

Vienna Record



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Volume 22, Issue 4

August/September 2018



Selectmen's Minutes—June/July 2018

June 5, 2018

Present: Dodi Thompson, Jeff Rackliff, Chris Smith, Katie Church, Marti Gross, Lidie Robins

1. Reviewed and dispersed the mail.
2. The selectmen read and accepted the minutes from the previous meeting.
3. Reviewed and signed Warrant # 11 (\$65,478.46)
4. 30 Mile River Watershed Association will be applying for a grant from the DEP. A portion of the grant will be used for a Vienna project. Discussed the culvert at the beginning of Ithiel Gordon road and the ditch running from the end of the Ithiel Gordon road toward Parker Pond along side of

the Tower Road.

5. The selectmen reviewed the current years insurance policy from Kyes Insurance; discussed the application from MMA for the town insurance.
6. The Selectmen worked on paperwork for the FEMA reimbursement for the wind/rain storm on October 31st, 2017. Dodi will meet with Pam Coleman of FEMA on Wednesday, June 6 at 1:00 p.m.
7. Meeting Adjourned.

Selectmen's Minutes Continued

June 12, 2018

Present: Dodi Thompson, Jeff Rackliff, Chris Smith, Annie Tibbetts Lidie Robbins.

1. Reviewed and dispersed the mail.
2. The selectmen read and accepted the minutes from the previous meeting.
3. The selectmen worked on the FEMA reimbursement questioner.
4. Discussed the grant process for the Tower Road culvert project near Parker Pond project.
5. Meeting Adjourned

June 19, 2018

Present: Dodi Thompson, Jeffrey Rackliff, Marti Gross, Brian Church, Ron Lockwood.

1. Read and accepted minutes from previous meeting
2. The selectmen dispersed mail
3. Reviewed and signed Warrant # 12 (\$34,260.95)
4. The selectmen reviewed property cards.
5. The selectmen voted to continue the Town's insurance coverage with Kyes Insurance for July 2018-July 2019.. They came in with a quote that was \$1000 less than last year.
6. Talked with Fire Chief Church about repairs needed at the community room, including screens and shutters. The selectmen agreed that the repairs were necessary. Costs will be taken from the Community Building Capital Improvement Account.
7. Mike and Katie church donated a washer and dryer to the fire department and installation is complete.. Now the Fire Fighters can wash gear and not bring hazardous materials home from calls.

8. Adjourned

June 26, 2018

Present: Dodi Thompson, Chris Smith, Jeffrey Rackliff,

1. Selectmen read and dispersed mail.
2. Selectmen reviewed previous meetings notes.
3. Dodi will be meeting with Pam Coleman from the F.E.M.A. agency again. This is to review the application for reimbursement funds to help pay for the cost of road repairs from the storm in October of 2017. This meeting should complete the process.
4. The selectmen worked on the sales ratio analysis report. The state reviews this report to make sure we are in compliance with evaluation of properties in town and continue with our 100% declaration.
5. The Selectmen worked on Property cards and abatements.
6. The new 2018 Mount Vernon and Vienna business directory has been printed and released. This contains the name and contact information to businesses in the two towns. They will be available at the Post Office, Town House and Town Clerk's office. It will also be on the town website viennamaine.org
7. Selectmen discussed the fact that an E-911 Addressing Officer is still needed. Please contact a select person if interested.

July 3rd, 2018

No meeting was held due to the holiday. Warrant #13 (\$81, 502.49) was reviewed and signed individually and checks were mailed.



Did you know...

The Mill Pond on Kimball Pond Road is often visited by many different creatures including geese, moose, bear, snakes, and blue heron!



