

Mont Vernon



Cadette Troops 20061 and 22171 took a self-defense class at the Mont Vernon Karate School on Friday! Many thanks to owner Jim Peacock for a fun, informative and entertaining experience!

Daland Memorial Library News

Library Director: Bonnie Angulas
Children's Program Director: JoAnn Kitchel
Hours:
Tuesday 10-5:30
Wednesday 12-8
Thursday 10-5:30
Friday 2-6
Saturday 10-1
Sunday Closed
Monday Closed

Junior Book Clubs

Bonkers For Books junior book club for 3rd and 4th graders will be reading "A Nest for Celeste" by Henry Cole. Group will meet on Wednesday, December 3rd from 4-5pm.

The Page Turners junior book club for 5th and 6th graders will be reading "Crispin" Avi. Group will meet on Wednesday, December 10th from 4-5pm.

The **Just Because We Are Awesome** junior book club for 7th and 8th graders will be reading "The Goose Girl" by Shannon Hale. Group will meet on Wednesday, Dec. 17th.

Books for all three groups are available to borrow @ the library. New members always welcome!

Pins And Needles is back!

Pins and Needles knitting and crafting group is back! Join our new leader, Ana Barrett, on the first Thursday of every month from 6:30-8pm for a night of communal crafting. Adults and children ages 8 & up are welcome to attend. Mark your calendar for Thursday, Nov. 6th and Thursday, Dec. 4th.

Holiday Super Saturday

Sign up to make a beautiful glass lantern to bring to tree lighting on Saturday, December 6th. Miss JoAnn has openings for 48 children. 4 one hour sessions at 10, 11, 12 & 1pm. Space is limited! Call to reserve your space today!! Ages 6 & up please.

The Bibliophiles

Our new evening adult book club will be reading *Rebecca* by Daphne Du Maurier this month. Group will meet on Wed., November 19th at 7pm. Books available to borrow at the library. New members always welcome. Refreshments will be served.

Friends Nominate Officers

The slate to date: President – TBA, Vice President – Lori Meader, Treasurer – Larry Yetter, Secretary – Genevieve Coursey, Newsletter – Stephanie Lindsey, Publicity – TBA. Anyone interested in a position may contact the library at 673-7888, or current president, Bruce Schmidt at 4bschmidt@comcast.net. Fall and winter programs for both adults and children will be discussed.

Through fund raising the Friends of the Library help supplement extras for the library that tax dollars do not cover including the children's summer reading program, museum passes to three area museums, caring for the library gardens, book groups for both children and adults, and treats for the many trick-or-treaters who visit the library on Halloween.

The annual membership of \$15 includes a newsletter published ten times a year and helps support the above programs. Join now and your membership will run through December 2015. Checks made out to The Friends of the Daland Memorial Library. New members are always welcome.

Morning Book Discussion Program

The last selection for 2014 in the Daland Memorial Library's month-

ly morning book discussion program will be the classic short story, "The Gift of the Magi," by O'Henry. An American writer born in 1862, this is probably his best known work. The discussion will be held on Monday, December 1, at 9:30 a.m. at an off site location. Traditionally, the group has a holiday brunch that precedes the discussion. Please contact the library if interested in the discussion. Copies of the story are now available at the library.

The group plans to meet on Monday, January 5, 2015, at 9:30 a.m. at the library to put together a list for 2015. The list usually includes fiction, non-fiction, a biography or auto-biography, a classic, perhaps poetry, and something with a local flavor.

The group usually meets once a month and the meetings last an hour and a half to two hours. Participants take turns bringing a light refreshment. No attendance requirement – attend discussions that are of interest. The library pur-

chases a copy of each selection that may be checked out by library patrons when the book is not reserved for the discussion. Multiple copies of the book are made available through inter-library loan. The program is suitable for adults and open to Mont Vernon residents at no charge. For bookkeeping purposes, non-residents wanting to borrow a book will need to join the library, annual fee is \$15. Questions call the library at 673-7888.

Museum Passes at the Library

Passes to three area museums are available at the library to library patrons. Two museums are free and one has a small co-pay. Two are in NH and one is in Boston.

Check the websites listed below for further details.

Currier Museum of Art

Two passes – each pass admits two
NOTE: Special Exhibit: "M.C. Escher: Reality and Illusion" runs through January 5, 2015 – with the library

pass there is an additional charge of \$5.

SEE Science Center
www.see-sciencecenter.org
Three family passes

* **Museum of Fine Arts**
www.mfa.org

Take away FLEX pass – one pass admits two adults

NOTE – there is a \$10 co-pay for EACH adult. Some special exhibits require a ticket with an additional charge. (Without the library pass, the ticket price is \$25 (\$23 for seniors).

* The pass includes admittance to the Art of the Americas Wing.

Passes may be checked out for one week. (Take away and FLEX passes are not returned.) Late returns will incur a \$5 fine. Please call the library at 673-7888, or stop by to reserve a pass. Passes are made possible through the fund raising efforts of the Friends of the Daland Memorial Library.



