

PITTSFIELD POST

A FREE NEWSLETTER BY COMMUNITY VOLUNTEERS

"Cause a little bit of summer's what the whole year's all about."- John Mayer,
"Wildfire"

June 19, 2024



Did you Know?

The F.B. Argue Recreation Area (aka Town Pool) is now open and there is a new mural on the front of the building, donated and designed by the Merrimack Valley Church. There will be daily activities this summer, swim lessons are available, and it is a "swim at your own risk" area.

The hours are Monday - Friday, 12-5pm.

Children under the age of 10 must be accompanied by an adult. Daily Admission is \$1/person (non-resident- \$1.50/person) and a Family Season pass is \$50. Please NOTE - there are NO lifeguards on duty. There are two sessions of Swimming Lessons: Session 1 - June 24 - July 5; Session 2 - July 29 - Aug 9. Cost is \$15/child per session (non-resident is \$30/child). Sign-up information may be obtained during open hours at the F.B. Argue Rec Area. There is also the opportunity to rent out the area on weekends. The application is available on the town website and must be returned to town hall. The cost is \$40.

Parks and Recreation Committee



Pittsfield Town Crier

Would you like an event listed? Contact Andi Riel at pittsfieldtowncrier@hotmail.com or 603-435-6346

Wed, Jun 19, 9:30am - Senior Center - Breakfast

Bingo! What a combination! Every other Wednesday the center will be serving breakfast at 9:30am, then Bingo will follow from 10-11:45am. Cribbage players are welcome; we have plenty of room for both groups to be going on at the same time.

Wed, Jun 19, 6:30pm - Suncook Valley Rotary Club

will hold their meeting at the Pittsfield Historical Society, Oak St.

Fri, June 21 - Pittsfield 'Citizen of the Year'

nominations. It's time to nominate a person for Pittsfield's 'Citizen of the Year!' Many people deserve to be honored for their actions and their commitment to Pittsfield. Their activities benefit our town. However, only one may be selected each year. Please submit (via US mail) your nomination, with a short note explaining why you think this person should be honored as 'Citizen of the Year' for 2024. Send nominations to Citizen of the Year, P.O. Box 173, Pittsfield, NH 03263. Nominations should be received by Fri, Jun 21.

Wed, Jun 26, 10am - Senior Center- Movie.

We will be watching a movie every other Wednesday. The next movie date is June 26. You can pick the movie from five different choices. Whoever shows up will vote on the movie for the day. During the movie we will snack on popcorn and have lunch. The movie starts at 10am. Cribbage and card players are welcome at the back tables during the movie.

Fri, Jun 28, 6pm - 'Joy In the Park,' hosted by **Joy Church**, will be held at Dustin Park. Join us for a free cookout, face painting, music, games and fun.

Sat, Jun 29, 10am - 12pm; and Sun, Jun 30, 1- 3pm.

The Pittsfield Players are very excited to hold their second Summer Theater Camp for the children of Pittsfield and surrounding communities. It's open to children ages 9-18, and this year we will be performing "The Big Bad Musical," directed by Bea Douglas. Auditions/Sign-ups are Sat, Jun 29 from 10am to noon, and Sun, Jun 30 from 1 to 3pm, right at The Scenic Theater in Pittsfield! For more information, please visit our website at www.pittsfieldplayers.org or check out our Facebook Event for the Theater Camp!

2024 Varsity Girls Summer Soccer - All sessions will be from 9am to 11am. Arrive 15 minutes early to put on your gear and review the day's training schedule. **Jun 25 and 27, July 9 - 30, August 1- 15.** The regular season begins shortly after August 15th.

Congratulations to seniors and three-sport athletes **Mike Casey** and **Tiffany Boucher** on being recognized as the 2024 PMHS Male and Female Athletes of the Year.

