

Claremont Youth Basketball

The Claremont youth basketball league is now open and taking registrations. Learn more and/or register at: www.claremontparks.com. This rec league is designed for kids to have fun, work as apart of a team, and enjoy the game of basketball. They'll learn the rules and fundamentals, through practices and weekly games (with some Saturday games). Grades 3/4 boys, 3/4 girls, 5/6 boys, 5/6 girls, start smart, kindergarten, and 1st & 2nd grade instructional are being offered.

Start smart & kindergarten basketball - Saturday, Dec. 7 through Saturday, Jan. 18 (no session Dec. 28) Cost: \$35/\$40 non-res. (\$10 off for CSBCC member); 1st & 2nd grade instructional program - Saturday, Dec. 7, through Feb.1 (no session Dec. 28) Cost: \$40/\$45 non-res. (\$10 off for CSBCC member); 3rd - 6th grade - December - February Cost: \$60/\$65 non-res. (\$10 off CSBCC member).

2019 Elks Shoot Hoop Contest

CLAREMONT, NH—The Elks National "Hoop Shoot" Free Throw Contest, set for Dec. 8, from 9:30 a.m. to 1:00 p.m., is open to boys and girls, ages 8 to 13. Winners will compete at the State level for a chance to advance to the nationals. This event will be held at the CSB Community Center and is sponsored by Claremont Elks Lodge BPOE #879.

Contestant's age groups will be determined by their age as of April 1, 2019. Boys age 8-9, Girls age 8-9, Boys age 10-11, Girls age 10-11, Boys age 12-13, Girls age 12-13.

Boys and girls in the 8-9 age category may shoot four feet in front of the regulation foul line. Contestants must be 8 years old as of April 1, 2019. Contestants under the age limit will be ineligible to participate.

Basketball or tennis shoes are necessary.

This is a free event.

**Got Sports? Send us your
news and photos**

Save These Dates for 2020 NH Boating Education Classes

SUNAPEE, NH—Due to the overwhelming response to the classes offered in 2019, the Sunapee Police Department is once again partnering with NH Marine PaBuilding from 9:00 a.m. to 4:30 p.m. You will earn your boating education certificate on the day of the class. Seating is limited to 18 and classes fill quickly! You must pre-register on-line by going to: <https://www.nh.gov/safety/divisions/nhsp/fob/marine-patrol/boat-ing-education/>. Approximately halfway down the webpage, you will see the link "Search and register for boating education class". Click on the link and scroll until you see the date of the class in Sunapee that you would like to attend and complete the information as requested.

For any questions, please contact Nancy Levesque, NH Boating Education at 603-227-2124.

NH Schoolyard Action Grant Applications Now Being Accepted

CONCORD, NH – Are you an educator with a project idea that involves students in enhancing their schoolyard for wildlife habitat, connects them with the outdoors, and integrates nature into learning that aligns with curricula? The New Hampshire Partnership for Schoolyard Action is now accepting grant applications for schools with students from pre-kindergarten through grade twelve to help fund nature-based learning projects.

Schoolyard Action Grant applications are being accepted through January 31, 2020. Grants are typically awarded in amounts of up to \$1,500. For more information and a grant application, visit www.nhaidubon.org/learn/schoolyard-habitat-exploration-grants.

The U.S. Fish and Wildlife Service New England Field Office, New Hampshire Project Learning Tree, the New Hampshire Fish and Game Department, and New Hampshire Audubon have partnered to support Granite State schools through the New Hampshire Partnership for Schoolyard Action Grants. This partnership was created to make it easier for educators to apply for a grant to enhance their school yards to support nature-based studies. The common grant application works for all four of the partner organizations and greatly simplifies the application process.

Examples of projects that have been funded by the partner organizations in the past include the establishment of pollinator gardens, the creation of outdoor learning areas, installing solar-powered bird baths, and replanting of school grounds with native plants that enhance wildlife habitat. Other types of projects eligible for support include trail or pond creation, citizen science activities, and bird feeding or watering stations.

Projects or items not eligible for funding include vegetable gardens, staff time, field trips, school grounds landscaping, or purchase of educational supplies unless they are directly related to the project.

This year recipients of awarded grants also have the opportunity to receive technical assistance from a NH Fish and Game wildlife bi-

(Continued on B2)



Schoolyard, from B1

ologist to find local seed and plant sources, learn planting techniques, and connect schools with national pollinator and monarch projects. Schools interested in planting common milkweed for monarchs will also be able to receive up to 20 free plants for their project. This technical assistance is made possible by the New England Forests and Rivers Fund at the National Fish and Wildlife Foundation.

Both student and community involvement in planning and on-site work is strongly encouraged. Professional consultation is available for project planning.

Wildlife Biologists Complete Annual Duck Banding

CONCORD, NH — New Hampshire Fish and Game wildlife biologists have completed the annual effort to attach hundreds of metal bands to ducks throughout the state. The pre-season banding effort is conducted in US states and Canadian provinces throughout the Atlantic Flyway in August and September. This huge undertaking provides survival-rate data that is used in combination with breeding-plot data, parts collection data, and HIP (National Migratory Bird Harvest Information Program) survey data as inputs for the model used to determine annual season regulations in the spring.

Each metal band has a unique sequence of numbers, and biologists record the species, age, and sex of each duck before it is released. At the end of the season, all the data are submitted to the Bird Banding Lab at the Patuxent Wildlife Research Center in Laurel, Maryland. When a hunter harvests a duck with a metal band, or a wildlife viewer reads the band through a spotting scope, they are asked to report the information to a website provided on the band (www.reportband.gov). It takes just a few minutes to report the encounter. You may see a phone number inscribed on the band also, but the call center supporting the toll-free phone number has been discontinued. Please report band recoveries online at www.reportband.gov or by sending your information to: Bird Banding Lab, 12100 Beach Forest Road, Laurel, MD 20708.

