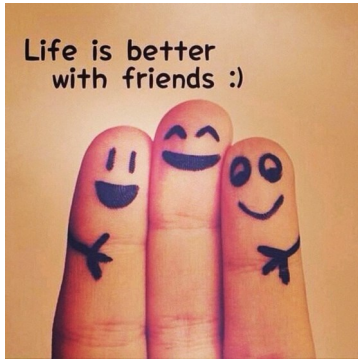


CENTER OF GRAVITY GAZETTE



Sept/Oct
2023

NEW BOSTON'S SENIOR NEWSLETTER



What's going on?

- ♦ Labor Day, Monday Sept 4th, our office will be closed.
- ♦ Hillsborough County Fair—Sept 8-10—We have discount ride and entry tickets for sale in our office
- ♦ Red Cross Blood Drive—Tuesday, September 12, 2023 at 12:30 PM to 8:00 PM at the Whipple Free Library
- ♦ Senior Lunch at NBCS resumes on Thursday, Sept 21. Bingo follows after at the Rec Office
- ♦ Town Wide Flu Clinics—**Both at the Recreation Office.** Wednesday, Sept 27 11am-1pm, and Saturday Sept 30, 10am-1pm during the Farmers Market.
- ♦ Senior Trip on Wednesday, Oct 4th to Sunapee Lake Boat Ride
- ♦ Scarecrow Alley and Trunk or Treat Registration begins Monday, October 2
- ♦ Townwide Trick or Treating, Trunk or Treat and Lighted Pumpkins on the Gazebo, Tuesday, October 31st, 6-8 pm.

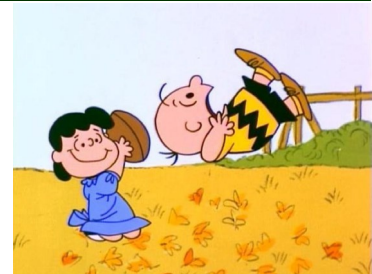
INSIDE THIS ISSUE:

NB HISTORICAL SOCIETY	2-3
WALK IN FLU SHOT CLINICS	4
LUNCH, CARDS AND BINGO SUDOKO	5
BIRTHDAYS	6
WFL HAPPENINGS	7-8
THE BIG BEAR!	9
CROSSWORD PUZZLE	10
WORD SEARCH	11
FREE TRANSPORTATION	12
A LITTLE LAUGH	13-14
FARMERS MARKET NEWS	15-16
FOOT CARE CLINIC	17
SUMMER CONCERT PHOTOS	18
SPANISH CLASSES ART CLASS—PAINT YOUR PET	19
NBBC NEWS SENIOR TRIP—LAKE SUNAPEE	20
HOME FIRE SAFETY CHECKLIST	21
JULY / AUG ANSWERS	22

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."



"Double, double toil and trouble;
 Fire burn and cauldron bubble."
 ~William Shakespeare



"From Sweden to New Boston "

by Dan Rothman for the Center of Gravity Gazette

In September of last year the Historical Society received an email from a man named Christer Allgulander, a retired professor living in Sigtuna, Sweden. "I am writing in the hope that you can provide me with information about my deceased relatives in New Boston. There is a family grave at the New Boston Cemetery for Eric Johnson (1907-1980), his wife Hilda née Schick (1922-1989) and their son Walter E Johnson (1955-1981)."

The Historical Society is delighted to receive inquiries from afar – we meet so many interesting people – and this inquiry was no exception. I did not recognize the Johnsons named in Christer’s email, so I searched our archive of Town Reports and found that in January of 1968 Margit Hilda Johnson, daughter of Eric and Hilda Johnson, married Dennis Frank Hooper. Now "Hooper" is a name we know well!

Many of you will remember that Margit Hooper was our Town Clerk for quite a few years. I knew she was Margit Colburn now, and I knew she’d moved away, but I didn’t know to where she’d moved. I called Denny Hooper, a former president of the Historical Society, to get Margit’s contact information, then I called Margit and gave her Christer’s email address. Christer wrote to me, "I received an e-mail from Margit at 4 am: ‘Hello, I am your 2nd cousin.’"



Thea and Christer Allgulander and Margit Colburn – June 2023

When we met in New Boston in June 2023, Christer said he had found the name Margit Colburn in a cemetery registry while researching Albin during a previous visit to New Hampshire. He didn’t know if she was related to the Johnsons so he had tried to contact her when he returned to Sweden but he received no reply. Margit said later that she’d seen an unrecognizable Swedish phone number on her answering machine so she hadn’t called back!

I corresponded with Christer in the months before his visit and he shared with me his family’s history, which is quite interesting. His maternal grandmother’s family, the Jonssons (Swedish spelling), lived in the south of Sweden. In 1901 the grandmother’s brother Albin Jonsson emigrated to America and went to work in the Manchester mills, where he met his wife Elida Ekdahl, who also was from Sweden. Their son Eric and his wife Hilda moved to New Boston, where they lived on Parker Road near the Howe Bridge and raised their four children, including Margit.

Continued next page!



