

PITTSFIELD POST

A FREE WEEKLY PRODUCTION BY COMMUNITY VOLUNTEERS

"Sunlight makes the world come alive, so have a day full of sunshine." -
Anthony Hincks

June 21, 2023

Path of the Samurai Karate Tournament



Renshi David Nolin of Path of the Samurai is proud to announce the dojo standings after attending the 41st Annual ShidoKan USA Invitational Karate Tournament. I am so proud of everything that our school has accomplished since moving to our location at the Pittsfield Community Center. The tournament was held on May 21 at the Londonderry High School. We had 20 students from our dojo compete out of the 180 total competitors and 10 of them were competing for the very first time. We competed in 36 events consisting of Kata (forms), Kumite (sparring) and Kobudo (weapons). We took home 11 first place medals, 10 second place medals, 6 third place medals, 1 fourth place medal, 8 courage medals and 1 (7 foot) grand championship trophy. We are a traditional karate school teaching Shorin Ryu Karate. If you would like information about our dojo, reach out to Renshi Dave Nolin at 603-235-6155. *Dave Nolin*



Pittsfield Head Start Butterfly Celebration

The children at Pittsfield Head Start enjoyed exploring live insects and their habitats. They moved and grooved to the insect dance and the butterfly yoga pose. Using markers, pencils, and paint brushes, children documented beautiful insect drawings and paintings. With magnifying glasses, the children observed baby caterpillars grow, turn into a chrysalis, then a butterfly. The children gently held the butterflies in their hands. Then it was time to set the butterflies free on Pittsfield Head Start's preschool playground. The children marveled and cheered as they watched the butterflies soar overhead. It was a beautiful experience for all. One child exclaimed, "I see my butterfly high in the sky!"

Pittsfield Head Start is a free preschool for children ages 3 to 5. Head Start is now enrolling for the upcoming 2023-2024 school year. Two free meals are provided daily. For more information, please call 603-225-3295 ex 1127 or visit www.capbm.org Pittsfield Head Start



The Post Volunteers are savoring summer...
The next **PITTSFIELD POST** will be published
on July 5

Town Crier

To have an event included in this column, call or email Andi Riel at 603-435-6346 or pittsfieldtowncrier@hotmail.com

The Senior Center hours have been temporarily revised again. Our current hours are Monday & Thursday from 8am-1pm. Sweatin to the Oldies at 8:15am (all ages and abilities are welcome), 9am-Coffee & Chit Chat, 9:30am Bingo and at 11:15am Lunch.

The PHS Alumni Association would like to congratulate Olivia Tobin and Parker Clark, recipients of this year's PHS Alumni Scholarships. Best wishes to both of you and to all the 2023 graduates.

Join us for a **Community Dinner** at the First Congregational Church on Mon, June 19, from 5:30-6:30pm. Cost is a donation. All are welcome.

The Suncook Valley Rotary Club will meet on Wed, June 21, at 6:30pm at the Pittsfield Historical Society, Oak Street.

The Pittsfield Circle of Home & Family group will meet for their annual banquet on Thurs, June 22, at 5:30pm at The Cannoli Stop, Main Street.

The South Pittsfield Community Club will hold a Ham & Bean Supper on Sat, June 24, from 5-6:30pm at the Club House at 444 Dowboro Rd, Pittsfield. Cost for adults is \$10, children ages 6-12 is \$5 and under age 6 is free. Eat in or take out. The menu is ham, baked beans, brown bread, potato salad, drinks and pies.

Congratulations to the **PYBA Minor Girls Softball Team** and Coach Bedell on taking home the 2023 Lakes Region Softball Championship.

The Pittsfield Beautification Committee will plant flowers and shrubs soon for the upcoming summer season. We are in need of additional volunteer help. Ideally we are looking for two to three individuals, with a pickup truck, who can help with watering. We have large water barrels, fit with hoses, that need to be driven by truck to the 4 locations around town where we have plants. The commitment is about one hour per day (or every other day) for one or possibly two weeks from June to the end of August. It's a great group of friendly volunteers. If you're interested and feel you can help, please contact MaryPat Christakos at mpc7717@gmail.com

The Dowboro Farm Farmstand is OPEN! The kids from the Victory Workers 4-H club and others have had a couple of months off and are ready to get back at it. They'll be bringing back some of your favorite items and have been working on some new surprises. Stop in at 615 Dowboro Road, Pittsfield. Hours are Thurs-Sat, 9:30am-6pm, & Sun, 10:30am-4pm.

