



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 37 Years of Service!

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DUNSTABLE TOWN CLERK

The amendments to the Town of Dunstable Zoning Bylaws and General Bylaws adopted under the warrant for the October 15, 2019 Special Town Meeting were approved by the Attorney General on January 17, 2020; and are hereby published by posting in accordance with Massachusetts General Laws, Chapter 40, and Section 32 as amended.

Zoning Bylaws

Article 3 Solar energy systems in the B3 Zoning District (amendments); **Article 4** Solar Energy Overlay Zoning District Bylaw (new); **Article 5** Zoning Map (amendments)

General Bylaws

Article 2 Stretch Energy Code Bylaw (new bylaw)

Article 8 Junk and Unregistered Bylaw (amendments)

A copy of these amendments and bylaws may be examined or obtained at the Office of the Town Clerk during regular business hours at the Dunstable Town Hall. The effective date of the adoption or amendment of any Zoning ordinance or bylaw shall be the date on which such adoption or amendment was voted upon by a town meeting once the posting has been satisfied. General bylaws become effective when the posting has been satisfied, not the date of Town Meeting.

The Annual Town Election is still being certified but I can report there were 379 ballots cast representing a 15% voter turnout. Kieran Meehan was elected as our new member to the Board of Selectmen and I would like to thank Ron Mikol for his many years of service to the town in various boards and committees. I can also say that we mailed out about 200 absentee ballots, a practice we pushed to keep people safe through the Covid pandemic. We kept the polls and pens sanitized after each use, facial covering was a requirement and so far, we have no plans to change these requirements for September and November elections. Our poll workers were rock stars, we want to thank the community for their appreciation on that trying day. It just better prepared us for the fall elections.

The legislature is voting on a "vote by mail" program, and I am pretty confident they will finalize some version of this bill to begin mid-July. What this will most likely entail is that the Secretary of the Commonwealth will mail an absentee ballot APPLICATION to all qualified voters— not BALLOT – you will NOT receive a BALLOT; you will receive an APPLICATION FOR A BALLOT. It will be your responsibility to fill out, sign and return the application to this office and then you'll receive a ballot. I will keep you updated and as always, encourage you to subscribe to e-alerts on the town website (as many or as few as you want; you should subscribe to News and Announcements though to be kept informed).

I'm hoping by the time you read this, we will reopen to the public but it will continue to be staggered hours by departments until further notice. I will most likely work on an appointment basis as there are several election deadlines that interfere with my regular business hours. Be well, we look forward to seeing you soon!

Any questions, email me at Cskerrett@dunstable-ma.gov.

I check email and voice mail daily when working remotely.

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

IN MEMORY OF

David James Winston

TOWN OF DUNSTABLE TRASH AND RECYCLING PICKUP PROGRAM

To all who subscribe to this, your yearly subscription with the Town of Dunstable expired on June 30, 2020 so payment is now due. Three renewal options are available. You can mail a \$300.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827, or you can drop off a check or cash at the Town Hall Monday-Friday 9:00-4:00p.m. in the mail slot in the door. You may also pay on line, on the town webpage www.dunstable-ma.gov and choose on line payments.

New subscribers can pay on line but will have to come to the Town Hall to pick up their containers. We also sell overflow bags for those times you may have extra trash that will not fit into the trash container. The cost is \$3.00 each sold in rolls of 5 for \$15.00. Those can be purchased on line. You will be contacted to make arrangements for pick up of containers or overflow bags at Town Hall.

DUNSTABLE BOARD OF HEALTH HOUSEHOLD HAZARDOUS WASTE DAY

In the past this one day program has been held in May or June. This year it has been tentatively set for October 31st. If you want an idea, about what was accepted or not, look at the last page (green) of the June 2019 issue of Neighbor to Neighbor on my website. If you go to the Town of Dunstable website look under Board of Health Dept. some information should be there. As the day gets closer more information will be available.

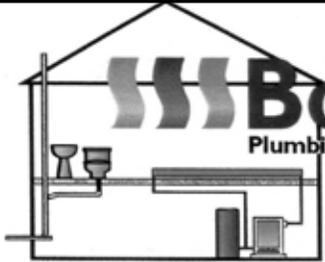
DUNSTABLE SUMMER CONCERTS 2020

Remember if you are missing the concerts, we encourage you to check out the Pepperell Community Media website, where they have a large collection of past summer concerts. Go to www.pepperellchannel.org. then go to video on demand then click on Dunstable concerts and that will bring you to a listing of past concerts.

We will be back next summer with another great line-up of bands. Enjoy the summer and stay safe.



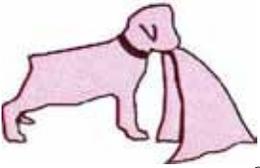
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**THE DUNSTABLE BOARD OF HEALTH
AND THE NASHOBA BOARD OF HEALTH
NURSING SERVICE**

Well Adult Clinics In response to the Governor's guidance, Nashoba Nursing is cancelling all Well Adult clinics. The updated schedules will be listed at www.nashoba.org. **Please check for updates at** Nashoba Board of Health Nursing, Services. (www.nashoba.org) or call: 978-772-3335 ext. 340 for more info. or if you are in need of their services.

DUNSTABLE FREE PUBLIC LIBRARY
588 Main St. 978-649-7830

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

The Library is open for curbside pickup on Tuesday 3-8pm, Wednesday and Thursday 10-3pm.

Search the MVLC catalog at www.mvlc.org. You can select Dunstable from the list of libraries. Or go directly to the Dunstable catalog at https://mvlc.ent.sirsi.net/client/en_US/dunstable and check out what we have to offer.

This second catalog will have the titles we hold at the library. Until the consortium courier service is restored, we can only lend materials that we hold in the Dunstable library. If another library has a book you want, you should contact that library directly.

Make your request by phone or email. Call 978-649-7830 or email at dunstablerequest@dunstablepl.org and tell us what you want to borrow. **It would be helpful if you had your library card number so we can check it out to you. Also let us know when you are going to be picking up.** Then when you pull up, call 978-649-7830, so that we have your bag outside on a table waiting for you. You can return books to us by dropping them in our Book Dropoff in front of the library.

If you are looking for the staff to make a selection for you, or inquire about something you want but can't find, please call 979-649-7830 or email at dunstablerequest@dunstablepl.org. We would love to help you find a good book, movie or magazine.

Virtual Story Time is now on Facebook Live on Thursdays at 1030am. Mrs. D. will host this always popular event. Go to **Dunstable-Public-Library on Facebook** to join in.

Summer Reading Program is happening now. Mrs. D has put together book bags for the children. There are various titles and also leveled reading bags. We have famous authors and also nonfiction. If you would like to call the library or send an email to Mrs. D at dunstablerequest@dunstablepl.org she can put a book bag at curbside for you. Also she is more than happy to put together a book bag with your child's special interest.

Something New? We are posting on Facebook the titles and authors of new books and DVDs we are now receiving and cataloging.

For all updates on these programs and library news, go to **Dunstable-Public-Library on Facebook**. Stay safe and enjoy.

Buy local!
Invest in your community!