"From Sweden to New Boston " Continued from page 2

In June of this year Christer and his wife Thea flew from Sweden to visit Margit, and I had the pleasure of meeting them at our museum. I put my digital recorder on a table to interview Christer, but I never had to ask any questions as Christer is quite a story teller! He and Thea had visited the Manchester Historical Society to research Albin's work in the mills, and a volunteer drove them "in a big Buick" to the very house where Albin and Elida had lived.

You'll find a transcript of Christer's stories on our Memory page newbostonhistoricalsociety.com/memory.html.

It was good to meet the Allgulanders and to see Margit again!

P.S. In the last issue of the Center of Gravity Gazette I wrote a story "From Glover, Vermont to New Boston" about the ancestors of Margot Johnston, who lived on Bog Brook Road until recently. (Margot Johnston is not related to Margit Johnson Colburn, as far as we know!)

Margot of Bog Brook moved to Georgia after her husband Butch passed. She wrote to me that she was returning to Vermont in August 2023 for a Daughters of the American Revolution event in the Glover cemetery, honoring Margot's ancestor who was a soldier in the war. Lisa and I went to the event with Lisa's sister Joan, who is a member of the Glover Historical Society. It was nice to see Margot and her daughter!

**The Historical Society presents:
"A Journey Along the Second New Hampshire Turnpike"
Speaker: Bill McAuley**

Thursday, September 14, 2023 7:00 pm
at the New Boston Community Church

In 1800 a toll road from Amherst to Claremont was built by men and oxen in a straight line crossing the southwest corner of New Boston. Bill McAuley, curator of the Francestown Heritage Museum, tells the story of the second "turnpike" constructed in New Hampshire.

Shield yourself with a flu shot!

2 Clinics to choose from both at the Recreation Office



Pre-register and select your time slot or just walk in.

- Wednesday, September 27—10am-Noon.
- Saturday, September 30—11am-1pm during the Farmers Market

To Schedule your Flu Vaccine—

- Use this link—www.riteaid.com/pharmacy/clinical-experience
Unique code to register is **uthayi**
- Or call/email Sheri. She can send you the online link with instructions or she can help you make your appointment online.



Medicare and most insurances accepted

The Shingles, Pneumonia, and the other vaccines available

When signing up you will need the following information

- What additional vaccines you are interested in?
- Which clinic day you will be attending
- Your insurance card or insurance company name and account number
- Date of Birth

Most Medicare B plans cover Pneumonia vaccine at a \$0 co-pay.
Medicare D covers Shingles vaccine at different co-pays.

**Need help registering for the flu shot?
Call Sheri at 603-487-2880 or email
Recreation@newbostonnh.gov**

Thursday Senior Lunch resumes at NBCS on September 21st. Seniors play Bingo at noon in the Recreation Office after.

- * 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
- * Join us for Nickel ante Bingo and/or UNO after at the Recreation Dept from Noon until 3pm.
- * We will provide the Bingo supplies, just bring your nickels!



Tigris says:
Lunch is my favorite!

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



"No thanks. Do you know how much sugar is in those things?"

EASIER SUDUKO

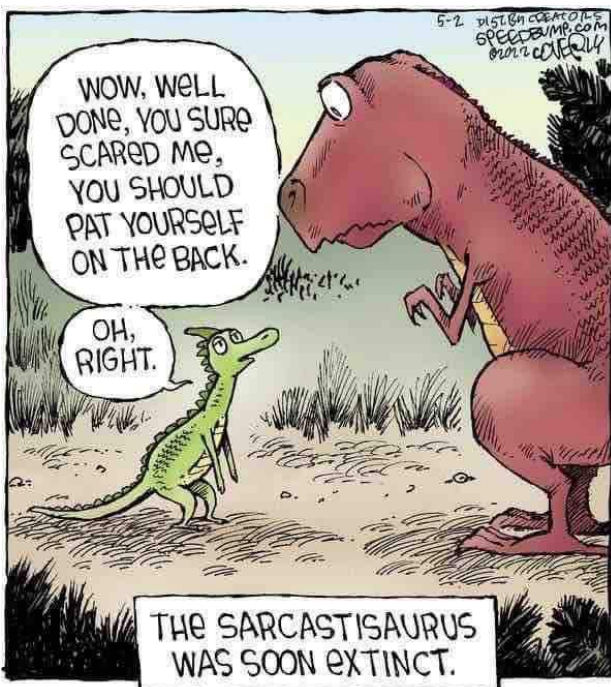
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HARDER SUDUKO

SEPTEMBER

- Sept 1 ~ DOT MARDEN
- Sept 3 ~ SHARON ADLER
- Sept 3 ~ ANNE CHRISTOPH
- Sept 5 ~ MICHAEL SINDONI
- Sept 8 ~ LINDA HOLBROOK
- Sept 8 ~ LINDA YOUNG
- Sept 9 ~ RITA HOUGHTON
- Sept 13 ~ KATHLEEN HOUGHTON
- Sept 18 ~ LORRAINE ROUSSEAU
- Sept 20 ~ SHERI "REE" MOLONEY
- Sept 20 ~ CORKY TRIMBUR
- Sept 24 ~ IRENE LANNAN
- Sept 28 ~ DAVE HARRIS



October

- Oct 6 ~ THERESA BERKINS
- Oct 6 ~ DON CHAPMAN
- Oct 13 ~ JOE TRIMBUR
- Oct 19 ~ FRANCES TOWNE
- Oct 23 ~ MARION THOMPSON
- Oct 26 ~ ANDY USERA
- Oct 27 ~ KATRINA MERRON



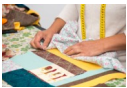
Whipple Free Library
There's Always Another Chapter

Library News
whipplefreelibrary.org

The Library will be closed for the following holidays:
Saturday, September 2nd and Monday, September 4th
in observance of Labor Day
Monday, October 9th
in observance of Columbus/Indigenous People's Day



Monday Morning Quilters- 10am Every Monday (No Sept 4, Oct 9th) All are welcome!



