



Volume 13, No. 5

March - April 2016



Windham News & Notes



Farewell from Selectman Mary Boyer

After nine wonderful years on the Windham Select Board I'm stepping down and making way for someone with new energy, ideas and perspectives. Heath and I are looking forward to traveling in our camper and being free to have longer visits with our large family. And I'm excited to return to some old interests and hobbies that have been put on the back burner for a while.

I thank you all for the trust you placed in me over these last nine years. It has been my privilege to serve as your elected official and as Chair of the Board. My job was made easier and more fun because of those of you who have answered the call to be an active part of your town government. I thank you for your time and effort and I thank all of you who voted for me over the years.

I'm confident Windham will be in good hands as I move on. A special thanks to Frank and Kord for their consistent dedication to making Windham a better place. And to Walt Woodruff and Margaret Dwyer who helped guide me in the early years.

I could not have done it without all of you. It has been my great pleasure.

Fondly, Mary

THANK YOU, MARY!



Mary at her sewing machine

Haiku in Honor of Mary Boyer's Retirement

from the Selectboard

Sweet Windham Vermont,

You were good,
now you're better.

Thanks, Mary.



Best Wishes, Mary

from Imme Maurath and All of Windham

Thank you, Mary, for nine years of diligent, dependable and enthusiastic service on the Selectboard. Best of luck as you start a new chapter in your life with more time for traveling, quilting, art making, visits with far-flung family, and well, just goofing off.

We wish you and Heath health and happiness on your new road ahead.



REMINDER: TOWN MEETING MARCH 1 at 10 AM

at the MEETING HOUSE and VOTE in the PRESIDENTIAL PRIMARY

Bring your Annual Report and a Potluck Dish - Drinks Provided - \$1 to defray costs

Select Board Report

by Mary Boyer, Frank Seawright and Kord Scott

The Board spent most of our time the last few months thoughtfully preparing the 2016 budget for your review at Town Meeting on March 1st. Our treasurer, the auditors and we have made every effort to produce an Annual Report that is easy to read and understand. We encourage everyone to look it over ahead of time and please bring it to the meeting.

An overview of the Articles:

The school budget to be voted on is \$388,957 to defray expenses for the Fiscal Year 2016-2017. The town's proposed budget for the General Fund is \$186,105, up from \$159,885 budgeted in 2015. But the Highway Budget is down to \$402,970 from \$428,951 in 2015. This mild winter has been very kind to our roads budget. Treasurer, Peter Chamberlain will walk us through these figures so you understand how they were arrived at. And of

course we are available to answer questions as well.

We are also suggesting an increased amount to be put into the Repaving and Large Structures Funds in order to stay on target with our highway repair and maintenance plan. Kord will explain more about this at Town Meeting.

We will be discussing two new Articles. At the suggestion of the Energy Committee, Article 13 will give you the opportunity to consider putting aside funds for weatherizing our town buildings and the firehouse. And for Article 14 we will review how the Town Clerk has been paid in the past and propose a suggestion we are making for a change.

The Vermont Town Meeting is one of the few places where you, the taxpayers, have the opportunity to decide on the town budget, elect town officials and get intimately involved in our town government. We look forward to the interactions that the day offers and hope for a large turnout.

Voters Approve Budget for Leland & Gray *adapted from The Commons*

TOWNSHEND—Voters on Feb. 3 overwhelmingly approved the 2016-17 budget for Leland & Gray Union Middle and High School. The total vote was 208 in favor of and 78 against the \$7.12 million spending plan, and each of the union district's five towns approved the budget.

District Clerk Gloria Cristelli reported the results as follows: Brookline, 30 yes and 15 no; Jamaica, 40 yes and nine no; Newfane, 69 yes and 22 no; Townshend, 41 yes and 28 no; and Windham, 28 yes and four no.

The budget proposed spending of \$16,384 per equalized pupil, 0.2 percent lower than the current year's spending. The budget includes staff reductions, based on enrollment changes, but the plan also includes increased allocations for music education, building security, special education, and the Journey East program according to officials.

Register to Vote

The deadline to register to vote in the presidential primary and at Town Meeting on March 1 is 5 PM on Wednesday, February 24. Your application may be submitted online to the Vermont Secretary of State or in person to the Windham Town Clerk. To register you must be 1) a U.S. citizen, 2) at least 18 years of age on the day of the election, and 3) a legal resident of Vermont. You will need a VT Driver's License, or Personal I.D., or the last 4 digits of your SSN. Only after your application has been approved by the town clerk, will you be added to the voter checklist.



