

KEEPING IT REAL - A 37 YEAR SUGARING LEGACY

In 1987, Kurn Hattin Homes’ Farm Manager, Real Bazin, took it upon himself to convert the old incinerator building into a sugar house for one simple reason – he wanted the children to have real, homemade maple syrup.

That act of kindness has grown into a time-honored tradition that the children and the entire Kurn Hattin Homes campus look forward to every year.

It takes a lot of time and teamwork to get to that sweet reward. The middle schoolers help Real by tapping the maple trees, setting buckets, and running the tubing lines in Kurn Hattin Homes’ own sugar maple grove.

They also learn about the science and the art of sugaring as students take turns gathering the sap and visiting the sugar house, where they observe the boiling and evaporation process.

Real explains that it typically takes about 40 gallons of sap to produce just one gallon of maple syrup. This year, because it was a mild winter and the sugar content of the sap is lower, it will take about 70 gallons of sap to produce one gallon of syrup.

Another result of the mild conditions is that syrup production is expected to be

lower than in recent years. So far, 25 gallons of syrup have been produced, and the hope is to produce another 10 gallons before the season ends.

When Real looks out to the forest and sees a hint of red appearing on the trees, he knows that sugaring season is almost over. So, as another sweet sugaring season wraps up, Real can take pride in the tradition he started in the renovated sugar house 37 years ago and that the children have real maple syrup for their pancakes and desserts.

He can also take pride in the fact that he converted a building that once burned garbage and produced a pretty bad smell into one that now burns wood and produces a great smell and delicious maple syrup!

If you’d like to support Kurn Hattin Homes by purchasing our maple syrup, still made the good ol’ fashioned way, please contact Director of Facilities, Adam Hallock, at 802-721-6941 or ahallock@kurnhattin.org.

In photo, Real Bazin, seated, with a class of students in the Kurn Hattin Sugar House.



NOTES FROM THE WESTMINSTER SCHOOLS

Notes from Westminster Schools March 2024

Winter sports is all done, of course. Not the best season, snow-wise, but the kids had fun anyway. And now, Spring is sortof here. No peepers yet and March seems to be playing an alternating Lion vs Lamb game before April is even in site. But we know several school bus drivers and a bunch of students who are grateful that the road crew has been on top of the mud situation. They had the top end (Westminster) of Pine Banks Road graded a full week before Putney took care of the south end. Thank you Chuck et al.

And school is humming along nicely. Nobody is counting, of course, but its just 4 weeks until April vacation. Last week, WCS had our second Literacy Cafe of the year! Students had an opportunity to submit an independent writing piece to our team of editors. Each editor worked with the student to develop their story and their skills and their style. Authors of selected writing pieces were invited to the Cafe.

Our library is turned into a magical space to share and celebrate writing. Each piece is also shared in our school magazine: Imagination Soup. This is just one more way that WCS is authentically engaging our stu-



dents in learning and the satisfaction of writing! As E. B White said of our favorite spider, “She was in a class by herself. It’s not often that someone comes along who is a true friend and a good writer. Charlotte was both.” At WCS we aim to create generations of good friends and great writers.

Thanks to all the Westminster voters for approving

the 2025 Westminster School District budget! At last weeks “reorganization meeting” the Westminster School Board reappointed Cheryl Charles and Charlie Hutchison as Chair and vice chair of the board respectively and welcomed back Karen Blanchard – reelected to a three-year term on the board – as well as Margie Kearns-Ferry and Tine Biolsi who did not face reelection this year.

Among other business the board approved the plans submitted by Southern Vermont Solar for installing solar panels on the gym roof, as soon as the roof itself has been replaced.

The board put on hold Vermont Solar’s sister proposal for additional ground mounted panels pending further discussion about the details of the layout of the panels. That discussion will take place this week and we fully expect the second part of the plan to be approved at the next board meeting. Work is not expected to begin on either part of the project until late May or early June.

*Charlie Hutchison, Westminster School Board
Liz Harty, Principal, Westminster Center School*

ECLIPSE VIEWING SAFETY

WHEN VIEWING THE ECLIPSE IT'S IMPORTANT TO PROTECT YOUR EYES FROM THE SUN.

The Full Solar Eclipse will occur on April 8th and the peak time, when there is the greatest safety risk, will be around 3:28pm and Southern VT is 98% in its direct path.



NOT SAFE!



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SAFE



Glasses designed to protect your eyes when viewing the eclipse.

NOT SAFE!



Do not view the eclipse through unprotected lenses

GREEN UP DAY IS MAY 4TH

Join us on Green Up Day, Saturday, May 4, and help clean up a Westminster road or street.

Green Up bags will be available at the Town Hall in Westminster and the Westminster West Library. Please do not use them until the week of April 29 (so the bags aren’t left along the road for long periods of time).

You may also pick up bags in front of Town Hall on Green Up Day, Saturday, May 4, from 8:30 a.m. to 10:30 a.m.

On Monday and Tuesday, May 6 and 7, the Westminster Town road crew will pick up bags, including any of your own trash bags used for Green Up. Please do not leave them on private roads.

As a safety reminder: Do not remove dead animals or suspected toxic/hazardous waste. Don't disturb needles or questionable debris. If you have a safety concern, please inform the proper local authorities. Or contact Vermont State Road maintenance personnel at <http://vtrans.vermont.gov> or the State Police at <http://vsp.vermont.gov/>.

Our Monthly Community Newspaper April 2024 Vol. 20 No. 4

I WOULD LIKE TO EXTEND A HEARTFELT THANK YOU TO ALL THOSE INVOLVED IN THE NOMINATION AND SELECTION PROCESS THAT CHOSE ME AS THE WESTMINSTER PERSON OF THE YEAR FOR 2024. I AM TRULY GRATEFUL FOR THIS HONOR. THANK YOU ALL VERY MUCH

PATTY MARK

Westminster Gazette

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OUR WORKING LANDSCAPE -

Westminster has many farms and businesses which work the land to create products and jobs, while making the landscape that we see today. The *Gazette* will be highlighting this part of our economy with short articles and letters which explain and recognize the importance of our working landscape. By Mary Scherbatskoy

Emily Hartz and Jonah Mossberg and their two toddlers took over their farm on Earthbridge in Westminster West in early 2022. Since then, they have been working flat out to renovate these 10 acres and carry on their growing methods as practiced in Brattleboro and Guilford since 2017.

Emily and Jonah with the part-time help of Laura Xiao grow over 100 varieties of vegetables and flowers, from heirloom tomatoes to shiitake mushrooms at Milkweed Farm. They also have 150 Asian and European pear trees, both inherited from former owners Ogi Akaogi and Linda Smith, and newly planted ones.

