

Brentwood NEWSLETTER



Volume XXXVIII No. 10

Brentwood, New Hampshire

November 2014

November Recycling Dates

November 4 & 5

November 18 & 19

The End of an Era...

It is with personal regret but warm wishes that we announce the retirement of Building Inspector, Gil Tuck effective October 31st. Gil's leaving marks the end of an era for the Town. Gil has served in various capacities in town: as a member of the municipal complex committee, police chief, and most notably, he has been the Building Inspector since 1986. We would like to thank him for his many years of service and wish him a long and happy retirement.

Board of Selectmen

The Next Chapter...

The Town of Brentwood, New Hampshire is seeking an individual to perform the activities of Building Inspection and Code Enforcement involving the inspection of construction throughout the Town to ensure the safety of life and property and compliance with codes and ordinances adopted by the town. Assumes full responsibility for interpreting all codes and zoning, subdivision, and site plan ordinances adopted by the Town. Must be able to work independently. Considerable physical effort is required to perform inspections and investigations. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. A Bachelor's Degree in Civil Engineering, Construction Management, or closely related field, and at least five years of experience in the construction or building field, of which some should be in a supervisory capacity; OR any equivalent combination of education and experience which demonstrates possession of the required knowledge, skills, and abilities. Salary will be commensurate with experience. Residency preferred but not required. The Town of Brentwood is an equal opportunity employer. Please send resume and cover letter to the Selectmen's Office, 1 Dalton Rd. or call 642 6400 x 10 for more information.

*Karen Clement
Town Administrator
Town of Brentwood*

The Exeter-Squamscott River Needs You!

The Exeter-Squamscott River Local Advisory Committee (ESRLAC) is recruiting members from every community in the river's watershed: Chester, Raymond, Fremont, Sandown, Danville, East Kingston, Kingston, Kensington, Brentwood, Exeter, Newfields and Stratham. The Committee is made up of volunteers interested in the protection and stewardship of the river's water quality, wildlife habitat, recreational opportunities, and scenic and historic resources. If you enjoy the many benefits provided by the Exeter River and the tidal Squamscott River, consider joining ESRLAC. The Committee meets at 7pm on the 4th Tuesday of each month, except July and December. For more information, please contact Theresa Walker, Rockingham Planning Commission, 778-0885, walker@rpc-nh.org.

Rob Wofchuck

Let's Bring Fireworks Back to Brentwood

Do you miss the fireworks and festivities that used to occur every summer in Brentwood?

So do I. For over 20 years, families and friends would gather together for a terrific night, celebrating our country's birth. It was a great chance to see people that you had not seen for a while, eat some cotton candy, and have fun watching the fireworks. That ended in 2012.

The good news is that a group of volunteers is working to bring fireworks back on Saturday, July 4th, 2015. We have already made a lot of progress! We have a non-profit organization, agreement from the county to host the event at the county complex, a contract with the same fireworks company that performed the show for so many years, and some donations from local businesses.

If you would like to help or make a donation, please contact us at

BrentwoodFireworks@gmail.com.

*Michael Esters
Brentwood Fireworks Committee*

TOWN OF BRENTWOOD On the Web: www.brentwoodnh.gov**TOWN CLERK and TAX COLLECTOR:**

Phone: 642-6400 X 14
 Mon., Wed., Thurs. 9:00-4:30
 Tuesday 9:00-8:00
 Friday 8:30-4:00
 Saturday 9:00-12:00

MARY E. BARTLETT LIBRARY

Phone: 642-3355 E-mail: bartlettlibrary@comcast.net
 On the Web: www.brentwoodlibrary.org
 Monday 2-7 Thursday 9-7
 Tuesday 9-5 Friday 9-1
 Wednesday 9-5 Saturday 9-1
 Story Hours: Tuesday 10:30 and 2:00 Wednesday 10:30

TOWN ADMINISTRATOR

Phone: 642-6400 X 10 Fax: 642-6310
 Monday–Thursday 8:00-4:00
 Friday 9:00-12:00

PLANNING BOARD

Phone: 642-6400 X 16
 Monday–Thursday 8:00-4:30

SWASEY CENTRAL SCHOOL

Phone: 642-3487
 Swasey on the Web: <http://scs.sau16.org>
 SAU 16 on the Web: <http://www.sau16.org>

From the Town Clerk's Office**Marriages, Births, Deaths in the Town Report**

Any Brentwood resident who had a marriage, civil union, birth or death in 2014 in a state other than New Hampshire and would like the event published in the annual Town Report must send a letter of request along with a copy of the "official copy" of the event to the Town Clerk's Office.

Any Brentwood Resident who had an event occur in New Hampshire and would prefer not to have the event published must send a letter to the Clerk's Office requesting that the event not be published in the Town Report.

The office will be **closed Monday, November 10** for Veteran's Day and **from noon Wednesday, November 26 until Monday, December 1 for Thanksgiving.**

Finally, when you are transferring license plates from one vehicle to another, you need to bring the registration from the old vehicle.

Phyllis Thompson

From the Planning Board

The Planning Board would like to take this opportunity to thank two long-term members of our Board who stepped down earlier this year, due to scheduling conflicts.

