

# The Londonderry Monthly

Volume 6 Number 7

July 2015

## Letter from the Editor:

**Happy Birthday America!** I think it goes without saying that we are very blessed and fortunate to live in the greatest country in the world. I hope you all have a wonderful fourth of July weekend celebrating our freedom and independence. Don't forget the fireworks at dusk at Magic Mountain on Friday July 3<sup>rd</sup> and the Fourth of July Parade in Londonderry, July 4<sup>th</sup> starting at NOON beginning at the garage on route 11, ending at the Mountain Marketplace on route 100. Come CELEBRATE!

This will be my first time attending the Londonderry Parade. Actually it will also be the first time I am in it as well! I am honored to be in the parade as a member of Londonderry's Champion Fire Department and honored to be in the parade with Londonderry's Phoenix Fire Department and Londonderry Volunteer Rescue Squad – 3 among many great groups in the parade. I think this is the only event where you get to see those people who are not only your friends and neighbors but so much more. These are the people who donate their time, energy and even their lives to help and save those in need. Let's support these people and give them a big thank you and turn out for the parade! And thank you to Susie Wyman who tirelessly works for the

Neighborhood Connection and organizes the parade for our benefit!

Darcy Duval

## FREE SUMMER LUNCH PROGRAM

for anyone under the age of 18. Starting Monday June 29, Flood Brook School will be offering a FREE breakfast (Grab-n-Go) 8-8:30 and a FREE HOT LUNCH 12-12:30 Monday through Friday to anyone under the age of 18. The summer menu will be posted in the Roaring Tiger, and will soon be posted on the FBS website ([www.floodbrook.org](http://www.floodbrook.org)). Adults may eat as well for \$3.75 per serving. Just stop by Flood Brook School and enjoy.

## SPECIAL ARSON MEETING

In case you missed the special meeting on June 8<sup>th</sup> about the on-going arson investigations and area break-ins, GNAT-TV has uploaded the June 8 meeting on the arson investigation to their web site. To find it go to [gnat-tv.org](http://gnat-tv.org) and click on the "Watch" button (or <http://gnat-tv.org/watch/>) and type in "Londonderry Special Meeting". It is also listed as "Arson investigation" and "06.08.15: arson".

Here are the times in June it will be broadcast on Channel 10: 9pm Sundays June 14 and June 21; and 10 am and 10 pm Thursdays June 18 and June 25. If anyone has any information to call the state police at 802-875-2112.

# The Londonderry Monthly

## South Londonderry Free Library

I recently visited Hildene - the Robert Todd Lincoln estate in Manchester, and was totally impressed with its 400 beautiful acres and knowledgeable and friendly staff. I wanted to remind our patrons and neighbors that the Library has a Free pass that you can borrow to visit Hildene - for up to 4 visitors.

You will enjoy the tram ride throughout the groomed grounds visiting a state-of-the-arts Pullman Coach, the Rowland Farm Center with frolicking baby goats, the estate mansion with informed guides and lovely formal gardens. There are also hiking trails in summer, cross-country trails in the winter, an 80 acre Battenkill wetland with a 600' floating boardwalk a pollinator and bird sanctuaries. They have broken ground for a teaching greenhouse and a large bin compost system in the Dene.

The Library also offers a free day pass to all of Vermont State Parks for a day trip for up to 8 people in one vehicle. You can also borrow a Library pass to the Vermont History Museum in Montpelier, the Vermont Heritage Galleries in Barre and State-owned Historic Sites - including the Bennington Monument and President Calvin Coolidge's homestead. We also offer a few free passes to the Vermont Institute of Natural Science in Quechee and a day pass to the Brattleboro Museum.

While you are exploring this lovely state you could pay a visit to all our unique libraries in each town. Each library has a unique history, has evolved differently and has different things to offer depending on individual community needs. Get your Passport to Vermont's Libraries here at the S. Londonderry Free Library and have it

stamped at each and every other library that you might visit.

On Wednesday, July 15 at 7 pm we are appreciating former and current Volunteers and recruiting those who would like to help out at this 'Wonderful House of Books' at some future date. Currently I am looking for someone for a couple of hours on Monday mornings and someone for a few hours to spare on Saturdays. There would also be times available when people need to be elsewhere during library hours. It is a fun job in the world of books and an opportunity to meet other patrons and friends.

There will be a performance on Monday, July 13 with Rockin' Ron, the Friendly Pirate at the Londonderry Assembly Room. This summer offering is in conjunction with the summer reading program - Every Hero has a Story. Yes, I guess there were some pirates that were heroes and Rockin' Ron will tell or sing you about them.



There are many new books for children and adults so come on by and visit Your library this summer. 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 and on Saturdays we are open from 10 am to 1 pm.

**See you at the Library! Mary K. Butera**

# The Londonderry Monthly



Neighborhood Connections is a community-based non-profit social services agency serving individuals and families in the area mountain towns of south-central Vermont. Check out our website at [www.neighborhoodconnectionsvt.org](http://www.neighborhoodconnectionsvt.org).



