

WESTMINSTER WEST FAIR & COMMUNITY PARADE HONORS HIGHWAY DEPARTMENT ROAD CREW

The Westminster West Church Fair and Community Parade took place Sept 7th. The parade was in honor of the Westminster Highway Department road crew, (top photo).

They brought their heavy machinery to the Westminster West School prior to the parade and invited kids to climb aboard, honk the horns and have fun. The satirical Ladies against Women (bottom photo) sang the following song in tribute to them, to the tune of "My Guy" by Mary Wells:



ODE TO THE ROAD CREW

1. We just have to say that we're thankful every day
For the Road Crew (Road Crew)
As we drive our cars we thank our lucky stars
For the Road Crew (Road Crew)
They're out working hard in all kinds of weather
Without them we'd be lost altogether!
It's a likely hunch that we've got a fine bunch
In the Road Crew

BRIDGE

We're only girls, it's just our luck
We wouldn't know a grader from a pickup truck
When it comes to cars and gravel to spread
We just can't worry our pretty little heads!

2. When winter storms blow lots of ice and snow
For the Road Crew (Road Crew)
They're up night and day just to clear our way
It's the Road Crew (Road Crew)
They clean out culverts fill potholes
They cut back brush and grade dirt roads
As you maybe can tell, we think they're swell
The Road Crew

Photos courtesy of Ira Wilner

COMMUNITY MEMBERS ENJOY ADOPT-A-COTTAGE TIME AT KURN HATTIN

Each year, Kurn Hattin hosts an Adopt-A-Cottage night for the business, organization, and individual sponsors of the cottages where the children live on campus. The sponsorship provides for basic necessities of cottage life such as new pillows, sheets, kitchen supplies and other household items.

This year, each cottage received really cool gift-air conditioners! To show appreciation to those who have "adopted" a cottage, a meal is held in the sponsors honor so that they can spend time with the children whom their gifts have directly benefitted.

The sponsors sat with the children from their cottage for an evening meal and activity. The sounds of laughter and lively conversation filled Watson Hall as the adults and children got to know one another. After the meal, the sponsors visited the cottages to socialize and learn about the daily lives of the children.

It is always wonderful when the children have the opportunity to meet members of the community who care about their success. Thank you to everyone who supports the Kurn Hattin Homes' Adopt-A-Cottage Program: Cota & Cota; Keene Elm-City Rotary and Dave & Lisa Therrien; Tony and Betty Woodhull Maiola, Dawn Maiola Ranney, Joel Woodhull Maiola, and Richard Gassett; Mascoma Bank; Savings Bank of Walpole; Streeter Contractors; True North Networks; and Whitney-Blake Company.

For more information about this program, please contact Kim Fine at kfine@kurnhattin.org or (802) 721-6914.

Since 1894, Kurn Hattin Homes for Children has helped thousands of children and their families by offering a safe home and quality education in a nurturing environment.



Its mission: Kurn Hattin transforms the lives of children and their families forever. Follow their journey: www.kurnhattin.org

In photo, employees of Streeter Contractors pose for a photo with a few of the boys of Butler Cottage and their houseparent.

STABILITY CONTINUES AT COMPASS SCHOOL AT START OF 21ST YEAR

While Compass School still feels vibrant and dynamic as it enters its 21st year, it is clear it has developed a solid educational program that reflects the maturity of the school and its tremendously consistent staff. It is not common in any school to have every member of the staff returning for a new school year, but that is the wonderful situation at Compass School again in 2019-20. As veteran teacher Ron Boslun often says, "Compass is a great place to be a kid and a great place to be an adult."

Compass has always been proud of the expertise of its teachers, all of whom have advanced degrees and years of experience working with youth. Because of the school's size, and the diversity of experiences for students, every child is known well and has strong relations with peers and teachers. Research shows that a student connection with one trusted adult greatly enhances the chance for student success. At Compass, every student has a deep connection with numerous teachers. For adolescents, who often are exploring a variety of identities and moods, having different adults for support can make a huge difference.

This stability among the staff helps Compass build on the consistency of its program developed over its 20 years of operation. Some of the more recent initiatives at Compass that are now well established parts of the program include: the morning break and breakfast time that allows for positive human interaction and social emotional growth, a meaningful proficiency based portfolio process for each grade to reflect on learning and celebrate individual's growth, an engaging, independent learning time for 11th and 12th graders, and active student voice through student council, the restorative justice committee, and the wellness committee.

The work of Compass was affirmed and praised by the State Board of Education who visited this summer following up on a short term issue with late tax filing. The Board noted the value of Compass for students, families and the community and expressed their confidence in the thorough financial and administrative management structures in place for the school.

Compass is proud to retain the energy of its founding that has been enhanced by now well established systems and structures that support student learning and create a culture reflected in the stability of the teachers and staff. The teachers are bringing positive energy into the new school year at Compass. Compass invites anyone to stop in to see the school in action.

In photo, Compass students in Jerez, Spain last May with Spanish student hosts.



Our Monthly Community Newspaper October 2019 Vol. 15 No. 10

Westminster Gazette

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ARTS, ENTERTAINMENT & REGIONAL EVENTS

FREE PUTNEY MEDIEVAL FAIRE - OCT. 12

On Saturday, Oct. 12, from 10 a.m. to 4 p.m., The Grammar School in Putney, will transform our campus into a medieval village once again as we host our annual Medieval Faire. This event has been a family favorite for 30 years!

Enjoy the festivities while the King and his royal court preside over the Faire. Kids can ride a flying dragon, battle a knight, and weave their way through a labyrinth.

Fairgoers can also shop for goods in the village market and watch extravagant entertainment, including live music. You can even be knighted by the King himself!

Other highlights include birds of prey from the Southern Vermont Natural History Museum, fencing, climbing wall, scavenger hunt, and plenty of rides and games for children of all ages.

Admission to the Faire is free, with all-day ride passes and individual tickets available for sale.