They offer all this through a ‘free choice’ CSA plan in several sizes, and so far in 2024 have 102 customers signed up. A CSA - Community Supported Agriculture - is a popular way of buying fresh fruit and vegetables by prepaying a grower for a monthly box of seasonal produce.

They are open from May to October at Milkweed and at the Root Social Justice Center in Brattleboro. Milkweed also wholesales to local food projects such as Putney Foodshelf and the Community Food Project at the Retreat Farm.

In their first two years in Westminster West, it was mostly clean-up and construction. They renovated the farmhouse for the family home, and built a nice new wash-up and sales barn to handle their produce and greet customers. There were several derelict growing tunnels, lots and lots of brush, and an overgrown pear orchard to contend with.

Today, they use a double-insulated, heated propagation house, a high tunnel for long season growing and a ‘caterpillar’ hoop house that they brought from Brat-



tleboro, as well as many outside beds. (Ogi’s old rice pond will not be brought back into service!) Emily explained that both in the tunnels and outside, they follow ‘organic practice’ - meaning they could apply for certification but don’t, due to expense and paperwork.

They do not use sprays or fungicides, and follow a no-till regime in order to conserve soil organic matter. Fertility comes from their own compost which was started last year from a load of wood chips, their own garden waste, and a load of manure from Bazin Farm in Westminster.

They’ve had to put in electric fence to keep off the deer, and of course voles are a real nuisance. Like every one else, Milkweed was hit by the Big Freeze and Rain of 2023. There was no pear crop at all, and the timing to harvest pears is tricky at best. When I visited, Emily was



pruning the Asian pears and explained that due to the expected wetter summers, she aims to keep the branches as open as possible for more sunlight and less chance of mold. We all hope for more sunshine in 2024!

In photos, Emily and Jonah weeding lettuce destined for Putney Foodshelf; and Emily pruning the pear trees in February.

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Underwriting Support is a donation of at least \$300 annually and does not include advertising. Underwriters are listed in the box on page 6 each month.

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.westministervt.org

NEWS FROM TOWN HALL - TOWN PROJECTS OUT TO BID

The calendar tells us that Spring arrived on March 19th. Here in the Northeast, I'm always a little reluctant to say something pithy like, "Spring has sprung." More often than not, Mother Nature has one more trick up her sleeve.

In any event, with Spring comes the switch to Daylight Saving Time. For years, we've called it Daylight Savings Time but on a podcast I heard that the correct version does not make a plural out of saving. Your wee bit of trivia for the month, in case anyone should ask!

Spring is the time around our homes to take on the projects that have been put on the back burner all winter. It's no different around town. Requests for bids have been issued for several large scale projects around town. First and foremost, the painting of the exterior of Town Hall. It's been roughly a decade since the last time the building was painted.

Despite the warm, welcoming environment inside the building, the exterior is showing the effects of the elements over the past 10 years. The bid was awarded to

Stebbins Spectacular Painting of Marlborough, NH. They anticipate completion to take approximately one month.

Another bid that was awarded was for the box culvert on Pine Banks Road. You may remember last fall that a beaver dam upstream let go and caused severe damage to the existing culvert. The state stepped up to the plate and due to the emergency nature of the damage will cover 90% of the total cost. The contractor for the project will be Adams Trucking.

The replacement of the cemetery wall on Kurn Hattin Road is out to bid. This is a much-needed project that has been discussed for many years. A pre-bid meeting took place on March 18th and was well attended. By the time you read this, I'm hopeful that a bid that reflects the best value for the town will emerge.

These are just some of the projects on our radar for the spring and summer of 2024. We will endeavor to do everything we can to put our collective best foot forward as we do our best to give all of our residents a town that

you can be proud of.

Elsewhere, the Selectboard reorganized at their meeting of March 13th. After the Town Meeting voting day, Jason Perry won re-election and Real Bazin joined the Selectboard.

Mr. Bazin takes the seat that was occupied for the past six years by Kevin Hughes. Even though we didn't get the opportunity to work together for very long, I'd like to thank Kevin for his service to the town and for his leadership.

One significant change that was approved by the Selectboard at that same meeting was a change in their meeting night.

The new meeting schedule changes from the second and fourth Wednesday of the month to the second and fourth Tuesday of the month. That change took effect with the meeting of March 26th. Thanks for reading!

Lou Bordeaux
Town Manager

NEWS FROM WESTMINSTER CARES

The Westminster Cares Board of Directors met March 13 in person and via WebEx with President Lori Larue presiding. The following attended in person: Lori Larue, Pete Harrison, Pat Goodell, Nancy Dalzell, Kathy Elliot, Doug Oftedahl and director Donna Dawson. Those attending via WebEx were Frannie Waldron, Miriam Lanata, Don Dawson and Cindy Moses.

Discussion items included planning a volunteer celebration night in May, annual Garden Tour dates and locations for 2024 pizza night and welcome center availability dates.

Programs & Services Provided in February 2024

Meals-on-Wheels: During February we had two people return towards the beginning of the month and two people who stopped meals at the end of the month. We were also notified that an additional recipient will not be returning.

Volunteers delivered meals five days a week to 20 different people. Those in need of weekend meals received two frozen meals each Friday.

Transportation Program: In February, five rides were given to medical appts. and four rides to grocery shopping.

Assistance and Referrals: In February, volunteers picked up and delivered pet food twice. Volunteers also dropped off monthly pet food to six residents participating in the Foxy Fund program through Senior Solutions.

Medical Equipment: In February we loaned out 17 pieces of equipment; received six items returned and accepted a donation of one piece of equipment.

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

Donations received in March of 2024:

Honorary: In honor of, and with gratitude for, Ronnie Friedman from Kathleen Pirruccello.

In honor of Karen Walter, Donna Dawson, the WeCares Board and all the great volunteers that make up Westminster Cares. Thank you for all your service to our townspeople from the SigiBelle Boccelli Trust.

In honor of Westminster's dedicated Road Crew from Kathleen Pirruccello.

Memorial:

In memory of Patricia Barrows from Bill and Marlene O'Connor

In memory of Laura Leonard from Nancy Dalzell

In memory of Larry Lanata, Buster Newcomb and Mary King from the Sigi Bell Boccelli Trust.

In memory of Lee MacDuffie from Pete and Judy Harrison; Bill Smidutz

In memory of Mary Sharkey from Doreen Moran

APPLICATIONS OPEN FOR CLIMATE CATALYST LEADERSHIP PROGRAM

The Vermont Council on Rural Development (VCRD) is seeking applicants for the fifth Climate Catalysts Leadership Program.

Over the past four years, Climate Catalysts have worked to implement projects such as building a

county-wide Farmer Climate Network; establishing community-wide weatherization efforts; facilitating the development of community solar projects; starting a town energy and climate committee; and more.

