While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch” - Patience Strong

Embodied Restorative Yoga with Jan and Linda

Sunday, February 16, 2020, 3-4:30pm at Growing Harmony Services, 121 Hills Road, Pittsfield, NH

You’re invited to come home to your senses, nurture, relax, and revitalize your body-mind. Please join us for an inquiry into the innately intelligent, embodied experience through Embodied Restorative. Each month, in this series, we will incorporate an intention for cultivating our capacity for Presence. We incorporate the ancient lineage of yoga and offer restorative yoga postures as well as yoga nidra.

Our sessions are informed by our training in Somatic Experience (SE) as well as our training in yoga. No yoga experience necessary – beginner and advanced practitioners are welcome. Wear loose, comfortable clothing to move free from restriction. Please bring your yoga mat.

Your guides, Linda and Jan, are passionately committed to providing opportunities for growing harmony within the Self and committed to your journey of integration & healing for yourself and this world. Jan can be reached at (603) 731-3855, Jan’s website www.integrativeskinnh.skincaretherapy.net

Class limited to 11 people. First come - first served.

Registration is necessary at www.growingharmonyservices.com
$0 – Seva Rate: limited number and must register online at least 2 days prior
$15 Community Rate (discounted)
$20 Sustainer Rate (pays for you)
$25 Supporter Rate (support others as well as yourself)

Suncook Valley Rotary Bailey Hotel Outhouse Plunge Contest!

You may ask yourself what is the Bailey Hotel and where is it located? Take a drive by the pond at Globe Manufacturing/MSA and you will see it! Suncook Valley Rotary Club is selling chances on when the Bailey Hotel outhouse will plunge through the ice. If you guess the closest date and time YOU will win $500.00! A webcam will be live soon.

Tickets are $5 per guess or 3 guesses for $10.
For more information and tickets go to www.suncokvalleyrotary.org and click on Outhouse Plunge under Site Pages. Good Luck and thank you for supporting the Suncook Valley Rotary Club!

Rotarians, Jeremy Yeaton, Adam Gauthier and Stan Bailey

Want to see the pictures in color? Subscribe to receive the newspaper by email www.PittsfieldNHCommunityCenter.org
Happy Birthday wishes to Maureen VanHorn this past Sunday and to Reny Boyd this past Tuesday. Two of my favorite people – I hope you both enjoyed your special day!

Select Board Review January 28, 2020

We’ve met several times this past week, either as regular meetings or work sessions. We finalized the warrant (ballot) so it can go to the publisher.

One item that has taken a lot of time lately is researching town owned property off Dowboro Road, where the Highway Department pit is located. The town owns just under 100 acres between Dowboro Road and the river. A portion of it is currently used for stockpiling dirt material, the salt shed, and police shooting range. A proposed solar garden, which would generate income that would go to the General Fund, must be located so it doesn’t interfere with our present uses, nor prevent access to material that may be in the ground that has value to us. There’s a lot involved and it’s time consuming.

The Sanderson Fund generously granted $2,000 in funding for an expanded Memorial Day ceremony on May 30, 2020. Our intent is to revive the tradition of having a parade to Floral Park cemetery from some location in town. The fire department is making plans to put on a pancake breakfast the morning of the 30th which would be free to unpaid, unelected town volunteers and a guest of each. It will also be available to the public in general, with donations accepted. In addition, to first responders and groups such as scouts and 4H that might want to partake in a ceremony and parade, we are hoping to have a big turnout of veterans.

Carl Anderson

Josiah Carpenter Library

Ready to Read

Family Activity of the Week

Look at the calendar. Count the number of days until Valentine's Day. Draw a heart around February 14.
Presidential Pastimes

Across
1. Buchanan enjoyed a duel of words.
3. Outside in the summer, Hayes' game had wickets and balls.
4. For inspiration Harrison read the ___.
8. ___ gave FDR "knowledge of the world."
9. TR walked on ___.
10. Outdoorsman Cleveland was an expert ___.
13. Jefferson explored the past thru ___.
16. Tailor Johnson would ___ his shirts.
18. Pierce put the first ___ tree in the White House.
19. ___ Polk banned, card games, liquor, and dancing.

