

# Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ [www.westminstervt.org](http://www.westminstervt.org)

Vol. 10, No.6 June 2014

## Dances, Gardens & Bikes - Students Stay Busy



Westminster Center School might be coming to the close of the school year, but activities at the school have not been slowing down.

Families and students at the Westminster West School have been working together to create raised bed gardens at the edge of their playground. A design was conceived and many family members gathered for several work days in May to drop and limb trees, transport them to the school, cut them to size, build the beds and fill them with rich compost donated by Goodell Farm.

Students spent an afternoon with Westminster Schools Garden Coordinator, Irene Canaris to brainstorm ideas, map out and illustrate DreamGardens.

Students are also working with local artist, Mark Ragonese to design and build interactive playground structures enhanced by colorfully painted wish flags. The month of May ended with Planting Day and the West School's annual plant sale on May 31st.

Students at the Westminster Schools learned how to ride bikes safely and having fun doing it – thanks to a bike skills training loaner program called Kohl's Kids Bike Smart. Pat Gomez, PE teacher contacted the program a couple years ago, and this year, along with WCS After School Program Coordinator, Elaine Gordon, the bike trailer arrived!

The program brought 40 kids' bikes and helmets to the school for the last



two weeks of May. A curriculum and all needed supplies and equipment for intensive bike skills training was provided at no charge. Students in K-6 rode and learned about bike skills and safety during their regular weekly PE time.

"While many students ride bikes outside of school, most of them have not been exposed to this kind of bike training," said Westminster Schools physical education teacher Pat Gomez said. "It's hands-on learning and a great form of exercise, and they love it. Everyone is being swept along in a biking craze!"

The program was supported by the work of many volunteers. Students and staff say Thank You to: Dick Miller (past Westminster teacher and board member) and alums Chase Perkins and Lucas Saunders. Parent volunteers are too numerous to list and their help adjusting seats and teaching aspiring bikers was invaluable. Todd Mangiagli, Westminster resident and biker, helped us out by adjusting brakes and giving the bikes a general tune up. A special thanks to Westminster staff members, Pat Gomez, Elaine Gordon and Adam Hallock for investing many hours beyond the school day to make the bike weeks happen.

The Kohl's Kids Bike Smart bike skills training loaner program is powered by Local Motion – a Vermont nonprofit dedicated to making walking and biking safe, easy, and fun. For more information about the program, please visit [www.kohlskidsbikesmart.org](http://www.kohlskidsbikesmart.org) or contact Mary Catherine Graziano at [marycatherine@localmotion.org](mailto:marycatherine@localmotion.org) to inquire about reserving the trailer.

## William Czar Bradley Law Office Transferred to Historical Soc.

By Lindy Larson

On April 10, after many years of effort and planning, the Westminster Historical Society became the owners of the historic William Czar Bradley law office. It is one of those places that you may have driven by dozens of times but never really noticed. Located two doors south of the Town Hall and directly across from the former Westminster village store, it is that small white building nestled beside the former William Czar Bradley home which is on the corner of Route 5 and School Street. In the photo above are attorney Fletcher Proctor of Putney and Historical Society President Virginia Lisai standing in front of the law office. In a very generous offering of his time and expertise, Proctor was instrumental in the successful transfer negotiations with the State of Vermont.

Vermont was admitted to the union on March 4, 1791 and had its first congressional election on October 17 of that year with Stephen Rowe Bradley being one of that first pair of senators sent to Washington. He left office in 1813, oddly enough, the same year that his son William Czar Bradley was elected to Congress. If you happen to visit the historic courthouse in Newfane you will see a larger-than-life portrait of the elder Bradley.

William Czar Bradley served in Congress from 1813-15 and 1823-27 after which he practiced and taught law from the small office we are speaking about today. Some might wonder why he would construct a that small two room building just a few feet from a spacious home that might have had room for his practice but that was not a particularly unusual way of doing things then. What is most unusual is that the building managed to survive all these years and not simply survive but survive with all the contents perfectly intact. When he retired from law in 1858 it appears that William Czar Bradley simply walked out of the building and closed the door, allowing everything to remain untouched for the next 140 years.