Join us every Saturday for BINGO hosted by

Pittsfield Youth Baseball/Softball Association

Bingo. They have a great menu of food items along with their games, and it all benefits the children of Pittsfield for their baseball/softball program. Doors open at 3:30pm and Bingo starts at 6pm at Circle 9 Ranch in Epsom. *****NOTE NEW LOCATION AND TIMES *****

PYW has changed to their Summer Hours! PYW is open for Drop-In hours from 2-6pm on Mon, Tues, and Wed. Thursday is TRIP DAY! Permission slips are required for trips and may be picked up at PYW during drop-in hours. Fri - PYW is Closed. Please contact Ashley or Zach at 603-435-8272 or email at info@pittsfieldyouthworkshop.org for more info about all the great things happening this summer.

There are several vacancies on the Budget

Committee. Please contact Town Moderator Jackson Marston or the town hall if interested or have any questions. The volunteer application may be found on the town website www.pittsfieldnh.gov

The beautiful hanging flower baskets are up!!! We were graciously awarded a Sanderson Grant, which covers most of our funds. However, we would still love donations to keep this effort alive! If you'd like to continue to see these baskets, we'd appreciate a donation; no amount too small or too big! Send donations to Donna Keeley, made out to Pittsfield Hanging Basket Flower Fund, 256 True Rd., Pittsfield, NH 03263. Thank you, everyone, and have a flowerfull day.

Sat, July 20, Pittsfield Old Home Day. The theme is "Adventure Begins with You." For info or to volunteer, contact Melissa at 603-496-3928, or for vendor information, contact Adam at 603-219-7284.

Sat, Sep 14 - PHS Class of 1984 - It's our 40th Class Reunion this year, at Murphy's Tap Room in Bedford. Contact Andi Grainger Riel at pittsfieldtowncrier@hotmail.com or 603-435-6346 for info.

Selectboard Review, June 11, 2024

We had two public hearings, both of which had been posted but failed to draw any attendance or comment. The first was a review of, and a few changes to, the town's traffic ordinance. Instead of three different speed limits on one stretch of road, Water St., Lyford Hill and Leavitt Rd., the new speed limit is now 25 mph from Rt. 28 down to Danis. Watson St. has been lowered to 20 mph. A "No Parking" zone was added on Main St from Broadway down to Clark St. This is the Town Hall side of Main where new curb was added and cars don't have room to park without hanging out into the street. Public Works will put out signs reflecting these changes as finances allow.

The other public hearing was relative to the Sewer Ordinance. The town has a major financial problem looming with the Wastewater Treatment system. In order to meet the standards required by the EPA under the town's new Discharge Permit, which was effective September 2023, user fees will have to be raised, as it is required by law to discharge only water that passes state criteria - an expensive proposition.

In addition, the entire system is antiquated, and has far outlasted its originally anticipated lifetime, so engineers have been hired to plan the improvements required to keep the facility in compliance.

The town has no choice. We must maintain and repair the system as best we can, therefore rates must increase to cover those costs. Consequently, the quarterly user fee will be raised to .16 per cubic foot, then 2% each quarter in an effort to meet our obligations. Because sewer bills are calculated by your gallonage consumption on your Pennichuck water bill, sewer users have at least that opportunity to try to mitigate the cost increases by conserving water. The other problem we see at the plant is cellar sump pumps that are being piped into the sewage system. This is actually against the law because it requires that all that water be treated just as if it was sewage, using chemicals that should be confined to necessary treatment. Therefore, violators of the sump pump law will be assessed a \$200 per quarter penalty for up to a year, and if the owner has still not corrected the violation, the \$10,000 fine (which is already in place) will be assessed. That ought to get violators' attention while still giving them time to pump water someplace else. Bill at Wastewater can suggest alternatives.

Roy's Auto Salvage received a junkyard license renewal. They're always in compliance and never an issue.

Joe Darrah was appointed to the Old Home Day Committee. Alex Lawrence was hired as a Call Member of the Fire Dept. Eric Nilsson's FD/EMT employee evaluation was approved and his step increase granted.

Applications for Current Use assessment, a solar energy systems exemption, and an elderly exemption were all approved. A timber tax assessment was levied for a cut on Catamount Rd. Two "intents to cut timber" were approved.

