Warwick Community Newsletter

ADMINISTRATIVE DETAILS

All articles, ads and correspondence may be emailed to warwicknewsletter01378@gmail.com (or call Beth Gilgun at 544-3464) or dropped off in the black box in front of Town Hall by the 20th of the month before the article will run. Please note that we are no longer accepting FULL PAGE inserts at all for commercial ads, and are asking every organization in Town to keep their event flyers to 1/2 page or less. If a full page event flyer is desired, the organization may print the flyer themselves for insertion (call Beth for the number of copies required) if the information cannot be fit to 1/2 page and a waiver is desired. Business card size ads are $7/month or $70/year. All material may be edited for length, ink intensiveness, or content and may not be anonymous. Some logs and minutes provided may only be available on the Warwick Website at www.warwickma.org due to space limitations. ELECTRONIC SUBSCRIBERS WILL GET FULL SELECTBOARD MINUTES. ANOTHER REASON TO SUBSCRIBE ELECTRONICALLY AND HELP US SAVE MONEY!!

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THANK YOU TO THE FOLLOWING DONORS AND ADVERTISERS!

Jennie Cadarette & Ann Piontek, Craig & Elaine Barger, Brent Walker

$96.00

www.warwickma.org is the Town’s website. Along with things like Permit Applications, Police Logs, Meeting Agendas, Town Hall Office Hours, News from the Library, you can find this newsletter and lots of other very useful information! If you would like post something to the webpage, contact Ed Lemon, Webmaster at elemon@tiac.net.

Please consider donating to the Newsletter. It is an outreach from the Trinitarian Congregational Church serving the greater community.

SEND THIS FORM TO:    Subscription Mailed To:
Warwick Community Newsletter ________________________________
c/o Beth Gilgun ________________________________
29 Athol Road ________________________________
Warwick, MA 01378 ________________________________

___I prefer to save paper and postage by having an E-subscription
The COA Foot Clinic Dates
For 2019
September 13th
October 11th
November 15th
December 13th
All at the Metcalf Chapel at 8 a.m.

Women’s Guild

Tuesday, September 3 @ 1PM - Regular Monthly meeting at Town Hall

Saturday, September 7 @ 2PM - Authors (Eric Lehman and Amy Newrocki) presentation in Conjunction with the Library is being held at the Town Hall. Light refreshments will be served following the presentation.

Tuesday, October 1, 2019 Regular Monthly meeting being held at Lynrose Farm Store on Shepardson Road, Warwick. Early start on Christmas Shopping and Linda Styles will provide a tour and talk about The Wellness Center

Board of Health
The Board of Health is now back to their regularly scheduled meetings every 2nd and 4th Wednesday of the month. Anyone with business with the BOH should call one of these numbers:
Helen Whipple  978-544-6838
Don Matthews  978-544-3595
Nancy Lyman  978-544-8229

ABCs of Meditation by Clare Green.
Come September 18, Wednesday, 7 to 8 PM at the Warwick Library to hear more about the art of meditation. Kickstart your practice or begin anew. Questions? Call Clare 978 544 7421
Free.

MOORE’S POND BEACH COMMITTEE
TOWN BEACH HAS BEEN POPULAR THIS SUMMER!
Lots of people of all ages are enjoying our Town Beach at Moore’s Pond this summer. There have even been a couple of birthday celebrations Beachside. The water has tested immaculately clean all year. Be sure to use this wonderfully refreshing, rejuvenating resource available to the town. We are anticipating another successful Corregatta race on Sunday, August 25. by the time you read this article, the winner will have been hailed.

ENJOY THE BEAUTIFUL MOORE’S POND BEACH, WITH ITS CLEAN WATER AND WILDLIFE!!!

