

Dorchester Notes  
December, 2017

**Dorchester Christmas Tree Lighting** on Town Common, 5:30pm on December 14<sup>th</sup>.

**GRANGE CHILDREN'S CHRISTMAS PARTY** will be held at the Dorchester Town Hall on FRIDAY, December 15<sup>th</sup>, 2017 at 7:00 PM. Anyone who may have questions may contact Darlene Oaks at 786-9357.

**Dorchester Select Board meets at Town Hall** on Dec 14<sup>th</sup>, & 28<sup>th</sup> Although meeting begins at 6:30pm with signing of various documents, public session usually begins about 7pm. Please contact Select Board at 786-5095, to add items to Agenda or contact Secretary [TownOfDorchester@Gmail.Com](mailto:TownOfDorchester@Gmail.Com) Current Select Board members are Margaret Currier-Lemay Chairperson, Sherman Hallock, and Craig Veasey. Historically, all members of the public are reminded that Select Board meetings are open and the public is welcome to **observe**. However, public input is limited to specific times set aside by Chairman. People are asked to wait for recognition from Chair before speaking out. The Board reserves the right to call for Executive Session when dealing with personnel issues and other issues allowed under NH law.

**Dorchester Historic District and Heritage Commission** meets Dec 5<sup>th</sup> at 6:30PM.

**Cemetery Committee.** Please contact a Cemetery Trustee with questions or concerns Bethann Weick at 236-1569 or [b.a.weick@gmail.com](mailto:b.a.weick@gmail.com), Shawn Russell [shawnerussell@gmail.com](mailto:shawnerussell@gmail.com). This committee will meet **Nov 29<sup>th</sup> from 4 to 5PM in the Town Office.**

**Dorchester Planning Board** meets Dec 13<sup>th</sup> at 7PM

**Dorchester Conservation Commission** meets Dec 19<sup>th</sup> at 7PM

## **Of Local Interest**

**December 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> 4 Part Series: Grief and Loss in the Holiday Season 5:30 to 7PM, Pemi-Baker Community Health, 101 Boulder Point Drive, Suite 3, Plymouth** The holidays force us to realize how much our lives have been changed by the loss of our loved one. Join us as we explore ways to survive the holidays and perhaps help you find some comfort.

**Sunday, December 3 at 2 PM - 4 PM ACORN FESTIVAL 2017 Hosted by Daniela Dana from New England Acorn Cooperative** at D Acres of New Hampshire, Streeter Woods Road, Dorchester. Calling all Acorn aficionados, enthusiasts and oak nut neophytes: time to celebrate the fall of them! Goals for the afternoon include sharing acorn lore, food, and FUN. Sunday's activities will include acorn gathering and processing "how to" walks and demonstrations. There will be acorn foods to sample, recipes to share, and contests for the biggest acorn and acorn art.

The 2017 Acorn Festival will open at 2PM with an acorn walk through beautiful paths of D Acres (dress for the weather). We will walk and discuss New England Oak Ecology and other forest news. We will identify how to tell a "good" (for eating) acorn from a "bad" one, and techniques for gathering efficiently, with a light footprint.

By 3:00PM we will move inside to demonstrate processing and storage methods, using equipment found in

most households. The walk, workshops, and contests are FREE.

<http://newenglandacorncooperative.com/>

**Mascoma Film Society** Mascoma Film Society is a student/faculty/community-run club. These showings are free and open to the public.

All shows are on either Wednesdays or Fridays and begin at 6:30 pm. Donations are welcome. Showings take place in the new (air conditioned) Mascoma Regional High School Auditorium, Canaan, New Hampshire. Fall Series to be found on <http://www.mascomafilmsociety.org> **Specific information for each film may be found on web site.**

### **Pease Library, Plymouth NH**

Be sure to check out the website: <http://www.peasepubliclibrary.org> for many good programs

Hours: Mon. Tues. Wed. 10AM to 8PM; Thurs. & Fri. 10AM to 5PM; Saturday 10AM to 2PM Tuesdays 6-7pm.

Check the calendar for regular programs like Kids Chess, Sensory Play, Books clubs, etc

**Wednesday, Dec 6<sup>th</sup> 7PM Ask a Muslim Anything** Arab-American Muslim Robert Azzi is an Exeter based photojournalist and columnist who spent several decades working in and writing about the Middle East. He put together the "Ask a Muslim Anything" program to increase awareness and reduce misunderstandings about Islam. This program is an opportunity for conversation about identity, conflict, interfaith relations, international affairs, Islamophobia, or whatever comes up.

### **Sunday, December 10 at 2 PM - 3 PM, Essential Oils Take Home Workshop by Katlin Simula** at D Acres of New Hampshire, Streeter Woods Road, Dorchester

Learn about Essential Oils in this hands on workshop! You will be taking your very own essential oils home with you! Just in time for the holiday season. We will be making a chemical free room mist with essential oils and water. There will be a brief overview of the benefits of the essential oils used and why you should use Young Living oils.

