



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 # 433 • February 2024

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DUNSTABLE TOWN CLERK

• **Brynn C. Durno**, Town Clerk - email: townclerk@dunstable-ma.gov, phone: 978-649-4514 x222 or 978-433-0339.

• **Office hours** vary week to week but I am available through email or phone Monday to Thursday 8-5 so please call or email me for immediate assistance.

• Please continue to return your census forms! Also, dog license applications are due back by March 31, 2024 - don't forget you can do this online through the Dunstable Town Clerk webpage!

• What you need to know for the March 5, 2024 Presidential Primary Election:

• Last day to register to vote is Saturday, Feb 24th

• The Vote by Mail postcard applications can be dropped off at Town Hall or mailed back. Please feel free to utilize the drop boxes as well.

• Early voting will start on Feb 24th and run until March 1. Hours will be as follows:

Feb 24th - 9am - 4pm

Feb 26th - Feb 29th - 8am - 4pm

• March 5th - Election Day - polls are open from 7am until 8pm at the library

Brynn C. Durno, Town Clerk, Town of Dunstable, 978-649-4514 x222



DUNSTABLE VETERAN SERVICES OFFICE

Greetings fellow Veterans. There is an organization out there that I thought you all might be interested in looking into. It is "Clear Path for Veterans New England".

Their website is <https://www.clearpathne.org/>. It provides supportive services to our veterans and their families that do not qualify for mainstream veteran services. I believe that it is worth at least going to their website to see what they have to offer. Let me know if this might help you.

I would like to give recognition to those vets I have in the Dunstable database who were born for each month but have since passed away. This month I would like to honor the following: David S. Brown – 21 Feb 1957 – 5 Aug 2015 – USMC –Vietnam Lyle G. Carter – 8 Feb 1931 – 25 Oct 2007 – USA - Korea 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 please contact me. I am normally available from 10:00AM to 2:00PM on Mondays almost every week. You can call or text on my cell and leave a message 978-496-0985 or send me an email anytime at VSO@Dunstable-ma.gov. God Bless.

Dunstable Veteran Services Office

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

Dunstable Veteran Services Officer

Proudly serving those who have served

IN MEMORY OF

Lee Anne (McManus) Seeger

Erminio Calderan

Russell Allen DeLong

Pauline Y. (Lacroix) Martel

Scott Alexander Melancon

Ruth Theresa (Lorrain) Vandette

Sandra Elaine (Dow) Vincent

THE DUNSTABLE BOARD OF HEALTH

WELL ADULT CLINIC

The clinic will be held on **Wednesday, February 28th** in the **Dunstable Library from 11:00–noon**. Our nurse will be on hand for Well Checks, no appointment necessary.



OPEN BURNING SEASON BEGAN

JANUARY 15TH

For 2024 burning permits, please send the following information to dunstableburnpermits@gmail.com and a member will contact you. 1. Name, 2. Address, 3. Phone Number and Carrier (ie Verizon) 4. Email address

The 2024 permit fee has been waived.

Burn Permit Hotline: 1-855-933-4499

Call this number daily, once you have your permit to check if conditions are okay to burn on that day.

You must follow all the rules and regulations that are listed below.

Rules and Regulations

1. You can only burn brush and garden trimmings only.
2. Burning is allowed only between 10am and 4pm. No fire shall be started after 12 noon and all fires must be extinguished by 4pm.
3. The permit holder must call the Fire Department @ 978-649-6661 each day after 9am for permission to burn that day.
4. The fire must not be left unattended and must be at least 75 feet from any structure.
5. Have available water supply, rakes, shovels, etc. for controlling the fire.

Under all Circumstances the following are prohibited

1. The burning of Grass, Hay, Leaves, Stumps, tires and/or building materials.
2. Burning of brush, trees, cane and/or driftwood from commercial and/or institutional land clearing operations.
3. Burning at landfills or refuse disposal facilities other than approved incinerators.
4. Large piles that will not readily burn or are of such size that they will not be totally out by 4pm.

If you have other questions regarding burning, please call the station at 978-649-6661.

Information is available online at the town website www.dunstable-ma.gov/dunstable-fire-rescue

COMMUNITY CARES CORNER

At West Auto Repair in Dunstable

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, not just at the holidays.*

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.** There still is a huge need in our communities for PACH services. These upcoming mid winter months are normally some of the busiest months for the food pantry 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! The West Family and our employees at West Auto Repair Inc*

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 FORMS INC.

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Vietnamese. Monday and Thursday at 9:00am **Reconciliation:**
9:30am-10:00am 1st Thursday of the month or by appointment
Adoration: 9:30am-10:00am 1st Thursday of the month.

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 6,674 which includes Dunstable and Tyngsborough.



Girl Scout Coding Party



Right now is the perfect time for future Girl Scouts to start developing their coding skills!

