



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 38 Years of Service!

Issue # 411 • January 2022

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DUNSTABLE TOWN CLERK

The 2021 official population as reported by the Town Clerk is 3,395. This represents a small increase from 2020 where 3,364 was reported.

• **The Annual Street listing will be mailed the first week of January 2022.** It will include a dog license application. In case you are new to Massachusetts, the annual street listing is a legal document of the Commonwealth and must be returned each year to remain on the active voter list. Pursuant to MA law, your name can then be removed from the voting list for failure to return the street listing after 2 years. If you do not receive one by the end of January, please contact this office.

• **Are you interested in running for a town board position?** A list of open offices will be certified and published after the New Year. The legislation to change the position of Town Clerk from elected to appointed has passed the House and is with the Senate. We remain hopeful it will be resolved before the registrars certify vacancies for 2022. If it has not passed, the vacancy will be certified as an elected position. I am retiring in May (I'm not ready to say goodbye just yet....). If the position remains elected, the candidate must be a resident of Dunstable. If appointed, they can interview candidates from outside of town.

• **2022 is a busy election year.** The date of the September primary is still being debated as is the Vote by Mail program and identification requirements at the polls so stay tuned to this section and the town website for updates.

Dog licenses will begin in early January. All dogs, 6 months and older must be licensed. If you reserved a personal dog tag number, your dog must be licensed by the end of January or the number will be passed on (I'm not sure whether the new Town Clerk will offer this program). We have to account for the dog numbers each month with the Accountant (monies in). Seniors, age 70 and older, have the fee waived pursuant to a town meeting vote. The dogs must still be licensed.

• **Town Clerk Office Hours** – Monday, Tuesday and Thursdays from 9:00 am – 1:00 pm and working remote one day, usually Wednesday, depending on what deadlines, etc., I'm working with that particular week. It is best to call ahead. **This office will be closed for vacation December 27 – January 10 but Lynn DeNyse will be here issuing dog licenses, hours and days are still to be determined.**

Whatever holiday you celebrate, make it a good one and
Happy New Year, best wishes for good health!!

Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222

CSkerrett@dunstable-ma.gov



IN MEMORY OF

Robert J. Ogden

Gloria E. Flinn Goss

Alice R. Gustafson Ekstrom

DUNSTABLE VETERAN SERVICES OFFICE

This is the beginning of a New Year and I thought that I would share an excellent Medicare resource for all of you veterans and widows. You can find it on your computer at: <https://www.medicareplans.com/va-military-and-medicare-benefits-resource/> It has many interesting pieces of advice that I am sure will help you figure out what is best for you and your family.

The Dunstable Veterans I would like to honor who were born in January, but have since passed away that are currently in our database are the following:

Robert Durst – 24 Jan – Army - WWII

Thomas Farry -15 Jan – Navy – WWII

Leo Orzechowski – 7 Jan – Air Force - Vietnam

Our many thanks to those who went the extra step to serve their country.

As always, if you know of any Veteran or family member of any veteran who might need assistance, please contact me. My hours when I am normally available from 10:00AM to 2:00PM on Mondays almost every week. You can also call or text on my cell and leave a message 978-496-0985 or send me an email anytime at VSO@dunstable-ma.gov.

Dunstable Veteran Services Office

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

Dunstable Veteran Services Officer

Proudly serving those who have served



DUNSTABLE RURAL LAND TRUST

Mark your calendars for our 25th WINTERFEST!

WINTERFEST 2022

SUNDAY, FEBRUARY 6, 2022

11am to 2pm at The McLoon Barn

Winterfest 2022 will be held at the **McLoon Barn**, located at Main St. and Thorndike St. Join us for horse-drawn sleigh rides, warm up by the bonfire and enjoy delicious refreshments. Dunstable Troop 28 will be helping again this year!

Bring your own snowshoes, x-country skis and sleds. Come out and enjoy Winter! There is accessible parking. **Sorry, no dogs are allowed at Winterfest.**

For more information about the event you may call Bob at 978-649-7206.

To learn more about the DRLT go to their website at www.drlt.org



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Wherever you are in life or in the world, we'll help you feel healthier and live happier. Our coaches give you holistic support with training, nutrition, and recovery – available 24/7 both in the club and online. Come see for yourself!

Saturday, 1/15 from 9a-1p:

- Free Small Group Workouts
- Free Chair Massages
- Free Evolt body composition scans
- Discounts on membership, coaching & more!

For more details on this event, find us on Facebook!

315 Middlesex Road, Unit 5
(978) 649-6537

nashua.tyngsboro@anytimefitness.com

WILD AND SCENIC RIVERS STEWARDSHIP COUNCIL ANNOUNCES

2022 COMMUNITY GRANTS AVAILABLE

The Nashua, Squannacook, and Nissitissit Rivers Wild and Scenic Stewardship Council announces the second year of their Community Grants program. The program aims to engage municipalities and local organizations in protecting the rivers' resources and building strong local stewardship of the rivers.

Applications will be accepted from the communities along the Wild and Scenic designated rivers (in MA: Ayer, Bolton, Dunstable, Groton, Harvard, Lancaster, Pepperell, Shirley, and Townsend; in NH: Brookline and Hollis). **Applications are due by February 1, 2022 with awards announced in March, 2022.**

Projects funded in the 2021 program included signs for Ayer's waterways and ponds, a connecting trail in Bolton, riverside tree planting in Brookline, a management plan and training on invasive plants in Pepperell, riverbank stabilization in Townsend, and support for restoring a historical coeprage in Townsend.

A Request for Proposals and Grant Application for the 2022 program are available at www.wildandscenicnashuarivers.org

FOR INFO ON GDEF

Groton Dunstable Education Foundation
see www.gdefinc.org

OPEN BURNING SEASON BEGINS JANUARY 15TH

Dunstable Fire Chief, Paul Zbikowski announced that Open Burning season will soon begin and will end on May 1st. 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".

Agricultural Permits are \$15. Call for more info.

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 the station at 978-649-6661.

*Information is also posted on the town website
www.dunstable-ma.gov/dunstable-fire-rescue*

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

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Total Circulation is now 6,616 which includes Dunstable and Tyngsborough.

EXTRA HANDS AND PAWS

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Cat Care in your home. Vacation home checks, plant watering. **Please call Diane Nilsen at 978-649-8786 or email dianeinilsen@gmail.com.**

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DOWN TO EARTH HOUSE CLEANING

Weekly/Bi-Weekly/Monthly. Personalized jobs, floors, woodwork, vacuum & dusting. Much more. If you want your house cleaned with a personal touch it's time to call **MARLA at 978-649-9824**. Free estimates. References.

DUNSTABLE SENIORS

Program Coordinator Susan Tully 978-649-6750

or Email at sjt0213@verizon.net

Dunstable Seniorswe are a peer group for those over 60.

HAPPY BIRTHDAY to all who are celebrating this month!

MEETINGS are now held on Wednesday at the Dunstable Library

We will have access to the community room from 10 – 2.

You are more than welcome to take part in....cribbage, dominos, and scrabble groups that will be on hand. Masks will be required except while eating.

GOOD NEWS For January we will be able to offer meals on Wednesday, January 5th and 26th. On the first Wednesday we will be celebrating those with January birthdays. The menu for that day is tossed salad, pizza, cake & ice cream. On the 26th we will have *Stuffed chicken breast, butternut squash, green beans, and jello*. This meal is provided by Elder Services of Merrimack Valley. Cost is \$3.00. **Reservation for all meals is required one week prior to each meal.**

You are more than welcome to bring your own and take part in, cribbage, dominos, and scrabble groups that will be on hand.

