

Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ www.westminstervt.org

Vol. 10, No.3 March 2014

Westminster Students Enjoy the Winter



Clockwise from top left, Westminster students enjoyed a cold, snowy winter with skiing, indoor exercise and swimming. School garden coordinators Irene Canaris and Gia Neswald speak at NOFA's winter conference.

An excellent way to keep the cold and dark at bay is to remain active during the winter months. At the Westminster Schools, even when it's too cold for an outdoor recess, students (and staff!) enjoy dancing along with activities projected on a SmartBoard. Thanks to the Fire Department, recess options frequently include skating on the ice rink created and maintained by our fire fighters. And of course we have a terrific gym with PE classes, a morning walking club and basketball practice.

Between December and February vacations, students also ski, skate, snowboard and swim through the Winter Sports program. Parents and staff collaborate to provide kids with active fun and skill-building opportunities at Okemo, Springfield's EdgarMay pool, the Vt Academy rink and here at school, too.

Despite the cold and snow, Westminster School's garden staff has been busy.

Garden Coordinator, Irene Canaris, and her assistant, Gia Neswald, presented at the Northeast Organic Farming Association's winter conference on February 17th at U.V.M.

They spoke about how we keep our school garden vibrant during the summer, when garden produce flourishes, but students are on vacation. The Westminster school gardens rely on a network of strong community support. The presentation was attended by more than 35 people. Every seat was taken and some sat on the floor!

Westminster's school garden community was proudly showcased. Don't forget to check out Irene's school garden blog at www.vermontschoolgarden.com You can also find it through the school homepage by following the link under "School Info."

COMPASS GIVING DAY TRADITION

By *Sophie Guerrina*

Giving Day has been a tradition at The Compass School since Compass was founded in 1999. This event gets everyone in a bright mood and the giving spirit as the holidays approach. The gifts exchanged are homemade and the element of surprise adds to the fun.

A few weeks before winter break, everyone stands in a circle and draws a name out of a hat. This makes the selection completely random, and the name on the paper, along with a picture, tells you the person you will be making a gift for.

With the whole school participating, chances are good you will draw the name of someone you know only peripherally. This gives everyone an opportunity to get to learn a little more about someone else in order to make a special and personalized gift for them.

This event can really bring a community together, as you talk to new people to secretly gather information. You might talk to someone you never interacted with before. This day gives students and teachers a positive attitude and a special day to look forward to. It feels good to make a gift for someone who will appreciate, and you also know you will be getting a homemade gift from a classmate or teacher that has spent time getting to know you.

Giving Day is held on the last day of school before winter break, and is a great way to end the semester. By the end of the day, everyone has a gift in their hands and a smile on their face. Giving Day is one of the many ways Compass School strengthens community. And everyone leaves in a joyous spirit, ready for the holidays.



Meara Cramer '05 (Office manager), and Matthew Sawyer '17 celebrate giving day. Meara made the white tiger around Matthew's neck completely by hand.

Last Month's Mystery Photo

Last month's photo was the first layout of the Town of Westminster in the year 1774. Rockingham would be on the North or above the picture, the Connecticut River on the East or right side, Putney is South or below, and Athens and Brookline are West or left side.

It was correctly guessed by Miriam Aquaviva, Bob Gay, Joan Slaght, Marty Collins and David and Allison Deen.

MYSTERY VALENTINE PRESENT

From Diane and Luke Bazin

Hi everyone, yesterday we had a mystery family knock at our door. Unfortunately I was not home but Luke was. It was a man and a woman and four children. Luke answered it and they handed him a small plaid cloth bag.

It was handmade and in it was a handmade pot holder, a small ceramic plate with Valentine cookies, homemade lollipops and a handmade card. The cover read, "friendship and happiness go hand in hand with sweet red ribbon, hearts and bird nests".

Inside read "Happy Valentine's Day" with a heart drawing in a small child's writing. Luke asked why they were leaving this gift for him and they replied, "because you answered the door! Happy Valentine's day." Luke was blown away. This was a heartfelt gesture from someone we did not know and it made our hearts smile as well as who were these people. We both want to say thank you to that very special family who took the time to knock on a total strangers door and felt safe doing it, this says a lot for our small Westminster town in Vermont.

Thank you for giving happiness.

NEWS FROM THE FIRST CONGREGATIONAL CHURCH

The First Congregational Church of Westminster on Main Street, Route 5, has the following events.

Sunday worship at 10 a.m.

Communion is the first Sunday of each month. The church has a ramp and lift for wheelchair access as well as a handicapped bathroom. Westminster First Congregational is an open and affirming church, all are welcome.

Important Dates

Mar 2 Worship, communion 10 a.m.

Mar 4 Women's Fellowship - noon

Mar 5 Souper Wed 12 to 2 p.m.

Mar 5 Ash Wed Service 6 p.m.

Mar 8 Lasagna Supper 5-7

Mar 9 Worship

Mar 12 Souper Wed 12 to 2 p.m.

Mar 16 Worship 10 a.m.

Mar 17 Standing Committee meeting 7 p.m.

Mar 19 Souper Wed 12 to 2 p.m.

Mar 23 Worship 10 a.m. afterward healing service

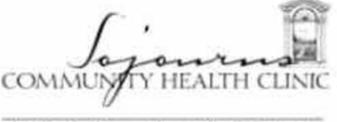
Mar 26 Souper Wed 12 to 2 p.m.

Souper Wednesday

Every Wednesday during the winter months the community is invited to Souper Wed from 12 to 2 p.m. A free will donation will be collected but no one will be turned away. Need more information or want to help out contact Doug Smith at 376-8979.

