

Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

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www.neighbortoneighbornewsletter.com

Celebrating 35 Years of Service!

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DUNSTABLE VETERANS SERVICES

November is for Thanksgiving and Veterans Day. For all of you Veterans in Dunstable, Swallow Union School is hosting a "Thank You" for you from all of the kids. It should be either Thursday, the 8th or Friday the 9th. If you think you can make it please contact me and I will let you know the exact time and location. I know the kids would really like to honor all of you, so please make an effort. Thank you.

Additionally as always, If you know of any veteran, widow or family member in need of assistance of any kind, please leave me a message at 978-649-3919 or send me an email at VSO@Dunstable-ma.gov. My hours are Monday's from 10 to 2. I am here to help you.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)
Dunstable Veteran Services Officer
Proudly serving those who have served

BOY SCOUT WREATH SALE



Dunstable Boy Scout Troop 28 is holding their annual Wreath Sale **now through Saturday, November 24th**. The sizes and prices are as follows: \$25 for Regular (24") and \$35 for Large (36"). The Wreaths are double sided, and hand made in Maine using fresh Fir by the Central Maine Wreath Company.

ORDER YOUR WREATH TODAY! Use this link to order online <https://dunstable28.mytroop.us/node/1202>. Or you may contact **Bruce Ebersman, 18 Century Way, Dunstable, 978-649 6500** email: ebersman@hotmail.com.

Wreaths are pre-ordered/pre-paid, but if there are extras we will sell some at the church on November 25th. Wreaths that have been ordered will be delivered on November 24th. If you need an alternate date, please ask when you submit your order, so arrangements can be made.

Last year the boys did such a great job pre-selling that they had only a few wreaths to sell on the day of the sale! If there are any wreaths still available, they will be sold on Sunday, November 25th at the Dunstable Evangelical Congregational Church at 518 Main St. (in the town center near the common).

Happy Thanksgiving!



IN MEMORY OF

Jean Agresti

Richard Gerard Davis

Diane E. Glinka

John L. Flynn

Donald Gerard Vincent

Irene E. Bubnel Cieslik

FROM THE DUNSTABLE BOARD OF SELECTMEN

The Dunstable Board of Selectmen is looking for individuals who are interested in serving on committees, boards, and commissions. Currently both the towns Cable Committee and the Town Government Study Committee are in need of members.

Interested persons should contact the Board of Selectmen's Office by phone at (978)-649-4514 ext. 224, or by email at jvoelker@dunstable-ma.gov.

TOWN CLERK NEWS

The Town Clerk's office would like to remind you that all 2018 absentee applications have now expired. You will have to file a new application for 2019 unless you qualify for a permanent absentee application.

Dunstable was part of the 37 cities and towns that underwent a recount as ordered by the Secretary of the Commonwealth for the 37th congressional district. I'm happy to report our results did not change from election night.

Please use the form below or email CSkerrett@dunstable-ma.gov to reserve your personal dog tag number. No number higher than 700. You must reserve your tag annually. The Town Clerk's office would like to remind you that attaching your 2019 tag is not only the law, it is the best way of returning your dog if it should become lost. **If you reserve a number, the dog must be licensed by January 31 or it goes back to the general public.**

Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222
CSkerrett@dunstable-ma.gov HOURS: The Clerk's Office is open Monday evening from 3:00 pm – 7:00 pm; Tuesday, Wednesday and Thursday 9:00 am – 2:00 pm. Hours may vary due to holidays, workshops and elections. There are times the office is closed during these posted hours and extended hours for voter registration and absentee voting, please feel free to call ahead. Marriage licenses are by appointment only.

REQUEST FOR DOG TAG NUMBER

Note: This is not a dog license application

Name: _____

Phone #: _____

Dog's Name: _____

Requested Dog Tag #: _____

Do not send a fee with this form. You must still complete a dog license application. In the event of multiple requests for this number, a drawing will be held by the Dog Officer. Requests must be in by 12/13/18. No number higher than 700.

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CALLING FOR EMERGENCY HELP

If you are calling from your cell phone in Dunstable,
call 978-649-7445 (the station) or 978-448-5555 (DISPATCH).

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2nd Annual Holiday Open House/Fundraiser
Saturday, November 10th from 10am to 5pm and
Sunday, November 11th from 11am to 4pm

Gifts For Everyone on Your List!

We invite you to join us at our farm for 2 days of Fundraising while shopping from our line of Beautifully Handcrafted Soaps and Spa Quality Products. All Proceeds are donated to Animal Rescues to help so many hungry, Homeless Animals! If you bring a large bag of Kitty Food to help the rescues feed these Hungry Kitties this winter, we will give you a Gift Bag of a few of our products to say Thank You! Come join us! Big Sister Lila & Baby Eliza will be here too! (Maybe even with antlers!)

DOWNLOAD YOUR FREE BOOK

“LIVING WITH OUR WILD NEIGHBORS”

I wanted to pass on this information to you. The Humane Society of the United States (HSUS) is offering a copy of the book “Living with our Wild Neighbors” as a free download. It is very informative and covers all wildlife from A-Z. Since we have so many animals that we share our yards with, I thought it might be helpful to you.

<https://www.animalsheltering.org/page/wild-neighbors-book>

ESTATE PLANNING TERMS

By Edward H. Adamsky

There are many odd terms used in Estate Planning; names taken from a court case or a law section number. Some people will use a formal term while others use a nickname. This can cause confusion.

Your banker may suggest a **Totten Trust**. It is an easy way to transfer assets at death without going through probate (but only for that account). The account remains yours while you are alive, and it isn't really a trust. What it means is that your bank will transfer the funds in your account to your named beneficiary upon your death. **Totten** comes from a 1904 New York case where the Court said it was acceptable for the bank to use such an arrangement. The main problem with Totten Trusts is that there is no clear rule for what happens if your named beneficiary doesn't survive you. Some other terms used to describe this are **Pay on Death (POD)** or **Transfer on Death (TOD)**.

Another odd term is a **d4a Trust**. This is a type of trust created by a disabled person with that person's own money. The is allowed under Social Security and Medicaid rules and the assets in the trust are non-countable for benefits eligibility purposes. The trust is named after the section in the Federal Law that allows this. They are sometimes called **First-Party Supplemental Needs Trusts**. When parents create a trust for a child with a disability we call that a “third-party” trust and sometimes use the term **Special Needs Trust**.

I get push-back sometimes when talking about using a **Power of Attorney**. People don't want to give any powers to their lawyer and object to the idea. But this isn't what this means. A Power of Attorney is a document whereby you grant authority to someone else to act for you, either right away, or only in case of your incapacity. An older word for someone who works for you is an **Attorney**. I prefer to use the term **Agent**. Your Agent under your Power of Attorney is officially called your **Attorney-in-Fact**. An Agent who can represent you before a Court of Law is called an **Attorney-at-Law**, or a **Lawyer**.

You should have a **Health Care Directive**, so someone can help make your medical decisions if you cannot do so yourself. Directives are known by various names around the country. Massachusetts calls it a **Health Care Proxy**. New Hampshire uses the term **Power of Attorney for Health Care**. Many people call them **Living Wills**, but that is not really an accurate term as that means a document that only states your wishes. A Proxy or Health Care Power names a person and grants them the power (under state law) to make medical decisions for an incapacitated person.

It helps to know these legal terms. If you are confused, you should see your local Elder Law Attorney.

DUNSTABLE FREE PUBLIC LIBRARY

588 Main St. 978-649-7830

Library Hours: Tuesday 3-8 Wednesday 10-2
Thursday 10-8 Friday 10-2

WE ARE OPEN SATURDAYS 10-2

For more library information go to

www.dunstable-ma.gov click on library

Mary Beth Pallis – Director – mpallis@mvlc.org

Karen Debrececi – Children's Librarian – kdebreceni@mvlc.org

Like us on FACEBOOK to receive program updates!

www.facebook.com/pages/Dunstable-Public-Library/219991908117595

PLEASE NOTE: The Library will closed November 22nd and 23rd to celebrate Thanksgiving.

Featured Display If you would like to display your artwork or photographs in the community room, we would love to host you. Please contact Karen at kdebreceni@dunstablepl.org.

Community Room Artist Check out the wonderful new artwork done by Alice Sneizek. Her new collection of paintings are wonderful!

Display Table Artist Katherine Valliere will be displaying her adult coloring book art.

Library Passes available Take advantage of these great passes: Boston Museum of Fine Arts, One Stop Fun, US Constitution Museum in Charlestown, and a pass to 50 Massachusetts State parks. New Discount Pass – Salem Witch Museum and Merrimack Repertory Theatre.

Adult Reading Group The group will meet on Saturday, November 17th and every third Saturday at 10:30a.m. in the community room of the library. New members are always welcome.

Quilter's Group They meet from 6:00 -8:00 p.m., the first and third Tuesday of the month. If you are interested in learning to quilt or would like to join other quilters, this could be the perfect opportunity for you.

Cook Book Club The library has a cookbook club! We will have a cookbook displayed each month and you can select and make a recipe from the monthly selection. Then we will get together on the last Friday of the month at 12:00pm to enjoy the dishes. Signup sheet will be at the desk. This month we meet on Friday, November 30th. New members are always welcome.

Knitting and Crochet Class under the direction of Donna Acquaviva. The class will be held on Monday nights at Swallow Union School from 6:30 – 8:00.

Gardening Club also known as DIG They will be meeting on Thursday, November 15th at 6:30pm. New members are welcome!