It is amazing to consider that not once in those 140 years did someone say "Hey, this would make a great chicken coop...garage...wood shed...etc. By sheer good fortune it managed to avoid the theft or sale of the contents or vandalism. It dodged the bullet of fire or a falling tree or just plain neglect letting the roof collapse. Part of the reason for this remarkable good luck is that the property and home remained within the Bradley family for the entire time from its first construction about 1802 until it was transferred to the State of Vermont in 1998 by Sarah Bradley Willard's estate. For that reason it could remain closed with shut-



ters drawn and it was hardly ever entered.

At the transfer last month it was reported that the building contents had remained untouched and intact. That is partially true. Everything was intact when the State received the property in 1998 but they felt, and probably rightly so, that there were many papers and documents that needed to be conserved properly so they were removed to the University of Vermont. Also, many documents were sold by the State at auction. That and the fact that the Historical Society was not made aware of the sale caused some ill feeling with some of the members.

However, all of William Czar Bradley's personal effects, furniture, law practice books and materials along with many, many local and regional newspapers dating back to the 18th century and many other things are still there just as they were left in 1858. The building will be open to the public at various times. This summer the dates are scheduled to be

If you have the opportunity to visit the law office at one of these times you really should do so. The tour is short but you will discover a Westminster gem that you have been driving by and not noticing for years.

## WESTMINSTER SCHOOLS SPRING CONCERT: LOOKING BACK



From the Vermont state song, These Green Hills, to Ob-la-di, Ob-la-da, with a lot of dancing and band and solo performances in between, Westminster students entertained the community at their annual Spring Concert on May 21st. The Concert highlight skills learned in music classes this year and was a testament to the hard work and creativity of the young musicians and their teacher, Ashley Paine.

### Last Month's Mystery Photo

Last month's photo was a dedication for a World War II Memorial in North Westminster on the corner of Route 121 and Gage Street, in the year of 1945. Correctly guessed by Gert Golec, Mary Brandt, and with this comment from Alice and Jon Rogers, "We know that this was in Gageville at the Veterans Memorial and we think it was Veterans Day and likely in 1947, and we were there."

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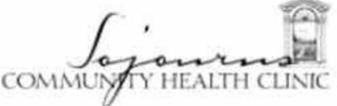
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## WESTMINSTER CARES ANNUAL GARDEN TOUR, JUNE 28 AND 29



Everyone is invited to Westminster Cares' thirteenth annual Garden Tour on Saturday and Sunday, June 28 and 29, in Westminster, Vermont. The tour will again feature the gardens of Mary and Gordon Hayward, nationally known garden designer, writer, and lecturer.

You'll be able to visit three other noteworthy Westminster gardens on the tour, as well: the gardens of Lucy and Jim Matteau, Caitlyn and Peter Adair, and Barbara Sherrod and Mark Steinhardt will be opened to the public.

The tour will be 10 a.m. to 3 p.m., Saturday and Sunday. Lunch and refreshments will be available at the Hayward garden. You will be able to buy tickets to a raffle to benefit Westminster Cares, with many prizes offered.

Admission for one (or both days) is \$15; two for \$25. Tickets are good for both days of the tour. Discounted tickets can be purchased online—one for \$13, two for \$22. (The Garden Tour is held, rain or shine. Tickets are nonrefundable).

Many thanks to our sponsors: Chroma, C & S Wholesale Grocers, Durand Toyota and Ford, People's United Bank, and Vermont Country Store.

For more information on the tour, check our website for updates: [www.westminster-cares.org](http://www.westminster-cares.org). E-mail us at [wecares@sover.net](mailto:wecares@sover.net) or call 722-3607.

Proceeds from the tour support the services and programs of Westminster Cares, a volunteer organization whose mission is to create opportunities for seniors and disabled adults to live with independence and dignity in the community.

Westminster Cares is a nonprofit organization, formed in 1988, that works with seniors and disabled adults in Westminster, Vermont, to help them remain healthy and independent in the community. Call us at 722-3607 or visit our Web site, [westminster-cares.org](http://westminster-cares.org). Like us on Facebook.