Masks will be required except while eating.

BOOK GROUP Our group will meet at **10:30, on January 15th** in the community room of the Dunstable church. We will be discussing ***The Handmaid's Tale*** by Margaret Atwood. **Summary:** Offred is a Handmaid in the Republic of Gilead. She may leave the home of the Commander and his wife once a day to walk to food markets. She must lie on her back once a month and pray that the Commander makes her pregnant, because in an age of declining births, Offred and the other Handmaids are valued only if their ovaries are viable. Offred can remember the years before, when she had a job, money of her own, and access to knowledge.

Everyone is responsible for getting their own book but can be ordered thru the Dunstable library.

HABITAT FOR HUMANITY OF GREATER LOWELL CRITICAL HOME REPAIR PROGRAM

Are you a Dunstable senior or veteran whose home is in need of a critical repair? Did you know that Habitat for Humanity of Greater Lowell does more than just build homes for local families? In an ongoing effort to meet the Habitat mission that everyone should have a decent and affordable place to live in dignity and safety, Habitat Lowell also offers a Critical Home Repair Program for income qualified seniors and veterans with homes in need of a critical repair. Repairs focus on safety, accessibility, code enforcement and weatherization and energy efficiency so that seniors and veterans can remain safely in their homes. **To find out more, please visit <https://lowellhabitat.org/what-we-do/criticalhome-repairs/> or contact Habitat Lowell Critical Repairs Coordinator, Kim Raymond at 978-692-0927 option 4 or criticalrepairs@lowellhabitat.org.**

The deadline is January 10th for the February issue.
If you missed the deadline contact me as soon as

possible. Please send in your news or articles to anne@neighbortoneighbornewsletter.com.

If you have a business and you would like more information about advertising, please call **978-419-1914** or email me.

Thank you, Anne

**Sign Up Now
for the spring season!**

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WELL ADULT CLINIC

The clinic will be held on **Wednesday, January 26th** in the **Dunstable library from 11:00 – noon**. Maureen Scott, our new nurse will be on hand at these clinics which allows for personalized, one on one attention from the nurse. Offered services include blood pressure and blood sugar screening, diet and nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals.

Be prepared to wear a mask since it is required for all municipal buildings. Contact Nashoba Board of Health at 978-772-3335 ext.340 or www.nashoba.org if you have any questions or are in need of their services.



The West Family has been overwhelmed by the outpouring of support from you, our neighbors. Over the course of a six week period from mid-November until right before Christmas we were privileged to be a drop location for nearly 500 toys that were distributed to families in need in our local and surrounding communities. We cannot thank you enough for coming out and giving so generously and we also owe a huge shout out to our partner in this campaign, Maureen Amaral from Coldwell Banker Realty.

While we just supply the location for the box to sit at, Maureen does the brunt of the work picking up all of the toys and then delivering them to their next stop to get into the hands of many excited children. There were many days where she had to make multiple stops to pick up the toys because the collection box was overfilled.

As we begin a new year our hearts have been warmed with all of the good we were able to experience as we ended what was certainly another trying year on so many fronts. **From our family to yours, again we say THANK YOU and we wish you and yours a happy and healthy 2022!**



FOR SWALLOW UNION SCHOOL

Check out the **Box Top for Education app!** You can track the school's progress. The goal for 2021-2022 is \$1,000. This is a direct, simple way to help Swallow Union. Many new products continue to be added, there are Bonus Offers, Specially Marked Packages and Sweepstakes for Bonus Box Tops for the school to win bonus. You can even set scan reminders for your Receipts. 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). *Just check the expiration date on them before you turn them in.*

Thanks again for your support! Chrissy McLane (mclane.chrissy@gmail.com) Box Tops for Education Swallow Union Elementary School swallowunionapt.org aptswallowunion@gmail.com [facebook.com/APTSwallowUnion](https://www.facebook.com/APTSwallowUnion)

At this time the Town Hall is closed on Fridays 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

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

Visit www.dunstable-ma.gov for contact info, news & updates

DUNSTABLE COUNCIL ON AGING

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afenochetti@dunstable-ma.gov
978-649-4514 ext. 223 Hours: Tues 8-12, Wed 8-11

DUNSTABLE COUNCIL ON AGING Barbara Martin, chairman;
Mary Dow, secretary; Donald Pottle and Joan Simmons.

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.**

Bone Builders Program Are you ready to start exercising again? Brian O'Donnell has resumed classes on Wednesdays and Fridays at 10:30 at the Dunstable library. Bone Builders is a FREE, low impact, balance and strength training exercise program. Please drop in if you are interested in joining.

Sand Delivery Snow and ice will soon be upon us and the Dunstable Highway Dept. wants to help keep you safe. If you would like a bucket of sand for your sidewalk/stairs contact Kristina at ext. 227 (town hall) 978-649-4514 to get on the list.

Well Adult Clinic January 26th in the Dunstable library from 11:00 – noon. Maureen Scott, our new nurse will be on hand at these clinics which allows for personalized, one on one attention from the nurse. Offered services include blood pressure and blood sugar screening, diet and nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals.

Alzheimer Support is a free service that assists Dunstable families who have loved ones with Alzheimer's disease or dementia. Through our free search tool and database of Alzheimer's care facilities, families in need of care for their loved ones can locate licensed care homes and communities in the Dunstable area that are best equipped to provide care for their loved ones. Go to www.alzheimersupport.com/memory-care/massachusetts/

**** **Fabulous Feet by Diane** Diane Stanley, a foot care specialist nurse, is now available to do home visits. She will check feet, trim nail, treat ingrown nails, corns and calluses. Experience with diabetics. Home visit is \$60.00 for a 1 hour visit. Call 978-667-0644 to make an appointment.

***** **Brown Bag Food Program** This program offers a FREE bag of groceries the 4th Tuesday of each month. Each bag contains a variety of basic healthy foods. Bags need to be picked up at the Tyngsboro Senior Center. Call Laura Marsan 978-946-1303 for more information.

Loaves and Fishes Food Pantry Open to Dunstable residents providing food and support. call us at 978-772-4627 for more inf.

PACH Food Pantry in Pepperell Is open to Dunstable residents. Anyone in need should contact them at 978-925-9770 or www.pachoutreach.org PACH is located at 66 Hollis St. Pepperell. Hour of operation Tues 5-7pm, and Thurs. 2-4 & 5-7pm. If you would like to donate items a collection box is located outside West's Auto.

I'm in the Donut Hole What Can I Do? If you have reached or are about to reach that gap in your part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income of less than \$38,640 or \$52,260 married. Prescription Advantage can help lower your co-payments while in this gap. Call for more information at 1-800-243-4636 or go online at www.prescriptionadvantage.org

Medicare Remember if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare has no connection to your eligibility for social security benefits. If you have questions call Elder Services at 1-800-892-0890. **The Centers for Medicare and Medicaid Services at 1-800-633-4227.**

Book Delivery is available through the Dunstable Library on Thursdays. Just let Anne know if you or someone you know needs books or audio material. Call 978-649-7830

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

Continued on next page.

