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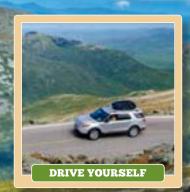
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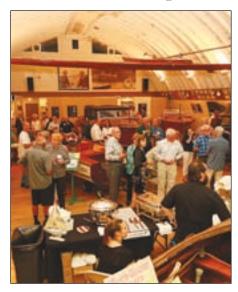
# **New Hampshire Boat Museum opening reception June 1**

There is a lot of NEW going on at the New Hampshire Boat Museum! Find out more at this year's Opening Reception on June 1rst at 6-9 PM.

This year's 2018 exhibit, New Chapters: Rare Boats that Mark Transitions in Our Economy and Culture 1900-1940, features boats that were innovative in their day and tells stories of American ingenuity in response to a changing culture and economy. These are rare and rarely seen boats from the collection of the museum including a Gesswein, a Fay & Bowen, a Dee-Wite, and even a very rare Laconia Car Company boat. In addition we will have new Fleet Line Model Boats from Fred Clausen's amazing collection!

The Opening Reception will also give you a chance to meet Our New Director, Martha Cummings. Martha brings new energy and directions to our museum and will be sharing some exciting news about the Museums future! This is going to be a sensational year for the New Hampshire Boat Museum.

The 2018 Opening Reception will be June 1rst at the Museum from 6-9 PM, 399 Center Street, Wolfeboro NH. Please RSVP by May 28. Tickets available by calling 603-569-4554 or online at NHBM.



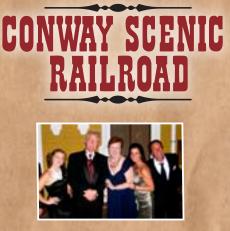
org. (Limited tickets available at the door) \$25 for members and \$27 for not-yet-members. Buffet Dinner and Cash Bar kindly sponsored by Downtown Grille.

Upcoming Programs are Boat Building Classes, Community Sailing and Lake Discovery Camps. To see the full schedule of events or to learn more about



the New Hampshire Boat Museum, please visit the Museum's website at nhbm.org.

The New Hampshire Boat Museum is open to the public for the 2018 season from Saturday, May 26 and will remain open daily through Monday, October 8, 10am-4pm Monday through Saturday, and Sundays 12 noon-4pm. The Museum is a not-for-profit institution focusing on New Hampshire's boating and fresh water heritage. It is located at 399 Center Street, Wolfeboro Falls, 2 miles from downtown Wolfeboro. For further information contact the Museum at 603-569-4554, museum@nhbm.org, nhbm.org or via Facebook.



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# **Great things in Mt Washington Valley**

#### The water falls

Mt Washington Valley, NH received upward of 175-inches of snow during the 2017-18 ski season. With that much snow, imagine how the waterfalls will rush as winter melt feeds rivers around the Valley. Yankee Magazine says Mt Washington Valley's waterfalls offer "the ultimate rock concert" and best of all, the Valley offers a host of easily accessible locations for waterfall viewing and photo-taking. Nowhere in New England are waterfalls as abundant for viewing as they are in Mt Washington Valley, NH. **The rivers run** 

This is the time of year when kayaking and rafting aficionados take to places like the Swift River to catch Class IV and Class V rapids. Mt Washington Valley offers a number of different kayak and canoe outfitters that offer equipment rentals and guided tours. Be sure to match your level of ability with the swiftness of the rushing rivers at this time of year. Helmets are always suggested!

#### Tuckerman Ravine season reaches its height

Throughout May and June, a virtual caravan of backcountry skiers - and those who love to watch them - will make their way up the Sherburne Trail to the base of Tuckerman Ravine. It's here, on the headwall, that spring, early summer skiing takes on a new challenge. It's steep and deep! The hike up the headwall alone is the ultimate journey, and the run down is the reward. For those who wish to take in the colorful spectacle, a hike to the base of the ravine and the famous Lunch Rocks is the perfect viewing spot.

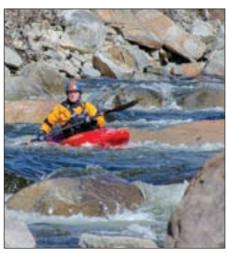
# Time for the perfect Trifecta – ski, golf & Bar-b-q

In an ideal spring, for a few days - or if we're lucky – a few weeks, the weather sets up to create the ideal triathlon of spring sports – ski, shank and sip all in one day! Start out by hitting the slopes at Wildcat, then head to the nearest of Mt Washington Valley's 11 golf courses and end the day with a barb-q and sipping a cold one. They used to call this the gentleman's triathlon, but we maintain it's open to everyone who has the energy to go for it. Of course, no matter what the weather, you won't want to miss the ultimate spring BBQ tradition – the 37th Annual Bratwurst Boil and Open House at White Mountain Oil on June 8, 2018.

