



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!

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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!

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

DUNSTABLE'S ELECTIONS LANDING PAGE IS NOW LIVE!

2024 is shaping up to be a very busy Election year locally in Dunstable, as well as across the country. If you are looking for one spot to give you all of the information you need to be prepared, visit our [Elections Landing](#) page!

Located within the Town Clerk section of the town website, you can check your voter registration status, get information on upcoming elections, early voting times and locations and more all in one place. Take a look and don't forget to vote!

SPECIAL TOWN MEETING - MARCH 26, 2024

FY2025 Budget

Tuesday, March 26, 2024 - 7pm Swallow Union Elementary School A Special Town Meeting in 2024 is scheduled for Tuesday, March 26th at 7pm at Swallow Union Elementary School. There are 2 Articles on the Warrant for consideration. If you would like to see detailed information on the Warrant (a list of articles/items that residents will consider and then vote during the STM) and additional supporting documentations, they can be found [here](#).

Residents that attend the meeting will be provided paper copies of the Special Town Meeting Resident Packet, & the 2024 Special Town Meeting Warrant. We hope you will take the time to attend this important meeting on March 26th at 7pm.

SPECIAL TOWN ELECTION

The Special Town Election will take place on Tuesday, April 2, 2024 from 12 PM to 8 PM at the Dunstable Public Library.



DUNSTABLE GRANGE #31

SPONSORING ROADSIDE CLEAN UP

This year the clean up will be April 19th through April 27th. Bags will be available at the Town Hall, 511 Main St. and Tully Farm Store, 446 Pleasant St. beginning April 12th.

This is a great way to celebrate Earth Day which is on Monday, April 22nd. If we all do the road around our homes, the town will be in good shape. As you fill your bags during this time, please leave them on the side of the road. Our Highway Dept. crew will be going around to pick them up. We appreciate your continued support in keeping Dunstable beautiful.

IN MEMORY OF

Maureen Elizabeth (Molloy) O'Connor

Lorene I. Aliot

Frances "Cookie" (McGrade) Long

Faye Lavrakas

Gerald H. "Jerry" Roth

STONE WALLS AND SCENIC ROADS

Refer to Massachusetts General Laws, Title VII, Chapter 40, Section 15C: Scenic road designations; improvements; fines: <https://malegislature.gov/Laws/GeneralLaws/PartI/TitleVII/Chapter40/Section15C>

The stone walls lining many roads and tracing through the woods and fields of Dunstable date mostly from the 18th and 19th centuries. They were built to get rid of stones from our glacier-impacted soils and were used for controlling livestock and, increasingly, as boundary markers. (A split rail fence – one rail set upon crossed fence posts – might be added, supplemented, or replaced by barbed wire after the 1870s.)

Although at first glance the stone walls may appear to some people to be just a pile of rocks, in keeping with a single theme throughout the town, it is important that we maintain their appearance.

These walls have historical and aesthetic value and are legally protected in some locations. One may not alter a "bound wall" – one that forms a boundary between two separately owned properties. In Dunstable and many other towns, walls bordering roads designated as "scenic" by Town Meeting may not be breached, significantly altered, or demolished without permission from the Planning Board after a public hearing. (Refer to the Town's General Bylaws, and subsection "SCENIC ROAD BYLAW" for a listing of designated scenic roads.) Breaching a wall – most often to accommodate a new driveway – is rather straightforward but does require a permit. Repairing or reconstructing a wall involves several considerations.

Stone walls have two natural enemies: vegetation and gravity. Dunstable farmers created stone walls and had to maintain them (sometimes called "mending walls.") This typically simply meant restoring to their place stones which had fallen or rebuilding a collapsed portion. Such repair is certainly permitted by the Town's Scenic Roads Bylaw. (Note: Dunstable's historic walls were always "dry" – NO mortar should ever be used in repairing them.) Adding new stones to a wall is another matter. Stones exposed to the elements or "weathered" are gray and often covered with various species of moss and lichens, a process that takes decades. "Raw" stone (i.e., covered by earth until now) stands out for years and should be used sparingly or not at all. On the other hand, some roadside walls get partly buried; it's OK to re-expose the stones. Sometimes one can use nearby stretches of a wall as a guide for height and style, whether mending an existing wall or building a new one where none exists.

When in doubt, feel free to contact the Dunstable Planning Board via <mailto:Crock@Dunstable-MA.GOV> or call to (978)649-4514 X230.

DUNSTABLE 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 Debreceni - Children's Librarian kdebreceni@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 Snizek. She has a fantastic collection showing in the community room!

MARGARET ABEYTA READING ROOM our reading room will feature a coffee klatch where we will offer free coffee, tea, hot chocolate and cookies for adults to enjoy while they sit to look through a book or read a magazine!

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. **March 16 - Horse by Geraldine Brooks.** The Library was able to get copies. 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.

TEEN STUDY AND HANG OUT HUB Teens, come in to check out your new and improved space to study, play games or just hang out! Thanks to **DS Graphics** for providing the printing of the posters!

CHILDREN'S ACTIVITIES FOR MARCH Deep Breathing class with local children's author, Patricia Brogdon. Patricia will be offering deep breathing classes for school aged children. It will take place on **March 12th from 4:30 to 5:30pm.** You will learn techniques to use when you are nervous or upset. Please bring a mat or towel. SPACE is limited so sign up soon at the library or with kdebreceni@dunstablepl.org

March 19th at 4:30pm will be our **annual egg hunt!!!** We will be making several creative egg and spring projects and of course having a very exciting egg hunt throughout the library! Please bring a basket to gather your eggs. Please wear clothes that can get messy! Sign up at the library or at kdebreceni@dunstablepl.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.

