



# BARNSTEAD BANNER

Good News from a Small Town



## BARNSTEAD OLD HOME DAY

August 10th, 2024

Barnstead Parade

2024 Schedule of Events

Friday, August 9th

6pm Oscar Foss Memorial Library,  
Family Film: "An American Tail"

Saturday, August 10th at Parade Grounds

7-8am Registration for 5K Road Race

8am 5K Road Race Begins

8am-10am Pancake Breakfast

9am Opening Ceremony

9am Barnstead Farmers Market, Exhibitors & Vendors Open

9am-3:30pm Silent Auction

9am-10am Corn Hole Registration

10am-3pm Corn Hole Tournament at Fire Station

10am Parks & Rec Games for Kids of all ages

11am Cake Walk

12:30pm Cribbage Registration

1pm-3pm Cribbage Tournament

1pm Citizen of the Year Award

1:30pm Red, White and Blueberry Baking Contest

3pm-5pm Sheriff as DJ

4:30pm Dinner at the Legion Hall

6pm-8pm Concert on Parade Grounds

Meet and Great our Veterans at American Legion

All Day: Card Station - Make a card or donate to the Sunshine Cart  
for Veteran's Home Residents

Speakers Regarding Wars and Conflicts

All Day: Saluting our Veterans throughout the day -  
Honoring those who have served.

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IF YOU WOULD LIKE TO SUBMIT  
AN EVENT OR CLASSIFIED FOR  
THE BARNSTEAD BANNER,  
PLEASE EMAIL  
DANIELLE@OSCARFOSS.ORG  
WITH THE DETAILS.

TO SUBSCRIBE TO THE ONLINE  
ISSUE OF THE BANNER, GO TO  
WWW.OSCARFOSS.ORG /THE-  
BARNSTEAD-BANNER

# How I Can Tell I'm Getting Older

by Kristina Schram

1. I felt a strong need to make a list about it.
2. An increasing number of natural silver highlights are showing up in my eyebrows, which are also getting harder and harder to tame. Really, they're like unruly, fuzzy, brown and gray caterpillars after a year-long journey through the bowels of hell.
3. My arms are getting shorter. It's especially obvious when I'm trying to read something.
4. I find myself muttering "I don't wanna" an awful lot.
5. It's either too hot or too cold, and the idea of being either can send me into a spiral.
6. Food has become a big part of my life.
7. Extra padding has become an even bigger part of my life.
8. I can't sit down or stand up without some odd noise, typically oof, or ufdah (courtesy of my Norwegian ancestors) coming from my mouth. Not wanting to be left out of this senior symphony, my bones and joints join in, so I sound like a monkey riding a rusted windmill.
9. I keep bringing up my advanced age as an excuse for, well, pretty much everything I need an excuse for, which seems to be a lot of things lately.
10. My children are no longer children, something I'm reminded of whenever I have to ask them to open a jar or slow down or speak up or bring me my Ben-Gay.
11. My bedtime is getting dangerously close to suppertime.
12. My suppertime is getting dangerously close to lunchtime.
13. The other day my youngest son was having an annoyingly hard time wrapping his head around the fact that I was still up past 10:30 pm. (I would have thrown my book at him but it was too heavy, and my sciatica is acting up.)
14. The spirit is willing, the memory is not. I forget more things before 9 am than most people do all day. (And to be honest, the spirit isn't willing, either.)
15. The whole "age is just a number" thinking is making less and less sense to me.
16. My brain has turned on me.
17. So has my bladder.
18. My date of birth is in another decade, century, AND millennium.
19. I'm getting awfully close to being able to live in a retirement community.
20. I can no longer write legibly with a pen or pencil because my hands no longer understand how to work a stick.
21. I'm so much wiser than I used to be and have earned the right to pontificate and still nobody listens to me.

## **Barnstead Parks & Recreation Highlights**

Motto "Bringing Community Together by Doing Fun Stuff!".

