

The Londonderry Monthly

Volume 7 Number 7

July 2016

Letter from the Editor:

Happy 4th of July! Every year we get to celebrate our independence and freedom thanks to the Declaration of Independence, legally separating the 13 colonies from Great Britain. It is ironic that currently BREXIT is foremost in the news. The controversial British exit from the EU, regaining its independence as we celebrate 240 years of independence from Britain. I can only hope it works out as well for them as it has for the United States.

There is something moving and honorable about the celebration of July 4th and all the different meanings it holds for each of us. Whether it's honoring our country's history, those that have fought for our country or those that have fallen in service. Watching the flags, the parades and the fireworks all bring back memories from our childhoods and touch our souls in very personal ways.

The 4th is a reminder that freedom is not free. Whether we are referring to the soldiers that fought for our freedom in 1776 or the young men that sit in Afghanistan today fighting for the idea of freedom – they pay the cost for each of us. It is right that we honor that debt paid for our behalf.

Londonderry will proudly celebrate America's Independence on July 2nd with a parade at 11AM that ends at the Clarke's IGA plaza. Fireworks will be shot off at Magic Mountain Ski area at 8pm. Enjoy!

Darcy Duval



Gerald B.H. Solomon Saratoga National Cemetery



Fireworks at Niagara Falls NY



US Military

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TUESDAYS JULY 5, 12, 19, 26 AUGUST 2, 9 from 11am- 1:30pm HEALTHIER LIVING WITH CHRONIC CONDITIONS

The Chronic Disease Self-Management Program, sponsored by the Community Health Team at Springfield Medical Group, is a 6 week program that helps individuals with chronic conditions learn how to manage and improve their own health. The program focuses on problems which are common to individuals suffering any chronic conditions. Topics include pain management, nutrition, exercise, medication use, emotions and communicating with loved ones and health care providers. Call 824-4343 to sign up or register at 886-8946 which is the Springfield Hospital Community Health Team #. Registration must be done by Thursday, June 30th.

FRIDAYS - JULY 1, 15, 29 12-1pm CANCER SUPPORT GROUP

If you have ever received a cancer diagnosis, you understandably feel isolated and overwhelmed. The number one reason people join a support group is to be with others who are going through what you are experiencing. Bring a brown bag lunch and engage with others in a safe, confidential environment.

JULY AND AUGUST IS SET ASIDE FOR COMMUNITY COOKS EVENTS!

We are looking for cooks/chefs! Right now would be an ideal time to conduct a strawberry preserve, jam, jelly workshop - and other fruit workshops as the crops come in. Lettuces, etc would be good for salads! Tom has agreed to share his pickling recipe. We have another volunteer who will do a Kombucha workshop toward the end of July. Please share your ideas with us!

LOOKING FOR PEOPLE TO JOIN NEIGHBORHOOD CONNECTIONS' RACE FOR THE CURE TEAM -

The Komen Race for the Cure is July 23rd at Riley Rink in Manchester. Please let us know if you would like to be part of the Neighborhood Connections team!

ALSO LOOKING FOR CHOCO/CHEESE (and now) CHILI FEST VOLUNTEERS

Cheryl Nutter, one of our faithful, weekly front desk volunteers, is charged with rounding up and managing volunteers for the ChocoFest which is scheduled for Monday, August 1st @ The Landgrove Inn from 5-8pm. Cheryl says that she is now looking for people to help out with parking. This job involved directing people to park, putting up signs, roping off areas, etc. You would be needed for 1 1/2 hours. She is also looking for assistance in clean-up at the end of the event. Your participation entitles you to free entry to this premiere event. If you would like to sign up, copy and paste this link signupgenius.com/go/30e044aa5a629a5fe3-chocolate

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SOUTH LONDONDERRY FREE LIBRARY JULY EVENTS

Come to the Library on Friday, July 8th anytime from 10:30 to noon and our wonderful volunteer, Linda Schroeder will make you a **BALLOON ANIMAL** of your choice. She has also made **Crafts to Go** that you can take home with you. While you are here pick up a Reading Record to keep track of all the books you read or are read to you this summer.

I have borrowed a bunch of books from Flood Brook School that you can check out including some graphic novels, *Bad Kitty*, *Pete the Cat* and books authored & illustrated by Mo Willems. There are also many award-winning children's selections that have recently been purchased or donated. Some of them are ***El Deafo* by Cece Bell, *Finding Winnie (the true story about how the Winnie the Pooh books came about)* by Lindsay Mattick, *One Day in the Eucalyptus Tree, A Chicken Followed Me Home, Bear and the Piano, Sir Cumference and the First Round Table (a math adventure)* *Tree of Wonder, When Whales Cross the Sea, Safe in a Storm, A Quarter from the Tooth Fairy, Moletown, A Chicken Followed Me Home! Trombone Shorty, Last Stop on Market Street, Funny Bones* and others.**

There will be a special **Vermont Institute of Natural Science** presentation with **Live Raptors** on Wednesday, July 13th at 10:30. This show is sponsored by the Library and will be held at the Londonderry Town Offices.

