

# Westminster Gazette



po box 147 westminster vt 05158

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

Vol. 6, No.3 March 2010

## The Westminster Schools presented Westminster Cares with a check at an all school assembly.



Pete Harrison, president of the Board of WC and 4 students: Andrew Elliott, Molly Potter, Abby Dearborn and Molly Howe.

Westminster Center School students donated \$330 they had raised throughout the year to Westminster Cares. Pete Harrison, president of the Westminster Cares' board of directors, went to the school to gratefully accept the donation, Harrison told the board at its monthly meeting Feb. 3.

This is the second year that the local school's students donated money they had raised to Westminster Cares.

The board also accepted the resignation of Neil Metrick, treasurer of the board for three years and a board member since 2005.

The Westminster/Rockingham Elder Housing Project has signed an agreement with Bob Crego of Valley Cares to be predevelopment manager, reported Karen Walter.

The collaborative committee is composed of Westminster Cares, the United Church of Bellows Falls, the Council on Aging of Southeastern Vermont, Sojourns Community Health Clinic and the towns of Westminster and Rockingham.

The board named new members to its operating committees: finance, development and fundraising, publicity, programs and services and nominating. In addition to board members, anyone in the community who would like to serve on these committees is welcome to participate.

Publicity for the annual Garden Tour, scheduled for June 26 and 27, was organized.

Services provided in January by Westminster Cares included: Meals-on-Wheels to 13 people; 22 rides for 10 different people by

seven volunteers for a total of 260 miles; five pieces of medical equipment donated; and volunteers who visited three people.

In January, Westminster Cares presented these programs : two Secrets of Healthy Aging sessions, three yoga classes, four Artist in Each of Us classes and 18 Strong Living classes.

The next meeting of Westminster Cares will be at 4 p.m., Wed., March 10, at the Westminster Firehouse on Grout Ave.

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

Anyone interested in learning more about Westminster Cares, 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](mailto:wecares@sover.net).

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 Cares received the following memorial gifts during January & February:

- From Julie Szuch in memory of Bernie Golec
- From Ellen Kreitmeier in memory of Fran Streeter
- From Geraldine Harty in memory of Catherine Hryckiewicz-

## Kurn Hattin Students Organize Events to Benefit Haiti

by Kim Fine



Kurn Hattin 6th grader, Scarlett Stanhope, sells raffle tickets to benefit Haiti

Kurn Hattin has a close connection to Haiti. Two current students have family there and a current and former houseparent work with a Haitian orphanage and a women's program. The disaster in Haiti has directed the student council to make raising money for the victims in Haiti a high priority by committing to a one-year partnership with these organizations where we have this personal connection. The beneficiaries of our fundraising efforts will be God's Littlest Angels orphanage and Heartline Ministries' Women's Program, a program which educates women in literacy, family and employment. Funds are being collected in a variety of ways:

- A raffle to be held on February 12 at Family Day and an ongoing Change War (collection of loose change) involving students and staff.
- On Saturday, February 27th, half of the proceeds collected at the Rotary Spaghetti Dinner at the Bellows Falls Moose Lodge will be donated. The Kurn Hattin 7th & 8th graders will be serving at this event.
- On Wednesday, March 17th at 7:00 pm, students from six local schools will participate in the 18th Annual Choral Invitational. The event will be held in the Higbie Auditorium in the Mayo Memorial Center at Kurn Hattin. The schools participating are: Bellows Falls Middle School, Walpole Middle School, Leland & Gray Middle School, Leland & Gray Union High School, Fall Mountain Regional High School, and Kurn Hattin Middle School. The choral groups will perform a wide variety of songs and will conclude with all schools singing together, "We Are the World." Donations will be taken at the door.
- On Wednesday, April 7, donations will also be collected at the Kurn Hattin Jazz Band Invitational featuring the Keene Jazz Orchestra and several local middle and high school bands.

Of note, since the inception of this and other charitable projects this year, the Kurn Hattin students have given more to charities than they have spent on themselves. They have been very generous. If you have questions about this fundraiser or upcoming events, please call Kim Fine at (802) 721-6914. Kurn Hattin Homes is a charitable, year-round home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.

### INDOOR WINTER WALKING

**WALKING at the Westminster Center School. The gymnasium at the Westminster Center School will be open every weekday morning from 7 am to 8 am and will be available until the end of school. The walk is open to anyone who has interest in exercising early in the morning, either before you go off to work or to get a healthy start on the day. If you are interested, just come to the gym at 7 am and wear appropriate shoes. If you have any questions, please call Ronnie at Westminster Cares - 722-3607.**



**Rabies Clinic Saturday, March 27, 2010 10 a.m. - 12 noon Located at the Town Garage By Rockingham Veterinary Clinic Dr. Vincent DiBernardo \$10.00 per rabies vaccination**

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**THE GAZETTE GRATEFULLY  
ACKNOWLEDGES  
THE SUPPORT  
OF IT'S UNDERWRITERS:**

