



# Valley Promotions

Volume 8 Issue 17

May 6, 2016

## Charity Chatter

Mount Washington Valley's Premiere  
Non-Profit Network

**FREE**

### Fund-Raising & Non-Profit Events

Welcome to *Charity Chatter*, a guide to upcoming fund-raising and special events for local non-profit organizations.

#### Friday, May 6

The **Gibson Center** will celebrate Mother's Day with music, flowers, and a special meal, beginning at 11:30am.

Faculty Friday: Don't forget! First Friday of every month is **Mountain Top Music Center's** Faculty Fridays 12noon in the Majestic Café at the Majestic Theater in Conway. Call 447-4737 to learn more. Faculty and Friends Concert with Ethan Chalmers, Fiona Howell and friends, Chris Nourse, Doris Henney, Ellen Schwindt, Jed Wilson. Bring a friend and a brown bag lunch. Free, but donations gratefully accepted towards the rehab of the Majestic.

Axis Dance Company presents "Open Embrace" at 7:30pm at the Leura Hill Eastman Performing Arts Center at Fryeburg Academy. "Open Embrace" is an evening of dance featuring Axis Dance Co. NH, a company of 20 teenage dancers who study modern dance as well as other techniques at The Dance Center in North Conway. The evening has the work of five choreographers as well as some student work. The theme

seems to have unfolded in the process as we created from, and reflected upon, life experiences with passionate movers. Tickets may be reserved by calling 356-3422.

#### Saturday, May 7

Support Kennett Hockey at the annual "Tires for Ice Time" sale from 8am-3pm at Frechette Tire on Passaconaway Road in Conway. Car Wash (by donation), tire balancing and rotations (by donation), 100% of car inspections (May, June, July & August eligible) as well as proceeds from tire sales will directly benefit Kennett Hockey. In addition they will be selling hamburgers and hot dogs (by donation). Please support the 2017 Kennett Eagles as they begin their fundraising campaign.

2016 Women's Build Day: **Mt. Washington Valley Habitat for Humanity** has been given the opportunity to host this day for over 7 years now! This year the build will be at our new home site located on Lot 38, Silver Pine Lane, Sokokis Pines, in Tamworth. Lowes has partnered with Habitat for Humanity since 2003 giving local chapters across the country a grant to help fund these builds! Lowe's and Habitat have helped make the dream of home ownership a reality for families in our community and we are proud to accept this sponsorship! Mother's Day weekend is

celebrated all over the country with build days such as ours. Not only do we have fun but mothers, daughters and grandmothers all come together to support and create what we all value...a family home. If you are able to join us for this year's build and clinic, please email:

barbara@legaleaglesllc.com. Breakfast and lunch will be served to volunteers by **Altrusa of Carroll County**.

**Harvest Hills Animal Shelter** hosts the annual Drive Thru Rabies Clinic at the Fryeburg Fairgrounds from 9am-12noon. Dogs must be on a leash and cats in a carrier. NO sick or pregnant animals!

**Tin Mountain Conservation Center's** Forestry Group was formed recently to help land-owners make things happen on their woodlots. The Forestry Group will lead a workshop that covers basic silvicultural options and wildlife habitat considerations, examines forest management plans to accomplish stewardship goals, discusses financial assistance programs available to help accomplish management practices, and breakdown the entire process of planning/conducting a timber harvest. The workshop is from 9am-2pm at the Tin Mountain Conservation Center in Albany, but much of the presentations will

Continued on page 2

#### Inside this issue:



Non-Profit Events (cont.) 2

Spotlights:

**MWV Supports Recovery Coalition** 3

**Bartlett Roundhouse Preservation Society** 3

Non-Profit Events (cont.) 4

**Non-Profit Events (cont.)** 5

**Non-Profit Events (cont.)** 6

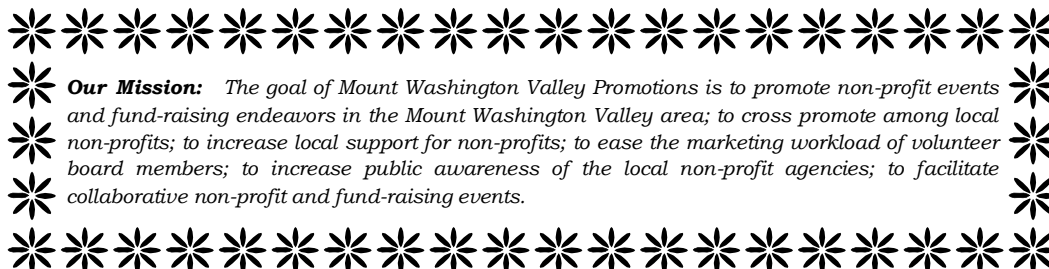
On-Going Events 7

On-Going Events 8

A portion of this issue of *Charity Chatter* is underwritten by:



1857 White Mountain Highway  
North Conway, NH



**Our Mission:** The goal of Mount Washington Valley Promotions is to promote non-profit events and fund-raising endeavors in the Mount Washington Valley area; to cross promote among local non-profits; to increase local support for non-profits; to ease the marketing workload of volunteer board members; to increase public awareness of the local non-profit agencies; to facilitate collaborative non-profit and fund-raising events.

**Memberships Available**  
\$75 per year

Become a Friend!  
Lisa Valleypromos DuFault



www.valleypromotions.net

## Events (cont.)

be in the field on the organization's timberlands in East Conway. The field trip will showcase examples of most of the practices that qualify for financial assistance programs and allow for wide ranging discussions of management options available to landowners. The program is open to anyone with an interest in forest management and stewardship. Participants are urged to dress appropriately for time outside and to call for reservations. Program is presented free of charge, and refreshments will be served. Call Mike at 447-6991 for more information.

**Mount Washington Valley Promotions** will host their annual May Ball, from 1-3pm at the **North Conway Community Center**. This is a semi-formal event, designed for children up to age 13 and features, crafts, dancing, snacks, games and a May Pole! For complete details, contact Chrissy at 733-7666.

