

# Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ www.westminstervt.org

Vol. 11, No. 3 March 2015

## WESTMINSTER RESIDENTS SHINE IN LES MISÉRABLES

A number of Westminster residents will be on and off stage when Main Street Arts presents the musical *Les Misérables* beginning Friday, March 6 for a two-week run.

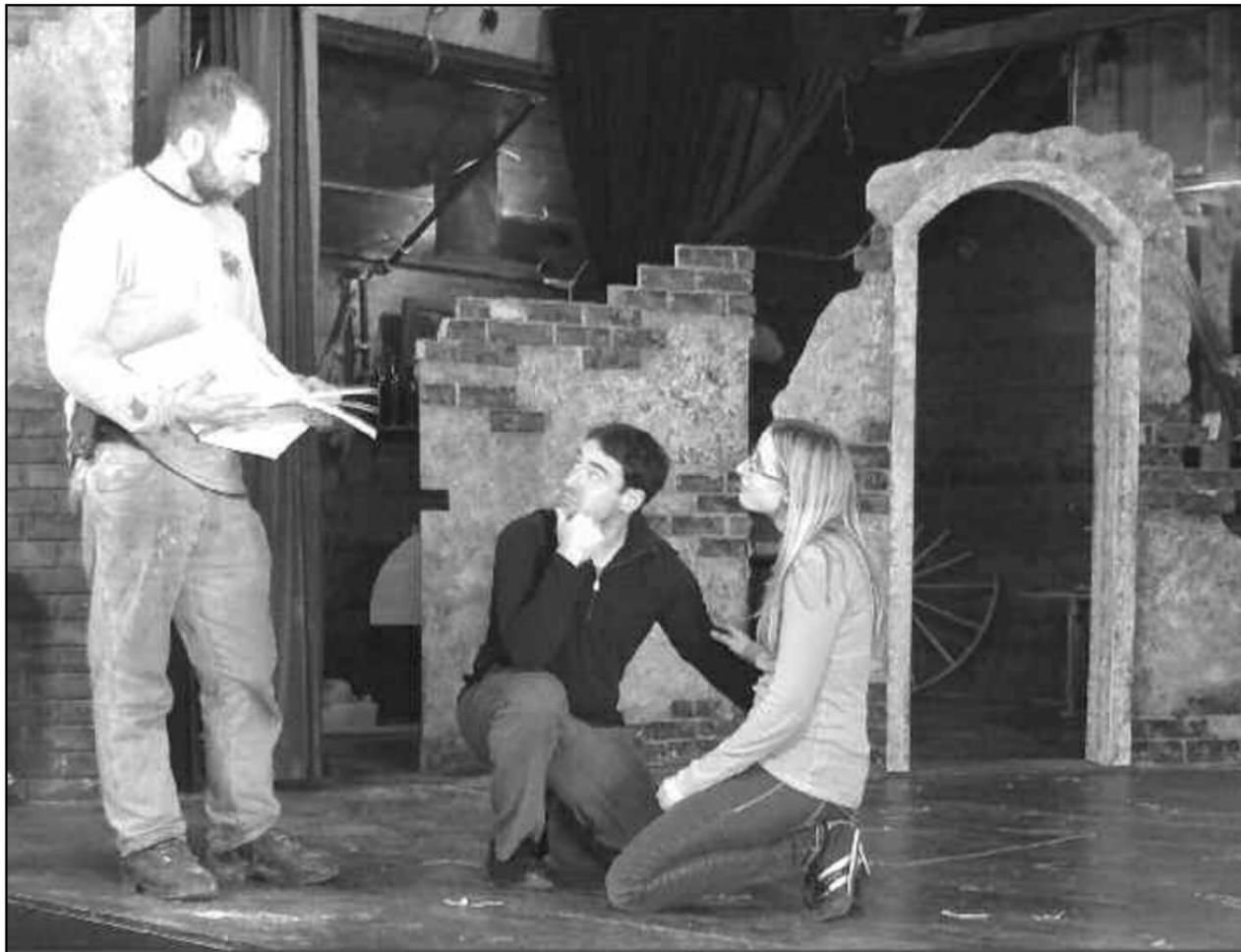
David Stern of Bald Hill Road has taken on the ambitious task of directing the show, which includes town residents Ron Boslun and Ira Wilner in the chorus, Ellie Jamieson of Westminster West as Gavroche, and Ronnie Friedman as stage manager. Wilner also directs the lighting.

The play by Alain Boullil and Claude Michel Schonberg is based on Victor Hugo's classic set in the lead-up to the French Revolution and claims to be the world's longest running musical and winner of numerous awards. The musical direction is by Walt Sayre of Keene, N.H., and features a cast of some of the area's most talented performers.

