

MONTHLY BRIEFING: Town Board Reports

Editor's Note: This is a very brief Monthly Briefing as minutes from Board and Committee meetings were not available at the deadline. Which leads to the following:

The Town is need of a Recording Secretary to serve the Select Board, Planning Board, Zoning Board and Budget Committee. Responsibilities include minute taking, posting notices and agendas, written and verbal correspondence, filing and other related duties. The skills necessary to be successful in this position include attention to detail and deadlines; effective customer service skills; ability to juggle several projects at the same time; strong written and verbal communication skills. Please visit www.bradfordnh.org for more information.

SELECT BOARD

Town Hall Update Michael Bruss has been a tremendous help in working through pre-construction items, such as the contract with Trumbull-Nelson. A draft of the contract has been received and Michael is reviewing it. The Board agreed to have legal counsel review it as well. The town records, furniture and other items were moved out on November 22nd and 23rd. Given the uncertainty with the size and placement of the sprinkler system cisterns, the start date has been pushed back to mid-January. Karen received word from LCHIP (the Land and Community Heritage Investment Program) that our request for \$50,000 to rehabilitate the windows was not funded.

Community Action Program Leah

The Mountain View Senior Center was packed with Helen Lynam's friends and relatives on November 26, 2022 as she became Bradford's 26th recipient of the Boston Post Cane.

Helen Lynam Receives the Boston Post Cane

Helen was born here in Bradford, on May 16, 1925 to Lena and Horace Bagley. Helen was raised in Bradford and had a happy yet simple childhood. She married George when she was eighteen, and they moved to his hometown of New Bedford where they raised five children. After George passed, Helen moved back to Bradford to care for her elderly Mom, Dad and older brother.

Widely known as having an incredible passion for quilting and crafting, she was able to excel even with the loss of two fingers after an accident at the age of three.

Helen wore many hats throughout her accomplished career, one of them being a seamstress and working in the garment industry and another being a Concord Visiting Nurse and then moving onto working for others on a private basis.

(Continued on page 5)



Bradford's Newest Resident

Bradford's newest resident, 3 week old Harper Cecere, came to meet Santa with her parents, Morgan and John Cecere at Brown Memorial Library in December.

Thanks to the Better Homes and Garden Milestone Team for providing goodies to keep Santa's belly full and to Santa himself for his kind attention to the many families that listened to stories, sang carols and lit the library tree.

You'll find more snapshots of Bradford's holiday celebrations on the back page. We wish you all a very Happy New Year!



(Continued on page 10)



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

BOARD OF DIRECTORS

Audrey V. Sylvester, President, Jeni Lauder, Treasurer, Mary Keegan-Dayton, Secretary, Marcia Keller, Kathleen Bigford, Don Moss and Harriet Douglass

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SUBSCRIPTION INFORMATION To receive The Bridge by mail, please send a \$25 check to cover mailing costs to:

P.O. Box 463 Bradford, NH 03221 SUBMISSIONS

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: 603-938-5900 Monday – Thursday: 8:30 AM – 4:30 PM (closed 12 Noon – 1 PM) Friday: 8:30 AM – Noon

> TOWN CLERK/TAX COLLECTOR Phone: 603-938-2288

Tuesday: 8 AM – 12 PM/ 1 PM – 4 PM Wednesday: 12 PM – 5 PM Thursday: 10 AM – 7 PM Friday through Monday: Closed

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

From the Bridge



Goals for '23 bring on imagination let passions come forth

Happy New Year!!

One of my goals as editor of the Bridge has been to include creative writing together with neighborly news. I so appreciate the poetry from local poets and others. This month I'm pleased to introduce "Fun with Fiction," a story begun with a prompt to be continued the next month. Find it on Page 9.

Also in this first edition of 2023:

- Helen Lynam receives the 26th Boston Post Cane,
- Some of the sights of Bradford's holiday celebration,
- Much more than you ever knew about Bats by Ann,
- Local business profile of Homegrain Creations,
- Finding help with high energy costs by Sandra,
- More Kudos for KRES-B from Laurie,
- How to help collect butterfly data.

PLEASE take a look at all the openings on Bradford Town Boards and Committees on Page 11 and give some serious thought to helping make important decisions about the present and future of Bradford. Go to bradfordnh.org to find information about an info session to be held in mid-January at the Library.

And please show your appreciation to our loyal local advertisers by frequenting their businesses as often as possible.

With hope for a Healthy and Happy 2023,

Kathleen Bigford, Editor And the creative crew at the Bradford Bridge

Land Acknowledgement Statement – We are on the unceded land of Nd'akinna which has long served as a site of meeting for Abenaki people from Pagôntegok (Contoocook), O'quasskikonaquan (Newbury) and beyond for thousands of years. Nebizonbik (Bradford Springs) provided healing waters and people exchanged goods at the village site behind Lake Massasecum, calling this land home. The town of Bradford honors, recognizes, and respects these Abenaki, as the traditional stewards of the lands and waters on which we gather today. In that spirit, today we will begin by acknowledging that we are guests in this land. We need to respect and help protect the lands within our use and share of the bounty with our Abenaki partners today.

Photos and

Help Collect Butterfly Data

Are you looking to spend time outdoors with useful purpose? Would you like to spend time with that fancy cell phone camera you just bought? Well, have we got a project for you! The NH Fish and Game Non-Game Program is looking for 'citizen scientists' to assist in collecting data on butterfly species in New Hampshire.

This effort will be ongoing to amass enough information over enough years to figure out what species are here now and whether their populations are changing in number or in location. New Hampshire is at the southern edge of the more northerly species and at the northern edge of the southerly types, with a bit of mixing in between.

For those living in this area, there will be monthly training sessions starting January 19th at the Tracy Memorial Library in New London at 6pm. You can contact NH Fish and Game biologist Heidi Holman at heidi.holman@ wildlife.nh.gov 603-271-3018 with any questions.

If you'd still like to participate but squinting at bugs just isn't your thing, another avenue is to donate to the

Non-Game Program to support this effort and others.

https://www.wildlife. state.nh.us/nongame/ donate.html

NEW HOURS TOWN CLERK/TAX COLLECTOR

Tuesday: 8 AM - 4 PM (closed 12 Noon - 1 PM) Wednesday: 12 PM - 5 PM *Thursday: 10 AM - 7 PM Friday through Monday: Closed

Call 603-938-2288 for Questions

Selectmen's Office, **Recording Secretary Position**

The Selectmen are accepting applications for a Recording Secretary. This position currently serves the Planning Board, Zoning Board, Select Board and Budget Committee; however, the position could be shared by two people. Responsibilities include minute taking and transcription in accordance with the Rules of Procedure and applicable state laws, posting notices and agendas, written and verbal correspondence, keeping financial records, purchasing supplies, filing, audio/visual recording and assisting Town officials and the public with access to the Boards' files. The skills necessary to be successful in this position include attention to detail and deadlines; effective customer services skills; ability to juggle several projects at the same time; strong written and verbal communication skills; desire to become familiar with Town Ordinances and related RSAs. The successful candidate will also demonstrate computer capability with Word and Excel.