Cost: \$10 a person

Call D Acres at 603-786-2366 to reserve a spot!

Bio: My name is Katlin Simula and I currently work as an Academic Interventionist at Bridgewater-Hebron Village School with students K-5. Most recently I have become an Independent Distributor with Young Living Essential Oils. This came naturally to me because I love to teach and wanted to share my love of their products, how they have changed my family's life for the better, and ways to kick toxic chemicals out of our homes.

**Figure Skating Lessons** - beginner to advanced levels, tots, kids, teens, and adults! Dorchester resident Beth Weick is a member of the coaching staff at PSU's ice rink, and is offering private lessons, year-round, at both the Plymouth State University ice arena, as well as the Waterville Valley ice arena. Beth also coaches with the Plymouth State Learn-to-Skate program (<https://www.plymouth.edu/arena/learn-to-skate/>). Please contact Beth at [b.a.weick@gmail.com](mailto:b.a.weick@gmail.com) for more information and lesson availability

**Monday, December 11, at 7:00PM, Norwich Public Library - [368 South Main Street - Norwich](#)** A NH documentary **It's Criminal**, which features Dartmouth professors Pati Hernandez and Ivy Schweitzer. **Free**

It's Criminal is a critique of the economic and social inequities that divide the United States. Poignant and personal, the film shares the life-changing journeys of incarcerated women and Dartmouth College students working together to write and perform a play grounded in the lives of the imprisoned women. It's a transformational movie that delves into privilege, poverty, addiction, abuse and injustice and asks viewers to

think about who is in prison and why. In addition to exploring disparities, It's Criminal shares an inspiring story about how empathy is a powerful force that can help bridge the divide.

Immediately following the screening, we'll have a panel discussion and Q&A featuring Ivy Schweitzer, Pati Hernandez, the two professors in the film, along with several formerly incarcerated women.

**Sunday, Dec 17<sup>th</sup> from 1 to 3PM, Tea Blending by Michelle Aurelio** at D Acres of New Hampshire, Streeter Woods Road, Dorchester.

Join us for an afternoon of talking tea! During this hands-on workshop we will discuss different flavor qualities of common herbs, methods of brewing (beverages, infusions, decoctions), taste troubleshooting and common flavor failures, and more. Bring any questions and experiences to share, as well your enthusiasm.

\$15-\$20 Requested donation (materials included). Call D Acres at 603-786-2366 to register This is kid friendly.

Michelle Aurelio has been a student of the plants since childhood (haven't we all) and is passionate about bringing HERbal knowledge to the community. Having completed an apprenticeship in clinical herbalism in 2012, she has been steadily building her skillsets outside of clinical work, exploring medicine-making methods, therapeutic diets, Eastern medicine philosophy, as well as expanding her knowledge of plant identification and cultivation. Looking to delve back into client-based herbalism in the future, Michelle is currently working on a workshop series in partnership with D Acres of New Hampshire, where she loves, lives, and cooks.

**Pemi- Baker Community Health** 101 Boulder Point Drive, Suite 3 Plymouth, NH 03264

**Tel: (603) 536-2232 Fax: (603) 536-2189** has many services available for Dorchester residents such as Physical Therapy, Occupational Therapy, Home Health Care and Hospice. In addition, it provides community exercise opportunities, swimming lessons and educational programs. (heated pool great for arthritis) Check out their web site at <http://www.pemibakercommunityhealth.org>

**Canaan Library** <http://www.canaanlibrary.org/> Lots happening so check the calendar!

### **Tech Night Mondays**

Have questions about your new Kindle, iPad, laptop, or personal tech device? Visit us on Monday evenings from 5:30 – 7:00 pm and our resident tech whiz, Margot can help get you going in the right direction.

### **Downloadable Books**

Sick of buying books for your Kindle? Listened to all of our audio books? Try Overdrive! With a library card, you can download over 7000 audio books and over 9000 ebooks. You can also download magazines through NOOK periodicals. Staff will show you how!

**Local Foods Plymouth** is an on-line marketplace where you can purchase food & other products grown, raised & made in the Plymouth, NH area. In addition they sell shares to a NH seafood cooperative which delivers fresh fish. Go to <http://www.localfoodsplymouth.org/> Orders may be placed from Saturday afternoons through 6:00 a.m. Wednesday. Orders are picked up on Thursdays from 3:30 - 6:00 p.m. @ PAREI on Highland St in Plymouth.

### **Food Pantry for Dorchester Residents – Eligibility live in Mascoma Valley and have need.**

The food is in and Dorchester residents can and have now signed in to "shop" in food pantries in Enfield and Canaan. Once a week in either pantry.