The story is described as one of "heartbreak, passion, and the resilience of the human spirit." The score features the songs "I Dreamed A Dream," "On My Own," "Bring Him Home," and "One Day More."

The production is presented by special arrangement with Music Theatre International. It will take place in MSA's second floor Heptebo Theater, which is now accessible by elevator.

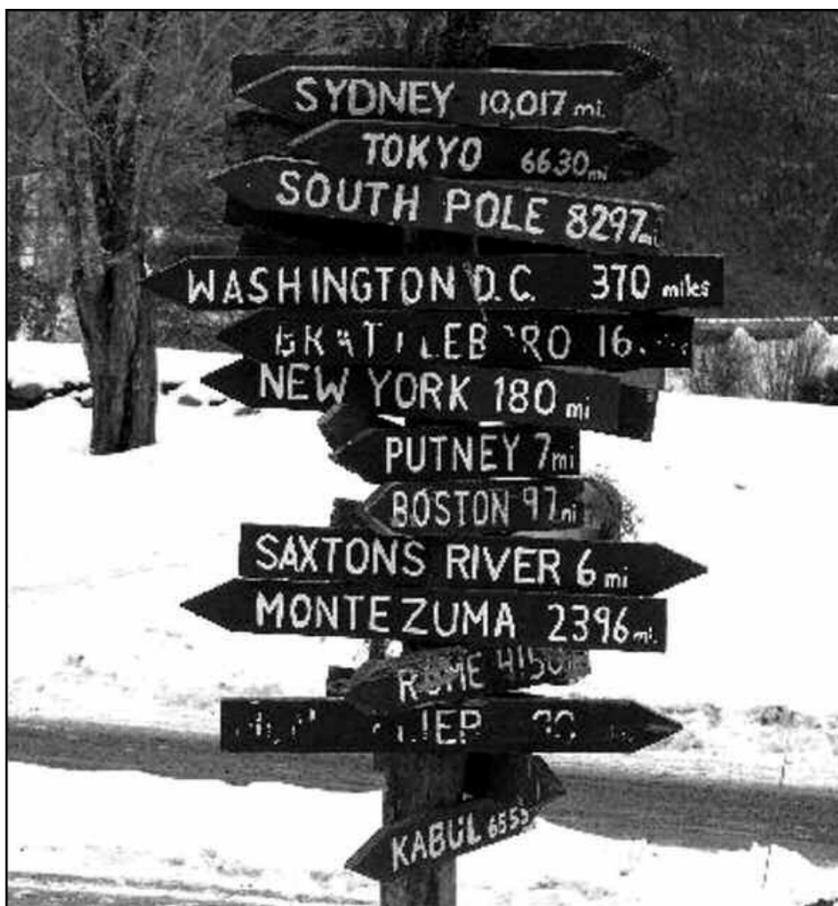
The musical runs Friday and Saturday, March 6, 7, 13 and 14 at 7:30 p.m., with an extra performance Thursday, March 12 at 7:30 p.m. and Sunday matinees at 2 p.m. March 8 and 15.



Westminster resident David Stern, left, directs Eric Walther and Amy Soboleski in the Main Street Arts production of *Les Misérables* that opens March 6.

Tickets in advance are \$20 for adults and \$12 for students, or \$23 and \$15 at the door and can be purchased online at [www.mainstreetarts.org](http://www.mainstreetarts.org) or by contacting MSA at [info@mainstreetarts.org](mailto:info@mainstreetarts.org) or 869-2960. Seating is limited, and no reservations without payment are taken.

### YOU CAN GET THERE FROM HERE!



This whimsical sign post in Westminster West is a reminder of Vermont's position, at least for some of us, at the center of world. And, it seems, it proves you *can* get there from here! Thank you to area photographer Kate Adams.

## VILLAGE OF WESTMINSTER ANNUAL MEETING WARNING

The legal voters of the Village of Westminster, VT are hereby notified and warned to meet at the Westminster Institute in said village on Tuesday, April 7, 2015 at 7 p.m. to act on the following articles:

- Article I To elect a moderator
- Article II To act on the report of the Clerk
- Article III To act on the report of the Treasurer
- Article IV To act on the report of the Auditor
- Article V To elect a Clerk, Treasurer, Collector of Taxes and an Auditor, each for one (1) year; and to elect two (2) trustees, each for a term of three (3) years.
- Article VI To see if the voters will authorize the Trustees to pay incidental expenses of the Village of Westminster with funds available.
- Article VII To see if the voters will authorize the Trustees to borrow money if and when necessary,
- Article VIII To consider whether the Village of Westminster should cease to exist as a distinct municipality within the Town of Westminster.
- Article IX To transact any other business proper to be brought before the meeting

Thanks,  
Linda B. Fawcett, Clerk

## CABIN FEVER DINNER

The 10th Annual Cabin Fever Fundraising Dinner will be held at the Westminster West Congregational Church on Saturday, March 7 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 environs.