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DUNSTABLE COUNCIL ON AGING continued

Meals on Wheels Do you or someone you know need the services of Meals on Wheels? This service is now being merged with Tyngsboro's MOW. For more information contact Merrimack Valley Elder Services 1-800-892-0890

We have applications for RMV handicap placards

PENSION ACTION CENTER Free legal counseling for workers and retirees who live or work in New England. Legal help line 1-888-425-6067.

Elder Hotline Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a state-wide, toll-free telephone hotline to assist individuals on a wide range of elder issues. The number is 1-888-243-5337 (TTY: 617-727-4765) Monday thru Friday 10:00 am– 4:00 pm This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder related issues and programs throughout the commonwealth.

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

Message from the Fire Department A volunteer from the Dunstable Fire Dept. is available to check your smoke detectors or help to install new ones, you just need to set up an appointment. They also have night lights available to give away to keep you safe as you move around in the dark. **Files of Life** Why everyone should have their own **File of Life**. Medical emergencies happen any time. When they do there is panic, urgency, and confusion. A File of Life puts needed answers in the hands of EMTs. It allows first responders to immediately begin the best possible treatment. Completed File of Life have a magnetic strip on the back and should be placed on your refrigerator.

Living Alone Safely in Your Own Home The Dunstable COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key on to your door at your home so that in an emergency help would be able to get to you quickly. Information is available through the Fire Dept. If you need the assistance of the fire department for a non-emergency situation and you've called the fire station, and no one was there. **Please call 978-448-6666 (Fire/Police/ems Dispatch)** they will notify the proper person or service to assist you. **Office # 978-649-6661**

PACH PEPPERELL FOOD PANTRY

66 Hollis St., Pepperell, MA Tues 5-7pm, Thurs 2-4 & 5-7pm. PACH provides food, paper goods and personal care items to residents in need of assistance. If interested in this service, or if you want to help by making a donation of food or supplies, call the Office at **978-925-9770** or visit their web site at www.pachoutreach.org. You may also drop off donations at **West Auto Repair, 30 Pleasant St, in Dunstable, MA.**

SHEPHERD OF THE VALLEY LUTHERAN CHURCH

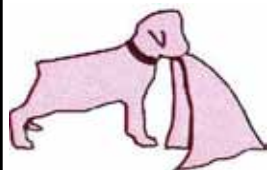
<http://www.sov-lc.org>

To contact Pastor Rev. Susan Gaeta (978) 540-0768
or email her at pastorgaetasov@gmail.com

Please Note: *Shepherd of the Valley Lutheran welcomes people who are willing to wear face masks and still keep appropriate distance to worship in the sanctuary on **Sunday mornings at 10 a.m.***

*We are located at **21 Washington St., Ayer, MA** Thanks to the **Federated Church of Ayer** for being so welcoming!*

You may join in our service via online ZOOM. Sunday worship at 10am and Wednesday prayer group at 7pm. Please visit our Facebook page or website and you will be able to see how you can join in. We hope to 'see' you there!



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PRESCOTT SCHOOL COMMUNITY CENTER

Located at the Prescott School

145 Main Street, Groton, MA

Visit www.prescottscc.org for more information and to register for upcoming classes in January. Some classes will be held in person and virtual and some only in person.

In the February issue of *Neighbor to Neighbor*, watch for the class listing for February 10th to March 10th. Each month we will feature the schedule of classes for Prescott School Community Center, for the upcoming month.

LOAVES AND FISHES DRIVE-THRU PANTRY SCHEDULE

Open 9:00am to 12:00pm on the following days:
January 5, 7, 12, 15, 19, 21, 26, 28

Are you choosing between heating your home, buying medications or feeding yourself and your family? We can help! Loaves & Fishes' mission is to provide nutritious food, in an atmosphere of kindness and respect, to individuals in need who reside in Ayer, Devens, Dunstable, Groton, Harvard, Littleton and Shirley.

Weather related closings. Please check for news post on the website, follow us on facebook or call us at 978-772-4627 to listen to a recorded message.

Thank you! Area schools are wonderful supporters of the Pantry! Collectively, over 5,200 pounds of food was donated during the past few months by the outstanding young people who attend the following schools: Maple Village Preschool-Dunstable, Swallow Union School-Dunstable, Lura A. White School-Shirley, Ayer Shirley Regional High School, Littleton Middle School and Bromfield School-Harvard.

www.loavesfishespantry.org

DUNSTABLE

DEMOCRATIC TOWN COMMITTEE

Come join like-minded people from town and learn what the party is doing from the local to federal levels. The next meeting will be held in January, February or March 2022. **Follow us on [facebook.com/Dunstable-Democratic-Town-Committee](https://www.facebook.com/Dunstable-Democratic-Town-Committee).** For more information you may email rglod30@gmail.com.

TOWN OF DUNSTABLE BOARD OF HEALTH TRASH & RECYCLING PICKUP PROGRAM

The Town offers a trash & recycling pickup program for all residents. The fee is \$300.00 per year valid July through June of each year. The fee drops by \$25.00 each month. As an example, if you join in August the yearly fee will be \$275.00. All subscriptions expire on June 30th each year. The subscription includes a 35-gallon trash container and a 64-gallon recycling container.

We also offer overflow bags for sale for \$3.00 each in rolls of 5 for \$15.00 for those weeks that you cannot fit all your trash in the grey trash container. Our pickup day is every week on Thursday. There are 6 holidays that will change that date to Friday. That list will be given to you when you sign up. On occasion the weather might also change that day to a Friday. *That announcement will appear on the town website cover page under news.*

If you would like to sign up for pickup you may do so at www.dunstable-ma.gov and go to online payments. Scroll down halfway down the page for Board of Health – trash. You may also purchase overflow bags at the same website by filling in the amount and we will recognize the amount is for bags. You will have to pick them up at the town hall Monday-Friday 9:00 a.m. - 4:00 p.m. Please bring your confirmation sheet with you. You may also sign up for trash pickup or purchase bags at the town hall Monday-Friday 9:00 a.m. - 4:00 p.m. and pay by cash or check.

Any further questions should be forwarded to jferrari@dunstable-ma.gov or call 978-649-4514, Ext. 229. and leave a message. All inquiries are usually answered in a timely manner.



Matt's Monthly Mechanical Memo

By Matt Manning

Warm baths are great for your health. Here are five healthy reasons to draw a bath tonight.

Elevate your mood. Bathing in warm water induces feelings of comfort and easiness—the kind of security that allows mind and body to relax.

Relieves Muscle Pain. Heat gets blood moving, which can also help sore or tight muscles to relax, while anti-inflammatory salt baths have also shown to have positive effects on people suffering from metabolic diseases like type 2 diabetes.

Improve sleep. Warm baths raise body temperature, and exiting rapidly cools it down, thus instigating the production of melatonin, and better preparing one for sleep.

Heart Healthy. Taking regular warm baths can help reduce blood pressure.

Burn Calories. Though no match for aerobics, a good sweat induced by a hot bath can burn as many calories as taking a walk.

Until next month, stay comfortable. *Matt*

Got a question? Drop me a note!
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GROTON FOOD PROJECT

The Groton Neighborhood Food Project (GNFP) is a non-profit organization that helps families in our community by organizing neighborhoods to collect food and other grocery items. A Door-to-Door Collection System Serving Loaves & Fishes Food Pantry. You fill a bag and it will be picked up. Please join our growing network of neighborhood volunteers – it is fun & rewarding for the whole family!

On Facebook: <https://www.facebook.com/GrotonFoodProject/> If you would like to learn more about the GNFP, and how you can help, please go to <https://grotonfoodproject.com>

The upcoming food collections are on February 12, 2022 and April 9, 2022.