Neighbor to Neighbor
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E-mail: anne@neighbortoneighbornewsletter.com
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Total Circulation is now 6,331 which includes Dunstable and Tyngsborough.

FROM THE BOARD OF SELECTMEN

Monday, June 22, 2020

On March 16, 2020, the Board of Selectmen met in an emergency meeting and declared a local state of emergency in relation to the COVID-19 pandemic.

The Board of Selectmen, Board of Health, and Emergency Management Team have been meeting on a weekly basis and continue to monitor legislative, regulatory, and health developments that affect the operation of Town government. As it appears the infection rates are trending downward due to the measures taken during the shutdown, the Board is going to resume a biweekly schedule and prepare to re-open more services to the public. Assuming the downward trend continues through the remainder of Phase 2 and Phase 3 of the Governor's reopening plan, Town Hall will reopen to the public on Monday, July 6th.

In the meantime, public safety and public works continue to operate and Town Hall staff continue to work alternating their presence in Town Hall and working remotely. Although Town Hall is not open to the public, you can reach Town Hall staff by phone, email, and if needed can make an appointment to meet with them outside.

Contact information for each department can be found on the town website at www.dunstable-ma.gov. We appreciate your patience during this time.

Thank you to all those who participated in the Annual Town Election both at the polls and through absentee voting. There still remain a number of open positions to fill on various Boards and Committees in Town including the Advisory Board, the Board of Assessor's, the Water Commission, and more. Please email the Town Administrator, Brian Palaia at bpalaia@dunstable-ma.gov if you are interested in learning more and serving.

We are continuing work on preparing for Annual Town Meeting and expect to announce a date at the beginning of July.

Our public health nurses are on the front line of this situation as they monitor the State's communicable disease surveillance system – MAVEN for our community. There were as many as 11

cases in Dunstable who have laboratory confirmed positive tests for COVID-19 as of June 19, 2020. Please see the accompanying notice from the Board of Health regarding confirmed positive test(s).

Residents are reminded of the following preventative measures recommended by the State: Practice social distancing - There is currently no vaccine to prevent COVID-19. Another way to prevent the illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person to person: 1. Between people who are in close contact with one another (within 6') 2. Through respiratory droplets produced when an infected person sneezes or coughs.

To prevent transmission this social distancing includes the following actions: • Wash your hands often or use hand sanitizer • Wear a mask in public when you cannot maintain social distance (maintain 6 feet apart) • Avoid touching your eyes, nose, and mouth • Cover your mouth with a tissue when you cough or sneeze • Stay at home if you are sick • Keep children off public playgrounds and away from congregating with other groups of children

This is advice is especially true for older adults and those who have health issues are urged to avoid large crowds and events. Individuals who live in households with vulnerable people, like elderly parents, should avoid crowds.

Please take notice: Although our park land is now open for limited use and the playgrounds may be used, team sports and public gatherings on public land remain prohibited.

Additional information regarding closures or other changes will be released as it becomes available.

For more information about COVID -19 from the Massachusetts Department of Public Health, please click here: <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19> and the Centers for Disease Control, please click here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

LAST MINUTE UPDATE: Town Hall Reopening Tues., July 7. Will generally be open from 9am to 5pm Monday through Friday. Board of Selectmen voted to hold **Annual Town Meeting Thursday, July 30 at 7 pm at Larter Field under a tent.**

Please go to dunstable-ma.gov for full announcement.



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Pastor Rev. Susan Gaeta

Shepherd of the Valley Lutheran will be meeting remotely until it is deemed safe to meet at our building space, 21 Washington St., Ayer, MA. **Please join in our service via online.** If you visit our Facebook page and website you will be able to see how you can join in on our service. We hope to 'see' you there!

PACH PEPPERELL FOOD PANTRY

66 Hollis St. Pepperell Tues 5–7pm, Thurs 2–4pm & 5–7pm. PACH provides food, paper goods and personal care items to residents in need of assistance. If interested in this service, or you want to help by making a donation of food or supplies, call 978-925-9770 or visit their web site at www.pachoutreach.org. Please contact them first before dropping anything off.

You may bring donations to West Auto Repair. There is a blue plastic tote outside the office door for donations. Donations will be brought inside until they are delivered to the Pepperell food pantry on Tuesday and Thursday.

PLANNING FOR A CHILD WITH A DISABILITY

By Edward H. Adamsky

As a parent of a child with a disability you may be anxious when thinking about your passing. It requires careful thought and planning. The choices available may impact not only your child with a disability but your other children and grandchildren. The needs of the child with a disability must be considered but the needs and desires of the other family members cannot be overlooked.

You will want to consider the government benefits available for your child and ensure that your planning will allow those to continue. Benefits like SSI and Medicaid are asset-based, so you won't want your child to inherit unrestricted assets. You may need a Supplemental Needs Trust (often called a Special Needs Trust or SNT) for your child.

Depending on the size of your estate, you may need to consider how to divide your assets among your children. The child with a disability may need more, but you may not want to take some away from the other children. You might want to purchase life insurance (with the SNT named as beneficiary) to provide more assets for your child.

You may not want to burden your other children with care duties, but they may want to take on that responsibility. You need to review the future care-giving options and discuss them with all concerned. You don't want to leave your other children with a burden that they are not willing or able to handle. There are organizations that can help you, so you should seek out that assistance while you still have time to plan and choose what is right for your child.

If you think that your other children may want to be caregivers for your child with a disability, then you should discuss this thoroughly. Think about the possible affects on their lives, such as family dynamics, spouses, grandchildren, living arrangements and the like. A sibling may want to provide care but may not have thought out the full ramifications of being a full-time caregiver.

Beyond possible living and care arrangements for your child, you will need to consider who should have legal and financial authority to handle your child's affairs. Do you want one or more of your other children to be Trustees of the SNT? Do you want them to handle the medical-decision-making for your child? Will a guardian need to be appointed (now or in the future) or can your child with a disability make decisions without need for a guardian, and if so, are a Power of Attorney and Health Care Proxy the right tools to use?

You should seek out whatever help you may need to figure out your plan. An Elder Law Attorney can help with legal planning, but you may need a social worker or care manager to help with personal living and care choices. Your local Agency for disabilities may have resources for you so do not fail to find out how to contact that organization.

A SPECIAL ANNOUNCEMENT FROM BADGER FUNERAL HOMES

Phase II of public re-opening has been announced.

According to the Governor's order, funeral homes are allowed to increase "capacity to permit 40% occupancy for one service at a time within the facility."

For the Family:

Be comfortable in calling us: we will review a range of options specific to your needs. Now that we can have public visitation and services, families need to consider new procedures for these at least for the short term. The recommended protocol is to plan an hour privately at the beginning of the visitation only for those 60 years of age and older as well as for those with underlying health conditions. This will be followed by a public visitation as indicated in the newspaper and on the funeral home website.

Funeral services taking place on the following day that are expected to draw a large attendance may have to continue to be private or by invitation only. This is due to the physical distancing requirements and limited seating capacity at the funeral home and in some churches. This is a process that we need to let unfold in time. You have our assurance that we will do our best to manage each unique situation as it presents itself.