Warwick Council on Aging
The Tuesday exercise class at the Warwick Town Hall will begin at 9:45 AM. It will be followed by a Chair Yoga/Tai Chi class at 11:00 A.M. This program will continue throughout the winter and spring months. Chair yoga/Tai Chi will be offered by certified instructor Marcia Gobeil. One will get all the benefits of yoga without getting on the floor. All poses and exercises will be done while sitting. The second half of the class will be tai chi warm-up and poses. One can attend the 1st or 2nd half of the class or both sessions. The class is funded by Life Path at no cost to those attending, however a donation can is available and donations are gratefully accepted.
Restaurant Review

Sandwich Master
19 Sonja Drive
Rindge, NH
Phone: 603-899-2211
www.Sanwichmaster.net
We are open 7 days a week!
Sunday: 10:00am – 10:00pm
Mon - Thu 9:00am – 10:00pm
Fri & Sat 9:00am – 11:00pm

Do you like a good sandwich? Did I find the place for you! Unique sandwiches, fresh Angus burgers, wraps, salads, and more. A friend told me about the place and they keep going back, so I decided I wanted to try it for my birthday back in May. It wasn’t easy to find after getting in the shopping plaza. It is right next door to a tire place with no sign on the door but an open sign in the window. I think the sign is faded so I parked and waited for my niece and friend to show up. While I was waiting someone came out with a huge bad of goodies so I knew I had found it. (It’s in the shopping plaza across from Walmart’s in Rindge).

The inside is not fancy, just tables and chairs so we ordered at the counter and grabbed a table in the corner. I got “The Pilgrim” which is Thanksgiving in a sandwich; turkey breast, stuffing, cranberry sauce and cheese on a ½ grinder. I knew I couldn’t eat a whole one because they are “stuffed” according to my friend. My niece ordered the “Rueben Melt” which is corned beef, Swiss cheese, Russian dressing and sauerkraut on marble rye. And our friend got the “Steak, Cheese and Onion Quesadilla”. We shared an order of fries. And we all got the smaller versions of the sandwiches and had plenty. Everyone loved the food.

Once we got our order, we had to wait awhile, mainly because the customers never stopped coming. There was a line to the door mostly picking up ‘to go’ orders. And the phone never stopped ringing. Finally our order arrived; the owner brought it right to our table. Then we continued watching people come and go. Quesadilla’s come in Personal, Small and Large sizes. And Sandwiches come in ½ grinder, whole grinder and Focaccia or Ciabatta roll. They range in prices from $4.95 to $10. You can’t beat the prices or the great food. Wish they were closer as I would frequent it more! I highly recommend you take a ride out and try it. Bon Appetite.
Gloria Varno

Tales From The Crypt
(Warwick Cemetery Commission News)

Thank you everyone who turned out on August 10 for another in a series of volunteer days at the cemetery. Seven of us tackled the matted leaves and vines along the base of the Rte 78 stone wall. We managed to get about 3/4 of it completed and many have commented on how much better it looks. Keep an eye on the "L" for more volunteer days as we continue to work on the backlog of projects.

The Old Home Days Cemetery walk through the Center Cemetery was led by Clare Green again this year on August 24. The re were interesting presentations at a number of graves. We are already looking forward to next year's program.
Greetings - As summer marches to its conclusion, **Saturday morning library hours** return on September 6th, from 10 - 12:30; coffee and delicious baked goods made fresh weekly by my wife, Kathy Litchfield, await all visitors. (She recently confessed to me that she’s missed the baking!)

**Story Hour continues this Fall! - Mondays at 10 am:** Story Hour will continue at the Library beginning September 9th, hosted by Clare Green and running to 10:30 or a bit longer. Toddlers and preschoolers are welcomed with parents; nature discovery, song and story included. A big thanks to Julie Severance for hosting this summer’s Story Hour!

**Drop-in Knitting/Crocheting - Thursdays, 6:30 - 8** Do you like to knit or crochet but need a project? Make a hat for Warm the Children or a scarf for Operation Gratitude. These projects are basic knit or crochet and help others. Bring some yarn (not too bulky!) and knitting needles or a crochet hook and Julie H. or Julie S. will get you started. Already have a project? Join us to chat and hear Ivan’s "Word of the Week"!