**Fryeburg Historical Society's** fundraising supper will be held at the **East Conway Community Hall** from 5-6:30pm. Homemade baked beans, hotdogs and brown bread, chili, casseroles, salads, rolls and butter, coffee, tea and water will be served along with assorted desserts. Remember it's "All You Can Eat ". All money raised goes to the continued restoration of the Col. Samuel Osgood House.

Axis Dance Company presents "Open Embrace" at 7:30pm at the Leura Hill Eastman Performing Arts Center at Fryeburg Academy. "Open Embrace" is an evening of dance featuring Axis Dance Co. NH, a company of 20 teenage dancers who study modern dance as well as other techniques at The Dance Center in North Conway The evening has the work of five choreographers as well as some student work. The theme seems to have unfolded in the process as we created from, and reflected upon, life experiences with passionate movers. Tickets may be reserved by calling 356-3422.

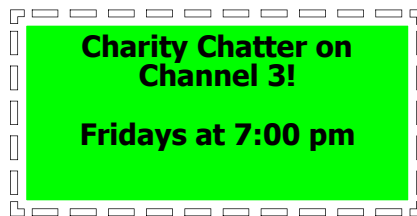
Appalachian Mountain Club Pinkham Notch Visitor Center Evening Programs start at 8pm. This evening's offering is: Hiking the John Muir Trail, with Pascale Dominique. Programs are free and open to the public. Learn more by calling 466-2721.

### Sunday, May 8

5K for Mother's Day walk/run to benefit The Laura Foundation for Autism & Epilepsy is the first event in the Second Annual Run Danforth 25K Race Series!

Registration starts at 7:30am at the starting area by the Bluffs entrance gate.

Join us at the **Theater In the Wood** for our 4th Annual Mother's Day Cold River Radio Show, at 7pm (Doors open at 6:30). This show has been tailor made to celebrate Mother's Day. On this night we will tip our hats to those great ladies, showing our love to Mom's, and thanking them for all they do. Presented by **Mountain Top Music**, the fabulous Cold River Radio Band will be joined by the Amarantos Quartet and other specials guests, who will play a selection of great songs throughout the night as we welcome yet another incredible line up of New England Artists to the stage. Tickets are now available at J-Town Deli in Jackson, White Birch Books in North Conway, Spice and Grain Natural Foods in Fryeburg, online at [Coldriverradio.com](http://Coldriverradio.com) or at the door while they last. All tickets are general admission. This is a BYOB event and there are no concessions available so if you would like to bring a snack please feel free. (However we ask that your coolers and parcels be small enough to fit under your seats).



### Monday, May 9

Each Monday evening, from 4:30-9pm, Joseph's Spaghetti Shed offers a Dine to Donate for a local non-profit organization. This evening 20% of the proceeds from all food sold (eat-in or take-out) will be donated to the **Miss Mount Washington Valley Teen Scholarship Program**. Enjoy Pasta with a Princess and take a chance on a raffle!

**Altrusa of Carroll County** will be having our monthly meeting at 6pm at Runnells Hall in Chocorua. All are welcomed to join us. If interested in learning more about our club, please email us at:

[carrollcountyalttrusa@yahoo.com](mailto:carrollcountyalttrusa@yahoo.com).

### Tuesday, May 10

An Alzheimer's Support Group meets at 1:30pm at Memorial Hospital's Merriman House. Caregivers will find sympathetic and knowledgeable support and advice. For more information, call 356-5461, ext. 194.

Tuesday is Flatbread Pizza Night! A portion of the proceeds from all flatbreads sold between 5-9pm will be donated to the Essential Skills Program at Molly Ockett.

Commit to be Fit! s a six week event, running until May 17th, challenging the members of our Valley to get fit, healthy,

and lose that extra winter weight! Sponsored by **Valley Promotions**, there will be classes happening at the North Conway Community Center during the weeks in between the first and final weigh-in's. Today's 5:30-6:30pm program is being led by Heather Phillips.

White Mountain Home Builders & Remodelers presents The Advantages of High-Efficiency HVAC Equipment. Bob Forand from All About Comfort HVAC will be discussing the advantages of using high efficiency heating and cooling equipment. With the tighter construction of today's modern homes, learn why it makes sense to upgrade to higher efficient heating and cooling equipment. We will primarily be discussing gas heat, dual fuel heating with heat pumps, and why modulation makes sense. The meeting will be held at 6pm in the Legends Room at Eastern Slope Inn.

Conway Historical Society presents "Mark Hounsell, A Conway Boy's Upbringing: Recollections of a well spent youth in Conway" at 7pm. The public is invited to bring photos to show and tell. Mark will be presenting at the Historical Society, reminiscing about growing up in Conway Village in the 50s and 60s. He will want to engage the attendees in a time of community recollection. It is not just old buildings we should preserve, we must preserve our memories or we will be cheating future generations out of their heritage. The program is free and open to the public at Salyards Center for the Arts, in Conway. Call 323-3359 for questions or details.

### Wednesday, May 11

Join Deacon Street Restaurant and Whiskey Bar for Dining for Pets. For every entree sold on Wednesday nights through May 25 Deacon Street will donate 10% to the **Conway Area Humane Society!** Serving Dinner 5-10 pm, they are located at Seavey Street, in North Conway. Reservations are recommended by calling 356-9231. Discount coupons are not valid for this promotion.

Please join the Friends of the **Jackson Public Library** as they host Marina Dutzmann Kirsch, the author of Flight of Remembrance: A World War II Memoir of Love and Survival, the true narrative of her family's experiences against the backdrop of World War II tragedy and devastation in Latvia, Poland, and Germany. This will take place at

*Continued on page 4*

For a list of on-going events, visit our website: [www.valleypromotions.net](http://www.valleypromotions.net) and click on On-Going Events!

