

# Community Newsletter

MARCH 2022

## Sheryl Faye Presents "Sally Ride: America's First Female Astronaut"

MARCH 23 AT 7:00PM

Celebrate Women's History Month with the library! We're pleased to welcome back actress Sheryl Faye for a special one-woman performance of "Sally Ride" on Wednesday, March 23 at 7:00 p.m. at the Newfields Town Hall. The show is 45 minutes plus a Q&A. Appropriate for children and adults of all ages. \*Attendees will be asked to wear a mask during the performance.



About Sheryl Faye Historical Women Performances:

Sheryl Faye has been performing historical women since 2003 for children and adults alike. These live historical performances are entertaining and educational, and they also help audiences understand the profound impact these women have made in history.

## Newfields Puzzle Swap

MARCH 26 AT 11:00AM

Refresh your jigsaw collection at the Library's puzzle Swap on Saturday, March 26 at 11:00am at the Library. Bring a 500+ piece puzzle (no missing pieces!) and swap for one that's new-to-you.

You're welcome to donate as many puzzles as you'd like, but swapping will start at 5 per person to ensure everyone has a chance to exchange. More information about the swap can be found on the Library's website.



## Welcome Chief Young!

By Kate J. Kate is in sixth grade at CMS.

When I met Chief Young, I talked to him about his job and role in the community as well as his family and how he came to Newfields. Chief Young (or you can call him Mr. Young) worked in Greenland for more than 20 years.



He grew up on the Seacoast and went to high school in Kingston, but now lives in Stratham with his family. He also participated in the Seacoast Emergency Response Team (a SWAT team for the Seacoast) as a negotiator. He helped people respectfully work out problems. Now he is a leader for that SWAT team. Chief Young decided to use his skills in a smaller community.

*Continued on page 5*



Friends is looking for a new President, starting August 2022. Current President will train incoming President, if needed. Minimum of two years service required. Position includes running monthly meetings, overseeing five board members, fundraising, planning events and more. Thank you to current President Lauren Saltman for her 10 years of service! If interested in learning more, please contact Friends at [friendsofpml@comcast.net](mailto:friendsofpml@comcast.net).

# Newfields PTO

This winter, the kids have been busy with after-school activities sponsored by the NPTO. Seven Rivers from Newmarket has continued to provide their 'Off the Beaten Path' program to the students. This winter's program, Winter Wilderness Adventure, aims to engage participants in the natural world through hands-on activities and observation. Kids are learning to explore the winter woods on cross-country skis! The PTO has also partnered with Karate International in Exeter to provide students with an introductory karate course which focuses on character development, perseverance and confidence building. This is designed to bring out their very best at home, in school and in life. As the temperatures warm up this spring, the PTO is looking forward to having a Girls on the Run program, as well as Arts Week where six professional artists from various disciplines across the state will provide five days of impactful instruction and fun to the students. For more information or to partner with the NPTO, please reach out to [newfieldspto@gmail.com](mailto:newfieldspto@gmail.com).



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## Newfields Garden Club

The Garden Club had an eventful year and is planning for this growing season. They received a grant from the NH Master Gardeners Alumni Association to support work at the shade border and wildflower garden at Hilton Corner, located at the intersection of Summer Street and Route 85. In partnership with the locally owned Peace Sign Company, the Garden Club installed two informational signs at Hilton Corner and one at the butterfly garden at NES. The Club supported several other projects around town as well as the Community Children's Fund through sponsorship of a holiday tree at the Exeter Festival of Trees. A big thank you goes out to all who donated several large bags of milkweed seedpods this fall. UNH Cooperative Extension and NH Fish and Game will put those seeds to good use by building monarch butterfly habitats across the state. Work on the two gardens at Hilton Corner will continue this season. One of the Club's priorities includes expanding the wildflower garden near the recently unveiled historical marker that notes the Hilton family's contributions to the town. As in past years, Club members will spruce up planters around town. Keep an eye out for their colorful container designs around town in late spring. Continuing tradition, the not-to-be-missed plant sale will take place at the end of May. Together with local gardeners, club members raise and donate all vegetables and perennials for the sale. The selection of tomatoes and peppers will be extraordinary. Funds raised support beautification projects around town and educational presentations. Meetings will start in the spring; dates and times will be posted on Facebook. All are welcome! Please reach out to Nancy at [newfieldsgardenclub@gmail.com](mailto:newfieldsgardenclub@gmail.com) to get on the e-mail list. For more gardening information, follow Newfields NH Garden Club on Facebook.