“Please take the time to report your bands,” urges Wildlife Biologist Jessica Carloni, the NH Fish and Game Department’s Waterfowl Biolo-

gist. “A substantial amount of effort went into putting these markers on, and these band reports provide important management data. It’s also very interesting to learn how old the duck is and where it was banded.”

This year, a total of 758 ducks were banded in New Hampshire during the pre-hunting season effort – the fifth highest total banded in the 31 years of the program. They included: 566 mallards, 175 wood ducks, 11 black ducks, and 6 mallard/black duck hybrids.

Banding ducks is not as simple as it might sound. Biologists invest a considerable



amount of time in putting out bait to attract ducks to locations convenient for banding. Numerous capture techniques exist for catching ducks; the two most widely used in New Hampshire are bait traps and rocket nets. Bait traps are simple enclosures with a closing-door mechanism to trap ducks. Bait traps accounted for 59% of the ducks banded this year and rocket nets for 41% of captures. Rocket nets are very effective at catching large groups of birds. Three rockets are attached to a large net; each rocket contains a load of black powder. When the ducks are close enough, biologists trigger a detonator which fires the rockets, propelling the net into the air, catching the ducks unharmed underneath.

As a result of 31 consecutive years of pre-season duck banding, 12,694 ducks have now been banded in New Hampshire.

“We are extremely grateful to private landowners for allowing us access to their property to band ducks,” said Carloni. “Their support makes the collection of this valuable information possible.”

Late season waterfowl hunting opportunities remain available in New Hampshire. Learn more at www.huntnh.com/hunting/waterfowl.html.

Waterfowl management is funded by Wildlife Restoration Grants administered by the US Fish and Wildlife Services, Wildlife and Sport Fish Restoration Program: Partnering to fund conservation and connect people with nature. To learn more visit www.wildnh.com/funding/wsfr.html.

Year-Round Trout Fishing in VT

If you're not fishing during the open season for trout (2nd Sat. in April – Oct. 31), there are still several stream sections open year-round for trout fishing. Check out the sections below for where to go.

The sections of streams listed below are open to trout fishing year round according to the following rules:

Only artificial flies or lures are permitted outside of the open season for trout (2nd Sat. in April – Oct. 31).

Catch and release only (trout must be immediately released where caught), except during the open season for trout.

During open season for trout, follow normal size restrictions, daily limits and possession limits.

Areas available include but are not limited to:

Black River:

From the Connecticut River boundary upstream to the Howard Hill Road Bridge in **Cavendish**.

East Creek (Rutland City): From the confluence with Otter Creek upstream (approximately 2.7 miles) to the top of the Patch Dam in Rutland City.

Ompompanoosuc River:

From the Connecticut River boundary upstream to the Union Village Dam in **Thetford**.

Waits River:

From the Connecticut River boundary upstream to the top of the Central Vermont Power Dam (Green Power Mountain Dam) in **Bradford**.

White River:

From the Connecticut River boundary upstream to the bridge on Route 107 in **Bethel**.

Williams River:

From the Connecticut River boundary upstream to the top of the dam at Brockway Mills Falls in **Rockingham**.

For the complete list, visit <https://vtfishand-wildlife.com/fish/fishing-opportunities/year-round-trout-fishing>.

Inspiration

Thomas Dorsey

By Priscilla Hull

Most of us remember the great jazz musician, Tommy Dorsey, and his brother, Jimmy Dorsey. Tommy Dorsey, a great trombone player, also led bands; most included his brother. They were popular in the early twentieth century. However, I'm talking about another Thomas Dorsey. The Thomas Dorsey that I'm talking about was born about five or six years before Tommy Dorsey, and made a great impact not in the world of Jazz, but in the world of gospel music.

Thomas Dorsey was born in 1899. He was the son of a Baptist preacher and a church pianist, so you might say that music, particularly the gospel music of Southern Baptist, black churches, came naturally to him. He studied music in Chicago and developed one of the first, if not the first, black recording companies of the time. However, the roots of gospel grow deep and in 1931 when his wife died in childbirth, and the baby died two days later, Thomas Dorsey wrote "Precious Lord, Take My Hand". That moving gospel lesson which renews faith of many.

Precious Lord, take my hand
 Lead me on, let me stand.
 I am tired, I am weak, and worn.
 Through the storm, through the night,
 Lead me on to the light.
 Take my hand, precious Lord,
 Lead me home.

To hear this song at its best, listen to the deep throaty voice of Mahalia Jackson or Odetta, on YouTube or the rich voice of Aretha Franklin. Out of the depths of despair, the very dark places of the mind, Thomas Dorsey wrote one of the most beautiful laments ever written. The song speaks of the feelings of loss too great to hide. It speaks of the overwhelming fatigue that so often accompanies grief and loss. It speaks also, of the power of a God who comforts and strengthens those who reach to Him. It gives solace to a soul frozen with agony and sadness. "Precious Lord" has been sung at funerals throughout the world and is a comfort to many as it was once and still is to me.

Dorsey wrote many more gospel pieces, including "Peace in the Valley", made popular by Elvis Presley. Again, this song gives hope to a world worn out with anger, hatred, intolerance and more. Without the music of Thomas Dorsey and many others, the world would be hopelessly mired in the pain of injustice and sadness. With this music and so much more, we find hope and peace. Thus we find strength to move on toward "home".

May you find strength and peace in the music that has come from the sadness, despair, and grief of others. It was written for that purpose, for you!

"Addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,"
 Ephesians 5:19

Have a safe and happy Thanksgiving, everyone!

