



# Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

*Celebrating 39 Years of Service!*

**Issue # 419 • October 2022**

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## DUNSTABLE TOWN CLERK

- **Hours:** Mon: 9:00 AM-6:00 PM, Tues: 9:00 AM-1:00 PM and Weds: 9:00 AM-5:00 PM
- **The last day to register to vote** in the State Election is **Saturday, October 29<sup>th</sup>**.
- The upcoming **State Election** is **Tuesday, November 8<sup>th</sup>** at the Dunstable Free Public Library, 588 Main St. The poll is open from **7:00am-8:00pm**.
- *There will be early voting at the Town Hall on **October 29 from 10:00 AM-2:00 PM** and **Tuesday, November 1 from 9:00 AM-2:00 PM**. Town Clerk, Ellen Faiella, can be reached at 978-649-4514 X222 or by email [efaiella@dunstable-ma.gov](mailto:efaiella@dunstable-ma.gov).*



## DUNSTABLE

### 350TH ANNIVERSARY CELEBRATION

Our first event, the Ice Cream Social on Friday, September 2nd at the Little Red School House, was a rousing success. It was so great to see neighbors out and about, in person, enjoying great conversation and delicious Ice Cream generously donated by Wes Goss. If you have access to Facebook, check out pictures from the event. Wouldn't it be great to make this a new annual tradition in town?

#### What's Next? Dunstable 350th Anniversary Celebration

**Gala:** On **Saturday, October 15th** we have an enjoyable evening planned with dinner, dancing, a silent auction, and great conversation with neighbors, right over the border at Sky Meadow Country Club. The deadline for reserving your tickets has been extended to **Saturday, October 8th**. Festivities will begin at **6:00 pm**. Tickets are \$110 each and can be purchased online at <https://www.eventbrite.com/e/dunstable-350th-anniversary-gala-tickets-379987130737>

**Cornhole Tournament:** Join your neighbors for an epic afternoon of Cornhole and fun at the Tyngsboro Sports Center! Bags fly on **Saturday, November 5th** at 4pm this is going to be a fun one! First Prize is \$350.00. Contact Mike Stevens at [mstvens07@live.com](mailto:mstvens07@live.com) to register in advance. Walk-ins also welcome. Registration fee is \$50 payable by cash or through Venmo - Debbie-Courtney-2. All proceeds will go toward financing community events in celebration of Dunstable's 350th Anniversary. If you love cornhole, have custom boards made for your team! Contact Mike Stevens at [mstvens07@live.com](mailto:mstvens07@live.com) now for details.

Follow us on Facebook @Dunstable350th and on Nextdoor.com, and visit [www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com) for the latest news and information. You can contact the Committee via email at [anniversarycommittee@dunstable-ma.gov](mailto:anniversarycommittee@dunstable-ma.gov).

**We will be publishing a calendar of events shortly. Have a suggestion or idea? We would love to hear it - send us an email!**

## IN MEMORY OF

Thomas C. "TC" Jones

## COMMUNITY CARES CORNER

*At West Auto Repair in Dunstable*

Located inside our waiting area at **West Auto Repair, located at 30 Pleasant St. in Dunstable, MA**, we have our community cares corner. Here you can drop off your **pop tabs** from carbonated beverages, pet food cans etc. which are donated to Shriner's Children Hospital. You may also drop off your **donations for the PACH Food Pantry** in Pepperell.

Going into the fall season the volunteers at **PACH** are looking for collections to help fill the holiday baskets that will be distributed over the Thanksgiving holiday. **Specifically, they are looking for donations of stuffing mixes, canned vegetables, canned gravies and bread mixes.** The pantry is always in need of personal hygiene items such as soap, shampoo and conditioner, diapers, feminine supplies, toothbrushes, toothpaste as well as laundry detergents and household cleaning supplies.

We could never do this without all of you, our neighbors, who graciously continue to support these organizations with your donations and for that we say **THANK YOU**. **Donations can be dropped off Monday- Friday 8AM -5PM inside the waiting area at West Auto Repair or should you stop by after hours there is a blue bin located to the left side of the front door where you can drop your donations. Wishing you all a happy, healthy fall season! The West Auto Repair family**



## DUNSTABLE RURAL LAND TRUST FALLFEST 2022

**Saturday, October 22 - from 11am -2pm**

**At McLoon Farm, 370 Thorndike St.**

- Educational presentation by **Wildlife Encounters Ecology Center & Farm School** starting at noon. Come meet the live animals!
- Draft Horse wagon rides, old fashioned apple press demo, apple cider and cookies!

**Sorry, no dogs allowed.**

**For information call Bob at 978-649-7206.**



## Trick or Hours

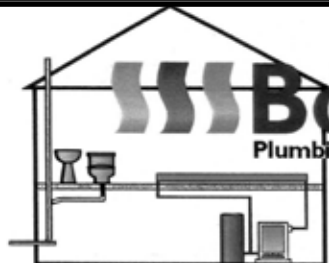
**on Monday, October 31<sup>st</sup>  
will be from 5:00 to 8:00PM**

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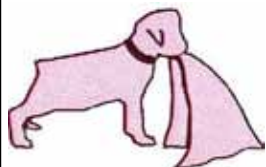


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## DUNSTABLE COUNCIL ON AGING

Elder Director: Anne Fenochetti 978-649-4514 # 223  
[afenochetti@dunstable-ma.gov](mailto:afenochetti@dunstable-ma.gov) Office hours: Tues 8-12, Wed. 9-11

**Dunstable Council on Aging** Barbara Martin, Chairman; Mary Dow, Secretary; Donald Pottle, Joan Simmons, and Jean Haight.

**The Mission of the Dunstable Council on Aging** is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs. Feel free to give us your ideas.

### LUNCHES FOR OCTOBER

**October 5** Pizza, salad and birthday cake & ice cream.

**October 12** Beef Stew, mashed potatoes, corn bread and chocolate pudding. Provided by **AGESPAN**

**October 19** Salad, sandwiches, chips and cookies. Provided by **Jon Crandall**

**October 26** Chicken Parmesan, pasta green beans and sliced peaches. Provided by **AGESPAN**

**Reservations for all meals are required one week prior to each meal.** Come and take part in, cribbage, dominos, and scrabble groups who will be on hand each week.

• **Bone Builders** Lead by Brian O'Donnell and Linda Gill, is held on Wednesdays and Fridays from 10:30 to 11:30 at the Dunstable library. Bone Builders is a FREE, low impact, balance and strength training exercise program. Please drop in if you are interested in joining.

• **High Tech Device Assistance** Could you use some help getting the most out of your I phone, tablet or laptop? Dean Lotito has volunteered, if there is a need, to be at the library on Wednesday, October 12 from 10:30 – 12:00 to help answer your questions. Just come with your phone, tablet or laptop. RSVP if you are interested.

• **Book Group** Join us on **Saturday, October 15** at 10:30 at the Dunstable Library. We will be discussing, **"Beyond the Crushing Waves"** by Lilly Mirren. Summary: Mary Roberts and her sister are abandoned at an orphanage by their mother. They are put on a boat to Australia and sent to a farm school for children where abuse and neglect are rife. Everyone will need to get their own copy. Copies are available to order thru the library system.

• **Well Adult Clinic: There will be no clinic in October.**

• **SENIOR/VETERAN BREAKFAST Thursday, October 20th, 8:30.** Come start your day with a healthy **FREE** breakfast sponsored by the **Tyngsborough-Dunstable Lion's Club**; followed by **Under Hood Inspections** by the students from the Greater Lowell Vocational School, "fluid checks" **FREE**. It's always good to prepare for the winter months.

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

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

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

ARTICLE CONTINUED ON NEXT PAGE

### 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](mailto:anne@neighbortoneighbornewsletter.com)

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



## DUNSTABLE COUNCIL ON AGING CONTINUED

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

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

• **The Centers for Medicare and Medicaid Services at 1-800-633-4227. Open enrollment is October 15 – December 7.** Take this opportunity to review your Medicare insurance plan to insure it is the most cost-effective for you.

