

The Bradford Bridge

COMMUNITY NEWS *for* NEIGHBORS *by* NEIGHBORS

Town Positions Open

Positions open for election of town officers at March 12th, 2019 Town Election

Selectman

for 3 years, 1 opening

Trustee of the Trust Funds

for 3 years, 1 opening

Trustee of the Trust Funds

for 1 year, 1 opening

Trustee of the Brown Memorial Library

for 3 years, 2 openings

Trustee of the Brown Memorial Library

for 2 years, 1 opening

Scholarship Committee

for 3 years, 1 opening

Budget Committee

for 3 years, 2 openings

Budget Committee

for 1 year, 1 opening

Planning Board

for 3 years, 2 openings

Planning Board

for 2 years, 1 opening

Zoning Board

for 3 years, 2 openings

Cemetery Commission

for 3 years, 1 opening

Cemetery Commission

for 2 years, 1 opening

File declarations for candidacy at the Bradford Town Clerk's Office during the following hours:

Friday, February 1st, 3-5pm
(for filing only)

Melissa Cloutier,
Town Clerk/Tax Collector
TC@BradfordNH.org – 938-2288

Seniors Thrive at Bradford's Mountain View Senior Center

When asked what everyone should know about the Mountain View Senior Center, Phil Stockwell, who recently retired as Senior Center Manager,



Phil Stockwell, retired Senior Center Manager, with Darcy Little, the Center's new manager.

quickly replied, "If you're a senior not taking advantage of the Senior Center, you're short changing yourself. You've earned it. You've paid for it with your federal taxes. Not participating would be like refusing your social security entitlement and you're giving the naysayers license to cut back."

The Mountain View Senior Center, located in the Bradford Area Community Center at 134 East Main Street, is a hub of activity and opportunity for scores of area seniors who want to stay healthy, active and engaged with others. Services are provided by the Community Action Program of Belknap/ Merrimack Counties Inc. Mountain View's area includes ten towns: Bradford, Contoocook, Henniker, Hopkinton, Newbury, New London, Sutton, Warner, Webster, and Wilmot.

When Congress passed the Older Americans Act of 1965, federal funds became available to provide support and services for seniors that go beyond Social Security and Medicare. At the time Congress recognized the many advantages of allowing seniors to stay in their own homes as long as possible.

While a few area communities have senior centers, Mountain View is the only one that provides the Meals on Wheels program to all ten towns. As reported in the January Bradford Bridge, the Meals on Wheels program provides meals delivered daily, with a daily health check Monday through Friday, to over a hundred elderly or disabled clients throughout the ten towns.

(Continued on page 3)



Snowshoe for Scholarship
Saturday, February 16, 11:00 am
Meet at Bradford Center Meetinghouse
See page 7 for details



The Bradford Bridge

P.O. Box 463
Bradford, NH 03221
bradfordbridge.org
bradfordbridge345@gmail.com

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To place an ad, call
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SUBMISSIONS

The Bradford Bridge is written by neighbors,
for neighbors. Anyone is welcome to
submit articles and/or photographs of
interest to the community. We reserve
the right to edit submissions.

**THE FIRM DEADLINE FOR ALL ADS AND
ARTICLES IS THE 20TH OF THE MONTH.**

Town Offices

SELECTMEN'S OFFICE

Phone: 938-5900

Monday - Thursday: 8:00 AM - 4:00 PM
(closed 12 Noon - 1 PM)
Friday: 8:00 AM - Noon

TOWN CLERK/TAX COLLECTOR

Phone: 938-2288

Monday: Closed

Tuesday: 8 AM - 12 PM/ 1 PM - 4 PM

Wednesday: 12 PM - 6 PM

Thursday: 8 AM - 12 PM/ 1 PM - 4 PM

Friday: Closed

2nd & 4th Saturday: 9 AM - Noon

PLANNING BOARD HOURS

Office hours Tuesdays 3:00 - 6:00 PM

*Town offices are temporarily located at
Bradford Area Community Center, 134 East
Main St. P.O. Box 436. Bradford, NH 03221*

From the Bridge

Warmth.

I hope this edition of the Bridge warms you as it has me in this truly wintry month. Please find a comfy spot to curl up and read about...

The Ruffed Grouse. As always Ann Eldridge gives an entertaining and eloquent view of wildlife.

Andy Chouinard. Introducing the new principal at Bradford Elementary and his view of a vibrant school with caring classroom communities.

The many ways wood warms us. Yes, sitting by a glowing fireplace or sidling up to a warm woodstove is a true winter pleasure and the last way that wood warms a person. Read "Chop It Like It's Hot" to find the pre-fire ways wood heats.

The Mountain View Senior Center. Darcy Little and Phil Stockwell list the many ways the Center helps seniors thrive.

Feline Diabetes. How to care for a cat with this condition which is, unfortunately, becoming more common.

What's happening in Town government. Many thanks to Marcia Keller for her distillation of the minutes of Bradford's committee meetings in "Monthly Briefing."

And, here, to celebrate both the month of love and Mary Oliver, Pulitzer Prize winning American poet, who died on January 17, from *Felicity*, Penguin Press; 1st Edition (October 13, 2015),

"I KNOW SOMEONE

I know someone who kisses the way
a flower opens, but more rapidly.

Flowers are sweet. They have
short, beatific lives. They offer
much pleasure. There is
nothing in the world that can be said
against them.

Sad, isn't it, that all they can kiss
is the air.

Yes, yes! We are the lucky ones."

Have a Lovely February,

Kathleen Bigford, Editor

And everyone who makes the Bridge possible

Seniors Thrive

(Continued from page 1)

Other services provided by the center are: A 12-passenger bus providing door-to-door transportation to seniors five days a week in all ten towns, a healthy noontime meal every Tuesday, every Thursday and every other Friday at the community center dining room, with educational and entertaining programs twice monthly. Each of these three services is offered for a \$2 donation.

