



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 40 Years of Service!

Issue # 427 • July-August 2023

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DUNSTABLE TOWN CLERK

• **Dog Licenses** All dogs, 6 months and older must be licensed.
FEES: Female spayed \$6, Male neutered \$6. Female not spayed \$10 and Male not neutered \$10. Seniors age 70 and older have the fee waived pursuant to a town meeting vote, but the dogs must still be licensed. **Remember:** A copy of a current rabies certificate must be on file with the town Clerk.

• **Town Clerk Office Hours:** Mon: 9:00 AM-5:00 PM, Tues: 9:00 AM-1:00 PM, Weds: 8:00 AM-4:00 PM and Thurs 9:00 AM-1:00PM.

Town Clerk, **Ellen Faiella**, can be reached at 978-649-4514 X222 or by email efaiella@dunstable-ma.gov.
Visit the town website www.dunstable-gov.ma



**2023 DUNSTABLE
SUMMER CONCERTS**
Every Wednesday night
6:30 - 8:30 p.m.
on the Town Common
Main St., across from Town
Hall, Dunstable Center
(Rain date is Thursday)

Food available for purchase from
Dinner Made Simple

- July 5 **Hollis Town Band** - Big Band Americana
July 12 **Bush League** - 60s through Today
July 19 **Dirty Water Brass Band** - New Orleans/Second Line
Brass ***This is Vehicle Night***
July 26 **The Band From U.N.C.L.E.** - 50s-60s Rock & Roll,
Rhythm & Blues

For more information:

www.facebook.com/dunstablesummerconcert

We are looking for volunteers to help set up, pick up ice cream from the different stores, help serve ice cream, oversee activities, clean up after the concert. **Contact dunstablesummerconcerts@gmail.com if you would like to help.**

Congratulations to the 2023 Dunstable

Summer Concerts flyer winners!

In case you didn't attend the first Summer Concert and are wondering who won. Well, there were multiple winners this year. Our young artists are, Cole and Henry Martin, Sadie Devagno, and Claire Keeney. They will all enjoy a free ice cream at each concert this summer.

IN MEMORY OF

Elizabeth "Betty" (Lowe) Day

Marilyn J. (Harper) Stevens

Ruth Olean (Dumm) Ernick

STORMWATER MANAGEMENT – PUBLIC OUTREACH AND EDUCATIONAL RESOURCES

THE IMPACTS OF PET WASTE AND FERTILIZER TO DUNSTABLE'S STORMWATER

The Town of Dunstable provides outreach and educational materials to support municipal compliance with the Town's MS4 Stormwater Permit. The permit and its requirements aim to reduce polluted runoff keeping our Town's waterways clean and healthy.

To learn more about how pet waste and the use of fertilizer can impact stormwater runoff, please review educational materials <https://www.dunstable-ma.gov/stormwater-ms4/pages/fertilizer-and-dog-waste-notice-reminders>.

You are also encouraged to visit the Town's website, <https://www.dunstable-ma.gov/stormwater-ms4> for more stormwater related information and the following webpages with additional materials: www.thinkbluemassachusetts.org <https://www.nmstormwater.org/for-municipalities-stormwater-collaborative...> <https://cfpub.epa.gov/npstbx/index.html>

DUNSTABLE VETERAN NEWS

Have you recently left the service and are looking to start your own business but not sure on how to even get started? There is a Veterans guide on how to start a small business that I think could help you get your dream started. You can get all of the details at <https://digital.com/veterans-business/>. Do me a favor and let me know if it helps you and Good Luck.

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:
John (Jake) B. Brohel – 7 July 1936 – 7 August 2015 – USN - Vietnam

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

As always, if you know of any Veteran or family member of any veteran who might need assistance or just has questions, 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 VSQ@Dunstable-ma.gov God Bless.

Dunstable Veteran Services Office

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

Dunstable Veteran Services Officer

Proudly serving those who have served





Tim's Timely Technical Tips

By Tim Hulings

Before homeowners can access and qualify for Mass Save® rebates or incentives, they must complete a no-cost Home Energy Assessment (HEA) with an authorized home assessment contractor. Valid for two years, HEAs ascertain how properties use their energy and identify the things to improve energy conservation.

Due to high demand, appointments for HEA can be booked months out, so don't delay if considering heating or cooling upgrades.

Once a homeowner has their assessment, they can access program benefits for energy efficiency upgrades including Heat Pump HVAC that qualify for Mass Save rebates (up to \$16,000) and incentives (0% interest HEAT loans up to \$50,000) by using an Heating & Cooling (HVAC) contractor that is a member of the Mass Save Heat Pump Installer Network. To schedule an HEA call 866-527-SAVE. Next, homeowners should book HVAC consultations and quotes.

Until next month, stay comfortable. *Tim*

Got a question? Drop me a note!

tim@denommeplumbing.com



HOW THEY WORK Ductless Mini Split Heat Pump Systems

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- 1 An outdoor unit containing the compressor, pumps heat into or out of the home.
- 2 Refrigerant lines, power and control wires connect the outdoor unit to indoor units.
- 3 Indoor units utilizing fans and coils provide heating and cooling to spaces.



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GET YOUR DUNSTABLE 350TH COMMEMORATIVE ITEMS AT THE SUMMER CONCERTS!



While you're enjoying the free summer concerts on the Town Common every Wednesday night in July, stop by our table. Come check out the selection of great commemorative Dunstable 350th Anniversary Items, including a double-sided commemorative coin featuring our 350th logo and the Town Seal.

Follow us on Facebook @Dunstable350th and on Nextdoor.com, and visit www.neighbortoneighbornewsletter.com for the latest news and information. The concerts are on Wednesdays in July, and begin at 6:30 pm, and rain dates are the following day. We look forward to seeing you this summer!

ART AND MUSIC AT THE BARN

Thank you to all the talented artists and musicians who helped make the 2nd Annual Art and Music at the Barn a success again this year! All the visitors enjoyed your work, especially against the backdrop of the beautiful McLoon barn. The winner of the apple print was Mary Carleton, congratulations!