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If you are interested in learning more about the
Boy Scout Troop T28B Or Girl Scout Troop T28G,
we have a contact page set up on our
website: <https://dunstable28.mytroop.us/contact>



FACE COVERINGS

All town buildings require that you wear a mask indoors.
Many businesses and facilities also ask that you wear a mask.

TYNGSBORO CHURCH OF CHRIST

27 Old Tyng Rd. Tyngsboro, MA 01879
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THE FOOLISHNESS OF JESUS

You and I are naturally attracted to well-built, stylish, accomplished people who exude an air of command. We are drawn to eloquent messages that dwell on human potential and achievement. We long to become part of elite groups of people that draw the admiring gaze of others.

Surprisingly, Christianity does not cater to any of these inclinations, despite man's repeated attempts to make it fit our molds. Think of the chief architect, Jesus of Nazareth. After he was born, he was not laid in a jewel-encrusted crib, but in an animal trough (Luke 2.7). Although he descended from King David, Jesus was born into a lowly family of construction workers (Matthew 13.55), he came from a backwater town (John 1.46), and there was nothing impressive about his physical presence (Isaiah 53.2).

Additionally, Jesus' gospel (good news) was unsophisticated. He frequently spoke to crowds with confusing parables without publicly explaining them. His cryptic sayings disturbed and repelled his audiences - "eat my flesh and drink my blood!" (John 6). When he did speak clearly, he taught his disciples that lowliness defines the citizens of his heavenly kingdom. "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted" (Matthew 23.12).

With a few notable exceptions, the men Jesus selected to preach this message were not highly-educated, successful men in the worldly sense. They were fishermen and common people, just like their rabbi. When the apostle Paul wrote to the Corinthian church, a group used to elegant traveling rhetoricians, he reminded them of both the nature of the gospel as well as its proclaimers. "For Christ... [sent me] to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power. For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God" (1 Corinthians 1.17-18). Was all of this foolishness accidental on God's part? On the contrary - "God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God" (vss. 27-28). A lowly message will attract a lowly people. "Not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth" (vs. 26).

All of these thoughts fit perfectly into the scope of Bible history. God has always selected leaders who were clearly deficient in some obvious way. God has always issued commands that seemed counter-intuitive to the people who received them. God has always raised up a minority people who were inferior to the strong nations around them. Why? To make it clear where the true power of salvation lies. It does not lie in the intelligence, strength, and glory of mankind. The power of God is in a painful, humiliating Roman cross. Are we content to embrace it ourselves?

ATTENTION 2022 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.

Additionally, Dunstable's Commissioners of Trust Funds authorized the Babcock Scholarship Committee to award the Russell G. and Shirley L. Tobey Scholarship, which is a one-time award of \$1,000. Applicants applying for the Babcock Scholarship will be automatically considered for the Tobey Scholarship; there is no additional application required. The Tobey Scholarship recipient will be chosen using the Babcock Scholarship selection criteria.

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 (the main scholarship for 4 year full time only).

Starting February 3, 2022, applications will be available at the town hall, library, your school guidance office, or by emailing babcockscholarshipfund@gmail.com. **Completed applications** can be submitted electronically to the above email, or to the PO Box listed below **no later than Wednesday, March 16, 2022**. **Questions** regarding the application process can be sent to babcockscholarshipfund@gmail.com. We hope you take advantage of this wonderful opportunity. **Babcock Scholarship Trustees, P.O. Box 24, Dunstable, MA 01827**

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@dunstablepl.org

Karen Debrececi - Children's Librarian kdebrececi@dunstablepl.org

Like us on FACEBOOK to receive program updates!

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

**NEW Library Hours: Tues 3pm-8pm; Wed 10am-2pm,
Thurs 10am-6pm, Fri 10am-2pm; Sat 10am-2pm**

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

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

Adult Book Club Our group will meet at 10:30 on Saturday 1/15 at the Dunstable church.

Bone Builders Program Classes are on Wednesdays and Fridays at 10:30. This is a free, low impact, balance and strength training exercise program.

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

Chapter Book Reading Mrs. D will be reading from a chapter book each Tuesday night at 5:30 pm. Please join her on dpl facebook live to listen to the story. Any suggestions for favorite chapter books will be appreciated.

Take and Makes for January Come to the library to pick up materials to make two snowy day projects. More information will be on the Dunstable Public Library Facebook page. All the directions and supplies are included. All bags will be in the library lobby. No sign ups are needed. Supplies are limited.

January 11th - Make a snowy day project.

January 25th - Make an adorable snowman project.

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.*

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TYNGSBOROUGH GARDEN CLUB

The Tyngsborough Garden Club has been a force for beautification in the community for more than 35 years. For the last seven years, the Club was ably led by co-Presidents Debbie Schneider and Sue Wironen. They worked tirelessly to bring us interesting programs and field trips during that time, and on behalf of the membership and as the incoming president, I want to express our sincere thanks for their efforts and creativity. They will be a tough act to follow.

Our entry in this year's Festival of Trees was called "The Garden of Seedin". The tree was donated by Debbie Schneider, and we festooned it with seed packets of all types for both flowers and vegetables. The gardener who won that tree is definitely all set for next year's gardening season. We closed out the program year on December 14 with a Christmas party at the home of Nancy and Jim Burke. They have the perfect venue for a gathering and it never fails to get us into the spirit of the season. Many thanks to Nancy and Jim for their gracious hospitality.

Although the schedule isn't fully fleshed out, we already have some fun programs lined up for 2022. **On February 1, Garden Club member and floral designer Maureen Beril will lead a workshop using natural materials to create a table item for the home.** We're lining up a Master Gardener and well-known speaker and blogger for our March meeting; and, on April 5, Emmy Waldsmith from Bonsai West in Littleton will present a program on the history, creation and maintenance of bonsai. She plans to bring some plants with her and actually demonstrate some of the techniques. These programs will all take place at the Evangelical Congregational Church Hall at 23 Kendall Rd starting at 7 pm.

New members are always welcome. Come to a program and check us out. Club dues are \$20 and you will get much more than you anticipated. It won't be just about programs. You will find a warm and inviting little community of people and you will make new friends. For more information please email tynggardenclub@yahoo.com Linda Sheldon, President

TRUSTS FOR ESTATE PLANNING

By Edward H. Adamsky

Trusts are a useful yet misunderstood tool of Estate Planning. The problem is that there are so many different kinds of trusts. Trusts can be **Revocable**, which means they can be changed, or **Irrevocable**, which means they cannot be changed. There are many specialized trusts for particular purposes like **Irrevocable Life Insurance Trusts (ILITs)**, **QTIP Trusts** (for estate-tax planning), **Special Needs Trusts** (to handle assets for a person with a disability), and many others. Your particular situation will determine which type of trust you need, if any.

With all the variations, many things are common from trust to trust. The Trust document is the rules of how the trust will operate. The Grantor is the person who creates the Trust, and the Trustee is the person who will run the trust (they can be the same people). The Beneficiaries are the people who will benefit from the assets that the trust holds (the Grantor can be a beneficiary and so can the Trustee, but there need to be other beneficiaries besides just the Grantor). Every Trust has to have assets that it holds and manages for the benefit of the beneficiaries. In the past, you could not have a trust without assets so older trusts often state something like "ten dollars" or might even have a dollar bill or something stapled to a last page. Modern trust law allows a trust to exist without assets as long as there is some way in the future that it will get assets (by being named beneficiary of life insurance, for example).

