



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 # 406 • July/August 2022

POSTAL PATRON
TYNGSBOROUGH, MA 01879

CARRIER ROUTE
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TYNGSBOROUGH TOWN CLERK NEWS

• **2022 Dog Licenses** are available at the Town Clerk's office or by mail. The license is now late and payment must include a \$25.00 late fee. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. **If renewing by mail, please enclose a stamped envelope for the license.**

• Upcoming Events

State Primary is scheduled for September 6th.

Voter registration deadline is August 17th

State Election is scheduled for November 8th.

Voter registration deadline is October 19th
Stay safe!

Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

TYNGSBOROUGH TOWN HALL HOURS

Monday & Tuesday: 8:30AM to 4:30PM

Wednesday: 8:30AM to 7:00PM

Thursday: 8:30AM to 4:00PM

Friday: Closed

Note: Some office hours vary, check individual department pages under "Departments" on menu bar to learn more.

Please visit www.tyngsboroughma.gov for updates.



JOIN TYNGSBORO SCOUTING!

Cub Scouting includes a variety of fun and rewarding activities for kids entering kindergarten through fifth grade. Parents can rest assured that Cub Scouting encourages family participation and good behavior, offers both traditional and contemporary Scouting activities, fosters friendships, and introduces them to activities they may not ordinarily participate in. Moreover, it's a good way to ensure that they become "well-rounded," as a complement to the sport(s) that they may play.

Recent activities have included the annual Pinewood Derby; parent-son Cake Bake; a field trip to Battleship Cove, hikes and geocaching, local overnight camp outs, police and fire station visits and much more. These outings only augment the regular Den and Pack Meetings where scouts both progress in the program, and receive recognition.

Anyone 11-17 years old interested in adventure, the outdoors, service to their community, and leadership opportunities? **Come check out Troop 46 Scouts.**

If you are ready to join scouting, or would like more information, please email Brett Pacewicz at bpacewicz@hotmail.com.

IN MEMORY OF

Robert W. Vivier Sr.
Theresa A. (Cardoza) Sousa
Julie Ann (Couture) Balakin
R. Normand LeDuc
Joan B. (Donahue) Parent
Eva A. (Chasse) Patenaude
Robert A. Rooney Sr.
John J. Yurka

Edward J. Farley Jr.
Raymond D. Lamay
Joan E. (Simpson) Miller
Teresa S. (Sibiga) Crocco
James W. Murphy
Scott A. Russell
James F. Wagner
James M. Harrington

TYNGSBOROUGH BOARD OF HEALTH

NOTICE FROM THE MassDEP

[The Massachusetts Department of Environmental Protection](http://www.mass.gov) (MassDEP) has published the final [2030 Solid Waste Master Plan](#) and announced the following amendments to the waste ban regulations, which will be effective on November 1, 2022

Mattresses will be banned from disposal.

Textiles will be banned from disposal.

The Commercial Organics Disposal Ban will apply to businesses and institutions generating one-half ton or more food material per week (it currently applies to those generating one ton or more food material per week) For more information, please refer to MassDEP's page on [Waste Disposal Bans](#)

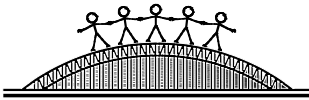
GET RID OF YOUR MATTRESS NOW!

Effective November 1st, MassDEP will add mattresses, boxsprings, and textile to the WASTE BAN. The Town will not be able to accept mattresses as part of the Bulky Items List. **Currently, you can get rid of mattresses and boxsprings with a bulky sticker for \$15.** Effective November 1st, mattresses and boxsprings will need to be recycled. The cost to remove mattresses will significantly increase.

If you have mattresses and boxsprings in your attic or basement, dispose of them as soon as possible with a \$15 bulky sticker. If you are buying a new mattress, ask the company to haul away your old mattress.

...**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
Look for the Household Hazardous Waste Collection flyer as the back, (green) page of the Neighbor to Neighbor, September issue.





**TYNGSBOROUGH
RECREATION AND PARKS**
Call 978-649-2300 Ext. 150

The Recreation Committee meets at the Old Town Hall, 10 Kendall Road, the first Wednesday of the month at 7pm. Additional information may be found on our website at TyngsboroughRec.com. Friend us on Facebook. Seeking new members. Currently open seats. Join us!

• **THE TOWN BEACH** - OPEN FOR SWIMMING- through Labor Day Weekend. Renovated last season, it is open to all Tyngsborough Residents. Resident passes are checked by a lot attendant and are available free with proof of residency at the Town Hall. Volunteers are needed to assist in raking the beach each week. Please message your interest on FB or email TyngsboroughRec.com, (978) 649-2300 Ext 150.

• **2022 SUMMER TENNIS AND PICKLEBALL**, Bicentennial Field Complex at Tyngsborough Elementary School, Run by High Level Experienced Players/Coaches. Master Two great sports at once! Tennis: Learn, Drill, Review, Improve! Pickleball: Hottest new game, learn the rules, play all day! To Register: info@www.planettennisusa.com 727-542-9636, \$199 per week or \$60/day all levels Ages 8-16 **Week 1:** July 4-7 9am-12pm. **Week 2:** July 11-14 1pm-4pm, **Week 3:** July 18-21, 1pm-4pm.

• **VOLUNTEER FOR TYNGSBORO BLOCK PARTY-BY-THE-BRIDGE:** www.PartyByTheBridge.com Lots of ways help... Volunteer Managers, Oversee assigned volunteers. (Adult) Zone Leaders, Be the go-to person for your designated area. (Adult) ID Checkers (Adult) Event Set-Up/Breakdown (Adult and Youth) Kids Game Attendants, Step right up! (Adult and Youth) Vendor Load-In/Out (Adult and Youth) Parking Lot Attendants (Adult and Youth) Sanitation, Keep our party tidy. (Adult and Youth) General Help, Go Where Needed ** extra points to these ppl. ** (Adult and Youth) Not sure? Email apage@tyngsboroughma.gov

TYNGSBORO BLOCK PARTY-BY-THE-BRIDGE
Craft, Music and Food Truck Event, Saturday, August 27, 2022
11am to end of Fireworks (Rain or Shine)
11am-6pm Vendor and Game Areas
11am-8:30pm Food and Entertainment
Fireworks at Dusk
www.PartyByTheBridge.com

GENERAL ADMISSION Free! Attractions, Food/Beverage, and some Activities have varying costs.

WHAT TO EXPECT Welcome to the NEW Tyngsboro Block Party-by-the-Bridge! As you drive across the longest, and 2nd oldest, steel rib arch bridge in Massachusetts, prepare to experience a fun, family-friendly atmosphere with popular **live music** all day on the main performance stage and streets lined with a mouth-watering mobile buffet of meal and dessert **food trucks**. Meander thru Tyngsborough Common to explore local and corporate Vendors; Interactive Booths; Crafts; Local Artisans; Pony Rides; Petting Zoo; Kids Activities; Food Samples; Craft Beer and Specialty Wines (21+, proper ID required); try your luck at the Dunk Tank; compete in a Pie-Eating Contest; play Lawn Games, and -- NEW FOR 2022 -- **FIREWORKS BY THE BRIDGE!** This end-of-summer party has something for the whole family. We'll be partying RAIN or SHINE. Still, free admission.

TYNGSBORO BLOCK PARTY PAID PARKING with FREE, fast and friendly Shuttle Service to and from the party from marked lots. Handicap permit parking area will be located behind the Tyngsborough Fire Department. Look for signage and lot attendants at each lot.

*****For the comfort of all our party-goers, food vendors, and petting zoo friends, we are asking to please leave your dog at home during the Tyngsboro Block Party. Trained/licensed service dogs are welcome! Thank you in-advance for your cooperation.

To become a sponsor and for more details, see www.PartyByTheBridge.com.

