



# Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

*Celebrating 33 Years of Service!*

**Issue # 357 • February 2017**

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## TOWN CLERK NEWS

- Happy New Year! With the beginning of a new year also comes a new absentee ballot period which means that all 2016 absentee applications have now expired. SO FAR, the only election is the Annual Town Election on May 16, 2017.
- Massachusetts is now a three party state. As a result of the last election, we have lost 2 parties and gained a new one. The Green-Rainbow and United Independent Party have reverted back to being political designations. Libertarian is now a party.
- The Annual Street Listing (aka the town census) has been mailed to every household. In case you are new to Massachusetts, this is a legal document required by the Commonwealth of Massachusetts and you must return it to remain on the active voter list. Failure to return the annual street listing will designate to you inactive voter status and may result in your name being removed from the voter list. Please call me if you did not receive one.
- This is a good time to check the status of your Business Certificates if you have one. They are good for 4 years. Massachusetts law requires that all business owners file a Business Certificate with the Clerk in the town where the business is registered.
- It's time to license your dogs! I can only return the license to you by mail IF you include a self-addressed postage paid envelope. Massachusetts law requires all dogs over 6 months be licensed. Failure to license is a \$50 fine and failure to vaccinate is \$100 fine pursuant to Massachusetts law. The most popular dog names in 2016 were Bella and Buddy. The most popular were Labrador Retriever (black first followed by yellow and chocolate, nearly tied) followed by Golden Retriever and German Shepherd and Boxers. Dunstable continues to be a huge friend to rescue dogs, adoptions continue to soar. Whatever your furever friend is, please remember to license AND tag, to keep them safe and help us return if they get out and about.

**Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222**  
**CSkerrett@dunstable-ma.gov**

**NEW HOURS:** The Clerk's Office is open Monday evening from 3:00 pm – 7:30 pm; Tuesday and Thursday 9:00 am – 2:00 pm. Wednesday 9:00 am – 2:30 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.

## ANTIQUE APPRAISAL NIGHT

Saturday, March 11

at DUNSTABLE TOWN HALL at 6:30 - 8:30p.m.

\$5.00 per person, 2 item limit per person no coins or stamps, bring pictures of large items as space is limited.

PROCEEDS TO BENEFIT THE DUNSTABLE SENIORS

Don't have any antiques, come and see what treasures are found! Appraisers: Bob Fenochetti and Bud Tully

REFRESHMENTS AVAILABLE

Reservation: email [sjt0213@verizon](mailto:sjt0213@verizon) or call 978-649-4514 ext. 223

## IN MEMORY OF

Barry E. Ryan	Charles W. Braley
Doris G. Dumont LaPorte	Sheila T. Trowbridge Childs
Mary Barros Hudon	Ruth Howarth Riopelle
Kathleen Mignacca	Albert Nelson Horton
Margaret M. O'Brien Stone	

*7<sup>th</sup> Year Anniversary, Charles "PaPa" Goss  
Jan. 27, 2010 - Jan. 27, 2017. A man so dearly missed.*

## BABCOCK SCHOLARSHIPS ATTENTION 2017 HIGH SCHOOL GRADUATES RESIDING IN DUNSTABLE

*Congratulations on your pending graduation!*

We are delighted to announce the availability of the Helene Morgan Babcock and Alfred Babcock Memorial Scholarship, and invite you to apply for these generous funds as you continue your education.

During the winter of 1923, the home of the Morgan family here in town caught fire and was largely destroyed. The citizens of our community responded to the crisis by taking in the children (all 17 of them!), keeping the family together and aiding in the reconstruction of their home. One of the children, Helene Morgan Babcock, remembered the words of her mother, "Never forget the kindness of the people of Dunstable," and so established a scholarship fund to be made available to the graduating students of Dunstable as they continue their education.

The amounts of these grants are substantial, with one of the Babcock Scholars receiving \$4,000 each year for up to four years. A number of additional \$2,000 scholarships are granted to other students on a one time basis. Scholarships may be applied to expenses incurred in the pursuit of advanced education beyond the secondary level in two or four year institutions, vocational education institutions, or formalized apprenticeship programs.

Applications will be available beginning February 13<sup>th</sup> at the Town Hall, Library, your school guidance office at GDRHS, GLTHS or by emailing [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com). Questions regarding the application process should be sent to the PO Box address below or to [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com). *Completed applications must be handed in to a Trustee or must have a postmark date of **Wednesday, March 23<sup>rd</sup>, 2017**.* Babcock Scholarship Trustees, P.O. Box 24, Dunstable, MA 01827

## WELL ADULT CLINIC

Nashoba Associated Boards of Health, in conjunction with the Dunstable Board of Health announces that an adult clinic will be held **free of charge for the general public on Wednesday, February 22nd** from 11:00 am – 12:00 noon at the Town Library, 588 Main Street. Drop in for one-on-one consultation with a nurse and blood pressure screening. No appointment is necessary. For further information, please contact Nashoba Associated Boards of Health at **978-772-3335 or 1-800-427-9762 ext 340 or visit us at [www.nashoba.org](http://www.nashoba.org)**.



## Neighbor to Neighbor

*Published by Anne M. Paquin  
Since 1983*

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(978) 419-1914

E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)

If your organization or non profit group has a special event coming up in **March** please send the info in by **February 10<sup>th</sup>**. Articles are placed on a first come, first served basis. Call or email me if you have further questions about submitting news. News can be sent in a word file or in the body of an email.

If you have a local business, or your organization would like to have a display ad not just a paragraph, email me and I will forward the rate sheet to you.

Total circulation each month for Dunstable and Tyngsborough is 6,129 issues.

Issues are now available online at  
[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

*The next deadline is February 10<sup>th</sup>  
for the March issue.*

**Let Neighbor to Neighbor help spread the word!**

*I look forward to hearing from you,  
Anne*

### TYNGSBOROUGH MUFFLER AND BRAKE

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### PET SITTING AND HOUSE SITTING

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### 6<sup>TH</sup> ANNUAL MILITARY NIGHT

Come join Groton Dunstable Regional High School and North Middlesex Regional High School as they honor local members and veterans of our U.S. Military. The 6th Annual Military Night high school **varsity hockey match-up between Groton-Dunstable and North Middlesex** will be **Saturday, February 11<sup>th</sup>, 2017 at 6PM at the Wallace Civic Center, in Fitchburg.**

The game is played to honor all military, past and present and to pay special tribute to U.S.M.C. Sgt. William. J. Witowicz, a 2009 GD graduate, who died in battle in the Afghanistan War and was posthumously awarded the Silver Star. Both teams would like to invite all those who have served to attend for free. Proceeds from the gate fee and 50/50 Raffle will go towards the Sgt Witowicz's Memorial Fund.

### DUNSTABLE VETERAN SERVICES OFFICE

For all Vietnam Veterans, there is a Town Hall meeting for you who have questions about Agent Orange at the Greenfield Community College on April 22 from 12 to 3PM. They will be discussing all aspects if this disease and I encourage you to find out more about it. You may contact me or call (413) 722-1571.

As always for the Vets here in town, if you, your spouse or any other Vet or widow of a Vet you know is in need of assistance of any kind, please leave me a message at 978-649-3919 or send me an email at [Dunstable.vso@verizon.net](mailto:Dunstable.vso@verizon.net) or [veterans@dunstable-am.gov](mailto:veterans@dunstable-am.gov) to make an appointment. I am here to help you.

*Joe Dean (Former USMC Sgt, Retired USAF Capt.)*

Dunstable Veteran Services Officer

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### DUNSTABLE CONSERVATION COMMISSION

The Dunstable Conservation Commission would like residents aware of Massachusetts General Law Chapter 90B, Section 26, paragraph (e) which states: "No person shall operate a snow vehicle or a recreation vehicle on privately-owned property unless: (i) the operator is the owner or lessee or an immediate family member of the owner or lessee of the property; (ii) the operator has in his possession either a document, signed by the owner or lessee of such property or his agent, authorizing the operation of a such vehicle on the property by the operator or valid proof of current membership in a club, association or other organization to which express authorization for the operation of such vehicles on the property has been granted; provided, however, that such operation shall be consistent with the express authorization granted and any restrictions imposed therewith; or (iii) the owner or lessee of the property has designated the area for use by such vehicles by posting reasonable notice of such designation in a manner approved by the director.

No person shall operate a snow vehicle or recreation vehicle on publicly-owned property except on trails marked and designated for use by such vehicles, or without the express permission of the owner.