Doug Brenner served on the Board from 1996 to 2014, and Bob Magnusson has served the Board since 2003. Doug and Bob were valuable assets to our community, offering their expertise and guidance for residential and commercial development, as well as working with the Planning Board updating Brentwood's Land Use Ordinances, Subdivision and Site Plan regulations. Their volunteerism and dedication to the town is very much appreciated.

The Planning Board now has one open seat as a regular member, and 3 open seats to serve as an alternate member. No previous experience is required; we are a group with diverse backgrounds and work experience. Call the office at 642-6400, ext 16, or come to a couple meetings to see what we are all about. We meet on the first and third Thursday of the month at the Town Office, at 7:00 pm.

Bruce Stevens

Planning Board Chairman

Waste Tonnage Figures

	August	September
Tons, mixed solid waste	93.14	76.64
Tons, recycled goods	30.79(24.8%)	29.58 (27.8%)

THE BRENTWOOD NEWSLETTER

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 Brentwood, New Hampshire. Circulation 1268

Linda Rousseau, Editor, 580-2358 Marion Arkell, Treasurer, 772-6314
 Jim Clark, 580-1012 Brad Stevens

Business Card Directory: \$20 per insertion, available in April, September & December issues.
 Business Article: \$100 half page, \$200 full page, available in any issue.

Deadline for December Issue: Friday, November 21

Mail your articles to Linda Rousseau, 156 Front St., # 417, Exeter, NH 03833,
 or e-mail to lindarou@comcast.net

Continuing the Newsletter

We're making progress on how the Newsletter will continue after I retire as editor at the end of December. We are assured of having someone arrange the placement of all the articles and get it camera-ready for the printer. One person is interested in helping with the basic typing and another in working with the mailing crews. More help is needed with the simple typing, or keyboarding, of the articles that are sent in. Who will volunteer to help in that department? No one person will be doing it all. The town officials and various organizations will continue to supply their news, and a competent group of volunteers will each do their part to finish the issue – and in the process, learn a lot more about the town they live in.

If you'd like to discuss this further, please don't hesitate to contact me.

Linda Rousseau
580-2358
lindarou@comcast.net

Thanksgiving Pie Fundraiser

What's better than a homemade pie for Thanksgiving?

My name is Ben Steger and I am currently a 9th grader at Exeter High School and live here in Brentwood. I have recently been accepted in a Student Ambassador program run through "People to People." We will be traveling to seven different countries in Europe in July 2015 as part of a cross-cultural exchange. We'll be meeting members of the British Parliament, visiting famous museums like the Louvre and performing local community service projects during our three weeks. My goal over the next seven months is to raise a total of \$1,500 to cover a portion of my costs. As a start, I am putting together a Thanksgiving Pie Fundraiser.

DETAILS:

Traditional Pumpkin Pie - \$13
 Streusel-topped Pumpkin Pie (contains walnuts) - \$14
 Crumble-topped Apple Pie - \$13

All pies are 9-inch and homemade. Order pies now through Thursday, November 20! Fresh-baked pies will be delivered to your door on Tuesday, November 25. To order: email the number and type of pies and the delivery address to – Benjamin.p2p@gmail.com. To pay: drop a check in the mail (payable to Krista Steger) to: 18 Mohawk Lane, Brentwood, NH 03833.

All the money collected will go directly to helping me take part in this exciting program. I greatly appreciate your support.

Ben Steger

Fire Department Calls August 2014

Medical Aid –34
 Fires –2
 Motor Vehicle Accidents – 9
 Fire Alarm Activations –14
 Odor/Smoke Investigations -5
 Tree on Wires – 2
 Rescue/Search -1
 Service Calls – 36

August Total – 103

Fire Department Calls September 2014

Medical Aid –35
 Fires –2
 Smoke in the Building -1
 Motor Vehicle Accidents – 7
 Fire Alarm Activations –9
 Odor/CO/Smoke Investigations -2
 Tree on Wires/Transformer – 1
 Car Fires -1
 Service Calls –20

September Total – 78

Brentwood Seniors

The Brentwood Seniors had a very interesting and enjoyable meeting in October at the Community Center. After a lunch of homemade soups, salads and desserts, members heard an excellent talk by Officer Randal Frotton of the Brentwood Police Department on the many frauds and scams that come at us almost daily, by phone, e-mail or visits to the front door. He mentioned the most prevalent ones in Brentwood at the moment. He brought folders for each person attending, containing a number of articles printed out from the Internet. Members joined in with stories and comments of their own. Everyone certainly left with a heightened awareness of what's out there and what to do.

Detective Frotton said that if anyone has an incident to report or discuss, he/she may contact him at 642-8817 ext. 6, or at Rfrotton@brentwoodpd.com. If there is a suspicious person operating in the neighborhood which the police on patrol might catch up with, it's best to call Dispatch, 679-2225, which can radio the patrol car.

November Anniversary Luncheon. The Seniors will meet for their November Anniversary Luncheon at the Tuckaway Restaurant, Route 101, Raymond, **at 12 noon on Monday, November 17.** Nancy Maynard has kindly volunteered to make the basic arrangements. The telephone committee will contact members to learn how many will be coming.