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- Westminster School District
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- Durand Automotive Group
- Westminster Activities Commission
- Sojourns Community Health Clinic
- Westminster Cares
- The Current operated by the  
Connecticut River Transit

**WESTMINSTER  
GAZETTE**

**Editor:** Peggy Porter  
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Chairwoman

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Toby Young  
Cynthia Stoddard

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

**If you have a soldier that is currently serving overseas, we are looking for pictures & info @ the American Legion Post # 37 in Bellows Falls and to include him/her the shipment of troop boxes for LOCALS in the spring. Drop the picture with soldier mailing info off or mail to Marcy Smith PO Box 243 Westminster, VT.**

**SUPPORT THE LOCAL TROOPS FUNDRAISER---2 locations**

Friday--March 5th

**5:30pm-7pm---Spaghetti Dinner Fundraiser @ BF American Legion Post # 37**  
All funds to go towards the Temporary Financial Assistance Fund for local veterans in need.  
Call 802-463-9700, reservations highly recommended.  
**\$8.00 per person. To go dinners available also.**

then follow to:

**8pm-11pm**  
Bellows Falls Moose Family Club  
Music by "Intercept"  
**\$10.00 per person**

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Stop	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	
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For More Information: Web: www.crrtransit.org  
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\$150 12 months (page 8)  
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## Westminster School News

Elizabeth Bourne, Librarian

### March Reading Challenge!

The 22nd March Reading Challenge begins Monday, March 8th and runs for four weeks, ending on Friday, April 2nd. This annual event is organized by Windham County Reads, the literacy group that also sponsors our area Bookmobile. Students at the Westminster Center and West Schools will receive reading contract packets during the first week in March. Area families without school children are welcome to join up through their public libraries. Participants pledge to read a certain amount of time every day and keep track of it on their contracts. As usual, when families read together, benefits increase! Children reading to siblings, parents and grandparents reading to children in all these combinations may record their reading on the contracts of each participant. Completed contracts from both children and adults come back to school (or public libraries) on Monday, April 5th. All participants are eligible for raffle drawings at school and in Brattleboro.



### Student Readers Present

On the day before February vacation, Westminster West students in the 3rd and 4th grades entertained schoolmates with presentations about their reading group books. Here are pictures of the Fantastic Mr. Fox (R.Dahl) group, along with guest teacher Neil Taylor, and of the group who read From The Mixed-Up Files of Mrs. Basil E. Frankweil (Konigsburg).



### Visitors from India

Students traveled to India, thanks to visitors Munir and Suzie Rizwani, who brought their saris, slides and experiences into the classrooms of Irene Canaris and Emily Lisai. Although they now live in New Jersey and Suzie was born in Walpole, Munir is from Bombay, and the couple have lived in and visited India for many years. They taught children how to bow respectfully, how to write in Urdu, and how to dress in traditional Indian clothing. They also brought the spicy flavors of India in ihot mix, which is like an exotic trail mix. Students made and sampled an Indian bread, chapati, with help from parent, Rebecca Nixon. East Wing children in the first through fourth grades will study Indian folktales, customs, cooking and amazing places throughout the winter.

westminsternews@gmail.com



### Kurn Hattin Children Play with Their Vermont Academy Friends

by Kim Fine

Four times a year, the Kurn Hattin students are invited to Vermont Academy in Saxtons River to participate in Activity Day. In January they made crafts, played basketball, and went sledding and skating. Afterwards, they had hot chocolate and decorated cookies. The Vermont Academy students and Kurn Hattin have always been very good friends. In photo, along with her classmates, Vermont Academy sophomore and 2008 Kurn Hattin graduate, Megan Knight, is skating with Kurn Hattin students. Kurn Hattin Homes is a residential year-round home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.

### News vs. Nosey

I pay the price of sixty cents  
For news of yesterday,  
But there's several ways to get the facts  
Of what occurs each day!

There's radio and television  
Telegrams and more,  
The Internet and E-mail  
And letters at your door.

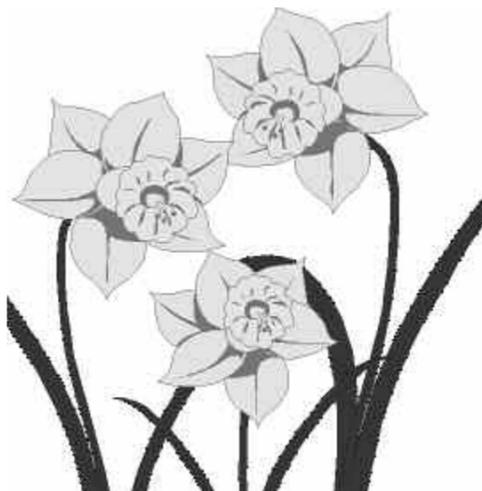
There's curriers and web-sites,  
Notices on a post,  
Telephones, and microphones...  
There's one, I use the most.

It's easy to obtain  
News... from just one place.  
It's current and reliable,  
It's meeting, face to face.

I ask a lot of questions  
of very worthy folks  
I seek out all the answers  
And often share some jokes.

