

The Londonderry Monthly

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November 2016

Letter from the Editor:

As a flatlander, I do not have the kinds of generational knowledge and experiences of “real” VERMONTERS. Having said that, I do bring certain other experiences to the table, that I find occasionally valuable. Like knowing how to drive a stick up and down the mountain in the snow so I don’t end up in a ditch! We all got a taste of old man winter a bit early this year with a sudden storm that left us wet and white in October! Driving home from Rutland over 155 I had to stop for the Subaru that drifted sideways into the ditch in front of me. It reminded me that we all need to be kind and safe on the road no matter how late we are, no matter how slow the person in front of us is driving, and to stop and help those in need.

October 27, 2016



I’m grateful to that guy with a large truck and snow know-how who stopped to help and got the Subaru out so I could carry on over the mountain in the ill-chosen convertible to safely complete a one and a half our drive home. And a big tthhhhwwppppp to those “gentlemen” and “sisters”, who drove on by splashing the already wet bystander (me), and nary a thought to the poor Subaru owner in the ditch.

Needless to say, I finally bought a snow worthy car and am putting snow tires on this week!! I’m ready to welcome WINTER and all that comes with it with open arms& snow tires! Skiing, snowmen & Hot Chocolate! Tourists and holiday hordes and hopefully success for all our employees and local businesses – bring it on!

I seemed to have a plethora of pictures from the hugely successful Trunk or Treat and haunted house BBQ put on by the SLFD so please read to the end and check out pics of all your friends and neighbors! Great effort by SLFD and the community!

Darcy Duval

The Londonderry Monthly

*SOUTH LONDONDERRY FREE LIBRARY
NOVEMBER 2016*

Esther Fishman is our featured artist whose work will be on display in the Janeway Wing during the months of November and December. **There will be an opening reception on Saturday, November 12th from 10 am to noon.** Please join us for the exhibit and sale of Esther's pastels, collages, jewelry and unique ornaments.



Esther Fishman

If you ever wanted to join the Wonderful World of Books, now is the time.

The library is looking for volunteers to manage the circulation desk during certain hours. There are vacancies for Mondays from 10 to noon, Wednesdays from 10 to noon & 7 to 9 pm, Fridays from 1 to 5 pm and on Saturdays from 10 am to 1 pm. Primary responsibilities will be checking in and out books, shelving them and keeping track of circulation. It is a fun job and you will get to discuss books or just chit-chat with your friends and neighbors. Please call Mary at 824-3371 if you are interested.

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On Saturday, November 19th at 10:30 Casey Junker Bailey will once again use her magic to help Pilgrims of all ages create decorations for the Thanksgiving table utilizing harvest crafts. All are welcome and there is no charge.

Come on over and check out some of our new books for adults and children. Some adult titles are: Surrender, New York by Caleb Carr, The Noise of Time by Julian Barnes, Curious Minds by Janet Evanovich, The Jealous Kind by James Lee Burke, The Life-Changing Magic of Tidying up by Marie Kondo and many others.

You can travel around the world reading our many mysteries. If you want to go to Venice read Donna Leon. If Botswana or Scotland interests you read Alexander McCall Smith. Sicily? – read Andrea Camilleri. Or, you can travel around different parts of the United States by reading C. J. Box, Linda Fairstein, Donald Westlake, Stuart Woods, Sara Paretsky or a host of others.

For Kids we offer Good Morning Yoga, Trombone Shorty, Tell Me About Your Day Today, Safe in a Storm (by our very own Steve Swinburne) Tree of Wonder, The Frightened Frog and many more.

Library Hours are: Mondays – 10 to noon & 1 to 5, Wednesdays 10 to noon, 1 to 5 & 7 to 9 pm, Fridays – 10 to noon & 1 to 5 and on Saturdays we are open from 10 am to 1 pm. We are located at 15 Old School Street in South Londonderry. The phone number is 824-3371 or you can reach us at southlondonderryfreelibrary@yahoo.com.

See you at the Library!
Mary K. Butera
Librarian/Director



A Thank You goes out to the generous citizens who sent beautiful bouquets to the Town Clerks office during tax season as a thank you for all they do. Your kindness is very much appreciated.