Priscilla Hull is the Lay Leader of the First United Methodist Church in Claremont, NH.



Calendar Of Events

A Nashville Christmas Coming to COH

CLAREMONT, NH—Claremont Opera House invites you to come and hear some of your favorite Christmas songs country style with A Nashville Christmas, from Galaxy Entertainment, on Friday, Dec. 13, at 7:30 p.m.

This ultra-entertaining show also has some great traditional country music sprinkled in and special guest appearances by some folks you might know, maybe Elvis, Roy O, or, S. Claus! Orlando Sentinel says, "Lots of fun from beginning to end." Sweetfire BBQ will be on hand with a cash bar.

Tickets are \$25 and can be purchased online at www.claremontoperahouse.org, by phone at 603-542-0064 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square, Claremont, NH.

Area Choir Christmas Concerts Dec. 7, 8

NEWPORT, NH—The 66th annual Area Choir Christmas Concerts will be held Saturday, Dec. 7, at 7:30 PM and Sunday, Dec. 8, at 3:30 PM and 7:30 PM at South Congregational Church, 20 Church Street, Newport, NH.

The Area Choir is an ecumenical choir of singers from more than 20 New Hampshire and Vermont towns and cities who meet annually to rehearse and perform three Christmas concerts as their gift to the area communities.

Directed by David Chaves, with Billie Joyce Bell on piano, and Beverly Caldon, organist, the nearly 70-voice choir will perform more than a dozen Christmas favorites along with time for the audience to join them in singing several familiar Christmas carols. The South Church Earle Pollard Memorial Handbell Choir will also play.

No admission charge; a free-will offering will be accepted. Major business sponsor this year is LaValley Building Supply. Begin the Christmas season with this wonderful area tradition!

Office of Vespers, Benediction at St. Joseph's

CLAREMONT, NH—On Sunday, Dec. 1st, the First Sunday of Advent, St. Joseph's Parish will welcome the new liturgical year with the Office of Vespers and Benediction at 3:00 p.m. in the Church. Following the service, light refreshments will be served in the Parish Hall, and pianist Tristan Smith will entertain with a selection of Polish folk tunes.

Got News? Send us your news, photos

Dirty Deeds, The ACDC Experience

CLAREMONT, NH—Claremont Opera House, Saturday, Nov. 30, 8pm welcomes, for the first time on its stage, Dirty Deeds, The AC/DC Experience out of Boston, MA. The band has been touring the country for over 20 years bringing forth their high energy and wildly entertaining tribute to one of the world's best rock bands, AC/DC! Dirty Deeds' performance revisits all of the timeless AC/DC hits along with a theatrical ride through rock n' roll history bringing you back to the early music that was

5 ways to improve your body language in a job interview

Start with a good, firm handshake: Not too hard and certainly not too soft, that initial handshake should be firm. If you're not sure what that's supposed to feel like, practice with a friend or family member.

Sit right: In general, it's advisable to use the full chair, sitting with your back upright against its back. This helps you appear engaged and confident, especially when combined with maintaining eye contact.

Keep your feet on the ground: Crossing your legs - whether you're a man or woman - may be a little too casual, and if you do feel the need to cross them, it's wiser to do so at the ankles so your feet remain out of sight.

Nod a lot: When the other people in the interview are speaking, you should make a point to nod frequently to show you are processing what they're saying.

Leave well: When the interview is over and you're preparing to leave, there's one last body language move to keep in mind and make a strong last impression as well, according to Monster. All you'll have to do is smile, nod your head and shake hands with the people in the room. If there are several people sitting in on the interview, you might not have to shake with all of them, but with the person who led the interview and the one who brought you in for the meeting.



www.westaff.com

at the roots of AC/DC's rise to stardom. Earning a reputation for their attention to detail and passion for AC/DC, Dirty Deeds The AC/DC Experience recreates the exact sound of AC/DC by performing the songs authentically note for note along with capturing the unique and exact tone that the super group has come to be known for.

Band members love the music and always make the fans part of the show. One band member said, "It's the best music there is. It's energy. It's a party. It's a show. It's Rock and Roll!"

Tickets are \$29 and can be purchased in advance online at www.claremontoperahouse.org, by phone at 603-542-4433 or in person at the Opera House Box office in City Hall Complex at 58 Opera House Square. Tickets also available night of show. Beer and wine sales available before the show and during intermission from Sweet Fire BBQ.

Croydon Ladies Auxiliary Inc. Bingo

CLAREMONT, NH—Croydon Ladies Auxiliary Inc. Bingo, every Thursday night. Doors open at 4:30 p.m. and games start at 6:30 p.m. Kitchen open for supper and snacks.

Pink Diamond and 6 Spot Bingo tickets for chances to win lots of jackpot money. Three raffles each week to win scratch tickets, free plays and gifts.

The winner take all pays out between \$600 and \$900 each week.

Held at the Claremont Senior Center at 5 Acer Heights Road in Claremont.

Questions? Call Sandy at 603-543-7118.

Kinship Raising Support Group

NEWPORT, NH—A support group in Newport for kinship raising family member's kids is meeting 10:00 a.m. to noon every other Friday. Meetings held at the old Towle School, 86 North Main Street. Learn more at New Hampshire Grandparents raising Grandchildren on Facebook; check the page for updates or call Stacey Hammerlind at 802-478-0844.

Overeaters Anonymous Big Book Meetings

CLAREMONT, NH—Overeaters Anonymous

Big Book Meetings are held at Valley Regional Healthcare in Claremont on Wednesdays from 3:30-4:30 p.m. in the library. Please use Main Entrance on Elm Street.

