

REGIONAL CHAMBER HONORS KH WORKERS

The Greater Falls Regional Chamber of Commerce honored two Kurn Hattin employees who create magic in the community.

Terry Andrews wears many hats at Kurn Hattin Homes. She is the Homes' Admissions and Family Outreach Assistant, and the School Office Manager. Those are a lot of hats and a lot to juggle—a truly amazing magic act.

She is the air traffic controller in the school office. Everyone comes to her for everything. For the school, she does attendance, communicates with families, does logistical details for trips and events during the school day, finds coverage for classes when teachers are out, and facilitates all the ordering of supplies for the school.

Families rely on her for information and she's the go to person for their questions. She's the key link for families during the process of enrollment. The relationships she builds with families and children right from the start helps them through the transition into, during, and beyond Kurn Hattin.

Terry's the person that people reach out to from many departments on campus to get questions answered or to find out where to get information. She spends time outside of work hours with students who could benefit from a supportive adult in their lives. They go out for a meal, enjoy an activity, or just hang out.

She's here for the kids, families, and staff in everything she does. She is a very dedicated professional who loves children

and the work she does to positively transform children's and their families' lives. Terry Andrews truly creates magic in our community! p.s. Terry was just promoted to Admissions Coordinator!

Kurn Hattin Homes SmartLab Facilitator, musician and songwriter, Ben Weiner, was also honored.

Besides his varied skills helping with the music program, Ben spends his time with the KHH students in the SmartLab, as well as after school playing Dungeons and Dragons and other activities. Their projects include creating 3D prints, creatures in Minecraft with customized coding, Lego models depicting historical events, and Robots from the VEX Continuum. There is definitely a lot of magic happening when they're together!

The SmartLab aims to prepare the students for a world of rapidly changing technology, centered on communication, collaboration, creativity, and critical thinking, all facilitated by the wizard himself, Mr. Ben Weiner.

Additionally, Karen Walter, who was Kurn Hattin Homes' 1st Mayo Memorial Center librarian from 1989-1995, was named the Chamber's 2024 Person of the Year. She stated that she enjoyed her years at Kurn Hattin very much.

It was a celebration of those who inspire others and bring a magical touch to our community.

In photo, Ben Weiner, left, and Terry Andrews.



NEW BUTTERFIELD LIBRARY DIRECTOR ALISON BAITZ

Alison Baitz, our new director at the Butterfield Library, says she is absolutely thrilled to serve as the library's next director. She will start work May 20.

Alison received her M.A. in Children's Literature and M.S. in Library and Information Science from Simmons University satellite programs, located in South Hadley and Amherst, Mass. She has worked in a variety of library settings and enjoys every aspect of the work.

Outside of libraries, Alison is deeply involved with Art+Feminism, an organization dedicated to closing information gaps related to gender, feminism, and the arts, largely through editing Wikipedia.

She also maintains a sporadic self-publishing



practice and enjoys knitting in her spare time. "I'm really looking forward to meeting the wonderful people of Westminster and beyond, and cannot wait to share my ideas and enthusiasm with the community!" Alison said.

Alison takes over from Linda Fawcett, who is retiring after 37 years as librarian for the Butterfield Library.

Stop by an open house at the Institute on Thursday, May 30, from 3-6 p.m. to wish Linda well.

In photo, new library director Alison Baitz.

GREEN UP DAY MAY 4TH

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

Green Up bags are available at the Town Hall in Westminster, the Westminster West Library, and The North Westminster Community House. You may also pick up bags in front of Town Hall on Green Up Day from 8:30 to 10:30 a.m.

The bags used to gather trash may be placed on town roadsides after April 29, so the bags aren't left along the road for long periods of time. Please do not leave them on private roads.

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.

As a safety reminder: Please wear gloves when picking up trash. 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 VT State Road maintenance personnel (<http://vtrans.vermont.gov>) or the State Police (<https://dps.vermont.gov>)

Contact the Westminster Conservation Commission at westministervtconservation@gmail.com.

WESTMINSTER'S DECLARATION OF INCLUSION

In anticipation of Vermont's Inclusion Week, local leaders gathered on April 22, to hang the document in the foyer of the Town Hall. In 2021 Governor Scott declared the second week in May as Vermont's "Inclusion Week" with the goal of 100 towns signing on. As of April 17, 2024, 143 municipalities have joined the effort.

Here locally, the first step beyond the vote will mean the forming of a Diversity and Inclusion Committee for the Town of Westminster. The committee will consider ideas for taking action locally. Thus far, ideas have spanned from assuring the Moover bus stop has a sign and shelter in Westminster Center to having a booth at the 250th anniversary celebration in September, to creating an advisory committee responsible for hearing concerns related to inclusion. More information will be available soon on the town website @westministervt.org.



From left, Leslie Goldman, State Representative for Westminster, Rockingham, and Brookline; Nader Hashim, Windham County State Senator, Vice President Windham County NAACP; Wendy Harrison, Windham County State Senator; Rev. Dr. Lise Sparrow, NAACP Religious Affairs, Vermont Interfaith Action; Mike Mrowicki, Southern Vermont Interfaith Action Community Organizer, Windham-4 Representative; Lou Bordeaux, Westminster Town Manager; and Michelle Bos-Lun, State Representative for Westminster, Rockingham, and Brookline.