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Londonderry Snowboard Sculpture

The rumor is true! Londonderry has been selected as the home for a monumental sculpture! No other town in the world can stake this claim. The piece is in honor of Jake Burton and snowboarding – an industry which had its inception right here. A whole new sport - an Olympic sport - was started! In 1977 Jake produced his first commercial snowboards on Main Street, Londonderry in an old building (since burned) which stood next to the Vermont Butcher Shop. Londonderry is the home of Ross Powers, Olympic gold medalist, as well as many great snowboarders. Everybody knows a snowboarder! This will be hugely unifying and a source of pride, especially for the young people of the area. Business people can relate to the struggle and perseverance it takes to keep a dream going.

An area -wide celebration is planned for the unveiling, scheduled for December, 2017. This is going to be a big CELEBRATION! Get involved! Londonderry Arts and Historical Society will host an historic exhibit of local snowboarding (loan us your relics, please!!!)

The cast bronze sculpture, by Jason Dreweck, will be approximately 30' long x16' high x 9' wide. The piece depicts a sequence of snowboarders doing a backflip on a large "S" curve. (See the picture of the model below with a full sized snowboarder beside it on the left for scale.)



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MONDAYS beginning October 24 - Nov 14th 9-10am CHAIR YOGA with Jane Worley

No matter what age or disability, you can experience the health benefits of yoga while seated in a chair! Jane Worley, an Advanced Practice Registered Nurse, yoga teacher and massage practitioner says most yoga postures, breathing, meditation and relaxation techniques can be performed in a chair. Space is limited to 10, so sign up today.

FRIDAYS beginning October 28th 10-11am The JOB CLUB with Don Tetler

Every 4th Friday of the month, Don will be here to help folks find a new or better paying job. He will discuss where to look for jobs; help filling out applications; creating a resume; give interviewing tips; and offer advice on how to start a new job off on the right foot.

WEDNESDAY Nov 9th 1-2:30 OVERCOMING THE BARRIERS THAT SABOTAGE YOUR HEALTH with Diana Pagnucco

We all know what we must do to be healthier - eat more vegetables and fruit, exercise, etc. But we can't seem to get or stay motivated. According to Diana Pagnucco, a Health Coach with Green Start Health, "there are emotional and mental barriers that keep us from following through." Diana will explain how you can identify these barriers and shift into a gentle, non-judgmental approach to food and physical activity.

THURSDAY November 17th 5:30pm STEREOTYPES ABOUT AGING AND THEIR CONSEQUENCES with Lenore Szuchman

When we stereotype older adults we actually disparage a group that not only contains people we love, but also our own future and current selves. While there are a few positive age stereotypes - these ideas are often a mixed blessing. "Compassionate stereotypes may sound positive," says Lenore Szuchman, a Professor Emerita of Psychology at Barry University in Miami Shores, Florida, "but there is no need for compassion just because people are older - no justification for assuming they are helpless or that baby talk is going to be well received." Ms. Szuchman, a developmental psychologist whose most recent book, co-authored with Joan Erber is *Great Myths of Aging*, will discuss ageism and its stereotypes.

TUESDAYS November 15th 10-11am MEDITATION with Kate Logan

Kate Logan, a dedicated yogini since 1997, will offer a one hour meditation class on Tuesday, November 15th from 10-11am at The Meeting Place @ Neighborhood Connections. There is no charge to attend, but reservations are necessary so please call 824-4343. Kate has been teaching since 2002 and continues to study with master teachers. "I am grateful and honored to share my love of yoga," says the native Vermonter and mother of two.

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THURSDAY November 17th 11am BATS IN VERMONT with Alyssa Bennett, Vermont Fish and Wildlife Department

Come learn about the latest bat research and survey work being conducted with regards to White-Nose Syndrome; what bats you are most likely to find in your attic; when to be concerned about public health; and how to enhance or provide a habitat for these amazing mammals. Alyssa Bennett is the Small Animals Biologist for the Vermont Fish and Wildlife Department where she focuses on the conservation and recovery of the state's nine species of bats. She has a BA in ethology and an MS in behavioral neuroendocrinology.