Wed, February 28th
6:30 PM

Swallow Union Elementary School Library
522 Main St, Dunstable, MA 01827



Rising kindergarteners, current kindergarteners, and 1st graders and their adults are invited to create the steps, or a code, to their very own dance.

girl scouts

Please let us know you're coming at gsema.org/eventsrsvp2 or that you're interested at gsema.org/moreinfo.

At this event, future Girl Scouts will begin developing basic leadership skills through engaging, interactive, and thoughtful activities—the core of the Girl Scout Leadership Experience—while their adults learn how to bring Girl Scouts to your neighborhood as a leadership volunteer and get involved with a troop. Girl Scouting builds girls of courage, confidence, and character who make the world a better place—come see what we're all about!

DUNSTABLE COUNCIL ON AGING 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 are served on Wednesday's promptly at noon.

• **Wednesday, February 7, 2024**-Traveling Chef will be serving Asian Bowls w rice and Asian Veggie Blend. Pineapple upside down cake will be available for dessert.

Dean Lotito will be available from 10 am-noon for your tech support needs. **Please make note**, Dean is at the Library the 1st Wednesday of each month. No appointment necessary. Bring your phone, tablet or laptop.

• **Wednesday, February 14, 2024**- Homemade Beef Stew, corn-bread and dessert.

• **Wednesday, February 21, 2024**- Homemade lasagna, tossed salad and dessert.

• **Wednesday, February 28, 2024**- Pizza, tossed salad and dessert.

The nurse will be available from 11-noon for well checks, no appointment necessary.

Please let Anne know 1 week ahead if you would like to join the Seniors for lunch. Email Anne at afenochetti@Dunstable-MA.gov or 978-649-4514 ext 223.

Come and take part in cribbage, dominos, and scrabble groups that are on hand each week.

• **BONE BUILDERS** Led by Brian O'Donnell and Linda Gill, 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.

• **SALT BUCKETS** are now available for Dunstable Seniors! If you would like a bucket of salt delivered to your home, **please contact Kristina Hooper at: khooper@dunstable-ma.gov or 978-649-4514 ext 227.** Please be sure to leave your name, street address and a phone number. Thank you to the Dunstable Highway Department for this service!

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

3RD ANNUAL ART AND MUSIC AT THE BARN

Saturday, June 22, 2024 10-2

The beautifully restored McLoon Barn at 370 Thorndike Street will again be the location for an art exhibit, with a background of live music. All types of art are welcomed to be exhibited; including painting, drawing, photography, jewelry, pottery and fiber art, such as quilts. Local musicians will play a variety of music.

It was another successful event last year, and all who attended enjoyed the day! If you are interested in being an exhibitor, please contact Jean Haight at jlhaight@aol.com.

We are also looking for volunteers to help with the show!

This event is supported by the Dunstable Rural Land Trust, Massachusetts Cultural Council and the Dunstable Cultural Council.



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

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Matt's Monthly Mechanical Memo
By Matt Manning

Generally speaking, electrical panels should be replaced every 25 to 40 years. So, if you're living in an older home, there's a higher likelihood that you'll need to replace your breaker panel. Electrical panels haven't changed much since circuit breakers began replacing fuses, while our energy use has changed dramatically in that time.

Intelligent breaker panels, like those from SPAN, give users the ability to control their electric consumption, solar production, battery, and EV charging in one ecosystem. Analyzing energy use, they automatically find ways to lower energy bills, while offering control of every circuit from one centralized dashboard.

By managing circuit loads, they enable installations of energy-efficient heat pumps and other electric appliances in homes without the need for expensive and time consuming utility service upgrades.

Until next month, stay comfortable. *Matt*

Got a question? Drop me a note!
matt@denommeplumbing.com

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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>

GRANGE #7 CONTRA DANCES

Groton Grange #7 invites you to our traditional New England Contra Dance on **Saturday, February 24, from 7:30 - 10:00 PM**, at Historic Groton Grange Hall, 80 Champney Street.

This will be an evening of live music and dancing with Groton's own **Contra Banditos**, caller will be **Dudley Laufman**, who will teach traditional New England style contra, square, and line dances to the beat of old time fiddle tunes. Beginners are welcome, no experience or partner is necessary. **Donation at the door is \$5.00 per person, children under 3 years old are free, and family maximum is \$20.** Made possible by a grant from the Town of Groton Lecture Funds. Refreshments are provided.

PARKING ALLOWED ONLY
ON THE GRANGE SIDE OF CHAMPNEY ST.

CONSERVATION COMMISSION

The Rain Barrel Program is back!

Become part of the solution by ordering your own rain barrel. Climate crisis is intensifying the water cycle, making wet periods wetter and dry periods drier. Severe droughts can make both rainfall and flash flooding more severe, creating weather whiplash events. When heavy rain falls over drought-stricken soils - which is often hard and cracked - it cannot soak into the ground, and becomes runoff. Rain barrels can collect that runoff and repurpose the collected water.

