

The Bradford Bridge

COMMUNITY NEWS *for* NEIGHBORS *by* NEIGHBORS

MONTHLY BRIEFING: Town Board Reports

BOARD OF SELECTMEN

Lease Payment The Board approved a motion to waive the April Lease payment for Freyler’s Driving School since classes have had to be cancelled because the Bradford Area Community Center is not available due to Covid-19. Marlene Freyler recused herself from the vote.

Kitchen Upgrades The kitchen at the Bradford Area Community Center is used by the Community Action Program to provide Meals on Wheels for seniors. To comply with commercial kitchen requirements identified by a state inspection, the BACC kitchen needs a new dishwasher and three bay sink. CAP has purchased the dishwasher and asked the BACC to pay for the dishwasher installation and new sink which is expected to cost around \$5000. The Board approved a motion to support the improvements needed.

Facilities Supervisor The Board approved a motion creating a Town Facilities Supervisor and hired Walter Royal to fill the position.

Emergency Policies The Board adopted Emergency Policies in response to the COVID-19 global health pandemic. The policy will expire in December of 2020.

Email The Board approved a motion, in a 2-1 decision, to establish email accounts for the Selectmen.

Road Agent The board signed an appointment of Steve Hall as Town Road Agent.

(Continued on page 4)

Some Good News

It is natural to feel downhearted by the far-reaching effects of the present pandemic. Life as we know it has been put on hold. Never before have we dealt with so much uncertainty and disruption. And never before have we been called upon to dig this deep to find our best selves.



Easter dinners delivered with special care

Here are some “snapshots” of what’s happening around town. Perhaps you will think of more aspects of quarantine circumstances in Bradford to appreciate and share.

Pictured here is Chief Valiquet delivering an Easter dinner to a local senior citizen. The free meal was offered by the Appleseed Restaurant to thirty seniors in the area and delivered by the Bradford Fire and Police Departments. Thank you to everyone involved for their community spirit and generosity.

Breakfast and lunch are being offered daily by the Kearsarge School District to any students who wish delivery or pick-up. Contact the Bradford Police Department or Kearsarge School District if you would like assistance.

Teachers, students, and parents alike are rising to the challenge of learning online during the school closings. KRES-Bradford Principal Andy Chouinard continues his usual morning announcements in video format to maintain some of the comforting routine that school provides. He includes learning tips, ways to have fun, birthday shout outs and more.

Rick Wright’s Sawmill of Newbury created birdhouse kits for families to use and explore some new skills. Fifth grader Emma Dubeare won a contest put on by the Bradford Police Department for the most creative birdhouse. Her design “Sunset at Sanibel Island” was inspired by the trip her family had to cancel due to the pandemic. She offered her \$25 prize to be given to someone else in need.

(Continued on page 9)

The PRINTED edition of the April Bridge will be available only at the
POST OFFICE & TRANSFER STATION
the Bridge is always available online at: bradfordbridge.org



The Bradford Bridge

P.O. Box 463
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bradfordbridge.org
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Anyone is welcome to submit articles
and/or photographs of interest to the
community. We reserve the right to edit
submissions.

PRINTING

RC Brayshaw & Company, Inc.

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

I hope this edition of the Bradford Bridge finds you well. Six weeks ago did we know we could do all the things we've done and continue to do? I won't mince words. This. Is. Hard. And, the buzz around Bradford is that we're working hard.

A recent New York Times article, "The News is Making People Anxious. You'll Never Believe What They're Reading Instead," caught my attention. This from a news outlet that disseminates anxiety on a daily basis!! Anyway, the article gave dozens of popular "good news" sources and validated my desire to present the upside of the new reality in our local monthly print media.

I hope you'll find or make a quiet bubble to read what we've gathered. Here's a taste:

- Laurie Buchar's "Some Good News" with ways neighbors are providing service and solace,
- "Some Positives" shared by Lisa MacLean,
- Audrey Sylvester's heartfelt tribute to Tomie dePaola,
- A special pasta recipe from Strega Nona's buddy, Garrett Bauer,
- Ann Eldridge's story of the yearly appearance of yellow spotted salamanders,
- Interviews of our new School Board Member and Part-time Interim Fire Chief,
- Remote learning articles from Mary Keegan-Dayton and Eric Miller,
- The Monthly Briefing. Yes, the boards and committees are zooming to keep Bradford going,

And, fresh ads from our local businesses who are continuing to support The Bradford Bridge. Words cannot express my appreciation to these creative, reliable geniuses. Please take advantage of all they have to offer.

Advertisers, if the delivery of your service is changing as a result of the pandemic, please send a public service announcement to *bradford-bridge345@gmail.com*. In consultation with you, we will print it free of charge in June, if necessary, and post it on *bradfordbridge.org* immediately.

The collective knowledge about lessening the effect of the COVID-19 pandemic is to stay home. As federal and state governments struggle with how to make this happen, please heed this knowledge for everyone's safety.

Please find paper copies of the May edition at the Bradford Post Office, Transfer Station, and Bradford Market, and a digital copy at *bradfordbridge.org*.

Stay safe. Spread Love.

Kathleen Bigford, Editor

And Everyone Who Brings
You Neighborhood News



Letters to Our Editor:

To the Editor,

So much has evolved in all our lives in 2020, much we never could have imagined in our lifetime. This year I celebrated 65 years of life with family and friends, feeling loved, accepting my life with quadriplegia with a spirit of joy for all the abilities that I have. Then March 4th mother nature's unexpected winds blew and flipped my adaptive van in the air.

