

Recreation Roundup



Batters Up!

Players, coaches, sponsors and donors recognized at start of CYBSA season

At last — the spring rains stopped, the sun dried out the playing fields, and the Claremont Youth Baseball & Softball Association hosted its opening ceremony. On May 8, a mild and brilliantly sunny afternoon, CYBSA president Greg Clark served as emcee as hundreds of players, coaches, family members and friends gathered at the softball field in Monadnock Park.

The crowd doffed caps and hats, and everyone faced the Stars and Stripes flapping in the easy breeze. The national anthem powered its way through the sound system and echoed across the park.

Clark began by thanking CYBSA's many sponsors. "Team uniforms and equipment are all due to their generosity," he said, "and you can read their names on the team shirts and

the signs on the fences." He also gave a shout-out to the Parks & Recreation Department. "After all, these are their fields. We're grateful to Tim Herson of Parks & Rec and the grounds crew who maintain them in such great condition all season long."

Next he called up the coaches, all of whom are volunteers, and acknowledged their dedication as they stood along the baselines. Last year's champions then took their place in the sun. The 12U softball team were District III champs in summer play — for the third year in a row — and the 10U softball team were District III runners-up.

Clark introduced the teams and their coaches, Each team, named after one in Major League Baseball, wears that team's colors as well as their local sponsor's name. Cheers and applause greeted the divisions, who were lined up in an arc along the grass line. In order: T-Ball, Rookies, 8U Softball, Minors, 10U Softball, Majors and 12U Softball.

What would opening day be without a ceremonial first pitch? This year that honor went to Chad Myhre, store manager of the Claremont Hannaford.

A year ago, CYBSA officials had applied to the Hannaford Charitable Foundation (based in Portland, Maine) for a grant to improve the condition of the playing fields. The Foundation asked Myhre to do a survey and determine whether a grant would benefit the Claremont

community. He reported back that the softball field certainly did need both a surface upgrade and improved drainage. As a result, the Foundation awarded a \$10,000 grant to CYBSA.

Now, Myhre took a softball in hand and pitched it straight into the waiting catcher's mitt. The 12U and 10U teams then surprised him by presenting autographed softballs in appreciation of Hannaford's generosity.

It was time to start playing. "We're here to nurture and build on this wonderful game," said Clark in his concluding remarks. He then asked the players who were children of the coaches to come to home plate. On a count of three they leaned toward the microphone and shouted, "Play ball!"

And so the 2019 season is officially underway.

Stop by Monadnock Park — watch the games — enjoy food and drink from the concession stand. Above all, let our young athletes know that they have the enthusiastic support of the Claremont community.

The CYBSA is a program of the Claremont Parks & Recreation Department. The season's schedule is posted on the bulletin board at the concession stand and online at leaguelineup.com/claremontsports.

Mark Brislin — Director, Parks & Recreation
— mbrislin@claremontnh.com —
603.542.7019



Coaches and players — from the Red Sox to the Marlins and down the MLB rosters — are introduced as they stand along the grass line (Eric Zengota photo).



Above: The 12U softball team were the 2018 District III champions in summer play. Bottom: The 10U team finished as runners up (Eric Zengota photos).

SHS Lacrosse Roundup

04/12/19	at Lebanon	L 1 - 13
04/17/19	at Milford	L 1 - 21
04/19/19	at Laconia	L 1 - 17
05/01/19	Kearsarge	L 0 - 17
05/06/19	at Hopkinton	L 0 - 21
05/07/19	Trinity	L 2 - 22
05/08/19	Bishop Brady	L 4 - 15
05/10/19	Inter-Lakes-Moultonborough	L 1 - 20
05/13/19	at Gilford	4:00 PM
05/15/19	Plymouth	4:30 PM
05/17/19	Pelham	4:00 PM
05/20/19	at Monadnock	6:00 PM
05/22/19	at Campbell	4:00 PM

Pitcher Perfect



Chad Myhre, Claremont Hannaford store manager, throws out the first pitch at the opening ceremony of CYBSA's 2019 season.

Rain Raises Havoc with SHS Baseball Schedule

The Stevens baseball team played 3 games this past week in between weather postponements including a unique doubleheader on Saturday, playing in Hanover at 2PM, and then returning to Claremont to take on the Newport Tigers at Barnes Park at 7PM.

On Monday night under the lights, Ethan Johnson tossed 106 pitches and a complete game, as the Cardinals defeated the Kearsarge Cougars 7-4. Johnson went 7 innings, allowing 6 hits, walking 4, striking out 7 and allowing 3 earned runs. Gabe Miller had 2 hits and drove in 2 runs, while Johnson had a pair of hits and scored a run. Alex Taylor had an RBI and Cam Macia added the other Stevens hit.

On Friday, Stevens was scheduled to play their annual home and home doubleheader with their rivals from Newport but both games ended up being rained out. The night game at Stevens was moved to Saturday evening, after the Cardinals would travel to Hanover to play the Marauders.

Trey Theriault drew the start for the game at Hanover and pitched well, allowing 5 hits in 4 innings, with a strikeout. A couple of miscues in the field led to 7 unearned runs as Hanover cruised to an 8-0 victory. Stevens was unable to do much with the Marauder starter Joey Perras who tossed a 2 hit shutout. Alex Taylor and Derrick Stanhope had the Cardinal hits.

At Barnes Park Saturday night the Cardinals had better success as they rewarded a huge crowd with a 12-2 victory. Derrick Stanhope pitched a complete game going 6 innings, allowing 5 hits, walking 6 batters, striking out 5, and allowing no earned runs. The Cardinals got 3 hits and 4 RBI from Ethan Johnson, including a walk off single in the 6th inning to put Stevens up by 10 runs. Alex Taylor and Tyler Bonneau each had a hit and pair of RBI.