Position averages between 2 and 7 hours per week, though there will be weeks where as many as 15 hours are worked. Availability in the evening is required. Prior related experience is preferred, but not necessary for the right candidate. Interested candidates should submit their resume to: administrator@bradfordnh. org or Selectmen's Office, PO Box 436, Bradford, NH 03221. Applications will be reviewed until the position is filled. The Town of Bradford is an equal opportunity employer.





www.bradfordnh.org



Town Report Another year has come to a close. The Selectmen's Office is gathering information for the 2022 Town Report. If you

Submissions for 2022

have photos of the Town's faces, places or events that you would like to share, please send 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 2022 activities for the Town Report, please forward it to administrator@ bradfordnh.org. Don't forget to include photos of your organization's 2022 events as well!

Submissions must be received by January 20, 2023 to be included.

Community **Engagement Event**

Have you been thinking about how to get involved in town but are not sure where to start or what opportunities are available? Bradford Parks and Recreation will be hosting a community engagement event in mid-January to provide information on Town Boards and community organizations that need volunteers. This will be a great opportunity to connect with current serving members, ask questions, and learn more about how you can get involved. Stay tuned to the Town website and Facebook as we finalize the details of this event

GIVE BLOOD – SAVE A LIFE THURSDAY, JANUARY 5TH, 1:00 PM - 6:00 PM

BRADFORD FIRE AND RESCUE 91 W MAIN STREET, BRADFORD, NH Call 603 938 2231 FOR INFO



Bradford Fire & Rescue

December Activities

Incidents reports 202 incidents to date, since 11/14 we have had eleven EMS and five fire with two mutual aid responses to Newbury to assist Newbury FD – Assisted Parks & Recreation remove the swim line and markers - Assisted the Bradford PD with delivery of Thanksgiving meals in Bradford - Assisted Parks & Recreation with the Jingle Bus at the Fire station 12/9 – Working with the Library to do a story time about a firefighter and fire trucks - Fire Drill with KRES on 12/12 – Met with Budget Committee Thursday 12/8 – Submitted our invoices for Stryker Lifepak and Lucas as part of the GOFERR (Governor's office for Emergency Relief & Recovery) and the town has received the \$50,000 from the State to cover the grant. Devices have been received and put into service -New rescue tools for the fire department were received, purchased the Bradford Fire Rescue Association - One firefighter, Felicia Starr, completed her EMR class and is now testing to be licensed – Working with Henniker to update the current ambulance contract and working to address the cost to the town.

On January 5th from 1-6 pm the Fire Department is doing a blood drive for the Red Cross. Please either sign up on the Red Cross blood drive site for Bradford or contact the FD at 603-938-2231 and we will add you to the drive.

Grant Received to Protect Bradford Bog Headwaters



Winter beaver dam, Bradford Bog Headwaters.

Ausbon Sargent Land Preservation Trust has received an \$80,000 grant award to support the purchase and protection of 71.66 acres of land on East Washington Road in Bradford. The property helps to protect the Bradford Bog headwaters, the Abenaki ancient healing springs site, and the Atlantic White Cedar bog and wildflower sanctuary. It is "Highest Ranked" wildlife habitat in the NH Wildlife Action Plan and, as an important regenerating forest, is a haven for many threatened species of birds. It will be available to the public for non-motorized recreational uses. NH's Land and Community Heritage Investment Program (LCHIP) grant recipients are required to match each dollar contributed by LCHIP with a minimum of one additional dollar, and to complete the funded projects according to the program's rigorous standards. This year's total award of \$4.3 million will be matched by more than \$15 million in funding from other public and private sources, infusing a total of more than \$19 million into the state's economy in direct project activity. Recipients will be expected to complete the funded work within two years.

This land protection effort has been generously supported already by many area donors, the Bradford Conservation Commission, and the Rural Heritage Connection of Bradford. In addition, this project's significance has been recognized with a 'Moose Plate' grant funded through Conservation License Plates. For more information or to donate to this project:

www.ausbonsargent.org





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Helen Lynam Receives the Boston Post Cane

(Continued from page 1)

Despite the fact that Helen has faced and overcome numerous personal obstacles, including suffering and recovering from an incredibly rare and life-threatening syndrome, she has still managed to be there for others. Helen has spent the last 37 years caring for others in the Bradford community. She has made and gifted hundreds of quilts over the years which are cherished by all recipients.

Helen was always donating her time to local charities, including serving as a Church Deacon, a member of the Grange, and a Daughter of the Rebekahs. The Rebekah's motto is "To live peaceably, do good unto all, as we have opportunity and especially to obey the Golden Rule, Whatsoever ye would that others should do unto you, do ye even so unto them." Helen truly is the epitome of this motto.

The Boston Post Cane has a rich history. In 1909 the publisher of the Boston Post Daily News engaged in a publicity stunt. The paper had 700 Ebony canes made. The crown of the cane was 14 karat gold, and was engraved with the inscription Presented by the Boston Post to the oldest male citizen of (said town). These canes were distributed to 700 hundred towns, not cities, in the states of Maine, Massachusetts, Rhode Island and New Hampshire. The Selectmen of each town were to be the trustees of the cane and were to always



Helen Lynan, Bradford's most senior resident, arrives at the Mountain View Senior Center to receive the Boston Post Cane in Bradford's oldest registered car.

keep it in the hands of the oldest male citizen. It wasn't until the 1930's, after considerable controversy, that eligibility for the cane was finally opened to women as well.

As competition from other newspapers, radio and television increased, The Boston Post was forced to shut its doors in October of 1956. What started as a publicity stunt has outlasted the once ever-popular newspaper by 66 years. It is true that many of the towns have either lost or stopped the cane tradition, but as of November 2022 it was reported that 517 canes have been presented.

Erica Gross, Bradford Town Clerk



TRANSFER STATION

The Bradford Transfer and Recycling Center is set up to receive all of your aluminum pans and foil for recycling. This is especially important during the holidays, when more cooking and celebrating are done using aluminum pans and foil.

Aluminum may be common, but that does not mean that it is easy to get. Geologists begin by checking the earth for bauxite, the ore in which aluminum is usually found. After locating bauxite deposits, an open pit mine is made and explosives, bulldozers and trucks are used to extract the bauxite. Since bauxite contains iron and other impurities, it must be smelted to obtain the aluminum. The metal requires extensive processing before it can be used for industrial purposes. Recycled aluminum is collected, shredded, decoated, and melted - requiring much less destruction to the earth and much less energy used to make the aluminum useful again.