*We, at Valley Promotions, strive to print the correct information in our newsletter. However, dates and times may change due to weather and other factors. PLEASE check with the organization who is hosting the event to make sure the information is correct.*

## Spotlight: MWV Supports Recovery Coalition

MWC Supports Recovery Coalition is a grassroots organization working to promote Awareness-Develop Recovery and Treatment Options and Prevent relapse by offering programs for families and individuals struggling with substance use disorders /addictions. Our goal is to provide services in the Mt. Washington Valley and build a recovery community. We currently provide our annual awareness walk in the fall - Take a Walk in Our Shoes -and we run a weekly family support meeting (FASTER Family groups) on Thursday evenings.

Our initiatives for the 2016 year are to open a family resource and recovery center along with a sober living house. We collaborate with many organizations to develop solutions to the substance use epidemic. In the last year we have partnered with Carroll County Coalition for Public Health, Vaughan Community Services, Kennett High School, Conway and Bartlett PD, White Mountain

Community Health Center, Saco River Medical, Memorial, and numerous individuals and small businesses supporting our efforts.

We act as a steady voice for families and individuals seeking an understanding of addiction as a disease and work to remove the stigma of addiction through education. We speak and advocate at the local state and federal level and follow legislative initiatives as they roll out.

The Recovery Coalition will help a family or individual from that first call for help through the process of evaluation and treatment options and remove barriers to treatment. We will follow our people through early recovery into long term recovery and give them an opportunity to give back to our organization by mentor-

ing and sharing their experience and strength. With all the tragedy and loss our community has seen in

recent years we will continue to offer support to families who have lost loved ones and a pathway out through hope for those ready to embrace a life.

Join us for the 1st Annual MWV Valley CHOPPED CHALLENGE! 4 cooks will be chosen to complete based on nominations. Pledges are being accepted until May 20 and nomination results to be announced the week of May 18. We will have celebrity judges, a surprise host and appetizers will be served. If you want to nominate cook to compete please visit: [www.mwvsupportsrecovery.org](http://www.mwvsupportsrecovery.org) by May 20.



## Spotlight: Bartlett Roundhouse Preservation Society

The Bartlett Roundhouse, located along the famed "Mountain Division Rail Line" in Bartlett, NH, was constructed by the Portland and Ogdensburg Railroad. It is the last known standing Portland and Ogdensburg wooden roundhouse. The Roundhouse was a servicing facility for the extra steam locomotives that were used as "helpers" up the steep grade of Crawford Notch. It was closed in 1958 and sold to the State of New Hampshire in 1959. The State of New Hampshire used it as a Sand and Salt storage shed until the mid 1980's. The building began a slow disintegration from the 1980's until 2005-2006, when talks began with the State of NH to save the historic structure. The Bartlett Roundhouse Preservation Society was formed in 2008, it's mission: To preserve and Protect the Bartlett Roundhouse and to collect and maintain an archive of Railroading through Bartlett and



PHOTO CREDIT: Bill Willis: Precious Escapes Photography

Crawford Notch.

Recent events that have happened include the Roundhouse being listed on the National Register of Historic Places. The interior of the building is empty and clean, all rafters have been sistered and the back of Stall I & II's sills have received attention. The Society received a Stewardship Agreement with the State of New Hampshire last month and has applied for a Moose Plate

Conservation License Plate Grant from the Division of Historical Resources. If the grant is received the rehab of the outside of the building can begin. We also will continue to restore the 1923 Russell wooden snow plow and the 40' outside braced wooden boxcar.

The BRHPS will be holding their annual Model Railroad and Craft Show at the Attitash Grand Summit Hotel on Saturday June 4, 2016 from 10am-4pm. Admission is Adults/Seniors \$5, Children 6-14 and Children 5 and under are free.

Come join us for a great time and if you are interested in volunteering please contact President Peter Davis at [granduck@aol.com](mailto:granduck@aol.com) or call (603) 759-2173.

## Events (cont.)

the Jackson Public Library at 7pm. The author will discuss the book's subject matter, protagonists, inspiration, and special research accompanied by World War II era photographs. Signed books will be available for purchase. The presentation is free and open to the public although a donation is welcome to offset performer expenses. For more information, contact the Library at 383-9731.

### Thursday, May 12

MWV Science and Technology Fair will be held from 8:30am-7:30pm at Granite State College, on Technology Lane in Conway.

The **North Conway Library's** Book Group is reading "The Age of Miracles", by Karen Thompson Walker and will discuss it at 10:30am at the library. This is an open book discussion group. Everyone is welcome, whether or not you are a library member. Spellbinding and haunting, *The Age of Miracles* is a beautiful novel of catastrophe and survival, growth and change, the story of Julia and her family as they struggle to live in an extraordinary time. Contact the North Conway Library at 603-356-2961 for more information or to reserve your copy of "The Age of Miracles."

Dixie Lee of Sunshine Yoga will lead children and their caregivers through a fun, developmentally appropriate yoga class directly following preschool story time at the **Conway Public Library** at 11am. This program is free. For more information call 447-5552.

**Tin Mountain's** monthly EcoForum Series is held at 12noon and is open to the public. Enjoy free pizza from series sponsor The Flatbread Company, and coffee from Frontside Grind. For more information about Tin Mountain call Donna Dolan at 447-6991.

The Carroll County Hillsdale 4-H Dairy Club meets at Remick Country Doctor Museum & Farm in Tamworth Village from 7-9pm. The club focuses on learning about various dairy breeds of cattle, goats and sheep, while participating in local and state 4-H activities. Ownership of a project animal is not required. The club is open to all residents of Carroll County, ages 8-18 (as of January 1 of the current year). Please contact Lindsey McAllister at 323-7591.

