

Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ www.westminstervt.org

Vol. 9, No.10 October 2013

Back to School - Outdoors!

The big outdoors is our classroom for all grade levels at the Westminster Schools.

Both Center and West Schools have beautiful gardens, planted and harvested by students. Visit www.vermontschoolgarden.com/ to see more photos of kids learning in our gardens. At both Center and West gardens, students observe plants carefully, recording with drawings and pictures. At the West School, students worked in small groups to weed the carrots and gladiolas, pick greens, peppers, yellow beans, celery and apples and dig up dirt and plant the mums in window boxes. Sometimes kids have quiet reading time under the apple trees and sunflowers house.

Third and fourth graders visit the Pinnacle throughout the year, hiking through changing seasons. The program is fortunate to have the professional assistance of Lynn Morgan, an outdoor educator at the Grafton Museum and Windmill Hill Pinnacle Assoc. As in the garden, the students' scientific tasks are to observe, record and compare.

The week of Sept. 16 -20, sixth graders spent a glorious week at the Keewaydin Environmental Education Center, which "offers hands-on, experiential learning in a variety of natural habitats," plus, living at the camp is really fun!

Meanwhile, back inside the building, the weeks are already flying by at Westminster Afterschool! Each day is a busy one where children do so many



Above, left, students start fires at Camp Keewaydin, and at right, harvest from the school's garden.

things from working on homework or in the school garden to stringing beads. Homework Clubs have started and are going smoothly; academic clubs and enrichment clubs will be starting in a few weeks.

And in the Library, coming soon is the annual Bookfair. Visit the school between Oct. 24 and 30 to purchase books from a wide selection. Call the school for details.

WESTMINSTER SELECTBOARD NAMES RUSSELL HODGKINS AS TOWN MANAGER



Russ Hodgkins, a lifelong resident of our town, brings over 33 years of business experience and deep community involvement to this position.

We are excited to have Russ assume the town's day-to-day management of municipal services. His community experience, from serving as School Director to coaching local

sports, provides him with first-hand knowledge of what Westminster has to offer its residents and what the town's needs are.

Russ is looking forward to seeing familiar faces, and meeting residents he does not already know.

Please stop by the town office to say hello!

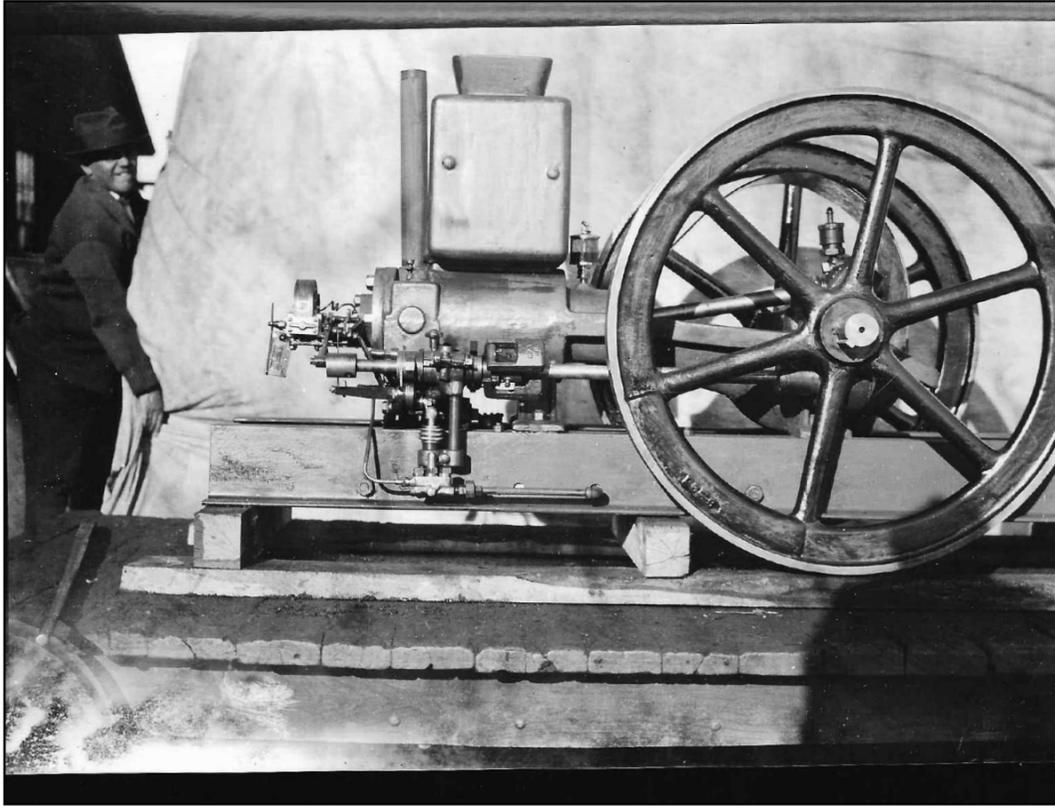
**The Westminster
Fire & Rescue Department
is hosting
a Children's Halloween Party
and Haunted Graveyard
on Saturday, October 26
at the
Westminster Fire Station
on Groat Avenue
from 6:00 to 8:00 pm.**

