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October 21, 2016

## Energy project makes Sterling a leader in energy resiliency

by Lex Thomas

On October 12, clean energy leaders and stakeholders from across Massachusetts and New England joined the Sterling Municipal Light Department to celebrate the groundbreaking for the Community Clean Energy Resiliency Initiative Battery Storage Project, the first utility-scale municipal energy storage system in Massachusetts. The 2-megawatt/3.9 megawatt-hour battery storage system, to be installed at Sterling's Chocksett Road Substation, will be able to isolate from the main grid during a power outage and, with the support of existing solar generation, provide up to 12 days of backup power to the town's police station and dispatch center, a critical facility providing first responder services. The project in effect doubles the installed battery storage capacity in Massachusetts.

The project is being led by the Sterling Municipal Light Department, with batteries supplied by NEC Energy Solutions, a locally-based company with headquarters in Westborough, Mass. Funding included a \$1.46 million grant from the Massachusetts Department of Energy Resources, under the leadership of Commissioner Judith



(Left to right) Secretary Matthew Beaton, Dr. Imre Gyuk, Sean Hamilton, and Commissioner Judith Judson.

Judson, with additional financial and technical assistance from the Department of Energy, Office of Electricity (DOE-OE) under the direction of Dr. Imre Gyuk, and Sandia National Laboratories under the leadership of Dan Borneo. Additional technical support was provided by the Clean Energy States Alliance (CESA) under the project leadership of Todd Olinsky-Paul, through its Energy Storage Technology Advancement Partnership (ESTAP), and by Clean Energy Group's Resilient Power Project

through a generous grant from the Barr Foundation.

In addition to power benefits, the project will enable the town to save on energy costs over its lifespan due to the grid services the batteries will provide. Speaking at the groundbreaking event, Secretary Matthew Beaton, Executive Office of Energy and Environmental Affairs, said the project makes enormous strides toward ensuring Massachusetts has "a clean, affordable, and resilient energy future. This is a game changer for the overall utilization, cleanliness, and resiliency of our grid," he said.

SMLD General Manager Sean Hamilton said the project represents the way of the future for energy. "Energy storage is the next step for our industry," he said. "We've been doing one thing for a hundred years, and it's time to do something different." He also called the project a tremendous benefit for Sterling ratepayers. "This project will not only guarantee clean and resilient energy for Sterling's future, but it will save on energy costs for our ratepayers," he said. "And we're all about doing the right things for our ratepayers."

Site construction will begin shortly, and the project is expected to be fully operational by the end of 2016.

PHOTO by Richard Maki

**Early voting new this year!**  
Available to all voters. Avoid line-ups on election day.  
**Monday, October 24 to Friday, November 4**  
**Monday to Thursday, 7:30 a.m. to 5 p.m.,**  
**Friday, 7:30 to 11:30 a.m.**  
**Location:**  
**Butterick Town Hall**  
**Election Day:**  
**Tuesday, November 8**  
**7 a.m. to 8 p.m.,**  
**Houghton Elementary School, 32 Boutelle Road**  
**For more information, contact Town Clerk's Office**  
**978-422-8111, ext. 2307**

## Gravestone Girls show historic value of Sterling's cemeteries

by Chelsea Dill



The Gravestone Girls artwork based upon historic gravestone rubbings.

PHOTO by Chelsea Dill

gravestone rubbing classes and pride themselves on creating replicas of the etchings with safe techniques that preserve the original stone. "Gravestone rubbings serve to make a document of that stone in time," says Sullivan. She grew up in Southborough and learned to rub gravestones as a child, eventually finding favorite gravestone designs of which she safely made replicas. "Nothing says Merry Christmas or Happy Birthday like a gravestone," Sullivan says of her family's and friends' reactions to her newfound passion. Sullivan also showed the audience small casts of gravestone images that she designed as small pieces of artwork. Gravestone Girls' rubbings and casts decorate homes and gardens in wall hangings, jewelry, magnets, clocks, and other collectibles.

On stage, Sullivan speaks about lore and ancient beliefs surrounding death, beginning with ancient Egyptian burial ceremonies. She connects it to American Colonial history as she provides examples from the icons on Sterling cemetery gravestones. The pictorial virtual tour highlights the symbols of the winged skull. This prevalent Colonial symbol represented the failure of the physical bodily flesh, leaving the skeletal remains, while the wings allow the soul to take flight. "They were literal, religious, and superstitious," Sullivan says of the belief system in 17th and 18th-century life.

Sullivan also explains the evolution of symbols on the graves. A heart replaced the winged skull and the icons became easier to interpret. One standout symbol represented human life as a broken tree under a hand coming from the clouds, wielding an axe. In this image, the abruptness of human life is understood without an epitaph. Some graves even list the years, months, and days of a person's life in order to account for all of the Puritanical good days they lived.

Centuries of life and death have come through Sterling. With the Gravestone Girls' mission to preserve the past's gravestone artwork, the next time you pass a cemetery, take a look at the icons as a piece of history. With that in mind, maybe cemeteries aren't so spooky after all.

The lights dimmed in the Chocksett Middle School theater on September 19. A woman dressed in black with flowing red hair stepped out of the shadows in the corner and stood center stage. Something appeared behind her. In a flash, the image of a gravestone formed like an apparition on the screen that hung from the ceiling. Brenda Sullivan, one third of the trio known as the "Gravestone Girls," began a slideshow presentation about gravestone symbolism, using examples from real gravestones in the historic cemeteries located in Sterling. The goal of the event, sponsored by Conant Public Library, was to enrich the intrinsic value of Sterling's six historic cemeteries. The oldest, Legg cemetery, dates back to 1725, shortly followed by Chocksett cemetery at 1736.

Based in Worcester, the Gravestone Girls' mission is to "Keep our Dead Alive" by reproducing the decorative artwork on old New England gravestones. The trio of women also teach

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## Good men and women pay the price

As women come forward describing aggressive sexual moves Donald Trump has made on them, I'm reminded of my own experiences with sexual predators and conversations I've had with women who remain silent. In my 30s, I brought a chicken dinner to an older neighbor whose wife was in hospital. The man pinned me to his living room wall and started kissing me on the mouth. I escaped, but to this day, neighborly gestures that position me to be alone with males are scary. In other incidents, a plumber proposed sex as partial payment for his service, and I caught a pest control worker peering in my window. As a result, I'm leery of contractors and repair men. The drunk cousin who tried to bust through my bedroom door, joked with his friends that he "wanted me". To this day, I avoid him at family gatherings.

Most women keep their stories private. For men who love the victims of sexual aggression, the consequences can be far-reaching. I've spoken with women who can't enjoy their husbands because they've been hurt by men like Trump.

Recent video revelations focus the national conversation. Most men treat women with respect. Women and men both want to participate in wholesome, consensual sexual activity. Online pornography often encourages violent, degrading interactions. The oppression is so internalized some women feel they must present themselves as sexual objects to entice men.

Signs of hope include athletes who insist they do not want to be lumped into Trump's "locker room talk". Republicans distancing themselves from Trump are models of decency. The more men who speak out, the better. Consider the impact on your daughters, wives, and sisters when a leader trespasses healthy boundaries. Freedom and self-determination extend to sex.

Judith Doherty  
Swett Hill Road, Sterling

## Town's history deserves to be preserved

When I heard the off-handed suggestion by one of our selectmen at a recent Board of Selectmen meeting that, "We could sell it," in reference to the 1835 Town Hall, it was a blow to what I treasure most about our town. I treasure our history and the esteemed town elders of past generations that framed it. Our historic buildings represent that history. Selling the 1835 Town Hall simply to relieve ourselves of a financial responsibility seems depraved. It relegates our past to rubble, forever forgotten.

But that seems to be the trend. You can see it in the historic Sterling Inn which has fallen into a state of disrepair from which it may never recover, in the West Sterling River District School House that is in need of painting and repair, in the unreadable signs to our historic cemeteries, and in the exhausting struggle to affect repairs to our Town Hall. Have we lost our way? And why should we care?

We should care, else we forget how we got to this place of freedom and independence, how strong a community we once had in Sterling, and the sacrifices our forefathers made that helped create our home. We forget the generous gestures of past benefactors and overlook the conditions of their donations.

We should care, else we lose sight of the labors and struggles of past generations, of what makes our town special, and of what molded our values and why they are important.

We should care, else we forget and we forever lose some of our character, charm and appeal, pride in our heritage, and the spirit of what has made our town unique.