## Neighborhood Connections Appoints Tom Dougherty as Executive Director

Neighborhood Connections is pleased to announce the appointment of Tom Dougherty as the organization's Executive Director.

"Tom's passion and commitment to improving the lives of others, his experience working with poor and marginalized communities both in the developing world and here in the US, and his great leadership skills make him a wonderful choice as our ED," said Rose Boynton, chair of the search committee.

Dougherty succeeds Gloria Dawson, one of the organization's founders following her recent retirement. "Thanks to Gloria and Delores and their team, Neighborhood Connections is well established as an essential part of our community, with an impressive record of success helping our neighbors improve their health, heat their homes, get by in emergencies and address a myriad of issues that can destabilize a family or worsen hardships," said board president Wilma Tremarco. "And with The Meeting Place, we now have a community center providing educational and cultural programs that benefit everyone. We are confident Tom will help us continue and expand on this success."

"I am pleased and excited to join Neighborhood Connections and its dedicated staff and volunteers," said Dougherty. "It is wonderful to be part of an organization that is truly community-based, community-driven and community-supported that is dedicated to helping one another achieve health and happiness, especially those of us who are struggling and in need."

Dougherty brings to Neighborhood Connections over 25 years' experience leading health and social welfare organizations including ten years as Executive Director of the global health and human rights organization HealthRight International (formerly Doctors of the World USA), and years as a chief administrator at the Spencer Cox Center for Health in NYC. Previously a counselor and outreach worker, he has served on boards and policy groups addressing access to care, child welfare and LGBT rights and served as a consultant on organizational development, strategy and fundraising. He earned his MPH from Columbia University.

# The Londonderry Monthly

At Neighborhood Connections this month:

## COMPUTER BASICS

Thursday July 2, 9 & 16 from 2:30-3:30

Andrew Thompson will teach PC users what they need to know about Windows 7 and 8, Word basics and the basics of Excel, respectively. Participants must bring a laptop or tablet downloaded with the Word application. This is a PC workshop - not for MAC users. Call to reserve a seat today for this series which is sure to be very popular. **\*\*this series is already full – sign up for waiting list for next computer series\*\***

## CALLING ALL GOLFERS!

Please join us for the Neighborhood Connections Golf Open on Sunday, July 12<sup>th</sup> at Windham's Tater Hill Golf Club. All abilities are welcome to participate in this 4 Player Best Ball tournament. Registration is at 11am with the Shot Gun commencing at noon. The entry fee is \$85 per person and includes golf and a buffet dinner. 50/50 raffle tickets are for sale. \$100-a-Hole sponsorships are also available. Prizes will be awarded to golfers for 1<sup>st</sup> Low Gross, 2<sup>nd</sup> Low Gross, 1<sup>st</sup> and 2<sup>nd</sup> Low Net, Longest Drive and Closest to Pin. For further information, contact Susie Wyman at 824-3537.

## A SENSE OF PLACE: VERMONT'S FARM LEGACY - a Vermont Humanities Event Thursday, July 23rd @ 6:30 pm

Gregory Sharrow, program director at the Vermont Folklife Center in Middlebury, will discuss Vermont's cultural legacy of

farming. Drawing on field recordings with farmers who reflect on the Pre-World War II era, Sharrow explores the fabric of farm culture in the past and probes its relationship to Vermont today.

## THE REAL DIRT ON COMPOSTING

with Cheryl Wilfong This presentation, part of the Gardening Series, will be re-scheduled in the latter part of July.

## ALL SENIORS INVITED TO DROP IN AT NEIGHBORHOOD CONNECTIONS

Seniors throughout Londonderry, Weston, Peru, Winhall, Jamaica and towns in-between are invited to join us for great fun, lively conversation and delicious refreshments every Wednesday from 9:30-11am at The Meeting Place @ Neighborhood Connections.

The summer line-up is as follows:

- July 1<sup>st</sup> BINGO!
- July 8<sup>th</sup> *The Imitation Game* film screening
- July 15<sup>th</sup> Medicare Boot Camp presented by Senior Solutions
- July 29<sup>th</sup> No Senior Drop-In
- August 5<sup>th</sup> BINGO!
- August 12<sup>th</sup> *The Best Exotic Marigold Hotel 2* film screening
- August 19<sup>th</sup> Charades
- August 26<sup>th</sup> Senior Trivia Tournament

# The Londonderry Monthly

## ***Happy 11<sup>th</sup> Birthday S. 'Derry BB!***

**Bone Builders** meet FREE at the Twitchell Bldg every Monday & Wednesday at 9:30 AM *The exercise routine is based on research from Tufts University. It targets wellness through strength training, improving balance, building stronger bones and creating companionship.*

THE BUSINESS of LIVING . . . Volunteering is Fun (and Good for You!) Bonebuilder instructors are volunteers with the Retired and Senior Volunteer Program (RSVP). Steve Ovenden is the local volunteer coordinator for Windham County with an office in Brattleboro. He has opportunities available throughout the region and can tailor a job to your schedule and interests.