For the General Public:

Attending visiting hours and funeral services is of course greatly appreciated by the grieving family. Undoubtedly this will be a slowly revised process until we all become familiar and comfortable with ways that are different from what we took for granted just a short time ago.

If you prefer not to attend a public service, ask someone to sign the guest book for you and to offer your condolences to the family; you can also call us, and we will pass on a message. For those who do attend, please be understanding as we work through the logistics. In some cases where there are a large number of attendees you may be requested to wait outside the funeral home within the social distancing parameters. Our staff will then invite you to enter as the space becomes available.

Please continue to use an appropriate face covering as we will have available hand sanitizers at the funeral home. These have served all of us well and will continue to do so.

Thank you for your kindness, patience, and generosity of spirit. The caring professionals at Badger Funeral Homes 978.486.3709

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FACE COVERING MANDATORY

Effective May 6th, everyone is required to wear a face covering, whether indoors or outdoors, in any situation where you cannot maintain 6 foot spacing. Exceptions for children under 2, and people who are unable to wear a mask due to a medical condition.

To read all the details about this, visit www.mass.gov and search "face masks" for exact wording on this.

DUNSTABLE TOWN HALL DIRECTORY

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

221 Town Accountant 222 Town Clerk 223 Council on Aging
224 Selectmen (handles many depts.) Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911

226 Building Inspector 227 Road Commission

228 Tax Collector/Treasurer 229 Board of Health

230 Conservation/Planning Board 249 Assessors, Water Dept
Please dial 0 if you need assistance.

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

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Please send in your news and updates for the September issue by August 10th.

Need details about advertising your business?

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

You may leave a message at **978-419-1914**.

Tyngsborough printed issues circulation is 5211 and Dunstable printed issues circulation is 1270.

More articles posted on the website.

www.neighbortoneighbornewsletter.com

DUNSTABLE SENIORS

Program Coordinator Susan Tully 978-649-6750

or Email at slt0213@verizon.net

Dunstable Seniorswe are a peer group for those over 60.

There will be NO MEETINGS at the DUNSTABLE LIBRARY UNTIL FURTHER NOTICE

DUNSTABLE COUNCIL ON AGING

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afenochetti@dunstable-ma.gov
978-649-4514 ext. 223

DUNSTABLE COUNCIL ON AGING

Barbara Martin, chairman; Mary Dow, secretary; Donald Pottle, Vincent Hollins, James McManus.

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. Feel free to give us your ideas.

PEPPERELL FOOD PANTRY PACH Located at 66 Hollis St. in Pepperell is open on Tuesdays from 5 – 7 p.m. and Thursdays from 2 – 4 p.m. and 5 – 7p.m. PACH provides food, paper goods and personal care items to residents in need of assistance. If you are interested in using this service contact office at 978-925-9770 or visit their web site at www.pachoutreach.org.

Nashoba Nursing Service and Hospice: For information on home health, nursing availability, or hospice - call 1-800-698-3307.

STITCHERS

The Stitchers Group continue to knit and crochet for various agencies in the Greater Lowell area. We are currently working on hats, mittens, and scarfs in sizes from toddler to adult. There has also been a request from Hospice for twin size afghans, size 4' x 6'.

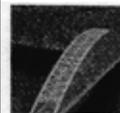
If you are interested in these projects and need supplies, please call coordinator, Jean Jacoppi (978-649-9076).

Our collection time and place as well as the time of Stitchers at the Senior Center, will be announced in the Fall.

LOAVES & FISHES FOOD PANTRY, INC.

All Dunstable families are invited to visit the Pantry and receive nutritious food and personal care products. There are no income requirements – only a proof of residency (a utility bill or a rental receipt, for example, with your name, current address and date) is required. **Open** Second Tuesday of each month from 6p.m.- 8p.m. • Every Wednesday and Friday from 9:45 a.m.-12:30 p.m. • First & third Saturday of every month from 9a.m.-11a.m. To learn more about what to expect when you visit the Pantry for groceries, take a virtual tour at <https://loavesfishespantry.org/need-services/> or call us at (978)772-4627 x312. If you are interested in volunteering please email us at volunteer@loavesfishespantry.org or call us at (978)772-4627 x317. The gift of food and personal care items as well as monetary support is always welcome.

*We are now offering Telehealth visits.
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TOUCHED BY WAR

The Mission of the **Quilts of Valor Foundation** is "to cover service members and veterans touched by war with comforting and healing Quilts of Valor".

QOVF's original mission was to "cover service members and veterans wounded physically or psychologically with comforting and healing Quilts of Valor". No one really liked the word "psychologically" and US Army Chaplain John Kallerson suggested using "touched by war" as a replacement. The foundation's original focus was on young service members wounded in Iraq (Operation Iraqi Freedom) and Afghanistan (Operation Enduring Freedom). Catherine Roberts, the foundation's founder recalls the "light of inclusiveness" she experienced at a Vietnam Veterans Memorial traveling wall event in 2009. Catherine's group planned to award QOVs to OIF and OEF veterans, but none were present. Patriot Guard veterans there to ride past the wall on their motorcycles received them instead. Catherine recalls that the Vietnam vets said over and over again, "Ma'am, this is the first time in forty years anyone has ever thanked me for my service". From then on, any warrior who had been touched by war, no matter when his or her service, could receive a Quilt of Valor. **NO QUESTIONS ASKED.**

Some in our community regret the removal of the word "combat". Others welcome the change as it provides a way to recognize and honor any service member or veteran who has taken an "Oath of Enlistment" vowing he or she will lay down his or her life for our country and freedoms. The signer promises to defend against all enemies, foreign and domestic. These Americans vow to give their lives for you and me. **NO QUESTIONS ASKED.**

We cannot judge what being "touched by war" means to a veteran. It is different for each, depending on where or when they serve: a nurse at Landstuhl Air Force Base, Walter Reed or Topeka, KS. A nurse or medic at Dover preparing remains for burial. A General serving in the Pentagon, an Infantry Soldier serving in a war zone in a humanitarian effort or down the street at the local armory.

As we award these Quilts of Valor let us do so not with judgement, but with trust-trust that these veterans have been "touched by war". Those who wear or have worn the uniform are, without question the most profoundly affected. What started in 2003 with a few quilts now has risen to over 250,807 Quilts of Valor as of today. May be continue to cover as many as we can.

Quilt of Valor presented to PFC John Reardon 82nd Airborne by Dunstable Grange #31. Memorial Day is over but no one forgets our commitment to our veterans. **Take three minutes to watch the presentation** of a Quilt of Valor to one of Dunstable's oldest veterans, Mr. John Reardon. **John Reardon Accepts Quilt of Valor June 13, 2020.** <https://youtu.be/prGb5fn28T8>
Thank you to the Grange for making this ceremony possible.

DUNSTABLE VETERAN SERVICES OFFICE

Here it is, the middle of summer and we are all still in isolation or at least social distancing. Hopefully your finances are still enough to get you by until this is all over. If you are a veteran or a veteran's widow and financially strapped, I might be able to help. Otherwise please stay safe, but try to enjoy this summer as much as you can. I can also assist you if you have any VA questions.