Also thank you to the volunteers who helped get the barn and exhibit ready for the show! And, of course, thank you to our supporters, the Dunstable Rural Land Trust, Massachusetts Cultural Council and the Dunstable Cultural Council! See you again next year!

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

E-mail: anne@neighbortoneighbornewsletter.com

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

NOTICE OF RENEWAL FOR TRASH & RECYCLING PICKUP

May 1, 2023 Dear Subscriber:

All subscriptions expire on June 30th of each year.

Beginning July 1, 2023, the Board of Health will be increasing the yearly subscription to \$360.00 This is an increase of an additional \$5.00 per month. The additional cost will allow us to continue to bring you the best service available at a still affordable price. This is the first increase since the beginning of our program five years ago.

To renew your subscription please see below:

Beginning May 1, three renewal options are available.

You may pay on line on the town webpage www.dunstable-ma.gov and choose online payments. Scroll down halfway to Trash-Board of Health. New subscribers can use the same options. You may mail a \$360.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827. Please make sure your name, address, phone number and email are included. You may drop off a check or cash at the Town Hall Monday-Thursday (upper level) 9:00-4:00 p.m. Please write Joan – Trash Payment on your envelope. Please make sure your name, address, phone number and email address are included.

Overflow bags can also be purchased online or at the town hall for those times you may have extra trash that will not fit into the trash container. The cost is \$3.00 each, sold in rolls of 5 for \$15.00. 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 online.

If your subscription is not paid by June 27th your last pickup will be on Thursday, June 29, 2023.

If you need to reach us for any reason, please email us at jferrari@dunstable-ma.gov You may also leave a message at 978-649-4514, Ext. 229. Thank you, Joan Ferrari, BOH Admin Asst

PHOTOGRAPHIC SCAVENGER HUNT GREAT SUCCESS!

Participation in the Hunt was high, with some families proving they were indeed inquisitive and determined Super Sleuths. The participant comments reflected exactly what we had hoped to achieve with statements such as, "I have heard about the Horse Hill Quarry for years but until now never really wanted to go find it. It was great!" "Everyone I asked was really helpful and even told me stories about skiing there (Blanchard Hill) at night." "I never knew that Nashua was part of Dunstable and that our name is still on the side of their firetrucks!" "The hardest one to find was the one in the middle of Lake Massapoag."

To all who participated to whatever degree, we hope you had a good time, shared the adventure with your families, and learned a bit more to help make Dunstable your "hometown".

Based upon their success, several families have been granted the right to claim eternal fame for having found all 39 of the targeted locations!

BREAKING NEWS!

By popular demand, the Photographic Scavenger Hunt will continue until July 26th! Each Wednesday evening, you can "check-in" with your camera at the 350th Committee booth on the Town Common during the band concert to receive a Certificate of Participation and a discount ticket for celebration merchandise.

Now there is no excuse for not being adventuresome and to take advantage of Summer evenings to visit those places that make Dunstable unique! **Editors Note: Well I figured I should publish the list again, so everyone can have a chance at getting all 39.**

DUNSTABLE 350TH ANNIVERSARY PHOTO SCAVENGER HUNT



Hints to find some of the locations are included in the list of sites to aid in the discovery process, but your success will depend upon your observational and conversational skills. **Talk** to people! **Photos** must be taken SAFELY from roadside or public access. NO trespassing on private property is allowed. One person should be identified as the "Lead Participant" and must be included in each photo. This event is for rekindling pride in Dunstable and the fun of discovering some of its stories and "landmarks"! The list represents a total of 39 pictures!

SEARCH FOR

- The **Geodesic marker** at the Town Hall. *HINT: Step up but do not enter!*
- **Five Cemeteries:** The Meeting House, Central, Blood, Rideout and Swallow Cemeteries. *Hint: Two are on Route 113, two are on Fletcher St. and the last one not far from the old railroad station and within sight of the site of Ellen Swallow Richard's birthplace!*
- Dunstable once had five single-story **One Room Schoolhouses** before the Union School was built. Find the last two that are still standing! *Hint: One is now a brick garage but not on School St. and the other is now a yellow house at a crossroads between the French Memorial and Blanchard Hill Ski Area*
- **The French Memorial.** *Hint: Four basins but no water*
- **The Sarah R. S. Robey Memorial**
- The date on the sign identifying the **Sarah Tyng Winslow School**
- A picture of the **town seals** of Dunstable, MA and another of the seal of Nashua, NH to see what they have in common. *HINT: Check out the logos on the sides of Nashua Police cars or DPW trucks.*
- The garage of the **Idlewild Inn**
- Your choice of a picture of **Woodward's Mill Pond, Austin's Pond, or Shaw's Pond**
- The view from the top of the **Blanchard Hill Ski Area**
- The walls at **Horse Hill Quarry.** (*Indiana Jones would love it!*)
- **Jack's Bridge:** Who was "Jack"?
- The **Stone Arch Bridge** ... *Hint: A short walk from the low end of a high street*
- The **tallest cow** you can see from the road.
- The **Upper Dam** at Lake Massapoag ... *Hint: It's in Tyngsborough*
- The **Lower Dam** at Lake Massapoag ... *Hint: Park at Larter Field, walk back toward Groton St to the orange and blue diamond markers on a tree ... Follow them to a large opening and at the divide, take the blue diamond trail to the end*
- The **Town Pound** ... *HINT: It has nothing to do with weight.*
- There was a **tavern** in the town and Dunstable's Minutemen not only met here but left from this spot to join the battle at Bunker Hill. ... *HINT: Watch out for construction!*
- A selfie with half of you in Dunstable **MA** and the other half in what **was** Dunstable **NH**
- **The meeting point** of Dunstable, Tyngsboro, and Groton...*Hint: Don't get wet!!*
- Find **three different granite posts** identifying the boundaries between Dunstable and a neighboring town ... They will have a "D" on one side and the first letter of the adjoining town on the other
- A **millstone**
- A picture of **Calmore**
- Two "**outhouses**" *Hint: One is for boys, the other for girls!*
- A barn with **five silos**
- **Street signs** of the four streets named after trees.
- A picture of you in front of the **Dunstable 300th Anniversary quilt.**

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COMMUNITY CARES CORNER

Inside our waiting area at **West Auto Repair**, located at **30 Pleasant St. in Dunstable, MA**, we have our community cares corner. *This is open year round!*

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 of Pepperell**. They are looking for a variety of canned goods, pasta, bread mixes and other non-perishable food items. 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.

