

**TOWN OF LEE, NEW HAMPSHIRE**  
**249 Calef Highway**  
**Lee, New Hampshire 03861**  
**(603) 659-5414**

**Lee News & Upcoming  
Events  
April 8, 2022**

**THANKS TO ALL WHO VOLUNTEERED AND ATTENDED THE 9<sup>TH</sup> ANNUAL  
STRAFFORD COUNTY FARM BUREAU BREAKFAST, IT WAS A HUGE SUCCESS!**



**THANK YOU CARY BROWN FOR 6 YEARS OF DEDICATED SERVICE  
ON THE TOWN OF LEE SELECT BOARD**



## SUPERVISORS OF THE CHECKLIST MEETING

TUESDAY, APRIL 12<sup>TH</sup> 9:00 am

LEE TOWN OFFICES, 249 CALEF HIGHWAY

Meeting to approve changes to the official checklist for the Town of Lee.

---

### **Join Us Saturday, April 16<sup>th</sup> for our Annual Bunny Breakfast ~ Serving from 7:30-9 AM at Lee Church**



Menu: Pancakes, Ham, Fruit

Salad & Beverages. \$9/Adults ~ \$6/kids under 12 years ~ \$30/ Family of 4

Lee Church Youth Group/Service Trip participants will be hosting the event as a fundraiser for their July 2022 community & church youth service trips in Pennsylvania.

The Easter Bunny will be there for pictures.

Thank you for your support.

Town of Lee Egg Hunt begins promptly at 9 AM next door at Mast Way School.

Questions: Contact Lee Church Congregational [leechurchucc@comcast.net](mailto:leechurchucc@comcast.net) or 603.659.2861 17 Mast Road, Lee

---



### **TOWN OF LEE EGG HUNT**

**SATURDAY, APRIL 16<sup>th</sup> 9:00am SHARP**

**LEE TOWN FIELD (next to Mast Way School)**

**Parking at Mast Way School**

**Bring your own basket!**

**MULTIPLE AGE GROUPS, PRIZES, FUN FOR ALL AGES, CANDY, ALLERGY FRIENDLY TREATS!**

**VOLUNTEERS NEEDED TO HELP HIDE EGGS –  
CONTACT CYNTHIA AT 603-659-2046**

---

### **LEE TOWN BOARD, COMMITTEE AND COMMISSION VACANCIES**

Below is a list of the current openings that need filling! If you are interested, contact the Assistant Town Administrator Denise Duval at 603-659-5414 or email [dduval@leenh.org](mailto:dduval@leenh.org). [CLICK HERE](#) for Application.

Planning and Zoning Boards

Ag Commission, Conservation Commission, Heritage Commission and Recreation Commission

Energy Committee, Fair Committee and Sustainability Committee

The **NEW** Municipal Technology Advisory Committee and Housing Committee

## **SELECT BOARD MEETINGS**

**April 18<sup>th</sup> Select Board Meeting 6:00pm**  
**Public Safety Complex, 20 George Bennett Road**  
**Subject to change, please check the website meeting calendar**

Meetings can be seen on **You Tube** at [CLICK HERE](#)

---

## **SPRING TRAIL WORK DAYS ANNOUNCED!**

The Trails Committee is planning two spring trail work days: **April 30<sup>th</sup>** at Maud Jones and Little River Park and **May 14<sup>th</sup>** in the Town Forest. Both work days will run from 10am - 1pm. Last year we had over 30 volunteers re-blazing and re-routing trails, clearing brush, and making trails more user friendly. This year we will spruce up the trails to make them ready for spring and summer users.

Mark the dates on your calendar! If you are interested in helping out with either work day, email Deb Sugerman, Chair of the Trails Committee at [debsugerman@gmail.com](mailto:debsugerman@gmail.com). Our motto is "Work hard and have fun!" - so join us for a great time!