Recycling aluminum pans and foil benefits the environment, reduces our carbon footprint, and cuts Bradford's tipping fees for our municipal waste. Although metal prices are down right now the town of Bradford can make a little bit of cash by selling its recycled aluminum. We ask that residents rinse their aluminum pans and foil and place them into the appropriately-labeled barrel.

Ken and I wish you a happy New Year!

Lois Kilnapp, Manager

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THE

TEAM

MILESTONE

May 2023 bring you and your families great peace, happiness and success! As Abraham Lincoln said, "The best way to predict the future is to create it."

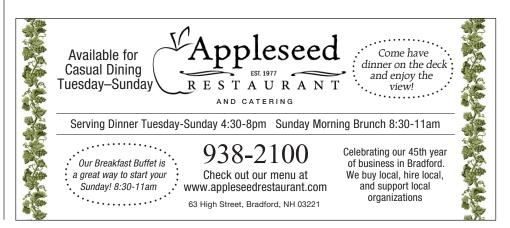


The Milestone Team

Row 1: Sonja Torkelson, Donna Forest, Anne Marie Appel, Charity Robinson, Kim Armen Row 2: Corinne Wilkens, Abby Jamieson, Jane Snow, Jenna Sievers, Carol Welch Row 3: Emily Campbell, Marilyn Kidder, Joan Wallen

If you're considering selling or buying, give us a call and put "The Best Team in Town" to work for you!

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Library Lantern

Brown Memorial Library brownmemoriallibrary.org 78 West Main Street (603) 938-5562 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

The New Year is a good time to start new habits. A fresh calendar year ahead and holiday parties and get togethers are behind us. For some, a sober January is considered an antidote to imbibing and overdoing it over the holidays. I confess that I have been in the precontemplation stage of quitting drinking for a while now. I have read several books on the subject: This Naked Mind, The Sober Lush, Drinking: A Love Story, and have had many conversations with my husband about what our lifestyle would feel and look like if we guit alcohol. Would our friends still be our friends? Would our connection to each other change and how? I like to drink. I like how alcohol makes me feel, how it acts as a social lubricant, and its connection, in my mind, to fun. However, I hate the way it makes me feel if I've over done it. Anxious, depressed, sleepless, without energy, and vulnerable to making poor decisions. I realize how pervasive alcohol is within our culture.

Alcohol is one of the most addictive toxic substances that is legal and readily available everywhere you go. Our culture romanticizes and idealizes alcohol, but the truth is how very detrimental this substance is to so many people. I'm betting everyone knows someone close to them that has battled this demon. If you are starting down the road of sobriety or are many years in, I congratulate you. Building any new habit is challenging as it involves changing behavior with consistent decisions and actions. Whatever your wishes are for the new year, I hope you have great success!

I wanted to focus on healthy bodies and minds this month, and I was able to find some great programs to reflect this, plus a seasonal, educational program for all the skiers out there.

Programs:

Wednesday, January 11th from 6:00-7:30pm. Archways of NH: Will come and discuss their resource and recovery services available to people in NH. They will present on problematic substance use and addiction as well as available services, both locally, regionally, and throughout the state as well as some out of state options for people to explore if needed.

Saturday, January 14th at 11:00 am. *Over the Headwall: A Short History of Skiing in Tuckerman's Ravine* with Jeff Leich. Jeff Leich, the author of this book, will lead a presentation of the history of skiing in New Hampshire's infamous ravine.

Saturday, January 21, 11:00 am. Quest for Happiness with Maria Sanders at the Brown Memorial Library. In this illustrated talk, Maria explores how ideas of happiness have changed in Western civilization through the ages while comparing and contrasting worldwide well-being concepts.

Monday, January 23, 6:00 pm. Introduction to Herbalism by Moon Mama Herbals' founder/owner, Kris Foss, at Brown Memorial Library. You will learn of the health benefits of using herbs to better your health. Kris' philosophy: We are a part of nature, not apart from nature.

Saturday, January 28, 1:00 pm. Intro to Mindfulness Workshop with Libby Webb, Forest Flow's founder/owner, at the Brown Memorial Library. This all-level workshop explores easy and simple mindfulness practices, including gentle breathing and movement, mindfulness in nature, and guided meditation.

Kristen Mihaly, Nourish Holistic Health and Nutrition (right in our Bradford neighborhood) will present on the benefits of general holistic nutrition. Please stay tuned through our website and FB for the dates of these programs.

Book Group: Wednesday, January 25th at 7:00pm. Our group will be reading Tessa Hadley's book, Late in the Day. A contemporary novel and close look at a marriage and friendship of two middle-aged couples living in London. Hadley is a wonderful writer who creates multi-dimensional characters in complex relationships.

A big thank you this year to Bliss Dayton who saved the day by donning the jolly ole' elf costume at the library. Thank you for bringing a little magical cheer to the library! Also, thank you to Laurie Buchar, the ladies of Better Homes and Gardens Realty and Fritz Von Beren who makes sure our tree has working lights each year!!

Ellen Barselle, Director

Hannah's (age 11) Book Review

The book I read is called *Sweep*. This book is about a girl named Nan. She is a sweep who has no family. She must sweep chimneys for a cruel master. A boy who lives with Nan almost kills her! Who saved her, or what saved her? Is it a human, or is it something else?? A coal ended up saving Nan's life. Yes, you read that right, a piece of coal. This piece of coal came alive! Now Nan and her "coal monster" must hide from their cruel master who is seeking to kill her. Will the coal die or will she... die? Where will Nan live? When her master has her in his hands at a very tall building, will her coal save her, or is he somewhere else, stuck? Will Nan survive?

I really like this book because it has lots of detail. This book is kind of sad and has some suspense in it. It's sad because some people and things in the story die. This story kept me entertained for a long time. It was fun imagining what all the characters looked like and sounded like. I would like to rate this book a 9 out of 10. The part that I didn't like about this book was that it switched times. But who knows – that may be your favorite part! I think this book suits anyone 8 years and above. I really hope you get to read this book because it was really good!

Keep Bradford Safe this Winter

Our Bradford Fire and Rescue is concerned that the high cost of energy this winter could make the risk of house fires even greater as people may depend more on space heaters and fireplaces that may not be properly maintained. Chimneys need annual inspection and cleaning if you depend on wood heat. Softwoods and pine can lead to creosote build-up and chimney fires.

Fire Chief Bryan Nowell stresses the importance of smoke and carbon monoxide detectors in your homes.

FIRE IS FAST! PLEASE:

- Replace smoke alarms older than 10 years.
- Change batteries annually. Write down the date!
- Test your smoke alarms monthly.
- Use carbon monoxide (CO) detectors. CO detectors save lives by alerting you if CO, an odorless, colorless gas, is present from poorly functioning furnaces and stoves.

