

# TOWN OF LEE, NEW HAMPSHIRE

7 Mast Road  
Lee, New Hampshire 03861  
(603) 659-5414

August 2, 2013



*Photo by Dawn Hayes*

## **LEE FARMER'S MARKET**

**Thursdays 3:00 – 6:00 pm**  
**June 6<sup>th</sup> – September 26<sup>th</sup>**

Located at the Old Fire Station (corner of Mast Road and Recycling Center Road). Items 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

## **RTE. 125 PAVING BEGINS**


Continental Paving Inc. will begin paving a portion of NH Route 125, south of Rte. 152, beginning on or about August 5<sup>th</sup> (weather permitting.) This is a NH Department of Transportation project. Please call (603) 437-5387 with any questions

All States Asphalt, Inc. started pre-construction activities on July 25<sup>th</sup> for the section north of Pinkham Road.

## Lamprey Health Care Annual 5K Road Race

Lamprey Health Care's Annual 5K Road Race will be on **Saturday, August 10<sup>th</sup>**. 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. Please visit Lamprey Health Care's website at [www.lampreyhealth.org](http://www.lampreyhealth.org) to register.

## LEE PUBLIC LIBRARY

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

### **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)

## IT'S NOT ABOUT THE HIKE

**Tuesday, August 6<sup>th</sup> 7:00 pm at the Public Safety Complex**

This hour-long program highlights the journey of two 50 plus year old non-hikers who one day decided to climb the 67 mountains in New England over 4,000 feet. Nancy Sporborg and Pat Piper are two ordinary women who went on an extraordinary journey over the mountain summits and into their hearts. This is the story of what they found inside themselves as they hiked over 1,600 miles to the tops of over 244 mountains through all four seasons.

This presentation is for everyone ~ hikers and non-hikers, people who are sedentary or active, outdoor enthusiasts and indoor homebodies, 10 year olds and 90 year olds and everyone in between. The presentation is NOT about the hike; it is an inspirational and motivational program about pushing ourselves outside of our comfort zones, overcoming our fears, finding our passions and living our lives to the fullest.

The book, *It's Not About the Hike* will be for sale after the presentation. The book contains 360 pages, over 245 color pictures, and 60 inspirational hike reports for \$35.

## DROP-IN BUTTERFLY CRAFT

**Saturday, August 10<sup>th</sup> & 17<sup>th</sup>**

Come create a beautiful butterfly! Remember, our Saturday hours are from 9:00am – noon!

## BOOK DISCUSSION GROUP

Read the book in August for the September 9<sup>th</sup> discussion

"*The Language of Flowers*" by Vanessa Diffenbaugh

"[An] original and brilliant first novel . . . a mesmerizing storyteller . . . I would like to hand Vanessa Diffenbaugh a bouquet of bouvardia (enthusiasm), gladiolus (you pierce my heart) and lisianthus (appreciation). . . . And there is one more sprig I should add to her bouquet: a single pink carnation (I will never forget you)."—Brigitte Weeks, *The Washington Post*

Join us for a lively discussion in September. Whether you love the book or you don't your views are welcomed and encouraged. Pick up your copy at the library today!

The titles for the coming year are suggested by book club members at the September 9 meeting. All are welcome and we look forward to hearing what your suggestions are!

## SAINT-GAUDENS TRIP REGISTRATION DEADLINE LOOMING

The Friends of Lee Public Library are planning an exciting trip to Saint-Gaudens historic site. Registration is needed by **August 10th**. The day long trip will take place in the fall. Sign up for a very fun trip and help support The Friends at the same time! Call the library at 659-2626 for more information.

See the piece WMUR's Chronicle did on Saint-Gaudens for further inspiration to join us on the fun filled trip.

<http://www.wmur.com/new-hampshire-chronicle/tuesday-june-25th-saintgaudens-historic-site/-/13383450/20614704/-/u0qlrlz/-/index.html>

## THE FAMILY COW ADVENTURE

Tuesday, August 20<sup>th</sup> 7:00 pm

Hear about the adventures and mis-adventures in learning how to keep a milking cow; from buying our first cow and learning how to keep her in a fence, to maintaining a small herd of dairy cattle and milking daily. Come to the library to hear about the adventures of owning a cow, and there will be room for questions and answers. This event will lead in to a hands on workshop the following Sunday at the Miller's farm on August 25th. This workshop will be from 4-6 P.M and will cover all of the basics about how to keep a cow and her calf on small acreage. Learn more at <http://nofanh.org/nofa-event/how-to-keep-a-family-cow/>

