



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 # 414 • April 2022

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DUNSTABLE TOWN CLERK

- **Governor Baker signed a bill to set the date of the State Primary to Tuesday, September 6.** More information will be published, please keep an eye on this column and sign up for news and announcements on the town website to keep informed.
- **The deadline to register to vote for the Annual town meeting/ Annual town election is Tuesday, April 19.**
- **The Town Meeting will be on Saturday, May 14** at Larter Field.
- **The Annual Town Election is Tuesday, May 17**, polls are open from **Noon – 8:00 pm** (Town bylaw) at the Library.
- **Thank you if you've returned your annual street listing**, we've begun to scan them in. The annual street listing is a legal document required by the Commonwealth to remain on the active voter list. If we are notified that a member of the household has moved, the procedure is to send a postcard to that individual informing them we were notified and request their signature to remove their name. If they do not return the post card or take further action, we are required to keep them on the "inactive" voter list for 2 years. If they register to vote in another community within MA, their name will remove them from Dunstable. This is important to maintain an accurate resident and voter registration list, also for the Office of Juror Commissioners for the jury pool (they extract the information from my state computer every June). Please email or call me if you need another street listing. **Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222** CSkerrett@dunstable-ma.gov

THE 350TH ANNIVERSARY CELEBRATION COMMITTEE

is pleased to invite you
to Dunstable's first
Town-Wide Trivia Night!

JOIN US ON APRIL 30TH



Gather your friends and neighbors, form a team of up to 8 participants (21 and older), and join us for a fun night at the Pepperell VFW Hall with trivia, a cash bar, and the opportunity to win prizes! Tickets are \$30 each and can be purchased online at <https://www.eventbrite.com/e/dunstables-first-town-wide-trivia-night-tickets-294324210637>.

All proceeds will go toward funding a number of community activities and events throughout a year-long celebration honoring our beautiful Town's 350th anniversary of incorporation. In the works: ice cream social, parade, fireworks, scavenger hunt, road race, barn dance, gala, and more! Follow us on Facebook @Dunstable350th and stay tuned for more information on these events. We hope to see you at Trivia Night on April 30th!

IN MEMORY OF

Frank Hannaford

Jeannette M. Doucette Spang

Mike Udot, 5 years have passed, we miss you every day.

DUNSTABLE VETERAN SERVICES OFFICE

April is a very special month for those of us who live in Massachusetts. Not only is it the month for the Boston Marathon, it is also the month for Patriots Day. This is when we look back on when our forefathers took up arms and told the British we had enough of their abuse and fought back. It started with Paul Revere's ride from Boston to Concord and how the Minutemen and militia from the various towns stopped the British soldiers at the North Bridge and pushed them back to Boston. The Minuteman National Park in Concord will be hosting a re-enactment of that battle on Saturday, April 16 around noon. A second re-enactment will take place at Tower Park in Lexington around 4PM. This is where the British brought up re-enforcements, but they were greatly outnumbered. I do encourage you to go and see how our forefathers fought for our freedom.

I would like to give recognition to those vets I have in the Dunstable database who were born for each month but have since passed away. This month I would like to honor the following:
Donald F. Rock – 27 Apr 1932 – 16 May 2009 – USMC – Korea (Purple Heart)
David G. Sweet – 21 Apr 1941 – 12 Oct 2017 – USAF
Russell G. Tobey – 11 Apr 1925 – 3 Apr 2011 – Merchant Marine – WWII
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. I am normally available from 10:00AM to 2:00PM on Mondays almost every week. You can call or text on my cell and leave a message 978-496-0985 or send me an email anytime at VSO@Dunstable-ma.gov. God Bless.

Dunstable Veteran Services Office

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

Dunstable Veteran Services Officer

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Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

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

CONGRATULATIONS JIM!

As of this writing, on April 6th, James F. McManus is to be presented with the Boston Post Cane. The cane is presented as an honor to the oldest Dunstable resident. Congratulations Jim! James Francis, "Mickey" McManus was born in Dorchester, Massachusetts on January 14, 1927. He was the eldest son in a family of 4 girls and 3 boys. While attending Boston English High School Jim also worked as a shipper at Windsor Sportswear. On January 14, 1944, at the age 17, Jim received a war diploma and was enlisted in the Navy as a signalman, serving in both World War II and the Korean War. Jim also served in the Coast Guard from 1950 – 1952.

On January 25, 1948, Jim married Ruth N Carlson, at St. Kevin's Church in Upham's Corner, Dorchester. Jim and Ruth had met while ice skating when they were just 14 years old. Following his discharge from the Navy in 1952, Jim attended North Eastern University where he studied engineering. Over the course of the next several years Jim worked jobs in the Boston area shipyards as an Apprentice Machinist, then Machinist; he was also selected to attend a 26-week piping drafting school.

When the shipyard started to close in 1960 Jim found a job at a shipyard in Portsmouth, New Hampshire, where he worked for 2 years. He went on to work for Monsanto Chemical, then in 1964, took a job in the engineering department of Hampshire Chemical in Nashua.