## TAKE A KID FOR A HIKE TO THE PINNACLE

On Saturday, June 21 from 9 a.m. to 2 p.m., the Pinnacle Association will present its annual Take a Kid for a Hike program. The aim is to entice children and their interested parents or other adults to get outside and learn more about the world of nature.

This special free program will offer map reading to explain the topography of the land, a bit of geology about the area, and information on local flowers and trees. Indicators every half mile on the trail will pinpoint the hiker's location on a map.

A side trip to a vernal pool will reveal that special environment and its inhabitants. Stickers will be given to those who finish the hike, and a special snack at the Pinnacle lookout will celebrate the amazing view from on high.

Windmill Hill Pinnacle Association Board Member Tony Coven will lead this hike to the Pinnacle lookout and back via the Holden Trail.

The public is encouraged to bring a child, grandchild, or neighbor. If a parent cannot come with a child who wants to attend, Pinnacle will try to provide an experienced hiker to accompany the child to make that adventure possible.

Participants should wear sturdy sneakers or walking shoes, and long pants to ward off ticks. They should bring water, bag lunch, snack, insect repellent, and sunscreen.

Hikers should meet at Westminster West Church, 44 Church Street, to carpool.

Please call Tony Coven at 387-6650 for information and registration.

Visit the program link under events at [www.windmillhillpinnacle.org](http://www.windmillhillpinnacle.org) for directions to Westminster West Church and information about other upcoming programs.

In case you're wondering, that's a snake being pointed at that these two young hikers found at last year's event.



### NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met on May 7 at the Westminster Fire House with President Pete Harrison presiding.

The following board members were present: Don Dawson, Reggie Borden, Kathy Elliott, Miriam Lanata, Susan Harlow, Karen Walter, Sally Ryea and Director Donna Dawson. Connie Sanderson, Heidi Anderson, and Barbara Carey were excused.

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.

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 Donna Dawson at 722-3607 or by e-mail at [wecares@sover.net](mailto:wecares@sover.net).

Check us out on the web at [www.westminstercares.org](http://www.westminstercares.org) and like us on Facebook.

Assistance and Referrals: Many hours of assistance to Westminster residents and their families and several motel residents, collaborating with social service agencies, Senior Solutions, the VA, Friends of Veterans, SEVCA, Red Cross, VCIL, Adult Protective Services and the Visiting Nurses.

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

In addition two frozen entrees were delivered to nine people on Fridays for the

weekend, with 18 total.

A second new "team" of drivers was trained on the route and Donna has met with another potential volunteer driver.

Transportation – During the month of April, five different volunteers provided rides for 12 different people to medical appointments, shopping or programs for a total of 102 miles.

Nursing program: During April, our community nurse saw several seniors for medication management and foot care. Isabelle has escorted two seniors to a bone builders class.

Meetings attended by staff in April included: bookkeeping, Westminster Gazette, computer/ website, graphic designer, grant writing, senior lunch and various committees.

Programs during April included: two Secrets of Healthy Aging session, four Yoga classes, 24 Strength Training classes held and four Artist in Each of Us classes.

Friendly Visits: Four volunteers making friendly visits to five seniors.

Equipment available: Walkers, commodes, shower chairs, wheel chairs, hospital beds, scooters and electric wheel chair. Equipment loan: several pieces of equipment loaned out in April.

Equipment needed. Currently storage is tight, however we are in a need of transfer benches, a bariatric wheelchair or a power recliner.

## 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 is June 3 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.

June Prudential meetings: 9th and 23rd

Number of calls in April: 41

Number of calls through May 28: 42

Number of calls calendar year to Date: 151

Number of calls fiscal year to date: 349

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting May 6th with President Greg Holton presiding. There were members 23 present and 5 members excused. Currently there are 41 members of the volunteer fire department. Length of service awards for handed out by Chief Streeter.

The following received a pin and a certificate: 5 year awards went to Dan Bibeau, Dan Green and Alana Mammone. 15 year awards went to Billy Nowers and David Lynde. Wanda West received a 25 year award and Real Bazin received a framed certificate and a pin for 40 years of service. Chief Streeter recommended Mark Lund as first deputy and Real Bazin as second deputy. Next month, June 3rd, captains and lieutenants will be voted on. Applications for those positions can be obtained from the Chief.