And the offerings at the Senior Center do not stop with these important services. Seniors are always invited to have some fun with Strong Living Fitness, bridge, quilting, watercolor, yoga, knitting, mahjong, a monthly movie, and as many as five field trips during warm weather. A warm welcome is guaranteed. Days and times of these activities and the menu for the month are included in the Mountain View Senior Center newsletter. Senior Center activities are included in the Monthly Calendar in every edition of the Bradford Bridge.

Darcy Little, the new Senior Center Manager, comes to the job from Harris Hill Center in Concord where she was recreation director. She said her new job presents opportunities for creating new programs as well as continuing those in place. She is thoroughly enjoying becoming part of a warm and caring community and discovering all the natural beauty in the area.

Darcy and Phil echoed the same feeling about everyone involved at the Senior center, "A great group of people. The best anywhere."

Darcy welcomes your questions about Senior Center programs and all things senior at 938-2104. To receive an electronic newsletter email Darcy at DLittle@bm-cap.org.

Kathleen Bigford



Bridge The Gap Success!

You made it happen! The Bradford Bridge Board of Directors wishes to thank our supporters and readers. The Bridge The Gap Campaign exceeded its goal. Donations from \$10 - \$500 totaled \$3,292. With these funds, The Bridge will stay financially sustainable. As we continue the tradition, we hope our loyal advertisers and new advertisers will continue to support the newspaper: Community News by Neighbors for Neighbors. Contact us at: bradfordbridge345@gmail.com; or write: PO Box 463, Bradford, NH 03221.

Photos and Submissions for 2018 Town Report

The Selectmen's Office is gathering information for the 2018 Town Report. If you have photos of the Town's faces, places or events that you would like to share, please forward them to administrator@bradfordnh.org. Old and historic photos are welcome too. Be sure to include the photographer's name (if known) so proper credit can be noted.

Similarly, if you represent a local organization and would like to submit an update of your 2018 activities for the Town Report, please forward it to administrator@bradfordnh.org. Be sure to include photos of your organization's 2018 events as well!

Submissions must be received by February 8th for inclusion in the report.

Bradford Highway Department Operator/Mechanic Position

The Bradford, NH Highway Department is accepting applications for a full-time Equipment Operator/Mechanic position. The successful candidate will be able to perform skilled equipment operation, mechanical maintenance and minor body repair for equipment used in Town maintenance and construction activity, reporting directly to the Town Road Agent. Responsibilities include minor engine repair, welding and operation of Town equipment to perform various skilled and semi-skilled tasks essential to the Highway Department's operations. 24 hour on call during inclement weather is required. A full job description is available at <http://www.bradfordnh.org/departments/highway-department/>. Resumes will be accepted in person at the Bradford Town Office or via email at highway@bradfordnh.org.



Town of Bradford Budget Committee Notice of Public Hearing

The Bradford Budget Committee will host a Public Hearing for the purpose of open disclosure and discussion on the proposed 2019 budgets prior to the Budget Committee's recommendation of the same, per RSA 32:5.

Thursday, February 7th, 2019

continued on Wednesday, February 13th, 2019, if needed, at 6:30pm, at the Bradford Area Community Center (Youth Room).

**Bradford Area Community Center
134 East Main Street
Bradford, NH**

Outside

Ruffed Grouse



Any alteration to a pattern – anything from weather to economics – reshuffles the winners and losers. This winter started off with some early snow that then turned to a hardened pavement in a dull cold spell that has lasted until mid-January's first significant snowfall.

Some people have enjoyed the reprieve from snow shoveling and rodents have successfully hidden under the crust from the owls and foxes. But ruffed grouse have been dolefully waiting for this storm. Doleful because, like cross country skiers, grouse are very fond of snow. Ten or twelve inches of powder would be perfect. All autumn they've been growing golden nubs alongside each toe that serve to increase the total surface area of each foot like putting on snow shoes would do for us. These pectinations also allow a surer grip on icy branches. Seasonal feathers sprout like leggings and additional feathering acts like a muffler for their beaks, warming the air before it hits their lungs.

What they crave on these frigid nights is to take a dive from some tree into a foot of dry powder. There they tunnel, safe from most predators and from the killing cold. It might be ten below above but under the snow it will be a toasty thirty degrees. These tunnels may be ten feet long and in bad weather grouse may hole up for days, puffing up their feathers to add additional insulation. On tragic nights

they can be fatally trapped if ice overtops the snow.

Winter grouse have overhauled their internal biota to switch from consumption of seeds, weeds, and bugs to that of tree buds, twigs, and catkins. They gather a gizzard full of small stones to grind up this rougher fare. Grouse don't store much fat so missing a meal is serious. They excel at grabbing a meal within twenty minutes and storing it in their crops, a special widening of the esophagus, until they've made it to a concealed location where they can dine safely and at leisure.

Like other ground birds, grouse rely on stillness and their camouflaged plumage. Failing that, they'd rather walk or run from danger than fly. Our most common glimpse of them, besides mincing road crossings, is a burst of whirring feathers when they finally take to the trees. Their short rounded wings are powerfully propelled by strong flight muscles. It is these hefty chest muscles that make ground birds – grouse, turkey, pheasant, and chickens – prized dinners for a long list of predators, including us.

These famous muscles also allow male grouse to perform an amazing display of courtship. Claiming just the right log in just the right location, a claim often staked for life, the performer stands up tall, leans back on his fanned tail, puffs out his ruffed neck, and beats his wings. First slow and then fast and fortissimo. This sonic boom-

ing is created by a 16-26 ounce bird beating its wings faster than the speed of sound. The sound is felt in the chest as much as heard by the ears.

