

# Westminster Gazette



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

Vol. 10, No.10 October 2014

## COMPASS SCHOOL SHINES IN NEW YEAR

There is much to be excited about at Compass this year. Much of the enthusiasm revolves around the new construction that has completely transformed the school. Improvements in the school program and schedule may be even more significant and are contributing to a tremendously successful start to the school year.

The new construction is highlighted by a bright new art lab, state of the art science lab, and inviting new entryway and exterior. These additions opened up space for 4 quiet study rooms where students and teachers can meet in small groups, as well as creating a new room for Spanish. Throughout the school, new lighting, ceilings and furnishings enhance the positive energy at the start of the school year.

A curriculum summit in June with students and parents resulted in great improvements to the program. For grades 7-10, we added in quarter-long classes in art, physical education, and life skills. For grades 11-12, 4 blocks per week are devoted to teacher supervised, personalized learning time. Structured around 14 graduation competencies, these older students are able to pursue individual interests in greater depth.

Thanks to a generous grant from the Edna Mae and Fanny Holt Foundation, Compass is piloting a comprehensive health and wellness program involving weekly health electives, advisory reflection activities, a newly hired school-based clinician and family and student events during the year.

Other improvements across the the school and schedule will further enhance the learning environment. As Julian Leon, high school math and science teacher



observes, "It feels like we have given up nothing and added 3 or 4 hours a week of great learning experiences."

Compass invites all in the community to visit the school on their third annual Compass Day, October 23rd. There will be a building dedication at 10:30, with classes open for visitors from 12:10-2:10. For more information, visit [www.compass-school.org](http://www.compass-school.org) or contact Director Rick Gordon, [rick@compass-school.org](mailto:rick@compass-school.org), 463-2525.

## WELCOME CENTER FUNDRAISER A SUCCESS

On September 30th, Westminster Cares hosted the refreshment stand at the Welcome Center in Guilford, VT. Hundreds of cups of coffee, tea and hot and cider were poured for tourists on day trips to see the exquisite Vermont foliage and travelers just passing through.

We had an incredible array of homemade baked goods that were contributed by over thirty volunteers, program participants, Board members and Kurn Hattin staff.

Local businesses donated Vermont products such as cider donuts from Allen Bros.; apples from Allen Bros. Farm and Green Mtn. Orchards; cheese from Grafton Village Cheese; yogurt from Commonwealth Dairy; vegetables from Pete's Farm Stand in Walpole; even dog biscuits for canine companions from Community Feed! Shaw's in Walpole and Hannaford's in Brattleboro donated gift certificates so that grocery items could be purchased.

Dedicated Board members worked the booth from 8:00am - 6:00pm. Travelers were impressed with the amazing array of homemade offerings and local products and we received many compliments. Several took photos of the "spread". Board members enjoyed serving customers while describing the work that Westminster Cares does in our community.

Donna Dawson, director of Westminster Cares commented, "The success of this annual fundraiser depends on donations from volunteer, friends, local businesses and our Board. We were humbled by the outpouring of donations we received and the time and effort that went into the baking. Thank you to all who contributed to the success of this event, especially Sally Ryea who coordinated the effort."



Board members Arnie Knowlton, Sally Ryea, Miriam Lanata and Kathy Elliott manning the Refreshment Stand at the Welcome Center.

## FROM YOUR LISTERS - KEEPING YOU INFORMED

By Westminster Board of Listers:

Babs Lynde, Mike Fawcett and Harley Rounds

Some very important questions have been asked of our Listers this past month, and we would like to clear up these issues.

Listers are mandated by the State of Vermont to have a grand list each year, mainly for the purpose of applying a tax rate on the property's assessed value to produce a tax bill. The assessed value must represent the fair market value of the property as of April 1st, that value being what we believe the property would sell for if it were offered on the open market for anyone to purchase it. It does not matter that the owner has no intentions of selling the property.

The Listers do their best to set properties in the grand list as specified, and one tool that we use for verification is the camera. We take pictures of the exterior of buildings and surrounding land. This is not a requirement by the State, but when we return to the office, the pictures help to ensure that our written information is correct. The pictures remain in the file folder of each property. It's also fun to see how properties have changed over the years!

Another tool that we use is an issued zoning permit. A permit gives us a "head's up" on a property change that can increase or decrease the assessed value. Unfortunately, not all owners are aware that Westminster has a zoning ordinance, so occasionally we do find changes that have no permits in our files, and if the

owner is on-site, we inform him/her that a permit might be required. Listers do not issue permits nor is it necessary to have the permit for a Lister to incorporate the change into the assessed value.