Lasagna Supper

On Saturday, March 8 the church will hold a lasagna supper from 5 to 7 p.m. The cost is \$10 for adults and \$5 for children, children under 5 eat free.



Sojourns
COMMUNITY HEALTH CLINIC

Holistic Care for Whole Bodies

Primary Care
Holistic Care
Preventative Care
&
Just Taking Care

Insurance accepted for all covered services
Gift certificates available

802-722-4023

4923 US Route 5, Westminster, VT
www.sojourns.org

- Primary Care
- Family Practice
- Naturopathy
- Acupuncture
- Biological Medicine
- Chiropractic
- CranioSacral Therapy
- Hot Stone Massage
- Massage Therapy
- Nutrition & Cleansing
- Physical Therapy
- Sound Therapy
- Immune Support
- Herbal Medicine
- Infrared Sauna
- Apothecary

WESTMINSTER ENERGY GROUP

A Division of
WESTMINSTER FARMS

Top Soil
Compost
Dried Manure



Made in Vermont
By
Vermont Farmers
And
Vermont Cows

PO Box 24 4187 US Rt 5 Westminster Sta., VT 05159
Phone/Fax: 802 722 4017 Email: westfarms1@myfairpoint.net

ALL SEASONS TREE SERVICE
Eco-Friendly Plant Healthcare

Ask us about:

- Soft chemical and traditional sprays for insects and disease
- Deep root fertilization
- Reintroduction of mycorrhizal fungus
- Year round tree healthcare & maintenance
- Snow plowing and sanding



Also available:

- Pruning
- Stump Grinding
- Removal
- Cabling and Bracing
- Invasive Plant Management

Full Service
Fully Insured

Kevin Shrader, Certified Arborist
802-722-3008 802-376-4909
PO Box 152 Westminster, VT
www.allseasonsvt.net



Matthew T. BRENNAN

GENERAL BUILDING CONTRACTOR LLC
RESIDENTIAL COMMERCIAL

▲ ADDITIONS ▲ NEW HOMES ▲ SITE DEVELOPMENT
 ▲ RESTORATIONS ▲ KITCHEN & BATH ▲ PROJECT PLANNING

802 869 2866

www.mtbbuildingcontractor.com

BEST SEPTIC

www.bestsepticvt.net
bestseptic@gmail.com
Fax: (802)-463-1523

All Septic Needs,
Portable Toilets,
Jetting and Camera Service.



Jeff & Lisa Ruggiero
Owners

(802)-463-9444

BIG OR SMALL WE PUMP IT ALL!



VHLS
VERMONT HILLSIDE
LAWN SERVICES, INC.

802-463-9500
www.VermontHillside.com
theguys@vermonthillside.com

Paul Lawrence
Travis Lawrence
PO Box 174
Westminster, VT 05158

Lawn Maintenance
Landscaping
Plowing
General Labor/Odd Jobs

TAKE YOUR WEEKEND OFF!

Motel Westminster

• Country Motel • Comfortable & Convenient •

Tel. (802) 722-3073
Wi-Fi available upon request
Westminster, VT 05158
Off I-91 Exit 5 • South on Rt. 5

Reasonable Rates

"Sam" Streeter L.L.C.
Licensed Electrician

Box 206, Westminster, Vt. 05158
Tel: (802) 722-3748

(Building, Remodeling & Repairs)

Cole Streeter
(802)722-3178

Box 103
Westminster, VT 05158

Fast & Easy Prescription Transfers
Just Call Us! 802-460-2634

NEW STORE HOURS



Greater Falls Pharmacy
Family Owned & Operated ~ WE DELIVER!

78 Atkinson Street • Bellows Falls, VT
Toll Free: 877-450-3700 • www.gfprx.com

The Pharmacy is now open until 5 pm on Saturdays!
NEW HOURS: Mon. - Fri. 8:30 am - 5:30 pm/Sat. 9 am to 5 pm



K. BEEBE, INC
CABLE TOOL WELL DRILLING
PUMP SERVICE
Plumbing & Heating

Established 1946
FULLY INSURED * ESTIMATES GIVEN
CALL 463-3725
51 SAXTONS RIVER ROAD*
BELLOWS FALLS

ADVERTISE IN THE GAZETTE!

Annual Rates:
Pages 2-3
approx. 2.5"x3"
\$250 a year
\$25 for one month

Pages 4-7
approx. 3.5"x4"
\$500 a year
\$75 for one month

Page 8
approx. 1.5"x2.5"
\$150 a year
No one time ads

Underwriting Support is a donation of at least \$300 annually and does not include advertising. Underwriters are listed in the box on page 6 each month.

On-line at:
www.westminstervt.org

Need Adobe Reader to open & high speed internet

KURN HATTIN MARKS 120 YEARS

This year marks the 120th anniversary of the founding of Kurn Hattin Homes for Children. The non-profit is located in Westminster, Vermont and serves as a charitable year-round home and school for boys and girls ages 5-15, who are in need or at risk. It is the oldest childcare organization in the northeast to be continuously supported solely by philanthropic donations.

While working with homeless youth in Boston during the late 1800s, Kurn Hattin founder and Westminster native Charles Albert Dickinson developed his vision to create a place where children in need could experience the kind of childhood he himself had enjoyed in Vermont, believing that rural New England life instilled the values, skills, and character necessary to lead a successful, productive life. 120 years later, Kurn Hattin's programming remains true to Dickinson's original mission.