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Westminster Gazette

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**VERMONT ROUTE 121
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MAY 15 DUE TO I-91 CONSTRUCTION.**

**THE DETOUR ROUTE IS THE BACK
WESTMINSTER ROAD, THE I-91 ACCESS
ROAD AND US ROUTE 5.**

**ON I-91, NORTHBOUND TRAFFIC WILL BE
DIVERTED TO THE SOUTHBOUND LANE,
AND BOTH NORTH AND SOUTH TRAFFIC
WILL BE LIMITED TO A SINGLE LANE IN
THE CONSTRUCTION AREA.**

OUR WORKING LANDSCAPE - HOLSTEINS... SMALL, LARGE & MEDIUM

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

The big dairy on Rt. 5 in Westminster is a family affair, run by four members of the Goodell family ever since Clayton Goodell bought the farm in 1978. Today, they have expanded to 1500 acres and 1500 Holsteins, producing nearly 3 milion gallons of milk each year.

It's a 24/7 business, milking three times a day every day - cows don't go on vacation! Westminster Farms also grows most of its own feed and breeds its own replacement cows. Through its Digester/Separator system, the Farm processes its manure and sells power to Green Mountain Power, and provides compost for sale to gardeners.

The Goodells take great pride in 'cow comfort', from clean water and plenty of bedding to fans for fresh air and sprinklers to keep the barns cool in summer. The family divides the work, since caring for that many cows is a complicated business.

Jill keeps track of everything from finances to cows to crops. She listed some of the things that need to be considered - for example, cow socialization. Cows need to get to know each other and establish the pecking order that is innate to being a herd animal, so they are kept in groups. These are gradually combined and re-organized depending on productivity. Schedules rotate throughout the year, so there is always milking and breeding and calving going on.

Jason is Herd Manager. To improve their stock, the Farm does genetic testing on their heifers (cows that have not calved). Nowadays, most dairy cows are bred through AI (not that AI) meaning Artificial Insemination, so semen can be bought from a wide range of bulls to produce desirable traits. And interestingly, semen can now be sexed with 95% accuracy - if you are in the dairy business, you need the female animals that give milk. The males go into the beef trade; the farm is also cross-breeding some cows with Aberdeen Angus to produce a more valuable meat.

Clayton, now in his 70s, is at the Farm every day from 1 am. He says he's "never worked a day in his life" because he enjoys it so much. He manages the

feeding program which enables cows to steadily produce their best. The herd is fed silage grown on the Farm plus supplemental grain, with variations depending where the cow group is in its cycle, whether calving or milking or dry. And of course the calves have their own special food, since they are not kept on their mothers.

Shawn manages the Farm's 1500 acres of forage crops as well as the machinery and crews needed to grow them. Knowing your fields and what will grow best where takes a lot of knowledge, as does what to cut when to make the best silage. And of course, the weather is not always on your side! We all hope for a good summer in 2024.


And then there's regulation. The State of Vermont requires a Nutrient Management Program for larger farms such as Westminster. The Farm must keep track of every ton of manure, gallon of waste, tons per acre of forage and so on so that it will not exceed the land's ability to sustain production without affecting the wider environment.

Wow! you have to know a lot to run Westminster Farms!

Photos, clockwise from top left: Replacement heifers live in small groups; milking cows can eat and drink as they please; and calves are kept warm in little pink blankets.

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A&E Events Section \$50 a month

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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 -

In the blink of an eye, it's the month of May! April was a busy month in and around Town Hall. My month started off at the Municipal Solutions Summit in Woodstock. This was the inaugural gathering for Town Managers and Administrators in the region.

In all, 20 of us attended the two day event which featured several informative roundtable sessions and an interesting concept called "Braindates". These gave us the opportunity to break off into smaller groups for more focused conversations.

The roundtable discussions covered a wide range of topics, all of which were relevant and informative. A few of the topics covered were: "Shared Services and Regionalization," "Public Engagement" and "Future of Local Government."

These were valuable subjects for a variety of reasons. One being, Westminster is not alone in the state in attempting to solve the issues that are affecting us now, and in all likelihood, affect us in the future. It also gave a group of seasoned administrators the opportunity to share things that have worked and have not worked in their communities.

I was especially interested in a session on Public Engagement. Here in Westminster, we've recently been able to fill some committee vacancies. In many rural communities, volunteerism is at an all-time low. We discussed several possibilities for getting more people involved. The bottom line being that more involvement



equals a better functioning community.

Without exception, this event was the best I've ever participated in. With issues that many of our towns share, the roundtable discussion format gave us the opportunity not only to solve our own situations, but to help our colleagues solve theirs as well.

The much heralded eclipse saw a huge uptick in vehicle traffic, primarily on Interstate 91 and Route 5. The

Sheriff's department was busy all day as viewers looking for that elusive 100% coverage zipped through town.

Many out-of-staters that didn't want to brave the traffic stayed in towns to our north. However, there were plenty that got back on the road as soon as the event had peaked, keeping the Sheriff's deputies busy again. Here at Town Hall, we got to roughly 95% coverage, which still was an impressive sight to behold.

Back here inside the office, I've been making progress on standardizing processes and forms that are used. This includes revised models for Requests for Bids, Proposals and/or Quotations. A component of the revision is to continue to find the best value for the Town. I'm also continuing to make progress on improvements to our website. All that and more made for a busy month.

Looking forward to May, the calendars in my office are already filling up. I'd like to take a moment to express my thanks to everyone who takes the time to call or stop into my office to say hello.

Whether it's to express a concern or to introduce themselves, I truly enjoy the opportunity to have a conversation and work together on making our town the absolute best it can be.

Lou Bordeaux

In photo, a shot of part of the 200-mile long traffic jam that was the Interstate in Vermont on April 8, Solar Eclipse Day!

