

The Blandford Bugle

DEVOTED TO THE INTERESTS OF ALL THINGS GOOD IN
BLANDFORD: GOOD HOMES, GOOD NEIGHBORS, GOOD FUN.

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Fall 2015

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The Mind is everything. What you think, you become. - Buddha

Here and Now...

It's a busy world. You pack lunch while checking your email. You brush your teeth while tying your toddler's shoe and tidying up the bathroom sink. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. Did you notice whether you felt well-rested this morning or that forsythia is in bloom along your route to work?

Mindfulness is the practice of purposely focusing your attention on the present moment—and ac-



cepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in happiness.

Learning to live in the here and now is something that I try to pay attention to daily as well as try to instill in my children. One children's book that we read together is about a Happy Panda and a Frustrated Pig. When the two characters compare their daily routines they find that they do the same things: eat, play, work, sleep and read. However when the Pig does these things he is always thinking of something else and when the Panda is eating, he is just eating. It's a simple yet important message to get across.

There is a meditation we do together called "Sitting Still Like a Frog". In this practice the author mentions that like a frog we can be aware of our surroundings and what is happening around us, but we don't have to react to everything. This message struck a chord with me. I often see other people or feel myself react quickly and without thinking and I question how much better our communication skills would be if we took that second to ponder if the situation actually warranted a reaction from us.

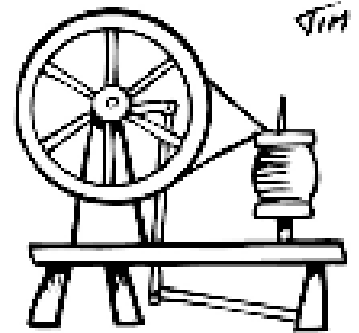
As neighbors co-existing in this beautiful mountain-top town, it is important that we practice mindfulness. That we take that moment to decide if a situation warrants a response and if so what that response should be.

- Cara Letendre

Spinning For Peace

Porter Memorial Library will hold its first "Spinning for Peace" event in September. The first Peace Day was observed in September 1982.

"Each year the International Day of Peace is observed around the world on September 21. The United Nations General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples." (<http://www.un.org/en/events/peaceday/>)



Please watch for the specifics on the Porter Memorial Facebook page at <https://www.facebook.com/pages/Porter-Memorial-Library/112196648804229>.

Porter Memorial Library's Summer Reading Program 2015

Summer has flown by but the 2015 Summer Reading Program remains a very happy memory. I hope many of you visited the Porter Memorial Facebook page and viewed the pictures and videos of the program participants and teen volunteers in action. Participants filled out reading logs and when the final numbers were in, we read a total of 9,765 minutes. Outstanding!

We had eleven people pre register and many joined us after the program was in session. I would like to thank the parents and grandparents for getting their kids to the library each Wednesday throughout the summer and lending a helping hand during snacks and crafts.

I would also like to thank Isabelle Grady, our new SRP coordinator, for reading books to the children and creating all those yummy superhero based treats for us; John Gaj for compiling thoughts and putting them on paper as the guest columnist for the Country Journal; and Joey Farber for taking great pictures.

There are presenters that need to be thanked as well. Heidi Taberman and Guin Caswell shared their



rebuilding efforts at an animal rescue and children's shelter via a computer presentation. Their talk led to a sponsorship program in which people could donate money for total minutes read. We raised over \$45.00. It will be donated to Habitat for Humanity.

Retired volunteer firefighter, Kate Fletcher, and volunteer firefighter, Tom Ackley, braved the summer's scorching heat and presented a fire safety program for us. Tom even brought one of the fire trucks.

They did not leave until the last question was answered. Thank you.

Storyteller, Diane Edgecomb, joined us as well to wrap up the five-week program. A big thank you to the Blandford Cultural Council for sponsoring Diane's visit.

The summer reading program is a wonderful social event but the most important part of it is the reading. We look forward to seeing you here at the library to borrow books throughout the year.

The 2015 SRP was sponsored by Porter Memorial Library and the Board of Trustees, the Blandford Cultural Council, the Boston Bruins, The Massachusetts Library System, and the Massachusetts Board of Library Commissioners.



Houseplant Swap and Garden Club Programs

The Blandford Garden Club will be holding a houseplant swap from Saturday, October 3rd to Friday, October 9th at Porter Memorial Library. Eileen Gates and Cindy Montanaro will set up a display table at the library so folks can bring in a plant or some cuttings and help themselves to their neighbor's extras. There is plenty of time to decide which plants you'd like to share and which spaces in your home need a new plant. It will be a long time until next spring and a little spot of green and some fragrant blooms will keep you going.

The Garden Club also invites new members to their September program, a tour of the Montanaro gardens at 6 George Millard Rd. on September 15 at 6:30. Next will be a presentation on winter seed sowing on October 20th at 7:00 pm at the library.

Abundance of Veggies?



Do you have zucchini coming out of your ears? Tomatoes ripening faster than you can eat them? Then bring them to the Porter Memorial Library to share! Perhaps you will be able to exchange them for a spaghetti squash or some cucumbers.

