

Benson Bulletin

Benson, Vermont's Community Newsletter

July 2008

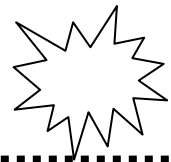
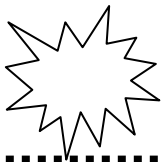
PUZZLED?

Donnie Ladd and Ed Peltier spent some time figuring out how to arrange and mount the 50 puzzle pieces we have received from the Vermont Council on the Arts. Hopefully, they will all fit together and form the shape of Benson. If you would like to paint a puzzle piece, contact Sue Janssen (537-3111). We need the pieces back no later than August 1. One piece to a family/group until July 15; then, if we have extras we'll give out seconds.



ENERGY TIP

Remember! 55 mph saves gas, \$'s and lives!
See inside for new tips and ride sharing information.



MEETINGS/EVENTS THIS MONTH

<u>DATE</u>	<u>DAY</u>	<u>TIME</u>	<u>PLACE</u>	<u>ORGANIZATION/EVENT</u>
July 7	Monday	7 pm	Town Office	Family Day Planning Meeting
July 9	Wednesday	6 pm	416 N. Lake Rd.	Garden Club
July 14	Monday	11:30 am	Community Hall	Senior Luncheon
July 14	Monday	7 pm	Town Office	Selectboard
July 16	Wednesday	6 pm	Library	Reading Group
July 28	Monday	7 pm	Town Office	Selectboard
LOOKING AHEAD				
Aug. 10	Sunday	All Day	Townwide	Family Day
Sept. 13	Saturday	11-12:30	Transfer Station	Hazardous Waste

SPECIAL THANKS

Leonard Lussier spent many VOLUNTEER hours working on the new section of the Fairview Cemetery. Thanks, Leonard!

Monthly Senior Luncheon
at the Benson Community Hall on July 14

Come celebrate Bastille Day, visit with your friends and neighbors and hear a presentation by a speaker from PACE. The menu includes: Tossed Salad, Hamburger with Cheese, Lettuce and Tomatoes, Baked Beans, Marinated Vegetable Salad, Fruit Salad, Milk, Coffee/Tea, Lemonade. All are welcome. Suggested donation: \$3.50.

For reservations, please call Deanna Britton by Friday, July 11: 537-2971.

THANK YOU

Thank you one and all for gracing Lumen Christi with your presence at the Open House on Sunday, June 22. I was thrilled with the turn out and very happy to meet my neighbors and introduce you to our home and our programs. It is with a heavy heart, however, that I tell you that I will be leaving Lumen Christi and Benson at the end of June. My God and my superiors have other ideas for me. Thank you for your welcome and your kindness to me this last year. You will always be remembered with respect and fondness.

Peace to you always, Sister Rosemary Sgroi

Benson Garden Club

Do you grow veggies in containers? Raised beds? No-till gardening? Extended season gardening? Interested in heirloom seeds? Do you grow unusual vegetables? What stories do you have about your grandparents' gardens? Do you want to learn more about gardening? Do you want to garden but find it difficult to get started? Would you need or like some gardening assistance? Do you can, freeze or dry veggies or make jams? Do you have a favorite gardening book? Do you enjoy seeing other people's gardens?

We're looking for people who are interested in gardening. We'd like them to share their ideas and collaborate on problem-solving. We hope to find 6 or 8 gardeners with a variety of vegetables, who are willing to share their gardens with the group. We'll meet on Wednesday evenings at 6 pm for several weeks to visit a Benson garden. The final tour will be at Foggy Meadow Farm, a local organic farm. The tours will take place rain or shine, so come prepared. The garden tours will be free and open to everyone – bring your friends and neighbors.

The first garden tour will be on Wednesday, July 9 at 6 pm at 416 North Lake Road. Your hosts will be Bob Phelps and Karen Barber. Call 537-3155 with questions.

SAVE A TREE!

