



THE MILTON GAZETTE



September 2013

News from the Town of Milton, New Hampshire

September 2013



PTA Sponsored
Milton Has Pride Day
Saturday, September 14th
11:00 am - 2:00 pm
This will be a community
showcase of local businesses
and organizations

Please join the Milton PTA in a day of community pride. This event will showcase some of our local businesses along with community organizations that are here for our local families. Some of the days events will feature games, and inflatable slide, a clown, face painting and a storyteller. There will be food available for purchase to help fundraise for the various organizations. This is a wonderful opportunity to meet some of the school personnel and to find out how you can get involved in helping to make Milton Elementary School a great place to educate our children.

The PTA welcomes you to join our meetings to voice your concerns and contribute your ideas to better our school. Meetings will be held the first Wednesday of each month at 6:30pm in the school library. All meeting dates and activities will be posted regularly on our face book page (friend us at MES PTA) and soon to our MES PTA website (Mesnhpta@gmail.com).



Milton Elementary School
Open House
Tuesday, September 24th
6:00 - 7:00 pm

Milton School District SAU Planning Committee

Thursday, September 12, 2013 @ 3:30
SAU Office, 18 Commerce Way, Unit 1
Milton, NH 0385
for more info: (603) 652-0262



Please use caution
Our Milton Students
Are back in school
Drive Safely and
Keep them safe!

SCHOOL Is In
Session...



Ham & Bean Supper
Saturday, August 31st 5 - 6:30 pm



Milton Post 61 would like to invite everyone to an old fashion Ham & Bean Supper this Labor Day Weekend. This is a Milton tradition and rumor has it they have some of the best home-made pies in the area. If you haven't attended a Ham & Bean Supper in a while, you don't know what you are missing! Prices are \$7.00 per Adult / \$3.00 7-12 yr. olds

138th Rochester Fair September 13th -22nd, 2013



Monday through Friday is FREE from 9am-1pm. See the livestock and exhibits at no charge.
New this Year: Children under 36" are free!
\$14 pay-one-price! Includes all mechanical rides.
Events include Circus Hollywood, The Magic Trunk
The Barnyard Cackle Review & Hollywood Racing Pigs

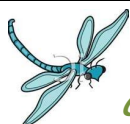


News from Milton Town Hall

May Meetings - Town Hall

Selectman: Monday, September 3rd & 16th (6:00 pm)
 Planning Board: Tuesday, May 7th (6:30 pm)
 Conservation Commission: Monday, September 9th (6:30 pm)
 Budget Committee: Thursday, September 19th (6:00 pm)
 Zoning Board: Thursday, September 26th (6:00 pm)
 Townhouse Restoration: TBA (5:30 pm)
 Fire Department: Wednesday, Sept. 4th & 25th (5:30 pm)
 Recreation Commission: Monday, September 9th (5:30 pm)
 Water District Commission: Tuesday, September 24th (5:00) -
 (Downstairs in the Emma Ramsey Center)

The Milton Conservation Commission requests a
[BID FOR SURVEY](#) of the following parcels in Milton:
 Map 41, Lot 102, 11 acres
 Map 41, Lot 103, 26.4 acres



*Thank You
 Camp 3 ponds Families*

*The Staff of Camp 3 Ponds would like to
 Thank all our Milton Families for
 sharing their children with us this
 summer camp season.
 It was wonderful to watch your children
 develop and grow over the summer.
 We saw new friendships grow and got to watch
 our wonderful children's gardens grow some of
 the biggest Sunflowers & assorted veggies.
 It was a privilege to be a part of your child's
 summer months and we hope that our Camp
 Three Ponds Campers do well in the upcoming
 School year and look forward to seeing them
 At camp in 2014!*

Town Clerk/Tax Collector's Hours

Monday	8:30 am - 4:00 pm
Tuesday	8:30 am - 4:00 pm
Wednesday	8:30 am - 4:00 pm
Thursday	8:30 am - 6:30 pm
Friday	8:30 am - 4:00 pm
Last Saturday of Month	8:00 am - 12:00 pm