Flea Market Returns

The Great Blandford Flea Market returns to the Blandford Fair Grounds on Saturday, Oct. 10 from 9 a.m. to 3 p.m.

All sites are 10 feet wide, additional sites may be purchased if additional space is required. Indoor sites are on first come first served basis. There are 20 indoor sites available.

There is a minimum \$10 per site and an additional \$5 early bird set up for Friday from 5 to 7 pm at your own risk. There is an additional \$5 charge for indoor sites.

Participants will need to provide their own tables and awnings and sites must be cleaned up by 4 p.m. on that Saturday.

There will be a Horse Show at Blandford Fairgrounds the same day as well. Food vendors will be on site and restrooms available.

For reservations and more information, please contact Linda Barnard or Mary Brainerd at 413-848-0154 or by email at: greatblandfordfleamarket@yahoo.com

Blandford Fair

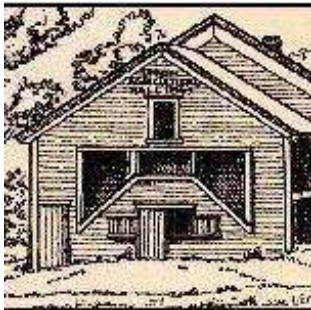
The Blandford Fairgrounds will open at 3 p.m. on Friday, Sept. 4. That evening the band, Orange Crush, will play from 7 to 9 p.m. The much anticipated truck pulls will begin at 7 p.m.

Saturday's schedule is packed with family fun events from clown magic shows, scarecrow decorating contests and horse pulls. The band, The Rising, will take the stage at 7 p.m.

Sunday's highlights include the band, Cory and the Knightsmen, Rosie's Racing Pigs, the Tom Ingram Band and the Ox Draws.

Finally, on Monday the Dane King Singers and the Demolition Derby will wrap up the fair for another year.

For a full schedule please visit www.theblandfordfair.com



Recreation Committee News

HALLOWEEN PARTY

Saturday, October 31

6:00 p.m. - 8:00 p.m.

Town Hall

This year the town party will fall on Halloween so please plan on bringing your children trick-or-treating around Town as well.

There will be food, games and Ed the Wizard will be entertaining us with magic tricks.

Please contact us at recreation@townofblandford.com if you are interested in volunteering. We can always use help running games.

Total Body Conditioning Class to Begin This Fall

Each 45 minute Total Body Conditioning class will include a warm up, stretch, cardio conditioning, strength training and a cool down. A variety of equipment from barbells to exercise bands will be used, and the group will incorporate yoga, dance elements and kick boxing. Classes will be fun and low key with emphasis on correct breathing and form to define, strengthen and tone the entire body. An optional 15 minute relaxation will follow each class. Participants are asked to wear loose clothing and supportive sneakers and bring a yoga mat, towel and plenty of water. Prepare to sweat.



Blandford Town Hall Gymnasium

Wednesdays from 5:30-6:30 p.m. starting 9/30/2015

\$5.00 fee per/class

Heidi Taberman from The Westfield YMCA will be the instructor. Heidi has been offering a Balance, Flexibility and Strength group for seniors in Blandford on Monday mornings for many years. Contact Mary Brainerd at 413-848-2332 or at COA@townofblandford.com for more information or to register for the group. Sign-up sheets will be located at the Library and Town Hall.

This group will be generously sponsored by the The Center for Active Adults of Blandford. The intergenerational class is appropriate for healthy adults who are looking to improve their physical strength and endurance.

Take A Hike

As Blandford residents we are blessed with a rich abundance of nature trails and beautiful places to visit. I have hiked for many years and would give a few words of safety first. Take the time to gather the "it" list, throw everything in a backpack and bring it with you. As we were all taught; "It's better to have it and not need it; than need it and not have it."



"It" things are:

Tell someone or leave a note saying where you're going and when you expect to return.

Bring a trail map with you.

Proper footwear - Tie on boots with good soles.

Plenty of hydrating fluids - Think water/fruit juice.

Quick and easy to carry energy foods. Nuts, dried fruit etc.

Bug Repellent

A hand held compressed air horn. Scares animals and if you get lost can help people locate you.

Multi-tool aka: Swiss Army Knife

If you're planning on a fall hike, remember the temperature drops significantly once the sun starts to set, bring a hoodie.

Flash light

Matches or Lighter

Even a little First-aid kit is better than nothing.

For a more comprehensive list please visit: <http://www.rei.com/learn/expert-advice/day-hiking-checklist.html>

Remember, the S.S. Minnow was only out for a three hour tour.

Here are some local trails and resources to check out:

- ◆ **Chester/Blandford State Forest**
Beulah Land Rd., Blandford (trails begin at the end of the rd)
3.8 out and back trail
- ◆ **Knittel Conservation Area**
<http://www.townofblandford.com/recomm/KnittelTrailMap.pdf>
Herrick Rd., Blandford
- ◆ **Noble View Outdoor Center**
635 S Quarter Rd., Russell
Some paths are easy 2.4 miles in 2.5 hours
Some paths are difficult and include steep terrain with a water hazard at the bottom.

