

TOWN OF LEE, NEW HAMPSHIRE

7 Mast Road

Lee, New Hampshire 03861

(603) 659-5414

January 2, 2015



BEST WISHES FOR 2015



SPOTTED AT WHEELWRIGHT POND



On December 20, 2014, members of the Lee Police Department and the Lee Fire Department promoted Seat Belt Safety at the Lee Transfer Station. The group handed out 165 bags of Seat Belt Awareness goodies to passers-by in less than 2 hours. Let's all be safe, not just during this holiday season, but all through the year.



COMMUNITY DINNER AND MOVIE NIGHT!

Thursday, January 8, 2015 5:00 – 6:30 pm

Oyster River High School Cafeteria

[CLICK HERE](#) for EVENT FLYER

Menu & Link to RSVP

<http://www.signupgenius.com/go/10c0944adae23a4fc1-january>

FED UP will be shown in the Auditorium from 6:30 - 8:00 pm

Katie Couric reveals that we are being fooled by the slogan "eating less and exercising more" to lose weight. Come learn more about how the food industry and US government confuse Americans with food choices. "It's Time to get real about food."

Official Movie Trailer:

www.youtube.com/watch?v=aCUbvOwwfWM

Sponsored by ORCSD Sustainability Committee



**BACKYARD FARMING INITIATIVE PRESENTS
FIVE NIGHTS, 10 FARMS: EXPLORE YOUR
FARMING DREAMS**

Jeremiah Smith Grange Hall, Lee Hook Road, Lee 7:00 pm

[CLICK HERE](#) for schedule



**LEE PUBLIC LIBRARY COMMUNITY CENTER
BOND HEARING**

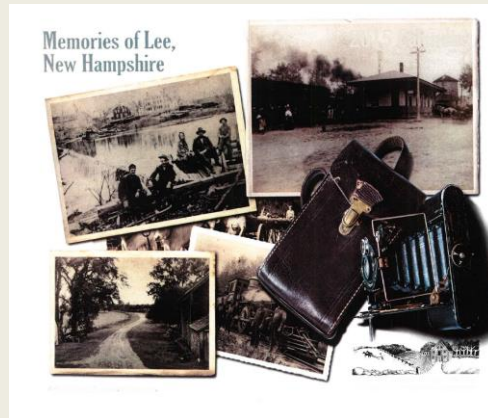
Monday, January 5th 6:00 pm

Public Safety Complex, 2nd Floor Conference Room

Thanks to everyone who attended the November 20 and December 18 information sessions. There was some good information shared and good questions asked. For those unable to attend, a video of the session is available at http://media.leenh.org/?page_id=256 - click on the November 20 meeting.

Working together, Lee can build it!

**ON SALE AT TOWN HALL!
2015 MEMORIES OF LEE, NH CALENDAR**



CREATED BY THE LEE HERITAGE COMMISSION IN
COLLABORATION WITH THE LEE HISTORICAL SOCIETY

WANTED

HISTORIC PHOTOS OF LEE
[CLICK HERE](#) for more information

STILL ON SALE AT TOWN HALL!
The Early Mills and Industry of Lee, NH
Compiled and researched by Randy Stevens and
Susan Wellington
Proceeds to benefit the Heritage Commission

SWAP SHOP VOLUNTEER NEEDED!
Talk to TS Manager Roger Rice at 659-2239 for details.
TOWN OPENINGS:
TRUSTEE OF THE TRUST FUNDS
LEE RECREATION COMMISSION
[CLICK HERE](#) for an application & deliver to the Town Hall





READY RIDES

NEEDS volunteer DRIVERS from LEE!

READY RIDES offer free rides to medical appointment for residents 55+ and those who are disabled and unable to drive. They serve Lee, Barrington, Durham, Madbury, Newmarket, Northwood, Nottingham and Strafford. Drivers receive 25 cents per mile and can pick what rides they want to do. Drivers must be at least 25 years old, have a valid driver's license and a favorable driving record with a legally registered, inspected and insured vehicle. You will need to complete a volunteer application that includes a motor vehicle and criminal background check. Please call Meri Schmalz at 224-8719 or email info@readyrides.org for information about how to help your neighbor.