The Cardinals really have a busy week with the havoc caused by all of the rain. Stevens will host Hanover at Barnes Park on Monday for a 4:30 game, then travel to Newport on Tuesday afternoon to make up the Friday postponement. The Cardinals will then have to make the long trek to North

Conway on Friday afternoon to take on Kennett and conclude their week with a 10AM game at Bow on Saturday morning before traveling to Windsor for a 4:30PM game later that day, with the Yellow Jackets, making it 3 games in a 24 hour period to finish up the week.

SHS Tennis Roundup

After endless rainy days and postponements, the Cardinals enjoyed warm and sunny conditions for their rematch against Wilton-Lyndeborough on Monday, May 6. Stevens prevailed in an extremely close match, 5-4 for their first win of the season.

Singles results are as follows:

1. Cally Barrette 3 Emma Krug 8
2. Clara Avery 8 Lunara Irashova 3
3. Fallon Lavertue 6 Erin MacDonald 8
4. Hannah Lembree 1 Elizabeth Jacob 8
5. Riley Murphy 8 Ella Kelley 2
6. Lauren Fellows 8 Senja Sours 1

Doubles:

1. Barrette / Lavertue 1 Krug / Irashova 8
2. Avery / Lembree 8 MacDonald / Jacob 6
3. Quinn McCaffery / Autumn Bragg 8 Kelley / Madeleine Straw 3

The Cardinals played without 2 of their top 6 players but still fought hard, falling to a solid Lebanon team 8-1.

Singles results are as follows:

1. Cally Barrette 3 Misia Delgado 8
2. Fallon Lavertue 8 Zola Campbell 5
3. Hannah Lembree 3 Emerson Sleeper 8
4. Lauren Fellows 0 Kaeley Skakalski 8
5. Autumn Bragg 4 Lexi Zagarola 8
6. Quinn McCaffery 2 Molly Neu 8

In doubles:

1. Barrette/ Lavertue 5 Campbell / Skakalski 8
2. Lembree/ Fellows 1 Sleeper / Zagarola 8
3. Bragg / McCaffery 3 Neu / Caitlin McHugh 8

SHS Softball Roundup

04/13/19	at Merrimack Valley	L	0 - 12
04/17/19	Pembroke	L	2 - 3
04/19/19	Plymouth	L	3 - 4
04/22/19	at Hanover	W	19 - 2
04/24/19	Fall Mountain	W	14 - 2
04/29/19	at John Stark	L	0 - 6
05/01/19	Lebanon	W	22 - 2
05/02/19	ConVal	W	12 - 0
05/10/19	at Newport		3:30 PM
05/11/19	Newport	L	7 - 8
05/13/19	Hanover		4:30 PM
05/15/19	Hollis-Brookline		4:00 PM
05/16/19	at Windsor		4:00 PM
05/17/19	at Kennett		4:00 PM
05/18/19	at Bow		10:00 AM
05/22/19	at Lebanon		4:00 PM
05/24/19	at Fall Mountain		4:00 PM



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Inspiration

Boys, Girls, Sports and Parents

By Priscilla Hull

I so admire the parents, dads and moms, who take so much time and energy to coach and otherwise support sports leagues. Sometimes it's done for the pure love of children, not necessarily for the love of sports. Sometimes the parent played the sport and sometimes they didn't but forged ahead to make something happen for their child.

I remember years gone by and hearing parents yell awful things to their child! It upset me then and it upsets me now, although I hear less of that kind of yelling. I've also seen and heard coaches at the very early stages yelling at the kids. Again, I don't hear it as much, but once is too much!

I understand, we all want our kids to be top seed, but it can't be. Just like the Red Sox can't win the World Series every year in a row, every kid can't be a star. In fact, most of us who played sports in school or college weren't stars. Someone has to be that kid who works as hard as he can, but doesn't always get a hit. Someone has to be that kid who passes the basketball at the right time to the kid who is open for a shot. When that shot is made, it is rarely the kid who passed the ball who gets the glory!

Pay attention to each kid! Even the one who is picking a dandelion to give his mom between innings. Each kid on a team, whether it is baseball/softball, volleyball, soccer or whatever, is important to that team. If we can't see that, then we need to go back to school and learn some more.

I love watching little kids play sports from the beginning soccer team when they are running in a pack and kicking a ball aimlessly in every direction, to picking dandelions in the outfield in a ball game, to skipping down the court in basketball or anything else, I love to see them lost in the game trying to make their own way in the world.

Sports are the beginning of independence. Sports teach so much more than hitting, throwing, kicking a ball. They can only teach when parents let them teach. However, keep in mind that the coaches don't have a magic wand that makes my kid the star! If I want a star, I've got to work at home, throwing the ball, kicking the ball and having fun with them. Sometimes a kid just isn't going to be a Mookie Betts or a Kyrie Irving, or a Pelé. Somebody has to watch and cheer!

So when your kid doesn't make it big in sports, it's ok! They'll find their place in life and if we encourage them on and off the field or court, they'll be a success in their own way! Take you kids to the ball game, watch them, cheer for them and always congratulate them for doing their very best! Mostly love them for who they are!

Start children off on the way they should go, and even when they are old they will not turn from it.
~ Proverbs 22:6

Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.



Calendar Of Events

Backyard Birds with Steve Hale At the Fiske Free Library In Claremont On Monday, May 13, 2019

At 7:00 p.m.

In the Sarah Gilmore Room

The program is free and open to the public
Sponsored by: The Friends of the Fiske Free Library.

Call the library for more information at
542-7017.