I'd be impressed if I were a female grouse. After choosing the best performer she can find, she'll head out to some secluded location and settle in to single motherhood with a clutch of nine to fourteen eggs. They will hatch into a brood of precocial young that she will defend – sometimes by feigning injury to draw danger away. Fewer than half of their chicks will survive till spring though. By fall, they may gather in small groups though the older books refer to coveys with as many as 20-30.

Their populations cycle though and during the mid-1800s there were plenty of young forest openings and scrubland to sustain them. By the late 1860s the forest was regrowing, hunting pressure increased, and in NH hunting of grouse began to be regulated. Ruffed grouse are listed in the NH Audubon State of the Birds survey as among those species in decline. This is likely due to the aging of the forests and lack of those important alder and aspen thickets.

Ruffed grouse are northern snow birds. They've had a few days comfort from the cold in their avian igloos but tomorrow's weather calls for forty degrees and raining before returning again to single digit evenings. They might like a few more snowstorms.

Ann Eldridge

at Newbury Harbor

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BE WELL



This column is your monthly dose of wellness. Want to contribute? Contact Leah at 603Leah@gmail.com.

Chop It Like It's Hot

Who doesn't love the feeling of curling up by a roaring woodstove at the end of a long winter day? It's comforting and soothing and pretty gosh-darn picturesque. But the joys of burning wood don't stop there! There is more than one way to feel the burn when it comes to firewood. Hand-splitting firewood with an axe is a productive, simple, and enjoyable way to stay fit year round!

I personally am not the kind of person who gets any pleasure out of sitting in a sweaty indoor gym lifting weights over and over with no end purpose other than "getting ripped." But, give me an axe, a pile of wood, and some fresh New England air and I could split all day long.

First there is the physical act of splitting. Set your wood up on an old fat stump as a chopping block, make sure to bring the axe straight up above your head, and then swing straight down through that same plane and you

will get a cardio and ab workout that would put most gym routines to shame. Splitting wood for an hour burns about the same amount of calories as running 4 to 5 miles!

Then there is the stacking. I feel as though most of the arm workout from splitting your own firewood actually comes from the stacking part of the process. Although some extra arm muscles and tone is always a welcome thing in my life, I find that stacking brings me more mental joy than anything else. Whether you go with the end-pillar stack or the holzhaus (little round hut) stacking method, this part caters to both the artistic and OCD parts of the brain. Each piece has a perfect spot to make the stack whole.

Lastly, later in the season, you get yet another little workout bringing the wood to wherever you may be burning it! Stay tuned for the next edition of the Bradford Bridge to find out about the joys of burning your hard earned perfectly split and stacked wood in your own forest sauna!

*Warm Winter Wishes,
Caitlin Banaszak*

"CHOP YOUR OWN WOOD & IT WILL WARM YOU TWICE."

-Henry Ford

1930s



Thanks to Helen Lynam for correctly identifying the era during which this photo, published in the December issue, was taken as the 1930s. It depicts women in costume on the stage of the Bradford Center Meetinghouse, which Helen frequented as a child.

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Introducing Andy Chouinard, Principal, KRES at Bradford

Andy Chouinard is completing the first half of his first year as principal of the Bradford Elementary School and is very happy to be working in this caring community. Andy comes



Andy Chouinard, Principal, KRES at Bradford and student.

to Bradford from Derry, NH where he was assistant principal for the past 6 years. His previous jobs include physical education teacher, athletic director and a summer camp director. Andy, his wife Olivia and their three children, ages 3, 2 and almost 1, live in Bow, NH.

Andy and I had a chance to chat about his new job.

Andy was attracted to the principal position at Bradford Elementary as he searched for a place where he could be an administrator with lots of opportunity to work directly with children. He said he enjoyed being an assistant principal because of the day-to-day contact with students and he wanted to continue that kind of work as a principal.

Kearsarge School District's fine reputation played into his decision to apply. Throughout the interview process Andy became excited about

working in Bradford. Andy and his wife had been planning a move to the Concord area. They recently purchased a home in Bow making the decision to buy a home on the day Andy received the offer for the job in Bradford.

Andy had a lot to say about observations he is making as he settles into Bradford Elementary. His mode of operation is to see what's happening and how things work before making changes. In his letter to Bradford families he wrote, "I have been extremely impressed by the quality and commitment of the teachers in Bradford. In addition, there is also an excellent support staff that works collaboratively with your child's teacher to support their learning." Andy feels he has landed in a high level school with caring teachers. He has no concerns.

Without hesitation Andy told me that the most exciting thing happening at Bradford Elementary is the focus on the students' social and emotional wellbeing. A district-wide initiative called "Caring School Communities" is in full swing at Bradford. The program is designed to build caring relationships among students, teach social skills, create a calm learning environment, and help students acquire self-discipline.

To carry out these goals the Bradford School staff has developed "Tribes." Each tribe is made up of about 10 students from across all grade levels. Students and teachers work together to solve problems rather than teachers summarily making all the decisions.

When we discussed the challenges facing elementary education, Andy mentioned that the usage of devices with screens is limiting students' ability to have face-to-face interactions. Also, as family dynamics change, teachers and staff support students as they deal with anxiety and provide a safe school environment.

Clearly, Andy believes everyone at the school is up to these challenges. The teachers design and implement programs to fill students' needs. In addition to the culture of caring among the staff, Andy also mentioned the strong relationship the school has with the community. The parent/teacher organization is very involved as are community organizations such as the Sweet Beets and the Lake Sunapee Protective Association.

Quoting from a letter Andy sent to staff at the beginning of the year, "...I want to be the best principal for the students of this school and for you as a staff. My highest priority is to put the needs of others before my own."

Welcome to Bradford Andy. All the best to you and the staff as you guide and support our elementary students.