Also next month, association 3rd trustee and three officers will be voted on. Greg Holton said he would like to step down as president. Vice president and sec/treasurer will be voted on as well. Chief Streeter welcomed Laura Mayer as a new member of the department. Laura passed the district 2 EMT class, is an EMT, a helicopter pilot and lives in Gageville. Mike Fawcett said there are two applications for the annual Association Scholarship. Mike Fawcett and Heather Kampfner will interview the candidates.

**Swimming Safety and Thunder Storms:** Now that summer weather has arrived, 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. When you see lightning, every five seconds before you hear thunder is one mile. For example, if you see lightning and can count 10 seconds before you hear the thunder, the storm is 2 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.

If you have a pool at home, check to be sure the fence and gates are in good shape. Fences and gates should be lockable and child proof. Kids seem to be able find a way to get to the water even when the most conscientious precautions are taken.

Never swim alone and be sure there is ample supervision at all times,

### TOWN CLERK'S OFFICE CLOSED JUNE 16

The Town Clerk/Treasurer's Office will be closed on Monday, June 16.

### LISTER'S GRIEVANCE DAY IS JUNE 18

Grievance Day with the Town Listers will be on Wednesday, June 18. All grievances are set by appointment only.

Please contact the Westminster Listers with questions, concerns or for more information

especially when little children are around. Supervision is the best way of avoiding tragedies.

**Window, Screens & Rain Gutters:** With the warm weather approaching, windows tend to be open more often. Be sure to watch children around open windows especially those above ground level. Make sure screens are secure and in good condition. Every year there seems to be avoidable accidents where a child gets seriously or fatally injured from a fall from a window. Also, rain gutters tend to be plugged up with leaves and debris and should be cleaned out so they will drain properly and not cause a backup.

**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. It is often 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.

**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 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.

**Vehicle Kits:** It's time to remove the winter emergency supplies from your car. No need of carrying the extra weight. Replace it with extra sunscreen and insect repellent.

The Westminster Fire & Rescue Association welcomes donations throughout the year from anyone wishing to remember a loved one or a friend. Memorial and Honorary donations received in May: In memory of Harold and Alice Shattuck from Barbara Greenough. In honor of Barb and Peter Bazin from Westminster Cares. Donations received in May: The Cobb family Beverly and David Decamp. Holly Waryas Tom and Brenda Lawrence

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 Westminster West.

There is a Fire House, an engine and a rescue vehicle located in Westminster West and more help is always welcome to utilize that equipment during calls.

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

Check us out at [www.westminsterfireandrescue.org](http://www.westminsterfireandrescue.org)

### OUT OF TOWN GAZETTE SUBSCRIPTIONS

Do you have a student in college, or know someone who has moved away that would love to receive the Westminster Gazette? Subscriptions are only \$10 a year to send to someone out of town.

You can send subscription requests and payments in care of the Gazette to PO Box 147, Westminster, VT 05158.

## The Japanese Beetle

by Babs Lynde, a Vermont Master Gardener

If you don't know what a Japanese beetle looks like, then chances are this pest does not plague you. Unfortunately, most of the eastern United States is susceptible to both its adult and larvae stages by the tune of half a billion dollars damage each year!

Originally from Japan, they were first discovered and identified in this country about 90 years ago in a small New Jersey nursery. This insect has now become a serious threat to American agriculture and horticulture.

The Japanese beetle is effective in its destruction to vegetation in both its adult and larval stages. It spends 10 months in the ground as larvae, or grubs. The off-white grub is an inch long and found just below the surface of the soil in a curled position.

It feeds on the roots of our turfs, which may be the reason for the dead grassy areas you have in your lawn. If you think you're having a problem with grubs, cut through your sod one to two inches deep, just outside the dead spots. You can also do this around your rose bushes, wisteria, or any other plant with suspicious defoliation.