### DUNSTABLE TOWN HALL DIRECTORY

Town Hall (978) 649-4514. The departmental extensions are as follows:

**221** Accountant      **222** Town Clerk      **223** Council on Aging  
**224** Board of Selectmen, Electrical, Gas, Plumbing, & Building Inspector's Secretary. Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911  
**225** Assistant Assessor      **226** Building Inspector  
**227** Assessors, Highway      **228** Collector/Treasurer      **229** Board of Health  
**230** Conservation/Planning Board/Water Commission  
Veteran's Officer 978-649-3919

POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911

**FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911**

Business Line.....978-649-6661 FAX.....978-649-6072

**Alarm System\* 978-448-6666\*** can be used to call in a fire from cell phone

## DUNSTABLE FREE PUBLIC LIBRARY

588 Main St. 978-649-7830

Library Hours: Tuesday 3-8 Wednesday 10-2

Thursday 10-8 Friday 10-2 Closed Saturday

For more library information go to

[www.dunstable-ma.gov](http://www.dunstable-ma.gov) click on library

Mary Beth Pallis – Director – [mpallis@mvlc.org](mailto:mpallis@mvlc.org)

Karen Debrececi – Children's Librarian – [kdebrececi@mvlc.org](mailto:kdebrececi@mvlc.org)

Like us on FACEBOOK to receive program updates!

[www.facebook.com/pages/Dunstable-Public-Library/219991908117595](https://www.facebook.com/pages/Dunstable-Public-Library/219991908117595)

**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 [kdebrececi@mvlc.org](mailto:kdebrececi@mvlc.org).

**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, Edaville Railroad discount is also available.

**Adult Reading Group** There will be an Adult Reading Group on Friday, February 17<sup>th</sup> at 11:45am. They will be reading "Old Age: A Beginners Guide" by Michael Kinsley. 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 pm.

**Quilter's Group** meets from 6-8 pm, 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.

**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**. Program includes stories, songs, 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. We will meet on **Thursdays at 1:30 pm**. We will still do a craft, so please wear clothes that can get messy.

**Attention Baby Sitters** We have compiled a list of local babysitters. If you would like to be on the list, please contact the library. If you are looking for a babysitter, come into the library for the list.

**Children's Craft** Come and join Mrs. D. for a special craft time on **Tuesday, February 7<sup>th</sup> at 4pm**. We will be making a variety of Valentine's Day projects. Please sign up at the library or email Mrs. D. at [kdebrececi@mvlc.org](mailto:kdebrececi@mvlc.org)

**Children's Craft** Come and join Mrs. D. for a special craft time on **Tuesday, February 21<sup>st</sup> at 4pm**. We will be making a variety of crafts and activities. Come into the library for more information. Sign up at the library or email Mrs. D. at [kdebrececi@mvlc.org](mailto:kdebrececi@mvlc.org)

**Gardening Club also known as DIG** They will be meeting on **Thursday, February 16<sup>th</sup> at 6:30pm**. New members are welcome!

**Cookbook Book Club** The library has a cookbook book 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 will meet on **February 24<sup>th</sup>**. Please join in on the fun.

**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 6-7pm** 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.*

**Homework Help** will now be from **6-6:45pm**. A new program will begin **each Tuesday from 6:45-7:30pm**. Catherine DeGroot will be teaching and reinforcing basic Spanish skills for all ages. Take advantage of this great opportunity for your child.

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## OPEN BURNING SEASON BEGAN SUNDAY, JANUARY 15<sup>TH</sup>

Dunstable Fire Chief, Brian Rich announced that Open Burning season has begun and will end on Monday, May 1<sup>st</sup>. Permits are available daily from 9:30am to 12:30pm at the Fire Station on Pleasant St. Permits cost \$10 and are free to "over 65".

### **FEE AND PERMIT INFORMATION**

**You must follow all the rules and regulations that are listed below.**

#### **Rules and Regulations**

1. You can only burn brush and garden trimmings only.
2. Burning is allowed only between 10am and 4pm. No fire shall be started after 12 noon and all fires must be extinguished by 4pm.
3. The permit holder must call the Fire Department @ 978-649-6661 each day after 9am for permission to burn that day.
4. The fire must not be left unattended and must be at least 75 feet from any structure.
5. Have available water supply, rakes, shovels, etc. for controlling the fire.

#### **Under all Circumstances the following are prohibited**

1. The burning of Grass, Hay, Leaves, Stumps, tires and/or building materials.
2. Burning of brush, trees, cane and/or driftwood from commercial and/or institutional land clearing operations.
3. Burning at landfills or refuse disposal facilities other than approved incinerators.
4. Large piles that will not readily burn or are of such size that they will not be totally out by 4pm.

***If you have other questions regarding burning, please call Fire Chief Brian Rich at 978-649-6661. Information is also posted on the town Website.***

## GROTON DUNSTABLE REGIONAL SCHOOLS

Swallow Union School: 978-649-7281 978-649-9412

FAX 978-649-5078 Message Line: 978-649-5078

Website: [www.gdrsd.org](http://www.gdrsd.org) (follow links to S/U)

### **Calendar for GDRSD is on website under Parents & Students**

Supt. Office: 978-448-5505

Peter Twomey Youth Center 978-448-8459

Florence Roche School 978-448-6665

Prescott School 978-448-0380

Middle School 978-448-6155

GD Regional High School 978-448-6362

Boutwell Early Childhood Center 978-448-2297

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**When you call a business listed here,  
please tell them you've seen their ad in  
Neighbor to Neighbor.**

***They would like to know. Thank you, Anne***

## MORE NEWS FOR DUNSTABLE FREE PUBLIC LIBRARY

588 Main St. 978-649-7830

**Library Hours:** Tuesday 3-8 Wednesday 10-2

Thursday 10-8 Friday 10-2 **Closed Saturday**

### **Mrs. D is looking for item's for the Summer Reading Program**

Do you have doubles of games or toys from Christmas? Are you trying to clean up your children's playrooms? Please consider donating new or nearly new toys, games, or books for our Summer Reading Program. Your "Trash" might be someone else's Treasure. Please drop these items with Mrs. D at the library (No Large items please). Thank you very much.

### **Coming in March - Mark your Calendar!**

**3-21** Ted Reinstein from Channel 5's Chronicle will be at the Library at 7:00 pm to discuss his new book "Wicked Pissah".

**3-28** Sheryl Faye presents a fantastic one women show of Anne Frank. Please come into the library for more information and to sign up for these wonderful programs.

## SHEPHERD OF THE VALLEY LUTHERAN CHURCH

80 Champney St., Groton, MA 01450 (978) 540-0768

<http://www.sov-lc.org>

**Pastor Rev. Susan Gaeta**

Shepherd of the Valley Lutheran Church will be having regular church services and Sunday School through the month of February.

Ash Wednesday falls on March 1st this year so the **Ash Wednesday Service** will be on **3/1 at 7:30 PM**. This service marks the beginning of Lent in the church year wherein ashes from the palms of the previous year are used to place a cross on the forehead of the communicants. *Each Wednesday evening after that until Easter there will be a Lenten Service at 7:30 PM using the Holden Evening Prayer Service.* Please come and join in on this very moving service.

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## MA STATE GRANGE & BEST OF TIMES TRAVEL PRESENTS

Niagara Falls with Niagara-On-The-Lake, Winery Tour and Tasting,  
& Baseball Hall of Fame!! May 22-24, 2017.

3 Days/2Nights (Mon.-Wed)

**Day 1 - Niagara Falls, Canada** We begin our adventure with an early morning pick-up on board a deluxe motorcoach equipped with lavatory. We travel today to **Niagara Falls** with multiple rest stops enroute. This afternoon we arrive in Niagara Falls and **cross the border into Canada. PLEASE NOTE: (passport or passport card is required).** Our accommodations this evening are at the **Courtyard by Marriott Niagara Falls**. This four-star hotel is just minutes from Niagara Falls, the Fallsview Casino, Casino Niagara, Clifton Hill and major Niagara Falls events. There is so much to do, and out of all the Niagara Falls hotels, this is the one located in the "centre of it all." Tonight enjoy a true Canadian treasure **Dinner & Show at O' Canada Eh Dinner Theatre, scrumptious & fun!**

**Day 2 - Niagara Falls, Niagara-on-the-Lake & Vineyard Tour with Tasting** - This morning enjoy a **Deluxe Full American Buffet Breakfast** before embarking on our narrated riding tour of the Niagara Falls area enjoying sights such as the Horseshoe Falls, Table Rock, the Floral Clock, & more. Then its on to **Niagara-On-The-Lake, Canada's prettiest town**. This well preserved 19th century village offers charming restaurants and shops and elegant architecture not to mention an incredible selection of over 27 individual wineries in the area. Enjoy free time to explore downtown and have lunch on your own. We'll then **visit one of the area's great wineries complete with a tour and tasting, YUM!** We return to **Niagara Falls** with **FREE TIME** to explore sights such as Maid of the Mist, the Skylon Tower with its 360 degree observation deck, or the Imax Theatre on your own. **Dinner tonight is on our own.** After Dinner enjoy the city at your own pace or try your luck at the casino. Whatever you choose you're bound to enjoy all the night life Niagara Falls has to offer.