## Seasonal Gardening Tip - Pruning

In March, gardeners love to shake off cabin fever and dive into the new growing season by pruning woody shrubs. Trim off dead, diseased, and damaged wood as well as limbs that rub against each other. Next, prune for shape. Not sure where to cut? The UNH Cooperative Extension website and books like *Pruning Simplified* by Steven Bradley are excellent illustrated resources to help guide you. While March is the perfect time of year to prune most shrubs, there is a catch! Wait to prune spring-blooming bushes and trees, or you'll cut off those lovely flower buds. Redbud, forsythia, lilacs, rhododendron, and azalea, for example, do best when pruned later in the season, long after they bloomed.



## Town Hall Updates

Friday, April 15, 2022 is the last day to file for elderly, disabled, handicapped, and blind exemptions and veterans tax credits. It is also the date the Inventory of Taxable Property is due.

Dog licenses expire on Saturday, April 30, 2022. Renewals may be processed on-line, by mail or in person. New dog licenses may not be processed online.

## Newfields Roadside Cleanup Day

APRIL 23 AT 9:00AM

After the enthusiastic response last year, there will be another Newfields Roadside Cleanup Day in honor of Earth Day on Saturday, April 23, 2022 with a rain/snow date of Sunday, April 24. The Newfields Town Democratic Committee is sponsoring the event with support from The Newfields Selectboard, Friends of the Newfields Public Library, Paul Memorial Library, Newfields Garden Club and others.

To participate, please come to the tables in front of Town Hall between 9am and 10am to receive instructions and garbage/recycling bags. Please bring work gloves and wear brightly colored clothing. Folks will be "assigned" a one mile stretch on one side of 85 or 87. If all of those spots get covered again this year, we will have additional locations mapped out. When the bags are full, or at the end of their mile, bags will be left on the side of the road for pick-up.

For additional information or to help, please call Phyllis Mackey at 603-498-9969.

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## From the Newfields Health Officer

Saying that "this has been quite the winter" is certainly a huge understatement. Between navigating the ever-busy holiday season, balancing COVID-fatigue and all the nuances of dealing with the omicron strain of the virus, I can easily say with confidence that we are all exhausted. Those of us with school-aged children are exhausted; those of us with full-time jobs are exhausted; those of us who are seniors are exhausted; those of us who just want to take a well-deserved vacation are exhausted. Thankfully, we are at a point now where much of our hard work and patience has paid off, and we are seeing the impact of that in our daily lives.

In January, Newfields celebrated Martin Luther King Day by holding a community vaccine clinic at Town Hall, as well as distributing over 1000 rapid, at-home COVID tests to residents. Thank you to the Select Board who approved the spending of American Rescue Plan funds to purchase these much needed diagnostics during December 2021-February 2022, which was a most fragile time for our local healthcare system. And a HUGE thank you to all the volunteers in town who helped make this event possible, including Chief Wayne and Lisa Soiett of the Police Department!

Testing is now more widely available, and can be obtained through local health systems, pharmacies, online retailers as well as online at [covidtests.gov](https://www.covidtests.gov). Should you or a loved one test positive for COVID, please contact your healthcare provider right away to be connected to one of the many treatments we now have available, if appropriate for you. If you have yet to be vaccinated or boosted, please remember that there continue to be several available options at local pharmacies as well as state-run fixed sites. For more information visit [www.covid19.nh.gov](https://www.covid19.nh.gov).

At this point of the pandemic, we are safely moving toward getting back to "live as we knew it" before March 2020, with the added caveat of now "living with the virus". Please do remember that there are many immunocompromised individuals in town, and that as a result many people will continue to practice certain precautions including social distancing and mask-wearing. As our town's health officer, I humbly ask for everyone to please try to respect each individual's choice and humanity during this complicated time. It is this showing of mutual respect for each other that has gotten us this far as a community, and will continue to help foster public health and the common good moving forward. Thank you for helping keep us safe as we move into the warmer weather. Spring is just around the corner!