We lose our sense of place. Our Town Hall is quite special, built on land donated in 1799 by Ebenezer Pope to the inhabitants of the Town of Sterling forever to be used for town affairs and never to be converted to private use. In 1800, upon that land, the first civic townhouse in Worcester County was erected. How advanced were our forefathers that, ahead of all other towns in Worcester County, they constructed the first townhouse separating Church from State? Our current Town Hall replaced the original in 1835. Thanks to a few industrious and caring people that recognize the value of this old and historically significant building, it has become part of the fabric of our community and our lives.

How do we inspire leadership to take a stake in protecting the value of our history? It's time for the silent people to weigh in and speak out on behalf of history, if only for a moment. Please join us in saving a piece of our history.

Robert McKay Jones  
Chair, 1835 Town Hall Committee  
info@sterling1835townhall.org  
Read more history about our Town Hall at [sterling1835townhall.org](http://sterling1835townhall.org).

## Rabies clinic a success

On October 1, Sterling ran the annual fall Rabies and Microchip Clinic at VCA Sterling Animal Hospital. A total of 45 rabies shots were administered to dogs and cats and two microchips were implanted. The microchips are important because I can scan the dog or cat with my universal scanner to find the owner if pets are lost or injured. I want to remind residents that cats tend to wander further from home than dogs, and I receive many missing cat reports from the Sterling Police Department. Microchips, which are inserted in the neck area and are virtually painless, make it much easier to locate owners. Remember that any microchip must be registered by calling the microchip company in order to be activated.

I want to thank the Board of Health for sponsoring the Rabies and Microchip Clinic, and Dr. Blais, D.V.M., and the staff at the VCA Sterling Animal Hospital for making things run smoothly and for the use of their facility.

I also want to thank Scott Crossman, Terry Sadler, Karen Kase, Fran Simonds, and Cindy Miller from the Animal Control Advisory Board for helping with the clinic. The clinic went very smoothly, and everybody worked well together with their designated jobs.

Louis Massa  
Sterling Animal Control Officer (ACO)

## Sterling Town Wide Yard Sale a great success

We'd like to send out a big thank you to the Sterling community for their overwhelming support of the 11th Annual Sterling Town Wide Yard Sale on September 17. Yard sale locations all around Sterling were bustling with shoppers. The energy, excitement and perfect weather all helped make the event a huge success. Our thanks go out to those who supported the event by registering your yard sale to be on the map, and also those who bought a map and enjoyed a day of yard sale shopping bargains at the 65 yard sale sites around town. We'd also like to thank all the volunteers who helped blow up balloons and sell maps, as well as the Sterling Police officers who helped us close off Meetinghouse Hill Road. This year we raised \$2,000 through the site registration fees and map sales. These funds will be used to support educational programs and scholarships for both adults and youth at First Church in Sterling.

Christian Education Ministry  
Leadership Team  
First Church in Sterling

## Editor's note

Those who cannot remember the past are condemned to repeat it. So said George Santayana, a philosopher, essayist, poet and novelist who lived from 1863 to 1952. Of course, his words are open to interpretation, and there are some histories more tragic and devastating than others. There are people that can't remember, others that won't remember, and those too young to know anything more than what they hear – often reluctantly – from parents, grandparents, great-grandparents, and others beyond the first bloom of youth. As a "newcomer" to Sterling, having landed here in 2003, I'm only now learning about the myriad of events that have shaped the history of our town. As significant as Mary and her lamb are, they are neither the beginning, nor the end, of our history. So, for all of our readers, and especially for those who, like me and my family, have settled here because of the region's bucolic loveliness, space and quiet, we are introducing a feature in this issue that explores Sterling's rich history. Some of it has big-picture historic significance, and some of it isn't pretty. But it's all worth knowing, and it all has a place in making this a great place.

– Lex Thomas



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Contributed PHOTO

James Michael Galvin

**Birth – James Michael Galvin**

Born September 18, 2016, to Sterling Meetinghouse News reporter Jamie Chase Galvin and her husband Sean Galvin. James arrived weighing 7 pounds and 7 ounces. He joins big sister Brooke. Our Sterling Meetinghouse News family is thrilled to report that everyone is happy, healthy, and in love with James!

**Honors for local realtor**



Caryn Gorczyński from Century 21 Center Home Team has been named one of America's most productive sales associates as a part of REAL Trends America's Best Real Estate Agents, the newly issued ranking report produced by REAL Trends and sponsored by the Zillow Group. Gorczyński is now a member of the "America's Best Real Estate Agents," and ranked 30 for the state of Massachusetts. To qualify for inclusion, Gorczyński needed to have closed at least 50 transaction sides or \$20 million in sales volume in 2015. Gorczyński is a broker at Century 21 Center Home Team, 27 Main St., Sterling.

**Sheriff and ski mountain launch coat drive**

Worcester County Sheriff Lew Evangelidis has announced the kickoff of the 2016 Sheriff's Annual Winter Coat Drive for Worcester County, an annual event that provides new or lightly used winter coats to families in need throughout Worcester County and is a collaborative effort between the Sheriff's Office of Community Corrections, Wachusett Mountain Ski Area, Worcester County Reserve Deputy Sheriff's Association, Warmer Winters (Leominster), Rutland Women's Knitting Club, Twin City Cleaners (Dudley), and Independent Cleaners (Fitchburg).

Over 3,000 new and lightly used winter coats, scarves and mittens will be distributed to charitable organizations throughout the region, including Gardner Community Action, Our Father's House (Fitchburg), Cleghorn Center and Spanish American Center (Leominster), St. John's Food for the Poor Program, Friendly House and Veterans Inc. (Worcester), Rutland Food Pantry, Saint Anne's Food Pantry (Shrewsbury), Tradewinds, Catholic Charities, and Arc of Hope (Southbridge).

The Sheriff's Coat Drive will continue through the end of November. Donations of new or lightly used winter coats may be dropped off at the Fitchburg Office of Community Corrections, 19 Fairmont Place, Fitchburg, the Gardner Museum, Wachusett Mountain Ski Area, Hannaford supermarkets in Lunenburg and Leominster, Lundgren Honda of Auburn, Planet Fitness (Leominster), Hearing & Balance Center of New England, Holden Senior Center, Oriol Health Care, The Overlook, CareOne, Herlihy Insurance Group, Unum Insurance, Austin Liquors (Shrewsbury), Chick-Fil-A (Westborough), Worcester County Sheriff's Office Regional Resource Center, 562 Main St., Webster, Twin City Cleaners (Dudley), and Independent Cleaners (Fitchburg), or call 508-796-2638 to schedule pick-up.



Contributed PHOTO

Wachusett Youth Football 4th grade team.

**Team supports breast cancer awareness**

Every year, the Wachusett Youth Football 4th grade team supports Team Soucy in The Strides Against Breast Cancer Walk, and the team wears pink on game day in support of Breast Cancer Awareness. This year the coaching staff asked players and cheerleaders to go a step further and try to earn a few dollars by doing some type of chore, then donating the money as a team to help support the fight against breast cancer. In just a couple of weeks, they collected \$250, giving them all a sense of accomplishment and pride.

**Letters to the Editor**

Letters should be no more than 300 words, and must include the writer's name, address, phone number and signature. Only name, street name and town will be printed. Letters may be edited for length and clarity. On occasion, letters up to 500 words may be published as opinion pieces, at the editor's discretion. Send email to [lex@sterlingmeetinghousenews.com](mailto:lex@sterlingmeetinghousenews.com) or mail to: Sterling Meetinghouse News, PO Box 914, Sterling, MA 01564.

**Correction:**

In the Project Linus story published on page 14 of the September 21 issue, Kaitlyn Langlois was incorrectly identified as being from Sterling. She was from Spencer.

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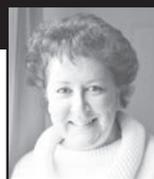
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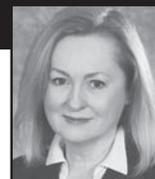
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**Boy Scout Bottle and Can Drive**

The Sterling Boy Scout Troop 189 is holding a Bottle and Can Drive on Saturday, November 5, from 8 a.m. to 2 p.m., at the Sterling DPW, 171 Worcester Road (Rte. 12). All MA returnable bottles and cans are accepted. All proceeds from the drive stay in the Troop and help fund camping trips, purchasing and maintenance of equipment, and administrative costs. To arrange pick-up, or for more information about scouting, call Mike at 978-422-7756.

**Wachusett Food Pantry October distribution**

Friday, November 18 for seniors, and Saturday, November 19 for the public, 9 to 11 a.m. Residents of Sterling, Holden, Paxton, Princeton, and Rutland are eligible. Proof of residency required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Route 12), Sterling. For information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

**Sterling seeks new town administrator**

On the heels of the resignation of Michael Szlosek in September, Sterling's Board of Selectmen has appointed Sterling Town Treasurer Ann Cervantes as Interim Town Administrator. Szlosek held the position since March 2015, after serving as Interim Town Administrator following the death of Jeffrey Ritter.