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Dunstable Conservation Commission

MONDAY MORNING WALKS IN MAY

May 6th, 13th, and 20th Weather permitting, each week we will explore a different Town of Dunstable Conservation Area or DRLT property. Wear appropriate attire/footwear and meet at the Town Hall to leave promptly at 9am.

DUNSTABLE VETERAN SERVICES OFFICE

Spring is almost upon us, and many special days are approaching fast. One of them very dear to my heart is Veteran's Day.

On this day we honor our local veterans and those who are buried in our cemeteries. **During Veterans' day weekend Dunstable has also proudly hosted a Veterans Day Parade.**

This type of event does take quite a bit of planning and effort, and most importantly "volunteers". The volunteers take care of everything like: speakers, parade members, floats, vehicles, sound equipment, refreshments, and many other items.

If you could possibly help with the parade in any way, please contact me as soon as you can. We can expect to have "in person meetings" at the town hall at 5:30 pm once a week until the parade, and then perhaps a meeting after the parade to see what we can do better. I sincerely thank you and look forward to hearing from you.

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

THE DUNSTABLE BOARD OF HEALTH WELL ADULT CLINIC

The clinic will be held on Wednesday, March 27th in the Dunstable Library, 588 Main St. from 11:00–noon. Our nurse will be on hand for Well Checks, no appointment necessary.

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.

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 jtjlhaight@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.



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.

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.

Applications are available at the town hall, library, your school guidance office, by emailing babcockscholarshipfund@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!

COMMUNITY CARES CORNER

At West Auto Repair in Dunstable

Located inside our waiting area at West Auto Repair, located at 30 Pleasant St. in Dunstable, MA, we have our community cares corner. Here you can drop off your **pop tabs** from carbonated beverages, pet food cans etc. **which are donated to Shriners' Children hospital.**

You may also drop off your donations for the PACH food pantry which is located in Pepperell, MA and serves our Dunstable and Pepperell neighbors.

As we head into the spring time months the volunteers at the food pantry have stated that they are in need of **coffee, tea and condiments such as ketchup, mustard and relish.** The pantry is always in need of **personal hygiene items such as soap, shampoo, conditioner, diapers, feminine supplies, toothbrushes, toothpaste as well as laundry detergents and household cleaning supplies.**

Donations can be dropped off inside the waiting area at West Auto Repair Monday- Friday between the hours of 8AM and 5PM. After hours there is a blue bin to the left side of the front door where you can also leave your donations outside.

We could never do this without you, our neighbors, who graciously continue to support these organizations with your donations. Thank you and wishing you a happy spring season! The West Family and our employees at West Auto Repair, Inc.

PACH PEPPERELL FOOD PANTRY

PACH provides food, paper goods and personal care items. **Any-one 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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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>

AVOID STRESS WHEN DEALING WITH YOUR MEDICAL NEEDS

By Edward H. Adamsky

Most people are dissatisfied with the health care system in America. Figuring out how to get the services you need and how to get your insurance to pay for it are agonizing. There isn't a coordinated system anyway, and what we have is very complex. This is especially true for older folks who have trouble dealing with computers and other modern procedures. And, it's even more stressful when you are diagnosed with a medical condition and are worried about that. Getting the help that you need should be easier.

What you need is a Health Care Advocate. You need help coordinating care with multiple providers and insurance companies. You need lists of your medications and health conditions, and you need to schedule appointments and fill out all of the required paperwork for each provider. You can work on this yourself, but having someone to help you can make it much easier.

Your Health Care Advocate can be a family member who goes with you to appointments and helps you fill out forms and keeps records for you. It can also be a paid professional if you don't have a family member handy to do it. Some facilities have on-site patient advocates and there are professionals who offer these services. There doesn't seem to be any licensing requirement for such a job, but those who handle it are usually medical or social work professionals.

An advocate can be your eyes and ears at medical appointments. They can take notes, ask questions, and provide answers to your medical providers that you might not remember. The advocate can also help explain the doctor's instructions and manage the at-home treatments that might follow in-patient services.

If you don't have a close friend or family member who is available to work as your advocate, then you should hire a professional. Ask the hospital if there is one on staff or if they have a referral for you. Or consider finding one by asking your local Senior Center. There is even a website and an organization for this. The Patient Advocate Foundation (www.patientadvocate.org) is a not-for-profit organization that can help you find case management services.

As usual, you need to be careful and be on the lookout for scams. If you search online for a Patient Advocate, make sure you use only reputable sites and avoid anything that looks suspicious. Do not take phone calls from strangers offering to help you. If someone tries to pressure you or makes unrealistic promises regarding your health care, then they are probably not looking out for your best interests.

Your local Elder Law Attorney can also provide some help in this area. Your attorney can provide a referral to a qualified person, or provide you with some direct help and advice on dealing with doctors and insurance companies.

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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

GROTON DUNSTABLE EDUCATION FOUNDATION

GDEF'S Trivia Night for Education is back!

Join us **Saturday, March 23, 2024 at the Groton Country Club** for a fun night out to support Groton-Dunstable schools with grants that directly benefit our GDRSD students.

Register your Trivia Team Today!

Advance tickets only. Learn more & Register your Team at <https://www.gdefinc.org/tnp> **Doors open at 7pm. Trivia starts at 7:30pm.** Fun starts when YOU join us!



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.

