



Windham News & Notes

Volume VIII, Issue III



Nov/Dec 2010

Vermont Fiber-Optic Connect Project *by Beverly Carmichael*

Fiber-optic broadband is coming to the Windham Town Library thanks to a 33.4 million Broadband Technology Opportunities Program grant to the Vermont Telecommunications Authority. The grant project, known as Vermont Fiber Connect, is a public-private partnership between the VTA and Sovernet Communications and other partners, including the Vermont Department of Libraries, the Vermont Department of Education, Vermont State Colleges, Vermont Law School, the Vermont Department of Public Safety, the Vermont Department of Information and Innovation, and the New England Telehealth Consortium. The network will be built, owned, and operated by Sovernet Communications.

The grant will make possible a new fiber-optic backbone greater than 770 miles in length. The goal is for service to be available for use by some 340 community "anchor institutions," including 53 public libraries, K-12 schools, colleges, State buildings, telehealth sites and public safety towers, by September 2013. Some of these sites will have service as early as fall 2011.

"This project will provide network speeds up to 1 Gbps to 53 Vermont public libraries. Fiber-optic connectivity will meet the growing demand for high-speed Internet in libraries for citizens of all ages," said State Librarian Martha Reid of the Vermont Department of Libraries. "Fiber broadband in libraries will provide the necessary bandwidth to support a wide range of 21st century library services, including public computing centers, expanding collections of electronic resources, and high speed access for job seekers, students, lifelong learners and citizens needing access to e-government."

The BTOP grant applications process was greatly enhanced by the Department of Libraries' participation in the Bill & Melinda Gates Foundation Opportunity Online Broadband Grant Program. As a participant, the Department received technical and consulting assistance to develop a competitive funding proposal and will receive matching funds from the Gates Foundation to support the part of this project that brings fiber to public libraries. The Department will also receive financial assistance from the Gates Foundation to help libraries secure additional federal E-rate funding to sustain broadband connection costs in the future. (Continued on Page 3)

Don't Forget to Vote!

November 2, 2010

Town Offices 10am to 7pm



**Real Estate Taxes Due
by October 31, 2010**



Select Board News

This beautiful fall season is fast approaching an end. The road work scheduled for the summer months has been completed. With a new truck in the arsenal of road equipment we are prepared to handle anything the winter brings. The truck was purchased at the end of a model year and prior to new emissions regulations going into effect. We were able to pay for the truck with existing funds. However, in the interest of better use of taxpayer money we have applied for a municipal loan at 2% interest. This would enable us to spread the cost over a three year period.

After research and discussions about lowering the speed limits on Windham Hill Road, we have decided to leave the limits as they are. The current limits were set by the Windham Traffic Ordinance of 1994. It was not the 26 page "Vermont Local Roads Guide to Setting Speed Limits" by itself that discouraged us. The state requires a traffic engineering study that we felt the town was unequipped to conduct on our own and we were reluctant to pay to have it done for us. We have expressed our concerns to the Sheriff's department. You may have come upon the electronic monitor that was set up in South Windham several weeks ago. Its bright flashing lights and big digital numbers got our attention. It was a good way to check your own speed and also to verify the accuracy of your auto's speedometer. Since the legal limits will remain the same we ask for your discretion. Please slow down in the two hamlets where houses are close to the road and driveways do not allow for long distance viewing. Back roads have their own hazards: be aware of children, animals, farm equipment and the road crew who might be around the next bend.

The Vermont State Police is creating a Community Advisory Board in order to facilitate and foster better communication between the troopers and the communities they serve. Margaret Dwyer will be our representative to this Board. If you have any feedback, comments or suggestions, please contact her directly or leave written comments at the town office.

We are grateful to the seven member Planning Commission for completing its work on the Town's Zoning Regulations. The Regulations support and comply with the Town Plan approved last year and deserve your attention. Copies are available at the Town Office. The public hearing is scheduled for November 22nd, 6:30 at the town office. If you are unable to attend and wish to make comments, you can drop them off at the town office.

Rodney, our Road Foreman, has been out on medical leave since the end of August. He had surgery on his right shoulder which he injured in a fall last winter. He is healing more quickly than expected and hopes to be back to work in a couple of weeks.

