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Issue 10
November 22, 2012



Happy Hanukkah



Berlin / Gorham Vet-to-Vet

New Hampshire Vet-to-Vet is a peer driven support network where veterans of all eras help each other address emotional, spiritual, vocational, educational and housing concerns, as well as health issues, in group settings held around the State.

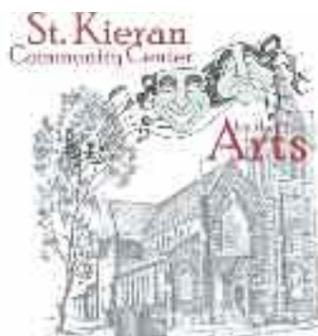
We have Vet-to-Vet group meetings at the Family Resource Center in Gorham on the first and third Tuesday evening of each month. These meetings are open to all veterans and begin at 6:30 pm.

We are a non-profit organization. We are not professional counselors or psychologists, just motivated veterans helping other veterans. In addition to the six meeting sites currently in the State of New Hampshire there are about 40 other states where these meetings are being held regularly.

Robert Mitchell ~ (603) 348-2249 Stewart Shaw ~ (603) 466-3333
Dave Canter ~ (603) 752-5773 Gilles Laramée ~ (603) 752-4745
Gary Roy ~ (603) 723-6271



Santa's Back in The Great Northwoods on December 9th (See page 4)



North Country Community Chorus Presents Holiday Christmas Concerts at St. Kieran Arts Center

Berlin-Beautiful voices, brass bells and festive music will fill the halls with joy, merriment and good cheer when the North Country Community Chorus returns to St. Kieran Arts Center for three spectacular Christmas Concerts on Wednesday,

December 12 at 7 pm to benefit the Salvation Army and on Friday, December 14 at 7 pm and Sunday, December 16th at 2 pm to benefit the Arts Center.

Celebrating its twenty first season, the 75-member North Country Community Chorus is directed by Christian Labnon with guest conductor Randy Labnon. The Chorus will be accompanied this year by Angela Brown and Alice Peters. The popular and dynamic ensemble will present an exciting, diverse program designed to appeal to an audience of all ages. Each Christmas Concert will open with special guest artists and performing groups.



Christian Labnon and Randy Labnon

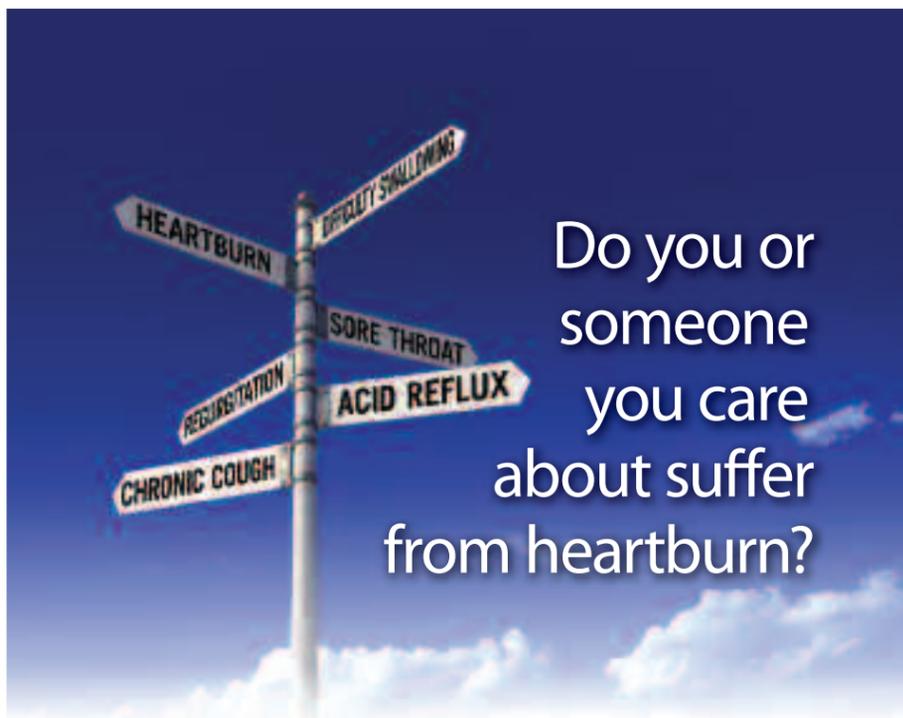
North Country Community Chorus provides a unique opportunity for singing enthusiasts throughout the region to participate in a choral group experience. The Chorus enjoys singing Holiday Classics but also takes on challenging pieces of music from a varied repertoire of traditional, folk and contemporary songs. After months of weekly rehearsals, their ultimate goal is to share their dedication, love and passion for singing and the Christmas Season with family, friends, and members of the community.

"This year, the Chorus will present a wonderful assortment of musical styles, highlighting Holiday favorites and some special classical, gospel, and Broadway pieces. We have something planned for everyone! This is going to be our best concert series yet," states choral director, Christian Labnon.

The Wednesday night concert will benefit the Salvation Army through admission donations of food, toys or cash. Admission to the Friday night and Sunday afternoon concerts is \$12 for adults, \$6 for students and will benefit Arts Center programming. Children under five are admitted free. "Please make time to come out to enjoy and participate in this wonderful holiday spectacular!" invites Executive Director, Joan Chamberlain.

Programming at St. Kieran Arts Center is made possible with support from NH State Council on the Arts, National Endowment for the Arts, the Doris L. Benz Trust, and the New Hampshire Charitable Foundation/North Country.

St. Kieran Arts Center Season Memberships to all 2013 performances are currently available for Holiday Gift Giving: Individuals \$150, Seniors \$125, and Students \$75. To purchase Christmas Gift Memberships or to request more information contact the Arts Center at 752-1028, 155 Emery Street or visit www.stkieranarts.org



Do you or
someone
you care
about suffer
from heartburn?

Can you read the signs correctly to determine if your heartburn is just that, and nothing more serious?

Difficulty swallowing. Heartburn. Sore throat. Regurgitation. Acid reflux. Chronic coughing. GERD. All of these are consistent with Barrett's esophagus - a condition that is often a precursor to the most rapidly rising form of cancer in the U.S. The good news is that it is easily diagnosed and, if found early enough, treatments are easy, non-invasive and relatively painless.

Take control of your health and ask your practitioner about your risk for developing Barrett's esophagus and treatment options. To learn more, call the General Surgery practice of AVH Surgical Associates, at (603) 752-7750.



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Dangers of Sexting

Sexting is a pop culture term that has become a widely reported and abused phenomenon. Sexting is when people use their mobile and internet devices to send and receive sexually explicit photos and texts. While the merits of sexting for adults is highly contested, the use of sexting amongst pre-teens and teens has become a problem of national significance.

What many do not understand about sexting is that once these communications are sent they are available forever for anyone to view and see. These sexually explicit photos and texts could impact their futures and possibly have legal implications for both the sender and receiver. These communications can also impact the youth's ability to get a job, to get into college, and even their reputation.