There's no better way  
To catch up on the news,  
Look someone in the eye  
And search for all the clues.

submitted anonymously by a local poet



### Kurn Hattin Basketball Team Wins Fans Despite Championship Loss

By Kim Fine

In a jam packed auditorium on February 11, the Kurn Hattin's boys' 7th & 8th grade basketball team finished their season as runners-up in the Southern Vermont/New Hampshire Junior High League losing to Walpole 63-57. This is the first time since 2001 that Kurn Hattin has played in the finals. The team's record was 14-2 in the League and 17-3 overall –and two of their losses where to Walpole. Kurn Hattin was the only team to beat Walpole 54-44 on December 7. There was abundant cheering throughout the game and at half time entertainment performed by the Kurn Hattin Dance Group. The basketball team, coached by houseparent, Dave Brodeur, is Dylan Bussino, Ethan Colon Dylan Conklin, Deionte Davis, Steven Kingsbury, Anthony Martinez, Codi Merlin, Cooper Newell, Jordan Ortiz, and Sam Paulino. "Kurn Hattin had an outstanding year," said Executive Director, Chris Barry. "We're very pleased with not only their 17-3 record but also their sportsmanship throughout the year."

### Kurn Hattin Students Relax with T'ai Chi by Kim Fine

For the last three years, Kurn Hattin counselor, Patrick Cavanaugh has practiced a simplified form of T'ai Chi with the students twice a week during the winter months. T'ai Chi is a traditional Chinese martial art and meditation that uses slow, flowing, balanced movement and relaxation to stimulate the circulation of ch'i or vital life energy. "The exercise is low impact so anyone can do it," Patrick explains. "The goal is to reduce stress and improve overall health of mind, body and spirit. I try to instill the importance of balance, breathing, movement and posture. The children learn to become more aware of these whether they're sitting in class, at the dinner table or interacting with others. Though it requires much discipline, the children manage to be patient while learning the different poses." There are many reinforcements of these practices at Kurn Hattin with similar focus and instruction in the equestrian and dance programs as well as other activities throughout the year.



### Five Community Members Honored as Paul Harris Fellows

by Lisa Jane Clarke

On Thursday, Feb. 11 at the weekly Bellows Falls Rotary Club meeting at Kurn Hattin School, an unprecedented five members of the community and Rotary Club were inducted as members into the esteemed Paul Harris Fellowship. The fellowship is named for Paul Harris, who founded the Rotary with three business associates in Chicago in 1905. The fellowship was established in his honor in 1957, to express appreciation for a contribution of \$1,000 to the humanitarian and educational programs of the international Rotary Foundation. The programs include an array of projects that save and invigorate the lives of people around the world, and enhance international friendship and understanding. These provide educational opportunities, food, potable water, health care, immunizations, and shelter for millions of individuals. New Paul Harris Fellows include (from left to right, with Hugh Haggerty presenting): Marc Cote, Marcy Caulkins, Ryan Ostebo, and William Barbarow shown- fellow Tom Fahner not pictured.

**February marked the 19th Anniversary of the Greater Falls Serve** and the first Anniversary using the Westminster Fire Station as a monthly distribution station.

The Greater Falls Serve appreciates the convenient parking and easy access and would like to thank Greg and the other firemen for their help in setting up and taking down tables as well as their help unloading the truck.

Serve is a community service, food purchase program. A family package contains at least four pounds of meats, potatoes, carrots, bananas and other fruits and vegetables. This package is \$25.00 plus \$1.00 for trucking.

There are specials every month of bigger meats and convenience meals. Orders and payments are made early in the month and the food is delivered to the fire station two weeks later.

**March sign-up is March 13th, pick-up is March 27th.**

Newspapers are available at the Westminster Town Office, the Fire Station, SEVCA and various locations around Bellows Falls. The website is [www.serve-newengland.org](http://www.serve-newengland.org)

Payments can be made using cash, check and EBT.

For more information call Jane French 802-463-4311 or Marie Benway 802-463-0620



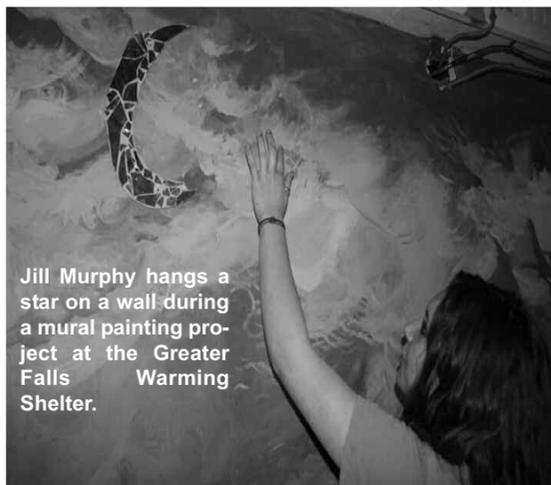
## WETLANDS

by Babs Lynde, a Vermont Master Gardener

Someone asked me a few days ago if there was a difference between "wetlands" and land that is usually wet or soggy. Most of us envision that wetlands are constantly covered with a layer of water that can be ankle to knee deep, filled with cattails and reeds. In fact, the Department of Environmental Conservation of Vermont defines wetlands as an area that is inundated by surface or ground water and capable of supporting plants and animals that depend on the saturated or seasonally saturated soils. This means that the water does not need to be visible above the soil surface throughout the year to be considered a wetland, although it is more common to find an inch to a couple of feet of standing water at most times. There are several different classifications of wetlands in Vermont including wooded swamp, shrub swamp, wet meadow, marsh, pond and bog.