Menu:

Salad Greens, Apples & Hazelnut (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 (Vegan and Gluten-Free); Roasted Carrots, Parsnips and Kale (Vegan and Gluten-Free); Red Hen and Orchard Hill Bread; Poached pears with Nutmeg Crème Anglaise (Gluten-free – Vegan without crème)

The cost is adults: \$15 -12 on a sliding scale, kids: \$8, under 4 eat for free. The household maximum is \$4. Wine for sale by the glass. Call 387-5694 or watch local newspapers for further details.

Sorry, no reservations.

## LAST MONTH'S MYSTERY PHOTO

Last month's mystery photo was a building on Church Street/Westminster West Road and is the Westminster West Town Hall.

### ADVERTISE IN THE GAZETTE!

Annual Rates:  
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approx. 2.5"x3"  
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Page 8  
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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.

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## COLD WINTERS MEAN BUSY BIRDFEEDERS



The extraordinarily cold and snowy winter this year has meant that area bird feeders have been unusually busy. For many, bird watching at feeders is a favorite winter activity. Clockwise from above, are some feeder visitors that folks enjoy the most: the black capped chickadee, downy woodpecker and the nuthatch. Photos by Kate Adams.

### LEGO ALERT: 2015 LEGO CONTEST MARCH 21; PRE-REGISTRATION MARCH 16

The 2015 LEGO Contest will once again take place again at the NewsBank Conference Center at 352 Main Street in Chester from 9 a.m. to 1 p.m. on Saturday, March 21. The \$10 Early Bird pre-registration deadline, to assure a space, is March 16.

Last year over 175 enthusiastic children and adults participated.

LEGOmaniacs Pre-K through Grade 8 and families are invited to enter and display their original creations - no kits are allowed. Entries should be constructed at home, brought to the Conference Center, and set up in a space of approximately 18 inches x 30 inches from 9 to 10 on the day of the contest.

Entries will be judged in different grade categories from 10 to noon for their originality, imagination, and presentation. If a structure is a team entry, the age of the oldest member will determine the grade category. There is also a separate family team class for adults and children who have collaborated.

At 12:30 LEGO prizes will be awarded to the winners and runners-up in the grade and family team divisions, with special awards for the Judges' Choice for Best in Show and Most Vermont creations. A new award, entitled Creators' Choice, will recognize the construction the entrants themselves vote as their

most favorite.

While the judging is going on, participants will have a chance to check out the entries and to share techniques and ideas with the other exhibitors. Refreshments will be for sale. This year, after entrants have spoken with the judges about their exhibits, they may go to a LEGO station and build an additional creation either alone or with a friend. They won't be able to enter that new construction or take any of the loaned LEGOs away from the LEGO station, but the building activity will be another opportunity to learn.

Entry forms may be downloaded from [www.chestertelegraph.org](http://www.chestertelegraph.org), [www.ourchester.org](http://www.ourchester.org), and Special Events at [www.stlukesepiscopalvt.org](http://www.stlukesepiscopalvt.org). Printed forms are available at many local elementary schools and libraries.

A \$10 check for the pre-registration fee should be made out to "St. Luke's Church" and mailed with the registration form to Lillian Willis, PO Box 318, Chester, VT 05143.

Both the entry form and fee must be received by March 16 in order to reserve a space. Entries after March 16 and on the day of the contest will be \$15, if there is space. For more information call 875-1340.

### NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met February 4th at the Westminster Institute with President Connie Sanderson presiding. The following board members were present: Don Dawson, Reggie Borden, Susan Harlow, Heidi Anderson, Sally Ryea, Pete Harrison, Kathy Elliot, Barbara Sherrod, Miriam Lanata and Director Donna Dawson. Karen Walter was excused.

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

Anyone interested in learning more about Westminster Cares, volunteering to deliver meals on wheels or driving neighbors to doctor appointments, working on a committee, making a contribution or attending a workshop may contact Donna Dawson at 722-3607 or by e-mail [wecares@sover.net](mailto:wecares@sover.net). Check us out on the web at [www.westminstercares.org](http://www.westminstercares.org) and like us on Facebook.

