



Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ www.westminstervt.org

Vol. 9, No.1 January 2013

Westminster Honors Newtown Victims



On Christmas Eve, Westminster townspeople made a heart out of luminaries, on the ballfield behind the Butterfield Institute, in memory of the Newtown, Connecticut, children and adults killed December 14. A photo was taken of the heart which will be made into a card and sent to Newtown residents.

Kurn Hattin Receives Latest Apple Technology In Memory of Hugh Cota

On December 10, the Cota family remembered their father, Hugh, and his motto, Work Hard, Work Smart, by giving the children at Kurn Hattin a donation of six iPad Minis all with the inscription, "Transforming the lives of children and their families, Hugh Cota, Gift from the heart."

By providing access to this new technology, the Cota family hopes to encourage the children to keep up the hard work that will put them on the path to success.

Casey Cota, owner of Cota & Cota, joined the children for lunch and later presented the iPad Minis. He said that he and his family could not be more pleased to spread Christmas cheer to an organization that strives to change the lives of so many children and turns kids into great adults.

The iPad Mini has many educational applications. Kurn Hattin is looking forward to using the many applications of their iPad Minis including recording and mixing their music and enhancing their experiential learning outside of the classroom. The Kurn Hattin children and staff are thrilled to have the iPad Minis and thank Cota & Cota, Inc. for this



Casey Cota, President of Cota & Cota, Inc. presents six new iPad Minis to the Kurn Hattin children.

exceptional gift.

For more information about the important work being done at Kurn Hattin, go to: www.kurnhattin.org

WESTMINSTER CARES SAYS "THANK YOU"

Westminster Cares would like to say thank you to all those from the community who have donated to this year's Annual Appeal. We are very appreciative of the response to date and are getting close to hitting the matching goal. If we hit the goal, the Thomas Thompson Trust will contribute \$10,000 to Westminster Cares.

The additional money would make a significant difference as we continue to provide essential programs and services for seniors and adults with disabilities to live with dignity and independence in the community.

For those who may still be considering making a donation, please do. We still have time to reach our goal and every donation counts!

SUPPORT YOUR COMMUNITY - RUN FOR LOCAL OFFICE



ANNUAL TOWN, SCHOOL AND FIRE DISTRICT MEETINGS

ANNUAL TOWN, SCHOOL & FIRE DISTRICT MEETING – MARCH 2, 2013
 VOTING BY AUSTRALIAN BALLOT – MARCH 5, 2013
 UHSD #27 (BELLOWS FALLS UNION HIGH SCHOOL) ANNUAL MEETING – FEB. 27, 2013

ELECTED OFFICIALS WITH TERMS EXPIRING MARCH 5, 2013

POSITION, LENGTH OF TERM, AND PRESENTLY HELD BY:

MODERATOR (Town, School, Fire) 1 Year Fletcher Proctor
 TOWN AGENT 1 Year Fletcher Proctor
 SELECTBOARD 3 Years Paul Harlow
 SELECTBOARD 2 Years Craig Allen
 LISTER 3 Years Harland Rounds, Jr.
 TOWN GRAND JUROR 1 Year Margaret O'Toole
 TOWN GRAND JUROR 1 Year Malcolm (Sam) Streeter
 COMMISSIONER, CAMPBELL FUND 1 Year Karen Walter

COMMISSIONER, CAMPBELL FUND 1 Year Ila Mitchell
 COMMISSIONER, CAMPBELL FUND 1 Year Vacant
 TRUSTEE, CAMPBELL FUND 3 Years Peter Harrison
 TRUSTEE OF PUBLIC FUNDS 3 Years Peter Harrison
 TOWN SCHOOL DIRECTOR 3 Years David Ramos
 TOWN SCHOOL DIRECTOR 2 Years Molly Banik
 UHS DISTRICT #27 DIRECTOR 3 Years Stephen Major
 FIRE DISTRICT #3 PRUDENTIAL 3 Years David Wright

Nomination Petitions are ready for those who wish to run for town office. They may be picked up at the Town Clerk's Office any weekday between 8:30 a.m. and 4 p.m., and must be returned to the Town Clerk's Office by 5 p.m. on Monday, Jan. 28, 2013 and contain at least 24 valid signatures. Anyone whose name does not appear on the voter checklist should register at the Town Clerk's Office.

The last day to register to vote before Town Meeting is Wednesday, Feb. 27, 2013 at 5:00 p.m. The last day to register before the UHSD #27 (Bellows Falls Union High School) Annual Meeting is Wednesday, Feb. 20 at 5 p.m.

A First Look at the Upcoming School Budget

By Dan Axtell, School Board Chair, 387-4145

Westminster's pre-kindergarten - 8th grade school budget is facing some big increases for the upcoming school year. The School Board is still working on the budget, but it looks to be up about \$500,000. This article is a very rough first look at the reasons for the 10% increase.

The jump comes from \$250,000 in unexpected, ongoing expenses that started this year plus \$250,000 of increases on top of that for next year.

The \$250,000 in surprise expenses that would have ideally been in the current budget are mainly:

- * \$55,000 for a new special education teacher for the kindergartens to provide required services;
- * \$30,000 to cover the 2.5% teacher's salary increase that was agreed on after the budget vote;
- * \$60,000 for tuition for unexpected middle school students;
- * \$60,000 for an out-of-district placement of a middle school student;

* \$46,000 for a "state-placed" student (which is paid 100% by the State).