PIC BY FRAZER ROBERTSON

**TOWN FISHING DERBY**  
**STEVENS FARM (28 TUTTLE ROAD)**  
**SATURDAY, MAY 7<sup>th</sup> 9:00am – 12:00pm**  
**FISH FRY TO FOLLOW AT STEVENS FIELD**  
**(next to the Public Safety Complex) UNTIL 2pm**

## **DON'T FORGET, LEE DOES FOOD WASTE COMPOSTING!**

### **BE PART OF THE PROGRESS AND HELP THE TOWN SAVE MONEY ON MSW!**

Interested residents should e-mail the Public Works Director Steve Bullek at [sbullek@leenh.org](mailto:sbullek@leenh.org), call him at 603-659-6515 or sign up at the Transfer Station. The Town provides special compostable bags to bring your food waste in to the Transfer Station.



MADE IN LEE  
ARTISAN FAIR

Saturday, May 7, 2022 11:00am – 3:00pm

Mast Way School

Forge Work, Stained Glass, Jewelry, Quilting, Beeswax Candles,  
Fishing Rods, Glass, Vinyl & Nature Art, Greenery, Musical Instruments  
and so much more!

Beauty is reflected in the art of our community.

There will be **no admission fee** for this wonderful opportunity to support local artisans and crafters right here in Lee!

Donations gratefully accepted at the door for the Wilkinson Food Pantry

Sponsored by the Lee Sustainability Committee

Co-Sponsored by the Lee Public Library

---

**COURTSHIP FEEDING: KISSING MAY BE FATTENING**

By Catherine Fisher, Lee Conservation Commission

Photographs by Andrea LeBlanc

Our resident cardinal pair began singing on February 20. Their early morning songs joined those of titmice, chickadees and white-breasted nuthatches (these 3 species began singing in mid-January) forming a 4 species dawn chorus that was a joy to hear after winter's long silence.

The dawn chorus has built up steadily ever since. In the last week, depending upon the location, several dozen species can be heard before dawn, singing up the sun. Some of these are newly arrived migrants including phoebes, grackles, robins, and song sparrows. Also during the last three weeks, we've observed our resident cardinals engaging in courtship feeding, a sign that the breeding season is heating up.

There is something poignant about watching a courting male cardinal feeding his mate. Despite their massive beaks, it is a delicate exchange, one that many observers liken to a kiss. Scientists have, for many years, studied courtship feeding and tried to puzzle out what's going on between the giver and the receiver.

Many bird species engage in this type of ritualized feeding - usually by a male to a female who solicits feeding by fluttering her wings like a nestling. Ornithologists have postulated a number of theories to account for this behavior. Eighty years ago, the theory of mate-evaluation was put



forward, suggesting that courtship feeding allowed the female to evaluate her prospective mate's ability to provide for her and their offspring. A contemporaneous theory proposed that courtship feeding strengthens the pair bond. In 2001, the hypothesis of courtship feeding as a form of paternity insurance, the "food for sex" theory, was proposed, but found unsatisfactory.

In 2011, a comprehensive study published in Behavioral Ecology offered convincing evidence that courtship feeding occurs most frequently in bird species where the female has sole responsibility for

nest building and incubation. Both these activities require a lot of energy, and attentive feeding by the male can offset these inroads on the female's health and fitness.

Provisioning by the male is particularly true during egg incubation and brooding hatchlings - a prolonged period during which the female is unable to forage far from the nest. In an analysis of 170 species, the researchers found that those species engaging in courtship feeding generally produce more eggs and are more successful in hatching and rearing their young. Their conclusion: providing nutrition may well be the main driver in courtship feeding.



In early-mid March, when our resident male cardinal was first observed feeding his mate, nest building and egg laying hadn't begun. Why then does cardinal courtship feeding begin well in advance of the need to provision the female? Perhaps by feeding her attentively early in the season, the male helps his mate to put on a layer of fat, which will help see her through the rigors of egg-production and labors of nest-construction. Or perhaps there is more than one reason for feeding your mate.

