

Past, present, future

The 157th breaks ground for new headquarters building

By 1st Lt. Sherri Pierce and Tech. Sgt. James Dolph, 157 ARW Public Affairs

The N.H. Air National Guard's 157th Air Refueling Wing hosted a ground breaking ceremony for a new \$7.3 million headquarters building Oct. 17 at Pease Air National Guard Base.

"This is our crowning jewel," said Maj. Gen. Kenneth Clark, the Adjutant General of the N.H. National Guard, of the new headquarters building.

It is also the last project of a long-term plan that begun back in 1988 when Pease Air Force Base was slated to close due to Base Realignment and Closure measures.

At the time, the 157th ARW needed to "maintain visibility as part of the community" which is why the headquarters building and the medical facility which has since been relocated were left outside the fenced in area of Pease Air National Guard Base, said Clark.

"In the post 9/11 environment, Building 100 will bring us inside the fence line and provide additional protection for our folks," said Col. Richard Martell, 157 ARW Wing Commander.

The new 24,287 square foot Operational Training Facility will house all of the functions currently held in the current headquarters building including command and administrative functions of the Mission Support Group, Personnel Flight, Judge Advocate Generals, chaplains, and the fitness center.

The facility will also be the first at Pease to target a Leadership in Energy and Environmental Design or LEED certification. The site work is designed to reduce surface water runoff and the building itself is designed to consume a minimum amount of energy throughout the year by utilizing occupancy controlled light switches, water conserving toilet fixtures, and high efficiency heating, ventilation and air conditioning equipment. In addition, recycled material will be incorporated in the building construction.

Completion of the facility is scheduled for late spring 2010.

History of the current headquarters building

The original headquarters building was constructed in 1955 and cost approximately \$139,000. Building 16, as it is referred to today, was built as the Headquarters Building for the 100th Bombardment Wing when Pease Air National Guard Base was an active Air Force Base. In the 1960's, the building served as the headquarters for the 509th Bomb Wing. From the early 1970's to June 1989, the 45th Air Division Headquarters was located there. At this time, Pease Air Force Base was in the process of closing and Building 16 became the headquarters for the 157th Air Refueling Wing and the New Hampshire Air National Guard. Over the years, the interior of the building has been renovated and modernized. In 1971, the main entrance was enlarged and in 1986 the exterior doors and windows were replaced. Even with these changes, the building retains its original form and character as an early Air Force Administration Building.



Original Pease Air Force Base headquarters building constructed in 1955.



Existing headquarters building for the 157th ARW.



Operational Training Facility scheduled for completion in spring 2010.

Spend time with family at the Winter Carnival



Commander's Column

By Col. Richard P. Martell

Every year, you spend two days a month (and sometimes more) serving your country in the N.H. Air National Guard. I realize the time you spend here during drill is time away from your family and I appreciate you and your family's dedication and sacrifice.

For the last several years, we have been able to take some time in December (which is right around the corner believe it or not) to spend some time at drill with our families to celebrate. I am happy to say we will, once again, be hosting the Winter Carnival event. While Wing members attend the Command-

er's Call to recognize individual and unit achievements and reflect on the past year, our families will be able to enjoy a little holiday cheer at the Winter Carnival.

If you have ever been to this event, you know how much fun it is for the kids. They can play games, win prizes, and watch magic shows and other live entertainment. They can also get their faces painted, build rockets with our Civil Air Patrol, and have their picture taken with Santa. It really is a great family event we are proud to put on every year.

We hope all our 157th families can make it to this event, especially those who have a member deployed. We certainly understand what a sacrifice you are making this holiday season.

I would also like to take this time to remind everyone to be safe during the holidays. Thanksgiving is only a couple of weeks away, followed by Christmas, then New Year's Eve. With all we have accomplished this past year, we certainly have reason to celebrate but please do so carefully. Remember to be a good Wingman.

I look forward to seeing you in December. Take care!

