



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 # 405 • June 2022

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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.

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*



Congratulations Graduates, Class of 2022!

**Congratulations as well,
to students Moving up to Middle School and
to students Promoted to High School!**

IN MEMORY OF

Rita M. (Seavey) Bellerose
Robert Warren "Bob" Johnson
Rosemary (Woodle) Joyce
Christina S. (Manis) Mitchell
Ann Marie (Roark) Tyros

Robert A. Boulanger
Barbara L. (MacKay) Chandler
Anita (Bertini) Gass
Maurice J. Provencher
Mary L. (Flanagan) Sahagian

TYNGSBOROUGH BOARD OF HEALTH

Save the Date: Household Hazardous Waste Collection for this year is September 24, 2022.

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.



TYNGSBOROUGH WATER DISTRICT

87 Progress Avenue, Unit #2

Tyngsborough, MA 01879 978-649-4577

Public Notice

The Tyngsborough Water District Consumer Confidence Report is available for review at the District Office, 87 Progress Ave, Unit #2 or at the Town Hall and Library. You can also read and download a copy at: <https://bit.ly/3864PoA> Dale Thompson, Superintendent

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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.

CLOSED JUNETEENTH Monday, June 20th, "What's Juneteenth Day?" Discover the history of Juneteenth, a federal holiday commemorating the end of slavery in the United States. In 1863, during the American Civil War, Pres. Abraham Lincoln issued the Emancipation Proclamation, which declared more than three million slaves living in the Confederate states to be free.

CLOSED Monday, July 4th INDEPENDENCE DAY

- **Need help setting up your grandchild's car seat** or picking the right one out. Contact the Tyngsborough Fire Dept. 978-649-7671. They'll be happy to assist you.
- **FOOTCARE FOCUS** Professional Nursing Footcare, **Tuesday, July 19th** Assessment/ Nail Clipping & Filing. Footcare Prices. At the Center \$45.00 House Calls \$90.00
- **LUNCH BUNCH Wednesday, June 22nd, 11:30 "Weathervane"** 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.
- **Newsletters sent to your homes** will cost \$8.00 starting the new fiscal year July 1st, 2022. If you would like it **emailed at no cost** call the center at 978-649-9211.

- **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.

- **BOOK CLUB (Monthly) Wednesday, June 15th, 10:00** Instructor Carol Sides. It will be scheduled every 3rd Wednesday of each month. for discussion The book we will be discussing on June 15 is "The story of Arthur Truluv" by Elizabeth Berg. **We have openings to join the book group.**

- **SENIOR BREAKFAST Thursday, June 16th, 8:30 (Monthly)** Start your day off with a **FREE** healthy breakfast with friends here at the Center. **Food sponsor COA, Speaker** from Dolan's Funeral Home—the benefits of funeral pre-planning to help avoid common mistakes.

- **MOVIE TIME Thursday, June 16th, 12:00** Pizza and a Movie.
- **SUMMER SOLSTICE, WEAR WHITE DAY, Friday, June 17th at 11:30** Some historians believe that this rule was actually a way for the wealthy to separate themselves from the working class. Not only could they afford vacations—and the expensive clothes to match—but they didn't do work that stained their white clothes. Middle-class laborers, on the other hand, often wore darker colors even in the summer to hide the dirt and grime that accumulated after a hard day's work. **Food sponsored by Fairview, Hudson N.H**

- **OUTREACH WORKER** Call for an appointment 978-649-9211 The Outreach program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. Charlene Muscato works collaboratively with many agencies serving seniors, including home care, legal assistance, protective services, housing and visiting nurses. **Home Visits with Charlene Muscato. Must call 978-649-9211 for an appointment.**

- **COA BOARD MEETING June 21st at 3:00 PM**
- **INDEPENDENCE DAY CELEBRATION, Thursday, June 30th serving @ 12:00** Ice Cream Social sponsored by the Tyngsboro Foundation for the Aging. Donations welcome.

UPCOMING IN JULY Dates and times are subject to change.

- **"HOT FUDGE SUNDAE" DAY, Friday July 15th at 12:00**
- **FOOTCARE FOCUS** Professional Nursing Care **Tuesday July 19th 9:00-12:00** Call to set up an appointment.
- **SENIOR BREAKFAST Thursday, July 21st at 8:30 (Monthly)** Start your day off with a **FREE** healthy breakfast with friends here at the Center. Food sponsor Tyngsboro-Dunstable Rotary, Speaker, TBD

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Neighbor to Neighbor

Published by Anne Paquin Since 1983

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



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

** You can apply for membership to the Friends of the Library in the Library, or online at

<https://www.tynglib.org/about/friends-of-the-library/>

** The Biblioteque café at the Library is open again. Enjoy a hot cup of coffee or tea while perusing a library book. The dollar you spend for a cuppa is another source of funds for the Friends.

** With warmer weather here, enjoy the museum passes funded by the Friends. You can enjoy places such as the Butterfly Place or Boston's Museum of Fine Arts. Reserve your pass online or call the Library.

** **Contact us at tynglibfriends@gmail.com** and follow us on [Facebook](#).

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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Tyngsboro, MA

SHERBURNE NATURE CENTER & TRAILS

Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns. Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, observe the birds and notice what wildflowers you can see here. **Remember to dress for the weather and use your bug repellent.** It's a great place for outdoor exercise and to enjoy nature close to home.

Children under 16 must be accompanied by an adult.

Please note: The tennis court behind the Sherburne Nature Center is not part of the PUBLIC Nature Center property.