NEWS FROM THE TOWN GARAGE - GRADING DONE, BIDS WON

Hello Neighbors,

The good news is that by now, all of the roads should have been graded at least once. Where we used to deal with just one mud season, this winter we had three of them. Chances are the roads will get rough again. Until then please enjoy and drive safely.

Ben completed Act 64 work on the lower end of Daigel Road per state recommendations. We will continue on the West Road with Act 64 work. This entails stone ditches, cutting of berms, seed and mulch as well

as some brush and small tree removal where they are in the ditch line. The plan, as time permits, will be to continue on Cross Road.

Adams Trucking and Excavating won the bid for the box culvert on Pine Banks Road. This project won't start until later in the summer. I will keep you posted as soon as I get a project schedule.

Bazin Brothers Trucking was awarded the bid for the cemetery wall and for paving. All States will be doing our chip sealing this year.

I have applied for a structures grant to cover the cost

of engineering a solution for the bank erosion across from Dr. Temple's in North Westminster.

Last but certainly not least, Jason Benson has left the department and moved on to a position with the State of Vermont AOT. We appreciate his time and service to the town and wish him nothing but the best in his new position.

Chuck and Crew

NEWS FROM WESTMINSTER CARES

The Westminster Cares Board of Directors met April 3rd via Webex because of the bad weather. The following attended: President Lori Larue, Vice President Pat Goodell, Secretary Doug Oftedahl, Treasurer Frannie Waldron, Nancy Dalzell, Kathy Elliot, Don Dawson, Miriam Lanata, Cindy Moses and director Donna Dawson. Pete Harrison was unable to attend.

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 March 2024|

Meals-on-Wheels: During March we had many changes to the Meals routes. WC volunteers delivered meals five days a week to between 17-20 different people. Those in need of weekend meals received two frozen meals each Friday.

The Women's Fellowship Group of the F.C.C.W. made Spring/Easter bags of treats for all the Meals-on-Wheel recipients.

If you are a homebound senior or adult with a disability and are interested in receiving Meals-

on-Wheels, please call the office for further information (722-3607).

Transportation Program: In March 10 rides were provided; 5 to medical appts, 4 rides to grocery pick-ups and deliveries and 1 ride to deliver equipment. Assistance and Referrals: Volunteers dropped off monthly pet food to 6 residents participating in the Foxy Fund program through Senior Solutions.

Medical Equipment: In March we loaned out 9 pieces of equipment; received 10 items returned and accepted donations of 3 pieces of equipment.

Next Tech Saturday is May 18th.

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

Donations received through late April 2024 MEMORIALS:

In memory of Clarence Gochey from Audrey Gochey

In memory of Laura Leonard from Nancy Dalzell

In memory of Fred Robling, II and in honor of his 95th birthday from Fred and Deb Robling

In memory of Joan Smidutz from Bill Smidutz

In memory of Marie and Chrissy Wright from anonymous

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Nature Notes - What Is that Bird with the Broken Wing?

by Alma Beals, Vermont Master Gardener and Naturalist

One of the earliest ground nesters to return to our area in late February or early March is the Killdeer. Unlike southern New England where they remain all year, ours migrate. They are often found on open ground like plowed fields, lawns, roads, riverbanks, mudflats and shores.

I saw the first two this spring on the road by the marsh and then one flying overhead calling a sharp “kill-deer.” A few days later, three were catching insects on the breaking-up ice. They eat mostly insects including caterpillars, beetles, grasshoppers, fly larvae, earthworms, centipedes, spiders and snails. They also eat a few seeds.

I love to watch them run a few steps, pause, and then run again, pecking at the ground when they find something edible. They make me think of the way robins run.

Adult Killdeer have two black chest bands, and the young have one band. Each weigh about three ounces and have long legs. They have brown backs, are white underneath, orange on the upper tail and lower back.

Their nesting habit leads to what I find so interesting about them. The male makes several scrapes in the ground and the female picks the one she wants. The scrape nest can be unlined or lined with wood chips, grass, stones, or assorted debris. The 4 eggs have bold black or brown spots, scrawls, and splotches helping to camouflage the scrape. As the incubation pro-



Killdeer photos by Don Clark

gresses, the adults add light-colored material to the nest.

Because the eggs are laid on the ground, they are very vulnerable to predators. The Killdeer have different adaptations to keep the eggs from being discovered. They match the ground of the nest, and the nest doesn't have any structure to catch a predator's attention.

Something I did not know about a predator hunting at night by smell, I found in “What it's like to be a bird” by David Sibley. “To protect against this, the green oil of Killdeer and other ground-nesting birds



changes during the nesting season to a different chemical compound with no odor. This effectively masks the smell of the incubating bird and makes them less likely to be found by predators such as skunks and foxes.”

During the day, camouflage works best by using the “broken-wing act.” The bird appears injured, flopping on the ground, dragging a wing, stumbling, and crying pitifully. It can be very convincing and as you are following it, the bird leads you away from the nest. When the bird leads you far enough away, it takes off and flies away. Later on, it will return. Pretty amazing to watch.

RIPARIAN PLANTING FIELD TRIP MAY 11

The Windham County Natural Resources Conservation District worked with the Rockingham Conservation Commission and local volunteers, including Americorps members, in May 2016 to plant several hundred native trees along the Saxtons River in Rockingham.

A field trip to the site led by members of the Rockingham Conservation Commission will discuss Invasive Plants and Restoration Management on Saturday, May 11 from 10 a.m.-12 p.m., at 409 Saxtons River Road in Rockingham.