You can **SOAR INTO THE Library** on Wednesday July 20th at 10:30. Listen to a story about flight and make a whirligig or your own flying object to take home.

GET IN THE GAME on Wednesday, July 27th at 10:30. Artist/Illustrator, Christine Mix, will help children make a **CANDY LAND** board game to take home.

There are many new books for Young Adults, so all you teens out there, come on over to the Library & check them out. For adults we have recently purchased *LaRose* by Louise Erdich, *Putin Country* by Anne Garrels, *The Mountain Shadow* by Gregory Roberts, *The Rainbow Comes and Goes* by Anderson Cooper, *Humans of New York, Time & Time Again* by Ben Elton, *The Monster of Florence*, *Innocence*, *Infinite Home*, *Gloria Steinem's My Life on the Road*, *The Bad-Ass Librarians of Timbuktu*, *Bridge for Dummies*, *Destinations of a Lifetime*, *The Narrow Road to the Deep North* and many others. Give me your suggestions for new books you would like to read and if they are unavailable via Inter-Library Loan, we will see if we can purchase them for the permanent collection.

While you are visiting YOUR wonderful House of Books, don't forget to view Paul Myers' very interesting exhibit about his travels to Panama this past winter. Paul's show will run through July and can be seen during regular Library hours.

See you at the Library!
Mary K. Butera, Librarian

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Second Congregational Church News

SENIOR LUNCH - ALL WELCOME!

On Thursday, July 28th there will be a Senior Lunch picnic at Hapgood Pond at 12:00 Noon. All seniors (ages 60 +!) are welcome! This is sponsored by Senior Solutions and the Second Congregational Church. For more information please call 824-6453.

The 'Whale of a sale' is on the Way!

The 'Whale of a Sale', the annual tag sale at the Second Congregational Church will be held on Friday, July 29th and Saturday, July 30th between 8:00 AM - 3:00 PM. If you have items to donate they may be dropped off at the Second Congregational church after Tuesday, July 5th. If you have large items that need to be picked up please call the church office at 824-6453. Thank you! Please plan to come and find treasures galore! Household items, furniture, books, toys, athletic equipment, jewelry, bedding, lamps, art work...something for everyone!

Peace,
Rev. Laurie Krooss
Minister, 824-6453

Mighty Londonderry (Londonderry Community Resilience Organization)

Agenda - June 14, 2016
Twitchell Building 5:30 pm

1. Approve any changes to the agenda
2. Approve minutes of the 6/10/16 mtg.
3. Discuss with Kevin Beattie his direction as EMD, and how we fit in.
4. Discuss further promotion and distribution of Core Data form.
5. Report from Resilience Vermont conference from Bruce Frauman.
6. Discuss other approaches to promoting discussion between various agencies and how we might be able to help them meet their goals.
7. Discuss possible town event on the 5th Anniversary of Tropical Storm Irene.
8. Set next meeting date and time and potential agenda items.
9. Conduct any other appropriate business.
10. Adjourn

Londonderry's Community Resilience Organization (CRO), otherwise known as 'Mighty Londonderry,' has begun an initiative to build an "emergency preparedness inventory database" for use by the town's emergency management director.

Phase One of the initiative involves identifying those in town who would like to be included in such a database. Mighty Londonderry has prepared, and made available, a form that states the goal of determining the community's needs and resources in a time of a crisis, and asks parties interested in participating to submit the form to the Town Office. Phase Two will consist of a follow-up questionnaire to determine actual needs and resources.

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Reducing Wasted Food is Patriotic!

Join the Londonderry Solid Waste Group and the Northeast Recycling Council at Londonderry's July 4th Celebration to raise awareness about wasted food reduction. Following the annual July 4th Parade taking place on Saturday morning, July 2, event participants may stop by their table which will be located near People's Bank and the kids' activity area in the Mountain Marketplace (Clark's IGA) shopping center to receive information about wasted food reduction, food donation opportunities, and composting. Children's activities—making "compost blasts" and "Eat Me First" boxes—will also take place.

As much as 40 percent of the food in this country is wasted. From restaurants to residents we toss out a lot of food. Households account for about 47% of wasted food, with the average American family throwing out around a quarter of their food purchases, amounting to about \$1,600 each year! Meanwhile 13% of all Vermont households are food insecure, meaning that they lack access to enough food to fully meet basic needs.

Taking a bite out of wasted food will help families save money, while benefiting communities and the environment. Reducing food waste helps to eliminate pollution through the entire food supply chain—reducing air and water pollution, conserving resources, cutting greenhouse gas emissions, and can help to reallocate resources to feed hungry people. Recently

the first-ever national food waste reduction goal was adopted in our country, calling for a 50-percent reduction by 2030.

In Vermont, food and other organic materials from residents make up 18% of the trash. Residents of the Towns of Londonderry, Landgrove, Peru, Weston, and Windham can bring their food scraps to the Londonderry Recycling and Transfer Station to be turned into compost. Food scrap collection is offered at no cost to residents and helps participants to lower their disposal fees.