Interim Town Administrator Ann Cervantes.



Departing Town Administrator Michael Szlosek.

PHOTOS by Richard Maki

**Chamber hosts "Business After Hours"**

The Wachusett Area Chamber of Commerce will host a "Business After Hours" networking event on Tuesday, November 15, from 5:30 to 7:30 p.m., at Mexicali Fresh Mex Grill, located at 700 Main St., Holden. The event, sponsored by Pepsi Cola Bottling Company, will feature networking, hors d'oeuvres, a cash bar and door prizes. \$15 for Chamber members, \$20 for non-members. To register, call 508-829-9220, email info@wachusettareachamber.org, or visit wachusettareachamber.org.

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**Fall brush dump schedule**

The brush dump, located behind the Sterling Police Department on George Peeso Lane, will be open 8 a.m. to noon on Saturday, October 22 and 29, and November 5 and 19. For more information, visit [sterling-ma.gov](http://sterling-ma.gov) or call the DPW at 978-422-6767.

**Curbside trash/recycling**

The DPW will be closed on Friday, November 11, in observance of Veterans Day. However, the holiday won't affect the curbside trash/recycle pickup schedule. Trash will be picked up on a regular schedule during the week of November 7 to 11. Have trash/recycling curbside by 7 a.m. on your regularly scheduled pickup day.

**Osgood Road water storage tank offline**

The Osgood Road water storage tank is offline for major repairs which began September 6, and will remain offline for approximately 60 days. The storage tank holds 750,000 gallons of water, approximately 40 percent of the town's water supply. Restrict water usage during this time period, in addition to the existing outdoor watering ban.

**Mandatory water ban**

Due to severe drought conditions outdoor water use is banned. The only exception to this rule is that edible vegetable plants may be watered by handheld hoses and/or watering cans only. For more information, visit [sterling-ma.gov](http://sterling-ma.gov) or call the DPW at 978-422-6767.

**Premiere Mortgage celebrates 20th anniversary**

Premiere Mortgage Services, Inc. is celebrating 20 years in business, a huge milestone for the Sterling-based mortgage broker business. Premiere Mortgage Services got its start in 1996 when founder Dana Bain and his wife Robin decided they could offer the absolute best service and pricing model over their competition. They have operated out of their home office from the start. One of the earliest challenges Premiere Mortgage Services faced were the steady stream of new rules and regulations that require continual learning of new protocols and procedures via industry continuing education programs and strict federal licensing requirements.

While every business faces challenges, some, like Premiere Mortgage Services, are fortunate enough to enjoy real success. While building their dream home and raising their children, the Bains have also been able to save existing homeowners thousands of dollars with refinancing options while providing some of the best mortgage rates and programs available.

"One of the high points of Premiere Mortgage Services' history so far has

been capitalizing on today's technology and communication tools. This has allowed us to serve many happy homeowners in Massachusetts and New Hampshire," says Dana Bain. "I believe the secret to getting this far in business today is perseverance and an incredible partner in my wife Robin. We're blessed to have a large client base of happy and loyal customers and real estate professionals." For more information, visit [bainmortgage.com](http://bainmortgage.com).

**LCU hosts homebuyers seminar**

Leominster Credit Union will hold a First Time Homebuyers Seminar on Wednesday, October 26, 6 to 7:30 p.m., at LCU headquarters, 18 Adams St., Leominster.

Learn about the costs associated with homeownership, how your credit affects your options, making an offer and negotiating the price, the inspection process, and closing, from a team of real estate experts. Free. To register, visit [bit.ly/FirstTimeHomebuyerFall](http://bit.ly/FirstTimeHomebuyerFall).

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**Septic Pumping**  
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# Ceremony helps students “Come Together”

by Chelsea Dill

Students, faculty, and parents gathered in front of Houghton Elementary School early in October for the school’s annual Peace Pole ceremony. Music teacher Jess Wilke led the school in the traditional theme song, “Peace Like a River,” accompanied by the Special Agents band—Wilke, and fellow teachers Mike Walsh and Kathy Greene.

“The Peace Pole ceremony functions as our first all-school get together of the year and as the closure of our first six weeks of school,” says Wilke. “During the first six weeks, we take a lot of time

modeling how we want our school to be and emphasizing our school values. We believe in a peaceful school made possible by these values and hope that the energy of our performance can serve as inspiration for the Sterling community and beyond.”

The theme for the Peace Pole ceremony changes every year and this year Wilke chose to use the music of The Beatles in order to promote unity, peace, and understanding, and reinforce the school’s values. “Every year I get suggestions for music from our teachers and

pay attention to the buzz around social issues. This year I noticed a lot of people turning to the music of The Beatles for comfort after serious world and national conflicts and events,” she says. “It’s a little daunting to approach classes with, ‘Here’s a band your grandparents loved,’ but they immediately fell in love with “Let it Be.” It was amazing to see how many kids already loved listening to The Beatles with their families. They are timeless.”

Principal Anthony Cipro welcomed everyone to the ceremony. The Peace Pole in front of the school has been newly restored and fresh plantings were added by the PTO. Cipro pointed out that the color worn by each grade represents all five Houghton school values: honesty, respect, cooperation, kindness, and responsibility.

Throughout the ceremony, students flew artwork doves in front of the Peace

Pole and opened the wings to reveal a meaningful Beatles lyric. One of the students’ favorite songs was “Yellow Submarine,” representing togetherness in this year’s ceremony. Kara Fissette’s kindergarten class carried an inflatable yellow submarine in front of the school during the ceremony wearing sailor hats and nautical gear as they sang. Gail Miller’s class performed a new version of “Give Peace A Chance” with new lyrics written by the students.

“Sometimes it feels like you’re just one person who can’t do anything to solve the problems in the world. But what we can do is to believe in each other and use our Houghton values,” said Wilke. The ceremony ended with more than 400 students singing “Let it Be” in unison. Though the October weather was cool, love and peace filled the air.

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Houghton kindergarteners sail a yellow submarine.

PHOTO by Chelsea Dill



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# Family Night at Village Green Preschool



Contributed PHOTO

Magician Scott Jameson demonstrates his showmanship at Family Night.

On September 30, Village Green Preschool held its annual Family Night. Preschoolers and their families enjoyed a potluck buffet of homemade treats and were entertained by magician Scott Jameson in the Parish Hall of First Church in Sterling. Each family also brought non-perishable food items, which were donated to the Wachusett Food Pantry. The event, designed to foster community spirit while giving families an enjoyable night out, also celebrates the beginning of the school year.

# Construction of Veterinary Science Training Center

After two years of planning and fundraising, Monty Tech's new Veterinary Science Training Center is on the fast track to becoming a reality. A groundbreaking ceremony was held on September 16 at the site located on the Westminster Street school campus. The one-story, 7,465-square-foot facility is being built by students and teachers in Monty Tech's building trades and will include classrooms, laboratory and veterinary clinic. Building completion is scheduled for sometime early in the 2017-2018 school year. School officials estimate a savings of \$1.1 million in labor costs by having Monty Tech do all the construction work.

# Fighting hunger one bowl at a time

In conjunction with United Neighbors of Fitchburg and the Empty Bowls Project, a nonprofit organization committed to bringing awareness to and ending hunger, members of Applewild School and local communities will strive to craft up to 1,000 clay and wooden bowls. Created by students, faculty, staff, and local community members, all proceeds through the sales of the bowls will go to United Neighbors of Fitchburg to combat hunger in the local community. Community members are invited to make clay bowls in the school's art studios. The bowls will be sold during the holiday season and at a special School event, Applewild About Arts, in the spring. Applewild will host an open studio on Thursday, November 10, from 6 to 7:30 p.m. To attend, or to order a bowl in advance of the holiday season, email Sara Sanford at [ssanford@applewild.org](mailto:ssanford@applewild.org).

# Annual Community Spooky Walk and Halloween Party

Children of all ages are invited to the Annual Community Spooky Walk and Halloween Party hosted by Village Green Preschool. This event, which is open to all families in Sterling and the surrounding communities, will be held on Monday, October 24, from 5 to 7:30 p.m. (rain or shine). Plan to arrive in costume and bring a bag for trick-or-treating along the parade route. The parade will begin promptly at 5 p.m. behind the Sterling Fire Station and will proceed down Main Street to First Church in Sterling, where the Halloween Party will be held. The party will include interactive games, crafts, pizza, snacks, and baked goods. Parents are required to stay for the event. Tickets for the party are \$5 per person (under 1 year free). Proceeds go to the preschool's playground maintenance fund. Tickets are available at Appletown Market and the Village Green Preschool office.