In August 1965 Jim and Ruth bought a home on Hillcrest Street in Dunstable where they raised their four children: three girls and one boy. Shortly after moving to Dunstable Jim joined the Dunstable Fire Department where he was a volunteer until 1986, 8 of those years as Captain. During Dunstable's Tricentennial, in 1973, the Fire Department oversaw a very successful parade and chicken bar-b-que. Jim was also instrumental in establishing the first little league team and ball field and in town and was also active with the Boy Scouts for many years. When Jim retired from Hampshire Chemical in 1990, he and his wife Ruth enjoyed traveling until her passing in 2013. Jim has also served on the Dunstable Council on Aging board as an advocate for Dunstable seniors.

Jim continues to be an active member of our community and enjoys seeing friends at events like the Dunstable Summer Concerts and the Memorial Day Parade.

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/Groton-FoodProject/> If you would like to learn more about the GNFP, and how you can help, please go to <https://grotonfoodproject.com>

Interested in helping out? You have time to get in touch for more info, as the next upcoming food collections will be on June 11 and August 13, 2022.

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

HELP WANTED

Looking for local helper
to do mowing, raking and light yard work.
Please call Bill at **978-649-9404**.

HELP WANTED – Dunstable farm and greenhouse business needs dependable, responsible, hard-working individual for greenhouse and farm work. Ideal for older student. Sat. and Sun. until end of school, then part-time until July 4th.
Call Joan 978-649-9713.



MOTHER'S DAY PANCAKE BREAKFAST

Scout BSA Troop 28 of Dunstable invites all Moms and their families to our annual Mother's Day Pancake Breakfast, to be held on **Sunday, May 8, 2022, from 8:30–11:30AM**. This year it will be back at the Little Red Schoolhouse on Rt 113, 64 Main Street in Dunstable, near the Tyngsborough border.

Enjoy a delicious all-you-can-eat breakfast with your Mom in a great setting with superior service (and occasional serenades) from the Scouts! Dining tables available both inside and outside.

Tickets are \$5 per person. Scouts have tickets for advance purchase, or you may pre-purchase them on our website

<https://dunstable28.mytroop.us/node/1242>.

You may also buy tickets on the day of the event, at the door. For more information, check out the website or email us at bstroop28.dunstable@gmail.com. *Thanks and see you there!*



DUNSTABLE GRANGE #31 SPONSORING ROADSIDE CLEANUP

This year the Dunstable Grange will be sponsoring the roadside cleanup from **April 16th through April 30th**. We will supply *bags and gloves*, which will be available at the **Tully Farm Store** located at 446 Pleasant St., and the **Dunstable Town Hall** at 511 Main St., beginning April 12.

A great way to celebrate Earth Day which is on April 22nd.

If we all do the road around our homes, the town will be in good shape. Our Highway crew will be going around to pick up the bags, just leave them on the side of the road. **We appreciate your continued support in keeping Dunstable beautiful.**

PRESCOTT SCHOOL COMMUNITY CENTER

Located at the Prescott School • 145 Main St, Groton, MA

Visit www.prescottscc.org for details and to register

April - May Program Listings

VACATION WEEK:

Artstravaganza, Monday-Friday **April 18th-22nd**, 9:00 AM-3:00 PM

School Vacation Sports Week with F.A.S.T Athletics Ages 7-12,

Tuesday-Friday **April 19th-22nd**, 9:00 AM-3:00 PM

INDIVIDUAL CHILDREN PROGRAMS:

GlassPak Kids, Fridays, **April 15th and 29th**, 1:00–3:00 PM

WEEKLY ADULT PROGRAMS:

Shake Your Soul®: The Energy of Dance, Mondays, 10-10:45 AM

Yoga for End of Day Reset, Mondays (Online), 8:30-9:30 PM

Yoga Fusion, Wednesdays (Online) Fridays (In Person) 9-10:15 AM

Tai Chi for Health, Thursdays 7:00- 8:30 PM

WEEKLY CHILDREN PROGRAMS:

Stained Glass Intensive for Kids, Thursdays, 3:00-5:00 PM

Lego Robotics 1: In the Wild, Grades 1-5, Wednesdays starting

April 27th, 4:30-5:30 PM

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Read Current and Past, Dunstable & Tyngsborough editions of Neighbor to Neighbor as well as other articles online at www.neighbortoneighbornewsletter.com

Do you have some news or want info about advertising in the May issue?

Please call 978-419-1914 or email anne@neighbortoneighbornewsletter.com.

If you missed the deadline of the 10th of April, for the May issue, get in touch today.

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For more library information go to

www.dunstable-ma.gov click on library

Mary Beth Pallis - Director – mpallis@dunstablepl.org

Karen Debreceni - Children's Librarian kdebreceni@dunstablepl.org

**LIBRARY HOURS: Tues 3pm-8pm; Wed 10am-2pm,
Thurs 10am-6pm, Fri 10am-2pm; Sat 10am-2pm**

Like us on FACEBOOK to receive program updates!

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

• **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 **Saturday, April 16th** at 10:30am 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 April** Come to the library to pick up materials to make two special 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.