Those costs will continue into the new school budget. The additional \$250,000 of spending for next year is mostly:

- * \$63,000 for the 13% increase in health insurance;
- * \$32,000 to continue the preschool program previously funded by "Medicaid funds";
- * \$50,000 for middle school tuition increases;
- * \$120,000 in increased middle school special education "excess costs."

There is no legal way to cut the special education expenses from the budget. Regular education expense for grades K-6 will actually drop by about \$90,000. The Board plans to adopt a budget at its January 15 meeting. That will be the finalized version that will be presented for your vote at Town Meeting on March 2nd.

There will be a follow-up article in the February Gazette with more precise numbers for the upcoming school budget.

NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met December 5th at the Westminster Fire House at 4:30 PM with President Connie Sanderson presiding. The following board members were present: Susan Clifford, Pete Harrison, Heidi Anderson, Nan Blanchard, Barbara Carey, Don Dawson, Kathy Elliot, Susan Harlow, Arnie Knowlton, Miriam Lanata, Sally Ryea, Reggie Borden, Karen Walter, Director Ronnie Friedman and Assistant Director Donna Dawson.

Westminster Cares creates opportunities for seniors and disabled adults to live with independence and dignity in the community. Your support to this care-giving organization is a way for all of us to take care of our friends.

Services provided: Meals on Wheels - 22 different WC volunteers delivered meals throughout the month to 14 people on a daily basis.

Transportation – During the months of November, 4 different volunteers provided rides for 5 different people to medical appointments, shopping, or programs for a total of 680 miles.

Nursing program: During November our nurse made 4 visits to 4 different homes in Westminster for a total of 5.25 hours and a blood pressure clinic at the senior lunch.

Equipment loan – several pieces of equipment loaned out in November and several pieces were donated.

Equipment needed. We still are in need of walkers with wheels and seats, bed rails, 4 prong walkers, shower chairs, lift chairs and crutches with arm support. Thank you to our past and present donors.

Meetings attended in November included: bookkeeper, Gazette, Development Director, web site, 25th anniversary committee, Senior Solutions, committees and care giving.

Programs during the November included: 2 Secrets of Healthy Aging session, 4 Yoga classes, 24 Strength Training classes held and 4 Artist in Each of Us classes, Wednesday walkers who meet every Wednesday at the Institute.

Anyone interested in learning more about Westminster Cares, volunteering to deliver meals on wheels or driving neighbors to doctor appointments, working on a committee, making a contribution or attending a workshop may contact Ronnie Friedman at 722-3607 or by e-mail at wecares@sover.net.

Equipment available: Walkers, commodes, shower chairs, wheel chairs, hospital beds.

Memorial Donations for December 2012:

In memory of Fran Streeter from Jane and Philip Savoy

In memory of Bernice Cook from Lester Cook
 In memory of Jeanne Parkhurst from Floyd Parkhurst
 In memory of Hank Anderson from Phyllis Anderson
 In memory of Donat Perrault from John and Suzanne Stoodley
 In memory of Waew Cowles from Susan and Rich Talbot
 In memory of Hank Anderson and in honor of Phyllis Anderson from Sue Gioulis

In memory of Harold Angers from Barbara Angers
 In memory of Jim Grandy from Ruth Grandy
 In memory of Frank Walter from Marcia and Tom Wessels
 In memory of Katharine and Robie Palmer from Georgiana & George Cheney
 In memory of Marilyn Crawford from Lois Woodard and Howard Reed
 In memory of Barbara Greenwood from Karen Walter
 In memory of Pat Jennison from Eshagh and Rose Shaoul
 In memory of Albert French from Jane French
 In memory of Mary Aiken from Artie Aiken
 In memory of loved ones from Evelyn Rhoades
 In memory of Hollis Cobb from Alice Cobb
 In memory of Michael Malinguaggio from Celeste and John Majek
 In memory of Marya Huseby from good friends.
 In memory of Marie Wright from Karen and Jon Wright
 In memory of loved ones from Mary and Frank Mitchell
 In memory of Mr. and Mrs. Victor B. Harrison from Pete and Judy Harrison
 In memory of Hank Anderson from Heidi Anderson
 In memory of Marguerite Dawson and Helen Cordano from Don and Donna Dawson

Donations received in honor of the following:
 In honor of Karen Walter from Linda Haltinner and Cynthia Moore
 In honor of Phyllis Green from Tracey Adams
 In honor of Susan Clifford from Patrick Clark
 In honor of Shirley Kelton from Doreen Kelton
 In honor of loved ones we've lost from Lisa and Jim Calchera
 In honor of Richard Johnson from Pete Harrison
 Westminster Cares welcomes donations throughout the year from anyone wishing to memorialize or honor a loved one or a friend. Send to: Westminster Cares, PO Box 312, Westminster, VT 05158.

BELLOWS FALLS FARMERS' MARKET OPEN ALL WINTER

The Bellows Falls Farmers' Market is pleased to extend its regular season with a series of winter markets! On November 16 the Bellows Falls Farmers Market held its first winter market of the season.