To kick off the anniversary itinerary, Kurn Hattin has launched an extensive rebranding and awareness initiative aimed at promoting public understanding of the organization and its mission. "This anniversary presents an opportunity to really let people know who we are," said Co-Executive Director Connie Sanderson. "We've been here well over a century, but here are many people, even some who live locally, who are unfamiliar with us or who have an inaccurate impression of what we do."

Kurn Hattin's brand-refresh included the adoption of a new logo, featuring a silhouetted adult and child crossing a bridge together, and the tagline "Join Their Journey." The planned awareness-building program also includes several events to help the public learn more about the organization, such as a lecture series, and a traveling exhibit of photos, personal accounts, and other historical materials from Kurn Hattin's archives, many dating back to the late 1800s.

Along with raising awareness, Kurn Hattin's Board and administration have taken the anniversary as an opportunity to look to the future. At the 119th annu-



Above, a group of Kurn Hattin children around 1910.

al meeting of the corporation, Sanderson, along with Co-Executive Director Tom Fahner, unveiled a detailed three-year strategic plan focused on the aim of enhanced sustainability. "We want to be here to serve children and families who need us a hundred years from now and beyond," remarked Fahner, "and we are well-positioned to do that." Fahner added that in the past 20 years, Kurn Hattin has seen its endowment double and recently received a \$3 million bequest from long-time supporters, Willard and Elizabeth Hale of Longmeadow, Massachusetts.

Established in 1894, Kurn Hattin Homes for Children in Westminster, Vermont is a charitable, year-round home and school for boys and girls, ages 5-15, who are affected by tragedy and social or economic hardship.

VERNAL POOL PRESENTATION AND TRAINING SESSION ON MARCH 11

Brett Thelen, Science Director of the Harris Center for Conservation Education, will present a slide presentation on Vernal Pools at 7 p.m. on Tuesday, March 11 at the Putney Library at 55 Main Street. Her talk will be the first hour in that evening's two-part program.

What are vernal pools and why should anyone care about them? What are the tiny creatures that inhabit them? Are they important to the food chain? How can those ephemeral creatures be so hardy, and yet so sensitive to changes in the environment and the landscape? Why should people protect those pools and what can they learn from them? Thelen will answer these questions and put vernal pools into the context of their surrounding landscape and talk about their importance to the many species dependent upon them.

After a brief break, the second half of the program, focusing on training participants for the Vernal Pool Monitoring Project, will be led by Phil Hamilton, Research Scientist for the John H. Prescott Marine Laboratory at the New England Aquarium in Boston. Since the spring of 1999, the Putney Mountain Association (PMA) and the Windmill Hill Pinnacle Association (WHPA) have jointly monitored a series of vernal pools on their lands.

Monitoring entails going to specific pools a few weeks after salamanders have migrated there to mate and lay eggs, and then once again a month or two later. Monitors are trained to identify and count the eggs of various species of amphibians (mostly salamanders and frogs), and measure water temperature, depth, and pH.

The program serves two functions: 1) getting people out in the woods and learning and caring about these ecologically important, ephemeral ecosystems and 2) collecting data that could capture potentially important changes in



species presence and water pH.

Sponsored by the Putney Mountain Association and the Windmill Hill Pinnacle Association, this dual program is designed to increase awareness – on the part of landowners and land-use professionals – about vernal pools and how to protect them and also to encourage citizen scientists in collecting meaningful data that will establish scientific baselines and enable better evaluation of environmental changes.

For further information, contact Libby Mills at 387-5598.

NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met February 12 at the Westminster Fire House with President Pete Harrison presiding. The following board members were present: Connie Sanderson, Reggie Borden, Karen Walter, Heidi Anderson, Kathy Elliot, Miriam Lanata, Sally Ryea and Director Donna Dawson. Susan Harlow, Don Dawson 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 email at wecares@sover.net. Check us out on the web @ www.westminstercares.org and like us on Facebook.

Assistance and Referrals: Many hours of assistance to Westminster residents and their families, 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 - 21 different WC volunteers delivered meals throughout the month to 16 people on a daily basis. In addition 8 people

receive frozen meals on Fridays for the weekend. Transportation – During the month of January, 9 different volunteers provided rides for 7 different people for a total of 275 miles driven Nursing program: During December and January, our community nurse made 19 visits to 7 different homes in Westminster for a total of 9.6 hours.

Meetings attended by staff in January included: bookkeeper, Gazette, grant writing, home visits, committees.

Programs during January included: 1 Secrets of Healthy Aging session, 3 Yoga classes, 18 Strength Training classes held and 4 Artist in Each of Us classes. Friendly Visits: new volunteer making friendly visits Equipment available: Walkers, commodes, shower chairs, wheel chairs, hospital beds, scooters and electric wheel chair. Equipment loan: several pieces of equipment loaned out in January.

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

Thank you to our past and present donors.

Westminster Cares welcomes donations throughout the year from anyone wishing to remember or honor a loved one or friend. Memorial donations for February: In memory of Brad Ryea from Virginia Wyoming and Steve Belczak

WESTMINSTER IS HOME TO VERMONT'S LARGEST WHITE ASH TREE

The largest White Ash in Vermont resides majestically on Windmill Hill Pinnacle Association property, off Headwaters Trail in Westminster.

Re-verified on this past New Year's Day by Windham County Forester Bill Guenther of the Vermont Department of Forests, Parks & Recreation, the tree had grown in the 10 years since its last measurement and now has a circumference of 205.2 inches and a height of 113 feet, thereby beating out two other Westminster giants and proving that both nature and people thrive under the Pinnacle influence.

