

TRENDY TIMES



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NOVEMBER 26, 2019 VOLUME 11, NUMBER 4

Willing Workers Hall Restoration in Glencliff

by Deb Dickmann

The Willing Workers Society of Glencliff is taking steps to renovate the Hall they own on Route 25 in Glencliff. First step was to be listed as a historical building which took place September 2019. Secondly, to apply to the NH Restoration Alliance to be recognized as a building worthy of restoration. In October 2019 the Hall was recognized as one of the 7 historical sites to be saved this year by the Alliance. Both of these events recognize the worthiness of the Hall to be saved from further deterioration.

The Glencliff Willing Workers Hall dates to 1920 when women and their better halves gathered to build a social hall to further their mission of helping each other through hard times. The women knitted, quilted, cooked, and crafted to raise funds to support children, elderly, and sick residents. In the 1930s, they raised enough additional money to add a rear kitchen and bathroom addition.

The hall became the epicenter of village life in Glencliff and surrounding towns. Regular fundraisers included card parties, dances, suppers, con-

certs, original plays, holiday parties, sing-alongs, bean-o games, minstrel shows, and traveling vaudeville performances. In 1921, seventeen years before electricity came to the village, the hall was electrified for movie screenings. During the Great Depression, the hall served as a social outlet for nearby East Warren Civilian Conservation Corps workers. Several corps members volunteered to act in plays and help serve suppers. This is only part of the history. We would love to hear from anyone who has fond memories or pictures to add to the Halls historical significance. But the Hall needs more than recognition.

Unfortunately our organi-



zation's sign attached to the side of our building is more ironic than indicative of our good work. The building suffers from decades of deferred maintenance, and now faces a laundry list of work to be done, including a roof, foundation repair, exterior painting, electric and plumbing upgrades and window repair. We also need to update the kitchen, bathroom and heating system to utilize the hall once again for community and fundraising events.

Much of the work will require skills from volunteers including electrical, plumbing, roofing, heating and manual labor. Volunteers are so essential to our goal not only in the restoration process but ongoing maintenance and helping in the community.

We hope those who have a love of preserving history and the dwellings that play a part, as well as those who have a personal connection to the Hall, will join us financially in meeting our goal of \$10,000.



This amount can be matched by employers and charitable foundations which will give us enough money to begin the restoration process. No donation is too small.

If you want to join the Willing Workers, volunteer your services or make a tax-deductible contribution, you can call or write to:

Deb Dickmann,
President/Treasurer
Willing Workers Society
PO Box 63
Glencliff, NH 03238
Willingworkers1915@gmail.com
FB – Willing Workers Hall Restoration
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TRENDY Dining Guide

Bliss Village Store

By Gary Scruton

Every eatery is different. But they all depend on the food that they serve in order to survive. The differences come in the atmosphere of the establishment, the type of food that is served, and the staff that prepares and serves your choices.

We have been to many eateries and most of the time the food, the atmosphere and the quality of service are all within the bounds of what we expected. For me, anyhow, it is unusual to go outside of those bounds.

The Bliss Village Store on Main Street in Bradford has been serving food to its customers for a very long time. That can be easily proven when you consider that the woman who waited on Janice and I during our recent Sunday early after-

noon visit told us that she had been doing her job for 35 years. I regret that I can not recall her name, but I'm sure regulars know her well. But her name is not nearly as important as the fact that we walked up to the counter and after some deliberation finally gave her our orders, upon which she asked if we wanted the meals to go, or if we were eating in. We told her that we were indeed staying, so she suggested we choose our beverages from the many no alcoholic coolers at Bliss and then take a seat in the Cafe area. She would bring our meals out shortly. And shortly is the right term to be used here. It seemed that it was only about 5 minutes before she came walking out back with a pair of plastic baskets with our choices for the day.

Janice had chosen a

large BLT sub to which she added a side of french fries. I asked for the fish and chips. I was quickly informed that the fish and chips served at Bliss was Cod and not Haddock. "Fine with me" was my response. My side was also french fries.

In choosing our beverages Bliss has a wide variety of them to choose from. I grabbed a bottle of lemonade while Janice went with some cold honey green tea.

As mentioned it was not long before our meals arrived. Janice noted that the bacon was thin sliced, and cooked to a crunchy perfection. It was also plentiful enough that she was getting a taste of bacon in every bite. The lettuce was also crispy (in a different way)

and the tomatoes were juicy and flavorful. The sub itself appeared to be lightly toasted and spread with the ideal amount of mayo.

My fish and chips consisted of three good chunks of Cod that also came with a container of tarter sauce and a bowl of coleslaw. There was also a bottle of ketchup, provided by our facilitator (not sure if I should call her our cook or our waitress as she was both) for the french fries. The whole meal was what we had anticipated and our choices hit the spot just fine.

Another thing I should mention about Bliss Village Store is their deli counter. That is the reason it took Janice and I so long to make up our minds as to what we should order to eat. The deli counter is not huge, but it always seems to have a good variety of dishes available. And any of them can be ordered to be eaten there, or packaged up and taken home, or to a gathering.

We can also report that the Bliss Village Store recently went through some renovations to the front end of the store. The check out

counter was moved across the aisle and is now out of the direct draft from the front door. It also allows for better communications between the front counter person and whomever is working the deli counter.

But back to the long time staff member who served us this day. In order to have been doing the same job for 35 years it means a few things. First is that you must be good at what you do. Our food, our service, and the speed at which they were done are testament to that. 35 years also means that the boss likes the way you do your job. And third, it means that those you deal with on a daily, or weekly, or even a once in a great while occasion must enjoy your service. So thank you for the meal and thank you for your time and effort.

The total cost for our two meals and our two beverages, including tax was \$22.83. On the way out Janice went back to the deli counter to leave off a cash tip only to discover that she had left for the day but her replacement said she would leave it for her.

Volume 11 Number 4

November 26, 2019

Not all Times are Trendy, but there will always be Trendy Times

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For More Details
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Littleton Food Co-op Makes Donation To Littleton Area Food Pantries

On Friday, November 15, the Littleton Food Co-op presented a check to our October Partners of the Month - Littleton area food pantries. This was a record breaking Round-Up month and the food pantries were very appreciative to receive the extra funds for the holiday season. The Littleton Food Pantry will be making over 125 Thanksgiving baskets. The Bethlehem Food Pantry will be working with the SWAN (Supplying Weekend Assistance through Nutrition) program at Bethlehem Elementary School to help 28 food insecure families in the area. The All Saints Food Pantry will be using the funds to keep their shelves stocked during the winter season and the Good Neighbor Food Pantry will be filling 85 food baskets for Thanksgiving. These food pantries work together regularly to make sure our friends

and neighbors have the food they need. This check is 100% possible because the Littleton Food Co-op members/owners and customers round-up their purchases. A little goes a long way when we all work together! Thank you!

Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route 302 (exit 41 off I-93). Everyone is welcome to shop and anyone is welcome to join! Not sure what local, hybrid, and friendly means in terms of a food store? Come on in and ask any of our staff members! The Littleton Food Co-op is open daily from 7 am - 8 pm. For more information or to become a member, please visit www.littletoncoop.com or call 603-444-2800. See you at the Co-op!



Left to right - Darlene Clark from Littleton Food Pantry, Jen Ingersen for Bethlehem Food Pantry, Ed King, General Manager Littleton Food Co-op, Rebecca Hill-Larsen from All Saints Food Cupboard, and Betsy Hansberger from Good Neighbors Food Pantry in Franconia.