Preschool Story Hour Please come in with your 3, 4 or 5 year old for story hour. Story hour is held on Thursdays and Fridays. We meet from 10:30 – 11:30. The program includes stories, songs and a craft or activity. Come in and join the fun!

Afternoon Story Hour This will be for older children who have ½ days in kindergarten or older preschoolers. We will meet on Thursdays at 1:30 pm. We will still do a craft, so please wear clothes that can get messy.

Children's Craft Come and join Mrs. D. for a special craft time on Tuesday, November 13th at 4:00pm. We will be making a Thanksgiving craft. Please sign up at the library or email Mrs. D. at kdebreceni@dunstablepl.org

On Going Book Sale Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers are \$1.00, Paperbacks are 5 for \$1.00, DVD's are \$2.00 and CD's are \$1.00. If you would like to donate to the ongoing book sale, please bring current books (not older than 2 years) or any children's books in good condition. Please bring your donations inside, instead of leaving them at the door. We cannot accept magazines, older books, or textbooks.

Homework Club The library is offering homework help every Tuesday night from 6:00 – 7:00 for the school year. This is a free service for children from Kindergarten to High School. Honor Students from local high schools are available to help the children. These students help children understand their math homework and more. If your child is attending, please call by 5:30 so we can be sure a student will be here for your child.

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DUNSTABLE GRANGE #31



CELEBRATING 150 YEARS

Dunstable Grange Meetings are held each month at Dunstable Town Hall at 8 p.m. unless otherwise noted. Call for more information 978-649-3934. Come join Grange! *All are welcome!* Refreshments will be served.

• **November 9th:** Turkey Shoot *Come see what this is all about.*



Greetings Neighbors ...The holiday season will soon be upon us, and with it, parties! Look for Box Tops on some of those must-have entertaining products, such as Hefty cups, bowls, plates and Kleenex dinner napkins. Create table place cards using Paper Mate pens. Get busy in the kitchen with Reynolds bakeware pans and parchment paper; then make clean up easy with Hefty trash bags, Ziploc bags and containers, Finish dish detergent, and Lysol wipes.

Don't forget to download the Box Tops for Education app, which has some awesome opportunities to earn even more box tops for Swallow Union. There are numerous locations throughout Dunstable where you can find a yellow BOX TOPS collection box (Library, Post Office, Swallow Union elementary, the congregational church outside the door for Maple Village preschool, and West Auto Repair located at 30 Pleasant St).

Thank you for your support and if you have any questions please don't hesitate to reach out to any of us. Wishing you and yours a wonderful holiday season. Jen West, Cristina Agraz and Chrissy McLane, Box Top for Education tri-coordinators for Swallow Union Elementary School www.swallowunionapt.org aptswallowunion@gmail.com www.facebook.com/swallowunionAPT

- Now Scheduling Fall Clean Ups
 - Hydroseeding
 - Call Now For Snow Plowing
- Reach us on-line at LONGOLC.COM



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MERRIMACK VALLEY RINGERS

The Merrimack Valley Ringers **will perform at the Dunstable Town Hall on Saturday, Dec 1 at 2:00p.m.** The Merrimack Valley Ringers is a community handbell ensemble dedicated to playing, performing and distributing handbell music. Its mission is to promote the art of handbell ringing, to encourage the public appreciation of and interest in handbell music, and to educate others in the community in the art of handbell ringing.

This program FREE is sponsored by the Dunstable Summer Concerts and the Dunstable COA.

Refreshments will be available.

DUNSTABLE BOARD OF HEALTH

Dunstable started a curbside trash collection and recycling program September 7, 2018.

The cost is \$300 per year and will include 2 carts (one for trash and one for recycling.) There is no Senior Discount. The Board of Health will consider requests for delayed or reduced payment support from any household experiencing financial hardship. Residents should contact the Board of Health to discuss available options.

Each participating household will receive 2 carts; a 35 gallon for weekly trash and a 64 gallon for weekly recycling. Each week, on Thursday, trash and recycling will be picked up at the curb of each participating household. Dunstable is participating in a state-wide effort to reduce the amount of trash to be disposed of through a variety of measures including increased recycling, composting and good consumer decision making. Less trash is better for our town, our state and the environment as a whole.

Overflow bags will be available for an additional fee of \$3.00 per bag (which will be available in rolls of 5 for \$15.) The fee is to cover the cost for the added disposal and added administration of the bag. Overflow stickers will be available for purchase at the Town Hall.

You can find the original Question and Answer article from the Dunstable Board of Health online at the town website. www.dunstable-ma.gov. This article might answer many of your questions. You may contact G.W. Shaw at 1-800-649-7419 if you have any other questions not answered in the Board of Health question and answer article.

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Published by Anne Paquin Since 1983

64 Hardy St., Dunstable, MA 01827-1403 Tel. 978-419-1914

E-mail: anne@neighborstoneighbornewsletter.com

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Total Circulation is now 6,306 which includes Dunstable and Tyngsborough.

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afenochetti@dunstable-ma.gov
Hours at Town Hall: **Tuesday** from 11-2 and **Wednesday** from 8-11. You can reach Anne at 978-649-4514 ext. 223 at the Town Hall or by appointment.

DUNSTABLE COUNCIL ON AGING Mary Moeller chairman; Brian O'Donnell, Secretary; Donald Pottle, Mary Dow, Barbara Martin, Vincent Hollins.

Bone Builders Program is held on Wednesdays and Fridays in the community room of the library from 10:30 – 11:30a.m. Through a grant from Tufts Health and CTI senior Corp. Volunteer leaders run the program. Bone Builders is a fun low- impact strength training and balance exercise program. Each class runs for 60 min. FREE to all seniors, space is available. Talk with Brian O'Donnell

Medication Take Back Program Do you have out dated or unused medication in your cabinet? An officer from the Dunstable Police Dept. will be at our meetings on the last Wed. of each month at noon to collect them and dispose of them properly. **Drop off will be November 28**

Well Adult Clinic Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. All residents, of any age are welcome to attend. **The next clinic will be November 28 from 11:00a.m. - noon.** A limited amount of flu shots will be available and, remember a home visit to give a flu shot can be arranged if you cannot get to your doctor/clinic/ pharmacy.

MEDICARE OPEN ENROLLMENT Every year Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage they can also drop providers from their plan. It is important to review your options every year.

SHINE Serving Health Information Needs of Elders. SHINE is a FREE program. If you would like help understanding upcoming changes and options to Medicare and related health programs a SHINE counselor will be available to offer one-on-one counseling on **Wednesday, November 28 from 10:30 – 1:00.** Appointments are necessary. A SHINE counselor can also be reached by calling 1-800-243-4636

Van Service is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne Fenochetti as soon as you know when your appointment is to make sure a ride is available.

Meals on Wheels Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Anne. Drivers needed.

Durable Medical Equipment Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, transport chairs, canes, commodes and much more that people have generously donated. These are on loan and need to be returned when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

Message from the Fire Chief Fire Chief Rich is available to check your smoke detectors you just need to set up an appointment. If you need the assistance of the fire department for a non-emergency situation and you've called the fire-station and no one was there. **Please call 978-448-6666 (Fire/Police/ems Dispatch)** they will notify the proper person or service to assist you. **Office # 978-649-6661**

Living Alone Safely in Your Own Home The Dunstable COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key on to your door at your home so that in an emergency help would be able to get to you quickly. Chief Rich will be available at our Wed. lunches if you have any questions. Call his Office # 978-649-6661 for more information.

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MORE NEWS FROM THE DIRECTOR OF THE COUNCIL ON AGING

Nashoba Nursing Service and Hospice: For information on home health, flu clinics, nursing availability, or hospice - call 1-800698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext. 352 or wchieffo@nashoba.org.

Groton Memory Cafe Every 4th Thursday from 10:00 - noon at the Groton COA 163 W Main St, West Groton, Ma. Join us for coffee and conversation for individuals and families living with memory changes. FREE, call 781-863-1166 ext. 104 for more info. Caregiver's Support Group sponsored by Rivercourt Residence For families and caretakers of loved ones with Alzheimer's or other forms of Dementia. If you are feeling sad, guilty, lonely or helpless. You are not alone! Come join us to talk about these feelings and connect with others whose experiences are similar to yours.

For information call: Laurie Morency at 978-448-4122 ext. 250
When: First Wednesday of every month. **Time:** 10:30 am - 12noon or 6:00pm - 7:30pm **Location:** Conference room at 8 West Main Street, Groton MA 01450

Care guides available for families of people with Alzheimer's Disease. Available to download at no cost. The Alzheimer's Disease Assoc. Ma/NH Chapter has an array of resources for families and individuals at each stage of Alzheimer's Disease. These comprehensive guides allow families to address specific issues they are currently experiencing. If you are not sure what guide is best for you call 800-272-3900. To download guide, go to: www.alzmass.org/care-guides.html. The Alzheimer's Assn. home page is located at www.alz.org/manh

Prescription Advantage Now has a continuous open enrollment. Applications available.

Medicare Questions Call Elder Services at 1-800-892-0890

We now have the application for RMV Handicap placards

Charity Navigator There aren't many days go by that we are not contacted to make a donation to different organizations. Want to make sure they a legitimate and the money you donate is well used. You can now look up these charities at www.charitynavigator.org

Brown Bag Program Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a free bag of groceries on the fourth Tuesday of the month. Pick up at the Tyngsboro Senior Center. Applications are now being accepted and are available through Anne at the Dunstable COA office.

Files of Life pouches are available to all seniors. These pouches will contain pertinent information about you that can be left in a visible location, home/car to be used in cases of emergency. You can contact Fire Chief Rich for more information.