Services provided:

Meals On Wheels – In January, 24 WC volunteers delivered meals one day a month to 16 different people who are now on meals. In addition, two frozen entrees were delivered to eight people on Fridays for weekend meals (16 total per week). Donna met with two new community members who are interested in volunteering.

Transportation – During the month of January, 11 rides were provided by six different volunteers who drove 3 different Westminster residents to medical appointments, shopping or programs for a total of 120 miles.

Nursing Program - During January, our community nurse made four in-person visits and five phone check-in calls on behalf of four seniors for medication management, blood pressure checks, foot care and hospitalization follow-up. She also attended one blood pressure clinic at the January Senior Lunch.

Meetings Attended by Staff in January included -Treasurer; Gazette Board, Bookkeeper Yr. End, graphic designer, Programs Committee, Evaluation Consultant, PR Committee, Funding Committee and Mtg. with board president.

Programs in January - one Secrets of Healthy Aging sessions, four Yoga classes, 21 Strength Training classes, four Artist in Each of Us classes.

Assistance and Referrals - Assistance provided to several Westminster residents and their families, collaborating with social service agencies, Bellows Falls Senior Center, Senior Solutions, the V.A., Friends of Veterans, SEVCA, Red Cross, VCIL, the Sheriff's Dept. and the Visiting Nurses.

Friendly Visiting - Three volunteers made friendly visits to three seniors.

Medical Equipment - In January we loaned out five pieces of equipment and one piece of equipment was returned to us.

FEBRUARY 2015 Memorial and Honorary gifts:

In memory of Madeline Law from Philip and Donna Simoneau

In memory of Jeannette Nelson from Betty and Hugh Haggerty

In honor of the Community Nurse, Isabelle, from the Walters Family

In honor of Susan Clifford from Gaelen and Richard Ewald

Next meeting: March 4

## 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 3 at 7 p.m.

The Prudential Committee meets twice a month on the first and third Monday after the first Tuesday at 7 p.m. A warning will be posted 48 hours prior to each meeting.

Number of calls in January: 30

Number of calls through Feb. 24: 19

Number of calls calendar year to Date: 49

Number of calls fiscal year to date: 243

**Association Meeting:** The Westminster Fire and Rescue Association met for their regular meeting February 3rd with President Paul Millman presiding. There were 19 members present and 5 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:** Bill and Joan Smidutz, Patricia Laroche, Rotary Club of Bellows Falls, Westminster Cares, Julie Houghton.

**Donations made in February:** GEMS 7th grade girls basketball team

We are always looking for new members: Anyone interested in volunteering their time to help the community in a time of need, please contact Chief Cole Streeter at 722-3178 or stop by the Firehouse any Sunday morning and pick up an application. We would like to have additional volunteers from the Westminster West area. There is a Fire House, an engine and a rescue vehicle located in Westminster West and more help is 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 on our web-site [www.westminsterfireandrescue.org](http://www.westminsterfireandrescue.org).

## ROARING '20s LIVING MUSEUM AT COMPASS SCHOOL

On Tuesday, March 10, from 6:30 to 8 p.m., Compass School will be transformed into a living museum. An annual project of the humanities curriculum, students work in small groups to convert several classrooms into interactive exhibits exploring a particular era of history. This year they've been focused on the Roaring '20s.

To prepare for this exhibition, students selected their own topic of study, from politics to culture and the arts. Then, they did their own research to learn as much as they could about the era so they could take on the roles of fictional and historical figures.

Whitney Greene, a student involved in the project said, "Learning history

this way is better than just sitting at a desk just listening to someone tell you about it. It's more interesting."

In addition to all the work they've done to learn about the 1920s, the students have had to learn about how to work collaboratively, how to present to a real audience and interpret history as more than facts in a textbook.

This living museum event is open to the public, and will include music, dance, food, costumes, displays, and other interactive components.

For prospective students and their families, admissions staff will also be on hand to answer questions about the school and its programs.

For more information call 463-2517 or visit [www.compass-school.org](http://www.compass-school.org).

## Nature Notes: Tree Steward Awards

by Alma Beals, Vermont Master Gardener and Naturalist

The Vermont Urban and Community Forestry Council sponsors Tree Steward Awards each year. The 2014 winners were honored at the Vermont Statehouse on December 17. Honored were the Grafton Elementary School, Jordan and Sheryl Fletcher and sons, Liam and Aiden from Westminster West, Amie Schiller from Burlington, Alma Beals from Westminster, Barbara Rhoad from Windsor and Bob Everingham from Brattleboro.