As always, if you know of any veteran, widow or family member in need of assistance please contact me. I am normally available from 10:00AM to 2:00PM on Mondays almost every week. You can call 978-496-0985 or send me an email anytime at VSO@Dunstable-ma.gov God Bless.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)
Dunstable Veteran Services Officer
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**ARE YOU THINKING OF
BUYING OR SELLING A HOME?**

Brought to you by Carrie Best Cyr

Summer is usually the perfect time to buy or sell a home. And for some people, it still is. After all, there are few things more welcoming than warm weather and fresh flowers blooming in the front yard.

But maybe you're waiting to enter the market. That's okay too. There are plenty of ways you can use this time to your advantage.

If you're considering buying or selling later this year or next, here are five things you can do in the meantime.

Get your finances in order. Take stock of your accounts, assets and debts, and pull your free credit report. Make sure you're in good standing to qualify for a loan and make a down payment.

Watch the market. Keep an eye on local home sales where you're considering buying. This can give you an idea of what you might spend on a home — or how you should price yours when you list it.

Save up for moving expenses. Moving isn't cheap — especially if you're going a far distance. Start saving for your movers, trucks, packing supplies and more.

Talk to a mortgage lender. Start zeroing in on which lender you might want to go with, and make sure you understand the requirements you'll need to meet to get a loan. You may also want to get preapproved before beginning your home search.

Prioritize your needs. If spending more time at home has made you reconsider your living space, take the time to figure out exactly what you're looking for in a new home. Then we can discuss your options together.

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**CELEBRATE TEAMWALK FOR CANCERCARE
IN A DIFFERENT WAY THIS YEAR**

Supporting local cancer patients in need is more critical than ever so this year we are hosting TeamWalk on Your Terms!

TeamWalk on Your Terms allows you to hold TeamWalk on *your* turf and on *your* time! When it is safe and you feel comfortable, simply choose when and where you want to walk.

There's so much we can't do right now — like gathering together as a large group to walk - because of the COVID-19 pandemic, but you CAN walk and you CAN fundraise to help support people who are undergoing cancer treatment.

The fundraising deadline has been extended to September 1, 2020 so you have more time to support TeamWalk for CancerCare and the people that count on you to pay for medications, nutritional supplements, wigs and prostheses, support groups, skilled nursing visits, mini-grants, supportive services to patients of all cancer types, and much more.

Follow TeamWalk on Facebook at www.facebook.com/lowellgeneralhospitalteamwalk to see videos from special guests, fundraising tips, profiles of walkers, teams, and sponsors, and contests to win fun prizes. To learn more, register, or make a donation, go to www.TeamWalk.org.

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HOME DELIVERED NUTRITION MEALS (Meals on Wheels Program)

Dunstable residents 60+ can call the Elder Services of the
Merrimack Valley 1-800-892-0890 to see if you qualify and make
arrangements.

DUNSTABLE SENIORS WELCOME TO TAKE PART IN ONLINE BONE BUILDERS COMMUNITY TEAMWORK INCORPORATED

Bone Builders, made up of strength training and balance, especially
designed for those with Osteoporosis, has been delayed due
to the closing of senior centers.

Jean Jacoppi, a Leader of Bone Builders at the Tyngsboro Senior Center, has created a video for all to access through You Tube. Simply search for : Crystal Lake RV Bone Builders. The video is in two parts. **All are welcome to exercise to it.** If you have comfortable weights to hold and to strap on at the ankle, you may want to get them out before beginning. I think you will find this easy to follow and at a comfortable pace with relaxing music.

DUNSTABLE GRANGE FAIR 2020

To all of our Grange Fair Supporters,
Dunstable Grange has made the difficult decision to cancel the Grange Fair for 2020. We had the health and safety of our exhibitors, volunteers and guests in mind as we made the decision. We are hopeful that the Grange Fair will be back in 2021. **Thank you for your support,**
The Dunstable Grange #31 Fair Committee



CONGRATULATIONS TO ACADEMY OF NOTRE DAME GRADUATES

Rachel Deshaies, Tyngsborough, will attend Norwich University, declared major: Computer Science and Aeronautical Engineering
Annie Zhang, Tyngsborough, will attend UMass - Amherst, undeclared
Joy Tu, Dunstable, will attend Suffolk University, declared major: Art and Design

CONGRATULATIONS STUDENTS

Since I don't have names of students who have hit a milestone in their education, I wanted to recognize them here. *Whether you are starting first grade; moving up a grade; moving on to Middle School; graduated with the High School Class of 2020, graduated from a College or University, congratulations on your accomplishments in 2020! It was a challenge for all to get through a different type of "school" during this pandemic. I wish you all the best of luck in your upcoming school year. For those of you who are now venturing into the working world, I hope you find that job that you are looking for.*
Sincerely, Anne

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DEB BUSSER

State Representative

Deb Lloyd Busser grew up in the 1st Middlesex District, raised her family in Dunstable for over 17 years, and is a first-generation graduate of UMass Lowell.

As a small business owner and executive leadership coach, she knows how to partner with diverse groups and balance competing interests to create sustainable solutions.

Dunstable and the 1st Middlesex district deserve a proactive, visible, and responsive State Representative who is looking to the future. You can count on Deb to pass meaningful legislation and to fight for vital funding.

As State Representative, Deb Busser will work to:

- Secure much-needed funding for our towns
- Ensure full funding of state mandates for our schools
- Improve infrastructure and public transportation
- Combat climate change and protect the environment
- Close the gaps in our healthcare system



Vote for DEB BUSSER for State Representative
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Paid for by The Busser Committee

My name is Deb Lloyd Busser and I am running for State Representative. I grew up in Townsend and Groton, and raised my family in Dunstable for over 17 years. I care deeply about the towns of the First Middlesex District.

As a small business owner, I partner with organizational leaders as they plan for the future in an ever-changing environment. My clients are business executives and non-profit leaders spanning multiple industries. Together, we navigate difficult challenges, balance competing interests, and build relationships to create sustainable solutions.

Right now, our state is at a crossroads. COVID-19 has taken thousands of lives, weakened our economy, and highlighted our collective vulnerabilities. Our healthcare system has been overwhelmed. Our schools will require additional support as educators and students transition back to the classroom. Our environment needs protection and our transportation system needs investment as we restart our economy.

More than ever, our district needs a strong voice at the State House. You can count on me to pass meaningful legislation and fight for much-needed funding for our towns. The road to recovery may seem daunting, but I am confident that with fresh ideas and innovative thinking, we can move our Commonwealth forward together.

THE GROTON GRANGE #7

The Grange has been witness to other stressful periods since its formation in the late eighteen hundreds. There have been wars, economic collapse, terrible devastating acts of Nature and other pandemics as well. We need to have faith in the human spirit, and hold onto the hope that, this too shall pass. The Grange is an agricultural organization. As such we are perhaps more aware of the changing seasons than others might be. Summer is here. Hopefully, you are enjoying caring for your garden, and reaping the benefits.

As you know our Annual Memorial Day Pancake Breakfast was cancelled for 2020. This was to be our annual Scholarship Fund-raiser. Anyone wishing to make a donation may send it to Groton Grange #7, P.O. Box 112, Groton, MA 01450. **Thank you, and be well.**



Hi Neighbors!

