

Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ www.westminstervt.org

Vol. 9, No.9 September 2013

Willem Lange On Aging With Humor September 17 in Westminster

Willem Lange, author, story teller, and commentator for Vermont and New Hampshire public radio and television stations, will speak on "Aging with Humor" on Tuesday, Sept. 17 at 6 p.m. at the Westminster Institute in Westminster, Vermont. His appearance is the final talk in the Speaking of Aging series, presented by Westminster Cares to celebrate its 25th anniversary.

The talk is free, but donations are appreciated. Light refreshments will be served at 5:30pm.

Born in 1935, Will has worked as a ranch hand, Adirondack guide, preacher, construction laborer, bobsled run announcer, assembly line worker, cab driver, bookkeeper, and bartender. He directed the Dartmouth Outward Bound Center and, from 1972 until "retiring" in 2007, was a building and remodeling contractor in Hanover, New Hampshire. A graduate of Wooster College, he's also an adopted member of the Dartmouth College Class of 1957.

Will founded the Geriatric Adventure Society in 1973, a group of outdoor enthusiasts who have skied the 200-mile Alaska Marathon, climbed in



Willem Lange, right, camping in Northern Vermont.
Photo courtesy Willem Lange.

Alaska, the Andes, and Himalayas, bushwhacked on skis through northern New England, and paddled rivers north of the Arctic Circle.

In 1981 Will began writing a weekly newspaper column, "A Yankee Notebook." He's a commentator or host for Vermont Public Radio and both Vermont and New Hampshire Public Television. He's published several audio recordings and nine books, and received four Emmy nominations, winning one for his work as the long-running host of New Hampshire Public Television's award-winning show, Windows to the Wild.

He and his wife, Ida, after 40 years in New Hampshire, moved to East Montpelier, Vermont in 2007. They have three children and four grandchildren.

Westminster Cares is presenting Speaking of Aging, a series of speakers to explore key issues in aging, to thank the community for 25 years of support. Speaking of Aging is sponsored by the Fanny Holt Ames & Edna Louise Holt Fund, Bank of America, N.A., Trustee.

For more information, call 722-3607 or go to www.westminstercares.org.

YOUTH MARKET DAY AT BF FARMERS' MARKET

Friday, Sept. 13 will be Youth Market at the Bellows Falls Farmers' Market, when children will become entrepreneurs selling their own homegrown or homemade products alongside the regular vendors.

The farmers' market runs Fridays from 4 to 7 p.m. at the Waypoint Center on Depot Street in Bellows Falls next to the Amtrak station.

The Youth Market, which has happened annually since the market's inception in 2004, is held in conjunction with the regular Friday market, but youth are given a special area to sell their own products.

During past Youth Markets young people have sold a variety of their own creations including handmade crafts, homegrown flower bouquets, baked goods, and hot prepared foods.

The event is free, but interested youth are asked to pre-register. Steve Chipman will be providing the entertainment for the evening.

The Youth Market is just one of many special events to take place at the market over the season.

Free live music welcomes shoppers each week.

Underwriting for the Bellows Falls Farmers Market is provided by the Bellows Falls Downtown Development Alliance, Springfield Hospital Oncology Services "Promoting Healthy Nutrition, Supporting Local Farmers", Sustainable Valley Group, Chroma Technology, NOFA, Village Square Booksellers, Flying Under Radar, LLC, Vermont Festivals, Vermont's Local Banquet, and Hunter Studio.

This year's entertainment is sponsored by TransCanada.

For more information about the Bellows Falls Farmers Market contact Rachel Ware at bellowsfallsmarket@gmail.com or 463-2018, or see the Website at www.bffarmersmarket.com

OFFICES CLOSED SEPT. 16 & 17

The Town Clerk/Treasurer's Office will be closed on Monday and Tuesday, Sept. 16 and 17.