Elder Hotline Provides seniors and their families with information related to elder issues. Call 1-888-243-5337 Monday - Friday 10:00 - 4:00.



46 Coburn Road
Tyngsboro

Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns. Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, and observe meadow wildflowers and butterflies. It's a great place for outdoor exercise and to enjoy nature close to home. Sherburne Nature Center and Trails activities are open to all who are interested. Activities go rain or shine. In extreme weather conditions, activities are cancelled. No reservations or fees required. Children under 16 must be accompanied by an adult.

Please note: The tennis court behind the Sherburne Nature Center is PRIVATE property.

It is not part of the PUBLIC Nature Center property.

SHEPHERD OF THE VALLEY LUTHERAN CHURCH

Now holds services and other activities at the Federated Church
21 Washington St., Ayer, MA (978) 540-0768
<http://www.sov-lc.org>

Pastor Rev. Susan Gaeta Fall Worship is at 10:15

Shepherd of the Valley Lutheran Church fall worship time is 10:15AM

Prayers of Thanksgiving for all from SOV! **On Sunday, November 4th, 11th and 19th in the second floor parlor:** Want to know more about being a Lutheran Christian at Shepherd of the Valley? Come and find out during these 50 minute sessions with Pastor Gaeta and members of our congregation!

On Friday, November 9th from 5:30 to 9:30 SOV will have another Puzzle and Game Night which will include a kids' movie. Enjoy an informal evening of a potluck supper and fellowship. Bring a board game or work on a puzzle that will be provided. Kids of all ages can also choose to watch a movie.

FYI: The Sunday School classes this fall are focusing on skits, based on the Gospel lessons, with a few other activities sprinkled in.

CUB SCOUTS PACK 28

Interested in scouting? You and your child(ren) are invited to join Pack 28 Scout. There are many fun activities your child(ren) can do in scouting that help to build their skills and confidence so they can grow to their full potential. *Cub scouts is open to all boys and girls in Kindergarten through 5th grade (age 5 as of 8/28/18).* Some of the activities we have planned for the upcoming Scout year include: Pack Campfire @ the Dunstable Rural Land Trust Pinewood Derby Rocket Launch Memorial Day Parade Fishing Derby Hiking

For more information, please contact: Jen Neiley Membership Coordinator jen@geoff@gmail.com or Chris Braun, Pack Cub Master chrisjbraun@verizon.net (617) 640-1678

Issues and other information posted online at www.neighbortoneighbornewsletter.com

Please send info in now for the December issue.

Have events coming up? **Need details about advertising your business?** Send an email to me anne@NeighborToNeighborNewsletter.com or by mail to Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

You may also reach me at **978-419-1914.**

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DVFFA CHRISTMAS PARADE AND PARTY

at the Dunstable Fire Dept.
Sunday, December 2, 2018
Bad Weather Date: Sunday, Dec 9

The parade will start earlier this year.

Parade will leave Dunstable Fire Dept. at 11:45 am. and will follow a new route.

Starting at Dunstable Fire Dept, Left on Pleasant St., Left on Pond St., Right on Parkhurst St., Left on Pond St., Left on Pleasant St., Left on Cross St., Right on Groton St., Left on Hall St., Right on School St., Left on Groton St., Right on Kemp St., Right on Adam St., Left on Route 113 in Pepperell, Right on East St. in Pepperell, Continue onto River St., Right on Hollis St., Left on Fletcher St., Left on Main St., Right on Century Way, Back to Main St., Left on Main St., Left on Mill St., Cross Main St. to Oak St., Left on Depot St., Right on Main St., Left on High St., Right on Thorndike St., Right on Forest St. across Route 113 to middle section of Forest St. across Lowell St. to Forest St. (up the hill), at the end of Forest St., Turn around at Valley St., Left on Lowell St., Merge onto Main St., Left on Pleasant St. and Left into Dunstable Fire Station.

USED CLOTHING DROP-OFF SHED

To benefit: Dunstable Evangelical Congregational Church

Location: Rear Parking lot, 518 Main St., Dunstable, MA 01827

Items accepted: All clothing, shoes sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. (Your donations will not be cut up or shredded.) (Please... No rags, fabric scraps, pillows, toys or household goods; please understand that the above unwanted items are a hardship and expense to dispose of.)

Send clothing to people who can use it all over the US and World while helping the environment. Receive a tax deduction for your donation. Receipts are on the shed. **Help us keep your donation clean and dry.** Please put in tied or closed bags.

TROOP 28 NEWS

Scouting is Starting Up!

Scouts BSA Troop 28 Dunstable meetings, Monday from 7 PM - 8:30 PM at the Dunstable Congregational Church. Any boys in grades 6-12 are welcome to attend along with their families.

Scouting is a great way to build self-confidence, character, and leadership while having fun, making friends, going on adventures, and serving your community.

Troop 28 does all sorts of activities including kayak trips, day hikes, camping trips from 1-5 nights, bike trips, cooking competitions, shooting sports, trampoline jumping nights, and more. We serve our community with conservation projects, citizenship work, and service to our seniors and veterans.

All activities are completely voluntary and Scouting is easy to fit around sports and other activities. Our Troop has a great history of developing young people into self-confident leaders, including many Eagle Scouts.

Call Scoutmaster Sarath Krishnaswamy at 978-846-0120 or sarath@alum.mit.edu if you'd like to learn more, or check our website out (dunstable28.mytroop.us) or gdscouting.org for more information.

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NEW HAMPSHIRE JUNIOR ROLLER DERBY PRACTICES IN TYNGSBORO

New Hampshire Junior Roller Derby is pleased to announce that it began holding league practices in Tyngsboro this fall. Weekly practices have started at the Tyngsboro Sports Center (500 Potash Hill Rd, Tyngsboro, MA) from 10-11 am.

New Hampshire Junior Roller Derby is open to skaters from ages 7 to 17. The league is based out of the JFK Coliseum in Manchester, NH, but uses other venues for off-season practice space. The team is part of the Junior Roller Derby Association, and is finishing up an exciting season that included games with teams from around New England, New York, and Canada.

For more information, visit www.nhjuniorrollerderby.com.

FREE ACTIVITIES FOR YOUNG CHILDREN WITH THEIR PARENT OR CAREGIVER

Calling all children, ages birth – 5, with their parents or caregivers, to **FREE Playgroup/Literacy/Story and Craft Times**. This grant-funded program is open to anyone, regardless of where you live. These programs follow the school year calendar.

Groton and Dunstable

Family & Community Programs

Join us on any 1st **Tuesdays** during the school year -1:30 p.m. at: Dunstable Congregational Church, 518 Main Street, Dunstable

Join us on any all **Mondays** during the school year -9:30 a.m. at: Peter Twomey Center (behind G-D Middle School North), 348 Main Street, Groton

Townsend and Pepperell

Family & Community Programs

Join us on any 1st and 3rd **Tuesdays** during the school year -10:30 a.m. at: Pepperell Library (Lawrence Library), 15 Main Street, Pepperell

Join us on any **Wednesdays** during the school year -10:30 AM at: Townsend Library, 12 Dudley Road, Townsend

Please contact Jana Harrison, at jharrison@awrsd.org, or 978.874.0163 for further information.

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Worship & Sunday School each Sunday at 9:30AM

Coffee/Fellowship 10:30

ANNUAL HOLIDAY FAIR AND CRAFT SHOW

Saturday, December 1st from 9am to 3pm

There is something for everyone! Our kitchen will be open throughout the fair, serving breakfast and lunch. Take a break from shopping in our "bistro" and have a delicious homemade pastry, gourmet coffee or hot lunch.

Shop for holiday gifts at our craft, jewelry and gift tables. Select a homemade treat for your holiday table! Gift Baskets, Homemade cookies, pies, cakes. Candles, Mary Kay, LipSense, Stampin'Up, Purses, tote bags, hand knitted gifts, Tastefully Simple, Original artwork and Jewelry. Visit our Kids Room! Holiday crafts, Staffed by Christian Ed Team. Child free shopping. White Elephant! Gently used bargains, Holiday Decorations, Jewelry & Gifts.

We're not hard to find. From Route 3 North - Tyngsboro & New Hampshire Take exit 33 (Rt. 40). At end of ramp turn left onto Rt. 40 (Groton Road). Go one mile to Oak Hill Road on left (Rapid Refill and Convenience store on right). Turn left onto Oak Hill Road and proceed 1/2 mile to left fork at Nabnasset Golf Course. Take left fork and proceed 1/4 mile to stop sign. Go straight after stop for 1/4 mile. Church is on the right after sharp curve in the road.

YANKEE DOODLE DOLLERS DOLL CLUB

We are a group of adult doll collectors. **Meetings are the second Tuesday of each month, from 6:30 to 9:30 in Acton, MA.** Want more information? Call Rosemary 978-534-0365 (leave a message) Or call Diane 978-448-2893

We are a member of the United Federation of Doll Clubs



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

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PLEASE SEND IN YOUR NEWS FOR THE DECEMBER ISSUE

If you belong to a group and have upcoming events, such as a fundraiser or an organization that you love to take part in, have a business that is looking for employees, or offers a service that you want everyone to know about, let me know. Share your info. There is no fee for news but free space is limited, so it is best to get it in as soon as possible. You don't need to wait for the deadline. Just remember that the printed issue is usually out around the 5th or 6th of the month. **So you do have to plan ahead a bit.** For paid ads, please contact me by email for more information. I will then forward a rate sheet to you.