Donations can be dropped off inside the waiting area Mon-Fri, 8AM-5PM. After hours there is a blue bin to the left side of the front door where you can drop your donations. We could never do this without you, our neighbors, who graciously continue to support these organizations with your donations. *Thank You!*

FROM THE DUNSTABLE BOARD OF HEALTH SUICIDAL HOT LINE

Did you know that you can call or text **988** to reach the Suicidal Hot Line 24 hours, 7 days a week. This number has been designated as the new three digit dialing code that will route you to the **National Suicide Prevention Life Line**. You may call even if you are not suicidal but experiencing emotional distress or just need to talk with someone. **IT IS CONFIDENTIAL CALL OR TEXT 988**

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

PACH PEPPERELL FOOD PANTRY

PACH provides food, paper goods and personal care items. **Anyone in need of this service, please do not hesitate to call 978-925-9770** or go online to www.pachoutreach.org **This is open to Dunstable residents.** PACH is located at **66 Hollis St., Pepperell**. Hours of operation Tues 5-7pm, and Thurs. 2-4 & 5-7pm.

DUNSTABLE BOARD OF HEALTH RECYCLING NEWS

On November 1, 2022, the Mass. Department of Environmental Protection put a ban on textiles being disposed of in the trash. Textiles are described as clothing, footwear, bedding, towels, curtains, fabric, and similar products.

The Town of Dunstable Board of Health and Big Brothers Big Sisters Foundation and CMRK has created a new partnership to allow residents to easily donate their clothing, textiles and small household items. CMRK has been collecting these items across Massachusetts for over 35 years. Donating is easy. Residents can schedule a free home pick up by calling CMRK 508-466-4590 or schedule online at BBBSFoundation.org.

The average person gets rid of 85 pounds of clothing a year. 95% of that clothing can 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. **Bins are located on Pleasant Street next to the Dunstable post office. Please drop off bagged clothing, sneakers, etc. and textiles only. Do not leave any items, large or small, outside the bins. If you have small items, many items or large items, PLEASE CALL 508-466-4590 to arrange a pick up.**

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www.dunstable-ma.gov click on library

Mary Beth Pallis - Director - mpallis@dunstablepl.org

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

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

Like us on FACEBOOK to receive program updates!
www.facebook.com/pages/Dunstable-Public-Library/

- **Community Room Artist** Check out the wonderful new artwork done by Alice Snizek. She has a fantastic collection showing in the community room!
- **Every Tuesday – Chapter Book** read out loud on dpl-facebook live at 6:00pm with Mrs. D.
- **Teen Take & Makes** will be available several times during the summer in the teen section.
- **Every Thursday and Friday** – Story time at 10:00 AM

DUNSTABLE LIBRARY SUMMER READING PROGRAM

July 11th 4:00pm - Minecraft Virtual program! 1 Minecraft account will be provided on each patron's compatible device to enjoy a rollercoaster activity. See all information at the library! Limit 15 children. Provided by the Lucy Kennedy Fund.

July 13th, 4:00pm - The Most Magnificent Thing! Use recycled materials to create your own magnificent thing.

July 19th, 6:30pm - Vehicle Night at the town Common!

July 20th, 10:00am - Tom Sieling Concert! Enjoy a concert of fun and upbeat songs! Provided by the McKenna Fund.

July 25th, 4:00pm - Create Ice Cream in a Bag and various ice cream related crafts.

July 28th, 10:30am - Mr. Wilson, our library dog will visit!

August 1st, 5:00pm - Fabric Paint Tote Bags and T-Shirts. The bag is provided but bring your own white T-Shirt.

August 8th, 4:00pm - Bug Program! Learn about insects and create bug projects.

August 15th, Last day to turn in your raffle tickets!

August 22nd, 3:00pm - Ice cream Social! Enjoy having ice cream with your friends! Raffle winners will be announced.

August 25th, 10:30am - Mr. Wilson, our library dog will visit!

Sign up for all programs at the library or email kdebreceni@dunstablepl.org **Please Note:** If you are sick and must cancel, call the library at least 1 hour before the program so we can call someone on the wait list. 978-649-7830

Like us on Facebook and learn about Library Programs and other information!

COMMISSIONERS OF TRUST FUNDS

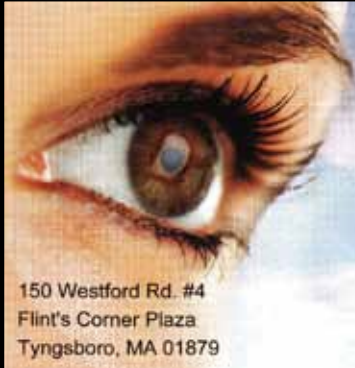
Sarah Parkhurst Lecture/Program Fund

Did you know that the Town of Dunstable has funds that may help defray the cost of a speaker for your group? A century ago, Sarah Parkhurst willed funds to the town for the purpose of maintaining free public lectures/programs in Dunstable. Dunstable's Commissioners of Trust Funds are responsible for disbursing funds from the interest on this account each year. Funds can be used by any recognized non-profit group of Dunstable residents, such as (and not limited to) the schools, Grange, 4-H, Scouts, Dunstable Seniors, library, etc. If your group would like to apply for these funds, please submit your request via an email to the Commissioners of Trust Funds at www.dunstable-ma.gov/user/53/contact

Please include the following information:

- Name of host group • Contact person; email and phone number
- Location of proposed lecture • Date of proposed lecture
- Name of speaker; fee required for the speaker • Topic of lecture
- Approximate number of attendees expected for the lecture
- Target audience • Amount requested

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



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STITCHERS

The Stitchers meet at the Tyngsboro Senior Center, 169 Westford Rd. every Monday from 10:00 AM to 11:30 AM.