Provisioning the female may not be the only thing going on in courtship feeding. Mate evaluation and pair bond-strengthening may also be in play. Nor can it be said that affection is not involved. In 1872, in his book Expressions of the Emotions of Man and Animals, Charles Darwin argued that animals showed a range of emotions that were very similar to those of humans. It was an unpopular view, and his book was, until fairly recently, largely forgotten. For the greater part of the last two centuries, many humans considered members of *homo sapiens* to be the sole possessors of emotional lives. That is changing, as scientists recognize more and more that animals lead lives rich in feelings. So, if what you see in Andrea's wonderful pictures looks like cardinal love, well, maybe that's exactly what it is.

End Note: Many of you likely noticed that the cardinal in these pictures is lacking a crest. He first appeared at Andrea LeBlanc's feeders last year, and she named him "Mr. Crestless". The absence of this distinctive feature clearly didn't affect his attractiveness or success in finding a mate. A study published in 2003, in Behavioral Ecology, found that richly colored beaks and plumage were the main drivers in cardinal mate selection. Thus, decked out in brilliant scarlet with a beak to match, Mr. Crestless, who Andrea reports is still around, clearly has what it takes to be attractive to the ladies.



## OLD APPLE TREE PRUNING WORKSHOP

By Catherine Fisher, Lee Conservation Commission  
Photographs by Deb Sugerman and Catherine Fisher

On Saturday, March 26, the Conservation Commission (CC) hosted a hands-on apple tree pruning workshop. Toting an array of loppers, pruning saws, bow saws, and an orchard ladder, participants gathered in the Town Forest's early successional habitat, home to the remnants of a long neglected orchard. The dozen or more trees here still bear fruit, but sparsely, and the apples are small and misshapen.

Waiting among these gnarly fruit trees was pruning instructor Bryan Cassidy, a local farmer with long experience in pruning fruit trees. Bryan combines his fondness for helping old and neglected fruit trees become healthier and more productive with a passion for sharing his knowledge and experience.

After introducing himself and having each participant speak about their own experiences in fruit tree pruning, Bryan introduced CC member Catherine Fisher, who spoke briefly about the history of this part of the Town Forest, pointing out evidence of its past life as a farm pasture and orchard and describing work done by the CC. to reduce the impact of invasive plant species on the property. CC member and event-organizer, Anne Tappan, then spoke about the value of abandoned orchards as sources of food, cover, and nesting sites for wildlife.



and introduce themselves. Thus, the first task of each student-pruner was to become acquainted with a venerable apple tree, to greet it, and spend some time observing it.

Moving over to one of the smaller apple trees, Bryan showed how to begin the often-daunting task of pruning a tree that has, for many decades, grown freely. Pruning should always be done while the tree is dormant, and Bryan recommended beginning with the obvious and easiest: dead limbs and vertical shoots.





Removing these will present a clearer view of the tree and its growth habit; often, when pruning an old tree, this work alone will be sufficient as a first session.

Subsequent to this type of cleanup, any additional pruning should be limited - no more than 25% of live material should be removed in a given year pruning. Before removing any live branches, Bryan again recommended pausing to study the tree. He stressed being patient - with the work and with oneself. "Mistakes will happen," he told the group, and urged them to treat each mistake as a lesson. He underlined this idea by quoting local farmer Chuck Cox regarding pruning: "There are no bad cuts, just better cuts."



Then it was on to pruning 101. Using a broken, dead branch on the teaching-tree, Bryan showed some basic techniques such as undercutting; angling a cut to avoid having water pool on the cut; making the cut just beyond the branch collar so as to avoid cutting it, as it is where the tree will heal over the cut; not leaving stubs, which do not heal well; and using an orchard ladder to prune upper limbs.

Following Bryan's demonstrations, it was time to put his lessons to use. Participants formed small groups and, after studying their trees and conferring with each other, began lopping off dead limbs, snipping vertical shoots, and removing overshadowed branches. The hours flew by as groups worked together to help the trees in this old orchard become more productive. By the time the afternoon's work was completed, the old apple trees, though certainly not transformed, no longer looked so wild and neglected.