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

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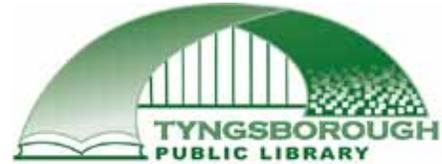
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25 Bryant Lane, Tyngsborough, MA 978-649-7361 www.tynglib.org
Library Hours: Mon. & Wed. 10:30 a.m. – 8 p.m.
 Tues. & Thurs., 9 a.m. – 5 p.m.
 Sat., 9 a.m. – 2 p.m. **Open Saturdays this summer!**
 Fri. & Sun. Closed

CLOSED Monday, June 20th, 2022 Juneteenth
CLOSED Monday, July 4th, 2022 Independence Day

Check out our museum pass program this summer by requesting a pass through our website (tynglib.org>Services>Museum & Visitor Passes) or over the phone (978-649-7361) and get discounted and free passes to over 15 different museums! Generously funded by the Friends of the TPL.

• **Writers' Group—Children's Literature. Wednesday, June 15th 2022 at 6:30p.m.** During this meeting, Kathy Brodsky, local children's author of award-winning originals, will discuss her experience becoming successful publishing children's books! All are welcome. Visit <http://kathybrodsky.com/> for more information about her. – 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 6:30 pm to 7:45 pm.

• **Writers' Group. Monday, June 13th and 27th 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 June on the 13th and 27th in the Special Collections room of TPL. Meetings will last from 6:30 pm to 7:45 pm

• **Adult Coloring Club. Wednesday, July 6th at 6:30p.m.** *The Coloring Club meets on the first Wednesday of each month, from 6:30 PM to 7:45 PM. Come color and socialize!*
 Register for TPL programs by calling or emailing (circdesk@tynglib.org) the Library or using links provided on the online calendar for virtual programs.

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

Monthly Programs

• **Club Pokemon, Monday June 6 at 4:30 p.m.:** Through the Pokemon TCG, your child will learn strategic skills, participate in friendly competition, and have fun! Whether you have binders full of cards or are just learning to play, please join us! You may also bring video game consoles and mobile devices to share your love of the game. Club is open to fans from grades 3-5. Older grade levels may volunteer to assist.

• **LEGO Challenge Club, Saturday June 18 at 11 a.m.:** All ages are welcome to join our LEGO Challenge.

Weekly programs at TPL

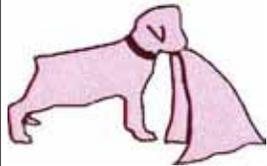
• **Storytimes with Mr. Chance - Thursdays at 11 a.m.** (ages 0-5) All storytimes in June will be held outside, weather permitting. Programs will be indoors in the event of inclement weather. There will be no Storytime on June 9th.

Read Beyond the Beaten Path

• **Summer Reading** runs June 15th - August 19th for all ages. Pre-register online at tynglib.beanstack.com starting June 1st. Paper tracking sheets are available on June 15th.

• **Animal Encounters, Wednesday June 22nd at 4:00 p.m.** - Join us for a live-animal educational presentation by the Wildlife Encounters Ecology Center. This presentation includes both hands-on interaction as well as larger hands-off animals and unusual

Continued on next page



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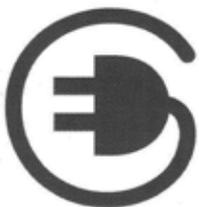
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A. L. Cornellier

Tyngsborough Library news continued

exotic creatures! Program may be held outdoors. Please bring your own seating. Program will be held inside in the event of inclement weather. Registration required.

• **Rockabye Beats, Tuesday June 28th at 4:00 p.m. at Old Town Hall** - A Rockabye Beats concert is a fun and exciting way to start your summer! Their performances are interactive and energetic, while at the same time goofy and fun. It is great entertainment for both children and adults! Join us at Old Town Hall for live guitar performances and funky moves at this freestyle dance party for the whole family!

• **FIRST® LEGO® League, Wednesdays through June 15 from 4:30 - 6:00 p.m.** - Open to students currently in grades 3-7. FIRST® LEGO® League is a global robotics community that prepares young people for their future. This inclusive, team-based program provides an opportunity for students to engage in hands-on STEM experiences through research, problem-solving, coding and engineering. No experience necessary to join this program. For more information, check out <https://www.firstinspires.org>.

• **Check out HeritageQuest** Click the link on our Homepage, or from the Homepage, go to Digital>All Resources>HeritageQuest. HeritageQuest is new to TPL and provides access to more than 4.4 billion historical and genealogical records. This essential collection of sources has coverage dating back to the 1700s and can help people both find their ancestors and discover a place's past. TPL has over 60 online resources available to patrons online!

• **Board of Library Trustees** Meetings are generally held monthly on the 3rd Thursday. Check the TPL or Town websites for schedule.

• **Friends of the Library** - Join in the fun and support your library! Meetings held 9 Mondays per year 6:30 p.m. in the Library. See TPL website for dates. Check out the new and easy to join or renew your membership to the Friends of the Library from the Friends link on our website simply by using the "Join and Pay" or "Donate" buttons.

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Congratulations to the Class of 2022! The TST wishes all the best to our graduating seniors as they pursue their future academic goals and achievements. Thank you to all of our community members who supported our seniors through the Door to Door Drive. We also would like to thank the local businesses and generous donors who contributed to our business drive and to our Named Scholarship fund. Through the generosity of our entire community, we were able to award almost \$28,000 in scholarships to 32 of our graduating seniors from Tyngsborough.