"There has been much concern that teens engaged in "sexting" would be criminally prosecuted and required to register as sex offenders," said Ernie Allen, President of the National Center for Missing & Exploited Children (NCMEC). "That isn't happening. Yet, "sexting" is a large problem that we have to come to grips with as a nation".

While many parents think that their children would never engage in these types of activities, the reality is that many are. According to surveys done by the National Center for Missing & Exploited Children and John Walsh amongst teen's ages 13 to 18:

One in 5 teens or 20% have engaged in sexting.

Over a third knows of a friend who has sent or received a sext message.

One in 10 sexters has sent these messages to people he or she doesn't know.

Half of teens think that adults overreact about sexting.

An additional survey amongst teens 13 to 19 by The National Campaign to Prevent Teen and Unplanned Pregnancy about teens and sexting showed that:

71% of teen girls have sent or posted this content to a boyfriend or girlfriend.

51% of teen girls say they do it because of pressure from a guy.

66% of teen girls and 60% of teen boys do it be "fun or flirtatious".

44% of teen girls say they did it in response to content they received.

44% of teen girls say it is common for these images to be shared with people not intended to see it.

38% say that "exchanging sexually suggestive content makes dating or hooking up with others more likely".

29% of teens say that exchanging explicit content makes them feel "expected" to date or hook up.

If you suspect that your child is engaging in sexting you may want to review the images on their cell phones and cameras, their sent messages on phones, and photos on your computer they might have downloaded from the camera in order to post it online or e-mail it to someone. If you don't find inappropriate images on your home computer or digital devices but you suspect your children may be engaging in risky behavior, you may want to search for them online. If you know their screen names and e-mail addresses, you can Google them along with their first and last names or any nicknames you know they use online. Any information you find in this manner could also be found by anyone else with Internet access so it is not an invasion of their privacy. Remind them that whatever they post, anyone can see.

If you allow your teens to maintain a profile on social networking sites, a great way to open the lines of communication with them about their safety is to ask them to teach you about the site, make your own profile, and add your children as your friends. However, don't use this as opportunity to scrutinize every aspect of their page and communication between them and their friends. Choose your battles and intervene when and if you think their reputations are at risk, they are engaging in inappropriate behaviors, or you feel their personal safety is compromised.

Make sure to talk to them about not revealing personal information on social networking sites and using privacy setting to limit access to their profile and pictures. Social networking sites that have good privacy settings and safeguards in place for children can be used as a way for families to keep in touch. Encourage trusted adults and relatives to join the site that you find appropriate for your children and add your children as friends. Your teens may be hesitant to let you completely in on their online life but they may let another close trusted adult in. The more trusted adults keeping tabs on your children, the more help you may have in preventing them from being exploited.

Here are some tips to help prevent sexting. Be sure to remind your children to:

1. Think about the consequences of taking, sending, or forwarding a sexual picture of someone underage, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even get in trouble with the law.

2. Never take images of yourself that you wouldn't want everyone- your classmates, your teachers, your family, or your employers- to see.

3. Before hitting send, remember that you can't control where this image may travel. what you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends.

4. If you forward a sexual picture of someone underage, you are responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.

5. Report any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.

If you do find inappropriate images or messages on your child's phone, or any other kind of child sexual exploitation, you can report it to the Cyber Tip line at www.cybertipline.com or by calling 1-800-THE-LOST (1-800-843-5678) or your local police department. For more information on sexting you can go to www.nets-mart411.org or www.missingkids.com.



1st Annual Family Restaurant Contest

In recent weeks the Family Resource Center conducted the 1st Annual Family Restaurant Contest at the Gorham Town Hall's Medallion Opera House. Well over 100 guests attended and sampled area restaurant's favorite appetizers while raising money for a good cause during the FRC's annual fundraising auction. Congratulations to the Winners, 1st Place Tea Birds – 2nd Place Libby's Bistro/SALT Pub and 3rd Place – Town and Country Motor Inn. The FRC Board and Staff send their sincere Thank You to all of the Restaurants and area Businesses that participated including, Tea Bird's Café & Restaurant; Libby's Bistro/Saalt Pub; Town & Country Motor Inn & Resort; Dynasty Buffet; Mr. Pizza; Northland Restaurant & Dairy Bar; and, Saladino's Italian Market

'Lights On'

The Family Resource Center's Afterschool Program, known as 'Project Youth' recently held its annual 'Lights On' celebration event at the Berlin Middle School. Project Youth serves over 200 area students from Kindergarten to eight grade with a homework assistance program and social enrichment activities at the end of each school day. This extended learning program is known for quality programming that is delivered in a safe environment for kids and gives them a chance to engage in positive social development. The 'Lights On' event is celebrated by afterschool programs around the United States to emphasize the value of extended learning past the formal school day.

SHELBURNE UNION CHURCH (Founded 1818)

Shelburne Village, N.H.

The Christmas Service will be held on December 9th this year and will begin at 7:00 p.m. Because of the Church temperature being too cold for comfort, this service will be at the Shelburne Town Hall in Shelburne Village. Thank you, in advance, to all whom attend.

SHELBURNE NEIGHBORS' CLUB

Join us to meet neighbors, make new friends and enjoy a program or two!!! Next Event: December 12th – The Gala Event of the Season!! A white elephant auction coordinated by Marlene Marchand. Come and bid on items old and new, wrapped in baskets or not, and enjoy the antics of our two new auctioneers, Wendy Williams and Ann Leger. Refreshments Served.

Gorham's Congregational Church

(Part 3 of 3, continued from Issue #9)

The "unmanageable afterthought" had become a community able to amply provide for its 900 inhabitants basic needs of food, shelter, stability, education, employment, rule of law; so many advancements in this valley along the Androscoggin. Yet one aspect of life remained uncultivated. The New Hampshire Missionary Society recognized the need for spiritual guidance and sent Congregational minister Elihu Burt to preach once a month, starting 1856. The Young Men's Christian Association (YMCA) of Portland, at about the same time, organized a Sabbath School; the 30 members or so met in the schoolhouse.

A second gospel pioneer came to Gorham in 1859, Rev. George F. Tewksbury, who developed a reliable congregation. He was accompanied by his wife of 21 years, Sarah Cutter Tewksbury. Together they recognized the town's need for a meeting house and prevailed upon Valentine Stiles to construct a public hall; it was dedicated at Christmas that year as Ingalls Hall.

Attendance grew and soon filled the 100 seats. With Sarah's leadership, a Ladies' Circle was organized, galvanized, to raise the necessary funds. Again, they turned to Stiles, Gorham's architect, who, after several meetings, on a stormy winter day agreed – if they could raise \$600 towards the costs. It was done. Standing on the corner of Main and what was then Cross Street, with a tall spire, a steel bell in the belfry, and sixteen pews (furnished by the Ladies' Circle at \$350) the church was completed in early 1862, for \$3,350.

March 18, 1862, twenty-five people gathered and wrote the Articles of Incorporation for the Congregational Church of Gorham. Filled with the mission to feed the spiritual needs of all they could reach, each signed the document which designated them members.

