

The Londonderry Monthly

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November 2018

Letter from the Editor:

So many great events have come and gone – there are several pictures and notices of events that happened and good things to come. I know the Halloween spirit is alive and well in Londonderry as evidenced by the incredible turn out for both events at Magic held by Phoenix and the Trunk or Treat at Champion. Thank you everybody for hosting, volunteering, attending and donating!

And now, we move on to more celebrating, holidays, and reasons to be thankful. With Thanksgiving and Christmas fast approaching (yikes) – it is easy to get lost in the stress inducing aspects of the holidays like entertaining or traveling far and wide to be a guest elsewhere and the financial crush of spending on these celebrations. We must try to remember the heart of these holidays and not forget the important aspects of what they are meant to be. To focus on the positive and realize there are others out there with it far worse. My Dad always said if everybody in the room put their troubles in a heap in the middle, you'd take your own back. And most often that is true – it isn't always easy to focus on how blessed you are. I think Thanksgiving is the perfect time to appreciate your loved ones with a minimum of fuss and to remember the spirit of Christmas isn't about giving until you are in debt but to give love and friendship to yourself, your family (and I speak of the people you have chosen to represent as your family not exactly specific to your blood relations), neighbors and community. Anyway – my point is that the holidays are for EVERYBODY – not just the ones on the couch watching the game – so lower the stress, lower the unreasonable expectations, raise the enjoyment and be able to give thanks for all the great things in your world.

Last but not least – please get out and vote. Not to get all preachy but democracy hinges upon the involvement and participation of its citizens. That participation comes from running for office and voting for those that run. It is that simple. Your vote is a gift. People are trying to enter this country any way they can both legally and illegally to have the privilege of living and voting in a democracy. Please don't take that for granted!

Darcy Duval

The Londonderry Monthly is available online
You can get your copy of The Monthly online from the Town of Londonderry's website
www.londonderryvt.org

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These lectures are offered at no charge, but please register to attend by calling 824-4343.

WELCOME ELIZABETH PEETS!!!! Please join us in welcoming Elizabeth (Liz) Peets to the Neighborhood Connections family. Liz recently graduated from the University of New England in Biddeford, Maine with her Master's in Public Health. She has an undergraduate degree in Sociology with minors in Criminal Justice and Autism Spectrum Disorder. She comes to NC after seven years working in developmental services as a case manager. In conjunction to the school and work she was in intern for a Vermont-based international non-profit that sought to develop access to health and sanitation systems while preserving local culture in over seven countries.

Liz has a passion for advocacy and supporting people to connect to local resources. She serves on the board of directors for Cedarcrest Center for Children with Disabilities. In her free time she enjoys playing ice hockey, reading and spending time with her French Bulldog.

Friday, Nov 9th, Wednesday, Nov 14th and Wednesday, December 5th 9am – 2pm
VALLEY HEALTH CONNECTIONS TAKING APPOINTMENTS HERE - It's that time of year to review your healthcare plans. Rose Ann McCarthy from Valley Health is taking appointments here at Neighborhood Connections on to help you sign up for a 2019 Qualified Health Insurance plan, enroll in Medicare and/or assist you with Supplemental plans. Valley Health Connections is a certified navigator for Vermont Health Connect. For a free one-hour appointment, call Rose Ann at (802) 885.1616.

Tuesday, November 13th at 5:30pm - **Fran Janik, TO DISCUSS MEDICINAL USES OF CANNABIS.** Janik a cannabis patient advocate, consultant and owner of *My Kind of Jamaica LLC* will be at Neighborhood Connections to discuss the use of cannabinoids for symptom relief and share personal case studies.

Though federally the recreational use of marijuana remains illegal in the United States, the popularity of the drug for medicinal purposes is on the rise. A report issued by The Institute of Medicine states, "Scientific data indicate the potential therapeutic value of cannabinoid drugs for pain relief, control of nausea and vomiting and appetite stimulation". Further studies have found that cannabis is effective in relieving some of the symptoms of HIV/AIDS, cancer, glaucoma and multiple sclerosis.