Linda Rousseau for the Seniors

Swasey Central School Updates

The Oregon Trail Award



Jodi MacBride and Amy Wilson accepted the OCTA Outstanding Educator Awards, presented by OCTA President John Krizek, for their team during the association's August conference in Kearney, Nebraska.

The Swasey Central School 4th grade team, including Amy Wilson, Jody MacBride, Lisa Brown and Robert Schroeder, was recognized this past summer at the Oregon-California Trails Association national award ceremony. The team was recognized for their program of study about the migration west over the Oregon Trail. The multidisciplinary, hands-on simulation approach over weeks of classroom work includes the reading of actual diaries and special programs on various topics, such as cooking, music and dancing.

SCS thanks and congratulates our team on their hard work. We would also like to thank the many community members who contribute to this annual event including Albert Belanger, the Marcoux family, Gordon Wilson, the FFA forestry team, and Swasey PFG.

You can be very proud of the school system we have here in Brentwood. Swasey School has engaged students, supportive families, a dedicated and caring staff, and a welcoming facility. We thank you for your continued support of quality education. Here are a few specifics on what's happening at SCS. Be sure to check in on our website for more information and news!

Grade 3

Third graders are learning how to add and subtract all kinds of whole numbers using different strategies, including those you can use mentally as well as the typical algorithms, and adding and subtracting in word problems. We are preparing to begin multiplication. Our writers are, or will be, working on personal narratives. Some students have been working on their interviewing skills.

Grade 4

Fourth graders started out the school year participating in STEM camp. STEM is an acronym for science, technology, engineering and math. Students spent the entire first week of school immersed in designing, creating, experimenting, and innovating. They reflected, re-designed and debriefed. All of this work is the starting point for a year filled with STEM activities integrated throughout the 4th grade curriculum.

Grade 5

In the classrooms, students are working on personal narratives, discussing the Constitution and U.S. Government, discovering metacognitive reading strategies, and reviewing multiplication and division topics including arrays, prime factorization, and divisibility rules. Additionally, students have attempted a number of STEM (Science, Technology, Engineering, Math) activities and scientific method experiments.

From the Library: Signs of success

We have two new clubs in the library. The Harry Potter Reading Club is being offered to third graders who want to experience the magic of this amazing series. The Library Advisory Club will give fourth grade students the opportunity to make library displays, book trailers, and even have a hand in deciding on new books to purchase for the library. The annual Fall Book Fair will be held from November 13-20. Stay updated and see pictures of our library activities on our library blog, [SCS Connections](#).

Physical Education

PE is a critical component for student development. The curriculum emphasizes activities in a success-orientated environment that fosters cooperation and opportunity for all students. The goals of PE are fitness, social interaction, knowledge and skill development. There are two PE teachers, Mrs. Lane and Mrs. Welch. Mrs. Lane is here full time while Mrs. Welch teaches on Wednesdays. Physical Education students are engaged in learning the routines and expectations for success in PE classes. The classes are participating in kicking activities using a variety of balls; soccer, football and playground balls.

As always,

*Ron W. Kew, Principal
Swasey Central School*

Mailing Crew for October

Many thanks on behalf of the community to those who assembled at the Town Office to prepare the October issue of the *Newsletter* for mailing: Pat Buxton, Ken Christiansen, Thirza Lausier, Lois Northrup, Betty Stevens, and Norman Wilson.

Linda Rousseau, Editor

The Mary E. Bartlett Memorial Library

New Hampshire Library of the Year!



On October 25, 2014, Library Trustee Chair Bob Gilbert held the **NHLTA Library of the Year Award** as Selectwoman Jane Byrne read a commendation from Governor Maggie Hassan. Congratulations, Brentwood!

In our efforts to live up to our new title (Hooray!), we have a couple of new collections to share with you. First is a **Little Lending Library** that we've set up near the outdoor flagpole. Stop by to take a book or leave a book, whether we are open or not.

Inside the library, we have developed a new "**Caring Corner**," containing books about loss and grief that you may peruse in the privacy of the Reading Room or borrow to read at home. (Many thanks to Elaine Wiesman for loaning us her personal bereavement collection.)

Last but not least, we've started a new program called "**Honor with Books**." It's a way for you to provide a lasting tribute to special people in your life, be it a memorial tribute, graduation, birthday, retirement, anniversary, new baby or just-because. Stop by the library for a brochure describing the program, or look for more information on our website.

Special thanks go to a Brentwood resident who purchased and installed a new router for the library in honor of Steve Arkell. This new equipment has improved our wireless connection and patrons' ability to use their wireless devices at the library. Thank you!

NOVEMBER HAPPENINGS at MEB

The owls are coming, the owls are coming!
Friday, November 7 at 7pm, "**Eyes on Owls**," returns to Brentwood with 5-7 different live species of owls. For all ages!

We invite you to stop by the library on **Wednesday, November 12** between 10am and 1pm to sign a card for our veterans and those enlisted overseas.

What to do on a Monday night before a school holiday? Come visit the library for a Family Monday

Night Movie! We'll be showing "**Maleficent**" [PG] at 7pm on Monday, **November 10**. As usual, we will provide the popcorn and you may bring the water bottle. Children must be accompanied by a parent or chaperone!

Wednesday @ One Cinema will focus on films set during wartime this month: **Casablanca** (11/5), **An American in Paris** (11/12), and **South Pacific** (11/19).