Claremont La Leche League

CLAREMONT, NH—Breastfeeding questions? Get answers and meet other breastfeeding mothers. Claremont La Leche League Claremont La Leche League will be meeting on the 3rd Thursday of the month at the TLC Family Resource Center, 109 Pleasant Street: Mornings, from 9:30—11:00 a.m., evenings, 5:30—7:00 p.m. LLL Leaders are trained and accredited through LLLI to offer help to parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. A leader will be available to answer your questions.

Assistance, information, and support are also available via telephone, email, and the LLLI website. ClaremontLLL@gmail.com, Jess (603) 630-0184, Zadiah (603) 306-9892; they may also be found on Facebook.

Caregiver Support Group

SPRINGFIELD, VT—A Caregiver Support Group (formerly Alzheimer's Support Group) is available to help enhance the lives of individuals with Alzheimer's disease and other dementias. Presented by Alzheimer's Association, Vermont Chapter, the Caregivers Support Group meets the third Wednesday of every month, 5:00 - 6:30 p.m. at Springfield Hospital Library, Level D, Springfield.

Join the Boy Scouts

CLAREMONT, NH—If you have a young man going into 6th grade and is 11 years old that you think needs an advantage in life, then have them consider becoming a Boy Scout. Boy Scouts learn valuable skills in leadership, team building and self-reliance. Boy Scouts that earn the rank of Eagle have a high likelihood of becoming successful in

life and stay active in their communities.

When the school starts, Troop 38 of Claremont, NH, meets every Thursday 6:30-8:00 p.m. at St. Mary's church gymnasium. Join us for a good time and new adventures.

Contact Alex Herzog, Scoutmaster of Troop 38, at claremontscout@gmail.com for more info or come and join us at one of our upcoming meetings.

CHARLESTOWN RECREATION COMMITTEE RECREATION NEWS

NOVEMBER 2019

CHARLESTOWN CHRISTMAS CRAFT FAIR: The second Charlestown Christmas Craft Fair is December 14 (amended date). The event times are 9am to 3pm, at the Charlestown Primary School, 84 East St, Charlestown NH. Please check the Charlestown Recreation Department Facebook Events Page for more information.

RECREATION COMMITTEE MEETINGS: The November 19 meeting was canceled; the next meeting is scheduled for December 3 at 6:00 pm at the Recreation Committee Office, 216 Main St., Charlestown. The meeting is open to the public.

CHARLESTOWN RECREATION DEPARTMENT FACEBOOK PAGE Please continue to check the Facebook page for all announcements and upcoming events.

www.facebook.com/etickernews



Check out our festive Christmas decor, offerings!

The Cottage
...by the brook

Antiques • Home Decor Botanicals

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(802) 722-3222

thecottagebythebrook.com
thecottagebythebrook@gmail.com

73rd County Conservation Meeting Coming Up

Evening Includes Dinner, Awards

UNITY, NH—The 73rd Annual Meeting of the Sullivan County Conservation District takes place December 9th at the Sumner House in Charlestown. Starting at 6pm, the evening includes dinner, two award presentations, and a keynote presentation by the Upper Valley Land Trust. Tickets are \$20 and must be reserved by December 2nd.

Every year, the Sullivan County Conservation District recognizes important conservation activities by farms, organizations and individuals at its annual meeting. This year's award winners are Harvey and Christina Hill (Conservationists-of-the-Year) and Nancy Walker (Volunteer-of-the-Year).

Harvey and Christina (Richardson) Hill were raised in Charlestown on neighboring farms. In time, both came to own the farms they grew up on, and after they were married, acquired adjacent lands until they owned more than 1200 acres. Outdoor people, Harvey and Christina have always enjoyed working and playing outside; growing food, managing forests, and promoting wildlife and biological diversity. They loved their land and resolved that it should be shared with others and never developed. And

so in 2017 the Hills donated most of it, 1100 acres, to the Upper Valley Land Trust, which today is UVLT's Up on the Hill Conservation Area in Charlestown, Unity, and Claremont.

Nancy Walker of Unity and her husband Glenn became interested in working with the Conservation District two years ago, when they attended the Winter Tree ID Naturalist program. Shortly after, they donated a granite bench to the Sullivan County Complex, which today graces Jessie's Trail to the Eco-Ag Center. Since then, Nancy has volunteered weekly with the Conservation District and Natural Resources Department. Her activities have included: helping to survey County lands for rare and unusual wildflowers, sorting and packing seeds

from the pollinator garden, processing District Plant Sale orders, assessing and documenting headstones in the old County cemetery, and assisting the public at the Sullivan County Cidery.

This year's keynote presentation, given by UVLT staff Peg Merrens and Megan Chapman, is titled "Protecting Special Places: A Land Conservation Discussion with the Upper Valley Land Trust." The talk will explore the importance of conserving land for future gen-

erations, the state of land conservation in Sullivan County and surrounding region, and current efforts to conserve the region's best resources including viable farmland. The Upper Valley Land Trust (UVLT) works in 45 towns in the Upper Valley region of Vermont and New Hampshire and has been protecting land for over 30 years. To date, UVLT has protected more than 53,000 acres.

The buffet dinner includes chicken cordon bleu, broiled salmon and veggie alfredo, as well as chocolate cake or apple crisp for dessert. The evening's schedule and dinner menu can be found at <https://www.sccdnh.org/programs>.

Reservations are required. To attend, please contact Dawn Dextraze by Monday, December 2nd: 504-1004, or ddextraze@sullivancounty.gov.

Above: Harvey and Christina (Richardson) Hill

Left: Nancy and Glenn Walker (Courtesy photos).