Vermont is one of more than 31 states that have enacted legislation which allows the medical use of marijuana. On To attend, please call 824-4343.

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Wednesday, November 14 at noon - **Join us for a *Soup Social*** Please join us at Neighborhood Connections for the first in a series of three *Soup Socials* on The Londonderry Tri-Mountain Lions Club will graciously provide Chicken Noodle soup and Corn Chowder (GF). Come out and visit with your neighbors! Seating is limited, so please register to attend ASAP.

WISH LIST

Below is our wish list of items we need at Neighborhood Connections. We thank you for helping us out by agreeing to donate the money for an item or monies toward purchasing a particular item.

**\$10-\$30 (2) Zaccurate Pro Series 500DL Fingertip
Pulse Oximeter Blood Oxygen Saturation
Monitor with silicon cover, batteries and
lanyard**

**\$50-\$100 (8) Logitech MK540 Advanced Wireless Key-
board and Mouse combo (920-008671)**

**(1) 3 1/2' x 2 1/2' Cork Board
\$350-500**

**(1) Synology 2 Bay NAS DiskStation DS718+
(Diskless)**

**(1) Miele Compact C1 Turbo Team Power
line Vacuum - SCAEO canister vacuum with
turbo brush for hard floor and low, medium
pile carpeting**

**(2) HGST DeskStar NAS 3.5 4TB 7200 RPM
Cache SATA 6.0Gb/s High Performance
Hard Drive for Desktop NAS Systems Retail
Packaging OSO4005**

(1) Herman Miller Aeron Chair

Congratulations to Neighborhood Connections for being awarded a Buildings and General Services Grant from the State of VT to help with their expansion into new space!!

SOUTH LONDONDERRY FREE LIBRARY

November is a dreary time of year here so it is the perfect time to visit your wonderful House of Books, check out a new or classic book and curl up with hot cocoa or a cup of tea. There are so many new books in all categories to delight and engage you and your children.

For older folk we have refreshed our LARGE PRINT collection with about 50 or more recent current fiction editions. Thanks much to Dawn and Trustees at Winhall Library for these donations.

Esther Fishman will be our featured artist for the months of November and December. She will host a reception on Saturday, November 10th at 10:30. All are invited to view Esther's amazing pastels, collages, trinkets and unique ear-rings. Christmas is coming and original artwork would make a special gift.

Casey Junker Bailey will host an early Thanksgiving kids program on Saturday, November 10th at 10:30. Children and their respective adults always enjoy this special presentation making harvest crafts and decorations for their Thanksgiving table. It is a holiday that reminds us all of everything and everyone that we have to be thankful for. On Wednesday evenings between 7 and 9, Carol Barclay is still Sitting and Knitting. (Except for Thanksgiving eve, Wednesday Nov. 21). Everyone is welcome to come join her to ask advice or swap yarns of wool or simply yarns. Recently donated were many knitting, crocheting and craft magazines that are yours for the taking.

We hope that you will take the time out of your busy schedules to stop in, check out a book, view the current art exhibit or peruse the thousands of prints made from the Vaile glass plates. These photos are of the Londonderry area circa 1899 through the early 1900s.

We are located at 15 Old School Street off of Main Street and Thompsonburg Road in South Londonderry. Our hours are: Monday, Wednesday and Fridays from 10 – 12 and 1 – 5 with additional hours on Wednesday evenings from 7 to 9 and on Saturdays from 10 am to 1 pm.

We strive to offer something for everyone and your input is welcomed.

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





Above is a photo of a collage made with watercolor, handmade paper, and cornhusk that the talented Esther Fishman will have in the show at the library November and December. We are having a reception/meet the artist gathering on Saturday November 10th at 10:30. We hope you all get a chance to come ponder and admire her work!

PHOENIX FIRE DEPARTMENT HALLOWEEN BASH AT MAGIC

Saturday October 20th Phoenix Fire Department of Londonderry held their annual Halloween Adult Fund Raiser at Magic Mountain! Thank you all for attending and for your support!