Don't Forget to Vote!

**Presidential Primary Election
will be held at the Meeting House
March 1, 2016, Town Meeting Day
Poles open 10 AM and close 7 PM
Please call the Town Office at
874-4211 before March 1
if you require special assistance.**

The state has recently implemented a new digital voter registration system. Even if you are already registered to vote, if the state database does not have your birthdate or a record of your voter's oath, you maybe asked for this at the polls. To vote in the presidential primary you must request either a Democratic or a Republican ballot. In the primary, you may only vote in one or the other.

For more information go to: <https://www.sec.state.vt.us/elections/voters/registration.aspx>.

If you require special assistance, please contact the Town Office at 874-4211 as soon as possible and BEFORE MARCH 1.

It Has Been a Pleasure

from Bonnie Chamberlain

It has been a pleasure serving as interim town clerk over the past nine months. For personal reasons, I am not able to make a three year commitment, so will not be running for the position at town meeting.

I know we have several qualified residents who would serve well as town clerk and keep our busy town office running smoothly.

I would like to thank Ellen McDuffie for all her support and help. I could not have asked for a better assistant town clerk to work with. I'd also like to thank Mary McCoy who helped with important document training.

It was a great experience.

Sincerely,

Bonnie Chamberlain



A Huge Thank You!

Bonnie, thank you for a great job in your short time as Town Clerk. You came in with very little training on most aspects of the job, and have taken "the bull by the horns". You have left your mark and we are all thankful for your respect of the job and your dedication. We will miss your smile! We will miss YOU!



WINDHAM NEWS & NOTES

A publication of the Windham Community Organization, published six times a year. Please send donations to the address on the last page.

N&N Team

Dawn Bower Mary Boyer

Bev Carmichael Mia Clark

Leila Erhardt

Imme Maurath Mary McCoy

Ellen McDuffie Nancy Tips

Many thanks to all who contribute. Send articles of around 300 words to the address on the last page or email to: windhamnews@hotmail.com.

Next deadline: April 15, 2016

Town Meeting in Vermont

from A Citizen's Guide to Vermont Town Meeting

Town meeting is the practice of direct democracy which dates back to around 400 B.C. in ancient Greece. Massachusetts held the first town meeting in America in 1633 and Vermont's tradition dates to 1762 in Bennington, before Vermont was created. Town residents would hold meetings to address problems and issues facing their town i.e., should pigs run free?, should small pox vaccinations be allowed? what goods or services could be bartered for taxes? Town meeting also strengthened social ties by bringing people together, just as it does today.

Most towns in Vermont still hold town meeting on the first Tuesday of March. Local officials are elected and school and town budgets are approved. In order to discuss and vote on an issue at town meeting, a list of articles must be properly "warned" (posted) 30 days prior. The length of the meeting depends on how many articles there are and how much discussion there is over the issues.

Windham conducts a floor meeting. First a moderator is elected to run the meeting. The town clerk or appointee keeps minutes of the proceedings and records votes. Vermont law requires that *Robert's Rules of Order* be used to run the meeting. All articles must be "moved" and "seconded", then discussion can begin. A voter can make a motion to amend an article. If it is not ruled "out of order", the moderator will ask for a second on the amendment. Most votes in Windham are voice votes, but the moderator can ask for a "hand count". A motion can also be made to move to a "paper vote", in which at least six voters must also second this motion. You must be a registered voter to speak at town meeting

(Continued on next page)



Property owners wishing to file for the HOMESTEAD TAX EXEMPTION MUST FILE ON OR BEFORE APRIL 15th, tax day. This is usually filed each year with your Vermont State Income Tax return. If you are filing for an extension of your taxes, you must still file for the Homestead Tax Exemption every year by the deadline of April 15. Failure to do so incurs rather substantial fines/loss of homestead status on your property taxes.

Town Meeting in Vermont *(Continued from Page 3)*

unless the registered voters vote to allow a non-voter to speak. You must be on the Windham Voter Checklist (registered to vote) to participate in voting.

State law requires voters to elect certain officials at town meeting. These positions and their incumbents are listed below. At a floor meeting, a voter may nominate any candidate, the candidate can accept or reject the nomination. All candidates must be nominated and seconded from the floor at town meeting. Once nominations are closed, the election is by paper ballot. However, if only one person is nominated for a position, a voter may move that the clerk cast a single ballot in favor of that person. It must be seconded. Be sure to follow directions carefully during a paper ballot to avoid having the ballot ruled invalid. If there is no majority vote by the third ballot, the moderator eliminates the candidate with the least votes and repeats the vote until one candidate has the majority. If no one is elected for a position, it is considered vacant and the selectboard must appoint someone to that position at a later date.