# Monty Tech recognizes honor roll students

A total of 350 sophomores, juniors and seniors, nearly a fourth of the student body, were honored recently at Montachusett Regional Vocational Technical School's annual honor roll banquets. Students named to the honor roll for all four quarters last year, and their families, were invited to attend the banquet and award ceremony. Again this year, the number of students being honored was so high, it necessitated holding two banquets on different nights.

Sterling residents honored were James Belair, Casey Brown, Sara Dupont, Holly Forstrom, Wade Fuller, Alissa Gaulin, Jakob Gravelin, Samantha Grice, Ryan Hendrickson, David Hinckley, Nicholas Lanciani, Alyssa Leonardi, Alexander Littizzio, Taylor Moroney, Benjamin Pare, Erica Regan, Brianna Remy, William Roseberry, Katelyn Roseberry, Heather Stevens, and Katherine Tremblay.



PHOTO by Danielle Ray

Several dozen Girl Scouts from six troops out of Sterling and Princeton gathered on the shores of Lake Waushacum on October 16 for the annual investiture ceremony to officially kick off the new Girl Scout season. The girls continued the tradition of writing wishes on biodegradable balloons and releasing them. There is always a need for troop leaders and volunteers. For information, email Nickole Boardman at [nboardman@verizon.net](mailto:nboardman@verizon.net).

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# MOMS Club offers support to local mothers

by Jamie Chase Galvin

Are you a stay-at-home mom looking for ways to get out and socialize with your kids? Are you new to the Sterling area and looking to meet other moms and get your kids connected with events and activities in town? The MOMS Club of Sterling/Lancaster®, is a community based group geared toward helping moms get, and stay, connected with other area moms and introducing kids to fun events and activities, and offering support as needed.

I stumbled upon this group two years ago and, as a part-time stay-at-home mom, found the access to events, activities, and support invaluable in my journey as a parent. Current chapter president Stacey Woodbury says the group offers support to moms who are at home during the day with their children. "We have monthly activities for all members and their children, weekly playgroups for children ages newborn to kindergarten, support for new moms or moms in need, and a monthly moms night out," she says.

The MOMS Club originated in 1983 in California when a stay-at-home mom found there weren't any organizations that met during the day that specifically met her needs. Today, there are over 1,500 chapters across the United States and over 100,000 members with international chapters as well.

The Sterling/Lancaster chapter was founded in 2004 and currently has about 30 members and hopes to welcome new members at any time. Woodbury, who has four children and has been a member of the group for a year, sought out the group when she relocated to Sterling last year from Leominster. "I joined the moms club hoping that my children would meet some playmates and that I would meet some new mom friends as well," she says. "Over the past year, I've met so many amazing women, children, and families, and I've participated in so many great experiences that I wouldn't have known about otherwise."

The club offers something for moms and something for kids. "Anyone can host an event and the moms in the group come up with wonderful ideas or find awesome deals or group rates at local places that are fun to take advantage of," says Woodbury. "If you're stuck for something to do with the kids, you can just pull out the calendar of events to find fun activities with great company."

"Parenting is hard work, and being a mom is hard," says Woodbury. "I'm grateful to be with a group of women who are right there with me and understand the daily joys and struggles of being a stay-at-home mom."

To learn more about the MOMS Club of Sterling/Lancaster, visit [momsclub.org](http://momsclub.org) or visit the chapter's website at [momsclubswixsite.com/moms](http://momsclubswixsite.com/moms).

### Democratic Committee meeting

The Sterling Democratic Committee will hold their monthly meeting on Tuesday, November 1, from 6:30 to 8 p.m., Room 205, Butterick Municipal Building, 1 Park St. The agenda addresses finalizing plans to encourage voter turnout for the election. All Sterling registered Democrats and interested Unenrolled voters are welcome.

# Annual blessing for animals

by Chelsea Dill



Doug Davis with 2-month-old baby alpaca, Zeke.

On October 16, First Church in Sterling held its third annual Blessing of the Animals. "It was my idea to bless the animals when I first arrived in Sterling three years ago," says Reverend Robin Bartlett, pastor of First Church. "Blessing of the Animals services were started by the Catholic church in honor of St. Francis' feast day and lots of churches do them. It's a wonderful idea and great fun."

As a farming community, animals are especially

important to Sterling, both farm livestock and domesticated pets. Over 100 parishioners brought about 50 animals. Others brought stuffed animals or photographs of animals who have died or were not "church-trained."

The highlight of the service came when animals and their human companions made their way to the front of the sanctuary for the blessing from Rev. Bartlett and Acting Minister for Lifespan Faith Development, Debbie Gline Allen. Music was equally important to the animal-themed service. The Contemporary Choir sang, "All God's Critters Gotta Place in the Choir," and the service concluded with the hymn, "All Things Bright and Beautiful" to celebrate all living creatures.



A caique parrot accompanies Ronna Davis at the organ.

PHOTO'S by Chelsea Dill



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## Lots happening at the Library

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### Especially for kids

**StoryWalk** – Presented by Conant Public Library and welcomed by Wachusett Greenways and the Massachusetts Department of Conservation and Recreation is open through Monday, November 14, starting at the Rail Trail entrance behind the Cider Mill in Sterling. This StoryWalk will feature the beautifully illustrated Winter is Coming by Tony Johnston. For more information, please call the library at 978-422-6409.

**Storytime** – Sign-up starts Monday, October 24, at 10 a.m., for the next 6-week storytime series starting the week of November 7 and running through the week of December 12. Mondays at 2 p.m., ages 3 to K. Tuesdays at 9:30 a.m., ages 18 months to 23 months. Tuesdays at 10:30 a.m., ages 2 to 3 years. Wednesdays at 10:30 a.m., ages 3 to K. Thursdays at 10:30 a.m., birth to 18 months. Registration is limited.

**Not-So-Spooky storytime** – Monday, October 24, at 2 p.m. and Thursday, October 27, at 10:30 a.m. Youth ages 18 months and up. Celebrate this special time of the year with tales of Halloween creatures, songs, and crafts. Registration required

**Pumpkin Decorating** – Tuesday, October 25, at 10:30 a.m. Just in time for Halloween, children ages 2 and up are invited to decorate their own pumpkin. Registration required.

**LEGO Club** – The LEGO Club will meet on Thursday, November 3, at 4 p.m., and Thursday, November 17, at 4 p.m. Children may register for one session. Registration required.

**Picture Book Club** – Tuesday, November 8, 2 p.m. Youth grades K through 2 are invited to read President Squid by Aaron Reynolds and Duck for President by Do-reen Cronin, then vote for who they think will make a better president. Children may read books ahead of time (available for check out at the children's desk), then join us for a themed snack and craft. Registration required.

**Middle School Book Club** – Youth grades 5 to 8 are invited to attend on Thursday, November 10, at 6:30 p.m. to discuss Escape from Mr. Lemoncello's Library by Chris Grabenstein. Read the book ahead of time. Available at the

young adult circulation desk. Registration required.

**Drop-in craft** – Monday, November 21, 10:30 a.m. to 2 p.m., for youth of all ages. Staff and volunteers will be on hand to assist. No registration required.

**Family movie night** – Monday, November 21, 6 p.m. Finding Dory is rated PG and follows the lovable, and often forgetful, Dory as she embarks on an adventure to find her parents with a little help from her friends Nemo and Marlin. Children under 17 accompanied by their caregivers are invited to attend. Registration required.

**Thanksgiving No-Bake Dessert** – Wednesday, November 23, 2 p.m. Children grades 3 and up. Registration required.

### What's cooking at the Cookbook Club?

Conant Public Library's Cookbook Club will enjoy delicious food on Wednesday, October 26, 6:30 p.m. Choose a recipe from Cravings: Recipes for All the Food You Want to Eat by Christy Teigen, prepare the dish, and bring it to the library for an evening of good food and great conversation. Cookbooks are available at the library for checkout. Call 978-422-6409 to register.

### Journaling class for all ages

Have you ever wanted to keep a journal, but don't know how to do it? Or do you start, then get discouraged if you don't write every day? Sterling Meetinghouse News editor and writer Lex Thomas is offering an 8-week program to teach how to start and maintain a journal, including writing prompts and themes to get you started right away. Program starts Thursday, October 27, at 6:30 p.m. Call 978-422-6409 to register.

### Parent's Night Out Book Club

Are you a parent who loves to read and talk about books? Let's read some family- and parenting- themed contemporary fiction together. Wednesday, November 2, 6:30 p.m., Baker Room, we'll discuss Defending Jacob by William Landay. Books are available in the children's room. No registration required.