2013 Hunting & Fishing Licenses The following licenses are available for

Resident Licenses	
1 Day Fishing (freshwater) \$10.00	Muzzleloader \$16.00
Atlantic Salmon \$11.00	Archery \$22.00
Clam (ages 6-68) \$30.00	Spec. Dear Archery \$16.00
Oyster (all ages) \$30.00	Pheasant \$26.00
Rec. Saltwater Fishing \$11.00	Bear (all ages) \$16.00
Combination	Turkey (all ages) \$16.00
Hunting & Fishing \$46.00	Migratory Waterfowl \$5.00
Hunting \$22.00	Wildlife Habitat Fee* \$2.50
Wildlife Habitat Fee Is Paid Once Annually Per Hunter (excluding minors and permanent license holders)	
Non-Resident Licenses are also available	
To file your Migratory Game Bird Harvest Information, call 1-800-207-6183 or go to nhfishandgame.com after purchasing your hunting license.	
MOOSE HUNT LOTTERY APPLICATIONS Available from this license agent starting in mid-January. Computer drawing held on the third Friday in June.	
NH Fish and Game Department (603) 271-3421 or wildnh.com	

The Milton Zoning Board of Adjustments
 The Milton Zoning Board is seeking new members.
 If you are interested in becoming a member of the
 board, please send a letter of interest to the
 Board of Selectman, PO Box 310, Milton NH 03851.



Milton Free Public Library

Winter Hours

Sunday and Monday closed

Tuesday 3:30-7:30

Wednesday 12:00 -7:30

Thursday 10:00 - 12:00 & 3:30 - 7:30

Friday 1:00-7:30

Saturday 10:00 - 1:00

September is "Library Sign Up Month"

The American Library Association has named September "Library Card Sign-up Month" and is encouraging students of all ages to make sure they are able to take advantage of the many resources libraries offer.

Having a library card from a New Hampshire library allows students access to the more 2 million items in our state's libraries' collections. If a student's library does not own a particular item, it can often be requested from another library in the state.

"It's easy to think that all of the resources a student would ever need are available through the internet, but that's just not the case," said Michael York, New Hampshire state librarian. "Libraries are centers of current, historical and unique information, and librarians can help you find what you need while teaching you how to determine which sources of information are good ones and which to avoid."

The New Hampshire State Library promotes excellence in libraries and library services to all New Hampshire residents, by assisting libraries and the people of New Hampshire with rapid access to library and informational resources through the development and coordination of a statewide library/information system; by meeting the informational needs of New Hampshire's state, county and municipal governments and its libraries; and by serving as a resource for New Hampshire. For more information, visit www.nh.gov/nhsl.

Save the Date for the launch of the newest book by Milton Native Jessie Crockett

The newest mystery by Milton resident Jessie Crockett "Drizzled with Death" will be released October 1. Come to the Milton Free Public Library Sunday, October 6, 2-4 PM to congratulate Ms. Crockett and to launch this cozy mystery into best-selling success.

"Computer Essay Contest"

The Milton Free Public Library (MFPL) has received 4 brand new computers that locals use to access the internet. MFPL now has 4 "gently used" retired patron iMac computers that had been patron computers that need a new home. Need a computer? Write a short essay detailing why you deserve one of these fantastic computers. This contest is open to all Milton students. Essays will be judged on content, spelling and grammar. Entries are now being accepted and will close September 28. Winners will be announced October 5, 2013.

Contact Milton Free Public Library

The Milton Free Public Library is housed in the "Little Red Schoolhouse" 13 Main Street in Milton Mills. Our phone number is (603)473-8535. Our email address is mfpl@metrocast.net. Our website, which has links to our online catalog and to the New Hampshire Downloadable book, is MiltonFreePublicLibrary.org. To go directly to our online catalog : <http://miltonfreepubliclibrarynh.booksys.net/opac/mfpl/index>. We are also on Facebook, check out pictures from our gardens and the summer reading program. "Like" us!



Nute Library

Sunday - Closed

Monday 9:00 - 5:00

Tuesday 9:00 - 5:00

Wednesday 9:00 - 7:00

Thursday 9:00 - 5:00

Friday 9:00 - 2:15

Saturday 9:00 - 12:00

Saturday Morning Story Time: Saturday, September 21, 2013 - 9:30 - 10:15. This is an open story time and everyone is welcome to attend. Participants are encouraged to call and reserve a spot @ 652-7829.

Painting with Ann Marie: This class will be help on Wednesdays, September 11th & 25th from 5:00 - 7:00 pm. The cost is \$30.00 per participant and includes the cost of all supplies and materials for the class. You may register by contacting the instructor at 988-5946. If you would like additional information, please contact the library at 652-7829.