This occasion will be FREE to all, and children must be accompanied by an adult for entry.

In order for this party to be a success for our children, we are looking for people willing to participate and/or donations of Halloween decorations in good shape, candy and other foods. We also need people willing to be part of the tour or graveyard displays.

If you are interested or have a donation to make, please contact Babs Lynde at 722-9516 or send email to blynde@westminstervt.org

Last Month's Mystery Photo



Last month's picture was of one of the Abenague motors that used to be produced at the building that is now more commonly known as Burco on Route 123 here in Westminster. It was correctly guessed by Marty Collins, Bernie Lawrence, Barbara Greenough, Wanda West, David and Allison Deen, and David Wright.

The Deen's sent this information along: "The picture in this month's Gazette is of an Abenague internal combustion engine.

"They were first built in Westminster Station beginning in 1893 and stayed in business until 1928. The engines were used for farm and marine power and burned kerosene or gasoline."

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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.

On-line at:
www.westminstervt.org

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HAVE AN INTERESTING LOCAL STORY OR PHOTO YOU'D LIKE TO SHARE? SEND IT TO: WESTMINSTERNEWS@GMAIL.COM

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EXPERIENCE COMPASS DAY - OCTOBER 4

On Thursday, Oct. 4, Compass School will be hosting our second annual Compass Day, a chance to invite families, alumni and the larger community to experience the powerful education offered by Compass to students from 21 towns in Vermont and New Hampshire. We hope to bring together many friends of Compass for all or part of the day's activities.

Starting at 12:40 p.m., guests are welcome to sit in on classes with our current Compass students. Seventh to 10th and 12th graders will interact with a panel of alumni to discuss post high school life and how to prepare for college and beyond. eleventh graders will be in Humanities or Science classes at this time.

During a mid-afternoon soup, bread and snack break, attendees will enjoy a jazz performance with student Franz Robert on the piano and teacher Eric Rhomberg on bass. Afterwards, visitors will choose among our after-school Exploratories including offerings of global arts, pickling, extreme rock balancing, belly dancing, highlights from past student film festivals, a rousing parent-student soccer game and a discussion the School's future with Development Director Rick Cowan.

At 3:45 we will have all school meeting where we bring our community together to share announcements and commendations, and to do a little group singing led by music teacher Amy Cann. The day concludes with time for informal conversation after 4.

Compass Day will be a great chance for you to connect with the remarkable people who make this school what it is. Compass has evolved in many ways since our founding 15 years ago—building a strong learning community while continually improving our infrastructure, systems, and clarity.

We are particularly excited about the first major capital campaign in our history, with plans to build a dedicated space for the arts, a new science lab, and Spanish classrooms all on the main floor. We want to share these plans



Compass middle schoolers take a break from class to enjoy foosball. Left to right, Gabe Morse, Connor Smith, Jack Langeloh, Cooper Stafford and Andrew Elliot.

with our guests and get ideas on how to make the most of these new additions.

We really hope we see a great turnout of alumni and parents and grandparents of current and past students. It will be wonderful to reconnect and together celebrate the many successes of Compass since its founding in 1999.

For more information, contact rick.cowan@compass-school.org, visit www.compass-school.org or call at 463-2525.

NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met Sept. 4 at the Fire House with President Connie Sanderson presiding. The following board members were present: Kathy Elliot, Pete Harrison, Barbara Carey, Heidi Anderson, Reggie Borden, Miriam Lanata, Don Dawson, Susan Harlow, Director Ronnie Friedman, and Assistant Director Donna Dawson. Nan Blanchard, Susan Clifford and Sally Ryea 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.