Quite often we hear from concerned taxpayers that real estate sales are dropping in the local area. That may be true in other towns, but the majority of sales in Westminster are extremely close to the values on the current grand list. This information is available for the public in both the Listers' office as well as the town clerk's office. We encourage property owners to come in during operation hours to review these sales. Please remember that no two properties are identical, but similarities may be found.

One more thing - please know that it is far better to ask the Listers directly if you have any questions about your assessed value or how we develop our assessments. Asking other people who are not working here in this office can sometimes lead to some of the strangest answers that we have ever heard, and this can create unnecessary concerns or stress on you, the property owner. Every person who owns property should always go straight to the source and see why and how their property is assessed. We look forward to hearing from you!

Our office hours in the Westminster Town Hall are from 8:30 a.m. to 4 p.m. Monday through Friday, and we may be reached at 722-9516 or email us at [blynde@westminstervt.org](mailto:blynde@westminstervt.org)

# SUBSTANCE USE TREATMENT PROGRAM AT KURN HATTIN

Kurn Hattin Homes for Children will hold its 23rd Annual Fall Conference on Friday, Oct. 24, featuring guest speakers Karen Gould, LICSW and Dianna Christmas, MPH of the Institute of Health and Recovery in Cambridge, MA.. Gould and Christmas will co-present a full-day workshop entitled "What about the Kids? Substance Use Treatment and Recovery in Families."

This workshop offers continuing education units, practical training, and networking opportunities for human services workers, including counselors and therapists, social workers, educators, medical and legal professionals, caregivers, and anyone involved in the field of child welfare or family services.

Karen Gould is the Director of Early Childhood Trauma Services at the Institute of Health and Recovery (IHR). Her work focuses on issues of traumatic stress in children whose parents are in recovery from substance use and co-occurring disorders. Ms. Gould also has a private practice and serves as a consultant to the Boston and Lynn Public Schools.

Dianna Christmas, MPH, has extensive experience in the areas of substance use disorders, HIV/AIDS, and maternal and child health including 30 years working in behavioral health and social services with women and children. As IHR's Parent-Child Services Coordinator, she co-facilitates parenting groups for families in substance use treatment and recovery as well as provides local and national trainings on substance use disorders, child development, and parenting issues.

The training explores the concept of addiction as a disease and the differences between addiction and substance use. Participants will discuss the effects of substance use disorders on children and families and build knowledge, skills, and empathy for working with parents and children affected by substance use and helping them toward recovery.

This event will be held from 8:45 AM to 3:30 PM in Kurn Hattin Homes' Higbie Auditorium. Cost is \$125 per person (\$110 discount for groups of 3 or more). Registration fee includes lunch.

Those interested in attending can register online at <http://kurnhattin.us2> or contact Darlene Pecor at (802)721-6913 or [dpecor@kurnhattin.org](mailto:dpecor@kurnhattin.org) (<mailto:dpecor@kurnhattin.org>).

Founded 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



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## LAST MONTH'S MYSTERY PHOTO

Last month's picture was the Gageville Bridge that burned down August 1967 by a young arsonist. Correct answers were from Richard Morse, Bob Gay, Joanne Morse, Joan and Ted Slaght, Barb Greenough, Bill O'Connor and Mary Golec.

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## NEW PROGRAM TO HELP PEOPLE GET READY FOR WORK

A new program offered by the Community College of Vermont (CCV), Southeastern Vermont Community Action (SEVCA), and the Windham Workforce Investment Board (WWIB) will help unemployed individuals and those with little work experience gain marketable skills, obtain jobs and advance in their careers.

The free, 8-week course, known as "Ready for Work," begins Oct. 7 and will be held at CCV's new Brattleboro academic center.

Throughout the course and afterward, participants will receive intensive, one-on-one support to help them solidify skills such as resume writing and interviewing, overcome employment barriers, search for and apply to jobs, and transition successfully into the workforce.

The course will focus on the core skills most requested by Vermont businesses, and upon completing it, participants will be eligible to receive the Governor's Career Ready Certificate and the National Career Readiness Certificate – both of which are recognized by many Vermont employers as indicators of proficiency and workforce readiness.

"Ready for Work" was developed by the WWIB, in partnership with SEVCA and CCV, with a Regional Workforce Partnership Grant from the Vermont Department of Labor, to address the mutual workforce needs of both employers and disadvantaged workers in the state of Vermont. The CCV Career Readiness portion of the program is made possible with grant funding from the U.S. Department of Labor. Enrollment for the program is now open.