#### **Attractions open**

A number of attractions, like the new Laser Tag Arena at White Lake Speedway, Ham Arena, MWV Children's Museum, Mystery NH Escape Room, New England Ski Museum, and Mt Washington Observatory's Weather Discovery Center, stay open all year. Others, like Conway Scenic RR opened in April, but the majority of Mt Washington Valley's family and outdoor attractions open on Memorial Day. **Runners hit the trails** 

Mt Washington Valley is a mecca for outdoor competitions, from biking to running events. Visit CompeteMWV to see a complete list of opportunities.





From May 10 – June 28, The Salomon Spring Trail Running/Walking Series takes place at Great Glen Trails every Thursday for eight weeks. This weekly series involves three course lengths, and racers can walk or run the long, short or mini courses between 3:30-7:00pm on Thursdays. June is filled with road and trail races including the "There's a Black Fly in my Eye" trail race and relay at Great Glen Trails on June 9th and the 11th Annual King Pine Tri & Duathlon on June 2, 2018.

#### The road to the links opens

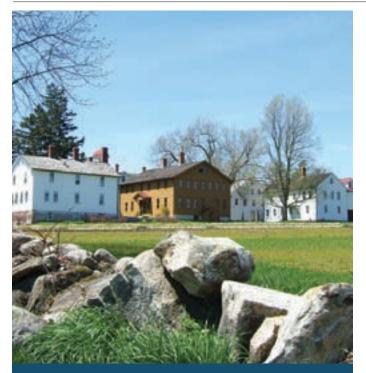
Golfers can hit the 11 courses in Mt Washington Valley. Usually, by early May courses begin to open and by mid-to-late May most of them are welcoming golfers to play. With 11 courses all within 45 minutes or less of North Conway, NH, the road to the links offers plenty of challenges and variety. To learn more about Mt Washington Valley's golf courses, visit www. GolfMWV.com.

#### **Sales a plenty**

The sales add to the shopping appeal at Mt Washington Valley's 200 outlets, shops, stores and boutiques. Add the fact that there's no sales tax in New Hampshire, and the Valley becomes the ideal shopping destination. Top it all off on June 2 with the long-anticipated Mountain Garden Club's Spring Plant Sale at the North Conway Community Center.



#### PAGE 6 | SUMMER IN NEW HAMPSHIRE | JUNE 2018



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# NH Permaculture Day hosted by Cite Ecologique of NH Ecovillage

Summer is a special time of abundance, harvest, celebrating community, and sharing in the joys of nature's gifts. For this reason, we invite you to participate in

the 6th New Hampshire Permaculture Day on Saturday, August 18th 2018. This event is spearheaded by the New Hampshire Permaculture Guild, hosted by Cite Ecologique of NH Ecovillage in Colebrook, NH, and



supported by the Permaculture Association of the Northeast and Metallak Race. This event will also serve as the regional gathering for the northeast permaculture community and invites all to participate! The event will be held in the North Country at Cite Ecologique, an educational ecovillage in Colebrook whose goals include sustainable development and living harmoniously with nature and each other.The ecovillage resides on 315 acres of land with 3 acres of organic gardens, 4 high tunnels, chickens, a sugar bush, miles of trails, and more.

Explore Permaculture topics through workshops, demonstrations, and skill sharing, enjoy the beautiful community, landscape, and great food, and support a vibrant educational community. The day will also feature vendors and a "designer's lounge" which provides an opportunity for anyone to bring a permaculture design to showcase to others. This year's event revolves around the theme "Co-exist", which refers to celebrating local knowledge in our state, providing a variety of hands-on educational opportunities, and providing a place for new connections and relationships to bloom. Whether you're an active homesteader, permaculture practitioner, backyard gardener, city or small town dweller, or someone who's curious about what permaculture is, this event has something for you!

Background: The first NH Permaculture Day was held at D Acres Permaculture Farm and Educational Homestead in Dorchester, NH in 2012. Early intentions of







this event centered around sharing permaculture strategies and possibilities and networking with regional practitioners and sharing knowledge and practices. This event has come an annual event that rotates host sites each year. Previous NH Permaculture Day events have been held at sites such as the Mt. Kearsarge Indian Museum in Warner, Orchard Hill Community in Alstead, and Inheritance Farm in Chichester.