Tyngsborough, Dunstable and Pepperell are collaborating again to provide residents the opportunity to buy their own rain barrels through The Great American Rain Barrel Company.

To order go to <https://www.greatamericanrainbarrel.com/community/> then select your state and town. *Purchasing deadline is March 31, 2024 at midnight. Pickup will take place at the Tyngsborough Highway Department, Kendall Road (Route 113), Tyngsborough, on April 13, 2024 between 10am-12pm.*

Town Hall is closed on Fridays

DUNSTABLE TOWN HALL DIRECTORY

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

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

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

Please dial 0 if you need assistance.

Veteran's Officer 978-649-3919

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

FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

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

Alarm System* **978-448-6666***can be used to call in a fire from cell phone

Visit www.dunstable-ma.gov for contact info, news & updates

DUNSTABLE FREE PUBLIC LIBRARY

588 Main St., Dunstable, MA 01827

HOURS: Tuesday 3:00pm – 8:00pm
Wednesday 10:00am – 2:00pm
Thursday 10:00am – 6:00pm
Friday 10:00am – 2:00pm
Saturday 10:00am – 2:00pm

For more library information go to www.dunstable-ma.gov and click on library

Maureen Strauss - Director mstrauss@dunstablepl.org
Karen Debrececi - Children's Librarian kdebrececi@dunstablepl.org

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

Library phone number - 1-978-649-7830

Community Room Artist Check out the wonderful artwork done by Alice Sniezek. She has a fantastic collection showing in the community room!

Free Adult/Family Nature Presentation from the Nashua River Watershed Association entitled "Wild Inside" which will feature a power point sampling of locally filmed semi-aquatic mammals.

(otters, beavers, muskrats and mink) It will be a live narrative given by Gaynor Bigelbach with time for questions and access to animal mounts and skulls for a close up look. This program is family friendly for children 8 years old and up. **Tuesday, February 20th, 6PM**

Grief Counseling Every first Tuesday on the month. grief counseling will be provided by Nashoba Health. This will take place in the community room from 3:30 to 4:30pm.

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 will meet from 10:00am – 11:00am.**

Homework Club The library is offering homework help every **Tuesday night from 5:30pm – 6:30pm for the school year.** This is a free service for children from Kindergarten to High School.

EVEN if they don't have homework, students can help them in any subject they are struggling with. If your child is attending, please call between 3:00pm and 5:00pm.

Book Club The book club will take place every 3rd Saturday of the month at 10:30am. Email Sue Tully SJT0213@verizon.net or check out the display at the library for more info. The DPL can put a book on hold for you!

Chapter Book Reading: Mrs. D will continue reading from a chapter book each Tuesday night at 6:00 pm. Please join her on dpl facebook live to listen to the story. Any suggestions for favorite chapter books will be appreciated.

Teen Art Club! Every first and third Tuesday from 3:00 to 4:00pm, teens can come to their own special space in the library and create art, poetry or play games.

Children's Activities for February:

Tapping class with local children's author, Patricia Brogdon. Patricia will be offering tapping and deep breathing classes for school aged children. It will take place on February 13th and March 12th from 4:30 to 5:30pm. Please bring a mat or towel. SPACE is limited so sign up soon at the library or with kdebrececi@dunstable-pl.org

February 6 at 4:30pm will be an All about Hearts craft day!!! We will be making several creative Valentine's day projects! Please wear clothes that can get messy! Sign up at the library or at kdebrececi@dunstable-pl.org

Children's drop in crafts will be out during the month.

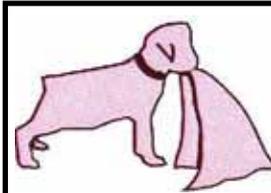
Mrs. D is looking for item's for the Summer Reading Program. Do you have doubles of games or toys from Christmas? Are you trying to clean up your children's playrooms? Please consider donating new or nearly new toys or games for our Summer Reading Program.

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. All inquiries are confidential.



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HABITAT FOR HUMANITY OF GREATER LOWELL CRITICAL HOME REPAIR PROGRAM

Is your home in need of a critical repair? Did you know that Habitat for Humanity of Greater Lowell does more than just build homes for local families?

In an ongoing effort to meet the Habitat mission that everyone should have a decent and affordable place to live in dignity and safety, Habitat Lowell also offers a **Critical Home Repair Program** for income qualified seniors and veterans with homes in need of a critical repair. Repairs focus on safety, accessibility, mobility and code enforcement issues so that homeowners can remain safely in their homes.

To find out more, please visit <https://lowellhabitat.org/what-we-do/critical-home-repairs/> or contact **Critical Home Repair Manager, Kim Raymond at 978-692-0927 option 4 or criticalrepairs@lowellhabitat.org**.