Be a mentor; change a life

By Master Sgt. Norma Long

I recently visited Dover Middle School and was approached by a guidance counselor about a shortage of mentors for middle school students. I decided to put together a short article to see if I could motivate some members to volunteer to be a mentor. In the Seacoast and throughout New Hampshire, Big Brothers Big Sisters has been helping kids for over 25 years. The way the program works is that the volunteer is matched with a young person between the ages of six and 17. As a mentor, you can meet your "little" at school during the week or arrange to spend time with them on the weekend. It all depends on your schedule. You will have fun and share activities together. The kids who need mentors may come from single parent families or they may be having a tough time

making friends or doing well in school. All they need is someone who cares enough to help them make the right choices and realize the potential in their young lives.

We have many kids through the Seacoast area who are waiting to meet the person who will become their Big Brother or Sister and change their life forever. If you are college student, single, married or you might know a neighbor who would want to volunteer, please contact Fran Meffen, Dover Middle School counselor, at (603) 516-7210. If you don't live in the seacoast area and want to become involved in your community, please go to their web site at www.nhseacoastbigbrothersbigsisters.org and I'm sure they will be able to point you in the right direction.

REFUELER



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157 ARW Base Multimedia Support Center

The Refueler welcomes articles and ideas that will improve the paper. If you have suggestions for feature or specific articles, please contact the PA office at 603-430-3577 or 603-430-3413, or your Unit Public Affairs Representative.

Current UPAR List:

Clinic

Tech. Sgt. Aaron Cleaver
Master Sgt. Emily Tebbetts

Mission Support

Vacant

Operations

Tech. Sgt. Lisa Joyce
Staff Sgt. Shane Hurd

Maintenance

Master Sgt. Michael Mercier
Staff Sgt. John Michniewicz

Logistics

Tech. Sergeant Michael Berry

Services

Master Sgt. Lori Johnson

Wing

Capt. Ken Leedberg

ATCS

Tech. Sgt. Harry Welch

Security Forces

Tech. Sgt. Daric Buttrick

State Headquarters

Master Sgt. Bill Bates

Remember:

Seat belt use is mandatory on base

and

highly recommended off base.

It is for your safety!

Incentives are out for FY 2009

Below are Air National Guard enlistment/re-enlistment incentive program AFSCs effective Oct. 1, 2008- through Sept. 30, 2009:

1N0X1	Intelligence Applications
1C1X1	Air Traffic Control
2A5X1	Aerospace Maintenance
2A5X3	Integrated Avionics Systems
2A6X1	Aerospace Propulsion
2A6X2	Ground Equipment
2A6X4	Aircraft Fuel Systems
2A6X6	Aircraft Electrical And Environmental Systems
2E1X2	Meteorological And Navigation Systems
2E1X3	Ground Radio Communication
2T1X1	Vehicle Operations
2T2X1	Air Transportation
2T3X1	Special Purpose Vehicle & Equipment Maintenance
2W0X1	Munitions Systems
3E0X2	Electric Power Production
3E1X1	Heating, Vent, Air Conditioning & Refrigeration
3E3X1	Structural
3E4X1	Utilities
3P0X1	Security Forces
4N0X1	Medical Service

Officer Accession And Affiliation Bonuses:

11M3	Pilot
14NX	Intelligence
21A3	Maintenance
21R3	Logistic Readiness
32EX	Civil Engineer
33SX	Communication And Information
52RX	Chaplain (May be eligible for Chaplain Loan Repayment Program)

* Bold are local AFSCs

Promotions

Lieutenant Colonel

Christopher Cieurezo, MDG

Robert Courtemanche, ARS

Major

Paulo Morales, ARS

Senior Master Sergeant

Carlos Teran, MDG

James OLoughlin, CES

Paul Frohn, CES

Gary D'Amour, OPS

Master Sergeant

Mark Collins, ATC

Technical Sergeant

Samantha Peplinski, LRS

Avalito Garcia, ATC

Edward Dubaniewicz, SFS

David Adrien, MXG

Staff Sergeant

Melani Gill, ATC

Kayla Bouchard, MXG

Valerie Johnson, LRS

Joshua Nichols, AMXS

David Gregory, ATC

Senior Airman

Phillip Carter, AMXS

Danette Perez, AMXS

Airman 1st Class

Kevin Perro, LRS

Cara Bellerose, AMXS

Transfers

Maj. Dean Rancourt

Tech. Sgt. Ralph Siemer

Retirements

Lt. Col. Denis Hebert

Maj. Duane Foster

Chief Master Sgt. Kim Adams

Master Sgt. John Lessard

Kick the habit Nov. 20

By Maj. Stephanie Riley, 157 ARW Medical Group



What are your plans for Nov. 20? For many of the estimated 48 million people who smoke in the United States, it may be a life changing day. Each year on the third Thursday of November, the American Cancer Society organizes the Great American Smokeout. This annual event began in 1971, when Arthur P. Mullaney of Randolph, Mass. asked people to give up cigarettes