We are pleased to offer a special program on Thursday, **November 13** called "**Helping Yourself & Others through the Holidays when They're Grieving**." This timely program will be presented by Elaine Wiesman, former Bereavement Manager at Seacoast Hospice. The discussion will begin at 7pm.

Whether you've been knitting for years or are only just beginning, you are welcome to join the **Library Knitting Group**. Meeting times are **Tuesdays** from 1-3 and **alternating Thursdays** at 7pm. This month the Thursday knitters will meet on **11/6** and **11/20**. Crocheters are also welcome!

Ladies & Gents Night Movie will be held on Thursday, **November 20** at 7pm. We will be showing "**Mrs. Doubtfire**," an oldie-but-goodie starring Robin Williams and Sally Field.

The **Trustees** will meet at 6:30pm on Monday, **November 17**. Public is welcome to attend. The **Brentwood Bookers** will meet on Monday, **December 1** at 7pm to discuss November's selection: **The Paris Architect** by Charles Belfoure. Copies of the title are available at the library.

Please note that the library will be closed on Tuesday, **November 11** in honor of **Veterans Day**. We will also be closed **November 27 & 28** for the **Thanksgiving Holiday**. We WILL be open on Saturday of Thanksgiving Weekend so you can stock up on books and movies!

Check it out @ your Brentwood library- **NH's 2014 Library of the Year!**

Betsy Solon, Library Director

From the Family of Maureen (Vahey) Menter

From the bottom of our hearts, thank you for the many expressions of sympathy and kindness offered at the passing of our beloved Maureen. She had been battling a rare and aggressive form of cancer and died September 30, 2014 at Wentworth-Douglass Hospital in Dover. Some of her last words were "Daddy, wait for me." And I'm sure Bill did.

It means so much that so many cared for both her and us. With sincere appreciation for your kind thoughts,

David, Billy, Alma and Grace

Friends of the Library

The Friends would like to thank so many people for making our 4th annual Scarecrow Festival a special event, especially this year with the presentation of the Library of the Year award. First off, we could not have done this without our sponsors. Please keep these wonderful businesses in mind when shopping for their services:

Action Kids Athletic
 Accu-Book Services
 Dig In Real Food – Tracey Miller
 Doug Mansfield of DTC Attorneys at Law
 Patty Murby – Skin and Nail Therapies
 Face Works Plus
 Brentwood Chiropractic
 Brentwood Country Store (Lindy's)
 Apple Annie's
 Downward Dog – Lenore Smith
 Swasey PFG
 Tony LeClerc – State Farm Insurance
 Alpha Tae Kwan Do & Fitness
 Sunrise Farms

Big thanks to the following for donating or discounting items: Patriot Trophy, Walmart, Dunkin' Donuts, Shaw's, Market Basket, John Tibbetts, Dan Hoffman, Kevin Fuller, Granite Creek, Tractor Supply and the anonymous patron who donated several items. We also want to thank all our fantastic volunteers for helping at the event and our wonderful bakers who always make the best baked goods for all of us to enjoy.

On to our next event ---**Santa** will be coming to the Mary Bartlett Library on **Saturday, December 13 from 9:00-12:00**. Make sure your kids have their list ready to tell Santa.

To all you crafters out there, the library will be available for you to sell your beautiful handmade items again this year. You can start displaying your items on **December 13, 2014 at 2:00–7:00**.

If you are interested in receiving email reminders about upcoming events simply email marybartlett76@yahoo.com and we would be happy to add you to our list. We do not share this information with anyone else.

Our next meeting will be Wednesday, **November 12 at 12:30 at the Library**.

Cheryl Scott

Brentwood Historical Society

The Historical Society will have a business meeting on **Thursday, November 13 at 10 am at the Museum**, 140 Crawley Falls Road. All members are welcome to attend.

The next program will be shared with the Friends of the Library and will take place **Tuesday, December 2, 7:00 pm at the Bartlett Library**. Michael Tougias will return to share another of his riveting accounts, with on-screen images, of a US Coast Guard rescue of the crews of two ships during a huge 1952 storm off the coast of New England. Entitled "The Finest Hours: The True Story of the Coast Guard's Most Daring Rescue," this program is made possible by a grant from the NH Humanities Council. It is free and open to the public and all are welcome and urged to attend.

For other information about the Historical Society, please call Alma Vahey, president, 679-8635, or visit www.brentwoodnhhistory.org.

Linda Rousseau

Swasey Parent Faculty Group

The Parent Faculty Group is a group of parents, guardians and teachers of the students of Swasey Central School. Their mission is to enhance the welfare and education of children at Swasey Central School by promoting active parent involvement in volunteer programs and fundraisers, as well as school and PFG sponsored activities. It's fun, it's free, it's informative, and you can develop some great friendships with other parents.

The Swasey PFG would like to thank everyone who supported the fall fundraiser. It was very successful. The two major items were Yankee candles and a new item; Kids Stuff Book with coupons to many merchants and businesses. The Swasey School phone book will be ready very soon and is a great resource for phone numbers, street addresses and e-mails. The cover is designed by a student. Please keep those box tops coming. Last year the monies paid for the Shade Structure on the back playground.