NEKCOA Highlights November As National Family Caregivers Month

St. Johnsbury, VT – National Family Caregivers Month, celebrated each November, is a time to recognize and honor family caregivers in the Northeast Kingdom and across the country.

“Celebrating family caregivers during November enables all of us to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about supportive resources, and increase support for family caregivers,” said Meg Burmeister, Executive Director of the NEKCOA.

The Council supports family caregivers with a number of resources and classes aimed to reduce the stresses and challenges of caregiving. Every month, there are two support groups for grandparents taking care of children and for caregivers of Alzheimer’s and dementia patients. In addition, classes are provided regularly that support caregivers: Powerful Tools for Caregivers is a six week class for family caregivers to help reduce guilt and stress, anger, and/or depression, and increase confidence. Managing Stress is a one-evening workshop based upon Powerful Tools for Caregivers to help caregivers manage the daily stresses and challenges faced as a caregiver and Effective Communications Strategies is a two-hour education program developed by the Alzheimer’s Association. Participants learn how to decode the verbal and

behavioral messages delivered by someone with Alzheimer’s or dementia and identify strategies to help them connect and communicate at every stage of the disease.

Pam Smith, the Council’s Director of Client & Caregiver Team Support, who leads the above mentioned classes, was recently named a Master Trainer for Powerful Tools for Caregivers, the national program sustained by extensive collaborations with community-based organizations that provides training and support to family caregivers.

“Family caregivers can face a significant number of challenges, and these

challenges can increase to a level that may affect the relationship with the person they are caring for,” said Smith. “Every caregiving relationship is unique and we are testing a new program, called TCARE® that helps to assess key factors with caregivers to monitor these relationships over time and provide the support they may need as they change.”

The NEK Council on Aging is the first in the state of Vermont to test TCARE, described as an assessment tool for the caregiver that categorizes different levels of stress or burden, consequences of not dealing with the stress, and strategies to reduce it. Until TCARE, there were no formal means to monitor the health and welfare of the caregiver.

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A Rep's Repartee

by NH State Representative
Jerry Stringham

Concord in Full Swing



Infrastructure – The Challenge Provided By More Efficient Cars

We all benefit from the state's highways, roads, bridges, and other shared structures that make travel safe and tolerable. However, improved fuel efficiencies have challenged the pool of funds available to maintain and improve our transportation system.

According to the NH Business Review, the gas tax generates 55% of state revenue dedicated to the highway fund. Over the past eight years, the number of miles driven by the nearly 1.2 million cars have increased by nearly 8%, but gas tax revenue grew by only \$1 million, from \$125 million to \$126.1 million. During this same time period, road construction costs have increased by 40%.

The improvement in electric cars and energy-efficient vehicles is a significant part of this story that we expect will continue. The US Energy Information Administration indicates gas consumption is likely to fall by 25% over the next 20 years.

The implications are twofold. First, the state will lose revenue used to keep our highways safe and in shape

(NH charges a gas tax of 22.2 cents per gallon). Secondly, there are classes of road users who will not be paying for their upkeep as individuals with hybrid or electric cars are buying less or no gas!

The legislature will consider different strategies to maintain infrastructure funding without using general taxes, like sales or income taxes. One obvious solution is to raise the gas tax. This raises funds but lays the burden primarily on those with less energy efficient cars. This group tends to be lower income residents who are less likely to be able to afford electric cars. While we are all excited about less polluting modes of transportation, there is resistance to these types of vehicles not making a contribution to maintaining the roads.

A second bill, advanced by fellow Ways and Means Committee member Norm Major, seeks to supplement highway funds with the inclusion of a registration fee that is charged on a graduated scale. Cars that are more energy efficient would pay higher registration fees than

less energy efficient cars. The contribution toward the highway fund would still be greater for a less efficient vehicle. However, some feel that we would be punishing those for buying efficient cars.

We could hope that Doc Emmitt Brown's prediction in Back to the Future would resolve this for us ("Roads, where we are going, we don't need roads"), but that is unlikely. We are expecting to review the conclusions of a report funded by a \$250,000 federal grant to craft the right bill.

We all want our roads to be in good shape, the 129 NH bridges on the Red List repaired (immediate need of repair), we want clean, fuel efficient cars and low fees on our vehicles. The Ways and Means and Transportation Committees will be weighing legislature to determine how to best counter the financial impact created by the leap in better transportation technology.

A final note, the state announced that they are considering renumbering exits along our highways to match the mile markers. That would mean exit 32 (iconic as it is) would change to exit 100. Initial reaction from the public is to keep our exits numbered the way they are.

Your thoughts would be appreciated!

Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email jerry@jerrymstringham.com.



"Tuition Break Program"

The NH Legislature's Public Higher Education Committee has met seven times since August 27, 2019. As established by statute, the committee acts as a liaison between the New Hampshire University System, the seven regional colleges in the Community College System, the General Court (NH's legislature), and the public to promote better understanding and communications between the afore mentioned bodies. On November 19, the committee issued recommendations and suggestions for proposed legislation. Several issues within the report that will receive immediate legislative consideration include: 1.) increase efforts to make community college services more accessible to NH students, 2.) better market NH post secondary education institutions, both within and outside the state, and 3.) identify 2 and 4 year degree program operational and student tuition cost models that contribute to affordability. Earlier last week, I approved a media statement for release from the Governor's office, "urging my fellow representatives to support much needed student debt relief, which will provide for the well-being of New Hampshire's students, educational system, and economy."

For parents and students who are considering either a two or four year education degree, the New England Board of Higher Education's "Tuition Break" program should definitely be considered. Since the "Tuition Break" program was established in 1957, it has provided New England residents discounts on more than 315,000 tuition bills, with total savings to parents and students well into the billions of dollars. In the 2018-2019 academic year, more than 8,100 New England residents saved an estimated \$54M in

tuition. 82 New England public and private colleges and universities participate in the program.

For example, here's how "Tuition Break" works. The University of Southern Maine has identified certain degree programs offered at a discounted rate for out-of-state students. USM's 4-year degree "Cybersecurity" program is now available to students from Vermont and NH at a discounted rate. The in-state rate for a Maine resident to attend USM is \$8,430. The out-of-state rate for non-Maine residents is \$22,170, but if an out-of-state student selects an approved "Tuition Break" degree program offered at USM such as "Cybersecurity," the out-of-state student will pay \$13,920, a savings of \$8,250. This is just one example of how the "Tuition Break" works, and programs are available in: Arts and Liberal Arts, Business and Management, Engineering and Technology, Health and Human Services, and Science and Math. More on this deep discounted post secondary program can be found on line at nehbe.org/tuitionbreak.

Lastly, the commission tasked to study school funding and to make recommendations reference a funding formula that will better ensure a uniform and equitable design for financing the cost of an adequate education for all NH public school students in pre-kindergarten through grade 12 is moving forward. As a member of the commission, I am confident that we will better address previously discussed disparities and educational inequities that currently exist between districts and municipalities.

Respectfully Submitted,
NH Rep Rick Ladd
Higher Education Committee Member

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Alice In Wonderland - Well, Wal-Mart Actually

by Maggie Anderson

On a recent trip to Walmart for Hank's meds and a load of stuff we just had to have I saw a woman wearing glasses in the same wild pink as my own. She was walking ahead of me and when I said "Love the glasses" she turned to find mine were the same color.