If you create a trust, you will need to change the title on bank accounts, or real estate, or investment accounts from yourself to your Trust. If you don't, then the Trustee won't be able to manage those assets. I often write a Will along with a Trust and name the Trust as the heir in the Will, so even if the Trust isn't funded right away, it will be funded from the Probate estate. Of course, if one of your goals is to avoid probate, then you must put the assets into the Trust during life and not wait for your Will to do it.

Since trusts don't die, the assets in a trust pass (by the Trust terms) without need for probate. Individually owned assets have to go through probate if the owner dies. Trusts can be used to take care of you if you become incapacitated. You can be the lifetime beneficiary of your own Trust and have a standby Trustee lined up to handle those assets for you if you cannot do so due to physical or mental incapacity. Once the Grantor has died and the trust becomes Irrevocable (which happens automatically when the Grantor – who is the only one who could amend or revoke the trust dies) the Trust terms can protect the assets from the creditors of the new beneficiaries (depending on the Trust terms) and can handle assets for young people until the time at which the Grantor thinks they can handle them on their own (age 25, or 30, or 50!).

This article only touched the tip of the Trust iceberg. You really need to have a thorough discussion with your Estate Planning attorney about whether a trust is right for you or not.

Read Current and Past Dunstable & Tyngsborough issues
and other articles online at
www.neighbortoneighbornewsletter.com

LOADING DOCK GALLERY

122 WESTERN AVENUE - LOWELL, MA

Show: **Hello There! 4th Annual Greater Lowell Regional Art Show**

Show dates: **January 5-30, 2022**

Reception: **Saturday, January 8, 2022, 3-5 PM**

This January, Loading Dock Gallery presents **Hello there! 4th Annual Greater Lowell Regional Art Show**. Working together, students from Chelmsford High School, Groton-Dunstable Regional High School, Innovation Academy Charter School, and Tyngsborough High School present art designed to spark conversation. **Hello there!** celebrates young artists' voices, with work that exemplifies the energy and courage of a rising generation.

Throughout the pandemic, high school students were isolated. Precaution disconnected students from their community. **Hello there!** reintroduces young artists to each other and the world. Created with a focus on hands-on education and collaboration, this show explores the hard-learned truth that contact is a basic human need. We must return to socializing, safely, now. **Hello there!** invites us to engage, compare, communicate. Their art addresses what we feel and how we think, as well as the challenges facing our world.

Hello There! runs from January 5-30, 2022 at the Loading Dock Gallery. Join the artists for a reception Saturday, January 8 from 3-5pm, during Western Avenue Studios Open Studios, January 8, which runs noon-5pm.

Loading Dock Gallery is located at 122 Western Avenue, Lowell, MA. It opens Wednesday through Saturday, noon to 5:30pm, and Sunday noon to 4pm. For more information, call 978-415-9889, or visit www.theloadingdockgallery.com.

Loading Dock Gallery is part of Loading Dock Arts, Inc., a 501c3.

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If you prefer, you can connect with us on Zoom at **9:30AM Sunday mornings for Worship at** www.facebook.com/westchelmsfordumc

If you want to join us via Zoom the service links are being posted each Friday along with the bulletin.

•To contact us for more information email to office@wcumc.us.
•West Chelmsford United Methodist Church is a family oriented church with something for everyone from tiny tots to seniors. We have a vibrant Sunday School program for all ages. the missions ministry will offer you many opportunities to give of yourself. We support Lowell Open Pantry, St. Paul's meals, Lowell Transitional Living Center and more. **Many programs are meeting In Person and Via Zoom at this time.**

BEAVER BROOK NATURE CENTER

117 Ridge Road, Hollis, NH

Please go to the website for more information about **Beaver Brook**. Check out the programs offered. Please read all details about what to bring or wear for weather and for COVID-19 protocol.

There are many trails to explore! Check out the "Hike It All Challenge"! (603) 465-7787 www.beaverbrook.org



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Altrusa: Leading to a Better Community

Our mission is to promote literacy and to make a difference in the lives of the less fortunate. Altrusa meets the 2nd and 4th Tuesday of the month. Please email altrusamv@gmail.com if you are interested in joining other volunteers in making a difference in the lives of others in our communities.

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If you are donating CLOTHING we are open to accept those donations Tues-Fri, 9-2:45pm and Sat, 9-12:45pm no appointment necessary. If you are donating HOUSEWARES AND FURNITURE we will continue to schedule those drop offs through our email donategoods@thewishproject.org.

THE WISH PROJECT SUPPLYING THE BASICS

Our goal is to provide our local people in need with basic furniture, home goods and baby goods, while helping the planet by recycling used goods. Only when people have their basic needs met can they move forward and out of the social services system.

• **We accept a range of items including:** Clothing, Childcare Items, Furniture, Beds, Kitchen Items and Household Linen. Current Needs: Often specific needs arise in the community. If you are looking to donate goods, **please reference our Current Needs list.** It is always updating based on the needs of our clients. Go to our website to find more information about what we are in need of and what projects we are working on. **We are also in need of:**

Baby Needs

3t-4t pull ups, 4t-5t pull ups
Play mats, Baby safety kits, Pack and Play sheets,
Baby gates

Tear free shampoo/wash for babies and children

Clothing and Shoe Needs

Socks, underwear, winter boots, and sneakers in all sizes for children and adults

Men's winter coats in sizes small, medium and large
Women's winter coats in sizes small, medium and large

Cleaning & Hygiene Needs

Laundry detergent pods, Disinfectant spray cleaner, Spray bottles, Paper towels, Dish soap, Dish sponges

Furniture & Home Goods Needs

Small kitchen tables (to seat 2 people)
Mixing bowls, Metal Bakeware, Cookie sheets
Steak knives

THE THRIFT SHOP AT THE WISH is open Tuesday-Friday from 9 to 2:45 and Saturday from 9 to 12:45. We accept cash and Credit card payments. ****Be sure to follow The Wish Project Thrift Shop page on Facebook**** • About Us: The mission of The Wish Project is to help families in need in the Merrimack Valley. Find out more on our website www.TheWishProject.org or call us at (866) 947-4360. Our mailing address is: The Wish Project, PO Box 8693, Lowell, MA 01853.



UNITED WAY OF GREATER NASHUA WHAT IS THE NASHUA NOR'EASTER?

From February 5th to the 13th, participants will complete a 5K, 10K, or Half Marathon walk/run course with stops along the way that we're calling the "Nashua Nor'Easter Run/Walk".

Runners can compete for the fastest time or the most points by completing individual exercises, including lunges, burpees, squats, pushups, army crawls, etc. Throughout, runners will learn about the many great nonprofits that make up the community safety net because that's where the stops are!

The money raised will go to the Safety Net Programs, which is supporting a wide range of needs and people. Runners "win" by doing something great for themselves as well as the community at large! Awards, incentives, and raffles are bonuses available to participants too! It will culminate with a Celebration at Boston Billiards Club & Casino on February 17th.

Register at: www.tinyurl.com/nn2022

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Est. 1868

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Pastor Denis Frediani

Worship 10AM at the church.

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

• TO WATCH LIVE SERVICES

Log on directly to facebook and go to Ecct Church. You may also log in at any time and watch the recorded services.

• **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. You may click on "Jump to the Current Sermon." To find the most recent.