MEDICARE 2024 POSITIVE CHANGES FOR SENIORS

By Edward H. Adamsky

More than 65 million seniors across the country benefit from Medicare, a government health insurance program. At age 65, you automatically become eligible. You do not have to wait until you retire, in fact, you must apply when reaching age 65. Use the government website **ssa.gov** (oddly you apply through the Social Security website, not the Medicare website). If you just do a search online for Medicare enrollment, be wary of links and sites that are frauds or are just trying to get you to sign up with them for insurance. Make sure you have gone to the official government website. You can enroll in Medicare beginning three months prior to your 65th birthday, during your month of birth, or the following three months. Sometimes you can qualify for Medicare sooner if you have a permanent disability or suffer from end-stage renal disease or certain other conditions.

In 2024 there are several positive changes. Mental Health coverage is expanding. There are about 400,000 more providers that are eligible to take Medicare including marriage and family therapists and mental health counselors. Medicare can now help pay for substance abuse treatment and outpatient mental health care for qualifying patients.

The Medicare Extra Help program has been expanded too. Extra Help assists low-income seniors and people with disabilities. Many who are eligible do not currently participate in the program, sometimes because they don't even know about it. Medicare is going to try reaching out to more eligible people and getting them signed up for Extra Help, which lowers premiums and deductibles for those eligible.

Part D, prescription insurance is going to cut costs for some. Those who rely on certain expensive medications which are not fully covered will have a reduction on their out-of-pocket expenses. If they cost you more than \$8,000 out of pocket, you will not be responsible for any other co-pays or coinsurance for the remainder of the calendar year. This is because Medicare Part D enrollees, as of 2024, will no longer have to pay a 5 percent co-pay for catastrophic coverage.

Insulin and supplies covered by Medicare will be capped at a \$35 per month cost to the patient. The deductibles for supplies have been eliminated as well. The cost of insulin and supplies has tripled over the last decade. The Inflation Reduction Act put these new limits in place. Those who need insulin should see substantial savings this year.

For the first time ever, people receiving Medicare with persistent or recurring pain can have such services has medication management and pain assessment covered by their plan. (You will still need to pay for your Medicare Part B deductible and coinsurance.)

You can learn more about Medicare at the government website, [Medicare.gov](https://www.Medicare.gov). You can also speak to an insurance professional about various other programs like Medicare Advantage plans. Or, see your local Elder Law Attorney for further advice.

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www.tyngsboroughfuneralhome.com

BOOK GROUP MEETINGS
Held the 3rd Saturday of each month,
at 10:30 a.m. at the Dunstable Library.

Meetings are open to the public

- **February 17 - *Horse* by Geraldine Brooks**
Kentucky, 1850. An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South. When the nation erupts in civil war, an itinerant young artist who has made his name on paintings of the racehorse takes up arms for the Union. On a perilous night, he reunites with the stallion and his groom, very far from the glamor of any racetrack. Based on the remarkable true story of the record-breaking thoroughbred Lexington, *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism.
- **March 16 - *Lessons in Chemistry* by Bonnie Garmus**
Lessons in Chemistry is about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother.



ATTENTION 2024 HIGH SCHOOL GRADUATES RESIDING IN DUNSTABLE

Congratulations on your pending graduation!

We are delighted to announce the availability of the **Helene Morgan Babcock and Alfred Babcock Memorial Scholarship**, and invite you to apply for these generous funds as you continue your education.

During the winter of 1923, the home of the Morgan family here in town caught fire and was largely destroyed. The citizens of our community responded to the crisis by taking in the children (all 17 of them!), keeping the family together and aiding in the reconstruction of their home. One of the children, Helene Morgan Babcock, remembered the words of her mother, "Never forget the kindness of the people of Dunstable," and so established a scholarship fund to be made available to the graduating students of Dunstable as they continue their education.

The amounts of these grants are substantial, with one of the Babcock Scholars receiving \$4,000 each year for up to four years of full-time study. A number of additional \$2,000 scholarships are granted to other students on a one-time basis (the main scholarship is for 4 year full-time studies only).

Additionally, Dunstable's Commissioners of Trust Funds authorized the Babcock Scholarship Committee to award the Russell G. and Shirley L. Tobey Scholarship, which is a one-time award of \$1,000. Applicants applying for the Babcock Scholarship will be automatically considered for the Tobey Scholarship; there is no additional application required. The Tobey Scholarship recipient will be chosen using the Babcock Scholarship selection criteria.

Scholarships may be applied to expenses incurred in the pursuit of advanced education beyond the secondary level in two or four year institutions, vocational education institutions, or formalized apprenticeship programs.