Bingo at the Charlestown Memorial VFW Post 8497 Post Hall

CHARLESTOWN, NH--Bingo is held Wednesdays at the Charlestown Memorial VFW Post 8497 Post Hall, 365 Lovers Lane Road in Charlestown, NH. The regular games start at 6:30 p.m. with Early Birds games commencing at 5:00 p.m. Eight regular games, four two-part games, and three special games, including a winner take all with a \$1,000 kicker if won in 50 numbers or less, a carry-over cover-all game also paying off in 50#'s or less or a consolation of \$150, plus the final Jackpot game paying \$150. All regular and special games are now on PAPER. Bingo is the VFW Post 8497's primary fundraiser for its various scholarships and sponsorships. Food and drinks are available.

Newport Historical Society Museum Hours

NEWPORT, NH--Interested in local history? Come visit the Newport Historical Society Museum, 20 Central St., Newport, NH. Located in the 1837 Nettleton House, the museum has two floors of annually changing displays to wander through.

Open Sundays (except holiday weekends), from 10AM to 2PM, and by appointment by calling 603-863-1294. The museum is free, heated, air-conditioned, and handicapped accessible.



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REV. OCT. 23, 2019

MONTHLY FOOT & BLOOD PRESSURE CLINIC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st WEEK of the month	BLOOD PRESSURE CLINIC COA, New London 9:45 – 11:15 am Lebanon Senior Center 10:00 am – 12:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Newport Senior Center 10:45 am – 12:00 pm	FOOT CLINIC Mascoma Senior Center, Canaan 9:00 am – 12:00 pm Plainfield Libray 12:00 – 4:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 10:30 am – 12:00 pm FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
2nd WEEK of the month		BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bourdon Centre, Claremont 10:00 – 11:00 am Grantham Methodist Church 11:15 am – 12:00 pm (Apr-Dec) Sugar River Mills, Claremont 1:00 – 2:00 pm FOOT CLINIC Bourdon Centre, Claremont 8:00 am – 12:00 pm Sugar River Mills, Claremont 12:30 – 2:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Charlestown Senior Center 11:00 am – 1:00 pm FOOT CLINIC Charlestown Senior Center 9:00 am – 4:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	FOOT CLINIC COA, New London 9:30 am – 1:00 pm
3rd WEEK of the month	BLOOD PRESSURE CLINIC Lebanon Senior Center 10:00 am – 12:00 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Bradford Senior Center 11:00 am – 12:00 pm Newport Senior Center 11:00 am – 12:30 pm Marion Phillips Apts, Claremont 1:00 – 2:00 pm FOOT CLINIC North Ridge, Warner 9:30 – 11:30 am Marion Phillips Apts, Claremont 1:00 – 4:00 pm	FOOT CLINIC Claremont Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC Claremont Senior Center 11:00 am – 12:00 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	
4th WEEK of the month	FOOT CLINIC Newport Senior Center 9:00 am – 3:00 pm Lake Sunapee VNA 9:30 am – 1:30 pm	BLOOD PRESSURE CLINIC Lake Sunapee VNA 9:00 am – 12:00 pm Cornish Town Hall 11:15 am – 12:30 pm FOOT CLINIC Lebanon Senior Center 10:00 am – 2:00 pm	FOOT CLINIC Newport Senior Center 8:30 am – 3:00 pm	BLOOD PRESSURE CLINIC CSB Community Center, Claremont 9:30 – 11:00 am Plainfield-location varies 11:30 am – 1:30 pm FOOT CLINIC Lake Sunapee VNA 9:30 am – 1:30 pm	These events take place every month, except on holidays. Foot Clinics are by appointment only and cost \$25. For more information or to verify a date, call 603-526-4077 or visit: LakeSunapeeVNA.org

Santa is coming to Town!

**Photos
with
Santa**



**Pets
Kids
&
Families!**

**Join us on Saturday, December 14th
2019 from 10-2 @ the
Claremont Rent-A-Center**

Photo Prices:

4X6 \$5.00

5X7 \$7.00

Digital emailed file \$7.00



Join SCHS and Santa for a fun photo-op! There will also be some delicious homemade baked goodies! Rent-A-Center is going to sweeten the day by offering a special as a thank you for coming out and supporting a local non-profit!



From all of us at Sullivan County Humane Society, thank you for your support!

All photo and bake sale proceeds to benefit the Sullivan County Humane Society

Remembering Loved Ones...

Life Tributes

Obituaries May Be Found On Our Website

We post obituaries on our website to make them available in “real time,” as they are released by funeral homes. We will continue to publish them here weekly, as well, for your convenience if you wish to print out any of them.

www.etickernewsoclaremont.com

Norman J. LeBlanc, 70

Norman “Norm” J. LeBlanc, 70, of Claremont, NH, gracefully passed from this life on Wednesday, November 20, 2019, at the VA Medical Center in White River Junction, VT.



Norman was born to the late Robert and Alva LeBlanc in Saint Paul, New Brunswick, Canada, on June 25, 1949. After immigrating to the United States (Connecticut), he would go on to proudly serve his country in the U.S. Marine Corp. during the Vietnam War, earning a Purple Heart. Norman was a devoted and loving father who shared an inseparable bond with his daughter, his “sunshine”. Norm was a man of great character, kindness, and generosity, with a sense of humor and positive spirit that prevailed through his final days. Norm was the type of man who brought joy into the lives of all who knew him, a true gentleman. He was an avid craftsman with a

unique ability to just envision and create, from barns and furniture, to keepsake items. When not in his workshop, Norm and Deb could be found on his motorcycle, cruising the countryside, wild and free.

Upon “retirement”, Norm worked for the City of Claremont as their evening custodian where he made many friends and could even be heard singing throughout City Hall. His perpetual smile and kindness greeted all those he met.