For the past 35 years **Neighbor to Neighbor** has been circulating on a monthly basis. Now there are 6,306 FREE issues delivered between the towns of Tyngsborough and Dunstable. Issues are also left at the Town Hall and Library in each town. Go to www.neighbortoneighbornewsletter.com. **HERE YOU CAN READ THE ISSUE ONLINE.** Read through the Tyngsborough and Dunstable issues. You will also find other articles posted there. *I look forward to hearing from you! (soon) Sincerely, Anne Paquin*

E-mail: anne@neighbortoneighbornewsletter.com

Check out the website for current and past issues. More articles are posted there as well.

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DUNSTABLE SENIORS

We are a peer group for those over 60. Seniors now meet in the community room of the library every Wednesday 10:30 - 11:30 Bone Builders, dominos 10:30 - noon, lunch at noon. First Wednesday at 12:30 **BINGO for cash.** Last Wednesday of the month, **POKENO**, bring your pennies. **SCRABBLE** group every Wednesdays at 12:30.

The Mission of the Dunstable Council on Aging is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

November Lunches **November 7** will be chicken teriyaki and stir fry vegetables, and dessert provided by Dinner Made Simple RSVP by Oct 31. **Nov 14** will be our annual Turkey Dinner. It will be roasted turkey, potatoes, seasonal vegetable and dessert. RSVP by Oct.7. **Nov. 21 NO LUNCH**, enjoy a great THANKSGIVING with your family. **Nov. 28** will be pizza, salad and our monthly birthday celebration .

Rivercourt Residence in West Groton invites 12 Dunstable seniors for a monthly lunch. Please join us on the third Tuesday of each month. Next lunch November 20 at noon in their private dining room. They do this as a community outreach program, no sales involved. Just a good time with friends.

Indian Hill Music, Bach Lunch. Indian Hill Music, 36 King Street, Littleton MA. presents, *The Atlas Trio* . Next show November 15. There are **TWO PERFORMANCES: 11:00 am and 1:30 pm** Indian Hill Music, 36 King Street, Littleton MA. Complimentary coffee, tea and cookies will be served or you are welcome to bring your own lunch. Doors open at 10 am for first show and 12:30 for second show.

Book Club The group will be meeting November 17 at 10:30 in the community room of the library. We will be discussing The Man From Beijing by Henning Menkell. **Summary** Hudiksvall, January 2006, police find eighteen people massacred in a small village. They think it's the work of a mad man but Birgitta and August believe they were killed by the same person who killed their mother. Books may be ordered through the library.

Book Delivery to shut-ins is available through the Dunstable Library. Just let Sue know if you or someone you know needs books or audio material.

FREE Quilting Class under the direction of **Robin Murch** will be offered on the first and third Tuesday from 6:00 - 7:45 at the Dunstable Library. Just drop in and she will let you know what you will need to get started.

Savvy Seniors Yarlennya Villaman of the Attorney General's office will be at our meeting on Wednesday, November 7 at 11:30. The topic of the presentation will be how to avoid identity theft and how to detect a variety of different mail, phone and online scams.

ANCHOR BIBLE CHURCH

18 Pondview Place, Tyngsborough, MA (across from Skate 3)
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DON'T ADD OR TAKE AWAY

By Nathan Combs

In Deuteronomy 4.2 and later in 12.32, Moses issued a stern warning in the law to the Israelites about the careful respect God's words deserved. In words that the apostle John echoed in Revelation 22.18-19, Moses instructed the people to "not add to the word that I command you, nor take from it." Since many more books of the Bible had yet to be recorded, Moses was obviously not speaking against future revelations from God being added to the collection of divinely-inspired Scripture. Instead, he was probably speaking against the same problem that Jesus dealt with in Mark 7.1-13.

In addition to the divinely-inspired law of Moses, the Jews of Jesus' day had access to a large body of teaching from various rabbis about the law. These teachings, which were mostly orally transmitted, formed an extensive daily code and were regarded by the Pharisees (though not the Sadducees) as very nearly equal in authority with the Scriptures themselves. When the Pharisees and scribes reproached Jesus in Mark 7 for allowing his disciples eat without going through ceremonial hand-washing that the "tradition of the elders" prescribed (7.5), they were referring to this body of oral tradition which Jesus and his men supposedly violated.

In response, Jesus revealed their hypocrisy in actually neglecting parts of Scripture they did not find convenient. Instead of honoring their fathers and mothers as the ten commandments commanded, they gave their financial resources to God, considering them "Corban," (devoted to God). By doing this, they were repeating the same mistakes as their ancestors in the time of the prophet Isaiah, "teaching as doctrines the commandments of men." Therefore, not

only were the Pharisees adding to the law by treating their own oral traditions as Scripture, they were also taking away from the law by refusing to keep it.

Since multiple generations of God's people fell to the same problem, we must be vigilant to not repeat their mistake. The only traditions we are obliged to keep are the ones handed down directly by Jesus' apostles (2 Thessalonians 2.15, 3.6). Before leaving earth, Jesus bestowed His authority on this special group of messengers, granting them authority to teach and reveal Him to the world (Matthew 28.18-20). In the first century, those gospel traditions were orally presented as well as written down, many in letter form. Although some churches claim to be keepers of the oral traditions of the apostles, the New Testament documents are the only trustworthy source we have to understand Jesus and His will for our lives. Oral traditions can change very quickly based on the mistaken memories of the transmitters. Written documents, however, are frozen in time. Therefore, let us shun the example of the Pharisees. We must obediently bind our minds and hearts to what we've been given in Scripture and not regard extra-biblical traditions as deserving of our full allegiance.

GROTON GRANGE #7

Groton Grange #7 invites you to our traditional New England Contra Dance on **Saturday, November 17th, from 7:30 - 10:00 PM** at Historic Groton Grange Hall, 80 Champney Street. This will be an evening of live music and dancing with Groton's own Contra Banditos along with caller Dudley Laufman, who will teach traditional New England style contra, square, and line dances to the beat of old time fiddle tunes. *Beginners are welcome, no experience or partner is necessary.* Donation at the door is \$5.00 per person, children under 3 years old are free, and *family maximum is \$20.* Refreshments are provided. Please note: park only on the Grange side of Champney Street.



Again this year West Auto Repair, Inc. will be teaming up with Maureen Amaral, Realtor from Coldwell Banker Residential Brokerage, who is our towns Toys for Tots coordinator, to collect toys for local families in our area. Starting sometime **during the week of November 12th we expect that the Toys for Tots collection box will arrive and will be set up** in the office of West Auto Repair located at 30 Pleasant St. (a/k/a Route 113) in Dunstable, MA. The office is open Monday - Friday 8AM til 5PM. No appointment is needed, please just stop by and leave any unwrapped toys in the collection box.

Historically there has been a shortage of donations for children in their pre-teen years so please keep that in mind when considering what toys you might donate to this program. We look forward to seeing you all during this upcoming holiday season and we thank you in advance for your support. Should you have any questions relating to the Toys for Tots program please feel free to contact Maureen at 1-773-599-3257 and she can answer any questions you might have.

BEHAVIORS ARE SYMPTOMS UNDERSTANDING BORDERLINE PERSONALITY

By David Harrison, LICSW

According to the National Institutes of Health (NIH), Borderline Personality Disorder (BPD) is "marked by an ongoing pattern of varying moods, self-image, and behavior" that can result in problematic conduct and relationships. Individuals with BPD can experience intense mood swings and significant impulsivity – often engaging in self harm and other risk-taking behaviors as they oscillate between rage and adoration...

Personally, I am wary of describing any group of symptoms as a "disorder". Rather, I view the pattern behaviors associated with BPD as expressions of pain and as evidence of extraordinary efforts to self-soothe in the face of fear and hopelessness.

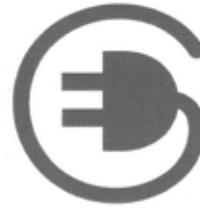
The authority, Dr. Marsha Linehan, has likened BPD to third degree burns of the "emotional skin". In my own work, I'm struck time and again by three themes that emerge from suffering clients:

- Existential Emptiness
- Impaired Sense of Self
- Feeling Unlovable

I believe that all three can lead to shame and the fear of abandonment, further eroding self-esteem and triggering behaviors that threaten to undermine relationships. It can feel hopeless; studies have shown that 70% of the millions of people with BPD (an estimated 1.5% of all adults) make at least one suicide attempt. Fortunately, as with other mental health disorders (including Post-Traumatic Stress which often co-occurs with BPD), **there is help.** Psychotherapy is associated with symptom relief and improved outcomes, both as stand-alone treatment and in conjunction with prescription medicine. **Talk Therapy** helps individuals heal and grow through the development of insight and trust.

In my **psychotherapy practice**, I collaborate with clients – with and without BPD, and their loved ones – as we all come to understand that people are always more than just their symptoms and behaviors. With compassion for self and others, we identify and navigate the emptiness and shame, empowering clients' self-worth and self-love in ways that can lead to permanent change.

If you or someone you love struggles with mental health please consider contacting Greenbridge Counselling and Wellness, LLC at 978-649-2055. If you or a loved one suffers with symptoms of BPD, please contact David Harrison, LICSW directly at dharrison@greenbridgecw.com.



