

Westminster Gazette



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Our Community Newspaper @ <http://westminster.govoffice.com>

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SEVCA'S 10TH ANNUAL "CHIPPING AWAY AT POVERTY" BENEFIT GOLF TOURNAMENT HITS A 'HOLE-IN-ONE'

submitted by Lisa J Clarke

SPRINGFIELD – On June 2nd, Southeastern Vermont Community Action (SEVCA) held its 10th Annual "Chipping Away at Poverty" Benefit Golf Tournament at the Crown Point Country Club in Springfield. The five Tournament Co-Sponsors were Don's Heating, LLC, Sunset Tools, Inc., CIGNA Healthcare, Westview Terrace Apartments, and National Fiber. With 95 golfers and 50 sponsors / donors, it was an outstanding day for all, albeit a chilly one. \$13,000 was raised to support SEVCA's essential anti-poverty programs serving low income individuals and families in Windham and Windsor counties.

Weatherization and Crisis Fuel Program vendors, regional businesses, local service providers, other community action agencies, and other SEVCA friends and supporters sponsored and/or engaged in friendly competition to raise money for the agency, many returning from previous years. A Hole-In-One Contest sponsored by Durand Toyota Ford gave participants the chance to win a new Toyota Corolla and other valuable prizes. Although there were some close calls, there were no winners. There was also a Putting Contest for a possible \$5,000 cash prize. Although no one sank the 80-foot putt for the grand prize this year, Hardy Merrill won a smaller cash prize for getting closest to the cup. Players also enjoyed participating in a 50/50 raffle and a 'Vegas Hole' competition, in addition to the team and individual golfing competitions.

Tournament winners were: 1st Place Team – Black River Produce; 2nd Place – Kinney Pike Insurance 3rd Place – N.E.T.O.; Men's Closest to the Pin – Scott Croteau; Women's Longest Drive – Nancy Kilbride; Men's Longest Drive – Dan Tricarico; and Vegas Hole – Rick Skrocki.

In addition to the above major sponsors, SEVCA wishes to thank the following businesses, organizations and individuals for their sponsorships and other support: 'Double Eagle' Level Sponsors – Cota & Cota, Kinney-Pike Insurance, and NETO; 'Eagle' Level Sponsors – EFI, Burtco Inc., and Simon Operations Inc., Hole Sponsors – Clark's Quality Foods; IPG Benefits Specialists, Merrill Gas Co., Northeast Delta Dental, Cocoplum Appliances, and W.W. Building Supply; Team Sponsors – B. F. Family Moose Center, Bellows Falls Polish-American Club, Black River Produce, Chroma Technology Corp., CAP-Belknap-Merrimack Counties, Fiber America, J & W Auto, Magee Office Plus, Océ North America, SNHS Management Corp. and Whitney Blake; General Supporters – American Construction, Eugene Guy, Hugh Haggerty, Leone, McDonnell, & Roberts P.A., Omega Optical, Lucas Industries, Parker and Ankuda, P.C., The Richards Group, and SCS Housing, Inc; In-Kind Contributors – C.E. Bradley Labs, Dick's Sports, Gone Golfing, Hooper Golf Club, Paul Politano, Pine Grove Springs Country Club, Putney Food Co-op, United Natural Foods, and Walmart.

SEVCA also acknowledges the local businesses who contributed to the event's success by providing quality products and services at reasonable prices: Crown Point Country Club, The Hartness House, and Kaotik Graffiti.

SEVCA is the Community Action Agency created in 1965 to address the needs of low-income residents of Windham and Windsor Counties. It is perhaps best known for its crisis resolution programs that provide financial assistance, case management, service linkage, and advocacy to low-income households facing lack of food or heat, eviction, foreclosure, illness, vehicle breakdown, and other serious emergencies. SEVCA services help them stabilize their lives, make their homes safe and energy-efficient, take steps toward self-sufficiency. These goals are achieved through such programs as Crisis Fuel Assistance, Housing Stabilization, Food Stamp Outreach, Weatherization and Emergency Home Repair, Micro Business & Workforce Development, IDA Matched Savings Accounts, Tax Prep Assistance, Thrift Stores, and Head Start. Additional information about SEVCA may be obtained from its web site (www.sevca.org) or by emailing lbrooks@sevca.org.



The Kurn Hattin Class of 2011

KURN HATTIN HAS 20 MORE REASONS TO BE PROUD

Westminster – Saturday, June 11, 2011 was Graduation Day at Kurn Hattin Homes. It was a very important day and milestone for the 20 graduates. After all the students were in place on the stage, the Graduation proceedings began with Executive Director, Christopher Barry welcoming everyone and congratulating the students. Reverend Father Lance W. Harlow, a long-time music program volunteer and friend who will be relocating to northern Vermont soon, gave the Invocation. He asked that we recall a young Austrian girl, before the outbreak of WWII, and how the hills where she lived later became alive with the sound of music. He continued, "We pray for our graduates today whose lives at Kurn Hattin have also been filled with the sound of music-not just instruments and singing, but the sound of teachers' voices imparting knowledge, the sound of counselors' voices guiding and healing, the sound of field trips, basketball games and dances; and the secret hopes and dreams shared with friends made here." He asked that the graduates, "Always remember this lovely hillside in Vermont; may they indeed find peace here; may they continue to grow in wisdom and knowledge as they descend this mountain; may their futures unfold with extraordinary opportunities and clarity; and may their memories of Kurn Hattin always be filled with the sound of music."

Several students received one or more prizes from the nine categories of awards which included: Academic, Cottage, Sports, the Massachusetts Board of Directors, Alumni, Music, Scholarship, and awards for showing the greatest improvement, good citizenship and the greatest aptitude in the field of agriculture to name a few. A new award this year, the Executive Director's Award, in Memory of John P. Barry, beloved Educator and Administrator, was also given.

Dylan Conklin, Valedictorian, bid a heartfelt farewell before the presentation of diplomas by David J. Maysilles, President of the Board of Trustees and Natalie Patrick, retiring teacher after 42 years at Kurn Hattin. Dylan conveyed many feelings in his Farewell, "Kurn Hattin has taken us under its wing, and taught us how to fly. You helped us realize and become the young men and women we want to be. Our possibilities are endless. We are the future. And for that, we thank you."

To the Class of 2011: Ashley Jean Bussino, Courtney Lee Bussino, Devin John Bussino, Ethan Michael Colon, Dylan Mitchell Conklin, Jessica Elizabeth Cormia, Deionte Jason Davis, Draven Alexander Dennis, Taylor Elaine Dodge, Tyler Austin Frederick Hitt

Collin Thomas Hurst, Steven Tyler Kingsbury, Cooper Christian MacDonald Newell, Kasey Amber Olmo-Gilmore, Jordan Luis Ortiz, Samuel Curtis Paulino, Alexis Lynn Rivait, Christina Hope Nelson Sherrick, Rebecca Anne-Elizabeth Simard, Raven Marie Stanhope. We are so proud of you. Be well, do good work and stay in touch.