Our conversation began and meandered from where, why, and, how I manage to buy a pair of glasses in a color to match everything I wear, to tales of our trips to Japan which began when I told her that these days in Japan the women my age and upwards are the ones most likely to sport purple hair or locks in rippling rainbow shades. It's almost as if they're saying to the world, "For 60 or 70 years I've done all that was expected of me, now I get to play."

Turns out Alice and her late husband traveled to Japan some 20 years back as chaperones for a group of students from an academy up north.

She shared the story of

their attempted "break" one night after the students were settled in with their host families only to be pursued by their very own ever-vigilant chaperone afraid he might lose them in so large a city and have to answer for it later.

It reminded me of the night I asked a group of my Japanese friends, who were all staying at the same hotel, if any of them happened to have an Ibuprofen on them. When none of them did I headed to the front desk hoping they might have a stash behind the counter as so many of the hotels in America do or at the very least a vending machine where I might buy a couple.

The staff offered their apologies and as I turned to go back to join my friends I nearly toppled them over. They had followed me to the front desk like a string of ducklings and were positioned like perfectly spaced dominoes just waiting for a nudge to bring the whole line down. I assured them that I was not so helpless that I could not have found them

after having only walked across the lobby to the front desk.

I was telling Alice how tired I was and when I told her I had written a piece for the Trendy Times about my recent grueling trip to the Nashua doll show, she asked my name and said she reads my pieces all the time. Apparently she likes what she's been reading, at least she didn't say she'd cancelled her subscription because of them.

If Alice hadn't someplace to be and Hank hadn't been waiting for me at the end of the aisle I believe she and I would still be chatting. We said goodbye having only exchanged our names. If you ever want to change that and meet over coffee, Alice, just call the Trendy Times office and tell Gary I have given him the okay to pass my phone number on to you.

Today my life is richer simply because I said three words to a total stranger.

It was a pleasure meeting you.

Engage With NEK Young Professionals This Holiday Season

Northeast Kingdom - With less than two months left in 2019, the Northeast Kingdom Young Professionals Network is not slowing down.

On December 10, join the NEK YPN at Passumpsic Bank on Memorial Drive in St. Johnsbury Center for a focus group with Vermont Futures Foundation. Spots are limited; please contact lsmith@vtfuturesproject.org to get connected and hold your spot.

In the months to come, expect more news from the group on its future, as an eight-member steering committee recently gathered at The Work Commons in

Newport for its first planning retreat. With grant monies received from the Vermont Community Foundation, the group will have the opportunity to examine membership levels, plan for social and educational events in the new year and determine what path the NEK YPN should go down the road.

The NEK YPN is a network for young professionals living and working in and around Vermont's Northeast Kingdom. To learn more and get involved, email nekyppg@nekchamber.com or visit our Facebook page for events & membership form @NEKYoungProfessionals.

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Cohase Chamber Seeks Nominations For Business & Citizen Of The Year

The Cohase Chamber of Commerce is currently seeking nominations from the public for its annual Business of the Year and Citizen of the Year awards.

These awards are presented to businesses and individuals who have had a significant impact on the regional community and will be awarded at the Cohase Chamber Annual Meeting on January 21, 2020. The deadline for submissions is December 3, 2019.

Last year, Copeland Furniture received the Business of the Year award and Monique Priestley of Bradford,

VT received the Citizen of the Year award. Nominees for both awards must meet certain requirements.

For a list of these requirements and to enter your nomination, please visit www.cohase.org or contact the Chamber by email at cohasechamber@gmail.com or by phone at (802) 518-0030.

The Cohase Chamber of Commerce serves the

beautiful Cohase region which encompasses the Vermont towns of Newbury (which includes Newbury Village, Wells River village and West Newbury village), Bradford, and Fairlee and the New Hampshire towns of Haverhill (which includes Haverhill Corner village, North Haverhill village, Pike village, Woodsville village and Mt. Lakes), Orford, and Piermont.

Mrs. Claus' Workshop
Friday, December 6
6:30 PM

20 Pine Street, Woodsville
Please park on the side of the street


it will be a merry time with games and prizes!
Dress for the occasion and pick a ball from my goody bag.
18 and older only

Goddess #13127: April Dyke

For details Call April @ 802-461-9886
Email: A.Dyke2@Yahoo.com

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We still have MacIntosh apples.

Family Fun Destination



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A PARTY STORE
and Gifts

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Not all Times are Trendy, but there will always be Trendy Times November 26, 2019 Volume 11 Number 4

Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

TUESDAY, NOVEMBER 26

BRIT READERS OF THE NEK BOOK CLUB:
WHERE THE CRAWDADS SING
5:00 PM
St. Johnsbury Athenaeum

FRIDAY, NOVEMBER 29

LITTLETON CHRISTMAS PARADE
12:00 NOON
Union & Main Streets to West Main Street
See Article on Page 8

THURSDAY, NOVEMBER 28

Happy Thanksgiving
A Table of Food Near You

SUNDAY, DECEMBER 1

COMMUNITY TREE LIGHTING
2:00 - 4:30 PM
Central Street, Woodsville
See Ad on Page 3

TUESDAY, DECEMBER 3

NORTHERN GRAFTON COUNTY REPUBLICAN
COMMITTEE MONTHLY MEETING
7:00 PM
Littleton Regional Healthcare (LRH) Conference
Room (next to the cafeteria)

WEDNESDAY, DECEMBER 4

"LIFE AS A BUDDHIST MONK":
AN EVENING TALK WITH VENERABLE LO
7:00 PM
St. Johnsbury Athenaeum

LIFTING SHAKESPEARE OFF THE PAGE

7:00 PM
St. Johnsbury Athenaeum

THURSDAY, DECEMBER 5

MONTHLY 4TH OF JULY MEETING
7:00 PM
Woodsville Emergency Services Bulding

SATURDAY, DECEMBER 7

HOLIDAY SHOPPING FEST
9:30 AM - 2:00 PM
Bradford Congregational Church
See Ad on Page 7

SUNDAY, DECEMBER 8

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
Moose Lodge 1779, 2388 Portland St. St. J.

MONDAY, DECEMBER 9

ROSS-WOOD UNIT #20 AMERICAN LEGION
AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

HAVERHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, DECEMBER 11

ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

READINGS IN THE GALLERY: POET SYDNEY LEA

7:00 PM
St. Johnsbury Athenaeum

THURSDAY, DECEMBER 12

ST. LUKE'S COMMUNITY MEALS
5:00 - 6:30 PM
St. Luke's parish House, Woodsville

WOODSVILLE HIGH SCHOOL OPEN HOUSE & WINTER CONCERT

4:00 - 7:30 PM
Woodsville High School

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

FRIDAY, DECEMBER 13

LIVING NATIVITY
6:30 & 7:15 PM
Trinity Church of the Nazarene, No. Haverhill
See Ad on Page 3

SATURDAY, DECEMBER 14

NOTCH ABOVE PHOTO CLUB
1:00-3:30 PM at the
Bethlehem Public Library.

THE SWINGLES

See Article on Page 15
St. Johnsbury Academy, Fuller Hall

THURSDAY, DECEMBER 19

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

**Attention All
Non-Profit Groups,
Schools & Towns**
*Your event can be Ikisted
here FREE.*
**Send us the Date of your
Event, The Name of your
Event, the Time and the Lo-
cation of your Event.**
**We will list it in this space
Free of Charge.**

Deadline for all submissions
is the Thursday prior to
Publication Date.

