



TROY TOWN NEWS

Volume 31 Issue 2

ttnroytown@gmail.com

February 2023

SELECTMAN'S CORNER

By Dick Thackston, Chairman Troy Board of Selectman

Selectman's Office Updates:

The Select Board would like to recognize and thank the Recreation Committee for the wonderful event they held for First Responders, Committee Members and Town Employees at the Samuel E. Paul Community Center on Friday night January 20th. Close to 80 people came together for food and entertainment arranged by Bob and his Crew. It was a great experience with all ages represented in a low-pressure positive environment where we could all focus on the good things that we have seen done and the good people we work with in town.

We want to acknowledge the contributions of two Troy employees who are moving on at this time. Ed Atkins our Road Agent has taken a position with the County and Rhonda Sheets from the Water & Sewer Commission is pursuing a new course of study. We wish them both well and appreciate the help they have been to the Town of Troy while they were with us.

Budget Committee Wrapping Up:

The Budget Committee will likely have wrapped up its work for the year of putting together this year's Troy Town Budget by the time you read this article. There will be a joint Public Hearing with the Select Board – we have not set the date as of this writing so check the Town website or Selectman's Office – that will be held at the Community Center. The joint meeting establishes the final proposal that will be brought before the Voters – you – at Town meeting and hopefully resolves as many discrepancies as possible between the Committee and Select Board.

Open Elected Positions:

The Town of Troy still has a number of open seats on a number of Committees. Please check with the Town Clerk's Office and confirm what's available. If you think you might want to serve but aren't sure there are several positions that are serving out partial terms of members who have resigned or moved so you could always try something out for a partial term.

Candidates Forum:

The Select Board is planning on conducting a Candidates Forum for anyone running for any Town Office. We have done these for several years now and it has proven a good way to get to know who's running for what and how they think they can help. It looks like that will likely take place on either Thursday February 23 or Friday February 24th. The location is yet to be confirmed but will likely be the Selectmen's Conference Room in Town Hall.

As always, Thank-you for your support.

GAP MOUNTAIN LIONS

– WE SERVE

By Nancy Nye



February is a busy month for celebrating. Starting with the Chinese New Year and Groundhog Day followed by Valentine's Day and then President's Day. All in all a busy month.

If you are having trouble with your eyesight, give us a call and maybe we can assist you with an exam and/or glasses. What about your hearing? Maybe we can help there too.

The club is looking forward to our partnership with Hannaford's in Keene for our book sale. Thanks so much for all your donations of books and think of all the new ones you can buy when you do your grocery shopping there this month. This is a new fundraiser for us and hopefully it will be a success. We will still be collecting books the first 2 weeks of February. All the proceeds are going toward our KidSight Project so we can continue to screen our grade school children. WE APPRECIATE YOUR SUPPORT!

Remember WE SERVE and are here to give assistance where we are needed.

Check us out on Facebook. Gap Mountain Lions

Call Nancy @ 242-6293 or Marion @ 585-9465 if interested in joining the world's largest service organization or if an application for our help is needed.

Your Ad Here
(Just email:
TTNroytown@gmail.com)



Keep'em
HEALTHY
Veterinary Clinic

Andrew V. Cooke, DVM
120 North Main St., Troy, NH
(603) 242-6007
www.keepemhealthy.com

KEH009_1018

TROY HISTORICAL SOCIETY

What will February's weather be? January started out strangely with ground covered with snow, then all gone by morning, with a temperature of 50 degrees. Only in New England!

March is usually the time we have a membership drive. Rather than send out letters we decided to *invite you* to come to the Troy Historical Museum on **Saturday, March 4, from 10am to 12pm** to sign up and receive a membership card. During this time you can meet other members, tour the museum, and see for yourself **what a great museum we have!**

We are working on events for the year. In May, we are planning an event with the author, **Bradford G. Blodget** at the Troy Depot. He has written several books about the history of railroads in the Monadnock area and will be introducing and signing his new book. We will have more information in the TTN.

This year we will be having an **Arts and Crafts Fair on the Common**. The Fair will be **Saturday, July 15, 2023** from 9am to 2pm. This fair will give you the opportunity to demonstrate how you make your crafts as well as sell them. There will be food, live music, and activities for children. More information will be coming in future TTN.

In the Fall, we are planning something different for the Troy Historical Society. Keep checking your TTN to see what it will be. Also, if you are cleaning out and have family items, such as old photographs, clothes, jewelry, and toys from the fifties and sixties, please consider donating these items. We are **always** looking to add new things to our displays.