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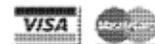
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GD SEPAC

Groton Dunstable Special Education Parent Advisory Council

<http://gdsepac.wordpress.com>

Contact Officers and Liaison 2018-2019:

Co-Chair: Melissa Padera mpadera@yahoo.com

Co-Chair: Jennifer Bonenfant jenniferbonenfant@gmail.com

Secretary: Marla Haddad mhaddad2@verizon.net

Treasurer: Katie Leonard kcleonard@gmail.com

SCHOOL PARENT LIAISONS:

Boutwell Katie Leonard kcleonard@gmail.com

Florence Roche Katie Leonard kcleonard@gmail.com

Theresa Passmore theresapassmore@gmail.com

Swallow Union Melissa Padera mpadera@yahoo.com

Susan Lopez susanlopez24@gmail.com

Middle School Theresa Passmore theresapassmore@gmail.com

High School Susan Lopez susanlopez24@gmail.com

Out-of-District Melissa Padera mpadera@yahoo.com

Presentations workshops:

Mark your calendars for January 15, 2019 6 – 9 PM Location TBD *Stretch What Matters: Self-Care for Yourself and Your Child with Special Needs* Come join us as we learn about ways to utilize yoga and mindfulness to care for ourselves and our children. Bring your yoga mat and wear comfortable clothing for this interactive workshop. *Funded by the Groton-Dunstable Regional SEPAC*

CAT FOOD DONATIONS NEEDED

to feed a colony of feral and homeless kitties. Please call me at **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line. Don Gaudette. **Volunteers to help with the feeding are also needed.** Associated with Kitty Angels www.kittyangels.org
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• **WOW!!!** What a fantastic day we had on October 7th with the world-renown gospel music and inspiration the Needham's brought to us! The church service message and music along with the soup and sandwich luncheon and then the amazing concert at Old Town Hall which also featured our very own Alan Frink and A New Beginning (Barry & Debbie Shirk) was definitely a day of praise and worship. What talented musicians we witnessed!!! What Blessings they brought to us! Thank you to ALL our church members and the 150th Celebration Committee members who made this event happen!!!!

• **NOVEMBER 25th** - Please join our church service for our **Children's Christmas Program** and "Hanging of the Greens".

We welcome all. This begins our Christmas season activities.

• **Sunday School program** for all ages. Children will begin the Sunday Services with their parents and will be dismissed to their age-appropriate classes at 10:15am. It is important to note that all adults working with children have passed their CORY applications to ensure a safe environment for our children

• **All Executive Boards and Committee Meetings have begun**

• **LADIES BIBLE STUDY** - Tuesday morning, from 9:30 am to 11:30 am. Study will be based on "That the World May Know" video series. Please consider joining this amazing and uplifting study group.

• **ADULT BIBLE STUDY** - The Sunday evening Adult Bible Study "Just Walk Across the Room" has been postponed at this time.

More information and start date will be made available soon in an upcoming Neighbor to Neighbor issue or you may inquire by calling our office. You may contact our Office at 978-649-2262 for further information.

• **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: **1.** Log onto the church website <http://www.tyngsborocongregational.org> **2.** On home page you will see a photo of the church. Hover the cursor over the word "SERVING" **3.** Click once on the word "SERMONS" **4.** Scroll down to see "Listen to our sermons for free on SoundCloud.com" **5.** Click once on the link/word "SoundCloud.com" **6.** Below the Church logo sermons listed by date, passage, sermon title **7.** Click orange circle to listen to the sermon you desire.

• **THE THRIFT SHOP:** Please make note that the Thrift Store will be **CLOSED: Nov 22nd and Nov 24 and Dec 27th and 29th.**

Located next to the church is open to the public on **Thursdays and Saturdays from 10:00 a.m. - 3:00 p.m.** We offer an assortment of clothing, shoes, handbags, baby items, books, small appliances, dishes, glassware, jewelry, etc. **Please do not drop off** large items as we do not have the means to dispose of these.

• **DECEMBER 1st - CHRISTMAS FAIR** - As always, our Thrift Shop is open for some amazing shopping, our Cookie Walk is always a great success and we serve hot foods during the day. **Please note we are extending our hours until 5:00 p.m. to continue to serve hot food, snacks and hot/cold drinks.** We invite you to come inside to stay warm as you wait for Santa to arrive and the Town Center to be illuminated for the Festival of Lights event. This has been a longstanding tradition so please come enjoy all that is offered! You'll be glad you did! All activities are within a short walk to each location. Hope to see you there!

• **A very special birthday is approaching for a "very special person!"** Please send birthday cards to Barbara Magoon for December 13th, she will be celebrating her **102nd birthday!** Cards may be sent to P.O. Box 153, Tyngsboro, MA 01879.

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RIVIER INSTITUTE FOR SENIOR EDUCATION

RISE AUTHORS TO READ AT NASHUA PUBLIC LIBRARY

Members of the creative writing classes at the Rivier Institute for Senior Education (RISE) will read from *DAWN, The Literary Journal of RISE*, at the Nashua Public Library **Sunday, November 18 from 2:00 – 4:00 p.m.** in the Theater. Copies of *DAWN* will be available for \$6, and authors will be pleased to add autographs and inscriptions.

Many RISE members have a passion for writing and began putting their creative thoughts to paper writing memoirs for their families. Poetry has grown in popularity over the years since Dawn's inception.

DAWN was first published in the spring of 2000, featuring the works of nine RISE authors. This year's publication tops out at an impressive 134 pages and features the prose and poetry of 34 authors, the majority of whom submitted three pieces each. The journal is divided into three sections: fiction, nonfiction, and poetry. The non-fiction section remains almost 100 percent memoir writing. A short biographical sketch of each author appears in the back of the journal and tells of the varied backgrounds and careers of each author.

DAWN is a thoughtful and inexpensive gift to give to friends and family. It is available for purchase at Annie's Book Stop, Greystone Plaza, 650 Amherst St. (101A) in Nashua; the Toadstool Bookshop, Lorden Plaza, 614 Nashua Street, Milford; and at the RISE office, Rivier University, Room 126 in Memorial Hall, Clement Street, Nashua. Proceeds from sales of the *DAWN* Journals will go to a RISE Memorial Scholarship that supports Rivier undergraduate day students who have demonstrated a commitment to the greater Nashua community through volunteer work or public service.

The Dawn Editorial Staff is hoping that audience members who aren't familiar with RISE will want to learn more about the program at the reading event. RISE brings people 55 and older together who love to learn and meet new people. For more information about the RISE program, tailored for learning in retirement, visit www.rivier.edu/rise or call (603) 897-8623.

DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827
Dunstablechurch.org 978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org
DECC is a welcoming church at the heart of the Dunstable community. "We gather to glorify God, to grow in Christ and to live the gospel in the world."

Join us for Sunday Worship Service at 10:00 am each Sunday. Child care is available during the service for infants through kindergarten age. Pastor Bobby Ross leads our worship services which feature a variety of music, scripture readings, corporate prayer and spoken messages and with Communion (the Lord's Supper) served on the first Sunday of every month. Everyone is welcome to an informal time of fellowship with coffee, tea and refreshments after worship.

CHILDREN'S SUNDAY SCHOOL is regularly held at 10:00 am. Children will sit with their family for the first part of the service, then move on to class for the remainder of the service. Classes are for children age 6 and up. Children 5 and under are welcomed in the Nursery at the beginning of our service. For more information and to sign up to help, please contact Shellyannross@gmail.com.

MEMBERSHIP CLASSES: If you are interested in pursuing or learning about membership in our faith community, we're looking to begin a new class on Sundays for an hour after service. The last class took 6 weeks, give or take for make-up weeks. Committing to the 6 weeks doesn't obligate anyone to join, and it doesn't obligate the church to recognize attendees as new members. It's the beginning of a process for those pursuing an interest, to know more about us as a church, and for us to get to know you as a follower of Christ and potential member. We'll have some great conversation, coffee, snacks, and time together. **If you're interested, please let Pastor Bobby or a deacon know ASAP.**

DECC YOUTH: On Oct 28th, we once again joined about 2 dozen other churches and participated in the Church World Service Walk for Hunger in Nashua. This year's walk was on a new path. It was 3.3 miles long; this length matches what the average person without water (much of the third world) has to walk to get drinking water. Our fund raising for this event has continued to grow each of the four years we have participated. Thank you!

We welcome any area youth in grades 6-12 to our meetings and events. **Regular meetings are held on Sundays from 4:00-6:00 PM** but special events may be held at other times. Please contact Jon Hughes at **978-393-7708 if interested and to confirm location and time of meeting.**

Parent Connection (formerly POPs) continues to have play dates and gatherings. Contact Shellyannross@gmail.com with questions.

MISSIONS BOARD sponsors a "Missions Moment" on the second Sunday of each a month. A guest speaker presents a brief overview of the program which is supported by our Missions giving. YOU are our mission. **On November 18th**, our focus will be Village 2 Village.

OPERATIONS BOARD is happy to announce that the **handicapped entrance and lift have been installed and are operational.** This now makes our facilities accessible for everyone. Entrance to the lift area is on the Town Common side of the building. The lift will carry a wheelchair and one individual to the Fellowship Hall with the path to the sanctuary not far away. The handicapped accessible restroom is one of two in Fellowship Hall now available; the other includes a baby changing station. A project in the works for a long time, we are excited to make our church accessible to all and know that all users will respect the property.

Come visit your community's church. For more information about any of these events, contact the Church office 978-649-6251, email info@dunstablechurch.org or visit our website at www.dunstablechurch.org.

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2018 Advent Retreat

Recognizing. Unwrapping. Embracing. The Many Gifts you have been Given. December 2-5 at St. Mary Church.

Gain a new insight of your God-given gifts; Recognize your importance as a member of the Kingdom of God; Learn how to see your abilities in a new way; Embrace the uniqueness that makes you YOU! Fr. Frederick Fraini, III, Pastor and Headmaster of St. Anna Parish and Elementary School in Leominster, MA, will use his God-given gifts of speech and humor to engage, energize and inspire us to grow more passionately into who we were created to be. Call us our visit our websites (both listed above) for further information.