Eye on the Sky's Mark Breen Comes to Londonderry

Want to know what's in store for our VT weather this winter? Curious about the constellations and the meteor showers coming next month? If so, you're in luck! Join Mark Breen at Flood Brook School Thursday, November 8 from 6:30-7:30 for a free, fascinating look at what shapes Vermont's weather and a guide to the stars.

Mark is both Senior Meteorologist and Senior Astronomer at the Fairbanks Museum, where Vermont Public Radio broadcasts his daily weather reports as well as his *Eye on the Night Sky* fun facts.

The first half of the program will explore local weather questions and trends, while the second half will focus on constellations and the upcoming Leonid meteor showers. If the weather cooperates, Mark will take us outside to view the night sky; otherwise, he can take us on a tour using a special computer program that can project the night sky in real time on the screen.

Mark has always had a love for the outdoors, and after earning a degree in Meteorology from Lyndon State College, he joined the Fairbanks Museum, where he and Steve Maleski embarked on what would become an institution for weather fans. As he says on the Museum website, "In Vermont weather plays a big role in the economy... I enjoy wonderful

conversations with farmers, skiers, factory managers, teachers, hang-gliders, bicyclists, hunters, hikers, just to name a few. They each help me understand the different parts of the weather that affect their activities, which in turn helps me to focus on certain aspects of the weather, say the wind, or humidity, or temperature."

He has been featured in a number of magazines, including *Vermont Life*, where he contributed to the Vermont Life Weather Calendar, and has occasionally appeared on Vermont Public Television. He is the author of the popular book, *The Kid's Book of Weather Forecasting* (available at The Nature Store in the Fairbanks Museum.) He will bring a few copies of his book to the program at Flood Brook.

The Londonderry Conservation commission is delighted to be sponsoring this event and hope to see many of you there!





SLFD & FBC would like to thank all those participating in the tremendous turnout for the Trunk or Treat on Halloween on Main Street in SoLo. Special thanks to Stratton Mountain Resort for the donation of food, The Corner Market Deli for the donation of drinks, Brown Enterprises Inc for the lights, Best Septic for the toilets and Blue Flame Gas for propane. A special thanks to Brittany (PP), Melvin and the grill team.

The costumes, the trunks, the fantastic community involvement was SCARY!!! Here are some pics from the event!





**CHRISTMAS TREE LIGHTING
SAVE THE DATE!!!**

FRIDAY DECEMBER 7TH

**Tree Lighting Ceremony, Santa & Mrs. Claus, Hot
Cocoa, Christmas Caroling and other
Holiday
Merry Making
Dusk-ish – details to follow
Mountain Marketplace
Londonderry VT**



Holiday Bazaar

To Benefit the Flood Brook Student Activities Cooperative

Friday Dec 7th 8-3:30

In the Flood Brook Gymnasium

Buy Local

Arts & Crafts

Children's Crafts

Silent Auction

50/50 Raffle

Bake Sale & Refreshments



**Gingerbread
House Contest**

For More Information Please Contact hborhek@brsu.org



**IMPORTANT NOTICE TO
PROPERTY OWNERS, BUILDERS AND CONTRACTORS
CONCERNING
MAKING IMPROVEMENTS TO PRIVATE PROPERTY AND
ENGAGING IN BUSINESS ACTIVITIES ON PRIVATE
PROPERTY**

Permitting compliance can be more efficient and less costly completed at the earliest stage of your project. The Zoning Administrator is conveniently available to help guide property and business owners through the permitting process.

The Town of Londonderry has comprehensive regulations concerning the use of private property (both residential and commercial) within the Town. The regulations apply to (1) constructing or modifying residences, businesses and other structures on private property, (2) constructing driveways or roadways, and (3) engaging in commercial activities – for example, selling products or providing services – in certain zoning districts of the Town.

Some business-related activities are not permitted in certain districts of the Town. In addition, property owners often must secure a permit from the Town before undertaking certain types of construction or other activities.

Property owners, builders and contractors are strongly advised to consult with the Town before engaging in any such activity. Failure to do so may lead to a fine or require the property owner to remove the improvement at the owner's expense.