Kathleen Bigford

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Sunapee Wins HKD I AM a Snowmaker



This from *Ski Area Management Magazine* – Natick, Mass., January 17, 2019 – The 2018-19 HKD I AM a Snowmaker contest, showcasing six snowmaking teams from resorts across North America, concluded on Tuesday, January 15. Nearly 4,000 votes were cast over the twelve-day voting period, with the Mount Sunapee, N.H., snowmaking

crew earning the most votes to emerge as the winner. Kris Dubaere, Bradford Resident and Snowmaking Manager at Mount Sunapee, expressed how much the crew appreciates the recognition of a job well done. The crew will receive a prize from HKD and recognition for their dedication to and passion for the art of snowmaking.

Snowshoe for Scholarship Saturday, February 16th



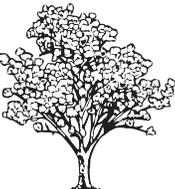
The Bradford Town Scholarship Committee is hosting a Snowshoe Fundraiser on Saturday, February 16th starting at 11am. Whether you are a seasoned expert or are strapping on snowshoes for the first time, this event is for you. We offer a guided snowshoe trek starting at the Bradford Center Meetinghouse followed by lunch.

The one-hour hike is on a 2-mile loop on the Blitzer/Moss Trail which intersects Battles Conservation Land. The trail winds through an old forest, crosses a brook and summits Jewett Hill at about 800 feet. The view from Jewett Hill features Pickett and Jericho to the southwest. Come experience the hidden wonders of this forest.

Participants will meet at the Bradford Center Meetinghouse at 11am. Bring your own equipment. Reservations are requested and you can pay at the door. Call Mary at 938-2868 to reserve a spot. A donation is requested of \$20 for an individual and \$30 for a family. All abilities are welcome. After the loop hot soups, chili, hot cocoa, and desserts will be served for lunch at the home of Sue and Don Moss. Hikers will then snowshoe for about 10 minutes on a trail back to the Bradford Center Meetinghouse.

Originated in 1964, the scholarship fund has provided financial support each year to a Bradford resident who is pursuing post-secondary education. The Scholarship Committee is looking to build the fund principle to generate more income for long term sustainability. Every dollar contributed goes directly to the scholarship fund. If you cannot attend the fundraiser but wish to donate to the fund, you can do so by sending your contribution to: The Town of Bradford Scholarship Fund, P.O. Box 436, Bradford, NH 03221.

Kathleen Bigford

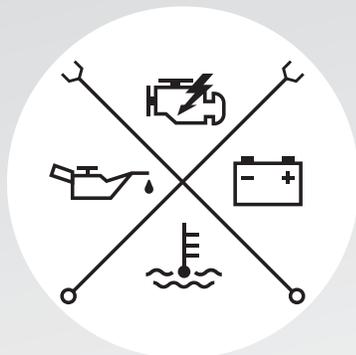


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Library Lantern

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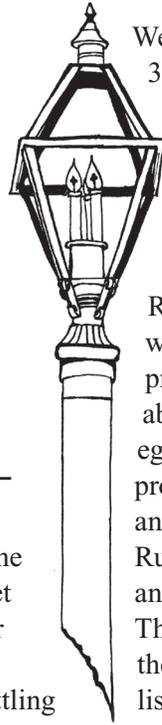
Monday 10:00am – 8:00pm
Wednesday 10:00am – 7:00pm
Saturday 10:00am – 3:00pm
Sunday 11:00am – 3:00pm

From the Director's Desk:

As I'm writing this, following the big storm, I look out to a blanket of fresh snow, and ice, and a car that won't start. After all the running around beforehand, battling the crowds at the grocery store, making sure the generator has enough gas, and finding flashlights and batteries, I felt sort of ready. After all this preparation, big storms give everyone an excuse to slow down for a bit. Social plans are cancelled, and we're resigned to stay in until it's clear to go out again. I think weather is a unifying topic. We're all experiencing the same thing. I enjoy feeling this connection with others, even if the weather is generally a banal subject.

The library has always felt like a place of connection for me. It is one of the few central places in town, besides church, that provides a meeting place for the public. I am working on bringing some different programs to the library that would entice a variety of people, both kids and adults. I am always looking for ideas so please feel free to tell me what kind of programming you'd like to see.

For February, we are starting an old-school classic video game club. NOTE: due to many kids involved in the Bradford Elementary school performance *Seussical the Musical*, I have changed the day from Monday to Wednesday, in hopes it may allow a few more kids to come. So, the program will run for four weeks from



Wednesday, February 6th from 3:30-5:00pm to February 27th.

Third through fifth grade kids are welcome to attend. Snacks will be provided.

Saturday, March 30th from 12:00-3:00pm we will have a

Russian Fabergé Egg program that will combine a beautifully illustrated presentation on the life and remarkable work of Russian master jeweled egg artist, Peter Carl Fabergé. The program will be in part informational and part hands-on. Traditional Russian painting techniques and floral and berry designs will be introduced. Throughout the workshop portion of the program, participants will be listening to traditional Russian music, and there will be a brief demonstration of a few steps from a traditional Russian dance. (There is a materials fee of \$10.00 for anyone participating in the hands-on component of the program. This fee covers the cost of the wooden egg and stand as well as the use of paints for painting on wood and brushes for the workshop). Please come on Saturday, March 30th, to enjoy this program!

Bradford Art Group has installed a new display of beautiful art work by Paula Fraser. Her pastel paintings will be displayed in our library through March 2019. Please come by and see her work.

Ongoing Business:

The library trustee's have been working diligently on our LED lighting project. The LED lights have been delivered and are now waiting to be installed. These new, efficient LED lights will mean less money spent on lighting the library! New lights will also brighten our atmosphere and will nicely light up the stacks area, which is more difficult to see at night. We are looking forward to the project beginning in February and I thank all who have helped the project come to fruition, Seth Benowitz and Tom Radford of Skyline

Electric. For more specific information on this project please see past trustee meeting notes on our website or town's website.