- March 2024 Meals/Programs for Dunstable Seniors at the Dunstable Public Library, 588 Main St. lunch is served at noon.
- **Wednesday, March 6-** Brunch is provided by the Traveling Chef: French Toast, strawberries, bacon, roasted potatoes, and Fresh fruit Salad. **Dean Lotito will be available from 10-noon for your tech needs, no appointment needed.** For future reference, Dean is here on the first Wednesday of each month.
- **Wednesday, March 13-** Lunch is provided by Dinner Made Simple: Vegetable soup and a variety of sandwiches, Chocolate Pie for dessert.
- **Wednesday, March 20 –** Lunch is provided by Dinner made Simple: chicken, broccoli and ziti with a Caesar salad and brownies for dessert.
- **Wednesday, March 27-** Pizza, tossed salad and cupcakes for dessert. **The Nurse will be in for well checks today from 11-noon. 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.

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

REMEMBER ♦ HONOR ♦ CELEBRATE

SPRING ARRIVES MARCH 19

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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.**

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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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

NASHOBA ASSOCIATED BOARDS OF HEALTH RABIES IMMUNIZATION CLINIC

Rabies immunization for dogs and cats over six (6) months of age, not previously immunized, and those with a blue rosette (2021) rabies tag must be immunized. Depending on the vaccination status of your dog or cat the veterinarian will inform you of the effective vaccination duration for the vaccination given.

The charge per immunization is \$20.00. **CASH ONLY.** Residents of Nashoba member towns may attend the clinic, this includes Dunstable. Cats must be brought in cages or closed boxes during the last half of the clinic.

Friday March 29, 2024 from 5 PM – 6 PM and Friday April 5, 2024 from 5 PM – 6 PM at the Ayer Animal Hospital, 196 West Main Street, Ayer, MA.



OPEN BURNING SEASON BEGAN JANUARY 15TH & ENDS MAY 1ST

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 waved.

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

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

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 baged 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.

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

• **March 16 - Horse by Geraldine Brooks** (The Library was able to get copies of Horse so we will read that for March)

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.

• **April 20 - Oxygen by Carol Cassella**

Dr. Marie Heaton is an anesthesiologist at the height of her profession. She has worked, lived, and breathed her career since medical school, and she now practices at a top Seattle hospital. Marie has carefully constructed and constricted her life according to empirical truths, to the science and art of medicine. But when her tried-and-true formula suddenly deserts her during a routine surgery, she must explain the nightmarish operating room disaster and face the resulting malpractice suit.



Matt's Monthly Mechanical Memo

By Matt Manning

The sponsors of the Mass Save program have made major changes to the rebates offered for completing energy efficiency upgrades in homes.

The \$10,000 rebate for installing whole home electric heat pumps in homes with preexisting gas-fired heating systems comes with the requirement that homeowners have those legacy systems permanently disabled or removed.

This differs dramatically from previous years where homeowners could elect to keep a furnace or boiler functional as an emergency back up source should their heat pump breakdown or lose power.

Further, rebates for most homeowners electing to upgrade failing boilers or furnaces to modern, high-efficiency models have been reduced to insignificant amounts and will be discontinued altogether in August of this year.

Until next month, stay comfortable.

Matt

Got a question? Drop me a note!

matt@denommeeplumbing.com



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THE GREAT AMERICAN RAIN BARREL PROGRAM

HELP CONSERVE WATER AND PROTECT THE ENVIRONMENT

Another Year of Record Flooding and Drought
"In recent months, we've seen droughts, flooding, and wildfire smoke across our region. The climate crisis is very much here."
- **EEA Secretary Rebecca Tepper**

After the fourth driest summer in 2022, and the fourth wettest summer in 2021, the summer of 2023 was the [second-wettest](#) on record in Boston, with 20 inches of rain in three months. And heavy rains seem to be coming more often. When it rains too much in a matter of hours, Massachusetts towns and cities are struggling to handle all of the water.

This past summer, many communities reported several inches of rain within just a few hours. On August 8, more than 6 inches of rain fell on parts of Massachusetts. Drivers were stranded in their cars. There were hundreds of no swimming days at our beaches this summer. Heavy rains sent bacteria-laden stormwater into the ocean. By October 2, there had been only 5 rain-free weekends since Memorial Day.

Northeast storms have brought at least 1.5 inches of heavy rain in a day and are expected to surge in the coming decades.

"This is the world we now live in. Every day we see weather that we haven't seen before. Things are happening that people haven't dealt with before." **Gov Maura Healy**
HOW TO BE PART OF THE SOLUTION

Educating and encouraging local residents to use a rain barrel is one of the many ways homeowners can be part of the solution. A rain barrel can collect the runoff from roofs and gutters preventing the rain from making its way to impervious surfaces, which often end up in local streams, rivers, pond, lakes and marine waters. Keeping and using rain water on your property helps reduce pollution, erosion and improves local watershed health.

A 500 square foot roof can fill a properly installed 50-gallon rain barrel in about one hour. A modest amount of rainfall can supply much or all of the outdoor watering needs - a full rain barrel will water a 200-square-foot garden.

CONSERVING WATER

During severe drought, rain barrels can provide an additional source of water.

According to the US EPA, 30% of daily water use is outdoors. The EPA also states that rain barrels have the ability to save the average homeowner 1300 gallons of water annually. Using the rain barrel's stored water around the landscape saves water resources and reduces the amount of water purchased from municipal sources.

Rain water is "soft," or free from minerals and chemicals such as chlorine, fluoride, and calcium often present in municipal water. Rainwater is considered ideal for watering plants or washing cars and windows.