We are looking for new members not only for the Troy Historical Society, but for the Troy Depot as well. In order to keep things moving along we need more people to help. We are still working on getting the Budd Rail Diesel Car to the Troy Depot. It doesn't involve a whole lot of time unless we are working on a project. Please consider giving about 3 hours a month to help us continue.

"Preserving the Past for Tomorrow."

FITZWILLIAM RECREATION

Are you looking for some friendly competition; **Adult pickup basketball** continues on Tuesday nights from 7-9 pm at Emerson Elementary school. No registration is necessary. Be aware that basketball will be canceled if schools are closed due to inclement weather.

Yoga classes with Michelle Davis Wellness will continue on Wednesdays at 10 am and 630pm, above the Fitzwilliam Town Hall. The cost for drop-ins is 12.00. All levels are welcome!

The Recreation Department would like to thank all of our volunteer coaches. Our Youth Programs could only operate with all of your efforts.

Freeze Fest is coming your way; follow us on the Fitzwilliam Recreation Department Facebook Page for the final details. This year's event will take place by the Pole Barn!

Fitzwilliam Recreation Department
603-585-7270
Fitzrec@fitzwilliam-nh.gov



Your Friendly South Main Street Neighbor



Joshua Benner
REALTOR®

Cell: (603) 903-3854
Office: (603) 357-4100
Joshua@BennerHomes.com
www.BennerHomes.com

RE/MAX TOWN & COUNTRY
117 West St. Keene, NH 03431
each office independently owned and operated



LOVE
the **LIBRARY**

February is Library Lover's Month

GAY-KIMBALL LIBRARY



Where Awesome Happens
By Jennifer Momaney

Book Love is in the air! Why not go on a
Blind Date with a Book?

Join us for the Fun!

Take Your Child to the Library Day!

Saturday Feb 4th - We will have a book scavenger hunt with a fun prize!

School Break Week Fun at the Library:

Tuesday 21 – 3pm - 5pm Lego Challenge. Come to the library and show off your Lego skills by trying one of our fun challenges!

Wednesday 22 – 3:30pm Storytime story and craft for kids 4+

Thursday 23 – 4pm - 5pm Mo Williem's Party storytime crafts and games with Pigeon, Elephant & Piggie, and more!

Family Book Club

Saturday Feb 25th 11am - Make reading a family activity this year! We will have an adult book club in the meeting room simultaneously with a children's book club in the children's room (for ages 7-12)

Adult Book Club

Tuesday Feb 28th 5:30pm – We will be reading *The Bluest Eye* by Toni Morrison

Mark your calendars:

Dr. Seuss Day - March 2nd Come to the library for storytime, crafts and games all about the silly world of Dr. Seuss.

Remember we have FREE e-books & audio books AND MAGAZINES! from our NH Downloadable Collection (in co-operation with the State Library & other NH Libraries). Will work with your Kindle, iPad, iPhone, etc. Find the link on our website.

Contact the library for more information, or just to chat:
(603) 242-7743

Our Hours:

Tuesday – 10:00am - 7pm

Wednesday & Thursday - 2pm - 7pm

Saturday - 10am - 2pm

Do those hours not work for you? You can make use of our 24/7 Library Lockers!

The **Library Board of Trustees** will meet on Wednesday March 1st at 5:30pm to discuss library business.



FEBRUARY IS AMERICAN HEART MONTH: HEART-HEALTHY TIPS

February is designated as American Heart Month to advocate cardiovascular health and raise awareness about heart disease. Since 1963, American Heart Month has been celebrated as a way to educate Americans to join the battle against heart disease.

What Is Heart Disease?

The phrases “heart disease” and “cardiovascular disease” are used interchangeably to describe the various conditions that affect your heart. Heart or cardiovascular diseases include blood vessel diseases, heart rhythm problems, and congenital heart defects.

The most common form of heart disease in the United States is coronary artery disease (CAD), which occurs when the arteries that supply blood to the heart become hardened and narrowed due to a buildup of cholesterol, known as plaque. CAD can lead to health issues such as heart attack, heart failure, angina (chest pain), stroke, and irregular heartbeat.

Heart-Healthy Habits

Get enough exercise. Physical activity is one of the best ways to improve heart health. The American Heart Association recommends at least 150 minutes per week of moderate exercise.

Quit smoking. If you're still smoking, it's time to quit. Benefits to living a smoke-free life include improved circulation, reduced risk of certain types of cancer, and feeling more energetic.

Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats. A Mediterranean diet focuses on eating a diet rich in fresh fruit and vegetables, whole grains, nuts, and fish and seafood instead of red and processed meats.

Watch your numbers. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes.




Reduce your alcohol intake. Excess alcohol consumption can worsen health conditions that contribute to heart disease, such as high blood pressure, arrhythmias, and high cholesterol levels.

Watch your weight. Too many pounds can add up to increased heart disease risk.

Get better sleep. Sleep is beneficial for brain functionality, metabolism, immune functionality and emotional well-being.

Reduce stress factors. Stress can compound many heart disease risks. Take the time to find healthy outlets to relieve stress and lower your risk of heart disease.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12 	13	14 	15	16	17	18
19	20 	21	22	23	24	25
26	27	28				

PRESIDENTS' DAY HISTORY

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

Washington's birthday was celebrated on February 22 until well into the 20th century. In 1968, Congress passed the Monday Holiday Law to "provide uniform annual observances of certain legal public holidays on Mondays." By creating more 3-day weekends, Congress hoped to "bring substantial benefits to both the spiritual and economic life of the Nation."

Is Presidents' Day a Federal Holiday?

Today, George Washington's Birthday is one of only eleven permanent federal holidays established by Congress. One of the great traditions followed for decades has been the reading by a U.S. senator of George Washington's Farewell Address in legislative session, which remains an annual event to this day.

When Is George Washington's Real Birthday?

Although the federal holiday is held on a Monday (the third Monday of February), George Washington's birthday is observed on February 22. To complicate matters, Washington was actually born on February 11 in 1731! How can that be?

George Washington was originally born when the Julian calendar was in use. During Washington's lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done in 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add one year to be in sync with the new calendar.

By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his year of birth as 1732.

To summarize, Washington's birthday changed from February 11, 1731 (Old-Style Julian calendar), to February 22, 1732 (New-Style Gregorian calendar).

Tri-State Restoration, LLC



Water, Fire, Smoke Damage Restoration, Mold Remediation & Post Construction Cleaning



Proudly Serving NH, VT & MA

(603)352-6802

www.TriStateRestoration.info

TRINITARIAN CONGREGATIONAL CHURCH

A Decade of Faithful Service

Celebrating 10 Years of Pastor Stanley Clark's Ministry
To the Town of Troy, NH

It is hard to believe that it has been a decade since February of 2013 when Mr. Clark began his tenure as Senior Pastor of the Trinitarian Congregational Church. In retrospect, however, the maturity gained by our church family over the past ten years has truly been a testament to an anointed ministry of teaching. Upon assumption of this role, Pastor Clark acknowledged the weight of being a Biblical teacher as described in James, "Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness." In doing so, he embodied the calling of "shepherd" spoken of in the book of Jeremiah, "And I will give you shepherds after my own heart, who will feed you with knowledge and understanding."

On the day Pastor Clark accepted this position at the church, his only condition for the Diaconate Board was that he would be granted the liberty to preach from any passage in the canonized book of Scripture. Since that day, messages of knowledge and understanding have not ceased to flow from the pulpit of this white steeple. The most read Bible verse of the church undoubtedly became 2 Timothy 3:16, "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness." Pastor Clark coined the phrase "Read Your Bible" to remind parishioners that the plumb line of the church was the Word of God. Pastor Clark used the Bible to teach but also to correct, sharing Scriptures that warned us to stay faithful to the Words of Christ: "Preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching. For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths."

In pursuit of sound teaching, Pastor Clark utilized the expository teaching method. This meant that each sermon was structured to take one Scripture passage, break it apart, and explain what it meant with other confirming Scriptures. In this way, what was shared from the pulpit was simply the living Word without bias or opinion. This method aligned exactly with the intent of preaching explained in the Bible, including Nehemiah 8:8, "They read from the book, from the Law of God, clearly, and they gave the sense, so that the people understood the reading" and Ecclesiastes 12:9, "Besides being wise, the Preacher also taught the people knowledge, weighing and studying and arranging many proverbs with great care." In this way, those who listened to Pastor Clark heard only the purity of God's Word. According to the saying of Jesus, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."