Volunteer for FESTIVAL OF TREES PLANNING COMMITTEE

We are looking for new members to join our sub-committee to plan the Festival of Trees Event specifically (December 2022). You do not need to be on the Recreation Committee. Contact the Rec. Office apage@tyngsboroughma.gov, send a message on FB or call Theresa 978-828-6589, if you have questions.

**TYNGSBOROUGH
SCHOLARSHIP TRUST**

P.O. Box 547, Tyngsborough, MA 01879

1963 * Celebrating 59 Years * 2022

The Tyngsborough Scholarship Trust has been awarding scholarships for 59 years! This May we proudly awarded over \$28,000 in scholarships to high school seniors who live in Tyngsborough and have chosen to continue their education. The work is rewarding and our fundraising events are just as fun to work on as they are to attend.

We have begun to plan our fall fundraisers, including the annual **Holiday Market Place** which will be held at the Tyngsborough Elementary School on either **October 30th or November 6th**.

If you interested in learning more about what we do, please consider attending one of our meetings. We welcome all new members! We meet the 2nd Wednesday of each month, from September through June, at the Tyngsborough High School.

For more information contact **Rose Mitchell** at mitchell6260@msn.com or scholarshiptrusttyngsborough@gmail.com. Have an enjoyable summer!

**SIGN UP FOR Tyngsborough News Updates
& Emergency Alerts**

Subscribe to Town news updates by providing your email address. Updates may include: COVID-19 Alerts, Town News, Town Calendar Events, All Meeting Minutes, and more! You can unsubscribe at any time and your email address will not be shared with anyone. No longer using a landline? Add your cellphone number to continue to receive emergency communication from the Town. Once you've signed up for Smart911, first responders will be aware of important information you have provided that will locate and help you in an emergency.

To sign up, visit www.tyngsboroughma.gov

POLICE & FIRE EMERGENCY 911

Fire Dept. 978 649-7671 Police Dept. 978 649-7504

TOWN OF TYNGSBOROUGH
TOWN HALL, 25 BRYANTS LANE

Mon. & Tues., 8:30AM to 4:30PM • Wed.: 8:30AM to 7:00PM
Thurs.: 8:30AM to 4:00PM • Closed Friday Until Further Notice

Meeting schedules are posted at the front entrance of the Town Hall

Town Hall Directory Main Number 978-649-2300

Town Accountant	Ext. 124	Media Dept.	Ext. 140
Assessor's Office	Ext. 121	Planning Board	Ext. 115
Board of Appeals	Ext. 112	Town Treasurer	Ext. 126
Board of Health	Ext. 118	Veteran's Agent	Ext. 131
Building Office	Ext. 112	Sewer Dept.	Ext. 134
Town Clerk	Ext. 129	Board of Selectmen	Ext. 100
Town Collector	Ext. 128	Town Administrator	Ext. 100
Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124	Highway Dept.	978-649-2310

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, MA.

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Ashley Deschenes, Nadia Fina, Kyra Griffiths, and Jenna Mitza as the June Students of the Month.

Ashley Deschenes, daughter of Chris and Katelin

Deschenes, is a member of the National Honor Society and a two-year recipient of the Principal's Award. She is a member of the yearbook club, PALS, and Senior Sidekicks. She volunteers at the Salvation Army, town-wide cleanups, Tyngsborough Block Party, Festival of Trees, Big Red Wrestling Tournament, and Living Waters. In her spare time, Ashley enjoys being with her friends, shopping, going out to eat, and going to the beach. Her favorite subjects are math and English, and she plans to attend University of New Hampshire in the fall to pursue a degree in speech pathology. When thinking about what she has gained while at THS she said, "THS has given me so much knowledge that I will always be able to take with me, along with having made some of my best friends."

Nadia Fina, daughter of Anthony and Christine Fina, is a member of the National Honor Society, and a two-year recipient of the Principal's Award. She is a member of the student council, and a captain of the cheerleading team earning Most Improved recognition. Nadia volunteers her time at the Tyngsborough Block Party, annual town-wide clean up days, town green holiday decorating, Stonehill elderly home, Miracle League Baseball, and at the Big Red wrestling tournament. Her favorite hobbies are shopping, driving around with her friends, and cheer. Her favorite subjects are math and anatomy, and she plans to attend Boston University to major in health sciences. Nadia's future goals also include working in healthcare and spending time with the people that mean the most to her. When thinking back on her days at THS she said, "From THS, I've gained lifelong friendships and knowledge that I'll use throughout my college career. School has given me the opportunity to figure out what subjects I like and what I want to do for a career. Memories I will take with me are spending time with my friends and competing at cheer competitions with my team."

Kyra Griffiths, daughter of Dorothy and David Griffiths, is a member of the National Honor Society. She is a recipient of the Outstanding Achievement in Business Award, the Commitment to Learning Award, and a three-year recipient of the Principal's Award. Kyra is a three-year member and vice president of hospitality for DECA, and she and her teammate placed 2nd at states in the Sports and Entertainment Marketing Team Decision Making event. She is also a member of PALS, the medical professionals club, and the field hockey and track & field teams. She volunteers at the Greater Boston Food Bank, town-wide clean up days, Festival of Trees, Tyngsborough Block Party, and at Saint Mary Magdalene Church. In her spare time, she likes to hang out with friends, go out to dinner, listen to music, and work out. Kyra's favorite subjects are English, math, and AP Computer Science. Her future plans include attending University of Connecticut to major in marketing and pursue a career in social media marketing. "I have gained many good friends, a good education, learning public speaking and good connection skills from DECA. I will take the fond memories I made on the bus to games and meets with my teammates and all the fun I had at the state conference with my DECA partner."

Jenna Mitza, daughter of Eric and Kerry Mitza, is a recipient of the Outstanding Achievement in Business Award and the Outstanding Achievement in Social Studies Award. She is a captain of the soccer team, and a recipient of the Coach's Award and recognized as a Mid-Wach League All Star and a Central Mass All Star. Her hobbies include soccer, and her favorite subject is anatomy. Her future plans include attending Salem State's nursing program and then joining the US Army as a nurse. Thinking back on her days at THS she said, "I have gained a number of lifetime friendships, as well as gained tremendous leadership skills being selected captain by my teammates that I am now going to carry into the NCAA. Thank you THS."

Congratulations to all four of these students!

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

Thank you, Anne

SUMMER HELP NEEDED

NEW ENGLAND TRANSIT SALES is looking for:
Bus Washers, Bus Recall Workers and Bus Prep Workers
Monday thru Friday 7-4 (can work around family vacations)
Apply in person at 30 Progress Ave., Tyngsborough, MA
01879 or by email: llippert@newenglandtransit.com

EXTRA HANDS AND PAWS

Pet Care, both day and overnight. Dog walking.
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Rachael's Remodel Read

Rachael Babineau, Bath Designer

As your local Bathroom Renovation Designer, I would like to share some items I include in my bathroom designs that just make sense.

Skirted Toilets: Nobody likes to see grime build up in any part of their home because grime is home to bacteria. The easiest place for it to get stuck and the WORST place to clean in a bathroom is those nooks and crannies on the side of the toilet, called the trapway. Skirted toilets create a flush, flat area that not only prevents grime buildup but only requires a quick swipe with a cloth to keep clean.

Decorative Grab Bars: Anyone can fall in a shower, but it becomes more of a forethought as one ages. Grab bars need not look institutional. There are a lot of design-driven options that add style AND extra safety in your bathroom.

Stainless Steel Niches: When it comes to tile maintenance, one of the biggest complaints is cleaning grout. The worst place to have that is where all your soapy products are held: your shower niche. Stainless Steel niches not only look great but are incredibly easy to clean!

Got a bath design question? Drop a note!

rachael@denomme Plumbing.com

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ALTRUSA CLUB OF MERRIMACK VALLEY continues its work in our communities, making a difference in the lives of others.