Rev. Geo. F. Tewksbury, E. P. Adams, Thos. A. Adams, Chas. W. Bean, John Brewer, Jr., Joseph A. Chambers, H. T. Cummings, John G. Day, D. F. Evans, Thos. Gifford, D. S. Harvey, George Holmes, Rufus F. Ingalls, J. W. Lane, Elihu Libby, C. M. Morgan, B. F. Morse, C. S. Peabody, Chas. C. Smith, V. L. Stiles, Orin Tubbs, Benjamin Wadsworth, Dr. Henry F. Wardwell, Wesley Wight, Apollos Williams.

Elihu Libby, who had moved to Gorham the year before with his family, was elected Deacon (a position he held for 49 years).

Sarah Tewksbury's journal recorded that day's events; she noted that the first communion was held April 6, "Today the Sacrament was administered for the first time in our little church. Friends of other denominations communed with us; between 30 and 40 communicants. It was a very quiet, solemn, interesting occasion. It is the first time that Christians ever thus gathered around the Lord's Table in this village. It will be a never forgotten occasion."

One hundred and fifty years later our village church is much changed and yet much the same. A parsonage was added on Main Street. In 1904, the tall church spire was replaced with the dome, the sanctuary enlarged, seven beautiful stained glass windows were installed and dedicated, and a Hook and Hastings custom organ was purchased. The community that the Gorham Congregational Church serves has tripled in size, the schoolhouses expanded, the roads paved, and the travelers arrive in cars not carriages or railroad coaches. Yet, still, we all seek this place for its beauty, serenity, and peace.

The Gorham Congregational Church invites everyone to share in their common history as they celebrate their 150th Anniversary. September worship services – which are at 10:00 a.m. – will feature how the church's mission today reflects and draws upon its history. A special service of celebration will be held on Sunday, September 23rd.; for more information contact the church, located at 143 Main Street, Gorham, by calling 466-2136.

Veterans Dinner

The Gorham Afterschool Program sponsored their 3rd annual Veterans Appreciation Dinner on Friday, November 9th at the Gorham Legion. Over 100 Veterans and guests attended. Each year after school students assist in preparing a spaghetti dinner for the Veterans and their guests along with a program honoring the service of men and women in the armed services.

Volunteer Income Tax Assistance

The FRC is gearing up for its 8th year of delivering Volunteer Income Tax Assistance to North Country families. Last year, FRC's trained and certified staff and volunteers prepared, for no cost, over 530 Federal Income Tax Returns for area families, bringing in over \$600,000 in refunds to these families. For more information contact Miranda Bergmeier at the FRC at 466-5190 x 323.

GORHAM PUBLIC LIBRARY

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gorhampubliclibrary@ne.rr.com
Monday – Friday: 10am – 6pm Saturdays: 10am - Noon

The following are some thoughts on books and movies by your local library staff – enjoy!

ADULT FICTION:

The Casual Vacancy by J.K. Rowling. The author of the famed Harry Potter series has now written a novel geared more towards the adult readers. Set in the “idyllic” English village of Pagford, we soon see that all is not as tranquil as it first seems. The sudden death of a prominent town leader sets off a series of events, thus exposing the darker and more secretive side of the people of Pagford.

The Key to Rebecca by Ken Follett. This older novel lives up to Follett's amazing way of creating likeable characters, even the villainous ones! Set in Egypt during World War II, the German army seems to be winning every battle, and is intent on taking Cairo. Capturing the mysterious and elusive German spy, Alexander Wolffe, has become obsession for the British Major William Vandam. Can he find him and catch him before more battle plans are exposed? Murder, intrigue, love, and a mysterious secret code all combine to make this historical novel a very exciting read!

The Innocent by David Baldacci. What do a mysterious hit man and a precocious fourteen year old girl have in common? Someone wants to kill them! As a professional killer, Will Robie figures he has some enemies in his past, but why is someone after young Julie Getty? Thrown together and pursued together, these two unlikely allies join forces to unravel secrets of the past so they can insure their future.

NYPD Red by James Patterson and Marshall Karp. The NYPD Red is a special squad developed to protect the elite of New York City. When “Hollywood on the Hudson” festival overflows the city with the rich and powerful, a killer with revenge in mind executes this long awaited plan. Will Detective Zach Jordan and his partner, Detective Kylie MacDonald be able to stop him before too many innocent people end up dead? This is a typical Patterson thriller: fast-paced, a quick read.

The Best Exotic Marigold Hotel (DVD) A wonderful cast of characters and beautiful and exotic scenery make this charming story a “must see”! What does one do when one is unprepared for such life changing events as a forced retirement or the death of a spouse, and finds oneself with limited resources? This group of seemingly different retirees begins journey to the Marigold Retirement Resort in India where they find that although the “resort” might not initially live up to their expectations, they begin to discover a new purpose in their own lives.

NEW COOKBOOKS:

Cooking Light Annual Recipes 2013: Every Recipe--A Year's Worth of Cooking Light Magazine.

Gooseberry Patch Gifts from the Kitchen. Recipes for homemade gifts to make for friends and loved ones.

The Smitten Kitchen Cookbook by Deb Perelman. Author of the popular and award-winning blog and the creator of SmittenKitchen.com brings 100 of her favorite recipes to the table.

Taste of Home Annual Recipes 2013

WHAT'S NEW IN YOUNG ADULT FICTION

Confessions of a Murder Suspect by James Patterson and Maxine Paetro. Tandy Angel is, along with her brothers, a suspect in their parents' murder but having grown up under Malcolm and Maud Angel's perfectionist demands, Tandy decides she must clear the family name no matter what.

The Raven Boys by Maggie Stiefvater. Though she is from a family of clairvoyants, Blue Sargent's only gift seems to be that she makes other people's talents stronger, and when she meets Gansey, one of the Raven Boys from the expensive Aglionby Academy, she discovers that he has talents of his own--and that together their talents are a dangerous mix.

Dodger by Terry Pratchett. “In an alternative version of Victorian London, a seventeen-year-old Dodger, a cunning and cheeky street urchin, unexpectedly rises in life when he saves a mysterious girl, meets Charles Dickens, and unintentionally puts a stop to the murders of Sweeny Todd.” -- Publisher. Recommended by Horn Book Magazine.

Who Could That Be at This Hour? by Lemony Snicket. Thirteen-year-old Lemony Snicket begins his apprenticeship with S. Theodora Markson of the secretive V.F.D. in the tiny dot of a town called Stain'd By The Sea, where he helps investigate the theft of a statue.

A Gift of Giving

On October 18, 2006, Matt Keene, 17 years old at the time, collapsed following football practice at Kimball Union Academy (KUA), in Meriden, NH. He wasn't moving. He wasn't breathing. He had no pulse. It's called sudden cardiac arrest. It occurs when the electrical system to the heart malfunctions and suddenly becomes very irregular. Critical to survival is known as “the chain of survival” – an immediate call to 911, early CPR, early defibrillation and immediate transport to an advanced care facility, in Matt's case, nearby Dartmouth-Hitchcock Medical Center.



Matt Keene and his Mother Edwina attended the American Heart Association's annual “Heartball” this past April.

