



BARNSTEAD BANNER

Good News from a Small Town

Happy Halloween



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

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BARNSTEAD-BANNER

The Cozy Days of Fall

by Kristina Schram

The autumnal descent has begun. The days are shorter and the nights longer. Kids have returned to school and fall sports are in full swing. Darkening skies and brightening leaves fight for supremacy in this yearly battle of color and light. Halloween and fall decor replace beach umbrellas and American flags. Pumpkins of all sizes dot the browning fields and multi-colored gourds fill wood crates to the brim. Fresh-baked apple treats, mugs of hot apple cider, cinnamon-sweet pumpkin bread, smoked Gruyere, fragrant homemade soup, all serve as sustenance during this brisk and busy time.

The race to finish my wintering chores is on. Until the mournful call of Canadian geese pulls my eyes up toward the twilight sky, and I pause in my raking to watch their synchronized flight—a ballet of wings.

Despite the looming deadline, any interruption is welcome as I go about the necessary task of letting go of summer. The dog days may be hot and humid and buggy, but I will miss this glorious season, especially as I know what is coming next. To distract myself from the inevitable, I focus instead on the earthy smell of damp leaves as I drop armloads into a rust-spotted wagon, the golden scent of sawdust and spicy woodsmoke, too; the whispery sound of the wind through increasingly bare-black branches; the embrace of cool, fresh air—a ghostly caress.

For the moment, I welcome the cooler temps—such a relief after the stifling heat of summer. I snuggle under a handmade crazy quilt, pull out comfy jeans and soft wool sweaters and revel in their heavy warmth. Away go the flip-flops and sandals and back come the leather boots and sturdy shoes. I take long hikes in the woods and attempt to catch a dying leaf, jerking this way and that as though caught in a tornado—all so I can make wishes. Campfires are more than welcome, and we gather around the bright, darting flames, warming ourselves on a chilly eve. Roasted marshmallows melt in our mouths, sometimes burning our tongues as we hurry to imbibe. It's a gift, being able to create the perfect s'more, but I feel quite confident we are all willing to put in the effort to get it done.

This season of shutting down is a cherished time. Yet like the perfect summer day (and all good things in life), where I wish it could last forever, I know it cannot endure. The trick is to be ready for those good times; when they come, embrace them like a loved one, then be ready to let them go. They will return. They always do.



<p>FISH TAILS</p>  <p>Bait & Tackle</p>	<p>OPEN DAILY 6am - 6pm</p> <p></p> <p>1045 Beauty Hill Rd Barnstead, NH 603 - 545 - 5808</p> <p> @fishtails1</p>
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HEAD
HEART
HANDS
HEALTH

4H News



Hello everyone,

Our names are Ellie and Jyllian, and we're reporting to you about 4-H. 4-H is a program run by Robb Ellis. We meet on the first Wednesday of every month. At our last meeting, we had the Barnstead Health and Building Inspector talk to us about the steps needed to build a proper structure that will pass an inspection.

At our next meeting, we will be planning our Haunted Walk! The meeting will be on October 2nd at 6:30 p.m. at T.L. Storer, 1513 Province Road, Barnstead, NH. If you are interested, please pop in and say hello!

If you have any questions, feel free to email or call our leader, Robb Ellis, at robb.ellis@scouting.org or 603-418-1418. We hope to see you at our next meeting. All ages from 5-17 are welcome.

Thank you for your time!

Your reporters,
Jyllian Caswell and Ellie Adams



October Library Happenings



Library Hours: We are closed for staff training on the second Thursday of every month until 3:00 (10/10). Barnstead P&R Trunk-or-Treat is 10/26 and the library will be hosting our very own trunk!

Start your week off with Yoga Monday! Gentle Hatha-Flow runs from 10:15-11:40, Senior/Beginner/Chair Yoga is 12:00-1:00, and Intermediate Hatha-Flow lasts from 5:30-6:50. Classes are by donation (suggested \$8). All are welcome and encouraged to attend, regardless of ability to donate.

Halloween Costume Trade. Bring in your gently-used costume (kids, teens, adult) any time in October and trade it for a different one. Or bring in more than one! You can also donate costumes for anyone who needs one. Feel free to browse and pick up a new-to-you costume at no cost!

Haunted Walk Open Craft Days: Every Thursday and Friday in October, from 3:00-7:00. Help us create a wide variety of spooky items for our Haunted Walk. We will have a craft to do for anyone who wants to drop in. Painting, sewing, wood work, and more. Bring your talent, your energy, your ideas, whatever you have to offer, we'll take it!