• **SHINE ....SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE** A Shine Counselor will be at the Dunstable Library on November 2<sup>nd</sup> from 10 – 1 to assist you. Appointments are necessary. Contact Anne at 978-649-4514 #223

• **Book Delivery** is available through the Dunstable Library. Just let them know if you or someone you know needs books or audio material. Call 978-649-7830 to arrange a delivery

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

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

• **We have applications for RMV handicap placards**

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

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

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

• **Message from the Fire Department** A volunteer from the Dunstable Fire [Dept.is](http://Dept.is) available to check your smoke detectors or help to install new ones. An appointment is required. FREE Night lights are also available to keep you safe as you move around in the dark. **Files of Life** Why everyone should have their own File of Life. Medical emergencies happen any time. When they do there is panic, urgency, and confusion. A File of Life puts needed answers in the hands of EMTs. It allows first responders to immediately begin the best possible treatment. Completed File of Life have a magnetic strip on the back and should be placed on your refrigerator.

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

## PACH PEPPERELL FOOD PANTRY

Is open to Dunstable residents. PACH provides food, paper goods and personal care items. Anyone interested in this service can contact them at 978-925-9770 or [www.pachoutreach.org](http://www.pachoutreach.org) PACH is located at 66 Hollis St., Pepperell. Hours of operation Tues 5-7pm, and Thurs. 2-4 & 5-7pm. **If you would like to donate items for this program, you can drop them off locally, in the Community Cares Corner at West Auto Repair located at 30 Pleasant St. in Dunstable, MA.**



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## **THE MEDICARE ALPHABET**

*By Edward H. Adamsky*

Medicare is government health insurance for people aged 65 and older, and for those with certain illnesses and disabilities. Today, more than 60 million people in the U.S. are covered by Medicare. The system can be confusing though. If you are about to turn 65, you need to know what to do and how to deal with the Alphabet of Medicare.

Part A is hospital insurance. It covers your care in a hospital. You paid for it during your working years, so it won't cost you anything to have it. You must apply and get into the system a few months before you turn age 65.

Part B is "outpatient" medical insurance that covers services of doctors and other medical care outside of a hospital. You have to pay a monthly fee for this insurance. It is set and changes each year, so the cost will depend on when you turn 65. You are required to get and pay for Part B unless you have some other insurance that is comparable and meets the requirements. If you haven't retired yet at 65, you might have work insurance that is comparable. Now don't get confused, we're going to skip Part C.

Part D is prescription drug coverage. Unless you have comparable coverage, you have to buy and pay for this part too. There are many various plans to choose from, so you have to look them up, figure out which meets your needs and budget, and then sign up for it.

Okay, back to Part "C." It isn't really Part C but that is what many folks call it. There are various privately offered insurance plans that are called Medicare Advantage Plans. Those plans combine everything in Part A, B and D, and for one fee give you those benefits and more. But the Advantage programs are like a Health Maintenance Organization, and you are required to use specific providers in order to have your insurance cover it. The prices and extra benefits vary, so you have to look into those plans carefully to see if they meet your needs.

You need to contact Medicare a few months before you turn 65 and enroll in Part A. If you don't have any other coverage you will need to enroll in Part B and Part D too, or choose an Advantage (Part C) plan instead. If you don't enroll in Part B and D and you didn't have any other coverage, there is a penalty if and when you later sign up. The penalty is really bad, so you don't want to be subject to it. Your monthly fee will be higher (10% for each year you waited) for the rest of your life. (1% for Part D).

Also, a good idea, but not required, is a Medicare Supplement ("Medigap") plan. Medicare has significant deficits that will require you to pay quite a lot of money for various services. Most people can avoid that by buying extra private insurance that covers those gaps in Medicare coverage. You will have to find the right plan for you and sign up for it separately from Medicare.

You can look online to figure out the various optional and extra plans you might want, or you can find a professional advisor to help you. There are companies around that help people choose their Medicare plans. Most don't charge you as they get a commission from the insurance company. Those brokers usually know a lot and can be helpful, but you should do some of your own research too to make sure you are really getting what you want.

At this time the Town Hall is closed on Fridays

## **DUNSTABLE TOWN HALL DIRECTORY**

**Town Hall (978) 649-4514. The departmental extensions are as follows:**  
**221 Town Accountant 222 Town Clerk 223 Council on Aging**  
**224 Selectmen** (handles many depts.) Also for **Animal Control Officer.**

After hours call Police at 978-649-8891. If emergency call 911

**226 Building Inspector 227 Road Commission**  
**228 Tax Collector/Treasurer 229 Board of Health**  
**230 Conservation/Planning Board 249 Assessors, Water Dept**

Please dial 0 if you need assistance.

**Veteran's Officer 978-649-3919**

**POLICE NON-EMERGENCY 978-649-7445 POLICE & EMT 911**

**FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911**

Business Line.....978-649-6661 FAX.....978-649-6072

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Mary Beth Pallis - Director – [mpallis@dunstablepl.org](mailto:mpallis@dunstablepl.org)

Karen Debrececi - Children's Librarian [kdebrececi@dunstablepl.org](mailto:kdebrececi@dunstablepl.org)

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

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- **Community Room Artist** Check out the wonderful new artwork done by Alice Snizek. She has a new collection showing in the community room!
- **Display Table** is Ryan Snizek's collection of vintage gas masks. Come check it out!!!
- **Preschool Story Hour** Please come in with your 3, 4 or 5 year old for story hour. Story hour is held on Thursdays and Fridays. We meet from 10:30 – 11:30. The program includes stories, songs and a craft or activity. Come in and join the fun!
- **On Going Book Sale** Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers are \$1.00, Paperbacks are 5 for \$1.00, DVD's are \$2.00 and CD's are \$1.00. If you would like to donate to the ongoing book sale, please bring current books (not older than 2 years) or any children's books in good condition. Please bring your donations inside, instead of leaving them at the door. We cannot accept magazines, older books, or textbooks
- **Homework Club** The library is offering homework help every Tuesday night from 6:00 – 7:00 for the school year. This is a free service for children from Kindergarten to High School. Honor Students from local high schools are available to help the children. These students help children understand their math homework and more. If your child is attending, please call by 5:30 so we can be sure a student will be here for your child.

• **IF YOU ARE A HIGH SCHOOL STUDENT AND WOULD LIKE TO VOLUNTEER TO BE A TUTOR**, please email Karen at [kdebrececi@dunstablepl.org](mailto:kdebrececi@dunstablepl.org) to sign up!. It would only be 4 hours a month at the very most.

• **Halloween craft party: Tuesday, October 11<sup>th</sup> at 4:00pm.**

Sign up at the library to enjoy a fun filled afternoon making Halloween crafts! You can wear your costume if you would like!

• **Adult Bookclub** The book club will take place every 3<sup>rd</sup> Saturday of the month at 10:30am. Contact Sue Tully to find out the book of the month. [SJT0213@verizon.net](mailto:SJT0213@verizon.net).

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

• **Take and Makes for October** Come to the library to pick up materials to make a project at home. Supplies are limited. Oct. 4 – Make several halloween crafts!!!. Most materials will be included! You may have to supply your own scissors or paintbrush.

**Pre-teen and teen take and makes will also be in the lobby!**

## THANK YOU .... THANK YOU .... THANK YOU ....

Another HOT, HOT, HOT night on the Dunstable town common in mid July as our annual **VEHICLE NIGHT** rolled into town for a summer concert. We would like to take this opportunity to first thank ALL OF THE VEHICLE owners who took time out of their schedules to join us on the town common. It wouldn't be VEHICLE NIGHT at the Dunstable summer concerts without your support.

Secondly we would like to thank the local businesses; Dunstable Gas, Farmhouse Café, Rose of Sharon, Shaws and West Auto Repair, Inc. who graciously donated some gift certificates that we were able to award to a few lucky vehicle attendees.

