



WALLINGFORD NEWS

120th Edition

APRIL 2015

TOWN CLERK & TREASURER'S OFFICE NEWS

*Town Clerk & Treasurer's
Office Hours:*
Monday-Thursday
8:00 a.m. to 4:30 p.m.
Friday 8 a.m. to Noon.
Contact: 446-2336 or
townclerk@wallingfordvt.com.
After-hours mail slot is in the
left-side door.



Property taxes
are due on
Monday, April
20th at 4:30 p.m.



Second Tuesday Open Mic

The inaugural Second Tuesday Open Mic will take place at Wallingford Town Hall on Tuesday, April 14 from 7:00 to 9:00 p.m. Sound system available. Contact the Town Administrator at 446-2872 or email townadmin@wallingfordvt.com for more information. Town Hall will host Open Mic nights the second Tuesday of every month.

Thank you to the poll workers on Election Day — Gary Fredette, Charlie Gauthier, Patricia Smith, Barb & Tom Truex, Sue Thayer, Ruth Anne Barker, Paula Baker, Lynn and Judy Edmunds, and Sandy Eddy.

Dogs must be licensed by April 1st.



Don't forget that we have several pieces of medical equipment, such as a walker, wheelchair, crutches, etc., here at the Town Office to lend out.

Deadline for submission to the Wallingford News is the 23rd of each month.

Editor: Julie Sharon
Town Clerk & Treasurer
Wallingford News
75 School Street
Wallingford VT 05773
(802) 446-2336
townclerk@wallingfordvt.com

Wallingford News is
online at town's website
@ www.wallingfordvt.com.

Summer Job Opportunities

The Town of Wallingford is accepting applications for Summer Recreation Director, lifeguards, camp counselors and concession stand workers. You can download an Employment Application on the Documents' page at wallingfordvt.com. Submit applications to Town Administrator, 75 School Street, Wallingford, VT 05773. Call 446-2872 with any questions.

2015 Summer Recreation Program

The program is open to children who have completed **Kindergarten through 6th grade**. The program will run during the following weeks: **June 22-June 26; June 29-July 3; July 27-July 31; August 3-7; August 10-14**. Hours of operation: **Monday-Friday, 7:30 am-5:15 pm** (actual rec. program hours will be 8:45 am to about 4:15 pm). For more information, call 446-2872.

April 2015

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

			1	2	3	4
			10:30am BP & Foot Clinic 5:00pm Grange Bingo 7:00pm MRU Board DOG LICENSES DUE!	8:30am Bone Builders 10:30am Library Storytime 6:30pm Martial Arts 6:30pm WES School Board	1:00pm Whist	8:30am PTO Pancake Breakfast & Egg Hunt
5	6	7	8	9	10	11
	7:00am Rotary 12:00pm SRS Meal 6:30pm Selectboard 8:00pm EW Fire Dept.	8:30am Bone Bldrs 6:30pm WFD Jr/Sr Training 6:30pm Energy Committee	1:00pm Library Friends	8:30am Bone Builders 10:30am Library Storytime 6:30pm Martial Arts		
12	13	14	15	16	17	18
2:00pm Freedom & Unity:VT Movie	7:00am Rotary 12:00pm SRS Meal 1:00pm Library Movie 6:00pm Prudential Committee 6:30pm WFD Officers 7:00pm Planning Commission	8:30am Bone Bldrs 6:30pm WFD Bus. Meeting 7:00pm Library Trustees 7:00pm Open Mic Night	5:00pm Grange Bingo 7:00pm MRU Board	8:30am Bone Builders 10:30am Library Storytime 1:00pm Library Movie 6:30pm Martial Arts	1:00pm Whist	5:00pm Rotary Pulled Pork Dinner
19	20	21	22	23	24	25
2:00pm VT Movie - Town Hall	7:00am Rotary 12:00pm SRS Meal 6:30pm Selectboard PROPERTY TAXES DUE	8:30am Bone Bldrs 6:30pm WFD Training 6:30pm WES School Board 7:00pm Wallingford Fire District #1 Annual Meeting		8:30am Bone Builders 10:30am Library Storytime 6:30pm Martial Arts		
26	27	28	29	30		
	7:00am Rotary 12:00pm SRS Meal 3:30pm Library Book Discussion 6:00pm Prudential Committee 6:30pm Conservation Commission 8:00pm E Wallingford Fire District #2 Annual Meeting	8:30am Bone Bldrs 6:30pm WFD Work Detail	7:30am WES Pre-K Registration	8:30am Bone Builders 10:30am Library Storytime 6:30pm Martial Arts		

MEETING HIGHLIGHTS

(Please note that these meeting minutes are a brief summary and are not the final approved version.)