### Adult coloring program

Discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Wednesday, November 9, and Monday, November 28, at 6:30 p.m., in the Baker Room. Supplies available or bring your own. No registration required.

## Memoir writing workshop

Seven Bridge Writers' Collaborative presents Your Story Matters: Giving Memory A Home with Mara Bright, on Saturday, November 19, 10:30 a.m. to 12:30 p.m., at Thayer Memorial Library, 717 Main St., Lancaster. This hands-on workshop for memoir writers covers such topics as how memoir and autobiography differ, how the writer handles characters who are alive and will recognize themselves, what the writer's obligation is to tell the truth, and what structure works best for telling

the writer's story. Free. For more information, visit sevenbridgewriters.blogspot.com, or email 7bridgewriterscollaborative@gmail.com.

## Nighttime knitting program

Conant Public Library is introducing an evening drop-in knitting group this fall. All skill levels welcome. Not limited to Sterling residents. Bring whatever project you're working on. Tuesdays, 6:30 p.m., lower level of the library. No registration required.

## Sterling-Lancaster Community TV

### Broadcast Schedule Oct 22 - Oct 28, 2016

Comcast Channel 8

Saturday	Genre
12:00 AM Retro Movie Theater - Voyage	Entertainment
12:00 AM Retro Movie Theater - Voyage	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM All Aboard - Colorado Steam Mecca	Hobby
1:00 PM DW Tomorrow Today Smart Eyeglasses	Documentaries
2:00 PM All Aboard - Colorado Steam Mecca	News
3:00 PM Your Right to Know - Early Voting	Interview
4:00 PM Childrens Corner - Time Train	Children
5:00 PM Just Coolin - Gil Evans	Music
6:00 PM Valley Homegrown - Naia Kete	Music
7:00 PM DW Tomorrow Today Smart Eyeglasses	Documentaries
8:00 PM All Aboard - Colorado Steam Mecca	Hobby
9:00 PM Your Right to Know - Early Voting	Interview
10:00 PM Barbara and You	Interview

### Sunday

12:00 AM Retro Movie Theater - Voyage	Entertainment
12:00 AM Retro Movie Theater - Voyage	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM All Aboard - Colorado Steam Mecca	Hobby
1:00 PM DW Tomorrow Today Smart Eyeglasses	Documentaries
2:00 PM All Aboard - Colorado Steam Mecca	Hobby
3:00 PM Your Right to Know - Early Voting	Interview
4:00 PM Childrens Corner - Time Train	Children
5:00 PM Just Coolin - Gil Evans	Music
6:00 PM Valley Homegrown - Naia Kete	Music
7:00 PM DW Tomorrow Today Smart Eyeglasses	Documentaries
8:00 PM All Aboard - Colorado Steam Mecca	Hobby
9:00 PM Your Right to Know - Early Voting	Interview
10:00 PM Barbara and You	Interview

### Monday-Friday

12:00 AM Retro Movie Theater - Topper Returns	Entertainment
4:00 AM Retro Movie Theater - Topper Returns	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Fitness Foodie - Fruit	Cooking
10:00 am Physician Focus - Telemedicine	Health
11:00 AM All Aboard - Florida East Coast	Hobby
12:00 PM Channel 8 Community News	News
12:30 PM Pawdoption	Animals
1:00 PM Conflict Zone - The Greek Economy	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Stories and Such	Children
5:00 PM Bandwagon	Music
7:00 PM Conflict Zone - The Greek Economy	Documentaries
8:00 PM Channel 8 Community News	News
8:30 PM Pawdoption	Animals
9:00 PM All Aboard - Florida East Coast	Hobby
10:00 PM Barbara and You	Interview

### Broadcast Schedule October 29th to November 4th 2016

Comcast Channel 8

Saturday	Genre
12:00 AM Retro Movie Theater - Topper Returns	Entertainment
4:00 AM Retro Movie Theater - Topper Returns	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM Conflict Zone - The Greek Economy	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption	Animals
3:00 PM All Aboard - Florida East Coast	Hobby
4:00 PM Childrens Corner - Stories and Such	Children
5:00 PM Bandwagon	Music
7:00 PM Conflict Zone - The Greek Economy	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM All Aboard - Florida East Coast	Hobby
10:00 PM Barbara and You	Interview

### Sunday

12:00 AM Retro Movie Theater - Topper Returns	Entertainment
4:00 AM Retro Movie Theater - Topper Returns	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM Conflict Zone - The Greek Economy	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption	Animals
3:00 PM All Aboard - Florida East Coast	Hobby
4:00 PM Childrens Corner - Stories and Such	Children
5:00 PM Bandwagon	Music
7:00 PM Conflict Zone - The Greek Economy	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM All Aboard - Florida East Coast	Hobby
10:00 PM Barbara and You	Interview

### Monday-Friday

12:00 AM Retro Movie Theater - The Outlaw	Entertainment
4:00 AM Retro Movie Theater - The Outlaw	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Recipes for Better Living - Cobbler	Cooking
10:00 AM Jessersize - Low Body Workout	Health
11:00 AM All Aboard - Union Pacific Super Railroad	Hobby
12:00 PM Waterways - Elkhorn and Staghorn Corals	Documentary
1:00 PM Focus on Europe - Staycation	Documentary
2:00 PM Church Service	Religion
4:00 PM Childrens Corner - Historic Hillside	Children
5:00 PM Europe In Concert - Robert Plant	Music
6:00 PM Valley Homegrown - Frost Heaves	Music
7:00 PM Focus On Europe - Staycation	Documentary
8:00 PM Waterways - Elkhorn and Staghorn Corals	Documentary
9:00 PM All Aboard - Union Pacific Super Railroad	Hobby
10:00 PM Barbara and You	Interview

Please note this schedule is subject to change. Refer to [www.slctv.us](http://www.slctv.us) for any updates.

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# North Sea Gas brings Scotland to Sterling

by Chelsea Dill



PHOTO by Chelsea Dill

(Left to right) Ronnie MacDonald, Grant Simpson, and Dave Gilfillan.

When you think of Scottish music, you probably think of bagpipes, but North Sea Gas takes audiences on a Scottish musical tour with fiddle, bouzouki, guitar, and bodhran. The trio, performing at Chocksett Middle School on October 5, opened their program with "Burghead Sands," a Scottish song about fisherman in the northeast.

"Aberdeen, not Boston," quipped fiddle player Grant Simpson, giving the audience a taste of the Scottish wit that filled the show.

Dave Gilfillan, Ronnie MacDonald, and Grant Simpson are the members of North Sea Gas. The band, which has been together since the 1980s, is based out of Edinburgh, Scotland, and specializes in traditional and modern Scottish folk music. They have performed throughout the U.S., Canada, and Europe. The band has also recorded for a television program in China that was seen by millions and won Celtic Radio's 2013 "Album of the Year" and "Jigs and Reels" awards.

Multi-talented musicians, they each play several instruments, often switch-

ing within the same song. Gilfillan plays banjo, guitar, and bodhran, while MacDonald plays a special flat-backed bouzouki and guitar. In standout songs like "Caledonia" and "Fire In the Glen," the musicians' voices harmonize beautifully, whether they sing a capella or with instrumental accompaniment.

The performance was sprinkled with comedy. Introducing "Bonnie Lass O' Fyfie" Gilfillan said, "It's about an Irish soldier who falls in love with a girl from the Northeast of Scotland, but she won't go with him or marry him and he dies of a broken heart. It's one of Scotland's happier songs."

North Sea Gas closed their show with a famous song about Sir Johnnie Cope, a British general who fled the Highlands when Bonnie Prince Charlie's Jacobite army attacked. The audience clapped along to the rollicking music and answered the final note with resounding applause.

For more information about North Sea Gas, including tour itinerary and music, visit [northseagas.co.uk](http://northseagas.co.uk).

## Bridging Writers Author Series

Seven Bridge Writers' Collaborative and the Bridging Writers Author Series welcomes Howard Mansfield for a reading and discussion of his work, *Dwelling In Possibility: Searching for the Soul of Shelter*, on Monday, November 7, 6:30 to 8 p.m., at Thayer Memorial Library, 717 Main St., Lancaster. Free. Mansfield writes about history, architecture, and preservation. He is the author of seven books. His newest book, *Sheds*, with photographer Joanna Eldredge Morrissey, will be published in June. For more information, visit [sevenbridgewriters.blogspot.com](http://sevenbridgewriters.blogspot.com), or email [7bridgewriterscollaborative@gmail.com](mailto:7bridgewriterscollaborative@gmail.com).