Ladies Craft Group

Our open craft group meets every Monday in the Nute Community room from 1:00 - 3:00 pm. New members are always welcome!

Home School Reading Club

This is a bi-monthly reading club open to all home school children who wish to participate. New members are welcome. Please contact the library if you would like more information on this group. The group meets every other Tuesday afternoons from 12:30 - 1:30 pm.

Pre-School Story Time

This group is open to all pre-school children. The group meets at the same time as the Home School Reading Club. Participants share stories and a simple craft. For more information on any of these program please call the library @ 652-7829.

For more Information please check us out at:

<http://nutelibrary.books.officelive.com/default.aspx>



Milton Community News

Share The Help

Milton Community Services

Milton Town Office

Welfare Meetings are by appointment only.

Your must call the Milton Welfare Department at
603-652-4501 ext. 9

There is an answering machine and your phone call
will be returned within three days.

If you are in need of assistance please call to schedule
an appointment to see if you meet the program
requirements .

Help is Need to Fill the Food Pantries at Community Action Partnership

Summer is winding down, and our food pantries are at
extremely low levels. Demand food for local families is
very high, and we need your help to re-fill our pantries
with the following:

Meats, peanut butter, tuna fish, beans, etc., Green
beans, peas, tomatoes & other canned veggies
Breads, pastas, rice, ramen noodles, mac & cheese, etc-
Canned soups, pasta/tomato sauce, jelly, cereals,
baking needs Gift cards to Hannaford, Wal-Mart or
Market Basket are also great

Drop off your donation at one of two locations: CAP Out-
reach in Dover: 160 Locust Street, McConnell Center, Rm.
240, 603-516-8126

CAP Outreach in Farmington: 527 Main Street, 603-
516-8191 (M, W, F only)

To make a financial donation, visit our website at

www.traffordcap.org/donate or mail to:

Community Action Partnership,
P.O. Box 160
Dover, NH 03821

Did you know?...

About the **Milton Food Pantry** located at 55
Industrial Way off of White Mountain Highway
(RTE. 125)

We are located in the **Milton Head Start** to the left of the build-
ing every Tuesday mornings from 9:00 am - 12:30 pm. If you
think you are eligible to sign up for **Fuel Assistance** , please call
the Farmington office at 516-8191 or you may stop by the



NH Farm Museum
Rte. 125 - White Mountain Hwy
Milton, NH 03851
603-652-7840
info@farmmuseum.org.

September 14th Charley by Donna Marie Seim, Book Release Event & Reading by the Author 2:00 - 4 pm

Charley, a street-smart city boy, can toss a rat by its
tail into the Boston Harbor, but has no clue how to
pluck an egg away from an angry chicken, let alone
milk a cantankerous cow! A Novel for children ages 8-
12 yrs.

Charley is based on the true story of a twelve-year-old
boy living in Boston in 1910. Suffering from abandon-
ment he winds up on the steps of an orphanage.
Blessed with a beautiful voice, he joins the traveling
choir. When his hopes are all but dashed, he finds his
way into a family in rural Maine. Charley is author
Donna Seim's second young adult novel. Her first
novel, Hurricane Mia, was praised as "a 5 star young
reader's book that should be in every library, every
classroom, and every home," by Readers Favorite
Book Reviews.

September 21st Vintage Baseball Game 11 am NH Granite Vintage Baseball Club vs. The Melrose Pondfelders

Come cheer on New Hampshire's home team and
learn how baseball used to be played way back when
it was invented in the 19th century. Explore the farm
and the barn and make a day of it. Hot dogs & soda
will be available for sale.

*Special discount admission: \$5 per Adult, Kids 12 and
under & museum members free.*

September 22nd The Great NH Pie Festival 12 noon - 4 pm

If you like pie, this one's for you! Eat pie of all sorts
from New Hampshire's best bakers and bakeries. En-
ter your pie in our famous pie contest and win a great
prize. Enjoy pie making demonstrations, a kids apple
pie eating contest, horse-drawn wagon rides, music
and guided tours of the historic Jones farmhouse.

*Event admission: \$10 adult, \$5 child, / Museum mem-
bers \$6/\$3 or bring a pie for the contest and get in
free.*

More Milton Community News



Milton Women's Club
Community Church of Milton
7 Steeple Street
Milton, NH 03851
Monthly Meeting
Thursday, September 12, 2013 @ 7:00
Pot Luck Supper - New Members
Welcome bring a dish to share!