Altrusa members conducted a FOOD DRIVE to benefit the Nashua Soup Kitchen and Shelter (NSKS) on Saturday, June 4, 2022 at the Market Basket, Somerset Plaza, Nashua NH and collected more than **2700** pounds of non-perishable food items as well as assorted paper products, personal care and baby hygiene items. The generosity of the Market Basket patrons was overwhelming. In addition, cash donations in the amount of **\$350.00** were forwarded to NSKS. Altrusa is very thankful to Market Basket for allowing us to host this event in Nashua and extremely grateful for the support of its customers.

Kaylee Rowan, a nursing student at Rivier University, is the recipient of the \$500.00 Altrusa Scholarship awarded in memory of Altrusan and local volunteer Katherine M. Richo. Kaylee's application demonstrated her commitment to the nursing profession, and her dedication to her school and community.

Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities. **From September through June**, the Altrusa Club meets at the Tyngsborough Senior Center on the 2nd and 4th Tuesdays of the month. **To learn more about Altrusa, e-mail us at altrusamv@gmail.com.**



2022 DUNSTABLE SUMMER CONCERTS

**Every Wednesday night
6:30 - 8:30 p.m.**

**on the Town Common
Main St., across from Town
Hall, Dunstable Center
(Rain date is Thursday)**

Food available for purchase from
Dinner Made Simple

- **July 13** **Band from U.N.C.L.E.**
50s-60s Rock & Roll, Rhythm & Blues
Also on the common: Mapledell Farm Petting Zoo
- **July 20** **Back 2 Back**
Classic Rock Cover Band
Also on the common: Vehicle Night
- **July 27** **Brian Templeton & Delta Generators**
Blues Roots, R&B, Americana and Rock

For more information:
www.facebook.com/dunstablesummerconcert

GRACE LUTHERAN

"Live out Jesus' Love"

**130 Spit Brook Road, Nashua, NH 03062
603-888-7579**

Sunday Worship Service

- Early service begins at 8:15 AM - Traditional Service
- Our late service is at 10:45 AM - Contemporary Service
- We offer Nursery during both services.

Check out the website <https://gracelutherannashua.org>
<https://www.facebook.com/GraceLutheranNashua/>

Read Current and Past,
Dunstable & Tyngsborough editions
of *Neighbor to Neighbor*

as well as other articles online at
www.neighbortoneighbornewsletter.com



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

**** Thanks to all** who helped with the book sale. Student and adults volunteers as well as the Library staff were very generous with their time with sorting and setting up prior to the sale and again during the sale and the clean up afterwards. We could not do it without Scouts from Troops 46 and 28, students from Fairground Middle School, Tyngsborough High School, Stony Brook Middle School, and all our adult volunteers! Everyone who volunteered helped make the sale a success.

**** The Friends are proud to announce that winners of the 2022 scholarships** are being awarded to the following high school seniors: Madeline Roma from Bishop Guertin High School as well as Abby Matteson and Jessica Hammerstone from Tyngsborough High School. Congratulations and good luck!

**** Summertime and the living is easy. Or is it?** With high gas prices, have a staycation and visit local venues, courtesy of the **passes funded by the Friends**. You can visit Boston's Museum of Science, Boston Children's Museum, Seacoast Science Center, Mass DCR Parks, Butterfly Place, Davis Farmland, Museum of Fine Arts, New England Aquarium, Zoo New England, and USS Constitution Museum. Check the Library [website](#) for availability and pass information.

**** The Friends are a proud co-sponsor of this year's Summer Reading**. The theme is Read Beyond the Beaten Path. Summer Reading runs until August 19th for all ages. Pre-register online at [tynglib.beanstack.com](https://www.tynglib.beanstack.com) and start tracking reading for you and your kids. Paper tracking sheets are available at the Library if you do not want to track online.

**** If you have not yet joined the Friends** of the Library, you can do this online at <https://www.tynglib.org/about/friends-of-the-library/>. Otherwise, there are applications at the Library, or email us at tynglibfriends@gmail.com. This is a 501(c)3 nonprofit

organization run by volunteers who dedicate their time to raise funds and support the library. Dues do not go to the town; they are used to fund programs, library materials and passes. Please make a difference by joining us.

**** When you shop on Amazon**, be sure to designate Friends of the Tyngsborough Public Library as your favorite charity using smile.amazon.com/ch/22-2986749. Amazon donates 0.5% of the price of eligible purchases to the Friends.

**** We break for the summer and resume meetings in September. Join us on Mondays, 6:30pm in the Library: September 12 (Monday after Labor Day) – begin planning for the fall used book sale October 3 – book sale planning November 7.**

FREE CURBSIDE TEXTILE PICK UP

The Town of Tyngsborough partnered with HELPSY to offer **free curbside pick-up** of clothing and household textiles to residents. Pickups will happen weekly. **Schedule curbside pick-up at [helpsy.co/tyngsboroughma](https://www.helpsy.co/tyngsboroughma) or 800-244-6350. Questions? <https://www.helpsy.co/home-pickup-faq>** Only clothing and other textiles, should be bagged and left on the curb by 7:00 AM on the day of the scheduled pick up. HELPSY accepts clean, dry, and bagged clothing and fashion accessories (stained, worn, and torn is fine). This includes dresses, shirts, pants, suits, coats, gloves, hats, belts, ties, scarves, wallets, purses, backpacks, totes, shoes, towels, bedding, costumes, curtains, placemats, tablecloths, and throw rugs. For more information about other recycling programs available to Tyngsborough residents, please contact the Board of Health by phone at 978-649-2300 x118 or visit them on the web at <https://www.tyngsboroughma.gov/departments/inspectional-services/health/trash-and-recycling/>




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THE VALUE OF OUR RECYCLABLES

by Sustainable Tyngsborough

When you put your clean and dry recyclables into your recycling cart, you are helping the environment and you are helping to reduce the cost of waste disposal for the Town.

The commodity market for recyclables has gained strength. New industries have emerged to take our recyclables and turn them into new products for industrial or commercial use. Tyngsborough's contract with Republic Services includes a provision to share in the net revenues that come from the value of our recyclables. Back in August of 2019, our recyclables had a commodity value of \$11.86/ton and the processing fee was \$105/ton, which meant that the cost to dispose of our recyclables would have been \$93.14/ton of our recyclables (the Town actually paid \$60/ton, the maximum price established in our contract). This past May, our recyclables had a commodity value of \$123.19/ton and the processing fee was \$130/ton, which meant the Town paid \$6.81/ton to dispose of our recyclables. So, while we had to pay a total of \$4,930 to dispose of 82.17 tons of recyclables for the month of August, 2019, that same tonnage of recyclables would have cost the town only \$560 to dispose of this past April. \$4,930/month compared to \$560/month: that's a drastic improvement!

By way of comparison, Tyngsborough pays \$90/ton of trash so if those recyclables had been put in the trash, that would have cost the Town \$7,395. **Here is the list of recyclables' commodity values on May 31, 2022:**

\$140	OCC #11 (Cardboard)
\$ 80	Mixed paper
\$2,100	Aluminum beverage cans
\$ 270	Steel/Tin Cans
\$1,140	Natural HPDE (clear/white thick plastic jugs/bottles)
\$ 680	Colored HPDE
\$1,000	PET (plastic water/drink bottles)
\$ 800	Tubs and Lids
-\$65.55	Glass
-\$90	Residue (contamination in our recycling)

As you can see, aluminum cans, plastic bottles and thick white or clear jugs (for example, laundry detergent jugs) have the highest commodity values, whereas glass costs more to dispose of than its value, and contamination, or non-recyclable material like plastic bags, cost the same as we pay to dispose of our trash.

Thanks to all you recyclers out there who put your clean and dry recyclables into your blue cart, we are helping to build and strengthen the recyclable commodities market which, in turn, reduces the Town's overall cost of waste disposal.

Sustainable Tyngsborough is a subcommittee of the Board of Selectmen. We meet the third Tuesday of every month, beginning at 6:30pm. You are always welcome to join us and share your sustainability ideas and concerns.