The Grafton Elementary School has worked hard to restore the Saxtons River in Grafton. The School developed a riverbank restoration project to repair some of the damage caused by Tropical Storm Irene along the Saxtons River. This project attracted many volunteers to establish a buffer zone along the river, planting willow trees and shoots, butternut trees, many shrubs and perennials. They also removed Japanese knotweed from the riverbank.

The Fletchers have volunteered in many projects to help protect the landscape. One of their projects has been involvement in the Cerceris wasp bio-surveillance program which uses a native wasp to monitor for Emerald Ash Borer. The wasps are 1/2 or 3/4 inch long with dark smoky brown wings and one yellow band on the second segment of the abdomen. There are three large yellow spots on the face. This wasp is a solitary ground nesting wasp and is not known to sting humans.

To feed her young, the female wasp brings buprestid beetles, including the emerald ash borer back to her nest. Their nests are round holes in hard packed sandy soil, such as baseball diamonds in full sun. The three large spots can be seen when looking in the nest hole. To be suitable for EAB monitoring, a colony should be near ash trees and contain at least 25 nests. Master Gardener Kathleen Hatcher and I have done monitoring at Hadley Field in Bellows Falls and have not found any Emerald Ash Borers.

Amie Schiller is a senior at the Rubenstein School of Environment and Natural Resources at UVM. She was selected for an internship with the Vermont Urban and Community Forestry Program to promote awareness and understanding of the cultural, economic and historical value that village greens provide to Vermont.

Barbara Rhoad's vision and urban forestry accomplishments can be seen throughout Windsor. She is responsible for many trees planted around town and raises seedlings of honey locusts. Barbara monitors tree health and hazards in

the local cemeteries. She is respected by all Windsor residents for her drive to improve Windsor's natural resources.

Bob Everingham is a Forest Pest First Detector who discovered the first elongate hemlock scale in southern Vermont. He has tracked the Hemlock Wolly Adelgid infestations in the Brattleboro area. Bob spearheaded the need for municipal Emerald Ash Borer Planning in Brattleboro. He has organized and staffed a public information display about forest pests at the Strolling of the Heifers each year.

As a Master Gardener I am involved in Hemlock Woolly Adelgid surveys. I coordinate and attend 25 surveys during the winter in Rockingham, Chester, Springfield, Westminster and Grafton. My team of volunteers consists of members of Ascutney Mountain Audubon, Master Gardeners, Forest Pest First Detectors and other environmentalists. We are led by Forestry Specialist, Jim Esden, from the State of Vermont Department of Forests, Parks and Recreation. I found the first HWA in Rockingham two years ago and my team found the first one in Springfield last winter which meant that Windsor County now is involved.

Our eastern hemlocks are threatened by this small, aphidlike insect that is native to Asia. The Hemlock Woolly Adelgid was first reported in the Eastern United States in Richmond, Virginia in 1951. By 2005, it was established in portions of 16 states from Maine to Georgia.

There are two generations of the insect each year. Last year's cold did destroy some of the adelgids and hope is that this year's cold will do the same. The ovisacs of the winter generation contain up to 300 eggs and the spring generation ovisacs contain between 20 and 75 eggs.

The ovisacs which are on the underside of the outermost branch tips look like tiny q-tips. If you see some of us along the roads and woods sometimes on snowshoes or creepers and using ski poles, we are looking for ovisacs and hoping we don't find them.

Would you like more information on invasives? 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 [www.uvm.edu/mastergardener/](http://www.uvm.edu/mastergardener/) for more information.

# Aged in Vermont

Westminster Cares, Inc.

## HIGH-TECH SOLUTIONS FOR COORDINATING CARE OF A FAMILY MEMBER

By Amie Walter

Four years ago my mother began to need more care due to dementia. She also started taking medications, for the first time in her life, for a heart condition. For the following two years she lived in assisted living arrangements. But toward the end of this time trips to the doctor increased and finally, after a fall, she moved to a nursing home.

As her oldest daughter, I was the one keeping her paperwork in order, doctor's appointments planned, and responding to any crisis. Even though the nursing home would be taking on more of these tasks, I found my advocacy was important. I started to need help with decisions and wanted to share information with my siblings. I also wanted them to know what was going on and have access to her medical information while I was traveling.

My brother told me about a program for just this purpose. CareZone.com is a website that lets you coordinate a family member's care by sharing detailed information. The online account is private, secure, and free for up to four users. We started to use it immediately.

We made a profile for Mom, and listed all her medications on the "Medications" page so that all of us would have access to it. There is a page for "Contacts" where all her doctors, the local hospital, and her residence are listed. You can also upload important documents such as medical releases, resources, and photos to the "Photos" and "Files" page. There are additional pages for Notes and To-Dos.