As co-sponsors of VEHICLE NIGHT at the Dunstable Summer Concerts, thank you to you all. We hope you had fun and we look forward to seeing you again on the town common in 2022!! Jen West, West Auto Repair, Inc. and Karen Debrececi, Dunstable Children's Librarian were co-sponsors of Classic Car night and Touch a truck night at the Dunstable Summer Concerts.

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PO Box 245 • Dunstable, MA 01827



## DUNSTABLE GRANGE #31 COMMUNITY CITIZEN AWARD

Peter Myerson, a gentleman who became principal of Swallow Union Elementary school in the year 2000. You have lead our elementary school in our town to consistently perform at a high level with a recent recognition just a few years ago of Swallow Union being placed 16th out of 965 schools in the state as a top performing school. This school that you have led is recognized as a National Blue Ribbon School for outstanding performance and growth on MCAS.

From fellow townsfolk and from what we have witnessed with our own eyes we know instilling positive outcomes and interpersonal relationships for our students and our community is a belief of yours and for years you have championed PAWS where students learn the schools expectations of Peaceful, Aware, Wise and Safe attributes. This behavior program you champion in the hallways, on the buses, in the classroom and in the community.

You have always lead by example and you would never ask your students and your staff to do something that you yourself wouldn't do. You have worked year in and year out with members of our school community to work on school goals and met consistently with these said committee members to work on steps to reach these goals. In addition to the students and staff you also have a strong working relationship w/ the parents and the PTA and believe parents, teachers and students working together on enrichment activities helps to promote happy, healthy curious learners. You have always supported the parents in our community with their fundraising efforts and were always the first to volunteer to sit in the dunk tank at our back to school picnics even on some cold September nights or be completely covered in head to toe with cream pies when the dunk tank was retired.

You believed in showing respect to each and every student, teacher and parent in our community. Somehow (and many of us still ask ourselves how) you know every student and parent by name and have for years greeted students off the bus, assisted at lunchtime and recess and have taken numerous walks throughout the classrooms every day to connect with the community throughout the walls of Swallow Union and in turn the students of Swallow Union learned to show you and other adults in the school respect.

You are a citizen who believes in working hard and playing hard. You have championed your staff to work as a team to get the very best from every student while providing them the tools they need for success not only within these school walls but also outside the walls of Swallow Union as these young students interact within the community. Your hard work ethic has shown not only from a serious side but also from a fun side where you have been known to dress up as Captain Underpants for a special reading day or shooting some hoops with students at recess.

When not dedicating yourself to the community known as Swallow Union in Dunstable we know you love to spend time with your family and friends and enjoy watching some of our hometown New England teams such as the Boston Red Sox and the New England Patriots.

***With all of the above said in recognition of your outstanding service to this community and mankind, your dedication and personal involvement are gratefully and sincerely acknowledged by the members of the Dunstable Grange #31 along with the citizens in this town and we award you, Peter Myerson today with the COMMUNITY CITIZEN AWARD on this 10th day of August, 2022.***





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## LOAVES AND FISHES FOOD PANTRY

We are proud and honored to announce that Loaves & Fishes Food Pantry, Inc. in Devens has been selected to receive the Greater Boston Food Bank 2022 Community Partner of the Year Award! They visited the Pantry to present the award on Friday, September 23rd at 9 AM.

*The following is an excerpt from their letter –*

"Your flexibility during the pandemic to provide a safe drive-through distribution, an innovative intercom system, and flexibility in accommodating dietary needs was a great example to many other agencies. Additionally, your collaboration with six other GBFB partner agencies to maximize the use of your new refrigerated truck has helped to increase the capacity of all these partners to serve those in need. This is another great example of how we can do more by working together. Thank you for all your work to support the mission."

### NEW! FIRST TUESDAY EVENING OF THE MONTH

Drive-Thru Session from 4 PM to 7 PM

### NEW HOURS on Wednesday and Friday\*

Drive-Thru Sessions - 10 AM to 1 PM

**Third Saturday of the Month Drive-Thru Sessions  
remain from 9 AM to 12 PM**

**\*CLOSED the Friday Prior to the 3rd Saturday of Every Month\***  
**DRIVE-THRU PANTRY SCHEDULE**

Schedule Subject to Change

**October 4, 5, 7, 12, 15, 19, 21, 26, 28**

**MORE CHOICES FOR SPECIAL DIETS** We are now offering an enhanced selection of vegetarian, vegan, and gluten free options. We have no income requirements. If you are in need of food, just bring proof of residence in one of the towns we serve.

[www.loavesfishespantry.org/need-services/faq-services/](http://www.loavesfishespantry.org/need-services/faq-services/) or call 978-772-4627. Please follow us on facebook. **Loaves and Fishes Food Pantry is open to Dunstable residents** providing food and support to families in need. Call us at 978-772-4627 ext. 312 or [clientservices@loavesfishespantry.org](mailto:clientservices@loavesfishespantry.org) for more information.

## DUNSTABLE VETERAN SERVICES OFFICE

Flu season is upon us and if you are like me you may not have got your shot yet, additionally you also may want to get a COVID shot, especially for the Omicron virus. If you go to the VA website at [VA.com](http://VA.com) just go to the "VA Locator" and you can choose a nearby VA Facility or one of the 70,000 in-network pharmacy or urgent care locations, nationwide. Simply type in your ZIP code. No-cost flu shots are available at retail pharmacies and urgent care locations from September 1st thru April 30th 2023. So, if you read this you have no excuse to not get vaccinated for you and your love ones. Have a wonderful and healthy year.

I would like to give recognition to those vets I have in the Dunstable database who were born for each month but have since passed away. This month I like to honor the following:

Gerald J. Dumont – 13 Oct 1914 – 24 Aug 1998 – USA – WWII  
Michael Gigliotti – 22 Oct 1917 – 28 Sept 2004 – USA – WWII  
Brice V. Jenkins – 24 Oct 1990 – 12 Sept 2018 – USMC – GWOT (Global War on Terrorism)  
Roland J. Labouef – 18 Oct 1918 – UNK – USN – WWII  
Rosewell T. Wallwork – 31 Oct 1915 – UNK – USA – WWII

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

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

**Dunstable Veteran Services Office**

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

Dunstable Veteran Services Officer

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## DUNSTABLE CULTURAL COUNCIL

The Dunstable Cultural Council is now accepting grant applications for FY2023 as of September 1, 2022.

**October 17<sup>th</sup>, 2022 is the deadline for organizations and individuals to apply for grants.** The Dunstable Cultural Council receives money each year from the Massachusetts Cultural Council (MCC) a state agency. These grants can be used to support a variety of artistic and cultural projects that benefit citizens in Dunstable – including concerts, exhibits, festivals, performances in schools, cultural workshops and lectures.

This year, the Online Grant application process will be available. The new online grant system can be found at [SmartSimple | Mass Cultural Council](https://www.mass-culture.org/dunstable). There is a link to the Mass Cultural Council site where you can find more information about the new online applications <http://www.mass-culture.org/dunstable>. If you have any questions, please contact Leslie Novak, at [novakc@charter.net](mailto:novakc@charter.net)



## GROTON INTERFAITH COUNCIL

Seeks New Members + Upcoming Events

The **Groton Interfaith Council (GIC)** seeks to foster inclusion within our local vibrant communities. Our theme for the coming year, **'Unity in the Face of Division'** will celebrate many of the unique qualities our community offers to its residents. GIC is looking to increase faith representation within our group by including individuals of faiths not currently represented. If you or someone you know might be interested in connecting with our focused and inspiring members we invite you to attend our next joyful public gathering of **Faith, Coffee & Friends** on **Sunday, October 16<sup>th</sup> at 3 pm** at The Groton Center 163 West Main Street. With open and loving hearts we'll share approaches to unity in our daily lives. Refreshments will be offered. **RSVP to [grotoninterfaithcouncil@gmail.com](mailto:grotoninterfaithcouncil@gmail.com)**

For more information about GIC and the next regular monthly meeting, please email [grotoninterfaithcouncil@gmail.com](mailto:grotoninterfaithcouncil@gmail.com).