SELECTBOARD

03/02/15. Present: N. Tift, G. Fredette, R. Regula, and M. Tessier

The Board signed the annual No Appeal or Suit Pending form for 2014.

Julie Sharon was appointed as town service officer.

The board reviewed a bridge rehabilitation priority list. They agreed Bridge 54 on Route 140W should be removed as it was rehabilitated a few years ago and Bridge 59 on Creek Road ought to be moved up the priority list to #2.

The board denied a request to allow a snowmobile to travel over the trails at Stone Meadow to pack down the snow after storms as they don't want snowmobile operators to think they can use the trails.

Zoning Administrator Jeff Biasuzzi's request to attend two workshops was approved.

The board approved submitting a VLCT grant application for security lights at the ballfield and Elfin Lake.

03/16/15. Present: N. Tift, R. Regula, M. Tessier, and B. Brooks

Reorganization of the Board was done.

Road Commissioner Phil Baker discussed road and personnel issues.

The Board met with reps from AT&T and the Division of Historical Preservation concerning the tower proposal for Town Hall.

Liquor licenses were approved.

The 2015 Bridges and Roads Standards and Annual Financial Plan were signed.

Annual Committee and Officer Appointments were made.

The annual review of the Security Policy was done.

The board approved Frank Chapman's request to operate a bulldozer on Mitchell Road with several conditions.

The Board approved the Wallingford Fire District's #1 Bulk Mail Permit request and agreed with the Rec Committee's recommendation on size, location and design of the pavilion to be built at Elfin Lake,. The board declined a request for a letter on the town actions related to noise and safety

complaints.

N. Tift agreed to represent the town at the DRB hearing on 3/19.

There were no suggestions for items needing to be purchased as part of the Vermont Equipment Grant.

ENERGY COMMITTEE

Read them online at www.wallingfordvt.com.

CONSERVATION COMMISSION

No meeting held in February.

WALLINGFORD ROTARY DINNER

April 18th Wallingford Rotary Pulled Pork Dinner 5-7 p.m.

\$12 Adults, \$6 Children

Dinner includes pulled pork, baked beans, cole slaw, chips, dill pickles, beverages, homemade pies. Take out available

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Wallingford, VT

Joseph P. Donohue, DC
Linda O'Brien, MT
Lisa M. Donohue, MA, LMT
Paul Colletti, MT



FLOYD IMHOF—ELECTRICIAN

Licensed/Insured 802-446-3309

RECREATION COMMITTEE

02/04/15. Present: L. Marchinkoski, D. Baker, J. Lattuca, and T. Nash

Joan questioned possible extended weeks and location of RSSU camp. Diane and Joan asked that Sandi clarify the dates and location of RSSU camp and any other recreational programs they may have planned. Since the school will be unavailable for the recreational program this summer, we will inquire about the use of the Town Hall and the library.

The Committee reviewed the applications for the Summer Rec Program Director. All applicants will be interviewed.

Diane shared information about lifeguards and counselors. The Committee recommends hiring all applicants. We will continue to seek applications.

The Committee discussed the pavilion and the recommendation dated June 2014 submitted to the Selectboard for approval. The Committee recommends #2 for the location—south of the rise in the ground next to the flat spot, before the basketball court hoop. Lisa knows of a company giving yards of dirt away that can be used to level the ground. Diane shared an information sheet about buoys and new rope.

The discussion on recreation field repairs needed because of the past vandalism will be discussed at the next meeting.