There are also appointed positions to be filled by the selectboard on March 7, 2016 which is the first selectboard meeting after town meeting. Please contact the selectboard if you would like to serve in one of these positions. They are listed in your Town Report. Duties and responsibilities of all town officers are easily accessible from the Vermont League of Cities and Towns at www.vlct.org.

Hopefully this helps remove a bit of mystery surrounding the procedures at town meeting!

The following positions have been warned and will be up for election at Town Meeting 2016. If a name is listed, he/she is an incumbent and is running for re-election.

Moderator, 1 year, Mike McLaine
Town Clerk, 3 years, Open
Town Treasurer, 3 years, Peter Chamberlain
Selectman, 3 years, Open
Lister, 3 years, Michael Simonds
Auditor, 3 years, Sally Hoover
Constable, 2 years, Open
Delinquent Tax Collector, 1 year, Ernie Friedli
Grand Juror, 1 year, Jim Scott

Town Agent, 1 year, Michael Simonds
Windham Center Cemetery Commission, 5 years, Mark Emmonds
West Windham Cemetery Commission, 5 years, Michael Pelton
North Windham Cemetery Commission, 5 years, Peter Van Alstyne, Jr.
Library Trustee, 5 years, John Hoover
Windham School Director, 3 years, Antje Ruppert

The Following Candidates Have Announced Their Candidacy for Office:**Jo-Jo Chlebogiannis for Town Clerk**

As a full time resident of our beautiful town of Windham I would like to assist in my community and be considered for the position of Town Clerk. I believe that my personable attitude and prior experience within an office setting as well as good communication and organizational skills would be a welcomed asset to Windham.

Thank you, Jo-Jo Chlebogiannis

Teresa Farace for Town Clerk

Hello to all of my Windham Neighbors,

My name is Teresa "Tere" Farace. I reside at 1245 Burbee Pond Road with my wonderful husband Bill and our 17 year old son Julian. I moved to this lovely town back in February 2011. For those who may not know me too well, if you have stopped by the Clark's IGA supermarket within the past 4 years, you probably have seen me running the register or stocking up produce. I am interested in becoming our new Town Clerk. I have experience in both the clerical and accounting field. I am a highly motivated individual seeking a long-term position in a setting such as our town office here in Windham. I am interested, motivated and experienced enough for an opportunity to be your Town Clerk. Please let me prove to you that I am the perfect choice for this position. My interpersonal and writing skills are excellent. I am adaptable and flexible to change, and I have a desire to make a difference. That is why I would like to pursue the position of Town Clerk. I am certain that when the opportunity comes about, I would be a vast asset to our town. I am looking forward to working for all of you in our town office for many years to come.

Thank you very much, Teresa "Tere" Farace

(Continued on next page)



Candidates *(Continued from Page 4)***Peter Chamberlain for Town Treasurer**

I have enjoyed working as your town treasurer for the past three years and I would like to continue in that capacity.

We are keeping track of your tax dollars and working to have town departments better informed of their expenses.

I would appreciate your vote on March 1.

Thank you, Peter Chamberlain

Maureen Bell for Selectman

Upon buying our house in Windham 15 years ago, my husband Vance and I longed to live here full-time. Since leaving the hustle and bustle behind four years ago, we are living quieter lives, yet are more engaged in our community than ever before.

Every day I am awestruck by the natural beauty that surrounds me. From our perch on Glebe Mountain, I look out at the splendor and STILL can't believe how fortunate I am!

I have served on the Timber Ridge Home Owners Association since 2004 as Secretary and most recently as President. This service has led to the desire to be more directly involved in the decision-making process for our entire town. I am familiar with budgeting processes and am computer literate. I consider myself to be friendly and open, a good organizer, detail-oriented and passionate, but level-headed.

My hope is to contribute to an atmosphere in which everyone feels enabled to express their opinions. My ideal is a community that treats its toughest challenges as opportunities and can look to the future together. I very much look forward to working with Frank and Kord in making Windham the best it can be.

Editors Note: Maureen and her husband Vance had a bio in the Jan-Feb 2016 issue of N & N.

**Michael Simonds for Lister**

I am pleased to run for another term as lister. My goals remain to treat all property owners in a respectful manner and to achieve accurate and equitable assessments of all town properties. We have made good progress with our recent town-wide reappraisal. The town's Grand List increased, lowering our municipal tax rate for the first time in over a decade. I hope to continue working with my skillful fellow listers, John Hoover and Alison Cummings, as we update and computerize Windham's property records and help bring our town into the 21st Century. I would appreciate your vote.