## DONATE CLOTHING, TEXTILE & SMALL HOUSEHOLD ITEMS

The Town of Dunstable Board of Health and Big Brothers Big Sisters Foundation and CMRK have created a new partnership to allow residents to easily donate their clothing, textile and small household items. CMRK has been collecting these items across Massachusetts for over 35 years.

Donating is easy. **Bins are located on Pleasant Street next to the post office.** Or residents can schedule a free home pick up by calling CMRK (508) 466-4590 or schedule online at [www.BBBSFoundation.org](http://www.BBBSFoundation.org).

The average person gets rid of 85 pounds of clothing a year. 95% of that clothing is able to be reused or recycled. CMRK's new diversion program allows them to give clothing a second life in an easy and convenient way. "Big Brothers Big Sisters Foundation will pick up bagged clothing and textiles but also will accept boxed small household items such as pots, pans, small decor and more! At the new donation bins, you can drop off all bagged clothing, sneakers and textiles. **CMRK also accepts non usable clothing and textiles. Please be sure they are bagged and not wet, moldy or soiled.**

Donating clothing helps the environment, helps save taxpayers money and helps clean out your closets. We look forward to forging a socially conscious and environmentally responsible partnership for years to come.

- **PLEASE DROP OFF BAGGED CLOTHING, SNEAKERS, ETC. AND TEXTILES ONLY.**
- **DO NOT LEAVE LARGE OR SMALL ITEMS OUTSIDE THE BINS. IF YOU NEED A PICKUP, PLEASE CALL (508) 466-4590.**

Read Current and Past, Dunstable & Tyngsborough issues and other articles online at [www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)



# HONORING THOSE WHO SERVE

by Emma Nguyen

TV stations all across the U.S. stopped their regular programming abruptly— sitcoms, cooking shows, and action-packed movies— to break a series of terrible news to Americans across the country. NBC news scrambled to change the subject from an interview on Richard Hack's new book to the devastating sight of airplanes crashing into the World Trade Center towers.

Amidst the destruction, men and women rushed to save all they could. More than 8,600 firefighters ran to the collapsed and smoke-filled building, helping as many people as they could even though they were risking their lives by doing so. Police officers helped to get civilians away from the World Trade Center, and comforted those during the aftermath. Medical professionals helped the wounded, watching as a plethora of patients entered the hospitals in New York City

## ***But why were so many willing to risk their lives?***

Maybe it was adrenaline from the sight of the attacks or the thought that someone they knew was in that building. Or, it was just merely the desire to save lives. Finding the motivation of heroes like this can be answered by Project 351's mission statement— 'Why do you serve?'

I'm Emma Nguyen, Dunstable's Project 351 Ambassador. This organization inspires kids to lead community service projects all across the state. Over the past few months, we've held clothing drives for the non-profit organization, Cradles to Crayons. We've also helped to create hygiene kits for the needy. During September, one of our most meaningful service projects highlights the men and women who've served, fallen heroes, first responders, and our community heroes for a 9/11 National Day of Service and Remembrance.

People of all ages— elderly and gray, young and impressionable— will remember this event forever. Even for those that weren't able to experience the nervousness of trying to call their loved ones, the reminders still live on. While I wasn't born in 2001, just the memories of people alone helped me to realize how significant and impactful this event was for our country. It also helped me to see how important the people who serve their communities are.

As a way to contribute to my 9/11 tribute project, I went into town to highlight the officers and their role in our community. What they do is critical to keeping our community safe, and I wanted to show my gratitude to them. Richard Nault, an officer at the Dunstable Police Station, showed me how much they contributed. Before he was patrolling the town, he was an assistant principal at an alternative school in Lawrence, Massachusetts helping students who wanted to make the most of their lives.

"The kids who I was able to have daily contact with really wanted more for themselves," Officer Nault told me from across the table. "So, whether it was me kind of being hard on them in a particular situation, or showing them that there's a light at the end of the tunnel, I really felt like I made a bit of an impact on them."

But it didn't just make 'a bit of an impact' on the kids he helped each day, it also helped to encourage him to make an important decision. After the events of 9/11, which he distinctly remembers being in the school's office as one of his coworkers watched the second plane crash on television, Officer Nault felt as though he could do more with his life. And while there were many moments that influenced him to become an officer, the kids he helped, helped *him*.

"Even though I was in education at that time, I felt a need and a responsibility to do more. Most Americans were angry, and mad, and passionate about what had just happened, and I think wanting to do more was a common feeling for everyone. In education, there's not a whole lot I can do, protecting our people and our country. But I remember a strong desire like, 'this isn't enough, I got to do more.' And ironically, twenty years later, I became a police officer."

The same goes for Officer Pietroforte, who's been serving in Dunstable since 2014. "Just seeing and hearing the stories of those people— whether they were firemen, policemen, or civilians— impacted my life. Honoring those who've come before me by doing the job to the best of my abilities is important to me."

Before serving as an officer, Officer Pietroforte worked as a construction worker, and in the field of security with no idea of what the future held once out of college. "After high school, I didn't really have a direction. So it was the structure that kind of drew me to being a police officer, where it would give me a purpose. That was kind of big for me— having a purpose in life and being bigger than myself; and that's what sparked my interest," he stated.

But it's one thing for something to spark a person's interest, and another thing to continue working. What often helps people continue is the desire to make a change. Without this feeling, the days might seem longer, every conversation less fruitful, and life less colorful. So what helps these two men to continue to be where they are now?

## ***Why do they serve?***

I asked both Officer Nault and Officer Pietroforte this question in their office, and both came up with the same consensus: They serve to help their community one person at a time.

Officer Nault told me first, "I serve because I consider myself a people-person. And I think with my mindset, keeping people safe, building relationships, having people live a life where they can do so at ease, and not have to worry about simple things is important to me." He went on to explain that it was inevitable that he couldn't stop every crime in Dunstable, but he would try nonetheless. "I do think, as police officers, that if I can do one thing to make one person's day a little bit better than the day before, I think I'm making an impact in the community. I'm not going to be able to touch the lives of over 4,000 people in the community. But if day by day, I can impact someone's life, one person at a time, I think that's a positive thing. And I also like the responsibility of holding people that aren't good people accountable. I believe in people conducting themselves in a certain way, and treating other people kindly. And when I see that individuals are not doing those things, it motivates me to do more."

Officer Pietroforte said something similar when I asked. "I feel like I had a lot to offer somebody on their worst day. I think I find gratitude in knowing that someone is having the worst possible day of their life, and I can hopefully make it better in some way, or at least be empathetic and understanding of how horrible a situation can play out. And I want somebody who had a traumatic incident to think back and say, 'That police officer, he helped me through that.' That's what I enjoy most about serving."

If serving in your community is something that you'd like to do, Officer Nault has a few words for you.

"If you are a person that wants to make a difference, and wants to make a positive impact on the lives of other people, I think this is a great way to do it. So my message to young people is that there is a strong need for young people who want to make an impact in their community. And while, right now at this point in time, it's not a popular thing to be a police officer, I believe that time will change in the years to come. And I encourage any young person who wants to protect and serve others to be strong enough, and brave enough, immensely tough enough to make that process happen."