The accident caused extensive broken bones in my lower body, but I was blessed with not losing any of my upper body function and no brain damage. The angels protected me in that sense. I got out of the hospital before NH isolation started. I am recuperating nicely, I have great homecare workers, two of which are living with me to keep social distancing. I am blessed.

As human beings we can choose how we perceive experiences in our lives. With the COVID-19 challenges, disruptions and global uncertainties, I am observing more and more human kindness; people making masks for one another, sharing food, nations sharing resources. Volunteers and gangs in poor areas are working together instead of killing each other.

Maybe this crisis will allow us as nations and human beings to connect and care for each other. Possibly the past of creating wars will be something that humanity does not want to repeat.

Maybe COVID 19 is helping human beings to appreciate each other and the importance of human contact. Just some thoughts about gaining positive perspective on life.

Carol Conforti-Adams

To the Editor,

I would like to thank Sweet Beet Market and Kearsarge Food Hub for their dedicated leadership during the pandemic. They were looking out for our safety before most of us were even aware of how deeply Covid-19 would change our lives. They embraced the challenges, kept the market up and running, and created an online ordering and pick-up system, expanding the circle of people who shop in Bradford weekly.

As soon as schools were closed, they were ready to fill needs for families in town who relied on the school lunch program. They have partnered with several other community groups within the Kearsarge District to provide continued assistance. Local farms and food producers have benefitted too from the expanded marketing opportunities that Sweet Beet Market is providing. If ever we needed a demonstration of why we need our local food system to be strong, Sweet Beet is it. I look forward to their weekly online newsletters, but truly, their actions speak louder than words.

Five years ago, these young visionaries began with the seed of an idea to be of more service to the town and the world around us. Their mission is clear and compelling, and they have added immeasurably to the quality of life and opportunities in town. We are so lucky you are here!

With Gratitude,
Susan Moss



To the Editor,

I have nothing bad to say about Christopher Olsen's (interim part-time Fire Chief) character or professional experience, although the latter has apparently been spent more with professional fire departments in somewhat larger towns, rather than with volunteer departments in towns as small and as rural as Bradford.

However, the Town voted at the 2019 Town Meeting that the "Fire Chief be appointed by the Select Board in consultation with the Fire Department Membership, with the fire fighters appointed by the Fire Chief." Since the Selectmen did not do this, I do not believe that Mr. Olsen has the authority to appoint the firefighters, and I have told him so.

Bradford Fire & Rescue can not function effectively without a Chief that the firefighters can trust and respect. For the good of the Town, this issue needs to be resolved sooner rather than later. The Selectmen could easily resolve it by consulting with the members of the Fire Department in appointing a new Chief, as they are required, and as I have asked them repeatedly to do.

And of course, once we do have a Chief in place, we will still be in need of dedicated volunteers!

*Brooks McCandlish, EMT,
Bradford Fire & Rescue*

11 West Main St.
Bradford, NH

Sweet Beet Market

Important changes to meet new challenges!

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MONTHLY BRIEFING: Town Board Reports

(Continued from page 1)

Renewal The Board signed a contract renewal with I AM RESPONDING for use by the Fire Department.

Donation The Board accepted a donation from the Bradford Business Association in the amount of \$201.69 for the Scholarship Trust Fund.

Abatement The Board signed Abatement request for Map 11 Lot 76 Site 29

PLANNING BOARD

Election of Officers The Planning Board elected Pam Bruss as Chair and Carol Troy as Vice Chair.

Lot Merger The Board approved the merger of the following lots: Map 4 Lot 15 located on West Road, Map 4 Lot 31 located on West Road, Map 4 Lot 14 (landlocked) and Map 4 Lot 32 located on Old Mountain Road.

Preliminary Discussion A representative for the owner of 41 Fairgrounds Road spoke with the planning board to discuss subdividing or adding an ADU to the property. The property is just under 7 acres and has approximately 485 ft of road frontage. The Board suggested a subdivision in the event of future sale purposes and let the owner know subdividing would require a variance from the Zoning Board.

Site Plan Approval Following a public hearing, the Board approved a motion to conditionally accept the site plan for Gateway Rentals, Map 3 lot 82B located on 9 Breezy Hill Road. Construction is not to start until final approval from the State in regard to Shoreline Protection is received, and upon completion of this expansion the property is at maximum build out.

Master Plan The Board approved a motion to accept the Master Plan as written.

ZONING BOARD OF ADJUSTMENT

Variance Approval The variance for Map 21 Lot 26, located at 2780 State

Route 114, was conditionally approved by the Zoning Board. The applicant will construct and maintain a rain garden to reduce runoff from the building perimeter drain, working in good faith with the Bradford Conservation Commission, according to homeowner design recommendations from NH Department of Environmental Services.

CONSERVATION COMMISSION

Jones Road Approximately 30 dumpsters, three trailer bodies, and a dump truck are being stored on Map 3 lot 109A on Jones Road. The Commission has concerns about leakage of residual materials from dumpsters at this site as it is a flood area. The Commission approved a motion to send a letter to the Planning Board to find out if there is a site plan for this property.

Conditions for Variance The Bradford Conservation Commission sent comment to the Zoning Board regarding an application for a variance for Map 21 Lot 26, located at 2780 State Route 114. The BCC recommends that a condition be made that the banks be stabilized, tree bases not be choked, and a rain garden be installed and maintained to help mitigate runoff.

Sign A Warner River Protection sign is to be erected on route 114. A motion was approved that the \$200 cost of the sign be paid from the Land Protection Fund.