**Day 3 Cooperstown/Baseball Hall of Fame** - This morning enjoy a **Deluxe Full American Buffet Breakfast at the Hotel** prior to our departure for Cooperstown. Welcome to **Cooperstown, NY** where baseball's past and present unite! Today we pay tribute to our National Pastime by visiting the **Baseball Hall of Fame**, an institution which honors excellence, preserves history and connects generations. We'll provide time to explore the Hall of Fame, Doubleday Field and take time to grab a bite to eat in downtown. We'll depart with rest stop(s) enroute to home with fond memories of our adventure!

**Price Per Person: \$539 Single, \$429 Double, \$415 Triple Also included: Best of Times Professional Tour Director, All Touring (as Described), Luggage Handling, Taxes, & Gratuities (with exception of motorcoach driver). Contact: Janet Horne / 508-429-9210 MA State Grange / 701 Prentice St. / Holliston, MA 01746 Cancellations received between April 24th-May 17th, 2017 will be charged 75% of total trip cost. Cancellations received after May 17th, 2017 will be assessed a charge of 100% of the total fare purchased.**

MASSACHUSETTS STATE GRANGE  
NIAGARA FALLS/COOPERSTOWN  
MAY 22, 2017 – MAY 24, 2017

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**PRESIDENT**

Office/Fax: 978-649-6409 • Cell: 978-807-8426  
PO Box 245 • Dunstable, MA 01827

## DUNSTABLE GRANGE #31

Meetings are held each month at Dunstable Town  
Hall at 8 p.m. See date below.

Call for more information 978-649-3934.

Come join Grange!

*All are welcome!!! Refreshments will be served.*

- **February 10<sup>th</sup>** Let's get moving.  
Healthy refreshments by The Men  
Host: Charlie
- **March 10** Pomona Visitation  
Penny Sale  
Refreshments: All members; Hostess: Linda



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### The deadline for the next *Neighbor to Neighbor* is February 10<sup>th</sup> for the March issue.

If you have events coming up please send  
the information to me via email at

anne@NeighborToNeighborNewsletter.com or by mail to  
Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

News placed on first come, first served basis as space allows.

If you would like details about advertising your business  
you may reach me at 978-419-1914  
or email me at the above address.

I look forward to hearing from you, Anne

## DUNSTABLE SENIORS

We are a peer group for those over 60. Seniors meet in the community room of the library every Wednesday except the first Wednesday of the month. 10:30 - 11:30 Bone Builders, dominos 10:30 - noon, noon, lunch. Second Wednesday at 12:30 BINGO for cash. Last Wednesday of the month, POKENO. SCRABBLE group 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.

***If there is no school because of snow, there will be NO senior meeting.***

**The Traveling Chef Program** provided by Elder Services of the Merrimack Valley will cater the February 15 lunch of chicken cordon bleu, baked potatoes, vegetable, rolls and dessert. Cost will be \$3.00 per person. RSVP by February 8. We will be trying this service once a month at the library thru March. We hope more seniors take advantage of this lunch.

**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 Marilyn Sheridan.

**Indian Hill Music, Bach Lunch** Thursday February 16 presenting A Piano Trio: works by Saint-Saens, Beethoven, and Gershwin featuring Melissa Bull on violin, Scott Thomas Lesser on cello Michael Monroon on the piano. There are **TWO PERFORMANCES: 11:00 am and 1:30 pm** at Indian Hill Music, 36 King Street, Littleton MA. Light refreshments are served but you are welcome to bring your own lunch.

**Well Adult Clinic** Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. The next clinic will be February 22 from 11:00a.m. - noon

**Meet, Greet & Eat** at the town hall will resume March 1 with a delicious fish chowder served at noon. Coffee will be ready at 10:00a.m. Come and play dominoes, scrabble or other games. Meet friends make new ones. Cost for lunch is \$3.00 per person.

**Book Club** will be held Friday February 17 at 11:30. Copies of the book are available at the library.

**Rivercourt Residence** in West Groton invites Dunstable seniors for lunches on Tuesdays. Next lunch will not be till March 21 at 12:30. RSVP with either Sue or Anne. Rivercourt does this as a community out-reach program. It would be nice if more people took advantage of it.

**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.

**Line Dancing Class** Classes are underway and are held on Mondays at 9:45a.m. for one hour in the lower hall of the Dunstable town hall. Space still available. For more information contact Holly Pottle at 978-649-3192

**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.

**Files of Life** pouches are still 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.

Contact Sgt. Darrell Gilmore or 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 - 4.

**DUNSTABLE COUNCIL ON AGING.** Brian O'Donnell: chairman; Marilyn Sheridan, secretary; Mary Moeller, treasurer; Danice Palumbo, Donald Pottle, Mary Dow and Ruth Tully.

**Director of the Council on Aging** Anne Fenochetti 978-649-4514 x 223 afenochetti@dunstable-ma.gov Tues 9-2 & Wed 8:30-11:30

**Program Coordinator** Susan Tully 978-649-6750 or

Email at sjt0213@verizon.net

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### SPECIAL NEEDS TRUSTS

*By Edward H. Adamsky*

Special Needs Trusts (often called Supplemental Needs Trusts, or just SNTs) are a great tool for helping plan for the needs of a person with a disability or other issues. There are several reasons why your family might want and need an SNT.

An SNT can preserve public benefits. Certain government benefits like SSI and Medicaid have strict financial eligibility rules. As little as a few thousand dollars will make a person ineligible for these, often vital, benefits. Medicaid is often the only possible provider of Long Term Supports and Services that allow an individual with a disability to live in the community and avoid institutionalization. An SNT can make assets available to satisfy needs or wants without having those assets be countable for benefits eligibility purposes.

An SNT can ensure that the assets are used in the way you wish. With an SNT you put in charge of the funds the person (or people, or entity) that you trust to wisely and properly use those funds. Things are not left up to chance and your instructions on how to use the funds are in writing and enforceable. It is often much better to use an SNT than to merely "trust" that someone else will "do the right thing" with money intended for the person with a disability.

SNTs can be funded in many ways and there are different types of SNTs that you can use. You can set up an SNT with your own funds for the chosen beneficiary and with this type of trust you can allow others to contribute to the assets, either during life, with a beneficiary designation, or a gift in a Will. The SNT can be used by older generations for purposes of estate-tax planning and Medicaid planning (sometimes).

Some SNTs are set up with funds of the beneficiary. These are often called "first-party" trust and sometimes they go by the designation "(d)(4)(A)" trusts which comes from the Social Security law section that allows the assets in such a trust to be "non-countable" for SSI eligibility purposes. This type of trust can be used to "shelter" assets won in a lawsuit or assets which inadvertently come into the hands of the person with a disability.

A recent change in the Federal Laws regarding SNTs now allows them to be set up by the person with a disability. The older rules only allowed the parents (and some others) to set up such a trust. This older rule was predicated on the old-fashioned concept that a person with a disability had no capacity to do things individually. We know that is not correct and those persons with a disability who do have the intellectual capacity can now set up their own SNTs, if necessary. This allows for greater flexibility and future planning for many people.

See your local Elder and Disability Law Attorney to learn more about Special Needs Trusts.

## SEPAC

(Special Education Parent  
Advisory Council)

### GD SEPAC OFFICERS 2016-17:

Chair: Melissa Padera – mpadera@yahoo.com  
Secretary: Marla Haddad – mhaddad2@verizon.net  
Treasurer: Katie Leonard – kcleonard@gmail.com

### SCHOOL PARENT LIAISONS:

**Boutwell:** Liz Podsiadlo – lizpod72@yahoo.com  
**Florence Roche:** Mary Garcia – franana527@gmail.com  
Katie Leonard – kcleonard@gmail.com

**Swallow Union:** Dawn Priest – dmpriest5623@gmail.com

**Middle School:** Marla Haddad – mhaddad2@verizon.net

**High School:** Gail Sun – somerssun4@gmail.com

**Out-of-District:** Gail Sun – somerssun4@gmail.com

**SEPAC at gdsepac2@gmail.com.**



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**DIRECTOR OF THE COUNCIL ON AGING**  
Anne Fenochetti Email: [afennochetti@dunstable-ma.gov](mailto:afennochetti@dunstable-ma.gov)  
Hours at Town Hall: **Tuesday** from 9-2 and **Wednesday** from 8:30-11:30. You can reach Anne at 978-649-4514 ext. 223 at the Town Hall or by appointment.