## ***Thank you to Officer Nault and Officer Pietroforte, as well as everyone else who helped me along the way.***

*"We are grateful for your leadership, inspired by your devotion, and proud of your resolve to unite, act, lead. Through your service, you bring hope, healing, and assurance that we will "never forget" 9.11.*

*You are testimony that love and the spirit of community endures."*

*-Carolyn Casey, Founder and Executive Director of Project 351*



**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***

## COMMISSIONERS OF TRUST FUNDS

### For Those In Need

**Are you a Dunstable resident who is experiencing financial hardship?** We may be able to help. A century ago, various residents of Dunstable willed funds to the town to help those in need. Dunstable's Commissioners of Trust Funds are responsible for disbursing funds from the interest on these accounts each year. If you, or someone you know, is a resident of Dunstable and could use some one-time help with medical, pharmacy, grocery, or fuel bills, let us know. Requests can be submitted by emailing the Commissioners of Trust Funds [www.dunstable-ma.gov/user/53/contact](http://www.dunstable-ma.gov/user/53/contact). All inquiries are confidential.

## CHARITY NAVIGATOR

There aren't many days that go by that we are not contacted to make a donation to different organizations. Want to make sure they are legitimate and the donated monies are well used? You can now look up these charities at [www.charitynavigator.org](http://www.charitynavigator.org)

## NOTICE FROM THE MASSDEP

[The Massachusetts Department of Environmental Protection](http://www.mass.gov/dep) (Mass-DEP) 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.**

If you have **old mattresses and boxsprings** in your attic or basement, dispose of them as soon as possible. **They will be banned from disposal effective on November 1, 2022.** If you are buying a new mattress, ask the company to haul away your old mattress. Check with the Town Board of Health to see how they recommend you dispose of your mattress and boxspring if you use the town service. If you subscribe to a different Trash Hauler please give them a call, or check their website to see what the fee is and to schedule a pick up.

## TRASH & RECYCLING YEARLY SUBSCRIPTION RENEWAL NOTICE

The yearly subscription with the Town of Dunstable for trash and recycling pickup began on July 1, 2022. Once again for the 5<sup>th</sup> year, we will not be raising the fee; it remains at \$300.00/year.

Three renewal options are available. New subscribers can use the same options.

- Pay on line on the town webpage [www.dunstable-ma.gov](http://www.dunstable-ma.gov) and choose online payments. Scroll half way down the page to Trash-Board of Health.

- Mail a \$300.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827. **You may want to call or email for the amount due, as they deduct \$ for each month gone by.**

- Drop off a check or cash to the Town Hall Monday-Thursday 9:00-4:00 p.m. Please write Joan – Trash Payment on your envelope.

Overflow bags can also be purchased on line or at the town hall. The cost is \$3.00 each, sold in rolls of 5 for \$15.00. Although there is not a specific spot to purchase the bags on line, just fill in the amount on the trash & recycling renewal page and we will recognize the amount is for the purchase of bags. Bags may be picked up at the town hall Monday-Thursday 9:00 a.m.-4:00 p.m. Bring a copy of your receipt if you paid on line.

If you need to reach us for any reason, please email me at [jferrari@dunstable-ma.gov](mailto:jferrari@dunstable-ma.gov) or [health@dunstable-ma.gov](mailto:health@dunstable-ma.gov). You may also leave a message at 978-649-4514, Ext. 229.

**Do you have some news or want info about advertising in the November issue? Deadline is October 10th.**

**If you missed the deadline contact me ASAP.**

**Questions, call 978-419-1914**

**or email: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)**



### Matt's Monthly Mechanical Memo

By Matt Manning

Can a heat pump system perform reliably at sub-freezing temperatures? Yes! Contrary to myth, cold climate heat pump HVAC systems are efficient, cost effective, environmentally sound AND practical in climates like ours.

Using the same process as air conditioners in cooling mode, the systems use outside air to heat a compressed refrigerant in heating mode. Below a certain temperature, systems become less efficient. That doesn't mean that heat pumps are unsuitable for below freezing temperatures.

Cold climate heat pumps have innovative features allowing them to provide dependable heat down to -20°F, with many models seeing 100% efficiency in sub-freezing temperatures.

As they consume less power in moderate weather, yearly operating costs are much lower than combustion furnaces and boilers, which can amount to enormous savings over time.

*Matt*

**Got a question? Drop me a note!**

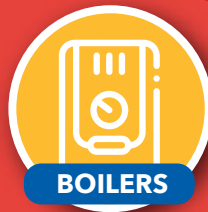
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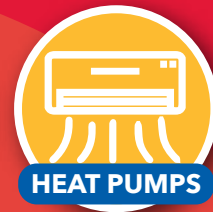
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### FRIENDS OF THE TYNGSBORO ELDERLY, INC.

Originally called Friends of the COA, established in 1984, The Friends of the Tyngsboro Elderly, Inc. supports the activities, and needs of the elderly at the center. Recently, seniors enjoyed a Dinner Show called Fall Festival with Raffle Baskets, 50/50, and Door Prizes. A buffet dinner was served catered by Bianco's followed by Patrick Tobin, entertainer and crooner. A great time was had by all. Tickets to this event were complimentary.

**To join the Friends of the Tyngsboro Elderly, Inc.** Please fill out a form at Greeter Desk at the Tyngsboro Senior Center, 169 Westford Rd, Tyngsboro and place in our mailbox in the coatroom at the center. Or, contact **Elaine Rivard, Clerk, at (978) 649-7689** to have an application sent to you. All are welcome to join in the fun!

### STITCHERS

#### AT TYNGSBORO SENIOR CENTER

**All are welcome to stitch:** crochet, knit, quilt, or loom. We meet at the Tyngsboro Senior Center, located at **169 Westford Rd, Tyngsboro** every Monday from 10:00 to 11:30 AM. We have projects, patterns, needles, looms, and all kinds of yarn. Don't have time to stay? Just get your supplies for the project and stitch at your home. Don't know how to stitch? Our Senior volunteers will teach you.

This week we give a SHOUT OUT to Shirley Burchfield for making Fidget Muffs for those with Memory Loss and sent to Apple Valley Assisted Living. And to Elaine Rivard for donating 80 hats to the agency called Able to Serve for the homeless and needy.

If you wish to help out in any way, please call **Coordinator, Jean Jacoppi (978) 649-9076**.

### WHAT DOES (AND DOESN'T) COME WITH A HOME

*Sponsored by Carrie Cyr*

When you tour a house for sale, it's often staged, complete with appliances, window dressings, furniture and decor.

These items can certainly make a place look appealing, but the reality is that most of them won't come with the house if you decide to buy.

So, what exactly do you get when you purchase a house from its previous owners? Do you know which items stay and which ones go? Here's what you should know:

**Only "attached" fixtures tend to come with the house.** This means ceiling fans, security systems, built-in appliances, window screens, storm doors, blinds and similar items should remain part of the home. Removable items — like curtains or furniture, for example — aren't attached and probably wouldn't be included.

**Outdoor items that are fixed to the property are included.** The mailbox, a built-in fire pit, plants, shrubbery and an in-ground pool would all be examples of items that stay. Portable things, though — like a hot tub or unattached grill — typically would not come with the house.

**Almost everything is up for negotiation.** If there's a certain item you saw and loved in the home, we can discuss it to negotiate with the seller and their agent. Depending on how in-demand the property is (and how special the item is), the seller may ask for more money — but, in some cases, they may be willing to throw it in for free.

Sometimes, sellers will specifically call out items they don't want included in the sale — even some attached items. We'll talk about negotiating and comparing these elements of an offer as we go.