Selectmen’s Minutes Continued

July 10, 2018

Present: Dodi Thompson, Chris Smith, Jeffrey Rackliff

1. Opened and dispersed mail.
2. Read and accepted minutes from previous meeting,
3. The selectmen reviewed the Bank Reconciliation report.
4. Dodi talked with Global Document Destruction. They are a commercial shredding service. Selectmen are going through paperwork, files, etc. to see what can be disposed of according to the “Rules for Disposition of Local Government Records”. All the old files were brought out of the former furnace/storage room. We will start with those. When everything on file/in boxes, etc. has been gone through, we will make an appointment with Global to do onsite shredding. Hopefully in late August or early September.
5. Dodi is meeting with John Sexton, our Assessing Agent, at the town House tomorrow to review several property assessments.
6. Wi-Fi has now been installed at the Town House.
7. Adjourned.

July 17, 2018

Present: Dodi Thompson, Chris Smith, Jeffrey Rackliff, Brian Church, Marti Gross

1. Opened and dispersed mail.
2. Read and accepted minutes from previous meeting,
3. Reviewed and signed Warrant # 14 (\$71,479.79)
4. The selectmen and Fire Chief Brian Church discussed the need for dredging of the Mill Stream Pond (in the past this has been reviewed, found to be very expensive, with no

grants available). The pond has filled in and this has made it difficult for the Fire Department to use this as a place to fill the trucks. The Army Corps of Engineering will be contacted along with the D.E.P. The option of installing well tiles was also discussed. Brian will be contacting the Kennebec E.M.A.

5. The Health Officer (Dan Onion) tested the water from the swimming area at the boat launch on Flying Pond. The test came back with no danger of e coli.The water is safe for swimming.
6. Adjourned,

Selectmen’s Meeting, July 24, 2018

Present: Dodi Thompson, Chris Smith, Jeff Rackliff, John Archard

1. Opened and dispersed mail
2. Read and accepted minutes from previous meeting
3. The selectman worked on the E911 addressing officer’s paperwork. The records need to be updated since the previous officers’ resignation. The selectman discussed naming a private road off the Klir Beck road as a new building will be built on this road and an address is needed. Until a new E911 Addressing Officer is appointed, selectmen will be handling new addresses and updating files.
4. There will be no meeting on July 31st, which is a 5th Tuesday.



News from the Town Clerk

Annie Tibbetts: 207-293-2915
Email: ClerkTax@Viennamaine.org
346 Townhouse Road, Vienna, Maine

Hours:

Tuesday/Thursday: 5:00pm-7:00pm
Wednesday: 9:00am-12:00pm and
12:30pm-5:00pm
Last Saturday of the month: 9:00am-
12:00pm

Reminder to all residents:

**The 2nd tax payment is due by
September 30, 2018.**

Special Event

Village Harmony

**Monday, Aug. 6
7:00pm
Vienna Union Hall**

Village Harmony is a group of vibrant teens who love to sing. At a 3-4 week camp, they spend 1 week learning songs from around the world. Then they hit the road + perform all around New England. This is the 5th year in Vienna. If you haven't heard them, you are missing a treat!

Editors Notes

Send us your photos of Vienna!

If you have beautiful photographs of Vienna, Maine that you would like to share in the *Vienna Record*, please email them to: kachurch2@gmail.com

*Please note that not all submitted photographs will be used. Inclusion will depend on what fits in with content.

We want to hear from you!

Do you have an idea for a story you would like added to a future edition of the *Vienna Record*? Let us know! Send your ideas to: kachurch2@gmail.com

Email articles to me at: viennanews1802@gmail.com
Or mail to: P.O.Box 147, Vienna, ME 04360

Advertisements or Personal Announcements

Fee Per Issue

1/8 Page	\$8.00/issue or \$45.00/year
1/4 Page	\$14.00/issue or \$45.00/year
1/2 Page	\$26.00/issue or \$150.00/year
Full Page	\$50.00/issue or \$290.00/year