• **BINGO EVERY Thursday Night!** St. John the Evangelist Church. 115 Middlesex Street, North Chelmsford. Doors open at 3:00 pm... first game at 6:45 pm. Intermission, door prizes, raffle and hot food. Air-conditioned, well-lit parking lot and elevator.



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MIDDLESEX SHERIFF'S OFFICE

GATHERS COMMUNITY PROFESSIONALS TO DISCUSS EMPLOYMENT OPPORTUNITIES FOR FORMER INMATES

LOWELL, Mass. - Professionals from five community organizations convened in Lowell for three days last month to discuss ways to better support former inmates seek and retain employment.

Twenty employees from the Middlesex Sheriff's Office, MassHire Greater Lowell Workforce Board, the MassHire Lowell Career Center, the Massachusetts Probation Service, and Phoenix Multi-sport participated in the September 11-13 training. The program was sponsored by, and facilitated through, the Offender Employment Retention Initiative offered by the U.S. Department of Justice's National Institute of Corrections (NIC).

"We know employment is a core component of successful reentry," said Middlesex Sheriff Peter J. Koutoujian. "With the assistance of this NIC program, we hope to enhance the efforts we and our partners undertake everyday seeking to assist individuals gain meaningful and steady employment, reduce recidivism and enhance public safety."

The program involved classroom instruction in the principles of motivational interviewing and cognitive behavioral therapy, as well as group discussions focused on how these agencies can work collaboratively to build long-term employment opportunities for individuals returning to the community.

At the Middlesex Jail & House of Correction, the MSO offers several educational, vocational and treatment initiatives designed to help individuals prepare for a successful re-entry including culinary arts, custodial training, OSHA certification and ServSafe certification, as well as the Medication Assisted Treatment and Directed Opioid Recovery (MATADOR) program. Individuals nearing the end of their sentences who have completed individualized treatment plans may also be eligible to participate in community work and work release programs.

AMVETS POST #247

ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

We hold our meetings on the 1st Tuesday of the month at 7 p.m. all veterans are welcome with 180 days or more of active duty. Come down and join us for a meeting.
God Bless America.



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AMVETS National Website: <http://www.amvets.org/>

BARN DANCES

Held at **The Parish Center for the Arts**, Corner of **Boston Road and Lincoln Street on Westford Common**, PO Box 411, Westford, MA 01886 978-692-6333; PCA@Westford.org
• **Sunday, Nov 11**, at 3-5pm, A family dance with Dudley Laufman calling. • **Sunday, Dec 2** at 3-5pm. A family dance with Beth Parkes calling. *Sunday dance fee is Adults \$5 and Kids \$3. There is a maximum fee of \$15 per family.*

Also our **regular fourth Saturday monthly Barn Dance** at the Parish Center for the Arts • **Saturday, Nov 24**, at 7:30-10:00pm with Jacqueline Laufman calling. Another will be held on • **Saturday, Dec 29**, at 7:30-10:00pm with Don Heinold calling.

No experience required. First-time dancers: **come at 7:00 for free instruction.** Saturday fee \$6 adults; Students 21 & under free.

CAREER CENTER OF LOWELL

107 Merrimack St., Lowell, MA 01852 978-458-2503

Informational Session for the Senior Community Service Employment Program (SCSEP) This information session will detail services offered by the SCSEP. The program is for those individuals 55 years or older who are unemployed.

Program includes: ...Paid-on-the-job training opportunities at minimum wage in your communityAn opportunity to update your skills and learn new onesCurrent job experience for your résuméJob search assistance and job referrals.

Eligibility Criteria: ...Resident of Essex, Middlesex, Suffolk, Norfolk and Worcester countiesBe current unemployedAge 55 or older. Meet federal low-income guidelinesCommitted to finding a permanent job.

Make the First Step in Career Development

Services at the Career Center of Lowell are free and open to all. It's easy to become a member, simply call (978) 458-2503 and a staff member will schedule you for an upcoming Career Center Seminar. Scheduling a seminar can also be done through [Mass JobQuest](#) if you are a registered user.

Career Center Seminars are offered: **Monday and Wednesday at 9:00 am Tuesday* at 1:30 pm (*Some Tuesday Career Center Seminars may be held at 5:30 pm) These days and times are subject to change based on the season.** This 2 hour orientation will provide you with a complete overview of all the services and resources available to conduct an effective job search.

Important Information to Know ...Bring your résumé and job search logs to the seminar. ...Parking is available at the Joseph Downes Parking Garage at 75 John Street. Cost is approximately \$4.00 for 2 hours of parking ... We suggest arriving 10 – 15 minutes earlier due to traffic and road construction that may be going on within the city. *Late arrivals may not be allowed entry to the seminar. ...Children and visitors are not allowed in the Career Center ...To reschedule, call (978) 458-2503*

NASHUA HISTORICAL SOCIETY PROGRAM

Rebecca Rule will be presenting **That Reminds Me of a Story** at The Nashua Historical Society on **Saturday, November 10, 2018** at 2:00 p.m. Stories speak to us of community. They hold our history and reflect our identity. Rebecca Rule has made it her mission over the last 20 years to collect stories of New Hampshire, especially those that reflect what's special about this rocky old place. She'll tell some of those stories - her favorites are the funny ones - and invite audience members to contribute a few stories of their own. This program is free and open to the public through a grant from the NH Humanities. **The Nashua Historical Society is located at 5 Abbott Street, Nashua. For more information, please check our website <http://nashuahistoricalsociety.org/>**

COMMING UP AT POST #247

- On **Veterans Day, November 11th**, the Post will be having a Ceremony and Collation (Spaghetti Dinner) at noon in celebration of our Veterans.
- Wednesday, **November 14th** Trivia 7PM
- Sunday, **November 18th** "Meat Shoot" 4PM Legion
- Auxiliary Christmas dinner details to be announced.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings are held the first Thursday of each month at 7pm.

Auxiliary Unit 247 Current Elected Officers:

President: Bernadette Harper; Sr. Vice: Josephine Beauregard; Secretary: Patricia Modrich; Treasurer: Diane Dileo; Chaplain: Rebecca Modrich; Executive Committee: Mary Dupras, Annette Coles and Kathleen Oiljey. Debra St Peters was Installed as Unit Sgt-At-Arms at the October meeting.

For information on the Auxiliary Unit meetings, or functions contact Unit President Diane Dileo at 978-204-9329

We also would Welcome New Auxiliary Members 18 and older. Contact Unit President or Treasurer.

- **The Unit Jr. Auxiliary is accepting new Jr. members.** Contact 978-649-7540 if interested in joining.



ROBERT D. PELLETIER AMERICAN LEGION POST #247, INC.

90 Pawtucket Blvd. Tyngsborough, MA 01879

Active duty military and veterans always welcome to join. For further information call **978-649-7540**. Remember to attend the committee meetings on the first Thursday with your input and ideas.

The public is invited to get involved in all events of the post. The veterans monthly dinners will continue on the first Wednesday of the month. We are always looking for help to serve the veterans. **Keno and Scratch Tickets are available at the Post.** There is an ATM in the Post for your convenience.

Elected Post 247 Officers serving for 2018-2019

Commander: Ray Hamelin; Sr. Vice Commander: Pete St. Peters; Jr. Vice Commander: Michael Milisci; Finance Officer: John Burke; Adjutant: Don Pierce; Judge Advocate: Rolland Millard; Executive Board: Marty Bloomgern, Joe Conlin and Robin Dion

Visit our website, www.LegionPost247.org

This website contains a wealth of information about the Post.

Please remember to be safe & keep our troops in your prayers.

Wednesday, Nov. 14th NIGHT-TRIVIA NIGHT! Are you a know-it-all? Do you think you're smarter than Alex Trebek? You can prove it at 7PM when the American Legion hosts its trivia night! **There is no fee to enter, first and second place of every week get scratch tickets, and whoever has the most points at the end of the month wins a \$25 Visa Gift Card.** Come out and prove that you actually are smarter than a 5th grader!

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GROTON COMMUNITY SCHOOL

Tickets now on sale for the 14th Annual Groton Community Home Tour November 17, 2018 -- Groton, MA -- Groton Community School (GCS) will host its 14th Annual Community Home Tour on Saturday, November 17, 2018, from 10 a.m. until 4 p.m. Doors at the school will open at 9 a.m. In case of inclement weather, the Home Tour will be held on Sunday, November 18, 2018.

The Groton Community Home Tour is a self-guided, adults-only tour of distinctive and historic private homes in Groton. The 2018 Home Tour will showcase a variety of architectural styles, including including an antique 1700s Colonial, a custom-built Colonial farmhouse, and a renovated lakeside cabin with views that you must see in person.

The Tour begins at Groton Community School with complimentary coffee and donuts from Dunkin Donuts and The Catalano Companies. Various local artisans and merchants will be at GCS and in the homes providing a unique opportunity for holiday gift shopping. While at the school, enter to win Chance items and baskets generously donated by local businesses, artists, friends, and Groton Community School families. The Chance items will be on display and Chance tickets will be on sale at the school the week prior to the Home Tour. Winners need not be present at the time of the drawing to win. To order tickets for the Groton Community Home Tour visit: www.grotoncommunityschool.org/home-tour/tickets

Tickets are also available by cash or check at the following locations: Groton Community School: 110 Boston Road, Groton, MA
FacetsETC: 30A Hollis Street, Groton, MA
Kimball Farm: 400 Littleton Road, Westford, MA
Lavender: 137 Main Street, Groton, MA
The Groton Inn: 128 Main Street, Groton MA

Advance tickets for the Home Tour are \$25 per person or \$35 per person with a boxed lunch from Salt & Light Bistro Cafe. Tickets purchased on the day of the tour are \$30 and are for admittance only.