Wetlands can be found in all life supporting regions except Antarctica. There are even wetlands in the Arctic which include bogs, fens, marshes, and swamps. They are more commonly found along coastlines, which include mangrove forests and tidal marshes, and throughout inland areas. They naturally filter water from undesirable chemicals and other detrimental substances and are capable of slowing down the flow of surface waters and reducing the impact of flooding. Wetlands also prevent soil erosion and are able to remove and store greenhouse gases, thus slowing down global warming.

Although they are usually associated with lakes, rivers and streams, wetlands can also be found in areas where no obvious signs of surface water is present. These lowland habitats are a self-contained ecosystem that depend on poorly drained soils to keep the ground a near perpetual wetness for unique vegetation, insects, birds and small mammals and reptiles. Some of the more common vegetations beside cattails and reeds are sphagnum mosses, laurels, sedges, ferns, and



Jill Murphy hangs a star on a wall during a mural painting project at the Greater Falls Warming Shelter.



Kailey Rinder paints a forest scene during a mural painting project at the Greater Falls Warming Shelter.

## COMPASS SCHOOL STUDENTS BRIGHTEN WARMING SHELTER

by Louise Luring

BELLOWS FALLS, Vt. – A group of students from the Compass school has brought a warm glow to the Greater Falls Warming Shelter by painting colorful murals on several of its walls.

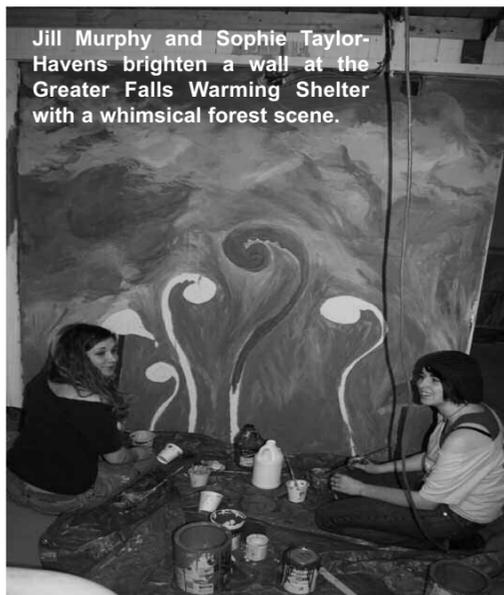
Led by Humanities teachers Julia Taylor and Lauren Beigel, as well as guest artist Aaron von Seggern, a group of thirteen students first visited the shelter to assess the needs and then traveled to several museums to develop ideas about public art and artistic quality. They then designed what became the murals that are now brightening up the shelter's interior. After initial sketch work and discussion, the students divided up and tackled different areas of the shelter, including a bathroom, a kitchen wall, and a family sleeping area.

Working during the school's Community Service Winter Term, the students covered the walls of the shelter with vibrant murals of birch trees, forest scenes, and a night sky with fresh, clean paint in comforting colors.

The work pushed the students to consider ideas about social justice and community that they had studied in school and apply them in a real world setting, according to Taylor. At the same time, the work brought them into contact with adults committed to public service.

The students met with shelter coordinator Sam Neill, who told them the shelter has served more than two dozen different people since it opened December 23 by offering a warm, safe place for people to spend the night. The shelter is open every day from 7 p.m. to 7 a.m. and will remain open through the winter months at least until March 31. He said volunteers are especially needed for the 1 a.m. to 7 a.m. shift, and 64 volunteers have already received training. The next training is Wednesday, Feb. 24 from 5:30 to 7 p.m. at the shelter at 24 Canal Street.

More information is available by contacting Neill at [bfwarmingshelter@yahoo.com](mailto:bfwarmingshelter@yahoo.com) or leaving a message at (802) 463-3355.



Jill Murphy and Sophie Taylor brighten a wall at the Greater Falls Warming Shelter with a whimsical forest scene.



other hydrophytic vegetation as well as the American elm, northern white cedar and red and silver maples that can be present in the wooded swamps. Beaver, frogs, muskrats, sparrows, turtles, and warblers call the wetlands their home and would have a difficult time surviving elsewhere.