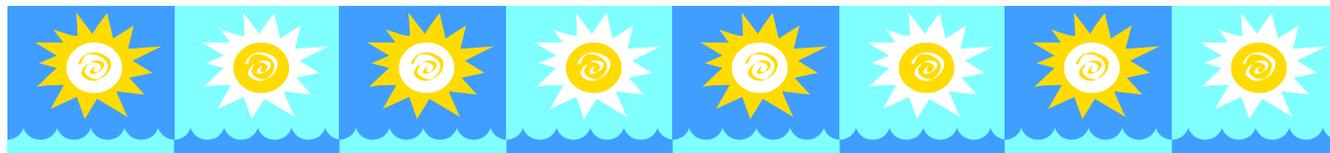
Make checks payable to the "Town of Vienna"

Deadline

Please submit all items or articles for the August/September issue of the *Vienna Record* by **September 24, 2018.**

Format

Submit all items online as a word document (.doc) or as a .jpg. Please no .pdf or other formats.



Union Hall News

Enjoy Harmony with Aztec Two-Step in Vienna

On Saturday, August 11 the Vienna Union Hall Association offers a unique opportunity to hear a first class, well renowned band that has been making music and good feelings worldwide for over 40 years. Aztec Two-Step and friends will be on stage at the Union Hall at 7:00 PM.



Rex Fowler and Neal Shulman first met at an open stage at the Stone Phoenix, a Boston coffee house. Within a few months of working together, they recorded their first album as Aztec Two-Step, and a few months later, they had a deal with Elektra Records. Since 1971 Rex Fowler and Neal Shulman have been writing and performing songs that

helped make their generation's musical memories. Aztec Two-Step's name comes from a Lawrence Ferlinghetti poem, and their song "The Persecution and Restoration of Dean Moriarty" from their classic self-titled debut album on Elektra Records was the first of its kind written about Jack Kerouac's iconic American novel, *On The Road*.

As their recording career continued, so did the critical acclaim. In 1987 *Living in America* received the New York Music Award for Best Folk Album and was named in *Billboard's* year-end critic's poll. Praised in major media outlets such as *Rolling Stone*, and having appeared on numerous TV and radio shows such as *David Letterman*, *King Biscuit Flour Hour*, and *World Café Live*, Aztec Two-Step was the subject of a PBS documentary in 1999.

Of their 2005 release, *Days of Horses*, the *Boston Globe* said "fans of the duo's harmony-driven tunes and easygoing acoustic guitar riffs will recognize their James Taylor-meets-Simon & Garfunkel sound. What's new is the mood. This album sits back on its haunches as Rex Fowler and Neal Shulman look back wistfully at American pop culture and their own ride through it."

In 2007 the magazine *Real Simple* named Aztec Two-Step one of the top five folk albums joining work by Bob Dylan, Judy Collins, Tom Rush and Phil Ochs. In that same year Rhino Records released *Forever Changing: The Golden Age of Elektra Records 1963-1973*, a box set that tells the story of this landmark record label and the music that defined an era; the collection includes one of Aztec Two-Step's earliest songs. Also in 2007, the band released the DVD *Live at TCAN* featuring a 35th anniversary concert, a performance of the self-titled debut album in its entirety plus other fan-favorites from their long and distinguished career.

In 2008 the duo released *Time It Was: The Simon & Garfunkel Songbook* (Red Engine Records), a live album interpreting the music of their legendary predecessors and featuring *Mixed Bag* radio host Pete Fornatale, who provides commentary and insights based on his interviews with Simon & Garfunkel. From early in their career, Fowler & Shulman were often compared with the duo because of their "east coast sensibility" and beautiful harmonies, and it seemed fitting for them to embark on this project.

Union Hall News Cont.

The band commemorated their 40th anniversary by recording the 'Cause & Effect,' released in 2012. It is a 16 song collection of re-worked and previously unrecorded "give a damn" songs of social significance.