The TST has been awarding scholarships for 59 years! The work is rewarding and our fundraising events are just as fun to work on as they are to attend. June 8th is our social meeting, and we invite anyone who may be interested to join us to learn more about our mission. If you have been thinking of getting involved, please join us for this meeting! Contact Rose Mitchell at mitchell6260@msn.com for more information and the location of this gathering. We typically meet the 2nd Wednesday of each month, from September through June, with most meetings in the Tyngsborough High School teacher's room at 7:00 p.m.. For more information see our facebook page contact us at scholarshiptrusttyngsborough@gmail.com. Have a safe and enjoyable summer!

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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

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>

FOUR REASONS

TO CREATE AN ESTATE PLAN

By Edward H. Adamsky

Everyone needs to plan for the future. Few like to think about dying and many don't think they have an "estate" that needs planning. But there are several good reasons to plan, and whatever you call it (your "estate" or your "affairs") you need to plan.

If you see your Elder Law or Estate Planning attorney, you can set up your plan and it will accomplish several goals. Here are five major goals of Estate Planning.

1. Have a Will that says what you want: in your Will you get to say who gets what assets when you die, nominate a guardian for your minor children (if necessary), and designate the right person as your personal representative (executor) to administer your estate and make sure that your assets are distributed according to your written wishes.

2. Have a Trust, which can accomplish several other goals:

- Avoid probate: Trusts, unlike wills, allow for the swift and easy transfer of assets to your beneficiaries without having to go through probate. Although probate isn't always the nightmare nor big expense that you might have heard about, it can be annoying dealing with a government bureaucracy so avoiding that is usually a good idea.

- Providing for family members with special needs: If you have a family member living with a disability, and most especially if that person is getting any means-tested government benefits, then you need a trust with special-needs terms to protect the continued eligibility of your family member for those government benefits. That person might also need someone to manage their assets for them and a Trust is just the right tool to accomplish these goals.

- Protecting assets: As people age, they sometimes are less able to deal with their own assets and to keep them safe and protected. You can set up a Trust and choose a trusted person to handle those assets and keep them from predators, so they are available to you for the rest of your life.

3. Avoid fights among your loved ones: With a written plan (Will or Trust – or both) that specifies exactly what everyone should get and puts a trusted person in charge to make sure that happens properly, you can reduce the chances that your family members will fight over the money and objects you leave behind. You should communicate clearly with your family in person and in writing, so they all know what you want and what they are getting.

4. Prepare for incapacity and end-of-life care: you must plan for your eventual passing, and it isn't always easy. You should specify you desires for medical care at end-of-life and name the right people to handle decision-making regarding health care, and final disposition of your body. Putting your wishes in writing and using a Power of Attorney and Health Care Proxy will allow everything to move smoothly and will lessen the burden on your family.

Tyngsborough High School

is proud to announce **Emma Angelo, Max Gregoire, Jayden Kelly, and Meera Patel** as the April Students of the Month.

Emma Angelo, daughter of David and Melanie Angelo, is a member of the National Honor Society and a recipient of the University of Rochester George Eastman Young Leaders Award. She is also a recipient of the Commitment to Learning Award, Outstanding Achievement in Business Award, Principal's Award, College Board AP Scholar with Honors, and a two-time recipient of the Academic Excellence Award. She is a member of PALS, vice president of the BioBuilder club, and a captain of the lacrosse team. She also played varsity basketball for three years. She volunteers her time as a U13 youth lacrosse assistant coach and helps at St. Mary Magdalen parish food drives. Her favorite hobbies include baking and going to the beach. Her favorite subjects are biology, chemistry, and physics. Emma plans to major in biomedical engineering with a minor in nanotechnology at Florida Institute of Technology, where she also committed to play lacrosse. Thinking back on her days at THS she said, "I have gained lifelong friendships and a passion for the STEM field."

Max Gregoire, son of Derek and Jessica Gregoire, is a member of the National Honor Society and a recipient of the Outstanding Achievement in Social Studies Award, the Commitment to Learning Award, and a two-year recipient of the Principal's Award. He is president of the student council, and a member of the robotics club and DECA, as well as a former class treasurer. Max is a captain of both the cross country and track & field teams. He is a school record holder in the 800m and 5k cross country race. For his cross country races, he placed fifth in the divisional state meet and seventh place in the All-State meet. He is a state silver medalist in the 800m and a silver medalist in the 4x800m relay. Max is an active Tyngsborough Troop 46 Boy Scout, earning his Eagle Scout rank this year. His hobbies include skiing, camping, rock climbing, and cinematography and his favorite subjects are economics, civics, and math. He hopes to earn a business degree and run cross country and track competitively in college. Following college, he would like to start a company that creates running sneakers and athletic equipment. "A fond memory I have from Tyngsborough High School is winning the 2018 Mid Wach League cross country championship as a freshman. I am also very grateful for the many friends that have helped support me throughout my high school journey."

Jayden Kelly, daughter of Allie and Walter Kelly, is a recipient of High Honor Roll recognition and is a member of PALS and Senior Sidekicks. She is a captain of both the basketball and softball teams and is an MIAA Student Ambassador, as well as part of the 2021 D2 State Champion softball team. Her volunteer service includes the Wish Project, Special Olympics, and coaching softball clinics. Her hobbies include playing on a softball club team, playing AAU travel basketball, hanging out with friends, and working at Chili's. Her favorite subjects are math, anatomy, American Sign Language (ASL), and the teaching internship program at Tyngsborough Elementary School. Jayden plans to attend Worcester State University to major in elementary education and play softball. "My fondest memory at THS was winning the state title in softball. THS has also helped set me up for success by allowing me to spend time shadowing teachers and working directly with students in multiple classrooms."