Experience our Tavern where you can sample a range of delicious foods including vegetarian and gluten-free options. Proceeds from the Medieval Faire go toward our financial aid fund which serves to make TGS affordable for as many families as possible. For more information contact The Grammar School at 387-5364 or visit www.thegrammarschool.org.

“WHAT’S UP AT THE TOWN HALL” - NEW TAX BILLS

LAND FOR SALE: The Town has 19.1 acres of land for sale off Pine Banks Road. If you are interested, please contact the Town Hall or Buffum Realty. This is a great opportunity at a great price.

ZONING IN OUR TOWN: Please remember that any exterior home improvements in the Historic Village needs a permit such as window replacement, removing trees, sheds, etc. The other Zoning Districts require a permit for any out building or addition equal to or greater than 150 sq. ft., which includes swimming pools and the deck. If you have questions please feel free to call us. We are here to help not hinder your home improvement requests.

WANTED: The Selectboard is requesting your help. We are trying to form a committee to research the feasibility of Senior Housing/Assisted Living in Westminster. The Board recognizes that research has been done before but new incentives have been issued by the State for such endeavors. If you are interested in joining this committee, please call the Town Manager at the Town Hall and get your name on the list. Thank you in advance for your help.

TAX BILLS: The new tax rate has been issued by the State of Vermont to Westminster and the Town will be issuing the new adjusted tax bills the week of October 14, 2019. We are sending them out early for the convenience to the banks and creditors who are helping you pay your taxes. The new tax bills will be bright yellow in appearance and will have all of the corrected information on them. Please note that the second installment is still due in February as usual but we wanted you to have the corrected bill in hand as soon as possible. The good news is that your corrected tax bill will be slightly less than the first bills, which were due on September 10th. If you have not received your tax bill yet, the Town needs to hear from you immediately. Either you changed your address, you are a new resident, or we have incorrect data in our system. Either way we need to hear from you promptly.

FOOD SCRAPS: Ruggiero Trash Removal is accepting individual contracts for food waste as per our mandate from the State of Vermont. The mandate starts January 1, 2020. If you don't compost and need this service, the Town's Hauler (Ruggiero) will create a program for you according to your needs. The cost of this service will depend on your individual needs. You can contact Ruggiero directly by calling (802) 869-2235.

After Hour Appointments: Please feel free, if you have the need to make an appointment for either the Town Manager, Zoning Administer, or the Town Clerk after or before normal business hours. Both Alison Bigwood and Russell Hodgkins are willing to make these arrangements with you if needed. Please feel free to call us and we will set up your meeting.

As always, please feel free to call the Town Manager's Office regarding concerns, issues or comments.

FINANCIAL FOCUS FROM EDWARD JONES - BE CREATIVE WHEN WITHDRAWING FROM RETIREMENT ACCOUNTS

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 ½, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b).

A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like. You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), you'll generally be taxed at 50 percent of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

- Help your grown children with their retirement accounts. Your grown children may not always be able to afford to “max out” on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

- Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.

- Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.

But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. Before making this transfer, though, you will need to consult with your tax advisor.

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

NEWS FROM THE TOWN GARAGE



Hello neighbors,

As we approach autumn and winter moves a little closer to the front of our minds, we will be knocking the cobwebs off the plows, adjusting sander chains and filling the salt shed.

By now, paving and milling should be well under way, despite a few weather related set backs on the contractors end.

The boys repurposed two sections of old culvert into sand sheds in the Westminster yard and the West West yard for public sand in an attempt to make it more convenient and help to conserve the sand by not getting it mixed with snow and ice.

We have been cutting brush and small trees in the right of way to improve visibility and enhance sunlight which should help with the use of less salt on the asphalt and help dry up mud quicker in the spring.

Carson and Ben are going around grading one last time before we're blessed with snow; they should be done by the second week of October.

We are happy to say that we are proud survivors of the West West church fair parade and grateful recipients of a new theme song.

The picture above is one of our recent culvert replacements.

*Thanks for your support,
Chuck & Crew*

NEWS FROM WESTMINSTER CARES

The Westminster Cares, Inc. Board of Directors met Sept. 4th at the Westminster Institute with President Lori Larue presiding. The following board members attending: Regina Borden, Kathy Elliot, Miriam Lanata, Don Dawson, Pat Goodell, Pete Harrison and Director Donna Dawson. Doug Oftedahl, Heidi Anderson and Sally Ryea were unable to attend.

Westminster Cares creates opportunities for seniors and adults with disabilities to live with independence and dignity in the community. Anyone interested in learning more about Westminster Cares, volunteering to deliver meals on wheels or driving neighbors to doctor appointments, working on a committee, making a contribution or attending a workshop may contact Donna Dawson at 722-3607 or by email at wecares@sover.net. Check us out on the web @ www.westminstercares.org and like us on Facebook.

Programs & Services provided in June, July and August 2019:

Meals-on-Wheels: WC volunteers delivered meals five days a week to:
June-14 clients; July-15 clients; August-17

In addition, two frozen entrees were delivered each Friday to 10 people for weekend meals.

Transportation: During the summer months, the following rides were provided:
June-22; July-23; August-26

Volunteers drove seniors to/from medical appointments, BF Senior Center, grocery shopping, Walgreens pharmacy; for lab work; the bank, BMH and Cheshire Medical Center.

Programs: Six Secrets of Healthy Aging group, 12 Gentle Yoga classes, 36 Strength Training classes, 13 Artist in Each of Us classes; 13 Chair Yoga classes; 12 Beginner Tai Chi classes and 12 Intermediate Tai Chi classes.

Medical Equipment – During the summer we loaned out the following pieces of durable medical equipment:

June-12 pieces; July-10; August-11 pieces Community Nurse Program – During the summer, our Nurse made 21 home visits (12 June; 9 July); and saw an additional 13 clients at the Blood Pressure Clinic during Senior Lunch (6 June; 7 July).

Donations in September 2019 in memory of Wellman “Bud” Muzzey from:

Mary B. Williams
Mildred Barry
Karleen and Gary McKenney
David and Charlene Muzzey
Paul and Lisa Muzzey

In memory of Joan Smidutz and in honor of her birthday from:

David and Mary Jo Robbin
Bill Smidutz

In memory of all our loved ones who are no longer with us, from Kathy and Tony Elliott.