NOTICE OF POSTPONEMENT OF PUBLIC HEARING

The Westminster Selectboard has postponed its public hearing scheduled for September 10, 2013 to receive comment regarding reorganization of the Westminster Zoning Ordinance regulations to reorganize and update the Zoning By-Laws. Notice of the rescheduled hearing will be announced in the October issue of the Westminster Gazette.

NOTICE OF THE REPUBLICAN TOWN CAUCUS

All Republican voters of the town of Westminster, County of Windham are hereby notified, to meet in caucus on Thursday, Sept. 19, 2013 at the Westminster Town Hall at 7:00PM

The Agenda for this Caucus is as follows:

- I. Election of Town Committee
- II. Election of Officers by the Town Committee
- III. Election of County Committee Members
- IV. New Business

PROPERTY TAX PAYMENT DUE SEPT. 10

The first installment of property tax payments is due on Sept. 10.

GAZETTE SEEKS NEW BOARD MEMBERS

The Westminster Gazette is seeking individuals in the community who might be interested in serving on our Board of Directors.

Retirements and other factors have opened up some positions on the board. Membership on the board only requires one meeting per month and some other responsibilities. Individuals with marketing and fundraising skills would be especially useful. No writing required.

Send a letter of interest to westminsternews@gmail.com.

NOTICE OF DEMOCRATIC TOWN CAUCUS

Notice of Westminster Democratic Town Caucus on Thursday, Sept. 12, 2013, at the Westminster Town Hall at 7 p.m.

Agenda for this Caucus:

Election of Town Committee

Election of Officers by the Town Committee – Longtime officers: Chairperson Bev Major, and Secretary Jean Collins, are retiring from their positions this year. Candidates for either of these positions are encouraged to come to the caucus.

Election of County Committee

New Business

Please contact Bev Major at 387-5737 or Jean Collins at 387-5757 if you have questions regarding the above. We are eager to have anyone interested in participating to attend.

Last Month's Mystery Photo



Last month's photo really brought in a lot of people with correct responses! The photo was the North Westminster well house located on Route 121 near Ken Beebe's plumbing shop.

Correct guesses were from Patty Mark, Bernie Lawrence, Norm Wright, Artie Aiken, Allison and David Deen, Mary Brandt, Barb Greenough, Richard Morse, Joni Morse, Alice Cobb, Wanda West, Harley Rounds, Francese Mills, Bill O'Connor, Marty Collins, David Wright, Evelyn Rhoades, Jim and Barb Holton, and Dick Brown!

The last three, Jim and Barb Holton and Dick Brown, used to live here in town but now live in Florida and pay to receive the Gazette. They say they read the paper every month and love it!

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NEWS FROM PVA HOCKEY

LOOKING FOR A MASCOT & FREE "PLAY HOCKEY" NIGHTS

Pleasant Valley Hockey Association (PVA) is looking forward to the upcoming 2013-2014 season. As part of this year's experience, PVA is running a competition to select a mascot and logo for the organization.

PVA members and newcomers will have the opportunity to submit ideas for a mascot, a name of the mascot and a logo for the association. The submittals should be sent to the PVA Board of Directors prior to Sept. 15 for consideration.

You can e-mail your suggestions to pvahockey@gmail.com. The top five submittals will be presented to members at our annual picnic and sign-ups are on Sunday, Sept. 15 from 4 to 6 p.m. at the Vermont Academy Ice Rink. Hamburgers and hotdogs will be served. Please bring a side dish to share.

PVA is accepting registrations for the 2013-2014 hockey season for kids ages 4-18. For a registration form please visit the PVA web site www.pvahockey.com. New players can try hockey for free and pay by Dec. 1. PVA provides equipment at no cost to players 8 and under.

Since 1976, Pleasant Valley Hockey Association has been a volunteer youth ice hockey organization dedicated to providing boys and girls who are interested in the game of hockey an environment to develop their skills and have fun.

PVA will be promoting the game of ice hockey by allowing new players to try hockey for free.

PVA hopes to expose ice hockey to girls and boys age 4-17 who would like to play this winter.

Ice hockey starts in mid-November and runs through February with the home ice at Vermont Academy's Choukas Ice Rink.