The Great Seed Swap: Are you excited for spring and ready to diversify what flowers and vegetables you want to plant this year? Come join **Tin Mountain Conservation Center** at 7pm for The Great Seed Swap! To kick off this event Judi Schenstrom,

Librarian from the Brownfield Public Library, will introduce us to what a seed library is and describe the active seed library in Brownfield. Then you will have the chance to chat with other local gardeners and swap seeds. These can be saved seeds from your own garden or extras that you have bought but never planted. Just make sure they are in good condition for planting. The Fryeburg Academy Environmental Club will also be selling some assorted seeds as a fundraiser. Some light refreshments will be provided, along with bags and markers for collecting and labeling seeds. Come with your friends and enjoy a fun evening and get ready to plant! For more information call 447-6991.

**M&D Playhouse** presents opening performances of "The Dixie Swim Club", as directed by Ken Martin. Performances are Thursday through Saturday, through 28 at 7:30pm. Spanning thirty years, this funny and poignant comedy centers around five Southern women who rekindle relationships from their time on the college swim team by meeting at the Outer Banks once a year. The women catch up on each other's lives and "goings-on," meddling whenever possible and relying on each other for support. When a life-changing event impacts one of the women, the rest demonstrate how "teamwork" can end up in an unusual and surprising conclusion. Tickets may be reserved by calling 733-5275. Photos will be available for viewing at [www.ValleyPromotions.net](http://www.ValleyPromotions.net).

### Friday, May 13

Board the **Gibson Center** bus after lunch for a Remick Museum Herb Day. There will be a lecture Herbs as therapy, then we can wander around the farm to see the Spring babies (cows, sheep, pigs...) and finish the day with Herbal Tea and Scones. Please call 356-3231 to sign up for the trip.

**M&D Playhouse** presents "The Dixie Swim Club", as directed by Ken Martin. Performances are Thursday through Saturday, through 28 at 7:30pm. Spanning thirty years, this funny and poignant comedy centers around five Southern women who rekindle relationships from their time on the college swim team by meeting at the Outer Banks once a year. The women catch up on each other's lives and "goings-on," meddling whenever possible and relying on each other for support. When a life-changing event impacts one of the women, the rest demonstrate how "teamwork" can end up in an unusual and surprising conclusion. Tickets may be reserved by calling 733-5275. Photos will be available for viewing at [www.ValleyPromotions.net](http://www.ValleyPromotions.net).

### Saturday, May 14

Join the Saco River Recreational Council and partners at Swans Falls Campground and education facility on the upper Saco River in Fryeburg, for their All Things Invasive Fair. This is a fun, hands on day of workshops provided by professionals who work every day to battle invasive species. This event will provide exhibits, trainings and outreach for people new to the issue, to those working in these fields. Our goal is to encourage property owners, lake associations, students, and environmental educators and those in the field to participate in trainings, educate the educators, and perform outreach and network with like-minded people. There will be many opportunities for new summer interns, river staff or Courtesy Boat Inspectors as well as information about other employment and volunteer opportunities in our community. Registration is recommend by calling (207) 256-7158.

Join White Mountain Waldorf School at 10am at the **North Conway Community Center** for their annual May Faire, featuring a traditional weaving of the May Pole and the Sword Dance. There will be unique crafts for children, face painting, hair wraps, a plant sale, grilled lunch and live music.

The **Rotary Club of North Conway** will be hosting the Rotary Ravenous Raffle the Grand Summit Hotel. Want a chance to win \$10,000.00? How about sharing dinner with friends, followed by dancing the night away to the Jonathan Sarty Band? The Theme for this year's event is An Evening of Swing Dance so raid the heirloom chests and don some vintage clothing! Also, back by popular demand is a photo booth that all can enjoy! Tickets may be reserved by contacting Steve Lambert at (774) 248-3110.

Sponsored by **Mountain Top Music Center**, "What the World Needs Now"... An evening of Burt Bacharach's music with popular vocalist Mary Bastoni and her swinging band will be held at 7:30pm at Fryeburg Academy's Leura Hill Eastman Center for the Performing Arts. Reserve tickets by calling 447-4737.

**M&D Playhouse** presents "The Dixie Swim Club", as directed by Ken Martin. Performances are Thursday through Saturday, through 28 at 7:30pm. Spanning thirty years, this funny and poignant comedy centers around five Southern women who rekindle relationships from their time on the college swim team by meeting at the Outer Banks once a year. The women catch

*Continued on page 5*

## Events (cont.)

up on each other's lives and "goings-on," meddling whenever possible and relying on each other for support. When a life-changing event impacts one of the women, the rest demonstrate how "teamwork" can end up in an unusual and surprising conclusion. Tickets may be reserved by calling 733-5275. Photos will be available for viewing at [www.ValleyPromotions.net](http://www.ValleyPromotions.net).

The Ghost of Paul Revere is playing at Stone Mountain Arts Center to benefit **Harvest Hills Animal Shelter**. Lobby and bar opens at 5pm and dinner seating begins at 6pm. Dinner is available by reservation before the show (not included in ticket price). Tickets to the 8pm show may be purchased in advance by visiting <http://stonemountainartscenter.com>.

Appalachian Mountain Club Pinkham Notch Visitor Center Evening Programs start at 8pm. This evening's offering is: **Intrepid Descent**, a documentary filmed in Tuckerman Ravine. Programs are free and open to the public. Learn more by calling 466-2721.

### Sunday, May 15

Fund-Raiser Fever: From 4-8pm, Cabin Fever Restaurant, in Bartlett, will donate 20% of food sales, including takeout, to Visiting Nurse Home Care and Hospice of Carroll County and Western Maine. For complete details, call 356-7006.

### Monday, May 16

Please join MWV Chamber of Commerce at the Omni Mount Washington Resort for the Annual Business to Business Expo and Business Awards Luncheon. The Expo event is from 9am-4pm with Business displays and Silent Auction items. Business Awards Luncheon is from 1-2:30pm. If you have any questions please contact Scott Gleason at 356-5701 ext. 305.

