

The Londonderry Monthly

Volume 6 Number 12

December 2015

Letter from the Editor:

MERRY CHRISTMAS & HAPPY NEW YEAR!!!! I know – too early – just getting the turkey platter put away. But the season is upon us and we all want to wish you the happiest and healthiest of holidays. This issue is JAMMED full of great information and I think you will enjoy it.

There are many ways to spend the holidays. Some shop til they drop and have an explosion of presents under the tree, some donate time, food and money to help those in need. No matter how you and your family spend the holidays I hope you will all find it in your heart to think of others and help them in any small way you can. Perhaps this will be the time you offer your assistance and join Londonderry's Community Resilience Organization (CRO), please contact them via email at MightyLondonderry@gmail.com.

Perhaps you will share a glass of wine with a friend who needs a bit of "cheer". I will be starting off the season by attending the Christmas Tree Lighting and joining Nordic Harmonii singing Christmas Carols to jumpstart my holiday spirit! Hope to see you there!

Darcy Duval

4th ANNUAL LONDONDERRY TREE LIGHTING DECEMBER 4TH



The 4th Annual Londonderry Community Tree Lighting is Friday, December 4th at 5:30pm at The Mountain Marketplace. The event is sponsored by Susie Wyman and The Londonderry Rotary.

The Nordic Harmonii will lead the audience in singing Christmas carols and Santa will appear to hear children's wishes. Immediately following, the community is invited to an Open House at Neighborhood Connections where cookies and hot chocolate will be served. For more information, contact Susie Wyman at 824-3537.

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It is that time of year again! The time for giving!

Once again, Neighborhood Connections is collecting items which cannot be purchased using food stamps - and dispersing to our clients around the holidays.

Randee Keith, one of invaluable volunteers, is spearheading the drive. Attached is a list of requested items. Not on the list - which we could certainly use - are actual medium gift bags and tags.

You can drop off during our regular office hours which are 9-5 Monday-Friday. There will be a collection box in the reception area.

Thanking you all in advance.

List of items that cannot be purchased with 3SquaresVT:

WOMEN:

Tampons/pads
Lotions & Hand Creams
Razors & Shave Cream
Deodorant

PETS:

Dog Food (wet & dry & treats)
Cat Food (wet & dry & treats)
Kitty Litter
Dog & Cat Flea Treatments
Veterinarian Gift Certificate

FAMILY:

Shampoo & Conditioner
Soap/Body Wash
Toothpaste & Toothbrushes
Emery Boards, Clippers & Nail File
Hairbrushes & Combs
Laundry Detergent & Dryer Sheets
Dish Detergent
Sponges, Brillo Pads
Paper Towels & Toilet Paper & Kleenex
Garbage Bags & Sandwich Bags
Band-aids
Cold & Flu Medicine

BABY:

Diapers
Baby Wipes
Diaper Rash Ointments

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TIME IS RUNNING OUT TO REVIEW YOUR MEDICARE PART D INSURANCE PLAN

Marguerite Mason, an expert in Medicare Insurance, began taking Monday appointments mid-October at Neighborhood Connections to review supplemental drug insurance plan. Neighborhood Connections has extended this service up to December 7th. According to Marguerite, in 2016, 23 prescription drug plans will be available in Vermont. Eighteen of those plans have raised their rates an average of 20%. Eleven have raised or instituted a deductible. More than half have made significant changes to the pharmacies that will sell you prescriptions at their lowest rate. "It is important for everyone who has Plan D drug coverage to review their plan at this time. You can ensure significant savings by doing so." Call Neighborhood Connections at 824-4343 to make a Monday appointment with Marguerite. You must bring a list of your prescription drugs and your Medicare card.

ELIMINATE TOXIC CLEANING PRODUCTS AND CREATE A HEALTHY HOME

There was a time when people didn't think twice about using household cleaning products containing harmful and toxic chemicals – just as long as the kitchen floors and countertops sparkled and smelled lemony! But today more and more people have learned how harmful these toxic chemicals are and have become interested in using natural cleaning products.

On Wednesday, December 16th at 1pm at The Meeting Place at Neighborhood Connections, Gail Mann will present *Healthy Homes*, a discussion on how to clean your home without caustic chemical-based products. Using common items as white vinegar, baking soda and Borax, Gail will show you how to add essential oils that have natural disinfectant properties for a germ-and-toxic free home. As an added bonus, the soothing aromas linger and make cleaning a more pleasurable experience.