Working to conserve
and connect land for wildlife,
water quality, and working
farms and forests.

Tuesday, August 20, 2013; 7–9 pm

**Full Moon Walk; Moose Mountains Reservation,
Middleton/Brookfield**

Join MMRG and Sally Cornwell for this moonlight walk along a wooded path to an open field. Enjoy the full moon, hear Native American Stories, listen to the night sounds and appreciate this beautiful conservation land! Co-sponsored by Trager Massage, LLC. FREE.

Saturday, September 28, 2013; 8:30 - 12:30

Copple Crown Mountain Hike
Brookfield, NH

Moose Mountains Regional Greenways Chair Art Slocum will lead this favorite fall foliage hike and talk about the history of the area. Be prepared for more than 5 miles round trip, significant elevation gain and fantastic views at the top! Please bring water and snacks or lunch. FREE!

Please **PRE-REGISTER**. Call (603) 978-7125 or email info@mmrg.info. For details, check for updates on www.mmrg.info.

Saturday, October 19, 2013; 9:30 am–1230 pm

**Forestry Workshop -
Greater Wakefield Resource Center, Union**

Dan Stepanauskas will present a view of the world thru a Forester's eyes and his meticulous approach in observing the forest. Includes field trip to Wakefield and short hike around Davies Mountain. Information on soils, the carbon cycle, forest tree species, and wildlife habitat. Co-sponsored with Branch Hill Farm. FREE!

REGISTRATION INFO:

ALL EVENTS: To pre-register and for directions, call Education Coordinator Kari Lygren at (603) 978-7125 or email info@mmrg.info. Please do not bring pets to these events.

Join Pack

155

ROUND UP NIGHT

CUB SCOUTING

FUN

AT EVERY TURN

September 11th, 6:30 pm, at
Milton Elementary School Cafeteria
Calling all Boys from 1st Grade to 5th Grade!
Come join us for great fun and adventure.

10 Purposes of Cub Scouting

<p>Contact: Jamie Berry Cubmaster</p> <p>603-833-8047 or jbdusm@gmail.com</p>	<p>Character Development Good Citizenship Spiritual Growth Sportsmanship & Fitness Family Understanding Respectful Relationships Personal Achievement Friendly Service Fun & Adventure at a Summer Camp Preparation for Boy Scouts</p>	<p>*\$21.00 Yearly Registration Fee</p> <p>* Fee Subject to Periodic Change</p>
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The stunning view that participants were able to take in
at last year's Copple Crown Hike!

Recreational Activities for September



Senior Bingo Program

Tuesdays: 10:00 - 11:30 am
September 3rd, 10th, 17th & 24th

Doors open @ 9:00. Coffee, donuts, fruit, cheese & crackers are served. In order to be in compliance with NH State Law, these senior bingo offerings are open to those who are 60 years old and older.



Senior Luncheon

September 17th
Chicken Parmesan w/salad & Dessert

The meal will be served immediately after the completion of the Tuesday bingo program. If you don't play bingo, you are still welcome to join us for the senior dinner. If you are interested in joining us, please call the recreation department phone and leave your name and number. 652-4844 ext. 8

Meal at noon prepared by Ann Walsh & Friends along with Helpers from Milton Elementary School
 The senior luncheon program is open to area seniors who might not participate in other programs, but would still like to meet and socialize with the senior set. We host the meals once a month after one of the Tuesday bingo sessions.

Sunday Bingo

12:00 (Lunch), Bingo (1:00)
 Emma Ramsey Ctr.
 September 29th

Food served starting @ 12:00. Bingo begins at 1:00 pm.
 This is a senior bingo program and players must be 55 years old or older to participate

LIBERTY MUSIC GATHERING

An acoustic music jam open to all
Musicians and listeners welcome.



Donations are gratefully accepted.
 There is no cost for admission & the coffee is free!

Everyone is invited to join this acoustic music jam that is open to all musicians and listeners alike!