**Mountain Garden Club** presentation: "Beautiful Container Gardens." Just in time for the planting season, Master Gardener Ginny Kanzler will demonstrate how to grow everything from ornamental shrubs to vegetables in a variety of containers large and small. Demonstration containers will be raffled off after the presentation. She'll give tips on tips on preparing containers, planting and care. Presentation begins at 11am at the Salyards Center for the Arts, in Conway. Social time and business meeting precede the presentation beginning at 9:30am. The meeting is free and open to the public. Visit [www.mountaingardenclub.org](http://www.mountaingardenclub.org) for more information.

Homeschool Class: Maple Sugaring Past & Present/Tree Ecology: 10am-12noon.

Remick Country Doctor Museum & Farm in Tamworth Village offers season-based classes for homeschool students, ages 6-12, one Monday a month during the school year. Discovery through the senses, combined with hands-on activities and discussion, encourages deeper understanding of each themed class. Students must be accompanied by a parent or chaperone, not left unattended. No charge for chaperones unless participating in the class project. Pre-register for this class by Monday, March 14; no walk-ins. Call 323-7591.

Each Monday evening, from 4:30-9pm, Joseph's Spaghetti Shed offers a Dine to Donate for a local non-profit organization. This evening 20% of the proceeds from all food sold (eat-in or take-out) will be donated to a deserving program.

### Tuesday, May 17

Forgotten Arts: Fiber Arts Group: 9:30am-12noon. Fiber artists and/or interested onlookers are welcome to join our Happy Weavers & Friends group to learn the historic art of weaving, spinning, sewing, quilting, and more. Bring your own project to work on, if desired. This group meets monthly at Remick Museum & Farm in Tamworth Village. FREE. (Does not include access to the Museum.) To learn more, call 323-7591.

**Brownfield Rec.** Adult Playgroup: Come join us for a fun time! Play some cards, enjoy a refreshment, and make some new friends. From 10am-1pm at the Brownfield Community Center. Please bring your own lunch.

Board the **Gibson Center** bus after lunch for an afternoon Sip N' Paint. Registration fee provides transportation, canvas, paint, instruction, smock. Bring your own snacks and beverage to sip (hot beverages available for purchase). Please call 356-3231 to sign up for this opportunity.

Tuesday is Flatbread Pizza Night! A portion of the proceeds from all flatbreads sold between 5-9pm will be donated to Kismet Rock Foundation. We will be hosting a silent auction/raffle for several climbing and non-climbing items. Some of those include: Goods from Penguin and Positive Vibrations, Whitewater Rafting for 2 with North Country Rivers, a free pair of climbing shoes from Evolv, and equipment from Sterling Ropes. We are in the process of gathering more items!

Commit to be Fit! The final weigh-in for this community fitness program, sponsored by **Valley Promotions**, will be held at the **North Conway Community Center** from 5:30-6:30pm.

### Wednesday, May 18

Applebee's Dining to Donate for Visiting Nurse Home Care & Hospice of Carroll County: Applebee's, at Settlers Green will donate 15% of your food order to VNHCH, from 5-9pm. NOTE: You must present the Applebee's flyer to your server when ordering. Download the flyer at [www.VNHCH.org](http://www.VNHCH.org) or stop by their office at 1529 White Mountain Highway, North Conway, to get a copy.

**MWV Arts Association** is celebrating the arts by holding a dinner evening in cooperation with Stonehurst Manor this evening. Advance reservations are required for this fun gathering of artists and friends to enjoy a wonderful meal and socialize. A portion of the proceeds from each bill will go to support the MWV Arts. Call to reserve your table at 356-3113.

Please join Deacon Street Restaurant and Whiskey Bar for Dining for Pets. For every entree sold on Wednesday nights through May 25 Deacon Street will donate 10% to the **Conway Area Humane Society!** Serving Dinner 5-10 pm, they are located at Seavey Street, in North Conway. Reservations are recommended by calling 356-9231. Discount coupons are not valid for this promotion.

It's a special Wednesday Flatbread Fund-Raiser! A portion of the proceeds from all flatbreads sold from 5-9pm will be donated to the MWV Dolphins Swim Team. Live entertainment will be provided by Local Rhapsodies.

MWV Toastmasters Club meets at 6:30pm at Granite State College campus. New members are always welcome.

Arts Council of Tamworth presents a Dance Performance and Workshop with acclaimed Mexican singer and dancer Verónica Robles, from 6:30-8:30pm at Runnells Hall, in Chocorua. This event is part of a three-day artist residency. Robles will perform Mexican and Latin American dances in costume, and then you will get to learn some! For all ages and abilities - no experience necessary. Workshop is free; donations are welcome. More information is available at [artstamworth.org](http://artstamworth.org).

### Thursday, May 19

Dixie Lee of Sunshine Yoga will lead children and their caregivers through a fun, developmentally appropriate yoga class directly following preschool story time at the **Conway Public Library** at 11am. This program is free. For more information call 447-5552.

*Continued on page 5*

## Events (cont.)

It's a special Thursday night Flatbread Fund -Raiser! A portion of the proceeds from all flatbreads sold between 5-9pm will be donated to KHS Baseball.

**M&D Playhouse** presents "The Dixie Swim Club", as directed by Ken Martin. Performances are Thursday through Saturday, through 28 at 7:30pm. Spanning thirty years, this funny and poignant comedy centers around five Southern women who rekindle relationships from their time on the college swim team by meeting at the Outer Banks once a year. The women catch up on each other's lives and "goings-on," meddling whenever possible and relying on each other for support. When a life-changing event impacts one of the women, the rest demonstrate how "teamwork" can end up in an unusual and surprising conclusion. Tickets may be reserved by calling 733-5275. Photos will be available for viewing at [www.ValleyPromotions.net](http://www.ValleyPromotions.net).

### Friday, May 20

**M&D Playhouse** presents "The Dixie Swim Club", as directed by Ken Martin. Performances are Thursday through Saturday, through 28 at 7:30pm. Spanning thirty years, this funny and poignant comedy centers around five Southern women who rekindle relationships from their time on the college swim team by meeting at the Outer Banks once a year. Tickets may be reserved by calling 733-5275. Photos will be available for viewing at [www.ValleyPromotions.net](http://www.ValleyPromotions.net).