The market will be held indoors at the Train Station, just across the street

from the regular location, from 4 to 7 p.m. The market will run from November through March the third Friday of each month.

For more information contact Market Manager Rachel Ware at bellowsfalls-market@gmail.com.

NEWS FROM WESTMINSTER VOLUNTEER FIRE AND RESCUE

The Westminster Fire & Rescue Department holds their monthly meetings at 7 p.m. on the first Tuesday of every month and a combined drill on the third Tuesday of every month. Rescue training is the second Tuesday of the month.

Next association meeting Jan. 8 at 7 p.m.

The Prudential Committee meets twice a month on the first and third Monday after the first Tuesday at 7 p.m.

January Prudential meetings: 7th & 21st .

Number of calls in November: 20

Number of calls through December 26th: 24

Number of calls calendar year to Date: 300

Number of calls fiscal year to date: 170

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting December 4th with 26 members present and 6 members excused. Currently there are 43 members of the volunteer fire department. Plans were started for the annual Christmas Toast.

Christmas Toast: The annual Christmas Toast was held at the fire house December 23rd for the members of the fire department and their families. Lots of great food and gifts for the youngsters were part of the social gathering. It's always nice have a non emergency event that allows people to visit in a casual atmosphere. It certainly a treat to see the children and how much they grow in such a short span of time.

Luminaries: The Fire House was made available again this year for the annual Christmas Eve luminary display preparations. Many local volunteers gathered at the Fire House to put the sand and candles in bags and set them out on Rt 5 , Grout Ave. and School St Monday the 24th. The weather cooperated this year and the event attracted the attention of many people both locally and out of town. A huge thanks to those who were involved with the set up and clean up. This is a very special occasion for Westminster and it is looked forward to by

many.

Clarification: In last month's article reporting on the fund raiser held by Lisa Dumont of the "boot camp" fitness center, the amount of money raised was \$800, including \$420 in cash and \$380 in checks.

Thin Ice: Be careful when using ponds and lakes for skating. The ice will be very thin at first and unsafe for skating or walking on. Be very sure of the thickness before venturing out on them. Inform and educate your children often about the dangers. And never snow mobile on frozen water.

The Westminster Fire & Rescue Association welcomes donations throughout the year from anyone wishing to remember a loved one or a friend.

Donations received from the following in December:

Ruth Grandy

Alice Cobb

Wanda West

Barbara Greenough

Kelly Green decorated a Christmas tree for the meeting room at the fire house in memory of her brother Jeff Miller.

We are always looking for new members: Anyone interested in volunteering their time to help the community in a time of need, please contact Chief Cole Streeter at 722-3178 or stop by the Firehouse any Sunday morning and pick up an application. We would like to have additional volunteers from the Westminster West area. There is a Fire House, an engine and a rescue vehicle located in Westminster West and more help is needed to utilize that equipment during calls.

As always, we would like to thank the community for its continued support of the fire department.

The Westminster Fire and Rescue Association, Inc. operates independently from Westminster Fire District #3.

HIGH SCHOOL BOARD REPRESENTATIVE NEEDED

Hello folks, this is just a note to announce that I will not be running for another term as a Westminster representative to the Bellows Falls Union High School Board. I have been on for over a decade and am leaving feeling comfortable that the school is doing well.

Our high school offers small class size, many under 10 students, a full slate of Advanced Placement courses, and open sports teams that allow all to join and play. Over the last 12 years graduation requirements have increased dramatically from 21 to 28 credits – the highest in the region.

There are areas that continue to challenge us including motivating students own aspirations and serving the needs of those who may be less successful in specific disciplines.

I am hoping to encourage new community minded citizens to run for the high school board and contribute to the great cause of educating our youth and stewarding our resources to that end.

Being a board member can be challenging. It takes a cool and forgiving disposition to engage in local politics, but it is also wonderful that party politics seem almost irrelevant. I have served for years alongside other members without knowing their political affiliation. You find yourself agreeing with nearly every other member on some issue.

You can passionately agree and disagree on different issues in the course of

one meeting. You also learn to appreciate different perspectives.

As a board member you also get to celebrate the achievements of youth in our community through high school musicals, sports team achievements, college acceptances, and graduation. You can even hand your child a diploma at graduation.

Westminster needs caring representatives, so if you feel motivated to serve please consider it, go to the Town Hall, pick up a petition to get on the ballot and collect 25 signatures by mid- January.

Feel free to call me at 387-2028 to ask questions.

Thanks, Stephen Major

WEDNESDAY MORNING WALKS INSIDE

The walking group sponsored by Westminster Cares that began in August of this year is moving indoors for the winter. We will be walking in the gym at the Institute on Wednesday mornings from 9 to 10 a.m. There will be a variety of walking styles and we will be walking with music to jazz it up a bit.

Please bring inside walking shoes so we don't scratch the wooden floor. It is always good to have water to drink when exercising.

Come join us for fun, exercise and socializing. Call Westminster Cares for more information at 722-3607.