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Pages 2-3 - approx. 4"x5" \$275 a year - \$30 for one month
Pages 4-7 - approx. 4.7"x6.8" \$525 a year - \$80 for one month
Page 8 - approx. 2.5"x3.25" - \$175 a year

**New Sections Introductory Rates:
A&E Events Section \$50 a month**

New & Seasonal Businesses Section \$200 for 3 months

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.

We also welcome article submissions that would be of interest to the community. We ask for a maximum size limit of 500 words, and reserve the right to edit for content and length. Thank you!

On-line at: www.westminstervt.org

A Mink at Allen's Marsh

by Alma Beals, Vermont Master Gardener and Naturalist

The birds have stopped singing and are gone, the hours of sunlight are fewer and the nights are cooler. Fall is here. Signs of fall in Allen's Marsh are that the swallows and blackbirds have flocked and are gone. Four Great Blue Herons, one Green Heron, an egret, wood ducks and many mallards are still here. I stop every morning to see what has changed.

Recently signs have been erected that the Marsh has cyanobacteria (blue-green algae) and to keep pets and humans out of the water. I doubt humans would be attracted to the stuff but a dog might. The water looks pretty gunky. As the weather cools, it should clear up.

Some of us have been concerned that we haven't seen any muskrats this year. Last year we would watch a piece of vegetation moving across the pond and then see a muskrat mostly under water pulling it. One day last week, I not only discovered a muskrat house but a mink, the first one I have seen in the marsh. Minks and muskrats inhabit the same areas, but they don't get along because minks are aggressive. Minks can kill muskrats and take over their houses. I find it hard to think of minks without thinking of muskrats and beavers.

Those of us who spend time at the marsh have seen the beaver house, constructed of limbs and mud, on the left side of the road. Muskrat houses are built of vegetation and are much smaller. The one I saw is on the right side of the road where the water and cattails meet. Muskrats don't usually build where the water is more than 2 feet deep while beavers prefer deeper water.

Minks spend most of their time foraging in the marsh. They are excellent swimmers and can swim to a depth of over 18 feet and for a distance of 100 yards. Almost half of their diet is made up of fish, but they also prey on snakes, frogs, rabbits, squir-

rels, chipmunks, mice, muskrats, crayfish and insects. They kill large prey with a bite to the nape of the neck.

Minks are nocturnal and hunt mostly during the night but also are active during the day like the one I saw. Muskrats are active day and night and beavers are most active at dawn and dark. Minks, muskrats and beavers are all active in the winter. Minks feed through holes in ice of lakes and streams where they can find fish and hibernating frogs in the mud.

They are brown to black with a white patch below the chin and throat. Their fur is covered by waterproof oily hair. Minks have a bounding gait. If you spot a dark animal bounding along on the bank or in the water, the chances are, it is a mink.



Muskrat Photo Courtesy of Don Clark

A WESTMINSTER SAMPLER:

"WHY DO WE NEED A HISTORICAL SOCIETY?"

At the 2019 Town Meeting, the Westminster Historical Society for the first time made a request for funding from the town. We were honored by the support we received. Also, challenged, by a question from a citizen. "Why do we need a historical society?"

Number One (pun intended), Westminster is a very historic town. Originally the home and hunting ground of Paleo-Indians and Abenaki, it was the first township granted in what became Vermont, in 1735. It was the county seat of Cumberland County (southeast quarter of Vermont) under New York governance.

The first fatalities of the American Revolution occurred here, a month before Lexington and Concord. Vermont declared independence from New York here (not in Windsor). Westminster had the first Vermont printing press, printed the first paper currency, and within a matter of hours after that, produced the first counterfeiting case.

Westminster sent one of Vermont's first pair of U.S. Senators, Stephen R. Bradley, to serve in national government, before Washington DC was even invented.

We have produced two U.S. Congressmen and one Vermont governor. Westminster native William Czar Bradley headed the commission that determined the border line between Canada and the U.S.

Westminster soldiers fought at Bunker Hill, and the youngest-ever Westminster West choir master, Walter Ranney, was fatally wounded at Picketts Charge, one of several Westminster men to die in the Civil War.

Westminster men also fought in African American regiments. As far as we know, no Westminster resident ever lived in here in slavery, but several escaped slaves found passage through on the Underground Railroad, and

one was rescued from slave-catchers by his fellow-townsmen.

The woman who pioneered short hair, bloomers, and Free Love, Harriet Holton Noyes of the Oneida Community, grew up in Westminster. The dentist who pioneered dental anaesthesia went to grade school here. So did Oscar-winning actress Melissa Leo, influential musician and songwriter Chris Whitley, and Jack Keil, creator of McGruff, the Crime Dog.

The Northeast Organic Farmers Association (NOFA) was formed in Westminster West. And so on. A lot has happened here. Your Historical Society works to preserve the stories.

"Why do we need a historical society? So Westminster school children have a chance to learn about their place in the world, understand why it looks the way it does, and relate it to the other places they will come to know. We have a historical society so we remember who we are and have been, in both pride and humility."

Number Two, your Historical Society has conserved artifacts dating back to the 1700s, (and some dating back unknown hundreds of years) including textile work by Westminster women, and tools used on Westminster tobacco and vegetable farms, and in our many factories.

Westminster possesses the largest painted theater curtain in Vermont; though it is owned by the town, Histor-

ical Society volunteers put in the many hours to clean and conserve it.

Further volunteer hours have gone into preserving the law office of Westminster congressman William Czar Bradley. As well, countless dollars have gone into maintaining and conserving the building and its contents. Artifacts and documents have been conserved and stored in the best available materials—and often transferred to better containers as those came along. Chains of custody and provenance have been meticulously documented over many years.

Why do we need a historical society? So Westminster school children have a chance to learn about their place in the world, understand why it looks the way it does, and relate it to the other places they will come to know. We have a historical society so we remember who we are and have been, in both pride and humility.