Before dispersing, each group helped remove the sawed limbs, branches and trimmings, piling them along the side of the field or dragging them into the surrounding forest. Brush piles and coarse woody debris such as fallen limbs are an important wildlife resource, providing cover, nesting places, and foraging sites.

With pruning and pickup completed, Bryan requested that, in appreciation for the lessons the trees had provided, each participant give a small token, such as a leaf, or interesting piece of bark and present it to one of the trees. The group then formed a circle and participants spoke briefly about their day's experience. Bryan complimented the group on their work and asked that, as their pruning abilities grow, they share that knowledge with others.

As this year rolls along, it will be a pleasure to visit the trees in this old orchard. Seeing the flower buds open as spring takes a firm hold on our part of the planet, watching fruits form and grow through the summer months then ripen in the fall, and comparing these new, post-pruning apples with those produced in recent years, are all things to look forward to. An even greater pleasure will be forming an improved acquaintance with the individuals of this orchard, seeking out places where next spring's pruning might be of benefit to a particular tree, looking to discover that better cut.



## SWAP SHOP NEWS – APRIL 2022

**Hours:** The Swap Shop will be open on Tuesdays, Thursdays and Saturdays 8:00 am – 5:00 pm.

The Swap Shop is open, if the garage door is open. **Please do not drop off anything if the Swap Shop garage door is closed.**

The Swap Shop will close due to high winds, rain or snow, frigid temperatures or if a volunteer is not available.

**Bulky Items:** The Swap Shop will be accepting large items towards the end of April.

*We look forward to greeting our visitors at the Swap Shop. Seeing the free exchange of items between the folks in town brings a lot of satisfaction to the volunteers at the Swap Shop. If you would like to join in and volunteer, please let us know. Contact Forms are available at the Swap Shop or email us at [swapshopleenh@gmail.com](mailto:swapshopleenh@gmail.com). You must be a residence of Lee and at least 18 years of age. Thank you!*

---

## COMMITTEE, COMMISSION & BOARD MEETING CALENDAR NEW LIBRARY WEBSITE

---

### LEE HERITAGE COMMISSION 2022 CALENDARS ARE STILL AVAILABLE!

Caleendars may be purchased in person at the Lee Library. They are \$10 each, payable by cash or check made out to the Town of Lee. If you would like to order copies online and have them shipped go to <https://www.ebay.com/itm/133965658009>.

---

## RECENT COVID-RELATED INFORMATION NH COVID-19 WEBSITE

### NH DHHS COVID-19 PANDEMIC UPDATES

---

### WILKINSON FOOD PANTRY - Lee Church Congregational, 17 Mast Rd

The food pantry is open to any household in Lee, Durham, Madbury, Newmarket, and Nottingham. Delivery is through a walk-up window service to minimize contact during this time. The pantry is open the 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month from **5:30pm - 7:00pm**. If you have an emergency need for food outside of the normal hours, please call the Church office at 659-2861 or email at [leechurchucc@comcast.net](mailto:leechurchucc@comcast.net). All visits to the pantry are strictly confidential.

---

## READY RIDES

Ready Rides provides transportation at no charge for the elderly & disabled residents living in: **Barrington, Durham, Lee, Madury, Newfields, Newmarket, Northwood, Nottingham and Strafford** NH. Rides are provided by volunteer drivers using their own vehicles. **Accessible rides available.** To request information about registering as a rider or becoming a volunteer driver, please email [info@readyrides.org](mailto:info@readyrides.org) or call (603) 244-8719. You can find an [Application](#) for riders and a [Volunteer Application](#) on this website. Email or mail it to Ready Rides P.O. Box 272 Northwood, NH 03261. For other transportation options available in the region, please visit ACT's [Community Transportation Directory](#).



## WHEN SECONDS COUNT... Please take the time NOW to SAVE TIME in an EMERGENCY.



Can the Police, Fire, or Ambulance find your home when you need them for assistance with an emergency? Can they find it at night? Can they find it during a snowstorm?