Healthy Homes is the first in a series of presentations by Gail Mann. These presentations are based on her research and exploration of essential oils over the past two years. Ms. Mann is a Yoga Teacher and Wellness Coach of YogaUnbound.

This presentation is offered at no charge, but reservations are a must. Call 824-4343 to attend.

Valley Health Connect offers assistance enrolling in health insurance coverage at Neighborhood Connections

Open enrollment for health insurance through Vermont Health Connect, the State's health insurance exchange, ends January 31st, 2016. Are you uninsured, have questions about renewing or changing your current health insurance plan or need to report a life change event?

Valley Health Connect, an authorized Vermont Health Connect navigator, will be here at Neighborhood Connections on December 7th (for coverage to begin January 1, 2016) and January 18th (for coverage to begin March 1, 2016) to answer your questions and help you enroll. 90 minute appointments begin at 9am. Call 824-4343 to schedule an appointment.

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FAMILIES ANONYMOUS HELPS FAMILIES IMPACTED BY ADDICTION

With the report of another deadly heroin overdose of a young person from our community, Families Anonymous (FA) wants to remind all that there is help for families whose lives have become affected by the use of drugs. You can benefit from attending a Families Anonymous meeting. A confidential FA meeting is held weekly on Tuesday evenings from 5:30-6:30 at Neighborhood Connections, located in Londonderry's Mountain Marketplace next to the Londonderry Post Office.

GNAT TV NEEDS VIDEOGRAPHER

GNAT-TV, based in Sunderland, VT, is seeking a reliable person to be a back-up videographer in the Londonderry region. This person would be trained to use professional quality video equipment to record Select Board and School Board meetings and possibly other events. Most all meetings occur on Monday, Tuesday or Wednesday evenings. **This is a part time, paid position.** This is also a fun way to keep abreast of and contribute to the local political discourse. If you or someone you know are interested in finding out more, please contact Hoss Wuerslin at GNAT-TV. Call 802-362-7070, or email him at hoss@gnat-tv.org. Or you can speak with the person behind the camera at any local meeting.

Update on the FEMA Buyout Properties

Everyone has probably seen that the former children's clothing and card shop, next to Williams Park at the intersection of Routes 11 and 100, disappeared in mid November. More than four years after Tropical Storm Irene flooding, this property is the fourth out of five flood damaged properties that the Town of Londonderry committed to acquire and demolish.

Funded by FEMA's Hazard Mitigation Grant Program, these properties are acquired and demolished at no cost to the Town and the properties will remain in Town ownership and be open space. The reasoning behind the program is that the buildings, all of which lie in the floodplain of the West River, are financially beyond repair and would only be damaged again in future flooding. Removing the buildings creates open space for floodwaters to go which hopefully will help mitigate the effects of flooding on other properties.

The fifth "buyout" project, the former Outlet Barn across the street, is still in process and should be completed in 2016.

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THANK YOU CHAMPION FIRE DEPT FOR FIRE SAFETY INSTRUCTION AT FLOOD BROOK SCHOOL!!!!

Have a safe and Merry Christmas from Champion Fire Department!!



The annual Flood Brook School Holiday Bazaar will take place on Friday Dec 4 from 8am to 4pm. With craft, food and other seasonal specialties as well as silent auction items, this fun and lively event is a fundraiser for FBSAC which sponsors field trips and enrichment activities for FBS students. Free and open to the public!

FIRST BAPTIST CHURCH

Below are all the events going on at First Baptist Church for the month of December.

- December 12th at 5:30pm - Potluck and Tree Trim at the Town Hall
- December 20th at 10:00am - Children's Christmas Program during our Worship Service at the Town Hall
- December 24th at 6:00pm - Christmas Eve Service at the Town Hall
- December 24th at 8:00pm - Christmas Eve Service at the Chapel of the Snows at Stratton

Grace and Peace,
Chris & Kathleen Blackey

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Londonderry Beautification Committee Year-end Wrap-up Report

Our town looked beautiful throughout the spring, summer and fall due to the hard work of many volunteers – your friends and neighbors who have a commitment to make Londonderry and South Londonderry visually vibrant communities in which to live and work. Organized by the Londonderry Beautification Committee, teams of volunteers worked on the strategically located and colorful planted flower beds and bridge boxes that adorn our villages. You may have seen them as they planted, weeded, watered, pruned, trimmed and composted – many of us appreciated the honks and hellos from the passing motorists!