Trick or Trunk was held on Friday, October 24 under cloudy skies, which didn't dampen the scary participants in setting up the very elaborately decorated trunks for students to trick or trunk. Over 200 attendees made the event very successful. It was fun for all!

Grandfriends Day is coming up and your contributions of baked goods will be needed for our hungry guests visiting the school. The PFG will hold their next meeting on Tuesday, **November 18 at 6:30pm** in the library at Swasey School.

Sheila Lane

Brentwood Recreation

Thank you to all our Fall Soccer coaches!
Thank you to the hard working volunteers who coached our youth soccer program this fall. We again had about 30 parents coaching and running the field with our 14 teams. Thank you for your time, effort and patience.

2014-2015 YOUTH BASKETBALL

K-2nd Grade will begin their season on Saturday, December 6.

Travel teams for **3rd -- 8th** will also begin their season Saturday, December 6.

Schedules will be available on the Recreation website.

WEST COAST SWING DANCE Classes

We are continuing our current class but drop-ins are always welcome. Next full session will begin in January. Watch for dates!

Whether you're a beginner or an amateur dancer, the West Coast Swing is a dance that will perfectly fit you! It's not as strenuous as the other ballroom dances but it gives you the same fun and enjoyment that dancing offers. It's a dance that can be enjoyed in small spaces. *Instructor Karen Graham is a professional member of the World Swing Dance Council and Fast Dance Association. Karen had been dancing West coast Swing since 1996 and has been teaching West Coast 101 patterns around many areas of Vermont and New Hampshire.*

Wednesdays November 5, 12 and 19

Brentwood Community Center 6:30pm-7:30pm

No partner required to take the lesson. Drop-ins welcome to come at 7:30pm at \$15/class. Sign-up through the Recreation office or online through our website.

MEN'S 30+ BASKETBALL

Our Men's 30+ Pick-up Basketball program will start on **Thursday, December 4, 7:30-9:00pm** at the Phillips Exeter Academy gym in Exeter. Players sign up through the Recreation office or online. Sign-up forms are available at the Recreation Office or on our website. **Cost: \$80/10 weeks.**

COYOTE CLUB WILDERNESS EDUCATION

CLASS Fall Session - Mondays November 17-December 22

Designed to introduce children to nature-based studies, native crafts and environmental stewardship. The program includes survival skills, wilderness awareness, navigation/mapping, animal signs and much more! The program is designed for kids grade K-5. Afternoons from 3:20-4:30pm. **Cost is \$65** Space is limited.

Registration forms are available at the Recreation office See www.nhecolgy.com for more detail.

YOGA & NUTRITION CLASS

Tuesday Evenings 6:30-7:45pm

Offered by Alicia Rossman RND, RYT, owner of Let's Get Movin'!

November 11 – FREE CLASS. Have you been thinking of trying yoga? Come for a free class!

November 18 – Start of new session and Pot Luck meal. Offered for adults (kids 10+ are welcome to join with parent). Class starts with nutrition education, followed by movement to help strengthen and stretch the body, improve balance, flexibility. Beginners welcome! No experience necessary. Registration is ongoing; you can join at any time. **Next 8 week session begins Nov. 18. \$64/ eight weeks**

Drop-ins always welcome at \$10/class. Register at class. www.letsgetmovin.com

SENIORS Join us for Chair Yoga! EVERY

Tuesday! Brentwood Community Center. **1st and 3rd Tuesdays at 10:00am. 2nd and 4th Tuesdays at 9:00am.** This gentle movement helps seniors improve range of motion, flexibility, and balance and relieve aches and pains. You will gain strength and confidence in yourself and feel better with the support of others around you! No experience necessary. Class is FREE.

FACILITIES RENTAL

The Brentwood Community Center is available to rent for parties, receptions, meetings and more. Brentwood residents receive a 50% discount off the rental rates! See our website for pictures of the Center and rental application or pick up an application at the Recreation office.

RECREATION WEBSITE

See our Recreation pages on the town website, www.brentwoodnh.gov for current programs and events. Forms are available to download for your convenience.

Margaret Dullea

(603) 642-6400 ext. 20 Office hours: Mon. Tues. & Thurs. 8:30am-3:30pm.

Recreation 30 Years Ago

From 1981-84, everyone wanted to rollerskate. Between the bus and family cars, there would be over 100 Brentwood parents and children at Happy Wheels or The Great Fox, both in Portsmouth.

There was a series of mountain climbs: Mt. Washington, 1980; Franconia Notch, 1981; Chocorua, 1982; Wildcat, 1983; Monadnock, 1984. Katahdin, 1985.

Brentwood's 250th Anniversary Souvenir Book, page 40.

A History of Dealing with Sudden, Unexpected, Open Heart Surgery --

My Recent Life in 3 Area Institutions, Two '911' Calls, Multiple Visits from a VNA Nurse and Physical Therapist, and 36 Follow-Up Physical Therapy Sessions at Exeter Hospital's Cardiovascular Center.