Be sure to keep those germs away with Lysol wipes and Nestle Pure Life water!

If you haven't **downloaded the new Box Top for Education app** yet, you'll be pleasantly surprised how truly easy it is. You just scan your receipt and the app does all the work for you! This is a direct, simple way to help Swallow Union and we really appreciate all your continued efforts. We hope to remain at the top during the 2019-2020 school year after finishing #2 in the state last year!

While traditional Box Tops are being phased out of production, **YOU CAN STILL CLIP AND TURN IN BOX TOPS!** You'll continue to find them on many products throughout the store for the next few years, including Hefty, Green Giant, Reynolds, Scott, Ziploc, Kleenex, and Finish (look for old logo). The program is even allowing double dipping – meaning, you can purchase items with the old Box Top logo, clip and turn those in, and then scan your receipt within 2 weeks on the app for double the points!

Once the Pandemic is under control and it is deemed safe by the Town Hall you can turn in your carefully clipped Box Tops to any of these Dunstable drop-off locations: Maple Village Preschool, the Library, post office, and West Auto Repair. Thanks again for your support!

Chrissy McLane (mclane.chrissy@gmail.com) & **Amy Wilson** (amywilson825@gmail.com) Box Tops for Education co-chairs for Swallow Union Elementary School swallowunionapt.org aptsallowunion@gmail.com [facebook.com/APTSwallowUnion](https://www.facebook.com/APTSwallowUnion)

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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."

For pandemic reasons, all services at the Dunstable Evangelical Congregational Church have been moved on-line to a streaming format. **If you would like to join us, please either email Pastor Bobby, or leave a message on the office phone to receive details on how to connect. (Info above)**

We "meet" at 10:30 Sunday mornings for worship and at 8:00 on Wednesday evenings for prayer. Pastor Bobby is also available to meet with you individually on a Zoom conference call if desired.

For updates to our schedules and to learn where to access our recorded services, please see our website at www.dunstablechurch.org. God protect and bless you!"

NDA PLANNING TO FULLY OPEN FOR ALL GRADES IN SEPTEMBER

Tyngsboro, MA – The Academy of Notre Dame (NDA) announced today that based on current federal, state and local agency directives, the Academy is preparing to start the new school year on campus for all grades without the need for a blended schedule. The first day for school for all grades will be September 2, 2020.

"Small class size has always been part of NDA's model for academic excellence and accelerated growth," said NDA Head of School Dr. Vittoria Pacifico. "We are blessed to have generously sized classrooms that allow for social distancing. Our large campus coupled with our small class sizes helps reduce health risks to students and faculty alike."

Dr. Pacifico also noted that the Academy is looking to leverage its 220+ acre campus to create outdoor learning spaces so that faculty may take instruction outside, weather permitting, to help further reduce the risk of spreading the coronavirus.

Over the summer, the Academy is convening a reentry task force of NDA staff and outside professionals and community leaders to review and implement the reentry policies and procedures.

"As a school community we want to be well prepared to safely welcome students back on to campus. As a leadership team we will be addressing the logistical issues such as required signage on social distancing, hand washing and ensuring that all members of our community wear masks if they are physically able. Of greater concern is the social and emotional impact this period of isolation has had on our students," said Dr. Pacifico. "Over the summer, we will be collaborating with Kristin Hallett, MSW, LICSW who is serving on our reentry task force and will be providing guidance on addressing the social and emotional needs of students, and helping our faculty recognize signs of trauma and the need for additional student supports."

The school has invested in an electrostatic fogger to quickly sanitize and disinfect restrooms, classrooms and equipment on campus. "Should the pandemic cause another school closure, we'll be ready to transfer our academic excellence to our distance learning program as we did this spring. Thankfully, we didn't miss one day of learning at NDA and will be prepared to provide the same service again if necessary," noted Dr. Pacifico. "Either way, we'll be ready to learn and excel!" **For more information about the Academy, visit www.ndatyngsboro.org.**

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>

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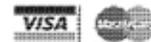
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CATIE'S CLOSET

We are open to accept your gently used clothing and new toiletry donations at our Dracut distribution site, weekdays ONLY from 10am to 4pm. This is located at 19 School Street, Dracut, MA 01826. We are not open weekends at this time. Please bring your donations in household size bags or smaller for the safety of our staff and volunteers. If you have 5 bags or more, please call 978-957-2200 for an appointment so we can best accommodate you. Find out more about our needs.

Check out our website www.catiescloset.org/5-ways-to-help
Contact us directly and we will be happy to share more detailed information about our immediate needs for the months ahead. Connections to large scale clothing and toiletry resources are appreciated! **Want to know more about our work, who we help go to www.catiescloset.org/help-the-kids**

10TH ANNIVERSARY VIRTUAL GALA WAS A HUGE SUCCESS!

While we weren't together in person, we felt your overwhelming love and support. Your bidding, raffle purchases and donations helped us raise over **\$170,000**, and that number is still growing!
From the bottom of our hearts, THANK YOU. Together, we open new doors of opportunity for students who are living in poverty or are in the midst of a difficult transition. It's amazing how that opportunity comes in the form of a new comfortable sweatshirt, a brand new school uniform or a sparkly mermaid shirt.

With new clothes and toiletries to keep clean, the children we serve understand what it's like to have hope for a brighter future. They feel good about themselves, work toward achieving their dreams and have fun with their friends. Our inspiration for the work we do each day comes from Catie's compassion for other people's difficult circumstances and from her belief that everyone deserves a good education. **We would not be able to achieve this work in her honor without your support, compassion and generosity.**

As we prepare for the second half of 2020 and get ready to begin a new school year, we look back with pride on how far we've come over the last 10 years and look ahead to continuing our services to combat the growing need. We are eternally grateful to continue our mission with you by our side. **With gratitude, Mickey**

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- Autism/Aspergers Events
- Camps for Special Needs
- Down Syndrome/Intellectual Events
- Family Mental Health & Behavioral Events
- Financial & Legal events
- Learning Disability/ADHD Events
- Recreation for Special Needs

Transition-to-Adult events include Thinking About Housing, The Dating Game for ASD Young Adults, and a Workplace Prep Program for Young Adults with Down Syndrome.

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**Northeast
TOBACCO FREE
Community Partnership**

As of June 1st, 2020, flavored tobacco, including menthol cigarettes like Kools and Newports, will no longer be sold in Massachusetts stores. Last fall, the Fight All Flavors campaign and supporting partners worked to build grassroots understanding of a proposed flavored tobacco restriction that called out the tobacco and nicotine industries' targeting of menthol in communities of color.

The tobacco and vaping industries have targeted youth, LGBTQ populations and communities of color with their deadly products, causing many health consequences for these populations. Flavors, like mint and menthol, are a leading reason that young people start vaping and using tobacco.

The law, which goes into effect on June 1, 2020, means that: Menthol cigarettes and all other flavored tobacco products like flavored cigars, flavored chewing tobacco, and flavored e-cigarettes and nicotine vaping products will no longer be widely available in Massachusetts.

