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# Brentwood NEWSLETTER

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Volume XXXIX No. 5

Brentwood, New Hampshire

May 2015

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## Memorial Day Dedication - May 25, 2015

This Memorial Day we will be having our annual dedication to those service men and women who gave their lives so that we may have our freedoms.

**Our service will start at 8:00 am  
and will conclude at 8:30 am.  
Location: Tonry Cemetery, Route 111-A,  
Brentwood, New Hampshire**

We will be having the Epping American Legion come by and dedicate a wreath to our departed. There will be a short speech and other dedications.

Please come and bring your children so they may learn more about WHY we have a 3-day weekend on Memorial Day, and its cost. We would also challenge all of you to bring others with you this year. Thank you in advance for your participation.

**Any Veteran interested in participating, please contact Jon Worrall, USA Ret at 603-566-8450. Uniforms are not necessary but requested. Let your neighbors see and understand your sacrifice.**

**Jon "Chief" Worrall**, SFC USA Retired  
WW@45North, Founder • [www.WW45N.org](http://www.WW45N.org)

*"It is foolish and wrong to mourn the men who died. Rather we should thank God that such men lived."*

Gen. George S. Patton Jr.

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## Household Hazardous Waste Collection Dates

Upcoming Hazardous Waste Drop-off for Brentwood residents:

**Date: Saturday May 30, 2015**  
**Time: 8:00 am-12:00 pm**  
**Place: NEW LOCATION!!**  
**Public Works Facility**  
11 Hardardt's Way  
Hampton, NH

There will be another collection date in September for drop-off at the Brentwood Highway Shed. Date to be announced. Brentwood residents may use either or both dates and locations. Brochures are available at the Town Office indicating the acceptable items.

**Karen Clement**, Town Administrator

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## From the Town Clerk

- The date for the Spring Workshop is **May 20**.
- The Town Clerk's Office will be closed on Monday, **May 25** for the Memorial Day Holiday.
- A reminder that you can register your boat at the Town Clerk's office.
- Dog license fees are due by **May 31**. Fines for unregistered dogs shall be imposed beginning June 1. Please register your dog.
- **May 30** is the last Saturday until September that the Town Clerk's office will be open. The summer schedule will be in effect June-August.

**Phyllis Thompson**, Town Clerk

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## Annual Plant Sale ~ May 16 ~ Your Extra Plants Needed and Welcomed

All Gardeners and any other interested residents are asked to look carefully at their gardens as they clean up for spring, and put aside extra, unneeded plants for the annual Plant Sale at the Library on **Saturday, May 16**.

The plants may be bare-root (in baggies) or in pots, with a note saying what the plant is and what color. No day-lilies, please. Plants may be dropped off between May 3 and 10 at the home of Gladys Ray, 106 Exeter Road (Rte. 111), Kingston. Proceeds from the Plant Sale are used to maintain and improve the public garden areas of the town. For more information please call Gladys Ray, 778-9424.

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# Brentwood NEWSLETTER

TOWN OF BRENTWOOD  
www.brentwoodnh.gov

## TOWN CLERK and TAX COLLECTOR

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

## MARY E. BARTLETT LIBRARY

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

## TOWN ADMINISTRATOR

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

## PLANNING BOARD

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

## SWASEY CENTRAL SCHOOL

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

## THE BRENTWOOD NEWSLETTER

Published 11 times a year by the  
Brentwood Newsletter Committee,  
Brentwood, New Hampshire.

Marion Arkell	Linda Rousseau
Jim Clark	Anne Schultz
Beverly Hodsdon	Krista Steger
Ellen Kelly	Brad Stevens
Erin Merrill	

## May Recycling Dates

May 5 & 6 • May 19 & 20

## Waste Tonnage Figures

	<u>February</u>	<u>March</u>
Tons, mixed solid waste	76.04	111.05
Tons, recycled goods	26.27 (25.7%)	18.81 (14.5%)

## Fire Department Run Report for March 2015

- 4 Building Fires
- 5 Fire Alarm Activations
- 4 Hazard Conditions
- 35 Medical Emergencies
- 3 Motor Vehicle Accident with Injury
- 3 Service Calls
- 8 Good Intent Calls

## Selectmen's Meeting Schedule

The Selectmen's Meetings will be held on the first and third Tuesdays from April through August. All meetings are held in the Cross Room at Town Office Building beginning at 6:00 pm.

## Thank you to our Mailing Crew for April

Many thanks on behalf of the community to the great new mailing team on Juniper Ridge Road (Barnett Wood) that prepared the April issue for mailing: Paula Agrella, Diane Butenas, Marisa Grandmaison, Laura McPhee, Julie Morrow, Paige Plourde, Petra Porter, and Maribelle Ruiz.

*Linda Rousseau on behalf of the Newsletter Committee*

## Deadline for May Issue: Wednesday, May 20, 2015

E-mail your articles to [newsletterbrentwood@gmail.com](mailto:newsletterbrentwood@gmail.com)  
or mail to Brentwood Newsletter,  
18 Mohawk Lane, Brentwood, NH 03833

## Business Card Directory

\$20 per insertion, available in April, September & December issues.

## Business Article

\$100 half page, \$200 full page, available in any issue.

## 2015-16 Brentwood Budget Update

This is a final update on our 2015-16 tax impact projection following this year's votes at the Elections, Town Meeting and School District Meeting. This estimate does not reflect revenues or changes in town property assessments, both of which can affect taxes.