Kinship Raising Support Group

NEWPORT, NH—A support group in Newport for kinship raising family member's kids is meeting 10:00 a.m. to noon every other Friday. Meetings held at the old Towle School, 86 North Main Street. Learn more at New Hampshire Grandparents raising Grandchildren on Facebook; check the page for updates or call Stacey Hammerlind at 802-478-0844.

Nursing Scholarship in Memory of Springfield Hospital Nurse

SPRINGFIELD, VT—Applications are being accepted for the 14th annual Eileen Austin Neal Nursing Scholarship of \$1,000. This scholarship is open to any student who has been accepted into a nursing program of study. Applicants will be judged on interest in and commitment to the field of nursing. Determination will be based on merit and need.

Application forms are available in high school guidance offices and from the Development Office of Springfield Hospital. The application deadline is May 24, 2019. For information, contact Tonia Fleming at 885-7613 or tfleming@springfieldmed.org.

Eileen Austin Neal was a registered nurse at Springfield Hospital for 64 years, retiring in 2005. She was the first recipient of the Hospital's Community Health Award in 2003. In 2004, the Hospital established the Spirit of Nursing Award in recognition of her many years of dedicated service.

Upon her death in February 2006, at the request of her family, Springfield Hospital estab-

lished a nursing scholarship fund in her name with the gifts received in her memory.

"Springfield Hospital is a better place for Eileen having worked here," said Fleming. "This scholarship continues her positive influence on both nursing and the community."

Vendors, Entertainers, Sponsors Sought for Rural PRIDE

CLAREMONT, NH— Sponsors, entertainers and vendors are wanted for Rural PRIDE 2019 which will be held on Saturday, June 15, from 12:00 to 3:00 p.m., at Barnes Park in Claremont.

Rural PRIDE 2019 is presented by Rural Outright, a community program of TLC Family Resource Center. Sponsors include Mascoma Bank and PFLAG NH.

We are seeking vendors who are interested in having a booth at Rural PRIDE. There is no cost for the booth. Vendors are responsible for their own tents, tables and chairs. Set up is one hour before the event starts.

Rural Outright is also seeking entertainers to perform at the event — music, magic, dancing, drag queen, balloon making, etc. The act must be family friendly and rated for all age levels. And, we are seeking sponsors to sponsor Rural PRIDE 2019 and make it possible for members of the LGBTQ+ community and allies to enjoy the event at no cost. Benefits levels begin at \$10 go to \$500.

For more information or to sign up to be a vendor, entertainer or sponsor, please visit tcfamilyrc.org/ruralpride.html.

TLC Family Resource Center supports and strengthens all families, children, and youth of Sullivan and Lower Grafton counties with a wide-range of free programs, support groups, and education. The Rural Outright program serves LGBTQ+ youth, their families, and allies with peer support groups, educational series, and events throughout the area.

Annual Spring Tea and Luncheon May 18, 2019 @ 12:30 PM

West Claremont Center for Music and the Arts, 133 Old Church Rd, Claremont, NH

Join us for a family friendly event including a delicious luncheon, tea, activities, music, games, prizes donated by local businesses, and more! Don't forget to bring your spring hat. You won't want to miss the cupcake decorating bar, the photo opps, and the maypole dancing! Soprano Angela Biggs and Pianist Kirsten

Becker will perform a festive mix of music, and WCCMA students will perform. Thank you to Century 21 Highview Realty for sponsoring music for this event. Thank you to Home Depot in Claremont for donating supplies for the Maypole.

Doors open at 12:00 noon, and the event officially begins at 12:30 p.m. Previous years have sold out, so make sure to buy yours early! You are not required to purchase through Eventbrite, but you must pay in advance in order to reserve your seat/table for the event. Contact us at melissa@wcc-ma.org for alternate options or questions. Tickets: Early Bird (purchased by May 6th): Adults \$15, Students \$10 Regular Tickets and At-the-Door: Adults \$20, Students \$15

For more information, visit wcc-ma.org.

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

CHARLESTOWN'S TRAILS: Looking for some outdoor fun right here in town? The Charlestown Conservation Commission (CCC) maintains six (6) trails, listed below:

The Great Meadows Trail is 1.2 miles and is considered an easy trail. It starts on Lower Landing Road and follows the Connecticut River southward. There are great views of the Connecticut River as well as the "Great Meadow". Great Meadow is an important migratory stop for birds. A great spot for bird watching.

The Nature Trail is .5 miles and is considered an easy trail. It starts behind the firehouse, up over a ridge and down to Clay Brook, over the culvert and upstream, up a hill through a variety of habitats, including the riparian buffer zone, hemlocks, hardwood, finishing in a pine stand. Once at Fling Road, if you look back over the brook, you'll see the remnants of a grist-mill dam.

The Reservoir Lot Trails is 1.8 miles and is considered a moderate trail. There are two trails that can be followed. The southern loop is mostly dominated by hemlock and the northern trail is mostly hardwood. Deer, turkey, and bear have been seen along this series of trails.

The Connecticut River State Forest Trail is 1.3 miles each way and is considered a difficult trail. It starts at East Street Ext, inclines for about a mile then flattens out. It ends at Lamb Road. Part of the trail runs through a hemlock stand that has been a deer wintering yard. Bear have also been seen in the forest.

The Hubbard Hill State Forest Trail is 2.2 miles and is considered a moderate trail. It crosses and parallels power lines at points while following along a snowmobile trail. **The Halls Pond Trail** is 3.1 miles and is considered a moderate trail. There are many deer signs and an occasional moose. There are also many birds, and, in the migrating season, the pond holds ducks and geese. This trail uses some private property and runs over the Acworth town line for a short distance and back into Charlestown, between a farmhouse and barn. The trail skirts some vernal pools so is strictly hiking and horseback riding only.