HELP YOUR NEIGHBORS:

Donate smoke and CO detectors and/or replacement 9-volt batteries directly to a neighbor in need, or bring them to Bradford Fire & Rescue. They will get it to where it is needed. You can also support local by purchasing detectors at the Lumber Barn.

This message is brought to you jointly by Bradford Fire and Rescue and the Bradford Energy Committee.



2600 State Route 103 Bradford, NH 03221 5acresnh@gmail.com 5acresnh.com



Programs of the Kearsarge Food Hub



New winter cafe menu here for the start of this new year! We aim to provide seasonal nourishment to you all year long. Come see what's new and fresh!

Please note: we are CLOSED the first week of January so staff can rest and restore.



Weds-Sun: 8am-2pm Weds-Fri: 10am-6pm Grab N' Go after hours! Sat-Sun: 9am-5pm

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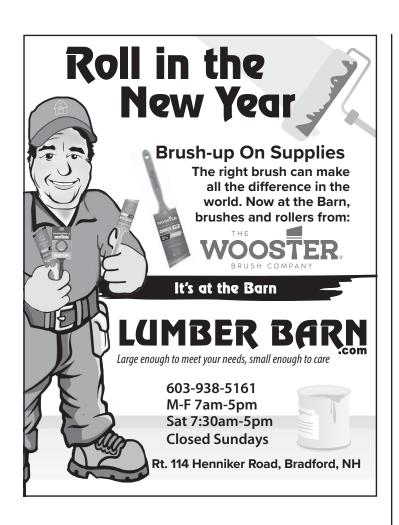


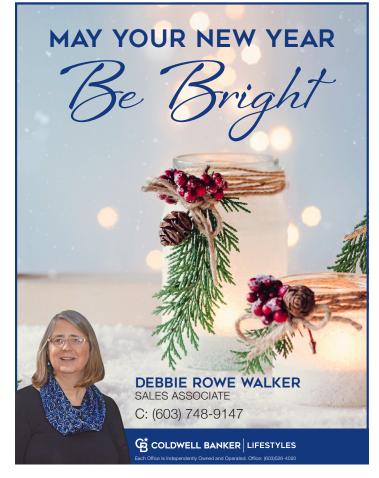
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Fun with Fiction

We all have a story or two in us! Maybe a bit from our past or just something from our imaginations. Three Bradford Bridge ghost writers are going on a creative writing journey this year. We'll start with a prompt, a little something to spark inspiration and get 200-words flowing. The last few sentences of each month's story will prompt the next one. Our collective stories will unfold over the course of the coming year. We can't wait to find out where the twists and turns of this journey will take us! Please join us by reading along and imagining what comes next.

We begin with...

The light was fading fast. The sun was setting, and an orange glow cast a streak across the horizon. It was time.

Why not? Watching the evening approach from my office window I daydreamed of a winter-solstice walk through the bustling streets below. I flew into my coat, took the nine flights of stairs down instead of the elevator, through the lobby, and there: the sights and smells of the holidays. Crisp air and hundreds of bundled evening travelers surrounded me and, oh, the lights. At street level the buildings blocked the sky and illumination in all hues came from storefronts and twinkling stars hung from lamp posts.

As if on cue, soft pillows of snow started collecting on my sleeves. Everyone, everyone looked up. The mood changed instantly. Smiles spread through the crowded sidewalk. Children instinctively stuck out their tongues to catch the little snowballs that were beginning to swirl in the breeze.

What would this evening bring? Red, blue, and white flashing lights and sirens pierced the relative calm of the avenue. What, who, where, when? All questions prompted by the urgency of the speeding vehicles. As the noise faded, strangers exchanged guesses about what could be happening.

From my pocket I felt the vibration of an incoming call. I sent the call to messaging, and immediately another call came.



MONTHLY BRIEFING: Town Board Reports

(Continued from page 1)

Richards and Beth Hayward from the Community Action Program (CAP) appeared before the Board to discuss the assistance programs they offer through their Warner Office. Primarily, they assist with energy and housing needs. CAP also assists local foodbanks, including ours. CAP offers more than 70 programs.

Review of Expenses The budget remains very tight. Factoring in full payment of the Rescue invoice, we have 9.48% of the budget left and 9.43% of the year left.

Highway Garage Improvements The Board signed the contract with Shakes to Shingles to complete energy efficient updates at the Highway Garage.

Kudos Karen Hambleton, Town Administrator, shared with the Board a thank you note from the Eastern Stars and a note of thanks sent to the Police Department from an appreciative young resident.

PLANNING BOARD

CIP The Planning Board held a public hearing on the Capital Improvements Program (CIP). Chair Pam Bruss gave an overview of the process this year noting that there were new requests from every department. It changed the tax impact to \$5 in 2023. The departments were able to even out the impact over the next 10 years and reduce the tax impact to \$3.74. Some unexpected re-

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quests were weatherization, blasting and paving. The Board approved a motion to approve the 2023 CIP and move it to the Select Board and Budget Committee.

Table of Uses The Planning Board is moving towards a Table of Uses in the Zoning Ordinance to simplify and reduce wording. The Board approved the Table of Uses in the Zoning Ordinance and move it to Town Meeting.

Fees Chair Bruss stated the Board needed to update their fee schedule due to fees not covering all expenses that come with applications. Mr. Matt Monahan from Central NH Regional Planning Commission created a new fee structure after researching the averages on applications and comparing them to other towns. Fees won't be official until the Select Board approves them.

LIBRARY TRUSTEES

Budget The Trustees reviewed the 2023 budget and discussed edits suggested by the Town. The library has locked in a rate with Eversource so an increase to that line item was not needed.

Mini Splits The Trustees are working on obtaining quotes for mini split system to improve library heating and cooling. We have received one of three quotes needed.

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

TP Tree



We asked, you told!

I don't know exactly when it started but from the stories I've heard it started in the late 80s early 90s with a bunch of kids and teens TPing, egging and shaving creaming instead of trick or treating. For the last decade or so a group of us "senior/elder" Bradford kids/townies have taken the act and turned it into a lesson with our kids. We've marked the TP tree for memorials of people who've passed and to show the kids that when you have fun AND make a mess – you clean it up. We try to get eco friendly TP or paper products and have fun. People come from all over just to peek at the notorious Bradford toilet paper tree every year! Again if you tp you clean! Love from a lifelong Bradford townie 3rd and 4th generation.

Brande Wood



Town Clerk Update

Happy New Year Bradford!