You can receive this newsletter online. Contact us at bensonnews@shoreham.net
And be sure to visit our Town's website: <http://www.benson-vt.com>

BENSON BUSY BUDDIES 4-H CLUB

Kelsey Burnell, Jacinda and Sadie Brown and Kayla, Sarah and Amanda Hillier attended Vermont 4-H State Day held in Barre on May 31st. Kelsey, Jacinda, Sadie and Sarah modeled their sewing project outfits along with other 4-Hers from around the state. Kayla, Sarah and Amanda also performed individual stage programs.

Sarah conducted a Kids Nature Crafts workshop at the Becoming an Outdoor Family weekend that was held at Groton State Park. A successful leadership project for her.

Club members hosted their families at a Tea and Fashion Show on June 22. In preparing for this event, they learned the importance of reading recipes correctly and measuring accurately.

As a result, they were able to serve a variety of tasty goodies to their guests.

Club meetings will be suspended until late July when members begin to prepare for the Vermont State Fair.

CHURCH NEWS

Come celebrate summer with us!

Rev. Holly Noble has graciously invited anyone who would like to come to her home in Tinmouth for a potluck picnic and swim on Sunday, July 13th. For directions or more information,

please call Holly: 802-446-3575

We are still looking for someone to play either the organ and/or piano at our services. If you might be interested and would like more information, please contact Holly Noble.

And, we are getting ready for our annual yard sale which will be held on Family Day, August 10. If you have anything to contribute, please let us know.

Everyone is always welcome each Sunday at 10:00 am and, if you enjoy singing,

Ride Sharing

Sherry Hanley will take people to Center Street in Rutland for the afternoon. She leaves Benson at 1 pm on Monday, Wednesday and Friday, and heads home between 4 and 8:30 pm. She knows that day what time she will head home. Call her at 278-2063 or 537-2269 to arrange a ride.

Lisa White works in Rutland from 8 am to 5 pm Monday through Friday. Call her at 537-2731.

If you are willing to share rides or if you need a ride, please call Karen Barber: 537-3155.

BENSON MUSEUM

We are open for the Season!

Hours: Wednesday from 1 – 3pm and by Appointment (537-2000)

BENSON PUBLIC LIBRARY



Open Wednesday 3 pm – 7 pm and Saturday 11 am – 2 pm



Reading Group

Group will meet on July 26, at 6:00 PM at the Library. We will be reading While I Was Gone by Sue Miller. The group is open to anyone interested.

Summer Reading Contest

The summer reading contest for grades 1 – 8 is underway!

The contest started June 15 and will end on August 6. After reading two books your name goes into the drawing to win a prize. The more books you read the more chances you have of winning. **All books read must be borrowed from the Benson Library or approved by the Librarian.**

Contest Prizes

Grand Prize - A bike donated by Coca-Cola and G&L General Store

2nd prize - \$30.00 gift certificate to a local bookstore

3rd prize - \$25.00 gift certificate to a local bookstore

4th prize- \$20.00 gift certificate to a local bookstore

One winning prize per person.

CONGRATULATIONS!

Dave Bartholomew recently completed his advanced firefighter training and is now a Level 2 Firefighter! This is a great personal achievement and also goes a long way toward making our Town a safer place. Good job, Dave!

The First 100 Years

A Board of Civil Authority Meeting

On the 4th day of May in 1847, your Board of Civil Authority met at the office of L.C. Kellogg. Two selectmen and ten justices of the peace were present. Joseph Gibbs was appointed chairman. The Board voted to license Daniel B. Griswald, Seth Wood, Preston Byram and Joel Gibbs to keep inns or houses of public entertainment for one year and voted licenses to Milo W. Smith, Franklin W. Walker, Daniel R. Barber and Luther Joy to sell distilled spirituous liquors, wine, ale and beer for medicinal, chemical and mechanical purposes only at the stores occupied by them in Benson.

FREE FILL-UP!