To find out more about the barrels and to participate in The Great American Rain Barrel Program, please visit: www.greatamericanrainbarrel.com/community/ and select your town. Barrels are offered for \$89, pick up is **Saturday, April 13th, 10-12noon** at the Tyngsborough Highway Department 89 Kendall Rd Tyngsborough, MA 01879. **Deadline for purchase is March 31st, Midnight.**

About the Great American Rain Barrel

The Great American Rain Barrel is a local food-import company that has been repurposing shipping drums into Rain Barrels since 1988. The Great American Rain Barrel Co. has been an approved vendor by the MASS DEP since 2010. Contact: Suzanne Gebelein, sales@tgarb.com

GROTON GRANGE AND GROTON TRUST FUNDS

**Agriculture in Design:
A Celebration of Farming Heritage
and Innovation in At-Home Composting
Farm & Forage Art Exhibition**

Description: All ages are welcome to submit 2D images (paintings, photos, pastels etc) or 3D items (sculptures, maquettes etc) to celebrate our heritage of growing. Some points of inspiration include but are not limited to food, farm animals, forests, seaweed, and mushrooms. All 2D work must be framed and ready to hang. Diversity is a key component of this exhibit, so cast a wide net as we welcome art from the youngest creators to seasoned pros. **This event has no cash prize, but creators may price their work for sale if desired.** The Grange will receive a 20% gallery commission on all sales. **Submission Deadline:** April 20, 2024

Contact: Arrange drop off of submissions with exhibit curator Madi Lord: madilord@gmail.com

At-Home Compost Design Challenge

Description: We are looking for the next best at-home compost system design. Think of the perfect small scale design that is ideal for the average person with a home and garden. The goal is to encourage and inspire more people to redirect organic matter from our landfills and feed our gardens to generate more nutritious food. The limitations are simple: **Must be plastic free, easy to maintain, and can retail for less than \$250.** Otherwise if your design has wheels for mobility, ladders for chickens, or even a removable worm bin are all up to you and your inventor's whims. All submissions will be displayed at the event on April 26-28th in Groton.

Submission Deadline: March 30, 2024

Entry Fee: \$15 **Prize:** Cash prize awarded by compost expert panel **Contact:** Submit email proposals/photos to Katharine Bell: kathabell50@gmail.com or Maquettes mailed to: Katharine Bell, 68 Common St, Groton, MA 01450.



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 April or May?

The news is placed FREE of charge on a first come first served basis. *If you have an event in early May, it is best to have it in the upcoming April 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. There are 6,674 issues of Neighbor to Neighbor sent out directly to homes and business each month in the towns of Dunstable and Tyngsborough.

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.

DATES TO REMEMBER

Ramadan (begins at sundown) March 10th.

St. Patrick's Day, Sunday, March 17th

First Day of Spring, Tuesday, March 19th

Purim (begins at sundown), Saturday, March 23rd

Holi (begins at sundown) Sunday, March 24th

Palm Sunday, Sunday, March 24th

Easter Sunday, March 31st.

Hindu New Year, Tuesday, April 2nd

World Autism Day, Tuesday, April 2nd

Eid al-Fitr (begins at sundown), Tuesday, April 9th

Vaisakhi, Saturday, April 13th



SAVE THE DATE Sunday, May 5, 2024
Reid's Crew
Annual Lemonade Stand to benefit the
Cystic Fibrosis Foundation
at West Auto Repair, Inc.

GRANGE #7 CONTRA DANCES

Groton Grange #7 invites you to our traditional New England Contra Dance on **Saturday, March 23rd, 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 to be determined, 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.

LOADING DOCK GALLERY

122 WESTERN AVENUE, LOWELL, MA

SHOW: Replications

SHOW DATES: February 28- March 31, 2024

This March, Loading Dock Gallery presents **Replications**, a show of color and whimsy inspired by nature, featuring the work of artists Nicole Brunelle, Carolyn Lee, and Vivian Rosalee.

Sharing color ideas and subject matter, Brunelle, Lee, and Rosalee created work that ranges from realistic to abstract. **Replications** includes wall art, stained glass, textile pieces, and jewelry.

Rosalee works in ink and acrylic gouache. Her style combines strong design and bright rich colors. She renders realistic and imaginary creatures with equal delight, in moods that range from tenderness to humor.

Brunelle translates nature imagery into stained glass. Subjects include birds, mushrooms, dragonflies, as well as abstract studies of leaves, water, and sky.

Lee enjoys exploring techniques and discovering new combinations of materials. Her work includes media paintings, beaded jewelry, and fabric art, including cyanotype, monoprint, and paper quilling.

Replications runs February 28 - March 31, at Loading Dock Gallery, 122 Western Avenue, Lowell, MA, noon-5:30pm, Wednesday-Saturday, until 4pm Sunday. More at www.theloadingdockgallery.com. **Loading Dock Gallery is part of Loading Dock Arts, Inc., a 501c3.**

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Mass Times: Saturday 4:00pm, Sunday: 7:30, 9:30, 11:00am 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.

KITTY ANGELS

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

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

DOWNLOAD YOUR FREE BOOK "LIVING WITH OUR WILD NEIGHBORS"

The Humane Society of the United States (HSUS) is offering a copy of the book "Living with our Wild Neighbors" as a free download. It is very informative and covers all wildlife from A-Z.

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

WHAT TO DO WITH YOUR OLD MATTRESS

If you're not sure what to do with your old mattress, there are a few options to consider. **You can donate mattresses in *good condition*.** • Household Goods, 530 Main St. (Rt 27) Acton, MA 978-635-1710 ext. 5 www.householdgoods.org

Donation Drop-Off Hours: Tues, Thurs, and Sat. 9AM - 12PM

• The Wish Project, 166 Middlesex St., North Chelmsford, MA 866-947-4360 You can visit their website to fill out the donation form. www.thewishproject.org

Donation Hours: Tues. and Sat 9AM - 2:45PM

• Curbside pick-up now available for a fee with UTEC call 978-856-3997 or visit www.utecinc.org/mattress-recycling/

If you are buying new, check with the retailer to see if they will recycle your old one.