# Murder and mayhem in Sterling

by Robert McKay Jones



Contributed PHOTO

Constable George E. Peeso

On September 19, 1919, Constable George E. Peeso, 39, was murdered, killed in the line of duty leaving a pregnant wife and four children. On that night, police were called to a disturbance at the Sterling Inn. Proprietor David Mahoney had been beaten by three men for refusing to serve them alcohol. Responding to the call were Police Chief McDonald Lynch, his son Officer Charles Lynch, and Constable George E. Peeso. Two of the men were captured, but the third escaped. Officer Lynch and Constable Peeso gave chase heading toward the town center. A fierce battle ensued and the assailant was finally handcuffed by his left wrist, but drew a revolver from his hip pocket with his free hand, held it to Constable Peeso's chest and fired. Lynch emptied his gun in pursuit of the killer, but was unable to capture him.

Poses were organized, road blocks went up throughout the area, and local farmers were notified that a 5-foot-6-

inch hatless killer wearing a blue coat and gray trousers was on the loose. The man-hunt began.

On September 20, Ernest Nordenstedt of 48 Belmont St., Worcester, was arrested at the Rowley Hill home of Asa Spencer, the result of the perspicacity of Asa's daughter Maude, who recognized the wounded man lurking in the backyard from the widely-circulated description when she went out to feed the chickens. While she treated his injuries, Asa notified police. Constable Warren Rugg arrested Nordenstedt without a struggle. Fearing violence from the mob gathered at the jail at Sterling's Town Hall, Rugg shuttled him to the Clinton Police Station and ultimately Clinton Hospital.

Nordenstedt was too ill to attend a hearing scheduled for September 22. On November 18, he was indicted for manslaughter and bail was set at \$7,000. At the trial, he pleaded not guilty on the grounds of self-defense, testifying that the officers failed to identify themselves. Fearing robbery, he used force to save his own life. The defense claimed he was beaten with a club so severely that, if he shot the officer, he was too dazed to know what he was doing. On November 21, Nordenstedt was acquitted.

George E. Peeso was commemorated by a bronze plaque at Memorial Park, not far from where he died. His name appears on the National Law Enforcement Officers Memorial in Washington, DC.

Contributing articles from the *Boston Globe*, *The Boston Post*, *The Fitchburg Sentinel*, and *The Landmark*. Robert McKay Jones is chair of the 1835 Town Hall Committee and a member of the Sterling Historical Commission.

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**Fall programs are here**

Stay fit and have fun throughout the fall. For program information and to register online, visit SterlingRec.com, call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling. Like Sterling Recreation Department on Facebook for the most up-to-date information.

**Active Kids**

**Sterling Rec Basketball** – Grades 1 to 8. Season begins mid-November and ends early February/March, depending on division age. \$100 before November 1 for divisions I, II & III, \$110 after November 1. \$100 before December 1 for divisions IV and V, \$110 after December 1. Family cap \$250. Register at SterlingRec.com or at the Sterling Recreation Department office. Coaches needed! Muddy Pond Field. \$85.

**Wicked Cool Half Days** – Grades 1 to 4. Thursday, October 20, 1 to 3 p.m. 1835 Town Hall. \$40. Transportation option \$10/child/class.

**Tiny Tots Playtime** – Infant to age 4, 5-year-old siblings welcome. Wednesdays, October to December 28, 9 to 11 a.m. 1835 Town Hall. \$30/3-month session/family or \$3/day.

**Kids Zumba/Yoga** – Grades 1+. Thursdays, November 3 to December 1, 4 to 5 p.m. 1835 Town Hall. \$35/ session.

**Art and Creativity for Kids**

**Music and Movement** – Infant to age 5. Mondays to December 19, 10 to 10:45 a.m. 1835 Town Hall. Register at pakmusic.org.

**Cooking** – Grades 5 to 8. Tuesdays, October 25 to November 22, 3 to 4:30p.m. Chocksett Middle School cafeteria. \$120.

**Sewing** – Grades 5 to 8. Thursdays, October 27 to November 10, 3 to 4:30p.m. Chocksett Middle School art room. \$100 (includes materials).

**Active Adults and Teens**

**Gentle Yoga** – Thursdays to November 10, 10:30 to 11:30 a.m. 1835 Town Hall. \$13/class.

**Yoga for All** – Thursdays to November 10, 7 to 8 p.m. 1835 Town Hall. \$13/class.

**Adult Cooking Workshop** – Ages 16+. Thursday, October 20, 6 to 8 p.m. Sterling Senior Center. \$40.

**Men's Pick-Up Basketball** – Wednesdays, 6:30 to 9:30 p.m. Chocksett Middle School gym. \$25/season, Sterling residents only.

**Ladies' Pick-Up Basketball** – Ages 18+. Mondays, 6 to 7:15 p.m. Chocksett Middle School gym. \$25/season for Sterling residents, \$30 non-residents.

**High School Pick-Up Basketball** – Grades 9 to 10, Tuesdays, December 6 to March 28, 7:30 to 8:45 p.m. Grades 11 to 12, Mondays, December 5 to March 27, 7:15 to 8:30 p.m. Chocksett Middle School gym. \$25/player.

**Naga Fitness with Gina at 1835 Town Hall**

All classes are \$10 each or \$90/10 classes paid in advance.

**Kettlebells** – Wednesdays, 7 to 8 p.m., and Saturdays 8 to 9:15 a.m.

**Power Yoga** – Saturdays 9:30 to 10:45 a.m.

**Beginner/Intermediate Yoga** – Wednesdays, 5:30 to 6:45 p.m.

**GPS Passes** – Season passes for Wachusett Mountain Ski Area. Ages 6+. Bronze: \$269, Silver: \$329, Gold: \$559. All prices increase \$100 on November 19. Group name: Sterling GPS, Coordinator: Kristen Dietel.

**Vote for your favorite scarecrow**

The time to submit a scarecrow for the 5th Annual Scarecrow Building Competition is over, but voting for the winner is open until Friday, October 21. Winners will be announced on Monday, October 24. Voting takes place on an online poll at the sterling-ma.gov website and also on the Sterling Recreation Department Facebook page. Vote on these great creations and become part of a Sterling tradition!



Scarecrows lining up along Main Street.

PHOTOS by Lex Thomas

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# Strengthen joints with Tai Chi at the Senior Center

by Lex Thomas

For Joanne Jeneski, owner of Blue Heron Tai Chi and Massage in Sterling and an instructor at the Sterling Senior Center, Tai Chi—a slow and fluid-moving form of exercise that is in fact a martial art—is a way of life and an activity that can bring enormous benefit to practitioners of all ages.

“Because the movements are slow and you’re always adjusting your body to be comfortable, it’s easy to forget that there’s a lot of strength training going on,” says Jeneski. “There’s weight shifting from one foot to the other, and you’re pulling yourself, rather than pushing. It increases bone density, and it’s extremely joint-friendly.”

Jeneski says Tai Chi helps to repair joint damage, because it strengthens joint health. It’s part of traditional Chinese medicine, where flexibility is emphasized, especially in the aging population. And because moving slowly from one foot to another requires constant rebalancing, those that practice Tai Chi may improve their internal and physical balance as well.

A typical hour-long Tai Chi class begins with a gentle warm-up and stretching. While it’s a calming practice, Jeneski emphasizes that progress takes time.

“You move slowly, but there’s a certain amount of training involved to make movements smooth and continuous. It is a challenge to reach that point, but at the end of every class, you should feel that you’ve accomplished a goal.”

While most of Jeneski’s students at the Senior Center are beginners, her classes are often mixed level, and more advanced students are encouraged to help beginners.



PHOTO by Lex Thomas

Instructor Joanne Jeneski explains Tai Chi benefits.

No equipment is necessary for the practice of Tai Chi. Students wear comfortable clothing that allows for easy movement, and they can wear sneakers or practice barefoot.

Jeneski, who spent part of her life living and studying in Thailand, says that one group lesson per week is sufficient. “The important thing is to have a solo practice as well, even if it’s just a few minutes a day while you’re waiting for the kettle to boil,” she quips. “The group practice and the group energy is special, but Tai Chi is a study. You try to take that energy into your solo practice.”

“I guess my motto is wherever you can, whenever you can, for as long as you can.”

*Tai Chi classes take place at the Sterling Senior Center Mondays, 8:30 to 9:30 a.m. New participants are always welcome. \$5 per class.*

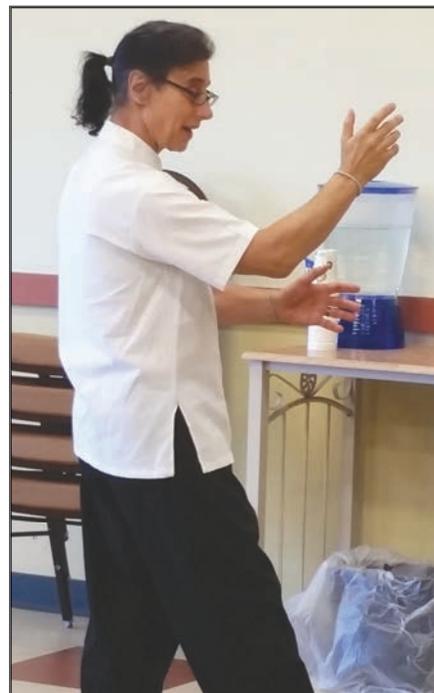


PHOTO by Lex Thomas

Jeneski demonstrates a Tai Chi position.