Filing for Town Office's for the March 14th Election will be during regular business hours January 25th - February 3rd, 2023. Here are the open positions for the 2023 year;

- Budget Committee 3 years, 2 positions
- Budget Committee 1 year, 1 position
- Cemetery Commission 3 years, 1 position
- Planning Board 3 years, 1 position
- Planning Board 1 year, 2 positions
- Scholarship Committee 3 years, 1 position
- Selectmen 3 years, 1 position
- Supervisors of the Checklist 3 years, 1 position
- Trustee of the Brown Memorial Library – 3 years, 3 positions
- Trustees of the Trust Funds 3 years, 1 position
- Trustees of the Trust Funds 2 years, 1 position
- Zoning Board 3 years, 3 positions

If you are interested in learning more about any of the above positions, please stop by the office and we can give you a pamphlet.

The Town Clerk's office will be sending out the 2023 Dog License Renewal notices this week, so make sure your furry friends are scheduled (if needed) for their rabies appointment.

The 2023 Boat Decals are available now in our office.

Thank you!

Erica & Anne Town Clerk & Deputy Town Clerk

Town Hall Update



Photo by Bill Graham

Mobilization of the renovation project continues. We had hoped the project would be underway by now; however, due diligence and the demands of many small details have pushed our start date back until the middle of January.

The Town Hall will be open from noon to 1:00 pm on Tuesday, January 3rd for the public to tour the building and ask questions before construction begins.

The details of the sprinkler system have taken shape and the final sprinkler plans will be available soon. With the sprinkler system details confirmed, the Town has authorized the submission of the septic plan to the State of New Hampshire for approval. Both the cisterns for the sprinkler system and the septic system will be located beneath the Town Hall parking lot. Legal counsel has reviewed the draft of the GMP (Guaranteed Maximum Price) contract with Trumbull-Nelson and provided their opinion. Project Manager, Michael Bruss, is working with Trumbull-Nelson to iron out the final details of the contract. He is also working with LCHIP, as is stipulated in our Stewardship Agreement, to keep them informed as to the details of the renovation.

Architect Jay Barrett is working on minor changes to the architectural plans brought about by the final mechanical plans. With the sprinkler cisterns to be located under the parking lot, the sprinkler pump room will be moved to the east side of the basement, as will the Fire Department connection to the sprinkler. Additionally, two small interior walls will be shifted slightly to better distribute office space on the first floor.

In September, the Town invested \$2,185,000 of the \$2,200,000 raised for the project into short-term CDs. Due to the delay in the project, \$650,000 of the \$800,000 that came due in December will be reinvested in another short-term CD until the funds are needed for construction.

The Board of Selectmen extend their appreciation to Harry Wright for once again lighting the windows of Town Hall for the Holiday Season. If you have any questions about the project, please reach out to the Selectmen's Office.

Karen Hambleton

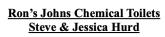


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Need Help for High Energy Costs? – Part 2

We previously advised low-moderate income households to contact the Community Action Program (CAP) at 603-456-2207 for help with electric, fuel and weatherization costs. However, if you are over the low- income limit for fuel assistance you may still be eligible to receive 80-100% of customer co-pays under the NHSaves Energy Star Moderate-Income Program (HPwES-MI) for energy related upgrades. Customers must first be qualified through CAP. Table 1 gives income eligibility guidelines. Table 2 shows the rebate structure.

Table 1: Income Eligibility for NHSaves Energy Star Moderate-Income Program

Persons in	Federal Poverty	300 % of Federal	80% of the NH
family/household	guideline	Poverty guideline	state median
			(\$88,235) income
1	\$13,590	\$23,010	\$70,588
2	\$18,310	\$54,930	\$70,588
3	\$23,030	\$60,090	\$70,588
4	\$27,750	\$83,250	\$70,588
5	\$32,470	\$97,410	\$70,588
6	\$37,190	\$111,570	\$70,588
7	\$41,910	\$125,730	\$70,588
8	\$46,630	\$139,890	\$70,588

Table 2: Rebates available to qualified customers

Measure Type	Incentive Level	Customer Co-Pay
Air Conditioning	80%	20%
Air Sealing	100%	0%
Appliance Timers	100%	0%
Door Replacements	80%	20%
Duct Sealing	80%	20%
Health & Safety	80%	20%
Heating System Clean & Tune	80%	20%
Heating System Replacements	80%	20%
Insulation	80%	20%
LED Bulbs	100%	0%
LED Fixtures	100%	0%
Low Flows	100%	0%
Pipe Insulation	80%	20%
Refrigerators/Freezers	100%	0%
Tank Wrap	80%	20%
Thermostats	100%	0%
Water Heater Setback	80%	20%
Window Replacements	80%	20%

Contact Margaux Levesque with Eversource at margaux.levesque@eversource.com or 603-490-3506 for further information about this program.

> Sandra Bravo, Chair, Bradford Energy Committee

> > 10am to 8pm

7 days a week





Henniker Veterinary Hospital

Small Animal & Equine Practice

Alyssa J. Brust, DVM Robert A. Brust, DVM Amy C. Jones, DVM Brittany Y. Paquette, DVM Olivia J. Lattanzi, DVM



428-3441 Maple Street, Henniker





Kudos for KRES-Bradford

The arts are alive and well at KRES-Bradford. The high school auditorium resounded with children's voices raised in song for the Winter Concert. The evening was especially joyous as it marked the return of public performances for these elementary students, many of whom had never had the opportunity. Music teacher Matt Mitchell applauded their bravery as they filed onto the bleachers and faced stage lights and a full house audience.

Kindergarten through second grades performed music from West Africa, alternating verses between Swahili and English. This was in preparation for an artist residency at KRES-B by Akwaaba Drumming Ensemble later this spring.

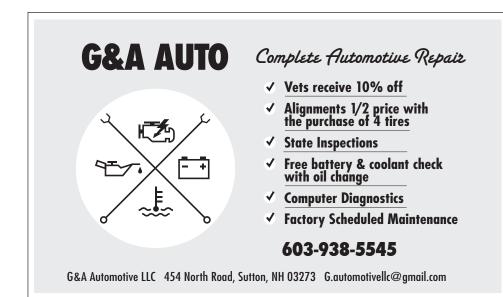
Third through fifth graders sang about the power of each individual to make a positive change in our world. The rafters of KRHS echoed with appreciation from the enthusiastic audience, including many parents and even some grandparents who had attended this high school in the past. What a welcome homecoming for our school community! Special thanks go to accompanist Missy Owen for keeping everyone in tune.

The PTO also supports the arts at KRES-Bradford. Over one hundred students opted to join them in the school



cafeteria for two afternoons of after-school crafts. This was a great example of multi-level sharing. Students from upper grades were dispersed among the younger kids to help with fine motor skills and get to know each other. Many volunteers were on hand to squeeze glue bottles and join in the fun. Thanks to Jen Richardson for heading up this activity, funded by the PTO. If you would





like to donate to support further events, please contact PTO president Bethany. *engelhardt90@gmail.com*. Each afternoon ended with a lively game of freeze dance, an obvious favorite, led by PE teacher Jonathan Hamel.