After graduating, many of the students will stay on campus for part of the summer in the ninth grade transition program. Then they will rejoin their families and attend their local high schools in the fall. Others will go to the Milton Hershey School in Pennsylvania, Rock Point School in Burlington and Vermont Academy in Saxtons River. Wherever they go, Kurn Hattin will always be their home.

Kurn Hattin Homes is a charitable, year-round, residential home and school serving in-need and at-risk children, ages 6-15, from throughout the Northeast. Since 1894, thousands of children have called Kurn Hattin home.

The Westminster Selectboard is holding a "Meet and Greet" to welcome incoming town manager Matthew Daskal on July 26th from 6-7pm at the town hall. The public is invited to attend



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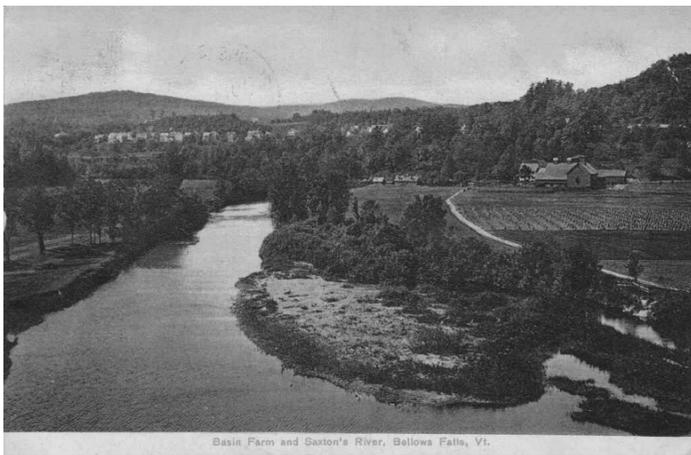
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June Mystery Picture

Answer: This is commonly known as the Basin Farm, located on the Saxtons River between the Bellows Falls Union High School and Forest Road in North Westminster. Fortunately, it is still being used for agriculture today.



Basin Farm and Saxton's River, Bellows Falls, VT.

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We Provide the Ride... so please tell us how we can improve to make that happen for you. Thank you for riding Connecticut River Transit last year and **The Current** this year.

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Bellows Falls to Brattleboro						Brattleboro to Bellows Falls					
Time	1st Stop	2nd Stop	3rd Stop	4th Stop	5th Stop	Time	1st Stop	2nd Stop	3rd Stop	4th Stop	5th Stop
5:45	6:00	6:15	6:30	6:45	7:00	7:00	7:15	7:30	7:45	8:00	8:15
8:00	8:15	8:30	8:45	9:00	9:15	9:15	9:30	9:45	10:00	10:15	10:30
1:05	1:20	1:35	1:50	2:05	2:20	2:20	2:35	2:50	3:05	3:20	3:35
4:10	4:25	4:40	4:55	5:10	5:25	5:25	5:40	5:55	6:10	6:25	6:40

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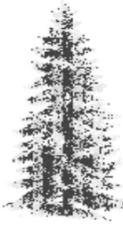
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 BELLOWS FALLS



BFUHS Social Studies Teacher, Craig Divis receives Fulbright Scholar Award

Craig Divis of Bellows Falls Union High School has been awarded a Distinguished Fulbright Award in Teaching grant to conduct research in South Africa, the United States Department of State and the J. William Fulbright Foreign scholarship Board announced recently. Mr. Divis will be working with teachers and students in South Africa to learn more about how apartheid is taught in schools and its place in the curriculum, specifically the violent and non-violent anti-apartheid movements. He says he wants to see if there is any correlation to the schools and communities that put a particular focus on the non-violent anti-apartheid movement in terms of conflict resolution and problem solving. He is hoping to determine if there is more tolerance and less violence in those schools and communities. Mr. Divis plans to bring this back to BFUHS and the community, as well as other schools across Vermont, as a way of connecting history to the broader concepts of conflict resolution and problem solving, especially around topics like bullying.

Mr. Divis is one of approximately 19 U.S. citizens who will travel abroad through the Distinguished Fulbright Awards in Teaching Program in 2011-2012. Formally the Teacher of the Year in Vermont for 2010, Mr. Divis will take a sabbatical from his Social Studies class room next year, but plans on bringing the program research titled: South Africa: Moving Away From Violence and Hatred, back to Bellows Falls, Vermont in August of 2012. "The purpose of my project is to study and research the non-violent approach of the anti-apartheid movement, led by Nelson Mandela, Steven Biko, and Archbishop Desmond Tutu, and how that has led to a progressive, positive nation today," said Divis. "I plan to be working with schools and organizations in South Africa around this topic, and once back in Vermont, I plan to make this a major unit in my World Cultures and World History classes, as well as using this focus to plan school-wide and state-wide professional development opportunities as it can be a major component of any Social Studies class and community," he said.

The Fulbright Program is the flagship international educational exchange program sponsored by the U.S. government and is designed to increase mutual understanding between the people of the United States and the people of other countries. The primary source of funding for the Fulbright Program is an annual appropriation made by the U.S. Congress to the U.S. Department of State, Bureau of Educational and Cultural Affairs.

"As a Social Studies teacher, I am interested in studying the use of non-violent opposition to the apartheid regime, remnants of the apartheid era, and the effectiveness of the policy of reconciliation," Divis wrote in his project proposal. "South Africa, as a newly democratic country, is trying to figure out who it is and what it wants to be in the future, and as a result, it is a fascinating country and time to be studying and researching in," said Divis.

Recipients of Fulbright grants are selected on the basis of academic or professional achievement, as well as demonstrated leadership potential in their fields. The Fulbright Classroom Teacher Exchange Program is administered by the Academy of Educational Development.



Kurn Hattin Celebrates Natalie Patrick Day

submitted by Kim Fine

Westminster – After 42 years of tutorial teaching at Kurn Hattin Homes, Natalie Patrick is retiring. To send her off in full Kurn Hattin fashion, she was given a special gift of a day in her honor ~ Natalie Patrick Day with a luncheon with her family and friends and special praise, gifts and even a song written for her sung to the tune of "I've Been Working on the Railroad". She also was given the honor of presenting diplomas to the twenty graduating students at Graduation. Natalie has many talents and was a special gift to Kurn Hattin and the students. We will miss her deeply. "Kurn Hattin was my second home. I wouldn't have missed this for the world," she said teary eyed. Pictured: Natalie with her daughter, Gail Hynes and granddaughter, Jill Ballou. Kurn Hattin Homes is a residential, year-round, charitable home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.