Norm leaves behind his loving partner, Deborah Stauch, and his devoted daughter, Kelly LeBlanc. Norman was predeceased by his wife, Louise LeBlanc (St. Laurent) and leaves behind many brothers, sisters, cousins, nieces, nephews, and friends.

Honoring Norman’s wishes, services will be private.

In lieu of flowers, donations can be made to the VA Medical Center in WRJ, VT.

Darlene Kebalka, 58

Darlene Kebalka, 58, of Claremont, NH, passed away Monday evening, November 18,

2019, surrounded by family after a long battle with cancer.

She was born in Claremont, NH, on June 17, 1961.

Darlene enjoyed being with her loved ones the most. Spending time in nature and making memories to last forever. She had the best sense of humor. She always put everyone else before herself, even in her last moments. Her kindness touched countless people.

She is survived by her husband Michael Kebalka of 37 years, her three daughters Melissa Gumm, Kristen Kebalka, and Lynette Benton, son-in-law Damon Benton, her three grandchildren, Caleb Gumm, Aalea Gumm, and Odin Benton. Also survived by her sister Terry Westover and husband Charles Westover, Robert Richardson and wife Beverly Richardson. Nephews and nieces Timothy Temple, Andrew Temple, Adam Temple, Robin Monaghan, Robbie Richardson, Todd Richardson, Travis Richardson and all of their spouses and children. Brandi Kebalka and family, along with many other dear cousins and their children. She was predeceased by her brother, John; her mother, Marjorie and her father, Lyle.

“The true primary-care provider is Mom.”

-Dr. Sam Giveen

Most of the time, a doctor can't help anything until Mom decides something isn't right. She makes the first move and calls the doctor. Dr. Sam attributes any success he and his staff have with kids to that vital first step. Yay, Mom.

DOCTOR **SAM'S**
EYE CARE



(603) 543-2020
9 Dunning St, Claremont
(we're right there by the hospital)

Funeral services and burial will be held privately.

The family suggest donations can be made in her memory to Dana-Farber Cancer Institute, Brigham and Women's Hospital or The Darlene Kay Neilsen Paulette Memorial Foundation.

The Stringer Funeral Home is in charge of arrangements.

Claremont Senior Center, Inc.



WOW!! Did you see those white paper plate snowflakes? They were beautiful as long as they didn't accumulate into three feet of snow. We will mention here—if there is no school, the Center will be closed also. After all, we have emergency jobs such as child sitting, cookie baking, game playing and crafts. Sound familiar?

The Center will be closed on Thanksgiving, Thursday, Nov. 28th. This will allow our volunteers time with family and friends. We will reopen Friday with pool, knitting, Mahjongg and good conversation about our Thanksgiving day. We do wish you and yours a wonderful, warm Thanksgiving. Please take pictures and save those memories.

SPECIAL NOTICE: Silver Sneakers will be moving to Tuesdays at 1PM as of Dec. 3rd. The instructor thought this new time would better fit your schedules. All of us have very busy mornings. Please know how important exercise is to our well-being. Join us at this new time.

Menu for Tues, Nov. 26th. Soup, Baked Beans, Hot Dogs, Cole Slaw, Jello. Closed Thanksgiving Day.

Sold Out!!! Yes!! Our Turkey Dinner last Saturday was a sellout. The plates were brimming with turkey and all the fixings. We also had a large amount of takeouts. We will be holding our next dinner in January. All the surviving turkeys are on vacation.

The Center is buzzing with excitement as we continue to add new programs. On Monday, Nov. 25th, we will have started cribbage as a group. Time 9AM-11AM. Several people have asked for this group. Of course, members are welcome to come anytime and play. Bring your friends.

Notice. There will be no Corn Hole on Wed. Nov. 27th. We will resume play on Wed. Dec. 4th.

Corn Hole is well on its way. We are having such a good time with this game. In the Spring, we will move it outside to play. No lights to worry about there. However, if the sun goes out....some of us threw those beanbags a little high. We accommodated all levels. Some are learning from the pros and were surprised at how well they did. Give it a try. Wednesdays-4PM-6PM.

Rentals are available. There are a couple of dates still available for December. Our Owens Hall is huge. It is ideal for anniversaries, wedding receptions, business and educational presentations. We have technical equipment available. Our kitchen is spacious, newly renovated and fully equipped with a caterer. Come in and talk to us about your rental needs.

Give a trial membership for a Christmas gift. The Free for a Month card will allow that person (50+) to experience our wonderful Center. After the expiration date, they will be asked if they would like to continue for \$20 a year or you can do that for them, too! A gift that keeps giving.

Thought for the Week: Even if you are on the right track, you'll get run over if you just sit there.

Have a wonderful week everyone. Stay warm. Watch that Black Friday traffic and all those turkeys headed out for vacation.

Laughter and lively conversation always welcome here. And leftover turkey jokes.

Claremont Senior Center, 5Acer Heights Rd., Claremont NH. 603-543-5998. Smoke Free.

Sullivan County Public Hearings Notice Community Development Block Grant Project

The Sullivan County Commissioners will hold three consecutive Public Hearings on **Monday, December 2, 2019 at 3:30 pm** in the Sullivan County Commissioners Conference Room, 14 Main Street, Newport, NH 03773 to discuss New Hampshire. Community Development Block Grant funds that are available to municipalities through the NH Community Development Finance Authority. Up to \$500,000 annually is available for economic development projects, up to \$500,000 for public facility projects, up to \$500,000 for housing projects, up to \$500,000 for emergency activities, and up to \$25,000 is available per planning study grant. All CDBG projects must primarily benefit low and moderate income persons. The public hearings will hear public comment on the following:

1. A proposed application to the Community Development Finance Authority for up to \$500,000 in Community Development Block Grant Housing funds. The County will retain some of the CDBG funds for administrative expenses and grant the bulk of the funds to New England Family Housing (NEFH), a for-profit entity. NEFH will then loan the CDBG funds to a related entity to be determined for the renovation of the Newport Mill, 169 Sunapee St. in Newport, New Hampshire into 68 units of primarily affordable, safe and sanitary apartments. The apartments will remain affordable to low and moderate income households for a minimum of 20 years.