Services provided: Meals on Wheels -25 different WC volunteers delivered meals throughout the month to 17 people who are now on meals, in addition to frozen meals to 9 people on Fridays for weekend meals. Transportation – During the month of June, July and August 28 rides were provided by seven different volunteers who drove six different Westminster residents to medical appointments, shopping or programs for a total of 469 miles.

Nursing program: During June, July and August our community nurse had 11 visits to five different Westminster residents for a total of 4.25 hours. She also did blood pressure checks at the monthly senior luncheon.

Equipment available: Walkers, commodes, shower chairs, wheel chairs, hospital beds, electric wheel chair and a electric scooters. Thanks to all who have donated equipment in the past, but we are currently out of storage. If anyone would like to donate equipment to us, we will gladly accept it if you can store it for us.

Meetings attended in June, July and August included: Speaker series, Senior Solutions- nutrition programs meetings, bookkeeper, Gazette, website, various committees, potential volunteers and home visits. And two online webinars regarding grant training

Programs during the June, July and August included: six Secrets of Healthy Aging session, 13 Yoga classes, many Strength Training classes and 13 Artist in Each of Us classes and outdoor

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

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 Ronnie Friedman at 722-3607 or by email at wecares@sover.net.

Memorial Donations for September:

Gifts in memory of Brad Ryea were received from the following:

Connie Sanderson, Miriam and Larry Lanata, Ralph and Carolyn Stoddard, Don and Donna Dawson, Susan J. Harlow, Louise Wetherby, Mildred and David Austin, Sr., The LaCour and Law family, Patricia and Daryl Royce, Dan and Carole McCarthy, Marguerite H. Robtoy, John and Carolyn Marsh, Allison and David Deen.

Visit us online at www.westminstercares.org.

HOUSE BLEND RETURNS ON NOVEMBER 2



House Blend will perform on Saturday, Nov. 2 at 7:30 p.m. at the Congregational Church of Westminster West again this year. Admission is \$10. In July, they toured central France with their sister chorale, Cantoria, singing at chateaux and historic churches. The local French press described their performance as "très réussi," which is a good thing. This is their first concert after returning.

Formed in 2006, House Blend is a self-led a cappella chorus of experienced singers dedicated to the music of many cultures and traditions. Based in Saxtons River, the group is committed to sharing the joy of their music with the audience and to excellence in their performances, which include local concerts, benefits, and international exchanges.

Among the 20 singers in House Blend are three from Westminster: Dan Axtell, Charlotte Gifford, and Alicia Law. For more information visit www.houseblend.org.

FLU CLINIC IN WESTMINSTER

The NH/VT Visiting Nurses are holding a flu clinic on Thursday, Oct. 10 from 11 a.m. to 1 p.m. at the First Congregational Church of Westminster.

The seasonal flu vaccine is covered under Medicare Part B or the fee is \$25.

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. 1 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.

October Prudential meetings: 7th and 21st

Number of calls in August: 29

Number of calls through September 25th: 31

Number of calls calendar year to Date: 211

Number of calls fiscal year to date: 89

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting September 3rd with Vice President Mike Fawcett presiding. There were 25 members present and 4 members excused. Currently there are 41 members of the volunteer fire department. Ernie Norman was presented with two photographs taken of him standing beside the 52 Studebaker Fire Truck at this year's truck show. Ernie will take one home and the other will be on display at the fire house.

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.

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 piled too close.

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.

Windshields and visibility: This time of year the sun seems to be at an angle that can be very hazardous when driving toward 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.

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

Donation received in September:

From the Bellows Falls Rotary

In memory of Bradley Ryea from Don and Donna Dawson

In memory of Bradley Ryea from Myra Ashcroft

In memory of Bradley Ryea from Jean Turner

Donations given in September:

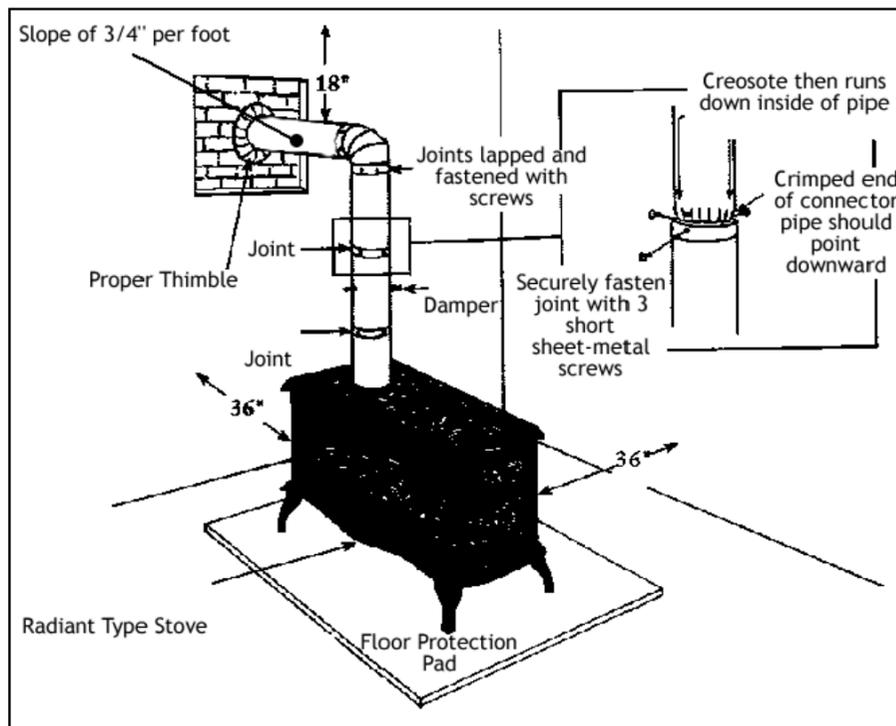
To the Parents of the Purple Gang

To the Walpole Fire and EMS in memory of George Hurlburt

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 needed to utilize that equipment during calls.

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

The Westminster Fire and Rescue Association, Inc. operates independently from Westminster Fire District #3.



Goldenrod Is NOT Ragweed

by Babs Lynde, a Vermont Master Gardener

I realize that goldenrod is probably past its blooming stage by now, but all this month I've run into folks who have the sniffles and say they're allergic to ragweed. They suffer through the weeks that ragweed pollen is drifting unseen with the light autumn breeze, and my heart goes out to them because allergies can be very debilitating. Unfortunately, most of them point to the graceful boughs of brilliant yellow blossoms of the goldenrod and are blaming the wrong culprit!

It is thought that people often confuse goldenrod with ragweed because they mature at the same time each year which is usually August through September. Both are considered native weeds and are on tall green stalks that can be found growing along roadsides and open meadows, but that is where the similarity ends.

Goldenrod, of the Solidago species, is laden with bright yellow to yellow-gold flowers while the flowers of the ragweed, ironically known as the Ambrosia family, are a faded off-white to light green in color and are barely discernible. Due to its many different species, goldenrod also has many different looks, some of which have a "feathery" look while others appear as though they were bobbed.

Ragweed has hairy stems with several branches of deeply lobed leaves while goldenrod has smooth stem and their leaves are not lobed. The pollen of the goldenrod is heavier than ragweed and distributed more from birds and bees which are attracted to its nectar, while ragweed pollen does not need animal or insect distribution because it is so fine that the slightest movement can cause it to float away and right up our noses! Some ragweed pollen has been found nearly 400 miles away from its parent plant as well as close to 2 miles high in the sky!

Some medical professionals claim that 75 percent of individuals who suffer from plant pollens are allergic to ragweed. There are around 20 different species of ragweed and over 60 of goldenrod.

While both plants are native to our area, mostly due from the

confusion of allergy sufferers, goldenrods have been cut by home gardeners in the hopes of cutting back the pollen problems, however we are also eliminating much of the fall food for many varieties of birds as well as our rapidly disappearing population of bumblebees (not to be confused with hornets and wasps) which are so necessary to the well-being of many plants including our food crops. It is true that goldenrods are not terribly appealing after the blossoms are gone, but if you have an area where they grow, and they are not interfering with the integrity of your lawn or other gardens, let them grow and enjoy the beauty of the flowers while they last.

The best way to eliminate ragweed, especially if you or family members are sensitive to them, is by first finding pictures of the plants and becoming familiar with all growth stages. Take care when checking out the internet for pictures as many places have websites where incorrect information is uploaded. University extension services and websites dedicated to weed or nuisance plants are the best resources as well as gardening and/or weed books.

Cut or hoe ragweed down while the plants are young or visit your local nursery or garden store and find an herbicide mixture which is developed specifically for ragweed. If you choose to use any chemicals out-of-doors, please be very careful, read the directions thoroughly, and try finding brands which are pet-friendly. Of course, anything you try to do on your own property will probably only have a mild effect, if any at all, in your immediate area simply because its pollen is so prolific.