Thanks to the quick response of those on the field, KUA's medical staff and athletic trainers who did everything right, Matt is with us today. Since his cardiac arrest, he and his mom Edwina have helped to raise funds and lead a campaign to ensure all schools in the State of NH are equipped with the life saving device known as an AED (Automated External Defibrillator). Matt wanted to start with his hometown of Berlin and surrounding area. Through the generosity of local business' and organizations they raised 20k and placed a total of 14 AED's in the Berlin, Gorham and Milan schools. An additional 40k+ was raised, a foundation formed, and a legislative Bill passed creating an AED Commission which Matt continues to serve on today. Since his cardiac arrest, he has traveled throughout the State and beyond to spread the word, sharing his story about the importance of getting AED Programs into the schools. He's also traveled to Washington, DC and spoke on Capital Hill before Congressional Staff and most recently was a guest speaker this past April at the annual American Heart Association “Heartball”.

It is now 6 years later. “I'm always a little emotional this time of year, with Matt's anniversary on October 18 and the Holiday Season approaching. Our family has so much to be grateful for and nothing tops the gift of life. It's difficult to think about what our lives would be like if his school didn't have an AED on campus that day. The work we've done to promote awareness and raise funds is a very, very, small way to give back.” says Edwina.

The Keene's are happy to report that every school in the State of NH now has at least one AED and they know of at least one life that has been saved since placing the devices. The AED Commission's work is on-going as they strive to increase the number of AED's in NH Schools “one is not enough” says Matt.

Matt is a recent graduate of UNH Whittemore School of Business and Economics and works at Bottomline Technologies in Portsmouth, NH. “Matt is doing very well. He loves life and takes advantage of every opportunity that comes his way. We are very proud of the work he's done and have no doubts other lives will be saved from his efforts”, says his mom. Edwina is the Director, Volunteer Services, at Androscoggin Valley Hospital and serves a President for the NH Association of Hospital Auxiliaries.

Editor's Note: Christmas is a time of giving and receiving and due to the work of this wonderful family, many people in New Hampshire and the entire region will be able to thank these two selfless people who affected them by saving and/or protecting their lives. For the Keene Family, whose never ending work in the medical field has provided so much, theirs is a very special day at Christmas to live and share the true meaning of giving, and through that giving have received in return the satisfaction of knowing they continue to help their fellow citizens throughout the year.

Welcome in the New Year with All the Bells & Whistles!

Lodging Package Available
Gala Celebration PLUS
New Year's Eve Lodging and New Year's Day Breakfast Buffet
Special Rate on Additional Nights!

Having hosted hundreds of memorable occasions, the Labnon Family knows how to throw a party! And, you're invited to join the festivities...

Our New Year's Eve Celebration includes...

- Selection of Hors d'Oeuvres presented before Dinner
- Five Course Dinner featuring many of our “Signature” Entrées
- Party Favors & Champagne Toast... let's raise the roof at midnight!
- All Taxes and Gratuities

\$55 per person



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5-piece classic rock & roll band that'll keep you dancing!
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**Northway Bank 260 Main Street in Gorham
New Hampshire Liquor and Wine Outlet**

159 Main Street in Gorham

Drop off new, unwrapped toys so that every child will be surprised this Christmas, no matter what their financial circumstances, with something under their tree. The U.S. Marines will be picking up your donations just before Christmas, will have them wrapped and distributed, just in time for Santa to deliver on Christmas morning.

NEW HAMPSHIRE FOOD BANK

A program of New Hampshire Catholic Charities, the New Hampshire Food Bank serves as the only Food Bank in the state. Our current approach to ending hunger includes developing programs to help educate our registered agencies, rolling out a Mobile Food Pantry, expanding our Cooking MattersR program, and developing our Recipe for Success program. Every year, the Food Bank distributes over 7.8 million pounds of donated, surplus food to more than 400 food pantries, soup kitchens, shelters, day care centers and senior citizen homes. These registered agencies in turn provide the food to over 130,000 different men, women and children throughout New Hampshire each year. For more information, to volunteer or to find out how to help, go to <http://nhfoodbank.org> or call (603) 669-9725.

**The New Hampshire Liquor and Wine Outlet 159 Main Street in Gorham will have a donation box set up for you to drop off the items of the month.
November is Canned Vegetable Month
December is Tomato Month**

Support Services for Veterans Families (SSVF)

The FRC was recently awarded a subcontract with Harbor Homes, Inc. of Concord to serve the North Country with a grant that is focused on helping veterans obtain and maintain stable housing. The FRC was one of only two agencies in the State of New Hampshire to be selected to serve this role. If you are a veteran or know a veteran who needs assistance please contact Sue Watson at the FRC at 466-5190 x 303.

Santa aka Dennis Mann

From page 1

Born in Berlin, NH, Dennis Mann is the oldest of 14 children. His father died when he was 16 years old and the Salvation Army helped his family in a time of need.

He started to come up from Rhode Island to Berlin because his cousin Pat Monroe called and said that the Salvation Army needed help for the angel tree. He thought he might be able to give something back. That was 7 years ago.

He is retired from the post office. He raises the money for this by working year round as Santa and doing parades in RI MA CT and NY. The money he earns he uses to buy the gifts.

He shops for the best deals on new toys year round, starting to shop right after he delivers the toys to the Salvation Army.

He used to come up and go home without saying a word about what he did. But, for the past 2 years he is trying to get the word out that the children of the Great North Woods need help. Hopefully, other people can give what they can afford to the Salvation Army, so the children of the great North Woods will have a nice Christmas.

Last year he had a real good year for his donations. This year he is having a harder time finding toys and gifts at an affordable price.

The Salvation Army needs your help.

He also donates to the local homeless shelters and food banks. He grows vegetables in his garden and donates them. Last year it was over 900 pounds of fresh vegetables.

He also gives new clothing and his time to other organizations, including an emergency visit this month from Santa for a 14-month-old little girl's family at Boston's Children's Hospital.

He gives because he remembers how it felt to come from a needy family.

As a child growing up in Berlin, he would cut pictures out of newspaper, catalogs, and flyers of gifts he would like to give his Mom, brothers, sisters and family.

He used to deliver newspapers, shovel snow, did odd jobs and picked and sold berries to earn a few dollars. He would take that money and buy good cheer for Thanksgiving and Christmas.

Today he still shovels snow, rakes leaves and mows lawns for the elderly. Sometimes they have no idea that he did it. He accepts no pay or reward for this. It is given from the heart.

He thinks this is why he feels the need to donate the way he does today.

He really doesn't need a lot. He has never had a new car and he doesn't eat in fancy restaurants or go on expensive vacations. When he does things he tries to keep the cost down so he can give a little more.

His wish is that when someone reads this story they might think of others and give of themselves. It doesn't have to be cash or toys. A helping hand, opening a door, lift spirits, a smile and a hello or just being there for them.

by Sheila Williams



*The Gift of Food, Love, Comfort
& Satisfaction All At*
**Saladino's Italian
Market & Restaurant
Holiday Open House**

Thursday, December 6th, 3pm -7pm

*Foods from The Motherland! *Olive Oils & Vinegars
*Saladino's Homemade Sauces,
Caponata & Dressings
*New Hampshire's Best Biscotti!
*Michael's Butter Crunch,
Peppermint Bark & Peanut Butter Balls
*Our Famous Gift Baskets!!
Saladino's Sampler... Taste of Italy... Caffe & Dolce...
Naturally Organic, Naturally Italian
10% off all prepared baskets. Or Customize Your Own
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10% Off All Prepared Gift Baskets – Thursday Only!!!