Kurn Hattin Celebrates Vermont Agriculture

by Kim Fine

Westminster – The Kurn Hattin children are learning all they can about agriculture in Vermont. From planting and the experiential farm activities on campus, to participating in the Strolling of the Heifers parade, the children are experiencing first hand what it takes to get the food they eat. To wrap up the school year, the children celebrated Cow Day on June 6th. Some of the younger children dressed in theme and they all spent time at different stations either working with the horses, planting crops with Farm Manager, Pat Barry, or with the UVM 4-H instructor in soil exploration and analysis. Every year at graduation, one of the children receives an award for the greatest aptitude in the field of agriculture. It's quite an honor. Kurn Hattin Homes is a residential, year-round, charitable home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.

Remembering Issy Parda of Westminster, Vermont

Isolde M. (Krummrein) Parda, aka Issy, of Westminster passed away with her family at her side on June 3rd, 2011 at Pine Heights Nursing Home after a brief illness. Born in Heilbronn, Germany on December 7, 1924, she came to the United States after World War II in love with a generous American Army Sergeant, William A. Parda, who distributed candy bars to children and shared his meager rations with her and her family. They were married on March 5, 1949. Growing up in Germany, Issy was drawn to the theatre and spent her early adulthood on the stage in operettas, singing and dancing. She was a payroll clerk for the German soldiers during WWII & also worked for the Red Cross. With her degree in business, she and her husband William (Bill) Parda, ran the Riverview family restaurant on Route 5 in Westminster that attracted regulars from as far as Providence, RI and New York City. On any given day one might find the local football stars, long-haul truckers, railroad hobos, or even baseball legend Ted Williams sitting at the counter ordering a second piece of pie. The Riverview closed in 1970 due to Bill's health.

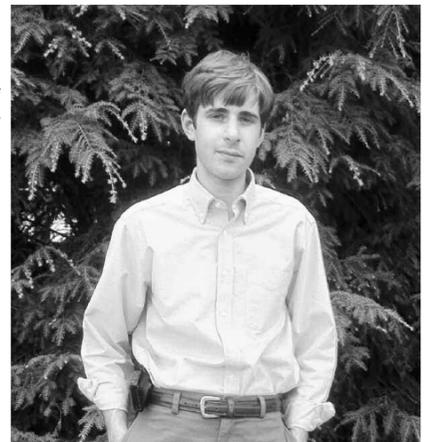
She also worked at the Grafton Tavern, Robertson Paper Company, Ox Yoke Restaurant, The Putney Summit. Next to the love for her family was her passion for the Lodge Restaurant in Rockingham, VT, where Issy spent decades working her magic with food and people. After the Lodge she joined the Kurn Hattin School in the kitchen where she shepherded hundreds of children in her own special way. After retiring from Kurn Hattin Homes she kept in touch & attended concerts & luncheons over the years. Issy made a killer apple pie, but she would most want to be remembered for the strong family and dear friends she welcomed, fed, nudged and treasured throughout her life. She was a natural people person. She loved making the rounds to the post office and checking in on the women at the Town Hall, bringing them a German cake that she "just whipped up"-- all from memory without a recipe. Equally treasured were the regular calls from Kay (and Jim) and her friend of 68 years, Norbert & the visits from friends who would just drop by when in the neighborhood.

Throughout the years, Sundays were held special for family. In the morning her brother would call and the German language would echo around the house, filled with the most recent news of aunts, uncles, cousins, in-laws and friends. She never skipped a beat in remembering the German language since coming to the USA in 1949.

Many will remember Issy for her fashion sense, her dozens of hand crocheted baby sets, her breads and cakes that helped to celebrate one's victories and console one's losses. Her family will remember her loving care of Bill over 56 years, her homemade spaetzle, her support of the soldiers & a certificate of appreciation for sending troop boxes, her pride in her grandsons military career, her joy in the poetry of her granddaughter & celebrated daily the achievements of great-grandson Hunter. News & visits from all of the extended family was also appreciated. Other family memories, she dined with her children at Tavern on the Green, was held at gunpoint... twice; she could do the twist to the floor, she bit a small child after he bit "her Pammie" and she opened doors in the White House that were meant to stay closed. She showered in champagne, was a fan of "Dancing with the Stars," stayed current on the news (especially when Jason was deployed), and tested her knowledge and luck with "Jeopardy" and "Deal or No Deal." Her rich life ended in the early hours of June 3, 2011 having spoken to her brother in Germany and being comforted by her family and those who had cared for Bill also.

in his final days. She was preceded in death by her Bill on December 31, 2005 and most recently on April 13, 2011, her sister, Charlotte (Krummerein) Ungerer. Among those she leaves are friends too numerous to mention, her children H. Peter Parda, Pamela (Frank) Brownell and Michael (Frances) Parda; her grand-children, SFC Jason (Marcy) Smith and Randi Copeland; her great-grandson Hunter William Smith; her brother Werner (Gerta) Krummerein, nephew and godson Jochen (Edith) Ungerer and each of their families still in Germany, her brother in law Charles "Artie" Aiken (98!) of Westminster and several members of the Aiken/Brownell/Parda families. She leaves this earth having accepted Jesus as her Savior and knowing there is a joy-filled place for Bill and her in heaven.

In this final journey she travels with a picture drawn by Hunter and a three musketeers bar— just in case. Memorial services will be held as Issy wished. In lieu of flowers, the family requests that donations can be made to **Westminster Cares PO Box 312 Westminster, VT 05158** or **Kurn Hattin School PO Box 127 Westminster, VT 05158**.



Westminster's new town manager is Matthew Daskel of Wethersfield, Connecticut

Submitted by: Susan Harlow

The selectboard signed a two-year contract with Daskel June 20. Daskel, 23, officially starts his new job July 18. He most recently worked for the town of Plainville, Connecticut, on special projects. He also worked for the Capitol Region Council of Governments in Hartford, Conn. Daskel said he came to Westminster's Town Meeting this year and liked what he saw. "There was a great turnout for such a small community, and everyone was engaged," he said. "Everyone had the sense that there's a role for government, and that really did attract me." Daskel has begun working with outgoing manager Sonia Alexander on his transition, which, he said, he wants to be "as smooth and effective as possible." Daskel earned a degree in history and sociology from Connecticut College, and a certificate in community action from its Holleran Center for Community Action and Public Policy. He earned a master's in public administration from Syracuse University, with an advanced certificate in health services management. In his spare time, Daskel likes to kayak, camp and hike, and plans to volunteer as a certified emergency medical technician. This is the first town administrator's job for Daskel, who has moved to Westminster. "I'm cognizant that I don't have as much history, and I'm ready to listen and learn from everyone about their priorities and concerns," he said. "My door will always be open."