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## Volunteer at the Senior Center

The Senior Center couldn’t run without our wonderful volunteers. If you have a few hours to spare during the week, consider joining our great team. Extra help is needed at reception and in the kitchen.

The Senior Center is located at 36 Muddy Pond Road. The building is open Monday, Tuesday, and Wednesday, 8 a.m. to 4 p.m.; Thursday, 8 a.m. to 8 p.m.; and Friday, 8 a.m. to 12:30 p.m. For more information or to register for programs, call 978-422-3032. There is an answering machine available at all times.

Drop in for coffee Monday to Friday, 8 to 11:30 a.m. The Sterling Senior Center serves lunch at 11:30 daily. Anyone over 60 is welcome. Call 978-422-8022 for a reservation the morning before you want to come. Home meal delivery available daily. \$3 suggested donation. seniors, including those who walk with the aid of a cane or walker; 1:30 to 2:30 p.m. for more active seniors, who are able to walk unaided. Taught by Jim Alty of New Horizon Karate. \$5 donation. Registration required.

**Apple Pie and Warm Cider Social** – Tuesday, October 25, 12:15 p.m. Meet and greet with Ace Medical Services. Come learn what they have to offer. Free.

**Jingo** – Wednesday, October 26, 12:15 p.m. Halloween-themed bingo game with prizes.

**Book club** – Thursday, October 27, 12:30 p.m. This month’s selection is Walking on Water by Richard Paul Evans.

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PHOTO by Richard Maki

Robert Kirkpatrick, President of Sterling EMS, Inc. presents a box of medical equipment and supplies to Linda Greene, representing the Executive Committee of Friends of Sterling Seniors. The donation includes stethoscopes and blood pressure cuffs, pulse oximeter, thermometer, eye charts and a first aid kit.

**Pancake Breakfast** – Friday, October 28, 7:30 to 9:30 a.m. Enjoy pancakes, sausages, tea breads, fruit cup, juice, and coffee, hosted by the Friends of Sterling Seniors. \$2. All are welcome.

**Men's Club** – Tuesday, November 1, 8:30 a.m. Men are invited to enjoy coffee, home-baked goods and a lively discussion as we begin the formation of our men's club.

**SHINE** – Wednesday, November 2. By appointment. Get your insurance questions answered. Open enrollment.

**BP Clinic** – Thursday, November 3, 10 a.m. to noon. Sponsored by Sterling EMS.

**Movie Day** – Thursday, November 3. Popcorn will be served.

**Learn to use Medicare website** – Thursday, November 3, 5:30 p.m. Learn how to use the Medicare.gov website to choose your drug plan for 2017.

**Van trip to the Wall that Heals** – Friday, November 4. Replica of the Vietnam Vet-

erans Memorial, exhibited at Carter Park in Leominster. Call to reserve a seat.

**Pitch Party** – Saturday, November 5, 6:30 p.m. Sponsored by Sterling Grange.

**Fuel assistance sign-up** – Monday, November 7, 9 a.m. to noon. Julie from Fuel Assistance will take applications. Call for a list of necessary documents.

**November Birthday Cake** – Thursday, November 10, 12:15 p.m. Celebrate your November birthday with the Sterling Senior Center.

**Pizza Party** – Wednesday, November 16, 11:30 a.m. Pizza and salad provided by River Terrace. Free. Call for reservation.

**Elder Keep Well Clinic** – Thursday, November 17, noon. Get medical and prescription questions answered and blood pressure checks by the VNA nurse.

**Learn to use Medicare website** – Thursday, November 17, 5:30 p.m. Learn how to use the Medicare.gov website to choose your drug plan for 2017.

**Daily events**

A host of exciting programs are underway at the Senior Center. Call 978-422-3032 to sign up.

**Mondays** – 8:30 a.m. Tai Chi. \$5.  
9:30 a.m. Peer writing group.  
10 a.m. Exercise. Free.  
12:30 p.m. Zumba. \$5.  
2 p.m. Bingo. \$1/card.

**Tuesdays** – 9:30 a.m. Line dancing. \$2.  
9:30 a.m. Open coloring. Use our supplies or bring your own.  
10 a.m. Beginner French. Free.  
11 a.m. Chair pilates. \$5.  
12:30 p.m. Game day. Play our games or bring your own. Free.

**Wednesdays** – 9 a.m. Computer class. Bring your device or use ours.  
9:30 a.m. Gentle chair yoga. \$5.  
12:30 p.m. Shopping. Take the van to different stores each week.  
1 p.m. Wii Bowling.

**Thursdays** – 9 a.m. Stretching chair yoga. \$5.  
9:30 a.m. Cribbage. Drop-in.  
10 a.m. Advanced French. Free.  
2 p.m. Mahjong board game.  
2 p.m. Open coloring. Use our supplies or bring your own.  
2:30 p.m. Cribbage League. Call to join. \$20 for 5 weeks.  
5:30 p.m. Yopalates. Yoga and pilates combined into one class. \$5.

**Fridays** – 9 a.m. Knitting with friends.  
9:30 a.m. Pilates. \$5.

**Internet-accessible computers are available for use.**

**Two pool tables are available for games whenever the building is open.**

**We provide transportation in our senior van.** \$1 roundtrip in town, \$2 roundtrip out of town. No charge for transportation to the Senior Center. Call 978-422-3032 at least 48 hours in advance to make a reservation.

On Wednesdays, the senior van takes seniors on shopping trips to Walmart, Kmart, The Mall at Whitney Field, and other locations. For more information, call 978-422-3032.

The van is available to take seniors to appointments on Monday and Friday mornings, and on Monday, Tuesday, Thursday, and Friday afternoons.

**Wachusett Food Pantry delivery available for seniors**

Are you a Sterling Senior (65+) unable to get to the food pantry? We can help by delivering to you. Monthly distribution items available include pasta sauce, peanut butter, tuna fish, beans, cereal, milk, juice, meat, vegetables, eggs, cheese and bread, as well as personal care and paper products. For more information or to register, call 978-422-3032. Proof of age and residency is required. Senior distribution is the Friday before the third Saturday of each month.

**Spirit of the season**

Kevin Lowe and his family are offering Thanksgiving dinner on Thursday, November 24, at noon, to seniors spending the holiday alone. For reservations, call 978-422-3032.

**Happy Travelers offer exciting trips**

The Happy Travelers, bus trips for the 50+ traveler, offers an exciting roster of day trips throughout 2016. All day trip pricing includes driver and escort, gratuity and cancellation waiver. For information, call 508-835-4312 or email glady2@verizon.net. Flyers available at the Sterling Senior Center.

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# Sterling Senior Center celebrates Grand Opening

by Lex Thomas

More than 250 visitors attended the Grand Opening celebration at the Sterling Senior Center on Sunday, October 2. The Senior Center has been up and running for several weeks, but wanted to give area residents an opportunity to tour the facility and learn about the programs and services offered. Guests enjoyed tours and appetizers catered by Tastings of Framingham. Town and state officials, including representatives Harold Naughton Jr. and Kimberly Ferguson were on hand to join in the festivities and deliver remarks and congratulations.



AT LEFT: (Left to right) Representative Harold Naughton Jr., Representative Kimberly Ferguson, and Sterling selectmen Maureen Cranson and John Kilcoyne celebrate the grand opening of the Sterling Senior Center.

PHOTOS by Richard Maki



AT RIGHT: More than 250 visitors attended the Grand Opening.



AT LEFT: Guests enjoyed appetizers catered by Tastings of Framingham.



AT RIGHT: Representative Harold Naughton Jr. reads a citation from legislative leaders, as Maureen Cranson and guests watch.

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## Naughton hosts community event

Representative Harold P. Naughton Jr. will host a Fall Community Event on Wednesday, October 26, from 5:30 to 7:30 p.m., at Clintons Bar and Grille, 27 High St., Clinton. This is a public event and all are welcome to attend. Senior citizens and veterans are invited to attend for free. Appetizers served throughout the evening. To register, email [naughtoncommittee@gmail.com](mailto:naughtoncommittee@gmail.com).