The Congregational Church and the Society of Friends (Quakers) were granted religious exemptions for real estate tax. PYBA (youth baseball) received a charitable exemption. Two donations to Old Home Day were accepted with thanks, from NH Water Solutions and the Sanderson Fund.

Dan Schroth sent us a packet reminding us the climate is changing. He has kept us aware for some time now.

There will be a public hearing at our next meeting regarding accepting a donation in excess of \$10,000 for a paving job.

Carl Anderson

SAVE THE DATE
PITTSFIELD
OLD HOME DAY

SATURDAY
JULY 20, 2024

ADVENTURE
begins with you!

Never STOP EXPLORING

For Info or to Volunteer: Melissa 603-496-3928
For Vendor Information: Adam 603-219-7284



Cook's Corner

Lamb & Feta Stuffed Tomatoes with Avgolemeno Sauce

My husband and I recently committed to a low carb / low sugar

lifestyle, for health reasons. I say lifestyle because I don't see this as a diet – this is our new normal. Based on the research I've been doing, reducing carbs and sugars can be challenging because so many everyday foods that we consume are loaded with carbs and sugar. However, being thoughtful about the foods you eat, and reducing your carb, sugar and processed food intake can literally add years to your life. With that, I've been researching and creating a host of new recipes that fit the bill. We kick off with lamb & feta stuffed tomatoes with a lovely Avgolemono Sauce, which is only 10 grams of carbs for 2 tomatoes plus a ¼ cup of sauce. Add a hearty green salad, dressed lightly with oil & vinegar, to round out this meal. Stay tuned for more healthy recipes coming your way! And if you have low carb / low sugar recipes you'd like to share, please send them in. Bon appetit! *MP Christakos*

- 4 large tomatoes
- 1 TBSP olive oil
- 2 lbs ground lamb
- Garlic powder
- Salt & pepper
- ½ cup finely chopped red onion
- 2 heaping TBSP chopped mint
- 2 heaping TBSP chopped cilantro
- ¼ cup pine nuts
- ½ cup feta cheese crumbles
- 3 to 4 TBSP grated Parmesan cheese

Heat oven to 350. Lightly spray a baking dish or pan with cooking spray. Cut the tops off the tomatoes, core them and then using a small spoon, carefully scoop out the pulp into a paper towel-lined colander. Turn the tomatoes upside down and drain on a paper towel-lined plate, while you work on the rest of this. In a large skillet, heat the olive oil then saute the ground lamb and onion, seasoning with garlic powder and salt & pepper, until the lamb is no longer pink. Drain and return to the skillet. Take off heat, add the mint, cilantro, pine nuts and feta cheese. Stuff the tomatoes with the meat mixture, top with grated Parmesan cheese and bake in the oven 20 to 30 minutes. Serve with Avgolemono Sauce and a Greek salad.

Avgolemono Sauce

2 cups chicken broth
2 lemons
3 large eggs, beaten
Dash of kosher or sea salt
Dash of black pepper
In a small saucepan, bring the chicken broth to a light boil. Turn off heat.
Finely grate the zest from each lemon. Cut lemons crosswise in half; squeeze juice from lemons into a small bowl and add the lemon zest. Into the same bowl with the lemon juice, whisk the eggs and season with a little salt & pepper.
Add a little of the cooled broth to the egg / lemon mixture and whisk to combine. Gradually add the egg mixture to the slightly cooled broth in the saucepan and whisk well to combine. If necessary, heat the Avgolemono over low heat until you're ready to serve.

Want to see the pictures in color?

Subscribe to receive the Post by Email by scanning the QR code. Or go to:



www.pittsfieldnhcommunitycenter.org

PITTSFIELD INSURANCE AGENCY

Home - Auto - Business

3 LEAVITT RD

PITTSFIELD NH 03263

603-435-7262

PITTSFIELDINSURANCE@GMAIL.COM

PITTSFIELDINSURANCEAGENCY.COM

**WE TREAT EVERY CUSTOMER
LIKE THEY ARE OUR ONLY
CUSTOMER**

**CALL FOR YOUR NO OBLIGATION
QUOTE**

Seniors, Class of 2024!