**Authors' talk/book discussion - Sept. 7th:** On Saturday, September 7th@ 2 pm, The Library is pleased to join the Women’s Guild in cosponsoring a book discussion at Warwick Town Hall with two distinguished professors from the University of Bridgeport, CT. **Amy Nawrocki** is the chair of the English department and will discuss her recent book, *The Comet’s Tail: A Memoir of No Memory*. Eric D. Lehman, her husband and the author or editor of seventeen books, will discuss his 2013 biography of Charles Stratton, *Becoming Tom Thumb: Charles Stratton, P.T. Barnum, and the Dawn of American Celebrity*. For more detailed bios, see the flyer in this month’s Town Newsletter on the website or the L. Light refreshments will be served following the presentation.

The **celebration of the Library’s 100th anniversary** in its current building, the former Baptist meeting house, got off to a great start with a full page article with photos in the Greenfield Recorder on August 8th. That article joins other documents gathered from the Library’s historical collection for a neat little display that opened for Old Home Days and runs through September. Also on display this month are the poems submitted for the *Page 100 Found Poetry* event, in which local citizen poets copied page 100 from a favorite book and—highlighting certain words and/or omitting others—created a unique new work. Thanks to all who contributed!

**Summer Reading Program - prizes!**: Thanks and congratulations also to all the young readers who submitted summer reading logs on this summer’s Space/Universe theme. If you haven’t already claimed your prize, please stop into the Library.

**Mark the Date - Woodstock Program October 19th, 2 pm:** Finally, here’s advance notice of a Library-sponsored event to be held at Town Hall honoring the 50th Anniversary of Woodstock, featuring John Kane’s presentation entitled “Pilgrims of Woodstock: A 50 year Retrospective.” Includes rare 8mm and 16mm video footage, never-before-seen photographs by Richard Bellak, and new interviews by Kane.

**New additions to the Library Collection** can be found on the Library’s web page at warwickma.org.
Saturday, September 7th, 2019 @ 2:00 PM
Warwick Town Hall
The Warwick Library and Women’s Guild present a book discussion with two authors/professors from University of Bridgeport, CT

Amy Nawrocki is the chair of the English department at the University of Bridgeport, the poetry editor for The Wayfarer and the author of six poetry collections, including Mouth-brooders, released by Homebound Publications in June. She will discuss her recent book, The Comet’s Tail: A Memoir of No Memory, which was a 2018 Foreword Review INDIES finalist for best memoir and has been awarded a Gold Medal from the Living Now Mind-Body-Spirit Awards.


Eric D. Lehman is the author or editor of seventeen books, including The Quotable New Engander, Insiders' Guide to Connecticut, Homegrown Terror: Benedict Arnold and the Burning of New London, and Afoot in Connecticut: Journeys in Natural History, nominated for the Pushcart Prize. He will discuss his 2013 biography of Charles Stratton, Becoming Tom Thumb: Charles Stratton, P.T. Barnum, and the Dawn of American Celebrity, which won the Henry Russell Hitchcock Award from the Victorian Society of America, and was chosen as one of the American Library Association's outstanding university press books of the year.

Light refreshments served following the presentation.
Memories of the Past
Presented by
The Warwick Historical Society

The Toboggan Shoot

I’m not sure of the year, but it must have been in the late thirties. I know I was still living on Mt. Grace Avenue at the foot the mountain at the time and we burnt out there in 1943. The Warwick A. A. had moved a toboggan shoot to the woods above Olson Field, which at the time was known as Manning Field. You had to pay each time you used the shoot and their toboggan, and I was lucky enough to have gone with my sisters and rode down several times a few evenings. At the top of the shoot they had a platform for loading the riders on. When we were all loaded, they tipped the toboggan onto the shoot and we went down the shoot and out into the field. There was a small drop at the end of the shoot where they had banked the snow in the field to make a couple of curves as you entered the field. I don’t remember the shoot being there many years. One day while sledding, Mickey Brown and I decided it would be fun to try the toboggan shoot. We knew that often there weren’t many people there during the day so we snuck through the woods, placed Mickey’s sled on the toboggan platform and both climbed on. We went down so fast that when we came off the end of the shoot we hit the ground so hard that it broke both of the sled runners and we went flying. As we slowly made our way back through the woods, I remember Mickey planning the best way to explain what happened to his sled and none of them mentioned the toboggan shoot.