The site was a FEMA buyout, a 3.4-acre parcel that had three mobile homes on it before it was flooded during Hurricane Irene in 2011. FEMA wanted to prevent rebuilding on a flood-prone site, so they bought the land from the owners and gave it to the town, with the stipulation that nothing be built there.

Some of the volunteers had lost their houses during Irene. The planting was done to improve wildlife habitat, help stabilize the soil in future flooding of the site, and help discourage the growth of invasive Japanese knotweed.

This field trip, led by RCC members who were part of the 2016 effort, will revisit the site to see how the



trees and knotweed have changed since the planting, and explain the dynamics of riparian restoration. The site has poison ivy, a brook, and some dense brush with thorns, so participants should wear long sleeves and pants and tall rubber boots if possible, and tick repellent.

Please park along Barbers Park Rd. which is just east of the field trip site; please do not park along Rt. 121 (Saxtons River Rd.) because it has no shoulder.

If you have questions, contact Rockingham Conservation Commission member Peter Bergstrom at 802-444-1860 or rockinghamvtenergy@gmail.com.

In photo, volunteers planting trees at the site, May 6, 2016.

PARKS PLACE FUNDRAISER LITTLE ONES DANCE MAY 11

We are excited to announce our second annual Little Ones and Loved Ones!

Last year, we danced the night away with DJ Brett, had professional pictures taken by K. Lisai, and ate some amazing goodies!



We will be doing it all again on Saturday, May 11 at the Masonic Temple at 61 Westminster St. in Bellows Falls.

A big thank you to our sponsors Savings Bank of Walpole and M&T Bank!

If you are looking to purchase tickets or want more information, contact Julie at 802-463-9927 ext. 104.

FIRE & RESCUE NEWS

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.

Next association meeting is June 4th at 7 p.m..

Number of calls in March 39

Number of calls through April 25th: 31

Number of calls calendar year to date: 179

Number of calls fiscal year to date: 392

Donations in April: Pamela Armstrong in memory of Joanna Crocker

Peggy Aiken in honor of Caleb Rounds and Hunter Smith and the rest of the members of the Westminster Fire & Rescue Department

WESTMINSTER SAMPLER: WOMEN’S WORK IS NEVER DONE

By Jessie Haas

"A man works from sun to sun. A woman's work is never done." The bitter old saying held a lot of truth in the 1700s and early 1800s. A man worked from 'can' to 'can't'—can see, before sunrise, to can't see, a long time after sunset. When he came in from the woods or fields, a female member of his household would have a meal ready, and be making the next meal. Between cooking, food preparation, and food preservation, she was making and mending his garments.

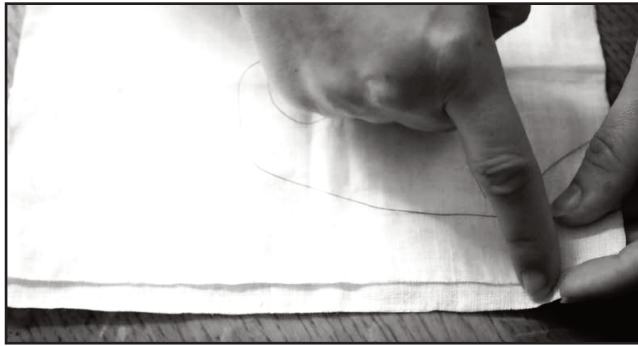
What about bachelors? It was not the norm in colonial New England for either sex to live alone, in part because the community valued stability, marriage, and families. But another strong reason, surely, was the domestic work load.

Leaving food preparation aside, consider what it took to clothe a family. In the early days, most garments were made from scratch—but not the kind some of us remember from 4-H and Home Ec classes, where you started with a bolt of fabric. In colonial New England you started with a flock of sheep or a field of flax.

A sheep needed grazing in summer, hay in winter. It must be sheared, the wool cleaned and washed, then carded into soft puffy rolls, then spun into thread, every bit of this by hand. Flax must be planted, tended, harvested, retted (think, rotted—soaked in water until the fibers came apart and stank).

Then it was beaten to break up the stem, combed several times, and spun into thread. The basic production of fiber was men's work, up through shearing sheep and dressing flax. (We know flax was raised in or near Westminster from an account of the Westminster Massacre by Calvin Webb, who mentions "a little man named Hussian Walker, a mighty flax-dresser, who was in the engagement." Carding, spinning, weaving, making garments and mending them, were all women's work. Unmarried women were called 'spinsters,' because that was their primary household job, and though probably dull, it was crucial.

When wool or linen thread had been created, they



must then be woven into fabric of different kinds, a highly skilled task also done by hand. After that, the precious fabric must be cut accurately, in an era before paper patterns, then sewn into various garments, also by hand.

It's no wonder most people only owned a few items of clothing. The mind-boggling amount of household labor that went into each made for a certain wardrobe minimalism—not to mention a lack of closets in the early log cabins.

Not content with this, as class distinctions arose they required even more needlework. A functional button can be made of wood or horn. An elegant button, a fashionable button, should be made of thread. A Windsor Button was a small metal hoop, out of which a skilled needlewoman created a sort of lacy wagon-wheel effect using linen thread.

It's hard to describe, but is demonstrated in a video on the Westminster Historical Society website. Go to Fashioning Bygone Fashions, go to Tutorials, and click on Dorset Buttons to see Westminster native Sonia Scott demonstrate the technique.

It's simple enough once you understand it, but may set your nerves on edge if you imagine yourself doing it. Now, how many buttons were on a shirt or a gown? Can you imagine facing the task? And how delighted you'd be when a loved-one popped off one of those buttons and lost it, or tore his trousers?