Sally Hoover for Town Auditor

After over 20 years working as an accountant for a small general accounting firm, Sally Hoover retired and moved to Vermont. She is finishing her second 3-year term as a Windham Town Auditor and would like to continue in that capacity. Over the last six years the auditors have made several changes and improvements to the process, with the past year being one of the most significant. The Select Board requested that the 2015 Town Report be digitalized and with help from several sources within the town this has been accomplished.

**John Hoover for Library Trustee**

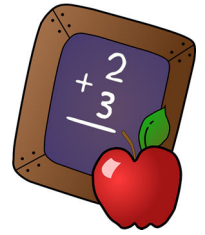
John Hoover is completing his first 5-year term as a library trustee and is standing for re-election to an additional term. He has had a life-long love affair with books, is an avid reader, and works part-time at Misty Valley Books in Chester. During the last 5 years he has been instrumental in making decisions about the library's computer network, in making sure that the network is operating efficiently and in working with the Department of Libraries to increase awareness of the needs of small libraries. He aides in choosing new books, in keeping accurate records of the library's collection, in preparing books for patron use, and does most of the "heavy lifting". He looks forward to working with the library and its patrons in the future.

(Continued on next page)

Candidates (Continued from Page 5)

Antje Ruppert for Windham School Director

This year concludes my second 3-year term as School Board Director. As the parent of a former and a current Windham Elementary student and a member of this community, I highly value our school here in Windham and appreciate all it has to offer to our children in particular, and to our town in general. In that, I am proud to have been of service to this community. I enjoy greatly working alongside Carolyn Partridge and Beth McDonald, especially in this current legislative climate, and therefore would like to continue and run for another term on the Windham School Board.



Windham Fire Company Fire Calls

from Marcia Clinton

Jan. 1 - Scott Pet Road - question of uncontrolled burn, 3 responded, burn under control.

Jan. 11 - Old Cheney Road - CO2 alarm, 7 responded, faulty detector.

Jan. 24 - South Londonderry - mutual aid for barn fire, 4 responded.

News & Notes Has Big Shoes to Fill

By Ellen McDuffie and News & Notes Staff

We want to give a huge thank you to Imme Maurath for the wonderful job she does with getting the Windham News & Notes out and keeping up the mailing list. We will have huge shoes to fill! Thank you Imme for your dedication.

The May-June issue will be the last issue that Imme will have the "in-charge" role for mailing and distribution. Mia Clark has volunteered to pick up the ball and keep it rolling. Phil McDuffie signed up to keep the mailing list spreadsheet and print labels.

And thank goodness, Imme will still be an active member of the team. If you would like to be involved, please call Ellen McDuffie at 874-8183.

Thank you, Imme!

Annual School Board Meeting at Town Meeting, March 1

by Carolyn Partridge

The Windham School Board has worked hard to build a responsible FY 2017 budget that meets the needs of our students while being mindful of our taxpayers' pocketbooks. Our original proposal saw a 2.58% overall budget increase, but we were made aware of two additional Pre-K students, so we increased that appropriation by \$6,000, bringing the increase to 4.1%. While this bumps up the budget, it is important to remember that we will be credited for this expenditure by the Education Fund. Despite the 4.1% increase in the budget, we anticipate that the tax rate will be decreased by approximately eight cents per hundred in Windham.

It should be noted that some numbers in the education funding equation are flexible and will depend on what districts statewide vote for their budgets at Town meeting. For instance, what we used to refer to as "block grant" or "base calculation amount" money will be a flexible number because the state has set a fixed tax rate at \$1.00 per hundred. This is now known as the "yield". It used to be that the base calculation amount was fixed and the tax rate fluctuated. There are indications that budgets statewide will be lower and if that is the case the yield may be higher than the \$9,700 expectation.

Our Budget Information Meeting was held on February 1 at 6:30 PM as it traditionally is each year after our regularly scheduled February School Board Meeting. We look forward to seeing all of you at Town Meeting on March 1 at 10 AM and would ask for your support of our proposed FY2017 budget.



Energy Committee Hopes to Weatherize Town Buildings

by the Energy Committee

The Windham Energy Committee has been meeting every two weeks to work on our conservation goals. We're currently focused on the weatherization of the public buildings in Windham. By weatherization, we mean protecting these buildings from the elements and reducing the amount of energy they consume.