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Open Tues., Wed., Thurs. 10 am to 6 pm; Friday & Saturday til 9 pm; Closed Sunday and Monday

"A Taste of Italy in the White Mountains"
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EAGLE SCOUT COURT OF HONOR



Zachary Whipple, at the age of 16, was found worthy of the rank of Eagle Scout by the Eagle Scout Board of Review.

Each candidate must earn 21 required merit badges, serve in varying leadership roles over the years and successfully coordinate and complete a community service project of over 100 hours. Across the nation, only 4 percent of all Boy Scouts attain the Eagle rank.

Zachary exceeded those requirements and earned 22 merit badges and completed his community service project of 140 hours of work with his fellow scouts and other volunteers to supply Emergency/First Aid Kits to the elderly and disadvantaged in the Woodstock/Lincoln communities.

In honor of achieving Scouting's highest rank a Court of Honor was conducted on Saturday, November 3, 2012. Police Chief Douglas Moorhead was Master of Ceremonies. Seventy five friends and relatives were in attendance. Some of the guests included; Executive Councilor Ray Burton, Senator Jeanne Forrester, Representatives Edmond Gionet and Lester Bradley and Mark Callahan, Executive Director of the Daniel Webster Council, Sergeant Major Michael Bruno and Mindy LeBrecque Scoutmaster Troop 224.

Zachary is the son of Terry Whipple, Woodstock, NH and is a Junior at Lin-Wood High School.

Events at the Medallion Opera House

December 7 — Kids, parents and grandparents! Don't miss the free kids' holiday party at 5:30 p.m. at The Medallion Opera House.

Take a peek into Santa's workshop and have your photo taken with Santa himself. Sponsored by the Gorham Fire Department's Ladies Auxiliary. 20 Park Street. Information: (603) 466-3322

December 9 – The Heather Pierson Quartet (Heather Pierson, piano/vocals; Joe Aliperti, alto & tenor sax; Shawn Nadeau, bass; Matty Bowman, drums) will present the musical score for A Charlie Brown Christmas. The musical score for a Charlie Brown Christmas, composed by the late Vince Guaraldi, is just as poignant and touching as the story and includes the hugely popular hit "Linus & Lucy". Don't miss this very special evening which will also include other jazzy holiday favorites! Tickets: \$10-Adults and \$5-Children under 18, available for purchase at <http://www.heatherpierson.com/>



Village Cooking Corner

Having trouble thinking of something to do with those turkey leftovers from Thanksgiving dinner? Here is a different way to prepare even those small frozen portions that you had stuck away in the freezer only to probably just use for soup or a casserole, or eventually throw out.

CHINESE TURKEY DINNER

13 oz boned turkey breast		1 cup bean sprouts
2 to 4 T soy sauce		1 onion; 1 clove garlic
1 t ground ginger		6 T oil
2 carrots; 1 leek; 1 zucchini		1-1/4 T corn starch
1 small fennel bulb		salt, pepper
2 T dried black Chinese mushrooms		1/4 cup wine vinegar
4 T Chinese noodles (bean threads)		2 to 3 T apricot preserves

Cut meat into thin slivers approximately 1/4 inch (this is easier when meat is partially frozen). Sprinkle turkey slivers with 2 tablespoons soy sauce and some ginger and marinate at least 1 hour. Peel and prepare carrots, leeks, zucchini and fennel bulb and cut all vegetables in thin slices. Boil mushrooms in water for 1 minute; boil the bean thread for 2 minutes. Drain mushrooms and bean threads. Wash bean sprouts. Chop onion and garlic finely. Heat oil in a skillet. Combine meat and corn starch and saute till golden brown; remove from skillet. Saute onion and garlic in oil till yellow. Add carrots, leek, zucchini and fennel and saute 4 minutes more. Add bean sprouts, saute 1 minute more. Add noodles(bean threads) and mushrooms; season with salt, pepper and vinegar and mix in the apricot preserves. If desired, add 1/2 cup chicken broth and 1 to 2 tablespoons soy sauce. Thicken with corn starch that has been dissolved in some cold water. Add the meat; do not cook any more, just heat. Serve with rice.

Serves 4

(Taken from Festive Menus, Cook Book No. 2 from Burda International Cuisine)

GORHAM PARKS AND RECREATION

2012 – Girls Basketball Schedule 5th & 6th GRADE

Date	Guests	Home	Location	Time
Thur 11/15	REBELS	@ MILAN	MILAN	5:00 pm
Mon 11/19	SPARKS	vs. REBELS	Ed Fenn	5:00 pm
Mon 11/26	REBELS	@ MILAN	MILAN	5:00 pm
Thur 11/29	MILAN	@ SPARKS	Ed Fenn	5:00 pm
Mon 12/3	MILAN	@ REBELS	Ed Fenn	5:00 pm
Thur 12/6	SPARKS	@ MILAN	MILAN	5:00 pm
Mon 12/10	MILAN	@ SPARKS	Ed Fenn	5:00 pm
Thur 12/13	REBELS	vs. SPARKS	Ed Fenn	5:00 pm
Mon 12/17	REBELS	vs. SPARKS	Ed Fenn	5:00 pm

2012 Basketball Schedule 2nd GRADE – COED

Date	Guests	Home	Location	Time
Tue 11/13	HEAT	vs. BUCKS	Ed Fenn	5:00pm
Tue 11/20	MILAN	@ BUCKS	Ed Fenn	5:00pm
Tue 11/27	MILAN	@ HEAT	Ed Fenn	5:00pm
Mon 12/3	BUCKS	@ MILAN	Milan	5:00pm
Mon 12/10	HEAT	@ MILAN	Milan	5:00pm
Tue 12/18	BUCKS	vs. HEAT	Ed Fenn	5:00pm

For more information, please contact the Gorham Parks & Recreation Department, 39 Railroad Street, Town of Gorham, NH 03581, 603-466-2101.

THE COOS COUNTY BOTANICAL GARDEN CLUB NEWS

This year has been a very exciting year for the garden club members. Our networking skills have progressed throughout the state, thanks to our dedicated members actively spreading the news about our club by attending workshops, trade & garden shows, fairs and etc. We also have an exciting line up for next year that includes field trips, picnics, presentations, and much more and we can't forget about our popular early spring auction put on by the vice president Jan Ely. If you are interested in learning about conservation, growing vegetables and flowers then this club is for you. All of our meetings are open to the public, therefore a complete schedule can be found at the Gorham Library or you can call Club President Will O'Brien 723-7672.



Will O'Brien

Our next event is our recognition dinner and awards ceremony at the Northland Dairy Bar Thursday, December 6th at 5:30. Also January 3rd Fred Sullivan from Sullivan's Greenhouse in Lancaster will be presenting a talk on "Growing Roses in the North Country" 5:30 at the Gorham Library. The public is welcome to attend.