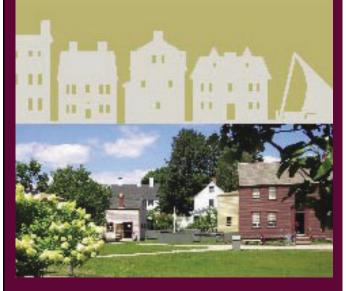
NH Permaculture Guild: The Guild's purpose is to educate, promote permaculture principles and ethics, initiate permaculture projects that develop resilience and regenerative sustainability, and excite people about permaculture living. Permaculture Association of the Northeast: The mission of PAN is to increase the resilience of the Northeast region by strengthening the regional permaculture network and increasing access to relevant education and resources. For more information or to register for this event, please visit www.nhpermacultureday.org or contact Leonie Brien at leonie@citeecologiquenh.org.

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# **Discover Nature's Secrets at The Nature Discovery Center**

#### by Barbara Mills Lassonde

The Nature Discovery Center in Warner is a lowcost place to bring the kids that's both educational and fun. Tucked away on the side of Mt. Kearsarge in a serene setting, this hands-on interactive nature center has much to offer families. See the mounted New Hampshire animals and birds, and learn about their unique ways of surviving. From the ocean, there is a large collection of beautiful shells, starfish, sponges and other sea creatures. Learn about fossils, rocks and minerals and see the flourescent colors of minerals under a black light. Check out the cones, galls and lichen, and learn what makes them so special.

On the activity sheets, children will check off each activity they try, and for every four checkmarks, they win a nature prize. As they try these activities, they learn about many different aspects of nature, like who our pollinators are, why bats are so important and how invasive plants and insects affect our environment. They'll learn to identify birds by name, animals by their tracks and poison ivy by its leaves.

Bring a picnic lunch to enjoy on the grounds and take a hike along the nature trail to see what plants and animals thrive here. The Nature Trail Pack entertains pre-schoolers with an assortment of activities. Check out the pollinator garden to see how many pollinators you can identify. Your visit is sure to be a memorable one. Go to their website: ndcnh.org.



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#### **GOLF NEWS**

## 5 ways to hit straighter and longer golf drives

#### 1 – Use The Ground For Power

One way to hit straighter and longer golf drives is to stop swaying in your backswing as this inhibits your ability to rotate and load your right glute correctly. Swaying also leads to timing issues, as you have to get back to the ball from the place you've moved to. A great visualisation is to turn your hips like you are stood in a barrel to stop unwanted lateral movement. Also feel as though you're weight is loading into your right thigh and heel in the backswing.

#### 2 - Rotate Your Hips Correctly **For More Power**

Many amateur golfers suffer from a reverse pelvic tilt that causes their legs to collapse and their upper body to lean towards target as they reach the top of the backswing. The result is an ugly reverse pivot that causes slices and weak strikes.

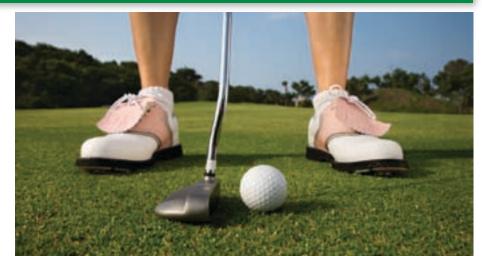
The correct hip rotation creates space between the right hip's start position and where it ends up at the top of your backswing. Pause at the top and you should feel like your weight is over the inside of the right heel. Get this part right and then you can powerfully shift your weight back towards the target through impact.



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#### 3 – Start The Downswing With A Squat

Too many amateurs bump their hips too far towards the target. We all know that a good weight shift towards the target through impact is key, but crucially you still need to harness your power from the ground. A stable lower body is key here. As you start the downswing you should feel your weight moving down into your left toe - this is a very powerful move you'll see top players like Jordan Spieth make. To facilitate this, let your left knee rotate out a fraction

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as you start down. You should almost feel like you are squatting a little into your left side as you transition into the to more power and accuracy.

