

Lancaster Events this Month

Town of Lancaster

September 1, 2016 Volume 29, Issue 1

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Fiction Essentials with Rich Marcello, Wednesday evenings


September 14 - November 16, 6:00 – 9:00 PM in The Parlor, First Church, 725 Main Street, Lancaster, Massachusetts.

This ten-week course combines lectures and workshops to explore all aspects of the craft of fiction writing.

Rich Marcello is a poet, an accomplished songwriter and musician, a creative writing teacher at Seven Bridge Writers' Collaborative, and the author of three novels, *The Color of Home*, *The Big Wide Calm*, and the forthcoming, *The Beauty of the Fall*, due out in 2016.

Rich lives in Massachusetts on a lake with his family and two Newfoundlands, Ani and Shaman. He is currently working on his fourth novel, *The Latecomers*.

Course Fee: \$150.00. For an application and full course information, please visit SBWC at sevenbridgewriters.blogspot.com, or contact them at: 7bridgewriterscollaborative@gmail.com




Mining Family Stories to Hone Your Writing Voice, with Jill Hackett

Saturday, September 17, 2016, 10:30 AM – 12:30 PM

Thayer Memorial Library, Lancaster, Massachusetts.

Author, teacher, consultant, Jill Hackett brings her hands-on and academic experience to the issue of women and voice. Jill earned a Ph.D. in communications and has degrees in mathematics, human development and psychology from Vassar, Harvard, and The Union Institute & University, with advanced training in counseling and consulting psychology from Northeastern.

Please join us for this free event. For more information, visit sevenbridgewriters.blogspot.com, or contact us with questions at 7bridgewriterscollaborative@gmail.com.



KEY	
	Helpful Information
	Save the Date!
	News!
	Neighboring Towns

Remember, you can unsubscribe at any time by emailing "unsubscribe" to "townclerk@lancasterma.net"



Upcoming Election Information

State Primary:
THURSDAY
September 8, 2016

Polls will be open
7:00 AM-8:00 PM

Town Hall Auditorium
695 Main Street



Special District-Wide
Minuteman Ballot
Election
TUESDAY
September 20, 2016

Town Hall Auditorium
695 Main Street

PLEASE NOTE:
For this election, polls
will be open 12:00
NOON until 8:00 PM

Officers of the Minuteman School Committee have finalized the warrant for a September 20th district-wide election that will decide on bonding for a new Minuteman High School. On August 1st, the officers approved an election warrant that had been prepared by the Minuteman School Administration in consultation with town clerks and boards of selectmen in the District's 16 member towns.

The special election, to be held **Tuesday, September 20, 2016** from **12 noon to 8 p.m.**, was called by the Minuteman School Committee to determine whether District voters support or oppose bonding for a new school. The district-wide aggregate count of "yes" and "no" votes will determine the result, with the majority prevailing. For more information regarding this important issue, go to:

<http://minuteman.org/Page/636>



And Coming Soon.....Early Voting for the Presidential Election

The Town Clerk's Office is excited to announce that Lancaster will be participating in Early Voting and EXTENDED polling hours/locations during the Early Voting period (Monday, October 24th through Friday, November 4th at Noon).

Unlike casting an absentee ballot which requires a specified circumstances, voters may choose to vote early for any reason. We will be available during our regular hours of Monday (9:00 AM to 5:00 PM, Tuesday through Thursday 9:00 AM to 4:00 PM, and Fridays by appointment) and also, with the gracious hosting of the locations below, with extended hours for the public's convenience:

MONDAY, October 24th, 5:30 PM to 8:00 PM at the Thayer Memorial Library, Dexter Room

SATURDAY, October 29th, 10:00 AM to 2:00 PM at the Thayer Memorial Library, Dexter Room

TUESDAY, November 1st, 7:00 AM to 9:00 AM at the Lancaster Community Center, during the Pancake Breakfast

All locations are handicapped accessible. Only registered voters may participate.

The last voter registration session for this election will take place on:

WEDNESDAY, October 19th from 9:00 AM to 8:00 PM in the Town Clerk's Office.

Would you like to check your registration status?