Joel and Annalisa Miller have been farming for 5 years on the old Randall Farm in Lee. Farming vegetables with draft horses and maintaining a small dairy herd, learn more about them at [www.wildmillergardens.com](http://www.wildmillergardens.com)

### FIRST AID CERTIFICATION

Wednesday, August 21<sup>st</sup> 6:00 pm – 8:00pm

The McGregor Institute of EMS will be teaching this class. The program is free but there is a \$20 materials fee. To register, go to [www.mcgregorems.org/institute](http://www.mcgregorems.org/institute) or contact Sean Madden at [smadden@mcgregorems.org](mailto:smadden@mcgregorems.org)

### 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](#) !



### **RED CROSS BLOOD DRIVE AT LEE CHURCH**

Friday, August 16<sup>th</sup> 1:00 – 6:00 pm  
17 Mast Road, Lee

Please donate if you are able. For more info call 659-2861.

### **ICE CREAM SMORGASBORD**



The Lee Firemen's Association is holding their annual ice cream smorgasbord! Please join us from 6:30 to 8:30 pm on Tuesday, August 20<sup>th</sup> at the Public Safety Complex 20 George Bennett Rd, Lee.

**HOPE TO SEE EVERYONE THERE!!!**

### 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! The service is door-to-door. For reservations call 1-800-582-7214 or 659-2424 Monday-Friday, 8:00 am - 4:00 pm.

## 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.

## LEE HISTORICAL SOCIETY

### **DID YOU ATTEND A SCHOOL IN LEE?**

Phyllis White is resuming her research on the history of education in Lee. If you attended a One Room Schoolhouse, the Town Hall, or Mast Way Schools, or if you are a former teacher or the owner of one of the town's Day Care/Nursery Schools, Phyllis would like to hear from you. She can be reached at 659-2883.

## MUSEUM \*\*\*\* HOURS

The Lee Historical Society Museum will be open from 10:00 am - 2:00pm on the third Saturday of each month from April to November. Please visit us this summer!

## KAISHA'S FRESH SUMMER RECIPES

### **California Grilled Cheese**



*Image courtesy of [www.bing.com/images](http://www.bing.com/images)*

#### Ingredients

- Wheat Bread (or bread of choice)
- Sliced Colby-jack Cheese
- Bacon
- Butter

#### Cooking Instructions

1. Cook your strips of bacon as you usually would
2. Spread butter on 1 side of each piece of bread, as well as in the pan
3. Next, put 2 slices of cheese, bacon and avocado onto one slice of bread, putting the other on the top as a sandwich
4. Cook on medium-low until the cheese is starting to melt and the outer crust is golden crispy
5. Carefully remove grilled sandwich from the pan and enjoy! Pairs great with a salad and sweet potato fries

**Want to share your favorite recipe?  
Send us an email!**



Image courtesy of [www.bing.com/images](http://www.bing.com/images)

**BITS of HISTORY from  
the NEWMARKET ADVERTISER**

July 29, 1893

**Poem**

*No more we envy the polar bear  
Upon his haunches sitting where  
Auroras shine on ice bergs grim,  
Since fever heat becomes a dim  
And melting dream of yesterday,  
As down our spine cold shivers play.*

\*I never saw a hen swim till the other day, when one of mine plunked right onto the middle of the river, and she swam ashore just as comfortably as a duck.

\*A coon cat is something out of the common. Mrs. Clarence Pendergast possesses two which are jet black, with long silky fur, and tails as bushy as a squirrel's.

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

**DOCK at DURGIN PRESERVE**

The Public Dock at Durgin Preserve is OPEN! Durgin Preserve located on Rita Lane is accessed from Clement Way off of Calef Highway.

Swimming is at your own risk and boating access is limited to carry in canoes, kayaks or row boats.



**EMERGENCY NOTIFICATION SYSTEM**

The Town of Lee Police, Fire and Emergency Management will now utilize the emergency notification system known as CODE RED. [CLICK HERE](#) to view the press release. [CLICK HERE](#) for sign up instructions. Please visit [leenh.org](http://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](#) to view meetings and videos online through the media site at leenh.org.

### 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 Safety Complex at 20 George Bennett Rd.

### MEETING CALENDAR

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



**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](http://www.straffordcap.org).