• **April 12th - Make several Easter projects.**

Join Mrs. D at 4pm on DPL Facebook Live to read some Easter stories and creates our projects together. Materials will be put out the week before. • **April 26th - Make an adorable bunny craft.**

• **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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SUMMER CONCERTS ARE COMING BACK

The Dunstable Concert Committee is happy to share that we are making plans for six Summer Concerts on Common this year: **Wednesday evenings June 22nd through July 27th (with a rain date of Thursday).**

We are also very happy to announce that we will be bringing back the **Concert Flyer Contest!** The committee is asking all young, local artists to be creative and share their passion for the Summer Concerts by designing the flyer that will be used to promote Summer Concerts 2022! Crayons, markers, paint, photos or any combination can be used but must be submitted as a hard copy on a standard (8 1/2" X 11") piece of paper. Entries need to include the contestants name, age, and town that they live in. *Entries can be submitted at the Dunstable Public Library, West Auto and Swallow Union School. **Deadline for submission is Monday April 25*** What's in it for the winner? The winner will receive one free ice cream bar of their choice at each of the 2022 summer concerts!

The Concert Committee is also in need of volunteers (including groups and/or friends & neighbors) this summer for the following:

- Sell ice cream bars during concerts by manning our "ice cream stand"
- Pick up ice cream bars from the grocery store
- Put out the weekly concert sign on concert day (the happy sun-face when it's on, the sad cloud face when rained out)
- Update the roadside chalk sign located on the town common
- Install temporary wooden stakes on the town common to delineate parking area
- Oversee weekly kids activities

If you can donate some of your time this summer to help out with any of the aforementioned duties or would like more information, please email us at: dunstablesummerconcerts@gmail.com



FOR SWALLOW UNION SCHOOL

Download the **Box Top for Education app!** You can track the school's progress. 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!** Box Tops for Education Swallow Union Elementary School swallowunionapt.org aptswallowunion@gmail.com [facebook.com/APTSwallowUnion](https://www.facebook.com/APTSwallowUnion)

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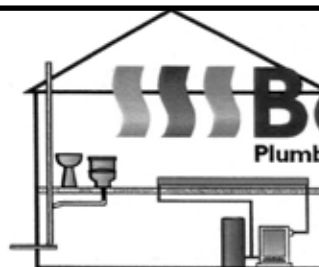
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Matt's Monthly Mechanical Memo

By Matt Manning

Lower your carbon footprint for home water heating, and save a cool \$750. How? Mass Save is offering residents of MA this hefty instant rebate toward the purchase and installation of a Heat Pump Water Heater.

Heat pump water heaters use electricity to transfer heat from one place to another instead of generating heat directly allowing them to be two to three times more energy efficient than conventional water heaters. To move the heat, heat pumps work like a refrigerator in reverse- transferring heat from the surrounding air to the water inside a tank.

Though the initial investment is higher than a conventional water heater, these units can provide significant energy, and money savings, due to the ability to take advantage of the warm surrounding air. Install location is important as the warm air is used for preheating, so the heating elements are engaged less, making the units Energy Star compliant.

Matt

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OPEN BURNING SEASON BEGAN JANUARY 15TH

Dunstable Fire Chief, Paul Zbikowski announced it is now "Open Burning Season". **THIS WILL END ON MAY1ST**. 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

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, call the Office at 978-925-9770 or visit their web site at www.pachoutreach.org. **If you would like to donate items for this program, you can drop items off at West Auto Repair located at 30 Pleasant St. in Dunstable, MA.**

A NOTE FROM JEN WEST

Thank you neighbors for your continued support of the PACH food pantry via our collection boxes located at West Auto Repair located at 30 Pleasant St. in Dunstable, MA. When bringing over the recent donations collected at West Auto, a volunteer at the pantry updated me to a few items that they are in need of. Next time you are out and about, if you are considering picking up a donation for the PACH food pantry, they could use the following: *coffee, laundry detergents and personal care items (soap, shampoo & conditioner, diapers, feminine pads, toothbrushes, toothpaste).*

WELL ADULT CLINIC

The Dunstable Board of Health and Nashoba Board of Health announces that a Well Adult Clinic will be held on **Wednesday, April 27 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. Contact Nashoba Board of Health at 987-772-3335 ext. 340 or www.nashoba.org if you have any questions or are in need of their services.

NAMING A SPECIAL NEEDS TRUST AS BENEFICIARY OF YOUR IRA

By Edward H. Adamsky, Attorney at Law

If you have a child or other family member who is living with a disability (and especially if that person receives means-tested government benefits) then you may have already set up a "Special Needs Trust" for that person. That Trust may be named as an heir in your Will or the beneficiary of other assets such as Life Insurance or Investment assets. If you don't have a trust set up yet, you might want to talk to an Elder Law Attorney about it.

You must also make sure that any assets you have with a named beneficiary (Life Insurance or IRAs) does not name the person with a disability as a direct beneficiary. That person might lose their government benefits if they come into large sums of money. So, you want to make sure the Trust is named as the Beneficiary and not the person living with a disability.

Now, you have to consider whether that Special Needs Trust should be a beneficiary of Retirement Assets (IRAs). There are special income-tax rules for Retirement Funds and they have changed recently. So, you must carefully plan the named beneficiaries of those funds. It used to be that beneficiaries of Retirement Funds could take distributions over their actuarial life expectancy. That changed in 2020 when the rule was changed to 10 years. But there is still a rule for certain people with disabilities that allows for continued use of the life expectancy rule. This is allowed if the person is named as the IRA beneficiary or if the beneficiary is a Trust that meets the requirements of the rule.