PLANNING COMMISSION

03/09/15. Present: A. Tiplady, J. Burkett, and J. Biasuzzi

Ann Tiplady submitted her recent research on parcel size in the AgRR and Forest zoning districts. Her concern was that minimum areas as small as one acre contributed to fragmentation of rural areas and suggested zoning be amended to reduce minimum lot size to state mandated one-eighth acre and minimum width of 40 feet. Discussions included issues of adequate area for on-site water supply and wastewater septic systems in a rural setting.

J. Biasuzzi introduced Bruce Dobbins who purchased the historic Masonic Lodge. Mr. Dobbins described his plans for this structure and his background and interest in planning. Discussion was then directed to a variety of ideas to improve Village streetscapes, encourage business, and enhance visitor experiences. A. Tiplady suggested research into removing VT state maintenance from Village section of US Rt. 7 and having Local control address

aesthetic or safety improvements. A. Tiplady suggested reducing minimum lot sizes in the R15000 and Multiple Residential districts to encourage new subdivision and additional development within the Village. This could then add to Village population and support the local businesses. B. Dobbins felt that other issues that instilled a sense of community are also important to a viable Village social and business climate (i.e., reinstating a Neighborhood Watch program).

A new meeting day was discussed to accommodate PC members new schedules.

PRUDENTIAL COMMITTEE

03/09/15. Present: S. Sendra, K. Stocker, and G. Wells

Maureen gave the board the information as to why the fire department needed new accountability tags and could not use what she got from S. Goulet. The Board approved the new purchase.

The board reviewed the monthly financial statements and signed off on them.

Scott wanted to discuss the use of the Fire District's tractor for the fire department's ice training on the lake at the lodge. He explained what the implications could have been had something happened with the tractor. He asked that this information be brought up at the next fire department meeting and that they request permission first before this happens again. Gary will pass the request on to Stephane Goulet.

Maureen reviewed the warning for the annual meeting. The Board signed the warning and proofread the annual report. A few changes were made to the report. Scott will deliver the report to the printer and pick up the printed reports for Maureen to mail.

Maureen showed a list of broken items needed for the fire department. The Board approved the purchase of a butterfly valve, a nozzle, nozzle handles, and a hose.

*Important
DATE!*

**WALLINGFORD FIRE
DISTRICT #1
ANNUAL MEETING
TUESDAY, APRIL 21ST—7 P.M.
WALLINGFORD TOWN HALL**

For the purpose of approving the three budgets,
electing officers, etc.

WALLINGFORD ELEMENTARY SCHOOL

02/26/15. Present: K. Fredette, P. Rondinone, T. Lidstone, and J. Rodgers

The Board met with Jay Kenlan to review the warning and discussed what the board will go over at the town meeting.

Principal Helen announced the kitchen is finished and the staff is thrilled with more efficient space. The board discussed the ventilation system in the gym, the construction project, and the heat in the kitchen. The school’s pipes froze over vacation. Helen discussed SBAC with the Board.

Students are enjoying learning to ski, snowboard, X-country ski or snowshoe.

The Montshire Museum will be bringing a giant sky lab dome to our school which will be set up in one-half of the gym. Each class will have a lesson inside the dome on the “night sky”.

Helen explained the status of the partnership with Tarrant The new state test is now ready for teachers to use to prepare students for the new test in the spring.

The kitchen staff will be working on making changes to the cold lunch program, recycling, and moving away from certain processed foods.

Grade Level Meetings are being held throughout our district. Teachers meet with their same grade level colleagues to share information about the essential outcomes for math, literacy and science.

Michael Lannon’s last day was February 13. Recent Castleton College graduate Hannah Corkum has been hired to be the PE teacher for 3 weeks. She will also be mentored by Mr. Allen.

Enrollment is at 140. PreK: 21, Kindergarten: 19, 1st

Grade : 12, 2nd grade: 24, 3rd grade: 16, 4th grade: 15, 5th grade: 15, 6th grade: 18.

Ken announced that the first negotiations’ meeting was held February 23rd

03/05/15. Present: K. Fredette, S. Pytlik, J. Rodgers, and P. Rondinone

Reorganization of the Board was done and committee assignments were made.