Having your name and number on a mailbox is just not enough. The Lee Firemen's Association, in a joint effort with the Lee Fire Department, has a program to install reflective house number signs at driveway entrances to assist all emergency responders in locating your home in a time of need. The cost for each sign with a post is \$50.00 and it will be installed by the Lee Firemen's Association. [CLICK HERE for Reflective House Number Sign](#)



**Request Form**

### Lee Public Library

#### LIBRARY HOURS

Monday – Wednesday 11:00 am – 7:00 pm

Thursday & Friday 10:00 am – 5:00 pm

Saturday 9:00 am – 12:00 pm

#### FOR THE ADULTS

##### Saturday April 9th from 9-11am Spring Flower Bar:

Join us on **Saturday April 9th from 9-11am** for the Friends of Lee Library Spring Flower Bar! Tina Sawtelle of Pinewoods Yankee Farm will bring her wonderful flowers to our spring tables, so come on over and make your bouquet! Donations greatly appreciated for our Library Programs.

##### Upcoming Library Meetings

Wednesday April 13, 5:30pm – 6:30pm – **Library Trustee Meeting**

##### Knitters Meet Here

Wednesday, April 20<sup>th</sup> at 10:00am – Knitters: Meet on the 1<sup>ST</sup> AND 3<sup>RD</sup> Wednesday morning of the month. Bring along your knitting and enjoy some friendly company. All skill levels invited, and there is instruction!



##### Adult Book Group- Meets on the 2<sup>nd</sup> Monday of the Month

**April 11, 2022 6:00pm - Braiding Sweetgrass by Robin Wall Kimmerer.** Stop by for your copy!

##### Crafty Creations, Monthly Adult Crafting Group – Monday, April 25<sup>th</sup> 6:00 pm

Join us on the 4<sup>th</sup> Monday of every month (via zoom or in person) as we create wonderful decorations for your home or garden. Pick up your supply program kit from the library and tune in to zoom or come in to the library and create in person! Please call or email to sign up.



##### Wednesday April 27<sup>th</sup>, 6:00pm – 7:30pm - The Backyard Farming Initiative is Back!

Join us every 4<sup>th</sup> Wednesday until August for Backyard Farming Fun! This month we will visit Lee resident, Bambi Miller. Bambi will be talking about her own backyard farming habits, fruit trees, livestock, and we'll take a walk down the river trail! Refreshments will be provided by the Friends of the Lee Public Library and the Lee Ag Commission. Call or email the Library for further details, program location and to sign up!

### Wednesday April 27<sup>th</sup>, 2:00pm – 4:00pm - Open Adult Game Time

Do you love to play games? Want some adult company? If the answer is YES, join us for board games, card games, chess, or bring a game of your choosing! No sign up necessary, just come on over to the library and have some fun!

### Join our Library Friends!

Did you know our Library Friends fund museum passes, children's programming and much more?! They are a super fun group who meet monthly to help enhance our programs, support our team and help make our library a great place to visit! Our Friends are always looking for new members, so stop by their notice board the next time you are in the library, take a flyer, and join them!



## FOR THE CHILDREN

### Find the silly Egg!

During April we will hide over 100 eggs around the library building (inside and out!). Each egg contains a joke... tell the joke to a librarian and get a piece of candy! **Anyone can join in, all ages welcome!**

### Grab and Go crafts

Make sure to like the *Lee Public Library (NH)* Facebook page to see our weekly updates, and watch for info on this month's grab and go crafts. **The next kit will go out on April 19<sup>th</sup>.**

### Monday, April 11, 18 & 25, 11:00am – 12:30pm – Making the American Civil War Come Alive, Homeschool group:

Homeschoolers aged 10 and up are invited to join. We will be using and making History Pockets to learn about the war, how it changed the landscape of our country and to bring an understanding of the inner workings of North vs South. The group will meet at the Lee Public Library from 11-12:30 with a short snack break. There is **no cost** for the program. Each family will be required to print off a packet that will be emailed to them. Class size is limited to 12 students on a first come, first served basis. **Call Sheri to register, 603-842-9303!**

### Preschool Story-Times

Thursdays from 10:30am – 11:30am. Stop by for our traditional story time. We will read, sing, wiggle and craft.