The Drake Field Summer Rec Program will be open from June 27 – Aug. 4. The program is FREE for grades 1-8. Participants are offered free breakfast and lunch. There are lots of great things happening this year. On Mondays & Wednesdays (8am -noon)– games, sports, arts and crafts, activities, guest speakers as well as the library coming to Drake Field. On Tuesdays & Thursdays – lots of field trips are planned. To name a few: Chuck E. Cheese, The Flume, mini golf, Clark's Trading Post & Bears, horseback riding, "Boston Tea Party" and Coast Guard Station in New Castle & Albacore Park and many more. Some of the field trips are free and some will have a nominal charge. On Fridays, spend the morning at the F.B. Argue Recreation Area (aka Town Pool/Beach). Information and registration forms will be sent home with students. If you do have questions or would like more information, please contact Louise Sawyer at 603-267-6733.

The Josiah Carpenter Library's new Storywalk is ready..."A Small Thing...but Big". For those of you new to the Storywalk, let us explain. We have partnered with local businesses to post pages of a children's storybook in their downtown business windows. Starting on Main St., grab a map in the mailbox at Dustin Park and follow the story around town. When you're finished the walk/story, stop by the library when we're open for your free gift!

F B Argue Recreation Area (aka Town Beach) opened for the season June 19th; including the infamous concession stand! There will be one lifeguard and two beach attendants on duty, however it is still swim at your own risk area. The Town Beach area will be open Monday, Wednesday, and Friday 12-5pm, and Tuesday and Thursday from 12-7pm. Children under the age of 10 must be accompanied by an adult. The daily admission for residents is \$1.00 per person. A family season pass may be bought for \$50. Daily admission for non-residents is \$1.50 per person. All those entering are expected to pay. Children under 5 admitted free with a paid adult.

The Recreation Area and Town Beach is available for families or groups to use on weekends for a fee of \$25, \$35 for use of grill. There are two blocks of time for weekend rentals. The first daily block is 9am-1pm and the second is 1-5pm. For more information please call 603-290-4068 or 603-435-7457 (during hours of operation).

Non-Red Cross swimming lessons will be offered at the F.B. Argue Recreation Area. We will run two 2-week sessions and each lesson will run for about ½ hour. The dates for the sessions will be as follows: **Session 1 daytime: Monday, June 26- Friday, July 7; Session 2 nighttime: Monday, July 31- August 11.** The cost for lessons for Pittsfield residents is \$15 per child per session. The cost for non-residents is \$30 per child per session. For more information please call 603-290-4068 or 603-435-7457(during hours of operation).

There is a **Red Cross Blood Drive** at Joy Church, 55 Barnstead Road, on Friday, June 23, from 1-6pm. The link to reserve a spot to donate can be found at redcross.org and use the zip code 03263 to bring up Pittsfield.

The Hanging Flower Basket project is in the works. The small group of volunteers are set to plant and hang these lovely baskets mid June. If you would like to help out this effort, we would appreciate a donation to offset the cost of flowers, soil and supplies. Checks can be mailed to Pittsfield Hanging Basket Fund, C/O Donna Keeley, 256 True Road, Pittsfield, NH 03263.

Happy Anniversary wishes to Tina & Roger Metcalf on Fri, June 23. Cheers to many more happy years!



Post-It in the Post
Do you have an interesting story to share with your friends and neighbors? Are you part of a community group that has big news? Email: pittsfieldnews@pnhcc.org by noon on Friday.
Guidelines: www.PittsfieldPost.org

Want to see the pictures in color?
Subscribe to receive the *Post* by Email by scanning the QR code. Or go to:
www.pittsfieldnhcommunitycenter.org



Cindy's
HAIR AFFAIR

603-435-6711
1 Depot Street
Pittsfield, NH 03263
cell: 603-856-3101
cindyshairaffair2020@gmail.com



LOCAL
1009 Upper City Road
Pittsfield NH



NH Made Goods

Winter Hours - Open Wed - Sat 10am - 5pm

BINGO SATURDAYS 6PM
To Benefit **IBEW Local 490**
48 Airport Road Concord
Pittsfield Youth Baseball Association **DOORS OPEN AT 3:30 PM**
www.facebook.com/pybabingo



Please Support the Pittsfield Post

Pittsfield Center Development Corporation (PCDC), owner of the Community Center, is the fiscal agent for the *Pittsfield Post*. PCDC is a non-profit organization whose mission is to engage in activities that benefit Pittsfield. Checks should be made out to:
Pittsfield Center Development Corporation, memo: Newspaper
P.O. Box 253, Pittsfield, NH 03263
Donations are tax-deductible. Donations above \$50.00 may be acknowledged as sponsor of the week.