### **Archery Program**

Barnstead Archery – Registration is open for Session 3 (Aug. 29th – Oct. 10th). Classes are every Thursday from 6:00pm – 7:30pm (weather dependent) at the TL Storer Scout Reservation. Equipment will be provided, or you can bring your own. \$10 for the session. The link for registration can be found on our website.

### **Fishing Jamboree**

The Barnstead Parks and Recreation Department, with support from H&H Exteriors, is hosting the 2nd Annual Rick Rick Gilchrist Memorial Fishing Jamboree for kids ages 15 and under! This FREE event is a great way to get kids outdoors and enjoying nature. The event will be held on Saturday, August 17th from 9am to 1pm at Adams Pond at the T.L. Storer grounds in Barnstead. There will be awards and prizes announced at the closing cookout. Pre-registration is recommended, but walk-ins are welcome. Extra fishing rods will be available for use while supplies last. You can find more details and register online at <https://barnsteadnhparks-rec.com/> or on the Barnstead Parks & Recreation Facebook page. Don't miss out on this fun event!

### **Summer Concert Series**

Summer concerts will take place at the Barnstead Parade Grounds every Saturday from June 15th through Aug. 17th from 6-8 p.m. No concert on Aug. 3rd due to the balloon rally. This year's lineup features a wide array of music and can be found at [www.barnsteadnhparks-rec.com/events](http://www.barnsteadnhparks-rec.com/events). Concessions will be offered by local organizations (cash only) and the concerts are free so grab a chair or a blanket and come on down to enjoy the show!

### **Commission Member Openings**

Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are many different levels of involvement and time commitments. We have various openings on the commission, and we are excited to welcome new members. Contact Gail McCullough if you would like more information.

### **Barnstead Garden Club**

We thrive off of community volunteers and donations, so please reach out to us through our Facebook page, Barnstead Garden Club, or [barnsteadgc@yahoo.com](mailto:barnsteadgc@yahoo.com) if you can lend a hand! We appreciate any help and support and hope you join our team!

Please watch our website ([barnsteadnhparks-rec.com](http://barnsteadnhparks-rec.com)) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and [barnsteadparks@gmail.com](mailto:barnsteadparks@gmail.com) if you have any questions.



# August Library Happenings



**Library Hours:** Tuesdays and Wednesdays from 10:00AM-6:00PM, Thursdays and Fridays from 12:00PM-8:00PM, and Saturdays from 10:00AM-1:00PM. We are closed for staff training on the second Thursday of every month until 3:00PM (8/8). We will also be closed on Saturday, 8/10, for Old Home Day.

**Good to Know Info:** Barnstead's Old Home Day is Saturday, 8/10! BES starts Thursday, 8/29, and PMHS Freshman Orientation is Thursday, 8/29. First day for grades 9-12 is Tuesday, 9/3. No school for both schools on 8/30 and 9/2. We will also be closed on Saturday, 8/10, for Old Home Day. No Yoga on 9/2, Labor Day.

**Tuesdays @ 10:30AM Toddler Music and Movement Storytime:** \*NEW!\* This summer, join us for an interactive storytime filled with stories, songs, and loads of sensory play specifically for toddlers.

**Wed. 8/7 @ 6-7:30PM Meet and Read (Ages 18+):** This good time takes place on the first Wednesday of the month in the library's Meeting Room. This month's book will be "Malibu Rising" by Taylor Jenkins Reid. Next month's book will be "The Dutch House" by Ann Patchett. Books are available at the library. Bring food, bring thoughts, bring a friend!

**Thurs. 8/8 @ 5:00-6:00PM Tween/Teen Brick Book Painting Party:** Follow the book brick road! Recreate your favorite book cover on a brick, or recreate what you think the cover should look like for a book. Bricks will be displayed near our new gazebo. Registration required.