- At Town Meeting voters approved the Selectmen's Budget of \$3,188,043 dollars, the standard Warrant Articles for repairs/ reserves for roads, bridges and buildings, as well as a new four-year lease-purchase agreement for a Fire Department apparatus.
- At School District meeting voters approved a \$5,157,135 dollar operating budget for Swasey's school year 2015-16, now projected by the superintendent to have approximately 303 students next year, 290 of them full-time, and class sizes of 16-19 in the planning stages. A three-year teacher contract was also approved.
- At Town Elections, SAU 16 Cooperative District voters approved the Coop School Board proposed budget of \$55,721,982 for school year 2015-16 as well as a paraprofessional three-year contract and a new Capital Reserve fund for the future replacement of the EHS turf playing field.

The table below estimates how your taxes may change based on the above appropriations:

	Change in tax per \$1000 property valuation	Estimated change in TAX for \$300K property valuation
TOWN IMPACT	(-\$2.02)	(-\$606.00)
LOCAL SCHOOL IMPACT	(-\$0.49)	(-\$147.00)
COOP SCHOOL IMPACT	\$0.73	\$219.00
<b>TOTAL</b>	<b>(-\$1.78)</b>	<b>(-\$534)</b>

Enjoy the spring and summer!

*Elyse G. Seeley, Chair, Brentwood Budget Committee*

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## Brentwood Graduates

The Newsletter is interested in news of Brentwood residents who have earned a diploma, certificate, degree or associate's degree. Exeter High School will supply us with the list of its Brentwood graduates, which will appear in the July/August issue of this *Newsletter*. But we need the help of families and friends to learn about all others. Don't be hesitant to let us know about your graduates. They deserve our recognition and their families deserve credit for the support they've given.

Please e-mail [newsletterbrentwood@gmail.com](mailto:newsletterbrentwood@gmail.com) with your information. Thank you.

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## Sympathy

Sincere sympathy and friendship are extended to the family of **Michael A. Johnson**, 64, of North Road, who passed away at his home on **April 14, 2015**. Born in Lawrence, Mass., he graduated from the Haverhill Trade School and was a skilled machinist in the sheet metal industry for many years. He enjoyed fishing and camping, 45's and playing poker, and was an avid fan of the Boston Red Sox and New England Patriots.

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## Brentwood Gardeners

As this issue of the *Newsletter* arrives, the town will be seeing a burst of spring color at the various traffic circles and other municipal garden sites that the Gardeners take care of. We ordered and planted the bulbs last fall. After a long winter's wait, we turned out on April 25 to gently clean the debris from those same sites and allow the sun to warm the emerging green tips. To finally see the color that was hidden and growing all those months could be the perfect definition of "delayed gratification."

The May meeting will take place **Tuesday, May 19, 7:00 pm** in the Fellowship Room of the Pilgrim Church UCC on Middle Road. Randi Mulqueen will demonstrate how to make a wreath out of succulents, a beautiful gardening project the Gardeners have never focused on before.

May will also be devoted to preparing for the annual Gardeners' Plant Sale on the grounds of the Mary Bartlett Library on **Saturday, May 16, from 9:00 am to noon** or sell-out, whichever comes first. Hardy perennials from the gardens of members and area residents will be offered. For questions about the sale please call Gladys Ray, 778-9424.

The annual **Book & Bake Sale** put on by the Friends of the Library will take place at the same time as the **Plant Sale** on the lower level of the Library. Area residents will have two great opportunities for bargains that day within just a few steps of each other.

New members are always welcomed at any Gardeners meeting. For more information please call one of the Co-Presidents, Torie Freeman, 778-3748, or Linda Rousseau, 580-2358.

*Linda Rousseau on behalf of the Gardeners*

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# *Brentwood Historical Society*

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## The Paleo-Indians of New Hampshire

The Brentwood Historical Society has learned that people are more interested than we realized in the history of this area. Whereas many of our programs bring an audience of 25-35, our program on April 9 by Robert Goodby was attended by no less than 70 people at the Mary E Bartlett Library. They came not only from Brentwood but from Dover, Portsmouth, Deerfield, Hampstead, Exeter, Kingston, Epping and six other towns in between. High participation numbers were due in large part to the fact that it was a program supported by the NH Humanities Council which has a large information network. What drew them was a topic that appears often in current books and magazines, clear evidence that people lived in New Hampshire and the rest of the country many thousands of years ago.

## Artifacts on Keene Middle School Grounds

Bob Goodby explained how he was “catapulted to fame” when he found some extraordinary stone artifacts on land where the new Keene Middle School was about to be built. Because the site was next to wetlands, the obligatory permits and archeological studies had to be done before any construction started. Dr. Goodby is often hired to conduct these studies.

Most often the usual test pits in these studies show nothing and the land is quickly approved for construction. This time Dr. Goodby found the exciting stone shards just some 8-12 inches below ground. The Keene School Board urged him and his team to do the needed excavations and reports contingent upon the school being built and ready for occupancy in two years.

The story of the discovery of four dwelling spots, used probably as winter quarters about 12,600 years ago, in which stone tools were made to take to other groups as much as 350 miles away fascinated those who heard it. In the end, the digging was completed, the results recorded on camera and computer, and the Middle School was finished on time. The City of Keene has adopted its new historical heritage and there are educational exhibits for all to see including a wooden walkway across the wetlands area. The students of Keene Middle School will always be aware that “Paleo-Indians” inhabited the site of their athletic field.