Like us on Facebook @Sustainable Tyngsboro.

FREE MENTAL HEALTH SERVICES REFERRAL HELPLINE FOR TYNGSBOROUGH RESIDENTS

Tyngsborough Public Schools in partnership with the Tyngsborough community, is pleased to announce Project INTERFACE Community Resource & Referral HELPLINE available now (1-888-244-6843). The William James INTERFACE Referral Service is a mental health resource and referral Helpline available Monday through Friday from 9am to 5pm.

This is available to residents and/or public school students in subscribing communities across Massachusetts to access outpatient mental health services. What makes INTERFACE unique is that they do not provide merely a list of providers, but rather matched referrals to mental health professionals and practices who best meet the caller's needs, insurance or fee requirement, specialty request, location and availability.

The Helpline is staffed by mental health professionals, as well as graduate level students from William James College. For more information visit <https://interface.williamjames.edu>

TYNGSBOROUGH COUNCIL ON AGING



169 Westford Rd, Tyngsborough, MA
978-649-9211

Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879
Email: Broche@tyngsboroughma.gov

Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3.

- Our program coordinator, Laura, always has a craft idea. She has been running a monthly **'craft' event**. Check it out!! We also have started **monthly dances**. The seniors really enjoyed the last event.
- **Remember, the senior center is a 'cooling' station during business hours in the summer months.** We have beverages and snacks available on request.
- **FOOD PANTRY** We have been gathering shelf stable food. If you or anyone you know could use some food, please call the center. We will be happy to put together food for you. (we also deliver) We are here to help.
- **COA Board will be going on summer break . No meetings in July or August**
- **TYNGSBORO FOUNDATION FOR THE AGING**
The Tyngsborough Foundation for the Aging is a 501(c) (3) nonprofit organization, organized to support local senior citizens and the Tyngsborough Senior Center in coordination with the Tyngsborough Council on Aging. Its sole purpose is to lend volunteer and financial assistance to the Council on Aging in providing fellowship and a diversity of activities and programs and to enrich the lives of area seniors. **Your participation and support will be helpful.**
- **FOOTCARE FOCUS** Professional Nursing Footcare, **Tuesday, August 16th, 9:00-12:00.** Call to make an appointment 978-649-9211. Assessment/ Nail Clipping & Filing Reduction / Gentle massage. Footcare Prices. Rate Increased. At the Center \$45.00, House Calls \$90.00.
- **CRIBBAGE** Every Tuesday, Mornings @ 10:00 - 12:30 We have openings for cribbage players.
- **BINGO** Every Tuesday, 12:30-2:30 This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.
- **MAHJONG** Every Friday, 10:00 ... Studies have shown that mahjong is a **great game for keeping the mind sharp** and it is recommended among the elderly as a means of keeping their brains in good health.
- **FREE... PAINTING CLASS** Every Monday, 12:30-3:00 This class everyone helps each other. If you love painting and don't mind (asking or helping) others, come join us and make new friends.
- **SENIOR DANCE (Monthly)** Thursday, July 7th, 12:00 The last dances get together was a hit. It was so nice seeing everyone dancing and laughing. Participation will certainly increase physical and mental health, boost self-esteem, and give you something new to learn all at the same time.
- **CARD MAKING WITH Rep. COLLEEN GARRY, Wednesday, July 13th, 10:30.** All are welcome to do this class, it's a lot of fun and easy. You will be surprised what you can do.
- **MOVIE TIME** Wednesday July 13th, 12:00 Meet the Fockers Serving lunch@11:30 Pizza, Popcorn, Candy and Soda.
- **Hot Fudge Sundae** Friday, July 15th A classic dessert, this Hot Fudge Sundae is a delicious combination of ice cream and rich hot fudge. Top it with whatever your heart desires or go with the classic whipped cream, sprinkles, nuts, and a cherry. Sponsored by the Friends of the Tyngsboro Elderly
- **BOOK CLUB (Monthly)** Wednesday, July 20th, 10:00 **Instructor Carol Sides.** It will be scheduled every 3rd Wednesday of each month. The book we will be discussing on July 20th is "The Women's March" by Jennifer Chiaverini.
- **LUNCH BUNCH** Wednesday, July 20th, T-Bone's 11:30 If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 2 days in advance 978-649-9211.
- **SENIOR BREAKFAST** Thursday, July 21st, 8:30 (Monthly) Start your day off with a **FREE** healthy breakfast with friends here at the Center. Food sponsor COA, Speaker TBD..

Note: DAYS IN AUGUST ARE SUBJECT TO CHANGE.

- **END OF THE SUMMER BBQ, Wednesday, August 31st, 11:00-1:00**
- **COUNTRY AND WESTERN DAY, Wednesday, August 17th, 11:30** It's time for a western round up!! Join us for a day filled with Country Music. Free meal at the chuck wagon, be entertained with a country western video. Make sure you wear your western duds and hat.
- **MOVIE TIME, Thursday August 18th, 12:00.** Serving lunch at 11:30, Pizza, Popcorn, Candy and soda.
- **LUNCH BUNCH - T-Bones, Wednesday, August 24th, 11:30.** If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 2 days in advance. 978-649-9211.

We are open! Please call before coming.

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Sat., 9 a.m. – 2 p.m. **Open Saturdays this summer!**
Fri. & Sun. Closed
CLOSED: Monday, July 4th, 2022 Independence Day
Monday, September 5th, 2022 Labor Day

Kids & Teens – Check TPL's online calendar for summer events and activities.

Summer Reading is here (for all ages)! Read Beyond the Beaten Path: Read for 20 minutes a day, every day, and be entered into our prize raffles! Register at tynglib.beanstack.com or in person at the library. Track your reading through August 13th and join us August 19th for an End of Summer Picnic from 11a.m. – 1p.m.

- **Ukulele Workshop: Wednesday July 13th 6:30p.m.** Learn ukulele basics with Dave Maloof, professional ukulele teacher. You will learn about: ukulele origin, parts, sizes, tunings; various ukulele strums; how to create chords; and how to move from chord to chord. Ukuleles will be provided. The workshop is for all ages. Registration required.
- **Writers' Group: Monday, July 11th and 25th, August 8th and 22nd 2022 at 6:30p.m.** Join us for a writing workshop! Expand your knowledge on writing; critique each other's work; and get advice on the craft. New and long-time writers are welcome! This will be an ongoing program. The Writers' Group will be meeting in the Special Collections room of TPL. Meetings will last from 6:30pm to 7:45pm
- **Writers' Group—Children's Literature: Wednesday, July 6th and 20th, August 3 and 17th, September 7th 2022 at 6:30pm.** If you're interested in crafting and publishing children's books and stories, join us to participate with a group of likeminded individuals to discuss, critique, and broaden your children's literature knowledge. All skill levels are welcome and encouraged to join. The Children's Literature Writers' Group will be meeting in the Special Collections room of TPL. Meetings will last from 6:30pm to 7:45pm
- **Adult Coloring Club: Wednesday July 6th; Wednesday August 3rd; and Wednesday September 7th at 6:30pm** The Coloring Club meets on the first Wednesday of each month, from 6:30pm to 7:45 pm. Come color and socialize!
- **Career Transitions-Is Now the Right Time? (Virtual Program): Monday, July 11th from 2:00 to 3:15pm on Zoom.** If you find yourself considering a career transition – whether chosen or by circumstance – there are steps you can take to help you decide whether now is the right time, plan your path forward, set attainable goals, and keep your momentum. *This is part of a series, including: **Tools to Sharpen Your Job Seeking Strategy: Monday, July 18th from 2:00pm to 3:30pm on Zoom; How to Start & Grow Your Own Business: Monday, August 1st from 2:00pm to 3:00pm on Zoom; and Refresh Your Interviewing Skills: Monday, August 8th from 2:00pm to 3:30pm on Zoom.** Register at tynglib.org/events
- **Visit Tynglib.org/events to check out all of the upcoming virtual events! Including Books, Boots, & Bridles-The Story of Librarians on Horseback; Northeast Native Plant Primer; An Evening with Bestselling Author B.A. Shapiro; and FDR's Four Freedoms.**

Register for TPL programs by calling or emailing (circdesk@tynglib.org) the Library or using links provided on the online calendar for virtual programs.