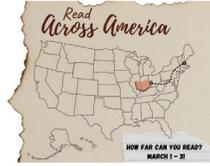


Be well, and stay safe and healthy,  
Bobby Kelly, MD, MPH  
Newfields Health Officer



## Celebrate National Reading Month

March is National Reading Month! Join the Library to celebrate with a Newfields Read-a-Thon. For every minute you read, log 1 mile on the map. At the end of the month, the Library will tally everyone's miles.



Register and track your reading on the Reader Zone app using the program code 6d134. More details on the Library's website.

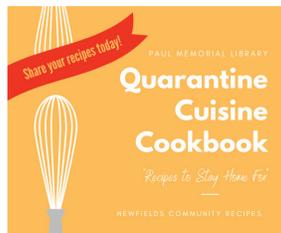
## Take-Home Crafts

Don't miss the Library's Take Home Crafts program for preschoolers, tweens, and adults. Craft bags are available on a first come, first serve basis once a month (while supplies last). Pick up crafts from the shelf located inside the library's front entrance. Follow the Library on Facebook and Instagram (@newfieldslibrarynh) for updates!



## Quarantine Cuisine: Recipes to Stay Home For

Do you have a recipe that's good enough to stay home for? Submit your favorite recipes today! The Library will be collecting recipes from Newfields residents to organize and publish in a printed cookbook. Once the recipes are compiled, the Library will print and make the cookbook available for checkout. All ages are welcome to participate. Any type of recipe will be accepted. This is a local history/community enrichment project, but we are happy to accept recipes from former Newfields residents and family located outside Newfields. Details on the Library website.



## Subscribe to the Library Insider!

Sign up for the Library Insider email newsletter! Get updates on library news, programs, and materials plus Staff Picks, collection highlights, resource tips, and more. Newsletters will go out 1-2 times a month so you can always stay in know with the latest library news and behind-the-scenes info. Join the mailing list via the sign-up form on the Library website.

## Book Exchange Outpost

AT THE POST OFFICE

The Paul Memorial Library Outpost is located at the Newfields Post Office—look for the red cart right inside the door. Bring books and movies; take what you like!

## Museum Passes

WE WANT TO HEAR FROM YOU!

We have museum passes available for the Children's Museum of New Hampshire (Dover) and Seacoast Science Center (Rye). Do you have a favorite museum that you'd like the Library to provide passes to?

Please let us know by sending an email to [friendsofpml@comcast.net](mailto:friendsofpml@comcast.net).

## Telescope

Check out our telescope for a one week period. View the sky from your own backyard. Instructions on how to use the telescope are included. There is no charge to borrow the telescope.

### LIBRARY HOURS

Monday 12:00 PM–4:00 PM  
 Tuesday 10:00 AM–5:00 PM  
 Wednesday 10:00 AM–7:00 PM  
 Thursday 10:00 AM–5:00 PM  
 Friday 12:00 PM–4:00 PM  
 Saturday 9:00 AM–1:00 PM  
 Sunday Closed

# Newfields at the Olympics

By Lauren L. Lauren is in seventh grade at CMS.

This year's Winter Olympics was very exciting. I was fortunate enough to interview the team doctor for the National Nordic Combined Team and sports doctor for Ski Jumping, Chris Couture. Dr. Couture has been a medical ski team doctor for over 5 to 6 years and the National Nordic team doctor for one and a half years. These roles allow him to attend important sporting events, such as the World Cup. He knew for about a year and a half that he would participate in the Olympics and was officially informed in January of 2022 about his trip. He left for Beijing on February 11 and spent nine days in China. Dr. Couture came to the Olympics during the second half of the skiing events, but some of his work shifts also overlapped the first half.



Although he did have a great time in Beijing, part of his trip was lacking. Due to COVID-19, Dr. Couture couldn't explore and get a cultural experience of China. He couldn't leave his hotel room besides traveling to the different skiing locations. Dr. Couture had to test for COVID-19 every day while in China, and there were many safety precautions set, such as many of the workers having to wear masks and suits. Regardless, he still managed to have fun while in Beijing. And despite the jet lag, his sleep schedule wasn't that bad. Since most of his work shifts happened in the afternoons and evenings, he was able to sleep in most mornings. The ski jumps were from 2 to 9 pm and sometimes even later, so he could do practically whatever he liked in the mornings—something I wish I could do if it wasn't for school.