3rd Tuesdays— Piscataquog Quilters - Tuesday, September 19, Tuesday, October 17 at 7pm
All are welcome!



Wednesdays— Cribbage - 6:30pm Every Wednesday All are welcome!



Wednesdays— Cross Stich - Wednesday, July 19 at 6pm and Wednesday, August 23 at 6pm.



Thursday Knitting- 10am Every Thursday. All are welcome regardless of experience level!
All types of needle work welcome (crochet, needle point, sewing, etc.)

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



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

Friday, September 8th at 7pm: *Lost in Paris* (France, 2016)
Friday, October 13th at 7pm: *Wetlands* (Germany, 2014)



Saturdays— Chess Club - 10am every Saturday

Book Clubs:

Who Dunit? Book Club

Wednesday, September 6th at 11am – *The Widows of Malabar Hill* by Sujata Massey

Wednesday, October 4th at 11am – *The Hound of the Baskervilles* by Sir Arthur Conan Doyle

Wed. Night Book Club

Wednesday, September 13th at 7pm – *The Day the World Came to Town* by Jim DeFede

Wednesday, October 11th at 7pm – *Frankenstein* by Mary Shelley

Bon Appetit Cookbook Club

Wednesday, September 20th at 6pm – *The Apple Cookbook* by Olwen Woodier

Wednesday, October 18th at 6pm – *Milk Street: Tuesday Nights* by Christopher Kimball



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, September 12th at 12:30pm

Friends of the Library Book Sale
Saturday, September 16th at 9am

Craft Night: Oyster Shell Trinket Dish Redux
Friday, September 22nd at 6pm

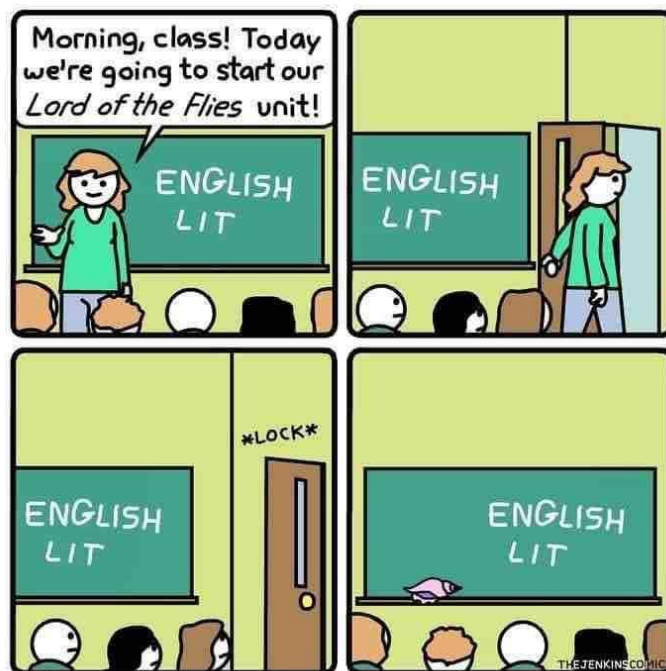
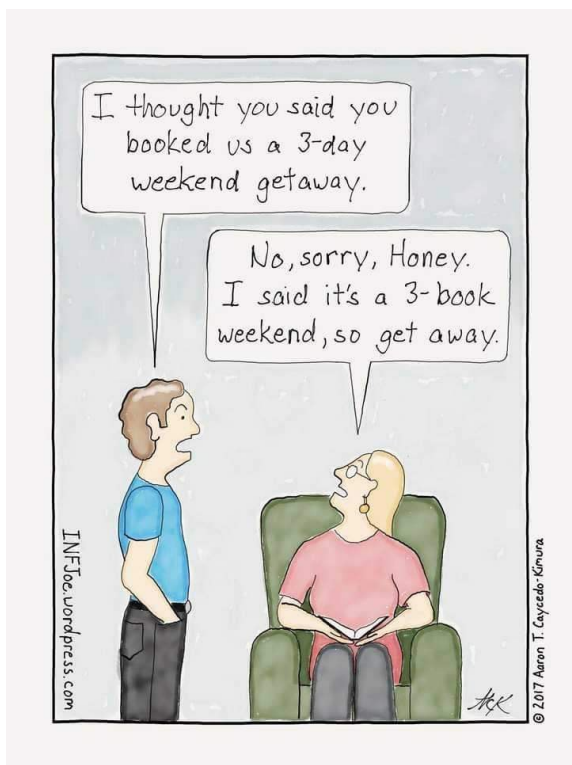
All necessary supplies will be provided – and we'll have new designs available as well! Please **register in advance**, either in-person at the library or by emailing Sue at adultserviceswfl@gmail.com.

