



Weare in the World

For Weare Residents, By Weare Residents

August 27, 2025



Grant Awarded for Solar Panels; Warrant Article Needed in 2026

By Tom Clow

At the Aug. 11 meeting of the Weare Board of Selectmen, Energy Commission Chairman David Erikson announced that the town has been awarded a grant of \$119,400 for solar panels on the safety complex. He said that the grant is awarded through the Federal Department of Energy and transferred to the N.H. Department of Energy. The project could save the town around \$10,000 annually in energy costs, he said. Erikson added that the fire chief, police chief, and Clean Energy New Hampshire assisted with the grant application.

Erikson said that the town would have to pay for the project upfront according to a payment schedule, and that this would require approval by voters on a 2026 town warrant article. He said that his contact at the Department of Energy has been asking about the town's plans to move forward with the project, as the money might not remain available if the town doesn't commit soon. Selectman Jack Dearborn moved that the board commit to putting an article on the 2026 town warrant for solar panels on the safety complex, not to exceed \$119,640. The motion passed 4-0. There will be an escape clause in the agreement with the solar contractor, allowing the town to terminate

the agreement before construction begins, if voters do not approve the project or if grant reimbursement funds are not available, according to a handout Erikson provided to the BOS.

Members of the Energy Commission include David Erikson, Charles Smith, Elizabeth Salas Evans and Chris Conroy. There are also three alternates, Lauri MacKenzie, Sam Small and Steve Bartlett. Selectman Benson Goodwin serves as the ex officio.



Goffstown Rotary's Annual Car Show Benefits Area Non-Profits

The Goffstown Rotary's Annual Car Show, presented by TMS Diesel, will take place Saturday, Sept. 13, from 9 a.m. – 2 p.m. at Parson's Drive field in Goffstown. The show features classic cars and trucks in 16 classes with trophies awarded in each class plus Best of Show and three other categories.

The fee to enter a vehicle is \$20; spectators can enter at no cost. Over \$2,000 in raffle prizes will be available as will be food trucks and vendor booths. Proceeds from the event benefit non-profits serving the local area.

For more information or to register, visit www.goffstownrotary.org.

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American Legion Auxiliary Post 65

By Ellie Chapman – Member
Post 65 Weare, NH

The American Legion Auxiliary is a volunteer, community-based organization that supports local veterans, their families, local communities and veterans organizations. Some of the ways we do this are participating in local community events, helping with the needs of local families and schools, and providing a sense of community to those that may have connections to friends or family members who have served.

The American Legion Auxiliary was established after WWI. In 1919 the first convention of the American Legion was held by the men and women who had served. They realized that the families that had supported them during wartime wanted to continue to assist with services in peacetime.

In 1921, the name “American Legion Auxiliary “ was adopted and the first officers elected.

The Auxiliary continues to hold a National Convention in August and each state holds smaller local conventions each year.

The ALA is not just for adults. We also have junior memberships for those 17 and under who can join and participate in our community-based activities. There are also projects and opportunities that are available to junior members only.

When you’re out and about in town, you may notice our Poppy Cans. They are red, white and blue, usually near the cashier. These are another way for us to raise money that will go towards our projects that directly benefit Veterans in our state. If you can, drop your change in after your transactions! And don’t forget to take a Poppy!

This month our Auxiliary is putting together backpacks for our local Elementary, Middle and High schools. Each backpack contains school supplies to get them started for the school year.

If you would like to find out more about our organization, you can stop by the legion during our Sunday Breakfasts 8-11 a.m., or Thursday and Friday nights from 4-7 p.m. Info is also available at @ALAforveterans on Instagram and Facebook, and at www.ALAforVeterans.org.

Just a reminder.... Our next bake sale and opportunity to take a chance on our raffle is Aug. 31, during the Sunday Legion breakfast 8-11am.

- First prize - a handmade quilt donated by Rose Gilman
- Second prize - \$50 worth of scratch tickets
- Third prize - a \$25 gift card

Hope to see you there!

Area Band Concerts



Henniker: Tuesdays 6-8 p.m.
57 Main St.

Aug 26 The MacroTones - deep funk, Afrobeat, and cinematic soul
Sep 2 Nick’s Other Band - farewell tour – High energy Rock N Roll (*Last Band for the Season*)



New Boston: Tuesdays, 6-7:30 p.m.
5 Meetinghouse Hill Rd.

(*Done for the Season*)



Deering: Saturdays, 6 p.m.
763 Deering Center Rd.