Board of Library Trustees Meetings are generally held monthly on the 3rd Thursday. Check the TPL or Town websites for scheduled meetings. Like us on **Facebook**, follow us on **Instagram** @ [tyngsboroughpubliclibrary](https://www.instagram.com/tyngsboroughpubliclibrary) and **Twitter** @ [tyngsboroughlib](https://twitter.com/tyngsboroughlib)

COLUMN CONTINUED

TYNGSBOROUGH VETERAN'S AGENT

Do you know a neighbor or friend who may be a Veteran, Veteran widower, widow or dependents of a Veteran, that may be eligible for financial assistance from my office? I may be able to help them with basic living expenses, rent or mortgage heating cost, prescriptions, hearing aids, monthly healthcare premiums and hospital/doctor bills not covered by your Medicare or other insurance. Even if the applicant lives with their son, daughter or other family member or friend they may still qualify. The Veteran's Office is a confidential office where your identity is completely confidential. Call or email to schedule an appointment. If I cannot personally assist you I will direct you to the resources available to you. *Sincerely, Christopher W. Dery, Tyngsborough Veteran's Agent, 25 Bryants Lane, Tyngsborough MA, 01879 978-649-2300 X131 veteransagent@tyngsboroughma.gov*



MEDICAID PLANNING TECHNIQUES

By Edward H. Adamsky

How can you protect your assets from the costs of nursing home care (and Medicaid estate-recovery)? The biggest asset most people have is their home. There are two main strategies for protecting your home: a **Life Estate Deed** and an **Irrevocable Trust**.

A Life Estate Deed is a deed that transfers your home from your name to that of your children (or whoever you choose) who will receive ownership at your death. You keep the right to live in the house for the rest of your life. You remain responsible for Property Taxes, insurance, and utilities. The ownership will pass at your death outside of probate. After five years have passed, if you enter a nursing home and apply for Medicaid, they cannot force you to sell the house and they cannot make an after-death (estate-recovery) claim against your house or your children.

A Life Estate Deed is only appropriate if you want to stay there for the rest of your life. There are consequences to selling during your lifetime. Your children will get a share of the sale proceeds and will have income-tax liabilities. And the share of the proceeds that goes to you will no longer be protected from Medicaid. If you don't plan to stay in your home for the rest of your life, then a Life Estate Deed may not be right for you.

The other option is an Irrevocable Medicaid-Planning Trust. This is a trust designed to protect the assets in it from the cost of nursing home care. Like the Life Estate Deed, it has to be in place for at least five years before you apply for Medicaid in order to work. But the Irrevocable Trust is more flexible in the future. You can sell the house and purchase a new one or keep the cash proceeds safe within the Trust at any time during your life. The house does not have to be held until you die.

If you ever go into a nursing home and have to apply for Medicaid, your home will not count as your asset. It will pass to your children (or other beneficiaries) after your death outside of Probate and any Medicaid estate-recovery claim. You will need to name someone as Trustee of this Trust. That will probably be one of your children, but it could be anyone. You should not be the Trustee of your own Irrevocable Medicaid-Planning Trust.

While the Life Estate Deed is fairly rigid, the Trust allows for changes. The named owners in a Life Estate Deed cannot be changed after it is done. But the named beneficiaries in an irrevocable Trust can be changed at any time (if you feel a need to do so) and you can fire the Trustee and appoint someone else to that job if they are not doing the job the way you think they should be. This provides a lot of future flexibility and gives you some measure of control over the Trust.

Of course, with both tools, you do have to irrevocably give up the ownership of your home in order to protect it from nursing home costs. You cannot be allowed to get it back, under any circumstances, or the tool will not work for Medicaid Planning. It is a very serious thing to put assets out of your reach in order to protect them, so you should have an in-depth discussion about this with your Elder Law Attorney before you decide to go forward.

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Tyngsborough Library news continued

Special Programs

• **Summer Reading for All Ages** Read for 20 minutes a day, every day, and be entered into our prize raffles! Register at tynglib.beanstack.com or in person at the library. Track your reading through August 13th. Join us for an End of Summer picnic on August 19th at 11 a.m. featuring Bubbles McGee!

• **Club Pokémon: Monday July 11th at 2 p.m. and Monday August 1st at 2:00p.m. (grades 3-5)** Share your love of Pokémon! Bring your cards, consoles, and friendly competitive spirit. NOTE the new summer time: 2 – 4 p.m. Our Design Your Own Pokémon Contest entry forms will be available for pickup starting today. Contest entries are due by end of day on July 23rd. Winners will be announced at the next club meeting on August 1st.

• **Owl Pellet Dissection: Monday, July 12th at 11 a.m.** In this workshop, we will learn about owls and their prey. You will receive a "bone vault" to keep any bones you find. Safety glasses are recommended. Please bring your own safety glasses if you have them. We have a limited number to provide. Recommended for grades 3 and up, however all are welcome. Parents must accompany anyone under than 10. Space is limited. Register at the library or call 978-649-7361.

• **Cracking Geodes: Tuesday, July 26th at 11 a.m.** Join us for this fun and exciting STEM activity. We will learn about geology, geodes, and crystals. Then, everyone will have the opportunity to crack their own geode. What will yours hold? Safety glasses are recommended. Please bring your own safety glasses if you have them. We have a limited number to provide. Recommended for grades 3 and up, however all are welcome. Parents must accompany anyone under than 10. Space is limited. Register at the library or call 978-649-7361.

• **Bug Hunt with Hands on Nature: Thursday, July 28th at 3:30 p.m. (all ages)** Discover some of our fascinating local bugs – such as beetles, worms, slugs, ladybugs and caterpillars! Through learning about them, we will gain a better understanding and appreciation of their importance to our lives, and their role in our ecosystem. Observe live bugs with magnifiers! Join us for A BUG HUNT outside to discover where insects can be found! (text from Hands on Nature) Register at the library or online at tynglib.org/events

• **Ice Cream Making: Tuesday, August 2nd at 2:00p.m.** Make your own ice cream with all the fixins! Join us to make and enjoy your own ice cream flavor with your own hands. The whole family can participate in this fun program. We will have coconut milk as a dairy-free alternative. You may want to bring mittens or gloves — these bags get cold!

END OF SUMMER PICNIC FEAT. BUBBLES MCGEE: Friday August 19 @ 11:00 am - 1:00 pm All are welcome to join us for our End of Summer picnic. We will have food, fun, games, prizes, and Bubbles with a capital B! The Library will be closed during this time, but bathrooms will be available inside the town offices. RSVP on our website.

Weekly Programs

• **Community Storytime - Wednesdays at 11 a.m. (ages 0-5)** We are excited to welcome treasured members of our community to read for storytime! Join us every Wednesday morning at 11 a.m. through August 17. Special guests include members of Tyngsborough's police department, town offices, Friends of the Library, trustees and more. Storytimes are great for the whole family. Some programs may include special activities and events. All of them include fun and great stories!

• **Storytime with Mr. Chance - Thursdays at 11 a.m. (ages 0-5)** All storytimes in July will be held outside, weather permitting. Programs will be indoors in the event of inclement weather. There will be no storytime on July 21.

• **Tech Advice by Appointment**, PCs, android tablets & phones, Excel, MS Word, e-books, etc. **Tuesdays, 11:30 a.m.-1:30 p.m.**

• **Suggest a Purchase!** Didn't find what you were looking for in the catalog? The newest addition to TPL's website allows anyone to 'suggest a purchase' that you think we should have in our collection—whether it be a book, movie, CD, or 'library of things' item. Visit our website (tynglib.org)>books & more>suggest a purchase, we want to hear from you!