Larry Carey
President WHS

PRELIMINARY TAXES DUE

A friendly reminder for Property Owners:

FY20 Real Estate, and Personal Property, (Preliminary) Taxes are DUE NO LATER THAN OCTOBER 1, 2019. Payments received after this date will have interest added to the bill.

Any questions? Feel free to call the office 978 544-3845, or stop in, any Monday 11-2/3-6 or Thursday 11-2.

Respectfully,
Collector of Taxes, Jessica J. Foote
Warwick Holiday Fair

For all Fair vendors who are planning ahead! The Warwick Holiday Fair will be held on November 30, 2019 from 10-3 (one hour later than last year) at Warwick Community School. Once again, this will be a shared event with Warwick Community School PTO. Prices for tables are as follows:

6-8 ft table provided by Fair Committee: $20
Bring your own 6-8 ft table: $15
Card table provided by Fair Committee: $10
Bring your own card table: $8
Chairs available on site.

Send your check (WITH your email address, phone number, type of product you sell) made out to TCCW to reserve your spot (max 2 tables per vendor) to Andrea Woods, 590 Orange Rd., Warwick, MA 01378. Please do not require outlet spaces. Bring an extension cord if you need electricity as we can’t guarantee everyone who wants it will get a space in front of an outlet. We will do our best to accommodate everyone’s needs. Email andrea@woods4.com if you have questions. THANK YOU!

ANNUAL HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

Franklin County Solid Waste District is holding its 2019 household hazardous waste collection on Saturday, September 21 at GCC Main Campus and Orange Transfer Station.

Residents and businesses must pre-register by September 16. Online registration forms may be completed at: www.franklincountywastedistrict.org/hazwasteday.html. Paper registration forms are available at participating town offices and transfer stations, while supplies last. Advertisements that contain registration forms will also run in local newspapers. Participants will be assigned an appointment time to bring wastes to the collection; an appointment time will be provided by mail after registration is processed.

The collection is free for residents of most member towns. Businesses must pay for disposal costs. For business registration information, call (413) 772-2438.

This collection provides an opportunity to dispose of hazardous items that should not be put in the trash, such as left-over oil-based paints, stains, thinners, household cleaners, pesticides, herbicides, pool chemicals, motor oil, antifreeze, automobile batteries, and other household chemicals. For a complete list of acceptable items, see: www.franklincountywastedistrict.org/hazwasteday.html.

Mercury-containing products such as thermometers, thermostats and compact fluorescent bulbs (CFLs) should never be put in the trash. At the 2019 Hazardous Waste Collection Event, only mercury-containing items such as thermostats and thermometers will be accepted; fluorescent bulbs will not be accepted at this collection. CFLs and other fluorescent bulbs are accepted at all municipal transfer stations. In addition, fluorescent light bulbs are accepted at Lowe’s Stores (all types of fluorescents), and Home Depot (CFLs only).

For more information, contact the District at (413) 772-2438; info@franklincountywastedistrict.org; or visit: www.franklincountywastedistrict.org. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD). The District is an equal opportunity provider.
YOGA
Saturdays  9:15am Town Hall

An all level Hatha Yoga class to meet student’s needs, with an emphasis on proper alignment, Pranayama - breathing techniques deep relaxation and meditation. A dynamic, yet harmonious approach to cultivate strength, physical awareness and inner balance.

Taught by  Warwick resident Kalliope Kalombratsos, she began training at the integral Yoga institute in San Francisco, CA and is currently finishing a certificate at Kripalu center in Stockbridge MA . She has been an active practitioner for over 10 years, integrating various teachings from yoga traditions and personal experience from a dance background as teacher and performer.