For more information, directions, and maps on Charlestown's Trails, go to this website: <https://www.trailfinder.info/> or <https://www.traillink.com/city/charlestown-nh-trails/>.

BABE RUTH GIRLS SOFTBALL SUMMER LEAGUE: 12U (no older than 12 by 12/31/18). Please register at the Town Office. \$75.00 per player.

BABE RUTH BOYS BASEBALL LEAGUE: Ages 13-16. Please register at the Town Office. \$75.00 per player.

POOL DIRECTOR AND POOL GUARDS: Time to start planning for Summer! The CREC is accepting applications for a Pool Director and Life Guards. Training is available in February/March (dates to be determined). Guaranteed hours. Starting wage based upon experience. Applicants subject to background check. Please call or visit Town Office to submit an application.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE

Please continue to check the Facebook page for all announcements and upcoming events.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from 3:30-4:30 p.m. in the library. Please use Dunning Street entrance.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breast-

feeding mothers. Claremont La Leche League Claremont La Leche League will be meeting on the 3rd Thursday of the month at the TLC Family Resource Center, 109 Pleasant Street: Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

Assistance, information, and support are also available via telephone, email, and the LLLI website. ClaremontLLL@gmail.com,

Jess (603) 630-0184, Zadijah (603) 306-9892; they may also be found on Facebook.

Caregiver Support Group

SPRINGFIELD, VT—A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias. Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every

5 ways to improve your body language in a job interview

Start with a good, firm handshake: Not too hard and certainly not too soft, that initial handshake should be firm. If you're not sure what that's supposed to feel like, practice with a friend or family member.

Sit right: In general, it's advisable to use the full chair, sitting with your back upright against its back. This helps you appear engaged and confident, especially when combined with maintaining eye contact.

Keep your feet on the ground: Crossing your legs - whether you're a man or woman - may be a little too casual, and if you do feel the need to cross them, it's wiser to do so at the ankles so your feet remain out of sight.

Nod a lot: When the other people in the interview are speaking, you should make a point to nod frequently to show you are processing what they're saying.

Leave well: When the interview is over and you're preparing to leave, there's one last body language move to keep in mind and make a strong last impression as well, according to Monster. All you'll have to do is smile, nod your head and shake hands with the people in the room. If there are several people sitting in on the interview, you might not have to shake with all of them, but with the person who led the interview and the one who brought you in for the meeting.



603-542-9675

NHClaremont@westaff.com
131 Broad Street, Claremont, NH 03743

www.westaff.com

Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Newport Historical Society Museum Hours

NEWPORT, NH--Interested in local history? Come visit the Newport Historical Society Museum, 20 Central St., Newport, NH. Located in the 1837 Nettleton House, the museum has two floors of annually changing displays to wander through. Open Sundays (except holiday weekends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.



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REV. MAR. 29, 2019

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st WEEK of the month	BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC Meriden Congregational Church 12:00 – 4:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Mascoma Senior Center, Canaan 9:00 am – 12:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
2nd WEEK of the month		BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:00 am Grantham Methodist Church 11:15 am – 12:00 pm (Apr-Dec) Sugar River Mills, Claremont 1:00 – 2:00 pm FOOT CLINIC Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 11:00 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm FOOT CLINIC Marion Phillips Apts, Claremont 1:00 – 4:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Bradford Senior Center 11:00 am – 12:00 pm Claremont Senior Center 11:00 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm Lebanon Senior Center 10:00 am – 2:00 pm	
4th WEEK of the month	FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm	BLOOD PRESSURE CLINIC Warner Senior Center 10:30 am – 12:00 pm FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	These events take place every month, except on holidays. Foot Clinics are by appointment only and cost \$25. For more information or to verify a date, call 603-526-4077 or visit: LakeSunapeeVNA.org

month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

Help Available for Advance Directive Documents

WINDSOR, VT—Thinking about completing an Advance Directive as a loving gift to your family? Advance Directives (AD) are legal documents that allow you to decide what type of medical care you want if you ever become unable to speak for yourself.

Mt. Ascutney Hospital offers free individual sessions for assistance in completing this important document. Our AD Clinics are being held the 2nd and 4th Wednesday of the month in Windsor from 1:00-3:00 p.m. The Clinics are led by Linda Wilson, APRN, DNP. Make an appointment by calling (802) 674-7483.

There is an additional AD Clinic in Woodstock at the Thompson Senior Center every 2nd Monday of the month from 1:00-3:00 p.m. Make an appointment by calling (802) 457-3277.

Join the Boy Scouts

CLAREMONT, NH—If you have a young man going into 6th grade and is 11 years old that you think needs an advantage in life, then have them consider becoming a Boy Scout. Boy Scouts learn valuable skills in leadership, team building and self-reliance. Boy Scouts that earn the rank of Eagle have a high likelihood of becoming successful in life and stay active in their communities. When the school starts, Troop 38 of Claremont, NH, meets every Thursday 6:30-8:00 p.m. at St. Mary's church gymnasium. Join us for a good time

and new adventures. Contact Alex Herzog, Scoutmaster of Troop 38, at claremontscout@gmail.com for more info or come and join us at one of our upcoming meetings.

Croydon Ladies Auxiliary Bingo

CLAREMONT, NH--The Croydon Ladies Auxiliary is sponsoring bingo every Thursday. Held at the Claremont Senior Center, 5 Acer Heights off Maple Avenue in Claremont. Doors open at 4:30 p.m. and games start at 6:30 p.m.

Food and drinks available. Open to those 18 and older. Call Sandy at 543-7118 for more information. All paper games.