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

Aged in Vermont

Westminster Cares, Inc.

LATE LIFE BULLIES

We hear a lot about bullying among youth, but did you know it occurs among elders as well? In recent years experts have recognized and studied bullying behaviors in assisted living and other senior community settings.

It is important to recognize and intervene in cases of senior bullying, because the person being bullied may experience social isolation, feel powerless, become depressed or anxious, sleep poorly, or avoid doing the activities that they enjoy. All of these factors have been linked with poorer health. Furthermore, in some cases bullying has escalated into serious violence or even murder.

Late-life bullying may occur in various settings such as senior centers, nursing homes, senior apartment complexes, assisted living residences, or adult day care centers. Both women and men engage in bullying.

Bullying behaviors can be verbal, physical, or anti-social. Verbal bullying may include teasing, name-calling, threats or insults. Physical bullying may appear as hitting, shoving, or stealing or damaging the victim's belongings. Anti-social bullying may consist of spreading rumors, shunning or excluding the victim from group activities.

According to Marsha Frankel, LICSW, Clinical Director of Senior Services at Jewish Family & Children's Services, it is important to remember that not all cases of bad or mean behavior are bullying. Some of these behaviors can result from dementia or mental illness. In other cases, the person who acts out has another issue that needs attention, or might not have any other way to communicate. A big clue that a behavior is bullying: it's directed at a specific person, not just anyone who happens along.

Frankel says, "Most bullies put others down in order to build themselves up...they may be seeking control at a time in their life when they feel pretty powerless." They may choose to pick on someone who represents a prejudice they have – such as a difference in religion or sexual orientation – or they may become controlling over an individual who is weaker, less confident, or new to the group.

Family members or friends who see a potential problem should report it to the staff. Managers and staff of senior facilities need to actively address bullying. They can assess the extent of the problem, and participate in training to learn how to improve matters.

The person being bullied will appreciate being heard and supported. He or she may also benefit from training in skills to help them speak their mind and stand up for their rights. Residents have been able to address the problem in some cases by welcoming and affirming anyone who is being picked on, and making it clear that the bully does not represent the community as a whole.

The good news is, bullying can be stopped. The simple act of a bystander saying something will halt it about 50% of the time. A little bit of empathy and courage can go a long way.

This information about senior bullying was previously published in the Rutland Herald, in the "60-Plus" column authored by Senior Solutions and the Southwestern Vermont Council On Aging. It is re-printed with permission.

COMPUTER TRAININGS AT SEVCA

Are you planning a new business venture or looking to improve your job skills? We are offering training workshops to help you make effective use of popular business software to make your work easier.

The instructor, Karen DeSerres, has 15 years experience teaching all levels of Microsoft Word and Excel to high school students and adults, at Vermont Adult Continuing Education and the Community College of Vermont.

Familiarity with a Windows environment is helpful. The classes will use PCs using Microsoft Office 2010. Workshops are held in the computer lab at SEVCA at 91 Buck Drive in Westminster.

Registration and payment is required in advance. Contact Karen Perlberg at kperlberg@sevca.org or 722-4575 ext. 151 for more information.

Workshops may be cancelled if there is insufficient registration, so register early.

Basic Microsoft Excel

This course will take you from opening a workbook through entering and formatting numeric data and text, using basic formulas to take advantage of the power of spreadsheets, to printing and saving your worksheet files.

If you have never used a spreadsheet or have just a little experience, this class will give you the skills you need to use this valuable tool. Even experienced users will learn timesaving shortcuts.

Dates/time: Two 3 hour sessions - Tuesday October 15 and October 22 8:45 – 11:45 a.m.