Contact the Town Clerk's Office at 978-365-3326 ext 1013,

You may also check online at:

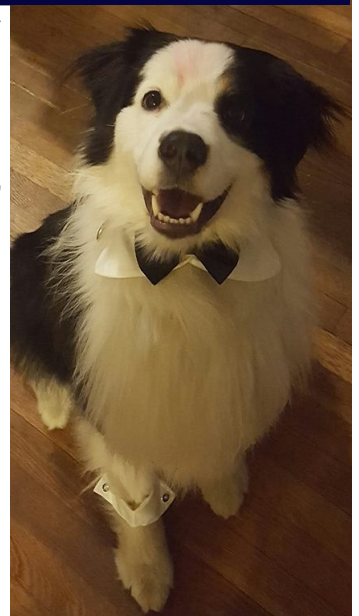
<https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>

IS YOUR DOG NUMBER ONE?!

The Town Clerk's Office will be holding a contest to name Lancaster's Number #1 Dog for the 2017 calendar year. Beginning September 15th, residents who license their dogs will have a chance to have their canine companion voted as Lancaster's Number #1 Dog. The 1st place winner will receive the #1 dog license for 2017 at no charge, and have their picture in the Clinton Item. Participants must send a favorite photo of their pet via email to "number1dog2017@lancasterma.net" by October 1st, or via mail by downloading the registration form from the Town Clerk's website at:

http://www.ci.lancaster.ma.us/Pages/LancasterMA_TownClerk/index

More than one dog per family may be entered. A valid rabies certificate must be available for any dog entered. After the initial entries have been logged, the Office of the Town Clerk will, by random drawing, narrow the field to five. Those five entries will be placed on a "ballot", and with the cooperation of Principal Sean O'Shea and the Staff of the Mary Rowlandson School, students in grades 1 through 5 will have the chance to "vote" for their favorite dog to become Lancaster's #1 Dog for the 2017 calendar year. The choice of the student body will be considered final.





Coming Up In September at First Church of Christ Unitarian

10am Worship in the Sanctuary

September 11 “A Season of Creation: Water, the Source of Life.”

Join us for our traditional water communion celebrating summer travels to special places near and far.

Religious Education Classes begin. A potluck coffee hour will follow. All are welcome!

--- MINDFULNESS PROGRAMS AT FIRST CHURCH UNITARIAN THIS FALL ---



For more info visit www.middlepath-healingarts.com; or contact Éowyn at eowyn@middlepath-healingarts.com or 978.895.3604

Mindfulness-Based Stress Reduction (MBSR)	Thursdays, 6-8:30pm Orientation Sept 8, Classes Sept 15-Nov 3 All-Day Class Oct 15 – 10-5pm
Gentle Mindful Yoga	Mondays, 6-7:30pm Sept 12- Oct 24 (No Class Columbus Day) Join One or All Classes
Weekly Sitting Meditation	Tuesdays, 6-7:30pm Ongoing Drop-In

MBSR (Mindfulness-based Stress Reduction) is an experiential learning program that engages the cultivation of mindfulness: a moment-by-moment, non-judgmental awareness of experience. Through group and individual practices (including meditation and yoga), discussions, and presentations, you will learn a variety approaches for integrating mindfulness into life. This 8-week course, originally developed by Jon Kabat-Zinn, helps us find inner resources for balance, wellness, and peace of mind.

Gentle Mindful Yoga introduces the practice of mindful movement, which is gentle and enlivening, to anyone who wishes to explore embodiment with awareness. In this class you will discover how to skillfully relate to yoga as healing and awakening method. You will learn basic yoga movements and postures and consider easy ways to integrate them into your life for deeper well-being and meaning. Each session concludes with a brief guided sitting meditation.

Sitting Meditation includes guided sitting, standing and walking mindfulness practices offered with reference to the Insight Meditation and MBSR traditions. Additionally, there is time for talks on the teachings and discussions about the practice. The emphasis is on learning to cultivate mindfulness, kindness and concentration. Sometimes a brief mindful movement period will be included.