To meet the requirements the Trust must have the person living with a disability as the Sole Beneficiary. There cannot be any future beneficiaries named for the Trust, and the terms must allow only distributions for the benefit of the one named beneficiary (the person living with a disability). The details for this can be tricky and most Elder Law Attorneys are hoping the IRS will issue regulations with specific examples and rules so we can be sure we are drafting trusts that properly meet the rules.

There are some considerations no matter what. How big is your IRA? Should you name the Trust as just a partial beneficiary (a percentage)? What is going to your other children, if any? Will the amount in the IRA be too much or too little for our child? Is your Trust designed as a "sole benefit" trust or do you need a new Trust to be an IRA beneficiary? If the IRS rules are not clarified soon, it might be better to leave IRA funds to other family members and only non-retirement funds to the SNT for your child living with a disability.



Catie's Closet

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.

How can you help? There are several ways you can help students in need in 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.

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

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SAVE THE DATE!

The 2022 Spring Into Action 5K walk and fun run will be on Sunday, May 1st, in person, and in the weeks leading up to May 1st for those participating virtually.

Help raise funds for Loaves & Fishes So *no one goes hungry*.

• Walk or Run • Individually or as a Team

Virtually or in-Person on our 5K course in Devens.

<https://lfbwalk.org>

Please go to the above website to Register to Walk, Sponsor a Walker or Team, Donate to Loaves & Fishes and for details on How the walk works and How the virtual walk works.

LOAVES AND FISHES

DRIVE-THRU PANTRY

Open 9:00am to 12:00pm. Please call or check on the website for the April Drive-thru Pantry Schedule.

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.

www.loavesfishespantry.org/need-services/faq-services/ or call 978-772-4627.

Please check for new posts on the website, follow us on facebook or call us at 978-772-4627 to listen to a recorded message.

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 February the yearly fee will be \$125.00. 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.

You may sign up at Town Hall on Tuesdays from 12:00 to 4:00 pm. Any further questions should be forwarded to healthi@dunstable-ma.gov or call 978-649-4514, Ext. 229. Joan Ferrari Health Admin Asst. and leave a message. All inquiries are usually answered in a timely manner.

Save the Date: Household Hazardous Waste Collection for this year is **September 24, 2022**. If you are new to town, or if you are not sure of what is usually accepted, you can see the full page flyer that ran as the last page in the July/August 2021 issue of Neighbor to Neighbor. www.neighbortoneighbornewsletter.com

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 held on Wednesday
at the Dunstable Library

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

Come and take part in, cribbage, dominos, and scrabble groups that will be on hand each week. Feel free to give us your ideas. Masks will be required except while eating.

For April we will be able to offer meals on every Wednesday.

On April 6 We will be honoring Jim McMannus who will be presented at this time with the Boston Post Cane. We will be having Chicken Chow Mein, Sweet and Sour Chicken and Beef and Broccoli served with fried rice.

On April 13 We will be celebrating those with April birthdays. The menu for that day is tossed salad, pizza, cake & ice cream.

On April 20 we will be having Glazed Baked Ham, Scalloped Potatoes, Peas, rolls and Coconut Cake provided by Age Span.

On April 27 The students from the Artisan Restaurant at the Greater Lowell Tech High School will be coming to the library and serving a delicious chicken dinner with all the fixings that they have prepared. Please support these talented students.

Reservations for all meals are required one week prior to each meal.

Bone Builders Lead by Brian O'Donnell is held 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.

Reading Suggestions We would love to have you join our monthly Book Group. Not your thing, but still love to read, here are a few more suggestions. She enjoys books by Sharon Crumb, Daniel Silva, and Victoria Thompson. Feel free to share titles and authors you enjoy.

Book Group Our group will meet at 10:30, on Saturday, April 16 in the community room of the Dunstable church. We will be discussing *Being Mortal* by Isabel Allende. **Summary** "In the Midst of Winter begins with a minor traffic accident--which becomes the catalyst for an unexpected and moving love story between two people who thought they were deep into the winter of their lives. Richard Bowmaster--a 60-year-old human rights scholar--hits the car of Evelyn Ortega--a young, undocumented immigrant from Guatemala--in the middle of a snowstorm in Brooklyn. What at first seems just a small inconvenience takes an unforeseen and far more serious turn when Evelyn turns up at the professor's house seeking help. Everyone is responsible for getting their own book but can be ordered thru the Dunstable library.



FRIENDS OF TYNGSBOROUGH THEATRE CRAFT FAIR/YARD SALE

Saturday, May 21, 2022 (rain date: Sunday, May 22)

Tyngsborough Middle School Side Parking Lot ~ 9am to 4pm

Come shop and find that special item you have been looking for. There will be something for everyone. Homemade Crafts, Jams and Jellies, Hidden Treasures, and More! There will be many raffle items you can win! 50/50 Raffles too! Bring a friend and come join us and have some fun! Shopping, browsing, winning raffles. You can even have lunch! All Proceeds to benefit the Friends of Tyngsborough Theatre. **For More Info and/or an Application to rent a 12'x12' space for \$15 (preferably by April 15), contact Dot Balestrieri Dottybye123@gmail.com Or 978-930-0599.**



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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, Joan Simmons, Jean Haight. **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.**

SENIOR SERVICES

Well Adult Clinic April 27 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 diabetes. Home visit is \$60.00 for a 1hour visit. Call 978-667-0644 to make an appointment.

Brown Bag Food Program 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.