E-cigarettes and nicotine vaping products will increase in price. I'm excited to see that **No Menthol Know Why** builds on that work. I work with community-based organizations, youth advocates, public health and health care partners, churches, and more to support the communities most impacted by the new law. We all want to build awareness about the law and provide information about the resources available to help people quit smoking.

You can spread the word in your community. Visit NoMentholKnowWhy.org to learn more and find tools and resource to share.

Contact me at ashley.hall@glfnc.org or (978) 799-8643 to learn more about the law and how you can support people in quitting. Ashley Hall, MS Northeast Tobacco-Free Community Partnership, Program Manager Greater Lawrence Family Health Center



46 Coburn Road
Tyngsboro

SHERBURNE NATURE CENTER & TRAILS

For more information on this and future events, please visit the website <http://www.naturewalkscs.org/events-schedule>

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 not part of the PUBLIC Nature Center property.

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• 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)

DUNSTABLE TYNGSBOROUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to serving communities locally and globally giving hope and impacting lives through humanitarian service projects and raising donations to support areas of need. **We are currently looking for community minded members to join, please contact membership chair Joe Ward his contact information is below.**

Officers for the 2019-2020 Lions Year

President: Mark Alexander, 1st Vice President/Membership Chair: Joseph Ward, Treasurer: Bob Reich, Secretary: Laura Ward, Tail Twister: Meghan DeMonico.

Because of COVID-19 meetings are canceled at this time.

Anyone interested in joining the lions is asked to contact Joseph Ward at 978-930-1153. By the time you receive this, we may have a project that you would like to get involved with. Once we can meet again, we will let you know where, and when meetings will take place.

YOU CAN HELP BY DONATING THE FOLLOWING:

- **Used Eyeglasses** are collected for refurbishment and distribution to less advantaged individuals around the world.
- **Used Hearing Aids** are collected refurbished or repaired and distributed to those individuals in need with limited ability to pay.
- **Can tabs** please place into bags before putting in the boxes.

Lion's collection boxes for eyeglasses and hearing aids and can tabs are located at the Tyngsborough Post Office, American Legion Post 247 at 90 Pawtucket Blvd., Multi-Service Center at 180 Lakeview Ave, and Dunstable Town Hall, Post Office and Library.

Pennies for Sight: "Your change- changes people's lives" See a Lion canister around please consider donating. Every Penny Counts!



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SUMMER FUN FOR EVERYONE AT NDA BEGAN JULY 6

Tyngsboro, MA – The Academy of Notre Dame announced that it will provide free, virtual programs for area children grades PreK – Grade 8 to help ensure that all children have fun enriching activities over the summer. *A full spectrum of 17 classes ranging from juggling to chess to playwriting began on July 6.*

"With so many summer programs and vacations cancelled, we want to ensure that our students and our neighboring children have the opportunity to socialize, learn new skills and have fun," said NDA Head of School Dr. Vittoria Pacifico.

Students must pre-register for each session through the Academy's website. Each session lists the target audience age, days and times the session will be offered and a list of supplies needed to participate in the class. Instructor qualifications are also listed on the website.

For safety and security purposes, each session will be recorded. All instructors underwent a background check in order to be a presenter for the program.

"We know that the last few months have been very difficult, especially for children. Summer Fun at NDA is one way we can help to ensure that all students have the opportunity to be engaged, socializing and learning new skills," noted Dr. Pacifico.

To learn more, families should go to www.ndatyngsboro.org/summerfun/ and register to participate. The program is free for all; however, participants must register in advance to take part in an activity. **Some sessions have participant limits and will close when full.**

Located in Tyngsboro, MA, the Academy of Notre Dame is a private, Catholic co-educational Pre-K through Grade 8 lower school and college-preparatory upper school sponsored by the Sisters of Notre Dame de Namur. The Academy welcomes students of all faiths. It has a culturally diverse population comprised of students from approximately forty cities and towns throughout Massachusetts and New Hampshire, as well as international students. For more information about the Academy, visit www.ndatyngsboro.org.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings NOW held the 2nd Thursday of each month at 6pm.

Auxiliary Unit 247 Officers for 2019-2021:

President: Josephine Beauregard; Jr. Vice: Sarah O'Callaghan;
Secretary: Patricia Modrich; Treasurer: Diane Dileo;
Chaplain: Debbie Dion; Unit Sgt.-At-Arms: Debra St. Peters.
Executive Committee: Kathleen Oljey.

For information on the Auxiliary Unit meetings, or functions contact Unit President Josephine Beauregard at 978-458-7015.

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.

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.

OFFICERS: Commander: William A. Beaton; 1st Vice: Jan Dombrowski; 2nd Vice: Steve Harhs; Adjutant: John Cogan; Finance: David Coles; Judge Advocate: Roland Milliard; Provos Marshal: Roland Russell; Chalplain: Rod Woods. E-Board: John McDermott, Marty Bloomgren and Claire Beaton.

"ALWAYS READY TO SERVE OUR VETERANS"
AMVETS National Website: <http://www.amvets.org/>

UPDATE FOR AMERICAN LEGION

• American Legion Post 247 Inc. of Tyngsboro IS OPEN

The Post is pleased to welcome back all Post 247 Members, Family, & Guest. **No meetings scheduled at this time. They will probably start in September. If you are interest in joining, please get in touch with the person noted or contact the Post.**

• Much renovating, sanitizing, and improvements have been conducted while the Post has been closed. We look forward to welcoming every one back.

FOOD IS ONCE AGAIN BEING SERVED. As of now **hours are Sun., Tues, Wed, Thurs Noon to 7PM and Friday and Saturday noon to 11PM. Closed Monday.** The menu includes Appetizers, Subs, Hamburgers, Pizza and more. Stop in we'd love to see you. Please be well and STAY SAFE.

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



90 Pawtucket Blvd. Tyngsborough, MA 01879

Active duty military and veterans always welcome to join. First Year FREE for new Legion members. 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 2019-2021
Commander: Raymond Hamelin; Sr. Vice Commander: Pete St. Peters; Jr. Vice Commander: Larry Monaco; Finance Officer: John Burke; Adjutant: Don Pierce; Judge Advocate: Roland Milliard; Executive Board: Joe Conlin, Robin Dion, and Fred Carroll.

Visit our website, www.AmericanLegionPost247.org
This website contains a wealth of information about the Post.

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



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

Please call or email now for the September issue.

Leave your name and message at (978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

The Pandemic of the past four months has been surreal. Seeing life as we knew it change so much in such a short time was unsettling to say the least. Many of us have unfortunately lost people we knew during this time. Others have "recovered" and are still adjusting to their new normal. Thank you to all those in the "essential" businesses who have been working so very hard to keep others safe while providing necessary health care services, food, all types of supplies for home and office, and a range of other types of services.

Many summer plans have changed. Of course there are many outdoor things you can do as long as you keep a safe distance or wear a face mask. Some have taken up gardening, hiking, and fishing among other things, because if alone no mask is necessary. There are also some outdoor programs available that have been scheduled to keep everyone safe while exploring the outdoors in a very small group. If you have some ideas I might post them on my website. What you discover, might just be helpful to someone else. **Updates will be posted on the website during July and August.** So continue to send in your info.