Interested applicants should fill out an application by going to <http://apply.ccv.edu/career/>. For more information, go to [ccv.edu/career](http://ccv.edu/career), or contact Shanti McKenna at [Shanti.McKenna@ccv.edu](mailto:Shanti.McKenna@ccv.edu) or by calling 786-3825.

## HOW JUST ABOUT ANYONE CAN GO SOLAR

It used to be that solar energy was for wealthy environmentalists and people whose houses are too far from the nearest electric pole. That was way back in the last decade when solar panels cost \$10-15 per Watt, or the last century when they were \$20-30 per Watt. With the new Solarize campaign in Westminster, however, prices are as low as \$4 per Watt, and just about anyone who can pay their electric bill can now go solar. Here is how it works.

The average household in Vermont needs a five kilowatt# solar array to meet their entire annual electricity needs. That is roughly 20 panels on a sunny roof or a rack in your yard. When the sun shines the electrical production will go into the grid (no batteries needed) and build up electricity credits for your household. When it is nighttime or the middle of winter the house will draw from the credits that have built up over the summer.

This five kW system costs about \$20,500 at the base rate for the Solarize Westminster campaign this fall, and less as more people sign up. Until Dec. 31st that array is eligible for a Vermont rebate of \$1,250, and a federal tax rebate of an additional \$5,775, bringing the final cost of the system to \$13,475. There are no sales taxes on solar installations, and no state property taxes for solar systems smaller than 50 kW in size (about 180 panels).

This array will produce roughly 6,000 kilowatt-hours (kWh)#\* of electricity per year. The state of Vermont Department of Public Service has decided that locally-produced solar energy is so valuable to grid stability and helping us meet our long-term energy goals that they have required that Green Mountain Power (GMP) pay household solar electricity producers almost 21¢ per kWh for the first 10 years, which is 6¢ above what we pay for electricity! This means that this five kW household solar array will generate an annual revenue of \$1,254, or an average monthly revenue of \$104.50.

Now let us assume that the family in question does not have \$13,475 to plunk



The Westminster Babe Ruth Baseball team would like to thank the Dascomb Trust for their support and Kurn Hattin Homes for the use of their field. Pictured are members of the Babe Ruth Baseball team with their championship sweatshirts. Photo by Kristie Lisai.

down on a new solar system. No problem! Banks are bending over backwards to help people in Vermont to go solar. One in particular with great solar loan products is VSECU. They offer a 15-year 'discounted energy improvement home equity loan' at 4.5% interest without a closing cost or fee. This loan would have a monthly fee of \$100.41 for those who qualify, so going solar and borrowing the money to do it would actually save this average household money.

But wait – things get even better! All of the above calculations are based on today's electric rates of 14.9¢ per kWh. Nobody believes that electricity prices are going to stay the same in the future, and the average rate of inflation in VT has historically been over 4.25%. This means an investment in solar today will increase in value as electricity prices increase. And that's not all – homes with solar on them also appreciate substantially in value. This value can be easily estimated now, and is as much as 66% of the total cost of the solar PV array.

For those people or businesses without a good solar site, or who rent, or who represent a non-profit organization, there is another option – Community Solar. This 'off-site' solar option will be covered in a separate article next month, and the possibility of building a Community Solar array in the town of Westminster that people can buy into.

Solarize Westminster formally launched on September 11th and will be offering discounted home and business solar installations through the end of the year. To sign up for a free site visit, go to: [SolarizeWindham.com](http://SolarizeWindham.com) and fill out the form on the Sign-Up page.

A Solar Committee is forming in town to promote this program, contact Town Manager Russ Hodgkins if you would like to be a part of this initiative, or the project manager Tad Montgomery of Solarize Windham County: (802) 251-0502 or [Tad@HomeEnergyAdvocates.com](mailto:Tad@HomeEnergyAdvocates.com).

## NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met October 1st at the Westminster Fire House at 4:30 PM with President Pete Harrison presiding. The following board members were present: Don Dawson, Reggie Borden, Kathy Elliott, Heidi Anderson, Miriam Lanata, Sally Ryea, Connie Sanderson and Director Donna Dawson. Susan Harlow 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](mailto:wecares@sover.net). Check us out on the web@ [www.westminstercares.org](http://www.westminstercares.org) and like us on Facebook.

Services provided:

Meals on Wheels – In September, 22 different WC volunteers delivered meals one day a month to 18 different people who are now on meals. In addition, 2 frozen entrees were delivered to 9 people on Fridays for weekend meals. (18 total per wk.)

Transportation – During the month of September, 5 rides were provided by 5 different volunteers who drove 5 different Westminster residents to medical appointments, shopping or programs for a total of 106 miles.