Meera Patel, daughter of Janakkumar and Ashaben Patel, is a recipient of the Academic Excellence Award and the University of Rochester Xerox Award for Innovation and Information Technology Award. She is a member of the medical professionals club and ESports. Meera volunteers her time at the Lowell Humane Society and enjoys photography, biking, skating, and cricket. Her favorite subjects are math, biology, anatomy, and chemistry. Her future goals include pursuing a college degree in the science field and also exploring different places. Thinking back on her days at THS she said, "I've gained confidence to go above and beyond my comfort zone. THS has given me next level learning experiences through my fabulous teachers as well as lifetime memories to make new connections. I will take with me fond memories of bus rides, homecoming week, and remote learning."

Congratulations to all four of these students!

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

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

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

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

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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



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

- **June 22** Justin Meyer & The Easy Winners
New Orleans Style Jazz & Swing
- **June 29** Mindrift Rock
Pop & Blues Cover
- **July 6** Stomp 'N Holler
Country & Western Covers and Originals
- **July 13** Band from U.N.C.L.E.
50s-60s Rock & Roll, Rhythm & Blues
- **July 20** Back 2 Back
Classic Rock Cover Band
- **July 27** Brian Templeton & Delta Generators
Blues Roots, R&B, Americana and Rock

For more information:

www.facebook.com/dunstablesummerconcert

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



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**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. **Resident passes are needed and are available at the Town Hall.** Volunteers welcome to assist in maintaining the beach. Please message your interest on FB or email TyngsboroughRec.com.

• **Service Hours Available for Students** We have service opportunities, call the Recreation Office or Pm on FB.

• **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.planetennisusa.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.

• **Tyngsboro Block Party-by-the-Bridge Music and Food Truck Event** (Rain or Shine) **Saturday, August 27, 2022 beginning at 11am. Later in the evening, enjoy the Fireworks.**

Volunteers Needed: have a blast and show your community spirit! **Planning committee members needed:** help plan and coordinate this awesome event! Email: tyngsboroughrec.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.

• www.PartyByTheBridge.com

**TOP 5 REASONS TO VOLUNTEER AT
TYNGSBORO BLOCK PARTY-BY-THE-BRIDGE:**

5. Get a limited-edition TBP t-shirt (can't be bought... only earned)
4. Know the behind-the-scenes scoop before everyone else (knowledge is power)
3. Bragging rights that you helped throw the biggest party in town (great for resume building and college apps)
2. VIP access and free parking to the Party (priceless)
1. The Party can't happen without you!!! Our new TBP volunteer director extraordinaire (Nick DePasquale) will be organizing placement and shifts so everyone can help AND enjoy the Party! Sign up at www.PartyByTheBridge.com Thank you!! • Volunteers are needed for The Festival of Trees. Please email us if you are interested and would like more information.

CALL FOR WALKERS: REGISTER FOR THE 34TH ANNUAL BOSTON MARATHON®

JIMMY FUND WALK PRESENTED BY HYUNDAI

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](http://BostonMarathon.com) 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](http://Dana-FarberCancerInstitute.com). 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.

ALTERNATIVES TO HARMFUL CHEMICALS

by Sustainable Tyngsborough

Herbicides

According to the EPA, "Herbicides are chemicals used to manipulate or control undesirable vegetation." Roundup, Monsanto's best-selling weedkiller, is dangerous for humans and the environment and has been found in breastmilk, eggs, dairy, wine, and more. Unfortunately, it remains in heavy use in the U.S. and worldwide. However, there are alternatives you can use instead.

Alternatives to harmful herbicides:

- Natural Acids (vinegar, and/or citric acids)
- Herbicidal Soaps
- Iron-Based Herbicides
- Salt-Based Herbicides
- Phytotoxic Oils (Essential oils such as clove, peppermint, pine, or citronella.)
- Corn Gluten

Are alternatives effective? Yes, a University of Maryland study found that alternatives were successful in controlling common weeds.

Mosquito Spraying & Insecticides

Alternatives to harmful spraying:

- Mosquito repellent plants: citronella grass, African or French marigolds, basil, lemon thyme, catnip, sage, pennyroyal, rosemary, geranium, and lavender
- Diatomaceous earth
- Neem oil
- Homemade insecticidal soaps
- Use a bug zapper. A member of the Sustainability Committee uses Zap It, a device that looks like a tennis racket on her walks and is successful in killing many mosquitos in her neighborhood.

Zero Waste Day

Thank you to all who brought unwanted items to our 3rd Zero Waste Day! 156 Tyngsborough residents and visitors from surrounding towns came. Altogether, we kept almost 2 tons of your used up items out of the waste stream, including textiles, books, CDs, household goods, sports equipment, bikes, lawn mowers, power washers, and other yard equipment, electronics, monitors, small appliances, sensitive documents (shredder), assistive devices, license plates, and a lot of scrap metal out of the waste stream. Great job, Tyngsborough!

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.

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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.
- National Youth Gathering July 8 - July 13, 2022

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



ALTRUSA UPDATE

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



Tyler's Timely Technical Tips

By Tyler Denomme

With cooling season in full-swing, let's look at SEER ratings which measure the maximum efficiency for air conditioners, similar to the miles-per-gallon (mpg) for cars. A car might get 28 mpg at highway speeds, but get much lower in stop-and-go traffic. So, how does the SEER rating impact air conditioning choices?

Higher is better. A higher rating means greater energy efficiency. The minimum SEER rating for air conditioners is 13. ENERGY STAR qualified systems must have a rating of 14.5 to qualify, with many rating up to 21.

Greater comfort. Higher SEER units often have 2 components that provide greater indoor comfort; 2-stage or variable-speed compressors and variable-speed blowers.

Control settings. Proper system design, installation, and operation settings ensure peak performance & efficiency are achieved.

More savings. In addition to lower operating costs, high SEER HVAC systems qualify for large rebates and tax breaks.