Helen advised the Board that Chris LaBate is taking a medical leave and she will be hiring a long-term sub.

Helen presented information from the recent MAPS assessments and a lengthy conversation ensued.

The work on the gym heating is completed. The ventilation system will not be completed until this summer as all three HRUs need to be put in place, set up and fully operational as they are all connected.

The final session of the winter sports program occurred today. All staff attended the last session and got to enjoy spending time with their students.

Enrollment remains unchanged since the last meeting at 140.

The board looked over the Financial Management Questionnaire.

Superintendent Younce is in the midst of individual meetings with WES staff. There is a rich and valued history at WES that comes through very evidently in the passion that the staff shares for the school, students and community.

The RSSU Leadership Team is still working to develop the details of its vision as we move forward into the next several school years. Anticipated areas of focus will be: foundational beliefs, professional development, internal leadership development, and evaluation systems.

The March edition of RSSU Connect will be coming out in the next few weeks.

The Bargaining Council has begun negotiations with teaching staff at the elementary and SU-level.

There was a discussion about Town Meeting.

The board discussed asbestos abatement and possibilities for adding some of the deduct alternates back into the project. The Board decided to put the sale of the Little Red Schoolhouse into the hands of a realtor.

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- Hot Air Furnaces
- Wood Boilers

EVENTS FOR THE MAPLE VALLEY GRANGE # 318 ON ROUTE 7 IN SOUTH WALLINGFORD

Every Thursday Martial Arts at 6:30 p.m.

Hall Rental -- \$150 plus \$50 deposit. Contact Beth Sheeha at 342-6070.



WALLINGFORD HISTORICAL SOCIETY

For more information on upcoming programs from May through October, membership opportunities, publications and photo galleries, visit our website at <http://wallingfordhistoricalsociety.wordpress.com> or contact President Joyce Barbieri at 446-2614.

Books for Sale

- “The History of Wallingford” by Thorpe for \$20, or
- “The People of Wallingford” for \$25 by Batcheller.
- “The History of Sugar Hill” by Gary Wade for \$10

Copies can be picked up at the Town Hall or if a check is sent for the appropriate amount plus \$5 for shipping and handling, I can mail it. Checks should be made out to the Wallingford Historical Society and sent to Joyce Barbieri, 662 Creek Road, Wallingford, Vermont 05773.



Gabriella Netsch yankeedrivingchool.com
802-558-2897 yankeedrivingchool@comcast.net

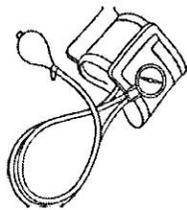
WALLINGFORD VOLUNTEER FIRE DEPARTMENT NEWS

Jr. Firefighters – Age 13-18 – Senior Firefighters – Age 18 - ? *We will train.* Volunteers needed -- Age 13- seniors for work details, etc. Contact John Thomson at 353-0996 for details.

Seniors are certainly welcome to join. Contact Charlie Gauthier at 353-0996.

CONSTABLE NEWS – ON FACEBOOK AT "Wallingford Constables Office." Jerry Tift, Constable 802-353-2378

Wallingford's Animal Control Officer is Constable Jerry Tift. You can reach him at 802-353-2378. The ACO handles calls concerning domesticated animals, and farm animals, to include animals running at large, animal cruelty, aggressive dogs, dog bites, etc. Wallingford's Animal Control Ordinance can be viewed at wallingfordvt.com.



WALLINGFORD SENIORS

Foot and blood pressure clinic on the first Wednesdays of each month at 10:30 a.m. at the Wallingford House, 10 North Main Street, Wallingford.

Remember the Seniors' lunch every Monday at Noon at the Rotary. Contact Linda Weightman at 446-2301.

EAST WALLINGFORD FIRE DISTRICT #2 ANNUAL MEETING

The annual meeting for Fire District #2, will be held on Monday, April 27, 2015 at 8:00 P.M. at the East Wallingford firehouse.

**Maple Grove Cemetery
East Wallingford, Vermont**

A Lovely Historic Cemetery
Landscaped With The Charm Of Old
Majestic Maple Trees.