Currently we are working on articles to sell at The Friends of the Tyngsboro Elderly, Inc. Fall Festival, to be held the last week of September. You will be able to purchase hats, scarfs, slippers, lap robes, and afghans. The proceeds will be used to purchase new yarn for the group. **For further information, please call Jean Jacoppi 978-649-9076.**



NEW HOURS: FIRST TUESDAY EVENING OF THE MONTH
Drive-Thru Session from 5 PM to 7 PM Wednesday and Friday*
Drive-Thru Sessions - 9 AM to 12 PM
3rd 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
www.loavesfishespantry.org/need-services/faq-services/
or Call 978-772-4627.

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 for more information. **VOLUNTEER WITH US - Loaves & Fishes Needs You!** Enjoy a rewarding volunteer experience. Join the fight against hunger in your community. Meet new people. Easy and flexible scheduling. Visit our Website to learn more.
www.loavesfishespantry.org/volunteer/

Read Current & Past, Dunstable & Tyngsborough issues, other articles & news online at
www.neighbortoneighbornewsletter.com
New issues are posted on the 1st of the month.



46 Coburn Road
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 changes fall has made. **Remember to dress for the weather.** 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.

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

Recently, the Friends of the Tyngsboro Elderly, Inc. served a complimentary lunch to the seniors in the community catered by Bianco's. The luncheon called Bring on Summer, was followed by entertainment by The New England Voices in Harmony, raffle drawings, and a 50/50 winner.

Plans are underway for The Fall Festival, held on the last week of September. There will also be a catered luncheon, entertainment, raffles, and a SALE of knit and crocheted articles by the Stitchers of the Tyngsboro Senior Center.

Tickets for the FALL FESTIVAL will be available at the Tyngsboro Senior Center the week of September 18 from 10:00 AM to Noon each day, or by calling Joe Jacoppi, President (978-649-9076).

You may also become a member or renew your membership to The Friends of the Tyngsboro Elderly, Inc by filling out a form at the Greeters Desk or by calling Elaine Rivard (978-649-7689)



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FAMILY DISPUTES

By Edward H. Adamsky

Avoiding family disputes is a goal expressed by many of my clients. It is a good goal but often difficult to meet. In some families everyone gets along and if there haven't been odd situations, then there should be little dispute after the death of the parents. But other families may be ripe for disputes with disparate treatment of children during life, or ongoing arguments between siblings. You have to prepare for what you think may happen in your family.

If your children do not get along, then you need to prepare carefully. You should make sure your Estate Planning documents are clear and unambiguous. Do not leave any room for confusion. If you wish to account for things like lifetime gifts to children, then you need to spell that out in detail in your Will or Trust. You can say something like "all lifetime gifts will be treated as an advance on an inheritance and be accounted for in the split of assets remaining at my death." Or, you can say that prior gifts are to be ignored and your assets remaining at death are to be split equally among your children. Either way, say it clearly and in writing so your children understand what you want.

No matter what you do, your children may still fight after you are gone. You may want to consider having a neutral person (a lawyer, banker, or some other professional) as your Executor or Trustee. You must prepare that person for any possible dispute and understand that they will charge for their services, which will reduce the amount going to your children. You should also prepare your children as best as possible and let them know your plans and how things are going to be settled when you are gone.

Setting expectations is the best tool. If your children know what to expect, they may not be happy about it, but they won't be surprised when it happens. Some people just don't understand how things work and what they are supposed to get. People often expect an inheritance of a certain amount, and anticipate how they will spend and enjoy it even before it comes. If they don't get what they were expecting, then they will be disappointed and may cause trouble with other family members. It is best to inform your children of how much you have in assets, how you plan to distribute them to the children, and how future events might effect the amount coming to them.

An Elder Law Attorney can help you deal with these issues, now and in the future. Choose an attorney that will be there with you and your family to help them through the disputes with compassion and care. Plan ahead so your financial affairs can be settled as quickly and easily as possible with the least amount of fighting among your family members.

BONE BUILDERS

AT TYNGSBORO SENIOR CENTER

The Bone Builders Class meets every Monday and Wednesday, 9:00 AM at the Tyngsboro Senior Center, 169 Westford Rd. Classes are free with specially designed exercises for those with Osteoporosis. Our model comes from Tufts University Research on Aging. The current topic for discussion is THE REASONS TO LOVE STRENGTH TRAINING and its association with building bones.

Participation of two days a week is necessary to achieve good bone health. You are welcome to come in and observe a class to see if it meets your needs. **For Further questions, please call Jean Jacoppi, Leader (978-649-9076).**

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. All inquiries are confidential.

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A heartfelt thank you to our customers for a very successful spring season. It was great to see you all again and many new faces, as well.

We will be closing after July 4th for the 2023 season, however, we are planning to be open again next spring. Hope to see you all in 2024!

726 Main St. • Dunstable, MA 01827-1214
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DUNSTABLE SENIOR NEWS

Dunstable Council on Aging Barbara Martin chairman; Mary Dow secretary; Donald Pottle, Joan Simmons, and Jean Haight.

Assistant to the Elderly Anne Fenochetti 978-649-4514 # 223
afenochetti@dunstable-ma.gov **Office Hours: Wednesday 8:30 – 1:30 & Thursday 8:00 – 1:00**

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 JULY HELD ON WEDNESDAYS

- **July 5- no meal**
- **July 12-** AgeSpan-Crab Cakes, Rice Pilaf, and fruit salad
- **July 19-** Traveling Chef- Barbeque: chicken breast with mac and cheese, garden salad, brownies and lemonade
- **July 26-** Pizza, tossed salad, ice cream and cake, celebrating July/August Birthdays

Reservations for all meals are required one week prior to each meal with Anne Come and take part in cribbage, dominos, and scrabble groups that are on hand each week.

NO MEALS IN AUGUST

• **Bone Builders** Will meet all summer, led by Brian O'Donnell and Linda Gill, and is held on **Wednesdays from 10:30 to 11:30 and Fridays from 11:00 – 12:00 at the Dunstable library.** Bone Builders is a FREE, low impact, balance and strength training exercise program. Please drop in if you are interested in joining.