Shown here encircling the Champion are, from left: Randy Major, Libby Mills, Jenny Holan, and Dick Heminway standing. Carol Westing is hidden behind the tree, and Arthur Westing is taking the picture.



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 March 4 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.

March Prudential meetings: 10th and 24th

Number of calls in January: 41

Number of calls through February 27th: 15

Number of calls calendar year to Date: 56

Number of calls fiscal year to date: 300

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting February 4th with Vice President Mike Fawcett presiding. There were 19 members present and 10 members excused. Currently there are 40 members of the volunteer fire department

Flooding: Because of the excessive amounts of snow this winter, dangers of high water and flooded cellars becomes an issue. Residents should check the workability of sump pumps and drains. Be sure to keep watch of the cellar for incoming water. Water in the cellar can be very dangerous, especially if it comes in contact with anything electrical. The Fire Department does not have the equipment to pump water that is less than 4 inches deep. Avoid driving through puddles on the road. Their depth can be deceiving. Watch the children around potentially deep water. And don't forget the pets.

911 Signs: There are many places out there that do not have 911 address sign to identify the location for emergency responders, whether it is fire apparatus or ambulances. Please be sure you have one and it is properly visible for year round viewing day and night. The signs are \$20 and can be obtained by contacting the lister's office at 722-9516 or Greg Holton at 376-3334. If you have a fire or need an ambulance and your location is difficult to find, it could be devastating to say the least.

Mud Season: Although the worst of mud season is yet to come, it is always

a good idea to limit travel on muddy roads as much as possible, giving them a chance to dry out. If using a muddy road in unavoidable, be sure to drive toward the center when possible. The shoulders are apt to very soft, adding to the chances of getting stuck or tipping over.

Going away? If you plan to be going away for an extended period of time, it's a good idea to arrange to have someone check on your house, especially during the cold weather. Making certain the heat is on and the water has not frozen can prevent untold damage. Also having someone double checking that windows are closed and doors haven't blown open or the place hasn't been broken into is a good move.

Scholarship Fund: The members of the association decided they would like repeat last year's idea of setting up a scholarship fund to be given to a Westminster resident who graduates from the Bellows Falls Union High School. The amount of the scholarship is \$500. To qualify, the student must be pursuing a career in some area of emergency work. Check with any member of the department for particulars.

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

Donations received in February:

From Charles and Ellen Aron and Bonnie Clark

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

Seed Packets vs. Living Plants

by Babs Lynde, a Vermont Master Gardener

Whether you intend to grow your own vegetables from scratch or from seed, March is the month you should be selecting at least some of what you intend to plant. Many seed producers advise starting seeds between 4 and 8 weeks before planting out-of-doors. Plant catalogs are probably cramming your mailboxes by now, and nurseries and lawn & garden stores are filling their shelves with new and favorite seed packages.

Inevitably, I end up with a handful of seed packets from the year before, and quite often I'm asked about how long will seeds last before they're past due. If you've kept your seeds in a cool and dry location (not in the freezer!) then your seeds might last up to two growing seasons with the exception of corn that usually won't last more than the expiration date stamped on the packet. But if you or your family depends on a veggie garden for food, and you don't have a lot of space, why bother planting last year's unused seeds? Most packets don't cost more than one or two dollars apiece which isn't really a lot of money for the average home gardener if you need assurances that your seeds will grow.

If you buy seeds from a catalog, it is VERY important that you check for zone hardiness. The zone number should be no higher than 5 in our area, with 3 or 4 being good for us as well. If the catalog doesn't specify which zones the plant will grow in, then you are taking chances. Our local nurseries and lawn and garden stores generally only sell seeds that are specific to our area, but it never hurts to check the packaging anyway.

Also check for how many days it takes for the plant to mature for consumption. Some plants mature faster than others, and if you are growing more than one variety of a veggie, such as corn or squash, you might want one of them to mature a week or two before the other so you are not inundated with

everything being ready to harvest all at once.

The back of the packet also gives you other vital information such as whether the veggie prefers sun, shade, moist or dry soil, along with proper spacing of your seeds which could be crucial from having moisture or insect problems later.

Should you buy plantings already started? That's a question as to whether or not you want to spend a little more money for the purpose of ensuring the plants will grow, and you don't have the time or space in your home to get them started yourself.

Not all starter plants are necessary, either. Unless you fanatically intend to get a giant leap on everyone else, there are only a few plants that would do better by starting them indoors, including tomatoes, cucumbers and winter squash. Most fruits and vegetables are now available as quick-maturing plants due to the shorter growing season we have here in New England. Beans, corn, lettuce, peas and most squashes have plenty of time for maturing if planted in early to late May.

Whatever live plants you decide to buy, check them thoroughly for yellowing, white fungal spots, tiny insects or any other unusual traits. If you are not sure what to select yourself, ask for help from the qualified staff at the store where you are making your purchase.

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

Aged in Vermont

Westminster Cares, Inc.

TRAVELING AS WE AGE: DON'T GIVE UP ON YOUR BUCKET LIST

By Karen Walter

Places to go, things to see, and people to visit: our desire for these things does not stop as we get older. However, the logistics of making it happen sometimes does stop us.

There are several suggestions that can help us continue to travel. Safety usually comes to mind, especially if traveling alone. One of your best bets for a safe trip is to be prepared for mishaps. Always have available your ID and home and family information plus medications and doctor's names and numbers. One copy in your carry-on and one in your checked luggage is helpful. Leave a copy of your itinerary with someone.