"Those who forget history are doomed to repeat it," was one response heard to our fellow townswoman's excellent question. It offers some perspective to read about the struggles of previous school boards, the votes, re-votes, and re-re-votes with which the tiny one-room school houses progressed. Each generation of children sailed through, in all likelihood oblivious to the political tension among their elders.

Knowing that, we are able to surmise that this generation will too, when all the history we are making right now in response to Act 46 has faded into the past. When that day comes, we hope there will be a dedicated Westminster Historical Society creating a record, and a town that is happy to support it. For more information go to <http://www.westminstervthistory.org/>.

NEWS FROM WESTMINSTER VOLUNTEER FIRE AND RESCUE

The Westminster Fire and 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 October 1 at 7 p.m. The Prudential Committee normally meets once or twice a month. A warning will be posted 48 hours prior to each meeting.

Number of calls in August: 34

Number of calls through September 20th: 26

Number of calls calendar year to date: 302

Number of calls fiscal year to date: 104

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting September 3rd with President Greg Holton presiding. There were 21 members present and six members excused. Currently there are 30 members of the volunteer fire department.

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.

It's always a good idea to put new batteries in the smoke alarms and CO detectors and double check to be sure they are operating properly.

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 in-

stallation.

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. When stacking outside, cover only the top of the pile. Leave the side open to get air.

Fire Prevention Open House: Fire Prevention Day for the Westminster Volunteer Fire Department is Friday, October 11 at the firehouse on 103 Grout Ave. starting at 9 a.m. and will end around 2 p.m. Come and check out the many exhibits and activities. This should be very enjoyable and informative, so drop by anytime.

Emergency responses: We have had another busy month so far in September with 26 total calls through the 20th. The breakdown goes like this: 14 rescue/medical calls; two motor vehicle accident; three mutual aid call, one to Bellows Falls and two to Grafton; one for trees on wires or wires down; two brush fires; one smoke investigation, one service call; one accidental alarm activation and one vehicle fire.

VOLUNTEERS NEEDED: From time to time there is a need for food to be brought to the Fire House, like the one mentioned in the previous paragraph. During calls when the fire fighters are out for an extended period of time, having something to eat and drink when they return is a huge compliment. Also, once in a great while there are special events which require feeding a large number of people.

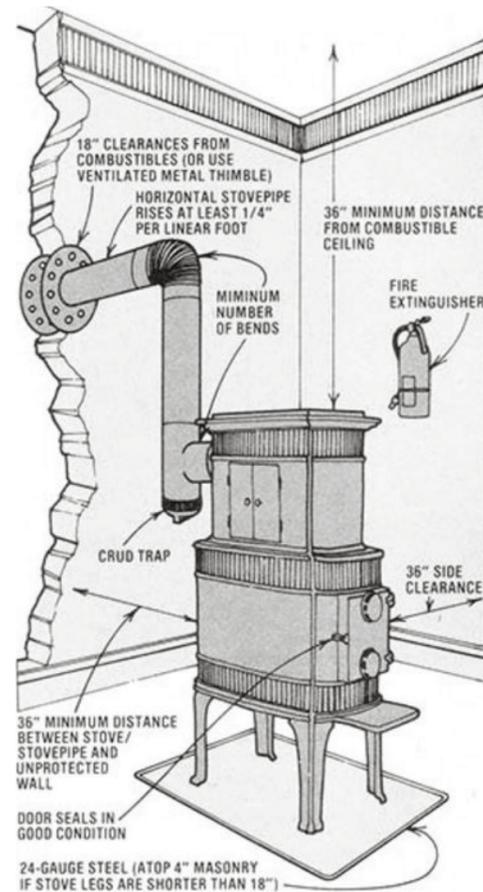
If you are available and are willing to be on a call list for these occasions or if you just want more information, call Chief Cole Streeter or June Streeter or any one of the

members you may know and let them know. This is a great way to help the people who help the community in so many ways. Thanks in advance.

FIRE EXTINGUISHERS FOR SALE: Anyone want to buy a fire extinguisher? We have them for sale and there are 4 sizes available. See the Chief or stop by the fire station for more information if interested.

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

Donations received in September: From Floyd and Sue Lawrence.



Aged in Vermont

Westminster Cares, Inc.

OLDER ADULT FALLS IN VERMONT

Older adult falls are common and preventable. Falls are NOT a normal part of aging and can be prevented. In the US and Vermont, falls among older adults are the leading cause of injury and injury-related death. Many people do not tell their doctor when they have had a fall, but a previous fall increases your chances of falling again.

Data on falls among Vermont residents age 65 years and older are not encouraging. In 2018 there were 6,232 calls to EMS for falls and in 2017 there were 123 fall related deaths.

What can you do to prevent a fall? Individuals can take several steps to prevent falls:

Talk to your doctor about your fall history; have them evaluate your risk for future falls and review your medications.

Get your eyes checked annually and update your eyeglasses as needed.

Stay active with strength and balance exercises. [Westminster Cares offers Living Strong classes to im-

prove strength and balance; and Gentle Yoga, Chair Yoga and Tai Chi classes which improve balance and flexibility.]

Complete a home safety assessment and make modifications to prevent falls at home. [Westminster Cares Community Nurse, Debbie Brookes, RN can visit you in your home to do a falls risk assessment.]

Please help Vermont raise awareness and prevent falls by supporting evidence based interventions, community partnerships, and education to substantially reduce the number of falls.

To inquire about healthy aging exercise classes hosted by Westminster Cares or to request a visit from the Westminster Cares Community Nurse, call 802.722.3607.

You can learn more at fallsfreevermont.org and healthvermont.gov or call the Senior Helpline @ 1-800-642-5119.