Linen, fortunately, cleans beautifully, which is why so much fabric of the past is white or off-white. It's durable, and becomes softer with wear, and when it



tears, it has enough structure to hold a patch or darn. And women were motivated to mend, given the astonishing amount of labor embodied in a complete garment.

Considering all this, is it any wonder women were delighted with yard-goods from the store, commercially made buttons, sewing machines, and eventually, jobs outside the home?

Some women felt differently. Sally Bradley, wife of William Czar

Bradley, was devoted to needlework. The many items found in the half-trunk in the Law Office are a testament to her skill. We are still trying to understand this treasure trove of embroidery patterns, needles with almost invisible eyes, spools of thread each marked with the initials of mother or daughter—all a vital part of keeping a prominent but thrifty family well-clothed prior to the Civil War.

Our most recent discovery from Sally Bradley's collection is a large number of hand-drawn patterns for whitework embroidery. Muslin was pinned over the patterns, and the pattern traced on the fabric in pencil. Then they were carefully stitched, white thread on white muslin, to decorate shifts (an undergarment), sleeves, cuffs, and necklines. These decorations were so refined they were nearly invisible. Who ever saw or appreciated them, except their maker?

In photos, left, a still from the WHS's sewing instructional videos, and a handmade wrapping gown in the Society's collection.

Aged in Vermont

Westminster Cares, Inc.

INTEROCEPTION AND AGING

by Judith Petry

Listening to your body is a skill. One which, like so many things, decreases in dependability as we age. Medical researchers have named this essential ability interoception. Our bodies are constantly sending signals to us, like thirst, hunger, pain.

While most of what our amazing bodies do is automatic, like our heartbeat, breathing, digestion, and the myriad of other processes that keep us ticking, sometimes our bodies need to tell us to take action. That is when interoception kicks in.

If we do not act on the message of thirst, for example, we may become dehydrated. Ignoring pain may result in damage to our body. Interoception is an awareness of our inner functioning, as opposed to exteroception, the warnings we receive from the outside world, like “get out of the way of that oncoming car.”

Recent research has found that our capacity to perceive our body signals is a variable skill, some people are better at it than others. And it appears that interoception fades as we age. Either our ability to hear the signals is altered, or our body’s ability to speak

to us is impaired. This can be a serious problem. If we cannot hear the message of thirst, we will not drink, and dehydration and its consequences may ensue.

So, is this just another example of how depressing aging can be? Not so. There are ways to determine if we are good at interoception, and if we are not, there are ways to improve our listening proficiency.

One test for interoception acuity is our ability to perceive our heart rhythm. A simple DIY way to do this is to see if you can accurately count your heart beats by sensing them for a minute while someone takes your pulse.

If we are not able to sense our heartbeats, or are very inaccurate in our counting, we can improve our skill with meditation or with mindfulness training.

These are simple, free, and effective methods of becoming more aware of the messages our body is sending us. They act as interoception hearing aids that can improve our health and prolong our lives and will certainly make these bodies we inhabit happier.

(For more information: *UMASS Memorial Medical-Center for Mindfulness*; www.ummhealth.org).

MAY EVENTS AT PUTNEY LIBRARY

The Putney Library is hosting a number of programs and events in May

On Friday, May 3 at 6:30 p.m. meet the two visiting faculty from the ‘Making the Materials’ series of workshops at In Situ Polyculture in Westminster.

Theresa Emmerich Kamper is an expert in leather and tanning ancestral skills, as well as a beloved former contestant on the TV show ‘Alone,’ who excels at ‘using the whole animal’ and careful, beautiful designs for buckskin clothing and more.

Caroline Ross, also known by her art moniker ‘Found and Ground’, is a pigment and drawing materials expert with a great knowledge of bushcraft as it applies to creativity and art. They will give a short talk, answer questions about their work and materials, and enjoy conversation with attendees. They will have a few copies of their books on hand as well.

Light refreshments, Q&A, fabulous materials like ink, quills, buckskin, traditionally tanned furs, and more.

Putney Public Library Puzzle Race

Can you complete a jigsaw puzzle faster than your friends and neighbors? Putney Public Library will be hosting out first ever Puzzle Race on Saturday, May 4th at 1 pm. Register a team of 3-5 puzzlers at www.putneylibrary.org by Saturday, April 27th for a friendly competition to see who can complete a 750 piece puzzle the fastest. Each team will receive the same 750 piece puzzle. The team that finishes first wins!

Tracking Lynx in the North Maine Woods with Bob Etzweiler Tuesday, May 7 at 6:30 p.m.

For over a decade, Bob Etzweiler has led tracking expeditions to northern Maine to find and follow the trails of Canada Lynx, a carnivore uniquely designed for the deep snows and the rugged and remote environment of the North Maine Woods.

The purpose of these expeditions is to learn about this incredible carnivore, experientially, while following its trails and to connect with the landscape that it calls home. Join Bob at the Library where he will share photos



Bob Etzweiler and lynx tracking group in Northern Maine.

and stories from his experiences leading groups on the trial.

Etzweiler lives with his wife in East Dummerston and works with Vermont Wilderness School, leading programs for children in Nature Connection. He also runs adult programs teaching Wildlife Tracking and Hunting Skills. He’s certified, by Tracker Certifications of North America, as a Professional Tracker.

Book Donations Sought for Putney Library Fundraiser

While it might still be a little early to weed your garden, it’s a perfect time to weed your books! Do your spring cleaning and support the library’s programs and services by donating your books.