The annual placement of American flags along our town streets is a joint effort of the Rotary and the Beautification Committee. A number of the flags were replaced at the beginning of the summer and new hardware installed on the poles to hold the flags. Again, volunteers manage the whole effort – from springtime placement to removal and winter storage. It's easy to see how these flags dress up our town, for holidays and every day.

Next April, watch for the arrival of spring around town. We have planted nearly 200 daffodil bulbs in the flower bed triangle at Clark's intersection (Rtes. 11 and 100) and additional bulbs at the base of the town entrance signs on the north and east sides of town.

The Beautification Committee is interested in your ideas about ways to make visual improvements to our town. If you have suggestions about projects that can enhance the beauty of our public and private spaces, please send us a note via email to: londonderryvtpride@gmail.com. You can also send a message via US Postal Service to: Londonderry Beautification Committee, c/o Londonderry Town Hall, 100 Old School St., S. Londonderry, VT 05155. We also welcome new volunteers to help with our work. Drop us an email or even better, join us at our first meeting in 2016 – on Thursday, May 18th at 10am in the Twitchell Building in S. Londonderry.

Committee members: Paul Gordon, Helen Hamman, Berthe and Robert Cowles, Carol Ann and John Jopling, Susan Wyman and Martha Dale



Committee member Helen Hamman planting daffodil bulbs for everyone's enjoyment next spring!

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Roger Fox, MB, MRCP; Chuck Sweetman, President, MVMC Board of Directors; Tim Ford, President & Chief Executive Officer, Springfield Medical Care Systems; Stephen Lyon, Treasurer, MVMC Board of Directors.

SMCS Adding Mountain Valley Medical Clinic to its Community Health Center Network
Springfield Medical Care Systems (SMCS) is pleased to announce it is in the process of adding Mountain Valley Medical Clinic in Londonderry, VT, as a community health center site within the SMCS federally qualified health center (FQHC) network.

Mountain Valley Medical Center (MVMC) will serve the Vermont towns of Jamaica, Landgrove, Londonderry, Peru, South Londonderry, Stratton, Wardsboro, West Townshend, West Wardsboro, Weston and Windham.

“MVMC has a long history of providing high quality healthcare services,” commented Tim Ford, President and Chief Executive Officer of SMCS. He continued, “MVMC’s geographic service area is contiguous to the current SMCS service area. As part of the SMCS network, patients will have access to expanded services through the SMCS system, including discounted pharmaceuticals, integrated behavioral health services and dental care,” said Ford. “We look forward to collaborating with the Mountain Valley team to enhance the scope of services available. We share a common mission to provide high quality healthcare and we look forward to serving the residents of the Mountain Valley area.”

Chuck Sweetman, President of the Board of Directors for MVMC, adds, “This new relationship is a ‘win/win’ opportunity for our community: broader access to services and improved financial security for our clinic. MVMC is now celebrating 40 years of providing outstanding healthcare for our communities; this helps ensure the next 40 years of having quality medical services available to our residents, our children and our grandchildren. We feel great about that. Our MVMC Board of Directors has done a great job in the last two years in doing due diligence for our communities in these matters and I congratulate them all for their hard work and for the positive outcome.” He continues, “The SMCS leadership team has demonstrated their commitment to our clinic and our community throughout our negotiations. SMCS has received two National Quality Leader awards from the U.S. Department of Health and Human Services, Health Resources and Services Administration within the past twelve months. They share our commitment to quality. We look forward to the future and enhancing MVMC’s tradition of providing excellent healthcare to area residents.”

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SOUTH LONDONDERRY FREE LIBRARY

Esther Fishman is the featured artist at the library during the months of December and January. On display and for sale will be her pastel paintings as well as collage, jewelry, ornaments and more. There will be an opening reception on Saturday, December 5th from 10 am to noon.

Casey Junker Bailey will be hosting her annual gift making workshop on Saturday, December 12th at 10:30. Children of all ages are invited to make holiday decorations and presents for family and friends.

If you are interested in knitting or crocheting, please join Carol Barclay on any Wednesday evening to Sit and Knit. You are not obligated to attend every Wednesday, just come on over with a project you are working on.