When the church temporarily paused its in-person services during the pandemic lockdown in the spring of 2020, Pastor Clark began recording his sermons so that the congregation could continue to hear the Word of God taught weekly. Provided both online and in disc format, this method of sermon delivery proved enormously beneficial to the church membership and to the surrounding community. Proceeding through the church's reopening, Pastor Clark continues to record each week's sermons separately to cater to a growing audience of listeners online. The clarity of Pastor Clark's Scripture teachings has reached local shut-ins, families in distant communities, and international listeners in the Philippines, South Korea, Indonesia, Canada, and Mexico.

As of February 2023, a catalog of over 270 sermon videos will have been recorded and shared along with hundreds more that were delivered in the seven years prior to recordings, altogether planting seeds of God's truth in the ears of many. Nonetheless, on the ten-year anniversary of Pastor Clark's first Sunday at this church, his message remains unchanged. In a hallmark sermon titled, "Message Over Method" Pastor Clark looks to acknowledge the necessary preeminence of the message of Christ in an ever-changing world of religion. As it says in Jeremiah 6:16, "Thus says the Lord: 'Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls.'"

We as a congregation are so incredibly grateful that the Lord has blessed us with such a faithful and earnest Bible teacher as Pastor Clark. As we celebrate ten years of his service to this church and to the Town of Troy we wish to emulate the words of 1 Timothy 5:17, "Let the elders who rule well be considered worthy of double honor, especially those who labor in preaching and teaching."

*Sunday Morning Service ~ 9:30 a.m.

*Church Website: www.trinitariancongregationalchurch.org

*Church Email: troycongregational@gmail.com

*Church Phone: (603) 242-7800

surell accessories

FACTORY OUTLET
with **WHOLESALE PRICES**



Winter Accessories!


Sheepskin Products
Faux Fur • Slippers
Kids • Gloves
Hats • Earmuffs
Headbands • Vests
Home Decor

198 Main Street
Rt. 12 • Troy, NH
Mon-Fri 10 AM-5 PM


603.242.7784 

www.shopsurell.com


**DO YOU HAVE BREAKFAST,
LUNCH OR DINNER PLANS?
TRY THESE EATERIES!**


♥  ♥

Valentine's Dinner
How sweet it is to be loved by ewe!



Tuesday, February 14, 6:00 pm
reservations required

 **THE INN at EAST HILL FARM**
603-242-6495

 **TROY PIZZA BARN**

**7 Marlborough Road, Suite 2
Troy NH
603-242-3700 603-242-3701
Sunday 12—8 PM
Tues, Wed, 11 AM—8 PM Thurs, Fri 11 AM—9 PM
Saturday 11 AM—9:00 PM Closed Monday
CREDIT & DEBIT CARDS ACCEPTED**

Troy Deli and Marketplace
"Your Friendly Neighborhood Store"
Hot and Cold Sandwiches
Tenders, Nugget, Fries, and more
Deli Meats and Cheeses by the Pound
Fresh Burger, Steak, Chops and Chicken
Groceries, Produce, Beer, Cigs & Lotto
M-F 6AM-10PM Sat & Sun 7am-10pm




 **603-242-6639**
Propane Exchange \$22.99

FIRST BAPTIST CHURCH

When I was much younger and attending a small church in Surry, NH, we used to sing a lot of choruses in Sunday School. One chorus we sang was about love. The words were: "Love, love, L-O-V-E, Love, love, boundless and free. Jesus left heaven to die on the tree; This was love, love, love!" In the concordance of my Bible I counted 120 verses that have the word "love" in them. Plus there are verses in the Bible that have "loved," "loves," "loving." I take it from this that God is a God of love and He proved it by sending His son, Jesus, from Heaven to Earth to die for our sins as He was the only one without sin that could do this! Talk about love!!!

Recently in a message at church, Pastor Donn described the four kinds of love. They are **Eros** which means erotic, **Philia** which is a powerful emotional bond seen in deep friendships and where the name Philadelphia comes from, **Storge** which is family love, and the greatest love of all is **Agape** love which is defined as the highest of the four loves and as God's immeasurable, incomparable love for human king. Valentine's Day is approaching and it is great if a husband buys his wife flowers, or gives her chocolates or in some way expresses his love for her and vice versa. Children love to exchange Valentines at school and have heart shaped cookies, cake, candy, or other treats. Because of Valentine's Day being in February, this is the month we focus on **love!** And what better love to focus on than that of our Lord and Savior, Jesus! We at First Baptist Church of Troy wish you all a Happy Valentine's Day! We trust that in some way each of you will know you are loved, and especially that you will know you are loved by the Lord. Please visit us on Sunday mornings where we share God's love with each other, support one another and pray for one another.