Travel Mite, Elliot Groenewold gives a high five to PVA goalie Braden Ring.

Travel and house teams practice two evenings a week and play games on weekends. Equipment is provided at no cost to our youngest players, 8 and under. Equipment may also be loaned or swapped as your player grows or for those just beginning to play.

For more information, join us for our annual picnic and sign-ups on Sunday, Sept. 15th from 4 to 6 p.m. at the Vermont Academy Ice Rink on Shepard Lane in Saxtons River. Please bring a dish to share.

All players will need to register with USA Hockey before the first session. For a registration form visit the PVA Website www.pvahockey.com.

Volunteers and hockey coaches are also encouraged to drop in for the picnic.

WESTMINSTER WEST COMMUNITY FAIR SEPT. 7

The 24th annual Westminster West Community Fair will be held on Saturday, Sept. 7, with a theme of "Wild Wild Westminster West," paying tribute to people in the Windham County village who keep us connected to the environment.

The Grand Marshal of the annual parade will be naturalist Martha Mitchell, who lives in Westminster West.

"Martha Mitchell is a naturalist who has done a lot to try to expose people to the natural world, and our impact on the natural world, and I think there's a lot of influences like that in the Westminster West community," said Betsy Williams, one of the fair organizers. "There are a lot of people here who are very much committed to the environment and how we interact with it and impact it."

The theme also plays off the fact that Westminster West is home to people "who dance to the different drum, and value freedom of expression," Williams added.

Admission to the fair, held in the heart of the village off Westminster West Road, is free.

It starts at 8:30 a.m. and runs until 3 p.m., and includes a fun run for kids and 5K race for adults, with prizes; a bake sale; a parade through the village; music on the church lawn by the Grafton Cornet Band; a veggie chop-o-matic game; a silent auction with terrific bargains; a talent show; a delicious chicken barbeque lunch for sale; a fortune teller and face painting; and a golden elephant sale.

Proceeds from the fair help support the community use of the Congregational Church of Westminster West building and community suppers held there.

Westminster West is halfway between Putney and Saxtons River.

Full details and a schedule can be found at www.westminsterwest.org.

PAYING TAXES? THANKS!



Here is something that brightened our day! Amidst all of the complaints about increasing cost of property taxes, one of our residents - Ed Fielders - surprised us with this cake along with his tax payment today. The inscription reads: "Congratulations - You Raised My Taxes Again!"

NEWS FROM WESTMINSTER CARES

The Westminster Cares Board does not meet during the summer so there are no reports of minutes. However, it is not too soon to remind everyone that the annual meeting and celebration of our treasured 90 year olds will be held at the Westminster Fire House in November.

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. Look for more details about

the event in the October Gazette.

Contact Ronnie Friedman or Donna Dawson at 722-3607 or Pete Harrison at 722-3080.

Memorial Donations for July and August:

In memory of Lee Sanderson from Alma Beals

In memory of Joe Famolare from Susan Clifford

Westminster Cares welcomes donations throughout the year from anyone wishing to honor or remember a loved one or a friend

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 Sept. 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.

September Prudential meetings: 9th and 23rd

Number of calls in July: 30

Number of calls through August 30th: 24

Number of calls calendar year to Date: 176

Number of calls fiscal year to date: 54

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting Aug. 6 with President Greg Holton presiding. There were 24 members present and 6 members excused. Currently there are 41 members of the volunteer fire department. The member voted to approve the creation of a new Website. When it is set up, we will be publishing the address.

Firewood: It's not too soon to be thinking about the next heating season. If you burn wood, be sure the wood is properly cured. Unseasoned wood can cause creosote which is very apt to plug up the chimney and cause a chimney fire. And the chimney fire can lead to a partition fire and the home could be lost or severely damaged. Have the chimney cleaned before starting a wood fire in the stove or furnace and have it checked regularly throughout the heating season.

Back to School: Now that school is back in session there will be a lot of students walking to and from school and to and from their busses. There are no sidewalks in many areas forcing students to walk in the roadways.