Prerequisites: Basic keyboard and mouse skills

Cost: \$90

Microsoft Word I

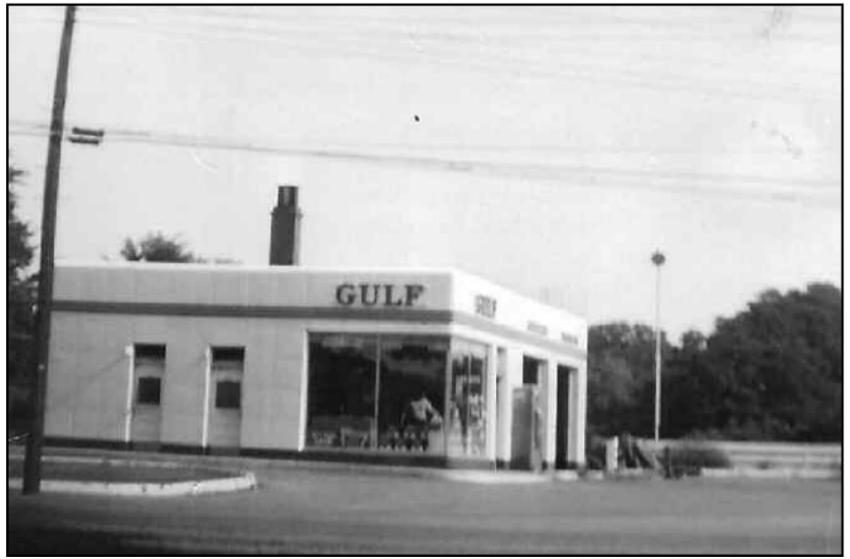
Become more familiar with Microsoft Word. Learn how to open and save a Word document, enter text and images, format and align text, check spelling, create your own letterhead, and print a document.

Dates/time: Thursday October 17 8:45 – 11:45 a.m.

Prerequisites: Basic keyboard and mouse skills

Cost: \$45

WESTMINSTER MYSTERY PHOTO



Where was this gas station located and what is on the lot at this time?

You may e-mail your answer to westminsternews@gmail.com or wminster@comcast.net 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.

We are looking for more mystery pictures. Have any?

3SQUARESVT CAN HELP FAMILIES STRETCH FOOD AND FUEL BUDGETS

The chill of autumn and the approaching winter season can take a bite out of your household food budget. 3SquaresVT (formerly Food Stamps) is Vermont's Supplemental Nutrition Assistance Program -- a nutrition program designed to help you stay healthy by allowing you to spend more money on healthy, nutritious food.

3SquaresVT can help you make ends meet – especially in the current challenging economy! Over 99,000 Vermonters are already boosting their food budgets by participating in the 3SquaresVT program. It can help you stretch your food budget and put three square meals a day on your table. At the same time, it can free up money for other important living expenses, such as heating fuel during the cold weather months.

*It is easier to qualify. You can get 3SquaresVT even if you have a savings account or own your own home. Don't assume that you earn too much to qualify. You may be eligible for 3SquaresVT even if you were turned down for Food Stamps in the past.

*You may be automatically eligible. People who receive Vermont Earned Income Tax Credit or SSI are categorically eligible for 3SquaresVT. That means that even if you receive a \$0 benefit, you are still 'eligible' and therefore are eligible for Lifeline, Link Up, etc.

*3SquaresVT helps Vermont. 3SquaresVT benefits are all federal dollars, so by applying you are bringing money into the state. Also, shopping locally or buying local products is a way to support your community and your local farmers.

According to Southeastern Vermont Community Action (SEVCA), one in six Vermonters receives assistance through the 3SquaresVT program.

"Families who participate are not taking money away from others in need," notes Family Services Director Pat Burke. "Applying for these benefits not only helps you buy healthy food for your kids so they can develop and learn, but it supports the economy by bringing over \$12 million federal dollars into the state each month."

For more information on 3SquaresVT, visit vermontfoodhelp.com. Applications can be completed online or by calling SEVCA at 800-464-9951 to schedule an appointment.

FREE LUNCH & LEARN FOR FAMILIES

There will be a Free Lunch & Learn for Families on Thursday, Nov. 7 from 9:15 a.m. to 2 p.m. in Bellows Falls.

Two workshops on special education for families of children with special needs: Navigating Special Education and Transition to Adulthood.

Lunch will be provided.

For more information and the location contact Janice.Sabett@vtfn.org or call 1-800-800-4005 ext. 218 by Oct. 24.

OPEN YOUR HOME TO A CHILD IN NEED

HCRS is currently seeking overnight respite, 1-4 nights a week, and full time homes for children in Windham and Windsor County

- Providers must be flexible, patient and willing to work with children and youth with emotional, behavioral and intellectual disabilities.

- Must be willing to support and be a part of HCRS treatment team.

- Must pass a background check and home inspection.

- Children in your care need their own room.

- Understanding of intellectual disabilities and mental health disorders a plus

For more information or to inquire about being a Children's Respite Provider for HCRS, please call Charmion Lea Handy at 802-463-3532 ext 1243

E-mail address chandy@hcrs.org

HCRS is a private non-profit community services organization.

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 & Thursdays at the First Congregational Church in Westminster from 9 to 10 a.m. or at the Westminster West Church from 6 to 7 p.m. Call Westminster Cares for more information at 722-3607.