Unfortunately, wetlands have been viewed as bad or wasted real estate and throughout the known generations of man, we have been draining them or filling them with stone and soil, mostly for other agricultural uses such as growing crops or raising cattle and sheep. There were nearly 221 million acres of wetlands in the United States alone until the time of the first white settlements. Since then, nearly half of these acres have been converted or transformed by the 1980s. Recognizing that every part of our planet has been deeply affected negatively by the loss of wetlands, the U S and Canada developed and signed the North American Waterfowl Management Plan in 1986, of which Mexico joined in 1993, in an attempt to prevent more of this valuable land from further disappearing. These 3 countries have spent almost \$5 billion to protect the remaining 15 million acres left in our continent.

Wetlands are obviously extremely important, not just to the fauna and flora that live there, but to all life on our planet by helping to maintain and regulate water, improve drinking water and a more breathable atmosphere. If you would like to know what you can do to help protect our vanishing wetlands, you can contact the Department of Environmental Conservation at 103 South Main St in Waterbury VT or call them at 802-241-3770.

Would you like more information about wetlands? 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 website at <http://www.uvm.edu/mastergardener/> for extensive information.

## Aged in Vermont

Westminster Cares, Inc.

"Old age ain't no place for sissies," said actress Bette Davis. 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.

This month, Westminster Cares starts a monthly article on aging issues, called *Aged in Vermont*. It's 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 plan to address such topics as losing a pet, sleeping problems, supplements, advanced directives and creativity. We'll explore questions such as should I move to town? And, decision making: whose life is this anyway?

Ideas for future columns? We'd like to hear from you. Email Ronnie Friedman at [wecares@sover.net](mailto:wecares@sover.net).

### Free "Medicine"

What reduces the risk of breast and colon cancer, diabetes, heart disease, and depression; improves your immune function and brain performance, makes you feel better, look better and live longer, and is free?

#### WALKING

And it doesn't have bad side effects, interact with medications, or hurt (if you wear decent shoes).

Study after study results in the same conclusion, walk several times a week and you will be healthier and happier. That's the bottom line.

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 three times a week for at least 30 minutes. Find a friend, or a dog, 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 think you're too old to start walking, AARP has suggestions on their website ([www.aarp.com](http://www.aarp.com)) to inspire you. Get a step-counter and attach it to your waistband when you get dressed each morning, and aim for 10,000 steps per day. If you don't like the cold, walk in a gym. Here are a few ideas: The Westminster Center School gym is open for walkers weekday mornings from 7 a.m. to 8 a.m.; Putney Central School opens to walkers each Tuesday and Friday, 8 a.m. to 9 a.m.

But remember walking outdoors improves cognitive function. If you believe you don't have time, think very carefully about something you do that takes 30 minutes three times a week that you can replace with walking. 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.

Get motivated.

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'.

By Judith J. Petry, MD - Westminster Resident

### CALLING ALL PAINTERS! CALL FOR SUBMISSIONS!

#### Paintings Juried Invitational

Extended Deadline: March 12, 2010

Dates of Show: March 19 (Opening) - April 30 STONE CHURCH ARTS is pleased to announce the first Paintings Juried Invitational Show in the Chapel Gallery at Immanuel Episcopal Church, the stone church on the hill in Bellows Falls.

Please submit your work in person at 20 Church St., Bellows Falls, Vermont along with description(s) of your work, a brief biography, and a fee of \$10 per piece submitted. Up to 25 pieces will be chosen for the show. Juried "Best in Show" receives a \$100 gift certificate and "Runner Ups" receive \$25 gift certificates to Zephyr Designs in Brattleboro, Vermont. Deadline for submissions: March 12, 2010.

Stone Church Arts is the Arts Program at Immanuel Episcopal Church. For more information call 802-463-3100 or visit [www.immanuelepiscopal.org](http://www.immanuelepiscopal.org)

SEND US YOUR  
NEWS !!!

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## WESTMINSTER MYSTERY PHOTO



**This house was a working farm for many, many years, but it was also used for other purposes. What were those purposes, and where is this farm located?**

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

The answer and the winner/s will be announced in the Next Issue.

**February Answer:** The monument was dedicated to William French, and it is located in the Old Cemetery in the village of Westminster on US Route 5 at the top of Court House Hill. **Extra points:** 22 year old William French died from a shot to the head from a Yorker sheriff, which is referred to as the Westminster Massacre. The event happened on March 13, 1775 and is considered the first battle of the American Revolution.

**February Winners:** Al Southwick, Barb Greenough, Howie Rice, and David Wright.

If you have picture's you think would make a great mystery photo please stop by the town office and see Bab Lyndes. **We are in search of Pictures..**

### 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.

Next association meeting March 2nd, 2010  
The Prudential Committee meets twice a month on the first and third Monday after the first Tuesday at 7:00 PM  
March meetings: 8th & 22nd

Number of calls in January: 32  
Number of man hours spent: 11,805 hours

Number of calls through February 22nd: 23  
Number of man hours spent: 4945 hours  
Number of calls calendar year to Date: 55  
Number of calls fiscal year to date: 223

**Parking in Fire Lanes:** It has been called to our attention by the Westminster schools that there is a problem with vehicles being parked in the Fire Lanes. A 30' perimeter around the building is required, even if it is not marked or painted a fire lane, this is the law. These areas have been set aside so emergency vehicles will have a place to park or set up or both in case a call comes in. The emergency vehicles and personnel need to be able to access the school easily and quickly. Please familiarize yourself with these locations and keep them open. Not having a place to park for an ambulance or fire truck could cause a situation to become more serious.