PERHAPS... THIS MIGHT BE A "GUIDE" FOR YOU *Dick Chamberlain*

This past July 5-15, 2014 my near life-long friend Stu Langton and I were on a 10-day western fly fishing trip. We started at my son Brett and his wife Vicky's 67 acre, 6200-foot elevation ranch in Fruitland, Utah. Then Stu and I drove on through Jackson Hole, Yellowstone Park, and north to Stu's son Dean's ranch near Livingston, Montana. Along the way we fished Utah's Strawberry Reservoir, back canyon streams, Montana's Yellowstone River in a Drift Boat, etc. It was "catch and release" (not 100%) for Rainbow, Brown, and Cutthroat trout. A wonderful trip!

I returned home on July 15, was fine for a few days and then woke in the early morning hours of July 20 with an upper chest pain that prompted my first-ever 911 call -- promptly responded to by our Brentwood ambulance, quickly hooked to an EKG machine, with the results wired ahead to the Exeter Hospital. (Never drive yourself to the hospital!)

Four days later it had been determined that I had (1) massive dehydration...I have NEVER drunk enough water and the western temps had been hovering around a dry 100 degrees and (2) Giardiasis...a gastro-intestinal, ugly infection that is one of the worst and I guess more common parasitic diseases in the world. Generally from polluted water...and we had been in many water locations...including the one time I gradually slipped in a stream, falling backwards, until I was fully immersed but being careful to hang in there with priority # 1...'Brett, I must not fall on and break my fly rod'.. as I became fully immersed.

At this point I want to say that in my 78 years I have NEVER had any major illness, major broken bones, etc. I have been, and still am, very healthy. And very fortunate. I was "cured" and returned home weighing 16 pounds less.

But, four days later, another call to 911 and I was back at the Exeter Hospital. (That time, in the Brentwood ambulance, the EMT in charge was Dennis Meacham of Brentwood. Later, when I saw Dennis in the Exeter Hospital Cardiology Department I asked "What do you do here?" and learned that he was in charge of the Cardiology Department. And also a volunteer EMT in Brentwood!)

I thought this second visit was a follow-up attack of the Giardiasis. Perhaps, but...

... while in the Exeter Hospital that second time, about July 30, Cardiologist Dr. Wharton said..."Let's have a look at your aortic stenosis"...which had been "moderate to severe" for the past year but had not required any limitations on meds or activities (downhill skiing, fly fishing in back country, etc.) So all the right tests were done and he said "It looks better than I thought, I think you can go home today. Your aortic stenosis can be dealt with in a few years. But first let's do a treadmill stress test."

After completing the treadmill stress test I thought I had done fine. Ha! Dr. Wharton said, 'I have ordered an ambulance to take you to Manchester's Catholic Medical Center (CMC) for immediate open heart surgery.'

Two days later (because of waiting for my blood thinner to work its way out of my system) I had a 7 hour operation followed by 4 hours on a ventilator until I could breathe on my own. Now I have a new aortic valve ...and surprise...a triple bypass. It was wonderful that our Pilgrim UCC church minister Kim McKerley was there through the full 7 hours, that my son Ian was there for the 7 plus 4 hours ("I want to see dad breathing on his own!") and each subsequent day, and my son Brett (then overnight in a California hospital for a brief evaluation) was in touch by phone every day with Ian and myself.

I'm very fortunate that the surgeon was Dr. Ben Westbrook. It was he that Cardiologist Dr. Wharton of the Exeter Hospital asked for and (everyone says this about their own doctor!) many think of him as the "top heart doctor in NH...and CONSUMER REPORTS rates the CMC as the "top heart hospital in NH for open heart surgery." I was also fortunate that I did not have a heart attack with consequent additional damage to my heart. (Let's hear it for "early prevention!")

One "week" (2 visits) at the Exeter Hospital, one week at CMC, one week at the Rockingham County Nursing Home Rehab, and I was home 3 weeks later on August 16. July 20-August 16.

I have been consistently told by medical folk and friends that "you are way ahead of the curve on regaining your health" and I attribute that to heart surgeon Dr. Ben Westbrook, to the more than 100 different medical, etc. staff I came in contact with, my near life-long positive attitude, and my 78 years of excellent health.

I finally walked back into my home on August 16. I have lived alone since Ann died 3 years ago and since arrival home I have been able to handle living here on my own. Friends brought meals the first week. Friends /family/ Pilgrim Church /Brentwood folk have been wonderful...but after the first week home I have taken care of things. The Visiting Nurse Association nurse and VNA physical therapist came twice a week for a few

Continued from page 8

weeks. Friends walked daily with me until I was allowed to walk alone. I'm now 14 sessions into a wonderful 18 session (which I will repeat) Cardiovascular Physical Therapy and Education Program at the Exeter Hospital. 4 patients and 3 great nurses. A vein had been taken from my left leg to use for bypass material and my leg had hurt since August 1 to the point of first needing Percocet (ugly...causes nightmares), then Vicodin (better), then Extra Strength Tylenol, and now for nearly 2 weeks...no painkillers!

I try to walk 45 minutes a day and hope to for the rest of my life. Physical Therapy 3 times a week and eventually...Planet Fitness. Once off the narcotics I have been able to drive (with a pillow held by the seat belt covering my healing sternum). I have held at 182 pounds for over 2 months, 18 pounds less than prior to late July, and I'm back to my regular life activities: (August 1 operation thru today, October 23).

My PRIMARY GOAL is to become healthy again. That is happening, I believe, in spades.