(*Nothing until Sept. 14*)

FREE & ONLINE ONLY

Cooking Matters for Adults Nutrition & Healthy Cooking Course

*Offered by Cooking Matters NH
a program of the New Hampshire Food Bank*

**Are you looking to prevent or manage
diabetes or heart disease?**

**In this course you will learn skills related to:
Healthy Eating, Nutrition, Food Safety,
Meal Planning, Budgeting, & More.**

Bonus: \$10 grocery gift card
each week after attending class.

Questions? Contact Rachel Felder at
rachelfelder@nhfoodbank.org

**Dates: Sept 4 to Oct 9 (6-8 p.m.)
Nov 23 to Dec 8 (4-6 p.m.)
Via Zoom**

Weare Public Library

SEPTEMBER at the WEARE LIBRARY

WEEKLY EVENTS

MONDAYS

- 2:30-4:30 p.m.: Pokemondays (kids). Drop in to meet, trade, and play with other Pokemon card enthusiasts - along with games and prizes.

TUESDAYS & THURSDAYS

- 2 p.m.: Cards! (adults). Meet and play pinochle or cribbage with other card game enthusiasts.

TUESDAYS

- 2:15 p.m. (1st & 3rd of the month): Anime & Manga Club (ages 10+). Stop by after school to talk about manga and watch your favorite anime shows!

WEDNESDAYS

- 10:30 a.m. (starting Sept. 17): Stories and Outdoor Play. Join us on the library lawn for songs and stories, followed by movement and play. Designed for ages 2-5, but all are welcome. *9/17: Chalk drawing and bubbles *9/24: Obstacle course *10/1: Messy art. (Regular storytimes for babies, toddlers and preschoolers will resume in October.)
- 2 - 5 p.m.: Afterschool Gaming (ages 6+). Drop in to challenge your friends on the Nintendo Switch, PlayStation, and other systems. Featuring collaborative games like Smash Bros, Mario Kart, and Minecraft.

THURSDAYS

- 1 p.m.: Craft Group (adults) Relax and craft and learn something new.

FRIDAYS

- 10:30 a.m.: Baby Playgroup (ages 0-3) An informal gathering for young children and their caregivers. Get out of the house; meet new friends! Books, puzzles, early literacy toys, & music.
- 1:30 p.m.: Lego Club (kids) Stop by and see what you can build with our huge supply of Legos!

SPECIAL EVENTS

- Thursday, Sept. 18 at 6:30 (all ages): Peaceful Roots Yoga: You are invited to elevate community connection through mindful, fun, and creative movement with Yoga Master Amanda Marusz! In this free workshop you'll learn simple, mindful flow that focuses on breathwork and deep stretches in those overworked places with easy-to-follow poses accompanied by light music and aromatherapy.
- Friday, Sept. 19 at 2:30 (ages 2-5): Peaceful Roots Yoga: Parent To Child Connection: With Yoga Master Amanda Marusz, connect mindfully to your child with fun tools like textured mats, scarves, and breathing buddies!
- Thursday, Sept. 25 at 7 p.m. (adults): Book Group: We're reading *Red at the Bone* by Jacqueline Woodson. Call us 603-529-2044 to reserve your copy.

The WPL offers discounted passes:

Free & Discounted

MUSEUM & PARK PASSES

Call us to reserve yours: 603-529-2044

Logos included:

- Children's Museum of New Hampshire
- Currier Museum of Art
- The Eric Carle Museum of Picture Book Art
- MFA Boston
- Mount Washington Observatory
- Museum of Science
- Seacoast Science Center
- See Science Center
- Squam Lakes Natural Science Center
- New Hampshire State Parks
- Strawberry Banke
- Vermont Institute of Natural Science
- New England Zoo

Thanks to the Friends of the Library for making these possible!

**HAND IN
HAND**

**SENIOR CENTER
& THRIFT SHOP**

The Hand in Hand Senior Center is a gathering place for seniors to socialize and get involved in group activities.

33 North Stark Highway, Weare, NH 03281

Wed. - Sat., 11 a.m. - 4 pm

603-529-4263 / www.facebook.com/hihsc.org

As August ends, we look with anticipation to autumn and the wonder of the changing season. **Hand in Hand Senior Center** is excited about new offerings and ways to meet new people.

Take that walk you've been promising yourself. Sign up to join Donna McCarron on one or both walks: the New Boston rail trail on Saturday, Sept. 27 and Tuesday, Sept. 30 in Davisville (Warner). For each hike, we ask for a nominal fee of \$5 to cover water and snacks. Signing up is required -- contact Donna McCarron at Dmccarronsp60@yahoo.com. Meet at the center to carpool. All are welcome.