Esther Fishman, Recycling Coordinator
Londonderry Solid Waste Group
londonrecycle@vermontel.net
www.londonderryvt.org



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Londonderry Tri-Mountain Lions Club

Meetings at Neighborhood Connections

7 Pm 1st and 3rd Thursdays

Last month the **Londonderry Tri-Mountain Lions Club** was chartered with 20 members.

The International Lions Club is a service organization known throughout the world for sight and hearing assistance. There is an eye glass and hearing aid drop box located inside the Mountain Valley Clinic if you have old glasses or hearing aids.

Our club has hit the ground running with several events in process. Some are fundraisers and some are just visibility. All monies raised at community fundraisers will go back to the community, so help us to help our community.

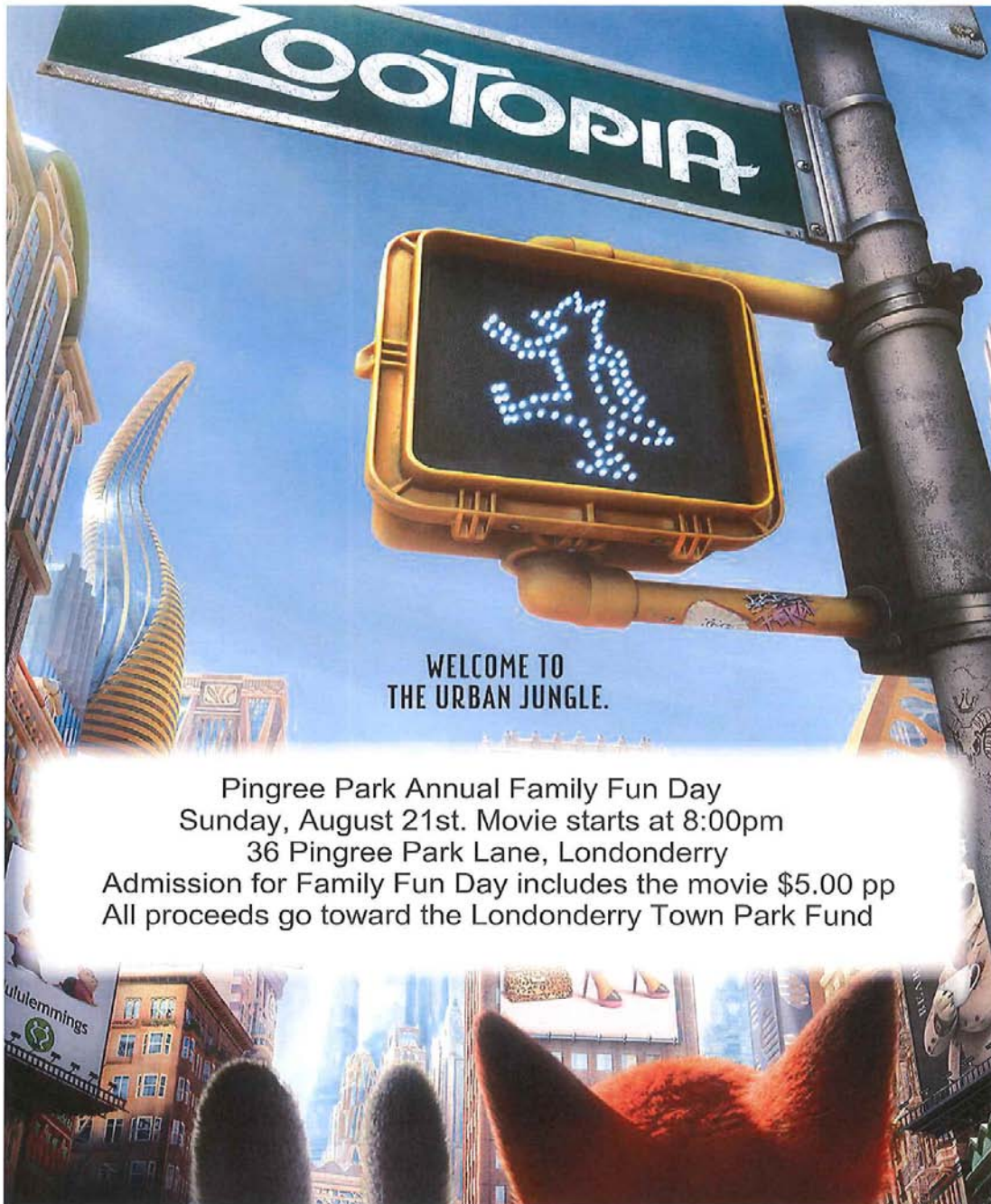
We would like to invite everyone to join us to create activities for our community to enjoy and spend time with family and friends. We can use all the help we can get. **Come see us Thursdays or call Mary at 856-7158 or call Joan at 875 4749 for more information.**

Upcoming events

- ❖ July 4 Parade Float
- ❖ July 4 Duck Race
- ❖ Aug 1 Chocolate Festival
- ❖ Aug 21 Pingree Park fundraiser
- ❖ Aug 28-30 Bondville Fair
- ❖ Sept 24 Peru Fair
- ❖ Winter Festival

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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.

Article Submission Information

The Londonderry Monthly is a community building and communications project of the Town of Londonderry. 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.