

The Londonderry Monthly

Volume 6 Number 10

October 2015

Letter from the Editor:

I don't think I can possibly do any better than Robert Frost, so I leave the writing to the expert and hope that you will enjoy this poem about two of my favorite things grapes & October foliage!

OCTOBER

BY ROBERT FROST

O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild,
Should waste them all.
The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!
For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost-
For the grapes' sake along the wall.

Sit and Knit at the S. Londonderry Free Library

Sit and knit or as the Brits would say "Knit and Natter" at the South Londonderry Free Library every Wednesday evening from 7 to 9 pm. Instructor Carol Barclay will show you the basics of knitting and crocheting or if you already know how, she will share her expertise, patterns, books and yarn. She is a very good teacher and very patient. All are welcome. There is no cost and no obligation to be there every week. You can come any Wednesday and work on your own project and enjoy the company of other like-minded crafters. For more information call Carol at 824-3873 or the library at 824-3371.

Sketching and Journaling Class

Enrich your life by sharing creative sessions with your neighbors. This informal class will be taught by Paul Myers, local artist in the South Derry Free Library on the 3rd Thursday of each month. Although no prior training or experience is required, we will enjoy learning from each other. You will receive a list of materials and program information when you register. A fee of \$10 will be charged for each 2-hour session. Journaling is a common practice of artists seeking almost compulsively to preserve in writing and sketching, the full essence of their most valued experiences, the combination of sketching and writing intensifies recollection, and enriches every experience. Please call Paul Myers 824-6626 or the Library 824-3371 to register.

Mary K. Butera, Librarian

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This is what is planned @ The Meeting Place for the month of October. There are a couple of other things in the works but for now, these events are on the calendar.

These events take place at The Meeting Place @ Neighborhood Connections. Call 824-4343 to register.

FRONT DESK VOLUNTEERS NEEDED - ONE 4 HOUR SHIFT A WEEK

Join the Neighborhood Connections team in this essential role as the person who welcomes clients and community members to our office or talks to them on the phone. The front desk person provides information, direction and assistance while supporting staff and programs with a wide variety of administrative tasks.

A friendly disposition, basic computer literacy and a generous spirit are key elements for this role. Ideally we need someone who can commit to 4 hours one day a week.

E-mail me if you are interested. There will be some training involved.

Mary Claire
824-4343

THURSDAY OCT 8 4:30-5:30 TIPS FOR MAINTAINING YOUR HEALTH THROUGH THE FALL AND WINTER

Dr. Lynn Lind

Fall is here and winter is fast approaching. Accompanying these seasons are common ailments and disorders which many people experience. Dr. Lind, a Doctor of Naturopathic and Integrative Medicine, will speak about natural and home remedies to help combat such seasonal conditions as the common cold, flu, Seasonal Affective Disorder (SAD) and other afflictions.

TUESDAY OCT 27 1:30-2:30 QUANTUM HEALING

Susan McNulty, Lic Ac.

Susan McNulty, with 30 years of experience in Acupuncture, Chinese Herbs and Energy Medicine, will discuss quantum healing. Quantum Healings are conducted using the principles of quantum mechanics as applied to the BodyMind and works at the holographic level by accessing an individual's energy as it exists in the Quantum field. These treatments, intuitive and unique to the individual, are inspired in visions that often include light, color and sound.

Both these speakers are very popular, so e-mail or call to sign up today!

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Local Rotary Club thanks “Friends of Main Street” volunteers



This past Spring, the Wantastiquet Area Rotary Club kicked off a community effort to help beautify downtown Londonderry – by placing planters filled with lovely flowers in visible areas. Eighteen enthusiastic gardeners gathered at Rugg Valley Landscaping in South Londonderry with trowels in hand to fill 31 barrels and planters with “thrillers, fillers and spillers”. These planters were placed in locations that surely made people traveling through town smile.

All summer long a watering squad – local merchants and community members – made sure the planters were able to not only survive but thrive. According to Skip Raymond of Rotary, “The community support for this effort was inspiring and greatly appreciated! If we all work together, wonderful things can happen in our town.”

All of this was made possible by a fund raising effort earlier in the year. Many thanks are due to all those in the community who contributed in so many

ways. Combined with the efforts to put flower boxes on bridges (by Londonderry’s Beautification Commission, working with Glebe Mountain Gardens)... maintenance of public areas (by the Green Mountain Gardeners)... and hanging of American flags (by Rotary volunteers), Londonderry looked a lot more inviting this summer.