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 AgeSpan at 1-800-892-0890. **The Centers for Medicare and Medicaid Services at 1-800-633-4227.**

Bone Builders 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.

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.

Meals on Wheels Do you or someone you know need the services of Meals on Wheels? This service has merged with Tyngsboro's MOW. For more information contact AgeSpan 1-800-892-0890

We have applications for RMV handicap placards

Durable Medical Equipment **Before you buy, call to see if what you need is in the COA's inventory.** We have 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.** If you have items you wish to donate, please call first before you drop off items. **Accepted items should be brought to the Town Hall.**

SUMMER CONCERTS ARE COMING BACK

The Dunstable Concert Committee is happy to share that we are making plans for six Summer Concerts on Common this year: **Wednesday evenings June 22nd through July 27th (with a rain date of Thursday).**

We are also very happy to announce that we will be bringing back the **Concert Flyer Contest!** The committee is asking all young, local artists to be creative and share their passion for the Summer Concerts by designing the flyer that will be used to promote Summer Concerts 2022! Crayons, markers, paint, photos or any combination can be used but must be submitted as a hard copy on a standard (8 1/2" X 11") piece of paper. Entries need to include the contestants name, age, and town that they live in. *Entries can be submitted at the Dunstable Public Library, West Auto and Swallow Union School. **Deadline for submission is Monday April 25*** What's in it for the winner? The winner will receive one free ice cream bar of their choice at each of the 2022 summer concerts!

The Concert Committee is also in need of volunteers (including groups and/or friends & neighbors) this summer for the following:

- Sell ice cream bars during concerts by manning our "ice cream stand"
- Pick up ice cream bars from the grocery store
- Put out the weekly concert sign on concert day (the happy sun-face when it's on, the sad cloud face when rained out)
- Update the roadside chalk sign located on the town common
- Install temporary wooden stakes on the town common to delineate parking area
- Oversee weekly kids activities

If you can donate some of your time this summer to help out with any of the aforementioned duties or would like more information, please email us at: dunstablesummerconcerts@gmail.com

ALTRUSA UPDATE



Last fall, the Altrusa Club of Merrimack Valley initiated its **Wash and Read Project** at the Colonial Village Laundromat, 40 Chelmsford Street, Chelmsford. With the cooperation of the store owner, Altrusa has been allowed a small area in the laundromat to supply children's books. The children are encouraged to **Read Here or Take Home** books. The response to the project has been excellent. The children's books go fast and adults have created a book and magazine exchange.

Altrusa Club supports the efforts of the Nashua Soup Kitchen and Shelter (NSKS). In February 2022, Altrusa donated ten (10) Target gift cards to NSKS's birthday store for the middle school and pre-teen clients, an age group often overlooked, as well as story books for younger children. On June 4, 2022, Altrusa will conduct a Food Drive for NSKS at the Market Basket Somerset Plaza in Nashua, NH.

Once again, the Altrusa Club of Merrimack Valley is offering a \$500 scholarship to a qualified student currently enrolled in the Bachelor of Science in Nursing Program at Rivier University. This scholarship is being offered in memory of Katherine M. Richo, deceased member of Altrusa and active leader in the Nashua Community. Selection of a qualified recipient is based on merit, financial need, and completion of the first year or more of the program with a minimum GPA of 3.0. The recipient will be selected in June 2022.

Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities. **The Altrusa Club meets on the 2nd and 4th Tuesday of the month at the Tyngsborough Senior Center.** To learn more about Altrusa visit us at www.altrusa.org or districtone.altrusa.org

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COMING HOME TO CATHOLICISM

This program is offered by St Kathryn Parish, 4 Dracut Rd Hudson, NH as a **two Session Retreat on consecutive Saturdays, May 7th and May 14th from 10 AM to 2 PM.**

The program is for those who have left the Catholic Church, for any reason, and might be feeling the calling to return. All of the Team members have left the Church at one time and have returned, providing a comfortable and understanding atmosphere for others looking to return.

The program is designed to answer most of the questions returning Catholics might have and some discussion to address any individual concerns (don't worry; participants can share as little or as much as they'd like).

Anyone interested can contact the parish office at 603-882-7793, or visit our website www.stkathryns.org/chc.

Registration is required.

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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 Oljey and Josephine Beauregard.

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

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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**.



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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 Fred Carroll. Bartenders Matt, Linda, Judi, Michelle, Pat and Mark.



TOGETHER AGAIN! May 22, 2022 Tsongas Arena

*** Walk * Volunteer * Sponsor**

Every step you take will make a cancer patient's fight a little easier. Join together on Sunday, May 22, 2022, Tsongas Arena, Lowell, MA

Our community has stood with us throughout the pandemic. We have felt your support and your goodwill. We have counted you as valuable members of our team even though we haven't seen many of you in a long time. We invite you to take part in **TeamWalk 2022 TOGETHER AGAIN** and walk with us in honor of our region's cancer patients and families. We are excited to come together in person to celebrate our commitment to our patients and community neither of which has ever been stronger.

We are looking for volunteers! If you want your family, friends, or department to stay together, we can accommodate that too. It is very important that any interested volunteer register online by Monday, May 2 to ensure that we have enough staff at the event and to pre-order volunteer t-shirts.

Go to <https://www.TeamWalk.org>. Here, you can register for the TeamWalk or you may sign up to volunteer.