• **THE TRAVELING CHEF PROGRAM** provided by Elder Services of the Merrimack Valley will cater the February 15 lunch of chicken cordon bleu, baked potatoes, vegetable, rolls and dessert. Cost will be \$3.00 per person. RSVP by February 8. We will be trying this service once a month at the library thru March. We hope more seniors take advantage of this lunch.

• **WELL ADULT CLINIC** A well adult clinic will be held on **Wednesday, February 22nd. at the Library from 11 to noon.**

The nurse is also available for **home visits on request**, please call Anne during office hours or leave a message at the office if you would like the nurse to visit you at home.

**We will not meet at the Town Hall** the first Wednesday of the month in January or February 2017. **We will continue** to meet all other Wednesdays at the library.

• **FIRE CHIEF RICH** is available to check your smoke detectors. Please contact Anne or Sue Tully to get on the schedule, this is a great preventive measure.

• **MEET, GREET & EAT** at the town hall will resume March 1 with a delicious fish chowder served at noon. Coffee will be ready at 10:00a.m. Come and play dominoes, scrabble or other games. Meet friends make new ones. Cost for lunch is \$3.00 per person.

• **DO YOU NEED A HANDICAP PARKING SIGN FOR YOUR VEHICLE?** If so, applications are available from Anne, give her a call to see what is involved with obtaining one.

• **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 once a month. Pick-up is at the Tyngsboro Senior Center 169 Westford Rd. Applications are now being accepted and are available through Anne.

• **FUEL ASSISTANCE APPLICATIONS ARE NOW AVAILABLE** Please call Anne for more details.

• **ARE YOU IN NEED OF MEDICAL EQUIPMENT?** There are items available for you to use free of charge. They include: canes, crutches, commodes, walkers, wheelchairs (older, heavy ones), bed bars and shower chairs. If you need something different, please call to see if we have it. These are loaned to you and should be returned when no longer needed.

• **Meals On Wheels** If you are interested in having some meals delivered, please contact Anne to find out more information.

• If you have concerns or questions about **Medicare** please call **Elder Services** at 1-800-892-0890.

• **Prescription Advantage** now has a continuous "open enrollment". Applications are available through Anne.

• **VAN SERVICE** Alternative Transportation is for medical appointments and grocery shopping. **There is a charge of \$5 for local trips.** Towns considered local include: Nashua, Tyngsborough, Lowell, Chelmsford, Westford, Ayer, Groton and Pepperell. **For trips to out of the area towns the charge will be \$10.** Once you know when your appointment is please call Anne at (978)649-4514 ext. 223. If Anne is not available please leave a message on 978-649-4514 ext. 223 to make arrangements for a ride.

### **Neighbor to Neighbor**

Published by Anne Paquin Since 1983  
64 Hardy St., Dunstable, MA 01827-1403 Tel. 978-419-1914

**E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)**

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### DUNSTABLE GARDEN GROUP

The group will meet on **Thursday, February 16 at 6:30pm** at the Library to make plans for the spring. New members are encouraged to join. Email [sjt0213@verizon.net](mailto:sjt0213@verizon.net) for more info.

### BOOK CLUB

The next Book Club meeting will be held **Friday, February 17<sup>th</sup>** at 11:30 at the Library. Copies of the book are available at the Library. Email [sjt0213@verizon.net](mailto:sjt0213@verizon.net) for more info.

### TYNGSBOROUGH RECREATION



• **BEEKEEPING BASICS** Tyngsborough Recreation Center, 120 Westford Road, **5 Sundays, 5 - 7pm, Starting February 12<sup>th</sup>**. Cost: \$110 - includes text. This course is designed for individuals interested in starting this fascinating hobby, as well as for seasoned beekeepers looking for more information. We will learn the latest techniques of beekeeping and how to keep honeybees which are essential to our environment. Honeybees are the most fascinating and important insect on our planet. When weather cooperates, a healthy hive of honeybees, in Middlesex County can produce 100 lbs of excess honey. Instructor: Rick Reault, owner of New England Beekeeping Supplies and President of the Middlesex County Beekeeper's Association. [tyngsboroughrec.com](http://tyngsboroughrec.com) or call 978-649-2300 Ext. 150 for details and to sign up.

• **NEW INTRODUCTION TO VIOLIN/FIDDLE** - Open to all towns. Students will learn the fundamentals of playing the violin/fiddle to include: Violin/fiddle orientation, basic music theory, bowing techniques and finger position. Violin rentals available through Violin Instructor and Bridges and Bows of Westford (\$35/6week program). **THURSDAY CLASS** Ages: 4th grade through Adult, Location: Tyngsborough Recreation Center 120 Westford Road, Time: 3:30-4:30pm, Begins: Thursday 2/2 - 3/16 (no class 2/23), Instructor: Lauren Mann Chaney, Fee: \$100 (includes \$10 in materials) Contact Theresa for more info. [Terrilawrence@me.com](mailto:Terrilawrence@me.com)



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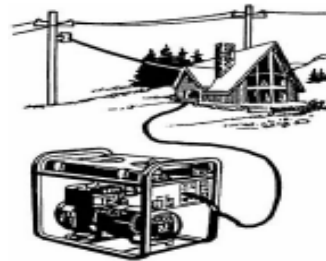
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**St. John the Evangelist Church**, 115 Middlesex Street, North

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Confession: Saturdays; 3:00 – 3:45 pm or by appointment

**St. Mary Church**, 25 North Road, Chelmsford. Daily Mass: Mon –

Fri at 7:00 am; Sat at 9am. Weekend Liturgy: Sat at 4:00 pm; Sun at

7:00, 9 and 11 am and 6pm Confession: Saturdays; 11:00 am – 12

noon or by appointment

### 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).**

## COMING UP AT INDIAN HILL MUSIC

**INDIAN HILL MUSIC FACULTY CONCERT:** English composers are front and center with works for voice, lutes, and piano by Walton, Britten, Quiller, and others. Featuring vocalists Martha Warren and Mary Crowe; lutenists Jamie Dunphy and Berit Strong; and pianist Shawn McCann: **Friday, February 10 at 7:00 pm**, 36 King Street, Littleton, MA. TICKETS: \$10. (Free for IHM students.) Call 978-486-9524x116 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org). Series Sponsor: Nashoba Real Estate.

• **YOUTH CHOIR 'INFORMANCE':** Come to a Demo-Performance of 'Cantori Scolari' – our youth choir at Indian Hill Music School: **Saturday, February 11 at 7:00pm**, 36 King Street, Littleton, MA. Learn about the program, meet the director, ask questions, register. FREE admission. Learn more: (978) 486-9524 or [www.indianhillmusic.org](http://www.indianhillmusic.org).

• **'BACH'S LUNCH' CONCERT:** Indian Hill Music School presents piano trios by Beethoven, Saint-Saens, Gershwin with Melissa Bull, violin; Scott Thomas Lesser, cello; and Michael Monroe, piano: **TWO SHOWS - Thursday, February 16 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 (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

• **VOICE MASTERCLASS:** Guest artist Emily Marvosh (contralto) – acclaimed soloist with Handel and Haydn Society and numerous orchestras -- will offer a voice masterclass at Indian Hill Music School: **Saturday, February 18 at 10:30am**, 36 King Street, Littleton, MA. Learn vocal technique tips while watching Ms. Marvosh work with selected IHMS students. FEE: \$10. (Free for IHM students.) Learn more at (978) 486-9524 or [www.indianhillmusic.org](http://www.indianhillmusic.org).

• **ORCHESTRA OF INDIAN HILL:** Maestro Bruce Hangen and the Orchestra perform music related to earth, water, air, and fire, including Stravinsky's "Firebird Suite" and Elgar's "Sea Pictures" with guest vocalist Emily Marvosh: **Sunday, February 19, 3:00pm** at Littleton HS Performing Arts Center, 56 King Street, Littleton, MA. TICKETS: \$20-35-50. (Free for IHM students.) Call 978-486-9524x116 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org). Supported by: Haartz Corporation and Scheier Katin & Epstein, P.C. Media Sponsor: GateHouse Media New England.