A new Tai Chi class begins Tuesday Sept. 9 at 8:45. Sign up hkurk@hihsc.org or stop in at the Center Wed – Sat 11 a.m. – 4 p.m. You'll be a healthier you after taking this 24-week (Tuesdays and Thursdays) class with Sandy Turcotte.

Another way to get out and meet some new people is a potluck dinner on Monday, Sept. 15. Contact Nancy @ **(603) 759-5529** to let her know what you will bring (an appetizer, main dish or dessert). Join us at 4:30 to help set up and begin the meal at 5:00.

Volunteer Lorrie Piper is helping us get the word out about happenings at the Center. Look on Facebook, check posters, stop in the Center for a calendar. Help us make Hand in Hand Senior Center all it can be for the community. Have an idea for something you and others are interested in? Contact hkurk@hihsc.org to help make it happen.

A big shout out and thank you to Nichols HVAC for supporting **Hand in Hand Senior Center**. We couldn't be successful without help from people and businesses and like you.



Join us for lunch every Wednesday from 11 a.m. - 1 p.m. Dine in, take out, or free delivery.

August 27: Breakfast for lunch: blueberry pancakes
Watch our Facebook page for more upcoming meals:
www.facebook.com/hihsc.org

Coffee, tea, and various desserts are also available. Donations are graciously accepted. All are welcome to stay and socialize, play games, and work on crafts.

Local Fitness for All

By Diane Padilla

There are a growing number of businesses that are working to make accommodations for seniors and people with different abilities. Here are two businesses that are open to accommodations for all their participants.

Age Isn't A Limiting Factor

Ryan Lunderville, Head Instructor, Integrity Martial Arts, Lancot's Plaza, 425. S. Stark Hwy in Weare.

Opened: Jan. 1, 2023.

"We opened to make a positive difference in our community, instilling lessons in our younger students, helping them grow into role models and community leaders. Adults benefit by learning how to keep themselves safe. Martial arts is a fantastic way to get in shape, maintain balance, mobility, flexibility, and mental acuity.

"We teach a traditional Kenpo curriculum. All sets, forms, and techniques use an approach allowing new students to learn at a comfortable pace, while more experienced students hone their skills. Each student is unique; factors like age, weight, height, strength, and mobility bestow strengths and challenges to each of us. So we take time to adjust our art to work best for each person.

"What you learn in training is transferable to daily life. We've all lost our footing and fallen. Wouldn't it be great to have the coordination to recover before falling? The knowledge of how to fall safely? Learning the confidence to speak up, take on a challenge, stand up for another?

"There are misconceptions about martial arts: it's hardcore, violent, or hyper-competitive like the movies. This isn't how we train. We train in a controlled manner emphasizing safety, showing the mechanisms of each technique, which are practiced to the speed & intensity of each student's comfort level".

"Another misconception: karate is a kid's activity. Martial arts are adapted to teach kids, but are also designed for adults. You can always learn something new, always grow and improve. Age isn't a limiting factor".

"Martial arts is a fantastic way for seniors to maintain strength, mobility, balance, and mental acuity. Our art can be practiced with little to no physical impact, so you're at a much lower risk of injury. We even offer in-home private lessons to reduce your travel.

For information on classes for seniors, call (603) 660-6921 or IntegrityMartialArtsNH@gmail.com.

See FITNESS, page 5

FITNESS, continued from page 4**Weare Women Can Flex Muscles**

Tina Duval, owner, chief instructor, WeAre Women's Fitness, Old Town Hall, 16 North Stark Highway, Rte. 114 North, Weare.

For seniors and those with disabilities looking to take exercise classes and get healthy, many find their choices limited. Tina Duval's business, WeAre Women's Fitness, offers an environment where anybody can feel comfortable working out. She brings with her many years of experience, stating that she "got into fitness altogether, which was about 26 years ago." Tina started her business in 2014, offering classes to women in the area.

In the interest of full disclosure, I was a participant in her classes for a while. I have a painful right knee, and I had some concerns as to whether I could do the exercises. Tina worked with me on setting up alternative exercises that would focus on specific muscles. Whatever I needed, Tina made sure I had it. The workouts were challenging and enjoyable. The classes are lively and full of high energy.

There's a variety of exercises that Tina offers, and no two classes are the same. Classes include, but are not limited to weights, kickboxing, Zumba; step, BootCamp, Strength and Stretch; Tabata (a four minute version of high-intensity interval or HIIT training), 20/20/20 (20 minutes cardio, 20 minutes strength training, 20 minutes core work and stretching workout), "and so much more". So there is something for everyone!