## Artifacts on Swasey School Grounds

The Historical Society knew that Bob Schroeder, a long-time teacher at Swasey School, had been another one to teach his students about the interest and value of digging for artifacts. In 1984, just before some major construction at Swasey, Mr. Schroeder located the cellar hole of the Sanborn farm which occupied the school site for over 200 years (Elisha Sanborn was one of the first three Selectmen of Brentwood). Mr. Schroeder’s 4th grade students did as much of a dig as they could, admittedly not as detailed as the Keene dig, and came up with a fine collection of horse halters, buckles, carriage hub collars, a pair of stirrups, fasteners, hay rake, handmade nails large and small, a late 1800s penny, and more. Artifacts were not thousands of years old but still over 135 years and definitely enough to suggest what possibilities are here in a lot of Brentwood land. Many of the Swasey artifacts were given to the Historical Society. Mr. Schroeder kept some small choice pieces to use in his teaching. He was kind enough to attend the April 9 program for the first public showing of the 1984 discoveries and talk to the many who crowded around to see them after the program.

*Linda Rousseau for the Historical Society*



*Robert Goodby answers questions after his talk.*



*Robert Schroeder discusses the 1984 Swasey artifacts.*

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## Achievements

**Nicole Sullivan**, daughter of Jacky and Ron Sullivan, along with 35 other Seacoast School of Technology, Animal and Plant Sciences class members attended the 48th Annual NH Granite State FFA conference in March. Nicole was entered into 4 specific events and won several awards. She will be moving forward to represent SST FFA Chapter, NH at the National Convention in Kentucky this October.

State Star Greenhand Award - Individual

State 1st place - Agricultural Communications CDE - Team

2nd place - Floraculture - Team

3rd place - Agricultural Marketing CDE - Team

Nicole has been accepted with a scholarship to Unity College and plans to major in Encaptured Wildlife Rehabilitation and Education this fall.

**Conan Shaw Sang**, son of Jennifer Fan and Fred Sang of Flanders Driver, is a junior at NYU’s Stern School of Business with a top GPA and has been awarded Beta Gamma Sigma—an academic honor society. As a Phillips Exeter Academy alumnus, he is pursuing dual degrees at NYU—Finance at the Stern School of Business and Mathematics at the College of Arts and Science. He has been offered summer internships from Liberty Mutual, Deloitte, Waterfall and Pimco. He plans to work at Waterfall—a hedge fund firm in NYC this summer. In the past, Conan has interned at Liberty Mutual, Advantest America in Silicon Valley, and a U.S. Senate Office in Washington DC.

# The Mary E. Bartlett Memorial Library

## Where Adventures Begin!

We are pleased to announce the return of our **Summer Teen Volunteer Program** for students ages 14-17 in July 2015. Student volunteers will be scheduled for a minimum of 1 hour and maximum of 6 hours per week between **June 22 and July 31** and will earn community service hours for their efforts. Please stop by the library for a volunteer application or go to the "Printables" page on our website to print out the paperwork. Applications must be received by June 12th to be considered. Volunteer applicants who best meet the Library's needs will be contacted by **June 19**. This year's summer reading theme is "Every Hero has a Story," so be prepared for some super awesome fun!

**The Brentwood Bookers** will be meeting on **Monday, May 4 at 7:00 pm**. Copies of this month's selection (*The Good House* by Ann Leary) are available at the library.

**Mom's Night Movie** will occur on **Thursday, May 14 at 7:00 pm**. This month's feature is for ladies who are mothers or had a mother. Enjoy a night out with chocolate and a hilarious Loretta LaRoche DVD about reducing stress and putting joy in your life. Did we mention "chocolate?!"

Be sure to stop by The Friends' **Annual Book Sale** on **Saturday, May 16 from 9:00 am to 12:00 pm** in the lower library room (enter via outdoor amphitheater). Discover fantastic book bargains and enjoy delicious baked goods as you support this hard-working group which does so much to enhance your library. The Brentwood Gardeners will be holding their **Plant Sale** at the same time in the rear parking lot. Please support their efforts to beautify the town by prettying up your own garden with locally grown perennials.

**Wednesday @ One Cinema** will feature some older DVD releases this month: **May 6** brings "*Ladies in Lavender*," starring Judi Dench and Maggie Smith, **May 13** will feature the classic "*An Affair to Remember*," while **May 20** brings "*Sleepless in Seattle*." On **May 27** we'll show "*Secondhand Lions*."

The trustees will meet at **6:00 pm on May 18**.

Summer Reading is just around the corner! Mark your calendars for a special kick-off event on **Monday, June 29 at 6:00 pm**. More details of the reading program will appear in the next *newsletter*.

**Please note that the library will be closed on Monday, May 25 in observance of Memorial Day.**

As always, for the latest library news and events, be sure to check [www.brentwoodlibrary.org](http://www.brentwoodlibrary.org).

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

*Betsy Solon, Library Director*

## Friends of the Library

The Friends would like to thank everyone that came out to Kume to help support our fundraising efforts. Your continued support of the Friends is greatly appreciated and will help to continue funding the amazing programs and events at the Library.

The annual book/bake sale will be on **Saturday, May 16 from 9:00 am -12:00 pm**. Stop by and grab some books for those days at the beach and bring the kids so that they can search for some books for the summer as well.

This month's pass we are highlighting is The Boston Museum of Fine Arts. First established in July of 1876, the museum is home to over 45,000 amazing works of art. You and your family can explore ancient Egypt, contemporary artists and special exhibits. Exhibits presently showing are; Leonardo DeVinci and the idea of beauty, Restoring A Legacy, Rothchilds family treasures, and Hokusai the first Japanese artist to be internationally recognized. These are just a few activities that can be appreciated at the museum.

The librarians are still looking for any tea cups and saucers, pots and towels for a fun event for the family. They would appreciate donations of gently used games, puzzles or DVD's. You can bring them to the library during their business hours.