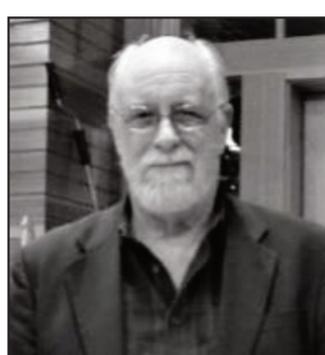
Sources: Vermont Dept. of Health; Vital Statistics, 2017; Statewide Incident Reporting Network, 2018

TEXT OF DAVID DEEN'S EPA LIFETIME ACHIEVEMENT AWARD

David Deen, a Vermont representative for 30 years, spent much of that time also working as the Connecticut River Conservancy River Steward before he retired from both in 2018.

Throughout his career, in both his personal and professional life, Deen worked for clean water protections. His deep knowledge of and clear passion for Vermont's rivers, lakes, streams, ponds and wetlands are an incredible gift to anyone who lives, works or plays in Vermont.

For most of his legislative career, Deen was on the House Committee on Natural Resources, Fish and



Wildlife, serving as chair for nearly 15 years. He consistently created space for all voices to be heard and sponsored many pieces of important environmental legislation.

Some of the most notable were

the designation of groundwater as a legally protected public trust resource in Vermont; four separate acts between 2010 and 2014 that promoted the identification and protection of flood hazard areas and river corridors to reduce flood and fluvial erosion hazards; and the Vermont Clean Water Act of 2015, which includes far-reaching requirements to improve stormwater management and expand agricultural stewardship activities statewide.

Deen has been a New Hampshire licensed fly-fishing guide for more than 20 years, teaching people to fish while also teaching them the basics of healthy rivers, and helping connect them directly to a resource he so clearly cherishes.

This lifetime achievement award recognizes Deen's service to Vermont, Vermonters, and the state's incredible natural resources.

GREAT OPPORTUNITY TO HELP YOUR NEIGHBORS:

VOLUNTEER FOR SEVCA'S FREE TAX ASSISTANCE PROGRAM

Southeastern Vermont Community Action and Granite United Way of NH are partnering to offer the Volunteer Income Tax Assistance program in upper Windham County and Windsor County.

VITA helps low to moderate income households by providing free federal and state income tax return preparation services. SEVCA is now recruiting volunteers for the upcoming 2019 tax filing season to help as many families as possible claim the tax credits and refunds available to them.

We are looking for individuals who are willing and able to commit 3 to 4 hours per week from the end of January through April 15, 2020. Prior tax preparation experience is not necessary, but a commitment to training and certification is required.

You'll receive specialized training from a certified VITA instructor, plus IRS online courses. SEVCA provides all needed materials and software, along with a very supportive training structure. Continuing on-site training and supervision is provided during the tax season.

SEVCA operates VITA sites in:

Westminster – SEVCA's offices at 91 Buck Drive,

White River Junction – St Paul's Episcopal Church, 749 Hartford Ave, White River Junction, VT

Windsor – The Windsor Resource Center, 1 Railroad Ave, Windsor, VT 05089

We can meet your schedule and needs! We are most in need of volunteers in Westminster but could use more volunteers at any of the sites.

There are two volunteer positions. Both work under the supervision of a local Site Coordinator. Our specific needs are for:

Intake Specialists—Greet tax filers, conduct an intake review to make sure all documents are present for a complete and accurate tax return, and offer resources for other financial needs filers may have.

Tax Preparers—Interview taxpayers using standardized IRS forms and prepare and submit relevant returns. No previous tax or finance experience necessary, just general computer aptitude and a willingness to learn.

To learn how you can make a difference in your community by becoming a VITA volunteer please contact Leslie Wood at (802) 722-4575, ext. 199 or lwood@sevca.org. Please put VITA VOLUNTEER in the subject line of your e-mail.

WALPOLE PLAYERS TO HOLD AUDITIONS FOR MYSTERY DINNER EVENT

Walpole Players announces auditions for an upcoming murder mystery dinner event, "Murder on the Vine," an Agatha Christie-inspired evening.

Auditions will be held Sunday, Oct. 20, 4 to 6:30 p.m., and Wednesday, Oct. 23, 6 to 8:30 p.m., at St. John's Episcopal Church in Walpole, located at the corner of Westminster and Elm Streets, across from the Town Hall.

Performances will be Friday and Saturday evening, Feb. 7 and 8, 2020, with snow dates Feb. 21 and 22. This event is a fundraiser for the Church's renovation fund. Rehearsals will be 1-2 times per week in January.

The setting is at a vineyard/hotel in Italy, where guests gather at a dinner for prospective buyers from Walpole, NH. Everyone has a secret and a motive for murder! In place of the Christie-esque snowstorm that strands everyone at the hotel, there is a volcanic eruption and no one will be allowed to leave (until dessert,

that is!). This is an interactive show, and audience participation is encouraged.

The murder mystery will feature at least 8 actors in brief comedic scripted scenes with lots of improv. Adults of all ages and types are invited to audition – including experienced high school actors. No preparation necessary. We just ask that you plan to stay until the audition is finished, since it will be done in a group format.

Casting is flexible and the number of actors can be expanded. Jeanie Levesque, the director, has performed in, directed and produced several productions in the area, including several mystery dinners.

Even if you've never done improv before, come and try your hand at the audition. Fun is guaranteed!

For more info, e-mail WalpolePlayers@gmail.com, send a personal Facebook message to Jeanie Levesque, or post it to the Walpole Players Facebook Page.

ADVANCE CARE PLANNING WORKSHOP AT RFPL

A free workshop on how to complete an Advance Directive will be offered by Brattleboro Area Hospice and Bayada Hospice on two consecutive Wednesdays, Sept. 25 and Oct. 2 from 6 to 7 p.m. at the Rockingham Library in Bellows Falls.

Thinking and talking about Advance Care Planning, while healthy, can make decision-making easier in a medical crisis. Participants will also learn what their parents and children (18+) should have in place.

Don Freeman of Brattleboro Area Hospice and Eliza Eager of Bayada will cover the medical and personal issues that Advanced Directives address. They'll pro-

vide all the necessary forms and walk through the process step by step.

