



Jesse Schust heads out for a late-day swim on Pleasant Lake over Thanksgiving weekend 2015, after a fresh snow. The water temperature was estimated at 45 degrees. Jesse will speak on April 8 in Danbury about his winter-swimming hobby.
Photo: Jesse Lambert

Jesse Schust to Speak on Winter Swimming on April 8

Poetry and Pastries on April 22

Press release

The South Danbury Speaker Series moves into the new season with new events, but minus the winter Soup and Salad offering.

"March came in like a lion and went out like ... well, part lion, part lamb, depending on when you thought to check," notes Kathy Neustadt, the series' co-founder. "We're guessing that April is going to be more of the same – highly variable – and we want our programs to reflect a similar theme."

On Friday, April 8, Jesse Schust of Andover will be speaking on "The Joys of Winter Swimming," a personal story of why and how he swims in ice-cold water – called, ever so politely, by Polar Bear Clubs and interested individuals alike, "water that is too cold for comfort." Jesse's typical times and temperatures include an hour at 60°, a half hour at 50°, 12 minutes at 40°, four minutes at 35°, and two minutes at 33°.

Jesse will talk about what led him to become a winter swimmer, as well as some of the risks and benefits involved. "I never thought I would be someone who'd do this," he explains, "but I couldn't believe how relaxing and enjoyable it was after you get out of the water." He admits it feels different when you're in it!

Herseys from page 34

in character with a Walton's way of life. Step into our world, and return to 1935! Most importantly, this legacy of New Hampshire history will remain in the Hersey family.

We love the community spirit of Andover. "It's a Norman Rockwell, Robert Frost kind of town," were my first words. The Andover Community Cofeehouse is amazing! Everyone works together toward their desire to keep the flavor of the town of Andover ... down-home Americana at its best.

Jesse will show some slides from his experiences and display some of the specialized equipment he employs: for example, the plastic strigil (or squeegee) he uses for drying off; neoprene gloves, hat, and socks; clip-on flashlight; and digital thermometer. He is prepared to answer any and all questions about this interesting and unusual "sport."

Meanwhile, it's all about the warmth on Friday, April 22, when Danbury celebrates National Poetry Month with its second annual Poetry and Pastries night. Co-sponsored with the Friends of the George Gamble Library, this is a great opportunity for local residents to enjoy poetry – their own, or favorite verse by other authors – together as a group. In celebration (but also, perhaps, as inspiration), readers, reciters, and listeners alike are also invited to enjoy the delightfully sweet pastries furnished by the Friends. All donations for the evening will benefit the Library.

"We had such a lot of fun last year with all the people who participated," says Friends President Ann Jule, "and we're really looking forward to this year's gathering. We hope lots of new people will join us!"

The George Gamble Library is located at 29 Route 104 (near the Danbury Post Office) and is open on Wednesdays from 1 to 6 PM, and on Saturdays from 10 AM to 3 PM. To sign up to read your selection of poetry (of up to five minutes), please call 768-3765 and confirm your slot on the roster, or stop by the Library to check out all the new things that are happening there.

Speaker Series events begin at 6:30 PM and are free to the public, although contributions are always welcome and appreciated. The South Danbury Church (an open and affirming congregation of the United Church of Christ) is located at 1411 US Route 4 in South Danbury, where church services are held on Sundays at 11 AM. For more information about the spring series, call 768-3191.

Best-Selling Author to Speak at VNA Luncheon

Jessica Lahey in New London on May 18

Press release

Lake Sunapee Region VNA and Hospice's (LSRNVA) luncheon, now in its 17th year, celebrates remarkable women in our area who give back to the community in a big way. Highlights of the luncheon include the annual Women Making a Difference awards and the always-interesting and uplifting message from our guest speaker.

This year's speaker, Jessica Lahey, is an educator, writer, and speaker. She has taught middle school and high school for over a decade, is a correspondent for The Atlantic, commentator for Vermont Public Radio, and writes the "Parent-Teacher Conference" column for the New York Times. Jessica earned a BA in Comparative Literature from the University of Massachusetts and a JD with a concentration in juvenile and education law from the University of North Carolina School of Law. She lives in New Hampshire with her husband and two sons.

Her New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their*

Children Can Succeed was released in 2015. From the publisher's introduction: "Modern parenting is defined by an unprecedented level of over-protectiveness. Empathetic and wise, *The Gift of Failure* is essential reading for those who want to help children thrive."

Lahey says, "Out of love and desire to protect our children's self-esteem, we have bulldozed every uncomfortable bump out of their way. Unfortunately, in doing so we have deprived our children of the most important lessons of childhood.

"The setbacks, mistakes and failures we have shoved out of our children's way are the very experiences that teach them how to be resourceful, innovative, and resilient citizens in this world. It's up to us. Parents have the power to grant this freedom to fail. Teachers have the ability to transform that failure into an education. Together, we have the potential to nurture a generation of confident, competent adults."

Contact Cathy Raymond at 526-4077 or CRaymond@LakeSunapeeVNA.org for information and to reserve your seats at \$40 per person, with the proceeds to benefit the Lake Sunapee Region VNA pediatric programs.

Cribbage on Thursday Nights in Salisbury

Playing at 6 PM through July

Press release

Looking for something to do? Join us for Cribbage Night every Thursday evening at 6 PM at the Salisbury Town Hall.

It is open to everyone. The cost is \$5.00 and all the money goes back to the players.

We will be playing until the end of July. Contact Helen Binette at 603-648-2156 for information.

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