Kids: Music with Friends for Infants, Toddlers & Preschoolers Friday mornings, ongoing 10:00-10:45am

Library Arts Center Annex
15 Main St.
Newport, NH

Experience making music with your children & friends in this class designed for young children and their caregivers. Music will come to life as everyone Sings, Dances, Drums & Claps for Fun, experimenting with voices, instruments & movement. For infants, toddlers & preschoolers, with a caregiver. *Pre-registration encouraged, but drop-ins are welcome. Find out more at libraryartscenter.org.

Open Studio Art Group Wednesday mornings, ongoing (through May 29th) 9:00 am - 12:00 pm

Library Arts Center
58 N. Main St.
Newport, NH

Price: \$8.00 to \$12.00 —\$8 members/\$12 non-members

Looking for a time to work on current projects? Be inspired to work in a studio environment alongside other area artists in this drop-in group that meets on a weekly basis. The class facilitator is available for light guidance. All mediums are welcome. No prior experience is necessary. Please bring all supplies you will need for your projects. To find out more, call the Arts Center at 603.863.3040, or visit libraryartscenter.org.

Vote to Help 4-H Win Up to \$20,000

Our 4-H families and volunteers have been amazing in their support of NH 4-H over the years, and we appreciate every bit of it. Our partnerships with everyone have resulted in many truly exceptional programs for NH 4-H youth and families.

We currently have an opportunity to win up to \$20,000 for statewide 4-H programming through the National 4-H Raise Your Hand campaign. Results will be weighted to level the

field for smaller states like NH, so we have a real chance of winning. Voting is open (April 1 – May 15, 2019) to 4-H members, 4-H volunteers/professionals, 4-H alum and all those who consider themselves friends of 4-H (so really everyone)!

It takes less than two minutes, and your vote might make all the difference: <https://4-h.org/raise-your-hand/>.

No donation is needed, and you can set email preferences (even opt out) right on the same screen.

Please feel free to share with colleagues, family and friends. U.S. residents ages 13 and up are eligible to vote.

SATURDAY, MAY 18

Naturalist Series

Songbirds - 8:00 - 10:00am - for all you early birds!

Songbirds are beloved the world over for their bright colors, joyous songs and fascinating life histories. Join us as we learn about these amazing animals from Leonard Reitsma, Professor of Zoology at Plymouth State University. Hopefully, we will get to see a bird or two in the hand.

The Eco Ag Center at the Sullivan County Complex in Unity, NH will be our homebase for the morning. Please bring water and dress to walk through fields and forest.

Cost: \$5/person; \$10/family; checks can be made out to "SCCD" and sent to 95 County Farm Rd. Unity, NH 03743. Pre-registration is encouraged.

Unity Historical Society Meeting May 14; Veterans Memorial on Agenda

UNITY, NH—The Unity Historical Society will be having their monthly meeting on Tuesday, May 14, at 6:30 p.m. at the Unity Town Office.

The Unity Historical Society is sponsoring construction of a new Veterans Memorial on the Unity Town Common. Veterans of Unity are invited to a design/volunteer meeting on Sunday, May 19 at the Unity Town Hall at 2:00 p.m. Your input and help are needed to make this project a reality. Please contact Bruce Kozlik at 603-573-5807 for any questions or more information.

Send news and photos to

etickernews@gmail.com

Claremont Elks Lodge #879

Pleasant Street Entrance

BBQ MEAT RAFFLE

Lots to Win!!

Essem NC Franks

Pork Tenderloins

Hamburg Patties

Steaks

Baby Back Ribs

Marinated Meats

Italian Sausage

Hot Wings



Door Prizes

50/50 Raffle

Lots of
Side Raffles

Including a Grill

Saturday, May 18th

6:00 p.m

Gather your friends and family

Come Join The Fun!!

Members and Bonafide Guests

 WEST CLAREMONT
CENTER FOR MUSIC
AND THE ARTS




6TH ANNUAL

*Spring
Tea
& Luncheon*

**SATURDAY MAY 18TH 12:30PM
UNION CHURCH PARISH HALL**

133 OLD CHURCH RD CLAREMONT NH

ADULT \$20 / YOUTH \$15

(\$5 EARLY BIRD DISCOUNT BEFORE MAY 4TH)

FOR TICKETS & INFORMATION VISIT
WCC-MA.ORG


CENTURY 21
Highview Realty




**e-Ticker News
of Claremont**

Locally Based, Locally Owned!


Turkey Dinner

Open to the Public



At The

Claremont Senior Center

5 Acer Heights Rd., Claremont, NH

Saturday May 18, 2019

5 PM – 6:30 PM

\$10.00 per person

Child \$6.00

COME JOIN US!



Autographed Ledger Photo & Autographed Danny Gokey CD

To enter:

1. Follow me on Twitter and/or "Like" my Facebook Page.
2. Send email with "5/31" in subject field to etickernews.bernadette.oleary@gmail.com
3. "Like" drawing posts on Facebook and Twitter.
4. Send me a private message on Facebook or Twitter with "5/31"

Choose only one way to enter or all four and enter each week.



SCHS
Save a Stray 5K
*Post Race BBQ, Raffle Prizes, Age Group Prizes
and Prize for overall Male and Female finishers!*
RUN/WALK

Saturday, June 22nd, 2019

Robert C. Hasevlat Memorial Park • Newport

8:30 AM (Race Day Registrations) | **RUN STARTS AT 10:00 AM**

\$20 PRE-REGISTRATION FEE | \$25 SAME DAY REGISTRATION FEE

KIDS 12 & UNDER FREE • TO REGISTER TO RUN, WALK, OR SUPPORT A PARTICIPANT THROUGH PLEDGING, VISIT OUR WEBSITE:

sullivancountyhumanesociety.org

FREE T-SHIRT FOR FIRST 100 SIGN-UPS!