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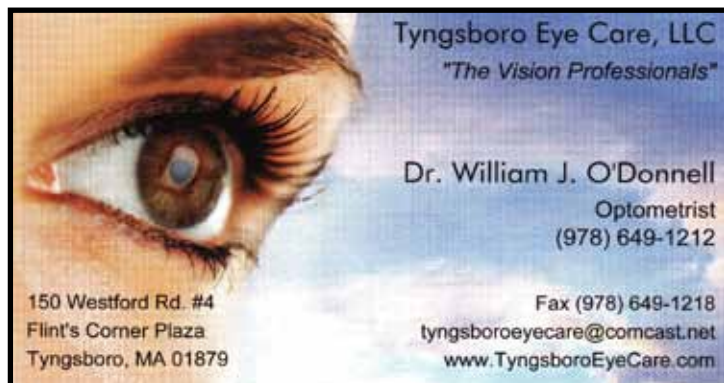
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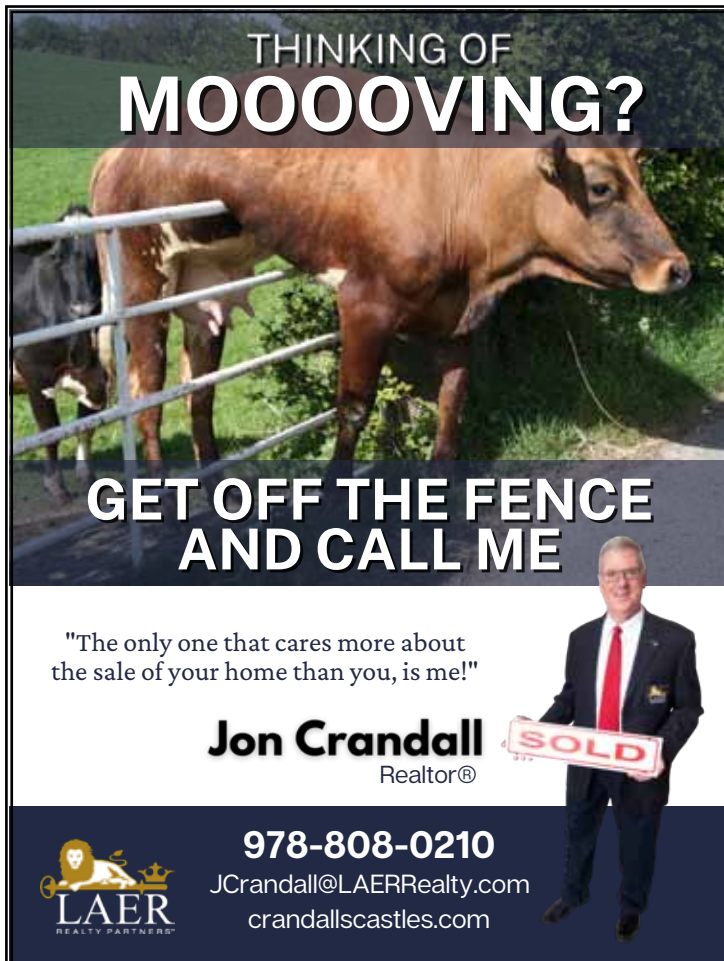


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## DUNSTABLE TYNGSBOROUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to serving communities locally and globally giving hope and impacting lives through humanitarian service projects and raising donations to support areas of need. 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; 1<sup>st</sup> Vice President/Treasurer: Kristine DeMonico; 2<sup>nd</sup> Vice President/Secretary: Meg DeMonico; Membership Chair: Joe Ward; LCIF Chair: Mark Alexander; Media/Marketing: Charline Vigna; Tail Twister- Jorg Skowranek; Lion Tamer- Richard Lowe

**Anyone interested in joining the lions** is asked to contact Joe Ward 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. Our Facebook Page is <https://www.facebook.com/DunstableTyngsboroLionsClub>

If you would like to make a donation, please send to: Dunstable Tyngsboro Lions Club P.O. Box 93 Tyngsboro MA 01879

### Projects:

Dracut Old Home Day- Saturday September 10<sup>th</sup>, 2022  
GrotonFest- Saturday September 24<sup>th</sup>, 2022

**Upcoming Projects: Free Senior/veteran breakfast October 20, 2022 at the Tyngsborough Senior Center.**  
**Merrimack Food Bank- October 22<sup>nd</sup>, 2022**

**Projects the club has completed over the past year**

Annual Thanksgiving baskets, Diabetic Rescue kits for the town schools, Free annual Easter Breakfast with the Easter Bunny  
Free senior/community Pancake Breakfasts, Eye glass collections and screenings, Sock and Clothing drives for Veterans and Homeless, Earth Day Clean up

### 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 be located at: Tyngsboro Post Office- 353 Middlesex Rd Tyngsboro MA 01879; American Legion Post 247 -90 Pawtucket Blvd., Tyngsboro MA 01879; Tyngsboro Council of Aging Center - 180 Lakeview Ave Tyngsboro MA 01879; Dunstable Town Hall - 511 Main St Dunstable MA 01827; Dunstable Post Office- 170 Pleasant St Dunstable MA 01827; Dunstable Library-588 Main St Dunstable MA 01827

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

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## TYNGSBOROUGH GARDEN CLUB



### TYNGSBOROUGH GARDEN CLUB

We started our 2022-2023 Membership Year at the September meeting with a presentation by photographer Nick DiPasquale, who gave us tips on how to unlock the potential of our smartphones to take really good pictures outdoors. We could only scratch the surface in the time allotted, but some of us are looking forward to learning more this winter when Nick offers his free classes at the Tyngsborough Public Library.

**On Wednesday, October 12, at 6:00 pm, at the Town Hall Community Room, the Library and the Garden Club are jointly sponsoring a program of storytelling, music, and song called *Fantastical Folktales of Flowers*.** Presented by storyteller, singer and actor, Diane Edgecomb and her long-time collaborator, Celtic harpist and singer Margot Chamberlain, the program will appeal to children 11+ and adults. Winner of the Oracle Award for Story Telling Excellence and described by Publisher's Weekly as "...a virtuoso of the spoken word...an entire cast rolled into one!", this program was created to enchant. We are excited about co-sponsoring this free program for the community. Visit her web site at <https://livingmyth.com/> to learn more about this extraordinary performer.

*Fantastical Folktales* kicks off a busy fall and holiday season. We plan to participate in the Festival of Trees again and members have been challenged to come up with a theme.

At our November meeting, we will be creating a seasonal "painting" and our annual Green's Night takes place at the end of the month to prepare decorations to be placed around town. We cap off the year with our holiday potluck featuring appetizers and dessert (how can you go wrong?) in early December.

New Garden Club members are always welcome and the public is invited to attend individual programs for a nominal fee of \$5. Note that the October program is free. Unless otherwise noted, meetings take place at the Evangelical Congregational Church at 23 Kendall Rd. and begin at 7 pm. Club dues are \$20. For more information, please contact us at [tyngsgardenclub@gmail.com](mailto:tyngsgardenclub@gmail.com) Linda Sheldon, President

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St. Margaret: Tues. 4:30-5:30pm & Sat. 1-2 pm  
St. Mary: Wed. 4:30-5:30pm & Sat. 11am -12 noon

#### • WEEKEND MASS SCHEDULE

St. Mary: 4pm on Saturday, 7am and 11am on Sunday  
St. John: 4pm on Saturday, 9:30am and 6pm on Sunday  
Also 12pm African Liturgy (2nd, 3rd and 4th Sundays)  
St. Margaret of Scotland: 4pm on Saturday and 7:30 and 10am on Sunday

• **DAILY MASS SCHEDULE** Monday thru Friday  
St. Mary at 7am • St. Margaret of Scotland 8am • St. John at 9am

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## DUNSTABLE ANIMAL CLINIC IS HAPPY TO ANNOUNCE THAT WE ARE OFFICIALLY UNDER NEW OWNERSHIP.

As many of you know the clinic came up for sale five months ago. And after a few stressful months we can finally tell everyone we have been bought by one of our own. Leah Jennison (one of the technicians), her husband and her sister and brother-in-law are the proud new owners of our wonderful clinic.

And while there will be some improvements, **there will be NO staff changes.** Leah and her family have been working like crazy to change everything over and so far the transition has been going well. Because we have been a working animal clinic, most things continue as usual. However, with any change there are bound to be some growing pains. Your patience is greatly appreciated during this transitional time.

If you have an existing appointment you should be all set. Our working hours and phone numbers (978) 649-6513 and (978) 649-0222 remain the same. We have opened the door, no more COVID restrictions. We do continue to offer curbside service if you would prefer it. We are all happy to continue to care for our remarkable clients and are excited to see what the future holds.