Don and Eliza will share information in the first session and in the second session they will work through any questions and assist all in completing Advance Directive forms. Brattleboro Area Hospice and Bayada Hospice are each independent organizations joining together to present this important Taking Steps workshop.

Please call to RSVP Anne Dempsey at Rockingham Library 463-4270 or email programming@rockinghamlibrary.org. The Library is located at 65 Westminster Street and is wheelchair accessible.

"YOUR OPTIONS, YOUR AUTONOMY AT THE END OF LIFE"

On Monday, Sept. 30, Patient Choices Vermont, Putney Community Cares and Brattleboro Area Hospice are co-sponsoring a free educational discussion about medical aid in dying (Vermont's Act 39) titled, "Your Options, Your Autonomy At End of Life". The discussion will be held from 5:30 to 7 p.m. in the Putney Meadows Common Room at 17 Carol Brown Way in Putney.

The discussion will be led by a panel including: Dr.

Diana Bernard, a Palliative Care Physician at UVM Medical Center; Betsy Walkerman, the President of Patient Choices VT and a board member whose husband used aid in dying.

Come to ask questions and find answers including how to have discussions with your doctor about terminal illness and how advanced directives relate to medical aid in dying.

R.S.V.P. info@PatientChoices.org to reserve a seat.

WESTMINSTER MYSTERY PHOTO

Last month's photo of the George H. Walkers Store was discovered by a reader in an old, local newspaper. The photo was from around 1910. The store burnt in 1920.

We're sending out a request to individuals and historical societies to help us round up some more photos for this popular part of our paper. Contact us at the email address at the top of each page. Thank you!

JOIN WESTMINSTER CARES' CELEBRATION OF AGING

Please join Westminster Cares for the 12th Annual Celebration of Aging which honors Westminster's residents aged 90 and older. The Celebration will be held at the Fire Station on Grout Ave. on Sunday, Nov. 3 from 12:30 to 3 p.m.

There will be a very short business meeting followed by a slide show presentation with stories to celebrate those in our town who are 90 years of age and older. A light lunch will be served. Everyone is welcome.

If you were born in 1929 or before, we'd like to honor you! Please let us know by calling Pete Harrison at 722-3080 or call Donna at Westminster Cares at 722-3607 for more information.

REMEMBRANCES

Jonathan D. Borchers: 4/2/1985 – 9/9/2019

WHITE, MROWICKI & HASHIM TO OPEN DEMOCRATIC WESTMINSTER TOWN CAUCUS

It's time for the bi-annual Westminster Democratic Party town caucus.

The Westminster Democratic caucus/ reorganizing meeting will be September 26 at 7 pm in the Upstairs of the Town Hall in Westminster.

The caucus will begin with an update on pending legislation in Montpelier presented by Windham county Senator Jeanette White and the representatives for Windham 4 district: Rep Mike Mrowicki and Rep Nader Hashim.

Westminster residents will have the opportunity to engage with their legislators around issues important to them. A time for questions and answers will be included in this initial portion of the meeting.

Every two years up to four representatives are selected and up to four officers are chosen to run the Westminster town Democratic Party. The elections will follow the legislative updates. Following the town committee elections Westminster voters will have a chance to share ideas for get out the vote and other efforts for the upcoming state and national elections in 2020.

Any registered Westminster voter is welcome, but voters can only participate in one caucus (you cannot attend the Republican and Democratic caucuses in the same year).

If you have any questions about the caucus please contact Michelle Bos-Lun 289-2495 or Windham County Democratic Party Chair John Hagen at windhamcountymocratsvt@gmail.com.

CROCKPOT SUPPER AT 1ST CONGREGATIONAL CHURCH

Fall brings the Crockpot Supper back and the first one will be on Saturday, Oct. 5 from 5 to 7 p.m.

The Crockpot Supper is a wonderful buffet of all kinds of foods that people have cooked in crockpots. What the First Congregational Church does is arrange for some people to make a Crockpot meal and bring it to the church.

Then the public can come and pay to eat a supper of some of the most amazing dishes from people in our area. From chilis and stews to meat balls and baked beans to vegetarian entrees such as macaroni and cheese. Bread, coffee, tea, milk and dessert are included.

The cost is \$11 for adults, \$5 for children, children under 5 eat free.

If you're interested in providing a crockpot for the supper, please call Doug Smith at 802-376-8979.

Also, at the supper, there will be an opportunity to purchase raffle tickets for the Women's Fellowship Christmas Bazaar Raffle Quilt, a quilt that was started by Regina Cote, a member of our congregation, who passed away in 2016. Recently, Linda Fawcett, a friend and neighbor, agreed to finish it, and Julie Patrick of Bellows Falls quilted the "October Afternoon" quilt.

WESTMINSTER HAPPENINGS

Activities

Scottish Country Dance Classes

Every Wednesday at 7:30 p.m. in the Westminster Center School Gym. 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.

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.

Chair Yoga

Every Friday from 9:30-10:30 a.m. at the First Congregational Church in Westminster. Call Westminster Cares at 722-3607 for more information.

Living Strong Classes

Mondays and Thursdays: at the First Congregational Church in Westminster from 9-10 a.m.; at the Westminster West Church from 6-7 p.m.; or at Greater Rock Fitness in Bellows Falls from 11-12. Call Westminster Cares for more information at 722-3607.

Knitting Together

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

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

Westminster West Book Group

The Westminster West Library has a book group meeting every third Monday from 7-9. Call the library if you are interested in getting a list of the books we are reading. Contact Lise Cavanaugh at 387-4682.

Tai Chi Classes

Wednesday's at the Institute Beginner Class 9:45-10:45 a.m. Intermediate Class 11 a.m. - noon

The Living Earth Action Group meets most Fridays at 5 p.m. at the Westminster West Congregational Church. For actual schedule e-mail Caitlin Adair at pcadair@sover.net.

TAI CHI CLASS FOR OLDER ADULTS



Tai chi, the Chinese method of slow, fluid exercise, can improve your balance and coordination, keep you flexible, improve your mood, and ease the symptoms of chronic conditions like arthritis and Parkinson's Disease. It's been called the perfect exercise for people over 60.