Until next month, stay comfortable.

Got a question? Drop me a note!

tyler.d@denommeplumbing.com

Tyler

Heat Pump Systems

The hottest trend in home cooling.

Heat Pump HVAC systems, both ductless and ducted, utilize just the right amount of energy to deliver ultimate comfort and maximum efficiency. On top of that, **Mass Save is offering rebates up to \$10,000** on qualified system installation.

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TIPS ON HOW TO BEST PROTECT YOURSELF FROM MOSQUITOES AND TICKS

by Ashley Pavlakos

Public Health Nurse - Town of Tyngsborough

It is that time of year again when ticks and mosquitoes are most active (April-September). As you prepare to go outdoors this season here are a few tips to remember on how to best protect yourself from these pesky bugs.

Ticks are known to live in grassy, brushy, or wooded areas. Spending time outside doing activities that are common to where ticks live could potentially bring you in close contact with them. Some examples include walking your dog, camping, gardening, or hunting. The CDC (Centers for Disease Control and Prevention) recommends treating or buying pretreated clothing and any gear you might be using outdoors with products containing 0.5% permethrin. If you choose to apply permethrin to your clothes and gear, please read the instructions carefully and use them in a well-ventilated area. Use Environmental Protection Agency (EPA)- registered insect repellent containing either DEET, picaridin, IR2535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. *There is a tool on the CDC website that can help you find the product that best suits your needs (CDC EPA search tool).* If you choose to use one of these EPA registered insect repellents, please follow product instructions. Do not use products containing OLE or PMD on children under 3 years old. Lastly, the CDC suggests trying to avoid wooded and brushy areas with high grass and leaf litter. If hiking, attempt to walk in the center of the trails.

After spending time outdoors, especially in areas where ticks are more common to be found, it is recommended that you check your clothing and pets for ticks. Please check all parts of your body and your child's body including under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs and around the waist.

Mosquitoes are known to live around water. For example, lakes, ponds, swamps, marshes, riverbanks, temporary pools and ponds created by rain or even containers around your own yard that collect rainwater. Mosquitoes can bite in the day or night and can live indoors and outdoors. The CDC recommends using insect repellent that is EPA-registered containing either DEET, picaridin, IR2535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Again, if you choose to use one of these EPA registered insect repellents, please follow product instructions. Do not forget to reapply insect repellent as directed. To help protect babies and children, it is recommended that you dress your child in clothing that covers their arms and legs. You can cover strollers and baby carriers with mosquito netting. It is important to take some time to inspect windows and doors around your home. Make sure screens on windows and doors are free of holes so mosquitoes stay outdoors. To prevent mosquitoes from laying eggs in or near water around your home, once a week, empty and scrub, turn over, cover, or throw away items that hold water. Examples include buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. You should also check for water holding containers indoors.

For more information regarding ticks and mosquitoes, please go to www.cdc.gov/ticks or www.cdc.gov/mosquitoes. If you are interested in receiving a free tick identification card, please come to the Health Department located in Tyngsborough Town Hall to pick one up.

ST MARY MAGDALEN PARISH

95 Lakeview Ave., Tyngsboro, MA 978-957-0322

Email: saintmarymagdalen@verizon.net

Mass times: Saturday 4pm. Sunday 7:30 & 9:30am

• Join us on Facebook! Search "Saint Mary Magdalen Parish Tyngsboro" & like our page. Daily meditation. Read the bulletin online at RODMC.org



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** will resume in September. Check here or on the website for updates.
- **Sunday School/Nursery.** Nursery/Sunday School classes happen during our 10:30 AM worship service. Care is provided for infants through preschool.
- **On Sunday, June 26th,** the Annual Meeting that began on May 15th will continue following the morning service. We will complete the discussion regarding the cell towers and will hopefully fill open positions on church boards including Worship, Deacons, Operations, Outreach and Christian Education. Please consider where you might like to volunteer to serve.
- **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.

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.*

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!

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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*Based on information from MLS and non-MLS. 2018 #1 Volume & Units, 2019 #1 Volume & Units, 2021 #1 Volume & Units Based on MLS and Non-MLS 2008-2021 Operated by a subsidiary of NRT, LLC



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**GREATER LOWELL TECHNICAL
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HOSTS GOLF TOURNAMENT FUNDRAISER

The Greater Lowell Technical Parent Organization is a group of parent volunteers working alongside teachers and school administrators to enrich the education and extracurricular experiences for the students at Greater Lowell Technical High School in Tyngsboro.

GLTPO ANNUAL GOLF TOURNAMENT FUNDRAISER

Monday, June 27, 2022 ~ Four Oaks Country Club, Dracut, MA
Registration: 12:30 p.m. ~ Shotgun Start: 1:30 p.m. **TICKETS \$150 per golfer - OR - \$600 for a group of four golfers. Price includes golf, cart, and dinner at Four Oaks.**

Various sponsorship opportunities are also available – please visit our website for more details.

Be sure to register early as space is limited. To sign up and obtain more information, visit our website at: www.GLTPO.org.

If you have any questions about the event, you can reach us via email at parentgroup@gltech.org.



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DID YOU KNOW?

By David B Winkowski

This May 8th of last, was the 15 year anniversary of the late John (Jack) P. George's passing. For those of you new to town or if you didn't know him, Jack was a family man and the patriarch of his 3 wonderful kids: Jennifer, Pete Jr and Nicole. Jack and his wife Kathy resided on High Street for over 20 years. I grew up on High St., almost across from the Georges family so I was lucky to know them and proud to call them my friends.