RODNEY, WE WISH YOU CONTINUED HEALING.

BILL, WE THANK YOU FOR TAKING ON ADDITIONAL RESPONSIBILITIES IN RODNEY'S
ABSENCE.

We will be meeting the 8th and 22nd of November at 6:30. All meetings are open to the public. If you wish to be on the agenda, please let Carol know.

Mary Boyer

Margaret Dwyer

Walther Woodruff

ANNUAL HARVEST DINNER *by Imme Maurath*

The Windham Community Organization's annual Harvest Festival is being held on Saturday, Nov. 6th at 5PM at the Windham Meeting House. All proceeds go to help the community.

Bring your photo judging skills to vote for the *Beauty of Windham Calendar Contest*.

We will be serving delicious baked ham, fresh butternut squash, traditional scalloped potatoes, homemade baked beans, sweet breads and assorted home baked pies.

Following the dinner we'll have square dancing. But before dancing we are raffling off our Jewel Tree. This could not have been made possible without the many donations of costume jewelry. Raffle tickets are \$1 each or 6 for \$5.

Dinner and dancing tickets are \$12 for an adult \$6 per child and \$30 for a family. Hope you can make it!



Vermont Fiber-Optic Connect— (Continued from Page 1)

The Windham Town Library in Windham, VT is one of the 53 public libraries located along the proposed Vermont Fiber Connect fiber build. Library Trustee Beverly Carmichael was thrilled to hear that the VTA/Sovernet fiber-optic network will be coming to Windham. "This is a tremendous opportunity for our town and library. The grant offers fiber-optic connectivity to us at a reasonable cost and gives our library the potential for offering high-speed Internet service to our citizens."



WINDHAM NEWS & NOTES

Is a publication of the Windham
Community Organization

Published six times a year

Send donations to address
below

THE WN&N TEAM

Dawn Bower

Mary Boyer

Jean Coburn

Bev Carmichael

Leila Erhardt

Imme Maurath

Mary McCoy

Gina Noel

Edith Serke

Acknowledgements

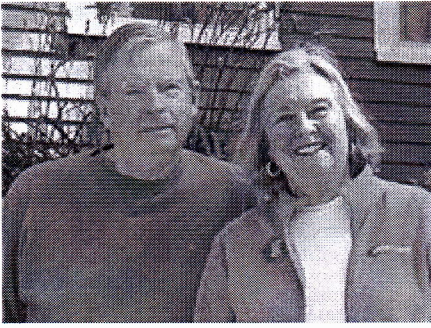
Thanks to all who provided articles. Their names are noted with their submissions

Send articles of around 300 words to the address below. We prefer emailed submissions to windhamnews@hotmail.com

Next deadline

Dec. 10, 2010

Boyntons thankful for life in Windham *by Mary McCoy*



As this Thanksgiving approaches, Glenn and Rose Boynton look back at five decades of life in Windham. Exactly 50 years ago, they and another couple purchased the gray farmhouse on Windham Hill Road across from the southern entrance to Burbee Pond Road.

The house and 100 acres cost each couple \$3500 for a big total of \$7,000. Glenn explains, "You didn't pay much for land back then." Homes in Vermont were built originally on land grants of 100 acres or more. Decades later after most homesteaders had moved on and before the area became popular with vacationers and retirees, when a house was sold, it usually went with the acreage in the original land grant. The Boynton's house came with a long piece of land with frontage on three roads.

For 20 years, the Boyntons used the house in the winter to enjoy snow sports while the other couple, their friends Paul and Mary Ann Parker, used it in the summer. After 1985 when the Boyntons bought the Parker's half, they began rebuilding the house and moved here permanently 10 years later.

In the early 1990s, they let each of their three sons choose 10.1 acres to have as their own. Glenn says, "We were concerned that they might pick the same acres, but they didn't. They said that since early age they each had their own favorite places." While the parents expected the sons to use their land for second homes, each chose to live in Windham.