Established More Than 200 Years Ago.
Residents and Neighbors are Welcome
To Come and Wander The Grounds.

Many Lots Available
1 Person \$450 - 2 Person \$900
Ask about Cremation Lots
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BURIAL LOTS FOR SALE

By Time Sale; Interest Free
GREEN HILL CEMETERY
South Main Street ~ Wallingford, VT
Call Charles Gauthier at 802-353-0996.

Terms: 20% down; balance paid in 10 monthly payments.
Deed will be written when last payment is made. If
APPLICANT FAILS TO MAKE FINAL PAYMENT AS
AGREED, APPLICANT WILL FORFEIT 20% DOWN
PAYMENT. ANY ADDITIONAL MONEY PAID WILL BE
RETURNED TO APPLICANT.



PTO Pancake Breakfast & Egg Hunt

Saturday, April 4, 2015—Wallingford Elementary
School, 126 School Street

8:30 – 9:30 Breakfast served

9:40 - Egg Hunt begins.

Breakfast features: hot, homemade pancakes w/VT maple
syrup, sausage, fruit, juice and coffee.

Cost: \$5.00 per person; \$20.00 per family of up to 5; \$3 for
each additional family member.

Mr. Bunny will be there for a meet and greet with the kids.

Come join the fun. It's a great way to meet new families,
enjoy friends and support the WES community!

**Rutland Regional Offers Safe Sitter® Classes in
April**

More than 30% of children in middle school are home
alone after school, and many are responsible for watching
their younger siblings until their parents are home from
work. Safe Sitter® classes at RRMC can give your child
the skills they need to be safe, and give parents peace of
mind that they are prepared.

RRMC offers monthly Safe Sitter® classes with the next
session held Saturday, April 11 & Sunday, April 12.
Additional sessions will be held May 16 and 17; June 27
and 28; July 18 and 19 and throughout the year.

Classes are held 9 am to 4 pm at 254 Stratton Road in
Rutland and pre-registration is required. The fee for the
class is \$60.00 with scholarships available based on need.
To register for this program or for more information,
please visit RRMC.org or call 802.772.2400.

Safe Sitter® teaches young teens (11-13) everything they
need to be safe when they're home alone, watching
younger siblings, or babysitting. Students will learn life-
saving skills such as how to rescue someone who's
choking, and helpful information like how to prevent
injuries and how to get help if needed. The lessons are
filled with fun activities and role-playing exercises. Safe
Sitter® graduates are prepared with the knowledge they
need to prevent problems and handle unexpected
emergencies.

**Rutland Regional Offers AARP Smart Driver
Course™**

The AARP Smart Driver Course™ is the nation's first
and largest refresher course for drivers age 50 and older.
It has given millions of drivers the skills and tools they
need to drive safely on today's roads, allowing them to
remain independent for many years to come. And the
best part? There are no tests to pass - just useful
information to keep you safe on the road!

The program will be held on Thursday, April 30 from 5-
9:30 pm in the CVPS/Leahy Community Health
Education Center at RRMC. The fee for non-AARP
members is \$20 or \$15 for members. To qualify for the
member rate, please put your AARP member number in
the memo section of your check. Checks should be made
out to AARP, write AARP Class on the check, and mail
it directly to Baird Morgan, 799 Elm Street, Florence,
VT 05744 by April 20, 2015. Registration is required.
Register online at www.RRMC.org or call
802.772.2400.

PROPERTY TRANSFERS

...Seller: Mary Burnham, 196 School Street, Buyer: Sarah Seward, Purchase Price: \$43,000; Assessed Value: \$90,700.

...Seller: Charles & Lisa McClafferty, 37 South Main Street, Buyer: Stephen & Gloria Werle, Purchase Price: \$430,000; Assessed Value: \$410,100.

ZONING PERMITS

...Bruce Dobbins & Erika Berner, 65 South Main Street, convert to single-family residence.

...Est. of Bruce McMahon/Joseph & Sharon Phillips, 19 South Main Street & 8 School Street, corrective lot line adjustment.