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

BINGO - 6:00 PM
Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.

DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln

RSVP BONE BUILDERS
1:30 - 2:30 PM
United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School

GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House

RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville

9:15 - 10:15 AM
Congregational Church, East St.
Johnsbury

6:00 - 7:00 PM
Community Church, Concord

MON./WED./FRI.

RSVP BONE BUILDERS
1:30 - 2:30 PM - United
Community Church, St. Johnsbury

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill

RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM
Congregational Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House

NOON - Senior Action Center,
Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

RSVP BONE BUILDERS
2:00 - 3:30 PM - East Haven Library

TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church

COMMUNITY DINNER BELL -
5:00 PM September 5- June 5
All Saints' Church, School St., Littleton

AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St

RSVP BONE BUILDERS

2:00- 3:00 PM -East Haven Library

TUESDAYS/FRIDAYS

RSVP BONE BUILDERS
9:00-10:00 AM
St. Johnsbury House

RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick

GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING
1:30 - 2:30 PM - United Community
Church, St. Johnsbury

BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House

NOON - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHES W/FRIENDS
10:00AM - 2:00 PM / Lunch @ 12:00
Groton United Methodist Church

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,
Methodist Church, Danville

NOON - Darling Inn, Lyndonville

ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster

TOPS (Take Off Pounds Sensibly) --
Weigh-in @ 6:00 p.m., meeting @ 6:30
-- Monroe Public Library

FRIDAYS

RSVP BONE BUILDERS
9:00 - 10:00 AM - St. Johnsbury House

9:30 - 10:30 AM
Grace Art Gallery, Hardwick

1:30 - 2:30 PM - United Community
Church, St. Johnsbury

WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM
September thru May
Brainerd Memorial Library, No. Danville

SUNDAYS

LISBON BIBLE CHURCH, WOOLSON ROAD
Sunday School 9:15 AM

Worship 10:30 AM Bible Study 6:00 PM

NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.

CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln

Horse Meadow Senior Center Activities

Closed 12/24 and 12/25
Lunch is served daily at 12:00, except when noted
Find-a-Sticker:
12/4 @ Noon

Breakfast Buffet: Every Tuesday @ 8:30-10:00
50/50 Raffle: 12/18 @ Noon
*Meals are available M-F for home delivery.*A variety of Exercise Equipment is available daily in Bertha's room at HMSC

SPECIAL DAYS:

Christmas Ornament Crafting Time: Wednesday December 4th @ 1:00
Legal Seminar by Beastley & Ferber: Wednesday 12/11 from 3-5
Pastors Lunch on 12/12
HMSC Chorus Presents a Christmas Concert 12/16 at 11:15 (chorus will take a break until 2/3/2020)
Traditional Christmas Meal served by HPD on 12/19
Hors d'oeuvres @ 11:30 followed by buffet @ noon
~ Gift Exchange in Bertha's Room @ 1:00 (bring a gift \$5 in value)
SENIOR SPLASH: At Evergreen * NOW ON MONDAYS* 10:15-11:00 Call 838-6511

Save the Date: Christmas in the White Mountains-sign up for one or both Christmas Celebrations at Indian Head 12/5 11:30-3:30
A Country Christmas with Jose Duddy \$39 per person 12/12 11:30-3:30
Christmas in the White Mountains with Mark Shelton \$39 per person

ENTERTAINMENT: Starts between 11&11:15
Phyllis Vogel: 12/10, 12/31
Barry Hayes: 12/6, 12/27
The Boy-z: 12/18
Byron Berwick: 12/3, 12/17
Ethel Cooper: 12/5, 12/11, 12/19
Marshall Meade: 12/9, 12/30
Bob Benjamin: 12/12, 12/26
Carl, Gloria & Friends: 12/4
Wayne Klinger: 12/23

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CLINICS:

12/6: Foot Clinic with Beverly Sinclair RN, starting at 9. Call Center for appointments and dates 787-2539

ON-GOING ACTIVITIES:

Art/Painting with Barb: Thursdays @ 9:00
Beginners Quilting: Mondays @ 1:00
Bingo: Wednesdays @ 1:00
Cards with Jeannie: 12/5 @ 10:30
Chair Yoga: 12/5 and 12/19 from 10:45 – 11:45
Cribbage: Thursdays @ 12:30
Domestic Trauma Support Group: 12/5, 12/19 @ 10:45
Contact Jessica Aiken-Hall
Drums Alive: Mondays @ 12:30
Floral Arranging with Jane: 12/12 @ 9:30
Genealogy with June Davis: Monday December 30th @ 1:00
Grief Support: First Monday of each month @ 10:30
Gripe Group: 12/12 @ 10:00
Contact Florence
Haircuts by Marshall Mead 12/9 and 12/30 @ 1:00 Cost is \$10
Hand and Foot Cards: Fridays @ 12:30
Healthy Lifestyle Share: 12/6 @ 2:15 and

12/12 @ 10:30
Hearts & Hands Quilters: Monday 12/2 @ 1
Herbal with Elaine: none in December
HMSC Chorus: Mondays @ 1:00 in Bertha's Room
Interfaith Fellowship & Coffee: 12/3, 12/17, 12/31 @ 9:00
Mahjonnig: Every Friday @ 9:30
Massage by Donna Paye, 12/3 @ 9:00 call or stop in to set up appointment time
Memoir Writing Group: Friday 12/13, 12/27 @ 9:00
MS Support Group: 12/16 @ 1:00
Nifty Needlers: Every Tuesday 9:00-2:00
Plastic Canvas w/ Gerrie: Tuesdays 12/3 & 12/10 (other Tuesdays by chance)
RSVP Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30
Veterans Services: 12/5 @ 9:00
Vintage Voyagers Writers Group: Wednesdays @ 10:30
*Also, Please think about volunteering here at Horse Meadow or delivering meals!

Children's Art Display At Woodsville Library

The Woodsville Free Public Library is displaying artwork from children in Ukraine.

The Kharkiv Regional Library for Children held their annual art contest for children ages 5-12 who reside in Kharkiv, Donetsk and Luhansk Ukraine. These three cities are in the geographic heart of the continuing Ukrainian struggle against Russian aggression. This year's theme for the artwork is "House. Family. Home". It is dedicated to the 25th anniversary of Ukraine's inde-

pendence. The art exhibit is traveling to libraries throughout the United States. The Woodsville Free Public Library is excited to display work from these talented young artists from this troubled region until the end of November. Please stop by and view their beautiful artwork.

The library is open Tuesday's, Wednesday's and Friday's from 1pm to 8pm and Saturday's from 10am to 1pm. We look forward to seeing you.

Bath Historical Society Memory Tree

The Bath Historical Society will once again have a Memory Tree to remember our loved ones this Holiday Season. As a matter of fact, this is the 28th Annual Memory Tree. The tree is located on the Common in the center of Bath, just opposite the Historical Society Building.

On Sunday, December 22d at 5 PM there will be a reading of names of those

being honored or memorialized by bulbs on the tree. If you would like a bulb, the cost is \$5 / bulb. You can either mail your check along with the name of the person(s) you are remembering and your name to the Bath Historical Society, Box 44 Bath, NH 03740 or go into the Bath Public Library or the Bath Selectmen's Office with the name(s) and payment.