• **PIANIST ANTON NEL:** Indian Hill Music presents distinguished pianist Anton Nel in a recital of works by Debussy, Schumann, Kodaly, and Beethoven: **Saturday, February 25, 8:00 pm** at The Kalliroscope Gallery, 264 Main Street, Groton, MA. TICKETS: \$32 (includes post-concert wine and cheese reception with the artist). Call 978-486-9524x116 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

• **STUDENT RECITALS AT INDIAN HILL:** Hear Indian Hill Music School students perform music in a variety of styles and combos at 36 King Street, Littleton, MA. FREE admission. Call (978) 486-9524 (press 0) or visit [www.indianhillmusic.org](http://www.indianhillmusic.org) for recital days and times.

• **ART EXHIBIT:** The Gallery at Indian Hill presents "Rapt in Winter (II)," an exhibit of monotype, watercolor, and collage by Barbara van Buskirk. On view through February 27th at 36 King Street, Littleton, MA. (Hours: M.-F., 10am–8 pm; Sat., 10 am–4pm.) FREE and open to the public. Learn more: (978) 486-9524 or [www.indianhillmusic.org](http://www.indianhillmusic.org).

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We hope to see you soon! We are on 242 Main Street in North Chelmsford, right on the Westford/Chelmsford line. From Route 3, take the Route 40 exit to Chelmsford, take a sharp right onto Main Street Chelmsford right after the variety store and follow Main Street until you see the church on the left.

## FREE LITERACY PROGRAM IN PEPPERELL

**FREE Playgroup/Storytime/Craft Time with Miss Jana** every Monday at 9:30 am-11am. Come to the Peter Fitzpatrick Administration Building, 45 Main Street, Pepperell for a free literacy program for young children and their families or caregivers. Everyone is welcome to this fun free activity! I invite young children to join me for playtime and music and movement followed by a story and a related craft! This is sponsored by a grant from the Mass. Dept. of Early Education and Care which follows the school year calendar. Contact Jana Harrison at: [jharrison@awrsd.org](mailto:jharrison@awrsd.org) or 978-874-7312.



We have great news to report this month in our box top update. As of 12/31/16 we had officially hit our halfway goal of collecting 25,000 box tops for the 2016-2017 school year. We ended the year collecting 26,607 box tops and again to our Dunstable friends and neighbors, we say thank you. Of that 26,607 figure, the Dunstable community contributed 2,755 of those box tops or a little more than 10% of the total box tops that we've collected. THANK YOU, THANK YOU, THANK YOU Dunstable neighbors!!

There are a few great box top promotions ongoing right now to keep in mind when you are out shopping. At Walmart through 3/1/2016 purchase participating Box Top products (see list on BTFE.com website under In Store promotions and select Walmart) and when you turn in your Bonus Box Top certificates (they look like the picture below) Swallow Union will automatically be entered into the drawing to be one of the 20 lucky schools who will win 50,000 box tops (yes that's \$5,000) and all you have to do is turn in the bonus box top certificate off of the participating Box Top item that you purchase.

At Sam's Club purchase 3 or more Box Top items in one transaction between now and 3/31/2017 and turn in your receipt at the yellow box top bins scattered around town. The Box Top coordinators will send a picture of your receipt to [samsclub@btfereceipts.com](mailto:samsclub@btfereceipts.com) and receive a 14 digit code that we need to enter on the Sams Club website. This 14 digit code will earn Swallow Union 100 eboxtops for every 3 BOX TOP items that you purchase in a single transaction (up to 12 products can be purchased and 400 eboxtops earned per receipt).

Remember there are yellow BOX TOP collection boxes located at the Dunstable Post Office, the Dunstable Library, the 2nd floor of the Dunstable Town Hall, inside the main door at Swallow Union Elementary school and there is a collection basket at West Auto Repair in Dunstable as well.

Thank you again and remember ....KEEP ON CLIPPING!



Jen West [jend5375@aol.com](mailto:jend5375@aol.com) &  
Cristina Agraz [cmd2983@yahoo.com](mailto:cmd2983@yahoo.com)  
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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.



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*Rotary Motto: Service Above Self Theme: Be A Gift to the World*

The Rotary Club of Tyngsboro/Dunstable has been serving the Tyngsboro and Dunstable area for 42 years.

Rotary is a global network of community volunteers with a passion to help others. 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. For those interested, members can also choose to become involved in international humanitarian service efforts. More than 1.2 million men and women in over 200 countries and geographical areas belong to over 33,000 Rotary clubs.

Rotary builds international understanding through scholarships, exchange programs, and humanitarian grants. 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 please email us at [tdrotary@verizon.net](mailto:tdrotary@verizon.net) or visit our website at: [www.tdrotary.org](http://www.tdrotary.org). Thank you for your continued support.

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BILLERICA, Mass. – Are you interested in a career with one of the nation's oldest law enforcement agencies?

The Middlesex Sheriff's Office – this year celebrating its 325th anniversary – is now accepting registrations for the upcoming Correction Officer exam. Registration is open until 1 p.m. on Monday, February 13, 2017 and there is no charge for the exam. "This is an exciting time for the Middlesex Sheriff's Office and we are seeking qualified, motivated men and women interested in careers in corrections for our 41st Basic Training Academy," said Sheriff Peter J. Koutoujian. Applicants must be 19 years of age, a U.S. citizen and a resident of Massachusetts by the date of the exam. You must also have a high school degree or equivalent certificate and possess a valid motor vehicle license. A Bachelor's degree and/or prior experience in law enforcement or security is preferred.

The exam will be administered on Saturday, February 18, 2017 at UMass Lowell. To read a full list of qualifications and register for the exam please visit: [www.middlesexsheriff.org](http://www.middlesexsheriff.org).





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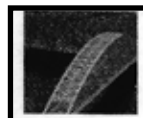
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### SUNDAY MORNING SCHEDULE

Worship Service at 10:00am • A nursery is provided.

Followed by Fellowship and Refreshments

• Children attend the Worship Service with parents and are dismissed after Opening to age related Sunday School classes. (K-12)

**11:15 a.m.** - Fellowship and Refreshments

• **Sunday Evenings:** All Church Bible Study 6:30-8pm "How to recognize god's voice (and respond in obedience)" This began 1/15/17 and will continue 12 weeks. Study books are available for \$10. **Open to the community.**

• **Tuesday** 9:30 - 11:30 am -Women's. Bible Study. (Old Testament Women ) All women invited

• **Tuesday Evenings:** Boards and Committee meetings

• **Thursday and Saturday** - Thrift Shop Open from 10am-3pm

• **Friday:** Youth Group meets. Call Joy at 978-649-6142) High School and Joan at 978-649-2590 ) for Middle School.

• **THE 150th Anniversary Committee** of the church is meeting regularly now to plan events for the historic celebration in 2018.

• **Feb 12, 2017. Women's Winter Event. 12 noon until 2:30pm**

• **Ladies Day Apart In Derry, NH, april 1, 2017**

• **THE THRIFT SHOP** Located next to the Church, it is open to the public on **Thursdays and Saturdays from 10:00 a.m.- 3:00 p.m.** We offer an assortment of clothing and shoes, handbags, baby items, books, small appliances, dishes, glassware, decorative items, and craft items, ETC. We welcome your patronage and donations. **Please do not drop off large furniture, TV's, Computers or Bikes.** Thanks so much for understanding, we haven't means by which to dispose of them without incurring costs.

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## ALTRUSA CLUB OF MERRIMACK VALLEY

ALTRUSA wishes to thank Barnes & Noble (B&N) of Nashua and its Community Relations Department for giving us the opportunity to participate in the 2016 Christmas Gift Wrap, an annual event which provides a valuable fund-raising resource for non-profit charities to continue their community outreach. The welcome hospitality at B&N, along with the generosity of their patrons, always makes this a special and enjoyable holiday fundraiser. The money raised by this effort is earmarked for the annual scholarship awarded to a student enrolled in the Nursing Program at Middlesex Community College.

Altrusa made its annual donation of 21 hard cover books of classic stories and tales to the Nashua Telegraph Santa Fund. In addition, Altrusans filled cosmetic bags with personal hygiene items for the women and mothers at Bridges (domestic violence) in Nashua. Dental hygiene kits were also supplied for the children serviced by Bridges.

ALTRUSA is a non-profit community service organization dedicated to improving the lives of those in need in our community. With the start of a new year, Altrusa is recruiting new members to help with our projects. To learn more about Altrusa visit at [www.altrusa.org](http://www.altrusa.org) or email [altrusamv@gmail.com](mailto:altrusamv@gmail.com).