As always, I am grateful to the advertisers who help make this publication possible. I hope you do give them a call if you are in need of services that they provide. Also I would like to thank those who submit their organization's news and those who send in articles covering a range of topics. It has been a tough time for many non-profit organizations. They have had huge set backs with all of their major fund-raising events canceled, although some have managed to do things virtually. Hopefully in the next couple of months, the many who have had to cancel, can make arrangements to reschedule their events. I am looking forward to getting that news.

Please make note for the printed version of Neighbor to Neighbor, the next deadline will be August 10th, for the September issue. I look forward to receiving more good news to share. So keep that in mind, and when you have the info, please let me know. Total printed circulation including Dunstable and Tyngsborough is 6,481 issues. More news is posted on the pages of the website. Current and past issues are available by clicking on "Neighbor to Neighbor Newsletter issues" in the heading on the website.

I hope all of you have a good summer. Stay safe, wear a mask, keep your distance, and wash your hands. How many times have I heard that in the past months? Anyway it seems to be keeping us going in the right direction. Maybe some of you remember years ago there was a saying many used: "I need my space". Who knew we would all be thinking that while out and about?

Wishing you all a healthy and happy summer. Sincerely, Anne Paquin Neighbor to Neighbor

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Changes coming in July

We will continue to schedule all donations by email. Email donategoods@thewishproject.org and let Grace know what you would like to donate and a potential day and time for drop off and she will get back to you to schedule a date and time. At that time we will start accepting used goods including furniture, housewares and clothing. We will not be able to accept decorative items for the Thrift Store since we have had to repurpose it to accommodate our emergency supplies. The new donation drop off procedure will be explained in the email you receive back scheduling your donation. Donations will be dropped off at the furthest dock in our parking lot, located by the dumpsters. **Please do not leave donations when we are not open.**

The front dock will be used for client pick ups. New signage has been added to the warehouse and at the street to make it easier for you to find us. Additional signs will go up on the building to help direct you. We understand this will be a change and we will do our best to help make it a smooth transition. All the changes we are implementing are for the health and safety of the public. We have been hard at work behind the scenes as well preparing the warehouse for the new process of accepting used donations, giving out furniture and household items during a pandemic. The inside of the warehouse may look different but our mission and commitment to our clients remains the same. Thank you for your patience in allowing us to get everything in place to expand our services safely for everyone.

Thank you for your ongoing support of our Covid-19 Relief Fund. Your generosity will help us to begin the process of reopening in July so we can continue to serve the most vulnerable in our community. We are all in this together and cannot do this without the support of our donors and volunteers. Our community will get through this crisis and, with your help, so will The Wish Project. David C. Fitzgerald, CEO

As our daily operations drastically change, we continue to work hard to support those in our community most in need. It couldn't be done without the help and continued support from all of our donors. Thank you to all who have made generous monetary donations and donations of new goods to support our emergency relief. As always, we are continuing to receive donations shipped anonymously to the warehouse. We are so very grateful for all of these donations.

If you would like to help by dropping off an emergency item at the warehouse email Jill at info@thewishproject.org to arrange a time and day for drop off. Hours to drop off emergency donations: by appointment or call 866-947-4360 x2 or contact us on our [Facebook page](#). If you prefer to shop online from our emergency wish list on Amazon you can have the items shipped directly to us. If you prefer to make a monetary donation this will help us fill our clients' needs. So far we have successfully helped 397 families with emergency needs during these difficult times. Thank you for helping us to support our clients and community during these challenging times. You can go to the Wish Project website www.TheWishProject.org to make a donation or to shop for the items on the Amazon Emergency Assistance Wish List. There is also The Wish Project's Covid-19 Relief Fund.

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About Us The Mission of The Wish Project is to help families in need in Merrimack Valley. www.TheWishProject.org or call us at (866) 947-4360. Mailing address is: The Wish Project, PO Box 8693, Lowell, MA 01853

If you would like more information please contact Lori at Lori@thewishproject.org and let her know how you would like to help. You may also make a donation on our website.

**SMALL GROUP OUTDOOR NATURE EXPLORATIONS
AT BEAVER BROOK NATURE CENTER**

Maple Hill Farm 117 Ridge Road Hollis NH.

All participants in BBA program must abide by these guidelines:

1. Everyone must meet with a face mask. his will be worn when meeting in a circle but may be removed during hiking. We have extras for you if you need one.
2. Space yourself 6' from others. Walk single file.
3. Small group (~10 people).
4. Leader will have handwipes and sanitizer.

• **Nature Storytime, Tues., July 14, 9:30am-10:30 am.** Meet in the gardens. Children and their grown-up can enjoy nature-inspired picture books, songs and guided movement activities on our beautiful Maple Hill Farm campus. Led by Callie McMaster. For children age 3-7 and their grown up. \$10 per child and grownup/\$8 Members \$8 for extra siblings. Register online www.beaverbrook.org

• **Family Guided Hikes Tues, July 14, 10:00; noon, 2 pm and 5 pm** Maple Hill Farm 117 Ridge Road & Other trailheads Join BBA Instructor Tara Happy on a guided exploration of Beaver Brook trails, ponds, streams, labyrinth, fitness trails and more. You will definitely discover things and places you haven't seen before! Recommended for children who can hike on their own feet for 2 hours. Register online at www.beaverbrook.org \$10 per person. All participants in BBA program must abide by these guidelines.

• **Hike, Picnic, and Explore Jeff Smith Trail Wed, July 15, 9am – 12pm** Beaver Brook Wildlife Pond Trailhead Rte 130 (1.7 miles west of Rt 122 toward Brookline) Hike along Jeff Smith trail with Angela Craggy and explore the stream. Bring your own bag lunch in a backpack and your water bottle. We will picnic along the way. Families. Children should be able to hike for a sustained time with periodic breaks. \$15/\$12 members. Register www.beaverbrook.org

• **Family Guided Explorations, Thu, July 16, 9am – 11am** Various Beaver Brook Trails and properties. Join a Naturalist on an exploration of special places at Beaver Brook such as the porcupine den at Rocky Ridge, the Otter Pond, and the Potanipo Rail Trail and more. You will learn about wildlife and their required habitats as you go. \$15/\$12 Members of BBA. Register online at www.beaverbrook.org

• **Easy Fitness Walks, Fridays July 17-Sept 4 9-11 am** Join Beaver Brook naturalist Katrine Dickau and her colleagues for some easy paced fitness walks around Beaver Brook and other local trails. Enjoy a guided walk covering ~ 3 miles each day. Learn new trails, meet new hiking companions and see what nature has to offer. Participants need be able to walk 2 mph pace. The outdoors is the safest place to be right now. We will incorporate "Forest Bathing" relaxation activities in these hikes which can help promote relaxation. \$45/\$40 Members for 8 weeks. Register at www.beaverbrook.org

• **Wonderful Worms, Sat, July 18, 9am – 11am,** Meet in the Gardens. Did you know that worms have five hearts - and no ears? Learn these and other fun facts about worms. Observe worms up close and personal and do some interesting experiments to find out what they like. We may even visit our compost area and dig in the dirt to see what else lives there! All ages welcome. Families \$15.00/\$12 members Register at www.beaverbrook.org

• **Contemplative Forest Walk, Sat., July 18, 10:00am – 12:00pm** Meet at Information kiosk at Cow Lane Trailhead., *Shinrin-Yoku*, also known as Forest Bathing or Forest Immersion, is gaining popularity in the US after being practiced in Japan for decades. It is especially valuable during this stressful time of a global pandemic. Through outdoor meditation, deep breathing, and quiet multi-sensory observations, it will help you catch your breath, slow down and find solace in nature. A gentle ramble on the trails at Beaver Brook will wake up your senses. BBA Instructor Kap Siddall. Gentle rain we carry on. Torrential rain will cancel. Wear insect repellent and sun screen. \$15 pp /\$12 BBA Members. Register online www.beaverbrook.org

Many more interesting programs are available. Please go to the website and register now if you are interested.