Walkers should remember to always walk on the left side of the road facing traffic and bike riders need to be riding with the flow of traffic on the right side. As it is getting darker earlier each day, walkers and bikers will need to wear light colored clothing and reflective vests when traveling in the dark or diminished light. Drivers should be extra cautious with more pedestrians on the roads.

Truck Show: The annual truck show was held behind the high school in Westminster Aug. 3. The Fire Department has catered the event for several years for the truck club. We fed several spectators and vendors and it was a successful and hot day for all.

Picnic: The 5th annual Fire and Rescue Department picnic was held at Pete and Judy Harrison's home on Sunday, Aug. 11 under sunny skies. It was a good afternoon with activities such as swimming and horse shoes with plenty of food and socializing. Around 25

attended.

Raffle: Isabelle Croteau made and donated a quilt and baby blanket to the fire department to be raffled off as a fund raiser. The plan is to have the quilt and blanket on display and raffle tickets for sale at the SVCA flea market Sept. 28. Tickets will be \$1 each or six for \$5. Tickets are available anytime by contacting one of the members of the fire department. The quilt and blanket are both on display at the fire house on Grout Ave.

Cell Phone and 911: Be aware if you call 911 from your cell phone, you will be connected first to the New Hampshire State Police. They will ask you a series of questions just in case they lose your call. They will then transfer you to the Vt. 911 where you will be asked a series of questions, probably the same ones. Vt. 911 will then transfer you to our dispatch center, the Southwestern New Hampshire Mutual Aid who needs to get the call to tone our department and an ambulance. This all takes time. Our suggestion is, if you have to call 911 using a cell phone, call Mutual Aid directly at 603-352-1100. This number works better and quicker from a regular phone.

Have that number in your cell phone memory. It could save a life. If there are any questions, contact Pete Harrison and he can walk anyone through a process for programming a cell phone to go directly to Keene Mutual Aid by dialing 911. Pete's number is 722-3080

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

Donations received in August:

Sean and Kayla Williams

Matt Lucia

Donations given in August:

Gift certificate to a current member injured in a motorcycle accident

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.

Summer or Winter?

by Babs Lynde, a Vermont Master Gardener

When it comes to the weather, I much prefer the summer of course, but what about squashes? And which do you prefer? Do you know the differences between the two?

There are several types of squash, and when I was a kid, like most kids I knew, you couldn't force me to choke down a forkful! Fortunately, my tastes have improved, and today I love squash!

There are many varieties, all of which have different times of the year when they are ready for consumption, and most have different flavors to go with them. I'm often asked "what is the difference between a summer squash and a winter squash," and the main reason is when the fruit is best in its flavor. Yes, squash is a fruit, not a vegetable. Remember that vegetables are an edible part of the plant, like celery is the stem part of a plant, a radish is part of the root system, lettuce is the leaf, etc. Fruits are the end result of a pollinated blossom creating an edible product, like a blueberry or raspberry or apple. So true is the same for a tomato.

A squash, although we often call it a veggie is technically a fruit. But, really, do you care? Flavor is the ultimate goal here!

A summer squash is really a squash that is enjoyed in its early stages before it fully matures.

Zucchini is a typical squash that is best enjoyed before the outside skin matures and hardens.

Depending on how the zucchini is cooked is also important for when to pick it. If it is stir-fried or added to a salad, we tend to want to pick it when the fruit is quite small and the outside skin is extremely thin. Baking sometimes requires the zucchini to be a little larger and the skin is a little more substantial, although still not terribly thick.

Yellow squash, commonly referred to as the "summer squash," is another squash that is picked the same way. They are usually ready to eat in late July or August and commonly stir-fried with other summer veggies or served alone with butter, salt and pepper. Skin colors on summer squash range from bright yellow to deep green, depending on the variety while the flesh is an ivory white to pale yellow. The seeds inside the flesh are usually very soft and easy to digest. Flavors are light and sometimes enhanced with garlic, butter or other fruits and vegetables.