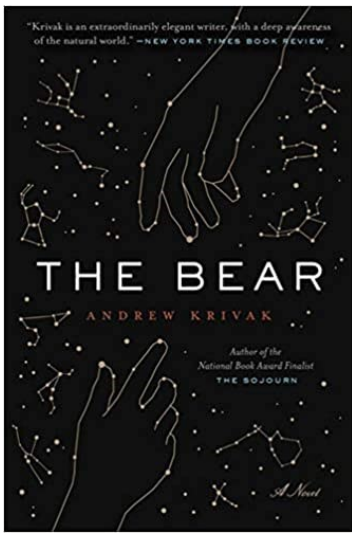
Spirits of the Granite State – The Ghosts of New Hampshire
Monday, September 25th at 6:30pm

Join us (if you dare!) as Roxie Zwicker, author, historian, and founder of New England Curiosities, reveals the legends and ghosts of New Hampshire.

“That Reminds Me of a Story” with Rebecca Rule
Thursday, October 19th at 6pm

Rebecca Rule has made it her mission over the past 20 years to collect stories of New Hampshire, stories that reflect what's special about this rocky place we call home. Tonight, she'll share some of these stories with us – and invite audience members to contribute a few of their own.





A New Joint Venture
The Whipple Free Library & NB Recreation
Present
THE BIG READ
See below for all the activities to join in

***The Bear* by NH author Andrew Krivak**

Have you picked up your free copy of *The Bear* yet? We only have a few left, so don't wait! We also have copies of the book available for check

out, either as a physical book or an audiobook. Limited books available at the Rec dept too!



Book Discussion with former NH Poet Laureate Alice Fogel
Monday, September 18th at 6pm

“What’s Up in Tonight’s Sky” presented by the NH Astronomical Society
Thursday, September 28th at 7:30pm

Representatives from the NH Astronomical Society will speak about "What's Up in Tonight's Sky," with a particular focus on Ursa Major, the Great Bear. Following the talk, we'll adjourn to the parking lot (weather permitting) to view the night's sky through the library's telescope.

Craft Night: Watercolor Class with Katie Hawkes
Friday, October 27th 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.

Author talk with Andrew Krivak via Zoom
Saturday, October 14th at 1:30pm

Author Andrew Krivak discusses writing *The Bear* and how living in NH's Monadnock region influenced his vision for the book. This talk is taking place at the Bank of NH Stage in Concord; the Whipple Free Library will be streaming it live on the big screen in the Russell Community Room.

“The Social Behavior of Black Bears” with Ben Kilham
Thursday, November 2nd at 6:30pm

Independent wildlife biologist and renowned black bear expert Ben Kilham joins us to discuss his experiences and observations from a lifetime spent studying black bears. Ben's work has been featured on the BBC, Discovery Channel, and National Geographic (to name a few), as well as in his book *Among the Bears: Raising Orphan Cubs in the Wild*.

Wrap-Up Discussion
Thursday, November 16th at 5pm

Didn't get a chance to read *The Bear* before our September discussion? Still want to talk about it with other readers? Then join us as we wrap up the Big Read. We'll be discussing the book, as well as how the autumn's talks and events influenced our understanding of it.

ACROSS

- 1) Big party
- 5) Frequently
- 10) Spellbound
- 14) Voice above bass
- 15) Norse love goddess
- 16) Large pitcher
- 17) Bookbinding leather
- 18) Inspirers of passing thoughts?
- 19) Cautious
- 20) Some preservers of order
- 23) Two-masted vessel
- 24) Take from
- 25) Frank Robinson was one
- 28) Emulated Pinocchio
- 30) Western showdown time
- 31) Cathedral topper
- 33) 40 winks, collectively
- 36) Greeting card section
- 40) Dash lengths
- 41) Mournful poem
- 42) Bananas' relatives?
- 43) Obey a dentist, at times
- 44) High-flying elite
- 46) Electric dart shooter
- 49) Fan's sound
- 51) Gradually trespassing
- 57) Catch in a stocking
- 58) "How am I ___?"
- 59) Novel type, once
- 60) Suffix with "folk"
- 61) Broadway show backer
- 62) Give off, as light
- 63) Thumbs-up verbal votes
- 64) Disorderly
- 65) Alley dwellers

DOWN

- 1) Some candy purchases
- 2) Hand lotion ingredient
- 3) Telephone button
- 4) Pearl River city
- 5) Recently
- 6) Swiss capital?
- 7) Extra inning
- 8) Spud bumps
- 9) U.S. astronaut's insignia
- 10) Intriguing poster heading
- 11) Well-apprised
- 12) Long-lasting curls
- 13) Date not on a calendar?
- 21) Sushi selection
- 22) Canary's call
- 25) Second word of many limericks
- 26) Apartment division
- 27) Charged particles
- 28) Easter flower
- 29) Tax shelter type
- 31) "Let it stand" editorially
- 32) Slangy boxer
- 33) Entre ___
- 34) Card-game stake
- 35) "Check this out!"
- 37) Printer's proof, briefly
- 38) Legendary 32-Across
- 39) Unwelcome visitor
- 43) Twilled woolen fabrics
- 44) Like a janitor's keyring
- 45) Bit of work in physics class
- 46) Electric car brand
- 47) Bother
- 48) Cause to panic
- 49) Tories' opponents
- 50) Cheryl of TV or Gregory of dance
- 52) TV Batman West
- 53) Construction zone indicator
- 54) Fine cotton fabric
- 55) Don't keep in
- 56) Aerialist's precautions