Lift the sod back and check for any large white grubs around the grass roots. Chances are, they are the larvae of the Japanese beetle or another plant-loving insect pest, the June beetle.

The adult Japanese beetle is unmistakable with its metallic green body and bronze colored wing covers and capable of flying over a mile in the search for food or a mate. It skeletonizes a plant's leaf by eating the green parts between veins, and this defoliation is not only unsightly but can be fatal to a plant if too many leaves are consumed.

After the month of June, the Japanese beetles will appear, having gone through a pupa stage in the ground, and for the next few weeks, they fly around on warm, sunny days.

The female will return to your lawn several times in the next couple of months and lay 40 to 60 eggs in her lifetime. The eggs hatch quickly, and the larvae, or grubs, begin their feeding immediately. When the cold weather comes, they bury deeper into the soil, where they lay dormant until the ground warms up again.

Although several types of control methods have been introduced, this beetle is here to stay. There are numerous chemical fertilizers and biological control methods available to the public to help eliminate the grub and pupa.

In the adult stage, people often purchase Japanese beetle "traps," but the pheromone used in these traps can attract the beetle from a mile away, and not all the beetles go to straight to the trap. They may stop several times to eat or mate along the way.

In fact, using these traps can possibly inflict more damage than not using them at all. The best and safest way of getting rid of Japanese beetles is by hand. Fill an old vase or jar halfway with hot water or water with soap. Pluck the little troublemakers from your plants and drop them into the water.

Would you like more information concerning Japanese beetles? 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](mailto:master.gardener@uvm.edu) or visit their Web site at [www.uvm.edu/mastergardener/](http://www.uvm.edu/mastergardener/) for extensive information.

# Aged in Vermont

## Westminster Cares, Inc.

### FREE "MEDICINE"

By Judith J. Petry, MD

I'm guessing that if a pharmaceutical company came out with a pill that reduces the risk of breast and colon cancer, diabetes, heart disease, and depression; improves immune function and brain performance, makes you feel better, look better and live longer, *and* has no side effects, the FDA would approve it immediately and we would all start taking it. I'm not sure we would even care what it cost.

Such a pill does not exist, but we have a free "medicine" available to us that satisfies all of the criteria mentioned: walking. Granted, it isn't as easy as taking a pill, but it has the added advantage of being free.

There are few interventions that have been studied by medical researchers that have been shown so consistently to increase longevity. None of the studies disagree.

Walking outdoors for 15 minutes four times a week improves longevity by 40 percent in 80 year olds. And the faster you walk, the longer you live. If you add a retraining program that helps people to understand that aging does not have to mean mental and physical decline, the health improvements increase further.

In yet another study published in the venerable *British Medical Journal*, Australian researchers found that the Grim Reaper walks about two miles an hour. So, those who walk three miles/ hour were significantly less likely to be caught by Death (I'm not kidding, it's a real study.)

So, why do people *not* walk? No time, too cold out, knee hurts, the excuses are endless. My suggestion? Decide now, this very moment, that you are going to walk four times a week for at least 15 minutes.

Find a friend, a dog, a llama who is willing to walk with you. Set goals: today to the end of your driveway, tomorrow to the end of the road. Start slowly, your body will get used to walking longer and longer distances. If you have health issues, make an appointment with your doctor and tell her you want to walk for health and need help with your physical problems so you are able to walk.

If you think you're too old to start walking, AARP has suggestions on their website ([www.aarp.com](http://www.aarp.com)) to inspire you. Westminster Cares has a walking group that meets on Wednesday's at 9am at the Westminster Heights Rd. Park and Ride.

Walking is the simplest and most accessible thing you can do for your health and well-being, and it is highly unlikely that new research will come out that says, 'oops, never mind, we found out it's unhealthy to walk.'

## WESTMINSTER MYSTERY PHOTO



Where is this property and for what purpose is it used? Bonus question, when was this photo taken?

E-mail your answer to [westminsternews@gmail.com](mailto:westminsternews@gmail.com) or [blynde@westminstervt.org](mailto:blynde@westminstervt.org), 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.