Uninvited Guests in Our Houseplants

by Babs Lynde, a Vermont Master Gardener

One gift that seems to keep on giving for years is a house plant. I love buying plants for presents because I know it will be enjoyed for years. My favorite "gift" plants are African violets, Christmas cactuses, and peace plants mostly because they are easy to care for and don't need to take up a lot of room if you only want something small. If you like buying plants, too, then I'm sure you have your favorites, but one thing you should always do, and that is to check every plant for any possible signs of fungus, insects or scales as well as fatigue from over/under watering and too much or not enough sunlight.

When you buy a large plant with many stems and leaves, it becomes more difficult to inspect which is another reason why I like buying smaller plants. Check the underside of the leaves as well as the tops, and thoroughly inspect the stems, too. Some insects or scales are very tiny, but the smaller they are, the more numerous they seem to be on the host plant.

Fungal infection can appear as discolored or light-colored spots on leaves. Fungus is usually the result of over-watering. Remove any part of the plant that has signs of fungus and dispose of them inside a sealed plastic bag to prevent spreading to other plants in your home. If you use snippers or scissors, be sure to wash them thoroughly with soap and hot water before you use them on another plant. In some cases, you might have to re-pot the plant, especially if the soil is quite wet, and then always water the plant directly into the soil without splattering onto the leaves. African violets are especially susceptible to fungus so you should never splash or spritz water onto the leaves.

Insects, especially aphids, can be difficult to control due to their size and egg capacity. They range in color from green to nearly clear and can infest a plant by the hundreds before the naked eye could spot some vari-

eties. They prefer succulent and tender plant stems and shoots, but they can be found on nearly every type of houseplant and scatter from one plant to another in mere days. If you notice any insects large enough to pick off with fingers or tweezers, look to the area where the leaves connect to the stems for tiny black or whitish colors eggs. If the insects are extremely small, such as aphids, then you might have to dispose of the entire plant unless you are willing to diligently spray it with a recommended indoor insecticide on a daily or weekly basis. Always dispose of any infested plants or plant parts into a sealed plastic baggie as insects can spread very easily to other plants. In some cases, you may want to re-pot the plant and dispose of potting soil that may be filled with eggs.

Scales are another type of houseplant insect that can be as tiny as aphids, but they have a hard shell which protects them from injury and many types of insecticides. Again, they should be disposed of in the same manner as aphids or any other insect.

If you prefer not to use store bought chemicals, there are a few home remedies that can be applied to most plants that may be effective in controlling some pests, including adding soap or oil to water and spraying the insects thoroughly on a daily basis. The soap and/or oil acts as a coating on the insects which can cause suffocation, but this method needs to be repeated for perhaps weeks as it will not kill the eggs, and you need to wait until they have hatched.

Would you like more information about houseplant pests? The Master Gardeners of Vermont are trained to help you with all your needs. Call their Helpline toll-free at 1-800-639-2230, send questions by e-mail to master.gardener@uvm.edu or visit www.uvm.edu/mastergardener/ for extensive information.

Aged in Vermont

Westminster Cares, Inc.

HAVING A PET PROMOTES HEALTH



With the aging of our population, there has been more attention placed on health promotion for persons of all ages, especially those 60 and older. This article underscores the value of pet ownership in promoting health and enhancing quality of life for seniors.

Aging is a dynamic, interactive process, influenced by a person's internal and external environment. The external environment can include a living situation, activity levels, nutrition, and social factors. Having a companion animal has been shown to have a positive effect on one's external environment and quality of life for many seniors. Although there is still much to be learned about the effects of the human-animal companion bond, studies have shown that pet ownership can increase social interaction, improve mental health, and decrease depression.

Many types of animals can make good companions including dogs, cats, birds, fish, hamsters, gerbils, guinea pigs, rabbits, and turtles. Finding the right pet takes careful consideration; it must be matched to a particular person's lifestyle, interests and abilities.

Companion animals can also play an important role in compensating for losses and age-related change in older persons. Loss is one of the most common issues for seniors. Advancing age brings with it increased losses in many areas including physical losses such as mobility, vision, and hearing; psychological losses such as memory and problem-solving abilities; and social losses such as support, institutionalization, and death of loved ones. How one deals with loss may be the single greatest factor affecting the quality of remaining years, and the presence of a companion animal to whom one is attached can be a big help.

Studies have shown the therapeutic value of pet ownership through improved social attitudes, mental health, and happiness. For those living independently in the community, pet ownership has been shown to enhance lives. For persons entering a residential living situation, pet ownership may lessen the impact of loss of personal freedom.

Sensory changes, among the first age-related changes noted by seniors, can have a profound effect on quality of life, because these changes affect how one receives and responds to stimuli. Next month we'll talk about how pets can help older people help slow down or mitigate some of those sensory changes.

Excerpted by Donna Dawson, assistant director of Westminster Cares, from the article, "The Role Animals Play in Enhancing Quality of Life for the Elderly," by Mara Baun and Barbara McCabe.

"Old age ain't no place for sissies," Bette Davis said. Well, sissies or not, we're all headed for that place. And the better we know the geography, the easier it will be to navigate.

"Aged in Vermont" is a monthly article on aging issues, organized by Westminster Cares. We're asking local professionals and residents with an interest in these issues to write them.

The articles are not just reading material for the "aged." Young, old and middle-aged readers – anyone with an elderly parent, relative or friend, or who just wants to learn about these important issues that affect us all – is invited to take a look. Remember: "It's not how old you are; it's how you are old."