The friends are getting ready for another great summer at the library. Please check out the library's website for the dates and times for the summer reading programs. There are some fun and exciting programs coming up.

Make sure to like us on Facebook, search Friends of the Library - Mary E Bartlett

Our next Friends meeting is **May 13, at 12:30 pm**. We would love to welcome some fresh ideas so please think about joining us for our next meeting. If you are interested in receiving email reminders about upcoming events simply email [marybartlett76@yahoo.com](mailto:marybartlett76@yahoo.com) and we would be happy to add you to our list. We do not share this information with anyone else.

*Cheryl Scott, on behalf of Friends of the Library*

## Getting Closer to Bringing Fireworks Back to Brentwood

After a LONG winter, the weather has finally turned. The snow has melted, grass is turning green, and life is coming back to trees and shrubs. For many years, a summer tradition was celebrating July 4 with a fireworks show and other activities at the county complex in Brentwood. It was a great chance to celebrate our country's birth and visit with people who had not been seen for a while.

This year, July 4 falls on a Saturday and a group of volunteers is working to bring back that tradition. We have a non-profit organization, agreement from the county to host the event at the county complex, and a contract with the same fireworks company that has performed the show for many years. We need \$8,000 to put on the event and as of the end of April have received \$3700.

If you are interested in helping, donations can be dropped off at the Brentwood Town Office Building or the Brentwood Library, or mailed to 20 Lyford Lane, Brentwood, NH. All donations will be used exclusively for the fireworks show. Please make checks out to "Brentwood Fireworks". If you have questions, you can contact us at [BrentwoodFireworks@gmail.com](mailto:BrentwoodFireworks@gmail.com).

### Thank you to the businesses and individuals that have already donated:

SIG SAUER, 3 Ponds Campground, Highland Hardwoods, Buxton Oil, Dr. Mark Reiner, International Union of Painters and Allied Trades, Matthew Eaton Builders, Brentwood Machine Tools, Brentwood Surplus, Nici Automotive, Brad Stevens, Chandra Rioux, Jennifer and Nathan Jones, and Susan DeCourcy

#### Brentwood Fireworks Committee

Michael Esters	Kellie Risner-Day
Julie Velevis	Jim Dinneen
Tony Leclerc	Michele Eaton
Verne Rines	Bridget Zacher
Kevin St. James	

## Swasey Parent Faculty Group

April showers are bringing May flowers. The PFG spirit tee shirt sale was successful with many buying spring colors; robin egg blue and baby pink with traditional gray tees. We hope you are enjoying your Square Art projects, the students worked very hard on them with the encouragement from their Art teacher, Mrs. Buswell. The note cards and backpacks I've seen are adorable.

Keep on clipping those *Box Tops*—we accept them all months of the year. Upcoming in June watch for information concerning a

## Roadside Cleanup 2015

The Brentwood Conservation Commission would like to thank everyone who participated in this year's roadside cleanup. Volunteers came out on **April 18** for our cleanup event and Earth Day Celebration. The day was sunny and beautiful, a great morning to spend outside. We would like to thank the Cub Scouts from Pack 192 for their work along Pine Road and the Brownies from Troop 10208 for their work along Middle and Dalton Road. We had more than 50 volunteers come to help pick-up litter in town.

Thanks to the many other volunteers who have picked up trash in their neighborhoods but did not join us on April 18. We also would like to thank the Pilgrim United Church for graciously hosting this event and allowing us to use their building.

**Heather Dudley-Tatman,**  
Brentwood Conservation Commission



Members of Cub Scout Pack 192 clean up along Pine Road



Members of Brownie Troop 10208 clean up along Middle and Dalton Roads

Community night at the Fisher Cats. It is always fun to take in a Minor League baseball game, and it's so close to Brentwood. Elections for new board positions were discussed and will be voted on during the May meeting. New members and ideas are always welcome, hope to see you there.

**Sheila S. Lane**  
Swasey Parent Faculty Group

## Letters to the Editor

To the Editor:

The student population at the Swasey Central School has declined over the past few years. In 2008, the student population was 411. At the time of the Brentwood School District meeting the number was 329 a 20% decrease of 82 fewer students with no meaningful reduction in cost to the property owners.

Sadly, the preamble to the School District Meeting was a law suit filed by Superintendent Mike Morgan and Brentwood School Board members which apparently was devoid of any legal budgetary violations thus the positive verdict which vindicated the Brentwood Budget Committee's actions. The ill-advised law suit did accomplish one objective; to mobilize a "group of townspeople" to support a frivolous legal action forcing Brentwood property owners to finance both sides of a meritless court action, all because they did not get their way.

Now a Brentwood parent is asking for donations from the public to replace the cuts to an approved Municipal Budget. Posted on the donation website, "*Though a required public hearing on their proposal was held, they refused to revisit this decision, even after being informed of their error and hearing hours of public input against the cuts (and none in favor). We even learned that their budget recommendation had already been submitted prior to the public hearing, resulting in a lawsuit.*" Obviously the judge viewed the situation differently.

Once a vote was taken, the public hearing ended. There is no statutory law that requires the board revisit their decision particularly a few days before the district meeting. The Budget Committee entertained hours of angry testimony. **Absent** was any meaningful compromise from Superintendent Morgan or the Swasey School Board. We have one question; **why is the "Restore the cuts to Swasey" web site still promoting falsehoods to collect cash donations?**

The Web site "Restore the cuts to Swasey" is nothing more than a campaign that promotes distortion and worse the complete fabrication of issues and problems that just do not exist. "In the beginning the organizer's first job is to create the issues or problems." — Saul D. Alinsky, *Rules for Radicals: A Pragmatic Primer for Realistic Radicals*

This has now become a calculated attack targeting the democratic process known as Town Meeting. If the coveted political outcome does not meet the desired result, change by whatever means necessary.