This month the students will enjoy yet more physical fun together through the Winter Activities Program. KRES-B has embraced this activity since the early 1980s. It teaches the kids about our local tourist industry and provides them access to life-long skills in the out of doors. A perfect New Hampshire experience. This year's program starts January 13th and runs every Friday for five weeks. Buses will run to Mount Sunapee where 74 skiers and 16 snowboarders will receive instruction and have time to practice their turns on the slopes. Another group of 62 skaters will be bused to New England College to carve figure eights on the sparkling Lee Clement Arena ice. Eighteen students will get to go on cool Winter Pursuits, including snowshoeing, winter survival, and ice fishing, led by qualified guest guides. Let it snow!

Laurie Buchar





Need Some Cash?

Crazy times these days! Wages have gone up 4.5% since December, 2020, the fastest increase since 1983. But then came COVID, the war in Ukraine, and disruptions in supply chains. Now, we have the highest inflation rate in 40 years. Groceries, rent, and electricity prices are all up between 12% and 15% over last year. Could it be time to send some cash out to help everyone make ends meet? Yeah, sounds nice. But where's that money gonna come from?

How about putting a price on fossil fuel products that cause greenhouse gas (GHG) emissions at the source? And then taking that money, dividing it up into equal portions, and sending it out to every citizen as a monthly dividend.

Don't like government give-aways? I don't either. But carbon pricing with dividends is NOT a give-away. Putting a price on carbon costs the taxpayers nothing because it's NOT a tax. It makes those who are responsible for the pollution, extreme weather events, fires, droughts, and rising temperatures pay for it.

I can already hear you saying: 'Yeah, but if we put a price on carbon, won't gas and heating oil prices go up?' And you're right. They will. But unless you're very rich and use a ton of oil and gas, you'd get more than enough to pay for the increased cost of fuel. Plus, by putting a price on carbon we'd start to cut down on greenhouse GHG emissions at the same time. And when we reduce these emissions, we begin to solve lots of other problems, too. For starters, GHG emissions are responsible for between 100,000 and 200,000 premature deaths every year in the U.S. Carbon pricing would prevent many of these untimely deaths.

GHG emissions are also increasing extreme weather events, rising temperatures, wildfires, flooding, and droughts. And scientists tell us that these changing weather patterns will only get worse in the future if we continue to rely on fossil fuels. Extreme weather events alone cost the U.S. \$99 billion last year.

So my question is: What are we waiting for? We could be getting a check every month to help deal with inflation, better health from reduced air pollution, more jobs, innovative products, and fewer hurricanes, floods, droughts, fires, and intolerably hot days.

Let's make the polluters pay! And let's get some cash in our pockets while we're at it.

Barbara Southard, Bradford NH, Volunteer for Citizens Climate Lobby in New Hampshire

Special thanks to Matthew Mayers, also a volunteer of CCL



Mountain View Senior Center

Mountain View Senior Center offers a wide range of opportunities for seniors in the Kearsarge area. We are here to serve the needs of all seniors, and we may be just what you've been looking for!

From Roberta Hixson, Senior Cen-

ter Manager. The Senior Center has a wealth of information about services, a library, puzzles, games and is a great place to meet with friends. Please feel free to contact me with any questions, concerns, or ideas of how the Senior Center can serve you.

Weekly Activities

- Strong Living: Body building and weight training for seniors. All are welcome. Monday & Friday 8:45-9:30am
- Bridge Group, Monday 1pm
- Quilters Group, Tuesday 10am-12pm
- Mahjong and other games, Tuesday 12:30-3pm

• Therapeutic Yoga and Balance Class, Wednesdays 1-2pm, \$5

• Dominos, Thursday, 12:30pm

• Outdoor games are also available! Ask at the office.

Wellness and Foot Care Clinics, 3rd Wednesday of the month

• Wellness Checks are free, 9-11am • Foot Care Clinic, 11:30am-2pm, \$30 Call 603-748-1731 to schedule an appointment.

Food Services

• Lunch is served at the Senior Center on Tuesdays at 12:15pm and Thursdays at 11:30am

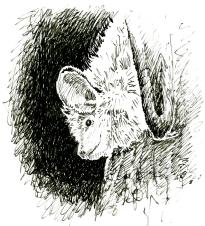
• Brunch is served the 1st Friday of every month at 9:30am

• Menus are in the Senior Room. Please reserve your spot! Call 603-938-2104 to stop by the Center and sign up.

• Frozen Grab and Go take out meals are available Monday-Friday 8am-1:30 pm

Meals on Wheels deliveries are made Monday, Wednesday, and Friday. Call Roberta to sign up.

OUTSIDE



A startling statistic: one of every five species of mammal is a bat. There are bats the size of bumblebees and bats as winged as a vulture. Bats that eat frogs. Bats that eat fruits. Bats that drink blood and bats with extra-long tongues to reach nectar from flowers that call to them with special sonar-reflecting leaves. Bats that eat bats and bats that detect fish by scanning the ripples. Cold New Hampshire, however, has a dearth of bat forms with only eight species and all of them are insectivores.

Three of these northern species have migrated south and five are in cold self-storage. All species here are in short supply due to habitat loss, wind turbines, and an introduced fungus called 'white-nose syndrome' with some populations lowered by more than 90% in just the last dozen years. The one we are most likely to encounter is the 'big brown bat' which is a bit less affected by the disease. Bats can achieve their potentially long life spans of 20-30 years partly by hibernating. A half year of suspended animation causes little wear and tear to body parts. Hibernating bats have formed delicate bonds with very specific winter shelters where they maintain a temperature near freezing until warmth returns and spring bugs emerge. Too cold and they'll die, but too warm or aroused to wakefulness and they'll use up fat reserves and starve.

33-55 million years ago, temperatures were rising. Plants were explosively diversifying and the ever-inventive insects were enthusiastically doing the same. Few other creatures were making a meal of the fluttering, crawling hordes of nocturnal insects. Suddenly, in evolutionary terms, an opportunistic, arboreal, insect-eating mammal leapt and flew. Other bat cuisine developed later.

We are all mammals and it's all the same bones. Imagine your collar bones and sternum strengthened and keeled to support impressive chest muscles. Your tail bone gets a bit longer as your legs shorten. A bone spur forms at your heel. Your upper arm stops growing and your forearms shrink a bit. Your thumb is static, but your finger bones grow like Pinocchio's nose. Connect these points with a thin, leathery skin and, if you lost a few pounds, you too could fly. Well, maybe.

Their vision is decent but bat's small eyes exclude them from the 'cute' category. In photographs, their mouths are often open showing their pointy teeth. A captured bat is using its sensory skills to puzzle out what is happening.