**Follow us on facebook**



### DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

[www.dunstablechurch.org](http://www.dunstablechurch.org)

978-649-6251

**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 view current or past services via our Facebook stream. While wishing him well, we sadly said goodbye to Pastor Bobby Ross and his family on October 2<sup>nd</sup> and will welcome a guest speaker beginning October 9<sup>th</sup>.
- **Adult Study:** Is prayer a wasteful delusion or is it a live-giving necessity? Ever wonder if God listens when you pray? Ever worry that you might not hear when God answers?
- **Dunstable Church is offering an Adult Class on Prayer,** using Jennifer Kennedy Dean's workbook "Live a Praying Life." **Classes began September 25, 9:00 AM** at Dunstable Church and you are all invited to experience the challenges and blessings with us. **No class on the second Sunday of each month. You may join anytime.** If you would like more information or you're interested but would rather meet on Zoom during the week, please email Kathy Mackel ([mackelkathy@aol.com](mailto:mackelkathy@aol.com)).
- Think leaves blazing with cold, crisp skies that make you soar, wood-smoke and pumpkin spice filling the air— this means the season of kids, costumes and candy is near! **On Saturday, October 29, from 4-6PM, Dunstable Church will host its annual Trunk-n-Treat,** inviting all ages to celebrate the season. We'll have goodie-filled trunks for treating, as well as games and crafts and lots of time to just enjoy each other and sample some sweets. We're hoping to extend the goodness of Trunk-n-Treat with a **"Food-raiser" for PACH,** inviting the community to bring canned or boxed food to help those in need prepare for Thanksgiving. **WE WOULD LOVE TO HAVE COMMUNITY HELP IN ORGANIZING THIS EVENT!** If you'd like to join the Trunk-n-Treat team, please email Kathy Mackel ([mackelkathy@aol.com](mailto:mackelkathy@aol.com)) or Christine Oberhelman ([csmileymcpherson@yahoo.com](mailto:csmileymcpherson@yahoo.com)) or call the church at 978-649-6251.
- **If you have a key for the church that you no longer need,** please return it along with your info (Email Address) to Gale Robinson or the church office. Thank you.

**IF YOU ARE OUT OF THE HABIT OF ATTENDING CHURCH, COME BACK. PEOPLE NEED YOU. YOU NEED PEOPLE**

*Come visit your community church.*

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



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Plans have not been finalized as of yet for Veteran's Day. Please call the post later in the month for more information. 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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90 Pawtucket Blvd. Tyngsborough, MA 01879

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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.

For further information, go to our Website:

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## THE BEEHIVE – A COWORKING COMMUNITY

I was in corporate America for about 18 years before starting my first business. That was 20+ years ago and while I don't want to go back to corporate, there's definitely an upside to office environments: the energy, the water cooler conversations, the camaraderie, and the collaborations.

When I've visited other coworking spaces, I see everyone with their heads down, working quietly or whispering. It didn't feel like much of an improvement over working at home.

That is why I created the Beehive Coworking Community. Yes, we have places to work quietly. Yes, there's great coffee, fast internet, high-speed printer, and office supplies. But there are also opportunities to connect with other Beehive members. If you're wrestling with a challenge, grab a conference room and hash it out. Host an event in the café or training room. Meet people and network at after-hours community-building events. We're even offering the hotseat areas free to local residents for after-hours events in 2022.

I've loved getting to know people by volunteering and being out and about in town. Everyone is so friendly! I'll have my real estate office there and I'm looking forward to welcoming others into the space and catching the buzz. *Christine McCarron*

## FINANCIAL FOCUS

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." But as you chart your financial course, what steps should you take?

First, identify your goals and try to establish a price tag for them. You can, and should, continue to revise your estimates over time.

Next, create an investment and savings strategy that can help you reach your goals. Since one of your main goals will likely be a comfortable retirement, you'll probably want to contribute regularly to an IRA and your 401(k).

Another suggestion: Control your debts. The less you owe, the more you can save and invest.

It's also important to build an emergency fund to cover unexpected costs, such as a major home repair. Without such a fund, you may be forced to dip into long-term investments. And revisit your financial strategy regularly to ensure it's still aligned with changing circumstances in your life.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the right steps at the right times, you can greatly improve your chances.

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



## THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

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

**Registration is not required.**

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## BONE BUILDERS AT TYNGSBORO SENIOR CENTER

Bone Builders at Tyngsboro Senior Center, 169 Westford Rd, Tyngsboro on Mondays and Wednesdays from 9 AM to 10AM, is a program of exercises, especially designed by doctors at Tufts University School of Medicine to help those afflicted with Osteoporosis. For more information, please call Jean Jacoppi, Coordinator, (978) 649-9076 for more details. You are welcome to come in and watch a class before filling out the paper work. Exercises are not aerobic but slow and gentle movements. **For further information, please call Jean Jacoppi (978) 649-9076.**

## MEDICARE PLAN REVIEW COMING UP!

It's that time of year again - the **Medicare Open Enrollment period: October 15- December 7.**

Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for **YOU**.

Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays. A certified SHINE counselor can assist you with understanding the various plan options for 2023.

SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options.

By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs!

Be an educated consumer and make an appointment to review your Medicare plan with a SHINE counselor by calling the Council on Aging, or call 978-946-1374 and request a Plan Finder form to be sent to you by mail.

**SHINE (Serving the Health Insurance Needs of Everyone)**

## 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

• **ANNUAL BEANPOT ANTIQUE VEHICLE MEET AND TOUR**  
**Saturday, October 15, 9 am – 1 pm at the Little Red Schoolhouse** (rain date Sunday, October 16)  
Admission \$15 per vehicle participating. **Free spectator parking.** Coffee and donuts, grilled hot dogs, homemade chili and baked beans will be available with proceeds to benefit TDHS. Scenic tour leaving the schoolhouse at 10:30 am. Little Red Airplane award. [BeanPotAACA.org](http://BeanPotAACA.org) for latest information.

• **Lyndon Johnson, Clara Barton, Henry Ford, Lyndon Johnson, the Only Round Schoolhouse in America!**  
**Saturday, November 5, 2 – 4 pm at the Little Red Schoolhouse**  
A number of our restored American schoolhouse museums gain notoriety when attached to a famous person, historical event, or important milestone! Hear their stories and learn why preservation is vital to our history. Tyngsborough-Dunstable has much to be proud of in saving the Sarah Tyng Winslow School. **This presentation by Susan Fineman** is a visual delight if you love schoolhouses. (Video slide show) *Susan is a retired history teacher from the Lowell, MA public schools, teaching for 31 years. She has served as a living history "schoolmarm" in the 1841 District #1 Schoolhouse in Nashua, NH since 2005 and serves as a Director for the Country School Association of America.* ([countryschoolassociation.org](http://countryschoolassociation.org))

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



## Evangelical Congregational Church of Tyngsboro

Est. 1868

Route 113, 23 Kendall Rd. Tyngsboro, MA 01879



Mail Address: P.O. Box 70, Tyngsboro, MA 01879

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

[www.tyngsborocongregational.org](http://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.

**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.*

• **LADIES BIBLE STUDY** - Tuesday mornings 9:30 am to 11:30 am. This Bible Study began on September 20th. This study is a little different from previous studies. It is a Cynthia Heald study: BECOMING A WOMAN WHOSE GOD IS ENOUGH. This study will probably continue into November. Please consider joining us.

• **MEN'S BIBLE STUDY** - CORRECTION: **This study will be held on TUESDAYS.** Study will begin on OCTOBER 4<sup>th</sup>, 6:30 pm to 8:00 pm. We will be studying the BOOK OF REVELATIONS. Due to the interest and length of Revelations this study should carry on for approximately 6 months or longer...probably to the end of May. **However, we will preface Revelations by reading John I, II and III. Please join us!!!**

• **SUNDAY SCHOOL** - Our RALLY DAY took place on September 11th. We were pleased to see so many families bring their children to join our Sunday School program. Please feel free to invite a friend to bring with you! You can still enroll your child in this awesome program so please come join us!!

