

TOWN OF LEE, NEW HAMPSHIRE

7 Mast Road

Lee, New Hampshire 03861

(603) 659-5414

June 14, 2013



LEE VFW POST 10676

Memorial Day Celebration –

Coordinated by the Lee VFW Post 10676, the parade stepped off smartly at 1:00 pm from the Town Hall led by the Post 10676 color guard. They were followed by other veterans: marching and in an antique auto. Other participants included Cub Scouts, Girl Scouts, Boy Scouts, Lee Church Women's Guild, 1st Newmarket Colonial Militia, a Lee Rescue vehicle and Fire truck. Traffic control was provided by the Lee Police.

A ceremony was then held at the Town Park with patriotic musical selection from the Lee Church choir, Reading by Post members and a speech given by Lt. Col. Patrick Testerman, Commander of the USAF Det. at UNH. A memorial wreath was laid by post members Harold Ward, a Pearl Harbor survivor, and Jud Porter. After a memorial prayer given by Pastor Gail Kindberg of the Lee Congregational church, a salute was fired by the Militia using musket and cannon. The ceremony concluded with TAPS played by Alex Willmer of Dover High School.

The Post is collecting names of veterans who were Lee residents while serving or are currently serving in a military conflict. These names will be added to the monument stone at the town park.

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. Access to essential services makes it possible for seniors to remain self-sufficient and in their own homes. Our handicap-accessible buses take seniors and adults with disabilities to the grocery store, pharmacy, doctor, or bank and provide opportunities to socialize. The service is door-to-door and reservations are made by calling 1-800-582-7214 or 659-2424 Monday-Friday, 8:00 am to 4:00 pm.

Lee residents are welcome to join us on Thursdays for our weekly shopping run to the Fox Run Mall, Wal-Mart, Kmart and many other stops.

Please join us for our daytrips held the 4th Monday of each month! Our summer line-up is:

June - T-Bones for lunch followed by a shopping excursion

July - Mystery Trip

August - Picnic at New Castle Commons

Lamprey Health Care Annual 5K Road Race

Lamprey Health Care's Annual 5K Road Race will be on Saturday, August 10th. Check in starts at 7:00 a.m. and the race begins at 8:30 am. Runners of all abilities are welcome as are walkers and baby strollers. The race begins and ends at the Newmarket Community Center at 1 Terrace Drive, Newmarket. Registration for the event is open. Forms can be found at Lamprey Health Care's website at www.lampreyhealth.org. Select Upcoming Events and follow the links. With prizes for top runners, a major raffle drawing, refreshments and a kid's fun run, the LHC Annual 5K run offers everyone a fun, family centered event. Proceeds from this event support programs and services dedicated to the healthy development of pediatric patients.

LEE TOWN CENTER COMMITTEE

The Town seeks residents to participate in the Town Center Committee! An Information Session will be held on **Friday, June 28th at 7:00 pm** at the Public Safety Complex. [CLICK HERE](#) to view the current charge in draft form.

If you are interested in participating on the committee [CLICK HERE](#) and complete the application.

**JOIN THE LEE
FIRE & RESCUE DEPARTMENT**

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.

FROM THE LEE FIREMAN'S ASSOCIATION

The Fireman's Association invites the PUBLIC to attend their monthly meetings on the 1st Thursday of the month, at the Public Safety Complex. Please join us if you are interested in supporting the Fire Department! The next meeting is **Thursday, July 2nd**.

TIS THE SEASON FOR TICKS!

Ticks can infect humans with bacteria, viruses and parasites that can cause serious illness including Lyme disease. Parks and recreation staff, highway crews, teachers supervising nature based field trips – anyone working outdoors this summer could be at risk. For helpful tips from the Centers for Disease Control and Prevention please [CLICK HERE](#).

NRRA RECYCLER OF THE YEAR AWARD

At the Northeast Resource Recovery Association's annual conference in Manchester, Lee Transfer Station Manager Roger Rice was awarded the Sami Izzo Recycler of the Year Award. [CLICK HERE](#) to read the full press release.

LEE FARMER'S MARKET

June 6th – September 26th, Thursdays 3:00 – 6:00 pm

Located at the Old Fire Station: corner of Mast Rd and Recycling Center Rd. Items will include: vegetables, cheese, bakery, honey, pork, lamb, canola oil, beef, flowers, crafts, soaps, fudge, eggs, pesto, garlic, seasonal fruits and plants!

[CLICK HERE](#) to view the Farmer's Market poster! Market Master Dick Babcock 659-9329

THE AGRICULTURE AND FARM BROCHURE

Residents and visitors to our town now have a guide to Lee's farmers and food producers. Brochures are available at the Lee Public Library, the Town Hall and at the Lee Farmers Market. [CLICK HERE](#) to view the brochure.

UNAUTHORIZED CUTTING OF SHORELINE VEGETATION AT DURGIN PARK

Recently, approximately 30 feet of shoreline in Durgin Park had been cleared of shrubs and saplings. Because this unauthorized cutting was done on town-owned land, the police are investigating.