### Sensory/Station Story time

Fridays from 10:30am – 11:30am. This is our activity based program. We will listen to a story or two, get out our rhythm sticks/maracas/boomwhackers or scarves and then have fun with assorted stations including sensory, fine/gross motor, puzzles...

### April Themes

7/8— Frogs

14/15— Rain

21/22— Flowers

### Afterschool Offerings – Tuesday & Thursday – Session 5 – May-June

Call the library at 603-659-2626 for information on registering for our next 6-week sessions.

After School story time - Tuesdays from bus drop off until 4:45.

After School Craft Club - Thursdays from bus drop off until 4:45.

Middle School Book Club – No Book Club in April!

### Middle School Crafters

This fun group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month. Call the library at 659-2626 for more information.



### **Thursday April 28, 10:30am – Virtual Puppet Show with CactusHead Puppets!**

The town of Hamelin has a rat problem, and there's only one person who can help! CactusHead Puppets brings the story of The Pied Piper to life in this comedic, updated adaptation of the traditional folktale. Not only does the town find a musical solution to pest control, but the kids of Hamelin also teach the grownups a lesson about generosity. CactusHead Puppets brings the story of The Pied Piper to life in this comedic, updated adaptation of the traditional folktale. **To register go to [Durhampubliclibrary.org](https://durhampubliclibrary.org).**

**PLEASE NOTE: There are no Children's Story Time's during the school vacation week – April 25<sup>th</sup> – 29<sup>th</sup>!**



### **WOULD YOU LIKE A MEMENTO FROM THE OLD OYSTER RIVER MIDDLE SCHOOL (1935-2022)?**

With the demolition and removal of the building, ORMS will be saving a few hundred bricks from the original 1935 structure. If you would like a brick as a memento, ORMS will be accepting donations to benefit our after-school clubs. Bricks will be available in the ORMS front office shortly after the removal of the building in early May. If you would like us to reserve you a brick, feel free to contact the ORMS office at 603-868-2820. We will add you to our list!

---

### **SCHOOL BOARD NEWS – APRIL 6, 2022**

The **last day of school** for the 2021-2022 school year is officially set for **June 17, 2022**.

Oyster River schools will be closed the week of **April 25-29 for Spring Break**.

Removal of the old ORMS building is proceeding smoothly. As the building is removed, materials are sorted on-site by type, and it is expected that 91% of the old building material will be recycled. Abatement (safe removal) of asbestos and other hazardous materials started in March and was completed before demolition began. Removal is expected to be complete within the next month.

A grand opening and ribbon-cutting ceremony for the new ORMS building is planned for August 23, 2022, upon completion of the field and other site work over the summer. Watch for details over the summer.

The State Board of Education will hold its meeting in the Oyster River Middle School recital hall on May 12<sup>th</sup>.

The School Board approved creation of a Fall Spirit Team cooperative with Portsmouth High. If approved by NHIAA, New Hampshire's governing body for interscholastic athletics; this would run in parallel with the successful Portsmouth-Oyster River ClipperCats Football cooperative team.

The School Board thanks community members who took the time to participate in the ORCSD Community Communication Survey conducted by the UNH Survey Center. The School Board received results late last week, including 11 pages of comments.

---

## **Grief, Healing, and Resilience: A Structured Program of Support for Adults Who Have Lost Children/Grandchildren, Nieces/Nephews, Spouses/Partners, or Siblings**

**Mondays; April 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> 5-6:30pm**

Chapel, Community Church of Durham, NH

At some point, most humans suffer grief, often defined as the process by which someone experiences loss. But losing a child/grandchild, niece/nephew, spouse/partner, or a sibling is an especially devastating form of seismic trauma. While grieving is very specific—based on the individual griever, the nature of the loss, and the relationship with the one who has been lost—there are many common elements to the journey. These include an emotional roller coaster at times triggered by passing comments such as “Oh, you’ll get over it” or “You’ll have another child,” or “Don’t be in denial,” or “She’s in a better place.” This program of four 90-minute meetings is NOT clinical therapy, but it is designed to offer information and some tools for engaging with grief and healing. While spiritual in orientation, the program is non-sectarian and non-denominational. Discussion is most welcome, but no one need participate if not comfortable doing so.

