

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

Lee News & Upcoming  
Events  
April 1, 2022

## **Strafford County Farm Bureau Fundraiser Breakfast**



Co-Sponsored by Lee & Durham Agricultural Commissions

### **9<sup>th</sup> Annual Farm Style Breakfast**

*Sunday, April 3rd, 2022  
7:30am to 12:00pm  
Jeremiah Smith Grange Hall, Lee, NH  
Adults \$12 / Children 14 and under \$8  
Purchase tickets at the door*



To benefit the SCFB "Youth in Agriculture Grant Program" and  
other agricultural outreach initiatives

For more information contact:  
Ruth Scruton 781-5247 or Laura Gund 659-2044 or Erick Sawtelle 659-8106

### **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**

---

**SELECT BOARD MEETINGS**

**April 4<sup>th</sup> & 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**

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

---

**PIPSISSEWA – BRIGHT FROM THE START**

By Catherine Fisher, Lee Conservation Commission

It's not easy being a small woodland plant. During the growing season, the canopy creates a leafy roof, and what light reaches the forest floor is filtered and dim. Deciduous forest herbs deal with this by starting early - weeks before the first trees leaf out, wildflower shoots push through the ground, their leaves opening quickly to soak up the brief abundance of warm sunlight that floods the forest. Because it keeps its leaves all year, pipsissewa (*Chimaphila umbellata*) starts even earlier. When temperatures begin to warm, sometimes even in the middle of winter, the whorls of leaves on this herbaceous evergreen begin collecting light and manufacturing sugars.

Leaf retention gives pipsissewa a jump start in the spring, but holding onto your leaves through the winter months requires special adaptations. Like many herbaceous evergreens of the forest floor, pipsissewa has leaves that are sturdier than those of deciduous plants and are covered by a thick, waxy cuticle which protects them from water loss and gives them a lovely deep shine. Growing low to the ground means that pipsissewa plants are often covered both by leaves shed in from the canopy and by snow, providing them with layers of protection from bitter air temperatures.



Using light to make and store sugars is crucial to plant growth and reproduction, and pipsissewas make the most of their time in the sun. During the rest of the growing season, when forest trees



have leafed out and light is dim, these plants maximize their solar-collecting ability by using a form of chlorophyll (chlorophyll B) that best captures the available light filtering down to the forest floor. Chlorophyll B absorbs long wavelengths in the red-blue range of light and reflects dark green - hence their leaves are a much deeper color than those of plants growing in sunnier habitats.

Being within easy reach of the predations of herbivores such as deer is an additional drawback of life on the forest floor, but pipsissewa has solved that problem too. Pipsissewa is loaded with potent, biologically active chemical compounds that make it unpalatable and give it antimicrobial qualities. These same chemicals have potential medicinal value, and pipsissewa has long been utilized by human beings to treat an array of illnesses and ailments. Native Americans drank a tea of pipsissewa leaves to treat backaches, coughs, and stomachaches; pipsissewa tea was also used for eye drops. Both



Native Americans and European settlers used pipsissewa tea as a cure for kidney stones, and its common name derives from the Cree word meaning "breaks into small pieces". Research has revealed that compounds found in pipsissewa, such as arbutin, sitosterol and ursolic acid have, in addition to antimicrobial properties, diuretic, astringent, and antiseptic qualities. These compounds are often found in other forest floor evergreens and all were utilized medicinally by Native Americans and, later, European settlers. When you come upon these glossy little forest plants, you're walking among organisms that were an important part of North America's first pharmacy.





## TREE IDENTIFICATION WALK AT LITTLE RIVER PARK

By Catherine Fisher, Conservation Commission

Last Saturday morning (March 19) fifteen hardy women braved a stormy last-day-of-winter to attend a Tree Identification walk at Little River Park sponsored by the UNH Cooperative Extension and the Lee Conservation Commission. Led by extension natural resource field specialists, Rebecca DiGirolomo and Wendy Scribner and Conservation Commission members Catherine Fisher and Anne Tappan, participants learned about some of the different native tree species growing in the park's varied habitats.

Hands-on learning was encouraged throughout the morning. With the rain coming down steadily, lessons began under the shelter of the pavilion. Using pine, fir, and spruce specimens on display at the pavilion, Wendy Scribner showed participants how to use needle characteristics - length, shape, color, and placement - as an aid in identifying these evergreen trees.



Though it rained for most of the morning, by the time the group had finished learning about conifers, things had tapered off enough to venture out and into the woods. All along the River Trail specimens of different deciduous species had been flagged. As an aid to identification, the participants learned about "the three B's" - branch placement, buds, and bark. Flagged examples of related trees, such as red and sugar maples, found growing adjacent to each other gave the tree ID group the opportunity to compare similarities and differences. Different tree species studied along the trail-included beech, hemlock and hickory as well as various species of ash, maple, birch, pine and oak. From time to time along the trail, "quiz trees" that had already been discussed were

flagged, giving the participants the opportunity to use what they'd learned to make the identification on their own.