The Climate Catalysts Leadership Program participants arrive with, or develop, transformative, community-scale climate economy related projects and work toward developing their concepts into re-

ality while building peer connections, strengthening leadership skills, and receiving project development support. VCRD strives to support locally-generated ideas and projects and the outstanding local leaders who champion them.

There is no cost to participate in the program and a small stipend will be offered to participants.

To learn more and apply visit <https://www.vtrural.org/climate-economy/climate-catalysts-leadership-program/>. The application deadline is April 15 at 5 p.m.

NEWS FROM THE WESTMINSTER INSTITUTE: NEW LIFT

The Westminster Institute Board of Managers recently signed a contract with GPI Construction of Brattleboro for installation of our long-awaited new lift. We are still on schedule to start demolition in mid-to-late April, with a six-week turnaround for completion of the project.

During installation, there will be some temporary inconvenience to the Institute and Butterfield Library patrons, but we expect to maintain the usual functions for Westminster Cares and the Westminster Historical Society. Activities in the gym can go on uninterrupted.

Access to the library may be affected or closed during construction and some activities may need to be canceled, because of safety concerns, when work on

the lift is underway.

The final estimate for the project, including the architect's oversight and required inspections, is \$138,373. Thus far, we have raised \$111,050, including generous donations from the Dascomb Fund, the Town of Westminster, Together We Can charities, and local residents. To help us reach our final goal, we're still gratefully accepting donations (tax deductible).

Donations can be made to the Westminster Institute, PO Box 93 Westminster Vt. 05158.

Once again, thank you for your patience and your help.

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Nature Notes - Nesting in the Marsh

by Alma Beals, Vermont Master Gardener and Naturalist

Heading into the marsh, we find nesting Red-winged Blackbirds. The males have arrived in late February or early March to pick out the best nesting spots, with the females arriving soon after. If the males are not agitated, the red shoulders hardly show but when they see a rival or are advertising for a mate, the red really shows.

Their nests are camouflaged cup nests made up of rootlets, grasses and cattail reeds woven into cattail stalks. The cups are lined with soft grasses and are over water. The female builds the nest in three to six days, lays three or four eggs, and incubates for 10 to 12 days.

I eagerly wait for the Canada Geese to return to the marsh and to nest. They usually nest on the ground near the water, often on a mound, low stump or a depression in the ground. The nest is lined with sticks, cattails, reeds and grasses. The female builds the nest, lays four to 10 eggs, and incubates for 28 days. The male is nearby guarding the nest against intruders, while the female lies flat and motionless on the nest with her neck outstretched.

The yellow and black goslings are precocial, meaning they hatch with eyes open, are fully feathered and can walk swim, feed and maintain their own body temperature shortly after they hatch. Compare this to songbirds that are altricial. Their young hatch with eyes closed, naked and need two or more weeks of feeding and care.

An interesting notion about young geese is that they instinctively imprint on the first thing they see which usually is a parent. But sometimes their attach-



photos by Don Clark, above, and Jonathan Klizas

ment is to another animal or even a human.

Most birds break up at the end of the breeding season, but geese do not. The entire family stays together for about a year. The flocks of geese migrating south in the fall consist of several families. After wintering together, they head north in the spring. The parents return to their nesting territory while the young form flocks and relocate miles from their parents.

Soon after the geese have their young, the ducks start nesting. Our marsh normally has Mallards and Wood Duck families with an occasional Merganser family. Last year, we had several Wood Duck families but only a couple of Mallard families.

While Wood Ducks and Hooded and Common Mergansers nest in trees, Mallards build on the dry ground. Their nest is a depression that is made up of thick dried reeds and concealed in tall grasses and cattails. The female lays six to 15 eggs and incubates for



23 to 29 days. Sometimes, ducks lay in another duck's nest, so it is not unusual to see a different duck in a string of ducks following the mother.

All the while we are watching the geese and duck young, we are discussing if the Great Blue Herons will nest again this year. When the herons first built the nest, it was so flimsy that we doubted they would succeed but they did. Last year they tried with the herons sitting for many days with no results. We wondered if one of the pair might have died and this attempt was a new female. Now the nest needs repairing and again we hope.

I am only writing about the most obvious birds, but there are many songbirds nesting in the marsh such as Eastern Bluebirds, Tree Swallows and Eastern Kingbirds to observe.

A WESTMINSTER SAMPLER: NOW WHAT?

By Jessie Haas

It's interesting to imagine the emotions in Westminster and surrounding towns 249 years ago. On March 13, a confrontation at the courthouse had crossed some important lines. In the afternoon of that day, 100 so-called Whigs, men (only men) who supported American rights, and in some cases, American independence, occupied the courthouse, intending to shut it down.

This was in solidarity with Massachusetts, which was suffering under the British crackdown following the Boston Tea Party. Huge protests had shut down all the courts outside Boston, protests that had been deliberately nonviolent.

The farmers in the streets left their muskets at home, and carried only sticks. In imitation of that—and to protect themselves from charges of armed sedition—the protesters in Westminster also carried sticks that they got from militia captain Azariah Wright's woodpile.

The protesters had been promised that arms would not be brought against them, but the posse that arrived 20 minutes too late carried muskets, pistols, and swords.

They were operating under a New York law drafted by Westminster's own hated Torey, Crean Brush, which made 'riotous' gatherings of even three people illegal, and indemnified officials if they should 'happen to' kill, maim, or injure anyone who refused to disperse after the Riot Act was read.

Sheriff Paterson did read the Riot Act. The protesters stayed where they were, making themselves liable to extreme punishment. They were already in effect outside the law.

Though chief judge Chandler promised to disarm the posse, he did not. They returned just before mid-

night, fired on the crowd, fatally wounding two men, and retook the courthouse.

William French died during the night; that was the first line crossed. The death itself was bad enough; worse was the behavior of the posse, who laughed at and mocked his death agony.

The next day the second line was crossed. An enormous crowd of at least 400 armed, furious men surrounded the courthouse, threatening to kill everyone inside. The New Hampshire militia under Benjamin Bellows prevented that.

At about 4 in the afternoon, two Whig men walked up to the courthouse door and asked to be let inside. In short order they negotiated the surrender of the judges, sheriff, and posse. Resisting a demand from the crowd to bring them outside, they put the officials into the two courthouse cells.

All other county officials except the coroner were rounded up and jailed as well. That was another dangerous line. Interfering with and imprisoning officials was also punishable by death under the law drafted by Crean Brush.

And time passed. French was buried, after an inquest. Some officials were released. Others were marched off to jail in Northampton, which was considered a safer place to put them.

Three or four couriers raced off to New York City to alert the government; Daniel Houghton died. And nobody knew what would happen next.