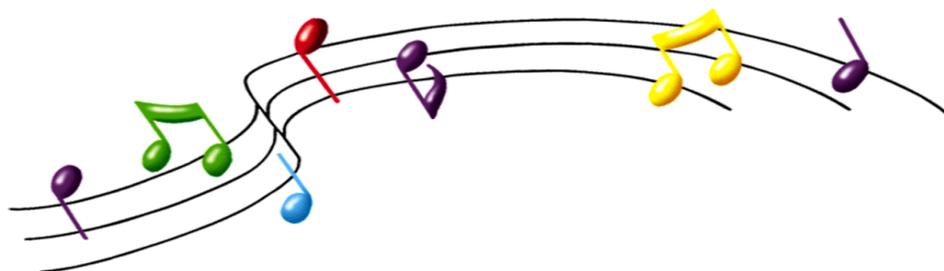
Rex Fowler, lead singer of the duo, grew up in Pittsfield, Maine. His family moved to Maine from Connecticut in the late 1950's when he was 10 yrs old. He attended Maine Central Institute and college in Presque Isle and didn't leave the state for good until 1971 when he met Neal in Boston. He still has friends and connections in Maine.

Currently Neal Shulman is taking an indefinite period of time off from touring after the passing of his beloved wife Karen. Rex continues on the AZTEC TWO-STEP stage with Steven "Muddy" Roues (The Roues Brothers, Jon Pousette-Dart) on double bass; and Dodie Pettit (original cast member of Broadway's "Phantom of the Opera"; "Cats") on vocals, guitar and keyboards. The show will be filled with vintage ATS fan favorites as well as highlights from their newest release "Naked" which addresses sociopolitical topics in 2017.

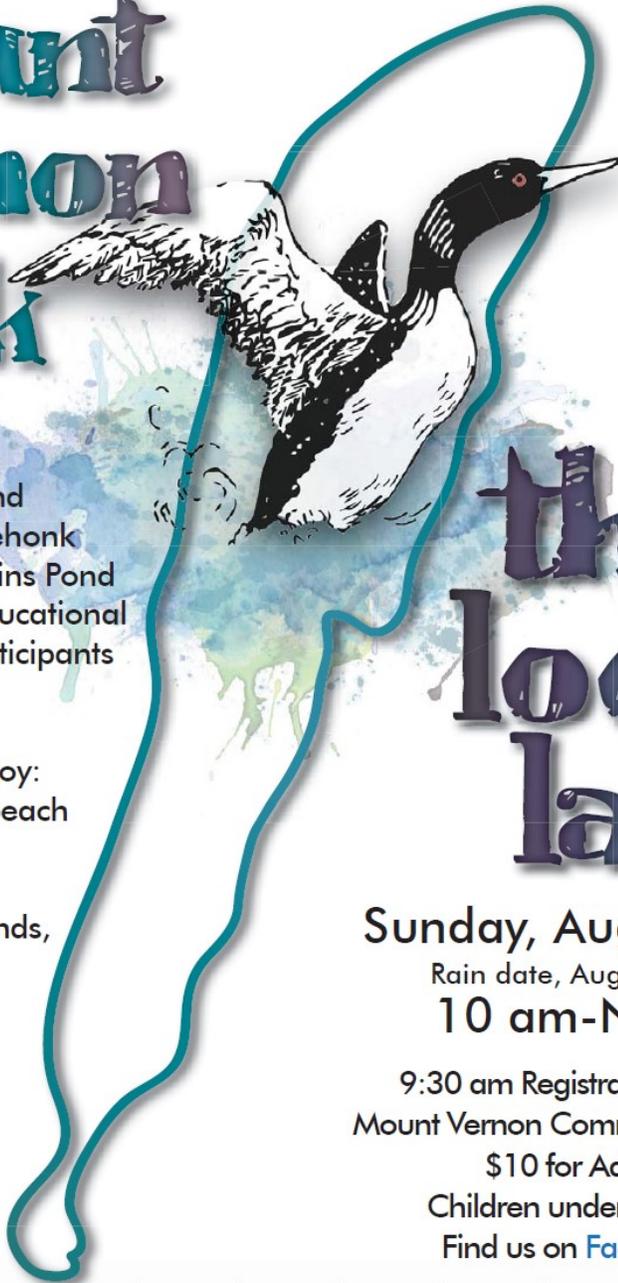
Steven Roues hails from New York and has been making music together with his brother Billy since they were kids. He is a journeyman in the music business, having crossed paths with some of the greats of Blues, Rockabilly, Rock'n'Roll, Country, Soul, and Rhythm and Blues. The experience of working with those artists and creative people that were and still are mentors and idols to him, whether onstage, in the studio, in films and television or in the songwriting process, has left an indelible mark on his music.