The Putney Public Library seeks book donations to support our Book Sale Fundraiser, which will take place on Saturday, May 18 9 a.m.-1 p.m. and Sunday, May 19 11 a.m.-1 p.m.

While books of all kinds are welcome, we are unable to accept encyclopedia sets, magazines, textbooks, Reader’s Digest condensed books, VHS, DVDs or CDs or anything that is musty or moldy. Donations of this kind will be sent back with you so please donate responsibly. We can only accept two boxes of books per household.

Please bring donations only during library hours: Monday-Friday 10:30 a.m.-6 p.m. and Saturday 10 a.m.-1 p.m. Donations cannot be left outside the library after hours. We may have to stop accepting donations later in the month, so please call for more information: 802-387-4407 or email emily@putneylibrary.org

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

NEWS FROM THE WESTMINSTER INSTITUTE: LINDA & ANN RETIRE, MAY 30TH OPEN HOUSE

Happy Retirement Linda!

Wish Linda Fawcett a happy retirement! We’ll have an Open House on Thursday, May 30, from 3-6 p.m. in the North Room of the Westminster Institute. After 37 years as librarian of the Butterfield Library, Linda is retiring. Ann Ashcroft, who has worked as assistant to the librarian for 20 years, will be leaving as well.

“Linda has been the friendly and helpful face of the Butterfield Library for nearly 40 years,” said Dave Murray, president of the Westminster Institute Board of Managers. “We’re incredibly grateful to her for her hard work, knowledge, and connection to the community. We’re grateful to Ann as well for being Linda’s right hand for the past two decades. We wish them both the very best.”

Drop by to say hi and best of luck to them. We’ll have light refreshments. The open house is hosted by

the newly formed Friends of the Westminster Institute and Butterfield Library.

Elevator Work Progresses

Installation of the new elevator in the Westminster Institute is moving along well. The old lift was removed in early April and work began on renovating the shaft in anticipation of the new lift. We estimate that the job will take six weeks.

We’ve had to close the Butterfield Library several times because of the proximity of the elevator shaft to the library entrance but the rest of the Institute activities have gone on uninterrupted. Thanks for your patience!

Board of Managers,
Westminster Institute

REMEMBRANCES

MAY 2024:

DONALD BALDINI, 83
3/4/2024
WESTMINSTER, VT

KURT BRACKENBURY, 63
4/26/1960 - 4/4/2024
SPRINGFIELD FORMERLY
BELLOWS FALLS, VT

ROHR COOK, 62
11/1961 - 3/21/2024
WESTMINSTER, VT

BETTY DEMOND
FORMERLY OF WESTMINSTER, VT
4/13/2024

MARY GRISWOLD, 91
3/25/1932 - 3/5/2024
BELLOWS FALLS, VT

WHITNEY “WHITTY” HAMILTON, 39
11/14/1984 - 4/5/2024
MARLBORO, VT

MERRY BELLE HASKELL, 74
12/20/1949 - 4/8/2024
BRATTLEBORO, VT

MARGO HRUBEC, 77
1947 - 2024
BELLOWS FALLS AND
SAXTONS RIVER, VT

JAMES JOHNSON
3/13/2024
BELLOWS FALLS, VT FORMERLY
WALPOLE, NH

PATRICK “PAT” KELLY, 61
4/28/1962 - 3/23/2024
BELLOWS FALLS, VT

DAVID “DICKER” NOYES, 69
2/28/1955 – 4/20/2024
BELLOWS FALLS, VT

KIM (McCANDLESS) PATTERSON, 65
10/12/1958 - 3/17/2024
WESTMINSTER, VT

BYRON STOOKEY, 90
4/12/2024
BRATTLEBORO, FORMERLY
WESTMINSTER WEST

LAURA ULITSCH
1960 – 4/1/2024
BELLOWS FALLS, VT

DELIVERY LOCATIONS FOR THE GAZETTE

The following is a partial list of where to pickup copies of the Gazette:	Walpole Savings Bank
	Spencer’s Restaurant
	Mascoma Bank
Rockingham:	Edward Jones
Lisai’s	Shaw’s
Rockingham Library	Westminster:
Saxtons River Market	Allen Bros.
Vllg Square Books	Big Red Barn
Putney:	The Institute
General Store	Westminster Cares
The Co-op	West West Church
PutneyLibrary	West West Library
Walpole:	Center School
Jake’s Market	Harlow’s Stand
Burdick’s	West. Sta. Market

GFC THANKS VOTERS

Greater Falls Connections (GFC), a substance misuse prevention coalition located in Bellows Falls, thanks the community members from Rockingham and Westminster for their funding support.

The funds allow GFC to pay for staff and address needs that are not covered by federal and state grants as well as the capacity to react to emerging and pressing community needs around substances and their misuse.

GFC collaborates with the local school district and area community partners, and works directly with community members. For more information about what we do, please visit <http://www.greater-fallsconnections.org>.

Neil Allen
Director of Greater Falls Connections

ARE YOU A WESTMINSTER RESIDENT AND NOT GETTING THE GAZETTE IN THE MAIL, BUT WOULD LIKE TO? EMAIL WESTMINSTERNEWS@GMAIL.COM WITH YOUR ADDRESS AND WE’LL ADD YOU TO OUR MAILING LIST.

MYSTERY PHOTOS



This month’s Mystery Photos are of two stone structures in Westminster, courtesy of Lonnie Lisai. What were they once part of? It’s had a fair amount of press recently.

Regarding last month’s Mystery Photo, Martin Collins wrote: “This is Chapman’s store in Westminster West. When I was 14 years old gas was twenty cents a gallon. Later it was owned by Russ and Barbara Seymour.” Many others readers recognized the photo including Debbie Bump, Cliff Watts, Judy Coven, and Beth Anderson.