With cooperation from the selectboard, school board, and the fire company, we recently arranged for energy audits to be provided on four town buildings – the school, the town office, the town garage, and the firehouse. The audits were conducted by the H.E.A.T. Squad of NeighborWorks of Western Vermont and resulted in recommendations for

improvements to the buildings.

The changes advised would significantly reduce the amount of the energy used, saving the town money, as well as reducing the town's carbon footprint. Implementation of the recommendations has the additional benefit of making the buildings more comfortable, especially in winter and summer.

At town meeting on March 1, voters will consider Article 13 related to this effort. Passage of this article will establish a fund to weatherize the four public buildings. Some additional support is available from the State of Vermont in the form of rebates.



News from the Legislature *by Carolyn Partridge*

The Legislature continues its work on several important issues. As we approach Town Meeting week, we are well aware that “crossover” is right around the corner. Crossover is the date by which all bills must be out of their various policy committees and into either Appropriations or Ways and Means in order to be taken up by the Senate without a rules exemption. This year, as with most other years, crossover will be the Friday of the week after Town Meeting week. Needless to say, everyone is hustling to get things done.

On Town Meeting Day, Rep. Matt Trieber and I will be making our usual pilgrimage to the smaller towns in our district. We start in Brookline at 9:30 AM and work our way to Athens, Grafton, and Windham where we have lunch and visit with you all. I will be making my usual spinach lasagna. Please save us some!

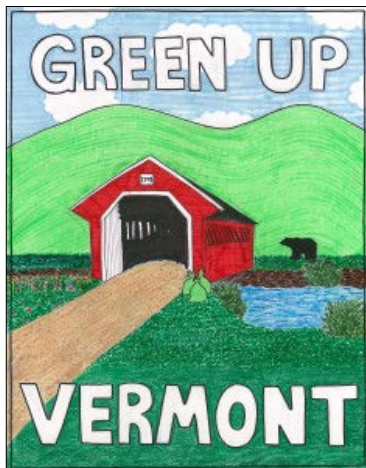
During the Legislative Session, I can be reached at the State House by calling 1-800-322-5616. The Sergeant at Arms will deliver a message to me and I will get back to you as soon as possible. Depending on whether I am in committee or on the Floor of the House, it may take a little while. I can also be reached via email at cpartridge@leg.state.vt.us and since most of you know where I live, you can get me at home on the weekends. I write a weekly column that is usually printed in the Brattleboro Reformer on Mondays or you can visit my website to read them – www.carolynpartridge.com. Please do not hesitate to contact me with concerns, thoughts, and ideas. Together, we govern!

Announcement from Meadowsend

from Jeremy Turner, MTL Managing Forester

Meadowsend Timberland Limited is pleased to announce that we have hired Laura Hayes as our community relations manager. Laura comes to us with an educational discipline involving environmental science and conservation. Before coming to work at MTL in our Grafton office, Laura has recently worked for the Vermont State Parks and the US Army Corps of Engineers. She is replacing Melissa Belcher, who was recruited by The Student Conservation Association (SCA) to help build the next generation of conservation leaders. Laura is excited to be working locally with the communities of Grafton and Windham and will have regular office hours Wednesday through Friday from 9 AM to 3 PM. She is also available by appointment Monday and Tuesday. The MTL office in Grafton can be reached by phone at 802-843-4047 or by email at MTLstilesbrook@vermontel.net.

Iberdrola will be hosting a technical workshop on renewable wind power on Wednesday, April 6 from 6:00 - 8:00 PM at the Windham Elementary School.



Help Support Green-Up Day

Check Line 29 on your Vermont Income Tax Form to donate to Green Up Day.

Green Up's mission is to promote the stewardship of our state's natural landscape and waterways and the livability of our communities by involving people in Green Up Day and raising public awareness about the benefits of a litter-free environment. Green Up Vermont is a non-profit organization responsible for Green Up Day's continuing success. We need your participation AND donations to make Green Up Day happen!

DONATE NOW and MARK YOUR CALENDAR FOR SATURDAY, MAY 7.