• **Book Group** Will resume on **Saturday, September 16th at 10:30** in the library to discuss **Mad Honey** by Jodi Picoult. **Mad Honey** is a riveting novel of suspense, an unforgettable love story, and a moving and powerful exploration of the secrets we keep and the risks we take in order to become ourselves. Copies are available to pick up from the Dunstable library. New members are always welcome.

• **Well Adult Clinic** Mark your calendar for these 2 visits
• **Wednesday, July 22 and again on • Wednesday, August 26 from 11:00 – noon.** Well Adult Clinics are held monthly in each of the towns in the Nashoba Associated Boards of Health (NABH) region. **Well Adult Clinics are an opportunity for adult residents** to have a basic health screening (blood pressure, blood sugar) and talk with their town's public health nurse for health tips and resources to promote their wellness!

Important Numbers at a Glance

Anne Fenochetti COA	978-649-4514 #223
Non emergency Police	978-649-7445
Non emergency Fire Dept.	978-649-6661
Nashoba Nursing	978-425- 6675
PACH	978-925-9770
SHINE	1-800-243-4636
Elder Abuse Hotline	1-800-922-2275

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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
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FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911
 Business Line.....978-649-6661 FAX.....978-649-6072
 Alarm System* **978-448-6666***can be used to call in a fire from cell phone
 Visit www.dunstable-ma.gov for contact info, news & updates

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MEMORIAL DAY 2023 ~ DUNSTABLE, MA
By Dr. Doug Walker –
Dunstable Evangelical Congregational Church

What is the Theme that runs through our country's struggle for Life, Liberty, and the Pursuit of Happiness?
DO YOUR JOB!

Not just for the football team called the Patriots – but for all of us who love our country.

This was the point Thomas Jefferson made in "The Declaration of Independence". The mother country, England, was a fledgling democracy trying to figure out the balance between Parliament and the King that would enable them to govern and care for the people over whom they ruled. Jefferson said they were not doing their job: that we would do a better job of being a democracy on our own. So our ancestors fought and died to establish our inalienable right, granted by our creator, to pursue Life, Liberty and Happiness.

Following our victory, we set up a new system of government, called "The Articles of Confederation." But they did not work very well, so a convention was called in Philadelphia to fix them. The delegates took one look at the Articles and concluded they could not be fixed. So they set about writing our Constitution – which established a beautiful system of governance.

Patrick Henry took one look at the Constitution and concluded the delegates had not done their job. He could not support ratification without some changes. So he wrote a set of 10 amendments – the Bill of Rights – to be attached to the constitution, which was then ratified.

Now, The Bill of Rights protects the rights of the minority against the tyranny of the majority in many aspects of life – including our spiritual lives. It says two important things about the place of the church in the life of our country and our communities.

The Non-establishment clause says no church can be put in charge over people's lives. So we in the church cannot tell other people what to believe, what to think, or how to behave, no matter how much they would like to.

The free exercise clause says the government and the people cannot prevent other people from living out their faith as they see fit. So nobody gets to tell the church what to believe either.

Now god has given the church a duty to perform, saying to us, "Do your job." So according to God, and to our Constitution, what is the place of the church in its community? (You get to vote on this).

- A building in the center of town with a tall steeple where people go to get yelled by the pastor?
- A museum of ancient artifacts and traditions that a few people are struggling to keep from disappearing from the cultural landscape?
- A center of political activity used to get your candidate elected and your agenda adopted?
- A hub of self-righteous morality spewing out hatred upon everyone with whom we disagree, bullying them into complying with our narrow, bigoted views through guilt and intimidation?

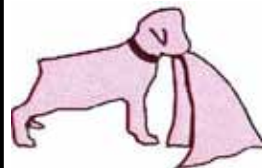
None of those are correct. The job God has given us is threefold. Be His people gathered...

- 1.) To love God. Trust Him. Allow Him to guide us into the truth about life, and the best way to live.
- 2.) To love our neighbors – all of you out there: to help you, encourage you, protect and defend you, in every way we can.
- 3.) To live a life of love, humility, grace, and compassion among our fellow humans.

Our thanks to you and to our founding fathers and soldiers, for giving us a place in the midst of this community.

Our thanks for being willing to forgive us when we have gotten off track; and have been harsh, boorish, ungracious, and unloving.

Our thanks to you for giving us the opportunity to listen to you, serve you, and join you in being a loving, gracious community as we live out our faith among you.



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Do you have some news or want info about advertising in the September issue?
The deadline is August 10th and the issue will be out after Labor Day. Please email anne@neighbortoneighbornewsletter.com



**JAMES JACOPPI
MEMORIAL SCHOLARSHIP FUND**

The Jacoppi Family wishes to thank you for your support of the scholarship fund in memory of James Jacoppi. We have awarded \$175,000 over the past twenty one years, to graduating seniors who are moving onto higher education and who have applied for a scholarship.

**DOWNLOAD YOUR FREE BOOK
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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>

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SUMMER SAFETY: STEPS YOU SHOULD TAKE TO HELP STAY OUT OF HARM'S WAY

The American Red Cross wants everyone to have a safe summer and offers tips and resources for the entire family.

Download "Swim" app by **American Red Cross** sponsored by **The ZAC Foundation**, for safety tips, kid-friendly videos and activities, and take the free **Water Safety for Parents and Caregivers** online course.

WATER SAFETY

Before going in, on or around the water, every family member should become "water smart." This starts with learning to be safe, making good choices, and learning to swim to at least achieve the skills of water competency. Everyone should be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely. A variety of water safety [courses and resources](#) are available to help.

To help keep your family safe, the Red Cross offers these tips:

1. Prevent unsupervised access to water. Fence pools and spas with adequate barriers and keep a constant eye for any water dangers such as portable splash pools/slides, buckets and bathtubs.
2. Adults should actively supervise children and stay within arm's reach of young children and new swimmers. Kids should follow the rules.
3. Designate a "water watcher" to keep a close eye and constant attention on children and weaker swimmers in and around the water until the next water watcher takes over.
4. Always wear a properly fitted U.S. Coast Guard-approved life jacket when on a boat and if in a situation beyond someone's skill level.
5. Swim as a pair near a lifeguard's chair — everyone, including experienced swimmers, should swim with a buddy even in areas supervised by lifeguards.
6. Always maintain constant attention and actively supervise children even when lifeguards are present.