The winter squash is ready in late September or throughout October. These squashes are consumed after the fruit has matured completely, so the skin of the fruit is hard and best removed and thrown into the compost pile. These types of squash include acorn, butternut, buttercup, Hubbard, and our beloved Halloween-type pumpkin.

Skin colors of winter squash range from yellow to orange to deep green, and the flesh of these winter varieties are a pale yellow to deep orange or gold. Their seeds, while edible, are often thrown after due to their hard exterior, or they are baked slowly in an oven to make them crisper. Flavors are slightly stronger than their summer cousins because the fruit is now fully ripened. Winter squashes, due to the thickness of the skin, are able to stay edible for several weeks if kept in a cool, dark area such as a root cellar.

They were often stored to be eaten in the winter months, which is probably why they are referred to as "winter" squash instead of fall or autumn squash. The most common ways of eating winter squash are cooked in a pot, after the skin has been removed, or baked as a pie or casserole.

How do you know when it's time to pick either? Summer squash should be harvested while small or only a few inches in length and you can easily remove or damage the skin with a fingernail, while winter squash is much thicker and harder to damage and readily falls from the vine from which it grew. Summer squash is also sometimes more prolific than winter varieties.

In fact, one squash plant can produce more than a half dozen of fruit. Rather than throwing these away or tossing into the compost, donate them instead to a public kitchen in your town or some other place that collects food for low-income individuals. Food is meant to be eaten, not recycled!

Would you like more information about summer and winter squashes? 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 email to master.gardener@uvm.edu or visit www.uvm.edu/mastergardener/ for extensive information.

Aged in Vermont

Westminster Cares, Inc.

**PLEASE WELCOME OUR
NEW COMMUNITY NURSE!**



Isabelle Abramson

Westminster Cares welcomes Isabelle Abramson as the new community nurse.

Isabelle, a licensed nurse and a potter who moved to Westminster West about a year and a half ago, heard about Westminster Cares and asked director Ronnie Friedman about volunteering. Luckily, they were looking for a new community nurse, so Isabelle applied.

"In my experience of working in a nursing home and in a hospital I have an enormous appreciation for community-based health care," Isabelle said. "I think that a lot of what helps people stay healthy in their later years has to do with social relationships and the presence of a community of people that are caring for and helping their elders."

Isabelle grew up in a small town on Massachusetts' North Shore, the daughter of a family practice doctor, whom she joined on house calls and to visit nursing home patients. Then in high school, she volunteered at a convent for retired nuns. She attended art school, then transferred to Boston College to major in nursing.

"I think that having so much exposure to my dad's practice as a kid and then developing relationships with the nuns and getting a sense of what it would be like to care for my own patients made nursing feel like a natural fit," she said.

While in school, she worked in both a hospital and a nursing home, which she liked much better. "I felt like there was a lot more room to improve patients' experience through my work when I saw them regularly and had an understanding of what their history and day-to-day lives were like," she said.

After college, Isabelle worked as a school nurse at a K-12 Yeshiva in Boston, which allowed her time to start experimenting with porcelain pottery and, eventually, to set up her own studio.

Isabelle, who first came to Vermont as a senior at Putney School, said Westminster Cares is a great model for the way the state treats its eldest citizens. "I think Vermonters already tend to have more of a sense of responsibility for caring for older people in the community than in other places, and the programs that are offered through Westminster Cares feel like a huge additional resource," she said. "I'm looking forward to learning more about the community and have enormous gratitude to all the people who have obviously already put so much love and hard work into this organization."

Isabelle replaces Trudy Byington, who plans to spend more time with her family.

Westminster Cares provides basic nursing services free to Westminster residents who may not be eligible for home-based services from other agencies and organizations.