Change of Meeting Date:

The BML Trustee meeting date has changed from Wednesday, February 6th to Wednesday, February 13th at 6:00pm.

Book Group:

This month we will be reading *Last Bus to Wisdom* by Ivan Doig. This was Doig's last novel. It's a coming-of-age story featuring an 11-year-old narrator. This story is set in the 1950's and is an adventurous road trip book that includes lots of interesting and funny characters along the way. This book is certainly different than our last, post-modernist book, and I think it has a good chance of delighting most of its readers. Come and pick up the book and join us on Wednesday, February 20th at 7:00pm.

New Books:

Fiction:

The Best of Us / Robyn Carr
The Clockmaker's Daughter / Kate Morton
The House Next Door / James Patterson
Looker / Laura Sims
The New Iberia Blues / James Lee Burke
Newcomer / Keigo Higashino
Revolution Sunday / Wendy Guerra

Non-Fiction:

Burned / Edward Humes
Unladylike / Cristen Conger
Small Fry / Lisa Brennan-Jobs
A Year of Living Kindly / Donna Cameron

Kids / Teens:

Do Not Lick This Book / Iden Ben-Barak
Dude! / Aaron Reynolds
Fly Guy's Amazing Tricks / Tedd Arnold
The Unwanted / Don Brown
Starry Eyes / Jen Bennet

Ellen Barselle

New Library Art Exhibit Opens

The Bradford Art Group announces the January opening of a new exhibit: Pastel Paintings by Paula Fraser, in



Brown Memorial Library, Bradford. Paula was born in Maine but spent her childhood in New Hampshire where she met her husband. The

couple has a summer home on Lake Massasecum and a home in Millis, MA. She has been a pre-school kindergarten teacher and has run after-school programs for special needs children.

Paula Fraser describes what propels her to paint. "I have enjoyed being creative all my life. Even my career

was to inspire and cultivate the creativity of young children." She finds that a quote from Georgia O'Keefe best describes her own approach, "I found I could say things with color and shapes that I couldn't say any other way – things I had no words for."

Paula's paintings have been juried into several national shows, including: The Pastel Society of Cape Cod; Pastel Society of New Hampshire; Zullo Gallery, Medfield, MA; Port Gallery, Kennebunkport, ME; and juried member shows of the Pastel Societies of NH, MA & ME.

The exhibit, Pastel Paintings by Paula Fraser continues through March in the Brown Memorial Library, 75 West Main Street, Bradford. Library hours are: M: 10 - 8; Wed: 10 - 7; Sat: 10 - 3; Sun: 11-3. For more information, call: 603-938-5562.

Audrey V. Sylvester

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Monthly Briefing: Bradford Town Board Reports

Board of Selectmen

Town Hall Update The heating system has been installed and is in operation.

Trumbull Nelson has completed insulation and framing for the utility room in the basement. They are now off the site and will resume work once the granite has been cut.

Independence Day The date for the Celebration has been set for July 6th to coincide with the Road Race, which allows for better coordination of police detail resources. The contract has been signed with Atlas Pyrovision to provide the fireworks.

Mold Issues Police Department – The remediation is not covered by the landlord’s insurance, but he will address the problem. There are no results to date.

Highway Shed The Parks & Rec Committee and the Highway Department have expressed interest in using parts of the old Highway shed, but that, too, has mold issues. The money needed to bring the shed up to standards is prohibitive. The Board will put the remediation efforts on a Warrant Article for Town Meeting and further investigation around options to extend a water line to the rink will be explored.

Highway Department The new pickup truck, previously authorized for purchase, has been delivered. A Town

employee purchased the traded in pickup truck from the dealership.

The Selectmen supported Road Agent Steve Hall’s request to move any signs indicating seasonal road maintenance to the Battle’s Farm end of Jewett Road.

Steve Hall presented a new Highway position to the Board for approval. This position, Equipment Operator/ Mechanic, replaces the position Steve vacated when he accepted the Road Agent position. Selectmen agreed and the job opening has been posted.

Cemetery Funds Marlene Freyler, representing the Bradford Cemetery Commission, and Harry Wright, Trustee of the Trust Funds, met with the Board to discuss utilizing the interest and income funds from the Cemetery Trust towards the annual General Fund budget for cemetery maintenance. This is an option and applies to utilizing prior year income and interest. John Pfeifle asked for a commitment of \$8,250 for 2019 as well as ongoing support annually.

Fire Department Fire Chief Mark Goldberg and several members of Fire & Rescue met with the Select Board to discuss next steps for the Fire Department driven in large part

by the Chief’s upcoming retirement. Goldberg offered several suggestions for Fire Department issues.

The Board thanked the Chief for his service and discussed exploring a multi-town resource with neighboring communities as well as speaking with consulting firm Municipal Resources Inc. and determining what should be presented on a Warrant Article at Town Meeting.

Monitoring Wells The Board signed a scope of work statement for the additional well monitoring required by the Department of Environmental Services on the Naughton property.

Intent to Cut Signed for Map 3/Lot 7 State Route 114.

Computer Virus Town Administrator Karen Hambleton reported that the Town emails were down; the Town has no IT support contract. The email service, which was infected with a virus for several days, has been corrected and is back in service.

Sarah W. Chapin
Registered Pharmacist



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Budget Committee

CIP includes \$133,750 in expenditures, \$39,600 in lease payments and \$371,000 savings in trust for a total expenditure in 2019 of \$544,350, and does not include any offsetting revenue. The total tax impact was identified as a \$0.17 increase/\$1,000. The Budget Committee voted to support the 2019 Capital Improvements Program.

The Budget Committee will hold a Public Hearing on February 7th, 2019 at 6:00pm in the Youth Room of the Bradford Area Community Center for the purpose of open disclosure and discussion. If needed, a follow-up hearing will be held on February 13th.