WHAT VERSION OF WINDOWS ARE YOU RUNNING ON YOUR COMPUTER?

by Dean Lotito

This question is not about personal choice as much as it is about cyber security. Many people have older computers running Windows 7. If it works fine, why change?

Cyber criminals are always looking for ways to steal your personal and financial information from your personal computer. A software defect in Microsoft Windows can be a method for breaking into your computer and stealing your data. Microsoft updates these key security defects automatically to keep you safe. The exception is very old versions of Windows which are no longer supported. Windows 7 support ended in January of 2020. If your Windows 7 PC is connected to the internet, then there are officially announced flaws that could be used by criminals.

Windows 10 is the preferred choice for upgrading old PCs from Windows 7. Microsoft does allow a free upgrade to systems that qualify. Windows 10 is still receiving security updates from Microsoft.

Consider updating your computer, and better protecting your personal data.

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



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• **May 1 - Sunday, 7 a.m. to 3 p.m. Gas & Steam Engine Meet** sponsored by the *Granite State Gas and Steam Engine Association*. 48 Years young this year! We wish a fond farewell to the *Power of the Past Club* and look forward to meeting the Granite State folks who sponsored the event many years ago. A long-time favorite - and the grill will be open!

• **June 18th ~ 50th Annual Strawberry Festival.** Fresh picked strawberries served on delicious biscuits, and topped with real whipped cream. Watch for more details next month or for more information, please contact Lynda Justice at 978-587-8423 or lyndajustice@verizon.net

If you would like to become a member, Membership Forms and more info is available at www.tdhistoricalsociety.org
Email address: tyngsboroughdunstable@gmail.com

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

• We are Sponsoring a **SENIOR/VETERAN BREAKFAST** for the Tyngsboro and Dunstable Councils on Aging. Join us on **Thursday, April, 21st, 8:30AM.** Start your day off with a **FREE** healthy breakfast with friends at the Tyngsborough Senior Center, located at 169 Westford Rd., Tyngsborough. Speaker, TBD. **Please call 978-649-9211 to make your reservation by Tuesday, April 19th.**

- **Fishing Day** for Individuals with Disabilities of all Ages – Tyngsboro Sportsmen Club
- **Funded SafetyNet** program for individuals with cognitive impairment
- **Many other local service events**

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For questions or more information
call our office **978-649-2262**

www.tyngsborocongregational.org

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.*

COVID INFORMATION - Due to the declining Covid numbers and the lifting of the mask mandate, **we do not require masks** at our services. *You are more than welcome to wear a mask at your discretion. We have hand sanitizer available for your use.*

Please join us for our Easter Services:

- **PALM SUNDAY SERVICE- April 10 at 10:00 am**
- **GOOD FRIDAY SERVICE- April 15 at 7:00 pm**
- **EASTER SUNRISE SERVICE - April 17 at 6:00 am**
(on the hill between the Church and Thrift Shop)
Breakfast served following the Sunrise Service - ALL INVITED
 - **Easter Egg Hunt for the children at 9:30 am**
(There will be NO Sunday School on Easter Sunday)
- **EASTER SUNDAY SERVICE - April 17 at 10:00 am**
- **FELLOWSHIP TIME** after church has resumed. *Please join us for this gathering time and enjoy breakfast food goodies!*

LADIES BIBLE STUDY - Tuesday mornings 9:30 am to 11:30 am. We just finished studying the book of Esther. We will begin a 6 week study on the Holy Spirit toward the end of March. If you would like to join this study please call our office and leave a clear message with your name and number. Someone will return your call.

MEN'S BIBLE STUDY - Monday evenings 6:30 pm to 8:00 pm. The study of the Book of James will be finished within the next few weeks. We will begin a new 11 week study of Zechariah and then break for the summer months. In the Fall we will begin a study of Revelations. Again, if you would like to join this study group please call our office and leave a clear message with your name and phone number and someone will return your call.

THRIFT STORE

GREAT PRICES! AMAZING SELECTIONS/ITEMS!

HOURS: 10:00am to 3:00pm

OPEN THURSDAYS and SATURDAYS

You can remain updated by visiting our website www.tyngsborocongregational.org or please check our Facebook page for unexpected closure dates. **WE WILL BE CLOSED SATURDAY, APRIL 16th (Easter weekend).** We are always looking for volunteers to help us out. *If you can spare a few hours a week, please call Charlotte at 978-649-780.* Thank you to the dedicated volunteers who so faithfully show up each day! We could not do all the good that happens every day without your help. You are truly a blessing to us!!!

HAPPY SPRING TO EVERYONE!!!

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
janeseeker@gmail.com <http://NewhouseWildlifeRescue.org>
<https://facebook.com/pg/NewhouseWildlifeRescue>

The Wish Project

166 Middlesex St., North Chelmsford, MA 01863

This is behind Hertz Car Rental

thewishproject.org

For information email: info@thewishproject.org

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.

• **MOTHER'S DAY KIT April** –May Deadline for dropping off items 4/23/22 **Goal** Many of the women we have helped have suffered a life altering crisis and struggle to make a better life for themselves and their families. Our goal is to put together Mother's Day bags to benefit women struggling and recognize the tough struggle of moms in our Merrimack Valley community. **How can you help?**

- Donate \$50 and we can provide a bag to a Mom.
- Donate complete bags
- Collect items for bags and we will put the bag together.