ONGOING.....

TUESDAYS 6-7pm TOBACCO CESSATION with Meredith from the CHT at Springfield Medical

Commit to Quit! This educational/support group will meet every week to discuss the best method for you to quit smoking once and for all. Free non-smoking aids are available at the conclusion of a few sessions.

MONDAYS until December 5th MEDICARE Part D Re- Enrollment with Marguerite Mason

Private, one hour appointments are available with Marguerite - a Medicare Insurance Expert - to review your current Medicare insurance drug plan. These plans change every year. Marguerite will review your current plan and let you know if there is another one for less money with the same benefits. You

must call to schedule and appointment. Arrive with your Medicare card and a list of your prescriptions.

WEDNESDAY November 9th 9am- 3pm Health Insurance Enrollment with Rose Anne McCarthy

Every other Wednesday until January 4th, Valley Health Connections will be taking appointments here at Neighborhood Connections to assist people to enroll in a 2017 health insurance plan. Rose Anne McCarthy will begin appointments at 9am - with the last appointment at 3pm. Call Neighborhood Connections at 824-4343 to sign up. This service is offered at no charge. Valley Health Connections is a certified Navigator Organization for Vermont Health Connect.

Neighborhood Connections is a community-based non-profit social services agency serving individuals and families in the area mountain towns of south-central Vermont. With particular emphasis on those most vulnerable, we respond to community-identified needs with a range of social services and health-related programs, working closely with public and private resources at federal, state and local levels. Check out our website at www.neighborhoodconnectionsvt.org. Neighborhood Connections is located in Londonderry's Mountain Marketplace, next to the post office.

FYI – the NC office will be closed on Friday November 11th, Thursday November 24 and Friday November 25th.

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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.

Bone Builders meet FREE at the Twitchell Bldg every Monday and Wednesday at 9:30 a.m.

TOWN OFFICE CLOSING

The Town Office will be closed Nov 11th for Veterans Day.

LONDONDERRY FLOWERS ON THE BRIDGES

The Window Boxes on the Bridges were again this year cared for by members of our community from late June until October 11. And what a wonderful job they did ! We had gals doing the heaving lifting or men lugging water from the river or couples helping each other and that was all summer long, hot or cold days.Thank you Thank you .When you see these people give them your thanks or next year join us.

Melissa Brown, Gale Kuhlberg,Joel Kuhlberg, Bill Smith, Ruth Ann Barrick, Hal Nelson, Tiffany Tobin, Josh Wengerd,Robin Cloyes, Cynthia Gubb,Cal Low,Emmett Dunbar, Randy Moore,Sam and Bill Elio,Dee Alexander,Carl-Eric Westberg,Wendy Brooks, Joan Dayton,Elsie Smith,Carol Joder,George Mora ,Gun Burns,Claudia DeKany, Darcy Duval, Michael Goodbody, Steph Wylie, Martha Dale, Laurie Kroos, Bob Cowles.

Thank you dedicated neighbors! Plan on joining this great team in 2017 by calling Martha at 824-6564.

Berthe Cowles
Beautification Committee

The Londonderry Monthly

The Champion Fire Department of South Londonderry would like to thank all those that contributed, volunteered, Trunk or Treated and attended the event and haunted house at Halloween. Another successful, safe and wickedly wild Halloween was had by all. Please enjoy the pictures below from the nite and see if you can identify your friends and neighbors in their costumes!



Hart to Hart Halloween



Chef Tina whipping up Ghoulash perhaps?



Vintage Rokon in a Villainous Vintage Truck



Who needs Pan Am?



Fire Chief Lang Incognito as Chief Lang

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3 of SLFD Finest Slaving over a hot fire!



Expensive Fire Gear! Donations Accepted!!



Trick or Treaters?



Harvest House Beautiful



Award for best childhood memory!



Truck or Treat!

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Jen & Mom get best SLFD entry....



Hello Rays... of costumed sunshine!



Adorable award



Great turnout Londonderry!



Warming the waiting crowds... haunted house or hot dog??hmmmm



The Family Plot