Zoning Board of Adjustment

Rehearing The Board denied the request for a rehearing submitted by abutter Brian Rondeau regarding the Board's decision granting a required

setback variance for property located at Map 17/Lot 35 Route 114. The reasons outlined to rehear the case had been discussed during the original hearing and deliberations and was approved by a majority vote.

Conservation Commission

2018 Budget It was voted to place the remaining balance of the Conservation Commission budget in the Forest Maintenance Fund (per RSA36-A:5, I) to be expended on beaver deceiver improvements in 2019.

Trails Based on a review of the Bradford Open Space Trail Plan, the CC discussed potential extensions to the network of hiking trails.

ATV Use of Public Roads: The Friends of the Minks have been working on several proposed pieces of legislation for the 2019 session.

1. Requiring abutter notification and a public hearing before ATVs are permitted on Class 6 and other town roads.
2. To fund an impact study considering economic and other impacts of ATVs in the north country
3. To develop a State Master Plan for ATVs.

Climate Change There was a discussion of the impacts of climate change

regarding the potential impacts to the forests and ecology of Bradford. The best advice for managing forests in response to potential changes at this time may be to promote resilience by encouraging a diversity of species.

Class VI Roads Bradford's current ordinances relating to Class 6 Roads will be reviewed and recommendations for updates and improvements developed.

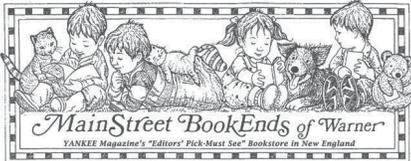
Snowshoe Hike on Knight's Hill February 23 at 9:30am will include the once and future State Champion Red Spruce.

Library Trustees

LED Lighting Trustees authorized up to \$500 for increased cost of bulbs and any other contingencies. Electrician Tom Radford is expected to begin the work in late January.

Special Programming \$500 was approved for 2019 to allow Library Director Ellen Barselle to coordinate two programs with The Friends of Brown Memorial Library. Russian Fabergé Eggs (history and later a hands-on program to make them) and Lego Robotics are both provided through the NH Humanities Council.

Minutes of all meetings are on file at the Town Office and online at bradfordnh.org.



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Obituaries

Elisabeth N. Krantz

Elisabeth N. Krantz (“Betty”), 90, of Hopkinton died on January 2, 2019. Born April 28, 1928 in Providence RI, she was the daughter of Ralph and Evelyn Norton.

Betty graduated from Seymour High School in Seymour, CT in 1944, and graduated first in her class in 1947 from the Traphagen School of Fashion Design and Illustration in New York. In 1951, Betty met the love of her life, John (“Jack”) Krantz. They married in 1953, and moved to Hopkinton, NH. Many summers were spent at their camp on Lake Massasecum where daughters Jeannie and Susie live.

While raising three children, Betty built an interior design business. She was a ski instructor at Pats Peak, in Henniker. Skiing quickly became the winter sport of choice for the Krantz family.

She was active in the Hopkinton community, volunteering at the Hopkinton Congregational Church, Girl Scouts of America, and the Hopkinton Women’s Club. She enjoyed playing bridge with friends, gardening and bird watching as hobbies, but nothing was more important than spending time with her four grandchildren.

Betty joins her husband, Jack, grandson, Ryan Bishop, and leaves children and grandchildren: Jack Krantz Jr. and his wife Betsy Krantz, Jean Krantz Bishop and her husband Christopher Bishop, Chris Bishop Jr. and his wife Sara, Susie Arnold and her sons Peter and John Arnold.

The Holt-Woodbury FH & Cremation Service Henniker is assisting the family.

Robert T. French, Sr.

Robert (“Bob”) T. French Sr., 87, died at The Birches on December 7, 2018 surrounded by loved ones. He and his wife of 63 years, Arlene, lived in Henniker. He taught his children to honor their family name, and was well-known for his sense of humor, strength of character, intelligence and work ethic.

A Sergeant in the US Air Force, Bob served in Germany in the Korean conflict. He received an honorable discharge in 1955. Bob was curious about how everything worked – taking apart his mother’s clock as a very young child. His service training gave him the ability to reassemble things he took apart. Ultimately he possessed the ability to fix absolutely anything.

Bob graduated from New England College in 1958 with a degree in Engineering. He became a Civil Engineer at NH DOT for Bridge Design, designing many of the bridges you drive over today. He transferred to the NH Department of Environmental Services, Water Supply and Pollution Control as a Sewer Construction Inspector until retirement in 1989. He was a Designer & Installer of Subsurface Disposal Systems and earned Land Surveyors Association certification in Boundary Control and Legal Principles.

Bob is predeceased by his parents Alfred L. and Mildred (Connor) French, brothers Kenneth and Durwood, and sons-in-law Robert Keller, Vincent Trovato, and Ronald Williams. He is survived by his wife, Arlene, and children: Karen Keller-Williams of Barnstead, Linda and William Cote of Loudon, Christine Trovato and Hector Ortiz of Manchester, Dawn and Daniel Pettiglio of Bradford, Robert French Jr. and Kelley LaPlante of Henniker, Thomas and Rachael French of Henniker, Teri

Landry and Adam Driscoll of Windsor; brother Richard French of Henniker, 16 grandchildren, and 20 great grandchildren!

A special thank you to the staff at The Birches, especially Hannah, Tammy, and Amy for the compassionate, professional and loving care they provided to Bob and his family during his stay. The family would appreciate donations to the VNA of Concord or the Henniker Rescue Squad. There will be a celebration of life on his birthday, March 16, 2019, from 1-4pm at the Henniker Community Center.