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HOLIDAY SHOPPING FEST

Saturday, December 7, 2019---9:30-2:00
Bradford Congregational Church
Main Street—Bradford, VT

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33rd Annual Littleton Christmas Parade Slated for November 29th

The 33rd annual Littleton Christmas Parade will be held on Friday, November 29, 2019 starting at 12 pm. Beginning at the former Hitchiner parking lot just off Beacon Street, the parade will proceed down Union and Main Streets to West Main and end at the Littleton Fire Station.

The parade is presented by the Littleton Area Chamber of Commerce, will include special guests, "Wally" the Green Monster of the Boston Red Sox – his second appearance, and the "Roaming Railroad" will return for its second year in a row. Bands will include the Littleton High School marching band and the Summer-time Marching Band.

Over 30 entries will be participating in the parade including Equines in Motion,



a mini horse entry and the Bernese Mountain Dogs, a fabulous entry from the Littleton area. Eight floats are scheduled to participate (to date) and many marching units.

The 2019 theme is "Toyland, A Trip to Santa's Work-

shop". As with all Christmas Parades, the Grand Marshal is selected to be related to the theme. This year, the Grand Marshal is Graham Meddings, who operated the former Hobbyland and was a great contributor to the Littleton community.

Entries are still being accepted for the parade and applications can be obtained by e-mailing lttxmasparade@aol.com. The application deadline is at 3 PM on Monday, November 25th. Parade Director Dennis Hartwell is excited that this year's parade will be the best ever! Following the parade, there will be a Santa Party at the Littleton Community Center just across from Bank of New Hampshire. Everyone is welcome!

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Thursdays & Fridays 10AM-7PM
Saturdays 10AM-6PM
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paul.hunt@customsupport.com
john.hunt@customsupport.com

Mill Street Granite Blocks Find New Home And Purpose In Woodsville



In late October some 25 granite blocks were moved to the Woodsville High School Campus and arranged between the soccer field and the newly renovated parking area.

Though many people were involved with this project Superintendent of Schools Laurie Melanson credits Don Locascio as being the first to suggest getting them for the school. He is also credited with asking the Haverhill Selectboard for the blocks which they generously donated.

Haverhill Schools Facility Manager, Bert Vines arranged for the installation of the granite blocks with Paige Excavation, who did a wonderful job.



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3/8 X 6 PAINTED GREEN	131	8.00
3/8 X 6 PAINTED TAUPE	149	8.00
3/8 X 6 PAINTED BLUE	84	8.00
3/8 X 6 PAINTED GRAY	179	8.00
3/8 X 6 PAINTED BEIGE	1200	8.00
PRIMED SMART TEX TRIM 1X4X16	472	6.99
PRIMED SMART SM TRIM 1X4X16	230	6.99
PRIMED SMART SM TRIM 1X6X16	51	9.99
PRIMED SMART TEX TRIM 1X6X16	57	9.99
PRIMED SMART TEX TRIM 1X8X16	32	11.59
PRIMED SMART TEX TRIM 1X10X16	116	11.99
PRIMED SMART SM TRIM 1X10X16	34	11.99
PRIMED SMART SM TRIM 1X12X16	84	16.99
PRIMED SMART SM TRIM 5/4X6X16	85	16.99
PRIMED SMART TEX TRIM 5/4X8X16	27	14.99
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PRIMED SMART SM TRIM 5/4X12X16	163	20.99
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WMRHS Army JROTC Cadets Compete in National Academic & Leadership Challenge

Junior ROTC Cadets from the White Mountains Regional High School Academic and Leadership teams recently competed in round one of competitive online play against thousands of JROTC students from across the world to win a place in the championship and an opportunity to win a trip to Washington, DC. During the competition, students are tested on standard high school curriculum; Math, Science, English, and leadership skills. Only 32 teams in the nation will advance to the finals.

The JROTC Leadership and Academic Bowl is a nationally recognized academic competition created exclusively for JROTC students. By participating, cadets learn the values of citizenship, academic competition, and college opportunity. The competition creates tremendous opportunities for JROTC and its cadets by demonstrating the academic



abilities of JROTC students. After advancing through the first phase of competition, the WMRHS JROTC cadets will compete in the second phase of The College Options Foundation's 2020 JROTC Leadership and Academic Challenge. If successful, the teams will advance to the final Championship round of Leadership and Academic Bowl which will be held in Washington, D.C., June 19-23, 2020. The College Options Foun-

dation is a non-profit organization dedicated to enriching the academic development of high school students and assisting them in their preparation for higher education. Using academic competitions, college exam study guides, college admissions tutorials and personalized counseling, College Options Foundation has assisted the nation's 1.1 million Department of Defense - JROTC cadets worldwide.

The NEK Council On Aging Hosts Annual Meeting

St. Johnsbury, VT - The NEK Council on Aging held its Annual Meeting on November 14th at the East Side Restaurant in Newport. Over 80 people were in attendance including guest speaker Angela Smith-Dieng, the State Unit on Aging Director for the Department of Aging and Independent Living (DAIL).

The meeting began with a welcome from the Council's Executive Director, Meg Burmeister and an address from Board President, Kathy Hemmens. A new slate of Board of Directors officers were nominated and approved. The officers are Anne Steinbeck, President; John Fitch, Vice President; Margaret Healey, Treasurer; and Kathy Hemmens, Secretary. Several new Directors were nominated and approved including: Karen Ackermann of Lyndonville; Evan Hammond of Lunenburg; Nancy Hogue of Danville; Kris Lance of East Hardwick; Lisa McCrae of St. Johnsbury; and Katesel Strimbeck of Newport. Hemmens presented a gift in appreciation to Mary Jean



Thielen who is leaving the Board of Directors after six years of service.

Guest speaker Angela Smith-Dieng began her presentation with a video on "Let's End Ageism" by Ashton Applewhite who urges the public to mobilize against ageism--the last socially acceptable prejudice. "Aging is not a problem to be fixed or a disease to be cured," says Applewhite. "It is a natural, powerful, lifelong process that unites us all." Smith-Dieng then described the need to reframe the conversation about aging and how "aging is living" and discussed several examples on how to change the conversation.

She mentioned the goal for Vermont to become the sixth "Age Friendly State" in the nation and how Newport is the only AARP Age Friendly Community in the state of Vermont.

"Angela is committed to changing communication strategies on how we discuss and describe aging," said Burmeister. "She understands how we all should celebrate the ability of elder Vermonters to adapt and grow as they journey through their lives. Her presentations are always informative and motivating--we were grateful to welcome her to our meeting."

Town of Peacham Launches New Website

Peacham, VT – In an effort to improve communications, centralize important information for the Town of Peacham, and improve economic development, the Peacham Select Board is pleased to introduce a new website for the town, www.peacham.org.

The Select Board issued a request for proposals in March of 2019. Two proposals were received from area marketing and website design agencies. The project was awarded to Terry Miller of tmiller web design, a website design agency located in Peacham. The new website incorporates a responsive design that allows it to be viewed across a number of different devices (desktop, smartphone, and tablet).

"Our primary website audience is the citizenry of Peacham. This group encompasses people with a wide range of technical skills and abilities. We wanted the new site to be a useful tool for citizens who choose to keep in touch with the various activities in the town and those who serve on the numerous committees, boards, and organizations that make our town so unique," said Beatrice Ring, Peacham Select Board member.