Tech Connect United
Laptop Donation Program

United Way of Greater Nashua introduces **Tech Connect United**, a Laptop Donation Program addressing digital equity.

Donate working laptops, tablets, or smartphones to support community members in need. Devices will be cleared, refurbished, and distributed to children, job-seekers, college students, and seniors.

The goal of this program is to bridge the digital divide. Drop off devices at 20 Broad Street, Nashua, on weekdays from 9:30am to 4:30pm or by appointment. Contact info@united-waynashua.org or (603) 882-4011 for more details.

Tech Connect United aims to foster digital inclusion, supported by Microsoft's Tech Spark Fellowship Grant Funding. Join us in creating a digitally equitable future.



HELP WANTED

Dunstable farm and greenhouse business needs dependable, responsible, hard-working individual for greenhouse and farm work. *Ideal for older student.*

Sat. and Sun. until the end of school, then part-time during the week through July 4th. Call Joan 978-649-9713.

HELP WANTED – Mother's hours.

Dunstable farm and greenhouse business needs dependable, responsible, hard-working individual for **part-time** greenhouse/farm work.

Weekdays, 9am to 2pm through the end of school.

Call Joan 978-649-9713.

TYNGSBORO-DUNSTABLE



Rotary Motto Service Above Self

What is Rotary?

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.

Rotary Club of Tyngsboro/Dunstable meets at the Dream Diner, 384 Middlesex Rd, Tyngsborough, MA. We meet the second Thursday for lunch at 12:00 and the fourth Thursday for breakfast at 8:00 am.

All are welcome! We even treat our guests on their first visit. We're a super friendly and informal group with a huge community impact! Our facebook page is www.facebook.com/tyngsborodunstable Rotary/

REPAIR CAFÉ RETURNS TO

TYNGSBOROUGH - SATURDAY, APRIL 13

Back by popular demand, the Sustainability Committee, Tyngsborough/Dunstable Rotary Club, Tyngsborough Public Library and community volunteers are working together to offer a second Repair Café at **The Beehive Coworking Community** (2 Bridgeview Circle) on **Saturday, April 13th 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, PCs/Macs, 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 repairing things together, we are fostering a "repair mindset" to reduce waste and promoting 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 April 13 at the Repair Café!



Altrusa meets the 2nd and 4th Tuesday of the month at the Tyngsborough Senior Center, 169 Westford Road, at 6:00 p.m. Please email altrusamv@gmail.com if you are interested in joining other volunteers in making a difference in the lives of others in our communities.

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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.

MIKE'D UP COMEDY PRODUCTIONS

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



The Little Red Schoolhouse

64 Main St, Dunstable, MA (Route 113).

Not far from the Dunstable/Tyngsborough town line near Route 3

- **CLEAN-UP DAYS** Come and help us get ready for another season of events and programs at the Little Red Schoolhouse on Rt 113 in Dunstable. • **On Saturday April 27 starting at 9 a.m.** we will be sweeping floors, washing windows and dusting tables and benches. • **On Sunday April 28 at 1 p.m.** we will be raking up leaves, trimming trees and bushes and getting the grounds ready. Bring your work gloves, clippers and rakes. **Refreshments will be served both days.**
- **ANNUAL STEAM MEET** • **Sunday May 5 from 6 a.m. to 1 p.m.** Refreshments will be available from 8 a.m. on. Come and enjoy displays from the days of steam power.
- **MEMBERSHIP** Wondering what a membership to the Tyngsboro-Dunstable Historical Society means? Check us out at <https://tdhishistoricalociety.org> or email us at tyngsboroughdunstablehs@gmail.com for more information.

FIVE ELEMENTS FOUR PAWS, LLC

Five Elements Four Paws, LLC is a mobile acupuncture and integrative veterinary medicine practice based out of Chelmsford, MA servicing the Greater Boston area and southern New Hampshire. Owned and operated by Dr. Kristina Nolin, Doctor of Veterinary Medicine. Dr. Nolin is a Certified Veterinary Acupuncturist and Certified Veterinary Food Therapist who received her training from Chi University. She specializes in holistic veterinary medicine including small animal (cats & dogs) acupuncture, food therapy, herbal therapy, Tui-na (acupressure) and canine rehabilitation.

Acupuncture is a very safe medical procedure when administered by a qualified practitioner. Studies have shown that acupuncture stimulation induces the following physiological effects: Pain relief, promotion of tissue healing processes, regulation of gastrointestinal motility, anti-inflammatory effects, immunoregulation, hormone and reproductive regulation and antifebrile effects.

Clinical trials indicate that acupuncture therapy can be effective in the following conditions:

- Muscle soreness, back pain, osteoarthritis and degenerative joint disease, geriatric weakness
- Seizures, intervertebral disc disease (IVDD) & laryngeal paralysis
- Gastrointestinal disorders: diarrhea, gastric ulcers, vomiting, constipation and impactions
- Allergies and itch
- Kidney disease or failure
- Liver disease
- Behavioral problems
- Endocrine Disease: Diabetes, Cushing's disease, hypothyroidism, hyperthyroidism
- Quality of life, cancer and hospice care
- Performance enhancement and the prevention of disease

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Neighbor to Neighbor. They would like to know.