27th Annual Messiah Sing!

MONT VERNON -- For 26 years, a chorus of about 100 from more than a dozen communities has sung selections from G.F. Handel's sacred and inspiring oratorio, "Messiah," in December. The tradition endures.

The chorus is under the direction of Jennifer Erdody, Milford High School music teacher and the director of the Souhegan Valley Chorus, with Jill Slocum and John Leslie as accompanists and organists. A small orchestra accompanies the chorus.

The first performance at the Mont Vernon Congregational Church at

4 South Main Street (at the top of Route 13) is Saturday, December 6 at 7 p.m. The second performance is Sunday, December 7 at 4 p.m.

No tickets are sold – a free-will offering is taken at each performance and checks may be made out to MVCC, with Messiah Sing on the memo line. Parking at the McCollom Building next to the church is reserved for musicians and the handicapped. Shuttles will be available between the parking lot at the Village School and the church before and after each performance. Questions? Call 420-8523.

2015 Pats Peak Ski & Ride After School Program

Kick Off The Weekends at Pats Peak...Online Registration is Open

Deadline To Sign Up And Avoid A \$25 Late Fee Has Been Extended To Dec 5th...

Don't Miss Out!

Join us on Friday nights beginning January 9th (5 week session) for some quality time with family and friends on the slopes of Pats Peak. One hour lessons begin promptly @ 4:30, then ski until close (10pm). If you are interested in chaperoning, please let me know (free pass to ski on scheduled program nights).

TO REGISTER (must be 6 by 115, grades 1-12):

- Go to http://www.patspeak.com/winter/ski_ride.html
- Click on Register online here
- Enter Username (montvernon) and Password (5141) and click login
- Chose your program/options (level/rentals, etc)...many to choose from.
- Have fun and stay warm!

PROGRAM TAGS (valid lift ticket/café card) - ready for pick up on Monday, Jan 5th (time/place TBD).

SCHOLARSHIPS - Please contact me for more information.

TRANSPORTATION - no bus transportation available. Parents are responsible for driving their children to/from Pats Peak.

If you know someone that is new to town that would be interested in the program, please pass on this information or have them contact me.

Check out the website (<http://www.patspeak.com/winter>) throughout the season to see all the fun events and activities that Pats Peak has to offer.

Feel free to contact me (554-7260 or cgm1071@comcast.net) with any questions.

Thanks everyone and hope to see you on the slopes (or in the lodge) in January!

Caroline Morrisette, Pats Peak Ski & Ride Program Coordinator

Happy Holidays!

Special Monthly Trainer Package Starting at only 4 Sessions per Month

Get the benefits of personal attention with your own trainer.

FREE One Hour Assessment/Training Session

RESULTS START WHEN YOU DO!



Kelley Beane
American Fitness Professionals Association - A.F.P.A.
Aerobics & Fitness Association of America - A.F.A.A.
National Academy of Sports Medicine - N.A.S.M.
American Heart Association - CPR, AED Certified



Dave Provins
C.P.T. - American Council on Exercise - A.C.E.
C.P.T. - National Strength & Conditioning Association - N.S.C.A.
C.P.T. - National Endurance & Strength Training Association - N.E.S.T.A., C.F.N.C. - N.E.S.T.A., AED & CPR Certified
Golf Fitness Specialist, Back Performance Specialist, Core Performance Specialist, TRX & Kettlebell Certified.



Chuck Conway
Certified Trainer
American Sports and Fitness Association - A.S.F.A.
Aerobics & Fitness Association of America - A.F.A.A.
TRX Certified, AED & CPR Certified



Liz Riley
Certified Personal Trainer
Aerobics & Fitness Association of America - A.F.A.A.
AED & CPR Certified



Chris Lanctot
CFT (Certified Fitness Trainer) - SFN (Specialist in Fitness Nutrition) through ISSA - International Sports & Science Association, AED & CPR Certified



Cynthia Gardent
American Fitness Professionals Association - A.F.P.A.
AED & CPR Certified

Why Elite Personal Training & Fitness?
Elite Personal Training and Fitness programs are designed around the client's needs and goals. Our trainers spend time learning about every client to ensure we can provide the best possible training experience. All of our programs are results-driven and specific to the client. We do not do cookie-cutter, one-size fits all programming. We also do not perform "workouts of the day". Every client will receive coaching on safe, effective exercise technique, proper nutrition strategies, and lifestyle coaching that will accelerate results.

We work closely with a client's other healthcare professionals to provide safe, effective fitness programming. Our clients come to us with different challenges...from those seeking weight/fat-loss, to those with health and physical challenges, and some with specific athletic goals. Our team of Elite fitness professionals have the knowledge and expertise to assist in bringing you positive results.

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Call either of our two great locations:
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www.EliteFitnessNH.com