Items Needed: Full size shampoo/conditioner, Toothpaste & Toothbrush, Lotion, Soap/body wash, Pair of white socks/slipper socks, Conditioner. *More Optional Items* are listed on our website.

The Wish Project partners with hundreds of social workers from many local agencies including: Anne Sullivan, MSPCC, CTI South Bay, Clarendon and others.

Save the Date for our **GOLF TOURNAMENT!!!!**

MONDAY, JUNE 13TH AT FOUR OAKS COUNTRY CLUB

in Dracut. 6:30 AM REGISTRATION – 7:30 AM START

Shotgun Start, Scramble \$150 Per Player, \$50 for Lunch Only.

If you don't golf, but would like to support The Wish Project in a fun way, please join us for lunch to enjoy delicious food and to participate in our great raffles. **Lunch menu: Garden or Caesar salad, marinated steak tips, baked haddock, chicken ziti broccoli, potato or rice, vegetable, rolls/butter, and strawberry torte. Yum!** If you are coming just for lunch, please plan on arriving around 12 or 12:15. Andy Brickley, former Boston Bruin and current Bruins commentator for NESN will be golfing with us – how cool is that, and how nice of him to do this for us!

Call 1-866-947-4360 to register and check out the many Sponsorship opportunities. You may also go to our website to register and see the many Sponsorship opportunities.

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.

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.

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

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Please go to the website for more information about Beaver Brook, and check often for upcoming programs.

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STITCHERS AT THE TYNGSBORO SENIOR CENTER

The Stitchers meet at the Tyngsboro Senior Center, 169 Westford Rd., every Monday from 10 AM to 11:30 AM in the Arts and Crafts Room. You will always find directions for the latest project, various kinds of yarn to choose from, and needles. Perhaps you need a refresher course on how to knit and /or crochet. Senior Stitchers are there to get you started again.

Our project for the winter included knitwear for the homeless offered to Sister Robin McCarthy whose mission is to take care of the needs of the less fortunate in the Lowell Area. Her agency is called Able to Serve. We will send knitwear to her until the weather warms up.

We will continue to knit and crochet for Hospice. Lap robes, small afghans, hats and scarfs will be our summer project as their needs have no season.

A special thank you goes out to Yolanda Carmona, our Senior Volunteer Instructor, and stitchers; Mary Joy Grasnia, Lucy Foley, Shirley Birchfield, and Lily Boudreau for their contributions this month.

Stitchers is open to anyone who wishes to contribute to a cause or to anyone who just wants to learn the craft. You are always welcome to join us. We are accepting donations of new yarn for our projects. For further information, please call Jean Jacoppi (978-649-9076).

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>

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Confessions St. John: Mon. 4:30-5:30pm & Sat. 3-3:45 pm
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



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.

CAT FOOD DONATIONS NEEDED

to feed a colony of feral and homeless kitties.
Please call Don Gaudette **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line.

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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 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!



TYNGSBOROUGH GARDEN CLUB

Our May program will take place at Mahoney's Garden Center in Chelmsford, on Tuesday, May 10 starting at 6 pm.

Mahoney's has been very kind to our Club. Each year now for several years, we have met with management staff who have reviewed the latest and greatest in new annuals and perennials, and have given us tips on care and maintenance. They even give club members a special discount on the plants we buy that evening, which is very handy for us because that's when we buy many of the various plants for beds and barrels we maintain around town, in addition to items for our own gardens.

The Club will also host its annual spring plant sale in May or early June. We have not set a date yet, so check out our Facebook page for updated information. There is no plant bargain like a plant sale bargain! You're looking at \$2, \$4, and \$6 plants that are proven hardy because they come out of our local gardens and will give you years of beauty.

New Garden Club members are always welcome and the public is invited to attend individual programs for a nominal fee of \$5. Club dues are \$20. We usually do several field trips during the summer, and resume formal programs in the fall. **For more information, please contact us at tynggardenclub@yahoo.com Linda Sheldon, President**

BONE BUILDING FOR OSTEOPOROSIS

According to Tufts University, Jean Mayer USDA Human Nutrition Research Center on Aging, you are never too old to exercise. Maintaining your balance, and rebuilding your bones are essential when suffering with Osteopenia or Osteoporosis. A fall, causing a fracture, will change your life forever.

The exercises developed by this university, Department of Osteoporosis, will enhance your life and provide you with enough bone strength to have an activity filled life. Just two hours a week will change the outcome of your bone density test results.

There is now a mile walk, weather permitting, right from the *Tyngsborough Senior Center, 169 Westford Rd., Tyngsborough*, following class, that is also a suggestion for anyone suffering with this disease. Other activities suggested include dancing, stair climbing, Jogging, bike riding and more if you are physically able.

You are welcome to come in and observe a class to see if it is a good fit for you. **The class meets every Monday and Wednesday at 9:00 AM at the center Exercise Room. For further questions, please contact Coordinator, Jean Jacoppi 978-649-9076.**

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.

A MORNING OF GOLF, FUN, GAMES AND FRIENDSHIP

Are you looking forward to getting out on the golf course? Would you like to support a great cause too?