All of the preceding is to (1) give YOU-THE-READER a sense of how YOUR life might or could play out if you suddenly had serious heart difficulty. And (2), I want to share some positive observations about my 3 weeks in the 3 institutions, with staff from the VNA and ambulance crew, and current rehab and staff at the Exeter Hospital.

1. ALL STAFF: From "living" in these three institutions and beyond I have learned that there are staffing "categories": housekeeping, nurse assistants, nurses, charge nurses, physical therapists, doctors, EMTs, ambulance staff, VNA staff, nutritionists, etc. I was amazed that I detected NO "envy" between categories. I did not sense nurse assistants wanting to be nurses, nor nurses wanting to be doctors, etc. Everyone seemed to be quite content in fulfilling their specific role...and they worked wonderfully as teams.
2. NURSES: In all 3 institutions I found the nurses consistently (a) professional, (b) nurturing, (c) directly engaged with their patients...strong attempts to "know" their patients, (d) and having an aura of confidence that certainly communicated to me as a patient that they knew what they were doing, which provided the reassurance I needed.
3. PHYSICAL THERAPISTS: They gave me the added confidence that I could make the transition home...and then at home the confidence I could continue to regain my strength...and then at the Exeter Hospital Cardiovascular Center the belief that in the future I could be a healthier, stronger, and better "health" educated individual.

I have been very fortunate. I wish the same for you.

Dick

Brentwood Gardeners

The Gardeners enjoyed one of their great monthly meetings in October, with really interesting accounts from everyone around the table about special life experiences, delicious refreshments – and a program arranged by Diantha Wade, featuring Sherry Carson of Churchill's Gardens, who provided in depth information about making herbal soaps.

By the time this issue arrives, the Gardeners will have donated some community time, cleaning up the various traffic islands and other public gardens for winter. As always, they send their thanks to the Highway Department for picking up the piles of leaves and cuttings. Members are also quietly planting several hundred bulbs which, Mother Nature willing, will be welcome surprises around town next spring.

The next meeting will be **Tuesday, November 18, 7:00 pm** in the Fellowship Room of the Pilgrim Church, 197 Middle Road. Shannon from the Green Griffin will be the guest presenter, guiding everyone in making their own special holiday table arrangements.

It's never too late for someone to join the Brentwood Gardeners. Remember, we're never hoity-toity, we're just country gardeners having a good time. For more information call one of the co-presidents, Torie Freeman, 778-3748, or Linda Rousseau, 580-2358.

Linda Rousseau

Gardening Tips

Caring for Houseplants, Fall and Winter

- **Mist Your Plants** . Ideally mist indoor plants with water once a day, but three times a day is even better.
- **Don't Fertilize** Because houseplants slow their growth processes in winter, withhold fertilizing them until next spring.
- **Wait Until Spring to Repot Plants.** Repotting will actually stimulate new growth.
- **Back off on Your Watering Schedule**
Overwatering is the number one cause of houseplant demise. Cacti and succulents may only need water once a month. Instead of watering your houseplants every Wednesday or Saturday, water them only when they need water. To check this, stick your finger into the soil to a depth of two inches. If your finger comes out dry, the plant needs water. When you water, use water that's slightly tepid, rather than cold, because plants don't like a cold shower.

From <http://www.hgtv.com/gardening-basics/package/index.html>

All About Dogs & Cats

Norman Head, Owner

15 Scrabble Road, Brentwood, NH
www.allaboutdogsandcats.net

(603) 734-2858

Monday – Friday 6:30 am – 6:00 pm Saturday 8:00 am – 1:00 pm Sunday by appointment only



Boarding, Grooming, Doggie Daycare and Training are the basic services Norman Head and his team of six expertly offer. Pet sitting in the owner's home is available and growing more and more popular. This can be either full sitting or several walks daily. There is an extraordinary factor that distinguishes and defines All About Dogs & Cats (AADC): a deep and caring sense of family. That needs some explanation.

As the culmination of a lifetime of owning, loving and working with animals, Norman began AADC at the end of 2010. He views his customers to be the dogs and cats placed in his care — while they are with him, they are a part of his family. The owners? They become his extended family, and there are many testimonials and grateful letters which underscore that AADC is frequently much more than a facility which provides superior services to animals, as they enjoy happy times. There is a rare component here that makes being a good neighbor more important than dollars. Experiencing it needs a visit to 15 Scrabble Road, very close to Prescott Road ... do it for your pet's sake.

The facilities are excellent, and prices are competitive. The 64 kennels are 4X6, and there are 50 runs which are 5 feet longer and which could be converted to kennels. Boarding dogs are let out 4 or 5 times a day onto a 2 acre grass area, and daycare dogs have outdoor and indoor play areas to accommodate all weather conditions. AADC can care for up to 100 dogs, and that means your dog(s) can be accepted, if needed, on a last-minute or emergency basis. If customized services are needed, you are welcome to come in and talk to Norman, who well knows that every pet is an individual. If some unhappy circumstance compels you to part with your pet, Norman will try to help with placement.

In sum, AADC is where your pet would choose to go, assuming that were possible and that being with you was not an option. Give Norman a call, or better yet set up a visit and see things for yourself. Your pet will thank you.