October Take and Make: We will have Halloween craft kits available to pick up and decorate (while supplies last). Each nook will have a little wooden halloween themed box, paints and a paint brush.

Tuesdays @ 10:30AM Toddler Music and Movement Storytime: Join us for an interactive storytime filled with stories, songs, and loads of sensory play specifically for toddlers.

Every Wednesday at 10:30 is Children's Storytime. You heard that right! Every Wednesday! Come to the library for stories, crafts, and singing, stay for the friendly ambience and fun things to do. Make new friends. Set up playdates. Check out books, movies, and games. **On Wednesday, 10/30, we'll be having a special Halloween-themed storytime!**

Wed. 10/2 @ 6-7:30PM Meet and Read (Ages 18+): This month's book will be "The Haunting of Hill House" by Shirley Jackson. Next month's book will be "Outlawed" by Anna North. Books are available at the library. Bring food, bring thoughts, bring a friend!

Tues. 10/15 @ 3:00PM Senior Social Club (65+): A program designed to provide 65+ adults with fun and engaging 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. Light refreshments will be served.

The OFML Sewcial Club meets the 3rd Wednesday (10/16) of the month from 12:30-3:30.

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.

Horror-Fest Craft Night. On Thursday, Oct. 17, from 6:00-8:00, come talk about some of your favorite horror movies, shows, or books at this spooky craft night! We will be doing horror-themed crafts to accompany the lively discussion. Be sure to join us for the frightful festivities and walk away with some spooky Halloween decorations!

Family Crafternoon is a family-focused event that happens every third Friday of the month (10/18) from 4:00-6:00. Join us as we make a craft and watch a movie. Materials will be provided and light refreshments served.

On Friday, Oct. 18, from 6:30-8:00, join us for our newest book group, Books & Banter (18+)! Discuss the last three books you have read with a welcoming and open-minded group. Give a brief synopsis of the book and we can discuss it as a group. All book genres are welcome! Romantasy, Sci-Fi, Horror, YA, Historical, Non-Fiction. Light refreshments provided. A list of all the books we talk about will be handed out after the meeting.

NEW! The Tight-Knit Knitting and Crocheting Circle is here. Knitters and crocheters come together to work on your projects, discuss any technical difficulties you're having, and support one another. It happens the fourth Thursday of the month (10/24) from 6:00-7:30 in the library meeting room.

NEW! Let's Write a Novel! Join us in the library's meeting room, on the last Friday of the month (10/25) from 6:00-7:30, for a series of structured classes on the how-to's of writing a book. Budding writers, 16 and older, ignite your passion for storytelling, discover how to build your hero's journey, and take your novel from concept to can-do! This structured course includes sessions on creating: Chapter Cheat Sheets, Character Cards, and a Tracking the Timeline graph. The goal is to provide aspiring authors with inspirational information, structural hints, and constructive feedback on your work via your classmates. We welcome all genres from Fantasy to Action Adventure to Romance, focusing on a target audience of Middle School and above. Let's do this!

On Friday, Oct. 25, from 6:00-9:00, creep up to T.L. Storer for a horrifying experience! Take a haunted walk along the trails, which feature chills and thrills galore. This will be a scary event, so join us at your own risk. Admission is free. Bring a flashlight and sensible shoes.

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



Barnstead Parks & Recreation Highlights

Motto "Bringing Community Together by Doing Fun Stuff!"

Adult Game Night (9/25; 10/14; 10/23; 11/11 & 12/9 from 6-8pm)

Come out for an evening of conversations and a little competition. This is a free event for adults to come play some board or card games, have snacks and just hang out and chat. There may be a little competitive smack talk at times but it's all in good fun and there is sure to be some laughter. We've played Cribbage, Blink and Bologna at previous game nights but there is always a variety of games to choose from. Come learn a new game or teach everyone one of your favorites. Or just come hang out even if you don't want to play. We will be getting together at Town Hall on the 2nd Monday of every month from Sept. through Dec. and at the OFM Library on the 4th Wednesday of the Month Sept. and Oct.

Trunk or Treat (10/26)

Details are being finalized for this year's Halloween festivities that will be held on Saturday 10/26. Keep an eye out for information on this fun and scary event!

Movie Night (coming soon)

With it getting dark earlier, the nights cooler and the bugs not as buggy, it's a perfect time to host an outdoor movie night. Movie selection and date to be announced soon.