### Footwork

As we have already stressed, good footwork is essential for power, accuracy and longer golf drives. At address, your weight should be on the

balls of your feet - so not too far forward where your calf muscles are tense and not sat back on your heels. If your weight is in the wrong position, your hips will not be able to work as they should. So at address feel your weight on the balls of your feet and then, as you turn to the top of your backswing feel your weight shift into your right heel. A great drill is to hit shots with your right foot drawn back a fraction at address. This will help activate your hip rotation and give you a great feel for how your weight moves into your right heel at the top of the backswing.

#### 5 – Banish Your Slice

A fade or slice will take precious yards off your drives, so fixing any bad moves, like an over-the-top swing, is highly recommended. While many golfers look at their arm movements when addressing an outto-in slice swing, more often than not the problems start from the ground. Rather than splashing out on a draw-bias driver, take a closer look at your lower body movements and where your weight is moving. Try to keep your right heel grounded for longer in your downswing, which stops your weight tipping forward onto your toes. With a better weight balance you'll then be able to swing on plane for better accuracy and generate more power consistently. Read more at www.golf-monthly.co.uk





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# **Cranmore expands summit offerings and adds knockerball**

Cranmore is the place to be this summer with expanded offerings at the summit Meister Hut and a new daily activity, Knockerball.

#### More Fun at the Meister Hut

Beginning June 16, guests can take Cranmore's Scenic Chairlift Ride to the summit's Meister Hut Restaurant and find an expanded lunch menu, brunch on Sundays, Tuckerman Brewing Tasting Room, Gifford's Ice Cream and Summit After Hours event series. Lunch at the Meister Hut will be available daily from 11am to 4pm, with new fresh menu items, such as signature sandwiches, salads and other favorites from the grill. Brunch will be served on Sundays from 10am to 3pm.

Brunch and lift packages can be purchased at the ticket office, or ala cart at the Meister Hut. The Meister Hut will also feature a variety of Gifford's Ice Cream.

The Meister Hut is also home to Cranmore's satellite Tuckerman Brewing Tasting Room, offering the most Tuckerman Brewing selections on tap in the Valley. Flights of five Tuckerman samples will be available for sale, along with single tastings and full pints. On two summer evenings, July 28 and



August 18, Cranmore will host Summit After Hours events, a continuation of the resort's 80th Anniversary Celebration. Events will include dinner, entertainment and fun at the Meister Hut. Details and tickets will be available online at Cranmore.com.

#### Knockerball Offers Entertainment for the Whole Family

Knockerball made its debut at Cranmore last summer, and will be offered daily at the resort for summer 2018. The attraction will also be included with the purchase of a Mountain Adventure Park or All Day Play ticket. Organized "KnockerSoccer" games will take place in an 80ft by 40ft inflatable arena at the base of Cranmore's North Slope. Open to guests 48" and up, a variety of organized games can be played based on the number, size and age of participants.

A Knockerball is an inflatable ball with inner handles and adjustable shoulder straps, which is worn like a backpack. The ball is designed with multiple sheets of a higher grade durable TPU plastic and tension cups and cords, which allows participants to knock each other around without feeling trauma from the blow. Games are supervised and monitored at all times by Knockerball's trained staff to ensure safety of

participants. Closed toed shoes are required. Games may be suspended due to heavy rain, high winds and thunder and lightning. For updates, guests can visit Cranmore.com or call 1-800-SUN-N-SKI.

Cranmore's Mountain Adventure and Aerial Adventure Park will be open weekends only from May 26 through June 9, then daily from June 16 through Labor Day. From Labor Day on, the parks are open weekends only through Columbus Day. Operating hours are from 10am to 5pm. Scenic chairlift rides begin June 16.



# North Conway named among top ten small towns for adventure

Surrounded by the 770,000-acre White Mountain National Forest, residents have long known North Conway is among the very best year-round small towns for adventure, but now the rest of the world will know. After nearly a month of voting, North Conway is included on USA TODAY's 10Best Reader's Choice Travel Awards list for the Best Small Town for Adventure 2018, announced today.

A panel of expert travel and adventure journalists partnered with

10Best editors to pick the initial 20 nominees for the Best Small Town for Adventure designation, then the top 10 winners were determined by popular online vote. In describing North Conway, 10Best experts said, "Set amid the sprawling White Mountain National Forest, North Conway offers visitors access to Mount Washington (the tallest peak in the northeast) and the accompanying four seasons recreation. During the snowy months, the area boasts some of the region's best skiing and snowmobiling, while summer is excellent for hiking, golfing, fishing and camping. Fall leaf peeping is some of the best in the country."