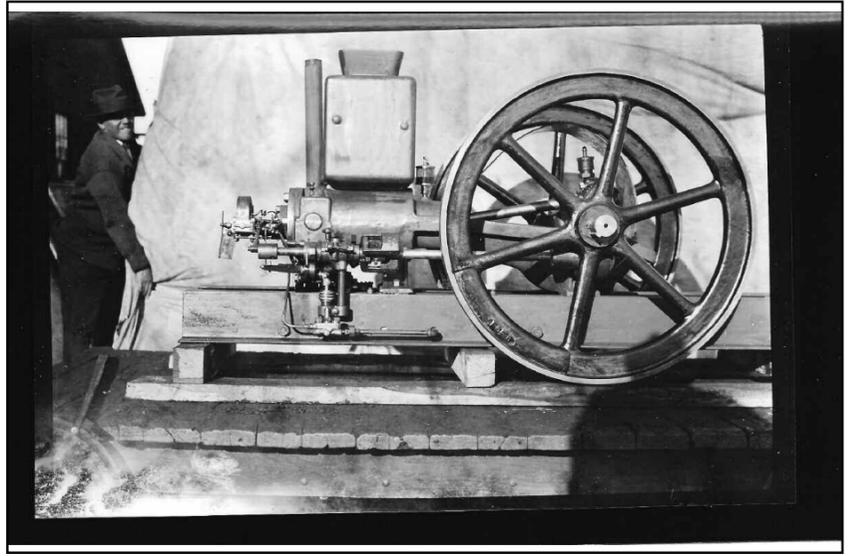
Care includes blood pressure checks, foot care, oxygen levels and lung function checks, medication instruction, set-up and occasional administration, i.e. shots; instruction in disease process, self care and prevention; uncomplicated wound care, and other nonemergency needs. Anyone who would like a nursing visit, or knows of someone who might need a visit, please call the Westminster Cares office at 722-3607 to set up an appointment.

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.

WESTMINSTER MYSTERY PHOTO



What is this contraption, and how does it relate to Westminster?

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?

CAREGIVER REJUVENATION RETREAT

A free retreat for family caregivers of elders will take place on Saturday, Sept. 21 from 9 a.m. to 3 p.m. "Rejuvenate Yourself" is the theme of the retreat, which will be held at the Nolin-Murray Center in Springfield.

Vermont caregivers are encouraged to take a "time-out" to connect with other caregivers, gain valuable information, and learn how to lighten their load.

Adult day care will be provided free of charge at Springfield Hospital's Adult Day Center.

The keynote speaker will be Dr. Dennis McCullough, geriatrician at the Dartmouth Medical School and author of *My Mother, Your Mother*.

The retreat includes opportunities for massage, and door prize gift certificates including an overnight at a local inn.

This event is sponsored by Senior Solutions, with a grant from the Fanny Holt Ames and Edna Louise Holt Fund.

To register or get more information, call the Senior HelpLine at 800-642-5119 before Sept. 14. To register for Adult Day Care, call 885-9881.

SEVCA PROVIDING FREE FINANCIAL FITNESS CLASSES

Southeastern Vermont Community Action (SEVCA) has space available in their upcoming free financial fitness workshops.

The 8-part workshop will begin on Wednesday, Sept. 11 from 5:30 to 7:30 p.m., and continue each Wednesday night thru Oct. 30. The workshops will be held at Marlboro College Graduate School at 28 Vernon St. in Brattleboro.

This eight part workshop series will help participants discover how to use the money they have and take steps towards prosperity; improve their relationship with money; increase household cash flow; and establish financial security.

Other topics covered include; saving, spending, credit, paying for college, purchasing a home, purchasing a car, insurance and retirement. Participants can review their credit report and receive recommendations for reducing debt, building healthy credit and/or resolving credit issues.

Financial coaching support will help individuals and families take steps to develop strong financial habits.

Pre-registration is required.

Please call to register at 722-4575, ext. 151, or email kperlberg@sevca.org

KURN HATTIN TO HOST INVITATIONAL X-COUNTRY MEETS

Kurn Hattin Homes will be hosting the 2013 Invitational Cross-Country Meets in September and October. Kurn Hattin is located on Kurn Hattin Road in Westminster, Vermont.

The meets are on Wednesdays, Sept. 18 and Oct. 2. Walking the course starts at 3:30 p.m. and the meet starts at 4.