We address such topics as losing a pet, sleeping problems, supplements, advanced directives and creativity. We explore questions such as should I move to town? and decision making: whose life is this anyway?

Ideas for future columns? Would you like to write one? We'd like to hear from you. E-mail Ronnie Friedman at wecares@sover.net.

GRACE BIBLE FELLOWSHIP SERVICES

The Grace Bible Fellowship holds its Sunday Worship Service at 9:15 a.m. at 38 Elm Street in Walpole, NH.

Find out more about the church at its Web site, www.gb4hisglory.com/.

WESTMINSTER MYSTERY PHOTO



Where was this picture taken and what is the story behind it?

You may e-mail your answer to westminsternews@gmail.com or wminster@comcast.net or phone Babs Lynde at 722-9516. The answer and the winners will be announced in the next issue.

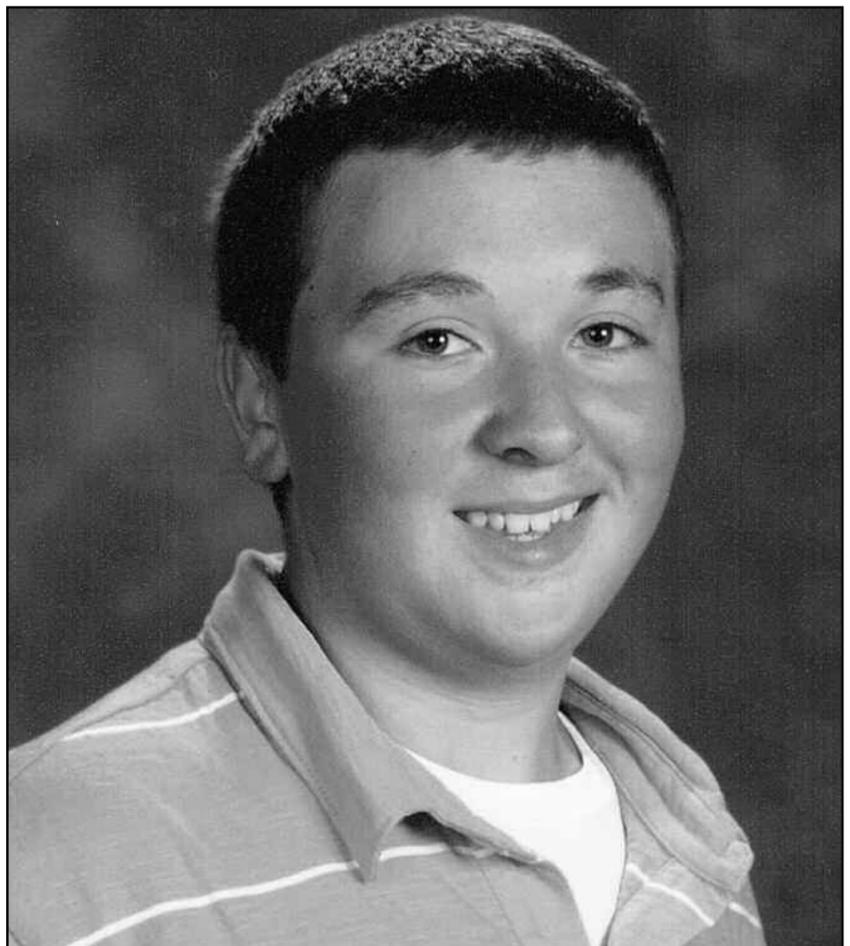
Last Month's Answer: On Page 3.

If you have pictures you think would make a great mystery photo stop by the town office and see Babs Lynde.

We are looking for more mystery pictures. Have any?

Send Your News To:
westminsternews@gmail.com

TERRY NAMED BFULHS STUDENT OF THE MONTH



It is a pleasure to announce that Christian Terry has been named the Bellows Falls Union High School Elks Student of the Month for November. Christian, a freshman at the Westminster school, is the son of Jason and Lisa Terry of Bellows Falls.

Christian is a hard working, high achieving student who always brings forth a positive attitude. He takes responsibility for learning, and he manages his busy schedule well. Carrying a challenging academic load, Christian has worked hard to maintain good grades, has shown maturity in his classes and has been a positive role model for others.

He makes a strong contribution to the school community as a whole. As an officer for the Class of 2016 and a member of the BFULHS Student Council, he has chosen to get involved to help make BFULHS a better place. A three season athlete and dedicated member of the band and jazz ensemble, he is busy with many school activities. Christian represented BFULHS as a member of the District Band this fall and works hard to develop his musical talents.

Always willing to offer a helping hand or friendly smile, Christian is a pleasure to work with and an asset in the classroom.

BFULHS is proud to have Christian represent us with this award.

WESTMINSTER HAPPENINGS

Activities

Scottish Country Dance Classes

Every Wednesday at 7:30 p.m. in the Westminster Center School Gym. Bernard McGrath, instructor. All skill levels welcome. Contact Michael Daley for more information at 387-2601. No charge.