## 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 2015-2016 Lions Year

President: Gerry Roth, Secretary/Treasurer: Bob Reich, Membership Chairman: Ed Majewski, 1st Vice President: Mike Roth, Tail Twister/Lion Tamer: Mark Alexander

• Anyone who would like to join the Lions is asked to call Ed Majewski at 978-649-6204 or Mark Alexander at 978-649-9124. Our Regular Meetings are held at Angelas on the first Tuesday of the month starting at 6:30 pm.

### YOU CAN HELP BY DONATING THE FOLLOWING:

• **USED EYEGLASSES** are collected for refurbishment and distribution to less advantaged people around the world. *We thank all who have donated glasses.*

• **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 Center, 169 Westford Rd., Tyngsborough and Dunstable Town Hall, Post Office and Library.

## BOSTON MARATHON FUNDRAISER

to benefit the American Red Cross

Join us for a fun evening of music, dancing and drinks!

All are welcome! Silent Auction, Raffles, 50/50 Raffle

This will be held on February 25th, 2017 at the

Tyngsboro Sportsmen's Club, 90 Westford Rd.

Tyngsboro. From 7-11pm. \$20 entry tickets

Contact Kerry if you would like to enter the 50/50 raffle. (\$100 ticket)

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[Dunstablechurch.org](http://Dunstablechurch.org) 978-649-6251

Pastor Bobby Ross [pastorbobby@dunstablechurch.org](mailto: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."**

**SUNDAY WORSHIP:** Worship Service is held at 10:00 am each Sunday. Child care is available during the service for infants through kindergarten age. Our worship services feature a wide 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. An informal time of fellowship with coffee, tea and refreshments takes place after worship to which all are welcome.

**SUNDAY SCHOOL CLASSES** for children in Ages 4-12. Children will attend the regular service with parents for the first 15 minutes of worship before leaving to attend Sunday School class for the remainder of the hour. Older children and teenagers remain with their parents for the entire worship service.

**PASTOR BOBBY ROSS** has established office hours if you would like to make an appointment to visit with him. Call the office at 978-649-6251 or email [administrator@dunstablechurch.org](mailto:administrator@dunstablechurch.org), or [pastor-bobby@dunstablechurch.org](mailto:pastor-bobby@dunstablechurch.org) to schedule a time that is convenient for you. He will be most available on Mon, 1-4pm, Tue 9-12 Noon, and Wed 1-4pm, but special arrangements can be made if needed.

**DECC YOUTH GROUP:** Lots of action coming up! **Sledding** with bonfire and hot chocolate at Larter Field on Feb 5<sup>th</sup> 4-6 pm!

**Regular meeting** Feb 12<sup>th</sup> with discussion, games & snacks 4-6pm. **Bowling night** on Feb 19<sup>th</sup>, (details to follow).

**On the weekend of March 3-5**, members are invited to attend the Monadnock Camp Winter Retreat. The event is \$140 per person (aid is available if needed). The group will leave Fri 6PM, return Sun 2PM. There are a few places left, so please let Jon know if you are interested as soon as possible. Located in NH, Encounter Winter Camps are NH's premiere Christian Winter Camp experience for youth groups from all over New England, NY NJ and beyond. You get to spend a life changing weekend away with your group in the heart of New England. We will explore the world of labels, identity and confusion. In addition, we will have plenty of free time to enjoy camp events including indoor mini golf, paintball, snow tubing, indoor heated pool, game room, group games, etc.! **Anyone in grades 6-12 welcome. Usually meet 4-6pm on Sundays. Come check it out! Questions? Call Jon Hughes (978-649-8554).**

**CHOIR REHEARSALS** Until further notice, rehearsals will be on the last two Tuesdays of the month. The choir will participate in the morning service on the first Sunday of the month. **We continue our search for a new Pianist/Accompanist for the church.** It is a part-time position to play for church services on the first, third and fifth Sunday, to rehearse with the choir weekly. Anticipated time commitment is 3 to 6 hrs per week. Ability to play organ and keyboard is desirable but not required. Potential exists for participation in the church's praise band on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays and rehearses weekly. Potential also exists for expansion to a larger role as Director of Music for the church. Qualified candidates are welcome, call the church for more information at 978-649-6251 or send a questions or resume to [administrator@dunstablechurch.org](mailto:administrator@dunstablechurch.org). **MOPS (Mothers of Preschoolers) at Dunstable Church. Next meetings are Feb 3 & 17, Mar 10<sup>th</sup> & 24<sup>th</sup>, Apr 14<sup>th</sup> & 28<sup>th</sup>, May 12<sup>th</sup> & 26<sup>th</sup>.** It's a well-established, popular program that will be a blessing to our community. Moms and preschoolers had a wonderful social and sharing time together. Additional child caretakers are needed. MOPS will be meeting 9-11 am on Fridays, twice a month. If you're interested or know someone, please contact Shelly Ross at [shellyannross@gmail.com](mailto:shellyannross@gmail.com).

**For more information about any of these events, contact the church office 978-649-6251 or email [info@dunstablechurch.org](mailto:info@dunstablechurch.org).**



## PET HEALTH DUNSTABLE ANIMAL CLINIC

**Cerenia**  
by Tara M. Sacramone, DVM



Cerenia (maropitant citrate) is a relatively new medicine used to prevent/treat vomiting in dogs and cats. It can be given as a shot or as an oral medication. It works in the vomiting center in the brain and it works very well, almost too well in certain situations.

One of its most common uses is to prevent car sickness in dogs. It is also commonly given to pets receiving medications (such as chemotherapy) known to cause vomiting as a side effect. Another common use is with animals with diseases such as kidney failure, pancreatitis, liver disease or even puppies with parvo virus.

The main problem with Cerenia is that it works too well. It stops vomiting period. The problem arises when a vomiting animal is given Cerenia and the cause of the vomiting is unknown, which is very often the case. If the cause turns out to be a foreign object or a tumor blocking the gastrointestinal tract Cerenia will stop the vomiting, and the owners might assume their pet is better, but the problem persists and can even get worse. Because the intestines are moving all the time they will continue to move and put pressure on the blockage which can eventually make a hole in the GI tract, which is a life-threatening emergency situation.

When used properly Cerenia is a wonderful medication that improves the lives of pets and their owners. By far it is the most effective option to prevent car sickness in dogs, very rarely does it not work. Cerenia is well tolerated and has little potential side effects. However, because it is such an effective medication, it needs to be used cautiously in animals where the cause for vomiting is unknown.

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Greetings from our Pastor, Fr. Richard Clancy  
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Weekday Mass: Monday, Thursday & Friday at 9AM.

No Mass on Tuesday and Wednesday

• **Reconciliation** every Saturday from 3 to 3:40PM or by appointment.

• **View our bulletin** on line at [www.stmarymagdalenparish.com](http://www.stmarymagdalenparish.com).

Join us on **Facebook!** Search "Saint Mary Magdalen Parish Tyngsboro" and like our page to see daily meditations and events.

• **FIRST FRIDAY ADORATIONS** are held on the first Fridays of the month at the Church and will consist of Holy Hour with closing Benediction from **9:30AM – 12pm**.

• **The St. Vincent De Paul Society** operates a monthly food pantry out of the rectory in addition to providing holiday meals to those in need. We can be reached at 978-844-2365.

• **Prayer Line** – *Do you know of someone needing prayers?* Call Helen (978) 649-7927 or Carol (978) 649-6717. (Submit only first name of one to be prayed for)

• **MEN OF ST. JOSEPH** - The Men of St. Joseph in the Greater Lowell area meet on the Second Saturday of every month. Each monthly meeting includes prayer, food, and faith-building fellowship. **All meetings will begin at 7:00am and end no later than 9:00am.**

Newcomers, father/son (Confirmation age) teams, and friends from other parishes are always welcome! To find out more, please come and check us out! Held at St. Rita's Church, Mammoth Rd, Lowell

• **CRAFT & CRIBBAGE NIGHT** Every 2nd & 4th Tuesday of the month from **6-8:00pm** at the Parish Center

## NEW ENGLAND VOICES IN HARMONY

The Nashua based women's a cappella chorus, New England Voices in Harmony, invites ambitious female singers to attend *rehearsals every Tuesday evening beginning at 6:30 pm* at our rehearsal space: the Nashua Senior Center, second floor, 70 Temple St., Nashua. New England Voices in Harmony is a chapter of Harmony, Inc. an international non-profit, educational group which promotes singing in the barbershop style. Rita Ralston at [rralston10@aol.com](mailto:rralston10@aol.com) for more information. [www.newenglandvoicesinharmony.org](http://www.newenglandvoicesinharmony.org)

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### *The God of My Father Has Been with Me*

*By Nathan Combs*

The book of Genesis was originally written to the first generation of Israelites who came out of their Egyptian slavery. God taught them about their special identity by reminding them of their forefathers. In the accounts of Abraham, Isaac, and Jacob, a major lesson that's constantly emphasized is that God is the origin of blessings.