Summer Concert Series

We brought in a couple different performers this year and were elated to hear how well everyone enjoyed them. The season was a huge success, and we would like to thank everyone that came out to support the musicians, the organizations selling concessions and all of the performers for sharing their talent with us at the Parade Grounds. The amount of positive feedback we have received is astonishing and we are hopeful about bringing some additional new performers to the series while keeping some town favorites in rotation.

Swimming Lessons

Thankfully, swimming lessons this summer were much smoother than last year. We had around 60 children attend the lessons this year and enjoyed watching them progress and become more comfortable in the water. We would like to thank everyone who signed their children up and also Madelyn Penfield, Swimming Instructor, for another amazing job of teaching the children.

The Rick Gilchrist Memorial Fishing Jamboree

The annual summer fishing jamboree was another great success where you could find toddlers to young teens fishing from the shoreline or out in boats. Fish were caught, squeals and laughter were heard, and prizes were given out. Pair that with the lunch that was provided and the beautiful weather, and you have a perfect day! We would like to thank T. L. Storer for letting us host the event at their camp and allowing us to use their facilities for the luncheon and also thank our generous business sponsor, H&H Exteriors. This free event would not have been possible without them.

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 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) and Facebook page (@[barnsteadparks](https://www.facebook.com/barnsteadparks)) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.

LOCAL BUSINESS SPOTLIGHT: CLOUD 9 TUBS - TRANSFORMING BATHROOM SAFETY AND ACCESSIBILITY

When it comes to bathroom renovations, few companies can match the personal touch and life-saving mission of Cloud 9 Tubs LLC. Founded by Jeff Coleman in 2020, this Barnstead based business specializes in tub-to-shower conversions, bathtub replacements, and the installation of walk-in showers and walk-in bathtubs. Their focus is not just on updating bathrooms but in providing a safer and more accessible bathing experience.

Jeff and his wife Sara have been residents of Barnstead for almost 20 years. You may have seen them driving around town in their red Mazda MX-5. Jeff's journey to starting Cloud 9 Tubs was deeply personal. After his grandmother fell and broke her hip, an injury that led to her passing five months later, he recognized the need for safer bathroom solutions for seniors. "Eighty percent of seniors who fall, do so in the bathroom," Jeff explains. Driven by this reality, he set out to create a business that would not only improve people's quality of life but also save lives. Jeff's approach to customer service is what sets Cloud 9 Tubs apart. His ethos is centered around trust, transparency, and building relationships with each customer. Having worked in sales most of his life he became disillusioned by the way many companies did business. "Everything was driven by the bottom line. My character, reputation, and care for the customer were not being matched by the companies that I worked for," he says. "I wanted to provide solutions for people to safely bathe in their homes. It is about much more than making a profit. I truly believe that we are making a difference in people's lives, and I love being able to ethically serve people."

In addition to outstanding customer service, Cloud 9 Tubs prides itself on delivering top-quality products that are made in the USA, have a lifetime warranty, and are easy to maintain. Most installations are completed in just one day, allowing clients to quickly and conveniently enjoy their new tub or shower without the hassle of long, drawn-out renovations.

For Jeff Coleman, running his business is all about the peace of mind and quality of life he provides. "Many of my customers tell me that they aren't scared of bathing anymore. It is an amazing feeling to know you have made that type of difference in someone's life."

If you are in the market for a bathroom upgrade that emphasizes safety, quality, and personal attention, be sure to reach out to Jeff at (603) 401-9530.



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CHRISTIAN CHURCH**

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STORER News from the Reservation

We have had a busy year so far up on the hill, and it looks like things are heating up as we head toward winter. To kick off our summer, we hosted all kinds of Scouting America leadership training, starting with Wood Badge, a two-week program for adults, followed by a week-long National Youth Leadership Training. July kicked off six weeks of Summer Day Camp, which was enjoyed by kids from Barnstead, Alton, Strafford, Barrington, and Pittsfield.

Our Summer Archery partnership with Barnstead Parks & Recreation is entering the final session of 2024. Over 40 local kids have come and learned from our USA Level 1 Coaches: Sophie, Ivan, and Victoria. Look for this to start up again in the spring.

With the start of the school year, we have launched our SOAR after-school camp. Kids hop on the Green Bus with Buffy for the ride to camp, where they are greeted by our counselors to begin a three-hour outdoor academic program. Each day starts with a hike to snack time, followed by some movement to get the bodies moving. Snack is followed by an outdoor adventure, leading to our academic time to work on homework, quiet reading, or receive help in specific areas. Once that is done, we are back on an adventure to finish the day. Of course, my favorite day is Friday because that is when Coach Sophie is here for archery.