After some communication with USA Today editors, the initial forest photo used to depict North



Conway was replaced with one from Wiseguy Creative Photography of kayakers on the Saco with Cranmore Mountain and Kearsarge Mountain in the background.

The top 10 winners in 10Best Reader's Choice Awards for Best Small Town for Adventure are as follows:

Marquette, MI. Florence, OR Watkins Glen, NY Sedona, AZ Jim Thorpe, PA Everglades City, FL North Conway, NH Blowing Rock, NC Bar Harbor, ME Jackson Hole, WY Only one other New England town

– Bar Harbor

made it on to this esteemed list.
"We couldn't be happier that

the panel of experts nominated North Conway among the top small towns for adventure," commented Janice Crawford, Executive Director of the Mt Washington Valley Chamber of Commerce. "Yet we're not

surprised that it ended up on the top ten list because so many people are drawn to North Conway and the surrounding Mt Washington Valley for the fabulous recreational opportunities available here. The 10Best editors know North Conway from being the #1 Reader's Choice Travel Awards for Best Ski Town, and now for adventure. We couldn't be more humbly delighted," she finished. To learn more about North Conway and Mt Washington Valley's year-round recreational opportunities and to plan your next getaway here, visit www.MtWashingtonValley.org or call 800-367-3364 (800-D0-SEE-NH). To learn more about New Hampshire's additional recreational opportunities, please go to www.VisitNH.gov.

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# Sippin' for Seals: A great night out for a great cause

An evening of dancing and delectables under the festive seaside tent at the Seacoast Science Center, Thursday, June 14, 6-9 p.m.

(Rye, NH) The Seacoast Science Center is hosting its fifth annual Sippin' for Seals, a great night out for a great cause, on Thursday, June 14, 6-9 p.m. to benefit its Marine Mammal Rescue program.

Enjoy fabulous bites prepared by chefs from your favorite restaurants, sip on a cool cocktail by the sea, and dance the night away to live music by The TonyMack Band. Held under the Center's festive seaside tent located on the rocky shore of Odiorne Point State Park, you cannot beat the ocean view and relaxed atmosphere.

Along with a tasty array of delicacies, the Atlantic Grill's master bartender will concoct a special cocktail just for the event. While food and beverages are included in the ticket price, you'll want to bring some cash to try your luck at winning your favorite bottle at the Wall of Wine Raffle. Raffle tickets are \$25 and every ticket is a winner.

You can purchase a signature seal light-up pin for \$20 and join the fun and games of heads-or-tails for your chance to win a grand prize.



Also, when you help fund a need to support the Marine Mammal Rescue program your gift will be doubled thanks to a generous challenge gift from an anonymous supporter.

For your convenience, you can find the Marine Mammal Rescue needs list and make a donation when you purchase your tickets online.

Participating vendors have generously donated their good and services so proceeds from your Sippin' for Seals tickets directly benefit marine mammal rescue in New Hampshire. Community support is critical to keep the Rescue Team ready to respond to every marine mammal that hauls out or strands on the coast. Your support also allows our Team to collect important data for a national database that is used to assess health trends of marine mammals and the ocean environment.

Special thanks to event sponsors and participants Atlantic Grill, Back Stage Photo Booth, Boston Beer, The Carriage House, Centrus Digital, Chill Catering, Comcast, Cummings Lamont & McNamee P.A., DeeLuxe Bartending, Everyday Details, Exeter Events and Tents, Grace Limousine, J.Lohr Vineyards & Wines, Liberty Lane Catering, New

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Tickets are \$50 per person (ages 21 and over only) and are available at www. seacoastsciencecenter.org or by calling 603-436-8043, ext. 28. The Seacoast Science Center is located in Odiorne Point State Park, Rt. 1A, 570 Ocean Blvd., Rye, NH.

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# **Annual Hampton Beach Children's Festival**

Join the Hampton Area Chamber of Commerce and the Hampton Beach Village District for Five Days of Free Fun for Children of All Ages at the Hampton Beach Children's Festival, Monday, August 13, through Friday, August 17. Jam-packed with music, balloons, face painting, magicians, dance, storytelling, puppetry, and much more; this year's production is sure to be a very exciting Children's Festival! The Hampton Beach Children's Festival kicks off with a magic show and builds up to a Giant Costume Parade that marches almost the length of Hampton Beach on Friday, August 18. Every child gets a prize just for being in it! Every year there is something new. It's tons of fun. Don't miss this one!