Insurance in case of a cancellation, illness, or even death is a must. Most airlines will offer some form of insurance, but check with your own supplemental insurance for coverage when traveling. The Funeral Consumers Alliance has a pamphlet, *Death Away From Home*, to print out and take on trips. There are some very helpful things to know just in case a death should happen when traveling. Check www.funerals.org. Or contact Funeral Consumers Alliance, 33 Patchen Road, South Burlington, VT 05403, 865-8300.

On a happier note, there are things you can do to make travel easier. When booking your flight, train, or car travel, it is best to leave ample time between connections so that a delay of some kind will be less likely to cause a misconnection. If there is a choice of times to travel, pick the one that works best for your personal clock. Are you a morning person? Then start off the day early. If you're a night person, give yourself time to rise late and get going later in the day. Keeping your personal clock in synch with time changes can help with jet lag.

Trying to eat properly can present problems, as most airlines no longer offer meals and snacks maybe salty or heavy on carbohydrates. Think ahead about the kind of snack you would like. Choose snacks that provide a nutritional benefit and will help to keep swelling and constipation at bay. Drinking water and avoiding a myriad of soda, liquor, and caffeine throughout the travel time can be helpful and less expensive.

Prepare your own first aid kit. Band-aids, aspirin, wipes, mints, and lip balm are items that come to mind. They can be expensive to buy in an airport or hotel and you will be stuck with a whole box when you only need one. A folding walking stick can be a great help if you'll be walking in airports, cities, and trails. This item, snacks, medications, and the first aid kit can fit nicely in a backpack and will be available while leaving your hands free to hold railings and use the restrooms.

Don't give up on your Bucket List!! When traveling with the Road Scholar Organization there are options of easy-to-active adventures as well as small groups and larger, and trips locally or far away. They also give scholarships, and singles do not feel left out.

Many people combine a family visit with an adventure by planning to meet on the trip and experience it together. There is always free time to share just with your family. Planning with friends or family and sharing the expense of a rented house and car can make for easier and less expensive travel. Eating the main meal of the day when out and about between noon and 2 p.m. and then sharing appetizers in the evening makes meal preparation minimal and less expensive.

All for now: Happy Travels!

Karen Walter is a former president and board member emerita of Westminster Cares.

"Aged in Vermont" is a monthly article on aging issues, organized by Westminster Cares. It's not only for the "aged" but for anyone with an elderly parent, relative, or friend, or who just wants to learn about these important issues. If you have ideas for an article or would like to write one, email Donna Dawson, wecares2@sover.net.

Check out our website at Westminstercares.org, and like us on Facebook. Listen to our radio spot on WOOL-100.1FM, during "B Side" with Dickie Colo, on the first Thursday of each month, at 7:10 p.m. Or call us at 802-722-3607.

WESTMINSTER ELDERS SHARE STORIES

On Sunday, April 13, a fireside chat will be held at the Westminster Institute with longtime townspeople sharing their memories of Westminster and events at the Institute. More details to follow in the April issue.

HEALTH NOTICE: RABID RACCOON

This is a Town health notice. We have a confirmed case of rabies detected in a raccoon on the Westminster West Road.

The animal was brought to a local veterinarian and the State of Vermont has asked us to post this health warning. If you see an animal acting strangely, or is out of place as per normal behavior would have it. Example: This raccoon was walking around amongst the home owners dogs.

Please call either your Town Hall, 722.4255 or the Windham County Sheriff's Department, 802.365.4941. Please do not take matters into you own hands unless it's the absolute last resort. Your safety is our first concern.

WESTMINSTER MYSTERY PHOTO



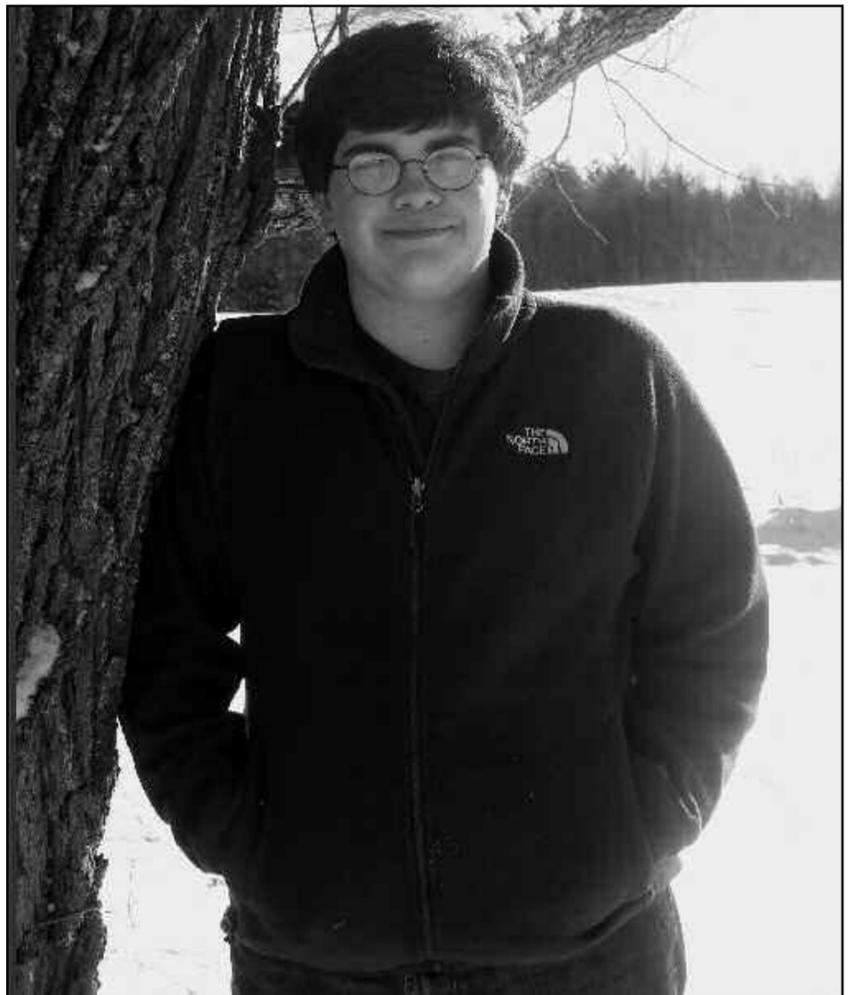
Where was this photo taken, and what is the historical significance of it?