**We need volunteers**, please contact Bob Cusick call [603-306-7831](tel:603-306-7831) or if you are online

[food@clients.rotundasoftware.com](mailto:food@clients.rotundasoftware.com) to get password and sign up to help. Job is simple, welcome folks and if new help them fill out form, give them shopping bags if they don't bring some and then weigh bags on way out.

**Canaan Pantry:** (Warehouse behind Hardware Store at 9 Mechanic Street, )

**Wednesday from 2:00 to 4:15 PM and 4:15 until 6:30 PM**

**Enfield Pantry:** Located at Enfield Town Offices, 23 Main St **Thursday, 3PM to 7PM**

**D ACRES:** 218 Streeter Woods Road. Dorchester, NH 03266. Please check the D Acres web site [www.dacres.org](http://www.dacres.org) or Facebook for constantly updated information or call 786-2366 for more information or to register for events. D Acres is making every effort to keep fees down so that all may learn together. Remember that some fees can be waived due to economic constraint. Work trade arrangements are also available. Talk to Josh.

Every **Monday Yoga with Juhl East at D Acres 5pm-6pm.**

**Every Sunday of the Month ~ Dawn to Dusk ~ Open Trails at D Acres of NH**

Most of the 180 acres managed by D Acres is forest land. In addition to its role in providing clean air and water, the forest is a wonderful place to explore as well as a valuable resource. We maintain a trail system with over 6 miles of trails for year round recreational activities, such as hiking, biking, skiing and snowshoeing.

Newly developed trails for biking and/or walking connect with adjoining trails on Green Woodlands. Open to all, so please come and enjoy!!

**Dec 3<sup>rd</sup> & Jan 7<sup>th</sup>, 10AM to 1PM, First Sunday - Farm Feast Breakfast and Tour**

Every FIRST Sunday of the month, we host an "All-You-Should-Eat!" farm breakfast, serving local eggs cooked to order, D Acres' pork sausage/pulled pork, potatoes, fresh sautéed kale/greens from our gardens, and organic pancakes served with local maple syrup. Enjoy the breakfast with friends and family, then stick around for a full farm experience. Suggested Donation (sliding scale of \$5-\$15).

Come ride the trails and see the work that has been done this summer. While there is still always work to be done, over two miles is rideable and the fun park is open for kids of all ages. Please bring your bikes and the family to help celebrate this huge step forward for Dorchester Trails Initiative

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**Simula** at D Acres of New Hampshire, Streeter Woods Road, Dorchester

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### **Friday, Dec 8th & Jan 12th ~ 6 pm to 9pm Family Pizza & Movie**

Every SECOND Friday of the month, It's time for Family Pizza & a Movie Night! We host an "All-You-Should-Eat" buffet style delicious selection of pizza topped with only the best farm fresh toppings, including fresh mozzarella cheese. After a full belly of pizza, relax and enjoy a thought-provoking film. There is also a movie for the kids. Open to all. \$5-15 suggested donation.

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### **Friday, December 29<sup>th</sup>, & Jan 26<sup>th</sup> ~ 6pm Potluck ~ 7pm Open Mic ~ Potluck & Open Mic Night!**

Bring you leftovers and we can all enjoy the holiday again with little to no work. More family fun at the LAST Friday Potluck & Open Mic Night! We host some of the best local entertainment in the area. Join us for a potluck feast, and stay for music, poetry reading, joke-telling, and more! Bring a dish, bring the family, and bring some fun! Free and open to all!

### **Saturday, December 30<sup>th</sup> Volunteer Day Last Saturday of each month, 10am - 4pm**

The staff at D Acres invites the public to join us on the last Saturday of each month at 10am for Volunteer Day. Volunteers will work on various projects appropriate to the season around the farm including fence building, moving manure, hauling brush, and gardening. Lunch will be provided at 1pm for all volunteers. Choice of projects is on a first come, first serve basis. Please call to let us know you are coming: (603) 786-2366

**[Resident Positions Available](http://www.dacres.org) check web site [www.dacres.org](http://www.dacres.org)**

### **Future Events**

**Saturday, Feb 10<sup>th</sup>, 2018 Voices Against Violence 2018 Benefit Ball 6pm  
The Common Man Inn & Restaurant, Plymouth, NH**

### **Dorchester Notes**

**Dorchester Notes is a personal summary of interesting events & information. If you do not want to receive Dorchester Notes, please just hit reply and type discontinue in the text of the message. Feel free to forward this to friends who may be interested or tell them to email asking to be put on the Dorchester Notes mailings. \*\*If you have information you would like shared, services you would like neighbors reminded of, please just send me an email message [batrought@gmail.com](mailto:batrought@gmail.com) or call 786-9342.**

**Health & Peace**

**Betty Ann Trought**