We have been advocating for control over increases to property owners. To state the U.S. Economy is fragile, is a gross understatement, 93+ million American citizens are no longer in the work force. Many in Brentwood are struggling to achieve and maintain home ownership, with one prevailing constant; property tax increases. How else do we explain the continued decline in Brentwood's Swasey School student population with a projected decrease of 25+

pupils in 2015- 2016 school year? Please see the 06-APR-2015 Swasey School board meeting minutes.

Ironically, progressive liberals are adamant that any reasonable cut to Swasey School will ruin their precious property value. A \$211,492 tax reduction seems more than sensible for 82 fewer children. If the board and administration are unable to reasonably accommodate the needed reduction perhaps they should consider new professions.

Simply put, the relief to property owners is long overdue. Any suggestion otherwise defies common sense.

**Jim Berlo & Jim Johnson**

To the Editor:

Brentwood feels as though it has turned a corner in the past couple of weeks. Gone are the news articles and coverage of the budget battle and lawsuit. In their place have been articles about how the community is coming together with a grass-roots effort to provide Swasey the support it needs.

As I write this, 75 families have contributed over \$13,000 to the campaign. These include contributions from families with and without children at Swasey, friends, grandparents, former residents—and even a donation from some enterprising kids who held a bake sale for the cause. The only common thread among them is that they all understand how valuable a strong school is to our community.

While this is well shy of the amount cut, it is real money that will have real impact. My hope is that the amount and impact will continue to grow as this campaign continues and I encourage anyone who has not yet participated to do so. You can find out more at: [www.gofundme.com/fullyfundswasey](http://www.gofundme.com/fullyfundswasey)

**Anthony Phillips**

### Willow Pond Community Farm

Willow Pond is starting its 12th year of growing vegetables on Conservation Land across from Swasey School. Our farmer, Glenn Preston, grows food for CSA (Community Supported Agriculture) members who pay in advance of the season for weekly "shares" of vegetables for 18 weeks, from mid-June to October. Pick up is every Tuesday from 2:00 pm-6:00 pm. Glenn also sells vegetables at the Portsmouth farmer's market on Saturdays and to several restaurants.

On **Saturday, May 30 from 9:00 am-12:00 pm** we will be holding our annual Plant Sale at Pilgrim Church on Middle Road. For more information about membership in our CSA (there are a few shares left) and details about what will be available at the Plant Sale please go to our website: [www.willowpondfarm.org](http://www.willowpondfarm.org).

**Joan Pratt, on behalf of the Core Group**  
[jpattnh@gmail.com](mailto:jpattnh@gmail.com) • 778-8881

## Understanding Mental Illness

On March 20, 2015 the Peace and Justice Committee of Pilgrim UCC, Brentwood-Kingston hosted a Community Forum on “Understanding Mental Illness”. The panelists included Kenneth Lambert of Brentwood, co-founder of “Keeping Sound Minds”; Jay Couture, Executive Director of Seacoast Mental Health Center, Exeter/Portsmouth; and Calvin R. Genzel, Ph.D, LP, Director of Clinical Services, from the Board of Pastoral Counseling Services in Manchester. Each panelist took 10-15 minutes to share some of their professional and personal experience. Then the balance of the evening forum was given over to interaction between community and church participants and panel members.

The following article, found in the March 16, 2015 issue of *Time Magazine* (P. 24) provides an excellent summary of key issues discussed in the Forum:

### **Changing Your Mind: A new initiative wants to make mental health a priority**

*By Mandy Oaklander*

19%...The portion of U.S. adults who had a mental illness in the past year, according to the latest government data.

It's easy to spot signs of physical pain: a gash, a rash, a dramatic clutch at the chest. Much murkier is emotional distress, which can be easily masked and may feel taboo to talk about no matter how close you are to someone. “We don't tend to have conversations about mental well-being,” says Dr. Barbara Van Dahlen, a clinical psychologist and founder of a new national campaign, “Change Direction,” that launched on March 4. It's an effort—backed by various business leaders, agencies and the First Lady—to bring into the open discussions about mental health and to teach people the common ways mental distress tends to show up. Roughly 19% of adults experience a diagnosable mental-health issue, federal data shows, and countless more go through a tough time without talking about it. Simply asking someone—“How are you-really?” will yield more than a rote answer, says Van Dahlen.” It's an entrée into what could lead to somebody getting help they're afraid to ask for”. She adds. That help could be meditation or medication, talk therapy or just talking it out. The most important thing, says Van Dahlen, is that people know it's O.K. to not always be O.K.’

#### **5 Signs a Friend Might Need Help:**

**He doesn't seem like himself lately.** If you sense something different about the way your friend is acting—maybe he's not smiling much these days, for instance—trust your instincts and reach out. “Use common observations to share with somebody,” Van Dahlen says. “Try saying, ‘I see these things. I care about you. Can I be of help?’ ”

**He's unusually moody or edgy.** Irritability and a red-hot temper can be signs something else is amiss. “It may take more than one time to follow up if you're talking to someone who is agitated,” Van Dahlen says, “but if a friend responds with anger, that could mean you're onto something.”

**He's acting a bit more withdrawn.** If a social butterfly seems remote or starts spending lots of time alone, that's worth addressing head-on. Behavior that might be normal in an introvert may mean something more serious – pulling away from social support—in a person who's typically more outgoing.