...of dirt. If you need fill and you see the Road Crew ditching near you, fill out the Fill Request Form available in the Town Office. Your need for fill and the Road Crew's need to dump will be matched. Please note, however, that the fill is "as is."

FARMERS' MARKET

- The season has started and everyone is encouraged to participate, either as a seller or buyer.
- The Benson Farmers' Market will take place each Saturday morning from 9 to noon, weather permitting through mid-September in the park next to the Wheel Inn. If you have crafts, jam, produce, please come. And, new this year, FREE knitting lessons will be offered. So, on your way to the ~~dump~~ transfer station, sell a few zucchini to pay for your gas and learn to knit a scarf to keep yourself warm so you can lower your thermostat next winter!

July Energy Tip: Hang Out and Save

From the Benson Energy Committee

- Did you know that electric dryers use 5-10% of all residential electricity in the US.? Your clothes dryer can use over 1,000 kWh/yr of electricity, and emit 1,500 pounds of carbon dioxide. Save money, conserve energy and the environment! Try a clothesline and/or a rack outside, or inside on bad weather days. No dryer sheets needed for a clean fresh smell!
- Washing clothes in cold water will save almost as much energy as a clothesline. Up to 80% of the energy used by a washer is used to heat the water.
- A bit of history: David M Smith of Springfield, VT. invented the spring clamp clothespin in 1853. The last US manufacturer of clothespins was the National Clothespin Company of Montpelier VT, begun in 1908 and closed in 2002.
- Is using a clothes line is new to you? Here're a few tips:
 - 1: stringing a line between trees or poles works just fine. But if you're short of outdoor space, or don't have trees, try an umbrella type line. Even old fashioned wooden clothes racks work well, as does hanging shirts, etc. on hangers in the breeze.
 - 2: if you're shy about what 's "seen", a suggestion: "my grandmother told me to hang my "unmentionables" inside a pillowcase."
 3. if you prefer not to iron, let the wind do it: "hang shirts tail up" or "hang pants by the cuffs, finger press creases, and hold in place with a clothespin or two " or "smooth and hang our your shirts and skirts on hangers" (this last especially good for kids clothes)
 4. If it's raining (or freezing), "hang inside (kitchen, hall, basement), on a line and/ or hangers".
 5. Alexander Lee, founder of Project Laundry List, suggests adding a half cup of white vinegar to your washer's rinse cycle so your clothes won't get stiff; the smell will disappear upon drying. For more, see www.laundrylist.org.
- If you have a clothes-drying experience that you would like to share, please call Karen Barber at 537-3155.

MEET THE NEW BENSON VILLAGE SCHOOL PRINCIPAL

Rick Beal is originally from Avon, Maine. His first career was as a dairy farmer on a farm that he owned and operated with his wife and four children. After twenty years of farming, they made the decision to sell the cows. Rick Beal went back to school to become certified as an elementary teacher. While at the Phillips Elementary School in Phillips Maine, he taught as a Chapter 1 and kindergarten teacher, and held an after school program administrator position. For the past four years, he has been kindergarten teacher at Northeast Primary School in Rutland. He is a graduate of the University of Maine at Orono with a B.S. in Agricultural Mechanization, University of Maine at Farmington and Augusta for education courses, and Castleton State College with a Masters in School Administration. Rick and Elaine Beal live in Ira.

Welcome to Benson, Mr. Beal!

STILL A FEW SPOTS AVAILABLE...

In our local Bone Builders Group from 9 – 10 am every Monday and Thursday morning. The program is FREE and is a great LOCAL way to improve your balance, strengthen your bones and enjoy some good company. Come join us!

CONSTABLE ALERT

Constable Daryl Burlett reminds everyone to be alert. Recently a vehicle stopped at a home in Benson to ask directions. The name of the homeowner the people in the car were looking for was not known to the Benson residents who tried to help. After a few minutes, just as they were about to leave, one of the young people in the vehicle asked if they could use the bathroom. Permission was granted and, shortly, they were on their way. When the Benson residents checked their bathroom, a bottle of prescription medication was missing. The vehicle and its occupants were later apprehended. Sadly, the days when we could all “be neighborly” and try to help strangers have changed. We all need to think twice before we allow someone we do not know into our home.