Congratulations from your School Board on your graduation, a culmination of years of study, homework, and exams, as well as your memorable field trips, dances, parades, parties, and social events!

Yes, graduation is an ending, but it's also the beginning of a whole new phase of life. Always be proud of your achievements and use them to fulfill your dreams. Hold tight to the dreams you have today and walk boldly in their direction.

You have every right to be proud of your achievements. We, the School Board, are so proud of your accomplishments.

For all the successes behind you, again, congratulations! For all the challenges ahead, we know you have a strong, solid foundation, thanks to the dedication and commitment of those responsible for your instruction and guidance through your years of schooling. We hope that everything you have learned unlocks all the doors you find in the future. We wish you the very best in all your future endeavors. *Pittsfield School Board*



COMMUNITY ACTION PROGRAM
BELKNAP-MERRIMACK COUNTIES, INC.
EMPOWERING COMMUNITIES SINCE 1965

FREE Preschool for ages 3-5!*

**FREE Home-Based program for pregnant
parents and babies ages 0-3!***

Head Start Preschools are located in Pittsfield,
Franklin, Concord, and Laconia.

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

Two meals provided daily at no cost to families for
preschool children.

Enrolling now for the 2024-2025 school year.

*Eligibility guidelines do apply.

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

Headstart@capbm.org for more information



Save the Date
www.joychurchnh.com

BLOCK PARTY

August 10th (rain date Aug 17)

12:00 - 4:00 pm, at Drake Field

Free cookout, music, face painting, games, bounce
house

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Advertising in the Post

Costs begin at \$5.00 for a brief classified ad.
Guidelines and order forms are located at
www.pittsfieldpost.org



Post-It in the Post

Do you have an interesting story
to share with your friends and
neighbors? Are you part of a
community group that has big
news? Email:

pittsfieldnews@pnhcc.org by noon on Friday.

Guidelines: www.PittsfieldPost.org



On June 6, the House was in session to act on the House Bills amended by the Senate. The Senate also met to act on the Senate Bills amended by the House. We meet at the same time because decisions made in one house can be moved to another. By the end of the sessions, all bills must be passed (concur), failed (non-concur), or brought to further discussion by a request for a Committee of Conference (CoC), or they run out of time!

During the session, a diverse range of almost 90 amended house bills were brought to the floor for a vote, while over 40 were requested for a CoC. Notably, some amendments actually revived a previously defeated bill, giving it new life! Here are some examples of the interesting bills:

HB185, relative to determining parental rights and responsibilities based on shared parenting and requiring municipalities and school governing bodies to post on their official website all funds received from the State either by allocation or grant; passed 191-171.

HB1189, relative to reporting child support delinquencies to federal agencies; passed 181-180.

HB1018, which concerns on-premise and off-premise liquor licenses and current land use; was moved to CoC on a voice vote.

HB1633, relative to the legalization and regulation of cannabis; was moved to CoC 261-108.

HB1186, protecting firearm purchaser's privacy; passed 190-179.

HB1014, which requires the instruction in government and civics on election law and voting in schools, and also requires the use of a holiday's statutory title to be used by government and school agencies (Columbus Day is Columbus Day); passed 183-171.

HB1305, relative to freedom of speech and association at public institutions of higher education; passed 201-160.

HB 115, relative to changing the date of the State Primary Election to June; failed 159-200.

HB1098, relative to ballots delivered to elder care facilities to be delivered by official personnel designated by the clerk; passed 182-181.

HB1310, relative to scheduling meetings of the Supervisors of the Checklist; passed 183-180.

HB1410, relative to certain professional licenses to the Board of Optometry and the regulation of optometry was tabled; 192-170.