DUNSTABLE TYNGSBOROUGH LIONS CLUB



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

• **The Dunstable Tyngsboro Lions Club would like to announce the first female President since the existence of the club which was formed in 1977.**

• **Officers for the 2022-2023 Lions Year** President: Laura Ward, 1st Vice President/Treasurer: Kristine DeMonico, 2nd Vice President/Secretary: Meg DeMonico, Membership Chair: Joe Ward

• **Anyone interested in joining the lions** is asked to contact Joe Ward at 978-930-1153. **Our Regular Meetings are held on the first and third Tuesday of the month starting at 6:30 pm** at Princeton Station 147 Princeton St., in N. Chelmsford, MA.

• **Projects that the club has completed over the past two years:** Annual Thanksgiving baskets, Food Bank Collections for the senior center as well as the Merrimack Valley Food Bank, Diabetic Rescue kits for the town schools, Free annual Easter Breakfast with the Easter Bunny, free senior/community Pancake Breakfasts and Spaghetti dinners, meals for the homeless, Eye glass collections and screenings, Sock and Clothing drives for Veterans and Homeless, Christmas cards for the Veterans, Earth Day Clean up, plant donations, adopt a family program at the holiday, during covid supplied food and PPE bags to those in need, laundry detergent drive for college students, as well as helping other clubs and organizations to fulfill their needs. **"Where there is a need, there is a Lion"**

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

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

"Alone we can do so little; together we can do so much."
Helen Keller



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We will resume our meetings on September 24, 2022
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TYNGSBOROUGH GARDEN CLUB



Our meeting at Mahoney's in Chelmsford took place on May 10. We welcomed 4 new members to that meeting and got some interesting information about the latest annuals and perennials. After shopping, the evening was capped off with a trip to Sullivan's Ice Cream.

Thanks to our volunteers and the passersby at Flints Corner and 13 Beverlee Rd, our May 21 plant sale was a success. We had set up a tent on the grass at the Flints Corner intersection and had great visibility and good parking. Thanks to Mr. Duffy and his tenants at Flints Corner for letting us have our sale in that location. Likewise, thanks to Debbie and Ron Schneider for sponsoring the 13 Beverlee Rd. site.

As luck would have it, we were pulling up stakes just as the unseasonable heat wave that settled over us that weekend was rolling in. Leftover plants went to various members' homes to be planted around town.

We're taking a break from our formal programming for the summer, although we have several field trips planned for interested members. We are planning to visit the home of the Proven Winners brand in Loudon, New Hampshire in July, and in August, we will visit the Eleanor Cabot Bradley estate in Canton, MA. Our fall programming begins on Tuesday, September 6 with a presentation by photographer, Nick DiPasquale, on the art of photographing in the garden.

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. For more information, please contact us at tyngsgardenclub@gmail.com Linda Sheldon, President



DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

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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 for current or past services.

• **Adult Bible Study** will resume in September. Check here or on the website for updates.

• **Sunday School/Nursery** will resume in September. Check here or on the website for updates.

• **On Sunday, June 26th,** the Annual Meeting that began on May

• **If you have a key for the church that you no longer need,** please return it along with your info (Email Address) to Gale or the church office. Thank you.

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

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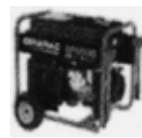
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JAMES JACOPPI MEMORIAL SCHOLARSHIP RAFFLE WINNERS

The Jacoppi Family is proud to announce the winners of the 2022 Scholarship Raffle. Thanks to you, our generous supporters, \$12,000 has been awarded in scholarships this year across the country to graduating seniors who are moving on to higher education and who have submitted an application.

Calendar Raffle winners were: Mary Basiliere, Helen Laforge, Eileen Wright, Mary Cooney, Paula Grady, Sarah Lewenzule, Henry Croce, Christine Wrobel, Joyce Poulin, Roger Downing, Gene Bartos, Ms. Pelligrino, Carmen Weingrad, Bill Thomas, Bud & Barb Barrelle, Jim McPadden, Ms. Frances McCarthy, Emily Lipps, Michelle Guilbeault, Karen McNamara, Lily Boudreau, Lucie Quijano, Karyn Puleo, Dick Gray, Kristel Hickey, Donna Powers, Terry Webster, Bob & Abigail Coakley, Lynn Hansen, and Brenda Baxter.

We are overwhelmed by your support as we continue to help those students achieve their dream.

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 to all who came out to the 50th Annual
Strawberry Festival.**

It was nice to see people enjoying the strawberry shortcakes while listening to some music and browsing and shopping at the vendors' tables. As a bonus, kids were watching and taking part in some of the planing and sanding on the flag pole. The new flag pole is being crafted from a tree harvested on the property of the Little Red Schoolhouse, by David Kimpton and Billy Psaledakis.

A sincere thank you to *all* who worked to make this such a wonderful event. It was also great to be able to just cross the street to the McLoon Barn and enjoy their music, the beautiful works of art and the fantastic quilts on the same day.

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

Email address: tyngsboroughdunstablehs@gmail.com

Contact: Lynda Justice at 978-587-8423

DUNSTABLE RURAL LAND TRUST MUSIC & ART AT McLOON BARN

It was wonderful to see the Dunstable Land Trust Music & Art Show in the McLoon Barn. The atmosphere certainly made you forget how hot it was outside. The music made a relaxing backdrop to the browsing. I could have spent hours looking at the extraordinary selection of beautiful quilts and other works of art, including books. Each of the items on display were incredible and different from one another. There is so much talent in our midst.

This event made it possible for the townspeople to get a glimpse of the beautifully restored barn. Congratulations to Bob and Leanne Frye, winners of the raffle. Thank you to all who came to take part in and support this Dunstable Rural Land Trust event. It was nice to be able to travel across the street and enjoy the Strawberry Shortcake at the Little Red Schoolhouse on the same day.

Keep an eye out for upcoming events at the McLoon Barn.



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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

TYNGSBOROUGH-DUNSTABLE



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 will be sponsoring the Council on Aging Breakfast at the Tyngsborough Senior Center on Westford Road in Tyngsborough on Thursday, July 21st at 8:30a.m. Open to Seniors and Veterans.

• Rotary Clubs of Tyngsboro/Dunstable, Nashua, Dracut and Lowell **23rd ANNUAL FISHING DAY For individuals with Disabilities of All Ages**, The Fishing day was a great success!

Thank you to all who helped make it possible.

- **Funded SafetyNet** program for individuals with cognitive impairment
- **Many other local service events**

HOW TO PAY FOR YOUR HOME IMPROVEMENTS

Sponsored by Carrie Cyr

You'll probably want to improve your home at some point.

It might be out of necessity if you need a new roof or fence — or you might want more space or additional amenities, like an updated kitchen or a swimming pool.

Whatever the reason for your projects, you'll likely need some help paying for them.

Are you planning to make some improvements around the house soon? Here are four ways to cover the costs.

• **Home Equity:** You can leverage your home equity to cover home improvements. Among your options are a home equity loan, cash-out refinance and home equity line of credit (HELOC). The latter, which functions more like a credit card, is a good option if you're not sure how much you need or if you need cash over an extended period.

• **Cash Savings:** This can be a great way to pay for any home repairs or updates — just make sure you're not draining your emergency fund. You should always have a healthy amount of savings as a homeowner so that you're ready for maintenance, repairs and other expenses even if you hit a financial snag.

• **Home Remodeling Loans:** Renovation and remodeling loans are designed just for this purpose. You can use them to cover repairs, updates and other improvements, then pay the costs back over time as with any other type of loan.

• **Credit Cards:** These should be a last resort, since credit cards typically come with higher interest rates than other financing options, like loans and lines of credit mentioned above.

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See this month's article "Outside the Camp" at
www.neighbortoneighbornewsletter.com



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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 Denise.