BE ALERT and please call Daryl (770-0237)
if you see anything suspicious in your neighborhood.

DID YOU KNOW...

...that we are fined \$200 if there are dirty cans/jars/bottles in with our recyclables? We have placed signs by the recyclable dumpster, we have printed several reminders in this newsletter and, amazingly (?), we have still overheard residents being rude when reminded to clean their recyclables before putting them into the dumpster. If you choose NOT to rinse your recyclables, you are welcome to pay to dispose of them in the trash, BUT you are not welcome to incur expenses for the rest of the Town by ignoring the regulations.

FIBER OPTICS IN OUR FUTURE?

To make Rutland a more attractive city to businesses, the Rutland Redevelopment Authority (RRA) realized that Rutland needed to add technology to compete with other cities inside and outside Vermont. While looking into the installation of a fiber optic network, the RRA came to the conclusion that it would be best served if this were a County wide effort as people who may bring businesses to Rutland, may not wish to live in Rutland. So along with the Town of West Rutland, they invited Select Board members from every town in Rutland County to discuss the concept. Daniel Britton represented Benson at the meeting. Here are the basics in a nutshell.

FIBER-TO-THE-HOME, HERE'S A SUMMARY OF WHAT IT MEANS TO OUR TOWN:

Phone Service: Unlimited calls within the United States.

Internet Access: Up to 10 times faster than DSL, with upload speed and download speed being equal.

Cable Television: More than 80 Channels and Video On Demand not affected by local weather.

All this for about \$100.00 per month! Furthermore, Fiber means eventual revenue to the Town. After the revenue generated by the network covers the lease payment and operating costs, the profit is shared between the towns. In Benson, we would use the revenue to offset property taxes. There would of course be other options for more money such as faster Internet Service and more Television channels. Also with 100,000 available channels, Benson could have its own channel for broadcasting local meetings and events. Local businesses could have greater access via the network.

Look here for more information as it becomes available.

VETERANS' MONUMENT UPDATE

If you have a name to add to the Veterans' Monument, please make your request in writing to the Selectboard. The cost to you for adding a name is \$10/letter. It is NOT possible to remove or change names that are already on the monument.

VOLUNTEERS NEEDED

Once the repairs to the fence at the Transfer Station are completed, the fence needs to be stained...or painted....or decorated? If you would be interested in helping with this project, please contact Daryl Burlett: 537-2722.

LUCKY 7's???

If you are interested in helping plan our annual Family Day, please meet in the Town Office at 7 pm on Monday evening, July 7th. All are welcome, puzzled or not!

Allergy Sufferers-Suffer No More

Benson resident Sharrie Hanley would like to share the following information with you: Allergies can cause great misery. In fact, according to the American Academy of Allergy, Asthma & Immunology, over 50 million Americans suffer from allergies. Allergies can be caused by pollen, animal dander, house dust, feathers, mites, chemicals or even foods. Initially allergies cause respiratory symptoms, yet are also capable of causing headaches, fatigue, diarrhea, fever, gastrointestinal discomfort and vomiting. There are alternatives to the over-the-counter medications. Methylsulfonylmethane, or MSM for short is an organic form of sulfur that is present in plant, meat and dairy foods. Unfortunately after processing these foods the body is unable to receive what we need. MSM is not to be confused with synthetic sulfa drugs, which can actually trigger an allergic reaction in some. Rather, MSM is a natural supplement that is fantastic for handling allergies, asthma and even arthritis. There are numerous approaches to help alleviate the symptoms of allergies in addition to MSM. The first and most important is to temporarily eliminate dairy products, as they have the potential to cause the body to produce thick, excessive mucous that would make anyone more miserable! Another way of reducing these symptoms is to consume what is referred to as "mucokinetic foods." These foods have the ability to thin mucous as well as expectorate (move out) mucous. Horseradish, fresh pineapple and most spicy foods would be considered mucokinetic foods. The information stated here is not a substitute for health care. Please seek a professional health care provider before trying anything new. drsharrie@yahoo.com

BVS HONORS

The following students were honored on June 13th at the end-of-the-year Awards Assembly at Benson Village School. Congratulations!