Name: _____ Phone: _____

Address: _____

Email Address: _____

I would like to have sponsorship acknowledgement: Yes ___ No ___

Text for Sponsorship: _____

Pittsfield High School All Class Reunion

The Pittsfield High School Alumni Association is hosting a Pittsfield High School All Class Reunion on Saturday, July 22, (in conjunction with Pittsfield Old Home Day) from 2-5pm at the Pittsfield Middle High School followed by a Chicken BBQ from 5:30-7pm.

If you attended or are a graduate of the Pittsfield Academy or Pittsfield High School – YOU and your family are invited to attend the All Class Reunion. The Committee has attempted to find a “Key” contact person from each class and have asked them to contact their classmates. Some classes have not been able to do this, so if you have not received an invitation, please visit the school’s website at <https://sau51.org/pmhs>, Click on the ALUMNI tab, click on the All Class Reunion link – the Invitation and RSVP form are there.

The reunion will be a Meet & Greet from 2-5pm at the high school. You will have time to visit with classmates, take a self guided tour of the school and enjoy some light refreshments. There will be a Chicken BBQ from 5:30-7pm under the tent at the elementary school. Tickets are \$10 each and need to be purchased ahead of time. Details are listed on the RSVP form.

For more information or if questions, contact Andi Riel at 603-435-6346 or pittsfieldtowncrier@hotmail.com

*You and your family are invited
to join your former classmates at the*

Pittsfield High School All Class Reunion



Pittsfield Old Home Day Weekend

Old Home Day Theme: “Red, White and Blue. It’s All Up To You”

(Classes are encouraged to enter a float in the Parade - Starting at 11 am)

Saturday, July 22, 2023

2:00 pm - 5:00 pm

Drop-in Registration • Meet & Greet at the High School

Light Refreshments Available • Memorabilia Displays

Bring your Year-Book and Mementos to Share

Tour the High School

(Note: No Alcohol or Smoking Allowed on School Grounds)

Enjoy other Old Home Day Events - 9:00 am - 9:00 pm including:

Vendor/Craft Fair and Music in Dustin Park - Historical Society Open House

Old Home Day Parade 11:00 am

5:30 pm BBQ Buffet

at PES Under the Tent • \$10 pp

BBQ Chicken - Pulled Pork - Potato Salad - Garden Salad

Corn on the Cob - Baked Beans - Beverage - Dessert

Music at Drake Field 7:30 - 9:00 pm • Fireworks at Dusk

Check for more information & updates at:

<https://sau51.org/pmhs> (click on Alumni tab)

www.facebook.com • www.pittsfieldnh.gov

PITTSFIELD INSURANCE AGENCY

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CALL FOR YOUR NO OBLIGATION QUOTE

Pittsfield High School All Class Reunion • July 22, 2023
2 - 5pm Meet & Greet • 5:30 - 7pm BBQ Dinner

Please send completed form by June 26, 2023 to:
Andi Riel / 960 Catamount Road / Pittsfield, NH 03263
or email to: AMG1MAR@metrocast.net

_____ I/we are looking forward to attending.

_____ Number of persons attending.

_____ I am unfortunately unable to attend but please update my information.

_____ I would like to contribute the enclosed donation toward expenses.
 Make check payable to Pittsfield Middle High School / Memo: All Class Reunion

_____ I would be willing to help with:
 Set-up Decorations Registration
 Refreshments Clean-up

_____ **I would like to purchase tickets for the BBQ Buffet**
 _____ Number of Tickets at \$10 per person
 • Make check payable to Pittsfield Middle High School / Memo: All Class Reunion
 Tickets can be picked up at school at Reunion.

_____ Other/Comments:

Current information: Attended Graduated Year(s) _____

Name at Graduation: _____

Name Now: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Cell: (_____) _____

Email: _____



Talk about bipartisanship! The last two sessions have been very bipartisan.

June 15 session dealt with requests from the Senate to either approve, end or change House or Senate Bills. All bills required the House, the Senate, and the governor's approvals. In the morning, 17 Bills passed with a voice vote. The House returned a few to the Senate for more discussion. Only 6 Bills required extensive discussion. HB 315 prohibiting provocation based on the defendant's religion, race, creed, sexual orientation, and HB 275 disclosing of electric portfolio standards were the most notable. Both went to a conference between the two bodies.