2. And the Residential Antidisplacement and Relocation Assistance Plan.

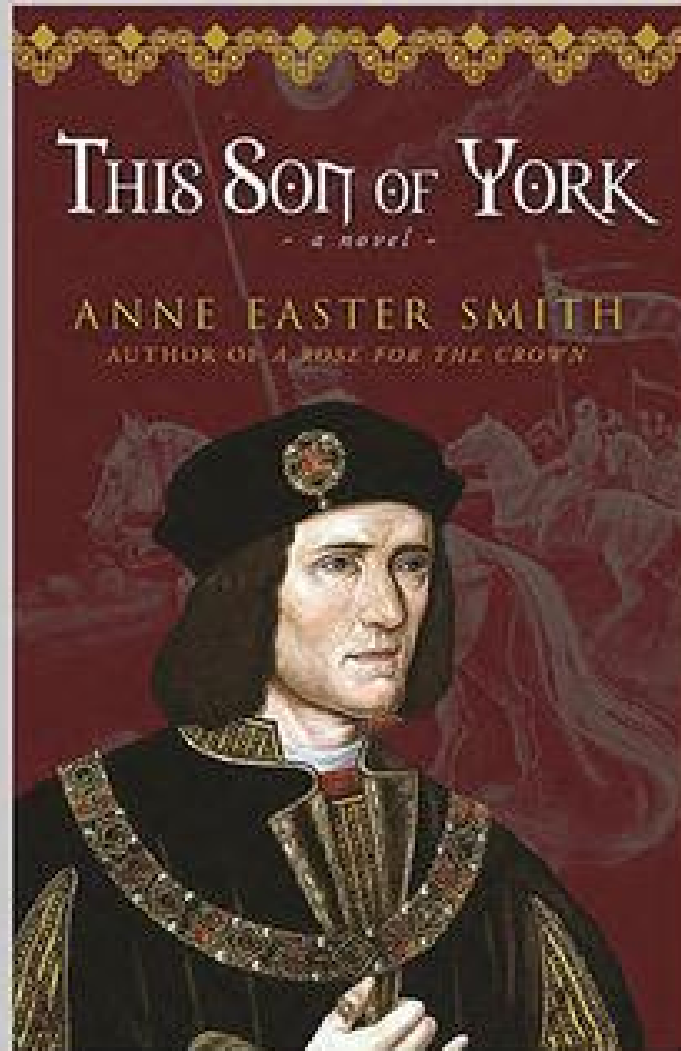
3. The progress of the Goddard Block Housing Rehabilitation project at 54-62 Pleasant Street in Claremont, New Hampshire.

For persons with special needs, provisions can be made by contacting the Commissioner's Office telephone 603-863-2560, Email: commissioners@sullivancountynh.gov or mail, at least five days prior to the public hearings.

Sullivan County Commissioners
14 Main Street
Newport, New Hampshire 03773
Telephone: 603-863-2560

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The Acworth Silsby Library Presents