**Facilitator:** Steve Hardy earned a graduate-level Grief Support Specialist Certificate from the University of Wisconsin in 2017. More important, he has personal experience in grief—shared with his wife Donna—through the loss of two sons. He retired in 2014 as Professor of Kinesiology and Affiliate Professor of History at the University of New Hampshire, where he won awards for teaching excellence. This is the third time he has offered the structured program. Since 2018, he has also facilitated informal grief support groups. And he has written blogs on resilience at: <https://onesummit.org/what-we-do/profiles-in-resilience/>

**Enrollment:** This program is for grieving adults who have lost a child/grandchild, niece/nephew, spouse/partner, or a sibling. BYO writing material— tablet (paper or digital), pencil, pen. There is no cost, but enrollment is limited to 20 people. For information or registration please contact Steve Hardy at: [stephen.hardy@unh.edu](mailto:stephen.hardy@unh.edu) or 603-781-7194.

### ***Comments from past participants:***

A spouse: “It is really hard to express one's true feelings, but Steve made it comfortable to do. Some really helpful suggestions to help one get through the tough times.”

A parent: “The Grief Workshop provided me with information, insights and a safe and supportive environment to understand and deal with the grieving process. Steve’s knowledge, personal experience and caring created a healing circle for the participants.”

---

## **GOVERNOR & EXECUTIVE COUNCIL MEETING**

**Wednesday, March 23, 2022**

[CLICK HERE](#) for the 3/23/2022 Minutes

Next Governor & Executive Council Meeting

**Wednesday, April 6, 2022 10:00 am in Concord, NH**

---



[CLICK HERE](#) for the Spring Lamprey River Wild & Scenic Newsletter



## CITY OF DOVER PROVIDES COLLECTION POINTS FOR NEEDED UKRAINE SUPPLIES

The City of Dover is providing collection points for those seeking to donate supplies to displaced people in Ukraine. The donated items will be collected and shipped overseas by NuDay, a New Hampshire-based, non-profit organization. All donations are tax-deductible.

The drop locations are City Hall, Dover Public Library and Dover Ice Arena. Items will be collected through Sunday, March 13. The items will then be shipped overseas by NuDay. Monetary donations are also accepted online at [www.nudaysyria.org](http://www.nudaysyria.org) or via mail at PO Box 4521, Windham, N.H. 03087. Information about the non-profit, including financial statements, is also available on the website.

According to NuDay, the items most in need now are food, diapers, hygiene items and emergency medical supplies, listed below. NuDay requests items to be new, unexpired and not glass. No glass items can be sent. NuDay also has a list of its most needed items on Amazon.com. The list is at <https://a.co/7TPKvHb>.

**PITCH IN FOR UKRAINE**  
**DOVER'S DONATIONS CAN HELP**  
DROP OFF AT THESE CITY OF DOVER LOCATIONS THROUGH MARCH 13:  
**CITY HALL, PUBLIC LIBRARY, ICE ARENA**

**WHAT'S NEEDED?**

• BACKPACKS	• THERMAL BLANKETS	• MEDICAL GLOVES
• CRUTCHES AND CANES	• THERMAL CLOTHING	• MEDICAL SCISSORS
• DIAPERS	• WHEELCHAIRS	• MULTI-TRAUMA DRESSING
• FEMININE PADS	• ACETAMINOPHEN (TYLENOL)	• PEPTO BISMOL
• HYGIENE ITEMS AND KITS	• ANTISEPTICS	• TRAUMA KITS
• SANITARY PADS	• BANDAGES	• NEEDLE AND THREAD STORED IN ALCOHOL
• SLEEPING BAGS	• BED RAILS	• PLASTIC CLING WRAP, 2" WIDE ROLL
• SOLAR CHARGERS AND LAMPS	• IBUPROFEN	• PORTABLE VENTILATORS
• TENTS	• EYE WASH	• WHITE PETROLEUM JELLY