First born John, a carpenter, settled on Wheeler Road with his wife Cathy Stover, a nurse. Middle son Peter, a sculptor and carpenter, built on Windham Hill Road with his wife Kelly Fontana, a marketing consultant. Youngest son Nathan, a house inspector and also a carpenter, chose a plot on Burbee Pond Road. All three sons work for ski resorts in the winter. Being individuals, they built three different kinds of houses with all three going up simultaneously.

When the boys were young, Rose was a stay-at-home mom. She and Glenn, who have known each other since fifth grade in Lake Placid, New York, married in 1955 and started their family the following year. Then in 1974 after receiving a degree from Northeastern University, Rose became a nurse practitioner, one of the first in the country. She trained others in the field, had a busy practice, and co-authored the *Manual of Ambulatory Pediatrics*, an award winning book now in its sixth edition.

Glenn worked at first as a salesman for what is now Exxon, advancing to national distributor sales manager, before entering the field of development. He describes development work as "a sophisticated form of selling." For 30 years, he sold others on the need to financially support educational institutions, including Bard College, Harvard University, and Groton School.

Since retiring and moving full-time to Windham, both have remained active in their fields, serving as volunteers on the boards of nonprofit organizations in New England. Rose also enjoys gardening and cooking, while Glenn farms the trees on their property. In addition, they devote frequent time to their family, with a highlight being Thanksgiving.

Every other year, Boyntons from as far away as Oregon and Texas fill Glenn and Rose's home, with 28 people spanning four generations expected this year. On the other years, they gather in East Rupert, Vermont, in Glenn's nephew's home. The Thanksgiving in Windham comes with a traditional feast prepared mostly by Rose that includes turkey, sweet potatoes, mashed potatoes and gravy, peas, spinach casserole, creamed onions, and a variety of pies. A long table is set that stretches from the kitchen, through the dining area and across the living room. After eating, the group goes outdoors to walk or stays in to watch football on TV. There is also a picture taking session with everyone standing on the stairwell. The time together continues the next day with everyone returning for a variety of soups, breads, and pies, again mostly created by Rose.

"She's a champion pie-maker," Glenn says, noting that her pies have sold for hundreds of dollars at the annual Fire Company Auction. **(Continued next Page)**

Boyntons (Continued from previous Page)

They are happy to support the Windham Volunteer Fire Company. John and Nathan have served the company for years, including in leadership positions, and have received advanced training in fire fighting. Rose and Glenn are clearly proud of their sons, all three being highly skilled craftsmen with additional abilities. Son Peter's sculptures have sold across the country.

As Thanksgiving nears, Glenn and Rose reflect on the meaning of the day. They are grateful for having their immediate family so near. Glenn says, "Nearly every day, someone is here helping. We haven't needed to hire out help in years. They do it all, and we help them too."

Adds Rose, "We're lucky to have such wonderful daughters-in-law. There's no friction, and I love doing girl things with them."

"I'm thankful we're healthy," Glenn says. "As we get older, we don't take our health for granted. Fortunately, we're here where it's easier to be healthy."

"I'm happy to be in beautiful Vermont," Rose says. "There's no nicer place." She adds with a smile, "We feel sorry for people who go to Florida."

"Windham is a special place," says Glenn. "It attracts unique people. We leave each other alone, but help when needed." Rose notes that while we're all different, we share a love for the land and a slower pace.

"If you want something more," Glenn adds, "you can drive 30 minutes one way to rich, conservative Manchester or 30 minutes another way to diverse, liberal Brattleboro. We've got it all."

"We have good schools too." Rose and Glenn are among those who vocally support small schools. "Of the nine deans I worked with at Harvard," Glenn says, "seven went to small schools." Glenn attended a one-room school as well. "The key is good teachers, which we have here. The alternative, bussing to another town, is damaging to little children."

During their 50 years in Windham, the school hasn't changed much in size, although there are more people in town now, mostly older without small children. Windham Hill Road is paved now and the post office in South Windham is gone. That's about it. "When we visit other places we've lived," Glenn says, "everything has changed. Yet here it's remarkably the same."

A few studies have been published recently about what makes people happy. Despite desires for wealth, fame and power, happiness comes instead from having a secure home, loving relationships, and meaningful work. While the rest of us in Windham might not have our family members just down the road or due in for a holiday reunion, we all have much to be grateful for just by living here. This Thanksgiving, let's remember what we enjoy in Windham, as Glenn and Rose Boynton do, and count our many blessings.