Starting From Scratch With Your Computer? Learn More

Westminster Cares will host a series of four introductory computer classes in July for Westminster seniors and other interested adults. The free classes begin Wednesday, July 6, and run every Wednesday, July 13, 20, and 27 at Kurn Hattin Homes in Westminster. These classes will start at a very basic level and are designed to move at an appropriate pace for beginners. You'll be instructed on the basic functions of your computer or laptop. You'll also learn how to create an email account and how to surf the Internet. The final class will be an overview of what was covered and address any specific issues that attendees are interested in learning. The classes will be held in the computer lab in the library of the Mayo Memorial Center School at Kurn Hattin Homes, from 4 to 5 p.m. Computers are available. There is no charge for the classes. Come to one or come to all of them. Call Westminster Cares at 722-3607 or email wecares@sover.net for more information or to sign up.

Directions: From Route 5 in Westminster village, take School Street to the end. Turn left on Kurn Hattin Road, go over the I-91 overpass and make a right into the first Kurn Hattin driveway. Go up the steep hill to the Mayo Center (brown building) at the top of the hill.

Send Submissions to:

WESTMINSTERNEWS@GMAIL.COM

School's Out for Summer!...sort of

All children at the Westminster Schools had a chance to share important work from the year on Success Night. This happened at the Center School on June 9th, and at the West School on June 14th. Families got to see a music video in 1st grade, learn about the life cycle of chicks and eggs in all classrooms, K – 2, view carefully compiled books on westward expansion, from the days of explorers through the Wild West, in 5th grade, and watch a student performance of Russian folktales at the West School.... among many, many more projects. 6th graders shared their incredible, individually researched Culminating Projects the same night. Following a tour of student work, 6th graders, families, friends and teachers celebrated their graduation from the Westminster elementary schools.

To celebrate the end of a terrific year; to have fun with the friends we got to know well over the last months; to frolic in the summer sun.... for all these reasons, and more, Westminster School students join into the activities of FIELD DAY with gusto!

We divided our school into small, multi-age groups. 6th graders and staff ran a dozen different activities, ranging from dress-up relays to capture the flag. They are shepherded through the fun by the rest of the 6th graders and staff, spending about 10 minutes at each station. Excitement builds to a fever pitch when the Westminster Fire truck arrives to cool off the crowd!

Although the academic year has come to a successful close, more than a quarter of our students will be returning for the Summer Program! The program runs for six weeks, but children may participate for just a portion of the time. And there's Kindergarten Camp, too! If you're interested in any of these activities, call the school office, 722-3241.



Girls in the Rain! – a downpour dampened the bodies but not the spirits of Westminster's Girls on the Run group this spring.

YOU CAN GROW YOUR OWN HERBS

by Babs Lynde, a Vermont Master Gardener

I am so amazed at how many times people have seen the herbs in my gardens and asked about how difficult it is to grow them. And my answer is always: I've never had it so easy! Truthfully, if you are a first-time gardener, whether we're talking flowers or food, herbs are about the easiest plants to grow. With rare exception, herbs will grow in almost any location – inside or outside your home. They grow in direct sunlight, in shady areas, bad soil, good soil, dry or rocky areas – extremely damp soil is about the only deterrent. Some herbs will spread quite rapidly if you let them, while others are well behaved and stay right where you planted them.

My grandparents grew herbs in their vegetable gardens strictly for culinary purposes, and many people still do, but most herbs are so attractive and unusual in their leaf or flower design, that home gardeners like myself use them to complement their flower gardens as well. Herbs can be grown in flower pots and barrels or in your home on a sunny windowsill. Imagine going home after work on a cold wintery day and smelling the fresh aroma of oregano or sage!! And although store-bought herbs are better than nothing, you will be surprised at how the real-deal, home grown herbs from your own garden can taste so much better in zipping up your spaghetti, pizza, grilled chicken, fish and meats, teas and many other foods.

Try these very basic, extremely easy herbs first. Remember that all of them can be dried for winter cooking and many with a stronger aroma can be used in wreaths or dried flower arrangements.

Basil: Annual, several different varieties and flavors, grows to about 2 feet, small white flowers, leaves can be chopped and added to sauces, soups, pasta and meats

Chamomile: Perennial, grows up to 1 to 1 ½ feet, small daisy-like flowers, leaves and petals can be steamed or steeped to make a light, soothing tea

2011 KURN HATTIN SUMMER SPORTS CAMPS

Westminster, VT – It's not too late to schedule your children's summer sports camps. The Kurn Hattin Summer Sports Camps provide your child with a variety of learning experiences and places an emphasis on high quality individual and small group instruction. Our philosophy is learning by doing. Trained instructors from a variety of backgrounds will instruct in all facets of basic skills and strategies. Staff evaluation through observation and constructive feedback will aid the campers in development of the target skills. Camps being offered are:

Girls Basketball Camp —Ages 11-14 Camp Director: Tom Fahner	July 11-15	9:00-noon Cost: \$70
COED Basketball Camp —Ages 8-10 Camp Director: Sara Frantz	July 18-22	9:00-noon Cost: \$70
Boys Basketball Camp —Ages 11-14 Swimming and lunch included. Camp Director: Jarrod James	July 25-29	9:00-3:30 p.m. Cost: \$125
COED Soccer Camp —Ages 11-14 Camp Director: Dean Kinville	August 8-12	9:00-noon Cost: \$70

For additional information, a camp brochure or to register, contact Tom Fahner at (802) 721-6918.

Westminster Center School Energy Efficiency Upgrades

Thanks to the voters of Westminster, the Center School is getting a few needed energy efficiency upgrades - new windows in the East Wing classrooms, along with solar shades, will keep the rooms at a more even temperature. The new indirect lighting will enhance the learning atmosphere in these rooms, including new ceilings. Then there is the new tile for the hallway floors. Finally, the front parking lot will be paved later this summer. Peter Terrell, maintenance director, is keeping a close eye on the projects to keep them on time and under budget.



COMMUNITY PICNIC

Sat. July 16th

Behind the Westminster Institute



6-10pm

Bring a chair, Picnic basket, kids,
But please leave your dogs and alcohol at home.

Music – 3rd Rail, Chris Potter and crew.



Westminster Fire Department will be selling
Hamburgers and Hot Dogs

Sponsored by the Westminster Activities Committee

Chives: Perennial, grows up to 10 to 12 inches, light purple flowers, delicate onion flavor, all parts except roots and flowers can be chopped and added to salads, soups, stuffing, and meats

Dill: Annual, grows 2 to 3 feet, small yellow flowers, seeds and leaves can be added to salads, deviled eggs, fish and used for pickling

Oregano: Perennial, grows up to 2 feet, tiny pink or white flowers, leaves can be chopped and added to sauces, pasta, pizza and many Italian foods

Parsley: Biennial (but usually grown as an annual), grows up to 2 to 2 ½ feet, small yellow flowers in 2nd year of growth, leaves can be chopped and added to salads, soups, pasta, pizza or used as garnish

Sage: Perennial, sprawls out 2 to 3 feet, purple flowers, leaves can be chopped and added to fish, poultry, sausage or meatloaf

Thyme: Perennial, sprawls out 6 to 10 inches, tiny purple flowers, leaves can be chopped and added to fish chowders, stews, or poultry

So, this weekend, find a small patch of gardening space, dump in a few herbal seeds and discover for yourself just how easy they really are to grow and how delicious they taste on your foods!