Thank you to our 2018 Groton Community Home Tour Soaring Sponsor 360 Gymnastics, and our Community Sponsors: Babin Landscaping, The Catalano Companies, Lima's Painting, and Platt Builders. Full event details are available at www.grotoncommunityschool.org/home-tour.

About Groton Community School: For more information about Groton Community School, visit <http://www.grotoncommunityschool.org/> or call 978- 448- 6179. GCS is a NAEYC nationally-accredited, nonprofit early childhood center for young children, and has served the needs of children and families in our community since 1945.

"NEW HORIZONS"

Dracut Community Band Is Welcoming New Members
Instrumentalists wanted to play in the Dracut Community Band. Open to all musicians 18 years and older who live in Dracut and surrounding communities. No audition is required but members should have some playing and music reading experience. Come and join in the fun! We rehearse on Thursday evenings at Christ Church United in Dracut Center from 6PM to 7:15PM.

Pease call Maureen Johnson at 978-454-0055 or email johnsonmusic340@gmail.com for more information or if you'd like to join. *NHDCB is a non-profit and is partially supported by a grant from Massachusetts Cultural Council*

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COMING UP AT INDIAN HILL

INDIAN HILL MUSIC YOUTH ORCHESTRAS - AUDITIONS: Auditions for the three Indian Hill Music Youth Orchestras: **Thursday, November 8, 5:00-7:00pm** at Indian Hill Music School, 36 King Street, Littleton, MA. **SINFONIA CONCERT ORCHESTRA** (advanced level strings, woodwinds, brass, and percussion); **CAMERATA STRINGS** (intermediate- advanced string players); **CHAMBER STRINGS** (developing string players). Learn more and arrange audition time at (978) 486-9524 or visit www.indianhillmusic.org.

INDIAN HILL MUSIC YOUTH ORCHESTRAS CONCERT: Indian Hill Music School presents its three youth orchestras in concert: **Tuesday, November 13 at 7pm**, Littleton High School, 56 King Street, Littleton, MA. TICKETS: Adults/\$10 (free for age 18 and under). Learn more: (978) 486-9524 or www.indianhillmusic.org. Sponsored by Middlesex Savings Bank.

PIANO PERFORMANCE WORKSHOPS: On-stage practice in a casual masterclass format with expert coaching from the Indian Hill Music School faculty: **Wednesday, November 14 & 28 at 6:30pm**, 36 King Street, Littleton, MA. PARTICIPATION FEE: \$20 per session. (Free for Indian Hill Music students) Pre-registration required. Learn more: (978) 486-9524 or www.indianhillmusic.org.

'BACH'S LUNCH' CONCERT: Indian Hill Music presents a classical program with the Atlas Piano Trio featuring Gary Capozziello, violin; Ignacy Gaydamovich, cello; and Cihan Yucel, piano. **TWO SHOWS - Thursday, November 15 at 11 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. FREE admission. Reservations required for groups at (978) 486-9524. Learn more at www.indianhillmusic.org.

INDIAN HILL BIG BAND: Band leader Jerry Sabatini and the group play the best of American Big Band jazz with tunes by Benny Carter, Duke Ellington, Count Basie, Woody Herman, and more: **Friday, November 16 at 7:30pm**, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for Indian Hill Music students) Learn more: (978) 486-9524 or www.indianhillmusic.org. Sponsored by Nashoba Real Estate.

GRAMMY-WINNING CELLIST MIKE BLOCK: Indian Hill Music presents a concert and workshop with the renowned Silkroad Ensemble member, educator, singer, and composer. **Mike Block in Concert: Saturday, November 17 at 7:30pm**. Experience a multi-genre program of pop, classical, traditional, world, and jazz selections delivered in his unique "standing cello" style. TICKETS: \$15 (Free for Indian Hill Music students) **Pop Strings Summit: Saturday, November 17, 4:00-6:00pm**. String student workshop for ages 8 - 18. TICKETS: \$25 (includes admission to concert; pre-registration required.) Learn more: (978) 486-9524 or www.indianhillmusic.org.

JAZZ AT INDIAN HILL: Jazz violinist Tomoko Omura with the Pamela Hines Trio - an evening of jazz standards and originals in a "post-bop gypsy" style: **Friday, November 30 at 7:30pm**, 36 King Street, Littleton, MA. TICKETS: \$15 (Free for Indian Hill Music students) Learn more: (978) 486-9524 or www.indianhillmusic.org. Sponsored by Nashoba Real Estate.



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ALTRUSA NEWS

The Altrusa Club of Merrimack Valley kicked off another year of service in the Greater Lowell/Greater Nashua area with a visit from the Altrusa International District One Governor-Elect, Linda Ring, from Middletown, CT.

At a dinner meeting on September 26th, the Governor-Elect brought wishes for a successful year from the District Governor and congratulated the club on all its worthwhile projects, in particular, its continued efforts to help homeless veterans in the Merrimack Valley. This year, the club will maintain its focus on literacy and partnerships with local shelters.

The club welcomed Jackie Maciejewski of Chelmsford to Altrusa International membership. Linda Ring, Governor-Elect, conducted Jackie's initiation, noting that membership in Altrusa is an investment in herself and the community.

Altrusa is a service organization whose mission is to promote literacy and to make a difference in the lives of those in need in our communities. The Club meets on the 2nd and 4th Tuesdays of the month. To learn more about Altrusa, e-mail us at altrusamv@gmail.com or visit us at www.altrusa.org.



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Fri 9:00 A.M. - 5:00 P.M.
Sat 8:30 A.M. - 11:30 A.M.

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PET HEALTH DUNSTABLE ANIMAL CLINIC

CAT VS KITTEN

Tara M. Sacramone, DVM



So you have decided on getting a new feline friend, but can't decide cat vs kitten. First of all congratulations, felines make great pets. Second of all make sure everyone in the family is ready emotionally and financially for a potentially long commitment. It is not unusual for a cat to live into its late teens or even early twenties now a days. Now, let's decide cat vs kitten. Both have positives and negatives so think carefully and be honest about which would fit into your lifestyle better.

Kittens: Pros

They are cute. Can be easier to train to use a scratching post or have their nails trimmed or even have their teeth brushed. They are super entertaining. You really don't need a television for a few months after getting a kitten, or even better - get two. Generally an adult cat is more likely to accept a kitten rather than another adult cat.

Cons They can be quite destructive, they love to climb and therefore scratch curtains and furniture, not to mention your pant leg. They need to play and if they are left alone all day they tend to sleep all day and are up all night. Their inquisitive nature can lead to trouble, like eating things they shouldn't or getting stuck in the couch. It's hard to predict their adult personality, so if you need a super friendly or super lazy or super tolerant cat you won't really know if that's what you've got until they grow up.

Cats: Pros

Their temperament is set, you can tell what you're getting. They are less energetic and therefore demand less of your time and don't mind being alone for longer periods of time. They are cute too, and what you see is what you get, not all cute kittens end up being cute cats.

Cons

If they have an undesirable behavior trait, it can be hard to change it. If you already have a cat it can be harder for him/her to accept another adult cat.

So consider what will be best for your family at this moment in time (and up to 20 years from now). We, of course, would recommend you get your new pet from a shelter. With a little time and looking around you can generally get whatever you are looking for. Plus the shelters generally really know their cats' personalities and can help match you up with the perfect feline friend.

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DUNSTABLE TYNGSBOUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to helping the community through donations raised by volunteers.

Officers for the 2018-2019 Lions Year

President: Mark Alexander, 2nd Vice President: J.J. Ward,
Secretary/Treasurer: Bob Reich, Director: Richard Lowe

Anyone who would like to join the Lions is asked to call Bob Reich at 978-649-5874 or Mark Alexander at 978-649-9124. Our Regular Meetings are held on the first Tuesday of the month starting at 6:30 pm. Call one of the members, at the telephone numbers given above, to find the location.

Events

• The Club hosted a **Senior Breakfast on October 18th at the Tyngsborough Senior Center** (Tyngsborough Council on Aging) Westford Rd., Tyngsborough, MA. About twenty-five Senior's and several Greater Lowell Technical High School students attended the event. After breakfast, the students did a thorough check on the Senior's vehicles.

YOU CAN HELP BY DONATING THE FOLLOWING:

Used eyeglasses are collected for refurbishment and distribution to less advantaged people around the world.

CAN TABS (in sealed bags) are also collected for kidney dialysis time through the Shriners Hospital.

Lion's collection boxes for eyeglasses and tabs (in sealed bags) are located at the Tyngsborough Post Office, American Legion Post 247 at 90 Pawtucket Blvd., Tyngsborough Council on Aging Senior Center, 169 Westford Rd., Tyngsborough and Dunstable Town Hall, Post Office and Library.