Each day will be a blockbuster, filled with non-stop activity and entertainment: mini-golf, music, dancing, drumming, story tellers, talent contest, balloons, daily face painting and more. There's even a kids' bumper sticker contest. Winners in two categories are awarded bicycles. All Children's Festival activities are FREE and open to the public. For more information, call the Hampton Area Chamber of Commerce at (603) 926-8717. A complete Children's Festival schedule will be posted at www. hamptonbeach.org along with other Hampton Beach events. Sponsorship information is available by calling 603-926-8718, Ext. 104 or Sherrill@

wholesale inquiries invited



hamptonchamber.com. The Children's Festival is underwritten by the Hampton Beach Village District with the cooperation of New Hampshire State Parks. It is organized by the Hampton Area Chamber of Commerce with the Presenting Sponsor, Hampton Beach Casino. The Annual Children's Festival at





Hampton Beach is an eagerly anticipated event. Watch for more exciting details as they become available.



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# **Castle in the Clouds named an Editor's Pick**

Moultonborough – Yankee Magazine has named Castle in the Clouds a 2018 Editor's Pick for Lake Winnipesaukee Places to Play. This is the fourth time that the Castle has been singled out by the magazine. The historic New Hampshire landmark has been open on weekends only since May 12th. Beginning on Memorial Day, the Castle will be open daily through October 21st. In addition to the Castle tours,

visitors can take advantage of all there is to do throughout the estate, including enjoying the lake and mountain views, having lunch in the Carriage House Restaurant, and embarking on a hike or horseback ride through the mountains.

Restoration efforts at the historic estate continue, and the extensive process that Castle Preservation Society has been engaged in since taking over management of the estate in 2006 takes center stage for visitors this season. A new exhibit featuring some of the stories of the restoration has been installed in the Carriage House Gallery. "Lucknow Revealed: Research, Restoration &



Mystery at Castle in the Clouds" invites guests to learn how the Castle in the Clouds restoration team is peeling back the layers of the past to reveal the secrets of the Castle's design and construction, and how this special place is being preserved for generations to come. The interactive exhibit features objects documenting architectural and interior design at the Castle, historic photographs of the building's construction, restoration project highlights, and invites visitors to help solve some of the Castle's research mysteries. The exhibit may be viewed without purchasing a tour ticket, however exhibit curator Michelle Landry says she hopes the exhibit inspires people to want to take a tour and see the restoration work first hand. In addition to the exhibit, visitors to the Castle will have a second opportunity to engage with the restoration process and results this summer. Beginning in July guided tours of the Castle basement will be offered daily. Guests who want to learn more about how the Castle was constructed and details of the state-of-the-art

mechanical systems that were installed in 1914 will join a Castle docent for small group tour. Stories of the hardworking domestic staff that kept the estate running during the 1910s and 1920s will also be featured. More details about basement tours will be shared publicly as the summer progresses.

Castle in the Clouds is a 501(c)3 nonprofit organization, whose mission is to preserve, restore, and share the historic Lucknow Estate. Each visit supports the mission and helps to ensure the enjoyment and enrichment of generations to come. For more information call 603-476-5900 or visit castleintheclouds.org.



#### PAGE 16 | SUMMER IN NEW HAMPSHIRE | JUNE 2018

## **NEW HAMPSHIRE'S WHITE MOUNTAINS**









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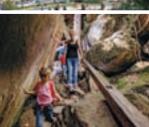












#### **DISCOVER NATURE**

At The Flume Gorge, discover Franconia Definition DVD about the area. Enjoy boardwalks and marvel at glacial gorges and boulder caves at Lost River Gorge and Polar Caves Park



14 15













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# Walking Tour "Portsmouth Women" returns for 2nd year

Portsmouth Historical Society has just announced its Walking Tours for 2018 which include three different offerings: a 75minute Historic Downtown Tour offered daily at 10:30am, Historic Preservation Tours with local historian Dr. Richard M. Candee, author of Building Portsmouth select Saturdays at 10:30am; and Portsmouth Women, the fourth Wednesday of the month at 4:30pm and the 4th Sunday of the month at 11am.

According to Erika Beer, Tour Manager for Portsmouth Historical Society, "the inspiration for our walking tours began several years ago with Marianne Pernold's 2010 book "Portsmouth Looking Up," which included 30 original photographs of unique, and easily missed, architecture around Portsmouth." Pernold donated the book to the Society allowing the organization to jump-start the tours by giving each person who attended the original tour a copy of the book that first year.