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.
May 1 Souper Wednesday Closer. Cookout 1
May 4 Spring Clean up 10 am (Rain Date May 11)
May 5 Worship at 10 am. Coram Deo to follow with Soup Topic: The Paralytic
May 7 Women's Fellowship at 11 am in Fellowship Hall
May 12 Worship at 10 with Communion. Special Mother's Day Service each mom will receive a gift.
May 18 Women's Fellowship Plant Sale 9-2
Plants, baked goods, crafts, cookout. Located in Fellowship Hall
May 19 Worship at 10 am Pentecost Sunday. Wear Red!
May 20 Standing Committee Meeting 5:30 pm on Zoom
May 26 Worship at 10 am
Each Sunday we have a wonderful children's message. You are very welcome to join us on Rt 5 in Westminster. Coffee hour follows each Sunday service in the Fellowship Hall. We look forward to seeing you, 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 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 refreshments 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
Mondays 10:00-11:15 a.m.
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 class forming Thursday’s 6-7 pm
Class Tues. 9:4 a.m.-10:45 a.m.
Class Tues. 11 a.m.-noon

Souper Wednesdays
Homemade soups at Congregational Church Rt. 5
Last one May 1st 12-2 p.m.
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 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: Caitlin Adair pcadair@sover.net

Early Deadline!

The EARLY deadline for the June 2024 Issue of the Westminster Gazette is Wednesday, May 15 Publication Date is Wednesday, May 22 To Contact the Westminster Gazette E-mail: westminsternews@gmail.com

THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:

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HARTY IS BFUHS STUDENT OF MONTH

It is a pleasure to announce that Tela Harty has been named the March Elks Student of the Month for Bellows Falls Union High School. Tela, a senior, is the daughter of Tim and Shelby Harty of Westminster.

Interested in getting all she can out of her high school experiences, Tela comes to school every day, ready to learn. Tela is a dedicated student who works hard in her classes. Her desire to learn is evident by her decision to take on not one, but two extra credit bearing online classes as well as an in-person class at BFUHS.

On top of those two classes, she also chose to take an English class at BFUHS and had the forethought to advocate that she be moved from learning labs to a tutorial class, where she could ask for help if needed.

Tela has a great, positive attitude. She is constantly pushing herself to do better and always asking both teachers and coaches how she can improve. A good role model for her peers, Tela participates actively in her classes, asking good questions, offering critical responses and working hard to develop her skills. She is a pleasure to work with and an asset to any class or activity she joins.

As a three sport athlete, she has shown teamwork, sportsmanship and has served as a positive representative of Bellows Falls Union High School not only when playing, but as a spectator. Tela positively supports her



teammates and her fellow athletes as an active, enthusiastic spectator at a variety of events.

Not only interested in developing her academic skills, Tela is dedicated to giving back to her community, as well. She actually has so much community service that she stopped documenting after her first couple years at BFUHS. She has helped with youth field hockey, Westminster elementary basketball, and the middle school track meets. She has also volunteered at community events including the Alumni Parade and the Career Fair.

Clearly deserving of recognition, BFUHS and the Elks are proud to have Tela represent us as a Student of the Month.

SOUPER WEDNESDAY LUNCH & LECTURE



For the April 24th SOUPer Wednesday lunch, the First Congregational Church of Westminster partnered with Westminster Cares to host a speaker. Westminster resident and speaker, Claire Ankuda, MD gave a talk on hospice and palliative care. Dr. Ankuda is a palliative care specialist currently working as a researcher for Mount Sinai Hospital in N.Y.

The SOUPer Wednesday season will wrap up with a Cookout and Potluck celebration on May 1 from 12-2 p.m. Everyone is welcome.

PLANT & BAKE SALE

There will be a perennial plant sale and a bake sale at the Westminster West Library on Westminster West Road on Saturday, May 18 from 9 a.m. to 1 p.m.

TWO SUMMER CAMP THEATER PROGRAMS AT MSA

Main Street Arts (MSA) is going to be offering two summer camp programs — Trish Roberts’ Wildbrook Forest Theater Camp and The Un-Lost Island of Atlantis with Putnam Smith. No theater experience necessary and no audition will be required. Space is limited, with slots available by sign up on a first-come, first-served basis.

The Wildbrook Forest camp will run on June 24-28, from 9 a.m. to 3 p.m. The cost is \$270 per student and is open to students 8-12 years old. Students will play theater

games, including lots of improv, learn theater warm-ups for voices and bodies, sing, story-tell, explore and play in the forest, and rehearse for the final performance. The final performance will take place in the woods on Thursday, June 27, at 3 p.m., with a rain date of Friday, June 28, at 3 p.m.

The second camp will run from Aug. 5-17, from 9 a.m. to noon, on Monday-Friday at MSA. The cost is \$300 per student. Smith will lead students through theater games,

trust-building exercises, and lessons in stage combat and physical comedy; participants will work together to bring this action-packed comedy to life. The program will result in a fully costumed performance on Friday, Aug. 16, at 7 p.m., and Saturday, Aug. 17, at 4 p.m. and 7 p.m.

MSA is located at 35 Main St. in Saxtons River. For more information and to register, visit mainstreetarts.org/camps.html or email info@mainstreetarts.org.

NOTES FROM THE WESTMINSTER SCHOOLS APRIL 2024

There’s a whole lot of construction work going on at the school right now, or just about to start. If you’ve noticed diggers and other heavy equipment outside the front entrance, it’s because work began on upgrading the building security a week ago.