HB322, relative to establishing a committee to study the NH Board of Medicine and an appropriation to the Department of Health and Human Services; passed 278-106.

HB1607, relative to expanded safe haven protections for mothers giving up their child during the first 3 months; passed 185-174.

HB1245, relative to the release of confidential records of a person appointed a guardian, and to patient access to medical records; passed 182-175.

If you would like more information on any bill, please go to gencourt.state.nh.us and search under current bills! Cyril and I are always happy to hear from you. Please email us at info@claytoncyril4house.com

Sincerely, Your State Representatives, *Cyril Aures and Clayton Wood*

2024 Festivals in Concord

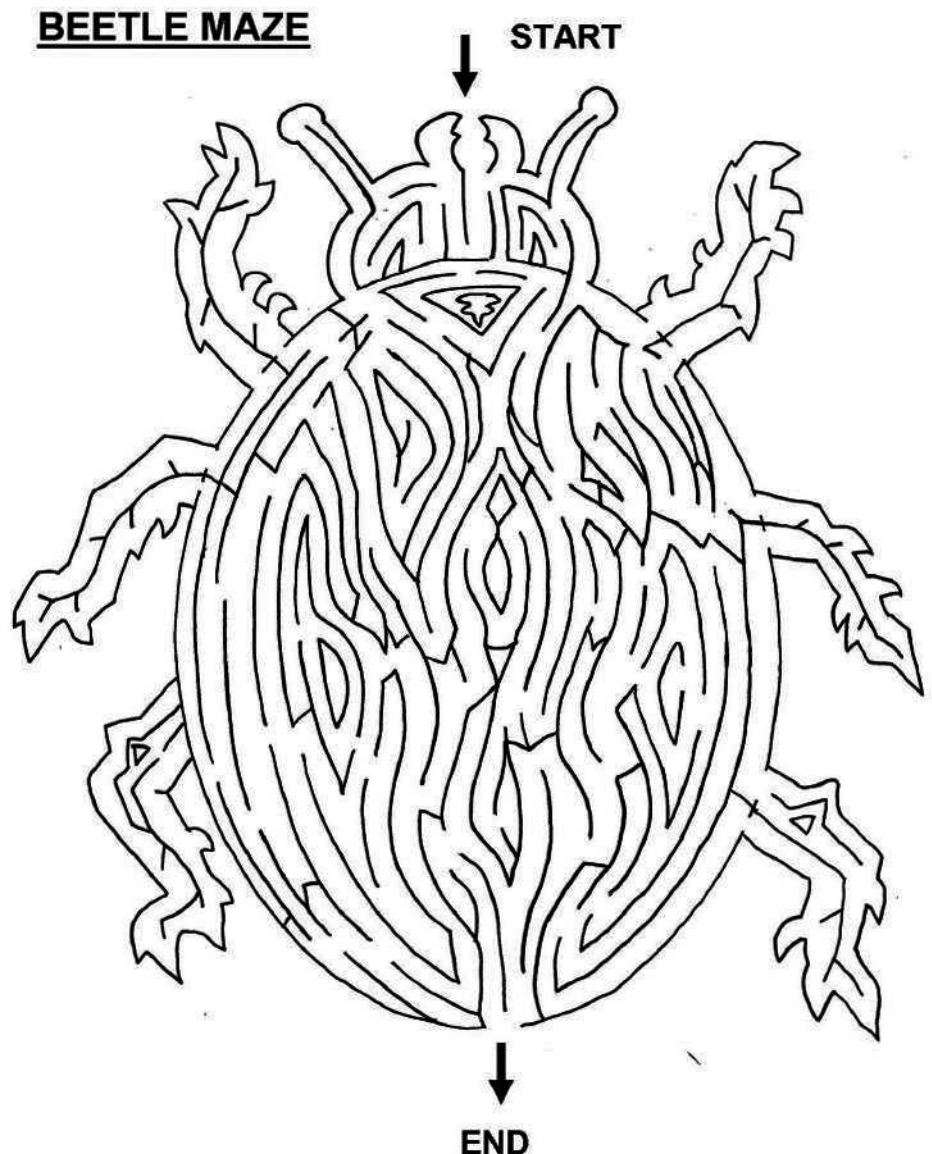
The Greater Concord Chamber of Commerce is thrilled to play a key role in another new event coming to the Capital City—"Concord Sound & Color." This music and arts festival will feature thrilling concerts, art installations, an outdoor market, demonstrations, interactive experiences, and much more. This event is a true collaboration with the Chamber, Capitol Center for the Arts, Intown Concord, Pillar Gallery + Projects, the City of Concord, Concord Community Music School, and Feathered Friend Brewing Company. These partners have come together to plan a two-day festival on October 18-19.