## DAR honors Vietnam veterans

Capt. John Joslin, Jr. Chapter Daughters of the American Revolution wishes to show our gratitude and honor Vietnam veterans by presenting a lapel pin and certificate. This honor may be presented to all Veterans who served on active duty during the span of November 1, 1955 to May 15, 1975, regardless of location. This ceremony will take place on Saturday, November 15, at 11:30 a.m., at Carter Park, Leominster. If you wish to receive this one of a kind pin and certificate, contact Chapter Chairman Elaine Perreault at [elaineperreault@verizon.net](mailto:elaineperreault@verizon.net) or telephone 978-537-0850 by October 27. For more information, visit [VietnamWar50th.com](http://VietnamWar50th.com).

## Nashoba Symphonic Band

The Nashoba Symphonic Band will perform *Danse Macabre* on Sunday, October 30, at 3 p.m. Nashoba Regional High School, 12 Green Road, Bolton. Free, but donations are welcome.

## Pitch Party sponsored by Sterling Grange

Sterling Grange will hold its monthly public pitch party on Saturday, November 5, 6:30 p.m., at the Sterling Senior Center, 36 Muddy Pond Road. Admission \$4. Refreshments served. For more information, call 978-563-1437 or email [sterlinggrange53@gmail.com](mailto:sterlinggrange53@gmail.com). All are welcome.

## American Legion Ham and Bean Supper

Sterling American Legion Post 189 will hold a Ham and Bean Supper on Saturday, November 5, at the First Church in Sterling parish hall, 6 Meetinghouse Hill Road, Sterling, at 5:30 p.m. \$10 donation. Takeout available. For tickets, call Bruce Daigneau at 508-852-8186, Bob Temple at 978-479-0086, or Douglas Harvey at 508-853-9157.

## Veterans Day parade

Hiram O. Taylor Post 189 Sterling, invites all veterans to observe Veterans Day on Sunday, November 6. The parade will start at 1 p.m. at Hillside Cemetery on Clinton Road (Route 62) and proceed to Memorial Park on Cross Street for a program.

The Avenue of Flags will be displayed, weather permitting, from 8 a.m. to 3 p.m.

A shuttle bus will be available at the post hall, 32 School St., starting at noon. All are welcome to help with the Avenue of Flags.

## Open Mic in Lancaster

The Seven Bridge Writers' Collaborative welcomes local writers to Coffeeland, 50 High St., Clinton, on Sunday, November 6, from 2 to 4 p.m. Five-minute reading limit. Open to writers of all ages and levels. For more information, visit [sevenbridgewriters.blogspot.com](http://sevenbridgewriters.blogspot.com), or email [7bridgewriterscollaborative@gmail.com](mailto:7bridgewriterscollaborative@gmail.com).

## American Legion meeting

There will be a meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, November 7, 7:30 p.m., at the post hall, 32 School St., Sterling.

## Craft and Artisan Fair sponsored by WRHS Booster Club

Over 80 crafters and artisans will participate in the 9th Annual Craft and Artisan fair sponsored by the WRHS Booster Club on Saturday, November 12, from 9 a.m. to 3 p.m., at Wachusett Regional High School, 1401 Main St., Holden. Hand crafted gifts and apparel, home décor, jewelry, pottery, wooden items, caned chairs, and a food court will be available. Admission \$2, \$1 for students and seniors. Free shuttle bus service will be available from all WRHS parking lots. Proceeds from the sale benefit the Wachusett Mountaineer Booster Club, which supports all extra-curricular activities, clubs, and sports team at WRHS.

## Eat, Pray, Learn is back

Eat, Pray, Learn returns to First Church in Sterling, offered to residents of Sterling and surrounding communities on the third Wednesday of the month. On Wednesday, November 16, Eat, Pray, Learn will host a Veteran's Forum, centered on veteran care. The evening, open to all including children of all ages, begins at 6 p.m. with a simple supper of soup, salad, and bread, followed by a brief worship service, including meditation, singing, and prayer at 6:30 p.m. Programming, which offers opportunities for spiritual development, conversation, and deepening of understanding, begins at 7 p.m. Child care and homework space are provided, beginning at 6:30 p.m. Free, but donations are gratefully accepted.

## The Matchmaker at NRHS

Nashoba Regional High School will present Thornton Wilder's uproarious farce about love and money on Friday, December 2, at 7:30 p.m., and Saturday, December 3, at 2 and 7:30 p.m. NRHS auditorium, 12 Green Road, Bolton. To order tickets, visit [NashobaDrama.com](http://NashobaDrama.com).

## Holiday craft fair to benefit Sterling library

The Friends of the Conant Public Library Arts & Crafts Show will be held on Saturday, November 19, from 9 a.m. to 3 p.m., at First Church in Sterling, 6 Meetinghouse Hill Road. Craftspeople will offer a broad range of high-quality gift items, including photography, jewelry, knitted and crocheted items, children's clothing, doll clothing, wreaths, skin care products, candles, alpaca apparel and fiber, and hand-dyed batik clothing. The arts and crafts show will also include a homemade lunch café, bake sale, and raffle. Proceeds from this juried fair will support the library's Summer Reading Program for children. Members of the Friends appreciate help at the craft fair from Boy Scout Troop 1, as well as CCD students from St. Richard's parish. They help to set up and break down the fair, and assist in the kitchen. For a vendor application, email to [friendsofconant@gmail.com](mailto:friendsofconant@gmail.com).

## Holiday card and gift tag workshop

Conant Public Library will host an art class for adults on Thursday, December 1, from 5:30 to 7:30 p.m. Join Suzanne Hauerstein for a holiday-themed crafting workshop. Participants will create their own collagraph printmaking plates and hand-print a series of holiday cards and gift tags, enhance designs with colored pencils and rubber stamps, and make handmade origami-style envelopes. Participants will take home their printmaking plates and a supply list to continue creating at home. To register, call 978-422-6409.

## Get ready for Houghton Holiday Fair

Crafters and vendors wanted for the annual Houghton Holiday Fair on Saturday, December 10, at Houghton and Chocksett schools on Boutelle Road in Sterling. Available space for over 50 crafters and vendors. For an application, email [HoughtonHolidayFair@gmail.com](mailto:HoughtonHolidayFair@gmail.com).

## Seeking volunteers for 2017 La Romana mission

Volunteers from First Church in Sterling, Acton Congregational Church in Acton, Faith Baptist Church in Auburn, New Life Spanish Christian Church in

Fitchburg, and other volunteers from throughout Central Massachusetts are traveling to La Romana, Dominican Republic, February 24 to March 5, 2017 to provide medical, dental, and vision services to impoverished Haitian workers and families living in the bateys of the Dominican Republic. We are also working to complete construction of a hospital to serve the same population. For almost 20 years, this mission has been able to make a difference in the lives of the people we serve. However, much work remains. Anyone interested in volunteering to be a part of this adventure as a traveler or support volunteer should contact Doug Davis at 978-265-7547.

## Free watercolor classes

Weekly art instruction is offered by Charlie Gray, a Rutland resident with years of experience in the field of making, teaching, and selling art. To see some of his work, visit [charlesgrayfinearts.blogspot.com](http://charlesgrayfinearts.blogspot.com). Free. Supply your own materials after the first session. Mondays, 9 to 11 a.m., First Church in Sterling Parish Hall, Room 2.

## Nar-Anon support group

A Nar-Anon family support group meets every Thursday, from 7:15 to 8:30 p.m., at St. Richard's Downstairs Chapel, 4 Bridge St., Sterling. Nar-Anon is a 12-step group for family and friends of those addicted to drugs.



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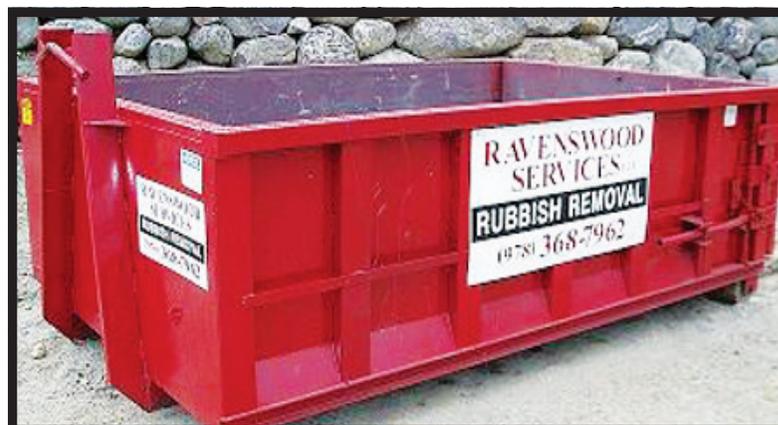
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