E-mail your answer to westminsternews@gmail.com or 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.

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

EMPEY NAMED BFUHS STUDENT OF THE MONTH



It is a pleasure to announce that Samuel "Sam" Empey has been named the January Elks Student of the Month for Bellows Falls Union. Sam, a senior, is the son of Michael and Lynn Empey of Bellows Falls

Sam is dedicated to his education, works hard and is willing to put in the extra time and effort to improve his skills. He participates in class, asks good questions and get involved in class activities. As member of the Jesse A. Judd Marilee Huntoon Chapter of the National Honor Society, he is clearly a strong academic student.

Sam is always positive, smiling and friendly to everyone he meets. He is eagerly willing to help his classmates or the staff at BFUHS. Quiet, yet assertive, he is a good role model who leads by example.

A very talented young man, Sam has been an active member of the BFUHS Choral Department and the Drama Department as well. He is a member of the Student Council and active in class activities.

Congratulations go to Sam. BFUHS is proud to have him represent us with this award.

RABIES CLINIC ON MARCH 29

There will be a Rabies Clinic on Saturday, March 29, from 10 a.m. til noon at the Town Garage. Dog licenses are due April 1.

OPEN MIC NIGHT ON MARCH 8

There will be an Open Mic on Saturday, March 8 at the Westminster Institute from 7 to 9:30 p.m. Come on out enjoy the music!

Coffee and snacks provided by the Westminster Activities Commission

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.

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, beginning April 7. 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 are now meeting 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 the third Friday of each month, through March, 4 to 7 p.m., for our indoor Winter Farmers Market. We are able to supply local vegetables throughout the winter as well as breads, cheeses, canned goods, meats, prepared foods, crafts and more! For details visit www.bffarmersmarket.com or call 463-2018.

CABIN FEVER FUNDRAISING DINNER

The Cabin Fever Annual Fundraising Dinner will be held in Westminster West at the Congregational Church on Saturday, March 8 at 6 p.m.

Know a good story about life in this neck of the woods? Over a hearty meal provided by Tristan Toleno, owner/chef of Entera Catering, join your neighbors in celebrating our little patch of the planet. Bring a strong appetite and be prepared to share or enjoy short tales highlighting the quirky country life of our village and its people.

The menu includes Green Salad (Vegan and Gluten-Free); Quinoa, Apple, Hazelnut & Spinach Salad (Vegan & Gluten-Free); Vermont Chicken with Dijon and Fresh Thyme (Gluten-Free); Cheddar Mac and Cheese (Vegetarian); Wild Rice Pilaf (Vegan & Gluten-Free); Cider-Braised Beets with Bleu Cheese (Gluten-Free); Roasted Parsnips (Gluten-Free) and more.

The cost is adults: \$15 to \$12 on a sliding scale. Kids: \$8. Under 4; free. Household max: \$40. Wine for sale by the glass.

Call 387-5694 for further details. No reservations.

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.

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/.

Meetings

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

Planning and Development Commission 2nd Monday at 6:30 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, March. 24 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.

CHECK THIS PAGE IN YOUR GAZETTE FOR THE LIST OF REGULAR EVENTS IN YOUR COMMUNITY

**THE GAZETTE
GRATEFULLY
ACKNOWLEDGES
THE SUPPORT
OF ITS UNDERWRITERS:**
Kurn Hattin Homes
Westminster School District
Town of Westminster
Westminster Activities Commission
Sojourns Community Health Clinic
Westminster Cares
Westminster Fire & Rescue
Association
Durand Ford Toyota

WESTMINSTER GAZETTE
Editor: Robert Smith

Board of Directors:
Charmion Handy - Chairwoman
Toby Young
Bobbi Kilburn
Donna Dawson
Sophie Guerrina
Babs Lynde
Lindy Larson

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

**The Deadline for
the April 2014 Issue of the
Westminster Gazette is Wednesday,
March 26.
Publish Date is Tuesday,
April 1.
To Contact the
Westminster Gazette E-mail:
westminsternews
@gmail.com**

DAVID WALTER
Goldsmith & Platinumsmith
CONTEMPORARY HEIRLOOMS SINCE 1985



TUESDAY – SATURDAY 10AM – 6PM
FIRST FRIDAY GALLERY WALK 5:00 – 8:00PM
STUDIO & GALLERY
81 Main Street, Brattleboro, Vermont 05301
802.722.9620 info@dfwalter.com
davidwalterjewelry.com

COMPASS SCHOOL EMPHASIZES 21ST CENTURY LEARNING



Above, Compass Students Traviz Perez and Aidan Smith paint a prop for upcoming musical. At right, Jack Langeloh sinks a screw as he learns to frame a wall.



At Compass School, Community Service Winter Term is always one of the most exciting and gratifying weeks of the year. To those outside school, it may be hard to tell what powerful learning this entails.