Arts Council of Tamworth presents acclaimed Mexican singer and dancer Verónica Robles in performance with her Mariachi band, at 7:30pm at The Barnstormers Theatre, in Tamworth. This is a rare chance to experience this joyous, toe-tapping music WAY north of the border. Tickets are available online or at the door. Proceeds support free workshops and performances in school and community. More information about the performance and residency workshops may be found at [artstamworth.org](http://artstamworth.org).

### Saturday, May 21

Tin Mountain Annual Meeting/Field Trips/ Movie: Join us for morning field trips, film premier, annual awards, luncheon barbecue, and keynote speaker from 8am-2pm at **Tin Mountain's** Nature Learning Center, in Albany. Keynote Speaker, Nancy Bell, will discuss the Beebe River Tract Conservation Project involving the purchase by The Conservation Fund of 5,435 acres in Sandwich and Campton. For a full list of

the day's activities, call 447-6991.

Conway Village Congregational Church annual Spring Festival: The fourth annual Spring Festival will take place at **Conway Village Congregational Church** from 9am -3pm. The event currently consists of a yard sale, bake sale, Whoopie pie contest, free children's games, vendor's booths and food service. Last year we grilled burgers, hot dogs and BBQ beef and they were a huge hit. Crafters booth applications are now available. Please call the office at 447-3851 if you would like more information.

**M&D Playhouse** welcomes the MWV Chamber of Commerce for a ribbon-cutting at 5pm to introduce our new spaces and to introduce our new Theatre Arts Studio.

The Madison Church Supper will be held at the Madison Elementary School at 5:30pm. The Menu includes pulled pork, homemade baked beans, corn bread, salads, and pie for dessert. For more information call 367-4705.

**M&D Playhouse** presents "The Dixie Swim Club", as directed by Ken Martin. Performances are Thursday through Saturday, through 28 at 7:30pm. Spanning thirty years, this funny and poignant comedy centers around five Southern women who rekindle relationships from their time on the college swim team by meeting at the Outer Banks once a year. Tickets may be reserved by calling 733-5275. Photos will be available for viewing at [www.ValleyPromotions.net](http://www.ValleyPromotions.net).

Appalachian Mountain Club Pinkham Notch Visitor Center Evening Programs start at 8pm. This evening's offering is: Birds of the Boreal Forest, with David Govatski. Programs are free and open to the public. Learn more by calling 466-2721

### Sunday, May 22

**Mount Washington Lodge #87 of Free & Accepted Masons** will host a benefit breakfast fund-raiser. The breakfast will be served from 8:00 am to 11:00 am at the Masonic Hall in North Conway (above the former movie theater). Please bring a non-perishable food item, or pet food item, for our local food pantries.

### Monday, May 23

Magic the Gathering Club: Youth ages 10-16 who love to play "Magic the Gathering" are invited to the **Conway Public Library** the last Monday of each month at 4pm to play in a safe environment with snacks provided. BYO Magic cards. For more information call 447-5552 and speak with Tessa.

Each Monday evening, from 4:30-9pm,

Joseph's Spaghetti Shed offers a Dine to Donate for a local non-profit organization. This evening 20% of the proceeds from all food sold (eat-in or take-out) will be donated to a deserving program.

### Tuesday, May 24

ServSafe - Food Safety Certification: This course is being held from 8:30am-5pm at the Tech Village in Conway and is being taught by Anna Hamilton, University of New Hampshire Cooperative, Extension Field Specialist in Food and Safety and ServSafe® Instructor/Proctor. ServSafe® is a nationally recognized food safety certification program of the National Restaurant Association. Participants passing the exam with a grade of 75% or higher will receive ServSafe® food safety certification from the National Restaurant Association. Certification is valid for five years. For more information contact UNH Cooperative Extension at 447-3834. Pre-registration is required by May 10.

An Alzheimer's Support Group meets at 1:30pm at Memorial Hospital's Merriman House. Caregivers will find sympathetic and knowledgeable support and advice. For more information, call 356-5461, ext. 194.

Tuesday is Flatbread Pizza Night! A portion of the proceeds from all flatbreads sold between 5-9pm will be donated to the White Mountain Waldorf School.

## Notices:

The C.A. Snow School PTA is still selling bricks for the new entry way at our combined C.A. Snow elementary and Molly Ockett middle schools. The bricks are 4x8" up to 4 lines with 21 characters per line for \$35 each. Orders must be received by May 15 2016 and will be reviewed for appropriate content. Please make checks payable & send to C.A. Snow School PTA 11 Pine Street Fryeburg, ME 04037 or email [rajahward1@gmail.com](mailto:rajahward1@gmail.com) for more information.

Would you like to track your activities and your sleep? Or would you like to give a fitness/sleep tracker away as a gift to a friend or family member? This summer, the **North Conway Public Library** is raffling off a Fitbit Alta fitness tracker. The drawing will be held on Thursday, July 28, 2016.

The Fryeburg Maine Street Festival Arts & Crafts Fair is looking for Non-Profit Organizations to join in the fun this August. This is a great way to raise money, get your cause out to the public and it's free to non-profits! Please join The Fryeburg New Church on Saturday August 27, 2016 from 9am-3pm in Bradley Park (Rain Location: Fryeburg Fair Craft Pavilion) for the annual Maine Street Festival Arts & Crafts Fair. Want to participate as a non-profit organization or as a craft vendor?? Please contact Jen Richardson, Craft Fair Chairperson, at (207) 935-4509.

# On-Going Events

## Mondays

The Charlotte Hobbs Memorial Library in Lovell holds story time for preschoolers age five and under on Mondays at 10am. For more information call (207) 925-3177.

The **Brownfield Recreation Department** hosts a playgroup for children ages 1 to 4 at the Brownfield Community Center each Monday at 10am. Join them for the fun!

