



## Upcoming Events Continued...

Visit [www.seacoastvillageproject.org](http://www.seacoastvillageproject.org) and click on the "Event" tab for more information on any event and to register by the day before (unless otherwise noted).

### Kingman Farm Hike

**Monday, December 12, 10:00am**

Madbury, NH

Rain date: December 13

During the holiday season the antidote to reining in activity overload and stress is to get outside! We will do a loop hike that combines woodsy, flat, and rolling terrain, a nice stretch along the Bellamy River, and an open field for a snack break. The hike is approximately 3 ½ miles, which we will do at a comfortable pace.



### Prospective Member Info Sessions

**Tuesday, December 13, 10:00am**

**Thursday, December 22, 4:00pm**

via Zoom

Considering Village membership? Join us to learn more about how Seacoast Village can help you maintain control over your life, stay in your home, and actively participate in the community you love for years to come. Visit the website and select the session you'd like to attend and RSVP.



### Asking for Help: What Are the Roadblocks?

**Wednesday, December 14, 10:00-11:30am**

*with Sam Marwit, clinical psychologist*

Via Zoom

Sam Marwit will share his personal story and reluctance to ask Seacoast Village for help recently when he and his wife got COVID. He will also provide some background information that includes limited research on this topic. After this opening, we hope others will share their experiences and engage in a thoughtful discussion. This is an important topic for all of us to discuss.



#### About the Speaker

Sam Marwit lives in Dover. He is currently on the board of the Seacoast Village Project. He is a clinical psychologist and former professor. You can read his "Member Story" on the Village website.

Regarding this topic, please note that Sam does not claim to be an expert in this area other than being a total failure at asking for help.

## Upcoming Events Continued...

### ***Member discount!***

### **Portsmouth Symphony Orchestra Family Holiday Pops!**

**Saturday, December 17, 7:30pm**

**Sunday, December 18, 3:00pm**

Portsmouth High School

Senior tickets: \$25 less 10% Village member discount



The Portsmouth Symphony Orchestra is offering Village members a 10% discount at their annual Family Holiday Pops concerts. This year's performances will feature the Portsmouth High School Concert Choir and promise to "delight audiences of all ages with a seasonal blend of music from beloved movies and classic Christmas favorites."

Members received a special email containing the discount code. You can also call the office to obtain the code.

### ***2023 Save the Dates!***

#### ***Members-only event***

### **Post Holiday Brunch**

**Sunday, January 15, 11:00am-2:00pm**

Grill 28, Pease Tradeport, Portsmouth

After the dust has settled from the holidays, let's gather together to wish one another a Happy New Year and to kick off 2023 as a Village. Brunch will be provided. There will be a cash bar for drinks. We hope this will offer a relaxing time to get to know other members and reconnect with friends.



## **Village Neighborhood Meet-ups and Planning Sessions**

The Seacoast Village Project encompasses multiple Seacoast areas, referred to as "clusters" or compass neighborhoods. While there are programs and services that span all areas, not all clusters have the same interests and priorities.

These planning sessions are an important opportunity for members who live near one another to share their thoughts and ideas for future programs and services, and to help shape the future of their Village cluster.

Non-members are welcome to join us and learn more about the Village. Light refreshments will be served. Please visit the Village website to learn more and to register for your neighborhood meet-up.

**Turn the page for the 2023 meet-up and planning session dates...**

## Village Neighborhood Meet-ups and Planning Session Dates

**East** (Portsmouth, Newington, Greenland)

**Wednesday, January 18, 1:30-3:00pm**

Portsmouth Public Library

**West** (Stratham, Exeter, Kensington, Brentwood)

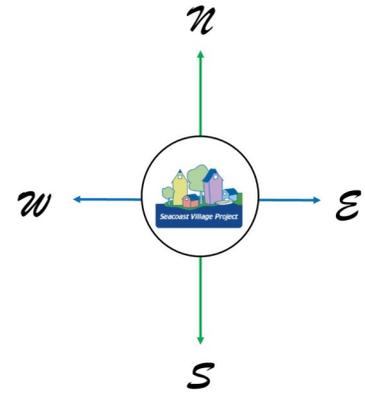
**Wednesday, January 25, 10:00am-12:00pm**

Wiggin Memorial Library, Stratham

**South** (New Castle, Rye, Rye Beach, North Hampton, Hampton, Seabrook)

**Wednesday, February 1, 9:30-11:30am**

Rye Public Library



Please save the date and plan to attend the session for your area in the new year.

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## Get Connected: Snow Removal Services

Snow season will soon be upon us!

Do you have a snow removal service or professional in your town that you work with and would recommend to other Village members?

Help build our network of trusted providers and complete the referral form on the website, which can be found under the 'Resources' tab on the homepage.

Your suggestion will be included in our online directory (available to members under the 'Members' tab after you log in).

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## Helping Each Other Out: Welcome New Board Members

The Seacoast Village Project board of directors, which is made up entirely of Village members, plays an important role in helping to set the organization's goals and path to success. We all owe our thanks to this group of leaders who, in addition to participating as members and volunteers to support the provision of programs and services, devote additional time to the governance and oversight of the Village.

On November 15, the Village welcomed three new members to its board of directors: Katharine "KK" Brown, Dennis "Denny" Chasteen and Susan Getman. They join existing board members Nancy Euchner (President), Kathy Rockwood (Vice President), Kathy Donovan (Treasurer/Secretary), Peter Cass, Sam Marwit, and Addie Tarbell, bringing the number board members to nine. All three new members bring with them experience serving on other nonprofit boards.

**Continued on next page...**

## Helping Each Other Out: Welcome New Board Members continued...



KK Brown, who lives in Rye, has worn many professional hats including banker, singer, childcare provider, photographer, and organizer. Her interests include piano, gardening, reading and investing. KK is the subject of this month's Member Story below. Read on below to learn more about her.



Denny, who lives in Lee with his wife Lori Lavac, is a retired UNH professor of biophysical and marine chemistry whose interests range from scuba diving to metalworking to environmental issues. Denny's full Member Story can be found on the website.



Susan Getman, who is in the process of moving to Portsmouth with her partner Merle Jacobs, is a volunteer court mediator and has a certified therapy dog. She's an avid skier, kayaker and rock climber. Denny's full Member Story can be found on the website.

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## Member Stories

### Katharine "KK" Brown, Rye

In 2016, after seeing my Mum and Dad through their plan to "age in place," my (now late) partner and I found a wonderful house in Rye, which was sorely in need of TLC. That was a big and satisfying project, and I've never looked back. I love living near the ocean, and what an amazing place this is for volunteer opportunities.

My career was, as they say, checkered. I have a BA from Cornell in Government/Political Philosophy, and an MBA from Wharton. At heart I'm a dilettante artist. After my daughter was born, I had a home childcare/preschool for over 25 years, which turned out to be my real avocation. That was a very fun time, and that's where my nickname comes from.

Nowadays, my day is not complete without time at the piano, a bit of reading, and finding something beautiful or fun to photograph.

The Seacoast Village Project is relatively new to me. It's part of my plan (so to speak, still evolving) to stay in my home as long as possible without becoming a burden. Experience has shown me that the desire to remain at home can result in an ordeal for others, no matter how much love there is. The Village Project concept can be one step in the plan.

Read more of KK's Member Story on the Village website.