OLD ORCHARD FARM

PORTABLE SAWING
ROUGH SAWN LUMBER SALES
DELIVERY AND PICK UP AVAILABLE!

JOHN PAWLAK
H 802-875-1773 • C 802-384-1717

Quality Workmanship for over 40 years

PETER THE PAINTER

Interior and Exterior Painting
Wallpapering

Peter Chamberlain
Telephone: 802-874-4342
544 Burbee Pond Road, Windham, VT 05359



WCO Plans Another Holiday Meeting *by Edith Serke*

The Windham Community Organization (WCO) sponsors a number of community fundraising events, like the popular chicken barbeque and the harvest supper. Both of those are well attended and provide much-needed financial support for the organization. The funds raised are then made available to local residents in times of need as well as additional support for school activities. The holiday party is different. It's an opportunity to celebrate Christmas and have a good time. We bake cookies for our town employees and for our neighbors who are shut in and appreciate being remembered by their neighbors.

This year's holiday meeting will be held on Wednesday, December 15, at 7:00 p.m. at the Meeting House. After a very brief business meeting, there will be a "cookie exchange", and plates of cookies will be assembled for distribution to our town employees and our mail carriers to show our appreciation, as well as those who may be ill or shut in and in need of a visit. After the cookie exchange, we get to sample the goodies with some coffee or tea. Then comes the real fun: the Yankee Swap. Everyone is invited to bring your favorite cookies and a \$5 wrapped gift.

WCO provides lots of opportunities to get involved in our community. Please check the Community Calendar for dates and times. We especially encourage people (male and female) who recently moved to Windham, to come and join our organization. You will be welcomed and made to feel as an important part of our community.

We hope to see you on December 15. Happy Holidays !

A Poem *by Mary Western*

A small bird,

Pursuing some reflected

Destination,

Flew against my kitchen

Window with

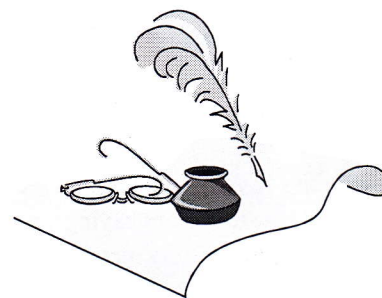
Mortal impact.

I looked quickly

Only to see a tiny

Yellow feather

Lingering in the air.



PROFESSIONAL REAL ESTATE SERVICES

With 4 Conveniently Located Offices

GRAFTON - CHESTER - SPRINGFIELD - BELLOWS FALLS

843-2390

875-2323

885-8282

463-1275

www.barrettandvalley.com

FEATURED HOME: This lovely old cape is oozing with charm and is in one of Vermont's earliest settlements. It's in a quiet, mostly untraveled area, yet close to skiing, golf, swimming and stores. This home has been enjoyed as a vacation home, but is equally suitable, because of its location, for a full time home, as well. WINDHAM \$359,000.



Be Careful What You Wish For! It Never Rains but it Pours! Into Each Life a Little Rain Must Fall! *by Lydia Pope France*

Ok, now that we are fresh out of clichés, let's talk about the weather, that ubiquitous topic that takes front and center in climates like Windham's ... Anyone who spent the summer here knows that we had one of the hottest, driest ones in recent memory. Haying was no problem for most farmers, but keeping things watered was another story.

While many of us still cling to the notion that you don't need air conditioning here ("oh, it's only *a few days* every year when you need it"), this past summer severely put that to the test. We had *weeks* of temps in the high 80s and 90s, often with humidity to match.

Total rain fall for the three summer months was 6.85 inches. Last year was one of the rainiest, with a total of 21.9 inches over the three months. Quite a difference! And actually, 2010's summer rains all came in the first two months of summer, as there was no rain at all between August 23rd and September 27th.