- ◆ **Keystone Arches Trail**
Middlefield Rd., Chester
<http://www.keystonearches.com/Images/KABMap.png>

- ◆ **Tolland State Forest**
Summer and Winter trails <http://www.mappery.com/Tolland-State-Forest-summer-trail-map>

- ◆ **Granville State Forest**
323 W Hartland Rd.,
Granville

- ◆ **Mt. Greylock**
Loop Hike
Sweets Corner
Moderate: 10.5 miles, Half day



-Kate Fletcher

High Speed Internet Is Coming To Blandford



Please consider signing up for Wired West in order to bring high speed to Blandford.

Wired West will provide a fiber-optic network that will enable high-bandwidth, affordable internet, phone, video and ancillary services, to all residents in participating towns. **Basic service will offer 25Mbps for \$49 per month with options to upgrade.** This is about 10 times faster than DSL.

BUT– we need your support in order for Blandford to become a “Fiber Town.” In order for Blandford to proceed to the next stage, we must have at least 40% of the households sign a conditional commitment for service. As of today we only need 27 more sign-ups! Your \$49 deposit, to be held in escrow, will be applied to your first month’s bill.

Please seriously consider this service and sign up now. You can do so at www.wirewest.net or pick up a form at the Porter Memorial Library to mail in. If you have any questions, please call Blandford’s Wired-West delegate, Peter Langmore, at 848-2816.

Dog Daze Benefit

Bring your dogs and join us for fun day!
Kids and adults are welcome.

*September 12, 2015
10 a.m. to 4 p.m.
Blandford Fairgrounds.
\$5 entry fee per dog*

Events will include: Dog Costume Contest, Parade, Red Light Green Light, Musical Chairs, Simon Says, Agility, Obedience, and Rally Run Through's. Also Agility Try It, Tricks, Frisbee, Photography, Micro-chipping, Raffles Barn Hunt and Meet the Breeds.

CGC testing will be offered as well.

CONTACTS: Leslie at Hypodog@comcast.com 413-568-5123 or Brenda at cobblemt@verizon.net 413-848-2888.



Hats Off!

To June and Tim Hardin for so readily becoming an invaluable couple in our community. They are ready, willing and able to assist whenever they can, and they have adopted all of us. June and Tim make us feel glad we're here.

3rd Annual Art Walk

September 26, 2015
11:00 a.m. – 4:00 p.m.

Sites Include:

The Clayground
Ruth's water colors
Jeri's oils

Sue's watercolors

Janet Strausberg and Judy Brennan's pocketbooks

Eileen's yarn

Cindy Carr's painted glass

Sites will be marked with Open Studio signs and maps will be available at the Blandford store, Katies Country Store in Otis and at each stop along the way.

K's Kloset a back to school visit must

You would think that after nine years of residing in Blandford, I would have heard of ALL the good things that happen here.

Imagine my surprise when I learned of K's Kloset which is not even a five-minute drive from my home. I barely finished singing along to the tune on the radio and I was in her driveway.

Karen Yvon, owner and operator of the establishment, met with me late one morning to explain how K's Kloset works. She welcomes donations, works to fill people's wish lists, connects donors with those that are looking for larger items, and as her business card states, the "inventory changes frequently."

At the time of my visit, items ranged from kitchen goods to ice skates, linens to shoes, albums to stationary, and everything in between.

Karen said that she never knows what will be coming through the door for donations. She laughed when she told me about the three brand new sinks that were donated once. She really loves seeing items get a second or third chance at life.

K's Kloset on Facebook is a great place to view items, get in contact with her to view the inventory or reserve an item that you see listed. You let her know when you can drop off your items.

It seemed to me that Karen would not be happy until the recipient was happy. She diligently works and plans to see that your needs or wants are met!

K's Kloset is located at 239 Otis Stage Road (the former paintball facility), her phone is 848-2507, cell is 413-237-3277, and email is :
kay239@gfluniverse.org

Visiting K's Kloset will be a pleasant change from having to go all the way to Westfield to make a donation or pick items up.

-Lori Bocon

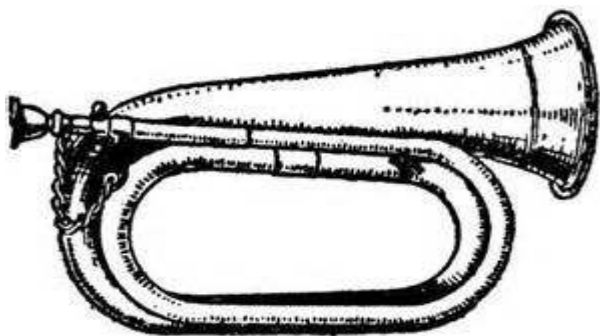


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Blandford, MA 01008

PRSRT STD
Blandford, MA
Permit No. 2
ZIP CODE 01008

All Blandford things you need to know

Postal Patron
Blandford, MA 01008



The Blandford Bugle

Send all communication to:
The Blandford Bugle C/O Recreation Committee
Blandford, MA 01008
Or, Drop in the town box outside town hall
Or, Email us at bugle@townofblandford.com

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