Election of Officers The Commission approved a motion to reelect their present officers. Ann Eldridge as Chair, Meg Fearnley as Treasurer, and Patty Furness as Secretary.

LIBRARY TRUSTEES

Election of Officers The Trustees elected Devin Pendleton as Chair, Annette Leonas as treasurer, and Laura Beaton as secretary.

Minutes of all meetings are on file at the Town Office and online at bradfordnh.org. For an audio file (mp3) of the recordings of meetings, please visit <http://bradfordnh.org/mp3/>. Some meetings are now streamed live - check website!

KEARSARGE REGIONAL SCHOOL DISTRICT


Preschool Expansion The Board heard a presentation addressing James House preschool enrollment. Barriers to increased enrollment are due to the lack of transportation for unidentified students, the location of the program, tuition, and preschool hours. The Board approved a motion to lease, with the option to buy if approved by voters through a warrant, the Masonic Temple adjacent to the Simonds Elementary School.

Chromebooks The Board approved a motion to purchase 200 Chromebooks through E-Rate funds in the amount of \$47,700. The Chromebooks are to support remote learning.

Hazardous Disposal The Board approved a motion for sole source to be given to Gemini Electric plus a contingency, for a total of \$90,000 to cover anticipated hazardous disposal of 480 gallons of cooling oil that may have PBCs present.

Minutes and agendas for Kearsarge Regional School District meetings can be found at <https://www.kearsarge.org/district/school-board-abc/pages/school-board-agendas-minutes>.

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WHEN WE RETURN TO NORMAL...

It won't be exactly the "normal" we were used to. Very much like after 9/11, there will be changes in our lifestyle, which will become our new normal. From bad, there is always some good which comes. Now, amidst the pain and suffering, good things are happening every day in reaction to this world-wide pandemic... people helping perfect strangers in so many ways, businesses kicking in by producing PPE for hospital workers first-responders and caregivers, huge donations of money to various aspects of support, hotels feeding 100's of their out-of-work employees, the wonderful "at home" concerts being put on by America's professional musicians... and much more. Despite forcing us apart, this event has brought us together in many ways, and we should carry this positivity forward into the days ahead. There is one particular thing which I really hope endures.

We have clapped from balconies in support and praised the front-liners out there, trying to thank them enough, but it just doesn't seem possible. Beyond the front-line, there are so many other groups and individuals really putting themselves out there to the benefit of others. They too deserve infinite thanks and we hear thanks every day for acts of kindness. But let us try to remember that these people have always been there for us and will be there when "normal" returns. We've learned how easy it is to say thank you and how much it means. Let's not forget! Let's make it a habit!

"Appreciation can make a day...
Even change a life.
Your willingness to put it into words
Is all that is necessary."
Margaret Cousens

*While our physical office is closed, we all continue to work remotely.
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**Elizabeth Labbe, New Manager,
Mountain View Senior Center**



Elizabeth Labbe is the new Manager of Mountain View Senior Center located at the Bradford Area Community Center. Elizabeth lives in Warner where she has been an active volunteer for the Town and with a home schooling network. She is becoming familiar with Bradford, the BACC and the programs that have been offered. She assumed the position at a particularly challenging time with all senior activities on hold during the COVID-19 shut down. When 'stay at home' is no longer necessary, she looks forward to meeting the seniors, discussing ongoing programs and encouraging suggestions for new activities.

Her focus for now is an altered Meals on Wheels Program and organizing a new program to replace the senior dining until it is possible to again gather for lunch at the BACC. On Mondays and Thursdays five frozen meals and a bag containing two 'shelf stable' meals (juice box, cereal, soup) are provided. Anyone wishing to participate should call 938-2104, speak to Elizabeth or leave a message. The BACC is locked to the public at the present time so come to the back door at noon on Monday and Thursday, where Elizabeth will be ready to hand you a bag containing the meals. As has been the policy in the past for the senior dining, a donation, \$2.00 suggested, would be welcome but not required.

We may no longer be called Cobble Pond but
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ON WEDNESDAY AND FRIDAY

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Bradford Fire Department COVID-19 Response

Excerpts from Interim Chief Olsen's letter to Bradford residents dated March 27, 2020

It is our hope that this letter finds you all well!

The Bradford Fire Department is ready to respond to your medical and fire needs. While we are following the guidelines of the Center for Disease Control and Prevention (CDC), the situation continues to evolve.

The Bradford Fire Department wishes to remind residents who believe they may have the novel coronavirus and/or are experiencing symptoms to stay home and call their primary care physician before traveling to their office, an emergency room or an acute care clinic. Those without a primary care physician are encouraged to call the state's COVID-19 specific call center at 2-1-1. Reported symptoms of COVID-19 include fever, cough, shortness of breath and respiratory illness, including pneumonia in severe cases.

When responding to your residence for a medical incident, the Bradford Fire Department personnel are required to ask several questions to assist in determining possible exposure to COVID-19, please have patience with our personnel. Those questions will be asked from six feet away before entering any dwelling. This is for the protection of our emergency medical providers. If the emergency medical providers need to enter your dwelling, they are instructed to have only one medical provider enter unless more providers are needed and to don their personal protective equipment (PPE) mask, eye protection, gloves and gown for the safety of all. They may ask you to place a facemask on as well.

Our hope, at Bradford Fire Department, is that all our residents will be safe and healthy throughout this COVID-19 pandemic, if you have any questions or concerns please do not hesitate to ask.