Nursing program: During September, our community nurse made 12 visits to 17 seniors for medication management, blood pressure checks and foot care. She also attended Senior Lunch on 9/11 for a blood pressure clinic.

Meetings attended by staff in September included: Treasurer, Bookkeeper,

Exec. Committee with Institute, Senior Solutions (nutrition survey) @ Senior Lunch, Gazette, photographer, graphic designer, Toby Young & AARP Reps re: state transportation status and Committees.

Programs in September: 2 Secrets of Healthy Aging sessions, 4 Yoga classes, 4 Wednesday Walkers, 26 Strength Training classes, 4 Artist in Each of Us classes.

Assistance and referrals: Assistance provided to several Westminster residents and their families, and several motel residents, collaborating with social service agencies, Allen Bros. Oil Co., Bellows Falls Senior Center, Senior Solutions, the VA, Friends of Veterans, SEVCA, Red Cross, VCIL, Adult Protective Services, the Sheriff's Dept. and the Visiting Nurses.

Friendly visiting: Three volunteers making friendly visits to two seniors.

Medical equipment: In September we received several donations of equipment and many pieces of equipment were returned and loaned out. Memorial and honorary donations for AUGUST & SEPTEMBER 2014 In memory of Melanie Anderson DeLonge from: Heidi Anderson and Lee Trapeni, Patricia Noble, Susan Harlow In memory of Fred Robling from: Alma Beals, Regena Cote, Bob and Pat Haas, Pete and Judy Harrison, Nancy Dalzell and Laura Leonard, Kathy Shuster, Laurie Webb and Bruce Moore, Phyllis Anderson, Sam Anastasia, (his nephew), and Dyana & Jack van der Wielen, (his great niece and nephew).

In memory of Bruce W. Miller from Joyce Miller

In memory of Malcolm Guild from Joyce Miller

In honor of Joan and Bill Smidutz 60th wedding anniversary from: Joan Larkin

In honor of Sally Ryea from Myra Ashcroft

Next meeting: Annual Meeting Sunday November 2, 2014

## 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 Oct. 7 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.

Next Prudential meetings: Oct. 13th and 27th

Number of calls in August: 31

Number of calls through September 30th 35

Number of calls calendar year to Date: 291

Number of calls fiscal year to date: 115

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting September 2nd with President Paul Millman presiding. There were 25 members present and 4 members excused. Currently there are 41 members of the volunteer fire department.

Plans for the Fire Prevention Week open house for October 10th are under way. The local schools are invited to view and participate in live demonstrations going on at the fire house during the day. Also a fund raiser boot drive on Rt.123 in the area of the car wash is being organized and will take place Saturday October 11.

Tips for coming into winter: Outside faucets should be shut off and drained properly to prevent freezing and breaking. Window A/C should be removed and stored inside a warm building. Leaving the a/c in a window causes a lot of heat loss.

Try to keep leaves cleaned out of rain gutters to avoid snow backup that may cause damage to the house. Close or install storm windows. I always remove my screens on the side of the house facing the sun to get maximum solar through the windows. The screens can filter out an amazing amount of heat if left in. And by all means, have your chimneys cleaned and inspected before you start a wood fire in the stoves and furnaces.

Windshields and visibility: This time of year the sun seems to be at an angle that can be very hazardous when driving into it, and having a clean windshield, inside and out, can make a huge difference in the driver's ability to see what lies ahead. It is pretty easy to keep the outside clean with windshield washers, but the inside takes a little more effort but can enhance visibility greatly.

Woodstove hook-up: refer to the diagram for proper installation and be careful not to pile your wood too close to the stove. The Fire Department is always available for advice and inspection of woodstove and wood furnace installation. Furnaces and pellet stoves should be cleaned and wood stoves and chimneys for those burning wood. Chimneys should be checked periodically throughout the heating season.

Portable Heaters: Sometimes using a portable heater to take the chill off in the early days of cold weather is a good idea rather than starting up the furnace or using wood in the wood stoves and furnaces. Read all warnings on heater labels and in the instructions. Keep them a proper distance from flammable materials. Use extra caution with electric heaters that could overload the circuits. Be careful not to store items on the top of a gas heater. And never hook up an electric heater with an extension cord.

Stacking Wood: When stacking wood close to your heat source always allow 2 to 3 feet of air space between your stove and your wood. A hot stove can ignite a stack of wood if it is piled too close.

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

Donations for September: Katherine Miller Floyd and Sue Lawrence

The association decided that the money we receive from memorial donations for Bruce and Jeff Miller and David Wright will go into our scholarship fund account.