Chair exercises for those who need assistance getting in and out of the car or a chair are held Mondays at 10:30am at the **Gibson Center** in North Conway.

Valerie Cole from SeniorsPlus is at the Fryeburg Public Library from 1-4pm to answer any questions concerning Senior Independent Living and Healthy Aging. Call for more information, 207-935-2731.

Bridge players are welcome at the American Legion Hall on Bradley Street in Fryeburg from 1-4pm every Monday. No need for a partner as we change seats every four hands. Light refreshments and friendly play.

Tai Ji Quan Moving for Better Balance at the **Gibson Center** Mondays and Thursdays, from 4-5pm. Through a series of 48 classes, you will train your body to listen to cues about balance, and to automatically respond to situations where you feel unbalanced, recovering, saving yourself from a fall, and there by gaining confidence, and living a fuller life. Please call 356-3231 to register for the class.

The Dinner Bell is a Free Community Dinner served every Monday 5-6pm (except holidays) at **Conway Village Congregational Church**. All are welcome.

Monday Night Women's League at the Ham Ice Arena. Whether a beginner or veteran player, the Women's league is a great place to play! Email Lisa at skitime1990@gmail.com for more information.

MWV Choral Society rehearsals from 7-9pm at Center Conway United Methodist Church. No auditions necessary. Call (433) 254-3138 to learn more.

## Tuesdays

Every Tuesday at 8am the White Mountain Waldorf School opens up its classrooms, from nursery through middle school, so you can experience first-hand how a Waldorf school educates the whole child: academically, emotionally, socially and spiritually! Call today to see why Waldorf Children love to learn, 447-3168.

Story Time for Young Children is held at Cook Memorial Library in Tamworth on Tuesdays from 10:30-11:30am.

The Fryeburg Public Library offers Story Time with crafts every Tuesday at 1pm for children and their families. Call the Library for more information, at (207) 935-2731.

Madison Library's Local History Project work sessions are held on Tuesdays from 1-2:30pm. Volunteers are welcome!

AARP Free Tax Preparation volunteers will be at the Fryeburg Public Library every Tuesday from 1-4pm to help file simple tax returns. Please

call Sue Black at (207) 647-8271 during regular business hours to schedule an appointment.

RSVP's Bone Builders meets on Tuesday's from 2-3pm at the **Conway Village Congregational Church**. For more information on this program call CCRSVP at 356-9331.

Mt. Washington Valley Skating offers skating learn to skate, figure skating and skate for hockey lessons for skaters of all ages and abilities on Tuesdays from 5-6pm. For more information, call Melody at 662-5672.

Jazzercise Class is held weekly on Tuesdays, from 6-7pm, at **Conway Village Congregational Church**.

## Wednesdays

The Children's Story Time program at the Denmark Library is held on Wednesdays at 9:30am.

Pre-schoolers ages 2-5 and their caregivers are invited to the Freedom Public Library every Wednesday at 10am for an preschool fun. Stories, songs, fingerplays, games, rhythm instrument play plus a craft is some of what is offered.

Wii: Practice your golf swing, your tennis game, or get a strike bowling Wednesdays at the **Gibson Center** from 10:30am -1:30 pm.

Babies and their caregivers will enjoy story time with Tara at 10:30 am in the Ham Community Room of the Conway Public Library. Songs, stories and rhymes will follow a theme. Siblings are always welcome.

Visiting Nurse Home Care & Hospice of Carroll County offers a Loss and Recovery Group Wednesdays from 5:30-7:30pm. This is a goal-oriented grief support group designed to assist individuals with the grieving process by providing support and education about death, grief, and coping. Meetings are held at the VNHCH offices in North Conway. To confirm dates and times or for more information, call F. Gardiner Perry, D. Min. at 662-9552.

Wednesday Nights Men's Open pick up. Are you a tier one player? The Ham Arena is the place for you on Wednesday nights. Top level hockey action in this select pick up game brings out the best of the best in the region. Have what it takes? Contact us at 447-5888 for sign ups.

The Bridgton Recreation Department hosts a program for wood carvers from 7-9pm each Wednesday evening at the old Town Hall. The program is free and light refreshments will be served. For more information call Bob Carey at (978) 290-1879 or Rec. Director Tom Tash at (207) 647-1126.

Every Wednesday evening from 7-9pm join a metaphysical discussion group at the White Mountain Hypnosis Center in Madison. The people who attend that night in open forum set the agenda of the evening. For more information, call 367-8851.

## Thursdays

**Rotary Club of North Conway** meets at 7:15am at Mineral Springs Café at Kennett High School. New members are always welcome.

Morning Garden at the White Mountain Waldorf School in Albany is a family program intended to nurture young children and their caregivers, while offering community and joyful

togetherness. For Infant - 1 year olds, 8:30-10:30am; For ages 3 months to age 4, 8:30-10:30am. Call 447-3168 to register.

Belly Dance Class is held Thursdays at 9am at the **Gibson Center**. Call 356-3231 for details and to sign up.

Empower yourself- learn ways to cope with Chronic Illness. If you are feeling alone, tired, upset or depressed because you are trying to manage your everyday life while dealing with an ongoing, chronic, (long term) health condition, then the Better Choices, Better Health program is just for you and/or your caregiver or family member. The workshop, facilitated by certified leaders, is from 9:30-11:30am and will meet at the offices of the Visiting Nurse Services in North Conway. For more information, call Joan Lanoie at Memorial Hospital, 356-5461, ext. 2291.

The **Brownfield Recreation Department** hosts a playgroup for children ages 1 to 4 at the Brownfield Community Center each Thursday at 10am. Join them for the fun!

Preschoolers and their caregivers are invited to enjoy story time with Tessa at 10:30 am in the Ham Community Room of the Conway Public Library. Siblings are always welcome.