Thank you, Anne

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fiveelementsfourpaws.com

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CONCERT FLYER CONTEST

The **Dunstable Concert Committee** has plans for six summer concerts on the Dunstable town common this year: **Wednesday evenings June 19th through July 31th (with a rain date on Thursdays (and no concert the week of July 4th))**

The committee is inviting all young, local artists to be creative and share their passion for the Summer Concerts by designing the flyer that will be used to promote the 2024 Summer Concerts!

Crayons, markers, paint, photos or any combination can be used but must be submitted as a hard copy on a standard (8 1/2" X 11") piece of paper.

Entries **must** include the contestants' name, age, and town they live in. Entries can be submitted at the Dunstable Public Library, West Auto Repair and Swallow Union School.

**Deadline for submission
is Monday April 22nd, 2024.**



What's in it for the winner?

The winner will receive one free ice cream of their choice at each of the 2024 summer concerts!



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TIME FOR FINANCIAL SPRING CLEANING?

Spring is almost here, which means it's time for some spring cleaning. This year, in addition to tidying your home and surroundings, you might want to consider sprucing up your financial environment, as well.

Here are some suggestions for doing just that:

• **Improve your vision.** Once the days are warmer and longer, you may want to get outside and clean all the winter grime and smudges from your windows, allowing you to see the world more clearly. And you may want to bring more focus to your financial vision by asking some key questions: Is my investment strategy still appropriate for my needs, goals and family situation? If not, what changes should I make? And am I prepared for changes in my life, such as health challenges or a need to retire earlier than planned? The answers to these and other questions can help you clarify where you are, in terms of your financial picture, and where you want to go.

• **De-clutter.** As you look around your home, you may find things such as expired health care products, old prescriptions, ancient cleaning solutions, and so on, in addition to duplicate household items (how many blenders do you really need?) and non-working equipment — printers, laptops, etc. Most people find that eliminating this clutter gives them a good feeling — and more livable space. As an investor, you can also find clutter in the form of redundant investments — for example, you might own several nearly identical mutual funds. You might be better off selling some of these funds and using the proceeds to find new investments that can help you further diversify your portfolio. As you may know, diversification is a key to investment success, but keep in mind that it can't prevent all losses.

• **Plant seeds of opportunity.** Whether they're planting camellias and crocuses or carrots and cilantro, gardeners are busy in the spring, hoping their efforts result in lovely flowers and tasty foods. And when you invest, you, too, need to plant seeds of opportunity in the form of investments that you hope will grow enough to enable you to make progress toward your goals. So, you may want to review your portfolio to ensure it's providing this growth potential, given your individual risk tolerance.

• **Reduce dangers.** You may not think about it that much, but your home and surroundings can contain potential hazards. You might have ill-fitting caps on cleaning products with toxic chemicals, or sharp cutting instruments protruding from shelves in your garage, or heavy, cracked tree branches hovering close to your roof. Spending some time on a spring-cleaning sweep can get rid of these dangers — and devoting time to consider the possible threats to your financial security, and those of your family, can pay off, too. For starters, review your life insurance to determine if you've got enough. Your employer may offer some coverage as an employee benefit, but it might not be sufficient, so you may need private coverage. And the same is true for disability insurance, because if something were to happen to you, and you couldn't work for a while, you'd still want to protect your family's lifestyle.

Spring is a great time for brightening your physical space — and your financial one, too.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P., and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C. **California Insurance License OC24309**

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Maple Village Preschool, a licensed non-profit preschool in Dunstable, is now enrolling for the 2024-25 school year. Our Pre-K class, for students 4 and up, meets on Mondays, Wednesdays and Fridays from 9-1, and our Preschool class, for students 2.9 and up, meets on Tuesdays and Thursdays from 9-12.

We are conveniently located in the center of Dunstable in the basement of the Dunstable Church. Students from all towns are welcome! Please visit our website for more information, or contact us with questions or to schedule a tour!

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90 Pawtucket Blvd., Tyngsborough, MA 01879



Active Duty Military, Military Retirees and Veterans are encouraged to join and be a part of our Legion Family. First year is FREE for new members. For further information call 978-649-7540

Post Executive Committee: Commander Ray Hamelin, Sr. Vice Commander Pete St. Peters, Finance Officer Jim Lawler Jr., Adjutant Jim Lawler Sr., Executive Board Members Joe Conlin and Fred Carroll.

Hello everyone, my name is John Taylor; I am the point of contact for the American Legion Post #247 and the Sons of the American Legion (SAL). You may email me at johnntaylor1777@gmail.com, with your inquiries for the American Legion or the Sons of the American Legion.

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



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

AMVETS POST #247

ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA



POST OFFICERS: Commander: Robert Golas; Treasurer: David Coles; Secretary Rod Wood

We meet the 1st Tuesday of each month at 2:00PM.

Currently we meet at the Tyngsborough Sportsmen's Club, Westford Road, Tyngsborough.

For more info please call Dave Coles at 978-551-1344.

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PLUNGE FOR A CURE

We are writing to you today once again looking for your support. I thought perhaps last year was our last Relay for Life event. However, in 2023-24 so many friends and family have been afflicted with cancer that we cannot turn away. This year "we" (my sisters Beth, Carol and myself, with hopefully our husbands???) will be plunging into the ocean in our Plunge for a Cure! Although many people do their Polar Plunge in January (apparently the average water temperature is 41 then), we will be plunging in April when the average water temperature is 37!!!! ***We hope in this silly yet important Plunge for a Cure, we will once again bring attention to CANCER and the devastating toll it takes on those we love.***

How can you help? There are 3 ways:

1. Give us the name of someone who is fighting or has fought cancer and we will put it on our banner at the beach to let them know people care and support them!
2. Donate if you would like to the link below. Donations desperately help support patients and research. So many cutting-edge treatments have helped those we love, but money is what is needed to support and develop those and other new treatments.
3. Make sure you are not the next patient. You can make sure you aren't the next patient by doing all preventive exams and being knowledgeable about family history. Be aware of your own possible symptoms and don't wait to get checked out!