SENIOR ADVISORY COMMITTEE UPDATE

With the rush and bustle of the holidays behind us, it's a lovely time to head out into the woods. Besides the obvious benefits of exercise and fresh air, in recent years research from Japan has shown that there are positive health benefits from forest walking. In Japan, walks in the woods are known as *shinrin-yoku*, which translates to "forest bathing," and studies there have shown that a walk in the woods can result in decrease in blood pressure and stress levels and increased heart health. While the exercise involved in a walk can account for some of these health benefits, studies comparing city walkers with woods walkers showed the woods walkers to have greater decreases in blood pressure and stress levels than the city walkers. One study has speculated that forest flora and fungi produce aerosols that may play a role in these health benefits. Join us for some *shinrin-yoku* as we walk the red triangle trail in the Town Forest on Saturday, January 10th at the usual 9:30am time. We'll meet behind the ball field backstop. Besides lowering our blood pressure and stress levels and easing our hearts, we'll visit the bog, stop to see the remnants of an old apple orchard that is reverting to forest and pay a visit to the tree with a great big nose...

The next meeting of the Senior Advisory Committee is **January 12th**, 9:00 am at the Safety Complex. Please come and just sit in on the conversation or bring questions or comments that would help promote programs for community members age 50+ years.

The alternate Wednesday Knitting Gatherings continue to meet at the Library from 9:00 - 11:00 am. The next two are planned for January 7th and 21st. This program is sponsored by the Lee Library and SAC.

The Family Nature Walks are sponsored by the LCC and SAC. Notes describing the walks are written by Catherine Fisher, LCC member.

TOWN OF LEE NOW OFFERS ONLINE SERVICES



for car registration renewals, dog licenses, vital records and property taxes. To access the new online services, please visit the Town of Lee's website at www.leenh.org. Credit/debit cards and ACH payments (bank-to-bank transfers) will be accepted for all online transactions. Credit/debit card and internet processing fees will apply.



The Town Clerk/Tax Collector's office now accepts MasterCard, Visa, American Express, and Discover credit cards; debit cards that display these logos are also accepted. **Please note:** There are additional fees to cover the cost of using a credit or debit card - 2.95% of the total transaction with \$1.50 minimum. These convenience fees go directly to the Town of Lee's third party credit/debit card processor and are not retained by the Town of Lee. Convenience fees cannot be refunded. Cash and checks are still accepted forms of payment and do not require additional fees.



LEE PUBLIC LIBRARY

You like us at the library, now like us on Facebook!



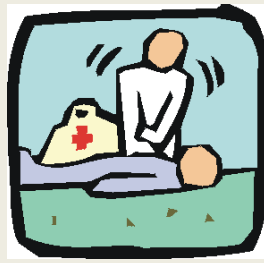
LIBRARY REGULAR HOURS

Monday, Tuesday, Wednesday: 12:00 – 8:00 pm

Thursday, Friday: 10:00 am – 5:00 pm

Saturday: 10:00 am – 3:00 pm

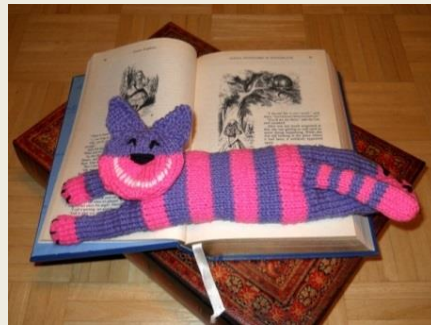
The library would like to revive its **Armchair Traveler series**. Are there any interested travelers out there who would like to share their adventures with people in the community? If so, please contact the library at 659-2626 or email us at leelibrary@comcast.net.



CPR

Wednesday, January 7TH 6:00 – 8:00 pm

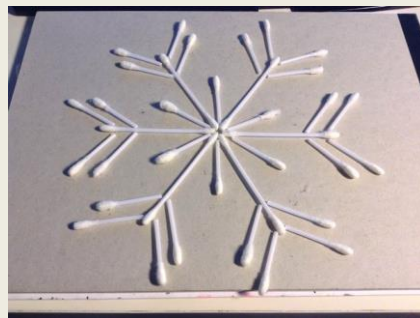
The McGregor Institute of EMS will be teaching this American Heart Association AED course. The course teaches adult, child and infant CPR and the use of an Automated External Defibrillator. The program is free, but there is a \$20 materials fee. To register, go to McGregor's community calendar at www.mcgregorems.org/institute.