A Brentwood Newsletter Business Article

Sympathy

Sincere sympathy and friendship are extended by their friends and neighbors to the family of **Robert C. Leonard, Jr.** of Sanborn Way, who died at Exeter Hospital on September 27, 2014 after a sudden illness. Born in Lowell, Mass., he lived in Brentwood for the majority of his life. A graduate of Exeter High School, he worked as a heavy equipment operator for Al Hoyt and Sons for over 25 years and more recently for G.E. Merrill & Son, Inc. Excavating. He enjoyed boating, NASCAR racing, tractor pulls and the Red Sox.

Deep sympathy and friendship are extended to the family of **Maureen Vahey Menter** of North Road, who passed away at Wentworth-Douglass Hospital on September 30, 2014. Born in Myrtle Beach, SC, She graduated from Exeter High School in 1977 and lived most of her life in Brentwood. She worked as a correction officer for the Rockingham County Jail and also as the first female police officer in the Town of Brentwood. She served for several years on the Brentwood Newsletter Committee; worked on many town events; was an active member of the First Baptist Church of Brentwood, Co-

President of the Brentwood Seniors, Curator of the Brentwood Historical Society, and Founder of the Heavenly Hatters Society of Brentwood. Her creative, cheerful personality will be greatly missed.

Christmas Fair & Luncheon

It's that time of year again. Pilgrim United Church of Christ will hold its annual Christmas Fair & Luncheon on **Saturday, December 6 from 9:00 to 1:00**. There will be good food and joyous live music of the season. The church is located at 197 Middle Road.

The Craft Tables will feature novelty gifts, some from foreign lands. Sweet treats will be available from our Bake Table and Cookie Walk. There will be a Christmas Boutique offering new and vintage holiday items. You will not want to miss our fabulous Luncheon that includes lobster rolls, chicken salad, and homemade soups. "Come and Catch the Spirit of the Season."

Gene Orcutt

Email: orcu416@comcast.net

CALENDAR OF EVENTS

- Nov. 5 **Wednesday @ One movie – “Casablanca,” 1:00 pm, Bartlett Library**
 Nov. 6 Cemetery Trustees – 4:00 pm, Town Office Building
 Planning Board – 7:00 pm, Cross Room, Town Office Building
- Nov. 7 **Holiday Fair – 3:00-6:00 pm, First Baptist Church, corner North Rd. & Rte. 125**
“Eyes on Owls” – 7:00 pm, Bartlett Library
- Nov. 8 **Holiday Fair – 8:00 am – 1:00 pm, First Baptist Church, corner North Rd. & Rte. 125**
 Nov. 10 **Family Movie Night, “Maleficent” – 7:00 pm, Bartlett Library**
 Nov. 11 Selectmen’s meeting – 6:00 pm, Cross Room, Town Office Building
 Nov. 12 Friends of the Library – 12:30 pm, Bartlett Library
Wednesday @ One movie – “American in Paris,” 1:00 pm, Bartlett Library
 Conservation Commission – 7:00 pm, Cross Room, Town Office
- Nov. 13 Historical Society business meeting – 10 am, Historical Society Museum
“Helping Yourself & Others through the Holidays when Grieving” – Elaine Wiesman, 7:00 pm, Bartlett Library
- Nov. 17 Brentwood Seniors – meet at noon at Tuckaway Restaurant, Raymond for luncheon
 Library Trustees – 6:30 pm, Bartlett Library
- Nov. 18 Selectmen’s meeting – 6:00 pm, Cross Room, Town Office Building
 Parent Faculty Group – 6:30 pm, Swasey School Library
 Brentwood Gardeners – 7:00 pm, Pilgrim Church Fellowship Hall, Middle Road.
- Nov. 19 **Wednesday @ One movie – “South Pacific,” 1:00 pm, Bartlett Library.**
 Nov. 20 Planning Board – 7:00 pm, Cross Room, Town Office Building.
Ladies & Gents Night at the Movies – 7:00 pm, Bartlett Library, “Mrs. Doubtfire”
- Nov. 25 Selectmen’s meeting – 6:00 pm, Cross Room, Town Office Building.
 Recreation Commission – 6:30 pm, Sanborn Room, Town Office Building.
- Dec. 1 Brentwood Bookers – 7:00 pm, Bartlett Library, *The Paris Architect* by Charles Belfoure
 Trails Committee – 7:00 pm, Town Office Building
 Firemen’s Association – 7:00 pm, Firehouse
 School Board – 6:00 pm, Swasey School Library
- Dec. 2 **Michael Tougias presenting “The Finest Hours- the True Story of the Coast Guard’s Most Daring Rescue,” 7:00 pm, Bartlett Library.** Sponsored jointly by Historical Society & Friends of the Library, with a grant from the NH Humanities Council. Free and open to the public.
 Selectmen’s meeting – 7:00 pm, Cross Room, Town Office Building
- Dec. 4 Cemetery Trustees – 4:00 pm, Town Office Building, Sanborn Room
 Planning Board – 7:00 pm, Cross Room, Town Office Building
- Dec. 6 **Christmas Fair & Luncheon 9:00 am – 1:00 pm, Pilgrim Church UCC, 197 Middle Road.**

The public is welcome at all above events



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