PEST-INSIDE

By Timothy E. Parker

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F C O C K T A I L K B L I A T E R
S F H Y R A L K W E P I P L I A T
Q H L L M I L I A T Y N O P B X E
T D I Q U L T E A C L I A T B O B
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BOBTAIL

CATTAIL

COATTAIL

COCKTAIL

COTTONTAIL

CURTAIL

DETAIL

DOVETAIL

DUCKTAIL

ENTAIL

FISHTAIL

HIGHTAIL

PIGTAIL

PONYTAIL

RETAIL

SHIRTTAIL

TAILBACK

TAILBONE

TAILGATE

TAILLIGHT

TAILOR

TAILPIPE

TAILSPIN

TAILWIND

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

VINYASA FLOW YOGA

This session meets at the Whipple Free Library on **Wednesdays**, 6-7 pm.



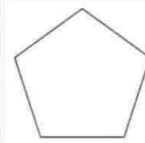
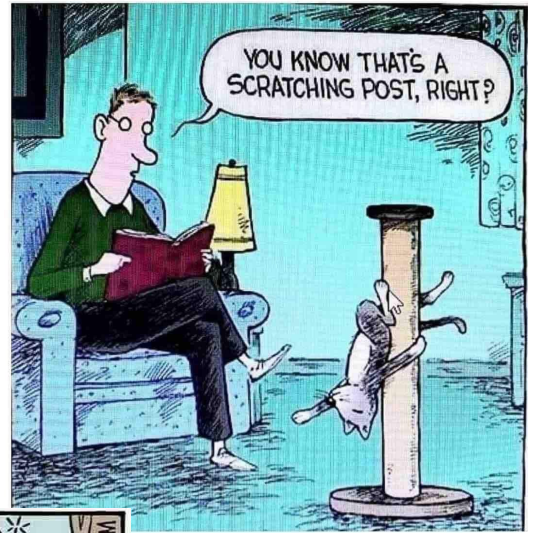
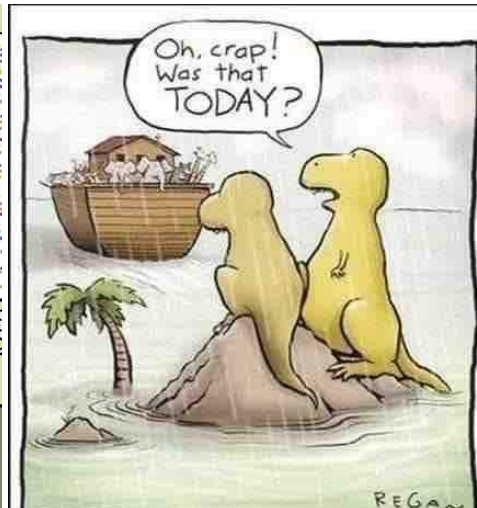
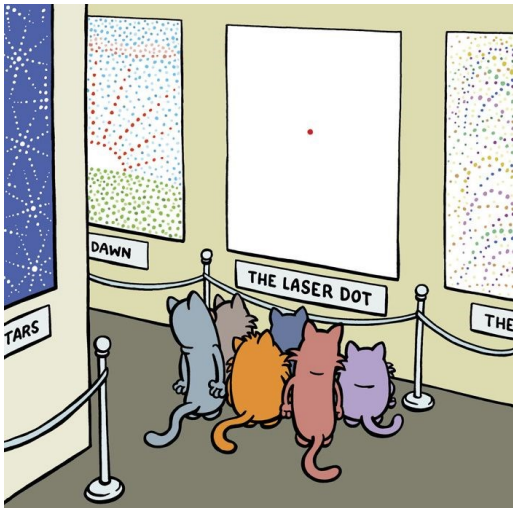
6-week session is \$72 for September 6-October 25 or drop-in for \$15. There is no class on September 20 and October 18.

Please wear comfortable, loose, warm clothing. Bring a mat and blanket. Try not to eat for a few hours before the class.