But that turned out to be a rainy week, we seemed to catch up in just a few days. Suddenly, where rivers were beds of rocks, water was flowing, and waterfalls went from trickles to torrents rushing down the mountainsides. In that week alone, we had 9.6 inches of rain, with 8.1 inches of that coming in about 36 hours between Thursday morning at 8AM and 2PM Friday afternoon. Thankfully this time it did not do any major road damage here in Windham, but other parts of the state were not so fortunate.

It was a great year for tomatoes. All that sun and heat had them ripening faster than we could deal with, but we won't complain, especially after so many home gardens lost all to the blight last year.

As for next summer, who knows. Perhaps the only thing we can be sure of is that it will be different. Which brings us to today, Oct. 15th, and a little PS for this article. Yesterday I was outside chopping down what was left of my tomatoes and potted plants and things, and it was so warm in the October sunshine, this after a long succession of beautiful, fall days. Today, a bit of a change. Not only have we had just under 4 inches of rain in about 18 hours, but we have also had big white flakes – I think they call it snow? -- mixed in most of the day as well. Not sticking but coming down for sure. How quickly things change around here ... Happy winter!



Vermont
Country
Properties

John Lingley
Sales Associate

Route 30, P.O. Box 8
Bondville, VT 05340
Tel 802-297-1100, x208 Fax 802-297-3299
johnlingley@vcpsr.com
vermontcountryproperties.com
©2010 Windham News & Notes. All rights reserved.

Sotheby's
INTERNATIONAL REALTY



Londonderry Hardware

The Mountain Marketplace
Jct. Rtes 11 & 100 Londonderry

SATELLITE DISHES • NEXTEL CELLULAR PHONES •
LAWN & GARDEN SUPPLIES • TOOLS • HOUSEWARES
• WILD BIRD SEED • PLUMBING & ELECTRICAL •

PAINT, STAIN & PAINT SUNDRIES

WERE HERE TO SERVE YOU 7 DAYS A WEEK

MON- SAT 7:00AM-5:30PM

SUN 9:30AM-2:30PM

COME IN AND LET US SURPRISE YOU TODAY!!!!

802-824-3926



PRATT & LAMBERT PRINTS



NEXTEL



Windham Congregational Church News *by Nancy Dyke*

DIVERSITY AND RICHNESS

A diverse group of speakers brought stimulating messages to the Windham Congregational Church during August and September. They are as follows: Rev. Ed Flower, Jamaica; Rev. Fran Hakenson, former pastor at the church; Rev. Jack Bixby, Brattleboro; Rev. Marcia Dorey, Wilmington; Rev. Jim Scott, Windham; Jeremy Schrauf, Wardsboro; Larry Crockett, Dummerston. SPECIAL THANKS to Dave Crittenden for coordinating the speakers in the pastor's absence.

MEMORIAL GIFTS IN MEMORY OF ALICE BLISS

The Windham Cong. Church is very appreciative of the gifts to the church in memory of Alice Bliss.

SUNDAY, SEPT.19 WAS PEACE SUNDAY AROUND THE WORLD

To celebrate it, the congregation met outside the church after the service, gathered around the Peace Pole (which has "Peace" carved in many different languages). We sang "Down By the Riverside, Ain't Gonna Study War No More", led by Dave Crittenden on the guitar. People have asked us about the Peace Pole. It was made by Jerry Dyke at the request of Paul Alberti, who holds Peace Conferences at the Blue Gentian Lodge in Londonderry. The pole stands as a reminder for all to work toward world peace.

ANNUAL CAROL SING AND TREE LIGHTING at the Meeting House, Friday, Nov. 26 at 4:30 PM

ANNUAL CHRISTMAS CELEBRATION Sunday, Dec. 19 at 6:00 PM. Everyone is invited.



WINDHAM WELCOMES NEWCOMERS

by Leila Erhardt

Beginning in June 2010, Sheila Friedli and Leila Erhardt became the new "Welcome Wagon" visitors. As of this date they have welcomed six new families, bringing them pamphlets, baked goods and news of the town.

If you know anyone new to Windham contact Sheila or Leila so they can welcome and inform them about activities the town is involved in, such as the Harvest Supper, the Ice Cream Social, the Chicken Barbecue and many more. Also let them know about shut-ins. Please call either of them at 874-4605 or 874-4492.