These native plants are important buffers that protect against erosion, infiltrate runoff, and provide wildlife habitat. The shade provided by shoreline vegetation helps moderate water temperatures, creating cooler, more oxygenated water for fish and other aquatic animals.

To allow the vegetation to re-sprout, this section of Durgin Park will be closed for the foreseeable future.

LEE/DURHAM TOWN BOUNDARY PERAMBULATION

State statute speaks to the need for communities to “perambulate” their town boundaries on a consistent cycle. To this end, representatives from the towns of Lee and Durham will be checking boundary markers on the afternoon of **July 8th**, weather permitting, with an exact time to be determined as we get closer to the date. Residents who might have an interest in participating can contact Caren Rossi at crossi@leenh.org

LIBRARY TRUSTEES' CORNER

The Trustees are excited to announce that considerable progress has been made toward the realization of a new Lee Library Community Center. The new building will be sited on the wooded bluff overlooking Little River Park. The Select Board has appointed a building committee to oversee this project. The committee has had several meetings; the digging of test pits has been scheduled, as have meetings with NHDOT and the architect who designed the conceptual plan. The Trustees hope to break ground in the summer of 2016, during the celebration of Lee's 250th anniversary. What better way to celebrate Lee's heritage than by leaving a lasting legacy for future generations!

The Trustees want to thank Barbara McNamee for her continued years of service in tending the gardens at the library. The shrubs that Barbara planted two years ago in front of the library are particularly beautiful this year.

LEE PUBLIC LIBRARY

NEW LIBRARY HOURS!

Starting Wednesday, July 3rd the library will be extending hours on Wednesdays to better serve the public.

New Wednesday hours 12:00 – 8:00 pm!

Library Hours

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

Thursday, Friday: 10:00 am – 5:00 pm

Saturday: 10:00 am – 3:00 pm (July and Aug: 9:00 am-12:00 pm)

REGISTRATION for SUMMER READING

Monday, June 17th

Ground Breaking Summer Reading

Will your summer involve reading? Everyone can have a groundbreaking summer, just by going a bit beneath the surface and digging into some good reading! Lee Public Library is a great place to start mining for all kinds of information, activities and fun. We will be offering many special events on ground breaking topics: archeology, mountain climbing, real diggers and burrowers and more!



To participate in the summer reading programs families can visit the Lee Public Library and sign up for the one that meets their needs. There will be one for children, one for teens and one for adults! Registration begins for all reading programs, Monday, June 17th.

For children who wish to participate in “Dig into Reading,” visit the Lee Public Library and sign up. Participants will receive a reading log and more when registering.

In keeping with the underground theme, the summer reading program for teens is “Beneath the Surface”. Teen readers can enter weekly drawings for iTunes cards! Simply write down the title of the book at the library.

This year’s theme for adult readers is “Groundbreaking Reads.” Lee Public Library has created a way for adults to join in the fun this summer too! Read a book, rate a book and your name will be dropped in for the weekly raffle- gift cards from local businesses! Thank you to the Friends of the Lee Public Library for supplying us with the opportunity to create fun for all ages!

Whatever your age or your reading interest, you can have a groundbreaking summer, just by going a bit beneath the surface and digging into some good reading.

DE-CLUTTERING FOR LIFE

Tuesday, June 18th 7:00 pm

Are you tired of clutter in your home or office but don't have the inclination to clear it out? Susan Hills of De-Clutter De-Stress is a professional organizer with twenty years of experience. From closets and kitchens, toddlers and teens, downsizing and moving, to hoarders and more Sue tackles it all. She's asking you to bring your toughest clutter challenge for her to solve. So take advantage of this presentation to take your life back. Less mess. Less stress. More time for fun!

DIABETES INFORMATIONAL TALK

Tuesday, June 25th 7:00 pm

- What are the risk factors?
- Can I prevent diabetes?
- What are the related complications?
- What are the treatment options?
- What medications are available?
- What future medications will be available?

Presented by Edward Tcherniaia, WalGreens Pharmacy.

At the conclusion of the presentation there will be an opportunity for an active discussion and a question and answer session. **Sponsored by Lee Public Library and Lee Senior Advisory Committee.**

KNITTING CLASS FOR 50 AND OLDER

Wednesday, June 26th 9:00 am

A drop-in group will meet designated Wednesdays at the library. Instructor Donna Kay will help with your projects! All levels welcome. Call the library at 659-2626 for dates. This program is being offered by the Senior Advisory Committee in conjunction with the Lee Public Library.

NEW YOUTH AUDIO BOOKS & ROAD TRIPS

Stop by and peruse our updated youth audio book collection, recommended for children preschool-grade 6. We've replaced cassettes of popular titles with cds and have added many new cd titles, as well! Great for vacation road trips!

MUSIC

If you would be interested in the ability to download music from your local library please respond by sending an email to Sharon Taylor, leelibrary@comcast.net

WANT TO BECOME COMPUTER SAVVY?