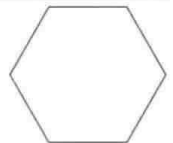


Starts in October!
Stay tuned for more info

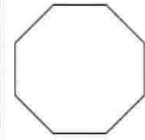
We are working out the details and availability of court now



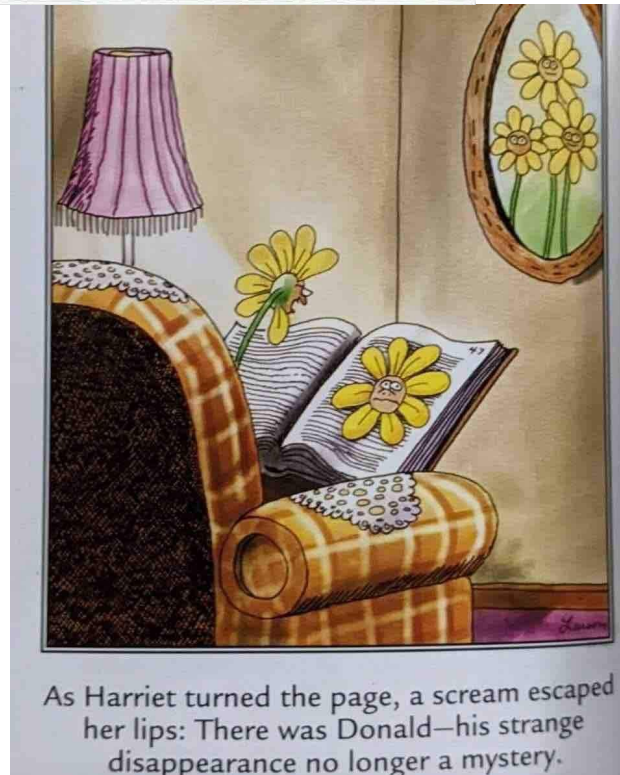
Pentagon



Hexagon

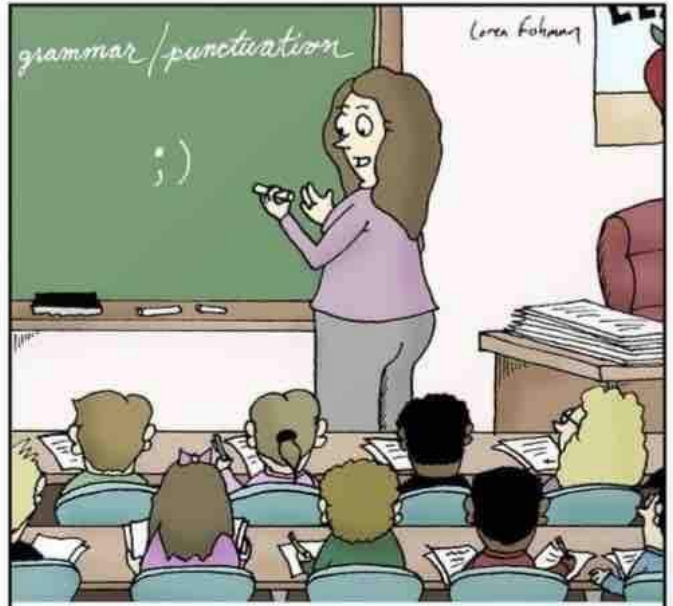


Octagon

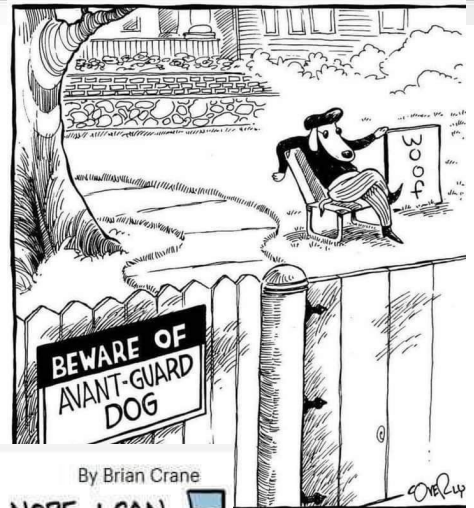
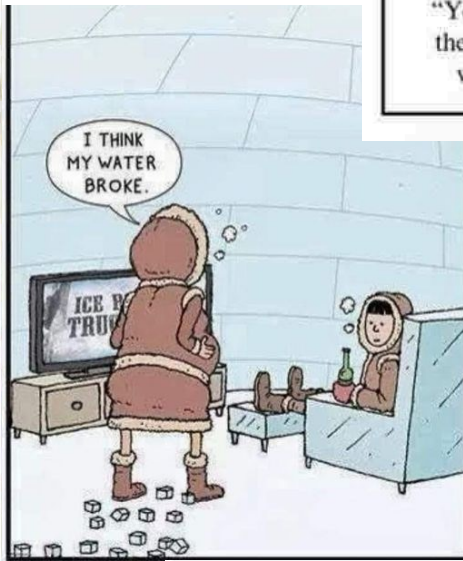
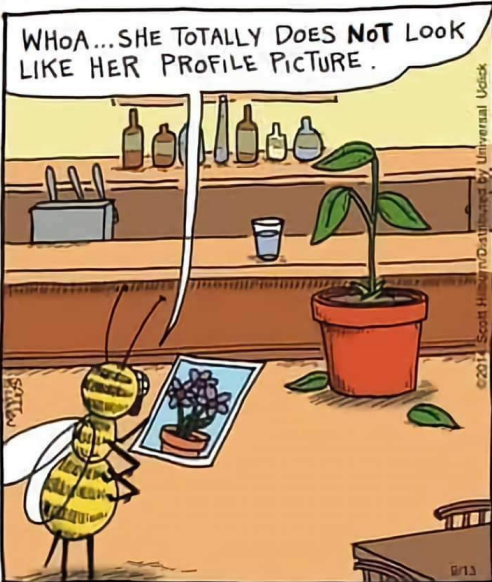




garyvarvel.com



"Yes, a winky face is correct... But in ancient times, the semicolon was actually used to separate archaic written devices known as 'complete sentences.'"