**If anybody is interested in helping next year,
please contact Barbara Wells
bswells33@aol.com**

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Community Resilience Organizations

In August 2011, the West River raged through Londonderry during Irene, especially impacting the village areas along the river that flooded structures with several feet of water. Many homes were damaged and the town has received FEMA assistance. Damaged properties include two prominent village properties; the building on one will be removed this year. Some issues being currently discussed in relation to Irene and flood mitigation include a FEMA/VTrans water flow study on a damaged property to determine a possible wall removal.

In response to the impact of Irene and other disasters, Londonderry has become part of a CRO pilot. Community Resilience Organizations (CROs) are local teams that engage residents and town leaders in climate adaptation, disaster preparedness and hazard mitigation, while strengthening local collaboration and social cohesion. CROs break down community silos by bringing together a diverse mix of stakeholders involved in resilience and hazard mitigation: emergency management, conservation, social services, government and more. Through an annual CRO Day and ongoing projects, teams engage youth and the broader community to collaborate on critical projects that will make the town stronger and safer, simultaneously celebrating local spirit and building community.

Six Vermont pilot towns: Hartford, Jeffersonville, Londonderry, Putney, Richmond and Waterbury are launching CRO's this year. More will be added every year.

The Londonderry CROs team developed a new form, based on the town's Emergency Management Director's (EMD) Emergency Preparedness Inventory. This inventory, proposed by Kevin Beattie, the EMD, is a natural fit for Londonderry CRO's team. Right now their proposed questionnaire is focusing on connecting community members and making a list of needs people may have to be better prepared for future disasters such as flooding, or dealing with power outages, high heat or cold, snow, loss of food, or loss of other infrastructure. One goal is to try to identify those who would be most vulnerable in an emergency, so the community could prioritize their response. Also, by asking about needs, the team hopes the questionnaire will help them to build a comprehensive list of who has resources such as ATVs, generators, or chainsaws that they might be willing to put to use if needed, and volunteers to help those in need.

In this initial phase, the Londonderry CRO team will coordinate with the local non-profit, Neighborhood Connections, and local churches to help distribute this questionnaire to as many people as possible in Londonderry. The forms will be returned to the town clerk who will hold them securely until a very limited CRO team will enter the data into a database for use exclusively by the town's Emergency Management Director and Health Officer. This initial questionnaire will be followed by a more extensive one for those who agree to participate. The Londonderry CRO meets every second Tuesday at 5:30 pm at the town office building.

For more information call Bruce Frauman at 802-379-6121 or through bfrauman@gmail.com. More information on CRO's can be seen at www.gocros.org.

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Bone Builders meet FREE at the Twitchell Bldg every Monday & Wednesday at 9:30 AM.

BB BULLETIN*OCTOBER 2015



OCTOBER SCHEDULE. Monday October 12th marks **Columbus Day** which is (*supposed to be*) the peak of Vermont foliage. **WE WILL NOT MEET ON THAT DATE** so that you can get out and enjoy this last bit of Fall beauty—perhaps with your out-of-town leaf peepers.

TRICK OR TREAT ON MONDAY, OCTOBER 26th.

Our annual Halloween costume gala will also include our T-O-T collection of nonperishable food items for the Londonderry food pantry. Money gifts are also suitable. “Costume” is a loose description of whatever foolishness you wish to indulge in. We don’t give prizes; but--if you’re competitive--**Gloria and Susan** are the folks to outdo. Costumes/disguise not required. There will be treats for all.



CALCIUM CORNER. . . Pumpkin Spice Smoothie This healthy pumpkin smoothie is like chilled pumpkin pie in a glass, but without the fat and calories. This thick and creamy smoothie makes a delicious and filling liquid breakfast or an energy-boosting “snack”. Be sure to use a very ripe banana, preferably frozen, and sweeten your smoothie according to your preference.

Ingredients

½ cup pumpkin puree ([fresh](#) or [canned](#))
1 (frozen) banana
1 cup almond milk (optional: soy, [lite coconut](#) or skim milk)
1 tablespoon pure maple syrup, more or less to taste

¼ tsp vanilla
¼ tsp cinnamon
1/8 tsp nutmeg
1/8 tsp allspice
½ cup ice



depends on choice of milk. (Source: [skinnymys.com](#))

Directions: Puree all ingredients in a blender until smooth.

Calcium content

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Get Your Imaginations **STARTED** for the South Londonderry Haunted Firehouse and Trunk-or-Treating

Last year's DECORATED TRUNKS were INSPIRATIONAL!!! AS WERE THE COSTUMES!! LET'S DO IT AGAIN!! The community is invited to attend the Sixth annual Haunted Firehouse at the South Londonderry Fire Station (60 Main Street) on Saturday, October 31st **5-7pm**. This year will include trunk-or-treating next to the fire station sponsored by the First Baptist Church of South Londonderry. The firehouse will be open starting at 5:00pm on Halloween night for kids and adults alike. There will be free food and drinks, gathered around the camp fire as well as tours of the fire station. All are welcome to walk through the haunted portion of the firehouse.