To benefit the Sullivan County Humane Society

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in "real time," as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsoclaremont.com

Helen M. Rich, 94

Helen M. Rich, age 94, formerly of Boynton Beach, FL, passed away May 9, 2019, at the Village of Cedar Hill in Windsor, Vermont with her daughters by her side.

Helen was born July 3, 1924 in Providence, RI, to Clarence F. and Mary P. (Holmes) Odell. She married Stephen D. Rich, of Barrington, RI, on January 22, 1949. Her husband predeceased her on April 15, 2010.

In her early years she had many fond memories of spending summers on the family farm and later modeling and singing in night-clubs in the big band era. After marriage, she moved to Massachusetts where she spent many years raising her daughters, then working for Buxtons in West Springfield and Fenwal in Ashland, MA. During that time summers were spent at the family cottage on Cape Cod where she enjoyed boating, fishing, clamming and swimming. She was able to achieve her lifelong dream of owning horses and spent many hours grooming and riding. She retired to Florida and continued her love of being near the ocean.

She leaves behind two daughters, Cheryl Bailey and her husband Robert of Charlestown, NH, and Deborah Williams and her husband John of Saxtons River, VT; six grandchildren, Stephen Bailey and Amy of Drewsville, NH, Gabriel Bailey and Rebecca of Charlestown, NH, Charles Bailey and Jennifer of Bozeman, MT, Courtney Cania and

Sal of W. Lebanon, NH, and Scott and Casey Tosches of New Bedford, MA. She also leaves 14 great grandchildren, several nieces and nephews and her good friends at Cedar Hill.

She was predeceased by her parents, husband, two brothers, Russell and Kenneth Odell of Rhode Island and Donald W. Wright.

At the request of family, services will be private.

The Stringer Funeral Home is in charge of arrangements.

Roberta J. Dugas, 92

Roberta Jeannette (Gregoire) Dugas, 92, formerly of Claremont, NH, passed away peacefully on May 10, 2019, after a 10-year battle with Lewy Body dementia.

She was born in Claremont on February 16, 1927, the daughter of the late Annie (Lizotte) Gregoire and Fred I. Gregoire. She attended St. Mary's Schools and was a graduate of Keene Beauty Academy. She owned and operated her own business in Claremont for over 40 years, Roberta's Beauty Salon on Maple Avenue. She was a former member of the Claremont Lioness Club and was active in

many charities. She loved gardening and was proud of her vegetable garden and her many flowerbeds. She loved playing cards, her many pets over the years, and traveling with her husband. She made the best fig squares and date-filled cookies anyone ever tasted. She was married to Joseph G. Dugas on June 14, 1947. Joe passed away on April 30, 2004.

The surviving family includes her sons Norman G. Dugas of Brattleboro, VT, and Gary L. Dugas and his wife Laura of Hooksett, NH; one grandson, Ross J. Dugas and his wife, Sabrina, of Hooksett, NH; two great-granddaughters, Lilah Dugas and Liv Dugas. She was also predeceased by great-granddaughter Ave Hope Dugas in 2013. She is also survived by her brother Earl F. Gregoire and his wife Valderese, and many nieces and nephews.

Roberta was predeceased by three sisters, Anna Helene Gregoire, Anita Waylor and Yvonne Burke, and by five brothers, Israel A. Gregoire, Calix A. Gregoire, Arthur Gregoire, Donald Gregoire, and her twin brother, Robert J. Gregoire.

Calling hours will be on Wednesday, May 15th, from 10:30 am to 12:30 pm at The

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

Most of the time, a doctor can't help anything until Mom decides something isn't right. She makes the first move and calls the doctor. Dr. Sam attributes any success he and his staff have with kids to that vital first step. Yay, Mom.

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020
9 Dunning St, Claremont
(we're right there by the hospital)

Stringer Funeral Home, 146 Broad St., Claremont. A Mass of Christian burial will be celebrated at 1 pm at St. Mary Church on Central St. followed by interment at St. Mary Cemetery.

In lieu of flowers, the family suggests that donations be made to: Aveshope.org (for SIDS research in memory of Roberta's great-granddaughter) or to Alzheimer's Association, 1 Bedford Farms Drive, Bedford, NH 03110.

The family would also like to thank the Merrimack County Nursing Home in Boscawen for their loving care over the past three years.

Annabelle E. Talkington, 92

Annabelle Estey Talkington, age 92, formerly of Springfield, VT, and Charlestown, NH, passed away on Saturday, April 27th, 2019, at the home of her granddaughter in Largo, Florida. She fought a courageous battle with cancer for several years.

Annabelle was born on June 12, 1926 in Ashuelot, NH, the daughter of Charles and Louise Martin. She was a member of the VFW Post 771, Loyal Order of the Moose Lodge 679 of Springfield, VT, and the American Legion Post #67 in Chester, VT.

She was predeceased by her husband, Donald A. Estey in 1986, a daughter, Eileen Cichon in 2016, her parents, a brother, "Pat" Martin, and a sister, Mary Dodge.

Annabelle leaves one son, Don W. Estey, his wife Donna of Jacksonville, FL, one daughter, Charlene Castellana, her husband Tony of Largo, FL. She will also be greatly missed by three grandchildren: Michael Clarke Howard and Michaella Clarke Sheldon of Florida and Charles Kathan of New Hampshire along with many nieces, nephews and great nieces & nephews.