Library Hours are: Mondays – 10 to noon & 1 to 5 pm; Wednesdays – 10 to noon, 1 to 5 and 7 to 9 pm; Fridays – 10 to noon & 1 to 5 pm and on Saturdays we are open from 10 am to 1 pm. Stop by and check out some of our new books.

See you at the library!
Mary K. Butera
Librarian

Agency of Agriculture Announces \$25,000 in Trade Show Grants Available to Vermont Farm, Food & Forestry Businesses

Today, the Vermont Agency of Agriculture, Food & Markets (VAAFAM) announces the availability of \$25,000 in grant funds for the Trade Show Assistance Grant. Part of VAAFAM's growing Domestic Export Program, the Trade Show Assistance Grant is designed to help expand out-of-state sales opportunities for Vermont farm, food, and forestry businesses by increasing the financial accessibility of national trade shows. Held annually throughout the United States, trade shows attract many thousands of retailers and represent a valuable opportunity for VT businesses to exhibit their products and connect with new out-of-state markets and distribution channels.

Vermont businesses have the option to apply for funding in two different areas:

1. **Trade Show Attendee** - A new Company which has not exhibited at a trade show before and would like the opportunity to attend (but not exhibit), to gauge exhibiting opportunities, and partake in educational programs. Maximum grant will be \$500 per attendee, with no more than 2 attendees per company.
2. **Trade Show Exhibitor** - A Company exhibiting at a specific trade show for the first time (or first time in 5 years). Grants of up to \$2,000 are available to assist grantees with expenses related to: booth space, travel expenses, accessories and trade show related marketing.

The application window for the Trade Show Assistance Grant will be open from Wednesday, October 28th through Tuesday, December 8th 2015. The Trade Show Grant application can be found online here:

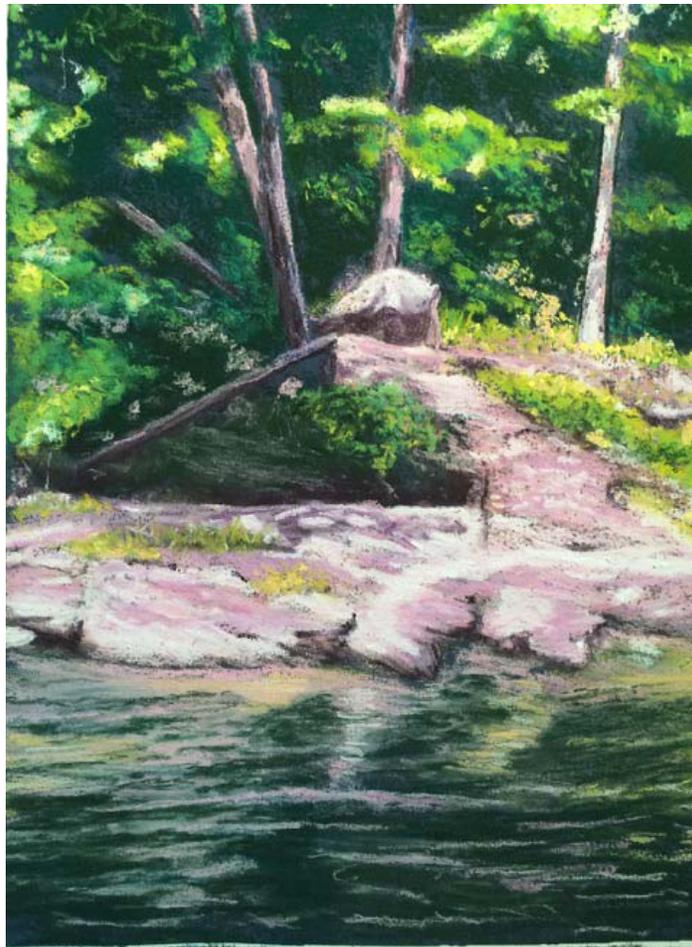
http://agriculture.vermont.gov/domestic_export/trade_show_grant_application

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Opening Reception for Exhibit Of works by Esther Fishman

Esther studied art at Hunter College graduating with a BFA in Studio Art. She has worked with watercolor, collage, silver, clay, oil paint, and acrylic paint. Since attending several workshops by Robert Carsten, PSA, she has been working in pastel. Esther has exhibited her work at Hunter College, The Garden Gallery, Artisans at Maple Street, Windham Art Gallery, Mountain Painters & Artisans, Southern Vermont Art Center and Bernadine Custer Sharp House.