Says Kathleen Soldati, Executive Director of the Society, "To this day, even as we have expanded to include daily and specialty tours, our historic walking tours are based on her book and the sites she photographed. Our walking tours have exploded in popularity and we owe such a debt of gratitude to Marianne for this."



#### Updated tour information is as follows:

• Historic Downtown Tour: Daily 10:30am/75-minute. Our experienced and engaging tour guides, long time Portsmouth enthusiasts, cover the streets, stories and architecture of historic downtown.

• Portsmouth Women Tour: Fourth Wed, 4:30pm, Fourth Sunday, 11am /75-minute. Hear the untold stories of navigators, preachers, artists, authors, tavern keepers and madams who defied stereotypes and shaped Portsmouth.

• *Historic Preservation Tours:* Select Saturdays, 10:30am/75-minute. Our Portsmouth

Advocates present a series of guided walking tours led by local historian Richard Candee, author of Building Portsmouth. Taking place on select Saturdays from May through September, these tours showcase our famous neighborhoods and explore the unique architectural landscape of Portsmouth and the stories embedded in bricks and mortar.

	June 2	North End: Lost
		Neighborhood
	June 30	South End Preservation
	July 21	Brick Act
	August 4	Federal West End
	August 18	Victorian West End
	Sept. 1	Piscataqua Waterfront

Sept. 15 Industrial Portsmouth

Walking tours kick off Sat. May 12 with Richard Candee's Historic Preservation Tour entitled Portsmouth Landmarks. The Historic Downtown Portsmouth tour begins will be offered daily starting Sun. May 13. All tours depart from Discover Portsmouth, 10 Middle Street. Tours range from \$12-25/person. Online reservations encouraged. Walk-ins welcome. For more info on tours (including private, group tours) and/or to purchase tickets, visit www.portsmouthhistory.org or email erika@ portsmouthhistory.org or call (603) 436-8433.



# 9th Annual Herb & Garden Day at Canterbury Shaker Village

#### A day of learning, engaging and connecting over the benefits of nature

CONCORD, NH – On Saturday, June 9, 2018, herbal educators and seasoned growers from all walks of life will come together to share their unique knowledge and build upon a tapestry of age old wisdom about trees and seeds, herbs and plants, and the power of nature to heal.

The 9th Annual Herb & Garden Day, presented by New Hampshire Herbal Network (NHHN), will take place among the historic buildings and stunning landscape of Canterbury Shaker Village, featuring twelve workshops on topics such as growing seeds for health, herb allies for fertility and pregnancy, tree medicine, medicinal mushrooms, and more. Children and families can enjoy a handson workshop making seed bombs, planting herbs in pots and other activities. Plant identification walks will be lead by clinical herbalists. New this year - guests will enjoy a series of interactive demonstrations in between workshops. Learn about sustainable harvesting of medicinal mushrooms, the culinary and medicinal uses of seeds, and more.

"The seeds we plant now, if given the right amount of nourishment, can proliferate and flourish for future generations," says NHHN President, Sara Woods Kender, "Teaching our children to be stewards of the land, to respect and honor the gifts



we receive, will be the seeds of change we want to see for the longevity of our species and of our world. Teach a child to eat, they will know how to nourish themselves, teach them how to grow it, they will nourish the world!"

Local food vendors will be on-site selling a wonderful array of palate-pleasing breakfast and lunch items to include vegan, organic and locally sourced ingredients. Between workshops, attendees can shop from local vendors at the Herbal Market and Plant Sale, a unique collection of local herbalists, farmers, crafters, gardeners, artists and environmental and agricultural organizations. The Harvest to Market website provides the option to pre-order plants, herbs, berries, vegetable starts, and more from local farmers and pick them up at Herb & Garden Day. Pre-ordering is not required - there will be plants available at Herb & Garden Day, but this option allows vendors to know what to plant, and ensures deliverability of desired plants. Pre-orders can be placed by visiting: https://bit.ly/ HarvestToMarket.

Herb & Garden Day is open to the public. The programming represents a variety of interests and cater to all skill levels - from the curious seekers and intrepid plant lovers to herbal entrepreneurs and natural health advocates, Herb & Garden Day has something for everyone.

General Admission (all access) is \$35, but the early bird price of \$25 is available until May 9. To register, please visit https://bit.ly/HerbAndGarden. Market-only admission is \$5 at the door and offers access to the Herbal Market and Plant Sale. There are still vendor spaces available for the Herbal Market and Plant Sale, and Sponsorship packages for all levels of support. For more information, please visit: https://bit.ly/HerbAndGarden or contact Event Coordinator, Jessica Livingston at 603.568.5740 or jessica@jlivinspirations.com.