The Valley Bible Church invites you to check out their updated website at www.valleybibleVT.com for more information and a calendar of upcoming events.

Windham Town Library News *by Beverly Carmichael*

We have new titles at the library for your enjoyment this month:

"The Day of the Pelican," by Katherine Paterson

"Unbroken: A World War II Story of Survival, Resilience, and Redemption," by Laura Hillenbrand

"Food Matters: A Guide to Conscious Eating with More Than 75 Recipes," by Mark Bittman

"Freedom," by Jonathan Franzen

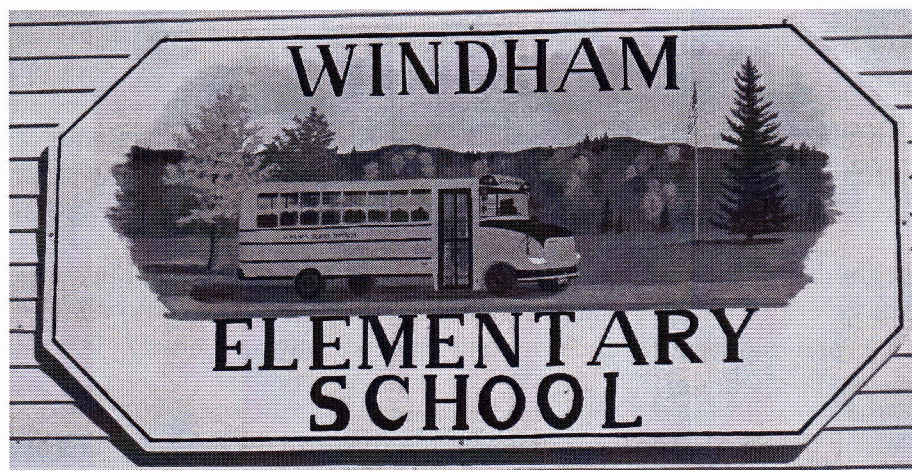
"Cakewalk: A Memoir," by Kate Moses

"The Fall of Giants (The Century Trilogy)", by Ken Follett

"This Must Be the Place", by Kate Racculia

The library continues to be open every Wednesday from 3 to 5 in the afternoon, so hurry in and sign out one of these outstanding new books.

Last call for the "*Capturing the Beauty of Windham*" photo contest. All entries must be at the library no later than November 1. Judging will take place at the Harvest Supper on November 6. Three 8 X 10 photos per person, taken in Windham, may be entered. Prizes will be awarded.



Our resident artist, Donna Koutrakos, has been freshening up our Town's signs. Most recently, she repainted the Windham Elementary School sign. Donna felt she wanted to depict the new school bus because all the children in Windham ride it. Beautiful job—the detail is amazing. Thank you Donna!



FRESH FOOD MARKET

**Fresh Produce, Deli, Bakery, Meat
Beer, Wine, Natural and Gourmet Foods**

MOUNTAIN MARKETPLACE

Jct. Route 100 and Route 11 in Londonderry

.Jonsered

PoulanPRO



Maruyama

Country Living

ROY "Coby"

**MECHANIC OWNED & OPERATED
35 YEARS EXPERIENCE**

**POWER EQUIPMENT
SALES & SERVICE**

**TRIMMER • CHAINSAW
MOWER • TRACTOR • SNOWMOBILE**

**AUTHORIZED
MSD • POULAN • JONSERED**

**424 ABBOTT ROAD
WINDHAM VT 05359-9507**

802-874-4298

The staff of the Windham News & Notes wishes everyone a healthy and happy Holiday Season!



Principal's Report for the Windham School Board *by John Doty*

Current enrollment is at Pre-K, four students, K-6 sixteen students. We are back to the same number of total students we had when school ended in June. Ten of the K-6 students are in Sally Newton's room and six in Mickey Parker-Jenning's. The majority of Cindy Kehoe's supplemental services and Gail Wyman's paraprofessional time is spent with Sally's students.

We had our annual beginning of the year All School Hike the third day of school in some pretty hot weather. We hiked the Overlook Trail at Jamaica State Park and had a great day! One of their naturalists went on the hike with us and told us about the trees and ferns we saw on the way. His stops for instruction also helped us rest and re-hydrate.