We invite those who do not already have a "home church" to visit First Baptist Church of Troy. We are located on Route 12 north of the common. Our Sunday morning service is at 10:30 am. During that time, we focus on four things: singing hymns and songs in praise to the Lord, praying for one another, the teaching of God's Word, and fellowship with one another.

We meet for an informal time of prayer at the church on Tuesday evenings at 7 pm. All are welcome to come as we share praises and prayer requests and discuss any questions concerning the previous Sunday's message. It is a great time to encourage one another.

The Sunday morning messages are available to everyone. The messages are on Pastor Donn's ministry website www.biblelabs.com. From the homepage, click on the link titled "Bible Book Commentary" under the heading "Audio Message Library" and that will take you to the message series. The current message is usually uploaded before 10:30 AM every Sunday.

If you have a prayer request, or want to be added to the list of those who receive the link to the messages via text or

email you are encouraged to email Pastor Donn at pastor@troybaptist.com or Sue at suewill@me.com

The podcasts are also linked from the homepage at <http://www.biblelabs.com>. **We would love to hear from you.**

There is always a warm and friendly welcome at First Baptist Church of Troy where we believe

Jesus Still Saves.



Minute MART
More than just a convenience store!

Beer • Wine • Soda • Groceries • Lottery Tickets • Cigarettes

OPEN EVERY DAY 6 am TO 10 pm
603-242-3343
8 Marlborough Road • Troy, NH



TROY
Laundromat

Second to None!
15 Central Square, Troy, NH
Open Every Day
6:00am to 11:30pm
We accept change & credit/debit cards

Mikayla's Fluff & Fold Service
Wash, Dry & Fold Services
Now Available by Appointment.
Call Mikayla: 603.249.6319

TROY TOWN NEWS

Published monthly and mailed to all residents of Troy, NH. TTN is not funded or sponsored by the Town of Troy. Costs are paid by our advertisers; please support them!

Produced by Non-profit TROY COMMUNITY COMMUNICATIONS CORP & Printed by Silver Direct. The aim is to provide an open forum for citizens of Troy. Articles are the opinion of contributors and do not reflect the views of the staff.

All rights reserved.

Submissions are encouraged. For more information about writing for TTN, advertising, or to volunteer please email ttntroytown@gmail.com.

Deadline for all material: 15th of the previous month.

TTN Staff: Herb Drugg, Warren Eyring, Pam & Dennis Johnston, Kristan Tilton

TROY TOWN NEWS
POST OFFICE BOX 641
TROY, NH 03465

US Postage Paid
Bulk Rate
Permit #13
Troy, NH 03465

Troy Postal Patron
Troy, NH 03465



Full Burner Department
Home Heating Oil * Chemical Blend * Kerosene
On/Off Road Diesel * Gasoline

Order Online @ swanзейoil.com!!
100 gallons min. delivery to Troy
Every Tuesday and Thursday!
Very Competitively priced!

Programs Available:
* Auto Delivery * Budgets
* Pre-buy * Fuel Assistance
* Senior/Veteran's Discount
(603) 357 - 5400

(603)242-3397
(603)242-7839

WWW.TROYPOWERSPORTSNH.COM

TROY POWERSPORTS
136 NORTH MAIN ST
TROY, NH 03465
(603)242-3397 (603)242-7839

Sales Person

- Certified Technicians
- Large Inventory of Parts & Accessories
- Great Selection of New & Used Snowmobiles, Side by Sides, & Atvs

EMAIL US AT
INFO@TROYPOWERSPORTSNH.COM

AAA & all major tow clubs accepted

- Body Work
- Mechanical Work
- Light to Heavy Autobody
- State Inspection
- 24 Hour Light to Heavy Tow Service

Phone: 603.242.6270
Fax: 603.242.3801

Jay Coppo
103 South Street
Troy, NH 03465

9 Fitzwilliam Road
Troy, NH 03465

LEPISTO'S GARAGE

Offering Fluid Film, Back in Black Undercoating, NH State Inspections, Full Automotive Repairs and many brands of Tires, Brake Service and Engine Tune-ups.

Phone: 603-242-6691

HOLMAN CONTRACTING

Call for a free quote today

JOHN HOLMAN
www.HolmanLandscapeMaterials.com

Three New Services:
Tree Trimming
Wood Chipping
Stump Grinding

40 YEARS EXPERIENCE

Roads, Driveways, Site Prep, Septic Installation, Site Excavations,