First, we see a repeated pattern of divine protection. When Abraham traveled to the city of Gerar and his wife Sarah was taken into the harem of the local king, God appeared to the man who took her and said "You are a dead man because of the woman whom you have taken..." (Gen. 20.3). After Isaac attempted to dig wells of water for his household and was stopped repeatedly by the Philistines, God appeared to him and declared, "Fear not, for I am with you..." Afterwards, Isaac was able to find water without further conflict and resolved his disputes with the Philistines (Gen. 26.23-33). When Jacob obeyed God's instructions to travel to the city of Bethel after his sons mercilessly slaughtered and plundered an entire Canaanite city, "a terror from God" fell upon the surrounding cities and Jacob's family traveled the land without pursuit (Gen. 35.5).

Secondly, we also observe that the material wealth they accumulated was due to God. After we're told that Isaac sowed crops in the land of the Philistines, the text says that "The Lord blessed him, and the man became rich..." (Gen. 26.13). In a conversation Jacob has with his two wives, Leah and Rachel, he plainly acknowledged that "The God of my father has been with me," (Gen. 31.5). Because of the Lord's presence in his life, he obtained large herds of livestock despite his father-in-law's best attempts to rob him of his proper wages.

Third, the patriarchs repeatedly learned the lesson that children are a gift from the Lord. Abraham's wife, Sarah, was unable to have a child until the age of 90 (Gen. 16.15-17, 21.6). Isaac's wife Rebekah was also infertile until "Isaac prayed to the Lord for his wife" and she conceived two sons (Gen. 25.21). After Jacob married Rachel, she was without children until "God listened to her and opened her womb" (Gen. 30.22).

The men and women who were used by God to create the Jewish nation understood that their blessings were not random strokes of luck and freely recognized Him as their benefactor. Do we do the same? Do we intentionally praise God for our children or simply take it for granted that they exist in our family? If we're blessed with physical wealth, is it merely a product of our skill or of the Lord's hand? If we're protected from dangers, what is our attitude? Whatever success we've gained in our lives, what do we attribute it to? There is nothing we have which the Lord did not give to us.

## NOW FORMING "NEW HORIZONS" DRACUT COMMUNITY BAND

We are recruiting members to play in a Dracut Community Band. It is open to all musicians 18 years or older who are residents of Dracut and from surrounding communities. No audition is required but Band members should have some playing and music reading experience. It will be lots of fun! **We will be rehearsing on Thursday nights at Christ Church United in Dracut Center from 6PM-8PM**

Please call Maureen Johnson 978-454-0055 for more information or if you'd like to join. We will be having an organizational meeting soon--We will notify players of date and time for meeting and start of rehearsal. Any donations of used instruments would be greatly appreciated especially a concert bass drum and stand.

## PSYCHIC FAIR

Saturday March 11<sup>th</sup>, 2017 • 10am – 4pm

At the AMERICAN LEGION POST 247, 90 Pawtucket Blvd., Tyngsboro, MA. This is to Benefit Children & Youth Veterans' Programs. The event is Sponsored By American Legion Auxiliary, Middlesex County District Five Inc.

• READINGS \$25.00. TAROT, REIKI, PALMISTRY, INTUTIVE, MEDUIM, AURA READING & IMAGING  
Vendors With Many Interesting Items. Free coffee!!! Sandwich's & Home Baked Goods on Sale. No Entrance Fee! Free Parking.  
Need additional Info, Contact Josephine 978-458-7015

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## AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

**Meetings are held the first Thursday of each month.**

### Auxiliary Unit Officers for 2016-2017

President: Diane Dileo; Sr. Vice: Kathleen Olje; Jr. Vice: Annette Coles; Treasurer: Frances Radgowski; Secretary: Josephine Beauregard; and SGT-At-Arms: Mary Dupras. Executive Committee: Mary Hanley and Maureen Harris

**For information on the Auxiliary Unit meetings**, or functions contact Unit President Diane Dileo at 978-204-9329 or Unit Secretary Josephine Beauregard 978-459-7015.

*Yours In Auxiliary, Unit Secretary, Josephine Beauregard*

**THE UNIT IS STILL COLLECTING** can pull tabs drop off at Post and earmark for Auxiliary. **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.



## SONS OF THE AMERICAN LEGION

Massachusetts Detachment, Squadron 247 Robert D. Pelletier  
Post 247, 90 Pawtucket Blvd, Tyngsboro

• **SAL Detachment 247 now meets on the first Wednesday of each month at 7 p.m. at Post 247.**

• **SAL Officers:** Commander: Brian Laplante; Sr. Vice Commander: Steve Harris; Jr. Vice Commander and Chaplin: Nelson Blake; Adjutant/Treasury: James Blake; E- Board: David Boyle

We are always welcoming new members. Drop in or call 978-649-7540. **Anyone interested** in becoming a member of the Sons of the American Legion is welcome to attend our monthly meeting. **Applications are available at the Post at any time.**

## AMVETS POST #247 ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

We hold our meetings on the **1<sup>st</sup> 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.*

**Officers:** Commander: William Beaton Sr.; 1<sup>st</sup> Vice: John McDermott; 2<sup>nd</sup> Vice: David Coles; finance officer: Theodore Thing; Judge Advocate: Roland Milliard; Adjutant: John Cogan; Chaplain: Rodney Wood; Trustees: Claire Beaton and Marty Bloomgren.

**"ALWAYS READY TO SERVE OUR VETERANS"**

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



Dracut Rotary Club presents:

**"DINING AROUND DRACUT"**

When: Monday, March 6th 6:30 -8:30

Where: Lenzi's Restaurant Dracut, MA

Tickets are \$20 in advance, \$25 at the door

More info at: [info@dracutrotaryclub.org](mailto:info@dracutrotaryclub.org)

**LOADING DOCK GALLERY**

122 Western Avenue, Lowell, MA

The Loading Dock Gallery is a part of Loading Dock Arts. Open Wed-Sat, 12 to 5:30pm, Thurs till 8:30pm, Sun, 12 to 4pm. For information, call 978-656-1687, or visit [theloadingdockgallery.com](http://theloadingdockgallery.com).

**Decadent Dreams Through February 26, 2017**

This February, thirteen Greater Boston Metal Clay Guild artists have collaborated to unveil unique "metal clay" jewelry masterpieces at the **Decadent Dreams** exhibit, opening on February 1st and running through February 26th at the Loading Dock Gallery at Western Avenue Studios in Lowell. You may be wondering..."What is metal clay?" Londonderry artist Michela Verani offers a simplified description of this relatively new medium: "Nanoparticles of metal (gold, fine silver, sterling silver, copper, bronze, steel) are held in a moist (water) organic (cellulose product) binder, worked like clay and fired in a kiln. After firing, the product has all the abilities of standard metal".

The artists in **Decadent Dreams** share a common experience; after working with other metals and art forms, the properties of metal clay have opened the door for new artistic expression. Amherst, MA artist Ruth Levine sums it up this way: "My aesthetic focus is to find new ways to bring out and enhance natural patinas, to create mixed metal pieces, and to combine new techniques and art forms into my work. The sculptural process and the technical challenge allow me to produce unique, one of-a-kind designs."

The wonders of nature have served as inspiration for many of the pieces in **Decadent Dreams**. Woburn's Rosa Elena Rivera's "Orquidea" ("Orchid") was designed after visiting an extraordinary exhibit of orchids: "I decided to make an orchid that would be able to bloom at any time of the year." Nature also inspires Leominster artist Paddy Marcotte to "replicate nature or work from patterns to build something entirely new", while, at the same time, "capturing a sense of organic growth". Her "Dogwood Blossom" necklace design originated as a gift for her mother after her father's death using actual blossoms from the dogwood tree he had planted for her. Nantucket light, colors and textures inform the creations of Bretworth Apthorp, who lives on the same island where the artist's love of jewels and jewelry began years ago. Loading Dock Gallery artist Laura Doran, also a member of the Greater Boston Metal Clay Guild, has orchestrated **Decadent Dreams** as a means to introduce local artists and the public to the art of metal clay.