The core of this website is the Journal. In the journal, we write about concerns or talk about our visits so we are all up-to-date on Mom's health and well-being. We can write an observation or comment on someone else's entry within the journal. We get a email alert when someone makes an entry. Now we have conversations about Mom even though my sister is overseas, my brother is in New York, and another brother is six miles up the road. It's been a great way to keep everyone involved and sharing important decisions.

Another high-tech but simple solution for Mom has been what is called Pix-Star. This is a simple digital frame display that is easily programmable. We set up the 8-by-10-inch display in Mom's room at the nursing home to go on at 8 am and off at 8 pm. During the day there is a continuous loop of images with captions that we send her via an email address. She sees photos of family and friends, pictures of flowers, or a text message in the form of a .jpg image: ÒHi Mom, See you soon, hope you have a good day. Love, Amie.Ó We can delete photos and send new ones as often as we wish and she doesn't have to do a thing, just enjoy what we send! Pix-star.com

Both of these tools have made us feel closer to each other and have improved the care and attention we provide our mother in the nursing home.

*Amie Walter is a volunteer and a former board member for Westminster Cares.*

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

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

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

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

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

### CHAIR YOGA CLASSES - INTERESTED?

Are you a senior who may be interested in attending a Chair Yoga class? Westminster Cares is hosting a new Chair Yoga class starting in March! The class will be piloted for 4-6 weeks on Friday's, starting March 13th. The class will be held from 9:30-10:30am at the First Congregational Church of Westminster.

The cost is \$3 per class. Bonnie Anderson, a local yoga instructor, will be teaching the class.

If you have interest or to request paperwork, contact Donna at Westminster Cares at 722-3607 to get more information and add your name to the list.

### WRITER SEEKS OLD PHOTOS AND INFO

Do you have old photographs of the Sojourns Community Clinic building (the Seth Arnold House) on Route 5 in Westminster? Or photographs of the farming operations and farm stands of the Nelson and Skrocki families when they lived there?

Did you work at the farm stand or shop there? If so, I would like to hear from you. I am writing a history of the place. Please contact me at 802-869-2711 or richgaelen2@gmail.com.

Thank you! - Richard Ewald, Westminster West.

## WESTMINSTER MYSTERY PHOTO

**WE NEED  
MORE  
MYSTERY  
PHOTOS!**

***If you have pictures you think would make a great mystery photo, send them to westminsternews@gmail.com***

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

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

**Last Month's Answer: On Page 3.**

## THANK YOU, BABS! WELCOME ALMA!

After many years, Gazette contributor Babs Lynde has decided she can no longer continue to write her popular Master Gardener column. The board of directors and the editor of the Gazette would like to express a heartfelt thank you to Babs for her years of service.

The Master Gardner articles were interesting and informative, and Babs never failed to come through with them, and always on time! Babs contributions to the Westminster Gazette will truly be missed. Thank you, Babs!

Master Gardener and Naturalist Alma Beals has agreed to continue a similar column called Nature Notes, and the first one can be found in this issue on page 4. Nature Notes will discuss gardening, and will include columns dealing with all of the natural world that surrounds us here in beautiful Vermont.

Thank you, Alma, for being willing to take on this task each month. Welcome to the Gazette!

## IT'S KARAOKE TIME IN WESTMINSTER

There will be Karaoke on Saturday, March 7 from 7 to 9 p.m. at the Westminster Institute

This event is sponsored by the Westminster Activities Committee

## DOG LICENSES & RABIES CLINIC

Dog license renewals are due by April 1.

There will be a rabies clinic on Saturday, March 28 from 10 a.m. to noon at the Town Highway Garage. The cost is \$10 and licenses will be available.

## A THANK YOU TO THE COMMUNITY

The Campbell Fund is pleased to announce the winners of this year's Valentine's Day Raffle. The winning ticket was drawn February 10 and purchased by Dan Axtel and Penny Arms.

We want to thank all of those people who purchased tickets and contributed to our Raffle Basket this year. You helped us to increase the emergency funds available in The Campbell Fund and those in our community that need assistance.

The Campbell Fund - Ila Mitchell and Karen Walter, Commissioners; Michael Fawcett, Peter Harrison and Barbara Taylor, Trustees

## SPIRITUAL PRACTICE GROUP

There will be a Spiritual Practice Group on Tuesday from 6:30 to 8 p.m. on March 10 and 24, April 14 and 28, and May 12 and 26.

This is a six-week class designed to aid in the discovery, development, and support of spiritual practice, offered at the Hastings House in Walpole, NH.