Honor Roll:

Dominick Andronaco, Austin Beauregard, Beccalyn Dugan, Daniel Hurd, Kaleb LaRock, Lindsay Legault-Knowles, Marissa Lamoureux, Sydney Pedro, Haley Tenzer, Amanda Doran, Travis Gearwar, Kevin Hurd, Marlayna Rheume, Shannon Moriarity, Jordan Pedro, Jacob Silver.

Perfect Attendance:

Dominick Andronaco, Jeffrey Bowen, Reid Bowen, Thomas Bowen, Brittany Coutermarsh, Rachael Dubois, Gabrielle Ellis, Lyonnice Frye, Travis Gearwar, Gabriel Goodhue, Kevin Hurd, Shara James, Christopher Jordan, Jerry Jordan, Taylor Kelley, Marissa Lamoureux, Isabella LeBlanc, Dylan Lee, Samantha Masse, Scott Messer, Shannon Moriarity, AJ Munger, Gregory Pritchard, Robert Richardson, Miranda Scott, Benjamin Silver, Jacob Silver, Kaetlyn Sweatt, Morgan Tomsuden.

NEWSLETTER DEADLINES

For the **August 1st** newsletter, please submit your news and ads no later than July 25th. To submit your news, please either e-mail the information to benonnews@shoreham.net or call Sue Janssen at 537-3111.

8th GRADE GRADUATION AND AWARDS

- On Thursday, June 12, 2008, the following students were awarded diplomas as they graduated from 8th grade: Nathan Beauregard, Jeffrey Bowen, Ashlee Curavoo, Rachael Dubois, Sierra Gregoire, Sarah Hillier, Parker Lamoureux, Alison Lussier, Kayla Manley, Garrett Maynard, Wade Maynard, Shannon Moriarity, Jordan Pedro, Jeffrey Peltier, Joseph Richardson, Michael Sheldrick, Jacob Silver, Nicholas Southworth, Matthew Tomsuden.

Certificates were awarded to:

Excellent Attendance:	Jeff Bowen	Shannon Moriarity
	Rachael Dubois	Jake Silver
Physical Education Award:	Sarah Hillier	Nick Southworth
French Award:	Shannon Moriarity	Jacob Silver
LifeSkills:	Jeff Bowen	
Math Award:	Sarah Hillier	Jeff Peltier
Language Arts Award:	Jordan Pedro	Nicholas Southworth
Science Award:	Shannon Moriarity	Jacob Silver
Social Studies Award:	Shannon Moriarity	Jacob Silver
GeoBee Participation:	Shannon Moriarity	Jacob Silver
Student Council:	Sarah Hillier	Wade Maynard
Writing:	Alison Lussier	Jordan Pedro

Honor Roll: Shannon Moriarity, Jordan Pedro, Jacob Silver

Glenn Munger Scholarship: Shannon Moriarity Jacob Silver

Plaque/Trophy Awards

Music:	Jordan Pedro	Jacob Silver
Art Award:	Rachael Dubois	Garrett Maynard
Athletic Achievement:	Parker Lamoureux	
Most Improved:	Sarah Hillier	
Leadership:	Jacob Silver	
Scholastic Achievement:	Shannon Moriarity	
Citizenship Award:	Jeff Peltier	
Principal's Award:	Nathan Beauregard	

Special Service Award: Mr. Barsalow

These awards were presented at the Graduation ceremony which was a wonderful and moving event! Each graduating 8th Grade student addressed the audience, thanking parents and teachers for their support. Delightful piano music was provided by Martha Savageau.

Congratulations to the BVS Class of 2008!!!