for one day and donate the money they would have spent to a high school scholarship fund. Three years later, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded the state's first Don't Smoke Day. Based on the interest sparked by those two ideas, the California division of the ACS held the first Smokeout on Nov. 18, 1976 and prompted nearly one million smokers to quit for the day. The American Cancer Society took it nationwide in 1977 and has had the event annually since then.

What is involved in participating in the Smokeout? There is nothing to buy or join or sign up for. The only commitment is for you to decide to quit using tobacco products for 24 hours. According to the ACS, more Americans try to quit smoking on this day than any other day of the year, including New Year's Day. Not only does the event get people to think about trying to quit, it also draws attention to the deaths and chronic diseases caused by smoking. Throughout the 1980s and 1990s, many state and local governments responded by banning smoking in workplaces and restaurants, raising taxes on cigarettes, limiting advertising, discouraging teen cigarette use, and taking further actions to counter smoking. New Hampshire recently came on board with the national trend to ban smoking in restaurants.

The U.S. Surgeon General has stated that "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives." Most everyone knows that smoking is bad for your health, that it increases the risk of lung cancer, other cancers, heart attack, stroke and chronic lung diseases. Quitting can help decrease those risks as well as stop the damaging effects of tobacco on your appearance including: premature wrinkling of the skin, bad breath, stained teeth, gum disease, yellow fingernails and bad smelling clothes and hair. Other benefits you may notice immediately include: food tastes better, sense of smell returns and ordinary activities like climbing stairs no longer leave you out of breath.

So knowing all of the health risks of smoking and all of the benefits to quitting, why do people continue to smoke? Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Why is quitting and staying quit so hard for so many people? The answer lies in the highly addictive drug found in tobacco called nicotine. It is as addictive as cocaine and heroin and, over time, the body becomes both physically and psychologically dependent on the drug. When smokers try to cut back or quit, they suffer from withdrawal symptoms that are both physical and

mental. Withdrawal symptoms can include dizziness, depression, feelings of frustration and anger, irritability, sleep disturbances, trouble concentrating, restlessness, headache, tiredness and increased appetite. Psychologically, the smoker is faced with giving up a habit which requires a major change in behavior.

At this point you may be thinking, "I know why I should quit, what I need to know is how can I quit?" There is no foolproof way to quit but there are some key elements that can help. Four crucial factors include: making the decision to quit; setting a quit date and choosing a quit plan; dealing with withdrawal; and staying quit, often referred to as maintenance. Only you can make the decision to quit smoking, if you are doing it for reasons other than your own, you probably won't stay committed to it. Once you have decided you really want to quit, you are ready to pick a quit date. Most people can't just put down a cigarette and say that they are quitting cold turkey. There needs to be more planning and preparation and it takes a strong commitment over a long period of time. The Great American Smokeout is a great date to pick because you'll feel like you are part of a whole group who is going through the same experience, plus there will be support from the radio, TV and other media.

The next important component is to decide on the method you will use to quit. Will it be cold turkey or will you opt to use nicoderm patches or gum? There are tobacco cessation classes, going to Nicotine Anonymous meetings, using self-help materials, hypnosis, acupuncture, and laser therapy alternatives. Another way involves cutting down on the number of times you use tobacco each day and gradually reduce the amount of nicotine in your body.