Once complete there will be two layers of locked doors to enter the building and a new video security camera and passkey system to check on anyone entering and leaving the building. This is part of a Supervisory Union wide upgrade of security at all the schools and is being paid for with American Recovery Act (federal) funds.

And any day now, work will begin replacing the roof on the Westminster campus gym. Too bad that project was not scheduled in time to prevent the old roof leaking during a heavy rainstorm in February.

Luckily, the extensive damage to the gym floor caused by that flooding was covered fully by our insurance and has already been completely repaired. Next time you attend a gathering in the school gym don’t forget to notice the gorgeous new

floor and stage surfaces. And if you happen to be flying over the school later this summer, check out the array of new solar panels that will be installed on the gym roof just as soon as the existing roof has been upgraded.

That array is Phase 1 of the solarization project approved by voters at town meeting in 2023, using surplus funds from previous school year budgets. The gym roof solar array will provide about 33% of our electricity usage needs for the next 25+ years, with savings on our GMP bills paying off the investment in 7 – 8 years.

Watch this space, also, for future news about Phase 2 of the solar project. The school board expects to approve shortly the construction of a second, larger set of (ground mounted) solar panels in the southeast corner of the school playing field. The two sets of panels will together generate about 110% of the total electricity use of both the main and Westminster West campuses, and again the entire investment will be paid off within 7 – 8 years.

Other work that will begin shortly includes upgrades to the playground at the Westminster West (Studio Y) campus, the construction of an outdoor learning pavilion at the main campus, replacement of the main building boiler and repairs to the kitchen freezer. With careful use of voter approved surplus funds, and Covid era federal funds, these and other vital maintenance and upgrade projects will save the school money and set the school buildings on a solid footing for years to come.

In other news: Before the vacation, students from grades 1 - 6 who attend our afterschool program performed the play East of the Sun, West of the Moon – based on a much-loved Norwegian folk tale. And on April 19th students from all grades took part in the annual Jump Rope for Heart event. Students were encouraged to participate at whatever level is appropriate for them and, as always, we tie in this one-day health event with our ongoing physical fitness and outdoor activities program.

Don’t miss the Spring Concert which will be held on May 23rd at the (shiny new) school gym. And mark the date – June 7th - for the annual Glow Party, originally scheduled last January.

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



The Westminster Community festival, September 14, 2024, will feature a display of objects and ideas created by the people of Westminster. We invite painters, printmakers, sculptors, glassblowers, woodworkers, jewelers, potters, tilemakers, authors, musicians, quilters, weavers....

ANYONE

Who produces from their head, heart and hands to make our community and the world a more beautiful and special place.

A CREATIVE COMMUNITY COLLAGE

We'll share your vision with the public at an exhibition in the Westminster Institute during the festival.

Participation is free and open to Westminster residents.

If you would like to participate or want more information please contact kathy.traugott@comcast.net

WESTMINSTER
GARDEN TOUR
2024

SATURDAY & SUNDAY, JULY 6TH & 7TH
10:00AM – 3:00PM

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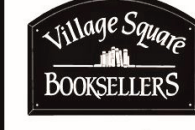
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**MAY BUSINESS OF THE MONTH:
RAMP**

The Rock-
ingham Arts and
Museum Project
(RAMP), a
501c, was cre-
ated in 1995 to
help integrate
artists and the
arts into the re-
vitalization and
long-term sus-
tainability ef-
forts of Bellows Falls and the surrounding area.



RAMP has an extremely broad vision involving the arts and describes itself as an arts advocacy organiza-
tion. It strives to collaborate with creative, diverse part-
ners to bring to fruition projects that benefit artists,
businesses, residents, and visitors.

Over the past three decades RAMP has helped cre-
ate affordable housing and retail spaces with a prefer-
ence given to artists in the Exner Block, supported
public art initiatives that include the large mural greet-
ing people to the downtown on the southside of the Flat
Iron building, hosting quarterly Artists Town Meetings
to bring artists together to discuss and share challenges
and opportunities, and participating on a variety of
committees and boards of directors to bring the arts to
the table and inform policy making. RAMP is proud of
the projects it has initiated and collaborated on.

Currently, you may have noticed that the large mural
on the southside of the Flat Iron building, above,
painted in 1999, is being restored. Stay tuned as RAMP
continues that project. Because of your support over the
past 29 years, RAMP has been able to stay mission fo-
cused. We encourage your continued support:
www.ramp-vt.org. Stay in touch at ramp@sover.net,
802-463-3252. **Robert McBride, founding director**

**MAY BUSINESS OF THE MONTH:
GREATER FALLS INSURANCE**



Greater Falls Insurance, Inc. has been here in West-
minster, Vermont for over 25 years. We have always
prided ourselves on being a small-town agency and
customer service driven.


We believe in doing business in a modern fashion
that values tradition. We service what we sell! We are
an independent insurance agency committed to repre-
senting insurance carriers that will serve your needs
best.

We are proud to represent our community. Our
agents are committed to our area and have satisfaction
in seeing it grow and thrive.

Bridget Kelly, right, owner, specializes in the Com-
mercial and Farm Insurance, while Gloria Vancor, cen-
ter, is knowledgeable in all Personal Lines products.
We welcomed Carisa Caron, left, as a Customer Ser-
vice Representative in March 2023.

Thank you for your continued support of our
agency! Think of us the next time you are in need of
insurance. www.GreaterFallsInsurance.com

You can reach us at 802-463-1900; Monday – Fri-
day 8:30 a.m. – 4:30 p.m.



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