Humans are unusual animals in relying so heavily on daylight vision. Most birds and other primates being similarly restricted. We have been taught that there are only five sens-

es - which demonstrates a tremendous lack of imagination if not a dismissive snobbishness. Most other creatures live by super-sensing of chemicals - extreme smell and taste. Many animals, and most bats, can detect UV light and /or many more colors than we are aware of. Pain is an additional sense and bats likely don't feel cold or heat the same way we do. We can sense surface vibrations though we are hardly adept at it – other species swear by it. Electrical fields are a primary resource used by many species of fish, spiders, and invertebrates such as bumblebees. Bats, birds, and others can find their way home by somehow sensing the earth's magnetic field.

And there is echolocation used by 'toothed' whales and dolphins, shorttailed shrews, tenrecs, and bats. A brown bat shrieks into the night sky at 138 decibels – siren or jet engine volume – but with a pitch so high our deficient ears are fortunately spared. Bats aren't deafened because they instantly block and unblock their middle ears. Their vocal cords contract up to 200 times per second. And do it with enough precision to avoid a confusing overlap of outgoing call and incoming echo. They can detect an echo delay of one or two millionths of a second and do it seamlessly and at speed. If other bats are present, a big brown bat will politely direct its sonar cone at an angle to its comrades. Are bats 'touching with sound' or 'seeing with sonar', or something else?

Besides placing a terrified insect precisely in spatial terms, a bat identifies the target's size, shape, and texture. And this is why moths (and butterflies) have powdery scales on their wings – to muffle sonar. Some tiger moths emit their own clicks to confuse. The long tails of a luna moth are designed to cause a bat to miss.

Because bats are in very short supply, we are building bat houses this winter – to let them live that mosquitoes might not.

Business Profile: Homegrain Creations



There's something about Bradford that elicits loyalty and inspires generosity. Maybe this could be said about any small town, but let's celebrate what we've got. Look around you and notice how many young people choose to make this their home. Every event offered for kids by the Brown Memorial Library or Parks and Recreation or any of the other budding organizations in town is brimming with attendance and enthusiasm.

Many of these young families stem from natives and others are drawn by the inherent possibility of claiming our rural lifestyle as their own. And with them come talents and businesses that infuse Bradford with new life.

One new business in Bradford recently decided to show their hometown spirit by donating a railing to the Bradford Center Meetinghouse *(see photo)*. Like their neighbors whose local businesses were featured here this fall for their contributions to Bradford Center, Homegrain Creations designed and constructed this new installation in time for the Christmas Eve pageant. It's a decorative solution to a long-standing safety concern in the belfry loft.

Homegrain Creations (homegraincreations.com) is a small,

family-run woodworking business owned by Anna and Matt Phelan on Rowe Mountain Road. They specialize in crafting wooden products ranging in size from items as small as earrings to large furniture and beyond. Anna grew up in Bradford and became a kindergarten teacher before opting to stay home with their preschool daughter Maya. With her degrees in elementary education and her knowledge of childhood development, Anna first began creating the designs for the toys and other products you see on their site, with Maya being their willing product tester. Even though they've moved away from building toys and are now focusing more on home goods and furniture, Anna still designs each piece with love and the desire to bring one of the most natural resources, wood, into the many areas of your life. Matt, the

master craftsman, has worked in the trades his whole life. He is a combat veteran who served in the United States Marine Corps and now especially appreciates the ability to be working from home and spending time with his family. Like many other young families during the pandemic, the Phelans gravitated back to their roots to establish a personal and business foundation. They moved here from Maine just this year and renovated a barn to house their workshop. They use state of the art equipment, technological know-how, and honest craftsmanship to build a wide variety of items for every need. They maintain ties with the Seacoast area and their work can be seen on many municipal buildings there. They are especially adept at developing products and installations to meet the customer's specifications.

Homegrain Creations has already donated goods and services this year to a local fund-raiser for the People of the Ukraine, the Warner Fall Foliage Festival, and the Kearsarge Food Hub. Their thoughts on contributing to their community:

"We love Bradford and the people that live here! Being involved in the community and giving back when we can is something that is very important to us. I (Anna) have such fond memories of wonderful events held at the Center Meetinghouse and we are so happy to be able to use our skills to create a piece that will allow future events to be enjoyed more safely."

Welcome home, Homegrain Creations. Thanks for joining the generous-spirited younger generation here. The Bradford Bridge welcomes news of other gestures of goodwill in town. Send us your ideas.





Find the Bradford Bridge

You may now find paper copies of The Bradford Bridge at these locations around the community.

In Bradford

Bradford Post Office Bradford Town Office Pizza Chef Bar Harbor Bank & Trust Brown Memorial Library Appleseed Restaurant Bradford Market Lumber Barn Transfer & Recycling Center Sweet Beet Market 5 Acres Garden Center & Pet Supply Mountain View Senior Center

In Warner

Warner Pharmacy Sugar River Bank MainStreet BookEnds Pillsbury Free Library

In Newbury

Meg's Cut Above Bubba's Bar Harbor Bank & Trust Newbury Library

In Sutton North & South Sutton Post Offices Sutton Free Library

In Henniker Henniker Pharmacy Henniker Farm & Country Store

Or, find a digital copy at *www.bradfordbridge.org*

Bradford Historical Society News

Did you and your classmates make a quilt in Kindergarten or Elementary School? Years ago, some young Bradford students did. Three of these precious creations have been donated to the Historical Society. The most recent of these was donated by Sally Stoddard Collier. It was made for her in 1976 as a goodbye quilt by the students and parents in her class at the Bradford Cen-



Detail from 1974, "Bradford Central School 4th and 5th Grade, June 1974"

tral School. Each block had a student's name. But most of them were only first names. It was displayed along with a plea for anyone in the community who could give us some of the last names. Imagine our happy surprise when Helen and Dick Wright happened to drop in to the Tin Shop and Helen immediately recognized her son's block. She sent him a photo and he was able to supply almost every one of his classmates' last names.

Two other quilts made by children are in our collection. One is constructed of red and white squares with a color picture made by a child on the white background and the name of the maker printed on the red square next to it. The center block says "Bradford Coop Kindergarten 1976". The drawings are of people, houses, tepees, and several bright yellow suns. All are simply charming.

The third quilt is a typical scrap quilt. The fabric colors and designs tell the story of the leftovers found in every mother's sewing basket. When you look at this quilt, you may recognize your grandmother's apron! Each block has a child's name and some have the age. All range from 9 to 11 years. This center block says "Bradford Central School 4th and 5th grade June 1974".

We hope you will come see these adorable keepsakes. You will recognize many of the names of these kids as they have either stayed in the area or returned to Bradford as adults. We are always grateful for someone sharing information they have about something in our collections. Like Helen's son sharing the full names, the information that visitors bring to the Historical Society make our artifacts more meaningful and valuable.