Carolyn Ann Jordan

Carolyn Ann Jordan died December 29, 2018 at age 45. Carey’s two boys, Adam and Cameron, brought her true happiness. She always had compassion for others and was there to help those in need. She cared for others sometimes more than she cared for herself.

Her beloved sister, Casey, predeceased her by 15 years. She is survived by sons Adam and Cameron Wheeler, lifelong friend Brian Wheeler, mother Peggy Wight and stepfather Randy Dunphe, father Jeff and stepmother Robin Jordan, stepbrother Steve Hurd and wife Jessica, nephews August, Banyan, and Torin Lewis, as well as many other aunts, uncles, cousins and friends who became family along the way.



Feline Diabetes

Most of my blurbs about veterinary medicine thus far have focused on the dog world, but this is one for the cat lover, and, if your cat develops diabetes, you will become its human servant. Remember, dogs have masters, cats have staff to treat this complicated disease. Cats cannot make anything simple!



There are 4 types of diabetes, but the main one found in cats is Type 2 Diabetes Mellitus (DM). This is a diabetes which requires insulin injections. Neither diet nor pills will control it.

Type 2 DM is a situation where the pancreas, a finicky but essential organ near the stomach, is still making some insulin, but either not enough in response to demand or the cat decides that it does not want to use its own insulin which is known as insulin resistance.

Risk factors that predispose cats to diabetes are: age, being male (sorry guys), obesity (a growing epidemic in our pet population), being an indoor-only cat, laziness (most cats!), being a certain pure breed, and steroid injections. I am not alone in the vet world when I admit that I have caused diabetes in a cat by giving a steroid to treat other diseases such as asthma or skin allergies.

Signs of diabetes in cats are similar to those in people or dogs, but cats are masters of disguising their illnesses until late in their disease, making early detection tougher. Look for increase in thirst, urinating, appetite and weight loss.

Diagnosing diabetes can be challenging early on in the disease. We do look at blood sugar (glucose); however, when a cat is stressed, its blood sugar can increase almost 200 points in minutes! So, is the cat scared, or diabetic? We can try to correlate this with urine sugar, but cats do not always volunteer a sample when you want one!

Treating cats can be very challenging. Cats only accept certain types of insulin. Others either do not work, or the cat destroys it as soon as it is injected. The main types in cats are Prozac, a veterinary only insulin, glargine and detemir. These second insulins are used in humans and can cost upward of \$400 a bottle, lasting up to 4-6 months.

Now, the dedication really begins! You must feed your cat exactly the same food every day, at the same time, and make sure it eats before injecting insulin under the skin. These injections need to be done 12 hours apart 365 (or 366) days a year. Next, you will need to follow up with your vet to do glucose curves, checking levels every 2 hours for 12-24 hours. Some truly devoted human servants will buy a glucometer and get blood from their cat themselves every 2 hours, sticking its ear with a tiny needle. Not all cats are fond of this.

All in all, diabetes in cats can be very challenging. At some point every cat's blood sugar will get too low or high requiring a trip to the vet or ER to stabilize it. Yet, these cats CAN live long and good lives. It just requires dedicated owners to be involved. I have one client whose cat has gone in and out of remission from diabetes 5 times. This cat's owner says that his care can be a real roller coaster ride and is sometimes more complicated than her late husband's hospice care.

Laurie Farrell, DVM



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Community Events Calendar – February 2019

All events take place at the Bradford Area Community Center (938-6228) or the Mountain View Senior Center (938-2104) unless otherwise noted. Call to confirm dates and times in case any changes have been made.



Friday, February 1st

- 8:45 am Mt. View Sr. Ctr. Fitness
- 11:30 am First Friday Brunch with a 50/50 raffle, book discussion with author, Jack Noon, and as always door prizes

Monday, February 4th

- 8:45 am Mt. View Sr. Ctr. Fitness
- 10:00 am Children's Storytime, BML
- 10:30 am Children's Playgroup, BML
- 1:00 pm Bridge Group
- 3:30 pm Driving School
- 5:30 pm Selectmen's Meeting, BACC

Tuesday, February 5th

- 10:00 am Stitches from the Heart
- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group
- 2:00 pm Watercolor Class
- 3:30 pm Driving School
- 7:00 pm Planning Board
- 7:00 pm Fish & Game Club

Wednesday, February 6th

- 3:30 pm Driving School
- 6:00 pm Yoga
- 7:00 pm Zoning board

Thursday, February 7th

- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group

Friday, February 8th

- 8:45 pm Mt. View Sr. Ctr. Fitness

Monday, February 11th

- 8:45 am Mt. View Sr. Ctr. Fitness
- 10:00 am Children's Storytime, BML
- 10:30 am Children's Playgroup, BML
- 1:00 pm Bridge Group
- 3:30 pm Driving School
- 5:30 pm Selectmen's Meeting, BACC
- 7:00 pm Rural Heritage Connection

Tuesday, February 12th

- 10:00 am Stitches from the Heart
- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group
- 2:00 pm Watercolor Class
- 3:30 pm Driving School
- 6:00 pm Cemetery Commission
- 7:00 pm Planning Board, BACC

Wednesday, February 13th

- 1:00 pm Knitting Group
- 3:30 pm Driving School
- 6:00 pm Yoga
- 6:00 pm Library Trustees, BLM

Thursday, February 14th

- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group
- 4:30 pm BACC/P&R Committees
- 5:00 pm Friends of BACC

Friday, February 15th

- 8:45 am Mt. View Sr. Ctr. Fitness
- 9:30 am Foot Clinic at Warner Pharmacy
- 10:00 am Friday at the Movies: *The Sandlot*
- 12:00 pm Noon Senior Dining