Please join us on **Wednesday, May 18th** at **Four Oaks Country Club, 1 Clubhouse Lane, Dracut, MA 01826**, for a morning of golf, fun, games and friendship **to benefit the students of Ste Jeanne d'Arc School**. A delicious lunch will follow for all our golfers. Don't golf, no worries, register to join us for the luncheon and raffles at 1:00 PM. For more information about registration or to become an event sponsor **please visit www.sjdarc.org/Golf** or call **Jacqueline Schnackertz at (978)454-7038**.

Now Enrolling for 2022-2023

Come visit Ste Jeanne d'Arc School to see how you can give your child the best start to their educational journey.

The Journey Begins at Ste Jeanne d'Arc School! #SJAProud

Ste Jeanne d'Arc School is a PK3 through grade 8 Catholic Elementary School located at 68 Dracut Street, Lowell, MA.

For more information, or to book a tour of Ste Jeanne d'Arc School, please contact blyons@sjdarc.org or call 978-453-4114.



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 begins on Sunday mornings at 9:00 AM in Fellowship Hall or via Zoom.** *I Samuel* is the topic based on a book by Hope Blanton and Christine Gordon. For more information, contact Marj Overhiser or Kathy Mackel.

• **Sunday School/Nursery.** Nursery/Sunday School classes happen during our 10:30 AM worship service. Care is provided for infants through preschool. See "Children at Dunstable Church" below.

• **Community Group.** With a goal of strengthening community among us, a gathering is held on Tuesdays from 7:00-8:30 PM. 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.

• **Palm Sunday Service on April 10th** will begin at 10:30 AM. The procession into Jerusalem.

• **Maundy Thursday Service** will be held in the sanctuary on Thursday, April 14th, at 7:30 PM.

• **Easter Service Celebration** will begin at 10:30 AM on April 17th, Easter Sunday.

Children at Dunstable Church: We invite children to begin in service with their families, then we'll dismiss them for Sunday School/Nursery. **Every 4th Sunday of the month**, we'll have all children stay through the whole service with their families. Our hope is to help children learn to participate in the service with their families and feel more included with the congregation. Feel free to ask for coloring sheets from the ushers or let us know if we can support your family in any way. *"Let each generation tell its children of Your mighty acts; let them proclaim Your power." Psalm 145:4*

IF YOU HAVE GOTTEN OUT OF THE HABIT OF ATTENDING CHURCH, GO BACK.

PEOPLE NEED YOU. YOU NEED PEOPLE.

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.*

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GETTING STARTED IN REAL ESTATE INVESTING

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It seems like more and more people are investing in real estate lately. Is this the right time to try it for yourself? If all goes well, investing in property can help you build wealth and generate passive income.

But this endeavor requires careful planning, of course, and not everyone is able to achieve the profits they're looking for. Are you considering venturing into the world of real estate investing? Here's what to consider before getting started.

• Define Your Goals

Are you looking for passive income? Long-term wealth? Or do you want a place you can rent out and occasionally use for vacationing? Your goal will ultimately determine the best investment strategy to pursue.

• Set a Budget

How much can you afford to pay for the property? What about maintenance, repairs and other monthly costs? Have a good idea of the financials — both upfront and for the long haul — before making any moves.

• Consider the Location

Real estate is all about location. You'll want to choose where you purchase carefully, looking at market data like prices, rents and booking rates. (Reach out for help gathering this information.)

You should also consider how often you'll need to be at the property. Will you need to pop by for repairs, or can you hire a property management company to do the work for you?

• Prepare for Potential Challenges

There will likely be hurdles along the way, so do your best to anticipate them. What if a tenant stops paying rent or a short-term rental guest trashes your home? What if the property needs a big repair and you don't have the cash? Create contingency plans for any issues you can think of.

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LOWELL HIGH SCHOOL CLASS OF 1972 WILL HOLD ITS 50TH HIGH SCHOOL REUNION THIS FALL

The event will be held on Saturday, September 17, 2022 from 5 to 10 p.m. at Lenzi's in Dracut. For information and tickets, **contact Marian Quinlan Walsh at mqwalsh590@gmail.com or Susan Scannell at helpware@comcast.net.**

LOADING DOCK GALLERY 122 WESTERN AVENUE - LOWELL, MA

Show: **Animal Love**

Show dates: **March 30-May 1, 2022**

Animal Love, Loading Dock Gallery's April show, celebrates animals familiar and wild. Work ranges from abstracted to representational, and includes photography, sculpture, and collage. Animals mean so much to so many. Intelligent, resourceful, animals are our guides, teachers, and friends in this world.

Tracy Allegro combines collage and paint in playful scenes.

Nancy Blasi emphasizes birds as friends and messengers. **Nancy Bates Dapkiewicz's** photography records intimate, unstaged moments. Paintings by **Linda Dunn** and **Nancy Zacks** emphasize connection to animals as our companions. **Laurie Simko's** new abstract representational collage series present visual narratives graceful and serene. Whimsical sculpture and mosaics by **Laurie Beth Mangili-Gaines** complete the show.

Animal Love runs through May 1, at Loading Dock Gallery, 122 Western Avenue, Lowell, MA. Open noon-5:30pm, Wednesday-Saturday; noon-4pm Sundays. Loading Dock Gallery is part of Loading Dock Arts, Inc., a 501c3. For details, visit

www.theloadingdockgallery.com.



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