• **CHILD CARE** is available each and every Sunday morning for your younger children so plan to come and enjoy our church services.

#### • ALL EXECUTIVE BOARDS HAVE RESUMED MEETING

**BEFORE THE SERVICE WE SPEAK TO GOD**

**DURING THE SERVICE GOD SPEAKS TO US**

**AFTER THE SERVICE WE SPEAK TO OTHERS**

#### MARK YOUR CALENDARS!! ANNUAL CHRISTMAS CRAFT FAIR - DECEMBER 3rd - 9:00 am to 5:00 pm

Come shop at our newly renovated Thrift Store and do some Christmas shopping. We always have amazing items for sale and "NOBODY" beats our prices! **Then walk across our parking lot to our church** to take part in our Annual Cookie Walk to purchase a variety of our home-made cookies and baked goods; check out our vendors and get some great food (breakfast, lunch & dinner) selections from JT603 Catering and BBQ. They will feature our Church McMuffins along with amazing hot and delicious food options throughout the day. Go inside to eat and get warm! JT603 CATERING is also available for your catering events. Visit their Website [JT603CATERING@GMAIL.COM](mailto:JT603CATERING@GMAIL.COM). Then stroll down to the Annual Festival of Lights in the center of town and enjoy all the festivities that will be happening!

### THRIFT STORE

**GREAT PRICES! AMAZING SELECTIONS/ITEMS!**

**HOURS: 10:00am to 3:00pm**

**OPEN THURSDAYS and SATURDAYS**

You can remain updated by visiting our website [www.tyngsborocongregational.org](http://www.tyngsborocongregational.org) or please check our Facebook page for unexpected closure dates. **Open Columbus 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 978-649-7803** 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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### 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.

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



## DUNSTABLE'S 2022 JOURNEY AND JINGLEFEST

**Save the date!** The annual 'Journey to Bethlehem' will be at Dunstable's town common on **Saturday, December 3rd**, from 5-7PM. (bad weather date, Sunday December 4th) Enjoy the Christmas carol presentations, view the barnyard animals and warm yourselves by the fires as you journey to see the baby Christ.

And, we are also introducing 'Jinglefest' this year, with lots of fun holiday events and activities for the whole family, starting at 2:30! Events will include a fruitcake fling contest, Chili cookoff, caroling, refreshments and a special visit with Santa (parents, a great time for you to take pictures!). Santa's elves will have a kids craft time, too. 'A Christmas Carol: The (One-Man) Radio Show' will be presented by the Dunstable Theater Collaborative. We'll also have an expanded craft fair for your holiday shopping. Stay tuned for more details.

A great way to see your neighbors, have some fun and get ready for the holidays!

See the day's schedule, sign up for contests or to volunteer and find out more about all the exciting events by visiting our Facebook page or Instagram account, both under the handle @JourneyJinglefest.

## 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.**



## ZERO WASTE DAY COMMUNITY EVENT

**Saturday, November 5, 2022 9am to noon**  
**Tyngsboro Elementary School Parking Lot,**  
**205 Westford Rd., Tyngsboro**

An opportunity for residents to keep usable materials out of the waste stream. By partnering with local reuse organizations, durable goods can be used again and again.

**Residents from any community are welcome!**

Electronics & Small Appliances Sponsored by Scout Troop 46 Donation requested, up to \$15 each. Clothing, Textiles, Books & More Free. Items reused or recycled by CMRK. Gently used Furniture & Household Goods Free, Collection to benefit Household Goods, Inc., Bikes & Bike Parts Free Collection to benefit The Bike Connector, Scrap Metal Free Provided by Junk King. Other Items: Eye glasses, Skis/snowboards, Golf Clubs, License Plates, Wooden Bats. Small Engines Free, Provided by a local resident.

Please go to [www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com) to see the Zero Waste Day Community Event flyer. This will give you details about what is actually accepted at this event. This is a great opportunity to recycle or dispose of goods easily. The Town of Tyngsborough has graciously opened this to other communities.

## KITTY ANGELS

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

Kitty Angels is an all-volunteer organization. **We have no paid staff - every cent of every donation goes to caring for needy cats!** Please consider making a tax-deductible donation. You can do so by clicking on the "DONATE" button on our Facebook page; mailing a check to Kitty Angels, P.O. Box 638 Tyngsboro, MA 01879; or using the PayPal link on our website: [www.kittyangels.org](http://www.kittyangels.org) You can donate Gift Cards, Cat Food, Medical Supplies, Cleaning Supplies, Towels. If you have small antiques, collectibles or other items to donate please contact Gail Mosher at [gailmosher@gmail.com](mailto:gailmosher@gmail.com) or leave a message with us. 100% of the proceeds will go to Kitty Angels. For other ways you may help, please visit the How to Help page on our website at [www.kittangels.org/howtohelp.html](http://www.kittangels.org/howtohelp.html) Kitty angels, Inc. is an all-volunteer, 501(c)3 non-profit organization. Your donation is fully tax-deductible.



## THE BRUSH ART GALLERY & STUDIOS 256 MARKET STREET, LOWELL, MA 01852

**Exhibit Title: "For the Love of Art"**

(40<sup>th</sup> Annual Brush Studio Artist Exhibition)

**Through November 6, 2022**

• Artist Talk: **Sunday, October 23, 1-3 PM**

• **Gallery Hours:** Tues-Sat 11am-4 pm, Sun 12 noon - 4 pm  
[www.thebrush.org](http://www.thebrush.org) 978-459-7819

**Studio Artists Present "For the Love of Art" at the Brush**

The Studio Artists at the Brush Art Gallery & Studios are excited to invite you to feel the joy of creativity as they celebrate the 40-year milestone of educating the public about art through their Open Studio setting! This year's Annual Studio Artists' exhibit will include an array of artwork that reflects each of the current Studio Artists' unique love of mediums, techniques, & subject matters. "For the Love of Art" will be on view in the Brush's main Gallery as well as virtually in an online gallery [www.thebrush.org/exhibits](http://www.thebrush.org/exhibits).

Art is an authentic experience, an expression of individuality and a medium of communication to touch the soul. Each Artist finds their inner voice through their expression, and loses themselves in it during the process of creation.

### **Studio Artists. Medium. Hometown**

Donna Berger, Painter/Illustrator/Graphic Designer, Chelmsford  
Penelope Cox, Hand-made Jewelry, Lowell  
Jenny Day, Quilter, Billerica  
Lolita Demers, Ceramics/Mixed-Media, Methuen  
Claire Gagnon, Painter, Dracut  
Chrissy Theo Hungate, Sculpture/Painter, Lowell  
Gwendolyn Lanier, Visual Artist, Lowell  
Paul Richardson, Photographer, Lowell  
Raksha Soni, Painter, Burlington  
Tom Whiting, Digital Painter and Drawer, Lowell  
Will Winslow, Designer/Illustrator, Lowell

For more information about the Brush <http://www.thebrush.org>  
Directions to the Brush <http://www.thebrush.org/contact.htm>

The Brush Art Gallery and Studios is located in the Lowell National Historical Park across the courtyard from the Visitor Center. This dynamic and captivating venue was originally founded by the Lowell Historic Preservation Commission, U.S. Department of the Interior. The Brush presents museum quality exhibitions, educational programs, and has collaborated with many other nonprofit groups. Artists occupy studio spaces to interact with and educate the public on a weekly basis. Currently, eleven studio artists produce paintings, drawings, illustration, photography, jewelry, sculpture, ceramics, quilts, and handwoven items. Associate artists display work in the common area. The Brush Art Gallery and Studios is a nonprofit, 501(c)(3) organization. **The Brush is supported by the Lowell National Historical Park.**