Dodie Pettit is an actress, singer, dancer and songwriter. Ms. Pettit has the distinction of performing on Broadway in history's two longest running shows, Andrew Lloyd Webber's "CATS" and "The Phantom of the Opera", in which she was an original castmember. She spent 10 years in these two shows, and has over 4,000 shows to her credit, a milestone that very few Broadway performers have achieved. Other credits include the First National Touring Co. of Tony Award Winning "Titanic", and regional shows of A Chorus Line (Cassie) "Footloose" (Vi); "A Closer Walk With Patsy Cline" (Patsy Cline), "Singin' In The Rain" and "They're Playing Our Song". As a guitarist and songwriter Dodi has made much of her living working in pop/rock bands. She has performed in such places as The Bitter End, The Electric Circus The Criterion Center, Don't Tell Mama's, Danny's Sea Palace, Penache Encore, Steve McGraw's, in New York; The Troubadour, The Palomino Club in Los Angeles; The Exit Inn in Nashville and at Caesar's Palace and Arizona Charlie's in Las Vegas.

Tickets for Aztec Two-Step and Friends are \$15.00 and are on sale now. They can be purchased online on the Vienna Union Hall website's Arts and Events" page. For more information call 203-2674 or email: viennaunionhall@gmail.com.



mount vernon 5k



JOIN US!

- Walk/run around beautiful Minnehonk Lake and Hopkins Pond
- Healthy and educational
- Wheelchair participants welcome

After your lap, enjoy:

- A swim at the beach
- Dining
- Local shops
- Family and friends, old and new

the loon lap

Sunday, August 5th

Rain date, August 12th

10 am-Noon

9:30 am Registration at the
Mount Vernon Community Center

\$10 for Adults

Children under 12 free

Find us on [Facebook](#)

A local event to support the Greater Minnehonk Lake Association and the Mount Vernon Community Partnership Corporation's efforts to protect and improve the community of Mount Vernon and its lakes.

Want to get involved?
Ask us how to become
a sponsor and get your
logo added here.