### We Need Mystery Photos!

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

### GAZETTE BOARD SEEKS SECRETARY

The Westminster Gazette Board is seeking a new board member to serve as Secretary. There is only one meeting per month, usually the last Monday at 4:30 p.m. at the Town Hall, and limited to about an hour.

Anyone interested can contact the Gazette at [westminsternews@gmail.com](mailto:westminsternews@gmail.com).

## THE WESTMINSTER INSTITUTE: A TOWN JEWEL

On Saturday, May 17, well over 100 people turned out for a very nostalgic afternoon at the Westminster Institute.

Troy Wunderle of Wunderle's Big Top Adventure's entertained young and old alike throughout the afternoon with much of that fun being a hands on experience for many of the children. Dempsey Potter had a constant line of young people eager to have their faces painted while there was much activity going on at the outdoor games and playground.

For the older folks, the North Room was very popular with an ongoing video of the recent "Fireside Chats" with some of our long time town residents while others enjoyed an audio interview done some time ago with Artie Aiken.

Another wonderful blast from the past was provided by Don Anderson who showed a film of the "Westminster Follies" (remember those!) performed by local talent in the 1980's thanks to the energy provided by Hank and Phyllis Anderson.

As folks wandered through the building, comments were overheard such as: "I remember playing basketball here and being able to take a shower after working in the fields" or "I remember the roast beef suppers here that George Cote used to cook - boy were they good" or "I remember the plays and all the costumes hanging in the costume closet" plus the times of the Boy and Girl Scouts, the scary Halloween haunted house and "I remember movie night. 10 cents would get us a movie and a bag of popcorn".

To make it even better, the planning committee and the community provided plenty of snacks and treats for everyone.

In addition to providing a fun and nostalgic afternoon, one of the purposes of the Open House was to acquaint people with all the possibilities that the Institute has to offer for the present and future.

So, if you have an idea of what those uses might be, whether it be dances, parties, weddings, horse shoes, game nights, movie nights or whatever, please share those ideas by contacting Janice Wojick at 722-3030 or [wojickj@myfairpoint.net](mailto:wojickj@myfairpoint.net).

One final quote: "I've been driving by here for thirty years and never knew what it was. This is a beautiful building".

Yes, it certainly is.



# 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 Gallery Walk

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.

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Printed by Turley Publications of  
Palmer, MA

**Pictures and Articles  
Provided by the Community**  
westminsternews@gmail.com

**The Deadline for  
the July 2014 Issue of the  
Westminster Gazette is  
Wednesday, June 25.  
Publish Date is  
Tuesday, July 1.  
To Contact the  
Westminster Gazette E-mail:  
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### 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 and Thursdays: at the First Congregational Church in Westminster from 9-10 a.m.; at the Westminster West Church from 6-7 p.m.; or at Greater Rock Fitness in Bellows Falls from 11-12. 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.

### Zumba Class - Basic Level 1 (B1)

Every Sunday from 4:30 to 5:30 p.m. at the Westminster Institute. Suggested minimum donation.

Please call 376-5397 or e-mail paulinebob@hotmail.com to register or for more information.

### Westminster West Public Library Trustees

The Westminster West Public Library Trustees meet on the second Monday of the month at 7 p.m. at the library. They welcome visits from the public, but it would be best to check times with Bev Major at 387-5737 before coming.

### Bellows Falls Farmers' Market

Stop by the Train Station in Bellows Falls every Friday from 4 to 7 p.m., for our Farmers Market. We have local vegetables as well as breads, cheeses, canned goods, meats, prepared foods, crafts and more! For details visit [www.bffarmersmarket.com](http://www.bffarmersmarket.com) or call 463-2018.

## Faith Community

### The First Congregational Church of Westminster

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

The Congregational Church of Westminster West 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](mailto:susiewt@gmail.com).

### 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/](http://www.gb4hisglory.com/).

## Meetings

**Selectboard** 2nd and 4th Tuesdays at 7:00 p.m. in the Town Hall.

**Planning 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

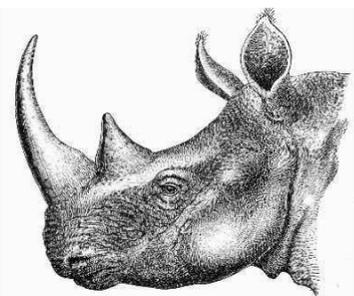
2nd Tuesday at 7 p.m. at the Westminster Institute.