THE BOARD OF DIRECTORS OF THE WESTMINSTER GAZETTE WOULD LIKE TO THANK THE VOTERS OF THE TOWN FOR APPROVING FUNDING FOR THE PAPER ONCE AGAIN. WE ARE VERY THANKFUL FOR THE TOWN'S CONTINUED SUPPORT. ALSO IF YOU ARE NOT RECEIVING THE GAZETTE AT YOUR HOME AND WOULD LIKE TO, PLEASE EMAIL US AT WESTMINSTERNEWS@GMAIL.COM.

NEWS FROM WESTMINSTER VOLUNTEER FIRE AND RESCUE

The Westminster Fire and Rescue Department holds its monthly meetings at 7 p.m. on the first Tuesday of every month and a combined drill on the third Tuesday of every month. Rescue training is the second Tuesday of the month.

Next association meeting is March 4 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 February: 42

Number of calls through March 21st : 29

Number of calls calendar year to date: 119

Number of calls fiscal year to date: 351

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting March 4th with President J.T. Tabolt presiding. There were 28 members present and 11 members excused.

Currently there are 48 members of the volunteer fire department. The department welcomed 3 new applications for membership: Coby Jeffrey and Jesse Jeffrey from Rockingham and Anthony LeFevour from Westminster West. Coby will be a junior member until the age of 18 in July of 2025. Jesse and Anthony will be full members after the usual 6 months' probation period ending in September of this year.

Emergency responses: February turned out to be another busy month with 42 calls for the month. Here is the breakdown for the 42 calls: 3 mutual aid, 1 to Bellows Falls, 2 to Putney; 25 rescue/medical calls; 5 motor vehicle accidents; 3 for police matters; 3 public assists; 2 box alarm/false alarm; and 1 for tree on wires/power line down.

Burn Permit Alert: Anyone wishing to do an outside

burn must get verbal permission from one of the fire wardens before starting a fire. You must speak with one of the wardens. Leaving an answering machine message will not count as a permit.

When calling for your permit, be sure to ask what materials are acceptable and which ones are unacceptable to burn. If the Fire Department is called to respond and the fire ends up being an illegal burn, the fire will be extinguished and a fine may be imposed.

In case there is a complaint from someone about the fire, the fire department is available to investigate and extinguish the fire if necessary. All burn piles should be at least 100 feet from any building.

Some of the items not allowed are: trash, building material, anything with paint on it, and cardboard. Keep in mind that there may be times when permits are not given out due to sudden changes in the dryness and wind conditions.

Always be aware of open dry areas and windy conditions before considering a burn. If one of the wardens is unable to take your call, leave your name and a good phone number, and one of them will call you back.

Do not start a fire until you have spoken to one of the wardens and given permission. The wardens are: Warden: Chief Cole Streeter 802-722-3178; Deputy Warden: Duty Chief Mark Lund 802-463-9355; Deputy Warden: Pat Haas 802-387-5778.

Flooding: Dangers of high water and flooded cellars becomes an issue this time of year. Residents should check the workability of sump pumps and drains. Be sure to keep watch of the cellar for incoming water. Water in the cellar

can be extremely dangerous, especially if the water comes in contact with anything electrical.

The Fire Department does not have the equipment to pump water that is less than 4 inches deep. Avoid driving through puddles on the road. Their depth can be deceiving.

Watch the children around potentially deep water. And don't forget the pets.

Off Road: The fire department is looking for names of anyone who has an off-road vehicle that they would be willing to operate in case of an emergency requiring off road or 4 wheelers. Contact any member of the department if this is something you are able to make available.

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 or honor a loved one or a friend. All memorial donations go into our scholarship fund to be given out at graduation.

Send donation to: Westminster Fire & Rescue Association PO Box 111 Westminster, 05158.

Donations in March: Allison Deen, Thomas Cobb, Chris Potter, Bruce Mickle, First Congregational Church of Westminster Women's Fellowship.

As always, we would like to thank the members of the community for their continued support of the fire department. Check us out on our web-site www.westminsterfire-andrescue.org.

Aged in Vermont

Westminster Cares, Inc.

ONE OF MY OLDEST FRIENDS SAYS HELLO. IS IT A SCAM?

By Don Dawson

I consider myself web-savvy. I’ve worked within the tech world for over 20 years and while I’m far from the most technical person I’ve met, I like to think that I’m smart enough to avoid the many scams and swindles that can appear throughout our digital lives. And they are aplenty. They’re on your phone. They’re in your email. They’re in your text messages. They’re on a great many social platforms and they come in a whole host of ways to hide behind what appears to be simple benign social behavior.

Recently, on Facebook, I received a friend request from a very old friend. Growing up, our families were very close. Our parents were part of the volunteer Fire and Rescue teams. So, we spent a great amount of time together. I hadn’t heard from this person for some 40 years. So, yes, it was odd to hear from them but at the same time, it was lovely that they reached out.

Now not every person that reaches out to you on Facebook is a scam artist. But this situation took my guard down, which is the intent. An hour or so after accepting the friend request, I got a message on Messenger, which is Facebooks text platform. And it was your basic small talk – how are you, how have you been? Nothing to set off any alarms. I responded appropriately. Good to hear from you – hope you and your sister are well.

But the response seemed off. It was too familiar, too quickly and while that may just be the cynic in me, it put my guard back up. I responded again and said that I was sorry to hear that their health wasn’t good and hope things improved. A day passes and a follow up message appears asking if I had ever heard of LCIF. And I thought that very odd indeed. My response was simply – “another acronym I don’t know.”

That was enough for me to do a little online sleuthing. First, I searched for “LCIF” – it stands for “Lions Club International Foundation”. And not far down on the search results page, the actual Lions Club has a listing detailing the scam and what to watch for.

I immediately went back to Facebook and looked a little closer at my childhood friend’s page. It was a com-



plete rip-off from the person’s actual Facebook page. They copied their pictures, put some numbers after their name to make it appear as if it was the real person but their profile had zero information. I reported it to Facebook and then I reached out to my friend and informed them that their profile had been spoofed and a scammer was working their way through their contact list.

The point of this article is that no matter how web savvy you might think you are, scams have become so ubiquitous that if you aren’t on your guard at all times, you’ll find

yourself regretting the simplest of decisions.

Educate yourself:

Don’t open emails from people you don’t know.

Be careful with links and websites you are not familiar with.

Create strong passwords and write them down.

Be sure to update your software with any updates that are available to you.

Don’t make purchases on websites you aren’t familiar with.