Knitting Together

Join us every Wednesday, from 1 to 3 p.m. at the Village Square Booksellers, downtown Bellows Falls. Bring your knitting needles, we have the yarn and casual instruction if needed to knit hats, mittens and sweaters for area kids.

All our yarn is from community donation and we distribute our completed work to all area schools and Parks Place. More knitters at all skill levels are wanted and we can promise you an enjoyable experience. For details or to donate yarn contact Caroline at 463-4653.

Zumba Class - Basic Level 1 (B1)

Every Sunday from 4:30 to 5:30 p.m. at the Westminster Institute, beginning April 7. Suggested minimum donation. Please call 376-5397 or e-mail paulinebob@hotmail.com to register or for more information.

Let's Dance

October 6 and October 20 3-4 pm at the Westminster Institute. Free form dance and movement. No charge.

Faith Community

The First Congregational Church of Westminster

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

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

The Congregational Church of Westminster West

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

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

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

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

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

Grace Bible Fellowship Services

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

Find out more about the church at its Web site, www.gbff4hisglory.com/.

Meetings

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

Planning and Development

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

Westminster Activities Commission

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

Westminster School Board

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

Windmill Hill Pinnacle Association

3rd Thursday at 7 p.m. at the Westminster West Congregational Church.

Westminster West Public Library Board

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

Development Review Board

1st Monday of each month at 7 p.m. at the Town Hall.

Community Improvement Program Committee

meets the 2nd Tuesday of each month at 6 p.m.

Westminster Cares Board

1st Wednesday of every month, at the Westminster Fire Station at 4 p.m.

911 Committee as needed.

The Westminster Fire & Rescue Dept.

holds their monthly meetings on the 1st Tuesday of every month, at 7 p.m. and a combined drill on the 3rd Tuesday of every month at the Westminster Fire Station.

Westminster Historical Society

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

Westminster Gazette Meeting

Monday, Oct. 28 at 4:30 p.m.

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
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Ronnie Friedman
Toby Young
Charmion Handy
Angie Dodd
Donna Dawson
Pictures and Articles
Provided by the Community
westminsternews@gmail.com

**WANT TO SHARE SOME
LOCAL HISTORY, OR REMINISCE
ABOUT SOME OF OUR TOWN'S
PEOPLE? THE GAZETTE IS
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FROM OUR READERS, AND IF YOU
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STORY, ALL THE BETTER.
CONTACT US BY E-MAIL AT
WESTMINSTERNEWS@GMAIL.
COM.**

PINNACLE ASSOCIATION'S BALD HILL HIKE

Fall leaf colors should enhance the views on this free hike at the Bald Hill Reserve on Saturday Oct. 19, from 1 to 3:30 p.m.

Randy Major, a Trustee of the Windmill Hill Pinnacle Association and member of the Bald Hill Committee, will guide hikers through the Association's open space and adjoining Bellows Falls Union High School Forest trails to the Bald Hill summit area, Twin Falls, and historic earthworks of disputed or unknown origin.

Read more about the many natural features of the Bald Hill Conservation Project, its Pinnacle reserve and High School Forest lands, and interlocking trail system on Pinnacle's Web site, www.windmillhillpinnacle.org. See Bald Hill under Trails & Maps on this newly redesigned Web site that is the graphic work of Laurie Indenbaum. Look under Events for additional information about past and future events.

Participants should bring water and a snack, and dress for possibly chilly weather. They should meet at the trailhead at 232 Covered Bridge Road in Westminster and contact Randy Major at 387-5737 or majorrandy71@gmail.com for information and registration.

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**The Deadline for
The November 2013
Issue of the
Westminster
Gazette is
Wednesday,
October 30th
Publish Date is
Tuesday,
November 4.**

**To Contact the
Westminster
Gazette E-mail:**

westminsternews@gmail.com

KAPLAN WINS HORACE MANN AWARD



Dr. Beth Kaplin, a core faculty member in Antioch University New England's (AUNE) Department of Environmental Studies and a Westminster resident, received AUNE's 2013 Horace Mann Spirit of Service Award for Faculty and Staff on September 20.

Beth, right, with her husband Jim Jordan, is also director of the Center for Tropical Ecology and Conservation at AUNE. An internationally known scholar, she founded the Regional Network for Conservation Educators in the Albertine Rift and is helping to create an educational system for conservation biologists in Africa, including a master's degree program at the National University of Rwanda.