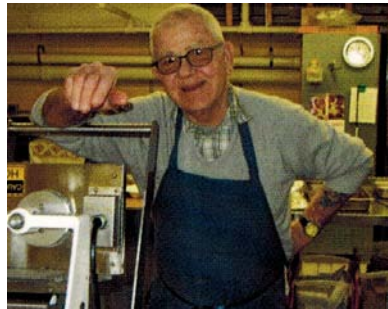
According to a recent study, seniors who volunteers in social programs not only maintain brain function, but their brain function and cognitive ability may actually increase. In short, becoming a volunteer can actually make a senior citizen smarter! Volunteering helps seniors stay involved in their communities. A recent article in the L.A. Times stated that seniors spend up to half their time awake watching television. This social isolation helps explain why so many seniors suffer from depression. Senior volunteers spend less time at home and more time in their communities, helping increase their social and support networks.

Becoming a retired volunteer helps seniors maintain physical health. A UCLA study suggests that productive activities may

actually slow down the aging process for seniors. This study specifically suggested that volunteering seemed to generate the best results because of the positive impacts on the community and the satisfaction that provides.

RSVP is currently recruiting in the following areas:

- Meals and food delivery to seniors living at home longer
- Home visits and rides to seniors for medical, shopping, social
- Mentoring and tutoring in the schools
- Food shelf support and educational outreach on food programs



***If you are interested in volunteering in your community, please contact Steve Ovenden at (802) 254-7515 or [sovenden@svcoa.net](mailto:sovenden@svcoa.net).***

# The Londonderry Monthly

## **Wantastiquet Rotary Refurbishes Welcome Center**

The Londonderry Welcome Center has undergone a face lift thanks to the Wantastiquet Rotary Club. New town signs have been installed through the efforts of Paul Gordon and Joel Kuhlberg, a new carpet was put down through a donation from Knock-Off Carpet in Chester and installed by Carl-Erik Westberg and Mike Malekoff, new program racks were installed and the building received a new coat of paint thanks to Mike Malekoff, Bill Elio and other members of the Rotary Club.

The Wantastiquet Rotary Club meets on Tuesdays at 8 AM in the Friendship room of the Second Congregational Church. Other projects that the Club is working on include; purchase and install flags for the Town of Londonderry, working with Friends of Main Street to put out barrels and planters along Main Street and The Plaza in order to beautify the community, assisting with the 4<sup>th</sup> of July parade and holding their traditional cook-out after the parade. They are also working with area schools to recognize their "Service Above Self" recipient, and the Club will have a booth at the Peru Fair selling lobster bisque.

Members of the Wantastiquet Rotary Club that gathered at the Londonderry Welcome center are L to R: Roger Delgiorno, Miner Clark, current Rotary President Carl-Erik Westberg, Bill Fike, Mike Malekoff, Joel Kuhlberg and Skip Rayond, Club Secretary & Treasurer.

The Rotary Club serves the towns of Londonderry, Peru, Jamaica, Landgrove, Windham, Winhall & Weston. Membership is open to all those that desire to help their community and enjoy the fellowship of the organization.



# The Londonderry Monthly

Are you Interested in conservation? The Londonderry Conservation Commission is looking for new members. If you are a resident of Londonderry and would like to serve the town please contact Mark Wright at [markbwright@gmail.com](mailto:markbwright@gmail.com)

\*\*\*\*\*

The Londonderry Beautification Committee expects to hang the Bridge Boxes this coming week. If you feel you would enjoy jointing those town members who water, deadhead and fertilize once during the summer, please email me. Happy 4<sup>th</sup>.

Berthe Cowles

Londonderry Beautification [berthe2270@gmail.com](mailto:berthe2270@gmail.com)

\*\*\*\*\*

**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](mailto:londontown@vermontel.net)

**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](mailto:derrynews@aol.com). For your reference, our article submission deadline is the 23<sup>rd</sup> 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.

# The Londonderry Monthly

## USING CULINARY SPICES FOR HEALTH, NUTRITION AND DIGESTION



*Turmeric, ginger, cumin, coriander can be used many ways for our well – being*

**June 25, 2001** 1-3 pm.  
Springfield Coop, 335 River Street,  
Springfield, VT, 802-885-3363

**This event is free of charge.**

**Taught by Lini Mazumdar of Lotus Moon, Anjali Farm**

SPICES ARE OUR FRIENDS! NOT ONLY DO SPICES ADD FLAVOR TO OUR FOOD, AYURVEDA TEACHES US THAT FOOD IS OUR MEDICINE, AS WELL AS A SOURCE OF NUTRITION, DIGESTION AND BALANCED HEALTH. WE WILL LEARN ABOUT THESE BENEFITS AND LINI WILL DEMONSTRATE DIFFERENT WAYS TO PREPARE SPICES SUCH AS TURMERIC, GINGER, CUMIN, CARDAMOM, AND CILANTRO. TASTINGS AND RECIPES WILL BE PROVIDED.

LOTUS MOON MEDICINALS

Anjali Farm

South Londonderry, Vermont

802.824.4658

[www.anjalifarm.com](http://www.anjalifarm.com)