Starting February 1, 2024, applications will be available at the town hall, library, your school guidance office, by emailing babcock-scholarshipfund@gmail.com or on our facebook page (Babcock Scholarship - Dunstable. <https://www.facebook.com/profile.php?id=100088415042557>)

Completed applications can be submitted electronically to the above email, or to the following address **no later than Wednesday, March 13, 2024.**

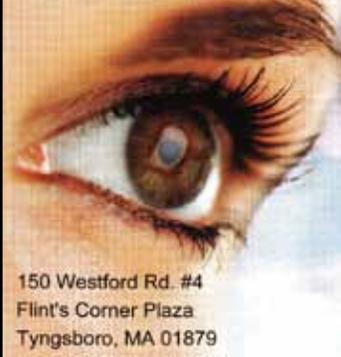
Babcock Scholarship Trustees, P.O. Box 24, Dunstable, MA 01827
Questions regarding the application process can be sent to babcockscholarshipfund@gmail.com. **We hope you take advantage of this wonderful opportunity!**

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DUNSTABLE BOARD OF HEALTH - RECYCLING

The Town of Dunstable Board of Health and Big Brothers Big Sisters Foundation and CMRK has created a 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. **Bins are located on Pleasant Street next to the Dunstable post office. Please drop off bagged clothing, sneakers, etc. and textiles only.** CMRK also accepts non-usable clothing and textiles. Please be sure they are bagged and not wet, moldy or soiled. **Do not leave any items, large or small, outside the bins.** Donating clothing helps the environment, helps save taxpayers money and helps clean out your closets. 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! **If you have small items, many items or large items, PLEASE CALL 508-466-4590 to arrange a pick up** or schedule online at BBBSFoundation.org.

DUNSTABLE BOARD OF HEALTH TRASH & RECYCLING PICKUP

The Board of Health increased 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.**

New Subscriptions

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. 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 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.



Neighbor to Neighbor

Published by Anne M. Paquin

Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Do you have a fundraiser, meetings, or events coming up in March or April? There are 6,674 issues of Neighbor to Neighbor sent directly to homes and business each month in the towns of Dunstable and Tyngsborough.

The news is placed FREE of charge on a first come first served basis. *If you have an event in early April, it is best to have it in the upcoming March issue.*

If you are thinking about advertising your business, please contact me by email, I will send you a rate sheet which should answer most questions.

New issues are available to read online around the first of each month, at www.neighbortoneighbornewsletter.com. You will also find more news and articles posted there.

I look forward to hearing from you soon. E-mail: anne@neighbortoneighbornewsletter.com or call (978) 419-1914.

Sincerely, Anne

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STEPS TO A SUCCESSFUL HOUSE MOVE

By Christine McCarron

Even if you're excited about your new place, moving can be stressful. I hope this checklist will help you feel more prepared and relaxed.

BEFORE THE MOVE:

- Schedule cancellations: Notify utility providers and cancel service at your old place. Schedule services at your new home if possible. Remember things like your gym membership, and insurances.
- Give notice: Renters need to give landlords notice as per the lease agreement. Homeowners may need to notify homeowners associations.
- Declutter: Sort through your belongings and decide what to keep, donate, or discard. Consider furniture size and weight when deciding if it's worth moving. Try doing one room at a time. Think: Do I like this item enough to pack it and pay someone to move it to my new place?
- Choose movers: Get quotes from different moving companies and choose one that fits your needs and budget. Ask friends and neighbors for recommendations.
- Get supplies: Purchase or find free packing materials like boxes, tape, and bubble wrap. Marketplace can be a good resource.
- Change your address: Notify USPS, voter registration, financial institutions, subscription services, and relevant others about your move.
- Request time off: Don't schedule anything for moving day and consider care arrangements for children or pets.
- Eat through your food: Use up perishables to avoid the hassle of packing and transporting them.

MOVING WEEK:

- Confirm move: Contact movers or rental companies to confirm arrangements.
- Warn neighbors: Let neighbors know if you'll be blocking driveways or need them to move their cars.
- Schedule utilities and internet: Confirm appointments for installation of utilities and internet at your new place.
- Clean: Clean and repair any damages in your old place, especially if getting a deposit back.
- Pack essentials: Pack a separate bag with clothes, medication, and toiletries for easy access.
- Remind neighbors: Give one last heads-up to neighbors and say goodbye to those with whom you're close.
- Get cash: Have cash on hand for tipping movers or food delivery people.
- Treat yourself: Enjoy a last meal at your favorite restaurant or celebrate with a drink.
- Relax: Do something relaxing to manage stress before the big day.

MOVING DAY:

Make a decision to maintain your sense of humor no matter what.

- Keep an eye on things: Oversee the move, check for any damage, and offer snacks and drinks to helpers.
- Close up shop: Double-check rooms, close windows, turn off lights, and lock doors in your old place. Remember to clear personal data from any Smart devices.
- Return your keys: Don't forget to return keys to your landlord or realtor.
- If you're spending the night in your new home, set up the bed first. Good luck!