"Jackie" Georges was a 20 year veteran of the Tyngsboro police dept. He honorably served as their k-9 officer and was past President of the International Brotherhood of Police Officers, as well as a Marine Corps veteran. Jack's life was cut short at the age of 48 due to a blood clot which developed as the result of a previous leg injury. That injury was sustained while saving a civilian who had been severely injured in a car accident. This blood clot caused his untimely death. His valiant sacrifice earned him a place on the National Law Enforcement Memorial Wall in Washington D.C. In short, John Peter Georges not only died a hero, he lived like one. Thank you for your honorable service J.P.G...you are missed by many.

Lastly, DID YOU KNOW that upon Jack's passing people like Dunstable resident Mitchell Gruziejcka, owner of Wyndmere Landscaping of historic Lowell, stepped up and did what he could to help out? Mitch was the first person to rush to Jack's parents along with his crew to landscape their yard. He then revamped the 1888 Jonas H. French watering trough just across from the Union school. He did this because Jack's funeral procession would be driving by and he wanted it to look nice. Well, that was 15 years ago and Mitch is still maintaining it. You may see him there in one of his signature green pickup trucks mowing the lawn, planting flowers, blowing out the irrigation he installed or placing American flags on the trough perimeter.

The French triangle isn't the only monument Mitch diligently takes care of. He now manicures the triangle by Simmons' greenhouse as well as the Veterans of Foreign Wars triangle on Thorn-dike and Forest Streets dedicated to Gerald J. Dumont. Gerald was a WWII prisoner of war during the Battle of the Bulge.

While the three town parcels Mitch maintains and beautifies are in different areas of town the one common denominator is that he has never submitted a bill or asked to be paid for his services. Personally, when I drive through the center of town and see that green lawn and vibrant flowers with the American flag proudly displayed I think of Jack Georges. And much of that has to do with the generosity and kindness of Dunstable resident Mitch Gruziejcka. So, thank you Mitchell, you deserve to be recognized.

If you happen to see him at a triangle toiling away, take a second and thank him....I believe he has earned it.



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**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.



FINANCIAL FOCUS

WHAT INVESTORS CAN – AND CAN'T – CONTROL

World events can shake up the financial markets – and your investment statements. During periods of volatility, it's important to focus on the things you can control.

For starters, don't overreact to short-term price drops – hasty decisions are rarely the best ones.

Also, make sure you identify your short- and long-term goals and create an investment strategy to meet them. And commit yourself to investing regularly – in up, down and sideways markets. If you take a "time out" from investing due to market volatility, you could miss out on the next upturn.

Finally, build a portfolio containing a mix of investments that reflects your goals, risk tolerance and time horizon.

The world will always be filled with unpredictable, uncontrollable events, and many of them will affect the financial markets. But within your own investment world, you have a great deal of control – and with it, you have the power to keep moving toward all your important financial objectives.

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

WINDOWS 10 VS. WINDOW 11

By Dean Lotito

I am always being asked if a Windows user should upgrade from Windows 10 to Windows 11. Others receive a message that their computer will not run Windows 11. Both Windows 10 and Windows 11 are fully supported and updated by Microsoft.

Windows 11 requires something called TPM or Trusted Platform Module. This special HW provides added security to your PC. It is not required but will be used more widely in the future. If your PC does not support TPM and cannot upgrade to Windows 11, don't worry. If your computer does support Windows 11, it is up to you if you want to upgrade. Any new PC purchased will come pre-loaded with Windows 11.

TYNGSBOROUGH-DUNSTABLE

Rotary  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

• Rotary Clubs of Tyngsboro/Dunstable, Nashua, Dracut and Lowell **23rd ANNUAL FISHING DAY For individuals with Disabilities of All Ages.** Family Members Welcome. **Sunday, June 12, 10am-2pm (rain or shine) at the Tyngsboro Sportsmen's Club, 90 Westford Road, Tyngsboro, MA 01879 FREE – Join us for a Fun Day and we provide: Hamburgers, Hot Dogs, Fishing Gear, and Bait. Take home fish for Dinner!**

Please register at: tdrotaryfishingday2022.eventbrite.com

More Info: Call Brian Day-Lewis at 978-399-4952

• *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.*

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

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**BONE BUILDERS AT TYNGSBOROUGH
SENIOR CENTER**

Researchers at Tufts University, led by Bess Dawson-Hughes, MD, Director of the Bone Metabolism Laboratory at Tufts' Human Nutrition Research Center on Aging, are engaged in extensive research on acid-based balance in the body and how it impacts bone health.

Along with calcium and vitamin D, Dr. Dawson-Hughes suggests that we consume dairy products including milk, yogurt and cheese and plant sources of calcium such as leafy greens and almonds. Also reduce the intake of grains (particularly refined grains) and increase intake of fruits and vegetables. Then be active. Engage in regular weight-bearing and muscle-strengthening exercise, including walking or jogging, stair climbing, yoga, dancing, and weight training. Stop or do not start using tobacco products.

Bone Builders Class takes place on Mondays and Wednesdays at the **Tyngsboro Senior Center** located at 169 Westford Rd, at 9:00AM. We suggest that you watch a class to see if it is a good fit before you fill out the paperwork. **For further questions please call Instructor, Jean Jacoppi (978-649-9076).**

Evangelical Congregational Church of Tyngsboro

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

www.tyngsborecgregational.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.tyngsborecgregational.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.*

• **Sunday, June 12 - Children's Day Service is at 9a.m.**
FELLOWSHIP TIME after church has resumed. Please join us for this gathering time and enjoy breakfast food goodies!

Both the LADIES' & MEN'S BIBLE STUDIES will finish soon and will resume in the fall.
Executive Boards will not meet during the summer months and will resume in September.