In addition, the goal was to create a website conducive to the many residents of Peacham who live far away during the winter months and those who are interested in learning about Peacham either as a potential new home owner, visitor, or business.

"Our current set of web

sites did not serve any of our objectives effectively. Terry saw that our current website lacked a clear path for our citizens and visitors to follow, to find what they wanted, or to identify whom they should contact on a particular matter," said Ring. "She helped us to create a website that eliminated these challenges and delivered a site that is intuitive and offers a centralized place for information and resources."

The new website includes an easy-to-use content management system, intuitive navigation, improved search engine optimization, social media integration, a shared calendar of events, colorful photos, and pertinent contact and state and local resource information.

"For being a small town, Peacham is very busy and always has a lot going on," said Miller. "It was exciting to design a website that brought together all the services, committees, events, and important dates to improve communications in real time. I think one of the more popular features will be the shared calendar. An added bonus—Peacham provides some of the most beautiful pictures for a website."

Miller has designed more than 40 websites for businesses specializing in art, music, crafts, agriculture, wellness, retail, lodging, and non-profit. Her websites also feature blogs and e-commerce. For more information, visit tmillerwebdesign.com.

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New at Investing? Follow These Suggestions

If you're fairly new to investing, you might be wondering what sort of rules you should follow or moves you should make. And while everyone's situation is different, there are indeed guidelines that make sense for all investors. Here are some to consider:

- Learn the basics. The investment world can seem confusing, but the more you know about the basic components, the more confident you'll be when you begin to invest. For starters, you'll want to be familiar with the essential types of investments: stocks, bonds, mutual funds, government securities and so on. And it's also important to know that some investments are designed to provide growth – an increase in the investment's value – while others provide income in the form of dividends or interest payments, and still others may offer growth and income.

Are you planning on helping your children (or grandchildren) pay for college? Once you've established your goals, you can create the appropriate investment strategy for achieving them, taking into account your time horizon and risk tolerance.

- Invest regularly. At first, you may only be able to afford to put in small amounts to your investment accounts, but even so, try to contribute regularly. You'll get into the habit of investing and, later on, when you earn more money, you can ramp up your contributions. If you have a 401(k) or similar plan at work, the money can come out of your paycheck before you even see it.

- Think long term. As you begin investing, it's important to have the right attitude. Specifically, don't look for the "hot" investments that will make you a "bundle" in a matter of weeks. Investing just doesn't work that way – instead, it's a decades-long process of carefully choosing, managing and adjusting a diversified portfolio that's suitable for your individual needs. And by maintaining a long-term focus, you'll be less susceptible to making ill-advised moves in response to short-term market events.

- Don't get scared off by downturns. If you invest for many years,

it's inevitable that you will experience sharp drops in the financial markets. But these declines are actually a normal part of investing. If you overreact to them by selling investments just because their price has dropped, you'll not only be breaking a cardinal rule of investing – to buy low and sell high – but you'll also be disrupting the type of cohesive, continuous investment strategy that's necessary to help you achieve your goals.

- Get some help. You may find it easier to navigate the investment landscape if you get some help from a professional advisor – someone who understands your goals and family situation and who can make appropriate investment recommendations. A financial advisor can also suggest changes to your portfolio in response to changes in your life (new job, child graduating college, etc.) and in your goals, such as a new date for retirement.

- When you invest, there aren't many guarantees. But by following these suggestions, you will know, at the very least, that you're taking the steps that can lead to success.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

- Set your goals. You need to know why you're investing – and that means you must clearly define your goals. Do you want to retire early? When you do retire, what kind of lifestyle would you like to have?

New Chef At Danville Senior Action Center

DANVILLE, VT - The Board of Directors for the Danville Senior Action Center is pleased to welcome Robert Walley as the new Chef/Mealsite Manager.

Walley brings an extensive 50-year background in culinary and hospitality management. He has worked for over 15 years in the institutional cooking industry and the remainder in high-end restaurants, hotels, and private country clubs. He led his own catering business, trained at the Culinary Institute of America, and more importantly, learned from experience.



"Robert is a passionate advocate for well-balanced, nutritious, and deliciously prepared meals," said Board President Kenneth "Buddy" Mundinger. "He enjoys creating seasonal menus using fresh, local ingredients as often as possible, and especially enjoys making soups and homemade bread." Walley will lead their team of volunteers who include Priscilla Herrod, Joanne Murray, Connie Clark, Elaine Pacholek, and their newest volunteer, Cathy Baker.

The Danville Senior Action Center/Mealsite currently serves approximately 4,000 meals a year to residents of the Town of Danville and surrounding areas. Community meals are served every Tuesday and Thursday at noon at the

Danville United Methodist Church. They also coordinate home delivered meals with the volunteer assistance of Tim Ide and Ken Linsley.

The Danville Senior Action Center is a non-profit 501(c)3 organization, partially funded by the Northeast Kingdom Council on Aging and donations from the local community.

The meal site meals are available to all members in the community. There is a suggested donation of \$4 for those over 60 and \$5 for those under 60. Please call the Action Center for more information (802) 684-3389. For information on services provided by the Northeast Kingdom Council on Aging, please call 1-800-642-5119.

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Thank you for your understanding.

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Turkey Plunge Pleases Plenty But Paused For Now

By Robert Roudebush

So no turkeys plunging this year, for good reason.

Haverhill Recreation Director Sherri Sargent decided Sunday morning, "Due to the current ICY ROAD CONDITIONS and projected forecast of a winter weather advisory and in the best interest of everyone who intends participating in today's Cold turkey plunge we are going to err on the side of caution and cancel today's plunge".

So no turkeys got colder. Director Sargent added, "To my turkey roasters, the Bath Fire Department Dive Team, Woodsville Ambulance crew, brownie bakers, set up & tear down prep team, Laraine King & the Mountain Lakes District team, Haverhill Rec Commission members and all who agreed to plunge for us today, my sincerest thanks for supporting the cause even when it is a bit crazy."

Sargent has been utilizing the Mountain Lakes water and beaches to set up this annual cold weather fund-raising event for several years now.

What's a Turkey Plunge anyway?

If you'd done it, you'd know it.

Why is it called a Turkey Plunge? Why not a chicken plunge, or a duck plunge, or a people plunge? Where'd the name come from? The official name is Cold Turkey Plunge, having to do with the plunge, just prior to Turkey Day, Thanksgiving Day. Cold needs no explanation.

What actually happens

can look like an act contrary to common sense, even while it may be pleasing to the freak-out lover in each of us. World wide, lots of crazy/healthy folks do something like it in all northern climes, on the Scandinavian peninsula for example, or around here in the Northeast. I know it happens in Minnesota and Wisconsin. Lots of folks get together in the middle of winter, don some scant clothing, some boys and men even bare chested, and go plunging into the freezing waters of a lake. Just cause they want to. Plunge free or die in New Hampshire. Yeagh, they scream with the shock but laugh just as loud, little kids, older folks, younger folks, no matter the age, all united in the stupidity and pure fun of doing it, just because they want to. Here's to more stupidity of this kind.

They don't stay long mind you, it is a plunge, not a leisurely lengthy swim, then they plunge back out of the icy water again right quick shivering maybe and puffing steamy air and still laughing and run to family and supporters who hand them drying towels and blankets.