Jam sessions are every other
 Saturday evening
 September 14th & 28th
 From 6:00 pm - 9:30 pm
 Doors open at 5:30 pm

Sponsored by
 Liberty Chapel
 Milton Mills, NH.
 603-652-2522



Children's Museum of New Hampshire
 6 Washington Street
 Dover NH 03820
 Phone: (603) 742-2002
 Fax: (603) 834-6275
 Email: questions@childrens-museum.org

Annual Birthday Celebration

The Children's Museum of New Hampshire celebrates its 29th birthday on **Sunday, September 23, 2012 from noon – 5 pm** with activities, entertainment and treats sponsored by Bank of New Hampshire. The afternoon of fun includes birthday cake for all, special live entertainment, party games, and create your own birthday party crown to wear home!

Wanted: Fairy House Builders!

Friends of the South End is pleased to announce that the 2013 Portsmouth Fairy House Tour will take place on September 21 and 22, 2013 11:00 am-3:00 pm on the grounds of Strawberry Banke, the Governor John Langdon House, Prescott Park and Peirce Island in Portsmouth, New Hampshire. Visitors are encouraged to make note of the new times this year. The Tour occurs rain or shine.



Kids Night Out
 (drop-off program)
 Emma Ramsey Ctr.
 Friday, September 20th
 6:00 - 9:00 pm.
 \$6.00 per child
 Includes Supper & Craft
 Registration deadline: 9-13-2013

From the creators of *Ice Age* comes the year's funniest, most exhilarating animated adventure! Transported to a magical world, a teenager is recruited by a nature spirit, Queen Tara, to help the "Leafmen" save their forest from evil warriors. The whole family will love this fast-paced thrill-ride, with its astonishing animation and an all-star voice cast. Registration limited to the first 20 kids. Please don't sign your child up unless they are really coming. Food & Craft is planned on participant signup. 652-4501 ext. 8 or miltonrd@metrocast.net

Milton Homeschoolers News

Milton Homeschoolers

Milton Homeschoolers, we have a web site called "**Milton Homeschoolers**" to share homeschool events, news and pictures with homeschool friends and families. If you homeschool in Milton or in area towns and would like to find out more about our activities, learning events and field trips, please contact Claudine Burnham at:

MiltonHomeschoolGroup@yahoo.com

Kids Club

Kids Club meets Friday, September 6th from 1-3pm at the Milton Town Beach. Through a themed based unit, children of all ages rotate in segments where they learn, complete a craft, play games, and share in snack. This is a great time of learning and fun. All parents must participate in assisting in areas.

September's theme is "Not Back To School Day". We'll be playing games, making *beachy* shadow boxes, snacking and having fun. This event is by reservation only, please rsvp to the address above.

Fieldtrips

Join us our annual visit at McKenzie's Farm for Apple Picking/Hay ride event. Email to above address to find out the details.

Book Club

Homeschool Book Club begins September 25th from 3-4:45pm at the Nute Library. We have clubs for all ages from Pre-K to High School. Email to find out more.

Ballet Classes

Ballet classes are available for most ages and abilities starting at age 6 and up on Tuesdays and Thursdays. Levels are from Beginner to Advanced/Pointe and we even have a wonderful adults stretch and strengthen class on Tuesdays from 4pm - 4:45pm. Classes are \$10/hour and instructed by a current ballerina from Portland Ballet Company.

FLICKER FILMS WORKSHOP

Tuesdays & Thursdays,
Oct 1 - Nov 7, 2013
3:30 - 5:30 PM

Create! Create! Create!

Take your visual and performing arts education to a new level! **Rochester Opera House Flicker Films Workshop** is an exceptional filmmaking learning experience for students aged ten to eighteen. With an emphasis on originality and hands-on learning, students use real-world equipment to create their own script, shot list and production schedule. Bring an eager mind and creative spirit. No experience or equipment is required. Open to everyone!



For Ages 3-11 years

Friendship, Faith-building and Unforgettable Fun!

Share in special events such as:

Camo Night, Movie Night, Derby Car races and so much more!



For Ages 12-14 years

Fellowship, Worship, Community Service, & Faithfulness!

Contact: Doug Gregory at: 603-652-9287

Teen Youth Group

For Ages 15-18 years

Character Building, Support, Friendships, Faith-Building, & Community Service!

Contact: Mike Walsh at: 603-652-9911

WHEN: Fridays from 6:30pm-8pm (beginning: Sept. 13th)

WHERE: Nute Ridge Bible Chapel, 100 Nutes Road, Milton

BARNES & NOBLE

Homeschooling Night at Barnes and Noble in Newington, NH

Homeschooling Night the last Thursday of every month at 7:00 featuring a non-profit, author, theatre group or some kind of artist with the homeschoolers so that they both learn about the other.