Putney Contra Dance

Last Saturday of every month at Pierce Hall on East Putney Falls Road, off Rt. 5 in East Putney. A beginner's workshop is taught at 8 p.m., and the regular dance goes from 8:30 to 11. A donation at the door will benefit the Pierce's Hall Building Fund. For more information call 387-5985.

Senior Potluck Lunch

Every 2nd Thursday of the month at noon. All Westminster seniors are invited to attend a potluck lunch at the First Congregational Church on Route 5.

Bellows Falls GalleryWalk

Downtown at 5:30 p.m. every 3rd Friday of the month.

Secrets of Healthy Aging

A facilitated discussion group and pot-luck. The 2nd and 4th Tuesdays of each month at the Westminster Fire Station from 11:30 a.m. to 1:30 p.m. Call Westminster Cares at 722-3607 for more information.

Contra Dance

Every 3rd Saturday of the month at 7:30

p.m. at the Town Hall in Walpole, N.H.

Gentle Yoga

Every Monday at 10 a.m. at the Westminster Institute. Call Westminster Cares at 722-3607 for more information.

Living Strong Classes

Mondays & Thursdays at the First Congregational Church in Westminster from 9 to 10 a.m. or at the Westminster West Church from 6 to 7 p.m. Call Westminster Cares for more information at 722-3607.

Knitting Together

Join us every Wednesday, from 1 to 3 p.m. at the Village Square Booksellers, downtown Bellows Falls. Bring your knitting needles, we have the yarn and casual instruction if needed to knit hats, mittens and sweaters for area kids.

All our yarn is from community donation and we distribute our completed work to all area schools and Parks Place. More knitters at all skill levels are wanted and we can promise you an enjoyable experience. For details or to donate yarn contact Caroline at 463-4653.

Faith Community

The First Congregational Church of Westminster United Church of Christ

The Rev. Sami Jones McRae, Pastor. Main Street, Route 5, P.O. Box 122, Westminster, 722-4148. Sunday worship at 10 a.m. Communion is the first Sunday of each month.

Sunday School is held at 10 a.m. from September to May. The church has a ramp and lift for wheelchair access as well as a handicapped bathroom. Westminster First Congregational is an open and affirming church, all are welcome.

The Congregational Church of Westminster West (UCC Church)

The Congregational Church of Westminster West (United Church of Christ) worships every Sunday at 10 a.m. The pick-up choir meets most Sundays at 9 to rehearse for that morning's anthem; newcomers to choir are always welcome!

Holy Communion is celebrated on the first Sunday of every month, and on the Second Sunday the church collects a special offering that goes to Our Place in Bellows Falls to help fund their food shelf.

The church building is fully wheelchair accessible, and the congregation is Open and Affirming. Rev. Susie Webster-Toleno is the pastor, and musicians are Jennifer Hed and Margit Lilly.

Rev. Webster-Toleno currently holds office hours on Monday and Thursday afternoons, and people are welcome to drop by. However, since "office hours" sometimes means she's out visiting people in their homes, it's a good idea to make an appointment if you really want to catch her.

She can be reached at the church on those days at 387-2334, via cell phone at 579-8356 or e-mail susiewt@gmail.com.

Meetings

Selectboard 2nd and 4th Tuesdays at 6:30 p.m. in the Town Hall.

Planning and Development

Commission 2nd Monday at 7 p.m. in the Town Hall.

Westminster Activities Commission

2nd Monday of the Month at 6 p.m. at the Westminster Institute.

Westminster School Board

1st and 3rd Tuesday at 7 p.m. at the Westminster Center School Library.

Windmill Hill Pinnacle Association

3rd Thursday at 7 p.m. at the Westminster West Congregational Church

Westminster West Public Library Board

2nd Wednesday at 7 p.m. at the Westminster West Public Library

Development Review Board

1st Monday of each month at 7 p.m. at the Town Hall

Community Improvement Program Committee

meets the 2nd Tuesday of each month at 6 p.m.

Westminster Cares Board

1st Wednesday of every month, at the Westminster Fire Station at 4 p.m.

911 Committee as needed.

The Westminster Fire & Rescue Dept.

holds their monthly meetings on the 1st Tuesday of every month, at 7 p.m. and a combined drill on the 3rd Tuesday of every month at the Westminster Fire Station.

Westminster Historical Society

2nd Tuesday at 7 p.m. at the Westminster Institute.

Westminster Gazette Meeting

Monday, January 28 at 7:30 a.m.

Westminster Recycling Committee

Every 2nd and 4th Wednesday of the month at 7 p.m. at the Westminster Fire Station

GOT ANY INTERESTING STORIES ABOUT WESTMINSTER AND THE PEOPLE WHO LIVE HERE? WANT TO SHARE SOME LOCAL HISTORY, OR REMINISCE ABOUT SOME OF OUR TOWN'S INTERESTING PEOPLE? THE GAZETTE IS LOOKING FOR CONTRIBUTIONS FROM OUR READERS, AND IF YOU HAD PHOTOS TO GO WITH THE STORY, ALL THE BETTER. CONTACT US BY E-MAIL AT WESTMINSTERNEWS@GMAIL.COM.

KURN HATTIN YOUTH TO LEADERSHIP SUMMIT

The Vermont Community Foundation's Crosby-Gannett Fund is sponsoring a Kurn Hattin child to the National Fellowship of Child Care Executives (NFCCE) Youth Leadership Summit in Washington D.C. in June 2013.