Meet Interim Fire Chief Christopher Olsen

Christopher Olsen has been serving the Bradford Fire Department as Part-time Interim Fire Chief since March of this year. Chief Olsen brings to Bradford over 30 years of experience in fire-fighting, public safety and emergency medical services including serving as Deputy Fire Chief in Barnstable, MA and Fire Chief in Cotuit, MA. Most recently he has served in Mentorship Programs in New Hampshire towns with administrative and operational duties as well as membership on Fire Chief search committees.

In an email exchange I had with Chief Olsen he gave his thoughts on the following questions.

What is your role as Interim Fire Chief?

My goal as Interim Fire Chief is to participate in an administrative and operational capacity, to help organize and stabilize the administrative and operational efforts of the Bradford Fire Department as it prepares to transition to a new, more permanent Fire Chief. This will include working with town officials and department members, to best serve the needs of the Bradford Community.

In preparation for a new Fire Chief, my role as Interim Fire Chief is to provide administrative and operational structure, management of documentation and advisory services to town officials, in support of forward progress of the Bradford Fire Department. It is also necessary to utilize the department's Chain of Command to coordinate the management of fire department personnel. Most departments usually look towards the chief to handle administrative and operational responsibilities, such as providing reports to the Board of Selectman, establishing standard operating guidelines and policies to keep them updated with recent activities and significant events.

How have you and the Department been managing during the COVID-19 crisis?

As you can imagine, it has been very challenging for us as we try to operate and manage the Fire Department. When it comes to training, the time spent in the drill yard or classroom with our members has been very limited because of COVID-19. However, for our personnel who are on the front lines serving the needs of our Bradford community, it brings on many other challenges.

The ongoing messaging and updates required for COVID-19 response, continue to be non-stop. Standard policies need to be adjusted, so we can work together while trying to maintain our social distancing. Holding in-person drills and training sessions has been difficult to achieve, but we are working on a few new ways to resolve the issue. By training in smaller groups, multiple times, the process takes up a lot more time and effort, but we can get the job done.

What are some of the initiatives or special projects within the fire department and emergency services moving forward?

The most pressing project is to prepare the department for a new permanent fire chief. This includes establishing a full collection of Standards with Operational Procedures and Guidelines, establishing Memos for proper communications, establishing new appointments with areas of responsibilities for the department, set-up organizational chart and a Chain of Command process to be followed by all members.

We are also working with Henniker EMS department to start training with them, along with our police department members, for active shooter training.

Chief Olsen lives with his wife in Wolfboro, NH. They have two daughters, one who is a firefighter in Rochester, NH and the other lives in Yarmouth, MA. Their three granddaughters keep them young at heart.

Kathleen Bigford

Fresh Pasta Recipe

Bubble, bubble, pasta pot–

Boil me some pasta, nice and hot.

I'm hungry and it's time to sup;

Boil enough pasta to fill me up.

Love, Strega Nona

4 Cups Semolina Flour (White flour works in a pinch, but Strega Nona prefers semolina)

6 Large Eggs

2 Tbsp Olive Oil

2 tsp Salt

Special Tools: Pasta Machine (about \$80 for a nice one on Amazon)

Incorporate all the ingredients in a large bowl, or in a stand mixer with the hook attachment. If mixing by hand it should look loose and shaggy; turn it out onto a knead-able work surface. Knead the dough until it becomes smooth and elastic, you will feel and see a distinctive difference. This does take some time to know when it's ready, but you can't really over knead so err on the side of over doing it. If using the stand mixer, mix on low for 10 minutes. Wrap the dough in plastic or something else tight and let rest in the refrigerator for at least an hour (and up to 48 hours).

Get a large pot of salted water boiling with a splash of olive oil.

Cut the dough into 10 equal pieces, use the pasta machine to make sheets of dough to your desired thickness. You can use this dough now for ravioli or for lasagna sheets, as for noodles. Make whatever you like! Toss with a bit of all purpose flour to keep the noodles from sticking.

At this point, make sure the rest of your meal is ready. Fresh pasta only takes a minute or two to cook, and then can be served just as you would regular box pasta. Recently, I made fresh pasta with wild New England caught scallops (from Sweet Beet) and a simple garlic sauce, garnished with parsley!

Recipe submitted by long-time Strega Nona fan Garrett Bauer, Sweet Beet Kitchen Baker

A Tribute to Tomie dePaola



Children's author and illustrator, Tomie dePaola was our distinguished New London neighbor whose books on Brown Memorial Library's shelves bring joy to the child in everyone. He has written or illustrated more than 270 books. Tomie donated a special print to the Children's Room in Bradford's library.

Tomie was born Thomas Anthony dePaola on September 15, 1934, in Meriden, Connecticut. On March 20, 2020, Tomie was badly injured in a fall and died on March 30, 2020, at the age of 85, from complications following surgery.

One highlight of Tomie's community engagement was a play of his children's book, *Strega Nona*, produced by the Kearsage Area Theatre Company (KAT), under the direction of Trish Lindberg. A memorable scene on stage happened when Big Anthony disobeyed instructions from Strega Nona for cooking pasta. The pot boiled over, and over, and over. Hundreds of yards of cloth pasta (sewn by a dedicated production crew) flooded across the high school stage. In the audience for that performance, Tomie's delightful laugh filled the auditorium.

Among Tomie's numerous awards are a Caldecott Honor in 1976. In 1991, he received The Lotte Jacobi Living Treasure's Award for Lifetime Achievement from the New Hampshire State Council on the Arts. In 2011, he won the Children's Literature Legacy Award given by the Association of Library Service to Children.