I would also like to take this time to thank Brad Ray and Rebecca Oreskes for a extraordinary meal at the Whiskey Jack Farm in Milan. Rebecca shared with us her great tasting organic fermented veggies, yum! The garden club members helped cover their organic high tunnels with plastic while watching the Canada Jays flying in to visit their multiple bird feeders. Rebecca explained that the farm was named after the Canada Jay (Gray Jay) or also known as the Whiskey Jacks. I would also like to thank the garden club members whom helped on that enjoyable day. Merry Christmas and happy growing!

For addition information please Call Will O'Brien 723-7672

Backyard Gardener

I've had many request this month to write up a little something about garlic (*allium sativum*). Now that December is here, some growers are wondering if they had stored their garlic properly and perpetuated the right conditions for a more successful garlic crop this year? I hope these simple implications in my article will help answer your questions and increase your knowledge with agricultural practices.



Will O'Brien

How do you grow garlic?

Garlic is native to central Asia and is related to the chive, leek and rakkyo. As you know, it plays a huge role as being one of the most important super foods because of its healing properties and health benefits. People have used garlic for over 7000 years and the Ancient Egyptians used it for culinary and medicinal purposes. I use garlic daily and just about put it on everything I eat.

Garlic is easy to grow, however, it's a necessity to have well-composted soil and good drainage for a successful crop. There are two types of garlic, soft neck and hard neck garlic. Soft neck garlic is the most common type of garlic, the one that you usually find at the supermarket. Soft neck produces many cloves, however it doesn't winter over well in the north country like the hard neck garlic does. The hard neck has fewer larger cloves than soft neck garlic. It also has a bulbils that develops on top of the scapes the tall flowering stalk. Like the leaves the bulbils is edible and even can be planted to start new garlic.

Garlic grows best in direct sunlight and well composted moist soil that contains good drainage. However, if you're planting garlic by cloves instead of seeds you might want to take each clove and soak them in a liquid seaweed for a couple minutes. This process will prevent fungal and other diseases from attacking your garlic. You should plant garlic in the late fall by taking the cloves and planting it root side down two inches deep and approximately eight inches apart. Gently cover the cloves with a rich composted soil. It's beneficial if you cover the garlic with straw to prevent winter freeze because the garlic cloves will not survive under 27 below, so a good foot of straw is necessary.

In early spring after the last frost you should remove the straw from the garlic. You might notice the early signs of the garlic sprouts peeking up out of the soil. At this time, you should begin watering and fertilizing with composted manure and a light application of an all purpose fertilizer 10-10-10 that can be applied every 30-40 days. Garlic requires adequate levels of nitrogen therefore, if you begin to see leaves yellowing that's an indication of nitrogen depletion. Keep the soil evenly moist throughout the growing period, watering every 3 to 5 days. An irrigation system such as a seeping hose works great.

When the garlic is ready to harvest you'll notice the top of the leaves are beginning to turn yellow or falling over. But I like to wait until harvest the scape turns completely brown. Be sure not to pull the plants up by hand. A shovel or fork is recommended because they could easily detach from the garlic bulb making it more difficult to find the garlic in the soil. This great companion plant is a natural pest repellent therefore you should have very little problems with pest. Garlic is ready for storage when the roots are dry and the skin is papery, I would suggest hanging it for a couple days. When most growers store Garlic they like to braid the leaves, this keeps the garlic all together in a more organized manner. Garlic should be stored between 40 to 55 degrees Fahrenheit in a cool dry area. You will also notice that the flavor will increase as the bulbs become more dry.

Did you know if you use Alpaca manure you'll have less weeds?

There has been a lot of talk about using alpaca manure as fertilizer. It's true studies show that you'll get less weeds using alpaca manure than any other traditional manure this is because alpacas are able to completely digest the fiber that they eat therefore less organic matter is used as waste. Alpaca manure is a rich soil conditioner that improves soil quality and retains water better than most manures due to its pellet form. It contains an average amount of nitrogen and potassium and moderate levels of phosphorous. I don't use any manure exclusively but I have used alpaca manure to fertilize flowering plants and it was very rewarding.

For addition information please Call Will O'Brien 723-7672



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Gorham Lifestyles

I'm Glad You Asked

Well, it's that time of the year again, the Holidays are here! I don't know about you, but they have a way of sneaking up on me. Every year I tell myself and anyone else who will listen, that I will be organized, shop early, eat right and enjoy the Holiday Season. I think we all get



Susan Griffin

caught up in wanting everything to be just perfect. From the food to the decorations and all the presents, we put an awful lot of pressure on ourselves. So what's my point? I'm glad you asked...

For me, the Holidays now are all about memories. All those little pieces of time growing up in a home full of love. I can remember my Mom getting all dressed up and putting on makeup, especially her bright pink lipstick for a rare adult evening out with my Dad. For me and probably for most young girls, this is when I first became fascinated with dress up and makeup. I would hang out with my Mom as she got ready for her big night out watching her apply her makeup. I always got a little lipstick and rouge for myself and thought how wonderful is this? And so, from the age of about 10 years old began my fascination with beauty products and fashion. I would read every teen magazine I could get my hands on for the dos and don'ts of makeup and fashion. Needless to say, I've made a few mistakes along the way, but what fun I've had. I very rarely leave the house without putting on makeup and I never wear pajama bottoms or sweat pants out in public. For me, it's all about feeling good about myself. I do have those days and don't we all, that I need an extra lift. These are the days I add more color to my wardrobe and spend a little more time applying my makeup. It really works, so during this busy Holiday Season take some time for yourself and do what my Mom did, get all dolled up. If you have never really experimented with makeup or feel you need a little help deciding what works for you, think about having a makeup consultation; it generally takes about a ½ hour or so and is great fun. Try to plan it when you have a special event to attend and have it done then; be sure to have the consultation along with the application, so that you can learn for yourself and experiment later. And, don't let anyone hard sell you on all kinds of expensive products that you probably won't use. Start slow with a few basics then go from there. In our look-younger quest, most of us fall into one of two camps—the over doers who tend to go too bold, or the play it safers who are stuck in bland neutrals. Whichever camp you're in, it can add on years and make you look out of date. You don't need a total revamp; just a few easy tricks and products that will really make you look your best. I will discuss tips, tricks and short cuts to create your perfect look next month. I hope you'll check it out. I share with you this Holiday Season, one of my favorite sayings: Enjoy the little things in life...for one day you'll look back and realize they were the big things. Happy Thanksgiving...Until Next Time...

Susan Griffin, Hairstylist and Salon 64 Business, Owner
64 Main St., Gorham; (603) 466-9964

Health Club Phobia

"I want to lose some weight before I join a club. I'll be embarrassed with all those people there. I don't know how to use the equipment. I won't be able to keep up in the exercise classes." These are the most common statements people give for not joining a Health Club. But what they could be experiencing is the "fear of the unknown."