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www.tyngsborocongregational.org

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.
- **SUNDAY SCHOOL** is available for Pre-School through High School from September until the beginning of June. Nursery care is available for toddlers. All toddlers and students are dismissed from church at 10:15am to go to their assigned area/class. We are blessed to have great teachers and many children of all ages to teach. If interested in more information call our office and leave a message or come join us some Sunday morning for church and see what our Sunday School has to offer.
- **LADIES BIBLE STUDY**- Tuesday mornings 9:30-11:30 am. The study is being led by our interim pastor's wife Diane. If you would like more information or would like to sign up for the study please call our office and leave a message. Someone will return your call.
- **MEN'S BIBLE STUDY**: Tuesday evenings at 6:30 pm. led by Jim Politi. If interested please call our church office and leave a message.
- **PRAYER/PRAISE TIME - WEDNESDAY EVENINGS** - Please join us at 5:15 pm to 6:15 pm to pray together, to sing together, to care about each other, to support one another and to Praise God!!!

- Our entry for the Tyngsboro Festival of Trees received a

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



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Officers of the American Legion Auxiliary Unit #247

President, Linda Small; Sr. Vice President-Ann Thellen;
Jr. Vice President-Michelle Lambert; Secretary/Treasurer-Diane DiLeo; Chaplain-LeeAnn Houle; Sgt at Arm: Jeanette Milsci.

E-Board: Kathy Oljey, Josephine Beauregard, and Annette Coles

If you are interested in joining the Auxiliary, contact Diane DiLeo at **978-204-9329** or email: ddileo1956@hotmail.com

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**JAMES JACOPPI
MEMORIAL SCHOLARSHIP FOUNDATION**

This is the 22nd anniversary of the passing of our son, James. With help from all of you, last year our raffle awarded \$14,000 in scholarships to aid in the continuing education of graduating high school students. We feel blessed to have the ability to remember Jim in such an extraordinary way. We are extremely grateful for your continued support.

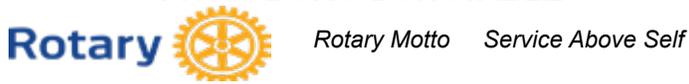
This year will be our 12th annual raffle (Commonwealth of MA #36) Our fundraiser will be a Calendar Raffle with daily prizes for the month of April. Mondays through Saturdays, \$50 will be awarded daily. Sundays, a prize of \$125 and the Grand Prize of \$700 awarded on April 30th. In total there will be 30 Cash prizes worth \$2,450.

If you wish to purchase raffle tickets please call or text Cara Jacoppi at (603) 714-0135. Remember all tickets must be received back by March 27, 2024. Thank you for

The winners of the April 2023 Raffle were: Matthew Choate, Shakeh Dagdigian, Claire Constantine, Cathy Stangroom, Tyngsboro Funeral Home, Jen Goulet, Ginny Edwards, Donna Foley, Kristel Hickey, Joan and Joe Murphy, Jan Price, Bill Fabiano, Fred French, Natalie Lefevre, Ray Ladoux, Jerry Jaggars, Jen Kilmartin, Barbara Bartos, Joyce Poulin, Brenda Baxter, Emily Lipps, Donna Mirabello, Bill and Jaz Gramer, Sue Bowden, Rachel Gray, Francis McCarthy, Deb Schneider, Mary Rita Souza, Debbie O'Leary, and Justin Maslanka.

For any information you may need including access to the scholarship applications, please visit our website www.jacoppischolarshipfund.com

TYNGSBORO-DUNSTABLE



Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

If you would like to join a group of fellow residents who are giving back to their community and having fun, please be our guest at **Dream Diner in Tyngsboro on 1st and last Thursdays of the month at 8:00am. Second and third Thursday of the month, we meet at 12:00 at Dream Diner.**

If you are interested in membership, please call or text Ron Keohane (508)517-3895 or Brian Day-Lewis at (978)399-4952

The Rotary Club was instrumental in launching SafetyNet. SafetyNet is a radio frequency tracking system designed to help police officers locate residents with cognitive impairments such as autism spectrum disorder, Alzheimer's or dementia.

Eligible residents who sign up for SafetyNet will receive a free loaner bracelet for as long as they wish to be in the program.

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Elected Officers/Executive Board:

Jim Lawler, Joe Conlin, Ray Hamelin and Fred Carroll.

Hello everyone, my name is **John Taylor**. I am the contact for the American Legion Post #247 and SAL. You may email me at johntaylor1777@gmail.com.

If you would like to stay updated with new information about Post #247 please use this link <https://sites.google.com/view/american-legion-site/home> or the facebook page American Legion Post 247 – Tyngsborough MA

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CLOUD STORAGE EXPLAINED

By Dean Lotito

These days, all our cell phones, personal computers, MACs, and Chrome Books talk about Cloud Storage. I'll try to explain what this means, and the various options available to utilize Cloud Storage.