We understand we all have our causes and places to put our energy. This does not have to be your passion! Every one of you is an amazing individual who makes this world a better place by just being in it! My email is bhopke1840@aol.com if you have questions or care to join us in our Plunge for a Cure! Maybe...just maybe this year some truly amazing treatments will be developed and end the awful toll it takes on those we love!

Our Plunge for a Cure is tentatively planned for the first weekend in April at Hampton Beach in New Hampshire.

Once again, THANK YOU for all your love and support throughout the years. It has been almost 15 years since my first cancer and I am blessed to have all of you in my life! And to those of you WARRIORS that are fighting, we have your BACK!!!! Love, Mae Bob, Beth, Carol and the rest of the Wee Bit of Hope team!

https://secure.acsevents.org/site/STR?fr_id=107518&pg=personal&px17741091

BONE BUILDERS

AT TYNGSBORO SENIOR CENTER

Bone Builders class is held every Monday and Wednesday from 9AM to 10AM. Exercises are specifically designed to build bones due to bone loss from Osteopenia or Osteoporosis. Our model is from Tufts University Research on Aging, Department of Osteoporosis.

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.

THE FRIENDS OF THE TYNGSBORO ELDERLY, INC.

(originally Friends of the Council On Aging, established in 1984) is a 501 (C) 3 nonprofit organization which was formed for the purpose of contributing to the needs of the senior citizens of our town. Through the \$10 membership fee per year per person, they are able to fund luncheons, dinners, lectures, entertainment, and a host of activities both at the senior center and elsewhere.

Currently, plans are underway for the Spring Fling Luncheon. This event will host a One Of A Kind entertainment that will be sure to please. Popular 50/50 Raffle, Raffle Baskets, and Door Prizes are always fun.

Membership forms are available at the Greeter Desk at the Tyngsboro Senior Center or by calling President, Joe Jacoppi (978-649-9076).



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STITCHERS AT THE TYNGSBORO SENIOR CENTER

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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Evangelical Congregational Church of Tyngsboro

Est. 1868

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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.

PLEASE JOIN US FOR EASTER SERVICES:

March 24 - 10:00 a.m. - Palm Sunday Service

March 29 - 7:00 p.m. - Good Friday Service with the office of the Tenebrae observed.

March 31 - 6:00 a.m. - The Rev. Tim McAndrew will be leading the **Sunrise Service** (on the hill between the Thrift Shop and Church)

7:00 a.m. - Please join us for Breakfast in the Church Fellowship Hall, **9:15 a.m. - Easter Egg Hunt** for children and **10:00 a.m. -**

Easter Sunday Service led by Interim Pastor Bernie Michaud. Christ is Risen!

• **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.

• **YOUTH GROUP** will meet: **April 5 - 6:00 pm to 8:00 pm,**

May 3 - 6:00 pm to 8:00 pm & June 7 - 6:00 pm to 8:00 pm

• **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!!!

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

NOTE: THRIFT SHOP - CLOSED on Saturday, March 30th
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TYNGSBOROUGH GARDEN CLUB



Our first meeting of the New Year took place on Tuesday, February 6 at the Evangelical Congregation Church, 23 Kendall Rd. at 7 pm. The program featured Winnie Pead, owner and principal of Garden of Eden LLC, who gave a presentation on ways to increase vegetable garden yields. She touched on all aspects of successful gardening and provided tips on soil composition, water needs, and sunlight, as well as the benefits of pinching back and companion plantings. Her presentation was timely because those of us who grow vegetables all complained of a diminished harvest last year from all the rain.

We have rescheduled our March meeting from March 5 to Tuesday, March 12. The primary elections are on March 5 and several of our members will be working the polls. So, on March 12 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 and, in addition to being pretty, it's been used for all sorts of things and has been around for millennia. If you want to learn more about yarrow, join us on February 6.

Our April 2 meeting will feature Willa Coronka, owner/principal of the Magpie's Apprentice. Willa has a Master's degree in Environmental Education and her business is devoted to helping people enjoy nature and its bounty in a sustainable way.

Our major fundraiser for the year is our annual **Plant Sale, which is scheduled for Saturday, May 18.** While that seems far away, that Saturday will be upon us before we know it. We're planning to make a bigger splash this year than we have in the past at our two locations—Flint's Corner and 13 Beverlee Rd. If you're going to be in the market for plants this year, make us your first stop because you won't find a better deal anywhere!

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

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THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

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at St. John the Evangelist, Old Parish Hall,
115 Middlesex Road, N. Chelmsford, MA 01879.



46 Coburn Road
Tyngsboro, MA

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.*

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ALTERNATIVES TO PAYING FOR WORD, EXCEL, AND POWERPOINT

By Dean Lotito

Microsoft Word, Excel, and PowerPoint are certainly the most popular office tools in use on computers today. Microsoft has several licensing packages available to provide these tools at a reasonable cost. A popular package is \$99/year for up to 5 computers/phones in your home. This includes 6 terabytes of storage in the cloud. This is the package I use.

However, there are reasonable alternatives that are free. Google released "Google Docs" in 2006. These are web-based applications that support the equivalent of Word (called Docs), Excel (called Sheets), and PowerPoint (called Slides). These websites provide 95% of the features of the Microsoft programs and satisfy all but the most complex power users. Most importantly, these programs save the files in a format that Microsoft programs can usually open. This allows you to create files that you can send to friends who are using Microsoft 365.