Would you like more information about growing herbs? 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 email to master.gardener@uvm.edu or visit their website at <http://www.uvm.edu/mastergardener/> for extensive information.

Aged in Vermont

Westminster Cares, Inc.

Positive Reasons for Assisted Living or Nursing Home Care

By Connie Sanderson

A few years ago my mother, now almost 90, started having minor strokes that have taken their toll. She is weak, and falling is a major concern. She needs help with all daily chores and personal care, and cannot walk at all without a walker. Recently she had another minor stroke, recurring over the course of a few days. I come from a family of seven brothers and sisters, and we rotated nights with our mom so she would never be alone. During the day, a wonderful aide came in to help. Soon, we realized our mother would not be able to be alone for the rest of her life. Two of my siblings offered to have her move in with them. She declined—she loves her children dearly, but wants to live out her life, for as long as possible, on her terms. The rotating shifts became unsustainable. Most of us still work, and several live in other states. It was time to talk to our mother about assisted or nursing home care. We hesitated, knowing her misunderstanding that her children were thinking of “putting her away.” I volunteered to have the conversation with her. After thinking about what to say to her and making list after list, I decided: why not ask her what she is thinking for her future? She teared up, and her face worked to control her composure. So many things were at play...were we both remembering when her elderly father lived with us and died in our home, when I was six? Was she afraid of what was happening to her? I wanted to rush in with words to smooth things over, but forced myself to be silent. As our parents age, we tend to briskly take care of things and forget the vibrant human beings they were for many years. I wanted to let her feel some of her strength again. The silence went on for a few minutes, then she said, “I want to say I’m OK staying alone, but I don’t think I can be alone anymore.” I offered that she had been so good her whole life at giving us all such good advice, but that it’s hard to give ourselves the same good advice. I kept grasping for ways to make her feel confident. The next evening I steeled myself to finish the conversation. Ha! Mom brought up the subject herself. Finally, my lists came in handy. What are the positive reasons for my mom to move into a residential care facility? Here is what we agreed on together: a feeling of security that a professional was on duty 24 hours a days social interaction and fun, with peers her age who also need assistance a safer environment, designed for people with her mobility issues medical attention as needed freedom from depending on her children or neighbors every day for the many details of life like grocery shopping freedom from feeling like she is a burden to others understanding that nursing homes are not the warehouses of the past! I’m sure there are other good reasons for an elderly loved one to decide to move into a permanent care home. These are my mother’s and my family’s reasons. What a sense of relief for us all, especially our mother. Connie Sanderson is president of the Westminster Cares board of directors and Director of Development and Public Relations for Kurn Hattin Homes

“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. Email Ronnie Friedman at wecares@sover.net.

WESTMINSTER CARES, INC.

The Westminster Cares, Inc. Board of Directors met on June 1st 2011. 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 – 14 people are receiving meals 5 days a week. Transportation: 16 rides for 5 different people by 5 volunteers for a total of 230 miles; Visiting – volunteers visiting three people; Nursing program – 15 hours; 24 visits to 8 different homes plus a blood pressure clinic. Equipment loans – several pieces loaned including odds and ends of walkers and commodes. We have also received donations of many pieces of equipment. Thanks to all those who think to donate their equipment to Westminster Cares.

Meetings attended by the director in June: bookkeeper, Gazette, art program, Putney Cares, development director, and garden tour.

Programs in June: 2 Secrets of Healthy Aging session, 5 Yoga classes, 20 Strength Training classes held, 4 Artist in Each of Us classes, Healthy Food Workshop- 14 people attended “Making the most of Food Dollars”.

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 email at wecares@sover.net.

Equipment available: Wheelchair, walkers, hospital bed, commodes, shower chairs, etc.

Memorial Donations for June:

In memory of Dorothea E. Green from Doreen Branford

In memory of Isolde Parda from Shirley and Frank Aiken

In memory of Isolde Parda from Ruth Van Houten and Frances Van Houten

In memory of Isolde Parda from Barbara Sherrod and Mark Steihardt

Westminster Cares welcomes donations throughout the year from anyone wishing to memorialize a loved one or a friend. Send to: Westminster Cares, PO Box 312, Westminster, VT 05158.

WESTMINSTER MYSTERY PHOTO



What burned down in this picture and left the remains as seen, and what year did it happen?

You may email your answer to the westminsternews@gmail.com or wminster@comcast.net Phone: Babs Lynde at 802-722-9516

The answer and the winners will be announced in the next issue.

June Answer: On Page (2)

June Winners: *Bernie Lawrence and Tom English.*

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

News from Westminster Volunteer Fire and Rescue

The Westminster Fire & Rescue Department holds their monthly meetings at 7:00 PM on the 1st Tuesday of every month and a combined drill on the 3rd Tuesday of every month. Rescue training is the 2nd Tuesday of the month.

Next association meeting July 5th at 7:00 PM

The Prudential Committee meets twice a month on the first and third Monday after the first Tuesday at 7:00 PM

July meetings: July 11th & 25th

Number of calls in May: 23

Number of man hours spent: 6,192

Number of calls through June 29th: 27

Number of man hours spent: 7,128

Number of calls calendar year to Date: 189

Number of calls fiscal year to date: 407

Caution, Bee’s Nests:

When and if the ground ever dries out, there will be as many in ground bee’s nest as above ground. These nests are often unnoticed until someone steps on one or they are driven over by a lawn mower or other vehicle. Be especially cautious if there is someone in the family who is allergic to bee stings. If that is the case, make sure the proper first aid equipment is with them or readily available at all times.

Swimming Safety and Thunder Storms:

Now that summer weather is finally here, caution is urged for those swimming in pools, lakes and brooks. It is recommended that if you hear thunder you should vacate the pool for 30 minutes after the last clap of thunder. There is a rule of thumb for figuring how far away a storm is. If you see lightning, every second before you hear thunder is a mile. For example, if you see lightning and can count 5 seconds before you hear the thunder, the storm is 5 miles away. Also, be sure to have a good supply of life preservers on hand and “swimmies” for the little people. Watch for hazards such as low water, slippery decks and rocks. Be extra careful when diving to insure the water is deep enough and there is nothing in the water that could cause injury. Never swim alone and be sure there is ample supervision at all times, especially when little children are around.