Smokeout con't pg. 5

Flu Vaccination Schedule Oct. 31 - Nov. 2

<i>Date</i>	<i>Location</i>	<i>Time</i>
Oct. 31	Missions End	8 to 11 a.m. 1 to 6 p.m.
Nov. 1	Missions End	7 to 10 a.m.
Nov. 1	Maintenance	8 to 10 a.m.
Nov. 1	Clinic	9 a.m. to 5 p.m.
Nov. 2	Ops	8 to 10 a.m.
Nov. 2	Clinic	12 to 1 p.m.
Nov. 2	Missions End	8 to 11 a.m.
Nov. 2	JFHQ-Concord	TBD

Smokeout con't from pg. 4

On your quit day keep your commitment not to smoke for the whole day. Try to keep active by walking, exercising or doing other hobbies; drink lots of water to help flush out the toxins, begin using nicotine replacement, avoid situations where the urge to smoke is strong, reduce or avoid alcohol and think about changing up your established routines. So often smoking is associated with habits and routines and now is the time to try and vary or break them.

As the days go by, you may find your resolve to keep from smoking starting to slip. You may find yourself trying to rationalize reasons to have a cigarette such as, "I'll just use it to get through this rough spot," or "Life is no fun without smoking." You need to recognize these rationalizations for what they are: messages that can trap you into going back to using tobacco. When you get an overwhelming urge to smoke, wait 10 minutes before you consider giving in to it. Usually this simple trick will allow you to move beyond the strong craving. Set goals for yourself

and reward yourself for going each day or week or month without a cigarette. Use substitutes such as gum, hard candy, carrot sticks or sunflower seeds to help keep from smoking.

Keep reminding yourself of why you decided to quit and the benefits you'll enjoy from staying away from tobacco. If you do happen to smoke again, know the difference between a slip and a relapse and don't use the slip as a reason to fall into a relapse and start smoking again. You can use it as an opportunity to see what made you want to smoke again and what measures you can take to prevent it from happening again. We tend to be very hard on ourselves, it is estimated that the average person has about 66,000 thoughts a day and two thirds of them tend to be negative. It's time to try and switch to more positive thinking and see yourself as being successful in this endeavor. For more great information on the Smokeout and help with quitting tobacco go to www.cancer.org and look in the "Find it Fast" column on the left side for the info on quitting smoking.

CAP assists with emergency response drill**Story by Maj. Penny Hardy,****Seacoast Squadron Public Affairs Officer**

Cadets and senior members from the Seacoast Squadron of Civil Air Patrol participated in the recent emergency response drill as "victims" during the exercise at Pease ANG Base.

Other recent activities included a trip to the UNH Observatory on a clear cold evening to view the planets and stars through the high power telescopes available at the observatory.

The September awards and promotions night was special for C/Chief Master Sgt. Alicia Hagman who received her promotion to C/2nd Lt. and thus became the new cadet commander. She succeeds C/2nd Lt. Michael Piazza who is now attending the United States Air Force Academy. Hagman will receive her Billy Mitchell award at the October awards ceremony. The Mitchell award is the first of five major awards in the cadet program.

The squadron has been holding pilot's meetings on the first Thursday night of each month for new and experienced pilots. NHANG pilots who have time in single engine aircraft are encouraged to join CAP and become checked out in the C-172, C-182 or GA-8 belonging to NH Civil Air Patrol. The squadron has several instructors pilots who can train new pilots and get them checked out in the aircraft.

Some members of the squadron will be heading to the Northeast Region CAP conference on the weekend of Oct. 17 and 18 while others will be helping with the Rocket Day hosted by the squadron for dependents of ANG personnel at the NG Training Site in Center Strafford, NH.

Seacoast Composite Squadron meets in building 252 on Thursday evenings year round. The cadets meet each Thursday from 6:30 to 9 p.m. while adult (senior) members meet two or three nights of the month. More information can be had at: www.seacoastsquadron.net or by calling Maj. Mike Hall at (603) 289-8923.