A lot of recent research recognizes how hard it is for most school experiences to teach the kind of “fluid” intelligence needed for life outside school and particularly for the dynamic world of the 21st century.

So as one walks around school and sees students busily using power tools for construction or designing a science exhibit for the Nature Museum of Grafton or helping the Boys and Girls Club evaluate their work or conducting a survey on teen health you can see 21st century skills being developed and used.

Tony Wagner of Harvard lays out a well-articulated case in The Global Achievement Gap for the skills needed for the dynamic modern world:

1. Critical Thinking and Problem Solving
2. Collaboration and Leadership
3. Agility and Adaptability
4. Initiative and Entrepreneurialism

5. Effective Oral and Written Communication
6. Accessing and Analyzing Information
7. Curiosity and Imagination

One of our student teams, made up of all Westminster students, is working for the Saxtons River Park Committee designing signage for the planned park on the river. They have investigated the site, visited the Precision Museum, met with the historical society, studied sign design, employed graphic design, and solved countless real world challenges in developing ideas to present to the committee. All these 21st century skills come into play as they face complexity and uncertainty and apply knowledge and skills they have developed from their years in and outside school.

This week of “real world learning” is not what students do every day at Compass. Of course, this is balanced by more traditional academic work. But to develop graduates ready for the many challenges of the 21st century world, having these kind of diverse and complex learning experiences are instrumental in helping students develop the qualities they will need after finishing school.

LOCAL BANK SUPPORTS PARKS PLACE COMMUNITY RESOURCE CENTER

For the third year in a row TD Bank has made a donation to the Parks Place Community Resource Center. The TD Bank 2013 Affinity Program donation of \$3,293.95 was presented recently to Nancy McAuliffe, Parks Place Board President, by Marsha Dawkins, Assistant Vice President, Store Manager of the Bellows Falls Branch.

TD Bank's Affinity Membership Program allows the Bank's customers to name Parks Place as the recipient of TD's corporate giving. TD Bank then contributes a percentage of the average, annual balance (for savings accounts only) of all those customers who designate Parks Place a recipient. For checking accounts, the rules vary slightly with \$25 given for each new checking account opened and \$10 for any current accounts that have not yet named Parks Place. Any TD Bank member is eligible: corporate, business, individual and even out-of-state. TD Bank contributes entirely from its own funds.

“This program has been such a huge gift to our agency,” said Director Barbara Ternes. “It has yielded substantial unrestricted funds, for day to day operations, which can be hard to come by for non-profits.”

Celebrating its 19th anniversary this year, Parks Place is a welcoming, accessible resource center that is home to over thirty health, education, employment and social service programs. Parks Place's mission is to connect people with the information, education and resources that they need to move their lives forward. Parks Place provides easy access for individuals and families to obtain comprehensive human services that aid them in times of challenge and also offer countless opportunities for growth and development.

For more information about Parks Place or the TD Bank Affinity Program, contact Margaret Grisczenkow, Parks Place Development Director at 802-463-9927 Ext 109 or margaret@parksplacevt.org.

BEST ENERGY SAVING TECHNOLOGIES
A Division of SEVCA Weatherization

Energy Improvements:
~For existing homes and businesses or new construction~
~Save \$\$ on heating~
~Reduce building air leakage and infiltration~
~Increase comfort levels~

Competitive Rates!

**SERVING SOUTHEASTERN VT
& LOCAL KEENE AREAS**



**::91 Buck Drive :: Westminster, VT 05158::
Phone (802)722-4575 Fax (802)722-4509**

Spaulding & Harris Tax Services
THE 2013 TAX FILING SEASON IS HERE!

HAVE YOU MADE CHANGES RECENTLY SUCH AS: PURCHASED REAL ESTATE, RENTAL PROPERTY, GONE THROUGH A DIVORCE, TAKEN MONEY OUT OF PENSION OR IRA PLANS?

HAVE YOU RECEIVED LETTERS FROM THE IRS OR STATE DEPARTMENT OF TAXES? NOW IS THE TIME TO CALL US.

We are open year round to meet all of your tax preparation and tax planning needs and we look forward to helping you. Call us at (802)722-4500 to schedule your appointment.

Spaulding & Harris Tax Services
5111 US Route 5
Westminster Station, VT 05159

LAWRENCE & LOBER
ELECTRIC
 www.lelectricservices.com
 info@lelectricservices.com
 Tel: 802-460-3479
 800-559-3479
 15 Barker St. Bellows Falls, Vt 05101 Fax: 802-460-3480

HEIDI BERNIER, CBR
 LICENSED VT & NH

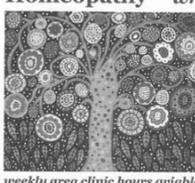
Berkley & Veller
 Greenwood Country Realtors

 Bus: 802-254-6400 x135 • Fax: 802-254-6403
 Res: 802-869-2781 • Cell 802-380-1585
 www.berkleyveller.com
 heidi.bernier@berkleyveller.com
 119 Western Avenue, Brattleboro, VT 05301
 Offices: Brattleboro, VT • West Dover, VT • Walpole, N.H.