Memorial Donations for September: In memory of David Wright: Phyllis Anderson, Myra Ashcroft, Bruce Potter, Ed Potter, Ruth Grandy.

In memory of Jeff Miller: Nancy and Jiggs McAuliffe

In memory of Bruce Miller: Virginia and Ed Paige, Paul and Paul Noble, Peggy O'Brien, Gary Cobb, Jean Fontaine, Regina and Paul Cote, Beatrice Kallahan, Crystal Angers, James and Kathleen Smith, Todd and Carla Wes, tAllan and Linda Shepard, Joyce Miller, Jay and Sara Bartlett, Steven and Deborah Brown, Brian and Kerry Pickering, Dick and Ellen Wheeler, Frank Compton, Anita Manco, Roger and Judith Miller, Bob and Judy Boynton, Jean Bragg, Catherine Siano, David and Barbara Wessel, Jon and Martha Henry, Sally Ward, Brooks & Mary Herrick.

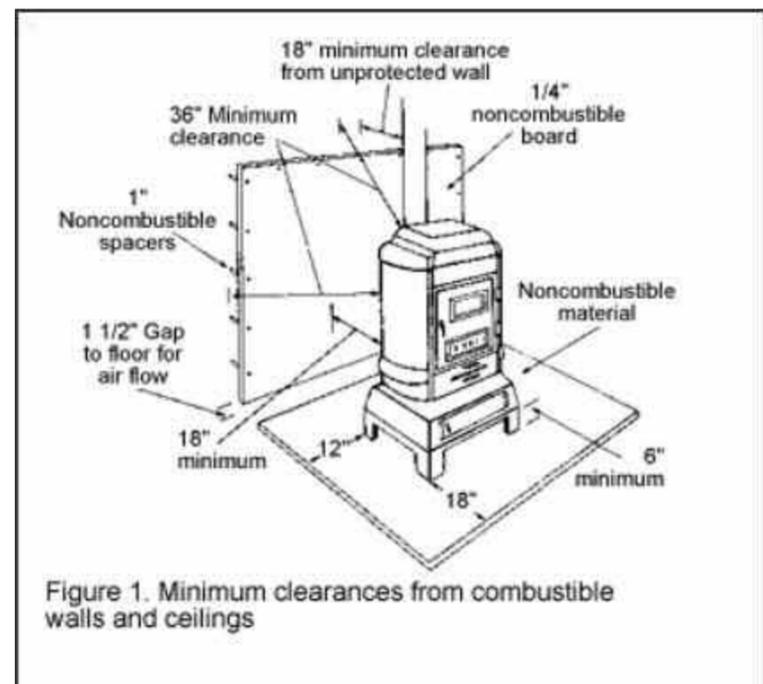
We are always looking for new members: Anyone interested in volunteering their time to help the community in a time of need, please contact Chief Cole Streeter at 722-3178 or stop by the Firehouse any Sunday morning and pick up an application.

We would like to have additional volunteers from Westminster West.

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

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

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



## Frost or Freeze

by Babs Lynde, a Vermont Master Gardener

Typically, our vegetable gardens are usually done with producing most food stuffs in the month of October with the possible exception of winter squashes. But there are some plants that seem to want to linger longer if they can, and home-gardeners like to squeeze out every vegetable or fruit that we can get!

There are always a handful of green tomatoes that are left or prickly cucumbers that need picking or another ear or two of sweet corn. We usually see our first frosts in late September or early October and then our first real freeze towards the end of October. And although most of us try desperately to get everything we want from the veggie garden before either frost or freeze comes along, sometimes we're just not ready and need a little more time to collect our harvest.

Most of us watch or listen to the news and weather forecast to know when gardens are in danger of sudden cold temperatures. Did you know that weather forecasters really only give out these warnings and advisories during the growing season for their area? So it's important to stay tuned to your local news.

A Frost Advisory is issued when the temperature is expected to fall to 36 degrees or lower within the next 3 to 30 hours.

A Freeze Warning is issued when there is an 80% or greater chance that the temps are expected to fall to 32 degrees or lower within the next 3 to 30 hours. When temperatures drop below 28 degrees during growing season, it is considered a Hard Freeze. Frosts are caused by radiation cooling, or when the

area loses enough heat that temperatures drop below freezing at ground level. A freeze is caused by something called "advective cooling" which is when there is a mass of cold air coming into the area from someplace else, such as from Canada or the Arctic.