The Wallingford Newsletter is published monthly. Support the Wallingford Newsletter with an ad. Rates are \$50 for a business card size ad and \$75 for a double ad. Your ad will run for 12 issues. For more information, call the Town Clerk's Office at 446-2336. Do you have a used car, boat or services to sell? A one-month ad, 25 words or less is \$5. Is there anything you'd like added to the newsletter? Let us know. Issues of the newsletter can be mailed to you if you provide us with the self-addressed stamped envelopes (with 70¢ postage on each). The newsletter is also on the Web at www.wallingfordvt.com.

Long Trail Baseball & Wallingford Softball registration has started. Contact Bastian Auer at 446-2893 or longtrailbaseball@gmail.com for information.

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Steven Hochberg, RPh, CCN
Registered Pharmacist
Certified Clinical Nutritionist
smilin@smilinsteve.com

Patricia A. Pranger, CPA, MBA
Certified Public Accountant

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Wallingford, VT 05773

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versatiledrywall@gmail.com

WALLINGFORD ELEMENTARY PRE-K SCHOOL NEWS

Mark Your Calendar: Wednesday, April 29, 2015

PLACE: WALLINGFORD ELEMENTARY PRE-K FOR REGISTRATION

TIME: 7:30AM-1:30PM You only need to stay for a short time to fill out paper work, meet other families, and the pre-k teachers.

INVITED: Children who will be 3 years old by August 31, 2015 and children who will be 4 years old by August 31, 2015.

Please bring copies of your child's or children's birth certificate(s) and immunization records. These are required documents before children begin school. Thank you.

Please call: 802-446-2141 to leave a message that you will join our registration day. If you are not able to make this day, Ms. Pearsons will return your call and meet with you on another day. Thank you.

Tinmouth Contra Dance

Friday, April 17, 2015 at 8:00-Beginners's Session 7:45-8:00
Tinmouth Community Center, Route 140

April's contra dance will feature Quena Crain calling with live music by Cedar Stanistreet on fiddle and Roger Kayle on guitar. All dances are taught, and you do not need a partner. If you are a beginner, come at 7:45 for a beginner's session. There will be live music, enthusiastic swinging and dancing and a fun night for all. Please bring clean, non-marring shoes. Admission is \$9, \$7 for teens and free for children 12 and under. Refreshments will be available to benefit the dance fund.

FIRST CONGREGATIONAL CHURCH OF WALLINGFORD

As many of you know, our pastor, Linda Kulas, retired at the end of November, after being with us for three years. Our church prospered well under her guidance and leadership. We all extend a heartfelt thanks to Linda and Russell, and wish them all the best in their retirement. Our ministerial assistant, Joe Will, continued to "hold down the fort" for the months of December and January, and the first of February we were very pleased to welcome Rev. Dr. Steven Berry to the pastoral team with Joe. Rev. Berry was former pastor at the Manchester Congregational Church and is also currently Associate Pastor at the Federated Church of Castleton. Many thanks to Joe and Steve as well, for all they have done and continue to do!

On Saturday, March 28th, we will be serving a ham dinner with all the fixings. Cost is \$10 for adults and \$5 for children 8 and under. Proceeds from this dinner will benefit the Deacon's Fund at FCCW – a fund that helps locally in times of need. Hope to see you there.

During Holy Week, we will be having a Maundy Thursday worship service with communion and readings. This will be at 7:00 PM. On Good Friday the sanctuary will be open from noon to 3:00 PM for anyone wishing to come in for prayer and reflection. Our regular family Sunday morning worship service and Sunday School is at 10:00 AM. Nursery care is also staffed.

On Saturday, May 2nd, the Ladies' Night Out chorus will perform a concert at the church at 3:30 PM. There is a suggested donation of \$10, to go to the chorus.

The Ladies Aid will be having its 94th annual May Breakfast on Wednesday, May 6th. Don't miss this wonderful tradition! Further details will be forthcoming.