In 1991, she married Jack Talkington in Springfield VT. Sadly, Jack passed away in 2008. Annabelle loved her extended Talkington family which includes John and Nancy Talkington, Judy and Fred Magness, Jill and Norman Clark and cherished grandchildren and great grandchildren.

Annabelle enjoyed knitting and made sure everyone she loved had a special blanket of their own – made with love. She was never elderly – always young at heart. She loved cooking, dancing, entertaining, pool parties and she loved to laugh and make everyone around her feel special and loved.

Claremont Senior Center, Inc.

The trees are leafing and the flowers are emerging from their Winter sleep. Got cabin fever? We can help with that!

Gobble! Gobble! The kitchen staff is gearing up for a Terrific Turkey Feast, Sat. May 18th, 5PM-6:30PM. Adults-\$10, 10 and under-\$6. Members are asked to make their famous homemade desserts. Take-outs available. Please call by 3PM.



Our lunches are served every Tues. and Thurs.

This week Tues.-May 14th-Chicken cacciatore, pasta, string beans, cupcakes. Thurs.-May 16th-Birthday Celebration-

Roast Pork Loin, gravy, mashed potato, squash. Birthday cake. Open to the public. Take-out available. Please call by 10:30AM.

Lottery Ticket Raffle. Come and get them! 1-\$2, 5/\$3, 10/\$6. 1st prize-\$250, 2nd prize-\$150, 3rd-\$100 worth of tickets. Hurry!! Drawing-June 4th at the Tues. lunch.

The AARP House tax relief program will be at the Center 9AM on May 17th. First come, first served.

Exercise-You Bet! All kinds.

Tuesdays-Silver Sneakers-10:45AM. Open to the public. \$2.00.

Tues. and Thur.-general exercise-10AM-11AM, Owens Hall.

Fri.-Chair Yoga. Gentle meditative moves. 10:30AM-1:30M. Open to the public. \$5.

We are looking at a paint class. If you are interested, please call 603-543-5998. Details to come.

The Foot Clinic is Wed. May 15th. The Blood Pressure Clinic is Thurs. May 16th.

Activities-We have those too day and night.

Mondays-Adult Coloring. 1PM Dust off those books and pencils and join us.

Tuesdays-Game Night. 6PM-9PM or so. Pool, cards, Hand and Foot. Bring a snack to share.

Wednesdays.-Senior Bingo-55 & older.-1PM. Card sales end at 12:50. For lasting energy, enjoy our lunch. Then play! Open to the public.

Thursdays.-Free Bridge Class. May 2-June 13th-1PM. Beginners, Standard Am. Bidding playing

Hand and Defense.

Game Night-Yes!! Open 6PM-9PM. Cards, pool, games, puzzle.

Fridays.- Knitting-noon . Bring a lunch.

Mahjongg-1PM. We teach. Give it a try.

Sunday at the Center-1pm-4pm. Members and guests. Pool, puzzle, cards, TV, bring a snack to share.

If you have cabin fever or not, we have the solutions. Trial membership. Join us.

Claremont Senior Center, 5 Acer Heights, Claremont, 603-543-5998, Web: cnhcs.org. Smoke Free Facility. The Place You Want to Be.

A graveside service will be held on Saturday, June 8th, at 11:00 a.m. at the Ascutney Cemetery in Windsor, VT.

A celebration of Annabelle's life will take place following the cemetery service at the Springfield V.F.W. at 2:00 p.m.

The Stringer Funeral Home is in charge of arrangements.

Jean P. Gauvin, 87

Jean "John" Paul Gauvin, 87, of Grantham, NH, passed away on April 25, 2019, at the Elm Wood Center in Claremont, NH.

He was born in Lawrence, MA, on March 18, 1932, the son of Sam and Anna (Valcourt) Gauvin.

He was in US Army during the Korean War and achieved the rank of corporal.

John had worked for AT&T and Nokia as a quality control manager.

He enjoyed spending time with his family and bird watching. He was a great and peaceful man that will be sorely missed by all who knew him.

He is survived by his son, Gary Gauvin and his wife, Sheri of Grantham and his two grandsons.

He was predeceased by his wife, Doris E. (Paris) Gauvin; his parents, two brothers and a sister.

A graveside service with military honors was held in the Grantham Memorial Cemetery on Saturday, May 11th, with Father Michael Monette Pastor of St. Patrick Church in Newport, NH, officiating.

The Stringer Funeral Home is in charge of arrangements.

Rita A. Ferland, 73

Rita Ann Ferland, 73, passed on to be with her beloved husband Norman and youngest son Matthew on May 9, 2019, at the home they built on Crescent Lake in the loving arms of her sons Anthony and Adam.

Rita was born on December 24, 1946 in Ft. Edward, NY, the daughter of Theodore DeCelle and Harriet Sexton DeCelle.

For many years, Rita was able to be a stay at home Mom for her family. Eventually, when she went to work, she was employed by many local businesses such as Topstone Furniture, Gorbet Files, Chicago Cutlery, Holsom, with most of her employment being with Sturm Ruger. Rita worked hard to support her family

and was still able to take care of her home as well.

Rita and Norm were always working on different projects at the lake. Whether it was outside or inside, they were always together. There was always something to be done on the old house, but when the new house was built, it was their pride and joy.

The one thing that mattered the most to Rita was her family. Whether it was her immediate family or her extended family, she was always glad to see them and it showed. Rita absolutely loved all of her grandchildren, whether near or far they were always in her thoughts.

Surviving members of her immediate family are Norman Ferland II, Anthony Ferland, and

Adam Ferland. Surviving brothers and sisters include Harriet DeCelle, Linda who is married to Alan Bullis, Florence who is married to Jerry Angelo, and Francine married to Rodney Wilkinson. Rita has two surviving brothers, Paul DeCelle who is married to Barbara, Richard DeCelle who is married to Brenda, and Mary Jeanne Ferland.