The new class schedule is: Monday, 8:45 a.m. and 4:30 p.m.; Tuesday, 6 a.m. and 4:30 p.m.; Wednesday, 8:45 a.m. and 6 p.m.; Thursday, 8:45 a.m. and 4:30 p.m.; Friday, 6 a.m. and 8:45 a.m.. Interested? Tina suggests joining as soon as possible. "Mark your calendars. The days and times will remain the same weekly. The monthly price is going up to \$60. Lock yourself into the \$50 per month by signing-up before or on Sept. 1."

WeareWomen's Fitness. For information on classes, call 603-915-6133 or fitness4lifewtina@yahoo.com.

Church Corner**Holy Cross Happenings**

Sunday services are at 10 a.m.

Aug: 31: Holy Communion with The Rev. Lucretia Jevne presiding and preaching.

Sep. 7:, Morning Prayer with Marjorie Burke presiding and preaching.

Sept. 14: Holy Communion with The Rev. Susan Langle presiding and preaching.

The Rev. Dr. David Ferner will return from vacation for services beginning Sept. 21. During September, our split plate offering will be shared with the Poor People's Campaign.

**POETRY CORNER****THE BUBBLE**

It left its place of birth, Egg shaped, wobbly and trembling in the soft summer breeze; then adjusted into its final shape of a perfect round sphere.

In its first seconds, it drifted slowly downward toward the grass below and then was gently lifted up swaying back and forth with the shifting breeze until it reached the tops of the surrounding trees.

It hovered there, between heaven and earth for a precious moment as it caught the last rays of the setting sun.

Then, like magic, it radiated a rainbow of shimmering colors in a breath-taking display that comes only from the hand of God - then ... suddenly disappeared.

It was a beautiful, precious moment that will live in my memory forever.

I close my eyes, and I can still see that perfect bubble.

Some things in life, of great beauty, are with us for but a short time and then must pass away. Be it a rose at the instant of bloom, a soft summer sunset, a perfect bubble or a loved one close to our heart.

Let it be the moments of beauty that remain in our memories.

-Al Weatherbee

Murky Sky

A contradiction of sorts,
sky is blue, cumulus clouds
float like dancing cotton balls,
mountains clearly outlined,
yet, everything appears
uncertain, as if a
gauze curtain had fallen,
up close the view is clear,
far off, unclear veiled by
invisible particles
from smoke of wildfires
carried by far off winds,
unhealthy conditions
prevail from climate change.

-Marge Burke

Night Noises

Noises on hot summer nights
waken, often unnerve me,
coyotes menacing howl,
near and far as they call
to each other, sometimes
nearer sounds are very close,
in my yard, perhaps,
a panic, ear-splitting
shriek, an unfortunate
victim caught, maimed and killed.

Years and years ago, when
we were more rural, less
development, a welcome
night noise around two o'clock
would waken me, whip-poor-will,
whip-poor-will, whip-poor-will,
a joyous song, bringing
a smile to my lips,
whip-poor-will, whip-poor-will.

Oh, for that song again,
whip-poor-will, and no more
howling coyotes calling.

-Marge Burke

Contact Us

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Editor – Karen Lovett
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School News – Marge Burke
Community Outreach – Sharon Czarnecki

Weare Business News



Weare Village Kidz Academy

Openings for [Nursery](#) and [Pre-Kindergarten](#) children. If we receive a call at Weare Village Kidz Academy before 8/31 that family will save 50% off of their registration fee with Weare Village Kidz Academy. To enroll, call us or send an email at villagekidzacademy@gmail.com



Help Wanted - Auto Dismantler

We're a family-owned and operated auto dismantling business looking for a reliable, motivated Auto Dismantler to join our team!

Experience and your own tools preferred.

Stop by Allied Auto Wrecking

32 Dustin Tavern Road, Weare, NH,

to complete an application

or send your resume to

allied10@aol.com (603)529-7211

Mark Your Calendar

Thursday, Aug. 28

7 p.m. – Planning Board meeting

Tuesday, Sept. 2

7 p.m. – Zoning Board meeting

Wednesday, Sept. 3

7 p.m. – Conservation Commission meeting

Thursday, Sept. 4

7 p.m. – Cemetery Advisory Committee meeting

Friday, Sept. 5

11 a.m. – Weare Area Writers Guild meeting

Monday, Sept. 8

6:30 p.m.- Board of Selectmen meeting