Please join us at *The South Londonderry Free Library* for an opening reception on Saturday, December 5th from 10am - 12pm. Esther's work will be on display for the months of December and January. In addition to pastels she will have ornaments, collage, jewelry and more.



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RECYCLING NEWS:

Beginning January 1, 2016 you will be able to recycle all of your batteries not just the rechargeable ones. Boxes to collect primary (AA, AAA, D, C etc), rechargeable batteries and cell phones are located at Londonderry Hardware, Londonderry Transfer Station and Londonderry Town Office building. The list below is a guide that tells you which batteries MUST be bagged in provided plastic bags or have their terminals taped. You can use any tape but scotch tape.

- Battery Type / Chemistry
- Terminal Protection Required?
- Combined in Call2Recycle Box
- Rechargeable -Nickel Cadmium (Ni-Cd); Nickel Metal Hydride (Ni-Mh); Nickel Zinc (Ni-Zn) 9V or Less = NO
- Greater than 9V = YES
- Primary -Alkaline & Carbon Zinc 12V or less = NO
- Greater than 12V = YES
- Rechargeable -Small Sealed Lead Acid (SSLA) YES
- Rechargeable -Lithium Ion (Li-ion)= YES
- Primary -Lithium = YES
- Primary -Button/Coin Cell YES

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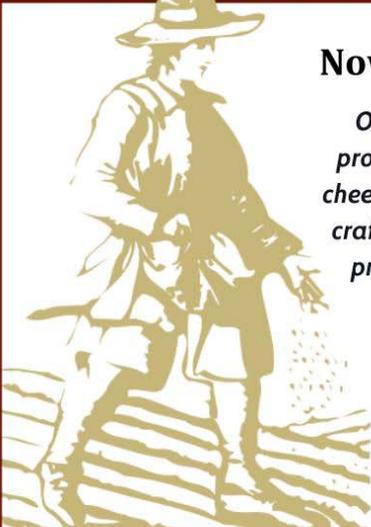
Esther Fishman
Recycling Coordinator
Londonderry Solid Waste Group
100 Old School Street
South Londonderry, VT 05155
PH 802-824-3356-O (sporadic)
PH 802-824-3306-H
FAX 802-824-4259
londonrecycle@vermontel.net
www.londonderryvt.org



Bone Builders meet FREE at the Twitchell Bldg every Monday and Wednesday at 9:30 a.m. **DECEMBER SCHEDULE. Bone Builders will not meet Wednesday December 23th to accommodate your need to travel, shop, bake and/or thoroughly clean your house for holiday guests. Business as usual (weather permitting) on December 28th and Wednesday, December 30th.**

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WEST RIVER
FARMERS MARKET



Now Indoors this Winter!

Offering seasonal products, fresh produce & meats, milk, maple syrup, cheese, bread, artisan wares, authentic crafts, baked goods and delicious hot prepared foods until January 2nd!

**Saturdays from 10am - 1pm
at Flood Brook Union School
in Londonderry, VT**

westriverfarmersmarket.com

EBT, Debit, and Farm to Family Coupons Accepted

WEST RIVER FARMERS MARKET : NOW INDOORS!

Come and join us every Saturday at our indoor winter market, from 10am - 1pm. We'll be offering seasonal products, fresh produce & meats, milk, maple syrup, cheese, bread, artisan wares, authentic crafts, baked goods and delicious hot prepared foods. Our winter market is running until January 2nd at Flood Brook Union School, just down the road from our summer market site-- follow the signs down Route 11 through town! We are getting ready for the holidays and are excited to introduce some new vendors this year that add to our market's unique array of local products. For more information visit our website westriverfarmersmarket.com. See you Saturday!

Article Submission Information If your group or organization has community news to share, and you would like to submit an article to The Monthly for publication, please contact us via email at derrynews@aol.com. For your reference, our article submission deadline is the 23rd of each month. Due to space limitations it is up to our discretion to edit any and all submissions and/or reject submissions. The articles and information enclosed do not necessarily reflect the opinions or policies of the Town of Londonderry or its board members.

TOWN EMAIL LIST The town has established an Email/distribution list to send important and emergency information to town residents and property owners. If you have not submitted your email address, please consider doing so. Your information will not be shared with anyone. Call the town office at 824-3356 or email to londontown@vermontel.net