Google the name of the website and ask if it’s for real or a scam

Same with products you might purchase online

Don’t let these crooks get the better of you. Be smart and if they’re on your phone – don’t answer or hang up. Social Security will never call you. The FBI is never going to call you about your passport. The IRS is never going to call you and ask for gift cards as payment. The list goes on and on. But all of these things are real scams and many of us have fallen for them. If you get such as call, text or email, you can report them.

Call 211 or 802-652-4636 or email the information to ago.cap@vermont.gov.

You can also see a listing of scams at AARP’s website: www.aarp.org/fraudwatchnetwork ; or call AARP’s National Fraud Watch Helpline at (877) 908-3360.

Elliott Greenblott of AARP’s Fraud Watch giving a talk on March 20 at the SOUPer Wednesday luncheon co-hosted by Westminster Cares and the First Congregational Church of Westminster.

REMEMBRANCES

APRIL 2024:

CHRISTINA M. ALLCOCK, 54
1/15/1970 - 1/29/2024
WESTMINSTER WEST, VT

GAVIN R. HOLLOWAY, 16
4/15/2007 - 2/25/2024
BRATTLEBORO, FORMERLY
WESTMINSTER, VT

DENNIS LADD, 71
5/28/1952 - 2/20/2024
BELLOWS FALLS, VT

(GLORIA) LEE MACDUFFIE, 94
11/12/1929 - 3/3/2024
WESTMINSTER, VT

ROBERT PERHAM, 78
1945 - 2/28/2024
WESTMINSTER, VT

TIMOTHY J. WELLS, 72
7/26/1951 - 2/27/2024
WESTMINSTER, VT

WEST ROAD LOOP WALK

Please join us for an enjoyable stroll around the West Road Loop on Sunday, May 5 at 1:30 pm.

Sometimes a relaxing walk with a good friend or neighbor on a country road can help put the world in perspective in these unsettling times.

The walk will begin at the church and venture up West Road and down Cross Road returning to the church. The entire loop is approximately 3 miles and participants can do all or part of it, remembering that it’s the journey and not the destination.

Families are welcomed to join the fun with a scavenger hunt for the young ones. Upon returning to the church, snacks and light refreshments will be served.

Everyone is encouraged to stay and visit and, if interested, join a conversation exploring the broad issues that affect our community. Hopefully, it will be a nice sunny spring afternoon and you can join the festivities.

Contact Rich Talbot with questions at 802-387-5623.

WOMEN’S HISTORY MONTH



March serves as Women's History Month, honoring the leaders, activists, and role models—both past and present—who have risked their lives fighting for justice and equality.

The celebration evolved in the late 20th century from a “Women's History Week” in California in the late 1970s, to a week-long national celebration in 1981, to finally earning national recognition in its month-long capacity in 1987.

At Kurn Hattin Homes for Children in Westminster Vermont, Social Studies and Civics Teacher, Deborah Velto and one of her classes, recently created a bulletin board honoring women who advocate or have advocated for equity, diversity, and inclusion.

PART-TIME LIBRARY DIRECTOR NEEDED

The Butterfield Library has a part-time position open for a skilled and energetic Library Director.

We are looking for candidates excited to bring new and creative ideas to shape our library of the future. In addition to managing the library, the Director will develop new programs and activities, expand community outreach, and create a welcoming space for people of all ages to enjoy and learn.

The position is approximately 17-20 hours a week, at the rate of \$21-\$23 per hour, with limited benefits. Some evening and/or weekend hours are included.

The schedule will be developed in coordination with the successful candidate after assessing the current schedule.

To apply, please send a resume and cover letter to sjharlow@myfairpoint.net or jgrout@high5adventure.org, Butterfield Library Trustees. The position is open until filled.

For a description of the position in more detail, go to: butterfieldlibrarywestminster.wordpress.com.

The Butterfield Library, part of the Westminster Institute located in Westminster village, has a 100-year history of serving the community.

ANTIQUES & UNIQUES APPRAISAL FUNDRAISER

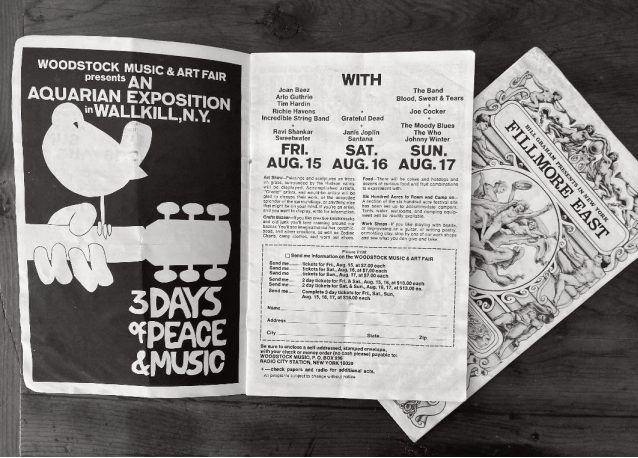
Treasure or trash? Collectors will be able to find out if that family heirloom Grandma passed along is worth hanging onto at an antiques and uniques appraisal event Sunday, May 5 in Bellows Falls.

The fundraiser runs from 1 to 5 p.m. at the United Church on School Street and is a benefit for the Bellows Falls Woman’s Club scholarship fund. Admission is free.

Several appraisers will be on hand to evaluate items and provide information about them. Up to three items can be presented, at a cost of \$8 each, or \$20 for a box lot of coins, stamps, post-cards, jewelry or the like. Firearms, knives, ammunition and other weapons are excluded, as well as rugs larger than 6 by 9 feet. Large furniture pieces can be evaluated through photographs.

Appraisers currently scheduled are Stephan Brandstatter of Brattleboro, who specializes in music-related items, Kit Barry, also of Brattleboro, whose expertise is ephemera, and Sharon Boccelli of Westminster, well-known local auctioneer.

Barry describes ephemera as “... any paper material...covered from 1700s through today, (including)...



Are your two Fillmore East Summer 1969 programs, with a 2-page ad for tickets to the Woodstock Festival - \$7 a day or \$18 for all three days - worth anything? Bring them to the appraisal and find out.

catalogs, booklets, pamphlets, letters, labels, products with labels still attached, product boxes, greeting cards, invitations, tickets, programs, photographs, school report cards, menus, newspapers, magazines, forms, etc.”

Textiles, furniture, currency, coins, clocks, watches, sterling, objets d’art, books, fine china, jewelry, oriental rugs, entertainment memorabilia, American and European art glass, fine art, pottery, musical instruments and vintage clothing are suggestions for items that can be appraised.

Access to the venue is through the rear of the church at the ground level. Parking is limited in the rear, but additional parking is available in the Hetty Green park lot behind TD bank. Helpers will be on hand to direct traffic and help with offloading.

Further information can be found on the BFWC Facebook page and website, www.bellowsfallswoman-sclub.weebly.com

The BFWC scholarship fund awards scholarships to graduating seniors at Bellows Falls Union High School and Fall Mountain Regional High School.