A SINCERE THANK YOU - At this time we would like to thank the many Thrift Store customers who supported our Salvation Army collection and filled shoe boxes for our Operation Christmas Child collection.

LADIES BIBLE STUDY - Tuesdays 9:30 am to 11:30 am. - We just wrapped up our first session on the book of Esther. We will be continuing our study of the book of Esther on January 4, 2022. A new Bible study class will begin in March of 2022. If you would like to join our study group, you can call our office, and leave your name and number. Someone will return your call.

MEN'S BIBLE STUDY - Mondays 6:30 pm to 8:00 pm We will be finishing up studying the Book of Hebrews and will begin studying the Book of James in January. If you are interested in attending, please call our office and leave your name and number.

CHRISTMAS CRAFT FAIR: THANK YOU! THANK YOU! to all who shopped at our Thrift Shop and attended our Craft Fair. It was a very successful event and we can't wait until next year to do it all over again! Thank you to all our volunteers who made this event possible!

• **YOUTH BIBLE STUDY** - Friday, 6-8PM Follows school year schedule

• **All Executive Boards now meeting.**

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May the New Year bring you HAPPINESS AND GOOD HEALTH!



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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, observe the birds and notice what has changed since winter has come. Remember to wear your boots or if we have some snow, bring your snowshoes. It's a great place for outdoor exercise and to enjoy nature close to home. *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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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

Do you have news?

Is your organization hosting any meetings or events, virtual or in person? Do you have a fundraiser or activity coming up in February or March?

The news is placed FREE of charge on a first come first served basis. If you have an event in early March it should be in the upcoming February issue.

If you are thinking about advertising your business, please contact me by email if possible, then I will send you a rate sheet.

Issues are available to read online at

www.neighbortoneighbornewsletter.com

On the website you will also find more news and articles posted there.

While Covid is still with us, I suggest that for the upcoming events, you check on the website or Facebook page noted in the articles for updates. Some might change from in person to virtual or Covid protocols might have changed.

Please remember, if I am informed I will do updates on the website www.neighbortoneighbornewsletter.com

News, articles and events are posted on the main pages of the website often. Also the upcoming issues are posted there at the beginning of the month. You can also look through past issues.

The circulation has grown to 6,616 including both Dunstable and Tyngsborough. Things have certainly changed since 1983. But the purpose of Neighbor to Neighbor continues to be the same. To give you some local news, interesting and informative articles and a place to find local businesses to help you in your every day life.

**Wishing all of you,
a Healthy & Happy 2022!**

Sincerely, Anne

I look forward to hearing from you!

Catie's Closet

Students across our local districts are experiencing a major loss in their educational progress due to last year's school closures and transition to remote learning. They need support to get them back on track.

For students in poverty, school performance has always been more challenging when compared to their more affluent peers. It's critical that they have access to the items they need so they can get to school and participate confidently.

Our students' growing needs, as well as our expansion into new schools and communities, increases our demand for winter coats, hats and gloves, boots, and socks substantially.

How can you help? There are several ways you can help students in need well into 2022. Support Catie's Closet.

- Make a monetary donation to fund the urgent and immediate needs of students. Your \$50 donation will grant two kids unlimited access to Catie's Closet for the rest of the school year.
- Purchase and donate a Market Basket or Target gift card to help teens experiencing homelessness in your community buy the items they desperately need while schools are closed for winter break. You can also make a donation and we will purchase the gift card on your behalf.
- Host a Giving Drive with your company or at your next family gathering.
- Shop our Amazon Wish Lists to purchase and donate new items.
- Clean out your kids' closet to donate their gently-used clothing and drop your donations off at either one of our Distribution Centers.

For more details on clothing and toiletries that are accepted, and to sign up to donate your time, or make a monetary donation, please visit the website www.catiescloset.org

Or make an impact from wherever you are with the new Catie's Closet app. Now available on iOS and Android devices. Make monetary donations to show your financial support. Request a prepaid shipping label to donate gently used items. Shop our Amazon Wish Lists to purchase new items. The Catie's Closet app makes it easy to support local kids in need anytime, anywhere. Download today!



THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

LAST SATURDAY OF EACH MONTH-10:30 a.m.-12:00 p.m.

ST. JOHN THE EVANGELIST OLD PARISH HALL

115 MIDDLESEX ROAD, N. CHELMSFORD, MA

WHEN SOMEONE IN YOUR LIFE DIES When someone close to you dies everything changes in your family, in your life, and your dreams. Often this can turn your life upside down. Know you are not alone in your grief and loneliness. The Hope and Healing Adult Grief Support Group meets on the last Saturday of each month.

All are welcome to a safe place to share your story, find comfort, hope and encouragement, as you continue a new path in life.

Registration is not required.

NEWHOUSE WILDLIFE RESCUE

Nonprofit Organization Founded in November 2018

A licensed safe haven for orphaned or injured local wildlife.

It is our goal to rehabilitate these animals so they can be released into the wild. Call 978-413-4085 m.me/NewhouseWildlifeRescue janeeseker@gmail.com <http://NewhouseWildlifeRescue.org> <https://facebook.com/pg/NewhouseWildlifeRescue>

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LIRA ~ LEARNING IN RETIREMENT ASSOCIATION UMASS LOWELL

The 2022 Winter Intersession, given between semesters offers retirees and those semi-retired, a sample of LIRA's almost year-round program and friendly community. The program is planned and much of it provided by the members themselves.

The general public is invited to all Winter Intersession programs. **All classes will be running online using Zoom.**

You will be getting the invites via email before the beginning of the programs. Programs will run on Wednesdays from 10am to noon unless otherwise specified.

Check our Winter Class Schedule on our website.

www.uml.edu/community/lira/

KITTY ANGELS

is a no-kill shelter dedicated to rescuing stray and abandoned cats, furnishing them with treatment for injuries or other health problems, and placing them into life-long, loving, indoor homes with compatible owners.

We take all necessary steps to ensure the well being of our cats, including emergency and routine medical care, screening for infectious diseases, spaying and neutering, microchipping and providing rabies, distemper and other necessary medical care. We take in, and place or foster, hundreds of cats each year and deal with many feral cat populations.

Kitty Angels is an all-volunteer organization.

We have no paid staff - every cent of every donation goes to caring for needy cats! Because the cost of caring for our cats greatly exceeds our adoption fees, we depend on the generosity of individuals and businesses to make up the difference.

Please consider making a tax-deductible donation today in ANY amount to help us carry on with our mission to help the neediest at-risk cats. You can do so by clicking on the "DONATE" button on our Facebook page; mailing a check to Kitty Angels, P.O. Box 638 Tyngsboro, MA 01879; or using the PayPal link on our website:

www.kittyangels.org

Help Kitty Angels

You can donate Gift Cards, Cat Food, Medical Supplies, Cleaning Supplies, Towels.

If you have small antiques, collectibles or other items to donate please contact Gail Mosher at gailmosher@gmail.com or leave a message with us. 100% of the proceeds will go to Kitty Angels.

For other ways you may help, please visit the How to Help page on our website at www.kittangels.org/howtohelp.html

Kitty angels, Inc. is an all-volunteer, 501(c)3 non-profit organization. Your donation is fully tax-deductible.

CLOTHING SHED AT DUNSTABLE CHURCH

The clothing donation shed at the Dunstable Evangelical Congregational Church, **518 Main St, Dunstable MA**, is open to the public.