Remembering Tomie dePaola, Laurie Buchar, children's librarian, wrote: Today's children's literature is a far cry from the moralistic, cartoonish books of my youth. I still read children's books regularly - not just at story time or with my grandchildren. Tomie's books are true works of art. They never fail to evoke in me a sense of appreciation, humor and comfort.

Thank you, Tomie, for writing stories, drawing pictures for books, and sharing your talents with all of us. You have truly been a Living Treasure.

Audrey V. Sylvester

If you're motivated to make a donation in his honor, consider giving a book to someone, or a school, or a library, or a contribution to his beloved Abbey of Regina Laudis in Bethlehem, Connecticut.

Be Well - Some Positives

Dealing with the crisis of COVID 19 and its impact of emotional, financial, and global upheaval, we may find it challenging to see what's positive in our orbit right now. Like most, I've had a whirlwind of emotions and life changes many of which have not been pleasant.

It's been a huge change to interact with my grandchildren with "social distance walks" and Facetime rather than being able to hold them in my lap to read or to hug them close. My work has changed. I miss real contact with my friends and family. I miss my "normal" activities. Time has taken on a whole new meaning.

There are no events or organized sports to attend. For many, not even a commute to work. Some work at home, some wish they had work and some have to work while also becoming teachers for their children.

I find myself pondering the multi-faceted consequences of such enormous change. Within that exploration I can't help but notice some gems that are glittering amongst the debris.

That's when I'm reminded that there is a gift hidden in here, the opportunity to choose how we spend some of our time in ways we don't often have access to.

In the midst of all this, when I head out to enjoy some of the amazing nature we are graced with in our community, I see full families exiting a van, complete with pets, and ready for an adventure.

Siblings are together on these outside adventures and not off with their own friend groups.

Families have a chance to eat a meal at home, not on the road in route to numerous practices or games or meetings. I recently heard about the Family Dinner Project, which focuses on new ways to interact with food, fun and conversation. It's not just for parents & kids but for anyone sharing a home - or if you're alone, the content can still be shared with a loved one through social media. You can find out more at www.thefamilydinnerproject.org.

Extended time together has its own challenges, but how wonderful to discover what those are and to indulge in the joyful parts of togetherness.

While everyone is feeling mostly ready to return to life as we knew it, don't miss the unique opportunities of time to dabble in nature, to get creative about how to use time, to rediscover one another outside of the structures that so often define our lives and who we are.

Take a walk, blow some bubbles, play old fashioned board games, tell stories, look at photos, reevaluate your dreams, indulge in all those books and movies you meant to get to, write letters to others and even to yourself. Try something new.

It's both normal and understandable for us to easily see the negatives right now. There's research that experiencing gratitude in times of crisis increases our ability to cope. Even when we can't feel grateful we can choose to be grateful.

This too shall pass. What gems will you bring with you when it does?

Lisa MacLean

This column is a place to find thoughts and ideas about wellness from our community, to our community. Contact Leah at 603leah@gmail.com if you would like to contribute!

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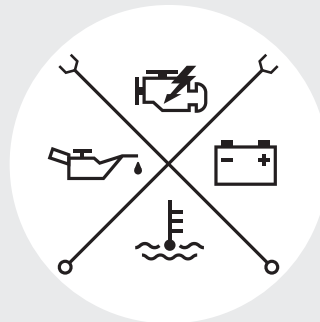
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Some Good News

(Continued from page 1)

Pictured here is a birthday sign on Old Warner Road, just one of the clever ways that folks have found to have fun. Other families have clipped cards on clotheslines and held far-off parades to celebrate important anniversaries.



Teddy bears and Easter eggs have been seen on display providing treasure hunts for the amusement of the kids in town. What's next?

Brown Memorial Library is hosting monthly Story Times online and rumor has it that kids are better than adults at focusing on Zoom meetings!

Lois Kilnapp reports that more blue bags than ever have been requested at the dump to help with roadside clean-ups.

Local businesses such as 5 Acres and Lumber Barn have managed to stay open, selling supplies and offering support for home and garden projects. Even reluctant gardeners are starting to eye the arable land on their properties for food production. As this crisis fell during the springtime, both our soil and our toil are primed for the annual reawakening of the plant kingdom.

The Sweet Beet Market is seeing new appreciation for locally sourced food. They've been extra busy providing curbside food orders with the highest degree of safety precautions.

Evergreen Healing Arts is offering yoga classes online every Monday at 6 pm. Contact 603eha@gmail.com for link up details.

Circular Blu is using their recycled sterile fabric to create facemasks. Indeed, many people around town have joined the mask-making efforts, adding cheer and safety to the community.

Closet bakers are emerging. The sourdough starter recipes used by our pioneer ancestors and revitalized by back-to-landers in the 1980s are now fermenting on counters all over town. Try your hand at making some bread. Few efforts are more grounding than this.

Families are staying connected through Face-Time and other applications of modern technology. Others are taking safe space walks and exploring their town.

Long ago, Bradford residents were isolated for the entire winter. They were eager for roads to clear and to attend annual Town Meeting. Maybe now we can imagine how they felt. Even the glimpse of a neighbor's face in a passing car can lift your spirits today.

Thanks to the Internet, we can bear witness to the many acts of bravery, compassion and beauty that are occurring around the globe. This is the first time humans can universally relate to the fear and deprivation we all share in the face of the Covid19 virus.

It's important to keep a global view while finding local ways to help yourself and others. If you feel daunted by isolation, consider that it is practically heroic just to avoid public contact, follow safety guidelines, and ride out the storm kindly.