Along with large-scale festivals, Concord has a steady stream of weekly and monthly events that take place throughout the summer months. These important activities ensure that travelers always have something to look forward to and keep them coming back to our city. Intown Concord has established monthly First Fridays—fun themed evenings where shops stay open late, special activities take place, and food trucks can be found downtown. Revelstoke Coffee LLC hosts "Cars & Coffee" on the second Sunday of each month at the New Hampshire State House. Their Main Event will be held on September 8, when Main Street will close for a special celebration. Concord Arts Market hosts events on second Saturdays in Rollins Park. And the Concord Farmers Market is open every week on Saturday mornings.

Tourism plays a huge role in our local economy, and each of these events contribute to the growing business climate in our Capital City. The Chamber promotes Concord's festivals on its tourism website, visitconcord-nh.com, and through accompanying social media profiles that reach 14,000+ followers. The more we can support and promote these activities—whether as an organizer, partner, sponsor, through marketing channels, or as attendees—the more momentum is built to establish Concord as a destination city for travelers. *Emily Marsh for the Greater Concord Chamber of Commerce*

A sampling of 2024 festivals in Concord:

50th Annual Market Days Festival – June 20-22; Keep NH Brewing Festival – July 6; Annual Sunflower Bloom Festival – August 10-18; AerospaceFest – September 21; Concord Multicultural Festival – September 22; Blues, Brew & BBQ – September 26; Wings and Wheels – September 29; New Hampshire Book Festival – October 4-5; Concord Sound & Color – October 18-19; Halloween Howl – October 25
Greater Concord Chamber of Commerce



July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30pm American Legion Peterson Cram Post 75, Town Hall	2 9-11am, Diaper Pantry, First Congregational Church	3 6:30 pm Rotary Club, Historical Society	4	5 6:30pm Family Movie Night, Joy Church	6
7	8 4pm Josiah Carpenter Library Teen Book Club, Library 6:30pm JCL Mead & Read Book Club, Over the Moon	9 6pm Selectboard Meeting, Town Hall 7:15pm Parks & Rec Meeting, Community Center	10 4pm Community Development Meeting, Town Hall	11 7pm Planning Board Meeting, Town Hall	12 7:30pm A <i>Night at the Opera,</i> Scenic Theatre	13 8:30am Community Breakfast, Joy Church 7:30pm A <i>Night at the Opera,</i> Scenic Theatre
14 1-4pm, Museum open, Historical Society 3pm A <i>Night at the Opera,</i> Scenic Theatre	15	16	17 6:30 pm Rotary Club, Historical Society	18 5:30pm School Board Meeting, PMHS	19	20 Old Home Day
21	22 5:30pm Community Supper, Congregational Church	23 6pm Selectboard Meeting, Town Hall	24 4pm Community Development Committee, Town Hall	25 6pm BCEP Committee, Town Hall 7pm Conservation Committee Town Hall,	26 7pm <i>Big Bad Musical,</i> Scenic Theatre	27 2pm <i>Big Bad Musical,</i> Scenic Theatre
28	29	30	31	<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-right: 20px;"> Senior Center Hours Monday & Thursday 8am -1pm Wednesday 7:30am-1pm </div> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Food Pantry 11am - 2pm 4pm - 6pm </div>		