**He's less put together than usual.** Drinking more, doing drugs and ditching personal hygiene can be signs someone is in trouble. Instead of downplaying your friend's self-destructive behaviors, treat them as a cue to care – they signal when compassion really matters most.

**He seems overwhelmed by life.** No one's a Pollyanna all the time. But if your once optimistic pal can't find anything to be hopeful about, he may be having thoughts of worthlessness, grief or even suicide. “We want people to get comfortable reaching out, checking in and being more open,” says Van Dahlen,” so that more people are getting help that they need.”

#### **What Else Might Be Helpful?**

Encourage your friend to see his/her Primary Care Physician.

For yourself, consider Seacoast Mental Health Center's “*Mental Health First Aid Training*.” Similar to First Aid and CPR, “Mental Health First Aid” teaches individuals how to help those experiencing mental health challenges and crises. A session will be held **May 6, 2015**, 8:00 am to 4:00 pm, at Portsmouth Regional Hospital, 333 Borthwick Ave., Portsmouth, NH 03801. **The course will be offered free of charge to those who sign up to participate.**

For more information on Mental Health First Aid, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

#### ***Dick Chamberlain***

15 Crawley Falls Road, Brentwood, NH 03833

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## Helpful Hints on Lawn Care from the Conservation Commission

After the long winter, we are all eager to get out and clean up around our homes. Unfortunately, the use of fertilizers in many Seacoast communities, including Brentwood, is contributing to water pollution that is harming the health of the Exeter River and Great Bay estuary. Many of us enjoy the time we spend working on our lawns and are willing to try new practices as long as our lawns continue to look good. We can all do our part to reduce the impact of fertilizers by eliminating or reducing the amount we use, the type we use, and how we use it. The Conservation Commission would like to share some easy practices for creating and maintaining a truly healthy lawn that is attractive and safer for the environment.

### Do

**Choose the Right Grass Seed** - Choose grass varieties that require less maintenance. In our area that means choosing mixes with higher percentages of turf-type tall, compact and/or fine fescues. Choose mixes with smaller percentages of Kentucky bluegrass and or perennial ryegrass. Up to 10% of total seed mix can be white clover to help fix nitrogen naturally.

**Test Your Soil** - Sometimes adjusting the soil pH or organic matter are the only treatments needed to improve a lawn. UNH Cooperative Extension provides this service at a reasonable price.

**Mow Smart** – Mow grass 3” or higher. Cut no more than 1/3 of the blade to encourage longer, stronger turf grass roots. Leave the clippings after mowing to provide a source of slow release nutrients.

#### Choose the Right Fertilizer

- Avoid pesticides in your fertilizer. Unnecessary pesticides can harm wildlife and pollinators like bees and lead to soil and water contamination.
- Use low or no phosphorus.
- Use slow release formulations (>50% water insoluble nitrogen) which allows your lawn to take up the nutrients over time rather than being washed away before they are absorbed.
- **Use organic fertilizers** - These are typically slow release and contain micronutrients that are beneficial to soil. They are not petroleum-based like most synthetic fertilizers.

**Use Only What You Need** – Measure your lawn. You do not have to use the whole bag of fertilizer if it is not needed. Store the leftover in an airtight container or share it with your neighbors.

### Don't

- Do not apply any fertilizer if your lawn does not need it.
- Do not apply fertilizer when a major rain event is predicted in the next 48 hours.
- Do not apply fertilizer near water, storm drains or drainage ditches.
- Do not use fertilizer in the middle of the summer when grass is in a dormant phase. When the weather is hot and dry in August, grass cannot take up fertilizer. Your grass will green up again when the weather is cooler and wetter.
- Do not overwater - If you water your lawn, one inch of water per week is typically enough.

**Rob Wofchuck**, on behalf of the  
Brentwood Conservation Commission  
(Please like us on Facebook – [www.facebook.com/brentwoodconservation](http://www.facebook.com/brentwoodconservation) )

The sources of information for this article are from the UNH Cooperative Extension at [www.extension.unh.edu/Sustainable-Landscapes-and-Turf](http://www.extension.unh.edu/Sustainable-Landscapes-and-Turf) and Jeff Barnum, Great Bay–Piscataqua Waterkeeper, a program of CLF at [http://action.clf.org/site/PageNavigator/Fertilizer\\_Use.html](http://action.clf.org/site/PageNavigator/Fertilizer_Use.html)

## Brentwood Seniors

The Brentwood Seniors enjoyed a potluck luncheon at their April meeting at the Community Center. The program was given by Charlie Sanborn of Epping, who is a volunteer “cooperative weather observer” for the National Weather Service in Gray, Maine. For over 41 years he has recorded the weather from his Fremont Road property—temperature highs and lows and precipitation levels—and reported them to the National Weather Service in Gray, every single day, without fail. The audience found his talk to be full of fascinating details.

The May meeting of the Seniors will take place on **Wednesday, May 27**, at 11:00 am at the Community Center. It will be the annual “*Indoor Barbecue*”, with the grill operating outside but everyone eating inside in the comfort of the hall. Entertainment will be scheduled after lunch.

New members are always welcome at the Brentwood Seniors. You do not have to be a resident of Brentwood to become a member of the Seniors. For further information please call Alma Vahey, president, at 679-8635.

*Linda Rousseau for the Seniors*

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# Swasey Central School

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Hello Readers,

We're enjoying a beautiful spring here! Thank you all for staying involved and in touch with your local school! We are accepting all new enrollments for next year in the main office. We're looking forward to meeting all new students and families. Enjoy our monthly update!