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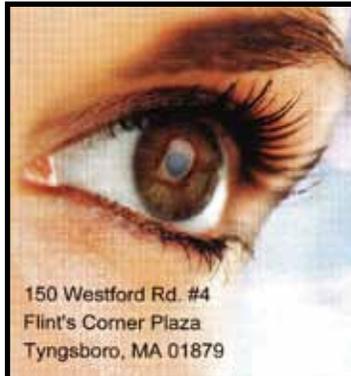
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Friday: 9 am – 3 pm; Sunday: 8 am – 12 noon

Our LIVESTREAM and OPEN CHUCH schedule has changed profoundly. Please go to our website WWW.CHELMSFORDCATHOLIC.ORG as there is so much going on.

- Daily and Weekend Masses are LIVESTREAMED
 - Saturday, 4 pm and Sunday, 11 am at St. Mary
 - Sunday, 8:30 am at St. John the Evangelist Church
- AGAIN, WE ARE LIVESTREAMING MANY DEVOTIONS**
There are too many to list here, so please refer to our website.

Parking Lot Confessions

4:00 – 6:00 pm (weather permitting) until ban is lifted

• Mondays at St. John Parking Lot

• Wednesdays at St. Mary Parking Lot

As we are still required to practice social distancing, we ask that you please remain IN YOUR CAR. Our priests will be close enough hear your confession, yet remain at a safe distance to avoid spread of illness. And other cars will be kept at a distance so that your confession will be heard by only the priest. If there are multiple people in the car, arrangements will be made.

CHURCHES ARE OPEN WITH RESTRICTIONS WEEKEND MASS SCHEDULE

St. Mary: 4 pm on Saturday/ 7 am and 11 am on Sunday

St. John: 4 pm on Saturday/ 9:30 am and 6 pm on Sunday

RESERVATIONS ARE ONLY OPEN FROM Monday 9 am - Thursday 3 pm for the upcoming weekend! If you have access to a computer, please do **NOT** phone in your reservation, but rather use the link and access code provided via previous flocknotes. We highly recommend that you thoroughly read the guidelines—set forth by both Governor Baker and the Archdiocese—that need to be strictly followed for both registering for and attending Mass. (**Go to our website for details.**) Being well-versed in what is expected, you can make better make a decision as to whether or not Mass attendance at this time is right for you.

Phone-In Reservations we ask only those who DO NOT HAVE ACCESS TO THE WEBSITE use this option.

Call the parish offices between the hours of 9 am - 12 noon, Monday and Wednesday, and between the hours of 2 - 5 pm on Tuesdays and Thursdays. phones will NOT be answered outside of these times; we remain lightly staffed. Reservations will NOT be accepted via voicemail or email messages.

Don't Make Reservations Those in vulnerable populations are highly encouraged to remain at home and join via livestream. We would love to see you but value your health and safety first and foremost. **DISPENSATION FROM THE OBLIGATION TO ATTEND SUNDAY MASS HAS BEEN EXTENDED INDEFINITELY BY CARDINAL SEÁN.**



On June 1, another Altrusa year of service in the Merrimack Valley began. Because of the Covid 19 restrictions, new President Jackie Maciejewski of Nashua, NH and other club officers will be installed and new members initiated, when it is safe and feasible.

Currently, the Altrusa Club is meeting the 2nd Tuesday of the month via teleconference calls. For more information about Altrusa, please email: altrusamv@gmail.com or visit us at www.altrusa.org or <https://districtone.altrusa.org/>



Ready to Care for You

As we begin to reopen services we want to stress that we are here ready to care for you and that you are **Safe with Us**. You may see some changes when it is time for your next appointment or visit to protect patients and staff. Some of these measures include:

- Screening guidelines and hospital entry protocols
- Patient and staff masking policies
- COVID-19 testing for all admitted patients and prior to all procedures
- Continued visitor restrictions
- Increased facility cleaning with close attention to high touch services
- Waiting room reconfigurations to support social distancing
- Expanded appointment schedules to facilitate frequent cleaning and other infection prevention measures
- All employees are required to check temperature and self-monitor for symptoms

We are constantly reviewing guidance from public health experts and updating our practices and protocols accordingly based on the most current information. We are blessed to have a team of incredible infectious disease specialists – physicians and nurses who are advising us every step of the way as we respond to this pandemic and begin shifting to our new normal operations.

For more information visit www.lowellgeneral.org/safewithus.
For the latest updates and COVID-19 resources visit www.lowellgeneral.org/COVID-19.



Evangelical Congregational Church of Tyngsboro

Est. 1868

Route 113, 23 Kendall Rd. Tyngsboro, MA 01879



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www.tyngsborocongregational.org
E-mail ecctsect@yahoo.com

• **Church Services are now open at 10:00 a.m. Sunday mornings.** Masks are required. We will implement and honor all suggested safeguards.

If you prefer to stay home, Sermons are still available on line.

• **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <http://www.tyngsborocongregational.org> 2. Click once on the word "SERMONS" 3. Sermons listed by date, passage, sermon title Click on date to listen to the sermon you desire.

PLEASE PARK BEHIND THE CHURCH

THRIFT STORE - NOW OPEN!

OUTSIDE SALES ONLY (weather permitting)
MASKS REQUIRED

Hours are 10:00 am to 3:00 p.m. - Thursday and Saturday

DONATIONS: Limited donations at this time.

PLEASE ONLY ITEMS IN GOOD CONDITION!!!

SALE ITEMS will include a little of everything!!!!

WE HAVE MISSED YOU ALL! HAVE A SAFE SUMMER!!

50 LEGS CHARITY- BOSTON MARATHON SEPTEMBER 14TH

HELLO TYNGSBORO AND DUNSTABLE NEIGHBORS,

My name is Nick Coughlin and on **September, 14th** I will be running my first **BOSTON MARATHON FOR THE 50 LEGS CHARITY.** This great organization raises money for amputees who are in need of assistance obtaining prosthetics. I am a Junior ROTC student at UMass Lowell and I am in the Army National Guard. As a lifelong Tyngsboro resident, I am proud to represent our community for this cause and I would greatly appreciate your support. *(This will now be a virtual event. I will actually be running the 26.2 miles, but not on the usual route.*

Below is a link to my Go Fund Me page, no donation is too small. *Thank you in advance!* <https://charity.gofundme.com/open/campaign/50-legs-in-50-days/nickcoughlin1>

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