IACS (Innovation Academy Charter School) Exhibition Night

72 Tyng Rd., Tyngsborough, MA

Tuesday, December 11th from 6-8:30pm

FREE & Open to the Community

At IACS Exhibition Nights, the hallways and classrooms of IACS are transformed into a museum of student work, with ALL students contributing at least one piece of academic work of their choosing in the subjects of English, Math, History, Science, Spanish, Art and Music. The atmosphere is relaxed as students, families and community members peruse the exhibits at their own pace. Expect to see students on hand to answer questions about their projects or conducting a short presentation. *Join us as we end the evening with a preview of the music that our Choral, Chorale and Instrumental Ensemble classes will be performing on Tuesday, January 8th.*

This is a great way to see the project-based work that our students create during the school year. Community members are needed to observe, comment & inspire our students. We are located at 72 Tyng Road, Tyngsboro MA. www.innovationcharter.org Questions? Crystal McKiel, cmckiel@innovationcharter.org, 978-649-0432

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BUILDERS BLUEPRINT BBQ

Please note: The date has been changed to Dec. 10th

Habitat for Humanity of Greater Lowell will host our 2nd Annual **Builders Blueprint Signature Event** on (new date) **Monday, December 10th, 2018** from 3:30 to 5:30pm at the **Tewksbury Country Club, 1880 Main Street, Tewksbury 01876.**

Join influential building industry professionals, community leaders and other key industry support businesses from the local area who believe in building and strengthening communities through affordable home ownership. Keynote speakers will highlight new & innovative products relating to the building industry. The event will also feature plenty of time for networking and a delicious BBQ buffet. All sponsors & exhibitors will receive a complete attendee/contact listing after the event.

For more information about the **Builders Blueprint BBQ** tickets and sponsorship opportunities, please visit <http://bit.ly/blueprintbbq18> or contact Heidi Tierney, Events Coordinator, at 978-692-0927 / htierney@lowellhabitat.org **Deadline for dinner reservations and completed sponsor forms and payment to our office is Dec 3rd.**

Habitat Lowell's sponsorship opportunities are designed to help you meet your marketing objectives. When you partner with us, you not only connect with new customers, you also help ensure local families have access to safe, affordable and decent housing through Habitat for Humanity of Greater Lowell.

All sponsors (Legacy Builder \$1500 - Silver Saw \$500) receive **1-2 tickets** to the BBQ, depending on level. * All vendor table exhibitors receive **one** reserved seat at the BBQ.

All funds raised during the event will go towards building more homes for local hardworking families in need and directly support home builds in Lowell and Billerica. This promises to be an educational, networking event celebrating Habitat for Humanity of Greater Lowell's legacy of building impact and hope in the communities we support! We hope you'll join us as a sponsor or exhibitor at this event.



Rotary Motto: Service Above Self

Theme: Rotary Making a Difference

The Rotary Club of Tyngsboro/Dunstable has been serving the Tyngsboro and Dunstable area for 44 years.

We NOW meet at the Dream Diner, on Middlesex Rd., Tyngsboro, on the 1st & 4th. Thursday of the Month at 7:15am, as well as the 2nd & 3rd Thursday of the month at 12:15pm.

Rotary club members are business, professional, and community volunteers in your locality who meet regularly to plan and implement community service activities and network with other professionals. Throughout the world, Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others.

For further information about Rotary, please email us at tdrotary@yahoo.com or visit our website at: www.tdrotary.org.

Thank you for your continued support.



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BEAVER BROOK NATURE CENTER
 Ridge Road, Hollis, NH www.beaverbrook.org

• HERBS & FOODS FOR HEALTHY DIGESTION Nov 15 6:30 pm -8:15 pm Beaver Brook Nature Center, Spear Room 117, Ridge Road, Hollis \$20 | \$18 members. Diet and digestion are at the center of our health. The foods we choose and how well we absorb them are the foundational building blocks of our body and at the center for how well our bodies function. When things go wrong it can be inconvenient and make us feel uncomfortable. We'll look at some main categories of digestive herbs including bitters, herbs to sooth and settle the gut, herbs for detox and herbs for healing the gut lining. Taste herbal preparations and take home recipes and an information packet. Register at www.beaverbrook.org

• GREENSGATHERING & WREATHMAKING Nov 28 9-11 am or 1-3 pm BBA Brown Lane Barn \$28 | \$25 members. Take a hike at Beaver Brook to gather evergreens: Eastern hemlock, white pine and mountain laurel plus pine cones and winter berries (season permitting). Return to Brown Lane barn and enjoy tea and cookies while you learn to fashion a lovely, long lasting holiday wreath. Everyone leaves with a beauty!! Makes a wonderful gift for someone else too! Bring your own clippers if you have them. We'll supply the wreath rings and wire. Register at www.beaverbrook.org

• WREATHMAKING IN THE WINE CELLAR at LaBelle Winery **Dec 2 10 am -noon or 1-3 pm** 345 NH-101, Amherst, NH Create a luscious evergreen wreath while enjoying refreshments in the wine cellar at LaBelle Winery. We will provide you with a wreath ring, wire, hand loppers, hemlock, white pine, and mountain laurel boughs plus some accent pieces (conditions permitting) like cones and berries. A complimentary coffee and tea station will be available to you during the workshop in the wine cellar. For those who would like LaBelle Winery Bistro a la carte wine or food service, you can place an order with a server during the workshop. Choose Session 1: 10 am -noon or Session 2: 1-3 pm. \$35 Register at www.beaverbrook.org

• MAKE A NATURAL BAYTH & BODY KIT Dec 2 10 am-noon or 1-3 pm LaBelle Winery 345 NH-101, Amherst, NH Make a natural Bath & Body kit of sugar scrub, a bath bomb, bath salts, melt & pour soap and lip balm. Use holiday essential oils like pine, balsam, or other appealing essential oils. Learn how simple it is to make wholesome body products for you, your family and friends. Take home recipes and make more for holiday gift giving. The workshop package will include a LaBelle Winery wine tasting. Upon arrival, each guest can try one red and white wine. Any wine bottle purchases in The Gift Shop (for workshop attendees only) will receive a 10% discount. Also, participants will receive one complimentary glass of wine when dining in The Bistro at LaBelle Winery after the workshop (reservation required). Choose Session 1: 10 am -noon or Session 2: 1-3 pm. \$30. Register at www.beaverbrook.org

• FITNESS HIKING through April 2019 Monday and Fridays 9-11 am Regular walking in nature reduces stress, anxiety, and improves the immune system, and nervous system. Join BBA guides and many other fun people for regular aerobic trail walking. Learn your way around Beaver Brook trails and discover many other great trails in the region including Horse Hill Nature Preserve, Monson, Andres Institute of Art, the Potanipo Rail Trail, Purgatory Falls and more. We hike rain, snow or shine. Join us 1 or 2x per week (M&F). The goal is to gain aerobic exercise and boost our endorphins. We have different groups for different paces. We will provide snowshoes or ice treads if you need them. Call 603-465-7787 to register.

When you contact a business, or organization, please tell them you've seen their ad or news in Neighbor to Neighbor. They would like to know. Thank you, Anne

THE WISH PROJECT

LOCATED at:

166 Middlesex St., North Chelmsford, MA 01863
Warehouse hours Tuesday - Saturday 9-3pm

•• Our new smaller Thrift Shop is now open at 166 Middlesex St. North Chelmsford behind Hertz car rental. Tuesday-Saturday 9-2:30pm. Stop in and see our new shop and pick up some bargains and support our mission.

Wish List

Mattress **sets** only no separate pieces, Twin/Full/Queen (no rips or stains)
Adjustable Metal Bed Frames, Toddler Beds
Dressers, Sofas or Love Seats,
Heaters and Fans, coffee makers, cookie sheets
Infant & Toddler Car seats (less than 3 years old)
Infant Boy clothes 9-12 months
Kids Sneakers and Boots, Coats
Women and Men's hats and gloves
New shower curtain liners,
Steak knives,
Girls clothes 2T - 15/16, Boys clothes 4T - 18,
Juniors Tops & Bottoms
Men's Size Small & Medium clothes

Save the Date

**13th Annual Winter Wishes Gala
Thursday, December 6 from 6-9pm**

Radisson Hotels & Suites Chelmsford Lowell

Go to our website www.thewishproject.org

Register online at [13th Annual 2018 Winter Wishes Gala](#)

About Us The Mission of The Wish Project is to help families in need in Merrimack Valley. Find out more on our website www.TheWishProject.org or call us at (866) 947-4360.

Our New mailing address is:

The Wish Project, PO Box 8693, Lowell, MA 01853

To change your email or address: If you have changed your mailing address or your email address for our weekly newsletter, and would like to have us update it in our system, please email June Folger, at june@thewishproject.org Include your name, your old address/email, and your new one. Our donors are important to us!

LOADING DOCK GALLERY

122 Western Avenue Lowell, MA 01851

Show: **LDGX10**

Show Dates: **Through November 25, 2018**

This November, LDGX10 celebrates the Loading Dock Gallery's ten-year anniversary. Over the last decade, the gallery has featured over 100 shows and thousands of pieces of artwork and is proud to commemorate the gallery's evolution. Master weaver Tarja Cockell captures nature's textures and patterns in her beautiful hand woven linen and copper works. She has skillfully designed her warp and weft to evoke extraordinary abstract textures and images. Tree lovers will delight in the works of Linda Branch Dunn and Tracy Levesque whose majestic trees branches for the sky and awaiting the changing seasons...and those are just a few of the treasures that await at LDGX10. Here you will enjoy a diverse selection of paintings, functional art, jewelry, pottery, glasswork, fiber art, clothing and so much more. The Loading Dock Gallery, representing over 30 artists, is the most eclectic art gallery and high-end gift shop in the Merrimack Valley.

The Loading Dock Gallery, a part of Loading Dock Arts, Inc., a 501c3, is open Wednesday through Saturday from Noon to 5:30 PM, and Sunday from Noon to 4 PM. For more information, call 978-596-1576 or visit www.theloadingdockgallery.com.



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For more information, visit lowellgeneral.org/breasthealth or call 978.937.6023