**Please join us October 3rd
for the 2nd Annual Compass Day.**

Parents, grandparents, alumni and friends are invited to experience the school in action.

SCHEDULE OF EVENTS

12:25-12:40 Guests Arrive
12:40 -2:10 Class visits, Block C

Middle School
 Science with Louise Hodson
 Humanities with Gabe Allen-Fahlander

High School
 Social Studies with Amir Flesher
 Science with Eric Rhomberg
 English: College Choice Discussion led by Julia Taylor

2:10-2:30 Soup, bread, snack
 Jazz by Franz Robert and Eric Rhomberg

2:30-3:45 Exploratories

- Compass Q & A with Rick Cowan
- Parent Student Soccer Game with Rick Gordon
- Belly Dancing with Cyndal Ellis
- Global Arts with Amy Divis
- Pickling with Gabe Allen-Fahlander
- Extreme Rock Balancing with Ron Bos Lun

3:45 All School Meeting led by Director Rick Gordon

Please RSVP to Rick Cowan by email (rick.cowan@compass-school.org) or phone (802-463-2517)



We're looking forward to a great turnout.

Feel free to arrive at any point in the program.

WESTMINSTER CELEBRATES AGING

Please join Westminster Cares for the sixth annual Celebration of Westminster's 90+-year-old residents. The Celebration will be at the Fire Station on Grout Ave. on Sunday, Nov. 3 from 1 to 4 p.m.

There will be a short business meeting followed by a celebration of those in our town who are 90 years of age and older. Refreshments will be served.

If you are 90 or older, or if you will be 90 this year, this party is for you. Please contact us so we can get some information and possibly some photos. Or, if you know someone who fits this category, let us know so we can get information about them. The event is open to the public. Please let us know if you plan to attend.

Call Pete Harrison at 722-3080 or Westminster Cares at 722-3607.

NOTICE OF PUBLIC HEARING

The Westminster Selectboard has rescheduled its public hearing to receive comment regarding reorganization of the Westminster Zoning Ordinance regulations to reorganize and update the Zoning By-Laws. The hearing will begin at 7 p.m. on Tuesday, Oct. 22 at the Town Hall.

Copies of proposed changes are available at the Town Hall.

BOARD SEEKS COMMITTEE VOLUNTEERS

The Westminster School Board will create a subcommittee at its Oct. 15 meeting to study our current middle school arrangement and how altering this might give us better control over the costs and quality of 7th and 8th grade for our students.

The committee will seek to have a cross section of the community and school. It will decide on what proposals to bring to Town Meeting in March. The School Board does not have a recommendation currently and is asking help from the community. The size of the committee and its precise "charge" (instructions of what the board is requesting from the committee) will be decided at the October 1st meeting.

If you are interested in serving on this committee, please contact Dan Axtell, chair of the School Board, at 387-4145 day or evening, or at dan@danaxtell.com before Oct. 15.

**22nd Annual
Professional Development Conference**

— with —

Dr. Terry Levy & Michael Orlans

**Treating Trauma and Attachment
Issues in Children and Families**

EARN CE CREDITS!

FRIDAY, OCTOBER 25, 2013 @ 8:45 A.M. – 3:30 P.M.
 Kurn Hattin Homes for Children, Westminster, Vermont

Register: conference.kurnhattin.org

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October Business of the Month: Sharon Boccelli & Company

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PINNACLE ASSOCIATION'S FUTURE ART SHOW ALERT

The Windmill Hill Pinnacle Association is planning an art exhibit of works created on or about lands on the Association's trail systems. Preparation for this future show started with a September plein-air painting event in Grafton, where artists gathered to capture scenes located in the Athens Dome area on paper.

Because the future show of works featuring scenes from Pinnacle lands will showcase actual works of art, advance notice is essential for artists to be able to take advantage of the different seasons and chosen locations to prepare for the event, which is tentatively planned for winter 2014.

Since the exhibit is in its very initial stages of planning, the first task is to notify as many artists as possible about the opportunity. Interested artists should visit the Pinnacle Association's Web site at www.windmillhillpinnacle.org under Events to check for updates. But for now, interested artists should consider coming on scheduled walks to see sites of special interest, or check the Web site under Trails & Maps for information about potential locations and trailhead access.

They also can always contact Camilla Roberts at 869-1388 or camil@vermontel.net for suggestions.

At right, plein-air artists Nancy Callichio and Kathy Greve.



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Westminster Gazette

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