NOVICE KNITTERS

Thursday, January 15th 3:00 – 4:15 pm Grades 5-8

Shirley Walker and Patricia Jenkins will be teaching basic knitting skills to create a bookmark. Then for the remaining 2 sessions on January 22nd and 29th the choice can be a scarf, a wrister or fingerless mittens. Students may ride bus 21 from the school to the library. Needles will be supplied for all projects. Yarn will be supplied for the bookmarks, but students must purchase yarn for the remaining projects. Please register.



SNOWFLAKES DROP-IN-CRAFT

Saturday, January 17th

Drop by and make some snowflakes with Q-tips!

“Creating Connections: Building Community Through the Arts”
This is the 4th in a series of workshops on a variety of art techniques



BEGINNING QUILTING

Tuesday, January 27TH 6:00 pm

If you have been dreaming about learning to quilt then this workshop is for you. Katrina Rhodes, owner of the Fabric Garden quilt shop in Barrington will be teaching this workshop for people new to quilting. She will cover the basics, tools and how to use them, and then guide participants in sewing a small project to help with understanding the techniques being taught. A project kit will be provided for this workshop. Participants should have basic sewing skills and will need to bring a sewing machine to the class. A supply list will be provided at time of registration. Limited to 6 ages 15 and up. Please register by calling 659-2626.



BUILD WITH LEGOS

Saturday, January 31st 10:30 am – Noon

Join us as Gordon Lubbers, owner of Bricks 4 Kidz, leads a fun morning of building with motorized Lego models. Kids can choose model kits and plans from 2 different themes - the NASA inspired Space Adventures and the Ticket to Ride amusement park rides. This program encourages curiosity and creativity and is for children in grades 1-5. Please register by calling 659-2626.

ON GOING PROGRAMS



Thursday & Friday at 10:30 am

These fun 30 - 40 minute programs include stories, songs, finger plays, flannel board and a craft. Registration is not required.



NO FOOLIN, JUST FUN – ADULT GAME DAY

Tuesdays, Next day December 23rd at 9:30 am

Come join the fun, make new friends and learn some new games. All are welcome! Open to all adults 18 and older.



STORY TREKKERS

Tuesdays 3:30 – 4:30 pm Ages 6-10

Read a variety of authors and award-winning books. Snack, games and a craft included. Most way students ride bus 23. **Please register. This program is currently filled and has a waiting list.**



KNITTING GET TOGETHER

Tuesdays, 6:30 - 8:00 pm

Come and join other knitters for an evening of knitting and socializing. Bring that project you've been meaning to finish and make some new friends. Sorry, there are no instructors.



KNITTING FOR 50+

ALTERNATE WEDNESDAYS, JANUARY 7TH & 21ST 9AM

A drop-in group will meet at the library. Help is available from instructor, Donna Kay. All levels welcome. **Offered by the Senior Advisory Committee in conjunction with the Lee Library.**



ROCKIN' READERS BOOK CLUB

Thursdays 3:00 – 4:00 pm

5th & 6th Graders

Book discussion – read and discuss a different book each month. Take bus 21. **Please register.**



DONATION ANNOUNCEMENT

Beginning on November 1, 2014, the library will no longer accept book donations for the book sale until the spring of 2015. Our book sale shelves are bursting at the seams, so please feel free to come by anytime there isn't a program going on downstairs and fill a bag.



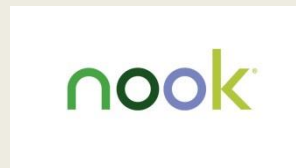
MARIPOSA MUSEUM AND WORLD CULTURE CENTER Peterborough, NH

Thanks to the generosity of the Friends of the Lee Public Library, we now have a membership to the Mariposa Museum and World Culture Center. The pass admits 2 adults and 2 children for free. The museum is currently running an exhibit called “World of Chocolate” until January 15, 2015. Check out their website www.mariposamuseum.org.



CURRIER MUSEUM OF ART Manchester, NH

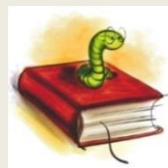
Our pass to the Currier courtesy of the Friends of the Lee Public Library, admits up to 2 adults for free. Children under 18 are also free. Beginning September 20, 2014 - January 5, 2015, the museum is presenting an exhibit by M.C. Escher called "Reality and Illusion". There will be a \$5 special exhibition charge to view the exhibit. Upcoming exhibits include, Still Life: 1970's Photorealism, Audubon's Wild Animals of North America, Witness to History: James Nachtwey Photography, and Killer Heels: The Art of the High Heeled Shoe. Check out their website for all their programs: www.currier.org.