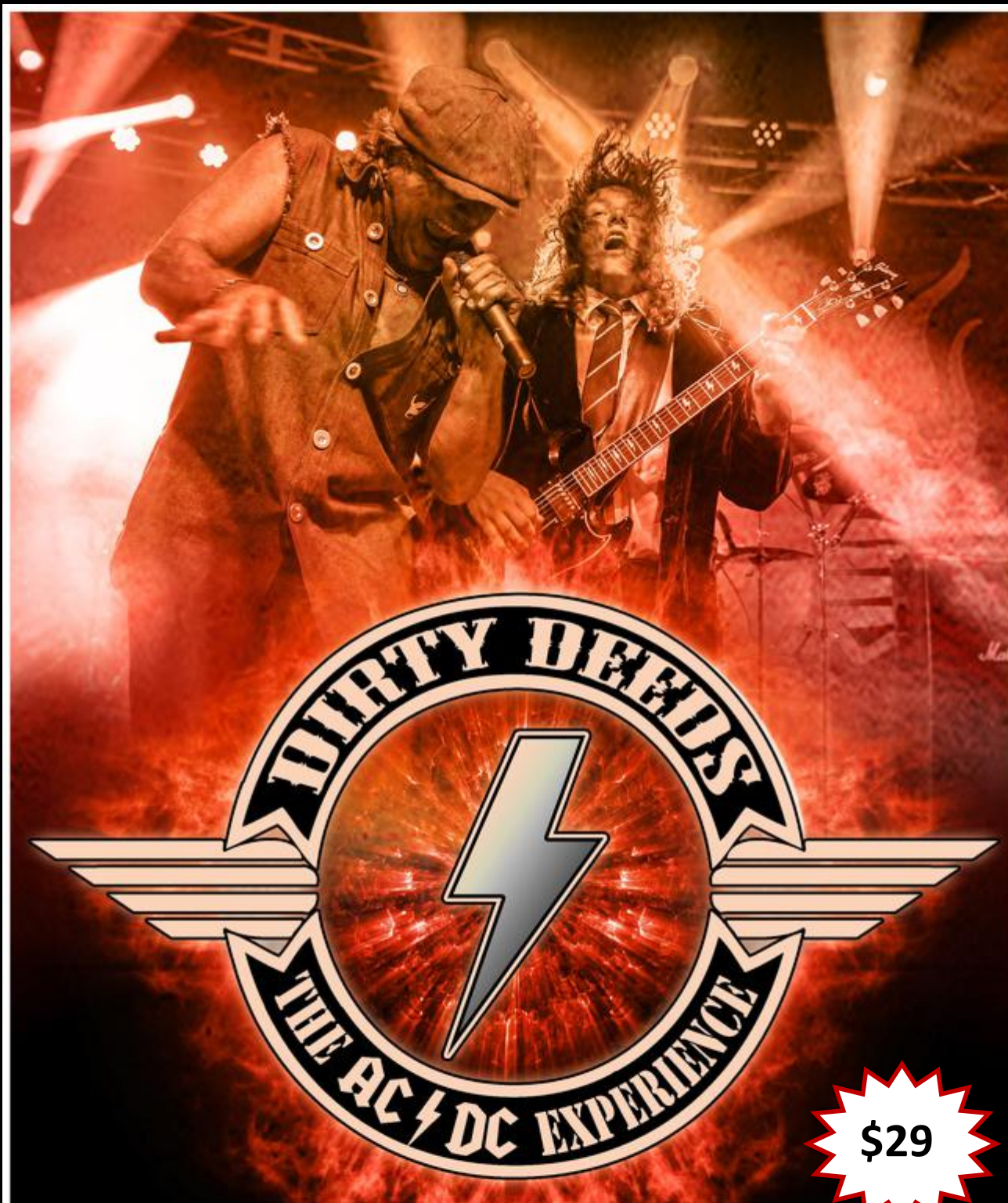
Anne Easter Smith

Reading from Her New Book

This Son of York

Anne Easter Smith is the award-winning author of six historical novels about the York family during the Wars of the Roses. Anne has worn many hats in her life: executive secretary in London, Paris, and New York; PBS auction coordinator and program guide editor; folksinger; tournament tennis player; actor and director; and features editor at a daily newspaper in Plattsburgh NY.

**Saturday, December 7, at 2PM
at the Library**



\$29

November 30

603-542-4433

claremontoperahouseorg



WWW.THEACDC EXPERIENCE.NET



Sullivan County Transportation will be offering a
Holiday Light Tour in Claremont.

**Wednesday, December 11, 2019 starting at 6 pm
and**

Thursday, December 12, 2019 starting at 6 pm

If interested, please call in advance for reservations.
603.542.9609



Southwestern Community Services
people helping people



Domestic Abuse Victims Traumatized Further by the System

By Bernadette O'Leary

The biggest comment that victims of abuse hear is, "Just leave." However, the reality isn't that simple. In fact, leaving puts the abused in more danger than they were already in, and not only because of the abuser. The system itself further endangers victims and survivors of abuse through systematic failures and a lack of regard for the rights and safety of those impacted by the violence and threats from their abusers.

In a previous article, we looked briefly at the case of Kelsey Smith-Briggs, a three-year-old girl who, in spite of abuse that included broken bones, was left with her abuser until her death. This is not the exception to the rule, but rather, it is indicative of how the system functions.

Ark of Hope for Children reports that for every case of child abuse reported, there are two more that go unreported. The numbers for intimate partner abuse are even worse at one out of four being reported. With more than 10 million cases of abuse reported each year, this makes the combined numbers well over 30 million cases each year. These victims are not listened to by authorities, and police reports are not filed or are improperly filed, giving the abuser the feeling of validation in their behaviors. The National Institute of Justice with the U.S. Department of Justice states in their report, Practical Implications of Current Domestic Violence Research: For Law Enforcement, Prosecutors, and Judges, "... not all incidents reported to law enforcement are forwarded to prosecutors, and even fewer are prosecuted." The fact is, there are far too many reports of this with entirely too many excuses given. In a system where things like this happen, the victim simply doesn't feel protected, and he/she feels it is too dangerous and pointless to seek help.

Furthermore, statistics reveal the offensive reality that even when the survivor is able to escape and obtain a protective order, violations against that order are only prosecuted a small percentage of the time, leaving the offenders with the idea that they can do anything they want without having to face consequences. According to an article from 2014 in Psychology Today, 90% of all domestic abuse crime reported goes unpunished. This number continues to fluctuate today, but it is not improving. When abuse is reported, most cases are either not taken seriously or are written up as simply a domestic disturbance, where police can do nothing. When my own husband left me at the side of the road injured, all the police report said was, "responded to woman who needed help." The severity and details were not documented. In fact, my husband returned to the scene, spoke with an officer, and then walked away. The officer expressed that he felt my now ex-husband was calm and not a threat. Abusers are frequently very convincing and can deceive even the most well trained eye. This means that without witnesses to the abuse, most victims don't get the help they need. I had to be taken to the hospital by ambulance, yet nothing was done by authorities to my husband. By the time victims reach out, they have seen this lack of help that is out there, in spite of official claims to the contrary.

As was reported by Think Progress, "Studies have shown that between 40 and 60 percent of offenders arrested on domestic violence charges re-offend within 30 months." The report goes on to refer to the system as "a justice system that often fails to successfully monitor abusers and enforce restraining orders." Additionally, Domestic Abuse Shelter states, "Of all domestic violence homicides, about 75% of the victims were killed as they attempted to leave the relationship or after the relationship had ended." Of these, many had restraining orders. Restraining orders are only paper, and the best the abused can do when the abuser comes to harm them is wad it up and throw it at the abuser. These mixed with the failure rate of the system creates debilitating fear that keeps the abused prisoner.

Until laws are strengthened and enforced by properly prosecuting all cases of abuse, revoking parental rights of abusers, and handing down strict sentences that include jail time for abuse and violating protective orders, more victims of abuse will die at the hands of their abusers. Contact your state and federal representatives today and demand change.



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