Chair exercises for those who need assistance getting in and out of the car or a chair are held Thursdays at 10:30am at the **Gibson Center** in North Conway.

Thursdays visit the **MWV Children's Museum** for a Guided Craft Session with staff from 11am-11:30am. This Program is included with any membership or daily admission. Call 356-2992 for additional details.

Every Thursday from 1-3pm Marketplace Healthcare Navigator, Lorie Taliento of the **White Mountain Community Health Center** will be at the Conway Library to help clients learn about exemptions, special enrollment periods, the New Hampshire Health Protection Program and more. Call the Conway Public Library at 447-5552 for more information.

RSVP's Bone Builders meets on Thursday's from 2-3pm and at the **Conway Village Congregational Church**. For more information on this program call CCRSVP at 356-9331.

Mt. Washington Valley Skating offers skating learn to skate, figure skating and skate for hockey lessons for skaters of all ages and abilities on Thursdays from 4-5pm. For more information, call Melody at 662-5672.

Tai Ji Quan Moving for Better Balance at the **Gibson Center** Mondays and Thursdays, from 4-5pm. Through a series of 48 classes, you will train your body to listen to cues about balance, and to automatically respond to situations where you feel unbalanced, recovering, saving yourself from a fall, and there by gaining confidence, and living a fuller life. Please call 356-3231 to register for the class.

Madison Library Story Times are held each Friday at 10:00am.

## Fridays

Morning Garden at the White Mountain Waldorf School in Albany is a family program

*Continued on back*

## Valley Promotions

Executive Director:  
Lisa Saunders-DuFault

P.O. Box 44  
Bartlett, NH 03812

Phone: 603-374-6241

Email:  
valleypromotions@gmail.com

[www.valleypromotions.net](http://www.valleypromotions.net)



**Promoting Events for the  
Mount Washington Valley's  
Non-Profit Organizations**

## On-Going Events

intended to nurture young children and their caregivers, while offering community and joyful togetherness. For Infant - 1 year olds, 8:30-10:30am; For ages 3 months to age 4, 8:30-10:30am. Call 447-3168 to register.

**MWV Arts Association** hosts Friday Painters each Friday from 9am-12:30pm. Contact them at 356-ARTS for details.

Strength, Balance, & Stretch: Bobbi Brome leads this exercise program at 10am at the **Gibson Center**.

Story Time for Little Ones is held at the Effingham Public Library from 10:30am to 11:30 am on Fridays.

Visit the **MWV Children's Museum** Friday at 11am for Music with Sharon Novak! This is a 45 minute program in which Sharon sings and plays music for children. This Program is included with any membership or daily admission. Please call 356-2992 for additional details.

Pat Davis plays ballroom dance music at the **Gibson Center for Senior Services**, so people can dance on Fridays from 5-7pm. Dances featured include Waltz, Foxtrot, Rhumba, Tango, Cha Cha, Swing, East Coast Swing, and others by request.

The FIT Club, after school fitness club at the Brownfield Community Center. Fridays from 3:15-5pm. **Brownfield Recreation Dept.** (207) 890-4240.

Peer Support Groups for Parents of Children, Teens and Young Adults with Substance Use Issues - North Conway F.A.S.T.E.R. Parent Support Group (Families Advocating Substance Education & Recovery) every Friday 6:30-7:45pm, 50 Seavey St, North Conway (next to Old Village Bakery). Contact Maxine, 986-5487 or Clara, (617) 699-0688 for more information.

Bingo is held every Friday night at the Lovell VFW Hall - Early Bird starts at 6:30pm.

# Thanks to our advertisers!!

**CHINA CHEF**

**FOR ORDERS TO GO!**  
**603-356-3788**  
**603-356-7327**

**CHINESE CUISINE  
& FULL LIQUOR**

SUN - THUR 11:30 - 9:30  
FRI - SAT 11:30 - 10:30

Rt. 16 North Conway, NH  
(Across from the Christmas Loft)

**PROGRESSIVE  
AUTOWORKS**  
COMPLETE AUTO REPAIR SERVICE

Progressive Autoworks  
243 US Route 302 • Glen, NH 03838  
(603) 383-4104

**Lisa DuFault**  
Photographer

PO Box 44  
Bartlett NH 03812  
Phone: 603 374-6241  
email: lisadphoto@hotmail.com  
<http://lisadufaultphoto.webs.com>

Call to schedule your Senior portrait now!

**Deni DuFault  
Financial Services**  
Planning for your life.

Deni DuFault, CLU, ChFC  
PO Box 8, 69 Rt. 302 | Glen NH 03838  
603-383-9400 | [Deni@DeniDuFault.com](mailto:Deni@DeniDuFault.com)

Securities Offered Through Investors Capital Corporation | Member FINRA, SIPC.  
Advisors Services Offered Through Investors Capital Advisory, 6 Kimball Ln., 1 Sandford MA 01940 | Tel: 781-593-8565

**North Country Fair  
JEWELERS** GOLD IS OVER \$1280/OZ.

We Buy ALL Gold & Silver  
Platinum, Diamonds, Coins & Jewelry  
All types in Any Condition

**North Country Fair Jewelers**  
2448 Main Street, North Conway, NH

"FREE ESTIMATES" Call 356-5819 **Our 47th Year!**  
Member Nat. Assn. of Jewelry Appraisers

**VALLEY  
VISION**  
Your Community, Your Channel

**Badger REALTY**  
50<sup>th</sup> ANNIVERSARY

PO Box 750  
2633 White Mountain Highway  
North Conway, NH 03860  
[www.BadgerRealty.com](http://www.BadgerRealty.com)

Celebrating 50 years  
serving the  
Mt. Washington Valley  
and Western Maine

Residential, Vacation, Land,  
Commercial, Leasing, and Rentals

Tel. (603)356-5757  
Fax. (603)356-7068  
Email: [Info@BadgerRealty.com](mailto:Info@BadgerRealty.com)

LEADING REAL ESTATE  
COMPANIES OF THE WORLD