The only downside of Google Docs is that you must have an internet connection to access your documents. The documents actually run in your browser (Edge, Firefox, Chrome Safari, etc.) This should not be an issue for most users, but it is important to be aware of it. Google stores these documents in the Google Cloud by default. Having a Google account is free, and all people with a Google Account get some free storage. (And if you have a Gmail address you already have a Google account.) Just open your browser and go to www.google.com. In the upper right-hand corner are nine dots in a square, which is the menu button to open these programs.

In response to Google Docs, Microsoft also created an online free version of Word, Excel, and PowerPoint. As in the case of Google Docs, these are web-based applications that you can access with a free Microsoft account. If you are currently using a Windows PC, you likely have such a Microsoft account. Just open your browser and go to www.office.com. Click on the link for the free version of Microsoft 365.

If you are only an occasional PC user, these free alternatives may be a good option. Give them a try! If you have any questions or would like help converting to either of these options, I am available to help.



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.

For those interested in running for a local election, guidance on nomination papers will be provided.

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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 meets in (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 meeting will be held on March 17th, April 7th and 21st. Anyone is welcome at these meetings. Check the church website for any updates.
- The four weeks of Lent officially began on Ash Wednesday, Feb 14th. **Palm Sunday** will be observed on **March 24th**. There will be an evening service on **Maundy Thursday, March 28th at 7:00pm.** **Easter** will be celebrated on **March 31st, beginning with a Sunrise Service at 6:15am, followed by a Pancake Breakfast 9:00-10:00am.** Weather permitting, there will be an **Easter Egg Hunt for children at 9:45am, and Praise Team music will begin at 10:00am, before our 10:30am Easter Worship Service.** Please join us.

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

FUN AND PRODUCTIVITY AT BEEHIVE COMMUNITY!

As Beehive Community approaches its 1-year anniversary, its alignment with the community is gaining traction. In addition to drop-ins, members, private office, and conference room rentals, Beehive is now home to various public events:

- Mill City toastmasters hosts a hybrid meeting at Beehive the first Wednesday of every month at 7:00 PM.
- Two different groups offer CPR training. BLS has certification training twice monthly and Curantis Private Nursing offers a free Family and Friends CPR course once a month.
- Speed Networking with trivia, tunes and snacks is held on the 2nd Tuesday of every month at 6:00 PM. It's a great way to connect with potential referral partners.
- Each month, a local business person offers a Lunch and Learn. February's topic was Artificial Intelligence, March is Personal Finance and April will be Estate Planning.
- Beehive Community houses the Repair Café, organized by Tyngsboro Sustainability Committee, Tyngsboro/Dunstable Rotary, Tyngsboro Public Library and other local sponsors.
- In March, a photographer and videographer will use the space to create publicity material for professionals.
- Every Monday is pizza day, Wednesdays, we make you breakfast, and there's a Friday happy hour.

Many people are surprised by the size and design of the space. There are areas that feel very professional and other areas, like the Living Room and Healthy Room, feel like home. Member, KellyAnne Johnson, says she is twice as productive at the Beehive than when she works from home. "Working from home has some advantages for sure," says Johnson, "but I'm much more proactive and focused at the Beehive. My mini monthly membership is only \$75/month. I get more than my money's worth just in the complimentary drinks and snacks!"

"In naming the Beehive, the word Community was very intentional. We always meant for it to be a gathering place", says Beehive owner and visionary, Christine McCarron, "a resource for Tyngsboro and Dunstable residents, whether they come to work, play, or just to connect with neighbors and friends. We're so happy and grateful to see the vision coming into reality." Curious about the Beehive? Join us at a monthly event, or just drop by to enjoy a free day. Check out ThriveAtTheBeehive.com for events and to book a tour.



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 April or May? There are 6,674 issues of Neighbor to Neighbor sent out 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 May, it is best to have it in the upcoming April 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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When you call a business or organization,
please tell them you've seen their ad or article in
Neighbor to Neighbor.

They would like to know. Thank you, Anne

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 FOR THE 2023-2024 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: Kristine DeMonico; 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>

**FREE Easter Pancake Breakfast
with the Easter Bunny to be held Sunday,
March 24th at 9am-12pm
at the Tyngsboro Council on Aging,
169 Westford Rd., Tyngsboro, MA 01879**

PROJECTS THE CLUB HAS COMPLETED OVER THE PAST YEAR: Annual Thanksgiving baskets; Diabetic Rescue kits for the town schools; Free annual Easter Breakfast with the Easter Bunny; Free senior/community Pancake Breakfasts; Eye glass collections and screenings; Sock and Clothing drives for Veterans and Homeless; Earth Day Clean up.

YOU CAN HELP BY DONATING THE FOLLOWING:

- **Used Eyeglasses** are collected for refurbishment and distribution to less advantaged individuals around the world.
- **Used Hearing Aids** are collected refurbished or repaired and distributed to those individuals in need with limited ability to pay.
- **Can tabs** please place into bags before putting in the boxes. This benefits The Shriners. **Lion's collection boxes for eyeglasses, hearing aids and can tabs are located at:**

Tyngsboro Post Office- 353 Middlesex Rd, Tyngsboro MA 01879
Tyngsboro Council on 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

PENNIES FOR SIGHT: "Your change- changes people's lives" See a Lion canister around please consider donating. Every Penny Counts!

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

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

On Sunday, March 10th
Daylight Saving Time Begins.
"Spring Ahead" Set clocks ahead
one hour on Saturday, March 9th, at bedtime.



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