MOSQUITO & TICK SEASON IS UPON US

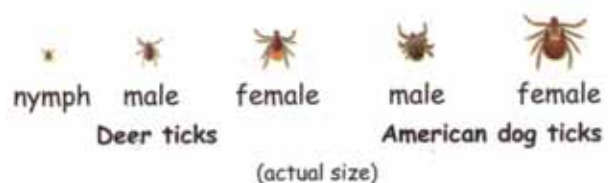
Please remember to protect yourself from mosquitoes & ticks!

PREVENTION TIPS FOR MOSQUITOES • Use insect repellents any time you are outdoors • Wear long-sleeved clothing, • Schedule outdoor activities to avoid the hours from dusk to dawn during peak mosquito season • Repair damaged window and door screens • Remove standing water from the areas around your home

PREVENTION TIPS AGAINST TICKS

One of the most important things you can do is **check yourself for ticks after spending time outdoors. Or check yourself at least once a day.** Favorite places ticks like to go on your body include areas between the toes, back of the knees, groin, armpits, and neck, along the hairline, and behind the ears. Remember to check your children and pets, too. Remove any attached ticks as soon as possible. To learn more about Mosquitoes and Ticks, visit <https://www.mass.gov/mosquitoes-and-ticks>

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Biggest threats to a comfortable retirement?

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

- **Inflation** – Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.

- **Excessive withdrawals** – Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money. Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.

- **Market volatility** – The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times — to provide you with resources for the next few years and allow your equity investments time to recover their value.

- **Unexpected costs** – You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.

- **Health** – Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.

Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that face all retirees.

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BACKPACK ATTACK July 1 – August 12 **Deadline for dropping off items: 8/12/2023** **Goal:** Please help us reach our goal of 3,000 school supply packs to benefit children in need in the Merrimack Valley. Newly filled backpacks are distributed to children in homeless shelters or low income families via the many social service agencies in the Merrimack Valley that we partner with.

How you can help: Donate complete bags or Collect items for bags and we will put the bag together. For a \$60 donation we can provide a backpack filled with all of the school supplies a child needs to begin school. **The following unused items are needed in each pack:** 1 New backpack, 3 Spiral notebooks, 3 Folders, 1 Pack of 10 Pencils, 1 Pencil sharpener, 2 or more Pens, 1 pink style or 3 or 4 cap Erasers, 1 Ruler 12", 1 Metal scissors, 1 pack of Markers or colored pencils, 2 or 3 Glue sticks or 1 bottle of glue, 1 pack of 24 crayons, **Optional** 1 Science Calculator for High school students. **Donations of items may be sent to:** The Wish Project, 166 Middlesex Street, N. Chelmsford, MA 01863. Monetary donations may be mailed to The Wish Project, PO Box 8693, Lowell, MA 01852. If you want to drop off a donation please be sure to review our donation guidelines for items that we accept, fill out a drop off form, and check our drop off hours. **Donation Hours Tue-Sat 9:00-2:45** 166 Middlesex St, North Chelmsford, MA.

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OPENS REGISTRATION FOR FALL 2023 PROGRAMS

FLEX FOOTBALL (Grades K-3) ~ TACKLE FOOTBALL CO-OP (Grades 4-6) ~ CHEERLEADING (Ages 4-14)

Tyngsboro Youth Football and Cheerleading is proud to launch our 19th 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), **CHEERLEADING** (Ages 5-14), and a **TACKLE FOOTBALL** (Grades 4-6) co-op with the North Middlesex Patriots. 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 2023 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".

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".

WEBSITE: www.TyngsboroYouthFootball.com

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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 has the first female President since the existence of the club which was formed in 1977.

Officers for the 2022-2023 Lions Year

President: Laura Ward; 1st Vice President/Treasurer: Kristine DeMonico; 2nd Vice President/Secretary: Meg DeMonico; Membership Chair: Joe Ward; 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

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; Tyngsboro Council of Aging Center - 169 Westford Rd., 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

**HAVE SOMETHING
THAT NEEDS TO BE FIXED?**

Bring it to the Repair Café

The Sustainability Committee, Tyngsborough/Dunstable Rotary Club, Tyngsborough Public Library and community volunteers are working together to offer a local Repair Café.

Our first Repair Café will be held at **The Beehive Coworking Community** (2 Bridgeview Circle). The event will take place on **Saturday, September 23 from 11:00AM - 2:00PM.**

A Repair Café is a neighborhood initiative that promotes repair as an alternative to tossing things out. Residents can bring their broken items in and, with the help of volunteer repairers, fix them.

At this event, everything centers on making repairs. Volunteers with a variety of areas of expertise will be available to help, free of charge. Tools and materials will also be on hand. People visiting the Repair Café will bring their broken items from home. **Toasters, lamps, hair dryers, clothes, bikes, toys, jewelry, crockery...**

anything that is broken is welcome, and can more than likely be repaired. Many of the tools we use will then be available to borrow from the Tyngsborough Public Library's "Library of Things" so that residents can perform the same types of fixes at home without having to purchase these tools.

By promoting repairs, we hope to foster a "repair mindset" to reduce waste and promote a community spirit. Want to know more about the Repair Café? Look at the international website repaircafe.org/en.

Do you have a specific skill or passion for fixing things? We welcome residents with different skills who can be present as repair experts during the Repair Café meetings. Want to sign up as a volunteer? Send an email to sustainabletyngsboro@gmail.com. See you on September 23rd at the Repair Café!