Sept / Oct 2023

Guests & Musicians

September 2

Guest—

Goffstown Food Pantry

Musician—

Danny Savage & The BFG

September 9

Guest—**Grandparents Day**

Cut out coupon on right!

Musician—**Folksoul Duo**

September 23

Guest—**NB Rail Trail**

Musician—**Elijah Boisvert**



Celebrating Grandparents!
New Boston Farmers Market \$1 Voucher

Wishing you a Happy Grandparent's Day!
Use this voucher on Sept 9 towards your purchase
from any of our vendors.

This coupon good for
The Farmers Market on Sept 9, 2023
\$1 off any item at any booth
One per Grandparent



September 16

Guest—**NB Fire Department**

Musician—**Simone Clare (Shown Left)**

September 30

Guest—**Recreation Department Flu Clinic**

All Flu Clinic participants will receive a \$1 Voucher for NBFM!

AND don't miss—Tola-Rose Italian Food Vendor Truck

Musician—**Speed the Plough**



October 7

Guest—**NB Historical Society Presents:**

New Boston Doctors of the past!

Musician—**Simone Clare**



PHOTOS

(Right) In a previous exhibit put on by the the historical society on New Boston Schools of the past, Kary Jencks, a member of NB Select Board, is shown ringing the old NB school bell with her daughter.

(Left) Former Teacher from NBCS, Lisa Rothman poses in front of the Schools of New Boston display



Passing the torch!

The New Boston Farmers Market has benefited from the leadership of two gems of our community. The dynamic duo, Jacki Filiault and Allison Vermette, have both been longtime volunteers and supporters of the Market. Jacki and Allison are looking to step down from their Farmers Market Volunteer positions and are seeking persons willing to step up into the co-manager positions.

The market is also looking for volunteers to help with the upcoming 2024 season.

If you would like to help out please contact:
Jacki 603-487-2159 or Allison 603-233-9474 or email jx243@aol.com

Thank you!



2021—The Joe English Grange No. 53 honored market co-manager Jacki (center) with the Community Citizen of the Year award. Jacki is shown here with her co-manager Allison Vermette (left).
Photo credit Joe English Grange.





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
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.





Spanish Classes!

The Recreation Dept brings you Spanish classes for beginners. No previous knowledge of Spanish is necessary. Sign up online or call the office at 603-487-2880

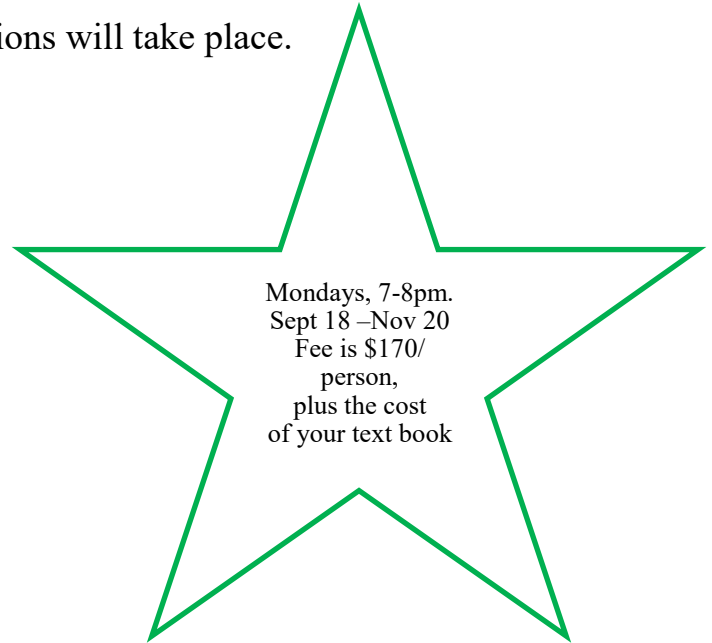
Basic concepts will be introduced, and conversations will take place.

Topics covered include:

- Greeting and taking leave.
- Days, months, seasons, weather.
- Numbers, telling time, money.
- Our family.
- Foods, going to a restaurant.
- Health, doctor's visit.

Grammatical structures:

- Definite and indefinite articles. (The and A)
- Nouns and Adjectives.
- Conjugation of verbs in present tense.
- Selected Readings.

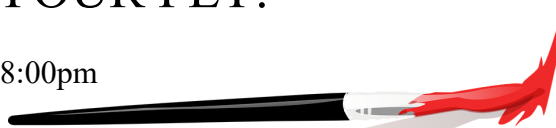


Mr. Rolon is a retired teacher who has taught Spanish at both the high school and college level. Classes held at the white buildings. Register online or call the office!



ART CLASS—PAINT YOUR PET!

Class is Thursday, September 28, 6:00-8:00pm
Ages 18 and older



Sign up online or call the office at 603-487-2880

Have you always wanted some original artwork of your furry or feathered friend, slinky snake, swimming sushi, warty or cute hip hoppity, or other pet, but don't know of an artist to commission it? Well, that artist is YOU!