For most home gardeners, protecting our food from frost is not too daunting. Old sheets or strips of light-weight plastic can easily be thrown over the tops of our left-over tomatoes or peppers during the evening hours – just remember to uncover them before the morning sun becomes too strong. Large leaf plants, such as squash and beans, will protect their harvest although the leaves themselves might suffer from the frost.

Cabbage, spinach and turnips will survive light frosts, and some herbs, such as oregano, sage, thyme and chives will do quite well without protection, but most types of basil and other delicate leaves will not survive. Peas will also do fine in a light springtime frost.

If the forecast is for a freeze, there are a few veggies that will do well once or twice, such as broccoli, Brussel sprouts, turnips and leeks. Tomatoes, beets, corn and winter squash and pumpkins will not survive a freeze, even if you cover them.

Would you like more information concerning what to do to protect plants from frost and freezing? 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](mailto:master.gardener@uvm.edu) or visit [www.uvm.edu/mastergardener/](http://www.uvm.edu/mastergardener/) for extensive information.

# Aged in Vermont

Westminster Cares, Inc.

## RIGHT-SIZING FOR YOUR CURRENT LIFESTYLE

By Alice Abraham and Susan J. Harlow

Fall is often a time of year when we think about “cleaning out” and “getting rid of” stuff! But what can you do when our accumulation of belongings traps us in our homes? How can we let go of “stuff”, both tangible and emotional, so we can enjoy our surroundings?

We spoke with Alice Abraham, Senior Move Manager for A Tempo Senior Move LLC who noted, “Culling belongings can be overwhelming at any stage of life, but this process can be especially stressful when you are less mobile, your spouse dies or when family members live too far away to help”. Engaging a third party, perhaps a friend or family member who can assist with the daunting task of simplifying one’s long-time home and contents can make this task less challenging. Hiring a professional senior-move specialist is another option. “Specifically, we work hands-on to oversee organizing and downsizing belongings, designing floor plans, and managing your move into a comfortable and safe environment or modifying your current home,” Alice said.

Alice offers these tips to get started:

Safety first: assess hazards and obstacles – this can be as simple as discarding expired food and removing throw rugs. Consider your routines, your favorite chair or spots in the house, and look at how you move from room to room in order to create a safer floor plan for you to navigate. Depending on your needs and situation, you might require grab bars or other assist devices to be installed in the home.

Use positive terms to get around psychological roadblocks -- both “downsizing” and “weeding-out” can carry negative overtones and feel intrusive. Instead the nurturing process of “right-sizing” honors your emotional connections with particular items by untangling your feelings from the actual objects.

We often have multiples of certain things crammed in drawers and closets, yet we always use the same favorite item. Do you tend to wear the same coat because it is comfortable? Here are some other questions to ask yourself as you consider reducing your belongings. How many sets of dishes do I now need? Your entertaining habits may have changed. Even if I repair those teacups, will I use them? Not everything broken needs to be fixed. Depending on your style, there’s different ways to represent whole collections by selecting samples, taking photographs or repurposing items.

Think of right-sizing as a creative challenge. It is also a great gift to your self.

A Tempo Senior Move LLC (ATempoSeniorMove.com) is owned by Alice Abraham. It is the only senior move firm in Vermont and is a member of the National Association of Senior Move Managers (NASMM.org), a not-for-profit, professional association of organizations dedicated to assisting older adults and families with the physical and emotional demands of downsizing, relocating, or modifying their homes.

## COMPASS CELEBRATES ADDITION



At 10:30 a.m. on Thursday, Oct. 23, Compass School will be proud to host its third annual Compass Day. Students, alumni, parents, friends, and community members are all invited to take part in the dedication of the new addition, and a host of other events throughout the day, including a luncheon provided by award-winning chef Cher Anderson.

After lunch, attendees can visit classes with Compass students, including a college choice seminar led by humanities teacher and college counselor Julia Taylor, participate in a fierce (but friendly) soccer match between students and adults, and join in afternoon “exploratory” classes to experience what it’s like to be a Compass School student.

The dedication begins outside at 10:30; lunch is at 11:30; class visits begin at 12:10; exploratories begin at 2:30, and the soccer match starts at 3:30.

Compass Day is a fantastic way to learn about Compass School and celebrate Compass students, faculty, and achievements.

Alumni from all classes are invited for a special reunion gathering later that evening.