Besides learning about how to recognize native trees, participants learned about some of the different habitats encountered along the trail, a paper birch study being conducted in the Mills Reserve adjacent to the park, and some of the work being done by the Conservation Commission to maintain the park's early succession habitat and to remove non-native invasive species.

Though the event was scheduled to end after two hours, and the rain never really let up, most of the participants opted to stay longer and explore the floodplain area of the trail. Throughout the morning this walk was remarkable for the participants' camaraderie, degree of interest, and sense of fun.

For more information about Women in the Woods, visit: [extension.unh.edu/womeninthewoods](http://extension.unh.edu/womeninthewoods).

## **SWAP SHOP NEWS – APRIL 2022**

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

---

### **2022 TOWN OF LEE ELECTION RESULTS - [CLICK HERE](#)**

---

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

Various Committees have openings that need filling! Such as a newly created IT Committee. 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.

---

### **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](#)

---



### 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.

#### National Library Week, April 3-9 Let's Celebrate!

It's time to celebrate our nation's libraries, library workers, contributors and promote library use and support! How can you show your support? That's easy! Visit your Lee Library, connect with us on social media, attend a program, or send a note to our team... If you love your library, say it loud and proud! Pop a comment in our National Library Week basket to enter the **Raffle Prize Draw!** We'll call you if you win, good luck!



#### Upcoming Library Meetings

Tuesday April 5, 5:30pm – 6:30pm – **Library Friends Meeting**

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

### [Digging into Native History in NH, Virtual Program with the Lee Historical Society](#)

**Wednesday, April 6, 7:00pm – 8:00pm – Virtual Presentation by Robert Goodby “Digging into Native History in NH”:** A monthly series of programs from the New Hampshire Humanities Council held on the 1<sup>st</sup> Wednesday of the month at 7pm through May 4, 2022. Sponsored by the Lee Public Library, the Lee Historical Society and the New Hampshire Humanities. Please call or email the library for your zoom link!

### [Knitters Meet Here](#)

Wednesday, April 6<sup>th</sup> and 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 Agricultural Commission. Call or email Lee Public 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**

### [Saturday April 2, 10:30am – Turtles of NH](#)

Please take time to register for our April Virtual program “Turtles of NH” which will be presented by Squam Lakes Science Center. **To register go to [Durhampubliclibrary.org](http://Durhampubliclibrary.org)**

### [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 kits will go out on April 5<sup>th</sup> and 19<sup>th</sup>.**



**Monday, April 4, 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**

31/1— Laughing	7/8— Frogs
14/15— Rain	21/22— Flowers

**Afterschool Offerings – Tuesday & Thursday**

Call the library at 603-659-2626 for information on registering for our next 8-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](http://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>!**



**UNH MACFARLANE RESEARCH GREENHOUSE OPEN HOUSE EVENT**

**Saturday, April 2<sup>nd</sup> 9am – 3pm**

**NH Agricultural Experiment Station, 13 Botanical Lane, Durham, NH**

**[CLICK HERE](#) for more information and to register for a tour**

---

## **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 – MARCH 16, 2022**

The Oyster River School Board welcomed new members Matthew Bacon and Heather Smith, elected to 3-year, at-large positions in the March 8, 2022 school district election. Voters also approved the school district operating budget for 2022-2023, contracts with ORESPA (custodians and office personnel) and ORPASS (paraeducators, school aids, school nutrition workers) unions, and adding to a reserve fund for eventual purchase of the ORMS solar array.

With the new Oyster River Middle School building open, planning is nearly complete for playground and fields to be installed this summer. Playground equipment will be on the backside of the school, basketball and foursquare area near the solar canopy, and the playing field in front of the school. Playground and field will be installed this summer. The hillside along Dennison will be regraded to provide spectator space for the field.

The school board approved contracts for replacing air handlers at Moharimet School and for construction of new tennis courts where the current ORHS athletic field parking is. These projects are expected to be completed over the summer.

ORMS is sending THREE teams to the VEX Robotics world championships. ORHS indoor track athletes just returned from competing at the New Balance Nationals and seven ORMS students are headed to the New Hampshire State MathCounts competition. Congratulations and Go Bobcats!

---

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

**Mondays; April 4, 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
- CRUTCHES AND CANES
- DIAPERS
- FEMININE PADS
- HYGIENE ITEMS AND KITS
- SANITARY PADS
- SLEEPING BAGS
- SOLAR CHARGERS AND LAMPS
- TENTS

- THERMAL BLANKETS
- THERMAL CLOTHING
- WHEELCHAIRS
- ACETAMINOPHEN (TYLENOL)
- ANTISEPTICS
- BANDAGES
- BED RAILS
- IBUPROFEN
- EYE WASH

- MEDICAL GLOVES
- MEDICAL SCISSORS
- MULTI-TRAUMA DRESSING
- PEPTO BISMOL
- TRAUMA KITS
- NEEDLE AND THREAD STORED IN ALCOHOL
- PLASTIC CLING WRAP, 2" WIDE ROLL
- PORTABLE VENTILATORS
- 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!