Why do it? To raise money, money for Haverhill recreation, and this is how it works. First, there are fund-raising activities all year long for the town recreational group, penny sales and the like. Then, for the turkey plunge,

those plunging agree to donate money, different sums for young folks and older folks, money they gather by folks chipping in for their efforts, or money the plungers pay themselves.

Sherry and other organizers – read that word organizers as "people who really do all the work" - show up early, as early as a day early, to begin preparations to make the whole thing work. In the MLD office – which is nicely warm – good hot turkey sandwiches and other bone-warming fare is available to the plungers before they plunge. There's a good deal of work and donation right there.

Outside, on the beach quite near the plunging water, are covered tented areas for changing and drying off after the plunge. Whenever the ice has formed on the lakes, making you think how can anyone get in the water at all, like this year November 24, 2019, there is an answer for that too. Thanks go each year to aquatically trained and dive certified EMS members and our local fire departments. Those good trained people don proper cold water gear, wet suits, and enter the frigid lake, breaking up the ice as they go. Their expertise is on hand in the water should it be needed.

No official event this year so far but there's good plunging ahead, bet your bottom turkey.

Kenneth Watson Doyle: OBITUARY 13

Thetford, VT - Kenneth Watson Doyle, 91, died peacefully in his home on Wednesday, November 13. He was born August 16, 1928 in Strafford, Vermont, a son of James and Mildred (Judd) Doyle.

He graduated Thetford Academy June, 1946, and after graduation worked the family farm. He worked the farm continuously through this past summer. He will be remembered for his love of family, farming, and hunting, as well as his amazement with nature.

He was married on June 7, 1964 to Lois J. Tullar. They built their home near the farm where they raised their three children.

Kenneth leaves his wife, Lois, and three children, Lisa Kathleen, Timothy Kenneth and his wife Dawn and Stephanie Kara and her husband Joseph "Skip" Nalette. He also leaves eight grandchildren, Joseph, Keely, Michaela, Taylor, Mason, Dawson, Kaitlin and Carter. He also leaves siblings Paul, Richard, Marjory



Christiansen and Dorothy Santoleri and many nieces and nephews. He was predeceased by his brothers, Russell, Dawson, William, Donald, Robert, and Charles and sisters, Catherine King, Ruth Waterbury, and Shirley Doyle Godfrey.

A service is planned for the spring. In lieu of flowers, please consider a donation to the James and Mildred Doyle Scholarship Fund, Thetford Academy Development Office, 304 Academy Road, Thetford Center, VT, 05075. Arrangements are under the direction of Hale Funeral Home in Bradford, VT.

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What About Ma?

by Kellie Quackenbush

All About That Winter Weather



Common sense is what they used to call it when people knew the smart things to do in life's difficult situations. However, it seems like with technology on the rise, common sense is in decline. Winter is upon us again and in our little corner of the world, we need to be prepared for anything.

I like reading the latest and greatest advice from all sources and our government loves to provide helpful advice on just about any topic. "Winter Weather-Ready.gov" has provided seven tips for what to do if you are under a winter storm warning. Here are the tips followed by my comments on them.

- 1) Stay off roads.
- 2) Stay indoors and dress warmly.
- 3) Prepare for power outages.
- 4) Use generators outside only and away from windows.
- 5) Listen for emergency information and alerts.

6) Look for signs of hypothermia and frostbite.

7) Check on neighbors. There was an ice storm a few years back and people were very smart about staying in while the actual storm was happening but as soon as the weather cleared, many people immediately went out driving around to see what the storm had done. As the road crews include few people to care for many miles of roads, some of the roads had yet to be treated or cleared. The result, more accidents after the storm from people out driving on slippery roads. Always take care, road conditions (including black ice) are unpredictable in winter weather.

Slipping and falling is a greater problem when there is stormy weather. If you do not need to be out, do not go. When the snow is falling and the roads are bad, it is time to stay inside and be safe. Warm clothes and a full pan-

try is a smart way to prepare for winter weather. Change the batteries in your flashlights and have emergency heaters in a convenient spot in the event of power outages. Have a battery operated radio at the ready in the event of inclement weather and power outages.

Have bottled water available and drink more fluids during the cold weather season. Becoming dehydrated in the winter is just as bad as when it happens in the summer time. Do not spend an excess of time out in the cold, frost bite and hypothermia are serious conditions that are harmful to your well being.

Check on your neighbors. There was an older couple a while back that did not have anyone to help them when the ice storm raged on for several days, they were unable to get out of their house because the ice had built up on the door. Unprepared for the bad weather and unable to get out, they survived on one can of soup for three days before someone finally did check on them.

We all know people in our neighborhood who could use a helping hand. Let us all be mindful of the needs of others and grateful for our ability to help when we can.

Acceptance

Topics
Disability and Aging
by Cyndy Wellman

Old

Lately, been hearing acquaintance and friends say: "I'm old."

One thing guaranteed in life. You're here to be born, live life and pass away.

Now, the word old is perceived in so many ways. If you think about it. You look at yourself in the mirror. Yikes, what happened? Maybe came down with an illness. Or had to have a knee replacement. Yes, we're all aging. We need to change the way we think. Old doesn't have to be that enemy. Look



at all your accomplishments. Those who love and worship you. It feels great.

Personally, for me. I will admit turning 40 hit me. I had to get out of town. Escape! I look back and feel it was the people, in my life, made me believe turning old is a Negative! It didn't have to be. We all have birthdays and can accept. So, I shift my gear. And say annually. I have lived this long. It feels good.

Getting Around London

by Elinor Mawson

There are lots of ways to negotiate London's vast area. A colleague of ours advised us to get to know the underground system which covers miles north south east and west. (It is called The Tube). You can get on at the airport and be whisked into Central London in under an hour. Making connections is easy, according to the handy map which is given out everywhere. I fell in love with The Tube and sometimes rode for the fun of it. You can buy a pass which can cover certain areas or even the whole thing as well as the bus system.

Everyone is familiar with the red buses which roll over the streets in all directions. We availed ourselves of them when we wanted to see where we were going.

They are double-decker and I always sat upstairs and loved everything I saw. It was easy to familiarize myself with streets and areas which were becoming more familiar all the time. One evening we decided to ride on a bus until it got to the end of the line and then return to where we got on. The driver warned us that we would go to his station and have to wait while he took his break. We didn't mind! We sat and chatted while we waited and then happily returned to our stop.

If you want to ride the British Rail (train) you have to purchase a rail pass before you leave the US, which we often did. In Central London your tube pass pays for the train. If you want to explore any other part of the U K, the rail pass takes care of it. Several times we took a night train to Scotland which was an experience! We had a room which consisted of a set of bunk beds, a sink,

and some hooks to hang your clothes on. The bathroom was down the hall. In the morning just before we reached our destination, the conductor awoke us with tea and biscuits (cookies) which was a nice treat. We took the train all over the place--once to Land's End, another time to Wales, and still another to Thurso in the North of Scotland.

We found, however, the best way to explore London is to walk. We would walk up to 10 miles a day and discovered that London is really a bunch of neighborhoods--like Chelsea, Paddington, Camden, --you get the picture. We bought a book called "London Walks" and availed ourselves of some of those. These walks took us to places like the Old Bailey, where we saw several trials (one for murder). We walked through the place where barristers (lawyers) work and buy their wigs and clothes! We walked through large flea markets (Bermondsey, Camden Lock, Portobello Road). And, by walking, we found a pub called Mawson Arms!