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SUMMER WATER CONSERVATION TIPS

Sustainable Tyngsborough

Of the 29 billion gallons of water that is used EVERY DAY across this country, 9 billion are used mainly for landscape irrigation and, unfortunately, about half of that water is wasted due to over irrigation, run-off and evaporation. **Here are some water-wise recommendations:**

- **Leave it long!** Longer grass results in a more drought-resistant lawn (the longer the grass, the deeper the roots), reduced evaporation, and fewer weeds.
- **Use soil amendments.** Soil amendments, organic or inorganic, help the soil to retain moisture so that you do not have to irrigate as often.
- **Minimize or eliminate fertilizer.** Fertilizer stimulates growth, which makes your lawn thirsty. If you do fertilize, look for a product that contains "natural organic" or "slow-release" ingredients. Using these fertilizers reduces nutrient run-off into ground and surface waters, protecting natural resources, and because they feed plants slowly, they create healthier plants with strong root systems and no excessive "top growth."
- **Use a mulching mower** to cut your grass. The grass clippings left behind by a mulching mower essentially function as a slow release fertilizer, as if you were applying compost to your lawn.
- **Rain barrels or cisterns** can be used to harvest rainwater for irrigation and other outdoor water uses.
- **Does your lawn really need water?** Lawns require a total of 1" per week, including rainfall, to maintain good root systems. Over-watering causes your soil to become anaerobic. This lack of oxygen prevents roots from digging down deep and kills beneficial microbial activity. A good way to tell if your lawn needs water is to step on it. If the grass springs back it does not need water.
- **Take a sprinkler break.** Grass is not meant to be bright green in the summer.
- If you must water your lawn, **do your watering in the very early morning or evening.** This reduces the waste of evaporation.

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.



ROTARY CLUB of TYNGSBORO/DUNSTABLE

Rotary is a global network Rotary club members are business, professional, and community volunteers in your locality who meet regularly to plan and implement community service activities and network with other professionals. For those interested, members can also choose to become involved in international humanitarian service efforts. More than 1.2 million men and women in over 200 countries and geographical areas belong to over 33,000 Rotary clubs. Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others. Rotary Motto *Service Above Self*

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:

<https://www.facebook.com/tyngsborodunstablerotary/>

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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. 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.



TYNGSBOROUGH-DUNSTABLE HISTORICAL SOCIETY

DUNSTABLE RURAL LAND TRUST

DUNSTABLE 350TH ANNIVERSARY COMMITTEE

FARM DAYS

Saturday, August 19, 2023

1pm – 4 pm

Come Celebrate Dunstable's Farm Heritage at the McLoon Barn, 370 Thorndike St. and the Little Red Schoolhouse, 64 Main St. (Route 113), Dunstable, MA

It will be a fun afternoon filled with activities and demonstrations of life on a farm in the 1800's. **At the barn** you can learn about beekeeping, blacksmithing, spinning and quilting and meet live farm animals. **At the Little Red Schoolhouse** (Sarah Tyng Winslow Schoolhouse) the TD Historical Society will sponsor a celebration of farm life in Dunstable through the ages including a display of old tools from the 1700 & 1800's. Try your hand pumping water from our well, turning apples into cider, playing games played by children over the centuries.

Special hands-on activities being planned for farm kids: woodworking, daily farm chores, washing clothes on a scrub board, weaving, making butter, penmanship with quill pens, Dutch oven baking and two-man crosscut sawing. *These are just a few of the offerings in the planning stage by members and friends of the Dunstable 350th Anniversary Committee.*

This event is Sponsored by The Dunstable Rural Land Trust, The Tyngsboro-Dunstable Historical Society in conjunction with the Dunstable 350th Anniversary Committee.

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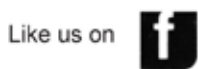
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We will resume our meetings in September. **Please note the change of date, our first meeting will be held on Saturday, September 16th** Usually we meet on that last Saturday of the month. (from 10:30 a.m. - 12:00 p.m. at St. John the Evangelist, Old Parish Hall, 115 Middlesex Road, N. Chelmsford, MA 01879.

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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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CELEBRATING 40 YEARS!

Time sure has gone by quickly. It is a pleasure to keep in touch with you. I love to hear about what is going on, so I can share it in one place, with all of you. Again I thank all who have been submitting news. Many have been doing so for years.

The purpose remains the same to share local news, events, and information about local businesses with everyone in the towns of Dunstable and Tyngsborough. Thank you advertisers. Your support is greatly appreciated! I hope you do consider calling them if you are in need of their products or services. They would appreciate your patronage.

Information is published on a first come, first served. To submit news or info about an upcoming event, or if you would like more info about advertising, please email me at anne@neighbortoneighbornewsletter.com. I will get back to you as soon as possible.

The next deadline is August 10th for the September issue. If something comes up, remember announcements can be sent in to be posted on my website's main page anytime. www.neighbortoneighbornewsletter.com There you can find the current issues on the main page of the website posted around the 1st of the month. Click on the heading to choose past issues to read.

I wish you all wonderful summer and I look forward to hearing from you soon.

Thank you, Anne

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Interim Pastor Bernie Michaud



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 to facebook and go to **Ecct Church**. Log in at any time to watch the recorded services.
• **NEW PARKING LOT** - Please enter and exit across from the Tyngsboro Fire Station. A walkway has been paved for easy access to our church.

• **LADIES BIBLE STUDY** - A new Bible Study will begin in the Fall when we meet after the summer break. Diane Michaud will be leading this study of Romans: Becoming New in Christ, another Lifeguide Study.

• **MEN'S BIBLE STUDY** - A new study will begin in the Fall after summer break led by Jim Politi.

• **CHILDREN'S DAY - JUNE 4** - Our Sunday School led by Joan & Jim Politi, Patti Ann Reekie along with Lisa Mambro presented our year-end service during this Sunday service. What an amazing group of children we have in our midst!!! *They sang special song selections, read scripture, performed 3 puppet plays, presented A Year in Review and received awards from our leaders to close out our Sunday School Program until they meet again in September.*

What a joy and blessing they are to our church family.

During this service, Pastor Bernie presented 4 deserving High School Graduates Scholarships from the church to help further their education. We were so happy to have their families join our service.

Those receiving Scholarships were: Yesenia Collins, Jaclyn Goyette, Meshwa Patel and June Wholey. We enjoyed fellowship after the service with a cook-out to celebrate everyone!!!