Being able to go to our nation's capital is one of those opportunities which remains in a child's memory for life. Children from children's homes around the country who are attending the Summit will participate in leadership workshops and historical and cultural visits.

The days and nights will be full of discussion and enriching activities that the children have so far only read about in books and on the Internet. This experience encourages them to keep their vision and their goals to be leaders and to always do the right thing.

Thank you Crosby-Gannett Fund advisors for supporting this opportunity for a Kurn Hattin child.

VISIT THE WESTMINSTER GAZETTE ONLINE AT WWW.WESTMINSTERTV.ORG

The Deadline for The February 2013 Issue of the Westminster Gazette is Wednesday, January 28 by 5 p.m. Publish Date is Tuesday, February 5

To Contact the Westminster Gazette

Call 463-5120

THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:

Kurn Hattin Homes
Westminster School District
Town of Westminster
Durand Automotive Group
Westminster Activities Commission
Sojourns Community Health Clinic
Westminster Cares
Westminster Fire & Rescue Association
The Current operated by the Connecticut River Transit

WESTMINSTER GAZETTE
Editor: Robert Smith
Board of Directors:
Elizabeth Harlow - Chairwoman
Ronnie Friedman
Toby Young
Michelle Lopez
Pictures and Articles
Provided by the Community
westminsternews@gmail.com

Sojourns COMMUNITY HEALTH CLINIC
Holistic Care for Whole People

Turkey Got You In a Twist?
Let us help you unwind...
Treat yourself or someone you love to the gift of relaxation this holiday season!

Our Bodies Are Ecosystems not Chemistry Sets™.
4923 US Route 5 • Westminster, VT
802-722-4023
www.sojourns.org
Insurance accepted for all billable services
Saturday appointments & gift certificates available

Primary Care
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CranioSacral Therapy
Nutritional Counseling
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SEVCA PUTS OUT PLEA FOR HELP FOR EMERGENCY FUEL FUNDS

SEVCA and WCFR radio are kicking off the 6th annual "Share the Warmth" Campaign to raise funds to assist households in need with emergency fuel deliveries.

The "Share the Warmth" Fund has been used to help households who can't be served by the federally-funded fuel assistance program. Many of those served by the fund are working households who may earn just too much to receive assistance, but cannot afford a fuel delivery.

Each winter, generous donors have come through to truly "Share the Warmth" as the local businesses, churches, organizations, and individuals of Windham and Windsor Counties have stepped forward to address the need and raise funds to help local residents keep their homes heated.

SEVCA reports that over the last year, many more local households have been touched by the economic crisis, and a variety of local disasters. Of particular concern are cuts to the Crisis Fuel program this year, which are causing worry that those funds may run out before the end of the winter season.

SEVCA has been overwhelmed with a high volume of emergency fuel calls, prompting staff to request that people take care to monitor their tanks; and remember to call for an appointment once it is down to a quarter of a tank for fuel oil (20 percent for propane), as it may take time to fit them in.

The Share the Warmth fund helps to fill the gap in this region. "With these funds, we are able to assist people in need that were out of the loop such as seniors and the

working poor," explained Burke "There are many low-wage workers who need this kind of assistance, especially parents who should not have to make those awful 'heat or eat' decisions."

The SEVCA "Share the Warmth" campaign was originally established in October 2007, when WCFR's new Station Manager Ray Kimball and members of Southeastern Vermont Community Action's management team first met to address the impending heating fuel crisis.

"Ray has been such a great supporter. He's been behind us all the way, getting the word out there," said SEVCA Development Director Lisa Bloch. "As people in rural areas continue to struggle and costs rise, the demand continues to escalate. No one should have to go without heat, it puts the most vulnerable people's lives at risk, including children. This is an appeal to the community to please reach out and make a difference."

If you wish to donate to SEVCA to help keep people from "falling through the cracks" and risking their health and safety by going cold, you can pay by credit card via PayPal by going to www.sevca.org and clicking on the Share the Warmth button.

You may drop donations off at the "Good Buy" stores in Springfield, White River Junction or Bellows Falls during the "Share the Warmth" Campaign, send a check to SEVCA, 91 Buck Drive, Westminster, VT 05158, or call 722-4575 to charge a gift to a credit card or to get more information. All contributions to SEVCA are 100 percent tax deductible.

3SQUARESVT CAN HELP FAMILIES STRETCH FOOD AND FUEL BUDGETS

The winter chill can take a bite out of your household food budget. 3SquaresVT (formerly Food Stamps) is Vermont's Supplemental Nutrition Assistance Program -- a nutrition program designed to help you stay healthy by allowing you to spend more money on healthy, nutritious food. 3SquaresVT can help you make ends meet -- especially in this challenging economy!

Over 99,000 Vermonters are already boosting their food budgets by participating in the 3SquaresVT program. It can help you stretch your food budget and put three square meals a day on your table. At the same time, it can free up money for other important living expenses, such as heating fuel during the win-

ter. If you are eligible for 3SquaresVT, your children are eligible for free school lunches. If you are elderly or disabled, special rules make it easier to qualify. If you are an eligible senior, you can get your benefit directly deposited as cash right into your bank account.