**Snow/Ice:** Be sure to keep your roof & vents clear of ice & snow buildup. Also, just a reminder if you can't make it in your driveway an Emergency Vehicle will not be able to make it either.

**Phones:** From time to time in Vermont we lose our electricity. If you do not have a wall mount phone that does not require electricity, you will not have phone service either. Portable phones will not work without electricity. You can purchase an inexpensive wall mount phone at a department store or at most hardware stores.

**Mud Season:** Mud season will be upon us before we know it. The less traffic on dirt roads the better. At some points, there may be roads that are impassible to fire trucks. Our road foreman keeps us apprised of this and other road conditions. Please limit traffic on muddy roads.

**EMT's:** Our EMT's are currently undergoing a 24 hour classroom refresher course; this is required before they can take their recertification test in March. Their license has to be renewed every 2 years.

**Skating Party:** The fire department hosted a skating party at the ice rink located next to the Center School on Friday night, February 12th. The department lighted the rink and served hot chocolate & hot dogs. It was well attended and fun was had by all.

**Ambulance:** The Town of Westminster has a contract with Golden Cross Ambulance Service. When you dial 9-1-1 or 603-352-1100 during an emergency you will get all the help you need including an ambulance. Calling any other ambulance service may incur a delay in getting the help you need. The Westminster Fire & Rescue has a great working relationship with Golden Cross; they are a great group of very qualified personnel and have a huge support team behind them.

**Association Meeting:** The Westminster Fire and Rescue Association met for their regular meeting February 2nd with 27 members present and 6 members excused. Ally Talbot, a resident of Westminster West and a student at Vermont Academy, was unanimously voted in as a full member of the Westminster Fire & Rescue Department. Ally successfully completed the required 6 month probation period as of February 2nd.

#### Shelter:

The Fire Station will be open for shelter in case an event occurs where shelter is needed. Contact the Chief or any member of the department in case of any emergency needs. The Westminster Fire & Rescue Association welcomes donations throughout the year from anyone wishing to remember a loved one or a friend.

We are looking for help. 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 and 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 operates independently from Westminster Fire District #3

# WESTMINSTER HAPPENINGS

## Activities

### ScottishCountryDance

#### Classes

Every Wednesday @ 7:30 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. All Westminster seniors are invited to attend. Join us at the First Congregational Church on Route 5

#### Bellows Falls Gallery

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

**Secrets of Health Aging** – a facilitated discussion group and potluck. The 2nd and 4th Tuesdays of

each month at the Westminster Fire Station. Call Westminster Cares at 722-3607 for more information

#### Contra Dance

Every 3rd Saturday of month at 7:30 @ 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 StrongClasses

Mondays & Thursdays @The First Congregational Church in Westminster 9:00am to 10:00am @The Westminster West Church 6:00pm to 7:00pm Call Westminster Cares for more information: 722-3607

#### Yoga Class with Lisa Nigro-15

#### weejs

begins September 9 and ends December 23.

Wednesdays 7 - 8:30 p.m. at the Westminster Institute. All levels welcomed. Drop ins welcomed. Call 722-4249 for more information.

## Faith Community

### The First Congregational Church of Westminster

#### United Church of Christ

The Rev. Sami Jones McRae, Pastor  
samimcrae@gmail.com  
Main Street, Route 5, P.O. Box 122, Westminster, Vermont 05158,  
802-722-4148  
Westminstercongoline@yahoo.com

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. Westminster First Congregational is an Open and Affirming church, all are welcome.

#### Book Study and Soup

Larry Wunderle and Rev. Sami will be leading a book study, The Shack by William P Young every Wednesday evening during March from 6:00 -7:15. Soup will be served at the beginning of the study. If you need a copy of the book phone the church or tell a deacon.

#### Important Dates

March 2 - Women's Fellowship 12:00 noon  
March 3 - Book Study and soup 6:00 pm  
March 7 - Worship and Communion 10:00 am  
March 14 - Worship and Sunday School 10:00 am  
March 14 - Deacons meeting after coffee hour  
March 15 - Standing committee - 7:00 pm  
March 19 - Family Game Night and Desserts - 6:30  
March 28 - Palm Sunday worship and Sunday School 10:00 am  
April 1 - Maundy Thursday Service 6:00 pm  
April 2 - Good Friday Service 6:00 pm  
April 4 - Easter Sunrise Service 6:30 am - Kurn Hattin  
April 4 - Easter Breakfast after sunrise service - all are invited  
April 4 - Easter Service - 10:00 am

#### Family Game Night

Please join us for a special family game night on Friday, March 19 at 6:30. All levels of games will be available for youngsters and adults. Bring your favorite or come and see what others have brought. A variety of desserts will be available for a donation. Everyone is invited.