Gas Grill Safety: Keep your gas grill clean and in good condition. There is a vent at the back of the grill that releases head smoke and at times, flames. There have been cases where vinyl siding has melted and houses have burned because the grill is positioned too close to a wall. Many grills will have a label listing clearance recommendations. If not, 24 inches is a good standard. Propane cylinders can also be dangerous. Be sure they are not stored indoors, but outside in a well ventilated area. And watch out for bees. Nests are apt to be made in an idle grill and could be a big and unsuspected surprise when the cover is removed.

Association Meeting: The Westminster Fire and Rescue Association met for their Annual Meeting June 7th with 29 members present and 5 members excused. Currently there are 41 members of the volunteer fire department. Elections for Captains and Lieutenants were held. The results are as follows: Tim Wilder, Captain; Gary Cobb, Lieutenant; Wanda West Rescue Captain and Jon Parker Rescue Lieutenant. Jeff Ruggiero remains in his appointed position as Safety Officer and Captain. The association officers and trustees were all up for re-election this year. The results are as follows: Greg Holton, President; Heather Kampfer, Vice President; Pete Harrison, Secretary/ Treasurer; Mike Fawcett 1st Trustee; Jon Taylor, 2nd trustee; Alana Mammon, 3rd trustee.

Preparations are under way for a busy summer starting with the Alumni Parade, 4th of July in Saxtons River complete with water polo, and the truck show in August.

Air Conditioners: It is a good idea when plugging in air conditioning units to have a designated circuit specifically for that unit. This will avoid overloading the circuit and possibly overheating the wiring and causing a fire. Never use an extension cord when plugging in an A/C. If it stays hot this summer, it will be a temptation to leave the A/C on round the clock. It is better to shut them off for a couple of hours each day or night and always shut them off when not at home. The cords heat up over time and could cause a fire. Keeping filters clean and vacuuming out the unit periodically never hurts.

Studebaker: The 2nd Sunday of each month has been designated as Studebaker restoration work day. Gradually, the old fire truck will get restored.

THANK YOU: Chief Streeter praised the members of the department for their good work and loyalty during another busy month. Turnout was strong despite the bad weather and challenging conditions.

Memorial Donation for June:

In memory of Issy Parda from Ruth Grandy

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

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

WESTMINSTER HAPPENINGS

Activities

Scottish Country Dance

Classes

Every Wednesday @ 7:30pm 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 beginners' workshop is taught at 8 pm, and the regular dance goes from 8:30 to 11:00 pm. A donation at the door will benefit the Pierce's Hall Building Fund. For more information, call (802) 387-5985.

Senior Lunch

Every 2nd Thursday of the month. @ 12:00 pm. All Westminster seniors are invited to attend. Join us at the First Congregational Church on Route 5

Bellows Falls GalleryWalk

Downtown @ 5:30pm every 3rd Friday of the Month.

Secrets of Healthy Aging

A facilitated discussion group and potluck. The 2nd and 4th Tuesdays of each month at the Westminster Fire Sta-

tion at 11:30 am to 1:30 pm. Call Westminster Cares at 722-3607 for more information

Contra Dance

Every 3rd Saturday of month at 7:30 pm @ The Town Hall in Walpole, NH.

Gentle Yoga

Every Monday at 10:00am @ The Westminster Institute: Call Westminster Cares @722-3607 for more information.

Living Strong Classes

Mondays & Thursdays @The First Congregational Church in Westminster

9:00 to 10:00 am

@The Westminster West

Church 6:00 to 7:00 pm.

Call Westminster Cares

for more Information:

722-3607.

Knitting Together

Every Wednesday from 1-3 p.m. at the Saxtons River Inn. For more information or if you would like to donate yarn please contact Caroline at (802)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, VT 05158

Sunday worship at 10:00 AM

Communion is the first Sunday of each month. Sunday School is held at 10:00 am from Sept 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.

Important Summer Dates

July 3 - Worship, Communion Joint service with Westminster West and Saxtons River

July 5 - Women's fellowship 12:00 pm

July 10 - NO SERVICE at Church- 9:30 prayers & hymn

sing at Music in the Meadow, Chester, VT

July 7 - Worship 10:00 am

July 24 - Worship 10:00 am

July 31 - Worship 10:00 am

Aug 2 - Women's Fellowship 12:00pm

Aug 7 - Worship, Communion 10:00 am

Aug 14 - Worship 10:00 am (Deacons and Trustees meet

after coffee hour)

A look ahead -

Aug 27 - Church BBQ 12:00 - 6:00pm Outdoor café or take

out

MUSIC IN THE MEADOW - July 10th, 9:30

THERE WILL BE NO SERVICE AT CHURCH

JULY 10th

Music in the Meadow

9:30-Chester, VT

Join us for a prayer service lead by Rev. Sami at 9:30 followed by breakfast and awesome singing with Mark Shelton and Rebecca Holtz Route 11 West Chester VT 875-2626

Directions to

Motel in the Meadow and

Music in the Meadow...

Due to bridges construction Take 91 north and take Exit 7 Bear right onto Route 11 West Wind through town stay on Route 11 West. After the lights downtown you will be at the lights and intersection for Route 11 and 106 take a left here. Remain on Route 11 West until you get to Chester. At the stop sign take a right. This is still Route 11 West. Go through Chester, green will be on your left, one more mile the Motel in the Meadow will be on your right.

Church BBQ - Aug 27th, 12-6pm

Join us for a cook out with a variety of food items. Eat in the out door café or bring it home. In addition look over the awesome home made pies and bring one home! Try your chance on our Summer Gas Card Raffle, \$1 a ticket or 6 for \$5. Prizes range from \$25 to \$100 the drawing will be at 6:00pm.

Community Birthday Calendar,

Our annual fundraiser, the Community Birthday Calendar, is just wrapping up. If you were missed in our street canvassing in May and early June and love having the calendar, you still have a chance to order one for 2012. For \$8, you will receive the Community Birthday Calendar and the chance to list birthdays and anniversaries for your immediate household. If you'd like to order a copy, you have until July 15th to contact Lucy Matteau at 802-722-9040 and order one. Leave your email or phone and we'll contact you to get your listings and arrange for payment. Call now so you can be included.

The Congregational Church of Westminster West (UCC Church)

Sunday Worship is at 10:00am. Holy Communion service is held on the first Sunday of every month. Prayer service is held on Thursdays, 12:30 to 12:50pm. Child care and Sunday School are available during worship hour. Choir meets most Sundays at 9:00am. Fully Wheelchair accessible.

Open and Affirming Susie Webster-Toleno, Minister
New Church Office Hours:

Susie Webster-Toleno will be at the church Monday 1-4pm and Thursday and Friday mornings until 12:30. Feel free to drop by, but it's a good idea to call if you really want to catch her, as she sometimes steps out to visit people in their homes or the hospital. She can be reached at the Church during her office hours at 387-2334, or a message may be left for her at home 254-4142 or by email ccww@sover.net

Meetings

Selectboard 2nd and 4th

Tuesdays at 7:00 pm in the Town Hall.