Rita was pre-deceased by her husband Norman, youngest son Matthew, brothers William Sexton, Ted DeCelle, Juanita and John Austin, Bonnie and Ronald Durgin. More loving brothers and sisters were Maurice and Joyce Ferland, Paul and Yvonne Ferland, Roger and Madeline Ferland, Germaine Ferland and Theresa Ferland.

Building Life and Literacy Skills With Play

CLAREMONT, NH—Young learners can now more easily practice their money and other life skills at the Fiske Free Library in Claremont. The Yum Yum Dairy Bar activity is one of the first designed by Kathy Stoughton, M. Ed., to help youngsters start learning key math concepts earlier and prevent math troubles later in life. Stoughton visited the library during vacation week as part of creating awareness of simple, inexpensive activities that parents, educators and other important mentors can do with kids to help them build key skills for succeeding in today's changing world. Stoughton has and is designing more activities that let learners of many ages prevent or overcome potential math phobias. She is trying to make her materials as affordable as she can and still be self-supporting.

The Yum Yum Dairy Bar activity focuses on building the skills for early math literacy: counting, sorting and symbol recognition (that "2" means an amount). The module also includes problem solving, nonfiction literacy and social interaction skills. Most importantly, it is designed to be engaging and fun for all involved. As 7-year-old Garv announced while cashiering, "This is fun! What do you want to buy?"

Teaching math and other key life skills to kids should be fun is Stoughton's philosophy. It is also important - as Garv's mom, Irina Bista who is also a math tutor said, "Math is everywhere. I want him to start practicing early with fun activities so he isn't afraid of math when he is older."

The Yum Yum Dairy Bar materials can be found at the Fiske Free Library in Claremont, a few other libraries, on Stoughton's site HenryHelpers.com or on TeachersPayTeachers.com. Stoughton is a curriculum designer and STEM tutor who has spent over 10,000 hours working one on one in person with students of many ages and different schools helping them fix their math and science gaps before those gaps cost them a lot of money. She has a BA from Dartmouth College, a Masters of Education from SNHU (not online), and a Certificate in Educational Technology from MITx. Prior to moving into education, she worked for over 20 years in competitive business environments, including both on the front lines and in management.



Young cashier Garv counts money for Miss Martha at the Yum Yum Dairy Bar during vacation week at Fiske Free Library in Claremont, NH.

A funeral service will be Monday afternoon, May 13th at 3:00 p.m. at the Church of Jesus Christ of Latter Day Saints in Ascutney, VT. Burial will follow in Mountain View Cemetery.

The Stringer Funeral Home is in charge of arrangements.

Claremont Fire Dept. Log

Sunday May 5, 2019

19:18 Responded with E-1 to Washington St. for a light pole down

Monday, May 6

10:22 Responded with E-1 to Pleasant St. for a medical call

21:27 Responded with E-1 to Main St. for a medical call

23:21 Responded with E-3 to Unity for station coverage

Tuesday, May 7

14:07 Responded with E-1 to Sullivan St. to assist Police

18:06 Responded with E-1 to Broad St. for an alarm sounding

21:31 Responded with E-1 to Pearl St. for an alarm sounding

Wednesday, May 8

11:43 Responded with E-1 to McKenzie Ave for a check the well being

16:42 Responded with E-1 to Main St. for a motor vehicle accident

Thursday, May 9

00:59 Responded with E-1 to Heritage Drive for a medical call

04:24 Responded with E-1 to Heritage Drive for a medical call

08:48 Responded with E-1 to North St. for a lift assist

Friday, May 10

12:31 Responded with E-1 to Sullivan St. for a fire alarm sounding

16:13 Responded with E-1 to Sullivan St. for a medical call

21:31 Responded with E-1 to Pleasant St. for a medical call

Saturday, May 11

20:53 Responded with E-1 to Sullivan St. for a medical call

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The Claremont City Council will hold a public meeting on Wednesday, May 22, 2019, at 6:30 p.m. in the Council Chambers of City Hall.

AGENDA

- 6:30 PM 1. PLEDGE OF ALLEGIANCE
- 6:32 PM 2. ROLL CALL
- 6:34 PM 3. AGENDA CHANGES
- 6:35 PM 4. REPORT OF THE SECRETARY
Minutes of April 10, 24, 2019, City Council Meetings
- 6:37 PM 5. MAYOR'S NOTES
- 6:42 PM 6. CITY MANAGER'S REPORT
- 7:00 PM 8. CITIZEN'S FORUM (Comments on Non-agenda Items Limited to 5 Minutes per Speaker (Council Rule 23))
- 9. OLD BUSINESS
- 7:10 PM A. City Manager Search Update
- 7:15 PM B. Food Truck Policy Ordinance 567 – First Reading – Public Hearing
- 10. NEW BUSINESS
- 7:25 PM A. Sullivan County ATV Club – Request permission for Sunset Ride Events;
Request permission to continue work on trails
- 7:35 PM B. Sullivan County Transitional Housing
- 8:05 PM C. Build Grant – Pleasant Street
- BREAK
- 8:15 PM 11. COMMITTEE REPORTS
- 8:20 PM 12. FUTURE AGENDA ITEMS AND DIRECTIVES
- 8:25 PM 13. CONSULTATION WITH LEGAL COUNSEL
- 8:30 PM 14. NON-PUBLIC SESSION
- 8:45 PM 15. ADJOURNMENT

PLEASE NOTE: Claremont City Council's next scheduled meeting will be on Wednesday, June 12, 2019, at 6:30 p.m. in the Council Chambers at City Hall.