During the day, we have storytime on Tuesday, Wednesday, Saturday and Sunday at 11:00AM. All events are free and open to the public. Storytime is open to all ages and there is always a craft. You can pick up a calendar at the information station or at the registers regarding events, or you can ask Sally Bruce Stoklosa, Community Relations Manager Barnes & Noble Booksellers, Newington, NH 03801 603.422.6472, crm2988@bn.com

More September Recreational Happenings



Teneriffe Sports Club Information

The Teneriffe Sports Club

The Teneriffe Sports Club is a non-profit organization made up of community members and parents. Their mission is to help support athletics in the community of Milton at all levels, youth all the way through high school. **They have monthly meetings on the third Tuesday of the month at 6:00pm at the High School.** The club was created three summers ago. It actually started out as a small group of community members that wanted to focus on youth programs, providing equipment and support to the younger kids. Meanwhile, the middle/high school had started a booster club. Both clubs were just starting out and had small numbers. The clubs decided to merge together and target athletics in the community as a whole. It became the Teneriffe Sports Club, which was an organization that served the

Club Happenings

Calendar Fundraiser: The club is currently selling calendars for \$10.00 Each. There will be a drawing every day in October. Calendar Money and tickets can be dropped off at Nute High School Attn: Jane Weymouth or contact Angela Locke at 603-973-9826

The youth volleyball workshop will be running on Saturday mornings from 9:00-10:30 September 14th- October 19th for girls in grades 4-6. The price is \$25.00 and there will be a sign-up day on Saturday September 7th from 9:00-10:00 at Nute High School.

The club is hosting a Police/Fire Volleyball game against the high school girls on Wednesday September 4th at 6:00pm at Nute. The price is \$3 an adult and \$1 a student.

Any questions please feel free to contact Angela Locke at angelalocke91@yahoo.com

2nd Annual Run For Food Race Series Supporting our local Food Pantries

Races and Dates:

Tenneriffe Sports Club 5K road race is coming up on **Sunday September 8th at 1:00pm @ Milton Town Beach.** The first 30 registrants will receive a free t-shirt. This is a family based road race and all ages are invited to participate.

September 28, 2013– Tuftonboro 5K Run/Walk, www.tuftonboro.org

October 19, 2013 - Back Bay Hockey 5k, www.backbay.goalline.com

November 23, 2013 - 21st Annual Gift of Warmth Turkey Trot 5K, www.wolfeboronh.us

All race registrations can be downloaded from www.wolfeboronh.us/Pages/WolfeboroNH_Recreation/forms/

General Information: All of our races will be collecting food for the local food pantry in their area. Please join us by showing your support by donating to local food pantries. Together we can make a difference. Please mail your registration forms for the Series to: PO Box 629, Wolfeboro, NH 03894 or register online at www.wolfeboronh.us. All race registration forms should be sent to address on the forms. Run For Food Race Series questions email Steph at runforfoodraceseries@aol.com.

Last year we collected over 100lbs. of food!





2013 Milton Recreation

Youth Soccer Program

Organizational Meeting & Sign-ups

Saturday, September 7th

Milton Town Beach Field

9:00 AM

This program is open to children

Preschool - 6th grade

\$25.00 first child / \$20.00 siblings

\$35.00 - non-residents

This program depends on parent/volunteer participation, so please consider helping out!

Registration forms are available on the Town of Milton Website and at various locations around town

For further information, please contact Milton Parks & Recreation

603-652-4501 ext. 8



Tai Chi 18 for Health
Wednesday Mornings
Emma Ramsey Community Center
\$25.00 per month, \$8.00 Class

Classes are suitable for beginners with no previous experience, seniors and those recovering from injuries would benefit from the gentle moves of this ancient practice of movement.

Tai Chi 18 consists of a series of 18 simple, gentle movements that are easy to learn and practice. It is deeply relaxing, helps to reduce mental stress and physical tension and improve circulation and balance.

If practiced regularly, it promotes better health and well being. Instructor: Esther Rhode contact her either by phone @ (978) 809-1411

Or by e-mail at esther.rhode@gmail.com

New students are welcome and encouraged to stop by and give the class a try!