Lisa Mobayed, minister of the Walpole Unitarian Church, will facilitate a group of individuals open to exploring and sharing what it means to embody spirituality, to find inner peace, and to be more attuned to the wonder of the world.

The first class will be used to explore what we are already doing (walking, singing, writing poetry, being still) that could constitute a practice, if developed. Only those able to commit to at least five of the six classes should attend, as the trust and comfort of the group is paramount.

If you are interested and able to commit to attending at least five of these classes, contact Mobayed at LMobayed@comcast.net. This group will run if there are at least five participants, and will be limited to 12.

# 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.

### Westminster West Public Library Trustees

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

### Bellows Falls Farmers' Market

Stop by the Train Station in Bellows Falls every Friday from 4 to 7 p.m., for our Farmers Market. For details visit [www.bffarmersmarket.com](http://www.bffarmersmarket.com) or call 463-2018.

## Faith Community

### The First Congregational Church of Westminster

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

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

### The Congregational Church of Westminster West

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

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

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

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

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

### Grace Bible Fellowship Services

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

Find out more about the church at its Web site, [www.gb4hisglory.com/](http://www.gb4hisglory.com/).

## Meetings

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

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

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

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

**Windmill Hill Pinnacle Association** 3rd Thursday at 7 p.m. at the Westminster West Congregational Church.

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

**Development Review Board** 1st Monday of each month at 7 p.m. at the Town Hall.

**Community Improvement Program Committee** meets the 2nd Tuesday of each month at 6 p.m.

**Westminster Cares Board - No Summer Meetings** 1st Wednesday of every month, at the Westminster Institute at 4:30 p.m.

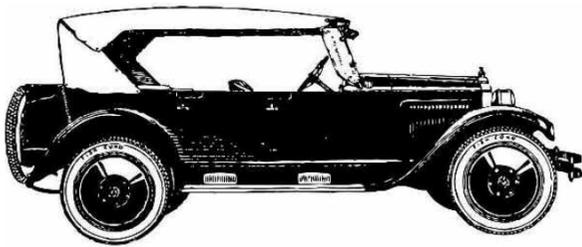
**911 Committee** as needed.

**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. 23 at 4:30 p.m. at the Westminster Institute

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



**THE GAZETTE  
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Westminster School District  
Town of Westminster  
Westminster Activities Commission  
Sojourns Community Health Clinic  
Westminster Cares  
Westminster Fire & Rescue  
Association  
Burtco Inc.  
The Dascomb Trust

## BRATTLEBORO AREA HOSPICE VOLUNTEER TRAINING IN BELLOWS FALLS

Brattleboro Area Hospice will offer its Spring Volunteer Training in Bellows Falls this year. Applications are due by Friday, March 20. The training will run from Thursday, April 2 through May 28 from 4 to 7 pm.

First spots in the training will be held for Bellows Falls area residents. Space limited to 10 people.

Throughout Windham County hospice volunteers aid neighbors and their families who are living with life-threatening illnesses. Help may range from errands to gardening to emotional and physical support. Our volunteers report the work is challenging and very rewarding. Training topics include hospice philosophy, nuts and bolts of volunteering, ethical issues, personal attitudes toward death and dying, and grief issues among others. Presenters include professionals from the community as well as Hospice staff and volunteers.

Please call Brattleboro Area Hospice for more information or an application at 257-0775. There is a \$40 contribution requested (but not required for placement in the training) to help cover the cost of materials.



**WESTMINSTER GAZETTE**  
**Editor:** Robert Smith

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Arlene Scully  
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**The Deadline for  
the April Issue of the  
Westminster Gazette is  
Wednesday,  
March 25  
Publish Date is  
Tuesday, March 31**

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**FAMILIES ELIGIBLE FOR EARNED INCOME TAX CREDIT ALSO QUALIFY FOR 3SQUARESVT**

Tax season is here, and families with children that qualify for the Earned Income Tax Credit (EITC) are eligible for an additional benefit they might not even be aware of--help with food expenses through 3SquaresVT.

3SquaresVT is Vermont's nutrition assistance program, designed to help households without sufficient resources meet their need for healthy, nutritious food. The program helps eligible households stretch their food budgets and put three square meals a day on the table, at the same time freeing up money for other basic living expenses. Whether they are experiencing a short-term financial crisis or longer-term challenges, 3SquaresVT helps families with lower incomes make ends meet.