JACKLYN ATWOOD
 REAL ESTATE

 JACKIE ATWOOD
 616 NEWCOMB ROAD
 WESTMINSTER, VT 05346
 VT & NH BROKER
 OFFICE/FAX 802-722-9296
 CELL 802-236-1164
 jackieatwoodrealestate@gmail.com

RUGGIERO
 TRASH REMOVAL
802.869.2235
 Box 434, Saxtons River Vermont 05154
 Joe 802.384.0397
 Jeff 603.209.4441

Homeopathy ~ whole health naturally

 Kelli Moran, AAPCH
802-387-4846
 Putney, Vt.
 natural, safe, effective
 art: Kerri Ambrosio
 weekly area clinic hours available by appointment & donation

**March Business of the Month:
 Genius Loci**



HARLOW
 FARM STAND
 CERTIFIED ORGANIC PRODUCE • FRESH CUT FLOWERS •
 P.O. BOX 260, ROUTE 5, WESTMINSTER, VT (802) 722-3515
 1/2 MILE NORTH OF EXIT 5 / INTERSTATE 91

Therapy for children and adults
Laura B. Williams LMHC
 Cognitive Behavioral Therapy and Emotional Freedom Technique
 1197 Westminister West, VT 05346
 802-258-7871
 office: 39 The Square Bellows Falls, VT

GREATER FALLS
 INSURANCE
 serving VT and NH since 1996

 Home • Auto • Farm • Business • Motorcycle • Recreational Vehicles
 7190 US Route 5 • Westminister, Vermont 05158
 802-463-1900 • www.greaterfallsinsurance.com

S.B. & Company Auctioneers, Antiques
SHARON
BOCELLI
 & COMPANY
 Buying entire estates or single items.
 Probate appraisals
 46 Canal St. Bellows Falls Vt 802-460-1190

Genius Loci (pronounced genius low-sigh), is based out of my home and one acre property in the village of Westminister. Many of you have walked through my gardens during a Westminister Cares Garden Tour, or perhaps noticed the large sapling “nest” (now looking more like an igloo!), in my front yard as you drove or peddled by on Route 5. I have lived in Westminister for 42 years, almost 20 of those in business as a landscape designer and gardener.

WESTMINSTER
AUTO Ext 5, I-91
Vernon & Doreen Keifon
 PO Box 94, Westminister Station, VT 05159
(802) 722-4722
 Check us out on our website:
 www.westminsterauto.com

Allen
Bros
OIL COMPANY
 6023 U.S. Route 5
 Westminister, VT 05158
 allenbrosoil.com
 Phone: 802-722-3331
 Toll Free: 877-722-3331
 Fax: 802-722-9871
 info@allenbrosoil.com

Genius Loci and my former business, Botanica Santera, have designed, installed and maintained almost 100 gardens in southern Vermont and New Hampshire, and continue to work with many of our original clients from 1996.

ATTORNEY
ERIC ANDERSON
 Individual, Family,
 Business Representation
 Tel. 802.722.3249 or 802.254.2345
 eanderson@archstlaw.com
 Glad to Make Housecalls.

genius loci
 SUSTAINABLE LANDSCAPE DESIGN,
 INSTALLATION & STEWARDSHIP

 Cyndy Fine
 LANDSCAPE DESIGNER
 802.376.7275 | cyndy@geniuslocidesign.com

Genius Loci is a Latin term meaning “essence or spirit of place”, and the basis of all my landscape design. I am a graduate of The Conway School of Landscape Design + Planning and am trained in whole systems, sustainable design and practices. This translates as looking at the history and context of the bigger picture and using the existing natural systems as a guide in designing a low maintenance landscape for you, local wildlife, bees, birds and butterflies.

Serene Touch
 flowing body, mind, and spirit
 together thru touch

 Diane Bazin
 24 Grout Ave.
 Westminister, VT 05158
 413-530-5696
 dbazin@sover.net
 www.zerobalancing.com
 Certified Zero Balancer
 Certified Reiki Master
 Massage Therapist

When you hire Genius Loci you can rest assured that we are highly trained and experienced in designing, planting and maintaining beautiful and ecologically healthy gardens. With specific, extensive training and education in sustainable design and practices, we offer you the opportunity to effect change in your landscape and in turn, promote and protect biodiversity for the planet.

THE CHIMNEY DOCTOR
 Ian Conway
 Chimney & Stove Care
 Cleaning, Repair, Installation & Relining
 Authorized Dealer - Regency & Waterford
 Wood & Gas Stoves
 275 Earthbridge Rd., Putney, VT 05346
 (802) 387-4937
 chimdoct@sover.net
 CSA Cert. #1725
 VT Licens. & Industry Lic. #T4-24
 Member National & Vermont Chimney Sweep Guild

We offer a wide range of services from designing acres of property to planting a single specimen tree, from having our crew maintaining your gardens twice a week to jazzing up your property for one special event. If you’re a gardener yourself and have lost your enthusiasm or just need a fresh perspective and a few suggestions to inspire you, we’re happy to help with a consultation.

ADVERTISE
HERE IN THE
WESTMINSTER
GAZETTE!

Genius Loci works closely with local stone wallers, architects & builders of walls, terraces, walkways, trellises, fencing, raised beds, pergolas, water features or just about anything you can dream up! We also support the local economy by purchasing trees, shrubs and plants from nearby growers whenever possible.

If you’d like to learn more about Genius Loci, come to a garden tour, give us a call at 802/376-7275, or visit our website www.geniuslocidesign.com and read about our crew, past and current projects or just look through inspiring photographs of our work.

We are now offering a 20% discount on your first hour of consultation...look for our promotional postcards at Café Loco in Harlow’s Farm Stand, Putney Co-op and Allen Brothers’ community boards, and other locations in the area.

Our Monthly Community Newspaper March 2014 Vol. 10, No. 3

Westminster Gazette
 TOWN OF WESTMINSTER
 PO BOX 147
 WESTMINSTER, VT 05158
 Pre-Sorted Standard
 U.S. Postage
PAID
 Westminister, VT
 PERMIT NO. 3