Saturday, February 16th

- 11:00 am Snowshoe for Scholarship, Bradford Center Meetinghouse

Sunday, February 17th

- 7:00 am Kids Ice Fishing Derby, FGC

Monday, February 18th

- President's Day Holiday - Senior Center Closed - No Meals on Wheels today
- 9:30 am Foot Clinic at North Ridge Senior Housing
- 1:00 pm Bridge Group, Senior Room
- 3:30 pm Driving School
- 5:30 pm Selectmen's Meeting, BACC

Tuesday, February 19th

- 10:00 am Stitches from the Heart
- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group
- 2:00 pm Watercolor Class
- 7:00 pm Conservation Comm., BML

Wednesday, February 20th

- 3:30 pm Driving School
- 6:00 pm Yoga
- 7:00 pm Book Group, BML

Thursday, February 21th

- 11:00 pm LSVNA Blood Pressure Clinic
- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group

Friday, February 22th

- 8:45 pm Mt. View Sr. Ctr. Fitness

Monday, February 25th

- 8:45 am Mt. View Sr. Ctr. Fitness
- 10:00 am Children's Storytime, BML
- 10:30 am Children's Playgroup, BML
- 1:00 pm Bridge Group
- 3:30 pm Driving School
- 5:30 pm Selectmen's Meeting, BACC

Tuesday, February 26th

- 10:00 am Stitches from the Heart
- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group
- 2:00 pm Watercolor Class
- 3:30 pm Driving School

Wednesday, February 27th

- 1:00 pm Bridge Group
- 3:30 pm Driving School
- 6:00 pm Yoga
- 7:00 pm Planning Board, BACC

Thursday, February 28th

- 12:00 pm Noon Senior Dining
- 1:00 pm Mahjong Group

ONGOING EVENTS

Mondays

- 10:00 am Children's Storytime, BML
- 10:30 am Children's Playgroup, BML
- 5:30 pm Selectmen's Meeting, BACC
- 7:00 pm Rural Heritage Connection, BACC, 2nd Monday/month

Tuesdays

- 7:00 pm Conservation Commission, BML, 3rd Tuesday/month
- 7:00 pm Fish & Game Club 1st Tuesday each month
- 7:00 pm Planning Board, BACC 2nd & 4th Tuesdays/month

Wednesdays

- 6:00 pm Library Trustees, BLM 1st Wednesday/month
- 7:00 pm Zoning Board, BACC 1st Wednesday/month

Thursdays

- 6:00 pm Cemetery Commission 2nd Thursday/month; call 938-2119

Fridays

- 11:30 am First Friday Brunch, MVSC call 938-2104 for reservations

Other

Historical Society Tin Shop, East Main Street; by appointment, call 938-2253

CALENDAR ABBREVIATIONS	
BACC	Bradford Area Community Center
BCC	Bradford Community Church
BCMh	Bradford Center Meetinghouse
BML	Brown Memorial Library
FGC	Fish & Game Club
KLC	Kearsarge Learning Center
LSVNA	Lake Sunapee Visting Nurses Assoc.
LR	Learning Room
MVSC	Mountain View Senior Center
ZBA	Zoning Board of Adjustment

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Cheryl McDonald, Administrative Assistant: Tues-Thurs 9am-noon.

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AREA EVENTS

BRADFORD

Kid's Ice Fishing Derby - Sunday, February 17 at 7 am. The Bradford Fish and Game Club hosts its annual derby on Lake Todd. Children 15 years old and under are invited to compete but we invite the entire family to come out to the lake for a great day of fun on the ice. Free registration begins at 7am at the clubhouse at 89 Gillingham Drive. Please see our website, *bfandg.com* for more information. We hope to see you there!

Knight's Hill Hike - Saturday, February 23, 9:30 am. The Bradford Conservation Commission is leading a hike to the Knight's Hill summit located in the Low State Forest. This will be a 4-mile rigorous one-way hike starting at West Dunfield Road, ending up at the top of Rowe Mountain Road and should take about 3 hours. This hike is packed with splendid views, some old cellar holes and the Merrimack County Champion Red Spruce Tree. Please contact George Beaton at 938-2637 or *beaton102@gmail.com* if you plan on going. The alternate day in case of bad weather will be February 24th.

WARNER

Dinner and Talk - Saturday February 16, 6 pm at the Warner Town Hall, 5 East Main Street. Dine like the "Snow Train" skiers of the past in Warner. Warner Historical Society and School House Cafe are recreating the dinner provided to the hundreds of skiers who came by train from Boston.

After dinner, local historian Rebecca Courser will regale the diners with the history of the "Snow Train." Tickets for dinner and talk are \$15 and are available online, at the Main Street Office or at the door. Seating limited to 150 so reserve your spot today! Snow date February 23th.

Dawnland StoryFest - Saturday, February 2 at Mt. Kearsarge Indian Museum. New Hampshire's only Native American Storytelling Festival. Contact Mt. Kearsarge Indian Museum for more information at (603) 456-2600.

NEWBURY

Therapeutic Songs for Kids - Saturday, February 9 from 10-10:45 am at the Newbury Veteran's Hall Ms. Julieann Harley: Board certified Music therapist/coproducer. Free and open to the public. Limited 40 participants.

Stuffed Animal Sleepover - Saturday February 9, from 11:15-12:30 pm Drop off one of your stuffed animals at the Children's room at the Newbury Public Library. For more information please call the Newbury Public Library at 763-5803 or email *Childrens@newburynhlibrary.net*

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Many of you are enthusiastic about recording the beauty that surrounds us. Therefore, I'd like to invite photographers to share images to be included in this article. Of course proper credit will be given. The most interesting photographs will be from Bradford and close-by places. An accompanying caption would be nice. One last request is to submit the images in .jpg or .jpeg format.

Kathleen Bigford



The Bradford Bridge



*Barred Owl (above)
Colleen Hurley found this beauty watching over West Main Street.*



*Bobcat (left)
We've featured bobcats for three months running! Kim Lowe took this picture of a bobcat in her driveway.*

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