**Independence Hall
Dining Facility****Dining Hours
11 a.m. to 1 p.m.*****Saturday***

Chicken Rice Soup
Salisbury Steak
Buttered Noodles
Sautéed Mushrooms
Mixed Vegetable Medley
Grilled Cheese on Wheat Bread
Pepperoni Pizza

Bread and Salad Bar
Assorted Cakes
Assorted Hot and Cold Beverages

Meal Price \$3.85

Sunday***Thanksgiving Holiday Meal***

Shrimp Cocktail
French Onion Soup
Oven Roasted Turkey Breast w/ Pan
Gravy
Baked Glazed Ham
Home Style Cornbread Stuffing
Peas & Pearl Onions
Glazed Carrots

Sweet Buttered Corn
Bread and Salad Bar
Assorted Pies
Assorted Hot and Cold Beverages

Meal Price \$6.05

*Menu may be
subject to change*

Family Readiness Program

Bonnie Rice – Family Readiness Program Coordinator

302 Newmarket Street Pease ANGB 03803

Phone: (603) 430-3545

bonnie.rice@ang.af.mil

Emergency 24-hour hotline: 1-800-472-0328

E-MAIL LISTING:

For updates on events, activities, discounts and benefits, contact Bonnie Rice to have your e-mail address added.

During our recent computer/e-mail conversion some of the Family Program E-mail listings were lost – if you would like to be added or re-added to the Wing Family Program e-mail listing contact Bonnie Rice at the above e-mail address or phone number. Please note: some e-mails are not being received at the base – when an e-mail is received, a response will be e-mailed back – if you have not gotten a reply be sure to call.

RETIREE E-MAILS:

Please note retirees are also encouraged and invited to have their e-mail addresses added. Please let other retirees know that information regarding benefits, events and discounts for retirees to include the Refueler are e-mailed out on a regular basis.

DEPLOYED FAMILY INFORMATION GATHERING

Our next deployed Family Information Gathering will be held on Wednesday, Nov. 12 at 6 p.m. at Pease Air National Guard Base, Building 16, Conference Room. Families of our deployed members are highly encouraged to attend. This is a wonderful opportunity for you to get to know other deployed families. If you are interested in attending these meetings, please RSVP to Bonnie Rice (as soon as possible) so the meal can be planned. These monthly gatherings are still open to those who have had their loved ones return as well. Our monthly deployed family gatherings are normally scheduled on the second Wednesday of each month.

UPCOMING WING FAMILY PROGRAM ACTIVITIES:

SAVE THE DATES:

Saturday, Dec. 13 – Portsmouth VFW Holiday Party

Sunday, Feb. 1, 2009 – NH Military Ski Day

COMMANDERS CALL - 4th ANNUAL WINTER CARNIVAL:

What: Hanger Winter Carnival – Family Event

When: Sunday, Dec. 7 from 8 to 11:30 a.m. for children and families of the New Hampshire Air National Guard (Members will be able to enjoy the carnival from 8 to 9:45 a.m. at which time they will be asked to be in their seats at for the 10 a.m. Commander's Call.)

Who: For "Immediate" Family Members of the NH Air National Guard

Details: Our Annual Winter Carnival is fast approaching. Vol-

unteers are needed in many areas to make this event a success. Unit members and family members are welcome to join in the planning, contact Bonnie Rice if you are interested in volunteering. Again this year we will be asking each of the Wing's Groups produce a game or activity booth for the Carnival. A prize will be awarded for the winning booth. Watch for further details. We are hoping to have lots of volunteers to work together for another successful Winter Carnival for our Wing Families! Volunteers are still needed in the following areas: Set up, clean up, children's room; gathering donations and more....

VFW HOLIDAY CHILDREN'S PARTY

WHEN: Saturday, Dec. 13, from 9 to 11 a.m.

WHERE: VFW Post 168 Ladies Auxiliary in Portsmouth, 238 Deer Street, Portsmouth

WHO: Open to all military children, any branch of the service, ages 4 months to 12 years old.

RVSP: No later than Dec. 5 - E-mail bonnie.rice@ang.af.mil or call (603) 430-3545, be sure to leave your name and number so that I can return your call. Please submit child's first and last name, age, and gender for planning purposes. Remember space is limited. This is based on a limited first come first served basis.

PLEASE NOTE: Breakfast will be served. Activities will be planned to make this a fun day. Volunteers are always welcome. Should the event be postponed/cancelled – a voice message will be left on my voice mail at (603) 430-3545

Additional note: The VFW puts a lot of time, money and effort into making their parties enjoyable for all our military families who attend. The gifts that they provide for the children are costly and space is limited. At times, it becomes necessary to cut off sign-ups because the space is full. Please remember, if you have sent an RSVP that you are planning to attend and a situation arises that will not allow you to make it, kindly let me know as soon as possible so that other children may be able to come and enjoy the event. We would really appreciate your support on this so that we can continue to enjoy these wonderful events put on by our VFW members.