## WESTMINSTER MYSTERY PHOTO



**WHERE WAS THIS BUSINESS LOCATED AND WHAT BUSINESS SAT ON THE OPPOSITE SIDE OF THE STREET?**

**E-mail your answer to [westminsternews@gmail.com](mailto:westminsternews@gmail.com) or [blynde@westminstervt.org](mailto:blynde@westminstervt.org), or phone Babs Lynde at 722-9516.**

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

**Last Month’s Answer: On Page 3.**

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

## KURN HATTIN ANNUAL MEETING HELD

On September 24, Kurn Hattin Homes for Children held its 120th Annual Meeting. Incorporator and Executive Committee member William Abbott stood in for Board President Charles P. Kelsey, who was unable to attend, and led a productive meeting. Trustee and Chairperson of the Nominating Committee, Janet Wilson, guided the election process and the approval of the revisions to the By-laws.

Executive Director, Connie Sanderson summarized the successful events of the previous year, and thanked the Kurn Hattin Homes staff for their much appreciated skills and efforts. Principal Tom Fahner, Admissions Director Sue Kessler, and the Student Council Representatives outlined the innovative activities and programs for the upcoming year. Financial Manager Steve Fitch congratulated the department heads for meeting trim and efficient budget goals without a reduction of quality. During the business meeting, elections were held to fill a vacancy for one Incorporator, and a vacancy for one Trustee.

Lyssa Jackson, Class of 2008, was elected as an Incorporator (the youngest ever) for a term of three years. After graduating Kurn Hattin, Lyssa attended The Putney School on a full scholarship. There, she served for two years as the youngest student to ever join their Board of Trustees. Lyssa has helped with fundraising for The Putney School and Cedarcrest Center for Children with Disabilities. In 2012, Lyssa was named “Outstanding Youth in Philanthropy” by the Association of Fundraising Professionals of Northern New England. She is now a rising junior and an opportunity program scholarship student at Skidmore College in Saratoga Springs, New York where she is earning a Bachelor of Science in Management and Business. At Skidmore, Lyssa has served The Student Government Association as a Senator and is currently Vice President for Communications and Outreach Elect. In the beginning of her sophomore year, Lyssa founded and served as co-president of Skidmore Women in Business.

William Scarlett was elected as a Trustee for a term of three years. Bill holds a BA from Lehigh University, and an MA in Counseling Psychology from Seton Hall University. He has worked in a variety of settings in the field of mental health including; In-patient, out-patient, crisis counseling and as a school counselor. In 2014, Bill was appointed by the Governor to the State of Vermont Board of Allied Mental Health Practitioners, which oversees licensing of mental health professionals. He also served as the Director of Counseling at Kurn Hattin for eight years, beginning in 1999. Bill is now a school counselor at Bellows Falls Central Elementary School.

Michael Obuchowski was elected as a Trustee Emeritus in recognition of his many years of dedicated service to Kurn Hattin Homes.

Fifteen Incorporators were re-elected for terms of three years; William Abbott, Gordon Bristol, Gary Carrier, Frances Cheslock, John Hubbard, John A. Korpela, Rick Manson, Walter Menzel, Corey Mitchell, George Nostrand, Michael Obuchowski, Elaine Sinclair, Roberta Violette, Ronald M. Williams, and Janet Wilson.

Elizabeth Maiola was re-elected as a Trustee to a term of three years. A special recognition was given to Trustees David Maysilles and Stephen Durand, who retired from the Board.

The Board re-elected the following officers for a term of one year: Secretary, Elizabeth Maiola, of Newport, NH; Assistant Secretary, George W. Nostrand of Bellows Falls, Vermont; and Treasurer, Janet Wilson of Walpole, NHe.

Elected as officers and members of the Executive Committee for a term of one year: Charles P. Kelsey of Deerfield, NH; Vice President, Ronald Williams of Madison, CT; Vice President, Member at Large, Gary Carrier of Brattleboro; and Members at Large Elizabeth Maiola of Newport, NH and William Abbott of Bellows Falls.

# 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. Suggested minimum donation.

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

### Westminster West Public Library Trustees

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

### Bellows Falls Farmers' Market

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

**Walking:** Meet at the Westminster Heights Park and Ride on Wednesday mornings at 9am and carpool to walking site. Most times the walk takes one hour and we are back by 10:30. Bring water, hat, walking stick, (if desired), sun screen and wear good sturdy shoes. We can walk at different speeds depending on the group. Call the Westminster Cares Office to find out more: 722-3607 or email [wecares@sover.net](mailto:wecares@sover.net)."

## 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/).

### Walpole Unitarian Church

Services are presented by Lisa Mobayed M.Div.

Worship services are at 10 a.m. Children's Religious Education begins at 10 a.m. with the adults and moves to Hastings House at 10:15.

Refreshments and conversation are held after the service with the children included.

[www.walpoleunitarian.org](http://www.walpoleunitarian.org)

## 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 Fire Station 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, Sept. 29 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.