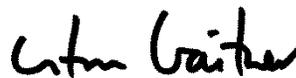
Planning Board News

MINUTES OF THE REGULAR MEETING OF THE VIENNA

PLANNING BOARD HELD MAY 23, 2018

- At 6:00 PM regular members Wayne Whittier, Alan Williams, Creston Gaither, and Tim Bickford met with contractor Jim Meader at Jim and Sherri Shunney's site on Whittier Pond, depicted on tax map 11 as lot 6-T, to consider their proposal to build a single family dwelling on the parcel, the Board noted that both the proposed septic field area and the proposed house site appear to be well-elevated above the pond.
- At 6:20 the Board met with Scott Horne at Ricci Viscusi's parcel on Flying Pond (depicted on tax map 11 as lot 11-H), to informally discuss the buildability of this lot. Very steep slopes were noted; it was agreed that the Shoreland Zoning ordinance should be reviewed regarding slope and applicable regulations. Creston has surveyed this lot and will check his field notes for data pertinent to its slope.
- At 6:45 the Board met with builder Neal Schultz on Gregory and Carrie Schulze's lot on Parker Pond, depicted on tax map 11 as lot 43-P. They have a small shed about 8 or 10 feet from the pond near the southwesterly corner of the property, and would like to make it a screened in gazebo. Prior owner Ray Anderson's casual recreational use of the shed in the past was noted. The Board agreed to discuss this proposal at its imminent meeting at the Town House .
- At 7:10 PM the Board convened its formal meeting at the Town House, being joined there by Jim and Neal. Minutes of the April 25 meeting were read and accepted.
- The Shunnneys' proposal was reviewed with Jim, whom they have authorized in writing to act as their agent in this matter. Jim was advised that he will need a subsurface waste disposal (SSWD) permit.
- Based on Jim's sketch and verbal representations, and its site visit, and contingent upon issuance of a SSWD permit, and a favorable review of the flood hazard maps, The Board determined that the project as outlined above:
 - (1) Will maintain safe and healthful conditions;
 - (2) Will not result in water pollution, erosion, or sedimentation to surface waters;
 - (3) Will adequately provide for the disposal of all wastewater;
 - (4) Will not have an adverse impact on spawning grounds, fish, aquatic life, bird or other wildlife habitat;
 - (5) Will conserve shore cover and visual, as well as actual, points of access to inland waters;
 - (6) Will protect archaeological and historic resources as designated in the comprehensive plan;
 - (7) Will avoid problems associated with floodplain development and use; and
 - (8) Is in conformance with the provisions of SZO Section 15, Land Use Standards.
- The Board then voted unanimously to authorize Creston to issue the usual SZO permit by letter for this proposal.
- The Schulzes' proposal was discussed. Section 12.C.5 of the SZO was reviewed briefly. It was noted that the SZO does not define "change of use," which requires a written application and a SZO permit. The Board voted 4-0 that given the context of the SZO and its intended purposes and its lack of a definition of "change of use," the Schulzes' proposal does not constitute a change of use and thus does not require a permit. Creston will check the flood maps as it was noted that portions of the Parker Pond flood zone are known to extend unusually far inland from the shoreline.
- Regarding the aforementioned Viscusi lot, the SZO was reviewed with regard to steep slopes—slope is not discussed in the Ordinance except in its definition of a Resource Protection District, and the SZO map clearly shows that this lot lies within the Limited Residential District.

The Meeting adjourned at 8:00 PM.



Creston Gaither, secretary

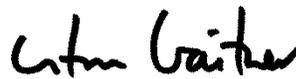
Planning Board News Cont.

MINUTES OF THE REGULAR MEETING OF THE VIENNA

PLANNING BOARD HELD JUNE 27, 2018

- At 6:00 PM regular members Wayne Whittier, Ed Lawless, Creston Gaither, and Tim Bickford met with contractor Adam Gottlieb and owner Mark McAuliffe on Mark's property on Whittier Pond, depicted on tax map 11 as lot 6-7, to consider his proposal to enlarge the existing deck by 4 feet and construct a dormer on the roof of the existing house, and to remove the existing steps to the pond and to construct new steps to the pond to within 30 or 40 feet of the existing dock, and to construct a 6-foot wide meandering trail from near the house to the dock, and to build or install a 12' x 20' shed at the start of the trail, and to expand the existing stone parking area northerly of the house and remove a 15 inch +/- existing hemlock in this area, and to install a kayak and canoe rack at the shore.
- At 6:50 PM the Board met with Don Ripley on his Flying Pond property depicted on Tax Map 10 as Lot 34, to discuss his proposal to remove two 24" +/- oaks near the southwesterly corner of the parcel; he believes they're damaged and likely to fall.
- At 7:10 PM the Board convened its formal meeting at the Town House, being joined there by Mark and Don and regular member Alan Williams. Minutes of the May 23 meeting were read and accepted.
- Don Ripley's proposal was discussed first. Shoreland Zoning Ordinance (SZO) Sect. P.(2)(e) was briefly reviewed. Wayne noted that item 5 in Table 1 in the ordinance indicates that this type of timber harvest is permitted in the Limited Residential Zone without a permit. Don was advised that if he removes these trees in accordance with the SZO he will not need a permit. He said that All Seasons Tree of Belgrade will do the work. Creston will email Don confirming the Board's finding.
- The Board then discussed Mark McAuliffe's proposal.
- As to the steps: it was agreed that erosion control measures and best practices should be employed during construction.
- Regarding the parking area: if excavation becomes necessary on the northerly side of the driveway, erosion control measures must also be taken.
- As to the meandering path: it must not create a line of sight.
- Regarding the dormer, no SZO permit is required, but a Notification of Construction permit must be obtained.
- As to the kayak and canoe rack: it was agreed that unless it has a roof it is not a "structure" as defined in the SZO.
- Based on Mark's sketch and verbal representations and on its site visit, and a favorable review of the flood hazard maps, The Board determined that the project as outlined above:
 - (1) Will maintain safe and healthful conditions;
 - (2) Will not result in water pollution, erosion, or sedimentation to surface waters;
 - (3) Will adequately provide for the disposal of all wastewater;
 - (4) Will not have an adverse impact on spawning grounds, fish, aquatic life, bird or other wildlife habitat;
 - (5) Will conserve shore cover and visual, as well as actual, points of access to inland waters;
 - (6) Will protect archaeological and historic resources as designated in the comprehensive plan;
 - (7) Will avoid problems associated with floodplain development and use; and
 - (8) Is in conformance with the provisions of SZO Section 15, Land Use Standards.
- It was voted 5 – 0 to authorize Creston to issue the usual permit by letter for the proposal.