*New rules make it easier to qualify. You can get 3SquaresVT even if you have a savings account or own your own home. Don't assume that you earn too much to qualify. You may be eligible for 3SquaresVT even if you were turned down for Food Stamps in the past.

*You may be automatically eligible. People who receive Vermont Earned Income Tax Credit or SSI are categorically eligible for 3SquaresVT. That means that even if you receive a \$0 benefit, you are still 'eligible' and therefore are eligible for Lifeline, Link Up, free school meals, etc.

*3SquaresVT helps Vermont. 3SquaresVT benefits are all federal dollars, so by applying you are bringing money into the state. Also, shopping locally or buying local products is a way to support your community and your local farmers.

*Apply today! Call Southeastern Vermont Community Action (SEVCA) at (800) 464-9951 and ask for a 3SquaresVT application or set up an appointment for help filling out an application.

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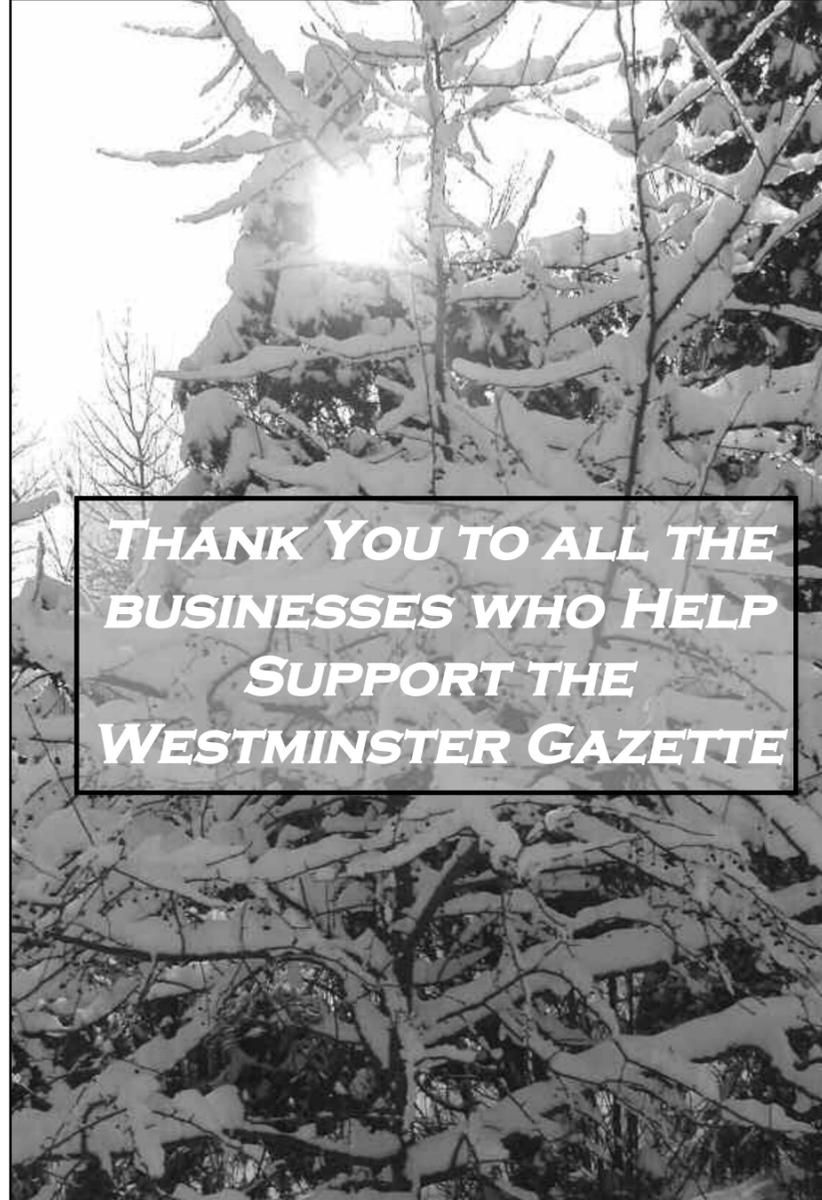
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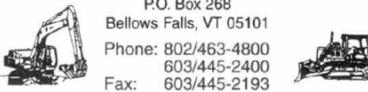
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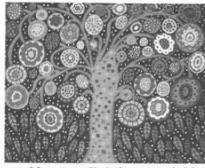
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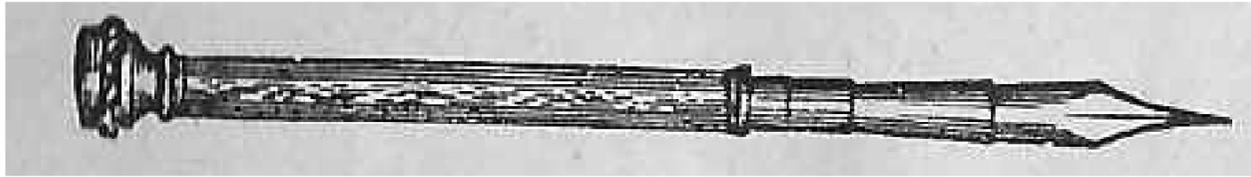
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