NH Herbal Network Chapter of the American Herbalists Guild is a group of New Hampshire-based herbalists, herbal businesses, herb growers, and herb enthusiasts who seek to educate the public and ourselves, share ideas and information, and support herbalism in NH.



# **Calendar of Events**

JUNE 2

#### **Rising on the River: Culloden**

\$0-10. 267 Springfield Rd., Charlestown, NH Phone: 603-826-5700

In 1745, the Jacobites rose up against the House of Hanover in England, but were ultimately defeated at Culloden in 1746. The Fort at No. 4 will host the armies of England and Scotland for a re-enactment of the decisive battle, joined by food vendors and sutlers for your shopping pleasure.

JUNE 2

## **Celebration of Lupine**

Free. Sugar Hill, NH. Phone: 603-823-5661 25th Annual Celebration of Lupines Paying homage to the annual blossoming of this captivating wildflower, the Celebration of Lupines is a time honored regional event. The brilliant spikes of the lupine flower carpet local fields and pastures in a rolling sea of vibrant purples, pinks, blues and whites. The long-lasting blossoms attract equally dazzling butterflies and create a breathtaking floral display against the majestic backdrop of the Franconia, Presidential, and Kinsman Mountain ranges. Every visitor is sure to find abundant photo and recreational opportunities in the Northeast's most spectacular mountain region. Our local greenhouses and businesses will be offering lupine plants and seeds so you to start your own field of lupine. Ongoing events including Lupine Inspirational Walk and horse drawn carriage rides through the lupine. Special events featuring the Open Air Market with music & artisan demonstrations, Free concerts, Touch-A-Truck, Wildflower Trail Walk, workshops and much more. Check out the website for full event details.

# JUNE 10 World Ocean Day Family Festival

Free admission. 570 Ocean Boulevard, Rye, NH 03870 Phone: 603-436-8043

Seacoast Science Center is celebrating World Ocean Day with a free family festival focused on the wonders of the ocean and how we can help keep it healthy for future generations. Activities will include a mock seal rescue for kids, tours inside a life-size inflatable whale, family march for the ocean, face painting, games, meet-and-greet with mascots, beach clean-up and more. There will be an official opening of the Center's newest exhibit, H20 Today, at 11 am. Live music will be provided by band Bliss from 12:30-2 pm, Lexie's Burger Bus will be on-site with lunchtime favorites, and there will be popcorn, cotton candy, ice cream and cold drinks available for purchase. This event is generously sponsored by 92.5 The River, Macaroni Kid Seacoast, New Hampshire Society C.A.R., New Hampshire State Parks, Northeast Credit Union, ReVision Energy, Rye Family Dental, and The Green Maids.

# JUNE 11 Ride to the Sky Motorcycle only days

\$17 and up. 1 Mount Washington Auto Road Gorham, NH. Phone: 603-466-3988 Monday, June 11 & Thursday - June 14, 2018 Motorcycles ONLY!! Arrive before 10:00am and your motorcycle passenger rides for free! A ride up Mt. Washington is a one of-a-kind experience. Every time. Encounter ever changing weather, panoramic views and four climate zones as you climb the highest point in the Northeast.

JUNE 14

#### 18th Annual Hampton Beach Master Sand Sculpting Classic

Free. Hampton Beach State Park, Hampton, NH Phone: 603-502-5411

Event information: watch world class master sand sculptors as they compete for cash purse and entry awards; over 250 tons of imported sand dropped on hampton beach; a master group carve; solo competition; awards ceremony.





Saturday, July 7<sup>th</sup> from 10am-3pm Classic autos at a historic estate

# Register your vehicle!

# **Only \$5 for spectators**

\$25 per car or register before June 26<sup>th</sup> to receive early bird rate of \$20 per car

Register online at <u>www.castleintheclouds.org</u> or call 603-476-5900

#### **Registration includes:**

- One driver & one passenger admission to car show
- One free admission & one discounted admission to tour the Castle

The first 100 people registered receive a commemorative dash plaque & goody bag!

## **Prizes will be awarded**



**Open daily through October 21st** 

455 Old Mountain Road, Rte. 171, Moultonborough, NH 603.476.5900 | www.castleintheclouds.org CASTLE <u>in the</u> CLOUDS Historic estate. Unmatched views.

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# WORLD CLASS Chamber Music Festival IN THE SEACOAST

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