Dr. Couture's favorite and most exciting part of the Winter Olympics was the last Nordic Combined event: the team relay race. With the hope that Team USA might redeem themselves during the ski events this year, Dr. Couture was on the edge of his seat, watching and hoping that Team USA might win. After all of the events ended, there was a party, and Dr. Couture went out to eat dinner with his friends. Overall, Dr. Couture thoroughly enjoyed his time at the Winter Olympics and currently hopes to be a part of the next one in Italy! When asked about coming along too he said, "You're not the first person who has asked that!"

*Lauren enjoys reading The Beast Warrior series by Nahoko Uehashi.*

*Welcome Chief Young, from page 1*

His favorite part of the job is helping people out when they are having a hard time. He doesn't like seeing when people are having hard times, especially if he has to give them bad news. He likes getting to know the people in the town where he works and he is still getting to know people in Newfields. He meets people in many different places and likes to meet people when they are having fun so it doesn't seem like police are only for when bad things are happening. He's looking forward to meeting more people at the Solstice party, school, the Country Store, the holiday party, and even at your house!

*Kate is reading The Great Pacific Garbage Patch by Laura Perdew.*

*If you are a Newfields resident and you or your school-aged child would like to contribute to the Friends of the Newfields Public Library quarterly newsletter, please send a 2 - 3 sentence pitch to [friendsofpml@comcast.net](mailto:friendsofpml@comcast.net). Topics of interest include (but are not limited to!) profiles of town residents or businesses, notes on local wildlife or nature, and Newfields town history.*

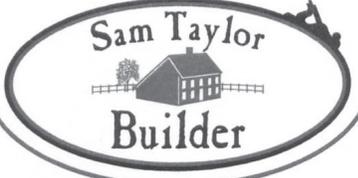


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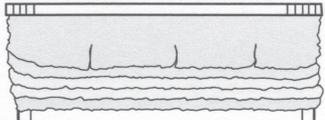
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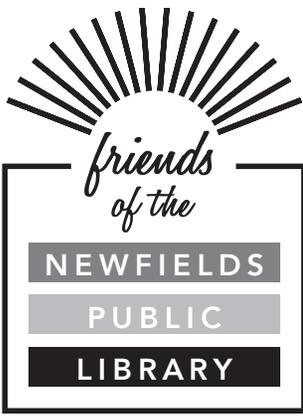
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## Keeping in Touch with Newfields

Did you know there are a variety of email newsletters and Facebook pages geared towards the Newfields community? If you want to be in the know, then be sure to sign up and follow these pages!

### Email Newsletters

Town of Newfields: email [suemckinnon@newfieldsnh.gov](mailto:suemckinnon@newfieldsnh.gov) to sign up for the monthly newsletter, as well as receive periodic updates from Town Hall.

Paul Memorial Library: visit <https://paulmemoriallibrary.org/newsletter/> to sign up for the monthly newsletter. You'll get the latest updates on what's happening at the Library.

### Facebook Pages

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| Newfields Elementary School           | Newfields SnoRaiders                 |
| Newfields NH Garden Club              | Newfields Youth Athletic Association |
| Newfields, NH Community Resident Page | Paul Memorial Library                |
| Newfields Police Department           | Town of Newfields, NH                |



## Join the Friends of the Newfields Public Library

HELP THE PAUL MEMORIAL LIBRARY BE AN ACTIVE, VITAL, AND FUN RESOURCE FOR OUR COMMUNITY.

**Your support makes many things possible for Newfields residents, including:**

- Special events and activities such as: Trivia Night, Baking Competitions, Family Game Night, Reading-program prizes, election day bake sales, and more.
- Monthly additions to the library's extensive DVD, book, and magazine collections.
- This newsletter sent to EVERY home and business in town!
- Passes to the: Seacoast Science Center (Rye), Children's Museum of NH (Dover), SEE Science Center (Manchester), and McAuliffe-Shepard Discovery Center (Concord). Let us know of any other museums you'd be interested in.
- Resources and tools such as: a new cd/dvd disc-repair machine, telescope, computers and printers.

### SIGN UP

- Annual Membership \$25
- Additional Donation \$ \_\_\_\_\_
- Are you interested in volunteering?
- Would you like to receive our monthly electronic newsletter via email?

Please make checks payable to: Friends of the Newfields Public Library, and drop off or mail this completed form with payment to: 76 Main Street, Newfields, NH 03856.

### CONTACT INFORMATION

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ADDRESS \_\_\_\_\_

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