Laurie Buchar

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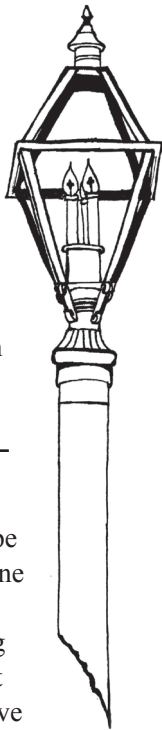
Library Lantern

Brown Memorial Library

78 West Main Street
bmlbradford@gmail.com

Library Hours:

Monday 10:00am – 6:00pm
Wednesday 11:00am – 7:00pm
Friday 10:00am – 6:00pm
Saturday 9:00am – 1:00pm



From the Director's Desk:

How is everyone doing? I hope you are staying healthy and sane during this very strange time in our lives. As we're entering the second month of staying at home, I realize how much I love going to work! I miss seeing everyone at the library, making connections, talking about books and movies, and having a solid routine. The routine at my house has not been incredibly structured, and I know that my children do not thrive in a homeschooling environment. I am also not a very patient teacher. We have made it work, but school is so much more fun. However, during this time I have been more adventurous in the kitchen and I have tackled some projects I never had time to do. I am also enjoying more down time with my husband and kids. Time without hectic schedules, after school activities/sports, or social engagements. We know what our week looks like ahead, the calendar is virtually empty. This has been freeing in many ways. I'm sure I am not alone in this sentiment, but I will be delighted and

excited when things return to normal.

For now, the library will remain closed, most likely until the end of May. We are having the Plant & Book Sale on Saturday, May 30th, from 9am - 2pm.

I thank our volunteers for having started the plants months ago in preparation. There will be plants available to help start your garden and perennial beds. The downstairs will be open for those who feel comfortable going in to pick out books.

In terms of reopening the library, I will be following guidelines from our governor and the NH Library Association. Using this information, I will work with the Board of the Library to determine how to plan for the next few months. I have lots of new books and movies lined up to buy for the library. Please send me an email, call, or FB message me if there are particular books you are looking forward to seeing on the shelves when we reopen. Sadly, there are no programs scheduled for May.

Stay healthy and occupied in ways that make you feel content and happy. I can't wait to reopen and see everyone again. If you are feeling desperate for a new book to read please let me know. We can arrange something that will work for you.

Ellen Barselle
Library Director

Readers Make Leaders

Parents and children, please join us on Monday, June 1st at 10am for a special story time event - Readers Make Leaders - sponsored by Save the Children Action Network (www.savethechildrenactionnetwork.org).

We can help our children become good readers and leaders by reading to them all through their early years and making sure they have access to lots of good books.

In the words of Harry Truman, "Not all readers are leaders, but all leaders are readers."

Laurie Buchar will read selections on this topic at the monthly online story time through Brown Memorial Library. Just e-mail Laurie at lbuchar@gmail.com to obtain the Zoom link and tune in on June 1st at 10am.

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Introducing Eric Gregoire, KRSD School Board Representative from Bradford

I was able to catch up with newly-elected Eric Gregoire by phone and email recently, apologizing for not including him in the candidate forum and in the March Q and A Bridge article. Here are his responses to the candidate questions.

What were your reasons for running for this position?

I had been thinking about what I might be able to do to help give back to the local area. I've previously served on the Budget Committee when we lived in Sutton, so I was familiar with municipal roles. I also know some positions are always lacking for volunteers, so I attended the program held at the library at the beginning of the year. This program introduced people to what positions were open this year in the town. Having two children in school at KRES Bradford (3rd and 5th grade), I have a significant interest in our school system, so the opening as a School Board Rep really caught my attention. I reached out to our retiring board member to learn

more about the job and the time commitments and felt I could contribute in a meaningful way.

How do your background and/or interests relate to this position?

My background and interests are pretty varied. My education consists of an initial study of Electronics in college. I went back later to finish my undergrad work online in Information Technology. I finished up with my MBA in 2007. My work for the past twenty years has been in various roles with a technology manufacturer of voice and data networks. Previous to that I had done a lot of work with Audio Visual systems. I actually think a lot of that background has applicable knowledge for this role. I also consider myself a lifelong learner and have a deep respect for education in general. Having my kids in school here gives me a "vested interest" in the success of our school system and inspires me to help improve it. We have been fairly active in the PTO here and in Sutton.

What do you like best about living in Bradford?

We bought our home here in 2015, we only moved a few miles from South Sutton (didn't even change my phone number or zip code in the process) where we had lived since 2003. I've always enjoyed the small-town flavor of our local area. People are friendly and always willing to help one another. It's quiet, but we have most everything we need close by. It's really a perfect mix.

What are your hopes and dreams for the Kearsarge Regional School District?

I feel we already have a very good school system here, so my hopes are to maintain that and make improvements where we can. Our school's success rely on a delicate balance that includes passionate teachers and administrators, active and interested students and parents, as well as a caring and contributing community to support it.

Would you like to comment about the beginning of your term during COVID19?

I did get a pretty interesting time to do this, my first meeting was an emergency meeting to discuss the schools closing and moving to remote learning. As much as none of us wanted this to happen, I think it has been far more enlightening of our potential watching everyone respond to this, rather than seeing "business as usual". Our entire school system did an absolutely amazing job responding to the crisis in such a short timeframe. Without blathering on about the details (technology issues, school lunches and many others), I think we can all be extremely proud of what we accomplished to make this work as well as it has. I've spoken to people in other areas of the country that don't have things running nearly as smoothly as was managed here.