I always carried a small book called "London A-Zed (Z) which had every street and road, in alphabetical order and how to find them. People would stop and ask how to get somewhere and if I didn't know, I would look it up for them. I loved that!

I loved London. I never felt uncomfortable there even though I covered a lot of territory a lot of times. By doing so much walking, it was easy to get familiarized with so much of it. When I got home, my mother would congratulate me on having good legs, which at the time, I took for granted. Now I look back and wonder how I did it. But I'm glad I did.

The December 24, 2019 issue of Trendy Times will feature Holiday Greeting cards from many area businesses and organizations.



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Deadline for ads is Thursday, December 19

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London's Legendary Swingles Sing the Season into St. Jay

KCP Presents and Catamount Arts invite you to kick off the holiday season with an evening wrapped in the warm vocal magic of five-time Grammy winners The Swingles. On Saturday, December 14, at St. Johnsbury Academy's Fuller Hall, the London-based singers will perform a festive program of folk and jazz-inspired a capella originals, traditional carols, and holiday favorites evocative of blankets of snow and fireside sing-alongs.

For more than half a century, The Swingles have pushed the boundaries of vocal music. The seven young singers performing as The Swingles today are driven by the same innovative spirit that has defined the internationally acclaimed group since they first made waves in the 1960s. At a time when a cappella music is more popular than ever, The Swingles are recognized worldwide as masters of their craft.

In 1963, American-born Ward Swingle first assembled a group of Parisian session singers to sing Bach's keyboard music. The resulting album, *Jazz Sebastian Bach*, launched the Swingle Singers to fame. Since then, they have won five Grammy® awards and made more than 50 recordings, with a repertoire that has grown to include a huge variety of music, including pop, jazz, folk, contemporary classical and new original songs. Recent releases include *Folklore*, inspired by traditional music from around the world; 50th anniversary album *Deep End*; and holiday collection *Yule Songs vol. II*.

The Swingles have appeared on numerous film and TV soundtracks, including *Sex and the City*, *Wed-*



ding *Crashers*, *Grey's Anatomy* and *Glee*. In 2017, they co-wrote and performed a song for the end credits of Alexander Payne's film *Downsizing*. Their prolific output of music videos has also earned them millions of views online and new audiences around the world.

The group's versatility has led to collaborations with artists as diverse as the Modern Jazz Quartet, Jamie Cullum and Labrinth. Luciano Berio was one of the first composers to explore the sound of the Swingles' amplified voices in an orchestral setting with his groundbreaking *Sinfonia*, first performed in 1968. The group continues to perform the piece to great acclaim around the world, including recent performances at San Francisco's Davies Symphony Hall with Michael Tilson Thomas, London's Royal Festival Hall with Vladimir Jurowsky, and Milan's La Scala with John Axelrod.

In addition to a busy touring schedule that regularly takes them to North and South America, Europe and Asia, The Swingles present their own London A Cappella Festival at Kings Place each January in partnership with Ikon Arts Management. The festival is the first of its kind in the capital, welcoming the finest vocal talent from around the world.

The Swingles are Federica Basile, Joanna Goldsmith-Eteson, Imogen Parry, Oliver Griffiths, Jon Smith, Kevin Fox, and Edward Randell. For tickets to see The Swingles at St. Johnsbury Academy's Fuller Hall, Saturday, December 14th, or to learn more about the KCP Presents 2019-20 season, call 802-748-2600 or visit www.catamountarts.org or www.kcppresents.org. The KCP Presents Series is produced by Catamount Arts working in association with Kingdom County Productions and supported by generous local sponsors with grant funding from the National Endowment for the Arts and the Vermont Arts Council.

Joseph Smith Birthplace Memorial Nativity & Lighting



The Joseph Smith Memorial, located in South Royalton, Vermont will be showing off during the holiday season.

There will be a special Nativity & Lighting Ceremony on Friday & Saturday, November 29th and 30th at 7:00 PM both nights. The public is invited to attend either, or both, of these ceremonies at no charge.

After the opening night activities the monument and area will continue to be lit thru January 1, 2020. Along with the Christmas lights there will be a Life of Christ Art Display. Open hours will

be from 9 am until 9 pm each day during this time.

The Birthplace Memorial also includes a visitor's center, nativities displayed and the Joseph Smith residence.

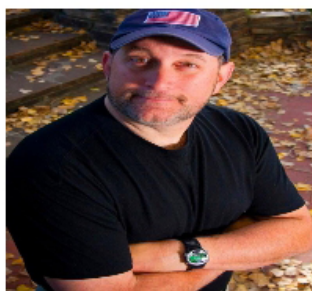
During this time of celebration there will also be light refreshments, live animals, Christmas music and movies.

The Joseph Smith Birthplace Memorial is located at 357 LDS Lane in South Royalton, Vermont, a short distance from I-89.

For more information about the Memorial or the lighting event you can call 802-763-7742

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TRENDY KITCHEN



by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
gary@trendytimes.com

for about 2 hours or until lentils are tender. You are done. Let it sit for 15 minutes. Remove the bay leaves and ladle into soup dishes and sprinkle with some grated Romano cheese and enjoy with a bottle of red Cabernet Sauvignon and Italian bread. Remember to drink responsibly. If you have any questions please contact Gary and I will help you out.

Lentil and Sausage Soup

Hello hello my fellow chefs. Well I returned home to Vermont from Rhode Island and I lost my brakes when I got to Littleton and what a scary feeling that was. I had my hand on the emergency brake and headed home going very slow. To top that off we got about 6 inches of snow the next day. Now most of my snow has melted, just a couple of inches left. I used to love the snow now I try to just tolerate it. Sorry skiers!

Well today's recipe is a nice hearty soup, great for cold days. It's easy peasy it just takes 2 hours to cook. But when you get it started it cooks itself on the stove, you just have to stir every half hour or so so nothing sticks to the bottom. Let's get started with the ingredients and how to make this "Delicioso" soup.

Ingredients

- 1 1/2 lb. Sweet Italian Sausage or 3 links
- 1 Large onion chopped or 2 small
- 2 Stalks celery chopped
- 2 garlic cloves minced
- 1 lb. Lentils or 16 oz.
- 1 Cup of shredded carrots or sliced carrots if you prefer.
- 48 oz. Chicken broth
- 1 Cup water
- 28 oz. Diced tomatoes or 2 - 14oz. Cans
- 1 Tbsp. Garlic powder.
- 1. Tbsp. Parsley
- 2 Bay leaves
- 1 1/2 Teaspoon Oregano

- 1 1/2 Teaspoon Thyme
- 1 1/2 Teaspoon Basil
- 1 Teaspoon salt or to taste

1 Teaspoon of pepper
In large soup pot fry sausage that you take the casing off. Use your hands to squeeze out the sausage and break up with your hands. Fry till browned, then add chopped onions, celery and minced garlic until onions are translucent. Add carrots (I sliced mine), 48 oz of chicken broth, 1 Cup of water and the lentils. Stir to mix. Add the spices, garlic powder, parsley, bay leaves, oregano, thyme, basil, salt and pepper and mix well. Bring to a boil cover and lower heat to slow boil. Cook



Well folks that's it for this edition of The Trendy Kitchen. I hope you enjoy this recipe. So until next time I am signing off, Sincerely Cin Pin.

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