  
DONATIONS WILL BE COLLECTED AND DISTRIBUTED BY NUDAY ([WWW.NUDAYSYRIA.ORG](http://WWW.NUDAYSYRIA.ORG)) AND ARE TAX DEDUCTIBLE.

### Food and nutrition items include:

- Baby milk and infant formula
- Granola and protein bars
- Protein drinks
- Canned tuna

### Humanitarian items include:

- Backpacks,
- Crutches, canes
- Diapers
- Feminine pads
- Generators
- Hygiene items and kits

- Sanitary pads
- Sleeping bags
- Solar charges and lamps
- Tents
- Thermal blankets, Thermal clothing
- Wheelchairs

**Medical supplies include:**

- Pain relievers (acetaminophen, aspirin, ibuprofen)
- CPR masks
- Eyewash
- Antibiotic creams, ointments
- Antiseptic wipes
- Bandages, Gauze pads
- Beds for children with special needs
- Bed rails
- Bismuth subsalicylate (Pepto-Bismol)
- Emergency blanket
- Medical gloves
- Medical scissors
- Medical adhesive tape rolls
- First aid kits, Trauma kits
- Burn aid (water gel burn dressing)
- Butterfly strips
- Abdominal pad
- Caffeine pills
- Central venous catheter kits
- Elastic wrap / ACE Bandage (4 inches by 5 yards)
- Intravenous fluids (NaCl 0.9%, Lactated Ringer's solution)
- Gels, foams, hydrocolloids, alginates, hydrogels, polysaccharide pastes, sutures
- Hydrocortisone cream (1%)
- Intravenous catheters
- Laryngeal tube
- Loperamide (Imodium A-D)
- Nasopharyngeal airway
- Needle and thread stored in isopropyl alcohol
- Plastic cling wrap, 2-inch wide roll
- Plastic films
- Portable ventilators
- White petroleum jelly / Vaseline in small containers

---

## **BEWARE OF SMISHING CAMPAIGN**

Please [CLICK HERE](#) for the New Hampshire Information & Analysis Center (NHIAC) bulletin regarding a COVID-19 themed smishing campaign being distributed to NH citizens. Smishing is the fraudulent practice of sending text messages purporting to be from a reputable company in order to induce individuals to reveal personal information. If you receive a text message like this one, please delete it immediately. If you click on the link, you will be redirected to a fraudulent website that collects personal information

---





**The Seacoast Village Project (a nonprofit)**

*Helping seniors age in their homes and community!*

Educational Programs, Social Activities, Home Services, Resources, Friendships

Membership Information

<https://www.seacoastvillageproject.org/>

(603)-373-8429

---

**If you are a Lee Resident in need of assistance with a Veteran's issue the Lee Memorial VFW Post 10676 may be able to help.**

This post serves the communities of Lee, Durham, Madbury and Newmarket and has Service Officers who can help folks with just about any Veteran's related issue. At the State level they have a seat on the SVAC (State Veterans Advisory Committee) and are linked with tens of other non-profit Veterans organizations that provide a host of services. Please contact **Scott Moreau**, Commander, VFW Post 10676, at [vfwpost10676@yahoo.com](mailto:vfwpost10676@yahoo.com) for assistance.

---

**ATTENTION!**

**To receive the E-CRIER via email every week go to [www.leenh.org](http://www.leenh.org), click on the Subscribe button under the Town Resource Center section & follow the directions to subscribe.**

If you do not have the internet please come to the Town Offices for a printed copy or go to the Library to view it there. If you cannot leave your home please call the Assistant Town Administrator Denise Duval at 659-5414 x301 to have it mailed!