Readiness con't on pg. 7

Readiness con't from pg. 6**TRANSITIONAL ASSISTANCE PROGRAM (TAP):**

Dates: Dec. 8-12

Location: Wilbrandt Auditorium, Pease ANGB, NH

RSVP: To reserve your spot call Bonnie Rice.

The TAP Program that had been traditionally held at the Portsmouth Naval Shipyard has moved to Pease. This is program presented by the Portsmouth Naval Shipyard Fleet and Family Support Program and the Department of Labor/Employment Securities. If you are transitioning from a military to a civilian career, you may be interested in attending the next TAP seminar. This workshop is designed to assist voluntarily and involuntarily separating or retiring service members make a successful career transition. Members should plan to attend at least six months prior to separation or retirement. Casual civilian attire is suggested. Spouses are welcome.

SCHOLARSHIPS FOR MILITARY CHILDREN:*Commissary Scholarship:*

Commissaries are an integral part of the quality of life offered to service members and their families. The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. It is the intent of the program that a scholarship funded through contributions be awarded annually for each commissary operated by the Defense Commissary Agency worldwide.

The Scholarships for Military Children Program is primarily funded through the generosity of manufacturers and suppliers whose products are sold at military commissaries worldwide. The Fisher House Foundation volunteered to underwrite the administration of this program.

A minimum of one \$1500 scholarship will be awarded at every commissary location where qualified applications are received. More than one scholarship per commissary may be available based on response and funding. The scholarship provides for payment of tuition, books, lab fees and other related expenses.

Only dependent, unmarried children under age 23 of active duty personnel, reserve/guard and retired military members, or survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military, may apply for a scholarship. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and that they have a current ID card. The DEERS database will be the primary method of verifying eligibility.

Applicants must be enrolled, or planning to enroll, in a full-time undergraduate degree program at an accredited college or university in the fall term of 2009. Applicants who have earned an undergraduate degree or who are enrolled in a graduate degree program are not eligible. All applicants must also have a mini-

mum GPA of 3.0 (on a 4.0 basis) to be eligible to apply. The minimum GPA requirement applies to both high school and college students. Students attending a community or junior college must be enrolled in a program of studies designed to allow the student to transfer directly into a four-year program. Applicants who receive an appointment to one of the U.S. Military Academies (or affiliated preparatory schools) or are awarded a full scholarship at any accredited U.S. post-secondary institution of higher education are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees, and other related expenses.

Applicants, or their sponsors, need not live at an installation that has a commissary. Applicants may submit their application at any commissary, however it is recommended that they submit the application where their sponsors normally shop or closest to where their sponsors live. It is the sole responsibility of the applicant to ensure the commissary receives the application.

If it is not possible (due to distance considerations) for the applicants to submit their application in person, they may also mail, UPS, or FedEx their completed applications to the commissary nearest to where their sponsor is stationed. Applicants who choose this method must contact that commissary and obtain the name of a person to whom the package will be directed. (A complete list of commissaries, along with phone numbers, can be found at www.commissaries.com).

For additional details to go: www.militaryscholar.org

MILITARY DISCOUNT INFORMATION:

Free Nashua Symphony Tickets

What: Nashua Symphony Tickets – “One for All”

Date and Time: Nov. 22 at 8 p.m.

Location: Keefe Memorial Auditorium

Directions go to www.nashuasymphony.org/nsa-season-tickets-directions.html

Mendelssohn's light-filled “Italian” Symphony is a fitting way to mark this composer's 200th birthday. To celebrate, Jonathan McPhee conducts the Nashua Symphony Orchestra & Chorus in works by some of Mendelssohn's most beloved influences and music's most enduring masters: Bach, Schubert, Telemann, and Mozart.

For this concert, the NSA has joined once again with BAE Systems in order to provide free tickets military personnel and veterans.

Ticket Information: A limited number of complimentary ticket vouchers, courtesy of BAE Systems, are available. Children ages six or over are welcome if accompanied by an adult. To obtain your tickets, contact Bonnie Rice.