### Westminster Gazette Meeting

Monday, June 23 at 4:30 p.m. at the Town Hall

### Westminster Recycling Committee

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



## WESTMINSTER WEDNESDAY WALKERS

We are currently meeting at the Westminster Heights Park and Ride on Wednesday mornings at 9 a.m. and carpool to Walpole for the walk. Most times the walk takes one hour and we are back by 10:30.

Bring water, hat, walking stick (if desired), sun screen and wear good sturdy shoes. We can walk at different speeds depending on the group.

Our walking group is looking to expand and venture out perhaps at different times of the day or evening. There are lots of different options for our walks and maybe some hikes into interesting places. Let us know if you have some ideas.

An evening walk could be set up from 5 to 6 p.m. if there is an interest.

Jeff Michaud and Karen Walter have been the lead walkers for the past two years and can accommodate the walks to your ability.

If you are interested call the Westminster Cares office 722-3607 or e-mail [wecares@sover.net](mailto:wecares@sover.net).



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### WESTMINSTER CARES HONORS VOLUNTEERS

Westminster Cares volunteers who deliver Meals on Wheels, give rides to medical appointments, and make friendly in-home visits were honored at a Volunteer Appreciation Luncheon on Sunday, May 18, at the First Congregational Church in Westminster. Members of the Westminster Cares Board of Directors and Donna Dawson, director of Westminster Cares, were on hand to thank the group of approximately 30 volunteers for their service to seniors in our community.

Pete Harrison, board president, welcomed the volunteers and thanked them for all the hours they give, the miles they drive, and the kindness they extend to the seniors of Westminster. He told the gathering that they are the core of Westminster Cares, enabling the organization to provide essential services to seniors and disabled adults who need support to remain independent in their homes.

Some of the accomplishments the volunteers helped Westminster Cares achieve in 2013 were:

- Over 40 volunteers delivered nearly 4,000 meals on weekdays to 22 eligible seniors.
- Due to the generosity of community member Sharon Boccelli and her staff, another 856 frozen entrees were delivered for weekend meals to 9 seniors.
- Volunteers drove nearly 8,000 miles and spent approximately 750 hours delivering meals.
- Over 90 pieces of medical equipment were loaned out throughout the year, thanks to Barbara and Peter Bazin, who donate the storage sheds.
- Volunteers drove an additional 2,500 miles transporting 23 different seniors to medical appointments and shopping.

A mix of new and experienced volunteers were in attendance, from those recently trained to someone who has been delivering Meals on Wheels for 20 years! Verna Newcomb and Marge Demos recently retired as Meals on Wheels drivers, and were appreciated for their years of service. Volunteers enjoyed the delicious lunch and had fun exchanging stories and getting acquainted.

Westminster Cares received a donation from BurtCo, Inc./Abenque Car Wash so that each volunteer could receive a small gift as a token of appreciation. A wise person had this to say about volunteers, "Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another." We wholeheartedly agree.

### KURN HATTIN HONORS STAFF



Kurn Hattin Homes for Children honored the dedicated staff with Years of Service Awards during their All Staff Meeting in April.

Staff members receiving five-year awards were Karen Grenier, Houseparent and John Mozley, Teacher. Ten-year awards were given to Leah Gordon, Counselor; Melanie Atkin, Cook; Eileen Brown, Health Services Coordinator; and Robert Anderson, Houseparent.

Fifteen-year awards were presented to Courtney McAuliffe, Houseparent; John Steuer, Custodian; Kathleen Pirruccello, Speech and Language Therapy; Leonard Farrar, Maintenance and Grounds Supervisor; and Cynthia Bacigalupo, Houseparent.

Twenty-five year awards were given to Connie Sanderson, Co-Executive Director; Stephen Barry, Custodian; and Kirk Hemelberg, Computer Resource Manager. The twenty-five year honorees, received a \$150 gift card to the restaurant/business of their choice.