#### Lent and Holy Week

The season of Lent is here and Holy week will be early this year at the end of March and the beginning of April. Please join us for worship.

#### 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 cwww@sover.net

## Meetings

**Selectboard** meets the 2nd and 4th Tuesdays at 7PM in the Town Hall.

#### Planning and Development

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

#### Westminster Activitie

#### Commission

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

#### Westminster School Board

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

#### Windmill Hill Pinnacle Association

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

#### Westminster West Public Library

**Board** 2nd Mondays at 7:00 at the Westminster West Public Library

#### Development Review Board

meets the 1st Monday of each month at 7:00PM. at the Town Hall

#### Community Improvement

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

#### Westminster Cares Board

meets the 1st Wednesday of every month at the Westminster Fire Station.

#### Westminster Institute Board

meets on the first Tuesday of the month at 7:00 p.m. at the Institute.

**911 Committee** meets as needed.

#### The Westminster Fire & Rescue

**Dept** holds their monthly meetings on the first Tuesday of every month and a combined drill on the 3rd Tuesday of every month.

#### Westminster Historical Society

meets the third Tuesday, monthly, at 7:00 pm at the Westminster Institute.

#### Westminster Gazette Meeting,

Thursday, March 25th @ 4:00pm, Westminster Cares Office.

## Sojourns Community Health Clinic 4923 US Route 5 Westminster VT 05158

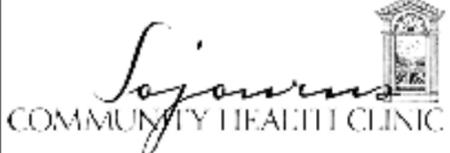
Contact: Jaclyn Sawyer  
Tel: (802) 722-4023

Email: [jsawyer@sojourns.org](mailto:jsawyer@sojourns.org)

### HEALING DISCUSSION GROUP OFFERED AT SOJOURNS COMMUNITY HEALTH CLINIC

Sojourns Community Health Clinic is pleased to announce a new group, "LIVING LIFE NOW" for those living with a cancer diagnosis. Sojourns is proud to be partnering with

The Fanny Holt Ames and Edna Louise Holt Fund to develop a weekly healing discussion group addressing the emotions and concerns surrounding a cancer diagnosis. The group will be facilitated by Cheryl Richards and will be held at Sojourns Community Health Clinic, Monday evenings, beginning in April. Transportation will be available through Westminster Cares. Please contact Jaclyn Sawyer at Sojourns (802) 722-4023 for more information.



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- Yoga Therapy
- Apothecary



**Volunteer/s Needed**  
to Distribute  
the Westminster Gazette  
to Local  
Establishments.

Usually, the 1st Tuesday  
of the Month

**The Deadline for  
The April 2010 Issue of the  
Westminster Gazette is.**

**Thursday  
April 1st  
by 5:00pm**



**It is a pleasure to announce that Richard (Ricky) Adams has been chosen the December Elk's Student of the Month for Bellows Falls Union High School.** Ricky, a sophomore, is the son of Valerie Adams of Bellows Falls. He has worked hard this year and is very deserving of recognition. Ricky is a bright, hard working student who takes his education seriously. Currently earning straight A's, he has done a remarkable job of turning his educational life

around. Ricky is attentive in class, offers good insights and is always willing to help his classmates. He is positive and friendly and works well with both his peers and adults at BFUHS. Ricky has a quick wit and a quiet humorous side. He doesn't say much but when he does speak, it's memorable and meaningful.

Ricky is coming out of his shell and working to get more involved in school activities. Very interested and knowledgeable about computers, he has been spending some time after school helping the WNESU Technology Coordinator, Wes Vaughn, on some technology issues.

Always concerned with helping others, Ricky helps around the school, helps other students and recently helped serve at local dinners as part of his school community service requirement.

BFUHS is proud to have Ricky represent us as the December Elk's Student of the Month.



The Micro Business Development Program at Southeastern Vermont Community Action (SEVCA) will hold a series of afternoon computer classes during the month of April.

Classes will be held in the SEVCA computer lab located at 91 Buck Drive in Westminster. All classes will run in the afternoon from 1:00 – 4:00 PM. Space is limited. **Pre-registration and prepayment are required.** For more information please call Guy Payne at 722-4575 ext. 154 and leave a message stating your name, both day and evening phone numbers and note which class(es) for which you would like additional information and registration material. You can also email Guy at [gpayne@sevca.org](mailto:gpayne@sevca.org).

The following is the schedule of classes:

- Basic Computers – Tuesday, April 6 and Thursday April 8
- Basic Computers with WORD Add-on – Tuesday, April 13
- Social Networking and Your Business – Thursday, April 15
- Intro to Excel – Tuesday, April 20
- Advanced Excel – Thursday, April 22
- Creating Marketing Materials with Publisher – Tuesday, April 27

Based on a recently completed *Business Needs Overview* for the Windham County Workforce Investment Board

- All companies expressed the need for employees to have computer skills.
- Employees must be familiar with and able to interact with enterprise systems
- The need for advanced skills – especially for internet marketing and social networking for marketing/sales, is becoming prevalent.