For adults who enjoy Halloween as much as kids, Dressing up and Decorating the trunks of your car is FUN (but not mandatory). Those that like to have trick-or-treaters but live on one of the many remote rural roads can use this opportunity to treat lots of kids, only from car trunks instead of from your front door. Members of the community are invited to park their cars next to the firehouse and set up at 5:00pm, open their trunks, and hand out treats to children.

For questions, contact Chris Blackey at [802-856-7266](tel:802-856-7266). Everyone is invited to come join the fun evening! Thanks to Steve Brown @ Brown Enterprises for donating the lights!



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HAZARDOUS WASTE COLLECTION DAY

Saturday, October 3, 2015

9am – 1pm

Flood Brook Union School

Route 11, Londonderry, Vermont

Residents & Businesses of the following towns only:

◆Landgrove ◆ Londonderry ◆Peru◆ Weston◆Windham ◆

Free to Households, Businesses Must Pre-register and Pay for Disposal

WHAT TO BRING: ANY SUBSTANCE WITH A LABEL THAT SAYS “CAUSTIC, TOXIC, CORROSIVE, POISON, COMBUSTIBLE, WARNING, DANGER OR CAUTION”

FROM THE GARAGE: Antifreeze, Brake Fluid, Transmission Fluid, Engine Degreaser, Carburetor Cleaner, Gas Treatments, Creosote, Radiator Flusher, Roofing Tar, Asphalt and A/C Refrigerants.

FROM THE WORKBENCH: Rust proofer, Paint Thinners, Degreaser, Lead & Oil based Paints, Sealants, Solvents, Varnish, Wood Preservatives, W/Polish, Wood Stripers and Stains, Deck Wash.

FROM THE GARDEN SHED: Pesticides, Insect Sprays, Pool Chemicals, Flea Powder, Fertilizers, Herbicides, Rodent Killers, Muriatic Acid, No-Pest Strips, Lighter Fluid.

FROM THE HOUSE: Drain Cleaner, Floor Cleaner, Furniture Polish, Arts & Craft Chemicals, Mercury Batteries, Photo Chemicals, Oven Cleaner, Chemistry Kits, Metal Polish, Moth Balls, Toilet Cleaner, Rug & Upholstery Cleaners.

****Both latex and oil based paints will be accepted at the collection
These materials are BANNED from the landfill (trash)**

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WHAT NOT TO BRING

Electronics check the web site for dates of electronics collection

Empty Aerosol cans can be recycle with scrap metal at the Transfer Station

Alkaline Batteries for flashlights and other household items are not considered hazardous and can be thrown in the trash. This included most non-rechargeable batteries AA, AAA, C, D & 9Volt.

Rechargeable Batteries Bring to Londonderry Hardware or Recycle Center

Automotive Batteries can be exchanged at or given to local garages and auto parts stores

Used Clean Motor Oil Can be brought to West River Auto or Hunter Excavating

Fluorescent Light Tubes/Bulbs can be taken to Londonderry Hardware Store or Sigda's Servistar

Ammunition & Explosives contact your local police department

Smoke & Carbon Monoxide Detectors

Propane Tanks can be exchanged or refilled at propane distributors or Londonderry Hardware

Medical sharps (needles) place in rigid, puncture-resistant container such as a detergent bottle with cap sealed with duct tape. Label container "Not For Recycling, Sharps". Dispose of in trash.

Unused/Out of Date Prescription Drugs Bring to Manchester, Winhall or Ludlow police dept.

Asbestos in any form. You will need to contact an asbestos abatement company.

For information email londonrecycle@vermontel.net

Call Esther Fishman 824-3306 or visit www.londonderryvt.org

Londonderry Transfer Station & Recycling Center Hours: Mon., Tue., Thur., Fri., Sat.
9am to 4pm

Sunday hours 10am to 2pm

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The following is a brief update on the work from the Ad Hoc Policing Committee assembled by the Select Board to look into policing options for Londonderry:

They met with Lt. Tim Oliver-VSP 9/17 and Keith Clark-Windham County Sheriff 9/27, meeting Chief Whitesell-Winhall PD 10/1 this evening and will meet Project Vision 10/8. They will then draft the committee findings and submit a proposal for discussion with the select board's Nov 2nd meeting.



The flu shot clinic will be at the Londonderry Town Office on November 6th
10-12 am!



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