Simply stated, when a company such as Apple (iCloud), Google (Google Drive), or Microsoft (OneDrive) offers you cloud storage, they are offering you space to store your documents, pictures, and other computer files. This space physically exists inside their huge data centers located around the world. Cloud storage from these companies offers safe secure storage at a reasonable price. They all offer a small amount of storage for free, and then offer upgrades to more storage for a monthly fee.

All three vendors do a great job integrating with their own phones or personal computers. Apple iCloud works great with iPhones and MACs. Google Drive works best with Android phones and Chrome Books. Microsoft One Drive works great on PCs, and there is an App available to sync well with all cell phones. Also, Apple does offer an App for Microsoft PCS for improved iCloud support.

If you only have one personal device, or all of your devices are from the same vendor, I recommend using the Cloud service from that same vendor. If you have devices from different vendors, you should experiment with the different free offerings to find the best option for you.

If you don't think you need to worry about Cloud storage, think about this: Consider all the pictures you have accumulated on your phone and computer over the years. I'm sure you'd hate to permanently lose those pictures because of the device's hardware failure. Cloud storage ensures that you'll be able to re-download those pictures once your phone or computer is up and running again.

As always, I am available to help you evaluate your cloud storage needs and set up your devices with the service that is best for you.



DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

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.** with *Interim Pastor Doug Walker leading. We welcome you to join us anytime!*

• **The Adult Bible Study Class** resumed weekly in January (except the second week of the month) at 9:00am. The topic is an in-depth study of the Gospel of Matthew. It contains the most thorough and organized presentation of Christ's teaching anywhere in the Bible. Join us.

• **A Transition Team** is continuing to meet on the first and third Sundays of the month to study our church and its people, to prepare a church and pastor profile, and to establish a Search Committee. The next meetings will be held on February 4th & 18th. Anyone is welcome at these meetings. Check the church website for any updates.

• **As the Lenten season nears, we will have some special services.** Ash Wednesday is February 14th, and four weeks of Lent officially begins on Sunday, February 18th. Palm Sunday will be observed on March 24th. There will be a service on Maundy Thursday, March 28th at 7:00pm. Easter will be celebrated on March 31st. Stay tuned for more information on these special services.

We look forward to seeing you at 10:30 AM on Sundays. God bless you.



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Currently the class is on wait list. **Please feel free to come and view a class by calling Leader, Jean Jacoppi (978-649-9076).** A doctor's note and a commitment of attending class two times a week for the first six months is required for this class which is sponsored by Community Teamwork Inc. in Lowell. There is no cost.

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THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

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115 Middlesex Road, N. Chelmsford, MA 01879.

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.

Officers President: Laura Ward, 1st Woman President for this Lions Club which was formed in 1977; 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

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HOW CAN WOMEN BRIDGE THE "RETIREMENT GAP"?

March 8 is International Women's Day, a day for celebrating all the accomplishments of women around the globe. But many women still need to make up ground in one key area: retirement security.

Women's challenges in achieving a secure retirement are due to several factors, including these:

• **Pay gap** – It's smaller than it once was, but a wage gap still exists between men and women. In fact, women earn, on average, about 82 cents for every dollar that men earn, according to the Census Bureau. And even though this gap narrows considerably at higher educational levels, it's still a source of concern. Women who earn less than men will likely contribute less to 401(k) plans and will ultimately see smaller Social Security checks.

• **Longer lives** – At age 65, women live, on average, about 20 more years, compared to almost 17 for men, according to the Social Security Administration. Those extra years mean extra expenses.

• **Caregiving responsibilities** – Traditionally, women have done much of the caregiving for young children and older parents. And while this caregiving is done with love, it also comes with financial sacrifice. Consider this: The average employment-related costs for mothers providing unpaid care is nearly \$300,000 over a lifetime, according to the U.S. Department of Labor — which translates to a reduction of 15% of lifetime earnings. Furthermore, time away from the workforce results in fewer contributions to 401(k) and other employer-sponsored retirement plans.

Ultimately, these issues can leave women with a retirement security deficit. Here are some moves that can help close this gap:

• **Contribute as much as possible to retirement plans.** Try to contribute as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Your earnings can grow tax deferred and your contributions can lower your taxable income. (With a Roth 401(k), contributions aren't deductible, but earnings and withdrawals are tax free, provided you meet certain conditions.) At a minimum, contribute enough to earn your employer's matching contribution, if one is offered, and try to boost your contributions whenever your salary goes up. If you don't have access to a 401(k), but you have earned income, you can contribute to an IRA. Even if you don't have earned income, but you have a spouse who does, you might be eligible to contribute to a spousal IRA.