The message is clear. Computer literacy is no longer a preferred skill. It is expected, and SEVCA is ready to assist all who need either a 'brush-up' or foundational computer training.

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### **Green Mountain Power Files to Be First in Region to Offer Energy-Saving Led Streetlights**

COLCHESTER, VT--(Marketwire - February 18, 2010) - A new lighting technology that saves energy and helps reduce greenhouse gas emissions may be coming soon to a street near you.

Green Mountain Power has submitted a plan to the Vermont Public Service Board to offer LED (Light Emitting Diode) lights to replace worn-out mercury vapor lights in streetlights throughout its service area. The Colchester utility is the first electric utility in New England -- and one of only a handful in the country -- to offer an LED-specific rate to customers for outdoor lighting.

"Offering this new lighting technology to our customers furthers Green Mountain Power's commitment to being an environmentally responsible company," said Mary Powell, Green Mountain Power president and chief executive officer. "By promoting energy efficient technology we help customers to reduce the amount of energy they use and we also protect Vermont night sky." The type of LED lights being used are full cut off, meaning no light will shine above the fixture.

If approved by regulators, customers will be able to request LEDs if they are installing new streetlights, or if existing fixtures fail. Mercury vapor lights, among the least efficient of lighting products, will no longer be used for new lighting and will be phased out over time.

LEDs, traditionally used in Christmas tree lights or basketball scoreboards, use a different technology from standard incandescent light bulbs. They don't have a filament that can burn out and don't get especially hot. LEDs derive their light from the movement of electrons in a semiconductor material.

Compared with mercury vapor bulbs, LED lights produce a comparable amount of light with a 66 percent savings in energy use or watts. In addition, LEDs are extremely long-lasting. An LED luminaire has a potential lifespan of more than 25 years, compared to 5-7 years for traditional street lamp bulbs.

The LED fixtures Green Mountain Power is planning to use also play an important role in reducing light pollution and glare. They direct 100 percent of the light below the fixture -- with no light escaping above the fixture.

The LED technology is gaining in popularity nationwide, as studies suggest that complete conversion to LED lights could decrease carbon dioxide emissions from electric lighting by up to 50 percent in just over 20 years.

A 2008 report by the McKinsey & Company -- a global management consulting firm -- found that replacing commercial lighting with LEDs and compact fluorescent lights has the greatest potential to reduce greenhouse gases when compared with other options that use existing technology. The report found that converting those light sources could abate 240 megatons of carbon dioxide emissions in the U.S. by 2030.

For fact sheets and more information about LEDs, visit the U.S.

Department of Energy Web site at:

[http://www1.eere.energy.gov/buildings/ssl/using\\_leds.html](http://www1.eere.energy.gov/buildings/ssl/using_leds.html). About Green Mountain Power

Green Mountain Power ([www.greenmountainpower.com](http://www.greenmountainpower.com)) transmits, distributes and sells electricity and utility construction services in the State of Vermont in a service territory with approximately one quarter of Vermont's population. It serves more than 200,000 people and businesses.

For further information, please contact Dorothy Schnure, Green Mountain Power Manager of Corporate Communications, at 802-655-8418.

Contact:  
Dorothy Schnure  
Green Mountain Power Manager of Corporate Communications  
802-655-8418

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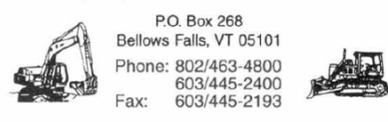
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**MUDSLIDE MADNESS:**  
 Friday, March 26th from 6:00 to 9:30 P.M., Green Valley School will host its fourth annual silent auction at the Putney Community Center in Putney, VT featuring live music from Mo Ambesa.

Spend the night bidding on treasures from best area restaurants, unique crafts, artworks, shops, body work, and much more! There will be a \$10 entrance fee covering all you can eat decadent desserts, café, wine, and mudslides, as well as listening to live music! FREE Babysitting on site too!

All proceeds will benefit Green Valley School, a non-profit 501 (c)(3) organization, helping them serve the children and families of the Putney, Westminister, Saxton's River, and beyond, with the highest of quality care, scholarships, and employee benefits. For more information call (802)-387-2298.

*Oklahoma will be presented by the BFUHS Drama club and band on: Friday, March 12th and Saturday, March 13th.*

**Easter Scavenger Hunt**

Saturday March 27th

10 AM Bring your baskets!



Bring your camera - have your picture taken with Mr. Bunny

inside if rains

Behind the Westminister Institute  
 Main St. Westminister  
 sponsored by the Westminister Activities Commissi

**School Board Blog**

In an effort to increase transparency and communication with the public about the school board, Westminister Board member Rick Gordon has been keeping a blog at <http://www.rickwestboard.blogspot.com/>. Please keep track of this site for information and reflections on the workings of the school board.

**Westminister Gazette**

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