SEEKING VENDORS & EXHIBITORS



Do you:

Make a craft you’d like to sell?

Have a special recipe or food item to make for a

crowd?

Have a skill you’d like to demonstrate to our community?

Are you:

An organization that would like to get the word out about your mission?

A nonprofit looking to raise money?

A group that wants to connect with your town?

If so....

Plan to set up a booth at the Westminster Community Festival, Saturday, Sept. 14 on the Westminster Institute grounds. We’ll have music, food, an art show, and entertainment! We’re inviting local residents to bring their products, expertise, and sense of fun.

Being a vendor is free – no entrance fee! Contact Jason Perry at perryfamilymapleworks@gmail.com to sign up, get more info or if you’re just curious.

Mystery Photo



Anyone recognize this store and gas station in a part of town that no longer has either?
Michael Krasner and Beth Anderson both responded to last month’s Mystery Photo, which was of the Henry Thompson sawmill at School Street and Westminster Heights intersection with the New Cemetery in the background

KINDERGARTEN REGISTRATION TIME

If you live in Rockingham, Westminster, Athens, Grafton, and Saxtons River, it’s time to register your child for kindergarten.

Please visit www.wnesu.org's Family and Student Information and Resources tab and "Kindergarten Registration" and access each elementary schools' online registration form.

Students must be 5 years old by Sept. 1, 2024.

Families who would like to request paper copies can contact Windham Northeast Supervisory Union's individual elementary schools, with contact information at www.wnesu.org.

Registration paperwork should be returned by April 12, 2024.

RESCUE TRUCK FOR SALE

The 1997 Ford Rescue Truck is for sale. Bids need to be received by April 26, the bid will be awarded on the 28th.

The Westminster Fire Dept. reserves the right to reject any and all bids.

You can come view it at the Main Fire House.

Contact the Chief for more information.

Submit bids to Westminster Volunteer Fire, District P.O. Box 98, Westminster VT 05158.

WESTMINSTER HAPPENINGS

WE’RE ALWAYS UPDATING THE HAPPENINGS ENTRIES. PLEASE LET US KNOW WHEN THINGS CHANGE OR WHEN SOMETHING SHOULD BE ADDED OR REMOVED. THANK YOU!

FAITH COMMUNITY

The First Congregational Church of Westminster
The Westminster Congregational Church on Route 5 in Westminster invites you to join us for any and all our worship services and events.

Thursday March 28th. Maundy Thursday Soup meal at 5:00. Service at 6:00

Friday, March 29 Good Friday Service Private time for prayer and meditation 12-3. Service at 6

Easter Sunday March 31 Sunrise Service 6:30 a.m. Mayo Building KHH. Breakfast at church from 7:15-9:45. Service at 10 a.m.

April 2 Women's Fellowship 11 a.m. in Hall

April 7 Worship at 10 a.m. Coram Deo to follow in hall with soup. Topic is "Attitudes"

April 14 Worship at 10 a.m. with Communion

April 15 Standing Committee 5:30 on Zoom

April 21 Worship at 10 a.m.

April 28 Worship at 10 a.m.

Souper Wednesday is each Wednesday in April with three soups available and great company from 12-2 p.m. in the Hall.

The Congregational Church of Westminster West
Worships every Sunday at 10 a.m. We are using Facebook Live to stream our weekly services. Just go on Facebook to the church's page. If you are with us in person, we ask you to wear a mask when conditions warrant it. Masks are available at the church. We are an Open and Affirming Church and fully accessible.

On the first Sunday of every month we celebrate Holy Communion. For those watching on Facebook, please provide your own elements. On the second Sunday, the congregation collects a special offering for the food shelf at Our Place in Bellows Falls. Each dollar donated buys \$10 of food for Our Place from the Vermont Food Bank.

Rev. Susie Webster-Toleno keeps office hours either in the office itself or by visiting parishioners on Thursday afternoons and is available by appointment at other times. She keeps Mondays as her Sabbath observation. She can be reached at susiewt@gmail.com or (802) 579-8356.

Walpole Unitarian Church
The corner of Union and Main Streets, Walpole, NH. Services begin at 10 a.m. with Rev. Elaine Bomford. www.walpoleunitarian.org. First Sunday of each month is Circle Sunday with visiting presenters.

United Church of Bellows Falls
Worship service is at 10 a.m. every Sunday at 8 School Street. ALL are welcome to attend.

Following the service, we host a time of refresh-

ments where you can get to know other members of our community. We offer many other services throughout the week, so there’s something for everyone.

To learn more, call us at (802) 463-4323 or visit us. Also find us on Facebook. We’re always happy to meet new people and welcome them into our church family.

ACTIVITIES

Butterfield Library hours are Mon., Tues. and Thur. 1 - 6 p.m. and Sat 10:30 a.m. to 12:30 p.m.

Westminster West Library Hours Tuesday, Wednesday and Friday 1- 6 p.m., Saturday 10 - 2 p.m.

Gentle Yoga with Lisa Nigro
Call Westminster Cares 722-3607

Accessible Yoga Class with Lisa Nigro
Monday's 10-11:15 a.m. Westminster Institute

Living Strong with Ronnie Friedman, Karen Walter
On line - Mondays & Thursdays 722-3607

Tai Chi new beginners’ class forming
Tuesday 11 a.m. - noon at Westminster Institute
Call Westminster Cares 802-722-3607

Souper Wednesdays
Homemade soups at Congregational Church Rt. 5
Noon - 2 p.m. By donation
For deliveries Tina 802-376-7330

Putney Contradance
Last Sunday of month at 3 p.m.
Pierce's Hall, 121 East Putney Falls Road
Vaccinations, boosters & K95 masks
contradanceputney@gmail.com

Knitting Together
An Enjoyable Experience! Wednesdays 1- 3 p.m.
Village Square Booksellers, Bellows Falls
Bring your needles, we have yarn and casual instruction - all products donated locally.
Contact: Caroline 802-463-4653

Coffee Mornings - Coffee, Community, Conversation Westminster West Library, Saturdays from 10 to 2. All welcome, please drop in!

Zumba Fitness at Westminster Institute: Latin and world rhythm music, set to easy-to-follow choreography, with a focus on cardiovascular and muscular conditioning, flexibility, and balance. Hybrid

Classes: Tuesdays & Thursdays at 4:30 p.m Pre-registration and status review is required; contact: ZIN Certified Instructor: Pauline Blake O’Brien, 802-376-5397, paulineblakeob@outlook.com.

MEETINGS

Town Clerk - 802-722-4091

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

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

Conservation Commission meets by ZOOM every 4th Thursday at 7:15 p.m.