Down
1. ___ was a matter of honor for Jackson.
2. Most popular pet.
3. Hoover loved America's game.
5. As a ___ Lincoln would grapple.
7. JQ Adams's pet was a large reptile.
11. Coolidge pitched ___.
12. Kennedy's pet ___ was the first to have an obit.
14. TR preserved wild ___ spaces.
15. Coolidge enjoyed afternoon ___.
16. Chewing tobacco, Taylor sure could ___.
17. McKinley stepped outside to ___.

Frances A. Marston
APRIL 13, 1925 – JANUARY 25, 2020
Frances Arline (Bartlett) Marston, 94, of Pittsfield passed away on Saturday, January 25, 2020. Frances was born on April 13, 1925 in Concord, NH the daughter of Clarence and Amy (Kaime) Bartlett. She was the owner of HA Marston Transportation and Marston Farm with her two sons. Frances retired from NH Savings Bank and then worked at Volpe Realty for many years.

She was a member of Pleiades #7 Eastern Star James Farrington for 60 years, Amomas, Golden Rule Circle, Barnstead Cemetery Association where she was the former Treasurer, lifetime member of the Merrimack County Farm Bureau, Sunday school teacher and pianist, Pittsfield Old Home Day Committee, former Pittsfield Citizen of the year, supervisor of the checklist for 40 plus years, member of the First Congregational Church, treasurer and clerk of the Park Street Baptist Church for many years, and a member of the Pittsfield Historical Society.

Frances enjoyed traveling and, most of all, being with family.

She was predeceased by her husband, Harvey A. Marston; son-in-law, Richard Hayes and a granddaughter.

Members of her family include her two sister-in-laws, Dorothy Burbank and Marjorie Feeny; children, Elizabeth Hayes, Samuel and his wife, Lynne Marston, Thomas and his wife, Tammie and Virginia and her husband, Kenneth Hayes; 12 grandchildren, 20 great-grandchildren, 2 great-great-grandchildren, 2 dear cousins and many nieces and nephews on the Bartlett and Marston sides.

Community Open Mic Night
Postponed until March
The Community Open Mic Night hosted by Youth Leaders with Pittsfield Youth Voice in it Together (PYviT) of Pittsfield Listens originally scheduled for February 12 is postponed until March. The new date will be shared shortly. Please contact Amanda Pawlik, Youth Organizer with Pittsfield Listens, with any questions: amanda@pittsfieldlistens.org or call/text 603-312-0695.
Globe Community Fund Awards Grant to Infant Toddler Diaper Pantry

The Globe Community Fund, established by the Globe Manufacturing Company in Pittsfield, recently awarded the First Congregational Church's Infant Toddler Diaper Pantry $2500. This donation will enable the Congregational Church to continue to help young families in the Pittsfield area.

The Diaper Pantry is open the 1st and 3rd Tuesday of each month, from 9-11am. Families are eligible to receive diapers each time the pantry is open (twice a month), and can receive one set of diapers/product per child, as well as, one package of wipes. The pantry currently has newborn through size 6, along with pull ups and overnights.

Thank you so very much to the Globe Community Fund!

Introducing a periodic section:
THE AGING GAME

Each day closer
To the end?
Hair grows sparser,
Hearing poor,
Is this what growing
Old is for?
By Maureen Van Horn

Presidential Pastimes Answers

DEBATE
CROQUET
GAMES
STAMPS
ARCHAEOLOGY
CHRISTMAS
PILLOW

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Please Support the Pittsfield Post

Pittsfield Center Development Corporation (PCDC), owner of the Community Center, is the fiscal agent for the Pittsfield Post. PCDC is a non-profit organization whose mission is to engage in activities that benefit Pittsfield. Checks should be made out to: Pittsfield Center Development Corporation, memo: Newspaper

Deadline is noon on Friday.

Email: pittsfieldnews@pnhcc.org