Planning and Development

Commission 2nd Monday at 7:00 pm in the Town Hall.

Westminster Activities

Commission

2nd Monday of the Month at 6:00 pm at the Westminster Institute.

Westminster School Board

1st and 3rd Tuesday at 7:00 pm at the Westminster Center School Library.

Windmill Hill Pinnacle

Association

3rd Thursday at 7:00 pm at the Westminster West Congregational Church

Westminster West Public Library

Board 2nd Monday at 7:00 pm at the Westminster West Public Library

Development Review Board 1st

Monday of each month at 7:00 pm. at the Town Hall

Community Improvement

Program Committee meets the 2nd Tuesday of each month at 6:00 pm.

Westminster Cares Board 1st

Wednesday of every month, at the Westminster Fire Station at 4:00 pm.

Westminster Institute Board

NEXT MEETING FOR WESTMINSTER INSTITUTE: Thursday, May 5 @ 7:00 pm. at the Institute.

911 Committee as needed.

The Westminster Fire & Rescue

Dept holds their monthly meetings on the 1st Tuesday of every month, @ 7:00 pm and a combined drill on the 3rd Tuesday of every month at the Westminster Fire Station.

Westminster Historical Society

2nd Tuesday at 7:00 pm at the Westminster Institute.

Westminster Gazette Meeting

Thursday, July 21st at 7:30 am at Westminster Cares

Westminster Recycling

Committee

Every 2nd and 4th Wednesday of the month at 7:00 pm at the Westminster Fire Station

The Deadline for

The August 2011,

Issue of the

Westminster Gazette is

Wednesday, July 27th

by 5:00pm

Publish Date Tuesday 8/2/2011

* Please note the deadline date has been changed to the last Wednesday of the month

Volunteers Needed

to deliver the

Westminster Gazette

to local designated

drop off locations.

Must have your

own transportation.

WESTMINSTER GAZETTE

Editor: Peggy Porter

Board of Directors:

Elizabeth Harlow - Chairwoman

Ronnie Friedman

Toby Young

Cynthia Stoddard

Pictures and Articles

Provided by the Community

westminsternews@gmail.com

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
Burlington Subaru

Looking for something fun to do this summer that also benefits those in need?

Then come on over to the 9th Annual Music in the Meadow concert to be held the weekend of July 9th and 10th at the Motel in the Meadow, Route 11 West just outside of Chester, Vermont. The music starts at 1:00 on Saturday with 5 acts performing until 6:30 and continues on Sunday from 10:00-2:00. The local musical artists include; Ninja Monkeys, Stockwell Brothers, GB 101, Marc Shelton and Laughing Sam all of whom will be donating their time and talent. During the music festi-

val there will be lots of food, crafters, games for kids, a great raffle and silent auction with all proceeds going to the Susan G. Komen Race for the Cure for Breast Cancer Research.

It's a fun weekend for the whole family that not only entertains but helps find a cure to a disease that affects so many members of our family and community.

For more information you can find us on Facebook, at motelinthetown.com or by calling 802-875-2626. Follow the pink ribbon signs to the Music in the Meadow!



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It is a pleasure to announce that Rebecca O'Neill has been chosen the Bellows Falls Union High School Elks Student of the Month for June.

Becky, a senior, is the daughter of Laurie Alberts and Tom O'Neill of Westminster.

As second in her class academically, Becky is clearly a dedicated student. She goes above and beyond to consistently meet course requirements and expectations. However, what is most impressive is her innate will to establish her own set of expectations as a conscientious learner and high achiever. Becky is an excellent contributor in class discussions, from asking questions to making worldly connections to listening to other students' opinions. Becky stands out with her interest and dedication to her classes, and her incredible work ethic. Becky is an outstanding student.

Becky is unique and respectful in the manner in which she asserts her expectations of others. Her alternative nature reminds others to think outside of the box to expand creative and critical thinking.

Becky has been present and on time to school on a daily basis, and if she does need to be out of school/class, it is always for educational opportunities that lend themselves to rewarding cultural, life experiences.

Becky has been actively involved as an athlete and team player. She recognizes the value of supporting school-wide initiatives and takes a leadership role as a high achieving student. She was captain of the girls' soccer team for the last 2 years and she worked hard to organize fundraising opportunities for the team last year. Becky has been a member of the BFUHS Student Council, as well as Envirothon, Track, and the Math team and represented BFUHS and our country last year as she studied in Costa Rica for a semester.

Congratulations, Becky. BFUHS is proud to have you represent us with this award.

WCS Garden Gets a Helping Visit

An enthusiastic and productive Youth Services crew of 5 teens and a crew leader made a huge impact in their first visit to the school garden on June 27. Also, very wonderfully, two families with students at our school joined the weeding, helping us thoroughly weed the carrots, winter squash and strawberries. They look fabulous!

The early challenge in the garden is the return of the Colorado Potato Beetle, which was so strong so soon that we have treated it with the organic pesticide called Entrust. Thanks to our farmer support for applying it!

The crew will return Monday mornings July 11- mid August, 9am-12. Come join the synergy, watch the garden grow week to week, weed and mulch, and be there when the cherry tomatoes and summer raspberries come in soon. Bring a friend, sunblock and a water bottle and snack. Questions or reports on your findings during visits to the garden, call Elizabeth Harlow 463-5120. Thank you!



Graduates Sean Hennigan, Josh Ramsey, and Ben Stohrs

Shaping Identity and the Future

The Compass School all school spring trips reminded me of how we actively work to shape identity for our students. By going out into diverse communities, whether Boston or New York or Ecuador or the Dominican Republic, our students come to see the diversity of the world beyond our little corner of Vermont. By addressing complex community needs in Winter Term, our students learn the power of working in a team to solve real world problems. By undertaking projects they design on their own, such as through Project Week or Senior Project, students become more capable of independent work. By participating in school democracy, through student judiciary, student council, town meeting, and advisory, students become part of a living democracy preparing them to be involved citizens. Community rituals such as Mountain Day and our Graduation ceremony remind us we are part of a greater whole. The graduation portfolio process asks our students to reflect deeply on their challenges, strengths, shortcomings, and growth throughout their high school years. This knowledge of oneself, developed through reflection on the wealth of experiences at Compass, is maybe the greatest gift our graduates take going forward. While these structures are designed to offer students new opportunities, it still is the unique experiences for each child that come together to shape identity. Opportunity is not destiny. We can put students in situations that we hope can be identity forming, but ultimately, it is the student's unique experiences that impact their lives.