June 8 was a critical day at the House; the state budget was scheduled for the floor. Again another first for bipartisanship! The state budget passed by record bipartisan votes (HB1 on a 351-25 vote and HB 2 on a 326-53 vote). These bills increased the state's spending from \$13.5B to

\$15.2B, meeting the goals of both parties' constituents without adding any new taxes! The priorities include the following increases in spending: \$200M in Municipal Aid, \$75M in Highway Funding, \$200M in the State Bridge program, \$160M in School Funding, \$50M in Low-Income Housing, the reauthorization of the Medicaid Expansion ACT for a seven-year extension and a 12% increase in salary for all state workers. HB2 also included constraints on the governor's power in declaring a State of Emergency (SOE), limiting his control to three 25-day stays. Passing a law that restricts the duration of the SOE and adds legislative oversight was one of Cyril's and my goals for running for the State House! Another big win was the accelerated repeal of the interest and dividends tax by the end of 2025.

The state budget increase of 13% **See Dispatch on page 8**



FREE Preschool
for ages 3-5 years old!

Pittsfield Head Start is located next to the middle school and serves surrounding towns.

Hours are Monday-Friday 8:30 am to 12:30 pm.

Two meals provided daily at no cost to families.

Enrolling now for the 2023-2024 school year.

Scan below, visit www.capbm.org, or call 603-225-3295 ext. 1127 for more information





Cooks Corner

Summa'Time

Fun Summer Salads

It's officially Summertime and the livin' is easy! It's time for lighter fare and fun salads hit the mark as

the days get warmer. Here are two I hope you will enjoy. The Buffalo Chicken Salad Cups could easily be your main dish on a hot evening, maybe serve with store-bought cornbread muffins and sliced tomatoes. The Corn and Avocado Salad is a fantastic side for grilled chicken, or my favorite – grilled or boiled shrimp. Enjoy! *MP Christakos*

Buffalo Chicken Salad Lettuce Cups

- 1 bag romaine lettuce hearts
- 2 to 3 cups shredded cooked chicken, preferably rotisserie but canned chicken will work also
- 2 TBSP buffalo hot sauce, such as Frank's (or more to taste)
- ½ cup non-fat Greek plain yogurt, or sour cream
- 1 TBSP mayonnaise (or more as needed)
- ½ cup shredded carrots
- ¼ to ½ cup crumbled blue cheese

Wash the lettuce, separate the leaves but keep them whole, just trim the ends. In a medium bowl, combine the chicken, hot sauce, yogurt (or sour cream), mayonnaise and stir well to combine. Season with salt & pepper. Add the buffalo chicken to the lettuce "boats" and top with shredded carrot and blue cheese crumbles. For a nice display, serve the "boats" on a large platter with lemon wedges alongside.

Corn and Avocado Salad

- 2 limes
- 2 pints cherry tomatoes, halved
- 4 cups fresh corn kernels (preferably, but thawed frozen corn will work well)
- 2 large, ripe avocados
- ½ cup olive oil
- 2 tsp minced garlic
- 1 (5 oz) package baby arugula or other baby greens
- 1 (6 oz) package crumbled Feta cheese

Zest and juice both limes. Halve the cherry tomatoes. Halve the avocados lengthwise, remove skin and pits, cut into cubes. Toss avocado with 2 TBSP of the lime juice.

Mix remaining lime juice and zest with olive oil and garlic in a jar and shake well to combine. Season with salt & pepper.

In a large bowl, add the greens, corn, tomatoes and avocados. Toss the salad with the dressing, then top with the Feta cheese before serving.

Friends and Family

The best part of Old Home Day

When people talk about the joys of Old Home Day the theme of their story always includes time spent with friends and family. Which means the community tradition must be doing something right; because in 1899 NH Governor Frank Rollins promoted the Old Home Day idea to encourage far flung folks to come back to their original home to visit.

On July 22 there will be a full day of fun activities starting with breakfast at the fire station, then a community fair, the parade, a BBQ and performance by UNH's Little Red Wagon at the town beach, the Pittsfield Middle High School Alumni Association's All Class Reunion and supper, presentation of the new citizen of the year, and a concert at Drake Field. The public portion of the day will end with a fireworks display. Those precious visits with friends and family? They can happen anytime and anywhere! So, gather some of your favorite people and join some of the public events. But make sure you have plenty of time for the reason for the whole weekend – visiting and fun! *The Old Home Day Committee*