About the Teacher: Éowyn Ahlstrom teaches MBSR and other mindfulness programs at the UMass Medical School's Center for Mindfulness, and yoga for retreats at the Insight Meditation Society, including the Forest Refuge. Éowyn first encountered the practice more than twenty years ago and has been an avid student of mindfulness practice ever since. She offers an integrated approach to developing well-being and independence, with focus on developing embodiment, awareness, calm and joy.



*One Road Reaching
Four Community Efforts*

Autism | Breast Cancer
Food Pantry | PTSD



5K

September 11, 2016
South Lancaster, MA

Run & Walk

Come support your select community effort.

Register Online

by September 4.

Receive an athletic shirt
for registrations received
by August 15.

Cost

Youth | \$15

Adults (18+) | \$20

Senior (60+) | \$15

On site Add +\$5

www.community5k.racewire.com



Health Ministries
For more information
call Gael Moncoeur
508-498-3566.



Cultural Council Funding Opportunity

Lancaster Cultural Council is seeking funding proposals. Monday, October 17, 2016 is the deadline for organizations, schools, and Individuals to apply for grants that support arts and cultural events. Artistic projects and activities in Lancaster and surrounding communities can include exhibits, festivals, field trips, lectures, workshops, short term artist residencies or performances in schools or the community. Specific guidelines, information, and application are online at:

www.mass-culture.org/lcc_public.aspx.

Only online applications will be considered.



Upcoming Lancaster Garden Club Program

Sunday, September 25, 2016 at 7 PM. Lancaster Garden Club presents "Confessions of a Seed Snatcher" by MariePatrice Masse at the First Church of Christ Unitarian, 725 Main St., Lancaster, MA. MariePatrice will take us on a journey of discovery into the world of seed gathering. From seed biology, to seed politics, from seed quirkiness to seed adaptability. Includes a hands-on component where you can "gather seeds" from a large collection of flower heads, seed stalks, and pods. Gather with friends for our social hour from 6 - 7 PM; program begins at 7 PM.

MariePatrice Masse, M.Ed., an enthusiastic gardener and lover of nature, has been collecting seeds for many years. She is an active member of the Stow Garden Club and a frequent Garden Club speaker. More often than not, MariePatrice can be found passionately tending her 4500 square foot organic flower and vegetable garden at the Stow Community Garden. Free for members, \$5 for non-members. Not a member? Consider a family membership for only \$20 per year that will give you access to fantastic programs and discounts to some local garden centers.

Contact Meghan Whitcomb at 857-222-1855 for more information.





Perkins Presents

TASTE *of* WACHUSETT



WEDNESDAY SEPTEMBER 28, 2016

5:00 PM - 8:00 PM CYPRIAN KEYES GOLF CLUB

Perkins is excited to announce that they will once again be hosting the Taste of Wachusett on Wednesday, September 28 from 5 to 8 p.m. at the Cyprian Keyes Golf Club located in Boylston, MA. In its 19th year, the Taste of Wachusett is the longest running tasting event in the region. This event brings together the finest food and beverage vendors in the area. Restaurants, breweries, pubs and bakers join forces to make the Taste of Wachusett a delicious and memorable evening. Fine wine, appetizers, main dishes and sweet treats fill the ballroom and outdoor patios of this lovely venue. Tickets will be sold online at www.perkinsprograms.org or at Perkins in Lancaster, The ITEM office or Clinton Savings Bank. Advance tickets are \$30 each; \$130 for a 5-pack, \$25 for seniors or at the door for \$35. This will be an evening of indulging, and a great opportunity for networking. The best part?

You will be supporting Perkins!



Community Heating Oil Buying Group

For the past several years, an informal heating oil buying group has coordinated the purchase of discounted home heating oil for greater Lancaster area residents. Heating oil is delivered much as customers receive their heating oil today (through automatic fill or as requested by the homeowner). The heating oil supplier is one of the largest and best known companies in the area. Over the several year operation of the program we have compared the delivered cost of oil to the competition and found the buying group prices are consistently lower. If you would like more information about the "Tellert Group Buy," please contact Larry Shoer (LarryShoer@comcast.net)."