The Meeting adjourned at 7:55 PM.



Creston Gaither, secretary

From the Health Officer

Shingles: What is it and how vaccinations may help

Dan Onion, MD, MPH
Mt. Vernon/Vienna Health Officer
293-2076; dkonion@gmail.com
June, 2018

Several townspeople have asked my opinion about the new herpes zoster immunization now available, so here goes!

Herpes zoster or shingles is a fairly common disease (in my full time practice of primary care, I'd see 8-10 cases a year) caused by the recrudescence of the herpes varicella/chickenpox virus years after typical childhood chickenpox with fever, painful rash and pustules. The name shingles comes from Latin and French words for belt, or girdle, from the appearance of the skin rash on the torso. Since the introduction of childhood chickenpox vaccination in the mid 1990s, many fewer children now get it. But that leaves nearly everyone born before then with the potential to develop shingles later in their lives and especially if they become immunocompromised with immunosuppressant medications like steroids or anti-cancer drugs, or from diabetes, cancer itself, or other serious illness.

Strangely, the chickenpox virus hides in the body's sensory nerves, and can much later cause a recurrence of the chickenpox-like rash with pain/itching, redness and pustules confined to the anatomic distribution of the nerve in which it had been lurking undetected and innocuously for many years. So it manifests as a day or two of pain or itching and then a relatively unimpressive rash in a patch of body skin, often the trunk or an arm, or even and dangerously the face when an eye is involved. It is almost always on one side of the body, not symmetrical. The duration of the rash is usually several weeks, worst in the first and then gradually healing; it is shortened by antiviral antibiotics if given within the first 2-3 days. However, in about 5-10% of people, the pain persists despite the rash healing, a condition called post-herpetic neuralgia. This can be devastating; these poor people have skin hypersensitivity in the now-healed skin, so even the touch of clothing causes severe pain and suffering. I had an older patient once who had had shingles on her right chest wall; she took to wearing a small dishpan under her clothes, over the neuralgic skin patch, to prevent spasms of pain caused from clothing bumping it. Her pain lasted years and never went completely away.

If adults weren't immunized as children and never had chickenpox, they can still catch it from children or even from someone with an active case of shingles. Those cases are much more serious than in children, with fatalities from viral pneumonia. There is no evidence for immunizing these adults protectively with the childhood or zoster vaccines helps.

So most people over age 30, who have had chickenpox (the vast majority), can develop shingles at any time, most commonly over age 50, with a further higher incidence progressively with aging. To prevent shingles and the rarer incidence of severe post-herpetic neuralgia, two vaccines have been developed:

1) Zostavax in the early 2000s, a live attenuated Herpes varicella virus (like less virulent cow-pox virus vaccination was used to prevent small pox). It is given in a single shot, costing about \$200, over age 60 and prevents over 50% of new shingles cases and 60% of post herpetic neuralgia over the first 3 years. Thereafter that efficacy diminishes gradually over time.