To kick off the school year for Barnstead Elementary's sixth graders, we hosted a four-day, three-night Outdoor Wilderness Adventure. The first order of business for the kids was to set up their tents, and then the adventures began. We hiked during the day and at night to stargaze from different camp areas. We found animal tracks, kayaked, went fishing, set traps to catch small critters, met some turtles and a porcupine, had a campfire, sang songs, and performed skits. We also learned that one inch of water in Adams Pond is about 756,000 gallons, which weighs 6,297,480 lbs. Now imagine how many gallons are in the whole pond, which is 40 feet deep!

While discussing the weight of water, we took a look at the spillway and showed the kids how we lower and raise the water levels in the two ponds. With the summer being so dry, they got to see the immediate effect on the connecting creek when we let water flow.

Our SOAR program will run concurrently with the BES calendar throughout the school year, taking breaks during the winter and spring vacation weeks. During those weeks, we offer a Monday-Friday camp for grades K-6 to enjoy outdoor adventures like fishing, hiking, archery, wildlife tracking, and more. For more information on our SOAR or Vacation weeks, send an email to registrations@tlstorer.org.

Don't forget to visit us on October 25th between 6 PM and 9PM when we will be hosting a Haunted Woods Walk with the Oscar Foss Memorial Library! Visit the OFML Facebook page for more information or to help out with the event.

HISTORICAL SOCIETY CHRISTMAS SALE!

Mark your calendar! The Barnstead Historical Society will be hosting its annual Christmas Sale on **Saturday, December 7, from 9am-1pm at the Barnstead Town Hall.**

New this year is Twisted Pines Farm, featuring a variety of wood crafts. The Congregational Church of North Barnstead will have a holiday-themed crafts available. MJ Michael Photography will return with her fine selection of photographed prints, cards and other eclectic gifts. Anne Watson will also return with her collection of holiday bows and other items.

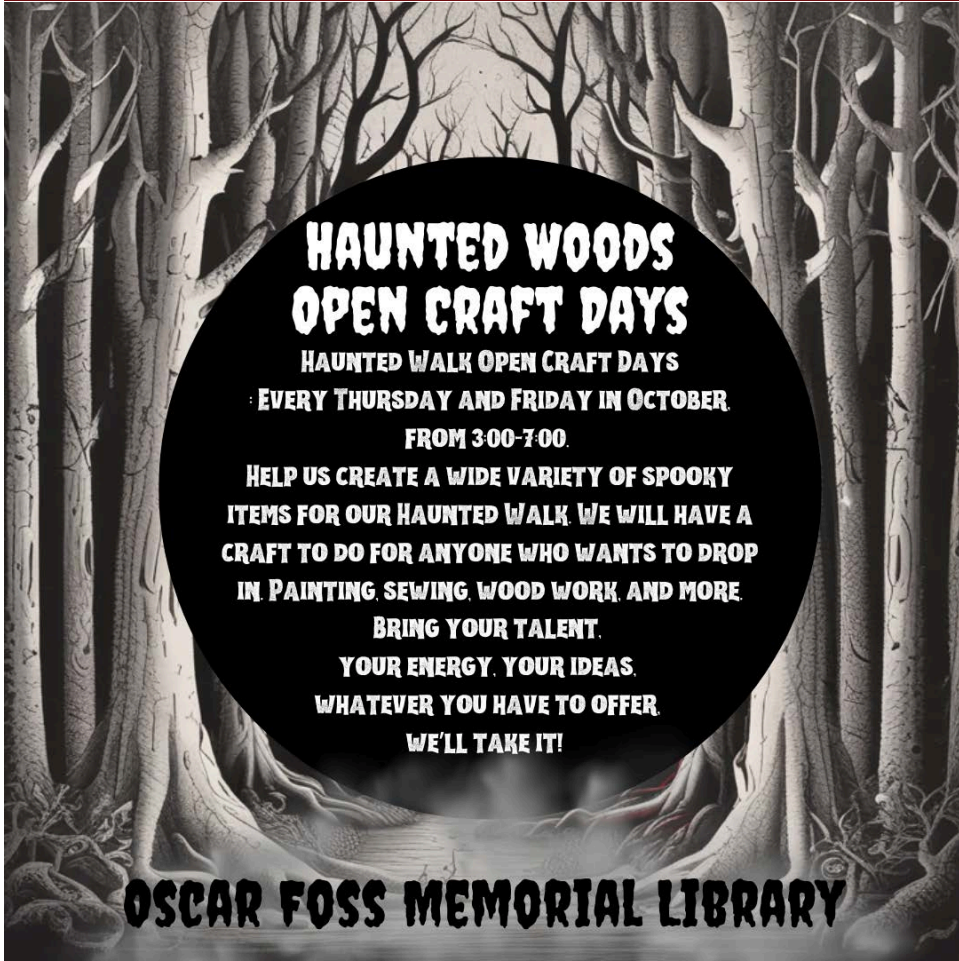
Historical Society books will have its books available to purchase. Take a chance on a variety of raffle items donated by generous supporters.