Mary Derry





RADFORD COMMUNITY EVENTS

Monday, January 2

10:00 am Storytime, BML 1:00 pm Bridge Group 5:30 pm Driver's Ed School, LR

Tuesday, January 3

10:00 am Quilting Group 12:30 pm Mahjong Group, LR 5:30 pm Driver's Ed School, LR 6:00 pm Mindfulness & Movement

Wednesday, January 4

1:00 pm Yoga 4:30 pm Girl Scouts 5:30 pm Driver's Ed School, LR 7:00 pm Zoning Board

Thursday, January 5

6:30 pm Budget Committee

Monday, January 9

10:00 am Storytime, BML 1:00 pm Bridge Group 1:00 pm Cemetery Committee 5:30 pm Driver's Ed School, LR 6:00 pm Selectmen's Meeting

Tuesday, January 10

10:00 am Quilting Group 12:30 pm Mahjong Group, LR 5:30 pm Driver's Ed School, LR 6:00 pm Mindfulness & Movement

Wednesday, January 11

1:00 pm Yoga 4:30 pm Girl Scouts 5:30 pm Driver's Ed School, LR

Thursday, January 12 5:30 pm Parks & Rec

Saturday, January 14 11:00 am Over the Headwall, BML

Monday, January 16

10:00 am Storytime, BML 1:00 pm Bridge Group 5:30 pm Driver's Ed School, LR 6:00 pm Eco. Development Committee

Tuesday, January 17

10:00 am Quilting Group 12:30 pm Mahjong Group, LR 5:00 pm Energy Committee 5:30 pm Driver's Ed School, LR 6:00 pm Mindfulness & Movement 7:00 pm Conservation Committee, BML

Wednesday, January 18

9:00 am LSVNA Wellness/Footcare Clinic, MVSC, until 3pm 1:00 pm Yoga 4:30 pm Girl Scouts 5:30 pm Driver's Ed School, LR

Thursday, January 19

6:30 pm Budget Committee

Saturday, January 21

11:00 am Quest for Happiness, BML

Monday, January 23

10:00 am Storytime, BML 1:00 pm Bridge Group 5:30 pm Driver's Ed School, LR 6:00 pm Selectmen's Meeting 6:00 pm Introduction to Herbalism, BML

Tuesday, January 24

10:00 am Quilting Group 12:30 pm Mahjong Group, LR 5:30 pm Driver's Ed School, LR 6:00 pm Mindfulness & Movement 7:00 pm Planning Board





Wednesday, January 25

- 1:00 pm Yoga
- 4:30 pm Girl Scouts
- 5:30 pm Driver's Ed School, LR
- 7:00 pm Book Group: Our group will be reading Tessa Hadley's book, *"Late in the Day"*.

Monday, January 30

10:00 am Storytime, BML 1:00 pm Bridge Group 5:30 pm Driver's Ed School, LR

Tuesday, January 31

10:00 am Quilting Group 12:30 pm Mahjong Group, LR 5:30 pm Driver's Ed School, LR 6:00 pm Mindfulness & Movement

Wednesday, January 1

10:00 am Polar Plunge, French's Park, Spectators are Welcome!

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.

	Calendar Abbreviations
BACC	Bradford Area Community Center
BCC	Bradford Community Church
BCMH	Bradford Center Meetinghouse
BHS	Bradford Historical Society
BML	Brown Memorial Library
LSVNA	Lake Sunapee Visting Nurses Assoc.
LR	Learning Room
MVSC	Mountain View Senior Center
SR	Senior Room
YR	Youth Room
ZBA	Zoning Board of Adjustment





Bradford Community Church December Events

Our Sunday Services start at 10am.

Office hours are Wednesdays 9am to noon.

January 1st, Randy Thompson will preach.

January 8th, Rev. Lynne Hubley will begin as interim pastor.

January 8th, Communion will be held and a 4-week sermon series "What Does Faith Look Like" will begin.

January 22nd, Sunday School will begin.

The Food Pantry will be open on Wednesday, January 18th, 5:30-6:30pm

Donations of tuna, canned soup and juice would be appreciated.



Sunday, January 1, Polar Plunge, Event begins at 10:00 am, Group Plunge at 10:30 am. Brought to you by Bradford Parks and Recreation.

Saturday, January 14, 11:00 am. Over the Headwall: A Short History of Skiing in Tuckerman's Ravine with author Jeff Leich at the Brown Memorial Library. Jeff will lead a presentation on the history of skiing in New Hampshire's infamous ravine. More information is at www.brownmemoriallibrary.org.

Saturday, January 21, 11:00 am. Quest for Happiness with Maria Sanders at the Brown Memorial Library. In this illustrated talk, Maria explores how ideas of happiness have changed in Western civilization through the ages while comparing and contrasting worldwide well-being concepts. More information is at www.brownmemoriallibrary.org.











The Bradford Bridge – January 2023 19

Monday, January 23, 6:00 pm. Introduction to Herbalism by Moon Mama Herbals' founder/owner, Kris Foss, at Brown Memorial Library. You will learn of the health benefits of using herbs to better your health. Kris' philosophy: We are a part of nature, not apart from nature. More information is at www.brownmemoriallibrary.org.

Wednesday, January 25, 7:00 pm. Book Group discussion of Tessa Hadley's Late in the Day at the Brown Memorial Library. More information is at www.brownmemoriallibrary.org.

Thursday, January 26th at 2pm. Zoom meeting of Kearsarge Community Network (KCN), a group of nonprofit organizations, civic groups, schools, and community members that work together on projects that can maximize resources to build a healthier, resilient community. Meets on the 4th Thursday each month on zoom. Next meeting. Contact Carol for the Zoom code. *confortiadams@gmail.com*

Saturday, January 28, 1:00 pm. Intro to Mindfulness Workshop with Libby Webb, Forest Flow's founder/owner, at the Brown Memorial Library. This all-level workshop explores easy and simple mindfulness practices, including gentle breathing and movement, mindfulness in nature, and guided meditation. More information is at www.brownmemoriallibrary.org.

NEIGHBORING TOWNS

Thursday, January 5, 10:30 am, Library Story Time at the Pillsbury Free Library, Warner, NH. Stories, songs, and a simple activity for infants and up. More information is available by calling Sue Matott, Children's Librarian, at 603-456-2289.

Friday, January 13, 2023, 5:00 pm. Community Fish Fry at Magdalen College of the Liberal Arts Warner, NH. All are invited to enjoy delicious fish and excellent company on our beautiful mountain campus! Kids 5 and under eat free. Ages 6-12 \$8, Ages 13+ \$15.

Out & About: Bradford's Holiday Snapshots



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. An accompanying caption would be nice. Please submit the images in .jpg or .jpeg format.





Kathleen Bigford