Mickey's class will attend the STARBASE program for the five Fridays in Rutland. The purpose of the program is to encourage students in STEM (Science, Technology, Engineering, and Mathematics) through a multitude of hands on activities. Our students participated in this program two years ago and built on those experiences back in the classroom.

Over the summer we experienced a broken window in the all purpose room door as a result of some youthful activity or possibly a rock thrown by the lawn mower.

We have an inoperable circulator pump which will need attention before the next heating season.

Paul Wyman did a great job getting the school ready for the start of the school year.

We are buying a small part of a WCSU Technology Assistant's time (one hour every other week) to help maintain our technology, support teacher's use of technology in the classroom, and set up the online testing environment for MAP. Cathy Robinson will provide the services and is on call for other technology issues as they come up.

Neighborhood Connections *by Delores Barbeau*



Hello. My name is Delores Barbeau, and I am a physician working at Neighborhood Connections in Londonderry. You may have already found the insert that accompanies this edition of the News and Notes, explaining a bit about breast cancer screening.

Windham County has one of the highest breast cancer mortality rates in the state, and we are working with the Komen Foundation to “spread the word” – and both let the facts about risk and prevention be known, as well as offer the chance for one-on-one breast cancer screening.

I had a wonderful experience in August, when I visited the Strong Living group that meets twice a week in the Windham Meeting House. The group (yes, men DO get breast cancer) presented themselves for an interview about their risk factors for breast cancer, and an exam. There was a certain amount of trepidation at first, but by the end of the morning, there were smiles all around.

Each of my experiences in Windham has been delightful: enthusiastic and welcoming.

I am very willing to visit any group (and will even do home visits), with the hope of lowering the breast cancer mortality in this county. Are you part of a group that could invite me to come over to Windham? Would you know of women in the area who are not being screened – because of insurance problems/ or fear? Would you consider inviting three or four neighbors to your house for tea and cookies – and a screening?

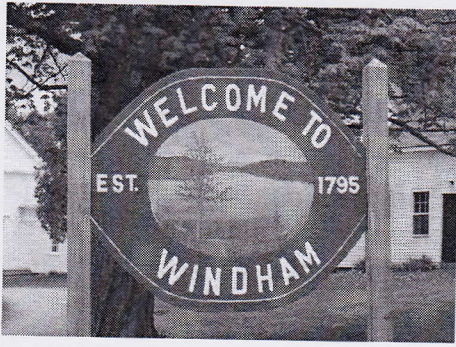
It is FREE, and coordinated with your primary care physician, and actually has proven to be a comfortable experience for all!

My telephone number is 802 824-4343; we are located in the IGA plaza in Londonderry, in back of the bank. Till soon – and thank you!

Building Activity Down in Windham *by Edith Serke*

Not surprisingly, building activity in Windham, like the rest of the country, has seen a decline in 2010. Only two permits for new houses were issued, compared to four last year. One was on Woodburn Road, the other on Burbee Pond Road. There were also three additions, same as last year, as was a permit for an accessory building. There was a permit for one barn, one garage, and five decks, sheds, and porches, and one modification of a roof. Fair Point Communications took out a permit for a cabinet and communications equipment at 818 Wheeler Road.

Based on the number of building permits, the town's Grand List should show a slight increase. This is a reminder that zoning permits are required for all the above mentioned categories of improvements of your property. Windham's Zoning Administrator is Michael Simonds who may be contacted at the Windham Town Office.



Windham News & Notes
5976 Windham Hill Road
Windham VT 05359

Windham News & Notes welcomes
submissions ... Send articles up to
300 words
to the Editor at the
above address or preferably by email
to windhamnews@hotmail.com

Non-Profit
Organization
U. S. Postage
PAID
Jamaica, VT 05343
Permit #1

COMMUNITY

Every Sunday - **Windham Congregational Church (UCC)** has worship services at 9:30 AM: everyone invited.
Annual Christmas Celebration—Sunday, Dec. 19 at 6:00 PM

Every Sunday and Thursday - **Valley Bible Church** has services: Sunday - 9:45 AM Sunday School; 11:00 AM Worship, followed by pot luck lunch at 12:15 and 1:00 PM Afternoon Bible Study; Thursday - 7:00 PM Prayer Meeting and Bible Study.