As always,  
**Ron W. Kew, Principal**

## Grade 3

Grade three students and their families enjoyed a night of celebration after studying Native American culture. Students displayed projects and reports, and families traveled from room to room, and ended the night with a tasting of Native American recipes.

Simple machines, famous black Americans and Immigration are future units of study. We have a field trip scheduled to visit the Lowell Mills in May to see how immigrants worked and lived.

Third graders showed some real grit as the first group at Swasey to take the Smarter Balanced state test.

Math topics covered have been area and perimeter, a review of multiplication and division and problem solving. We continue to spend time working on fraction concepts. Measurement and geometry will provide some opportunities for hands-on activities. Students have been learning how to write arguments. They are becoming very persuasive!

## Grade 4

March was an exciting month for fourth graders. Students learned about electricity, wrote persuasive essays, read biographies, and learned about how NH government works. Thank you to Mr. Paul and Mrs. Spiller for their presentation on how electrical power is generated. They also spoke to the students about engineering careers and electrical safety. Families were in to view the many interesting people in history studied during our biography unit. Students dressed as famous people who came to life to tell about themselves when their button was pushed.

April is poetry month. Children are reading and writing many forms of poetry. Fourth graders are taking the Smarter Balance Test during the two weeks before April vacation so we are spending time becoming familiar with testing vocabulary, protocols, and needs. Thank you in advance to our students for putting forth your best effort!

Topics being covered in May are plants and information writing. Fourth grade will be learning the life cycle of plants by growing herbs. They will also be taking the Science NECAP. Public social skills will be honed before representing Swasey at the State House on May 15. The fourth grade will be attending the NH Law Enforcement Memorial Ceremony before touring the State House and Museum of NH History. Fourth grade will sponsor a school wide Memorial Day Ceremony on **Friday, May 22**.

## Grade 5

March and April were very busy in fifth grade. We spent time preparing and practicing for our Smarter Balanced Tests, which has been challenging and has given us a great opportunity to exercise our grit and determination. We continue to take steps towards higher math understanding through lessons on fraction equivalence, order, comparisons, and the use of all four of the major mathematical operations and their algorithms.

Our Social Studies curriculum has taken us across the seas and

back with lessons on Marco Polo, Christopher Columbus, and many others from the "Age of Exploration". We are currently focusing our energies and studies on the colonies of Roanoke, Jamestown, and Plymouth. We look forward to an exciting week at Sargent Camp where, "The weak come to get strong, and the strong come to get stronger!" - Dudley Sargent.

Fifth graders are moving fast and working hard as the snow melts away and nature wakes up.

## Learning in the Library

April is poetry month, and of course we will be celebrating in the library. Each grade will be experiencing poetry in its own unique way. First grade will perform nursery rhymes in our "Mother Goose Theatre". Second grade will explore our wonderful collection of poetry books, and choose a favorite poem to illustrate. Third grade will be creating concrete and list poems. Fourth grade will participate in a poetry "Slam and Jam". Fifth grade will try blackout poetry or creating poems on the Piclits website. All grades are invited to explore more poetry resources on the web; check out the Destiny home page for links to some of my favorites!

### Upcoming curriculum and projects:

Grade 1 Using Destiny and PebbleGo

Grade 2 Using Destiny and Atlases

Grade 3 Battle of the genres - Graphic Novels; Encyclopedia Britannica and Destiny book reviews

Grade 4 Trueflix and searching online resources

Grade 5 Website Evaluation

### **We MOVE in Physical Education** by Mrs. Lane

April has the "biggest and best show ev-ar". The Swasey Swinging Stars had their show at Exeter High School on Wednesday, April 8. The show had many new and exciting routines compiled by our Swasey students. Can you imagine Irish Step dancing while jumping rope? Or tap dancing? What about the brand new routine on roller blades? Unbelievable! There are 150 members of the club in all the grades K-5, the fifth graders had a strong showing of 27 members of the Club. We have been working on our volleying skills and will be hitting, putting and chipping with student golf clubs the week before vacation. Swasey School students participated in the annual *Jump for Heart* event on Friday, April 24 from 1:30-3:00 pm. It has a dual purpose; a school wide event and raising money for a worthy organization. April 24 also marks the end of my UNH intern being here. Emilie French has done a wonderful job pursuing a dual degree in Physical Education and Health. She taught health to Mrs. Vandermale, Mrs. Johnson and Mr. Fowler's classes. She has been with us since January 5 and will be missed by students, staff and myself.

May will bring back Sensi Dean Mace from Empower Martial Arts School in Newton, NH. I am looking forward to Sensi Dean returning with a program that promotes more than just kicking and punching. A quote from Sensi Dean: "Patience, kindness, anger management, goal setting, respect, and self-awareness are a few of the character development skills that we practice within our curriculum." May also brings a unit of striking with a long handle implement, field hockey sticks, throwing and catching with milk cartons and whiffle balls for grades 1-2 and lacrosse for grades 3-5. It is a busy time in the gym for all students, but I am looking forward to getting back outdoors.

See you soon, keep on moving.

# Brentwood Recreation

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

*recreation@brentwoodnh.gov*

Unless otherwise specified, program sign-ups are available online or by contacting the Recreation Office.

## OUTDOOR MOVIE NIGHT - FRIDAY, JUNE 26

Enjoy a family night out to celebrate the end of school and start of summer!

Join us beginning at 6:30 pm (movie starts about 8:15pm) at the Recreation Area on Route 125. We'll have games and activities, a bouncy house and more before the movie. We'll also have hamburgers, hot dogs, pizza, popcorn and more available at our concession stand or bring your own picnic dinner to enjoy. This year's movie is "E.T."