Awards Night at the Windham Elementary School

by Antje Ruppert

On January 29, 2016, current and former students, parents, community members and guests met at the Windham School for Awards Night. Following a very well-attended and delicious potluck supper with a great variety of culinary delights, Leigh Merinoff, owner of Meadows Bee Farm, and her staff, Beth McDonald and Naciim Benkreira, gave a short presentation of their farm program the WES students have been involved in since last spring, which has left at least me completely stumped. Little did I know what happens there on Tuesday and Thursday mornings after the children get dropped off. Besides the regular farm chores of feeding the animals and milking the cows, the children get to tend the bees fully clad and protected in bee suits, card wool, study barn, greenhouse and garden insects, plant seeds, shuck and grind corn and bake delicious corn bread, to name just a few of the many educational opportunities this farm program offers our kids! A slide show and beautiful stories, poems and journal entries from the children documented their amazing experience at Meadows Bee Farm - all of them mighty impressive. Leigh, Beth and Naciim then handed out awards to all the children and announced an ongoing award program tied to accomplishing specific farm tasks. I personally cannot thank Leigh, her husband Charlie, Beth McDonald, Naciim Benkreira and all the other staff at the farm enough for providing this great opportunity for our students. And I also want to thank our teachers, Sally Newton, Mickey Parker-Jennings, Cindy Kehoe



and Gail Wyman, for supporting this program by incorporating it into their curricula and providing rides to and from the farm.

After the farm presentation, Sally and her husband Michael Donahue and friends played a fun and exhilarating square and contra dance, the children had a cake walk, and the evening culminated in a skating party on the frozen soccer field behind the school, illuminated by lanterns. Yet another beautiful and successful community event!





APRIL 1 is the Deadline for Licensing your Dog!

All dogs and wolf hybrids 6 months or older must be licensed at the Town Office. Bring

certification of rabies vaccination and proof of neuter/spay if applicable. Fees are: Neutered or spayed dogs, \$10. After April 1, \$12. Males, females, wolf hybrids, \$14. After April 1, \$18.

Grace Cottage Expands Its Free Health Services

excerpt from News Release of Jacki Brown, Grace Cottage Community Health

Thanks to a grant from the Fanny Holt Ames & Edna Louise Holt Fund, Grace Cottage Family Health in Townshend has nearly doubled the capacity of its Community Health Team (CHT.) The three-year grant allows for additional staffing for the team of skilled healthcare professionals who work with patients to address chronic health concerns and help individuals reach attainable goals for physical and mental health and wellness. This fund makes grants to qualified, not-for-profit organizations that provide health and medical services to individuals living in and around Grafton, Vermont where the Holt sisters were long-time residents.

The services of the CHT are free of charge to anyone in our region. Services offered by the Grace Cottage CHT include chronic disease management, nutrition and exercise education, short-term mental health counseling and substance abuse assessment. The CHT also provides free support groups and workshops on an on-going basis. Working alongside the CHT is Grace Cottage Resource Advocate Jane



CHT Health Coach Liz Harrison reviews nutritional information

Wheeler who offers free help in connecting individuals to community resources such as food stamps and fuel assistance.

The door to the Community Health Team opens in one of two ways: 1) your primary care provider may recommend an appointment with a particular member of the CHT after considering your medical condition and needs, or 2) any resident of Southern Vermont can contact the CHT directly and make an appointment. No referral is necessary. There is no need to provide insurance information or worry about co-pays and deductibles. With the recent addition of new staff, lead times for appointments are shorter than ever.

For more information about the Grace Cottage Community Health Team, go to www.gracecottage.org or call 802-365-3715.

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Up The Hill Yoga

from Judy Harrigan

In the spirit of community, a new yoga space is being created in West Townshend near the Windham Hill Inn. Classes are scheduled to start March 7, 2016. Judy Harrigan will be teaching an energized class of breath and movement while weaving in meditation and deep yoga relaxation. Focus is on helping students find the correct alignment, flexibility and ease in their asana practice. Contact Judy for more information, jharigan23@gmail.com, 802-348-4064.



Zumba Gold in Windham!

from Pauline O'Brien

High-energy, Latin-infused dance fitness class, designed to cater to the needs of beginners of all ages, active older adults, and individuals with physical limitations. Zumba® Gold involves lower impact than regular Zumba and moves at a more fluid pace. This dance exercise is associated with many health benefits! Come join the fun! Tuesdays at 4:30 PM, Windham Elementary School, \$8 per class, ZIN certified instructor. For more information contact Pauline O'Brien, paulinebob@hotmail.com, 802-376-5397.



Strong Living at the Meeting House

The Strong Living Program is a strength and balance exercise program designed for both active and sedentary older adults. Strength training can improve fitness, mobility, strength and balance, emotional well-being, bone health and help reduce falls.