Every Wednesday - **Windham Town Library** open at Meeting House from 3:00 to 5:00 PM. Also at that time: reading group on first Wednesday of the month.

Wednesdays, 9:00 to 12:00 - **Town Listers'** office hours at the Town Office

Mondays, Nov. 8, 22 and Dec. 6, 20 - **Select Board** meets at 6:30 PM at the Town Office. Public Invited.

Thursdays, Nov. 11 and Dec. 9 - **Planning Board** meets at 7:00 PM at the Town Office. Public Invited

Wednesday, Dec. 15 - **Windham Community Organization Meeting** at 7:00 PM at the Meeting House

Tuesday, Thursday and Friday - **Town Office Hours** - 10:00 to 3:00 PM

DATES TO SAVE:

WCO Harvest Fest and Square Dance—Saturday, Nov. 6 at 5:00 PM at the Meeting House

Zoning Regulations Hearing—Monday, Nov. 22 at 6:30 PM at the Town Office

Carol Sing and Christmas Tree Lighting—Friday, Nov. 26 at 4:00 PM at the Meeting House

Neighborhood Connections

with a grant from

The Komen Foundation

invites you to have a

BREAST CANCER SCREENING



What IS breast cancer screening?

"Screening" refers to testing otherwise healthy women for breast cancer, in an attempt to arrive at an earlier diagnosis, and thereby improve outcomes. It can include detailed histories, breast exams, mammograms, genetic testing, ultrasound and MRIs.

What can I expect at the breast exam?

The exam would normally include an interview, with a set of questions relating to clinical and family history that may highlight increased risks of breast cancer (this is perhaps the most important part!), and a brief breast exam by a woman physician.

Should I be screened? I don't notice anything abnormal, or feel a "lump".....

There is much discussion about WHO needs what EXTENT of screening. If you are over 21, it is good to get a breast exam yearly, probably at the time of your PAP smear.

Women over the age of 40 begin to experience hormonal changes, and after menopause, there is increased incidence of breast cancer. Regular mammograms are strongly encouraged then. Usually, further screening is done only if an abnormality is found on the exam or mammogram.

But almost all breast cancers grow slowly...and with earlier detection and improved treatment options, many are able to live strong and healthy lives even after cancer is diagnosed.

Is there an age limit to screening? Can I be too young? Or too old?

Younger women have dense breasts, and often feel "lumps" - these can be due to normal hormonal changes - and even to too much caffeine! These "lumps" can be concerning, but most often they are totally benign tissue....So. While young, anything unusual should be examined and followed up by a medical professional. Mammograms are not usual methods of screening in women below the age of 40 - and some recommend waiting until 50 - because of the density of the breasts.

Women over the age of 75 or 80 are living longer and healthier lives. As said before, breast cancer is usually a slow-growing disease. It has long been understood that if a mammogram is negative until the age of 80, a woman will die of something other than breast cancer even if that cancer is found later. But we *are* living longer...and healthier...so decisions about mammograms after the age of 75 will have to be made by each individual, after talking it over with her medical provider.

I asked for an MRI instead of a mammogram, and was told it was not advised. WHY?

Mammograms, especially the new digital (high definition!) exams, are still the standard for diagnosing breast abnormalities. If there are suspicious lesions found, then an ultrasound, an MRI or a biopsy is ordered. While it is true that some minute lesions may show up on an MRI that aren't visible on even the newest mammogram, these are often lesions that will never develop into active breast cancer. Women with early MRIs may find themselves subjected to unnecessary worry, life-changing decisions, exposure to surgery, radiation and chemotherapy that would never have been necessary.

Can men have breast cancer?

YES!!!! It is unusual, but men, too can have breast cancer. For them, any unusual "lump" behind a nipple should be checked by a medical professional. (This is not the same as the normal growth in tissue behind the nipples in a young teenage boy - this "gynecomastia" in teenagers is common, and unless it is one-sided, or lasting, it should not be a worry.)



Watch the newspapers...or call us at (802) 824-4343 !!!