**Admission is FREE.**

## ENGINEERING WITH LEGO® CAMP

**June 22-26 \$130**

**Pre Engineering** (ages 5-7) 9:00 am-12:00 pm and

**Engineering Fundamentals** (ages 8-11) 1:00 pm-4:00 pm

## NEW!! GIRL POWERED ENGINEERING FUNDAMENTALS USING LEGO®

**July 20 - 23 \$100**

**Girl Powered Pre Engineering** (ages 5-7) 9am-12:00 pm

**Girl Powered Engineering** (ages 8-11) 1:00 pm-4:00 pm

For Girls who love to build! Taught by women engineers and scientists this course is for girls to apply real-world concepts in physics, engineering and architecture. They can explore their craziest ideas in an interactive environment. Both curriculums created for LEGO® lovers and newbies alike!

## ADULT OVER 30 COED SOFTBALL

Individual or team sign-up deadline is **May 20**.

We will again be offering our over 30 Coed Softball League here in Brentwood. The season will run late June through mid-August. If you are interested in playing or have a group interested in forming a team, sign up at the Recreation Office or online through our website.

## YOGA CLASS

**Tuesday Evenings 6:30-7:45 pm**

**\$64/ eight weeks** Drop-ins always welcome at \$10/class. Please register at class.

Class offered for adults (kids 10+ are welcome). Class includes movement to help strengthen and stretch the body, improve balance, flexibility, and focus. Beginners are welcome! No experience necessary.

Offered by Alicia Rossman RND, RYT owner of *Let's Get Movin'!* [www.letsgetmovin.com](http://www.letsgetmovin.com)

**Come give it a try** - If you sign up for a full session, the first class is free!

## YOGA MOVEMENT FOR SENIORS

**1st and 3rd Tuesdays of the month 10:00 am, 2nd and 4th Tuesdays at 9:00 am.**

Join us at the Brentwood Community Center Tuesday mornings for this **FREE** class.

This gentle movement class helps seniors improve range of motion, flexibility, and balance and will help relieve your aches and pains. No experience necessary.

## RED CROSS BABYSITTER TRAINING COURSE

**Thursday, August 6 from 9:00 am-4:00 pm**

This interactive course teaches first aid and safety skills so sitters can prevent and respond to emergencies. They'll learn to supervise infants to school age children, make good responsible decisions and perform basic care. Each student becomes Red Cross certified and receives a *Red Cross Babysitter Handbook*, emergency reference guide, emergency contact notebook, a first aid guide, and a CD-ROM with additional resources. Space is limited. Cost: \$97

## SOCCER SKILLS CAMP WITH CHALLENGER SPORTS

**August 17 -21**

Registration has already begun online at [www.challengersports.com](http://www.challengersports.com). Register online by July 3 and receive a **FREE** British Soccer Replica Jersey!

**Mini Soccer** 9:00 am-10:30 am (ages 3-5 yrs) \$95

**Half Day** 9:00 am-12:00 pm (ages 6-14 yrs) \$129

## YOUTH BASEBALL AND SOFTBALL

All schedules will be available on our website.

## COMMUNITY CENTER AND PLAYING FIELD RENTAL

The Brentwood Community Center is available to rent for parties, receptions, meetings and more. Brentwood residents receive discounted rental rates! See our website for pictures of the Center and rental application or pick up an application at the Recreation Office. For information regarding field rentals, please contact the Recreation Office.

*Margaret Dullea for the Recreation Office*



## CALENDAR OF EVENTS

- May 6 **Wed. @ One Cinema**, Bartlett Library
- May 11 School Board Meeting – 6:00 pm, Swasey School Library
- May 13 Friends of the Library – 12:30 pm, Bartlett Library
- Wed. @ One Cinema**, Bartlett Library
- May 14 **Mom’s Night Movies**, 7:00 pm, Bartlett Library, Loretta LaRoche DVD
- May 16 **Annual Plant/Book/Bake Sale**, 9:00 am-12:00 pm, Bartlett Library
- May 18 Library Trustees – 6:00 pm, Bartlett Library
- May 19 Selectmen’s Meeting – 6:00 pm, Cross Room, Town Office Building  
Gardeners Meeting – 7:00 pm, Pilgrim Church UCC  
Swasey Parent Faculty Group – 6:30 pm, Swasey School Library
- May 20 **Wed. @ One Cinema**, Bartlett Library  
Conservation Commission – 7:00 pm, Cross Room, Town Office Building
- May 21 Planning Board – 7:00 pm, Cross Room, Town Office Building
- May 25 **Memorial Day Annual Dedication** – 8:00 am, Tonry Cemetery, Route 111-A
- May 26 Recreation Commission – 6:30 pm, Sanborn Room, Town Office Building
- May 27 Brentwood Seniors Meeting & Annual “Indoor Barbecue” – 11:00 am, Community Center
- Wed. @ One Cinema**, Bartlett Library
- May 30 **Hazardous Waste Dropoff** – 8:00 am-12:00 pm, Hampton Public Works Facility
- June 1 Trails Committee – 7:00 pm, Town Office Building
- June 2 Selectmen’s Meeting – 6:00 pm, Cross Room, Town Office Building
- June 4 Cemetery Trustees – 5:00 pm, Town Office Building  
Planning Board – 7:00 pm, Cross Room, Town Office Building

*~ The public is welcome at all above events ~*

## **Brentwood** NEWSLETTER

c/o Linda Rousseau  
PO Box 282  
Exeter, NH 03833

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