Wallingford Country Store & Deli

137C North Main Street

P.O. Box 364

Wallingford, VT 05773

(802) 446-2352

wallingfordcountrystore@netzero.com

State Liquor Store

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Owner: Evelyn Gould

Donna Wilkins Photography

Donna J Wilkins

Wallingford, Vermont

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email: donnawilkinsphotography@aol.com

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Web: donnawilkinsphotography.com

Facebook-Donna Wilkins Photography



GILBERT HART LIBRARY NEWS

GILBERT HART LIBRARY

Lots of ways to keep the momentum of the season going...the friends will show Part 4 of Freedom & Unity: The Vermont Movie at the Town Hall on Sunday April 12, 2:00 p.m.

On Monday, April 27 at 3:30 p.m., our book discussion centers around *West with the Night* by Beryl Markham. Autobiography or wonderful story of a life? ~you be the judge. Copies are available now at the circulation desk.

And for everyone's enjoyment, during school vacation week there will be two fun movie showings: *The Monuments Men* on Monday, April 13 at 1:00 p.m. and *Fantastic Mr. Fox* on Thursday, April 16 at 1:00 p.m. These movies will be shown in the Klock Room, both are free and open to all. The Monday movie is rated PG-13 and the Thursday movie is rated PG.

Of course, in between all the movies, we hope you'll select a book to take home with you! Continued great new releases from lots of best-selling authors are on our lists this month. Hop on over and catch spring reading fever!

HART LINES

Warm weather is still not very apparent even as we make plans to enjoy it when it comes.

We continue to show the Vermont Movie, **Unity and Freedom**, at the Town Hall on Sundays at 2:00 p.m. The last three episodes will be presented on April 19th, May 17th and May 31st. The series, which the Friends purchased for the Library, will be available for checkout when we have finished showing it at the Town Hall – for those of you who may have missed seeing some portions of it.

Thinking and planning ahead, we have scheduled a Sing-along at the Library (on the lawn at the rear) on July 15th at 7:00 p.m. We will have song sheets and musical accompaniment. Put this on your calendar right away, to assure success in this new venture!

Proposals have also been made for a renewal of a town-wide activities day in another year. What happened to Wallingford Day, for instance? Yes, it takes a little extra effort, but it's usually fun! We can do that!

Whist dates have been set for several months: April 3rd and 17th at 1:00 p.m.; May 1st and 15th at 7:00 p.m. (and maybe May 29th at 7:00); and June 12th and 26th at 7:00.

The Plant Sale is on May 16th at 9-12 a.m. in front of the Library. We may add baked goods to this sale: watch the signs!

It's not too early to start plants indoors right now --- what fun to watch for green growing things!

Thrive Center's 6th. Annual Winter - Spring YOGA Sampler ~ FIELD TRIP FINALE: The 5th. of the (5)

Workshops Saturday, 3/28 ~ Our new FIELD TRIP twist

*

"Anatomy of a Yoga Practice: The Low Back"

** Second date added ~ Saturday, 5/2 (Due to popularity, 5 weeks out))

Instructor: Darci Whitehorne, PT, RYT

10:00 AM - 12:00 PM

Therapydia Rutland, 155 Woodstock Avenue, Suite 2, Rutland

Investment [Fee]: \$20.00 for the 2 Hour Workshop

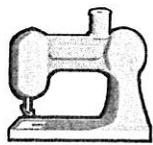
Saturday: 3/28/15*

The final offering in the Thrive Center's "Yoga Sampler" and another workshop in the Anatomy of a Yoga Practice. The lower back is such a common area of injury and many people seek relief through the use of yoga. Come and learn about the functional anatomy of the lower back and pelvis as it integrates with the rest of the spine and with the hips. Experience how important this integration is for lower back and pelvis mobility and stability. After a multimedia, interactive discussion, the key concepts will be carried into a slow-flow yoga practice so you can experience them in your own body. All levels are welcome. (As of this minute ~ All mats sold out for 3/28. However, do call ~ As things often change like the wind!)

RSVPs are a must ~ To register call Therapydia at 802.772.7801, or Email: Michelle Charron, <michelle@therapydiarutland.com>; Please make checks payable to: Therapydia

* Dress warmly for movement ~ Bring: mat, blanket, blocks and water

* A portion of the proceeds from "A Winter Sampler ~ Yoga Workshops & Classes" ~ Will go to the WES General Scholarship Fund & Girls on the Run!



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