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Old Home Day - Pittsfield

SATURDAY

JULY 22, 2023

*"Red, White & Blue ...
it's all up to you!"*

** Be Creative: Patriotic, PMHS School Colors, etc. **

Plans are underway for a fun filled day ** More Details to come **

BREAKFAST AT THE FIRE STATION 7-10AM

DUSTIN PARK • 9AM-1PM

VENDOR/CRAFT FAIR, LOCAL ORGANIZATION & BUSINESS BOOTHS

Kids Games, Food, Caricature Artist
Kids Bike Decorating Station for the Kids Bike Parade
Music - Jackie Lee followed by Don Smith
VERY BERRY COOKOFF

CAR SHOW ON MAIN STREET

HISTORICAL SOCIETY OPEN – VISIT THE NEW BUILDING

PARADE – 11AM – WE ARE TRYING SOMETHING NEW THIS YEAR

The Route is changed again....Starting at Broadway Extension this year to Main St – Elm St – Depot St – Across Carroll St and ends at Broadway
If you'd like to enter a vehicle, float, walking group, animals in the parade, please contact Mark Riel at 603-491-2524

FUN AT F.B. ARGUE RECREATION AREA (AKA TOWN POOL/BEACH) 12-5PM

Cookout - Free Swim - LITTLE RED WAGON THEATRE GROUP at 1pm
Duck Race at 3pm

PITTSFIELD HIGH SCHOOL ALL CLASS REUNION

All who attended or graduated from PHS are invited – Meet & Greet 2-5pm at PHS

CHICKEN BBQ

OPEN TO ALL - Tickets are required - Contact Andi Riel

AT DRAKE FIELD – 7:30PM

*Citizen of the Year Presentation • NEVERS BAND will perform at 8pm
FIREWORKS at Dusk

For Info or to Volunteer:

Andi 603-435-6346 • pittsfieldtowncrier@hotmail.com

Pittsfield Old Home Day Annual Cook-Off

The Cook-Off for the Pittsfield Old Home Day this year will be "VERY BERRY COOK-OFF."

This event is sponsored by the Victory Workers 4-H Club. Anyone and everyone is invited to submit their BEST Berry (any berry) Dessert and bring it to the 4-H Booth at Dustin Park by 8:45am on Sat, July 22. The public will pay \$1 for a bottle of water and the chance to try a small sample of each entry and then VOTE for their favorite. CASH prizes will be awarded: 1st- \$75, 2nd- \$50 and 3rd- \$25. The first 10 people to call or email will be registered. Please contact Andi Riel at 603-435-6346 or email at pittsfieldtowncrier@hotmail.com to register.



**Drive your COOL Vehicle in
the OHD Parade!**

Old Home Day Contact Information

If you'd like to participate in any of the events, please contact the following:

- * PARADE - Mark Riel - mark.riel63@gmail.com or text 603-491-2524
- * CRAFTER/VENDOR at Dustin Park - Adam Gauthier - ohdvendorfair@yahoo.com
- * LOCAL ORGANIZATIONS to set up booth at Dustin Park - Minni Plante - minnibump@gmail.com
- * BUSINESSES to set up booth on Main Street/Dustin Park - Levi Gallup - levigallup@metrocaster.net
- * GENERAL INFO/PURCHASE CHICKEN BBQ TICKETS/Volunteer - Andi Riel - pittsfieldtowncrier@hotmail.com or 603-435-6346

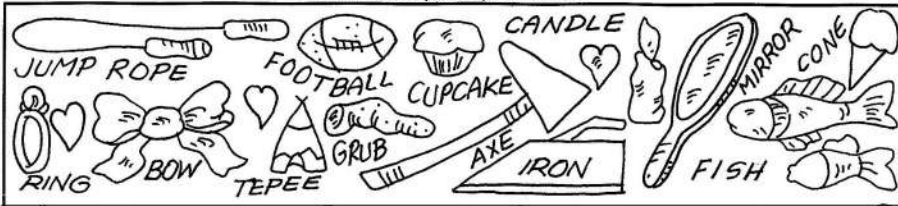
Find the Hidden Pictures



was hard for conservatives to vote for. The growth rate is high but aligns with current financial revenue trends. The 12% state salary increase is well deserved and long overdue. We must see how this affects the state's economy going forward. Currently, NH is doing well and exceeding revenue predictions by over \$1M/month. The House should be putting some of that surplus in a rainy-day fund. The previous legislature did just that, so we are in great shape! Cyril and I voted for this increase. Because we didn't have the votes to "Get it Right," any attempts would have resulted in more spending. We reduced the final budget by just over \$700 M. Sincerely, Your Representatives *Clayton Wood and Cyril Aures.*



www.hiddenpicturepuzzles.com



Pittsfield Head Start Butterfly Celebration



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