• **DAYCARE DURING CHURCH SERVICES** will continue to be available throughout the summer months.

• **PRAYER/PRAISE MEETINGS** - Please **come join us Wednesday evenings at 5:30 p.m.** to share Prayers and Praises. ALL are welcome! These meetings are taking place in our Sanctuary. What a blessing to have Nyakio leading us in this important ministry!!

• **CHURCH TRAINING SEMINAR "CONVERSATIONS"** - On Sunday, June 11th Gideon's International presented a seminar on "how to share your faith and the gospel in conversations with others." We thank Eric Smith, Manager of Education & Training for presenting this very important ministry. It was very well attended and appreciated by not only our parishoner's, but with several other sister church members who also attended. Thank you to our Outreach and Missions Team, Laurie Chizook and Michael Christiana, for bringing this forward and the very nice luncheon that was served!

• **JUNE 25 "BAPTISMS"** - Pastor Bernie baptized several in our congregation immediately after church. Thank you to Ken and Kathy Lemire for lending us the use of their beautiful swimming pool!

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• The **"PRAYER BOX"** is outside the doorway to the store entrance. Please feel welcome to write down your prayer needs and it will be passed onto our church so we can ALL pray for you or someone you know. Names will not be disclosed.

• **CUSTOMER APPRECIATION DAYS** - We held our "ICE CREAM SOCIAL" on June 22 and 24 to thank ALL our CUSTOMERS and VOLUNTEERS for making our Thrift Store such a success! We are so Blessed that our Thrift Store is a very special place where your dedication allows us to further our ministries, not only in our community, but extended to many ministries around the world! THANK YOU ALL SO MUCH. We would also like to extend an extra special Thank You to Charlotte Tyson-Williams and Mary Donaher for ALL the hard work and abundant hours they dedicate to this worthy cause! We couldn't do it without you!

• You can remain updated by visiting our website

www.tyngsborocongregational.org

or please check our **Facebook** page for unexpected closure dates.

We wish everyone a safe and blessed summer!

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ALTRUSA CLUB OF MERRIMACK VALLEY

Altrusa Club of Merrimack Valley is very grateful to DeMoulas' Supermarkets, Inc. for allowing us to conduct a Food Drive on Saturday, May 20, 2023 to benefit the Open Pantry of Greater Lowell, which services seven (7) Greater Lowell communities in the Merrimack Valley; Lowell, Billerica, Chelmsford, Dracut, Tewksbury, Tyngsborough and Westford.

The patrons of the store were extremely generous. More than 2500 pounds of non-perishable food items were donated, as well as assorted paper products (toilet tissue). In addition, Altrusa received cash donations in the amount of \$272.07 and \$50 in Market Basket Gift cards. The cash was used to purchase Market Basket gift cards for the Open Pantry to distribute to veterans when they pick up their Pantry food orders. Although a rainy day, it was an incredible day of giving and sharing to help those in need.

CALL FOR WALKERS: REGISTER FOR THE 35TH ANNUAL BOSTON MARATHON® JIMMY FUND WALK PRESENTED BY HYUNDAI

BOSTON — Registration is now open for the 2023 [Boston Marathon® Jimmy Fund Walk](#) presented by Hyundai. Scheduled for Sunday, October 1, funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at one of the nation's premier cancer centers, [Dana-Farber Cancer Institute](#).

THE DETAILS: 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 (from Dana-Farber Cancer Institute's Longwood Medical Campus) 10K walk (from Newton) Half Marathon walk (from Wellesley) Marathon Walk (from Hopkinton)

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration.

All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program. If walkers wish to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Virtual programming and supporting materials will be available.

The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022. Funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at [Dana-Farber Cancer Institute](#). The Boston Athletic Association has supported the Jimmy Fund Walk since 1989, and Hyundai has been the presenting sponsor for more than 20 years.

Register as an individual walker, team member, or start a team! Take advantage of this unique opportunity and lead a group of your family, friends, or colleagues to the finish line. The Jimmy Fund can help you start a team, grow your fundraising, and defy cancer, together. To register for the 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. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.

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**TYNGSBOROUGH
GARDEN CLUB**



Our late spring plant sale was a success. The one-day event took place on Saturday, May 27 at 2 locations: Flint's Corner and 13 Beverlee Drive.

Funds will be used to support gardens and flower beds around town. Perhaps you saw the riot of tulips in front of the Parish Meeting House this spring. That explosion of color was the direct result of a bulb planting day the club organized last October. Headed up by Bill Gleason and his supervising companion, Susie the Chichuahua, club members spent a couple hours on a beautiful fall morning planting over 300 bulbs.

The club also participated in a spring cleanup at the Evangelical Congregational Church. The Community Room is the club's usual meeting place and they have always been very gracious toward us. A bunch of plants from our gardens also found their way to the church grounds.

The club is currently working with Emilie Brush, the Conservation Director, and Toll brothers to secure funding and some help in refurbishing the triangle at the intersection of Coburn and Sherburne. Toll Brothers used the triangle as a staging area for their heavy equipment during their construction project and the triangle is now in need of serious remodeling. The club is currently working up a budget for the project.

Our potluck had a great turnout. Two thirds of our club members attended and the food was wonderful. Gardening and food seem to go together. Our members are excellent cooks.

While our programing is done for the summer, club members are looking forward to several field trips. Our June trip will be to the Ropes Mansion garden in Salem where over 5000 annuals are on display. In July, we're going to Glen Magna Farms in Danvers and in August, to the Crane Estate in Ipswich. We will continue to maintain our own gardens and tend to the ones around town during the summer.

New Garden Club members are always welcome and the public is invited to attend individual programs for a nominal fee of \$5. Unless otherwise noted, meetings take place at the Evangelical Congregational Church of Tyngsborough at 23 Kendall Rd. and begin at 7 pm.

Mark your calendar, the membership year starts with the first meeting on September 5th. Club dues are \$25 for the membership year, prorated to \$15 for people who join in the second half. For more information, please contact us at tynggardenclub@gmail.com Linda Sheldon, President