Want to see what tai chi can do for you? A new course for beginners will start on Tuesday, October 8, at 11 a.m. at the Westminster Institute on Route 5 in Westminster. The group will meet weekly for an hour. The cost is \$5 for each session you attend but the introductory class on October 8 is free. You don't need to make a long-term commitment. The course will be taught by Ben Daviss, a senior instructor with the New Hampshire-based, nonprofit Oriental Healing Arts Association.

If enough people are interested, we also may offer a course in seated tai chi or a late-day or early-evening class.

To learn more or to register, contact Donna Dawson, director of Westminster Cares, at 802-722-3607 or e-mail wecares@sover.net.

Faith Community

The First Congregational Church of Westminster

Rev. Sami Jones McRae, Pastor. 3470 Route 5, Westminster, 722-4148.

The church is handicapped accessible. Sunday School is available; call to register your children. We are an Open and Affirming church; all welcome.

Tuesday, October 1, 11 am – Women's Fellowship. Bring a sandwich. Our hostess will serve beverage and dessert.

Saturday, October 5, 5 pm to 7 pm - Crockpot Supper. Also on sale: raffle tickets for the Christmas Bazaar Raffle Quilt.

Sunday, October 6, 10 am, Worship and Communion

Sunday, October 13, 10 am, Worship.

Sunday, October 20, 10 am, Worship.

Sunday, October 27, 10 am, Worship.

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. 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 wheelchair accessible, and the congregation is Open and Affirming. Rev. Susie Webster-Toleno is the pastor. She currently holds office hours on Monday and Thursday afternoons, and people are welcome to drop by. She can be reached at 387-2334, via cell phone at 579-8356 or e-mail susiewt@gmail.com.

Walpole Bible Church

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

Walpole Unitarian Church

The corner of Union and Main Streets, Walpole, NH

Services begin at 10:am with Rev. Elaine Bomford.

First Sunday of each month is Circle Sunday with visiting presenters.

www.walpoleunitarian.org.

Meetings

Selectboard 2nd and 4th Wednesdays at 6:30 p.m. in the Town Hall.

Planning Commission 2nd Monday at 6:30 p.m. in the Town Hall.

Conservation Commission meets every 4th Thursday at Town Hall at 7:15

Westminster Activities Commission

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

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 6:30 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 Institute at 4:30 p.m.

911 Committee as needed.

The Westminster Fire and 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. on the second floor of the Westminster Town Hall..

Westminster Gazette Meeting Monday Oct. 21 at 5 p.m. at the Rockingham Library.

Westminster Institute Board will meet on Tuesday, at 7 p.m. in the Institute.

WESTMINSTER GAZETTE

Editor: Robert Smith

Board of Directors:

Charmion Handy -

Chairwoman

Donna Dawson

Alma Beals

Joyce Sullivan

Printed by Sentinel

Printing, Keene, NH

Pictures and Articles

Provided by the

Community

westminsternews

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THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:

**Kurn Hattin Homes
Town of Westminster**

**Westminster Activities Commission
Sojourns Community Health Clinic
Westminster Cares**

**Westminster Fire and Rescue Association
Burtco Inc.**

**The Dascomb Trust
K Beebe Inc.**

Please Note: The Gazette Deadline has changed from the last Wednesday of the month to the next to last Wednesday. The Deadline for the November Issue of the Westminster Gazette is Wednesday, Oct. 23rd. Publication Date is Wednesday, Oct. 30th. To Contact the Westminster Gazette E-mail: westminsternews@gmail.com



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ENERGY SAVINGS CELEBRATED AT SEVCA'S SOLAR PROGRAM KICKOFF & CELEBRATION



On September 16, members of the community gathered to celebrate the launch of Southeastern Vermont Community Action's Community Solar for Community Action (CS4CA) program.

CS4CA will help reduce the excessive energy burdens of at least 50 households with low incomes by providing virtual credits on their electricity accounts.

Complementing its home Weatherization and Crisis Fuel programs, CS4CA is an important new tool in SEVCA's efforts to ensure that vulnerable households can meet their energy needs now and in the future. A number of CS4CA subscribers who will benefit from the project were in attendance.

The event featured presentations by Haley Pero, representing the Office of Senator Bernie Sanders; Vicki O'Day, representing the Rural Renewable Energy Alliance (RREAL); and Steve Geller, SEVCA's Executive Director. Presenters reflected on the importance of creating renewable energy solutions, like community solar projects, that were accessible to households that did not have the means to install their own solar panels.

RREAL and SEVCA are working to promote national expansion of the model, proposing that the extensive network of Community Action agencies throughout the country could play a key role. SEVCA's solar array, fully completed in May, has produced over 70,000 kWh of electricity so far, with an estimated annual yield of almost 120,000 kWh annually. The expected energy savings for each participating household is estimated at \$400/year.

SEVCA worked in partnership for over a year with the Minnesota-based Rural Renewable Energy Alliance (RREAL) to develop this Community Solar for Community Action (CS4CA) project, as part of the national Solar in Your Community Challenge, a competition sponsored by the U.S. Department of Energy (DOE). SEVCA's is one of several community solar projects RREAL developed during the competition period, and RREAL was awarded the runner-up prize in the competition. Catamount Solar, a Vermont-based, employee-owned solar contractor, was selected to install the array.

SEVCA would like to thank all of its project supporters, including the U.S. Department of Energy, the Windham Regional Commission, the Thompson Trust, VLITE, the Vermont Community Foundation, and the dozens of local contributors who made this project possible. To find out more, contact Daniel Quipp at 254-2795, ext. 103, or e-mail dquipp@sevca.org.

WINDMILL HILL PINNACLE ASSOCIATION'S UPCOMING FALL PROGRAMS

The mission of the Windmill Hill Pinnacle Association (WHPA) is to conserve the lands along the Windmill Hill Ridge and nearby areas and make these accessible to the public. To promote this mission it organizes programs to make the community aware of its resources. In both October and November the community is invited to participate in moderate hikes led by knowledgeable WHPA Board members. These walks showcasing a riverside, panoramic views and historic sites are not to be missed!