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• **June 29 - July 31 Who We Are: Celebrating Diversity.** A.O. Scott wrote, "It is the mission of art to free our minds." Who We Are showcases art from Greater Lowell, focusing on the often overlooked, including the BIPOC, LGBT+, and non-binary communities. This exhibit is juried by Gwendolyn Lanier who received her BFA from the School of the Museum of Fine Arts/Tufts University. She is a member of Attleboro Arts Museum and Brush Gallery, and teaches at Essex Art Center in Lawrence, MA. **Who We Are: Celebrating Diversity** joins Celebrating Diversity: Lowell Has It, a festival of workshops, music, dance, food and film hosted by Loading Dock Education. This program is supported in part by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."

• **August 1 - August 27 Altered Landscapes**

Interpreting the impact of climate change on the landscape by artists Gillian Frazier and Susan Stranc. **Reception 3-5pm, Saturday, August 6th** with a special appearance by Qanuk Nanuk, climate change activist, polar bear puppet, as part of **Western Avenue Studios' monthly open house, noon-5pm. On August 12, 5-7pm** In conjunction with their current show 'Altered Landscapes' Presents 'Local Impacts & Actions' a panel discussion about climate change. Participants will be UMass Lowell's Climate Change Initiative: Assistant Professor Christopher Skinner, researcher in environmental Earth and Atmospheric Sciences. Associate Professor, Lori Weeden, researcher and educator in Soil Carbon Sequestration and Surface Water and Jane Calvin, Director of Lowell Parks and Conservation Trust. This will be held at The Loading Dock Gallery, 122 Western Avenue Studios, Lowell, MA in the Teaching Space, Room 225. Free Admission.

Loading Dock Gallery is a program of Loading Dock Arts, Inc., a 501(c)3 non-profit corporation. **Gallery Hours:** Wed.-Sat.: 12:00 - 5:30 pm; Sun.: 12:00 pm to 4:00 pm

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RISE ELECTS OFFICERS; AWARDS SCHOLARSHIPS IN ONLINE APRIL VOTING

Nashua, NH: *The Rivier Institute for Senior Education (RISE)* conducted its annual election of officers and scholarship awards online on April 21st. New officers, elected for 2022-2023, are: *Nancy Nordstrom*, President; *Susan Hart*, Vice-President; *Melanie Schoenfeld*, Secretary; and *Delores Davis*, Treasurer.

The RISE Memorial Scholarship and the Rose H. Arthur Scholarship were awarded to three worthy Rivier University students. Awarded annually, the RISE Memorial Scholarship was created by RISE members and their friends to support the education of upper-level students as a tribute to deceased members, family and friends. The Rose H. Arthur Scholarship was created in memory of RISE's founder and supports part-time Professional Studies students who have demonstrated a commitment to the Greater Nashua community through volunteer work or public service.

Incoming President, Nancy Nordstrom, announced that the Fall Semesters will be conducted both on campus and online via Zoom. Two five-week semesters begin September 12 and end November 18. **New and returning members are invited to attend a Zoom Information Session August 18 from 11 to noon to learn about the courses and the online registration process.** Information for the course listings and descriptions, as well as a link to register, is posted at www.rivier.edu/rise.

The RISE program, tailored for "learning in retirement" is in its twenty-fifth year. Individuals over age 55 are welcome to learn more about our program by contacting RISE at rise@rivier.edu. You can also visit the RISE website at www.rivier.edu/departments/rise and/or www.facebook.com/RISEatRivier. **FALL 2022 SEMESTER Monday, September 12 - Friday November 18.**



WOMEN'S MONEY MATTERS

Announces Expanded Access to Customized Financial Wellness Workshops and Personalized Coaching for Women Living on Low Incomes *The organization is announcing robust strategic priorities aimed at advocating for women to address financial inequalities and providing direct support to bridge financial gaps.*

BOSTON – Women's Money Matters, which has operated as Budget Buddies, is announcing a significant expansion to its work supporting women living on low incomes on their financial wellness journey. Increasing access to virtual and in-person financial wellness workshops and personalized one-to-one coaching will allow the organization to elevate the voices of the women who take part in these programs and ensure that all who need access to financial wellness programs, peer support and one-to-one coaching will have access to it. The organization will also increase its advocacy work to empower women to build more resilient futures with financial security. You may read the entire announcement on www.neighbortoneighbornewsletter.com



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BONE BUILDERS AT TYNGSBORO SENIOR CENTER

You in 2022, is the next subject of discussion in the **Bone Builders class that meets on Monday and Wednesday at 9:00AM.** This class is made up of Weight Lifting and Balance Exercises especially designed for those with Osteoporosis. This class requires a doctor's note for participation. I suggest you watch a class to make sure it is a good fit for you before you fill out all the paperwork required.

Dr. Catalina Niculae, MD from Physician's Regional Medical Group, suggests, in her article called "A HEALTHIER YOU IN 2022", that an important part of your health, is to connect with other people. Those people that *do* connect with friends and family, live a longer, healthier life. We will explore her other tips in order. This tip coming in as number one. Can you guess what the second tip is going to be?

For further information, please contact Coordinator, Jean Jacoppi (978-649-9076).

STITCHERS AT TYNGSBORO SENIOR CENTER

Yolanda Carmona, our senior volunteer instructor, is teaching the group how to crochet Chemo Caps for distribution. This is a craft that members can participate in at home. All supplies are available at the time of the class. **They meet on Mondays, in the Arts and Crafts Room, at the Tyngsborough Senior Center, 169 Westford Rd at 10:00AM.** Can't come at that time every week? Just come for instruction and supplies and stitch at home. When you are finished with the project, simply drop it off at the Center.

We service many organizations. We are always looking to add to our knitwear collection for Fall and Winter as well as lap robes for Hospice. Supplies and patterns are available at the Center for you.

Please call Coordinator, Jean Jacoppi (978-649-9076) with any questions or concerns.

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Walkers are welcome back on the Boston Marathon® course on Sunday, October 2, to support patient care and research at Dana-Farber Cancer Institute Registration is now open for the 2022 [Boston Marathon® Jimmy Fund Walk](#) presented by Hyundai. Scheduled for Sunday, October 2, funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at one of the nation's premier cancer centers, [Dana-Farber Cancer Institute](#). The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon course and participants have the flexibility to choose from four distance options:
• 5K Walk (3.1 miles from Dana-Farber Cancer Institute) • 10K Walk (6.2 miles from Newton) • Half Marathon Walk (13.1 miles from Wellesley) • Marathon Walk (26.2 miles from Hopkinton). For additional information please email JimmyFundWalk@DFCI.harvard.edu or call 866-531-9255. To register for the Jimmy Fund Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

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

Thank you, Anne

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PREPARE YOURSELF FOR A LONG RETIREMENT

Here's an interesting finding from a survey by Age Wave and Edward Jones: Retirees say, on average, that they expect to live to 89, and they say the ideal length of retirement is 29 years.

That's a long time be retired. How can you prepare yourself financially?

One of the most important moves you can make is to save and invest early and often. The earlier you start saving and investing for your retirement, the greater your potential accumulation.

Additionally, keep reviewing your progress toward achieving your goal of a comfortable retirement. Keep in mind that, if you're 50 or older, you can make "catch-up" contributions to your IRA and 401(k) that allow you to exceed the regular limits.

Hopefully, you will enjoy many years of a healthy, happy retirement. And you can help support this vision by carefully considering your financial moves and making the ones that are right for you.

Content provided by Edward Jones for use by Jorg Skowranek, Local Edward Jones Financial Advisor, Member SIPC

ARE YOU BACKING UP YOUR COMPUTER?

By Dean Lotito

These days, people have more and more critical items stored on their computer. This includes documents that they have created, pictures of family. If you think about it right now, and those items were lost forever, how would that affect you?