**PIANO HERITAGE SERIES AT THE PCA**

**February 5, 2017 Terry Eder 3:15 PM: Pre-Concert Talk with Ms. Eder / 4:00 PM Concert with Ms. Eder** "The Piano Sings: The Interpretation of Masterpieces Inspired by Words" Terry Eder began her musical studies at the age of four in Detroit where she was born and raised. After attending Oberlin and Indiana University, she studied at the Franz Liszt Academy in Budapest. Since then, Ms. Eder has become one of the most distinguished interpreters/performers of the music of Bela Bartok. Ms. Eder's recent performances include recitals in Germany, France, the United States, China and Singapore. In 2015, Ms. Eder founded a new Concert Series in New York City called Key Pianists. In addition to teaching in New York City, Ms. Eder holds a Juris Doctorate and practiced law for 13 years simultaneously with her musical career. Ms. Eder's Talk and Recital will feature Bartok's Hungarian Peasant Songs, Bartok's Improvisations, Op. 20 and Schubert's Drei Klavierstücke, D. 946. For more information, please visit [www.terryeder.com](http://www.terryeder.com) \$12 PCA Members and Seniors; \$15 Non-Members; \$8 Teens and College Students; \$5 Children 12 and under; Piano students Free with an Attending Adult. 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 [www.Westford.org/PCA](http://www.Westford.org/PCA)

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1 Bridgeview Circle, Tyngsborough, MA 01879  
978.649.2220

## 10<sup>TH</sup> ANNUAL GALA COMING UP IN MARCH

Save the Date! The "Hammer It Home"

10th Annual Gala to be hosted by

**Habitat for Humanity of Greater Lowell**

will be held on **Friday, March 10, 2017**

at the UMass Lowell Inn & Conference Center.

This premiere event is our largest fundraiser of the year, a truly enjoyable event, with over 300 guests socializing, enjoying a cocktail reception, 3-course plated dinner, bidding on silent and live auction items, and hearing from our partner families how their lives have changed thanks to all of our supporters.

**Friday, March 10, 2017 from 6-10 pm**

UMass Lowell Inn & Conference Center, 50 Warren St, Lowell

**Early Bird Tickets Available Now through Feb 28 Only: \$99 pp** (individuals or group table reservations accepted)  
Visit our auction/event website **Hammer It Home Gala** to purchase tickets.

For sponsorship, advertising & auction donation opportunities, please contact Heidi Tierney at 978.692.0927  
[htierney@lowellhabitat.org](mailto:htierney@lowellhabitat.org)



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Thursdays @ 163 Highland St., Hudson, NH Call Pastor Steve  
Willett @ 978-957-0648 www.anchor-bible-church.org

## SAINT LOUIS SCHOOL

Located at 77 Boisvert St. Lowell, MA 01850 is now accepting  
applications for the 2017-2018 school year in grades Pre K 3 thru  
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lectual, social, psychological, and physical growth of its' students  
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## FAMILY BARN DANCE AT THE PCA

**A family barn dance at the PCA with Dudley Laufman calling.**

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**Sunday February 12, 2017** from 3-5pm. No experience required;  
all dances taught. Adults \$5; kids \$3; maximum \$15 per family;  
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ton Road and Lincoln Street on Westford Common. Westford, MA  
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Chairs, Baby slings/carriers, Baby Monitors
- New Toys for Birthday Bags 1-3 yr olds & 6-8 yr old girls, crayons
- New children's underwear and socks, Women's socks, Hats/  
Gloves, Mens & Womens Coats, Boots, Sneakers, hats, gloves,  
winter clothes
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Plain St., go 0.3 miles, Turn Right on Foundry. Call **978-441-9474**, or find out  
more on our website [www.TheWishProject.org/press/](http://www.TheWishProject.org/press/)

## BEAVER BROOK NATURE CENTER

• **Labelle Winter Fest Feb 18 11-4 pm**

**345 NH-101, Amherst, NH 03031**

Snowshoe in the vineyard with the vineyard manager and a Beaver Brook naturalist. Children can make a nature craft in the Great Room. Enjoy sledding - nature walks - bonfire and s'mores, maple sugar snow cups - vineyard snowshoeing tours - music - face painting - photo booth - craft making - canvas painting - boxed lunches(\$8) - liquid nitrogen ice cream. Beaver Brook is partnering with LaBelle Winery for this event. Free!

<https://www.labellewineryevents.com/event-registration/?ee=876>

### • Herbs for controlling Blood Sugar levels

**March 9 9:30-8 pm** Beaver Brook Nature Center 117 Ridge Road Hollis NH. How can we control sugar and insulin levels in the blood? What are the root causes of insulin resistance? High insulin and blood sugar levels cause wide ranging problems from cardiovascular disease and diabetes to stress and Alzheimers. We will look at diet, exercise and herbs and their abilities to help normalize blood sugar. Take home a materia medica (a list of herbs and their uses) and an information packet. Instructor Rivka Schwartz.

\$20/\$18 Members of BBA Register at [www.beaverbrook.org](http://www.beaverbrook.org)

### • Maple Sugar Sweet March 18 1-4 pm

Beaver Brook Nature Center 117 Ridge Road Hollis NH  
A Daisy/Brownie program based on the, "It's Your Planet - Love It" Journey. Did you ever wonder how trees make sugar? Learn from a talking tree and her leaves and roots as you watch a hilarious puppet show. Identify maple trees without their leaves, measure, drill and set a tap. Enjoy some sweet maple snacks and a beverage. This is a wonderful and unique bit of science, history and food found only in the North East of North America. Dress for the weather. Register through [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org) 15 min/50 max \$14 per person

### • Staying Found with Search and Rescue Dogs

**April 22 9:30-11:30** Beaver Brook Brown Lane Barn 52 Brown Lane Hollis NH Co-sponsored by Beaver Brook, the Appalachian Mountain Club and NE K-9 Search and Rescue. Focus is to teach children how not to get lost, and how to stay safe if separated from their group. For kids aged 4-10. Free! See search and rescue dogs in action! The workshop will start at 9:30am and run for 1.5-2 hours. Pre-registration required. These workshops sometimes fill up, so register early Register online at [www.beaverbrook.org](http://www.beaverbrook.org)

## RISE SPRING SESSION



Seniors can choose from more than 57 five-week courses with two start dates. Second term courses begin March 13 and end April 21. There are no learning prerequisites, no tests and no credits earned. Membership for the ten-weeks of courses is \$130.00 and includes the use of the Muldoon Health and Fitness Center, Regina Library, and Dion Dining Hall.

Members may participate in up to five courses each term. Course topics include literature, history, music, art, computer science, photography, religion, philosophy and spiritual enrichment, writing, world cultures, current events, personal finances, genealogy, film, moderate exercise and water exercise. Twenty four of the courses are new for Spring.

The RISE program, tailored for "learning in retirement", is in its twentieth year. Individuals over age 55 are welcome to learn more about RISE, meet with facilitators and register with a check for the Spring Semester at the information session.

The RISE program will be holding a year-long celebration of its twentieth anniversary. The program began under the guidance of the late Dr. Rose Arthur, long time Rivier Dean of the Undergraduate Evening School, to offer enriched learning opportunities for area adults in collaboration with the Road Scholar Network.

Course brochures are available online, at local libraries and senior centers, and at the RISE office at Rivier University, which is in Memorial Hall, Room 126, on Clement Street. Seniors can view and download a brochure from the RISE website [www.rivier.edu/rise](http://www.rivier.edu/rise) and/or <http://www.facebook.com/RISE1997>. Additional information is available by calling (603) 897-8623.



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Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats

# Community Health and Wellness Programs

February 2017



## Childbirth Education Classes

**Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child. A tour of The Birthplace at Lowell General Hospital is included during the class.**

### **Six-Week Prepared Childbirth, \$165**

Provides information on the physical and emotional changes occurring during pregnancy, signs and progression of labor, pain management options and techniques, the role of a labor partner, postpartum care, basic infant care, and more.

### **Five-Week Hypno-Birthing® Childbirth, \$225**

Hypno-Birthing® is for couples seeking more natural childbirth. This method uses deep relaxation to reduce the fear and tension that can cause long labor and pain, and replaces it with confidence, calm and comfort. Learn breathing, deep relaxation, visualization and self-hypnosis techniques.

### **Weekend Prepared Childbirth, \$165**

Learn all the topics covered in our Six-Week Prepared Childbirth Class over the course of a weekend.

### **Online Prepared Childbirth, \$90**

This e-course covers pregnancy basics, preparing for birth, labor basics, managing and coping with labor, interventions and postpartum care. Includes a face-to-face class with a nurse to answer questions. Also available in Spanish.

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