The Town of Londonderry

Daylight Saving Time, November 4
Time to Replace & Recycle Your Batteries

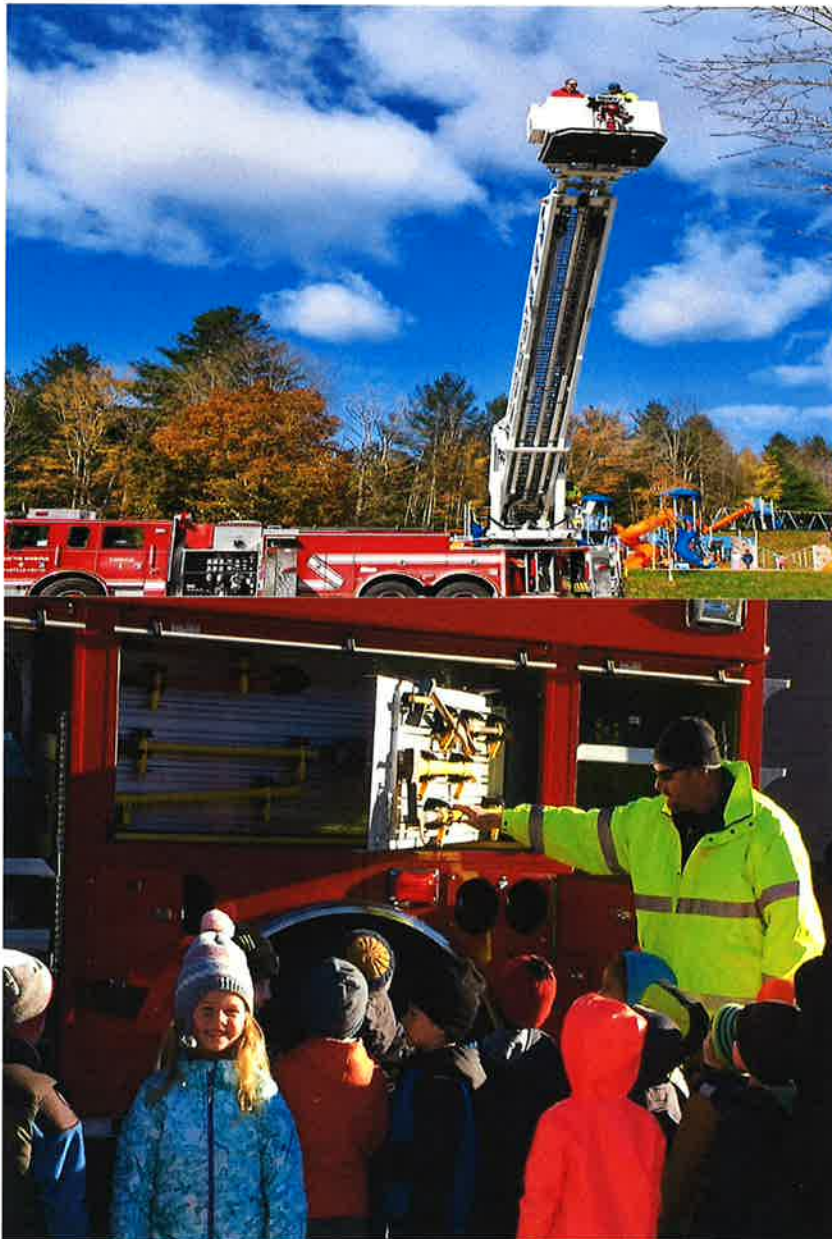
1. **TURN BACK** your clocks 2. **REPLACE** your batteries 3. **RECYCLE** your batteries



LEARN MORE
call2recycle

THANK YOU TO STRATTON, WESTON AND SOUTH LONDONDERRY FIRE DEPARTMENTS

Thursday October 18th Stratton, Weston and South Londonderry Fire Departments visited Flood Brook School for an annual Fire Safety Presentation for grades 1st- 3rd. Brave and harnessed Principal Neal McIntyre got a lift in Stratton's bucket truck much to the delight of the kids!



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 25th 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