Development Review Board 1st Monday of each month at 6:30 p.m. at the Town Hall.

The Westminster Fire and Rescue meet on the 1st Tuesday every month, at 7 p.m. and a combined drill on the 3rd Tuesday at the Fire Station. 802-722-3178

911 Committee as needed

Westminster Cares Board 802-722-3607
1st Wed., 4:30 p.m., Westminster Institute on-line & in person

Westminster Historical Society Board
3rd Tuesday, 7 p.m. Town Hall 2nd floor

Westminster Institute Board
2nd Tues. 6:30 p.m., Westminster Institute
jimmatteau@gmail.com

Westminster Gazette westminsternews@gmail.com
3rd Monday, 5 p.m., Westminster Institute

Westminster West Library Board 802-387-4682
2nd Wed. 7 p.m. at the WW Library

Windmill Hill Pinnacle Association
3rd Thurs. 7 p.m. In-person or Zoom
Contact: coordinator@windmillhillpinnacle.org

The Living Earth Action Group
most Fridays at 5 p.m.
Westminster West Congregational Church
Contact: CaitlinAdair@sover.net

Deadline:

The Deadline for
the May 2024 Issue of the
Westminster Gazette is
Wednesday, April 24
Publication Date is
Wednesday, April 29
To Contact the
Westminster Gazette
E-mail:
westminsternews@gmail.com

THE GAZETTE GRATEFULLY ACKNOWLEDGES
THE SUPPORT OF ITS UNDERWRITERS:

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The Cottage by the Brook
Stacey & Tim Allen
Kurn Hattin Homes
Town of Westminster
Westminster Cares
Westminster Fire and Rescue Association
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Community
westminsternews@gmail.com

ERYN ROSS AWARDED DIABETES SCHOLARSHIP

Bellows Falls Union High student Eryn Ross from Westminster was awarded the Skin Grip Diabetes Scholarship. Applying via a short video Erin conveyed how she lives with diabetes. She was selected as one of 25 recipients for this \$1,000 scholarship.

The mission of Skin Grip is to help individuals with diabetes who struggle to keep their glucose monitors inserted in their skin while living an active lifestyle. This scholarship aims to support students who live fearlessly and fight to make the world a better place despite their diagnosis.

As referenced on their scholarship website, “Living with diabetes can make everyday activities more challenging due to the need to manage blood glucose levels. High costs of healthcare, insulin, diabetes devices, and supplies only make things more difficult.

Students living with diabetes have to deal with all this and more. Regardless of these challenges, individuals with diabetes rise to the occasion and deserve to be recognized for their resilience and determination to keep going even when



things get tough.”

To be eligible for this scholarship, applicants must be a high school senior, undergraduate in a 2- or 4-year degree program, or graduate student who has diabetes.

Eryn will be attending the University of Saint Joseph in Connecticut where she will be majoring in Social Work and playing field hockey.

SPRINGTIME EPHEMERAL WILDFLOWER WALK

Join the Westminster Conservation Commission in search of woodland wildflowers on Sunday, April 28 from 1 to 2:30 p.m. Date is subject to change depending on the weather and timing of the blooms.

Please register for information on any changes.

We will meet in Westminster West village and carpool to a local deciduous forest where these short-lived blooms are plentiful and varied. Registration is required, and maximum number of participants is 12.

To register, please email westminstervtconservation@gmail.com.

For more information, call Rachael Shaw at (802) 869-3184.



Photo of Bloodroot Blooms in April, by Rachael Shaw.

CAREER AWARENESS PROGRAM FOR KURN HATTIN STUDENTS

Kurn Hattin Homes for Children is proud to announce their new Career Awareness Program, which is designed to introduce the Homes’ 8th graders to a diverse array of local businesses and organizations so that their experiences in real world settings might positively influence and guide future educational choices and professional career paths.



The first official destination for the students in the Career Awareness Program (CAP) was at Subaru of Keene. The visit ticked all the boxes! Hosted by Justin Tyler, Service & Parts Director, and Anthony Hart, Senior Master Technician and Shop Foreman, the tour included stops in the sales showroom, as well as the service area.

The students were introduced to a variety of career opportunities and the educational background and skill sets required to successfully pursue those jobs. They also learned that there’s a place for all people in the auto industry; people who have earned a GED, those who have earned an advanced college degree, and everyone in between.

Bob Swartz, Vice President and CEO of the Fenton Family Dealerships and organizer of the CAP visit, said, “Introducing students to the auto industry provides them with valuable insights into various aspects of technology, innovation, economics, and sustainability, preparing them for future careers and enabling them to make informed decisions as consumers and global citizens.”

Jeff Lubas, General Manager at Subaru of Keene, concurred, “We are so grateful to be able to have a positive impact on someone’s future.” Then, referring to the changing population of the auto industry, he told the students that every year more and more women are

getting in to the business both in sales and service.

In fact, one of the highlights of the visit was meeting Service Technician Meagan Sherman. She’s proof positive for the Homes’ students that all are welcome in every area of the auto industry. Toward the CAP goals, it’s this type of eye-opening experience and heightened awareness that will help prepare Kurn Hattin Homes’ graduates for futures with limitless potential.

The Program has plans to visit a wide variety of local participating businesses and organizations, including the Colonial Theatre and Showroom, Len-Tex Corporation, Whitney Brothers, Fireworks Restaurant, Savings Bank of Walpole, Badger Balm, the Keene Beauty Academy, RE/MAX Town & Country, Monadnock Community Hospital, with other destinations in the planning stages.

To discuss adding your organization contact Lorie Rogers at 802-721-6917 or lrogers@kurnhattin.org.

In photo, Students and staff from Kurn Hattin Homes for Children pose with Subaru of Keene CAP hosts Jeff Lubas, General Manager (far left); Justin Tyler, Service & Parts Director; and Anthony Hart, Senior Master Technician and Shop Foreman (far right) following a tour that introduced students to the many aspects of the auto industry.

STAINED GLASS RESTORATION AT 1ST CONGREGATIONAL CHURCH

The First Congregational Church of Westminster Standing Committee announces the reinstallation of two Stained Glass windows taken out for re-leading last summer and the installation of protective coverings to again allow the beautiful stained glass to be seen from the outside of the building.

The church received a 2023 Vermont Division for Historic Preservation (VDHP) matching grant of \$20,000 to help restore the stained glass windows. Boward Studio will return in early April to reinstall the two windows and refurbish the other windows where needed.



They will then install new laminated glass in a vented framing system as protective coverings on all the Stained Glass Windows. The vented frames will keep heat from building up, helping to preserve the stained glass.

The church is pleased to help enrich Westminster’s historic village. Although this grant will cover about a quarter of the cost, donations to help restore and properly protect the 26 stained glass windows will be gratefully accepted.