**Fri. 8/9 @ 6:00PM OHD Movie Nite:** We are featuring the movie, An American Tail, for Old Home Day!

**Sat. 8/10 @ 9:00AM-3:00PM Old Home Day:** The library will be hosting a table at OHD, where we will have materials to make cards for veterans. We will also be collecting personal care items (Toothpaste, Shampoo, etc.) and entertainment items (Word Searches, Crossword Puzzles, Sudoku, etc.) for the retired Veterans Home. You can drop off these items at the library before the big day, as well.

**Fri. 8/16 @ 5:00-7:00PM Film to Table - Ratatouille:** Our first event was a great success, so if you want to get in on the fun, sign up now! You can enjoy the same culinary awakening that Remy does on screen, with the delicious treats you see on screen available for your culinary delight. Second grade and up. \$10 to participate. Registration is required.

**Tues. 8/20 @ 3:00PM Senior Social Club (65+):** \*NEW!\* Designed to provide activities that foster community and relationship building. Each session will focus on different activities, including arts and crafts, storytelling, and technology workshops. The club will meet the third Tuesday of the month at 3:00. Our first meeting will feature a few craft projects and plenty of conversation. Light refreshments will be served.

**Wed. 8/21 @ 12:30-3:30PM The OFML Sewcial Club:** This club meets the 3rd Wednesday of the month. Guests can bring any sewing or quilting project they are working on (along with their sewing machines and supplies) to the library to socialize and share tips while they sew.

**Fri. 8/23 @ 6:30-8:00PM Books & Banter (18+):** Come ready to discuss the last 3 books you have read or are reading. All genres are good! Give the group a brief synopsis of your book and your thoughts on it so we can discuss. A list with the book titles and authors talked about will be provided after the discussion.

**Sat. 8/24 @ 11:00AM Kindergarten Meet and Greet:** Calling all incoming BES Kindergarteners and their adults! Come join us here at the library where we will be hosting a Kindergarten Meet and Greet. This is a great opportunity for your child to get to know their new classmates before classes start. We will be serving ice cream snacks and there will be a storytime and crafts!

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



**BARNSTEAD  
FARMERS MARKET**

**JUNE 1 - SEPTEMBER 28  
9AM-1PM**

**LOCATED ON THE GROUNDS OF PARADE  
CONGREGATIONAL CHURCH OF BARNSTEAD  
1 PARADE CIRCLE, BARNSTEAD, NH 03218**

Find your locally sourced goodies at the Farmer's Market, fresh from the farm to your table! Live music and food trucks.



[www.barnsteadfarmersmarket.com](http://www.barnsteadfarmersmarket.com)

## BE THE CHURCH

*Protect the environment. Care for the poor.  
Forgive often. **Reject racism.**  
**Fight for the powerless.**  
Share earthy and spiritual resources.  
Embrace diversity. Love God. Enjoy this life.*

### CONGREGATIONAL CHURCH OF NORTH BARNSTEAD - UCC

504 N. Barnstead Rd. Center. Barnstead, NH  
[cnorthbarnstead.com](http://cnorthbarnstead.com)

**Worship with us in-person  
or join on Zoom at 10am**

**BARNSTEAD PARADE  
CONGREGATIONAL  
CHURCH**

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

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## Barnstead Historical Society

Be sure to visit the Historical Society's exhibit at Old Home Day on August 10 as we Salute Our Veterans!

### Old Home Days in New Hampshire

Source: New Hampshire Preservation Alliance

Since its inception over 100 years ago, Old Home Day has continued to be faithfully observed in towns throughout the Granite State.