• **Maximize Social Security benefits.** You can start taking Social Security at 62, but your monthly checks will be much bigger if you can afford to wait until your full retirement age, which will be around 66½. If you are married, you may want to coordinate your benefits with those of your spouse — in some cases, it makes sense for the spouse with the lower benefits to claim first, based on their earnings record, and apply for spousal benefits later, when the spouse with higher benefits begins to collect.

• **Build an emergency fund.** Try to build an emergency fund containing up to six months' worth of living expenses, with the money kept in a liquid account. Having this fund available will help protect you from having to dip into your retirement accounts for large, unexpected costs, such as a major home or car repair.

It's unfortunate, but women still must travel a more difficult road than men to reach retirement security. But making the right moves can help ease the journey.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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TYNGSBOROUGH GARDEN CLUB



Our first meeting of the New Year is on Tuesday, February 6th at the Evangelical Congregation Church, 23 Kendall Rd., Tyngsborough, at 7 pm. The program will feature Winnie Pease, owner of Garden of Eden LLC, who will discuss ways to increase gardening yields. Her presentation should be of interest to those of us who noted a diminished harvest from all the rain we had last summer.

On **Tuesday, March 5th** Linda Sheldon will present a program on the **2024 Herb of the Year--yarrow**. "What's that?" you say. It's a common field and garden plant that's used for all sorts of things and has been around for millennia. If you want to learn more about this unassuming plant, **join us on Tuesday, March 5th, 7 pm, at the Evangelical Congregation Church, 23 Kendall Rd., Tyngsborough.**

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 begin at 7 pm** on the first Tuesday of each month September to June. The membership year starts in September.

Club dues are \$25 for the membership year, prorated to \$15 for people who join in the second half. For more information, please visit our new web site at <https://tyngsborogardenclub.org> or email us at tynggardenclub@gmail.com. Linda Sheldon, President



The Massachusetts Democratic State Committee is the governing body of the Massachusetts Democratic Party. The Public Policy subcommittee acts to facilitate stakeholders understanding and engagement with federal, state, and local programs and initiatives for their benefit and for the general good.

Public Policy State Committeewoman Elizabeth Coughlin 1st Middlesex Senate District is currently providing outreach information regarding student loan reduction benefits, Green Community, Climate Change and other grants and initiatives.

Email lizcoughlin2000@yahoo.com text or call 978-758-2680



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If you would like to make a monetary donation you may make it online at the website <http://catiescloset.org> Host a Drive, Volunteer, or Shop Amazon Wish Lists.

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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COMEDY NIGHT

To Benefit the American Legion Auxiliary,
Middlesex County, District 5

With Headliner Steve Bjork. This is to be held at the **Tyngsboro Sportsman Club, 90 Westford Rd., Tyngsboro, MA**, on Saturday, April 6th, 2024. Doors will open at 7pm. Showtime is 8pm. Tickets are \$25 in advance and \$30 at the door.

For tickets and information, contact Linda Small (603) 860-6936 or Michelle Lambert (603) 566-1634.

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The Art of Don Ouellette: A Retrospective Exhibition

Exhibit Dates: Through March 16, 2024

Artist Reception: Saturday, February 17, from 2 to 4 PM
(Snow Date February 18)

Lowell, MA – The Brush Art Gallery and Studios presents a retrospective exhibition showcasing work by Don Ouellette.

Born in Lowell, Massachusetts, Don Ouellette is an award-winning landscape painter who works in oil and watercolor. He works with an economy of brush strokes, especially on winter landscapes. Don enjoys capturing the vanishing New England scene, preserving the emotional response of those places that hold special meaning.

He began his study of watercolor painting with his father, Art, in 1975. He also studied with Jack Flynn A.W.S., Carlton Plummer A.W.S., Murray Wentworth N.A., Guy Dampier, and David Lowrey.

His prolific body of work can be found in corporate and private collections, including Jeanne D'Arc Credit Union, the City of Lowell, Lowell Community Health Center and Enterprise Bank. Interestingly, Don is also a talented and well-known musician throughout the Greater Merrimack Valley.

This program is supported in part by a grant from the Mass Cultural Council, a state agency.



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 place 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, 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.

STITCHERS AT THE TYNGSBORO SENIOR CENTER

As the year came to a close, the Stitchers were very proud to offer their knitwear to those in need. Hats and scarfs were delivered to the Tyngsboro Elementary School, Adopt A Family at Tyngsboro High School, and Able to Serve in Lowell. Hats, scarfs, mittens, and lap robes were delivered to the Cancer Center at Lowell General Hospital.

A very successful sale of their knitwear took place during the Christmas Party at the Tyngsboro Senior Center which enabled them to purchase and use only new yarn for many projects. We continue to knit all year long to help those in need.

Stitchers is held every Monday from 10AM to 11:30AM in the dining room. There are volunteers available to teach you how to stitch or perhaps you just need supplies for our projects. Feel free to join us. The conversation is always lively.

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



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