Leaders are trained through the VT Department of Health and certified by Tuft's Center on Aging. Classes meet twice a week for an hour each and include use of ankle and hand weights for resistance training, and balance and flexibility exercises. We meet Mon. and Thurs. at 10 AM at the Meeting House. All levels are welcome. For more information call Mary Boyer, 875-5242 or Ginny Crittenden, 874-4049.

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Take the Survey!

The Londonderry Solid Waste Group is conducting a survey as part of our Solid Waste Implementation plan and your input would be appreciated. There will be a link on the Londonderryvt.org web site to the survey or you can go directly to: <https://www.surveymonkey.com/r/HS3H3S>. The survey will be available from Feb. 12 to April 12. You are urged to take this survey for our transfer station. Any questions, please call Esther Fishman at 824-3306.



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HOSPITAL

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185 Grafton Road
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Townshend, VT
www.gracecottage.org
802-365-7357

Need Help with Winter Bills?

Windham Community Organization is here to help you. We have limited resources but we can also network with other area organizations to determine whether additional resources may be available to assist you. No one should go hungry, or be without heat, or a roof over their head.

We are also looking to increase our membership and want to urge area residents to join us at our next meeting on Wednesday, February 24 at 7 PM at the Meeting House. We will be discussing the election of officers which occurs in March.

And we can always use an extra pair of hands at the Potluck Lunch we sponsor at Town Meeting.

Call Ellen McDuffie for information, 874-8183.

Meals on Wheels Needs Help

by Amanda Hescock

When shopping for or preparing food is difficult due to illness or advancing age, eligible seniors can get help from Meals on Wheels. The organization needs caring people to make deliveries of meals who can commit an hour or two a week or a month or who are able to act as back-ups on an on-call basis. Volunteers pick up meals at Valley Cares in Townshend around 11:00 AM on Mondays, Wednesdays, and Fridays. Delivering the meals with a friendly smile usually takes half an hour to one hour. Contact Amanda Hescock, 802-365-7190. if you can help or if you would like to sign up for meals delivered to your home.

Your Library Trustees would like to remind you that we have **high speed fiber-optic internet service** at the library. Feel free to bring your laptop or tablet to the library and download movies at superfast speed. This can also be done from the parking lot after hours. No password required.

3SquaresVT Boosts Food Purchasing Power *from 3Squares Vermont*

Many senior citizens are cutting back on their food budgets as expenses rise, but good nutrition is a key factor in lifelong health. To encourage healthy eating, the U.S. Department of Agriculture offers the 3SquaresVT program to help eligible Vermonters buy nutritious food.

The benefits come on an EBT card that looks like a debit or credit card; there are no "food stamps" anymore. If everyone in the household is 65 or older or gets Supplemental Security Income, then the benefits may be distributed as cash and deposited directly into the family's bank account.

3SquaresVT is open to individuals and families who qualify based on household income. Anyone who is over 60 or has a disability may deduct many medical expenses from their income, which can help with qualification.

For more information, or help applying for 3SquaresVT, call the Vermont Senior HelpLine at 1-800-642-5119.

Town Contacts

Town Clerk: Bonnie Chamberlain; phone: 874-4211; email: windham.town@gmail.com
 Town Treasurer: Peter Chamberlain; phone: 874-4211; email: windham.towntreasurer@gmail.com
 Town Road Crew: Josh Dryden and Jon Gordon; phone: 874-7025 at the Town Garage
 Town Listers: Michael Simonds, chair; phone: 874-4790; email: michael@windhamcountryhouse.com
 Select Board: Mary Boyer, chair; phone: 875-5242; email: mfb@vermontel.net
 School Board: Beth McDonald; phone: 874-4015; email: 219woodburn@gmail.com
 Windham Community Organization: Ellen McDuffie; phone: 874-8183; email: eflockwood@aol.com
 Windham Volunteer Fire and Rescue: phone: 875-5332
 Health Officer: Marcia Clinton; phone: 875-3531; email: mclinton@vermontel.net

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by email to:

windhamnews@hotmail.com .

[Please keep us informed of any
address changes](#)

REGULAR MEETINGS & SCHEDULES



Town Clerk:

Monday: Noon - 4:30 PM
Tuesday: 8:30 AM - Noon
Wednesday: 8:30 AM - 4:30 PM
Thursday: 11:30 AM - 4:30 PM
Closed - Fridays,
Call 874-4211.

Select Board:

1st & 3rd Mondays
Mar 7 & 21, Apr 4 & 18
6:30 PM at the Town
Office; Open meetings.
Agenda posted.

School Board:

First Monday of the month,
Mar 7 & Apr 4 at 4 PM at
the Elementary School.
Call Antje at 874-4759.