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

• Watch for our upcoming **CUSTOMER APPRECIATION DAY IN JULY.** At this time we are also planning to hold our **Ice Cream Social** sometime in July as, Pending any Covid issues that may arise. *Watch for information posted at the store.*

• **Thrift store WILL BE CLOSED, July 2nd (4th of July weekend) as well as 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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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



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. **Most importantly if you have photos and or names of anyone you would like to Honor... we want to Honor them and fill the Fence of Hope!** You can email photos to Bhopke1840@aol.com or mail them by June 26, to us, Bob & Mae Hopke, 200 Pond Street, Dunstable, MA 01827.

We have a luminary ceremony with luminaries (white paper bags) decorated for individuals affected by cancer, to make sure they know they are loved and for those who lost their battle, that they are not forgotten. We will have luminaries up in our yard that day to show that we will continue our fight to find a cure against this disease as we offer HOPE and support to those we love. Stop by if you want to add a luminary 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. So, if you love to eat baked goods, enjoy crafts, and would like to purchase items or raffle tickets, please join us. If you would like more information about donating items, please contact Mae Hopke at Bhopke1840@aol.com or call 978-649-8639.

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. We would also like to thank Anne Bradley for her help. For 5 years she has sewn the expressions of hope on the faces of hundreds and hundreds, of our little, cuddly animals.

Sincerely, Bob and Mae Hopke

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EARS TO HEAR

By Nathan Combs

Jesus used various parables to teach his disciples and the crowds, but his constant drumbeat was this: "He who has ears to hear, let him hear" (Matthew 11.15, 13.9, 43, etc.). We see this phrase repeated in Revelation 2-3, as Jesus gave messages to seven congregations in the Roman province of Asia. Because of pride, disinterest, preoccupation, or some other reason, we humans can be poor listeners. Jesus not only wants his hearers to understand his words, he also desires action in response.

This phrase "ears to hear" has deep roots in the Old Testament Scriptures. In Moses' last address to the Israelites before he died, he told them that "to this day the Lord has not given you a heart to understand or eyes to see or ears to hear" (Deuteronomy 29.4). God's people saw the ten plagues fall on Egypt, lived in the wilderness for forty years while wearing clothing that never wore out, won dramatic military victories over ferocious foes, and experienced God's provisions in countless other ways. They received the law at Mount Sinai and were listening to Moses expound on its importance. Yet, because they lacked devoted hearts, the words of God did not penetrate them.

During the prophet Jeremiah's time, he said to his fellow Israelites in Jeremiah 25.4 "You have neither listened nor inclined your ears to hear, although the Lord persistently sent to you all his servants the prophets." In fact, Jeremiah said that he himself had repeatedly spoken God's words to them for twenty-three years up to that day, but to no avail. The dire consequences for Judah was destruction by Babylon, followed by seventy years in exile.

At the same time as Jeremiah, far away in Babylon, the prophet Ezekiel was working with the Israelites already in exile. In Ezekiel 12.2, God comments on the spiritual condition of the people: "Son of man, you dwell in the midst of a rebellious house, who have eyes to see, but see not, who have ears to hear, but hear not, for they are a rebellious house." Although their capture and removal from the promised land should have humbled their hearts, the people remained obstinate.

Although God is repeatedly faithful to his promises, his people repeatedly closed their ears. That continued into the days of the first century. The Pharisees looked with horror at what their ancestors did to God's messengers – "If we had lived in the days of our fathers, we would not have taken part with them in shedding the blood of the prophets" (Matthew 23.9). And yet, they went on to murder Jesus, the prophet of prophets.

Are we any better? Do we wag our fingers at the hard-hearted characters of Scripture while failing to change our thinking and behavior? Are we better at expressing our own religious opinions than we are at listening humbly to teaching from the Word? All of us have ears capable of hearing, but are we using them the way God intended?

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DUNSTABLE RURAL LAND TRUST

Invites you to attend
MUSIC & ART AT McLOON BARN
Saturday, June 25th, 2022
from 10am to 2pm

The Land Trust is sponsoring an Art Show and Live Music, at the McLoon Barn, which is located at 370 Thorndike St. near Main St. (Rte 113). This will feature local artists and musicians. It may include paintings, photographs, sculpture and fiber art. We hope you can come by and see what is happening at the Barn.

Also while you are in the area, the **50th Annual Strawberry festival** is taking place the same day. This is just a short distance across the street at the **Tyngsborough Dunstable Historical Society Little Red Schoolhouse**.

Neighbor to Neighbor

64 Hardy St., Dunstable, MA 01827 (978) 419-1914 anne@neighbortoneighbornewsletter.com

If you missed the deadline of June 10th for the July/August issue, please get in touch as soon as possible.



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. The July/August issue covers information for the months of July and August. The next issue will be published in September. If you have events in early September you may want to mention them in this July/August issue. If something comes up after the issue is published, remember announcements can be sent in to be posted on www.neighbortoneighbornewsletter.com

I look forward to hearing from you soon. Thank you, Anne

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The Nissitissit String Quartet is proud to serve Northwest Middlesex County by offering a family concert that will appeal to young and old alike. We will feature movie themes that we all know, timeless standards that are appreciated across the generations, and some upbeat excerpts from classical masterpieces. John Bumstead of Pepperell performs on the cello, Valerie Callahan of Dunstable on the viola, with Lisa Kempksie of Ayer and Peter Stickel of Pepperell on violin. *This program is supported in part by a grant from the Dunstable Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.*



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TYNGSBORO YOUTH FOOTBALL AND CHEERLEADING OPENS REGISTRATION FOR FALL 2022 PROGRAMS FLEX FOOTBALL (GRADES K-3) TACKLE FOOTBALL (GRADES 4-6) CHEERLEADING (AGES 5-14)

Tyngsboro Youth Football and Cheerleading is proud to launch our 18th season providing local area youth with the opportunity to learn football and cheerleading in a safe, fun environment while promoting the values and importance of academic achievement, teamwork, and sportsmanship. We offer all co-ed programs including **FLEX FOOTBALL** (Grades K-3), **TACKLE FOOTBALL** (Grades 4-6) and **CHEERLEADING** (Ages 5-14). We are proudly affiliated with the American Youth Football and Cheerleading (AYF/AYC) program. We provide all of our coaches with comprehensive training to ensure the safest, positive, and fun experience for your child.