Oct. 12, Saturday, 1-4 PM. Fall Foliage Walk on Bald Hill.

Vanessa Stern, member of the Bald Hill Committee and WHPA Board, will lead this riverside walk along the gorgeous Saxtons River, where hikers can venture down to get a closer look at the rock basins and Twin Falls. Then we will climb to a summit with a good view of the surrounding area.

Meet at the Bald Hill kiosk on Covered Bridge Road in Westminster. Wear waterproof shoes. Contact Vanessa Stern at 802-463 4948 to register, get information, or check on the weather.

Nov. 2, 12:30-3:30 PM Historic Sites on Athens Dome.

Walk to the historic sites on Windmill Hill Pinnacle Association properties in Athens and Grafton. See the remains of the historic Goodridge and Smith Soapstone quarries, quarry pools, cellar holes, mill foundation and old roads. This area, which is adjacent to the Turner Hill Wildlife Management Area, has significant wildlife habitat including wetlands and very productive beech/oak/cherry mast stands.

If it is a good year for beechnuts, we should find evidence of black bears feeding in the trees. The hike is moderate, there may be some water in the old roads depending on previous weather, water tight boots recommended. Hike leaders are Camil Roberts and Andrew Toepfer. Please register by e-mail at camil@vermontel.net or a.l.toepfer@gmail.com.

Meet at Athens Pond in Athens on Route 35 (6 1/2 miles north of Townshend or 3 1/2 miles south of Cambridgeport on Route 35.)

MCCANTS JOINS BF ROTARY

Trevor McCants from No. Walpole, NH was inducted into the Rotary Club of Bellows Falls on Aug. 22nd. Trevor, shown here with Matt Guild, President on the left, and Bill Stevens, his sponsor. He is married to Ashley Crosby McCants and they have a young daughter. They met while serving in the U. S. Air Force in Texas.

Trevor currently works at the Veterans Administration in White River in Logistics Management.



LESSONS FROM THE BLUEBERRY PATCH

by Helen Neswald

Bending, crouching and reaching, snagging my hair on small twigs, I capture them --small balls of blue that pile up in my pail. I do this every day until the seasonal cold or the exhaustion of supply puts an end to this tortuous activity. The slant of light and time of day are critical determinants of when I head out to the fray.

Morning light has the most charms, as it slithers through the leaves and gradually spreads its web onto the entire patch, and is especially favored by me if a hot day is anticipated. But it's also the trickiest time, bathing the berries in either a too brilliant or too dim light, and sometimes when I bring my captives indoors I find I've been deceived, and have judged the infamous pink bottoms of the PYO warnings to be fully blue.

It takes a hunter's skill to succeed not only in bagging my prey but in feeling a part of the environs. I share the early hours with small birds that flit about modestly, no doubt responsible for the smashed remains of blueberries beneath some of the lower branches. This year they are catbirds and tufted titmice.

If for some reason my picking is delayed until later in the day, I might very well find myself alone, at least in so far as my senses can tell. Early, it is a splendid company I share, grounded in its feeding habits, unlike the aerial assaulting robber jays of past years! Those raucously aggressive folks must have gone elsewhere, summing their cohorts to the feast.

Blueberries are a worthwhile prize of these circuitous operations, a berry that ripens on the counter even if picked a little pink, firm enough to freeze without turning into a solid mass, not softening if left out overnight -- a berry that with the addition of a little flour and sugar, set inside even a less than perfect crust, becomes a dessert fit for a queen.

Nutrient packed, they have been labeled the ideal astronaut dietary supplement, and they gain rather than lose from baking or preserving. The season past, the leaves turn a lovely mottled red, and the unoffending branches are devoid of the thorns that brambles retain even when finished fruiting. Frozen, we eat the berries in pancakes, make a sauce or add them to yogurt smoothies.

All winter long we fertilize the snow around the bushes with our household's abundant coffee grounds, as blueberries love an acidic soil, and it seems to be sufficient, as their fruitfulness has slowly but surely increased over two decades of minimal intervention.

The ground, however, has shifted some, so that a few of the shrubs are growing on an incline that challenges the picker, and I sometimes need a stool to reach them from below or a capacity to extend my arms beyond their normal range in order to pull branches toward me from above. I guess I have shrunk while they have gained in altitude! But growing blueberries is an art worth cultivating, its remembered pleasures lingering all the year.



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For more information about Rotary, contact Alma Beals at almabeals@gmail.com or 722-3355

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- Will it build GOODWILL and BETTER FRIENDSHIPS?
- Is it BENEFICIAL to all concerned?

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OCTOBER BUSINESS OF THE MONTH: SERENE TOUCH



Zero Balancing : The Art and Science of Integrating Body Energy & Structure Through Touch Serene Touch – Diane Bazin

I am Diane Bazin. I have lived in the village of Westminster with my husband Luke for 40 years. I am a certified Zero Balancer and Reiki Master. I practice both body modalities out of my home in Westminster through my business, Serene Touch.

Zero Balancing is a hands-on bodywork system designed to align your energy body with your physical structure. Simple yet powerful, it focuses on your whole person, even when addressing specific needs.

Considered the leading edge of body/mind therapies, ZB moves beyond Western scientific approaches to body structure by incorporating Eastern concepts of energy and healing.

ZB helps balance body energy and structure with the following benefits:

- Feeling of well-being
- * Relieving symptoms of stress
- * Reducing physical & emotional pain
- * Relieving musculoskeletal tension
- * Enhancing wellness & self-actualization

What is holding you back from experiencing an amazing body modality? It is life changing. Get in touch with me at 413-530-5696 or dianebazin@outlook.com for more information and scheduling an appointment.

My hours are Monday to Friday, 10 a.m. to 4 p.m. Special evening appointments along with special Saturday appointments are available.

Mention you saw this article and receive \$25 off a session with Serene Touch

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