The events are open to girls and boys, grades 1-8 at no cost.

Division I is 6, 7, 8 year-olds for a half mile course.

Division II is 9, 10, 11 year-olds for a one mile course.

Division III is 12, 13 and 14 year-olds for a mile and a half (dirt and grass) course.

Ribbons will be awarded for first, second and third place finishers in each division for boys and girls. All runners are given a participation ribbon.

This event is sponsored by the Kurn Hattin Athletic Department. Organizations can sign up for one, two or all three meets.

To register call Meet Director, Donna Fahner, at 721-3346 (Tuesday-Thursday).

Food and drink concession will be available. No Entry fee.

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.

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, Sept. 23 at 7:30 a.m.

Westminster Recycling Committee

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

GOT ANY INTERESTING STORIES ABOUT WESTMINSTER AND THE PEOPLE WHO LIVE HERE? WANT TO SHARE SOME LOCAL HISTORY, OR REMINISCE ABOUT SOME OF OUR TOWN'S PEOPLE? THE GAZETTE IS LOOKING FOR CONTRIBUTIONS FROM OUR READERS, AND IF YOU HAD PHOTOS TO GO WITH THE STORY, ALL THE BETTER. CONTACT US BY E-MAIL AT WESTMINSTERNEWS@GMAIL.COM.

TWO PINNACLE ASSOCIATION EVENTS

On Sunday, Sept. 8 from 1 to 3:30 p.m., artists are encouraged to paint the waterfalls or other beautiful natural features along Ledge Road Brook in Grafton.

The Pinnacle Association will transport artists' supplies to and from their chosen sites, and afterwards artists will be encouraged to view each other's works at the trailhead. Preregistration is required.

To register or to learn more about the event contact Camilla Roberts at 869-1388 or camil@vermontel.net. Upon registration, detailed directions to the Ledge Road parking area will be provided.

On Saturday, Sept. 21 from 11 a.m. to 4 p.m., Accessibility Day will once again offer the public a sometimes-rough vehicle ride to the spectacular outlook at Paul's Ledges. Participants should bring water, a bag lunch, and sweater or jacket for chilly weather at the top. Because of the need for four-wheel-drive vehicles, riders must pre-register by contacting Bev Major at 387-5737 or bevm@dishmail.net. Hikers do not need to pre-register. All participants should meet at the Westminster West Church to carpool.

These two programs feature some of the diverse attractions along the Pinnacle Association's almost 20-mile trail system that runs from Westminster to Grafton. For more information and maps visit www.windmillhillpinnacle.org.

THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:

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The Deadline for The October 2013 Issue of the Westminster Gazette is Wednesday, September 25 by 5 p.m. Publish Date is Tuesday, October 1.

To Contact the Westminster Gazette E-mail:

westminsternews@gmail.com

VERMONT ARTIST ERIC TOBIN IN LOCAL SHOW

Eric Tobin, noted landscape artist of the changing light and beauty of Vermont's countryside, will be the featured artist of the month in September at Hunter Gallery of Fine in Grafton. A large collection of some of his latest works will be on exhibit in the Upper Gallery.

The award winning, northern Vermont oil artist will be on hand to discuss his collection work and style of painting on Saturday, Sept. 14 from 5 to 7 p.m. at a special reception in the gallery.

A native Vermonter from the Stowe area, Tobin is most known for his



ability to capture the beauty of the moment of the light in the blue mountains of his area, or the brilliance of shadows on the snow in Vermont farmland. This is partially attributed to the fact he does all of his work outdoors regardless of the time of the year or rapidly changing weather.

By painting directly outdoors, as in the photo above, Tobin says, he sees things he would miss from just looking at a photograph. He tries to capture the landscape, the time of day, and the season of the year by the way the light plays on different objects.

Unlike some oil painters, Tobin learned his technique and style by standing by the side of noted landscape artist Thomas Curtin when he was a young boy and received his first paint set from him when he was 12. He went on to train under other well-known New England painters such as Charles Movalli and Fred Hines until he established himself as an award winning artist in oils and landscapes.