ONLINE REGISTRATION FOR OUR 2022 FALL SEASON IS NOW OPEN! We welcome fall football and cheerleading registrations from participants residing in Tyngsboro, Dunstable, Lowell and surrounding communities. **BE SURE TO REGISTER EARLY TO TAKE ADVANTAGE OF THE LOWEST REGISTRATION RATES AND SPECIAL PAYMENT PLAN OPTIONS!**

TO REGISTER FOR OUR FALL SEASON: Visit our website and click on "Registration Info".
QUESTIONS? Email us at: TyngsboroYouthFootballCheer@gmail.com. Follow us on Facebook under "Tyngsboro Youth Football and Cheerleading", or go to our website and click on "About Us" and select "Frequently Asked Questions".

WEBSITE: www.TyngsboroYouthFootball.com or
www.TyngsboroYouthCheer.com

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.

VOLUNTEER WITH THE AMERICAN RED CROSS!

The American Red Cross seeks compassionate individuals to join our Disaster Response Team! Disaster Volunteers respond to home fires and other local emergencies to provide those affected with food, shelter, clothing, and hope. This is an impactful position with a unique opportunity to work on the front lines during a crisis.

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Michele Cruz Michele.Cruz@redcross.org (617)913-6381

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**TYNGSBOROUGH
GARDEN CLUB**

The Club's potluck supper will take place on **Tuesday, June 14 with a rain date of Tuesday, June 21**. We are also finalizing plans for several field trips this summer: Hamilton House and Gardens, an Historic New England property in South Berwick, Maine; Pleasant View Gardens in Loudon and Pembroke, NH, the home of Proven Winners and the Eleanor Cabot Bradley Estate in Canton, Mass. We will meet at the Park and Ride on Rte. 113 and carpool from there.

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 tynggardenclub@yahoo.com Linda Sheldon, President



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**AMERICAN LEGION
AUXILIARY UNIT 247**

90 Pawtucket Blvd. Tyngsborough, MA 01879

Auxiliary Unit 247 Officers for 2019-2021:

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

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

**AMVETS POST #247
ROBERT D. PELLETIER**

90 Pawtucket Blvd. Tyngsborough, MA

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

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

AMERICAN LEGION POST 247 INC.

90 PAWTUCKET BLVD. TYNGSBOROUGH, MA

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

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

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

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



90 Pawtucket Blvd., Tyngsborough, MA 01879

Active duty military and veterans always welcome to join. First Year FREE for new Legion members. For further information call **978-649-7540** or email: legionpost247@gmail.com

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



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5 IDEAS TO IMPROVE YOUR OUTDOOR SPACE

Sponsored By Carrie Cyr

We're finally approaching summer: The days are getting longer, the sun is shining and the weather's getting warmer — it's the perfect opportunity to spend more time outdoors.

Is your backyard or patio ready for heavier use?

If not, there's still time, and you don't need to spend a lot to make it happen. Here are five great ways to upgrade your outdoor area as we close in on the summer months.

- **Update Fences:** Are there broken posts or holes your neighbors can see through? Repair the fence to ensure your privacy before summertime rolls in. You can also give it a new coat of paint or stain to improve your yard's overall aesthetic.
- **Install a Focal Point:** Every outdoor space needs a focal point — something to add visual appeal and interest. Fountains can be a great option, as can blooming gardens, well-lit walking paths or vine-covered pergolas.
- **Include Nature:** Adding potted or planted flowers and bushes are great ways to bring nature into your outdoor area. You can also invite local fauna by installing a birdbath or hummingbird feeder.
- **Create an Outdoor Room:** Outdoor dining rooms, living areas and even full-fledged outdoor kitchens are on-trend. They can extend your usable living space and provide a great area for entertaining.
- **Add a Gathering Point:** Have a place your family and guests can gather. It can be a fire pit surrounded by folding chairs, an outdoor kitchen with a full dining set or a cozy outdoor couch to sit on and mingle. Choose one that fits your aesthetic, budget and entertaining style best.



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Tyngsborough

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



• **Saturday, June 25th ~ 50th Annual Strawberry Festival.**
Berries from Parlee's Farm, homemade biscuits and fresh hand-whipped cream. 50 years of practice make the absolutely best strawberry shortcake around! **Local vendors** will be on the field and **guitar musician and vocalist Kathy Rodger** will add to the summer atmosphere. *Please note there will be no lunch grill this year.* Hope to see you there!

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

DUNSTABLE RURAL LAND TRUST

Invites you to attend
MUSIC & ART AT McLOON BARN
Saturday, June 25th, 2022
from 10am to 2pm

The Land Trust is sponsoring an Art Show and Live Music, at the McLoon Barn, which is located at 370 Thorndike St. near Main St. (Rte 113). *This is across Main St. (Rte 113) from the Little Red Schoolhouse.* The event will feature local artists and musicians. It may include paintings, photographs, sculpture and fiber art. We hope you can come by and see what is happening at the Barn.

BEAVER BROOK NATURE CENTER

117 Ridge Road, Hollis, NH

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

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

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