Planning and Zoning:

Second Wednesday of the
month at 6 PM at the Town
Office: Mar 9 & Apr 13
Call Bob Bingham at
874-9934 to confirm.

Library:

Every Wednesday, 3-5 PM
at the Meeting House.
Book Group: 1st Wednesday
Mar 2 & Apr 6 at 3 PM at
the Meeting House.

Volunteer Fire Company:

First Thursday of the
month at 6 PM at the
Firehouse;
Mar 3 & Apr 7
Heavy refreshments
served.

Windham Community Organization:

Feb 24, Mar 30, Apr 27 at
7 PM at the Meeting
House. Call Ellen McDuffie
at 874-8183 to confirm,

Windham Congregational Church (UCC):

Sundays: Worship Services
at 9:30 AM at the Meeting
House (downstairs).

Valley Bible Church:

Sundays: Sunday School,
9:55 AM; Morning Worship,
11 AM; Potluck, 12:10 PM;
Sun. Afternoon Service,
1:10 PM; Tuesdays: Bible
study/ Prayer, 7 PM.

Listers:

Every Wednesday
9 AM- Noon at the Town
Office.

SAVE THE DATE

March 1: TOWN MEETING DAY 10 AM and PRESIDENTIAL PRIMARY

April 1 : DEADLINE for DOG LICENSING

April 6 : Iberdrola Technical Workshop

April 15: DEADLINE to FILE HOMESTEAD EXEMPTION

May 7 : GREEN UP DAY



ADDITIONAL PHOTOS, UNCROPPED PHOTOS AND NOTICES

(Not Included in Print Edition)

Poster Received From Green Up Day



**Check out Line 29 on
Vermont's Income Tax Form
to donate to Green Up Day!**



Mary at her sewing machine - Ahhhh! Retirement!



Bonnie Chamberlain



Windham Fire Company in front of new truck!



WES students at Meadows Bee Farm with Leigh and Naciim



*Leigh Merinoff teaches beekeeping to WES students
at Meadows Bee Farm on Windham Hill Road*



Leigh Merinoff teaches WES students how to extract honey



WES students learn to make cornbread at Meadows Bee Farm

Leigh Merinoff bakes with WES children at Meadows Bee Farm



*CHT Health Coach
Liz Harrison reviews nutritional
information with client*



Leland and Gray's Above the Influence Students Pay a Friendly Visit to Local Liquor Retailors

from West River Valley Thrives

This winter Leland and Gray's Above the Influence students, a group of 8 middle schoolers dedicated to raising awareness about how to stay above negative social influences amongst their peers, traveled to four local stores to spread their message. Participating businesses, including D&K's Grocery in Jamaica, River Bend Market in Townshend, Newfane Market and Dutton's Farm stand in Newfane; welcomed the group to come by and plaster cases of beer

Leland & Gray students participate in "Sticker Shock"



with stickers that boasted a message about not buying for or selling to minors. The "Sticker Shock" program is an annual event for the Above the Influence group, and they are fortunate to have the support of many local businesses which are dedicated to keeping alcohol out of the hands of minors. Students spent the majority of the day "sticker-ing" and discussing some of the repercussions of selling to or buying for minors in our communities. Look for stickers again in the spring. A special shout out to D&K's grocery for providing students with treats at the store

Active Parenting Program in Townshend

from West River Valley Thrives

This winter West River Valley Thrives, a local coalition dedicated to "promoting healthy lifestyle choices with an emphasis on the prevention of alcohol, tobacco and other drug use by youth people", will be hosting a new program for local parents. This workshop, called Active Parenting of Teens, is an evidence-based program for parents of children in fifth grade and up where parents discuss issues unique to adolescence and the skills needed to parent their "tweens" and teens most effectively. The workshop will include information on parenting styles, problem solving and communication, responsibility and discipline, building courage and self-esteem, drugs and violence, as well as development and sexuality.



Active Parenting of Teens will be held over the course of four Saturdays from 9am-12pm at the United Church of Christ in Townshend (46 Common Rd). Pastries and coffee will be provided. Free childcare will be made available with advanced notice. Also, all participants will receive a gas gift card worth \$20 as a thank you for coming out on a Saturday morning to engage with other local parents on the topic of parenting. Interested parents should contact Kate Venne, Project Coordinator for West River Valley Thrives, at wrvthrives@gmail.com or 802.365.4700 to register. Check out our new website www.wrvthrives.com for more information about other upcoming West River Valley Thrives opportunities!