Come meet the Eric Tobin on Sept. 14 or stop-by in September to see this extensive collection at Hunter Gallery of Fine Arts, next to the Grafton Inn on Main St. Grafton, VT For further information call 843-1440 or e-mail hunterartworks@aol.com.

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2nd PLACE	Scott Bundy Deno Mokas	John Zimmermann Charlie Kelsey	Suzanne Swanson Bill Morlock	John Round Jason Houston
3rd PLACE	Sean Long Larry Templeton	Steve Keefe Richard Colantuono	Vern Violette Steve Tardiff	Bill Gamache Jim Bolger

Closest to the Pin: Hardy Merrill, Jim Bolger, Nancy Goutas, Pam Cruickshank
Longest Drive: Eric Anderson, Pete Bradshaw, Nancy Goutas, Doreen Durand

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September Business of the Month: Heidi Bernier, Realtor

As a lifelong native of Vermont, with nearly 20 years experience as a real estate agent, licensed in both Vermont and New Hampshire, I offer my customers and clients a keen familiarity of the area and the local real estate market.

I take pride in providing personalized service, catering to the individual requirements of my clients and customers, along with a creative marketing approach.

Trained in representation of homebuyers, as well as sellers, I earned my CBR designation (certified buyer representative) in 1996.

Many people and services are required to bring a transaction to a successful closing, including: mortgage brokers, engineers, building inspectors, insurance agents, attorney's and title companies.

My years of working full-time in the field of real estate have gained me the contacts and experience needed to guide my clients and customers through the process.

If you are considering selling or buying property, I would welcome the opportunity to be of assistance. Contact me at 380-1585, my cell, or at work at 254-6400 ext.135. By e-mail at heidi.bernier@berkleyveller.com.

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PINNACLE ASSOCIATION CHOOSES NEW BOARD MEMBERS

At its Annual Meeting on April 28 at Patch Farm in Westminster, The Windmill Hill Pinnacle Association bid an appreciative farewell to six retiring Board Members: Maria Basescu, Bryant Kuhn, Abigail Littlefield, Philip Ranney, Camilla Roberts, and Ellen Zimmerman.

Especially recognized for the remarkably multi-faceted work that she accomplished in her seven years as Chairperson was Camilla Roberts of Rockingham. Under her empowering leadership, the Board expanded land holdings and trails into the Athens Dome area – important land for conservation and recreation that complemented, but lay outside of, the precise Windmill Ridge area; increased land management plans and efforts, enhanced communications materials through a revised Pinnacle logo and newsletter, and established an annual Board Retreat to help examine and direct attention to new and ongoing challenges facing the volunteer-run, non-profit Association.

Susan Roman, incoming Pinnacle Chairperson, summarized the accomplishments: “Camilla’s leadership has honored WHPA’s history and traditions while guiding the organization through growth and change. The 2009 strategic-planning process and its implementation and the development of

WHPA’s vision statement particularly stand out. She had an excellent instinct for keeping the board focused not only on the issue at hand but also the overall purpose and vision. A job well done!”

Association members also elected four new representatives to its Board of Trustees: Rick Cowan of Cambridgeport, and Elaine Gordon, Jim Jordan, and Mike LaRoss - all of Westminster. At a subsequent Board meeting, officers were elected for 2013-2014: Chairperson, Susan Roman of Westminster; Vice Chair, Silas Roberts of Rockingham; Treasurer and Registered Agent, Alison Latham of Westminster; Assistant Treasurer, Katherine Martin of Rockingham; Secretary and Archivist, Beverly Major of Westminster; and Corresponding Secretary, Catherine Cooper-Ellis of Westminster.

The Pinnacle Association is looking forward to another successful year of protecting its properties and introducing people to the land and its plant and animal inhabitants through an ever-expanding trail system and a variety of educational walks and programs.

For information on upcoming events visit www.windmillhillpinnacle.org.

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