Martial Arts in Milton
at the Emma Ramsey Center!



Humility
 Respect
 Righteousness
 Trust
 Loyalty

Will
 Endurance
 Perseverance
 Patience
 Bravery

一半月亮学校武术

Combining Kung Fu, Jiu-Jitsu and Karate, Shaolin Kempo is a complete self defense system offering challenges, both physical and mental, that teach respect, discipline and that the ultimate goal of Martial Arts training is not to have to use it.

Classes Tuesday & Thursday nights 7 - 8:30pm

Shaolin Kempo
 Karate, Kung Fu, Jujitsu
 Sensei Eldred Thurlow 603-781-5230

424 White Mountain Hwy Milton NH 03851
 Milton Recreation Department
603-652-4844 x8



Homeschool Ballet Class
Tuesdays & Thursdays
Emma Ramsey Community Center
Ages 6 yrs. & Up
Adult Stretch/Strengthen
 Contact: Claudine
MiltonHomeschoolGroup@yahoo.com

Ballet Classes

Ballet classes are available for most ages and abilities starting at age 6 and up on Tuesdays and Thursdays. Levels are from Beginner to Advanced/Pointe and we even have a wonderful adults stretch and strengthen class on Tuesdays from 4pm - 4:45pm. Classes are \$10/hour and instructed by a current ballerina from Portland Ballet Company.

Pre School Open House—YMCA of Strafford County
Saturday, September 14th
9:00 - 11:00



2nd Annual Teneriffe Sports Club 5K

Date:

Sunday, September 8, 2013

Time:

1:00 pm Kids Fun Run
1:15 pm 3.2 mile fast walkers
1:20 pm 3.2 mile run

Location:

Milton Town Beach, Milton

The Course:

(see course map on back for details).

Registration Fee:

12 and under \$10.00 w/ 2 can goods
13 and older \$15.00 w/ 2 can goods
\$20.00 w/ 2 can goods after 9/1/13
Without Can goods add \$2.00 per fee
Can goods can be brought race day or
\$2.00 additional fee will be charged.

Fees Payable to:

Teneriffe Sports Club

Registration Returned to:

7 O'Malley Drive
Milton, NH 03851

*Pre-registration is Preferred:

Shirts to the first 30 to register!

Awards:

Top three in each age category.
Award given to the brightest running outfit.

Milton Recreation and The Teneriffe Sports Club presents The 2nd Annual Teneriffe Sports Club 5K as part as the Run for Food Series. The Teneriffe Sports Club is a volunteer run organization looking to stimulate interest in sports throughout the community of Milton.

We are asking every participant to bring two can goods so we can help fill our food pantry in Milton.

All proceeds for this race will benefit youth sports in Milton.

Pre-registration is preferred by September 1, 2013. Registration forms can be mailed to the address below. Shirts will be given to the first 30 registrants. Race Day Registration and Pre-Race Check-in will occur in the afternoon from 12:30pm-1:00pm.

The races will begin promptly. The awards ceremony will be held immediately following the race at the Milton Town Beach. Refreshments will be available following the race.

Please leave your dogs at home.

For Further Information Contact:

Teneriffe Sports Club
c/o Christine Collins

7 O'Malley Drive
Milton, NH 03851
Collinsgirl247@gmail.com

2nd Annual Teneriffe Sports Club 5K Registration Form

Please Print

____ Kids Fun Run (12 & under) ____ 3.2 mile XC Road Race ____ 3.2 mile XC Walk (Fast Walkers)

Date of Birth _____ Your age on race day? _____ ☐ Female ☐ Male

Name _____ Phone # _____ Email Address (required) _____

Address _____ Town _____ State _____ Zip _____

T-shirt size: Youth ☐ Small ☐ Medium ☐ Large
Adult ☐ Small ☐ Medium ☐ Large ☐ X-Large

Registration Fee: Kids Fun Run (12 and under)\$10.00*

Please make checks payable to: 3.2 mile XC Road Race/ Walk (13 and over)\$15.00*

Teneriffe Sports Club

c/o Christine Collins

7 O'Malley Drive

Milton, NH 03851

After September 1st (all races)\$20.00*

*These prices are if you bring 2 can goods. If you don't please add \$2.00 per registration

EACH COMPETITOR/GUARDIAN MUST SIGN THE WAIVER ON THE DAY OF THE RACE