DANCE PARTY  August 31  7-9 pm

It’s a Dance jam- come together and celebrate the love for dance. Loosen your joints and free up your creative juices. A collective shake down, and a movement exploration. All are welcome. Town Hall with Kalliope.  FREE

ZUMBA with Susan Krieger Tuesday 7:15 am Thursday 6 pm Town Hall

A Latin inspired fitness program designed to get your heart rate up and put a smile on your face. Everyone can join the party. Designed for fun, not perfection. $5

ZUMBA  Sunday  8am

Dance fitness performed to energetic music; hip hop, samba, salsa, mambo, Brazilian funk and country! Many people have enjoyed this class for the past 6 years. New comers welcome
Instructor; Christine Rouleau at the boiler room in Tully  $5

Chicken Dinner

St. Patrick’s Parish, 80 Main Street, Northfield, MA will be holding a chicken dinner with vegetables, salad and homemade desserts on Saturday, September 21 at 5 p.m. Tickets are $10/adults - $5/kids under 12 and $25 family price. To make reservations please call 413-498-2728.

Calling Warwick Artists:

It’s Coming....

The Art Show is just around the corner!

The Warwick Arts Council wants to put your work on display in the Town Hall at our 29th Annual Art Show on Columbus Day weekend in October (10/11/19-10/14/19). Greater Warwick area artists of all ages and experience levels are encouraged to complete those creative projects. If you create it, we’ll show it off – whether it’s fiber art, ceramics, collage, puppetry, wood carving, furniture, monotypes, jewelry, drawings, sculpture, photography, painting or something different. So put this notice on your bulletin board or refrigerator and get cracking! Details will appear in the October newsletter about joining our community arts weekend that will include an artist reception. Questions? Email: tomwyattphoto@gmail.com or call 413-768-8641
The theme for our Summer Spirit Week, which we held the week of Aug 12-16 this year, was “Mindfulness”. Our primary teachers were Tracey Alden and Tom Ziniti and they approached the subject from slightly different perspectives; Tracey from her background in science and holistic health and Tom from his background in teaching. The two led a very engaging and fun week introducing ten to fourteen kids, ranging in age from 3 to 12 years old, to what “Mindfulness” is.

And just what is “Mindfulness”? A simple definition, from one of our resource books, “The Big Life Journal”, is that mindfulness means, “giving attention to what is going on now, in this moment. When you are mindful, you are giving attention to what you are seeing, what you are hearing, tasting, smelling—everything in this moment, right now.” Mindfulness also includes becoming aware of yourself; your thoughts, feelings and emotions. The following short story illustrated what this might look like in a child’s daily life.

**Aiko Takes A Test**

“...Although he always did his homework correctly and studied hard, Aiko got nervous during tests. He got so nervous he couldn’t think straight. So Aiko stayed after class to speak to Ms. Hopper (his teacher) ...’Is there anything I can do? Should I study more...?’

‘I’m sure you study enough, Aiko.’ Ms. Hopper sat on the edge of her desk. ‘I’ll give you a trick. I never liked taking math tests either. I used to get too nervous to think...Maybe you could try being mindful. ...being mindful is about noticing what is going on around you. It is also about how you are feeling in this moment...Turn the test over before you even begin. Place your hands on the table. Take a minute to yourself to take deep breaths. Clear your thoughts. Then turn the test over and begin with a fresh mind.’”

“Un-mindfulness” is when you are driving along, thinking of something else, and realizing you missed your turn. Or reading someone’s post on the internet and shooting off an angry reply only to realize later what a dumb thing you had done. Or being in a conversation with someone but thinking of something else and not hearing what is being said. I know you’ve done some of these things because I have too. Most of the time we get away without much trouble, but sometimes this “un-mindfulness” can cause big problems. If these “un-mindful” moments become more common than the mindful moments, we begin to find ourselves in more and more contentious situations, more arguments, more failed relationships and our lives become one big hassle; lurching from one confrontation to another until “Life sucks and then you die”.