Donations can be made by sending a

check to First Congregational Church of Westminster, PO Box 122, Westminster, VT 05158.

The Church, Organized in 1767 is an open and affirming independent church. We welcome and accept into full membership and participation people of every race, nationality, age, gender, marital status, sexual orientation, physical and mental ability, and economic status.

EVENING TAI CHI CLASS

Want to take tai chi but can’t attend a daytime class? A new beginner tai chi class begins at Westminster Institute April 11. Taught by Leslie Lassetter Thursdays at 6 p.m., classes are cosponsored by Westminster Cares & Oriental Healing Arts Assn (OHAA).

Designed for the older adult, OHAA Tai Chi was developed by martial arts master Gene Gaudreau following a motor cycle accident. No longer able to compete, he used his extensive Tai Chi/Qi Gong expertise to develop Senior Safe/Senior Friendly classes. Ben Daviss introduced OHAA Tai Chi classes at Westminster Cares about a decade ago and began training Leslie Lassetter to teach soon after.

Studies show that this centuries old art can improve balance, reduce risk of falling, relax the body, calm the mind, improve coordination, and expand range of motion, not to mention lift the spirits and improve sense of well-being.

OHAA Senior Instructor Leslie Lassetter has taught in Westminster and Bellows Falls, and in Claremont, NH. Besides movement therapy background, she has taught and written English coun-

try dance. Look up her “Tai Chi with Leslie” on YouTube or see it on local FACTV.

Thursday evening classes meet for an hour at 6, timed for those still working by day. What to wear? Comfortable clothing & soft-soled, indoor shoes. In warm weather, her classes enjoy meeting outside.

Cost \$10/ class. Partial scholarships available. Location: Westminster Institute, 3534 Rt 5, Westminster. Masks optional. Contact: Donna Dawson, wecares@sover.net, 802-722-3607.

There are also limited spots available in an intimate beginner Tai Chi class at 9:45 am Tuesdays. This seated/standing class caters to those who are recovering from injury/surgery. Also those in need of more focused attention in a small group setting. Cost \$20. Contact Donna Dawson per above.

Tai Chi is getting lots of press. It’s even prescribed by doctors. Many studies sing Tai Chi’s health-worthy praises. Because the moves are slow, it is often called meditation in motion. Come, join in. Generate some healing Chi and experience what Tai Chi is all about.

WOMEN WRITERS PROGRAM IN PUTNEY

Award-winning writer Elayne Clift offers a presentation on women writers who were courageous enough to tell truth about their lives at Putney Public Library on Tuesday, April 2 at 6:30 p.m.

“What would happen if one woman told the truth about her life?” Poet Muriel Rukeyser famously asked more than 50 years ago.

Her answer? “The world would split apart.”

This presentation in honor of International Women’s Day offers a historical review of women writers who told the truth about their lives and created social change in important ways through courageous writing in various genres. Their insightful works changed women’s lives in the home, the marketplace, academia, institutions, and government.

Putney Public Library is located at 55 Main St in Putney,.

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The logo features a circular emblem with a stylized maple leaf inside a chimney structure. The words "MAPLE LEAF" are arched above the circle, and "CHIMNEY SWEEP" is arched below it. To the right of the emblem, the text "Maple Leaf Chimney Sweep" is written in a large, serif font. Below this, the phone number "(802) 380-9890" is displayed. At the bottom, the email address "Mapleleafchimney@gmail.com" and the website "www.mapleleafchimneysweep.com" are listed, followed by the Facebook URL "Facebook.com/mapleleafchimneysweep".


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APRIL BUSINESS OF THE MONTH: HARLOW FARM STAND

Harlow Farmstand will open for the 2024 season, our 33rd, on Wednesday, May 1. We'll be glad to see you, so stop by to say hello to Dan Harlow and his staff Cherie, Ethan, Emma, and Andrew.



If you've been dreaming about your garden through the winter months, we're the place to be. You'll find flower and vegetable starts, annuals and perennials, and hanging baskets for Mother's Day, all organically grown, of course.

We also offer just about everything else you might need: fruits and veggies, dairy products, cheeses and dips, Harlow Farm eggs and frozen chickens, local meat, wine and beer, Orchard Hill Breadworks bread, and preserves such as jams and salsa.

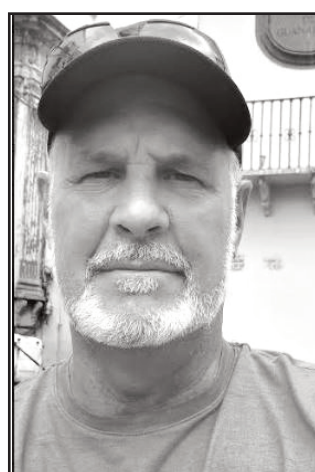
We're open from 9 a.m. to 6 p.m. every day. Michael Lenox will open Cafe Loco as well, serving delicious breakfasts and lunches. Outside dining as soon as the weather warms up! Please note: Cafe Loco will be closed on Tuesdays this season.

You'll find more on our website, harlowfarm.com, and please like us on Facebook.

Photo of Dan Harlow by Lori Larue.

APRIL BUSINESS OF THE MONTH: CHRIS HINDS, CSW

Chris Hinds is a Clinical Social Worker offering counseling and psychotherapy to adolescents, adults, families and couples at his Bellows Falls office, located at 39 The Square.




His practice is new to the area, although Chris has 40 years of direct practice experience as a therapist. Chris is the former Clinical Director of six different accredited mental health treatment programs in the Northeast and Southeast. Meadow Cove Counseling is celebrating 8 years of its operation as an individual practice LLC with Chris.

Clinical Social Workers provide more mental health services in the U.S than psychiatrists, psychologists and all other helping professionals; a fact many Americans are unaware of. Chris specializes in work with teens and "tweeners," young and older adults as well as both traditional and non-traditional, non-binary spouses and partner couples.

He is experienced with helping teens and young adults with life adjustment issues, school or work difficulties and more complex mental health and/or family problems for clients of all ages.

With a strong background as a Psychiatric Social Worker, Chris provides diagnostic assessment and treatment for almost all mental health disorders. This includes treatment of bipolar and unipolar depression, generalized anxiety, trauma, grief and loss, substance abuse and addictions, identity issues, adjustment problems, divorce, infidelity, and work with higher-functioning, neurodivergent clients. Chris also has a driving interest in the existential threat of climate change which has brought inter-generational climate anxiety to the forefront of people's everyday lives and world view.

Chris accepts BC/BS insurance and HSA cards. Parents and adults can always request a 75-minute, confidential consultation only (without a treatment plan) to discuss complicated individual, family or life circumstance issues.



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