We look forward to seeing you!

1009 Upper
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Pittsfield
NH made
goods

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**HAUNTED WOODS
OPEN CRAFT DAYS**

HAUNTED WALK OPEN CRAFT DAYS
EVERY THURSDAY AND FRIDAY IN OCTOBER
FROM 3:00-7:00.

HELP US CREATE A WIDE VARIETY OF SPOOKY
ITEMS FOR OUR HAUNTED WALK. WE WILL HAVE A
CRAFT TO DO FOR ANYONE WHO WANTS TO DROP
IN. PAINTING, SEWING, WOOD WORK, AND MORE.
BRING YOUR TALENT.
YOUR ENERGY, YOUR IDEAS.
WHATEVER YOU HAVE TO OFFER,
WE'LL TAKE IT!

OSCAR FOSS MEMORIAL LIBRARY



**BARNSTEAD PARADE
CONGREGATIONAL
CHURCH**

— ❖ —

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

**BARNSTEAD PARADE
CONGREGATIONAL CHURCH**

COOKIE WALK!



**SATURDAY
DECEMBER 14, 2024
9 AM - 1 PM**

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

**CONGREGATIONAL CHURCH
OF NORTH BARNSTEAD - UCC**

504 N. Barnstead Rd. Center, Barnstead, NH
— ccnorthbarnstead.com —

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

Community Events

Board of Selectmen Meetings will be Tuesday 10/8 and Tuesday 10/22 beginning at 5:00 PM at the Barnstead Town Hall.

Barnstead Against Bullying is a parent run and sponsored group that meets at the library on 10/1 at 6PM.

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

JMA School Board Meeting 10/15 at 6:00 PM.

BES School Board Meeting 10/16 at 6:00 PM.

PMHS Halloween Dance 10/25: more details to come.



**HAUNTED
WOODS**
10/25 6-9PM

Creep up to T.L. Storer for a horrifying experience! A haunted walk through the trails with chills and thrills galore. Be cautious! This will be a scary event. Join us at your own risk.

FREE ADMISSION
BRING A FLASHLIGHT AND SENSIBLE SHOES.

**SPONSORED BY OSCAR FOSS MEMORIAL LIBRARY
AND T. L. STORER RESERVATION**

Oscar Foss Memorial Library is looking for..
Stylish pets who love the camera (and books) for
the 2025 "Pets of OFML" calendar !

Submit a photo of your furry, feathered or scaled friend posing with their favorite book to ofmlstaff@gmail.com by 10/31/2024. Please include pet name, "likes" and "dislikes" and owner's name and contact info.

We will put the photos on our Facebook page the first week of November for voting, and the winners will be featured in our 2025 calendar (and their owner will receive a free copy!) Calendars will be available for purchase late November, just in time for the holidays!



JEANNIE'S RECIPE CORNER

CABBAGE AND KIELBASA

Ingredients:

- 1 Onion chopped
- 2 Lg. Sweet Potato
- 1 Cabbage Shredded
- 1/2 Tsp. Celery Seed
- 4 Cups Chicken Broth
- 12 Kielbasa cut into 1 inch pieces
- 1 Apple (quartered with skin on)
- Salt and Pepper to taste

Directions:

1. Use a large soup pan or Dutch Oven pan and add the broth, sweet potatoes cut into 1" pieces, and chopped onion and cook until tender.
2. Add the shredded cabbage and celery seed. As it starts to cook down add the Kielbasa, salt and pepper and cook until cabbage is cooked through.
3. Add quartered apple (without seeds). Turn heat off, cover pan and let sit for 5 to 10 minutes.
4. Serve with your favorite hard bread.

Makes 6 servings.

Is Cabbage native to America?

Jacques Cartier first brought cabbage to the Americas in 1541-42. It was likely planted by the early English colonist, despite the lack of written evidence of its existence there until the mid-17th century. By the 18th century, it was commonly planted by both colonist and Native Americans. And here we are still enjoying it.

This is my Mom's and my favorite—I always make extra for later in the week.

Enjoy and have a lovely October!!

Jeannie