In the early 1970's, Health Clubs were looked upon as a place for young, good looking people to work out and socialize. Today, the focus is much different. At the Royalty, we program our club to accommodate all fitness levels and ages whether your 16 or 90 years old in a friendly non-intimidating atmosphere. It's normal to feel self conscious when starting out. Over half the members of the Royalty had never seen a health club before they joined. In essence they started with zero experience and the feeling of not knowing anything. Everyone remembers their first day in the club, and because of this, the environment is a friendly one. People are willing to help each other. Everyone is exercising for a purpose- to be healthy.

At the Royalty, every new member receives a free mini consultation, an orientation on the equipment, as well as a follow up appointment. This helps members feel comfortable and confident that they are doing things correctly. Any specific health issue is also addressed at this time. Our certified staff continuously attends education courses to stay current and provide members with the latest information on Health and Fitness. Our goal as fitness professionals is to design a program that suits the needs of the individual and to provide an enjoyable place to exercise.

Joining a Health Club can be a tough decision for many people. The best advice I can give you is to visit the club you would like to join. Go at the time you would most likely attend. Meet the fitness staff and ask questions. Do they offer flexible hours? Does the club accommodate your age group? Express any medical issues you may have with the trainer. Think of joining a Health Club to help you get healthy or stay healthy, remain flexible, maintain or lose weight, and maintain muscle and bone mass. You'll be glad you did. Your mind body and health will appreciate it! For more information please feel free to call me at 466-5422. Lise King, Certified Personal Trainer/ Royalty Athletic Club, Gorham N.H.

By Lise King, AFAA Certified Personal Trainer

The Market Place at 101 Antiques and Unique Finds

Office Products Vintage Style

When on the hunt for a great find, you always notice some new things that make their entry into the collectible world. Certain things are popular at different times. Right now some people prefer all things considered vintage. They like the style and appearance of a vintage item as opposed to boring, mass-produced design. There are so many gorgeous retro accessories perfect for your office and home. It truly has become a big trend and here's why we think so.

You really can not duplicate the quality today and often the great style that an object has from decades ago. Take a great metal fan from the 1950's for instance. The sheer engineering is highly stylistic (although the safety level is quite low), but these have become big collecting pieces from a dull industrial gray to a sporty red and black model and prices have hit all time highs. The lines are unique and handsome, the materials are solid and quality and they really are just "cool".

Office products like adding machines, check writers and stenographic machines that are heavy metal and reflect a period of less efficiency are also desirable. Just as phonographs and transistor radios became a true novelty so are the office supplies and equipment of yesterday becoming. People love old metal tape dispensers, big bulky staplers and metal slotted file stands that day way before the personal computer!

It's a great collection to start because it's somewhat new and prices are low and items are easily spotted in thrift or white elephant sales. You'll see more and more of these items around at the Marketplace at 101 as the demand for funky old time office items becomes popular among the younger set who finds it interesting. They get a kick out of how bulky things used to be and entranced by the great design that was put into their construction. And... oh yes by the way the love the "Made in the USA" mark – which nowadays can even itself be a collectible.

Submitted by Marketplace at 101, Gorham NH 466-5050

Relay invites all Cancer Survivors to take part in 21st Annual Parade of Lights and Bring Hope to Neighbors Facing Cancer

In 1985, one man who wanted to make a difference in the fight against cancer ran 83 miles in 24 hours. Now 3.5 million Americans, follow in his footsteps by participating in the American Cancer Society Relay For Life. To commemorate our progress towards a cure, Relayers from Berlin/Gorham will demonstrate how their commitment to end cancer brings hope and healing by participating in the 21st Annual Parade of Lights in Berlin on Friday, November 27th.



Because so many residents of greater Berlin/Gorham have faced cancer, volunteers from the Relay For Life are inviting all cancer survivors to join them to participate in the parade and make a powerful statement about how Relay brings hope to cancer survivors and caregivers nationwide. "Being a part of Relay For Life means showing the world that there is hope after cancer. We are walking in the parade to show greater Berlin/Gorham that this is what hope looks like. We want everyone to join us – survivors, caregivers, and all Relay participants," says Relay For Life Committee Member, Janet Nickerson.

Anyone interested in taking part should meet at 6:30pm at the gazebo on Glen Avenue Park, Berlin and dress in purple. For more information please contact Janet at 603-723-9877 or janetmnickerson@msn.com.

Relay For Life of Berlin/Gorham is held every year as a way to celebrate loved ones who have battled cancer, remember those lost and to come together to fight back against the disease. The Relay For Life event of Berlin/Gorham benefits the American Cancer Society in the local community. Funds raised at Relay For Life will enable the American Cancer Society to support local services and resources for cancer patients and their families. Funds also support critical cancer research and community education programs designed to teach people how to reduce their risk of developing cancer.

Relay For Life of Berlin/Gorham will be held Friday, June 14 – Saturday, June 15, 2013. For more information or to register go to www.RelayForLife.org/berlingorhamnh or call Kathy Metz, Staff Partner, American Cancer Society at 603-356-3719 or Kathy.metz@cancer.org.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information, call 1-800-ACS-2345 or visit www.cancer.org.

THE NUTCRACKER BALLET RETURNS TO THE NORTH COUNTRY!

St. Kieran Arts Center will present the popular holiday classic The Nutcracker Ballet on Saturday, December 1 at 3 PM at the Berlin Junior High Auditorium for the seventh consecutive year. Advance tickets are now available \$12 adults and \$6 for children/students on a first come, first served basis.



For the seventh consecutive year, the magic and excitement of the Nutcracker Ballet returns to the North Country. The Nutcracker is the timeless tale of a Christmas adventure, where dreams come to life for Clara and her beloved toy, the Nutcracker. After a family's holiday gathering, the clock strikes midnight and strange, mysterious and wonderful things begin to happen. You will be amazed when fairies, soldiers, dolls, angels, a Snow Queen, a Snow Prince and even a Rat King--- are all brought to life by over forty dancers of the Robinson Ballet Company.

Featuring brilliant costumes, exciting music and award-winning set designs, this fast-paced, high-energy performance is truly the family holiday event of the season. Over the years, the Robinson Ballet Company has performed this special holiday classic to a full house audience, making it the Arts Center's most successful event to date. The Nutcracker enchants and mesmerizes from opening scene to standing ovation.

The Robinson Ballet is a popular and highly respected dance company based in Bangor, Maine. Its mission is to educate, inspire and involve people of all ages in the appreciation of dance and to bring dance performances to communities throughout rural Maine and Northern NH who would not otherwise have access to large-scale dance performances such as the Nutcracker.

"Some people have read the Nutcracker story as a child and many others have always wanted to see a live performance of the Nutcracker but have never had the opportunity. After six years of presenting, we now have children, parents and grandparents from throughout the region who have not missed one Nutcracker performance and continue to bring family and friends. We could not offer such a large performance without the support of our sponsors. Get your tickets early!" , states Joan Chamberlain, Executive Director.

This Nutcracker Ballet is made possible through the generous sponsorship of Northway Bank and Gill's Flowers & Candy, with support from NH State Council on the Arts, National Endowment for the Arts, the Doris L. Benz Trust, and the New Hampshire Charitable Foundation/North Country.