Pet portrait artist Katie Hawkes will help you paint your very own masterpiece! All you need is a good photo of your awesome pet to submit when you sign up, and Katie will draw your pet onto a canvas before class starts. When you arrive, she'll have it set up and ready for you to paint!



We encourage you to bring along that image as a reference as well, to look at in class. This can be a printed image, or simply just on your phone or tablet - whatever works best for you! You do NOT have to be an artist to attend! All levels are welcome!

Sign up today, with a picture of your favorite dog, cat, horse, fish, dinosaur - or whatever you want to paint!

New Boston Baptist Church News



“Join us on September 17 to hear Craig Brunson of Heritage Baptist Church in Windham, NH. The Lord has called Craig to be a missionary in Central Asia. He will preach the Word in our morning worship service at 10:30 am, join us for our fellowship meal at noon, and present his burden for Central Asia after the meal. All are welcome to worship, eat, and learn with us about this needy part of the world.”

Please contact us at 603-769-9999 for more information. All are always welcome .

For more info visit our webpage: newbostonbaptist.org



Senior Trip October 4th cruise Lake Sunapee

On Wednesday October 4th—Departing from Sunapee Harbor, a narrated boat tour on Lake Sunapee is a time-honored way to spend an afternoon. Come aboard, relax in your deck chair and enjoy the beautiful scenery of Lake Sunapee. Your knowledgeable Captain will provide a narration of the history, landmarks and lore of this crystal clear mountain lake. Lake Sunapee is known as the “waters of the flying goose,” and the M.V. MT. Sunapee II has been cruising her waters for decades. The M.V. MT. Sunapee II features an open-air top deck and a fully enclosed lower deck – no matter the weather, you can cruise this picturesque lake in comfort. You’ll see the magnificent homes that have sprung up around the lake as well as the historic sights of yester year. A highlight for many are the three historic, and still operating, lighthouses. While cruising the lake you will be afforded a unique viewpoint of our beautiful area, as well as unimpeded views of local mountains Kearsarge and Sunapee. On clear days you can see all the way to Vermont’s Mount Ascutney.

We will dine at a local restaurant then board the boat at 2pm. The cost of the trip is \$30 person plus the cost of your lunch.

To sign up please call us at 603-487-2880. We have purchased the tickets in advance, please pay for your trip when calling to sign up. The \$30 is non-refundable if you cancel or are unable to attend. Limited to 13 signups for the bus, but if the trip is full you can drive your own vehicle too!



COOKING FIRES

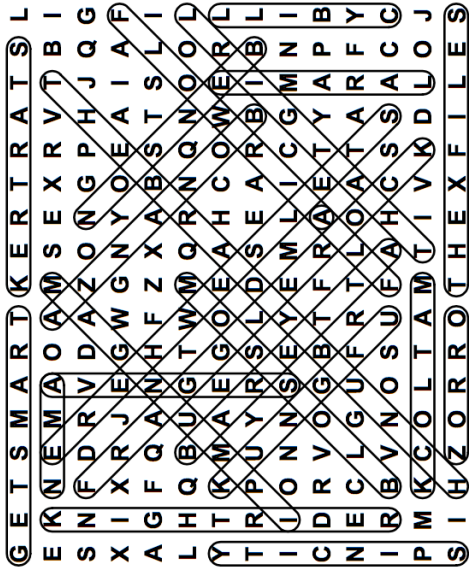
Fast Facts

- Cooking fires are the number one cause of home fires and home fire injuries.**
- Home fires are more likely to start in the kitchen than any other room in your home.***
- Unattended cooking causes nearly 90 percent of all kitchen fires.**
- Cooking was the cause of 36% of all structure fires in 2002.**
- The number of home fires the American Red Cross has responded to has risen 10% since 2000.*
- Every two and a half hours someone is killed in a home fire. In a typical year, 20,000 people are injured in home fires.**
- Having a working smoke alarm reduces one's chances of dying in a fire by nearly half.**

Preparedness Tips

- ✓ Never leave cooking food unattended.
- ✓ Stay in the kitchen when you are frying, grilling, or broiling food. If you must leave the kitchen for even a short period of time, turn off the stove.
- ✓ If you are simmering, baking, boiling, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind yourself that the stove or oven is on.
- ✓ Avoid wearing loose clothing or dangling sleeves while cooking.
- ✓ Keep kids away from cooking areas by enforcing a "kid-free zone" of three feet around the stove.
- ✓ Keep anything that can catch on fire—pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, and towels or curtains—away from your stove top and oven or any other appliance in the kitchen that generates heat.
- ✓ Clean cooking surfaces on a regular basis to prevent grease buildup.
- ✓ Consider purchasing a fire extinguisher to keep in your kitchen. Contact your local fire department to take training on the proper use of extinguishers.
- ✓ Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens, and small appliances are turned off.
- ✓ Smoke alarms save lives. Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas, and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Replace all batteries at least once a year.
- ✓ Visit www.redcross.org/homefires for more information on how to prevent cooking fires.

Sources: American Red Cross,* U.S. Fire Administration,** and the National Fire Protection Association.***



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