Kathleen Bigford



at Newbury Harbor

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Check out Mary Steenburgen reading **Tomie's Strega Nona** on Storyline Online on YouTube



Still Learning, a Snapshot of Remote Teaching

On a recent, remote learning session, I was reading aloud, *The Transmogrification of Roscoe Wizzle*, by David Elliot, to an amazing, funny, brilliant, third grader. I was reading Chapter 1 on a virtual google meet.

“Nobody should ever have the awful, terrible, worst-ever experience of turning into a bug -- not even Mr. Bernard W. Pinchbeck!” I read. And with that, the chapter ended. I asked if he wanted Chapter 2 next week. My student was laughing and nodded as I asked, what was he reading at home. “Moiras Birthday, and let me show you on Tumblebook,” which he did. Tumblebook, I thought? My student brought me in presentation mode on our google meet to their website and next thing I knew we were both laughing as we listened and watched the author, Robert Munch, read his book aloud, *Moiras Birthday*, a hysterical book about a girl named Moira, who invites grades 1-6 to her birthday party, much to her parent’s chagrin.

After our learning session, I had a wide grin. I fondly remembered our laughter as I looked up Tumblebook Library. I found this on the web, “TumbleBookLibrary is a curated database of children’s e-books, available by subscription to Elementary Schools and Public Libraries around the world... It’s a great resource for tech-savvy kids, and teaches them the joy of reading in a format they’ll love.” My student had mentioned a free trial. So I logged in and he was right. And on that day and every day, as a public school teacher, providing remote instruction from my home, I’m still learning.

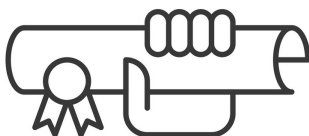
Mary Keegan-Dayton

High School Life

Life as a high school student in New Hampshire has dramatically changed. Now that the Kearsarge Regional School District has been moved to remote learning for the remainder of the school year, high school students are required to have more discipline and self-sufficiency towards their education. It means that the senior class of 2020 won’t receive a formal graduation and incoming eighth graders won’t be used to the average workload on a normal school day when we return.

Generally, a day of school will begin with a video call for the whole class going over the day’s assignment. Teachers emphasize hearing people’s voices and seeing faces during this process as it provides reassurance while we are all separated; however, many stay hidden and mute for the majority of the class. The workload in a given week can vary student to student and depends on the class/teacher they are enrolled in. In many instances, kids will either become very stressed with their work or the workload seems minimal and they procrastinate. This being the new style of learning has had a very different impact on all students. Now, all we need to do is be patient and wait this out.

Evan Miller, Class of 2021



Hope Springs Eternal

*The vernal equinox has passed
and the winds and the rain and sleet and hail
have spurred green growth everywhere.*

*Myriad streams are rushing where none once
were,
and dried up beech leaves rattle on
skeleton trees.*

*The loons have returned to their lakes
with our hopes that their chicks will evade
the eagles’ claws begin anew.*

*Meanwhile a so-called ‘pandemic,’
otherwise known as coronavirus,
has turned the world upside down and
triggered
a landslide of fear and hoarding and panic
galore.*

*Schools and businesses have shut down
worldwide.*

*Life as we knew it, even post 9-11, is now a
figment of the past.*

*Oh, how I long for the days of yore,
and for you, my love,
who I somehow lost tho my greatest desire
was to finish out our lives together.*

Now Spring burgeons.

Perhaps we, too, will be reborn!

Laura Beaton, April 14, 2020

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-OUTSIDE-



Yellow Spotted Salamanders

Yellow spotted salamanders live in darkened homes and come and go in darkness. They travel to their vernal ceremonies on the first warm, wet nights of spring and they carry their freeze tolerant chemicals, glycogen turned to glucose, with them for a while, just in case. They find their way by celestial and chemoreceptive memories. They recognize the shores of their birthland by the smell of the dirt. They follow tracks and messages for a half mile if necessary - clues laid down by ancestors thousands of years ago. This is no exaggeration. Each of these nine-inch-long gummy bear-looking amphibians has the potential to live over twenty years and each is part of a chain connected to these ephemeral pools.

These large ‘mole’ salamanders will cross a highway or pass through your new garage, if they can. They will futilely return for years to where a tiny wetland was backfilled to build that garage. Many of these pools are small

and hard to notice in the heat of summer when they may dry completely save for the stoic sentries of wetland plants. It’s this disappearing act that makes these sorts of pools impossible homes for fish. And that is precisely the point. Fish make fish dinners of some species of frogs and salamanders and their eggs.

Thus, a specialty economy evolved around these often-temporary tiny ponds. They are energy/protein factories where water and sunlight create an explosion of life by the end of the summer as new amphibious hordes disperse. Other specialized critters such as finger-nail clams and fairy shrimp go dormant until the meltwater of winter and rains of spring reignite them.

Yellow spotted salamanders are celebrities, though they don’t know it. Often migrating en masse, they are more visible than their fellow travelers. And spring is likely your only chance to see them. Rain-awakened males make their moves first, gathering together to reacquaint, push and shove. The next damp nights might inspire the females to follow. Tiny spermatophores are scattered before them as gifts that the matrons will look over as at a yard sale before settling on their final choice. They decorate submerged vegetation and sticks in the deepest, warmest real estate with their silvery egg masses.