Upcoming events include North Country Community Chorus Christmas Concerts on December 12 and 14 at 7 PM and December 16 at 2 PM. St. Kieran Arts Center's 2012 Season Memberships are now available for Christmas Gift-Giving.

Nutcracker tickets are available throughout the North Country at Northway Bank's Berlin and Gorham offices, Top Furniture, Gill's Florist, White Mountain Café, Lazer Works Radio Shack in Colebrook, Riff's Florist in Lancaster and St. Kieran Arts Center office, 155 Emery Street, Berlin. For more information and to reserve your tickets call 752-1028. www.stkieranarts.org .

Holiday Job Shopping? The Better Business Bureau Offers These Tips

Job hunters may get an early present this year as retailers look to increase the number of hires during the holiday season. The Better Business Bureau serving Chicago and Northern Illinois (BBB) offers tips on how to land a seasonal job.

"Seasonal positions offer a great opportunity to make some extra cash for the holidays," said Steve J. Bernas, president & CEO of the Better Business Bureau serving Chicago and Northern Illinois. "Due to the high volume of applicants for these jobs, it is best to have a plan when you begin your search."

The BBB offers the following tips for job hunters:

Start the job search earlier rather than later. The key to landing a seasonal job is to start searching early. Retail, shipping, restaurants and catering companies are common sources of seasonal employment. Now is the time for job hunters to determine which job suits them best, identify companies they would like to work for and then begin submitting applications and resumes.

Research companies prior to submitting job applications. Always check out the company's BBB Business Review for free at www.bbb.org to see if the company has received a passing grade from the BBB and a record of taking care of consumers. Also, never give your credit card or checking account information to an individual or business that promises employment. Legitimate employers never charge fees to prospective employees.

Work where you shop. Try to identify seasonal employment with businesses you actually shop at or frequent. You will already be familiar with the company and its products and discounts available for employees may mean significant savings when shopping for Holiday gifts.

Put your best foot forward. Even if you are just picking up an application at stores in the mall, dress your best and be prepared for an interview. This includes being familiar with the company's brand and its products, as well as reviewing the store's website. Retail job hunters in particular need to focus on impressing potential employers with their customer service skills-which is a must when dealing with stressed-out shoppers, long check-out lines and day-after-Christmas returns.

Be flexible. Full-time employees usually have first dibs on the preferred hours and shifts, so, as a seasonal employee, expect to work long, sometimes inconvenient hours that may include Thanksgiving and Christmas Eve. If this is a second job in addition to your day job, be upfront and clear with your new employer about your available hours.

For more holiday tips you can trust, visit www.bbb.org

Animal Stories WALTER'S WORLD

Hello Again,

It's been a great year thanks to the many new friends, both 4-legged and 2-legged, that I've had the pleasure to meet. The holiday season is here and my Family and I wish all of you out their a Very Merry Christmas, Happy Holidays and a Prosperous New Year.

With all of the entertainment and merriment you humans take part in this time of year, please don't forget to keep me and my buddies out of the cold for long periods of time. My furry friends who live in the wild are out in the elements all year long so they can adapt. My body, as well as those of all of my pampered acquaintances, cannot take the extremes like very cold and very hot, just as you humans cannot unless you have extra clothing in the Winter, or less clothing in the Summer. We are also used to our warm and protected homes, as you are, and it doesn't take very long to be in danger if we are left outside.

Then as a reminder, holidays are a great deal about food, but chocolate and other sugary treats are not good for us non-humans. In fact, they are harmful and could be deadly. Even poinsettia plants are poisonous to some of us and those pine needles from the fresh trees and wreaths can really hurt our little paws. We'll do our part to stay clear of these things, but you can help, too by not tempting us and by keeping those pine needles cleaned up or at least confined to areas we don't frequent. In fact, the "littlest humans" can do well to follow these guidelines as well.

In the spirit of this season and every season during the year, let's all pray for our men and women of the military, along with their 4-legged partners in many cases, who stand guard and watch over us while we are making merry and who continue to give us the ability to freely practice our beliefs and celebrate our values with our families in the comfort of our homes and communities. We ask the Good Lord to grant them a safe journey and a speedy return.

With Much Affection,
Your Friend, Walter

P.S. I want to welcome to our neighborhood, Dakota the dog and "new cat", whatever your name is. You'll love it here!!!



"LET'S GO FISHING" PROGRAM SEEKS VOLUNTEER FISHING INSTRUCTORS

The New Hampshire Fish and Game Department's "Let's Go Fishing" program is in need of avid anglers looking to give back to their community and share their love of the great sport of fishing. The program is currently seeking volunteer instructors to teach ice fishing, fly fishing or basic fishing to youth and adults.

Registration has opened for instructor training sessions, which are a requirement for becoming certified as a Let's Go Fishing instructor. Training is free. To sign up you must print out and return a Let's Go Fishing volunteer application form, which can be found on the Fish and Game website at http://www.fishnh.com/Fishing/lets_go_fishing_volunteers.htm or request by calling 603-271-3212 or emailing aquatic-ed@wildlife.nh.gov. Applications must be received by Wednesday, November 21, to reserve your spot in the trainings.

Those being certified must attend both an overview training session and at least one specialty training class. The overview session will cover the ins and outs of the N.H. Fish and Game Department and the Let's Go Fishing program, as well teaching practices and principles. The specialty sessions focus on the specific programs presented -- ice fishing, fly fishing, or basic fishing; these are hands-on experiences where prospective instructors are put through an abbreviated "real life" Let's Go Fishing course. Topics covered include ethics, pond ecology, rules and regulations, equipment and safety. Instructors must attend the specialty training session for each course topic they wish to teach.

The Let's Go Fishing program will hold the first half of the two-part certification training for new fishing instructors on Saturday, December 1, 2012, from 8:00 a.m. to 4:30 p.m., at Owl Brook Hunter Education Center, 387 Perch Pond Road, Holderness N.H. Lunch is provided. This class is required for all new instructors.

All instructors also must attend the second half of the certification training for the specific type of course they will be teaching, as listed below. These training sessions take place from 8:00 a.m. to 4:30 p.m., at Owl Brook Hunter Education Center, 387 Perch Pond Road, Holderness N.H. Lunch is provided.

* Basic Fishing: Sunday, December 2, 2012

* Ice Fishing: Saturday, January 12, 2013

* Fly Fishing: Sunday, January 13, 2013

After completing the training, participants have the chance to join an existing team of volunteer fishing instructors who present programs across the state. The Let's Go Fishing program also offers: saltwater fishing, fly tying and saltwater fly fishing.

Thousands of children and adults have learned to be safe, ethical and successful anglers through the Let's Go Fishing program. The program is federally funded through the Sport Fish Restoration Program -- a true user-pay, user-benefit program.



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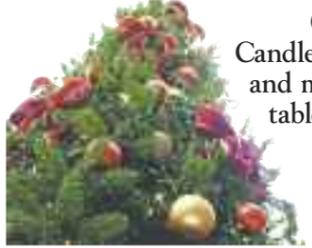
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