All the honored staff received a framed certificate of appreciation and an extra paid day off to use in the new fiscal year. The award ceremony concluded with praise to all the staff for their dedication.

Pictured above, from left, First row: Leah Gordon, Eileen Brown, Karen Grenier. Second Row: Robert Anderson, Stephen Barry, John Steuer, Kirk Hemelberg, Cynthia Bacigalupo, Courtney McAuliffe. Back Row: John Mozley, Leonard Farrar, Melanie Atkin.



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### STUDENTS ENJOY VIKING 5K RUN



A community celebration of spring was planned for May 3. Kurn Hattin planned its annual Spring Fling, including pony rides, horse demonstrations, baseball games, a Wellness Tent and more, and the Westminster Schools' T.E.A.M. organized the Viking 5K run.

Runners were supposed to end at the Kurn Hattin event for prizes and to join in the fun. Unfortunately, the Spring Fling was cancelled, but the 5K went on! Runners raced up to the GMP headquarters on Westminster Heights Road and back to the Center School. Believe it or not, a fabulous time was had by all!

### SCHOOL END OF YEAR CALENDAR HIGHLIGHTS

- 6/5: K Trip to Stonewall Farms
- 6/5: West school grade 1-3 Trip to Deerfield Village
- 6/5 & 6: 6th Grade End of Year trip to Portsmouth
- 6/9: West School Success Night
- 6/11: Center School Success Night & 6th Grade Celebration
- 6/13: Field Day
- 6/16: 5th Grade End of Year Trip
- 6/17: Last Student Day

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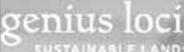
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## June Business of the Month: Serene Touch

From Diane Bazin, Certified Zero Balancer

What is Zero Balancing?

Zero Balancing is the art and skill of balancing body energy with body structure through the use of touch. Zero Balancing uses energy movement to integrate Western medical science with Eastern energy healing traditions into a relaxing and effective body work skill.

It is a hands-on body mind system designed to enhance health. Zero Balancing promotes internal balance and harmony through the use of skilled touch known as fulcrums. ZB uses a unique type of skilled touch called interface in which the body's structure and energy are touched simultaneously and consciously also called fulcrums.

My sessions take 45 to 60 minutes; ZB is received through clothing with the person lying face up on a bodywork table. ZB is distinct from other bodywork therapies and is practiced by many kinds of healthcare practitioners who have been trained and certified in ZB.

How might you benefit from Zero Balancing?

Zero Balancing provides clients the possibility of health and healing at the deepest level of energy flow in the body-the skeletal system. By working with bone energy, ZB corrects imbalances providing relief from pain, anxiety and stress while facilitating a profound experience of wellness and integration.

Aligning energy with structure enhances the body's natural healing processes and supports optimum health. Many people initially seek ZB to relieve symptoms but continue receiving sessions as their quality of life improves.

ZB can significantly help integrate the effects of many kinds of therapy by enhancing transformational processes on all levels. It is designed to address the whole person rather than treat symptoms and is an ancillary of adjunctive therapy rather than a primary care approach.

Zero Balancing helps balance body energy and structure with the benefits of

- \* Alleviating symptoms of stress
- \* Relieving musculoskeletal tension
- \* Reducing physical and emotional pain
- \* Enhancing wellness & self-actualization
- \* Promoting feelings of well-being

Zero Balancing Practitioner/Message Therapist Laura Lea Sweeney says "Message can help you have a great day; Zero Balancing can help you have a great life!

What do clients say about Zero Balancing?

Joshua Kiosk, M.D. "I first sought ZB hoping to regain some mobility following a sports injury to my shoulder and wrist. After a single ZB I was able to move both joints without any stiffness or discomfort. I felt more relaxed, limber and calmer than I'd felt in months."

Olivia Newton-John "ZB is the most wonderful form of bodywork that I have ever had. It really makes a noticeable difference. A ZB balances me physically and spiritually."

*I work out of my home in the Village of Westminster and would love to connect; with this ad receive \$25.00 off a session of Zero Balancing.*



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Our Monthly Community Newspaper June 2014 Vol. 10, No. 6

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