The computer skills tutorials offered through Lee Public Library provides more than 50 easy-to-use courses to help you improve your computer skills. The courses are provided by Learning Express Library, and you can access them on the Lee Public Library's web page. They cover basic, intermediate and advanced levels of the most popular software programs: Microsoft Excel, Adobe Acrobat, Microsoft Word and Access, Microsoft PowerPoint, Internet Explore, Microsoft Outlook and more!

They are completely interactive; you can keep track of your progress as you complete each level. The classes are accessible from your home computer or from the library.

Also available: Classes on email and social networks such as Facebook. Call 659-2626 for more details.

DVDS WE CAN'T KEEP ON THE SHELF!

Popular DVDs: The Guilt Trip, A Good Day to Die Hard, Jack Reacher, Downton Abbey series, Beautiful Creatures, Atlas Shrugged, Stand up Guys, and Game of Thrones.

People are getting very good at reserving popular DVDs from home. Use your last name as your user name and your library card number to sign in!

Also, now available on DVD! The series "You are what you eat" sponsored by the Lee Public Library and the Lee Agricultural Commission is available at the Lee Public Library for check out. Three of the five series of discussions are now available: Local meat, chicken, fish You Are What You Eat "Vegetables, Fruits, Honey, and Edible flowers, "Roots." Discussions were led by a farmer, a nutritionist, a professor and a chef.

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 that the Friends of Lee Library support 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](#) !



Photo courtesy of <http://www.zazzle.com/antique+strawberries+cards>

BITS of HISTORY from **THE NEWMARKET ADVERTISER**

June 18, 1892

*A strawberry festival was held in the town hall Wednesday evening, under the auspices of the Congregational church. It was a pleasant affair.

*The pastures are looking finely, better than the fields, which give but small promise of a good harvest.

*Quite a number of our young men have received invitations to the Agricultural barn celebration on the evening of the 17th.

*The small show artists are just finding our little town. Last Thursday week, a nice old gent, all by his lone self, presented an entertainment at the South Lee school house and those who did not attend the circus found satisfaction in viewing the magic lantern pictures and other paintings in the aforesaid temple of learning.

*The terrific thunder shower Tuesday evening was short but effective, destroying or injuring trees and demolishing buildings. Jefferson Sawyer's old barn, which has stood in his meadow, has borne the buffets of many a storm, but this one laid it low. A part of a large tree on Creek bridge was shattered, and falling on the guard rail sent it into the water. At the depot in a few minutes after the hailstones began to fall, one could shovel them up by the pail full.

Submitted by Road Agent Randy Stevens, who has been researching Lee's history in his spare time. Thanks Randy!

ENERGY SAVING TIPS FOR STAYING COOL

Cool Tips to keep energy use down throughout the summer!

Keeping the heat out and the cool in – Sunlight shining in windows adds unwanted summer heat to homes, making it harder to keep indoor air cool. Using blinds, shades or drapes to block the sun can help. And, even without air conditioning, most homes will stay cooler if the windows are closed during the hottest part of the day. Simply close them early and open them again when the outside temperature drops.

Air conditioners work best in the shade – If possible, keep room air conditioners out of the sun. They run much more efficiently when kept cool. Installing one in a north-facing window is usually ideal.

Raising the temperature lowers the bill – Keeping air conditioner thermostats set at a moderate temperature saves energy and money. Because air conditioners also remove humidity from the air, they'll help keep you cool even with a higher temperature setting.

It's a great time to cook outside – Cooking indoors will heat your home, cooking outdoors won't. Today's gas grills are more than just a way to cook traditional summertime favorites – they make great ovens, too. A closed lid and a properly adjusted temperature can result in a perfectly cooked meal. Many grill manufacturers even list the optimal settings and provide easy recipes right in the owner's manual.

Fridges and freezers are big-time energy users – To make the most of your energy dollars, be sure to vacuum their coils regularly, close their doors quickly and keep them well-stocked. Using jugs of water is a perfect low-cost option to fill empty space. Old refrigerators and freezers typically use three times more electricity than today's energy-efficient models. If that extra fridge or freezer in the basement isn't really needed, consider unplugging it for extra savings.

Conserving energy – It's always best to shut lighting and appliances off when not needed. Incandescent lights, when on, add heat to your home. Turning lights off when they are not needed will help keep your home cooler.

In addition to these tips, be sure to consider the various energy saving lighting and products that are available for purchases through our online catalog at <http://catalog.nhsaves.com/>

*Thanks to Public Service of New Hampshire
for sharing these tips.*

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](#) to view meetings and videos online through the media site at leenh.org.

MEETING CALENDAR

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

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 6:00 - 7:00 pm.

If there is an emergency need please feel free to contact the Church office 659-2861. All visits to the pantry are strictly confidential.

DISPOSAL OF PRESCRIPTION DRUGS

A drop-off box for unused and unwanted prescription drugs provides Lee residents a safe way to dispose of medications. Unwanted and unused prescription drugs may be dropped off anytime at the Public Safety Complex at 20 George Bennett Road.



**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 talk to one of our staff and learn more. For more information, visit www.straffordcap.org.