It doesn’t have to be that way and becoming more mindful is a way out of a sucky life. It isn’t easy, but neither is living with hatred and fear which is the affliction far too many of us live with now. Becoming mindful can start as simply as paying more attention to those we love without judging or complaining or thinking about how to respond when we’re talking to them. Vietnamese Buddhist monk Thich Nhat Hanh has said, “The most precious gift we can give others is our presence”, in other words, being mindful of others, not just ourselves, listening attentively and responding with compassion, not judgment.

Franciscan monk, Richard Rohr puts it this way, “So be sure to be here now – and not somewhere else. If our minds or hearts are elsewhere, nothing really happens to us that matters or lasts...The here-and-now has the power to become the gateway and the breakthrough point to the universal. The concrete, the specific, the physical, the here-and-now - when we can be present to it in all of its ordinariness - becomes the gateway to the eternal.”

It’s worth trying again and again, because, God knows, the world is drowning in “un-mindfulness” at almost every level and if this is “the eternal”, that would be hell.

In hopeful faith, Dan
UP COMING EVENTS

October is apple pie baking time. This year, we are trying a new approach to our annual pie sale, we will NOT be baking them, we will make them for you to bake at home. Order your pie, pick it up at the Town Hall, take it home and bake it or freeze it for the holidays.

Orders may be called in to the Metcalf Chapel office (978) 544-2630 and picked up Wednesday through Friday October 9 – 11. Look for more details in next month’s newsletter and on our Facebook page.

CROP Walk, the primary fundraiser for the Church World Service, will be held this year in Sunderland on SUN, OCTOBER 13, starting at 2PM. CWS is an ecumenical organization that helps to both build resiliency in poor communities around the world and responds to disasters with immediate and long term aid.

MISSION SUNDAY, OCTOBER 20. The Mission Committee works with a lot of agencies both near and far, agencies like Church World Service, Doctors Without Borders, Save the Children, Franklin County Community Meals and the Franklin Emergency Shelter. Come to church on the 20th to hear more about the work we do through your generous donations.

ON-GOING ACTIVITIES AT THE METCALF CHAPEL

SACRED STONES For millennia, stones have been used as a way to commemorate important events, times or places for individuals or communities. Abraham marked encounters with the divine presence, Jacob, on the run from his brother, marked the place where he saw angels going up and down a ladder and said, “Surely God is in this place.”

There is a place in front of the Chapel where we have gathered stones. We welcome people coming to commemorate some sacred event in their lives by either bringing a stone to add to the pile or rearranging the stones that are there as a meditation or dedication. Or if you have a “stone” that is weighing you down, leave it here and be free of its weight.

FOOD PANTRY DONATIONS

Nonperishable food, personal hygiene items and household cleaning supplies are collected in the front hall of the Chapel. Disposable diapers, personal & household cleaning items are especially needed as they cannot be purchased with “food stamps”.

MEDICAL SUPPLY LIBRARY

We have crutches, wheelchairs, walkers and many other medical supplies for free loan at the Chapel. Check us out before buying new.

SHEETS, PILLOW CASES AND OTHER LINENS

There is a box in the front hall of the Chapel for these items for the Franklin Emergency Shelter in Greenfield.
Learn CPR

September 14, 2019 @ 9:00 am

Warwick Town Hall

A Free Class Presented by the Warwick Police Department

Interested? Sign up at Town Hall.
Teaching for Literacy
Louise P. Doud, MSED, Ed.S.

tutoring of reading, spelling and writing for any age
Dyslexia Therapist/CERI Fellow/AOGPE

978-544-2181 lpdoud@gmail.com Warwick, MA

Brent Walker

* Exterior Painting * Interior Painting
* Staining
* Pressure Washing
978-544-2925

Smokey’s Tree Service

Brandon Gibbons
Warwick, MA
978-544-1909

Your Ad could be here for $7.00 a month or $70.00 per year

PIANO
4 yrs old and up, play jazz, classical, pop
Here in Warwick!
Call Cheri @ 978.544.3101
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SEPTEMBER, 2019
Don’t Miss these September events

STORY HOUR AT THE LIBRARY—Every Monday
GUILD MEETING—September 1
AUTHOR DISCUSSION—September 7
FOOT CLINIC—September 13