Governor Frank Rollins developed the concept in 1899 to invite former residents of New Hampshire home at a time when the opening of the West, and lure of urban centers with industrial jobs had depleted New Hampshire's rural areas. "Towns that had had boasted as many as 2,000 were reduced to under 100, farmhouses were falling into ruin, fields were growing back to brush, and forests were being clear-cut," according to Tom Curran in his overview of Old House Days produced for the Preservation Alliance. It was a "family reunion at a grand, Victorian scale,"



WATCH THE  
**BARNSTEAD PARADE  
SUMMER CONCERT**  
WITH THE  
**SENIOR SOCIAL CLUB**



**Saturday August 17th  
at 6PM**

WE WILL BE SITTING TOGETHER TO ENJOY THE MUSIC, CHAT,  
AND APPLAUD LOUDLY. NOISEMAKERS PROVIDED!

*Water, bug repellent, noisemakers, sunblock and  
extra chairs will be available. Handheld fans made by  
the kids at the library will be handed out. Volunteers  
will help with walking and chair carrying as needed.*

If you need a ride to the event, contact the library  
at 603-269-3900 and arrangements will be made.

### Barnstead Parade Grounds

Source: Pastor Sandy Pierson, Barnstead Parade Congregational Church

Did you know that the Parade Grounds were originally used for the military and a site for a church? Drills and inspections were held in May and September, by one or more companies, so long as the New Hampshire military system existed.

This system required service for all competent males between the ages of 18 and 45 years of age.

The last official military use of the Parade was for the muster of the NH National Guard. The troops marched to the train station and boarded a train to Hoboken, NJ. From there, they departed for Europe and World War I, becoming part of the US Army Yankee Division in 1917.

## Community Events

### Suncook Valley Rotary Hot Air Balloon Rally:

August 2-4th Please see

<https://nhballoonrally.org/> for events and times.

**Board of Selectmen Meetings** will be Tuesday 8/14 and Tuesday 8/27 beginning at 5:00 PM at the Barnstead Town Hall.

**Barnstead Farmers Market** is every Saturday from 9 AM to 1 PM in the Parade Circle.

Mark your calendars for **Old Home Day!** The event will be held on 8/10 and this year's theme is "A Salute to Veterans".

**Alcoholics Anonymous meetings** are held Tuesday evenings at 7 PM at the Center Barnstead Christian Church.

The **Summer Concert Series** will wrap up on 8/17. Be sure to head down on a Saturday evening at 6PM before then at the Barnstead Parade Grounds.

Barnstead Historical Society welcomes the **Cowasuck Band of the Pennacook Abenaki People** August 29th at 7:30PM at the Barnstead Town Hall. Join them to learn more about the history of the People.

Oscar Foss Memorial Library is looking for volunteers to help us start planning a **Haunted Woods** at TL Storer in October! If you're interested in participating, please contact the library at [ofmlstaff@gmail.com](mailto:ofmlstaff@gmail.com).



**FISH TAILS**


**Bait & Tackle**

OPEN DAILY  
6am - 6pm



1045 Beauty Hill Rd  
Barnstead, NH  
603 - 545 - 5808


 @fishtails1



**CENTER BARNSTEAD  
CHRISTIAN CHURCH**

Worship Service - Sundays @ 10AM

[www.centerbarnsteadcc.org](http://www.centerbarnsteadcc.org)



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# JEANNIE'S RECIPE CORNER



## BLUEBERRY PUDDING



Ingredients:

1/4th Cup Crisco

2TBSP Sugar

1 Cup Flour

1 Egg

2tsp Baking Powder

### Directions:

- Mix with milk to bring it altogether, pour into greased pan (8"x8" or 9"x9")
- Cover with 1/2 to 3/4 cup blueberries, 1 cup of sugar and 1 cup of water.
- Bake at 350 degrees for 25 to 30 minutes.
- The cake will rise up thru the blueberries and you will have a sauce in the bottom of the pan.
- Serve warm with whipped cream or ice cream.

Blueberries are nothing new—native to North America they have been part of life here for 13,000 years. The first high bush blueberry's were cultivated in the early 1900's. The native berry's (small ones) are sweet and delicate and very delicious.

There are over one billion pounds of blueberries in North America produced for commercial production each year

Enjoy the pudding, it's sweet and light and yummy!!

Jeannie