St. Pauly Textile Inc., the company that has provided the shed, partners with a network of businesses and various organizations to distribute donated items both here in the U.S. and worldwide, where they're ultimately re-worn by people who need them. The Dunstable Church additionally has the option to use donations to serve community needs. In 2019, the company was able to help keep over 20 million articles of clothing out of landfills, which clothed an estimated 2.5 million people worldwide. The company was founded in 1996 and is an A+ rated member of the Better Business Bureau.

Accepted items: clothing, shoes, belts, purses, blankets, sheets, curtains, pillowcases, and stuffed animals.

PLEASE tie your bags, and do not leave bags outside the box.



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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.

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.

Anyone interested in joining the lions is asked to contact Joseph Ward at 978-930-1153. 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, 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!

OPEN HOUSE AT SAINT JEANNE D'ARC SCHOOL

Ste Jeanne d'Arc School will be hosting an **Open House** during **Catholic Schools week on Sunday, January 31st from 11:30-1:00pm.**

Ste Jeanne d'Arc School is a PK3 through grade 8 Catholic Elementary School located at 68 Dracut Street, Lowell, Massachusetts. Come and see why Ste Jeanne d'Arc School is consistently recognized as a school of excellence.

Visit on line at www.sjdar.org or call 978-453-4114 for more information.

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



The Little Red Schoolhouse,
64 Main St, Dunstable, MA (Route 113).
Not far from the Dunstable/Tyngsborough
town line near Route 3

Thank you for your support this past year. We appreciate every single way you have helped to aid in our mission to celebrate our past and preserve it for the future.

We hope you have enjoyed the programs we presented this year and encourage you to suggest new ones for 2022.

Thank you to those who have renewed their membership and made donations so far this year! We appreciate your kind support.

**If you would like to become a member,
Membership forms and more info is available at
www.tdhistoricalsociety.org**

Email address: tyngsboroughdunstablehs@gmail.com
For more information, please contact Lynda Justice
at 978 587-8423 or lyndajustice@verizon.net

HAPPY NEW YEAR!

4 WAYS TO UPDATE WITHOUT RENOVATING

Sponsored by Carrie Best Cyr

Renovation projects can be time-consuming and expensive. Fortunately, they're not your only option if you're looking to change up the look or feel of your house. Even a few small changes can make a big impact — as long as you pick the right ones. ***Do you want to update your house without overspending or committing to weeks or months of construction hassle? Then try one of these four simple projects:***

- **Create More Space** Want more space but can't afford a full-on addition? Try to enlarge your rooms organically. Add more lights and mirrors, paint the walls a brighter color, or rearrange the furniture to make better use of the space.
- **Try a Backsplash** You don't need new counters or cabinets to make a big impact in the kitchen. Sometimes just adding a new backsplash — even the stick-on tile kind — can be a great way to transform a room. It even works in the bathroom, too.
- **Add an Accent Wall** Full paint jobs can be expensive, especially if you call in a pro. Can't afford it? Consider an accent wall instead. You could even use a fun, patterned wallpaper for an extra pop.
- **Reimagine Your Pantry** Adding more storage space in the kitchen is always a valuable improvement. And you don't necessarily need to knock out a wall or add more cabinets. Instead, add more shelves, install pot organizers, or add pull-out trays to make grabbing back-of-the-cabinet items easier.



DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

www.Dunstablechurch.org

978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

DECC is a caring community of faith where we are all on a journey together finding hope, purpose, connection, and wholeness as followers of Jesus. Wherever you are in this walk of life, we invite you to join us.

- **Sunday Morning worship service begins at 10:30 AM.** Masks are optional. Social distancing is according to your comfort level. You may also continue to worship online via our facebook live stream.
- **Adult Bible Study.** There will be no Adult Bible Study for the month of January. Check the website for updates.
- **Sunday School/Nursery.** Nursery/Sunday School classes have begun during our 10:30 AM worship service. Care is provided for infants through preschool
- **Tuesday evening Community Group.** With a goal of strengthening community among us, a gathering is held from 7:00-8:30 PM three times monthly on Zoom and once a month in person for dinner in local homes. All are invited. We use a variety of ways to share and grow in faith. Join us at the Zoom link on our website at 7:00 PM on Tuesdays to check it out with no commitment required.

May the New Year bring you blessings of joy, peace, and good health throughout the year.

Come visit your community church. **Streaming is still available on our website, www.dunstablechurch.org.**

May the Lord walk between us while we are absent,
one from another.

**Read Dunstable and Tyngsborough issues,
and other articles online at
www.neighbortoneighbornewsletter.com**

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DOWNLOAD YOUR FREE BOOK **"LIVING WITH OUR WILD NEIGHBORS"**

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

AMERICAN LEGION POST 247 INC.

90 PAWTUCKET BLVD. TYNGSBOROUGH, MA

Much renovating, sanitizing, and improvements have been made. We look forward to seeing you. CDC protocols for Covid-19 followed.

Hours are Tues, Wed, Thurs & Sunday 12pm to 8pm and Friday and Saturday 12pm to 11pm. Closed Monday.

Stop in we'd love to see you. Please be well. *If you are interest in joining, or want more info about what is happening at the Post, please get in touch with the person noted for each organization or call the Post at 978-649-7540.*



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** or email: legionpost247@gmail.com

Elected Post 247 Officers serving for 2019-2021 Commander: Matt DeLucia; Sr. Vice Commander: David Simpson; Jr. Vice Commander. Executive Board: Joe Conlin, Ray Hamelin and John Burke. Bartenders Matt, Linda, Judi, Michelle and Pat.



AMERICAN LEGION
AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Auxiliary Unit 247 Officers for 2019-2021:

President: Linda Small; Sr. Vice: Ann Thellen; Jr. Vice: Joyce Ferreira; Secretary: Pat Modrich; Treasurer: Diane Dileo; Sgt-At-Arms: Deb St. Peters. Trustees: Michelle Lambert, Kathleen Olje and Josephine Beauregard.

For information on the Auxiliary Unit contact Unit President Linda Small.

AMVETS POST #247 ROBERT D. PELLETIER

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OFFICERS: Commander: William A. Beaton, Sr.; 1st Vice: Jan Dombrowski; 2nd Vice: Steve Harris; Adjutant: John Cogan; Finance Officer: David Coles; Judge Advocate: Roland Milliard; . E-Board: Clare Beaton, Marty Bloomgren and Rod Wood.

"ALWAYS READY TO SERVE OUR VETERANS"

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

Saturday, December 11th, MEAT SHOOT at 7pm
at Post #247, 90 Pawtucket Blvd., Tyngsborough.
A fundraiser for the Post. Stop by to see what this is all about.



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St. Margaret: Tues. 4:30-5:30pm & Sat. 1-2 pm

St. Mary: Wed. 4:30-5:30pm & Sat. 11am -12 noon

• WEEKEND MASS SCHEDULE

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

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

Also 12pm African Liturgy (2nd, 3rd and 4th Sundays)

St. Margaret of Scotland: 4pm on Saturday and 7:30 and 10am on Sunday

• DAILY MASS SCHEDULE Monday thru Friday

St. Mary at 7am • St. Margaret of Scotland 8am • St. John at 9am

INDIAN HILL MUSIC

January, 2022 Concerts and Events All events are held at Indian Hill Music, unless otherwise noted. Tickets sold online, in advance, at www.indianhillmusic.org. COVID-19 protocols are in place for all concerts and events. Visit <https://indianhillmusic.org/concert-protocols/> for detailed COVID-19 safety requirements.