Did you know the library has a Kindle and a Nook available for checkout? Great opportunity to explore whether or not you like reading on an electronic device!

BOOKWORM DIGEST

Sign up for the Bookworm Digest: A monthly newsletter all about everything going on at Lee Public Library. Send an email to leelibrary@comcast.net to get the Bookworm Digest sent once a month.



Please visit the following link to view all the library's programs:
leenh.org/pages/LeeNH_LibraryCal/?formid=158



FRIENDS OF THE LEE LIBRARY

The Friends of Lee Library is a non-profit organization that supports Lee Library activities through memberships and fundraising. Activities include museum passes, children's vacation and summer programs, and adult educational programs. Thanks to your funding, the Friends of Lee Library will continue to support the wonderful activities! Not a member yet? It's easy - [CLICK HERE](#) !

LAMPREY HEALTH CARE SENIOR TRANSPORTATION PROGRAM

Lamprey Health Care's Senior Transportation program provides rides to essential services for individuals over the age of 60 and/or with disabilities. Our handicap-accessible buses take seniors and adults with disabilities to the grocery store, pharmacy, doctor, or bank! For reservations or more information call 1-800-582-7214 or 659-2424 Monday through Friday, 8:00am - 4:00pm or go to lampreyhealth.org/index.php/patient-services/transportation_program



JOIN THE LEE FIRE RESCUE DEPT.

The Department is always looking for new members!

Please stop by the Safety Complex Monday - Friday 8:00 am to 4:00 pm or during one of our training meetings, held on the 2nd and 4th Thursday of each month at 7:00 pm.



EMERGENCY NOTIFICATION SYSTEM

The Town of Lee Police, Fire & Emergency Management utilizes the emergency notification system **CODE RED**. Visit leenh.org to sign up!



CHANNEL 13

Check your local TV channel 13 to view Selectmen's meetings aired daily at 7:00 am; 2:00 pm; 7:00 pm. [CLICK HERE](#) for more details on Channel 13. [CLICK HERE](#) to view town meetings and videos online through the media site at leenh.org.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MEETING CALENDAR

To view the meeting calendar on leenh.org [CLICK HERE](#)



DISPOSAL OF PRESCRIPTION DRUGS

A drop-off box is available at the Public Safety Complex for unused and unwanted prescriptions.

STRAFFORD COUNTY CITIZEN CORPS HEALTH & SAFETY COUNCIL OF STRAFFORD COUNTY

Click on the “Sr” web page link for more information about Influenza.

dhhs.nh.gov/dphs/cdcs/influenza/index.htm



WILKINSON FOOD PANTRY Lee Church Congregational 17 Mast Rd

The food pantry is open to any family in the Town of Lee. The pantry is open the first and third Monday of each month from 6 - 7:00 pm. If there is an emergency please call the Church office at 659-2861. All visits to the pantry are strictly confidential.



Community Action Partnership Pregnant? New Baby? CAP Can Help!

If you are pregnant, know someone who is, or just had a baby, Community Action can help. We have a free Home Visiting program for teens and women age 25 and under. Call CAP's Home Visiting at 603-516-8108 to learn more or visit www.straftfordcap.org.



FUEL & ELECTRICAL ASSISTANCE

CAP employees are now taking appointments for fuel and electrical assistance. Last year, we served nearly 3,900 households. Income-eligible households can get help paying their winter heating bills by applying for fuel assistance now through April 30, 2015. Electrical assistance is available year round. We have flexible hours and locations for appointments. Call today at 603-516-8126 or 603-516-8191. Visit www.straaffordcap.org



Food Pantry
Donations Needed

DONATIONS NEEDED FOR FOOD PANTRIES

We are seeking donations of non-perishable food items, grocery store gift cards and financial donations to help stock our food pantries in Dover, Farmington and Milton. Supplies are critically low yet demand remains very high. To donate, visit www.straaffordcap.org/donate today! Our food pantries serve individuals and families from all over Strafford County.

To receive the E-CRIER via email EVERY WEEK go to www.leenh.org, click on Subscribe to E-Alerts and follow the directions to subscribe. It's that easy!