All this can happen in the space of a week or two. During the day, the salamanders disappear into the darkness of the pond detritus. Eighty percent of their breathing is done through their skin and

they can thus take in oxygen even under water – you don’t see them during the day. At night they party. At night they will swirl to the surface to grab an occasional breath of air. I suspect that with that breath they take in a weather report. Then, with the next warm, wet nights, the commute reverses with the females leaving ahead of the males.

Insulated by the water from the weather, yellow spotted salamanders hear no news of the outside world. In fact, with no ears, they can’t hear in our manner at all. They make no sounds and voice no opinions except by gesture to a private audience. Though the collective noun is a ‘congress’ of salamanders, they don’t appear to have party divisions or agendas but they may collectively have long-range plans. They appreciate the fact of fewer cars on the night roads this spring. They may wonder about it.

Today the decayed leaves of the dance floor have been cleared of the largest contestants. Wood frog eggs gob the branches at the surface. There is still the jerky minuet of thousands of larval mosquitoes and the tumbling, stumble of burdened caddisfly larvae.

The yellow spotted salamanders have returned to their subterranean passages now after their brief and exhilarating time in bracing cold air. They have not eaten since last fall. Perhaps their return to the land is like coming in to a warm kitchen with the smells of a hot pizza with everything on it.

Ann Eldridge

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Obituary

Elizabeth Soper

Elizabeth “Betsy” (Bench) Soper, 92, died Saturday, March 21, 2020, at Lebanon Center Genesis Healthcare. She was born in New York City, NY on June 19, 1927, the daughter of Edward C. and Mary C. (Case) Bench. She was the granddaughter of George Case, who cofounded the Wall Street firm of Case & White in 1901 and was an organizer of Bankers Trust of NY in 1903. Betsy graduated from Smith College, class of 1949, and lived in Englewood, NJ and Norfolk, CT, before moving to Newbury and then New London, NH. While living in Newbury she enjoyed participating in town affairs and volunteering. She loved gardening and tennis. She owned and operated a commercial rental real estate company in Bradford, NH.

Betsy was predeceased by her husband, Victor and daughter, Debbie. She is survived by sons; Don Nielsen of Athens, Greece and Edward Nielsen of New London, and sister, Brenda Jennings of Norfolk, CT.

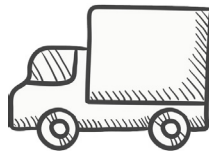
A graveside service will be held in the Lakeside Cemetery, Newbury, NH later in the spring or summer. Memorial contributions may be made to John Hay Estate at The Fells, P.O. Box 276, Newbury, NH 03255 or Upper Valley Humane Society, 300 Old Route 10, Enfield, NH 03748.

To sign an online guestbook please visit www.chadwickfuneralservice.com.

Meals on Wheels

During the current emergency, the extremely important Meals on Wheels program has been changed. Beginning on April 3rd, five frozen meals and 2 bags of ‘shelf stable’ products are delivered once a week to clients. The frozen meals are made by Birch Stream Farm, a local food manufacturing and packaging company located in Bangor, Maine, that specializes in providing frozen entrées for senior “Meals on Wheels” programs. The meals are individually packaged and delivered to Bradford each Friday. The 460 meals are then delivered by Bradford drivers to each of the 100 clients who are served from the BACC. Birch Stream Farms takes pride in the fact that the meals are not only delicious and nutritious, but they are handmade in Maine.

Each driver maintains a list of the clients s/he serves and makes contact by phone four days a week and in person on Friday. Any needed follow-up calls are made by the program manager as part of the service provided by this vital program, assuring not only the meals, but the important daily contact for many seniors who live on their own. Call 938-2104 for questions and additional information.



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All our gathered church activities are suspended until May 4 or further notice. Please worship with us online at 10:00AM on Sunday, May 3 at www.bradfordcommunitychurch.org.

God bless and stay safe! .

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★ **AREA EVENTS** ★

Bradford Bingo! What to do while events have been postponed or cancelled? Here are some ideas! Send a photo and caption of someone doing something nice!

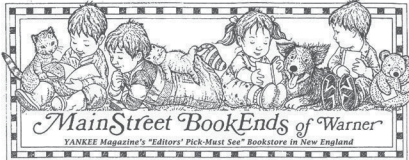
May You Be Kind Bingo

Send a thank you card	Call a new friend	Leave an anonymous surprise at a friend's house	Do a chore without being asked	Play music outside for all to hear
Grow more food than you need & give it away	Pick up litter	Sing outside for all to hear	Send a care package	Check on your friends with young kids
Smile at a stranger	Wave to your neighbor	FREE SPACE	Encourage someone	Call a family member
Write a letter	Give someone a gift certificate	Leave a good book in someone's mailbox	Apologize to someone	Go a whole day without complaining
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Out & About: Granite and Lounge



An overly optimistic Lake shore resident anchored the swim lounge as soon as the ice was out. Now waiting for warmer water. Photo courtesy of Marcia Keller.



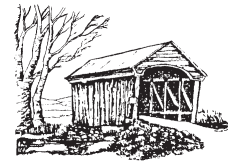
This granite marker in front of the Town Hall was given to the Town in 1972 by Gaylord G. Cummings in remembrance of the citizens of Bradford for their service in WWI and WWII.



Surrounding this granite are markers with flags for each of the wars in which Bradford citizens served: The American Revolution, War of 1812, Mexican American War, American Civil War (GAR), Spanish-American War, WWI, WWII, Korean War, and the Vietnam War. Many thanks to Jane Lucas for refreshing the flags, sending this photo, and reminding us of the significance of the monument.

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

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