ORCHESTRA OF INDIAN HILL

Four By Two Bruce Hangen, Artistic Director & Conductor

Saturday, January 22 | 7:30pm

Littleton HA Performing Arts Center, 56 King Street, Littleton, MA

BEETHOVEN Symphony No. 4 in B-flat Major, Op. 60

BRAHMS Symphony No. 4 in E Minor, Op. 98

Welcome 2022 with two of the greatest hits by two iconic composers, Beethoven and Brahms! Each composer's Symphony No. 4 will have its turn in a program Maestro Hangen describes as "great for everyone's heart and soul." **Tickets: \$20, \$25, \$50** (Advance online sales only) | Free for Indian Hill Music students

TAKE A FREE LESSON!

Free Lesson Day **Saturday, January 29 | 10am - 4pm**

Indian Hill Music, 36 King Street, Littleton, MA

Explore lessons with a free 30-minute private instrument or voice lesson for ages five to adult! Registration opens January 2. Watch the website for details: www.indianhillmusic.org. Sponsored by

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STITCHERS AT

TYNGSBOROUGH SENIOR CENTER

Masked, distancing, and still stitching, the group is in full swing getting knitwear ready for the cold months. The Stitchers **meet every Monday at 10:00AM** in the Arts & Crafts Room at the Tyngsboro Senior Center, Westford Rd., Tyngsborough.

Thank you to Linda Tibeautot for her knitwear donations.

After many months of stitching, our Senior Instructor, Yolanda Carmona, has completed a full size afghan which will be raffled off. Raffle tickets will be sold at all the major events at the center. Please call Coordinator, **Jean Jacoppi, (978-649-9076)** for information or just join us.

BONE BUILDERS

Did you just have a Bone Density Test that was not favorable? Maybe Osteopenia? Or worse, Osteoporosis? Tufts University Research on Aging is the model used in the **Bone Builders Class at the Tyngsboro Senior Center, 169 Westford Rd.** The gentle exercises, using weights of various sizes, build bones and help with balance. Men as well as women benefit from this class. **For additional information, please call Jean Jacoppi, 978-649-9076.**

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

The Friends of the Tyngsboro Elderly, Inc. (originally Friends of the Council on Aging, established in 1984), is a 501 C3 Non Profit Organization whose purpose is to help fund the needs, activities, and programs for the seniors at the senior center. The Board meets once a month to plan activities that will bring seniors together. Recent gatherings include the Meet & Greet Luncheon in the summer, and the Fall Festival Luncheon in September.

Plans are underway for future gatherings which will include 50/50 Raffle, Silent Auction, and Raffle Baskets as well as a lunch. Board Members include: Joe Jacoppi: President, Carol Sides: Treasurer, Elaine Rivard: Clerk, and Board Members: Lee Poirier, Elaine Franks, Joanne Jean, and Mary Basiliere.

Membership is well over one hundred seniors from the senior center. Become a member and support the efforts of this non-profit organization. **Please call Elaine Rivard 978-649-7689 for a Membership Form. Wishing you a happy and healthy New Year!**

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Jen.Spencer@CBRealty.com

978-618-5262

- **20 YEAR** resident/property owner of Groton and Dunstable
- **NEW** local Groton Office – 48 Boston Road
- **COMMITTED** to giving back to local businesses and families
- **SPONSOR** of town fundraisers and organizations
- 14 Years **EXPERIENCE** – **620+** Homes **SOLD****

*based on information from MLS and non-MLS.
2018 #1 Volume & Units, 2019 #1 Volume & Units,
2021 #1 Volume & Units YTD

**based on MLS and Non-MLS 2008-2021



COLDWELL BANKER
REALTY

“LOVE where you live...or start Looking!”

QUALITY ROOFING & SIDING

“HANDYMAN SERVICES & REMODELING”

NO JOB TOO SMALL OR TOO LARGE

Reasonable Rates! FREE Estimates!

Over 30 Years Experience!



Ken Coleman

978-649-6428

508-517-2381 (cell)

Fully Insured

Const. Supervisor Lic. # 98523

Home Improvement Lic. # 121742

- Safety Garage Floor Coating
- Build & Resurface Decks
- Gutters Installed & Cleaned
- Pressure Wash Siding/Decks
- Roof Algae Removal
- Painting Interior/Exterior

VILLA PAINTING

INTERIOR PAINTING

EXPERIENCED AND DEPENDABLE

BENJAMIN MOORE PRODUCTS

Deck
Restoration



Power Washing

MANY LOCAL REFERENCES

FULLY INSURED

Jim O'Malley
Dunstable, MA

Cell (508) 873-6657

When you call a business or organization,
please tell them you've seen their ad or article in
Neighbor to Neighbor.

They would like to know. Thank you, Anne

JAMES JACOPPI MEMORIAL SCHOLARSHIP FOUNDATION

This is the 20 year anniversary of the passing of our beloved James. With the help from all of you, our raffle awarded over \$10,600 in scholarships to aid in the continuing education of graduating high school students last year. We have awarded over \$150,600 over the years. We feel blessed to have the ability to remember Jim in such an extraordinary way. We are extremely grateful for your continued support.

This year will be our **10th annual raffle** (Commonwealth of MA #36). Our Fundraiser will be a **Calendar Raffle with daily cash prizes** for the month of April. Mondays through Saturdays, \$50 will be awarded daily. Sundays, a prize of \$125 will be awarded and the grand prize of \$700 will be awarded on April 30th. 30 Cash prizes with a total value of \$2,450.

The **cost of the ticket is \$25 for 1 daily entry or \$35 for 2 daily entries**. If you wish to purchase entries, **please call or text Cara Jacoppi at (603)714-0135. All entries must be received by Thursday, March 31st.** We appreciate and thank you for any donation you can provide to the foundation. For any other information you may need including access to scholarship applications please visit our website www.jamesjacoppischolarshipfund.com or our Facebook page.

*Thank you all for your continued support. Sincerely,
The Jacoppi Family*

TYNGSBOROUGH-DUNSTABLE



Rotary Motto *Service Above Self*

Rotary is a global network 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 clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others.

If you are interested in membership, please call or text Ron Keohane at (508)517-3895 or Brian Day-Lewis at (978)399-4952. Want to join a meeting? **We meet at Dream Diner in Tyngsboro on 1st and last Thursday of the month at 8:00 am. Second and third Thursday of the month, we meet at 12:00 at Dream Diner.**

Local Rotary Events

- Fishing Day for Individuals with Disabilities of all Ages – Tyngsboro Sportsmen Club
- Senior meals for the Tyngsboro and Dunstable Councils on Aging
- Funded SafetyNet program for individuals with cognitive impairment
- Many other local service events

RISE ~ RIVIER INSTITUTE FOR SENIOR EDUCATION

Where curiosity never retires

Rivier University, 420 South Main St., Nashua, NH 03060
Memorial Hall, Room 126

Spring 2022 semester dates: Monday, March 7 to Friday, April 8
Spring 2022 membership fee is \$75 for unlimited classes, offered both online via Zoom and on campus!

You can join at any time, the membership fee is paid twice per year, once for each semester, fall and spring.

Registration Period: Friday, January 28 – Monday, February 14

For any questions, please contact the RISE office at

rise@rivier.edu or call us at (603) 897-8623.

www.rise-rivier.wildapricot.org