A catalog of these formative experiences is immense: Some that jump into my mind include:

- * The chance meeting in the Park in Santo Domingo with Leo or Ali or any of countless strangers who become friends that touch our lives.
 - * Running school meeting and finding you have the power and skill and charisma to entertain, educate, and lead.
 - * Traveling for Senior Project to Haiti for a medical mission and discovering strength and spirit, in yourself and others.
 - * Visiting a mosque and finding gender segregated grouping opens up possibilities as much as limits them.
 - * Producing a brilliant film, overcoming challenges with actors and locations and equipment and editing.
 - * Flying off to Ecuador, where you find yourself closer to the land and the people than you could have imagined before you left.
 - * Helping organize a group for winter term that addresses the very real problem of teen suicide and realizing these challenges will take you far beyond our immediate area.
 - * Serving on Judiciary and learning how to listen closely, to develop understanding and compassion, and to help others learn to help themselves.
 - * Laughing at the improv theater in Boston and recognizing how much we all create on the fly, sometimes with great results and other times with a bit less success.
 - * Jumping off waterfalls in the DR, a lesson in not overthinking life, and recognizing that our challenges are often best overcome by just jumping in with both feet first.
- I do not believe it is our place to impart particular values, but it is important that a school provides the opportunities for every child, regardless of background or family circumstances, to expand their horizons and broaden their experiences to shape their own identity, and the future.

—Rick Gordon, Director



Sean Hennigan with Maggie Bernhard left and Lena Glickman to his right, with their hand made diplomas (Compass School)

**Send Submissions to:
westminsternews@gmail.com**

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DID YOU FILE AN EXTENSION AND NEED TO DO YOUR 2010 TAX RETURN?

DO YOU NEED TO FILE RETURNS FOR PRIOR YEARS?

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Calling all gymnasts, dancers and cheerleaders...Free summer camp!

submitted by Kathy St. Pierre, with thanks

Le Studio All Stars in Westminster, Vt. has summer camp scholarships for gymnasts, cheerleaders and dancers! Weather you are a beginner or a seasoned competitive athlete, Le Studio will help you get ready for your fall season, and have a great time doing it!

Le Studio has a scholarship that will allow students the opportunity to participate in summer camp for free. All you have to do is show up, ready for a great time.

Our staff of gymnastics, cheer and dance coaches are simply the finest this area has to offer. Gymnastic coaches, Kathy and Brian were voted as Vermont Gymnastic coaches of the year, by USAG-VT. Our adult, professional, enthusiastic staff will allow your children to excel and have a positive, rewarding camp experience.

Our free summer camp schedule is as follows:

Gymnastic camp: June 27, 29 and July 1	9:00-12:00 (past publish date)
Cheer camp: July 5 - July 8	9:00-12:00
Dance camp: July 11 - July 15	9:00-12:00

Our Gymnastic camp is open to children age 4 and up. Our dance and cheer camp is open to children age 5-up. We will group children by age and ability for the best learning environment possible.

For more information or to enroll in one of these camps, please call us at 802-463-9010.

Please call early, as these camps will fill quickly.

SEVCA Weatherization 1-800-464-9951



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RUGGIERO

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802.869.2235

Box 434, Saxtons River Vermont 05154 Joe 802.384.0397 Jeff 603.209.4441

The new farm processing kitchen is up and running!

Look for your favorite jams and chutneys and new additions in coming weeks

Don't forget to sign up for the Winter CSA to keep those yummy local, organic Harlow veggies in your kitchen all year!

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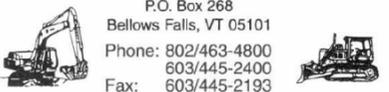
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WESTMINSTER MUSEUM OPENING

The Westminster Museum will open July 3 and be open Sundays from 2 to 4 pm through September 4. The museum is located up stairs in the town hall on Route 5. This year's special exhibit commemorates the 150th anniversary of the Civil War with attention paid to the Soldiers Aid Society of Westminster, featuring the items these hard working women produced to send off to their men folks at the front. On display are a list of Westminster soldiers, along with photos and other artifacts.

The Bradley Law Office will be open at the same time July 3, after that by appointment with Karen at (802) 722-4203.

The museum may be visited at other times or to get more information by contacting Pat at (802)387-5778 or Karen at (802)722-4203.

Bellows Falls Farmers' Market Friday 4-7pm

Strawberries, Strawberries, Strawberries, jam and jelly, tons of greens, herbs and plant starts, cheese, maple syrup, and yummy sweet treats, beef, pork and eggs, handcrafted soap, lotion and jewelry. All this and so much more, this week at the Bellows Falls Farmers Market – Every Friday from 4 – 7 pm.

Broadcasting live at the BFFM – WOOL 100.1 "Professor Funk" - Jeffrey Starrat.

Vendor Spotlight - With a strong personal connection to local foods it's no wonder these four prepared food vendors would sell products that reflect this food philosophy.

The Sausage Man – Brandon is involved in the entire process of producing his product. He raises, butchers and processes the sausage he sells. Eat it grilled at the Market or take some home for the freezer.

Cai's Dim Sum Teahouse – Cai and Adam are enthusiastic about creating Asian Dim Sum cuisine using ingredients grown by area farmers. Try some of their dumplings, scallion pancakes and other favorites.

Alpineglo Farm – The Ware Family are currently raising pigs and poultry for the table and are selling homemade prepared foods like chilli and soup each week at the market. Their fresh, hot food is made from their own meat and local products.

Downstreet Café – Jenny and Ana are special guests at our market. Ana helps to grow the vegetables they used in their prepared food while Jenny is always inventing new ways to make seasonal treats. Menu items are quiche, tarts (sweet and savory) and made to order lemonade.

EBT -3SquaresVT is always accepted at the BFFM. The Market will again be participating in the Harvest Health Coupon Project Stop by the Managers booth for more information.

The Bellows Falls Farmers Market is located at The Waypoint Center, on the Island in Bellows Falls, Vermont.

**SEVCA'S 13TH ANNUAL FLEA MARKET, SILENT AUCTION & RAFFLE:
VENDOR SPOTS AVAILABLE**

Southeastern Vermont Community Action (SEVCA) will be holding its 13th Annual Flea Market, Silent Auction and Raffle Drawing on Saturday, September 24, 2011 from 9:00 A.M. to 2:00 P.M. in Westminster, Vermont. This is an annual community and fundraising event to support the services that SEVCA provides to low-income residents of Windham and Windsor counties. Flea market vendors, including crafters, antique dealers, and yard salers are welcome and encouraged to reserve a space, which costs \$25 or \$30, depending on location. Non-profits' spaces are free for info-only booths, and \$15-20 if they wish to sell anything. Breakfast foods and coffee will be available for sale in the morning. Food vendors for the rest of the day are encouraged to inquire about a space. SEVCA is also requesting in-kind donations from businesses such as art, gift certificates, handmade goods, and other items for the raffle and silent auction fundraisers that will take place on-site. To reserve a space, donate an item, or for more information about this event, call (802) 722-4575, ext. 105.

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