**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



**The Deadline for  
the November 2014  
Issue of the  
Westminster  
Gazette is  
Wednesday,  
November 29  
Publish Date is  
Tuesday, Nov. 4  
To Contact the  
Westminster  
Gazette E-mail:  
westminsternews  
@gmail.com**

**WESTMINSTER GAZETTE**  
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**Board of Directors:**  
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Babs Lynde  
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**GENERAL ELECTION INFORMATION**

Absentee ballots are now ready for the General Election which takes place on Tuesday, Nov. 4, 2014. In addition to the State General Elections, we will be voting on local Justices of the Peace. The polls will be open from 8:00AM until 7:00PM and are located at the Westminster Institute, 3534 U. S. Route 5, Westminster. If you would like an absentee ballot sent to you, please contact the Town Clerk's office at 722-4091.

If you are not a registered voter in Westminster and would like to be added to the checklist, you have until Wednesday, Oct. 29, 2014 to do so in order to vote in this election.

**RAFFLE WILL HELP SUPPORT GAZETTE**

While many folks enjoy the Westminster Gazette, not many realize that we operate on a very tight budget - too tight it seems. While we have several advertisers and underwriters, that income still doesn't bring in quite enough money to cover our operating costs.

In brainstorming ways that we might raise some money to give us a bit of an operating cushion, we thought one of the best ways would be to have a Gazette Raffle, with a drawing in early December, just before the holidays.

So we're asking for donations of goods and services valued at \$25 and up toward the raffle. Could you donate a massage, an oil change, a 100 gallons of fuel oil, a cord of wood in support of this community newspaper?

We'll be accepting raffle prizes and donations until Oct. 1, and raffle tickets will be on sale through to the drawing, \$1 each or six for \$5.

Thanks for supporting your community newspaper!

*Earn CE Credits!*



TWENTY-THIRD ANNUAL  
PROFESSIONAL DEVELOPMENT CONFERENCE

## What About the Kids? Substance Use Treatment and Recovery in Families

WITH KAREN GOULD, LICSW & DIANNA CHRISTMAS, MPH

Join us for a day of enrichment and networking while exploring and learning to understand the effects of parental substance use disorders on families and children. The training aims to build participants' empathy for parents and support the parent-child relationship, which is critical in the development of a child's social, emotional and cognitive competence. Lunch will be provided.

**FRIDAY, OCTOBER 24, 2014 | 8:45 A.M. – 3:30 P.M.**  
KURN HATTIN HOMES FOR CHILDREN, WESTMINSTER, VERMONT

**Registration and more information at  
[conference.kurnhattin.org](http://conference.kurnhattin.org)**  
Register by September 26, 2014 for a discounted rate



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### Household Hazardous Waste Collection

**Saturday, Nov. 1<sup>st</sup>**

**Four Locations:**

- \* Brattleboro – WSWMD, 327 Old Ferry Road - 9:00 a.m. – 12:00 p.m.
- \* Halifax – Town Hall - 9:00 am – 11:00 a.m.
- \* Wardsboro – Wardsboro Town Garage - 9:00 a.m. – 11:00 a.m.
- \* Winhall – Winhall Transfer Station - 9:00 a.m. – 11:00 a.m.

**All sites open to WSWMD residents!**

**Limits/Fees:** 10-gallon limit – No Charge!  
More than 10 gallons – call the WSWMD

✓ What to bring

- Adhesives
- Antifreeze
- Bleach
- Brake fluid
- Car wax & polishes
- Chemistry sets
- Cleaners/spot removers
- Drain & toilet cleaners
- Driveway sealer
- Fertilizers (chemical)
- Flea control products
- Fuel additives
- Fungicides
- Gasoline
- Herbicides
- Insecticides
- Mothballs
- Motor oil
- Muriatic acid
- Oil Based Paints
- Paint strippers & thinners
- Pesticides
- Pool chemicals
- Roofing tar
- Rust proofers
- Rust solvents
- Transmission fluid
- Varnishes
- Wood preservatives

⊗ What NOT to bring

- Ammunition
- Batteries
- Electronic waste
- Explosives
- Fireworks
- Latex Paint
- Medical waste
- Mercury containing devices
- Radioactive waste



Businesses, schools and institutions that generate less than 220 pounds of hazardous waste per month can take part in the Brattleboro location collection event for a fee. An inventory of the waste must be faxed or emailed to Kristen Benoit by October 25, 2014 so a fee can be determined (fax: (802) 257-5122/email: recycle@windhamsolidwaste.org)

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