The EITC is a refundable tax credit for lower income working families and individuals. Allowing households with children that claim the EITC to automatically be eligible for 3SquaresVT essentially extends the program to many more households than would otherwise receive benefits. Generally, households must have incomes at or below 185% of the Federal Poverty Level, or \$3,678 per month for a family of four, to be eligible for 3SquaresVT. But the income limits for claiming the EITC are higher—up to \$52,427 annually, or \$4,369 per month. Many families who qualify for EITC don't receive other benefits, but still struggle to pay their bills due to the high cost of living; this exception is meant to ensure these families are still able to afford healthy food for their children.

SEVCA's Family Services staff are available to assist households to apply for 3SquaresVT. Many Vermont residents are eligible for the program and don't know it, so we encourage any family having trouble meeting their food expenses

to contact us. Nine out of 10 3SquaresVT participating households get at least \$50 each month. The program is open to individuals, families with or without children, seniors, and people with disabilities. In addition to special rules for EITC recipients, there are also rules that make it easier for households that include a senior or a person with disability to receive benefits. Monthly benefits come on a debit card accepted at many grocery stores and farmers' markets.

3SquaresVT also helps Vermont by bringing federal dollars to the state and encouraging local spending, helping to support businesses and farmers in our communities.

Those interested in applying can call SEVCA at (800) 464-9951 for an appointment to get help with their application. SEVCA also offers free tax assistance to qualified lower income households to help them understand and claim all tax credits available to them. For tax assistance at our Westminster location, call 800-464-9951, and for our Windsor or White River Junction locations, call 866-444-4211.

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To learn more about WHPA and access trail maps, visit us at [www.windmillhillpinnacle.org](http://www.windmillhillpinnacle.org)



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## March Business of the Month: Greater Falls Insurance

Greater Falls Insurance, Inc. is starting its 20th year of business here in Westminister, Vermont. We have always prided ourselves on being small and very customer service oriented. Our staff is involved in many community sponsored events and boards and we look forward to another great year of serving our area!

Bridget Kelly, owner, specializes in the Commercial and Farm Insurance, while Gloria Vancor specializes in the Personal Lines side of the business. Brenda Breslend is our friendly Customer Service Representative who will answer the phone when you call our office, no voice mail for our agency.

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## March Business of the Month: The Chimney Doctor

This is our 28th year of serving the chimney service needs of the lower Connecticut River Valley. Hard to believe! Even harder for some to believe, it is still a lot of fun! Every day brings new challenges and opportunities. We focus on chimney sweeping, relining, and maintenance. We do annual service on pellet stoves and dryer vent delinting. We have just become dealers for the first non-electric gravity fed pellet stoves by Wiseway.

The biggest news this season is that my younger son, Luke has joined the team on a full time basis. We have just returned from the National Chimney Sweep Guild Convention in Lancaster, Pennsylvania. Luke passed his certification exam and is now certified by the Chimney Safety Institute of America. We look forward to the challenge and opportunity of solving your chimney and venting needs. You can reach us at 802-387-6037, phone and fax.

*Sweeps Luck and Safe Heating to you!*  
Ian Conway, The Chimney Doctor

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## VERNAL POOLS AND TOUGH TINY WILDLIFE

Learn about the Fingernail Clams, Fairy Shrimp, Spotted Salamanders, and other inhabitants of an unlikely refuge during Patti Smith's slide program on vernal pools at the Putney Library at 55 Main Street in Putney on Monday March 23 from 7:30 to 9:30 p.m.

Smith, who is a naturalist for the Bonnyvale Environmental Education Center, will lead this vicarious trip to special wet places that provide short-lived nurseries for the amazing creatures that have adapted to live there. Registration is not required for this free program co-sponsored by The Pinnacle Association, Putney Mountain Association, and BEEC.

Patti Smith has been involved with vernal pools each spring for the past 15 years. She organized the mapping and assessment of over 150 vernal pools in the town of Dummerston, plus follow-up monitoring. She'll discuss the different pool species, their vital habitats, and how to help monitor and protect them.

For further information about the program, possible participation in the volunteer vernal-pool monitoring program, and informational walk to a vernal pool off Bemis Hill Road in Westminister West on Saturday April 25, visit www.windmill-hillpinnacle.org or Catherine Cooper-Ellis at ccoopere@gmail.com or 869-1199.

The Pinnacle website will also include information about Pinnacle's Art Show and Annual Meeting scheduled for Sunday, April 26 at the newly renovated Main Street Arts facility in Saxtons River. The exhibit of art inspired by Pinnacle properties will include a reception for the artists and the opportunity for the public to purchase displayed works for the benefit of the artists, the Pinnacle Association, and Main Street Arts.

Prospective artists may wish to contact Camilla Roberts at camil@vermontel.net or 869-1388 for more information.

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