Email is an exception, since most email is stored on the emails provider's systems. However, if you save an attachment and then delete the email, the only copy is on your own computer.

There are several sites where you can pay for remote storage for backup. Microsoft OneDrive, GoogleDrive, iCloud and Drop Box are examples. You can pay monthly or yearly or this storage. Then, both Windows and Apple Operating systems have backup programs that can be set up to save copies of critical files to this cloud service.

Don't forget all the pictures on your phone! They can be backed up directly from your phone, or copied to your computer and backed up with the rest of your files.

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

Finally, it's time to party! The Friends of Tyngsboro Elderly, Inc. will hold it's first gathering this year on **Wednesday, July 20th at 1 PM in the Old Town Hall**. Welcome to our program, Singing Divas (Nashua Women's Chorus) and Dessert. Raffle Baskets and 50/50 raffle round off the afternoon. Doors will open at 12:30 PM. Cost is free to all seniors. Tickets are available by calling Joe Jacoppi, President (978-649-9076) or Elaine Rivard, Secretary (978-649-7689).

It's membership time coming up this July. Letters have been sent out to all members with information. If you wish to become a member with the purpose of helping fund needs, activities, and programs for the seniors at the senior center, please contact Elaine Rivard at **978-649-7689** for a membership form.

We thank you for your continued support.

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Est. 1868

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For questions or more information

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www.tyngsborocongregational.org

Pastor Denis Frediani

Our Weekly Sunday Worship Services are at 10:00 AM

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.

• **FELLOWSHIP TIME** after church, we will resume food items with coffee, tea and juice in September. Please continue to gather in our fellowship hall after church services if you would like visiting time with other church members.

• **BOTH LADIES and MEN'S Bible Studies** have ended. They will resume in September or shortly after. We will provide upcoming information in the September issue of Neighbor to Neighbor..

• **BLOCK PARTY - August 29th - TOWN COMMON** - Please look for our church booth at this wonderful event and come talk with us. We will have information provided for those who might be interested in visiting our church. We pray our presence will be uplifting to those who connect with us.

• **EXECUTIVE BOARDS, BIBLE STUDIES and SUNDAY SCHOOL** will not meet during July and August. We will resume these activities in September. Think about talking with us at the Block Party and enrolling your children in our awesome Sunday School program.

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You can remain updated by visiting our website www.tyngsborocongregational.org or please check our Facebook page for unexpected closure dates.

• We are sorry to announce that our **CUSTOMER APPRECIATION ice cream social will NOT be taking place this summer.** We hope we might have this event next summer. Thank you to ALL our VOLUNTEERS for their devoted dedication to our store and to our ever faithful CUSTOMERS

• **Thrift store WILL BE CLOSED, September 3rd (Labor Day 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!!!

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Now is the time to contact Charlie and get your home projects on our schedule. From simple dry wall repairs, to interior painting, to water damage repairs to a complete update to your home in vibrant new colors.... If it has to do with walls or ceilings, we are the team for you! We have the experience and know how to tackle any project in a neat, orderly and quick fashion. Textured ceilings can be made smooth, seamless and pure white. Cracked ceilings can be repaired and re textured or painted. Any room can be repaired of cracks, popped screws, split seams and repainted in your choice of Ben Moore colors.

The quality of your home deserves to have our years in drywall/painting on your job site. No project or repair is too small from a hole in the wall patched and repainted to match or a completed room makeover. We bring our "A" game every time.

Contact us to today for your free walk-through estimate of your project. You will never know how good your home can look until you hire the professionals at Charlie's Drywall and Painting.

Charlie Viens - Owner Charlie's Drywall & Painting
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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>

**Reach or throw,
don't go!**

If someone is in trouble in
the water, throw them a
life preserver. Never go in!



American
Red Cross



BAKE & CRAFT SALE

Saturday, July 16th

10:30am-1:30pm

RELAY FOR LIFE FUNDRAISER

The **Relay for Life** is much more than a fundraiser. We remember, honor and support those in treatment and celebrate those who have won their battle. If you have ever heard the words...*"You have Cancer"* or know someone who has, we are looking to honor you. On **Saturday, July 16th from 10:30-1:30** we will be hosting a Bake and Craft Sale as well as a raffle at our home at **200 Pond St., Dunstable, MA**. All donations will benefit the **American Cancer Society**. The goal this year is to cover our 40-foot fence with photos and names of those who have heard the words...*"You have Cancer"*. In this way we will Honor those affected by this disease. We will have luminaries up in our yard that day, stop by if you want to add one to the display.

We will be selling individually wrapped bake goods and small items filled with HOPE! We will once again be selling "Gabi's" bears. We now also have dogs, cats and bunnies. This is in honor of a 5 year old girl who lost her battle to brain cancer. **Remember to ask about the raffle tickets for a diverse array of prizes!** Our Team **"A Wee Bit of Hope"** also makes and donates "Gabi's" bears and our other animals, to MGH Pediatric Oncology as part of our team spirit. It will be a day of HOPE as any donations will help towards the goal of eradicating this hideous disease with a cure.

We hope to see you July 16th! If you can't join us for this day, and would like to make a donation, you can send it to Bob & Mae Hopke, 200 Pond Street, Dunstable, MA 01827. **Please make the check payable to the American Cancer Society.**

We offer a sincere thank you to all who donated items and/or made monetary donations. **Sincerely, Bob and Mae Hopke**



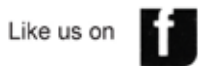
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The Dream Diner Presents

Our 25 Year Anniversary Celebration Fundraiser Concert



PFC Edmund Shanahan, US Marines

We are celebrating our 25th year in business this August and will be hosting an outdoor musical concert supporting our Veterans on Saturday, August 13th at 3:00pm with a rain date of August 20th, 2022.

We will be featuring Bobby Kinney's 16-piece **Adagio BIG Band** who will be playing BIG band JAZZ and a musical tribute to the Golden Oldies.

Please join us for our first annual fundraiser honoring our family member PFC Edmund Shanahan a US Marine, Vietnam Veteran, and Purple Heart Recipient. This is a Community Fundraiser to support the **HOMES For Our TROOPS** organization located in Taunton, Massachusetts. (hfotusa.org).



DONATION: \$20 per person
LOCATION: Dream Diner, 384 Middlesex Road Tyngsboro Mass.
DATE: Saturday, August 13th (rain date Saturday, August 20th)
TIME: 3:00 PM
SEATING: Bring your own Chairs
TICKETS: Available at the Dream Diner, DreamDiner.com or EventBrite
EMAIL: DreamDinerCharities@gmail.com

SCAN FOR TICKETS



Or visit
DREAMDINER.COM

Neighbor to Neighbor

64 Hardy St., Dunstable, MA 01827
(978) 419-1914

anne@neighbortoneighbornewsletter.com

Even though I do not publish a separate issue in August, I will be here. So it is fine to get in touch. It is just time for a little break. I will probably be in the garden, trying to pick the fruits and veggies before the animals do. I always look forward to this time of year. Luckily in New England we do have weather that changes. As they say "if you don't like the weather wait a minute". So hopefully we will have more good days than bad. Wishing you and all in your family a wonderful summer. May you have some time to relax and enjoy meeting up with, those whom you haven't had an opportunity to visit with, during the last year or two.

To submit news or info about an upcoming event, please email the information to me. If you have a business and you would like to know more about advertising, please call 978-419-1914 or email me at anne@neighbortoneighbornewsletter.com. I will get back to you as soon as possible. This issue covers information for the months of July and August. The next issue will be published in September, it should be delivered after Labor Day. The circulation is 5344 for Tyngsborough and 1272 for Dunstable

If something comes up, remember announcements can be sent in to be posted on www.neighbortoneighbornewsletter.com
I look forward to hearing from you soon. Thank you, Anne

If you have news or events happening this summer, please let me know. I can post them on the website. The deadline is August 10th for the September issue. If you miss the deadline please get in touch ASAP.