2) Shingrix just recently; contains inert pieces ("recombinant subunits" produced in test tubes) of the varicella virus. It requires two shots, a month apart, costing \$300, and has many more side effects of local redness, swelling and pain as well more frequent systemic fever reactions, than Zostavax. But it appears to be moderately more effective over the first 3 years studied, especially in people over age 70. And studies have shown benefit even starting at age 50. We don't know how long the protection provided by this new vaccine will last or whether it is effective in people after they have had a first episode of shingles, unlike Zostavax, which clearly does.

From the Health Officer Cont.

There are many unanswered questions here:

1) Should I get one of these vaccinations?

Answer: Yes, maybe, if you have had known chicken pox and/or are older than 30 and immunocompromised, or over 50-60.

2) Which should I get and when?

Answer: Harder question, but probably depends on your age; get one of the two vaccines by age 69-70, when your immune system is still intact, because that is when your likelihood of developing shingles later starts to rise dramatically. The new vaccine might be better if you are immunocompromised by medication-treated diabetes or other conditions since it is effective from age 50 on.

3) What if I've already had shingles once; can I get it again and if so would the vaccines help?

Answer: Yes, you can get it again, although the episode of shingles you had jazzes up your immunity for at least a year. So get one vaccine or the other about a year after your shingles to prevent more episodes.

4) Should I get a booster shot of one or the other after some years go by?

Answer: So far, research has not shown that benefit for either vaccine, probably because you've gotten older and the vaccine is less effective in people over 70-75.

5) Is it worth it?

Answer: It depends on your attitude about the odds. Since the major complication worth preventing, post herpetic neuralgia, is fairly rare, about 200 people would have to be immunized with either of these vaccines to prevent one such bad case over the first 3 years post vaccination. That's a lot of money and immunization site pain and soreness for the other 199, and #200 never knows he was the lucky one.

6) So how do I sort all this out? What would you do?

Answer: I had chicken pox as a child, memorably! So I know I've got the little buggers hiding in my pain-sensing nerves. I got a Zostavax shot 15 years ago at age 60. I may leave it at that, despite, my being on steroids for another problem, though that may impair my immunity beyond normal. Tough call, but two shots of Shingrix with some likely local pain and suffering, especially with the 2nd one, dissuade me for now. And the effectiveness of a booster with either vaccine is unclear. If I did decide to go ahead, I would choose Shingrix because it clearly is more effective in older people despite no data past the 3-year mark yet.

A good but dense summary of all these issues with medical references can be found at: http://www.rxfiles.ca/rxfiles/uploads/documents/Shingrix_QandA.pdf

Notice from the Maine Department of Environmental Protection

Regarding Fluorescents (and other light bulbs that contain mercury):



We recommend that the safest handling practice is to carefully pack and transport fluorescents to a free recycling drop-off. There is a searchable map residents can use to find a free drop-off here:

https://www.maine.gov/dep/gis/datamaps/brwm_recycling/index.html In addition to Crossroads Landfill, residents can bring mercury-containing light bulbs to retail stores in Farmington and Oakland for free drop-off.

Aubuchon and Goings Electric both accept 8-ft tubes as well as 4-ft tubes and smaller bulbs.

Curbside pick-up for fluorescents is generally not advisable unless residents can hand bulbs directly to a recycling truck driver who is prepared with appropriate containers to safely store fluorescent bulbs for transport.

In addition, Aubuchon in Farmington also offers free recycling drop-off for liquid oil-based and latex paint. They also offer a \$5 coupon for turning in a mercury thermostat for recycling.

Thank you,

Megan Mansfield Pryor, Environmental Specialist

Dr. Shaw Memorial Library News



“Is everything a story to you?” Harry called after her. “Absolutely!” came Olive’s voice. “I’m a *librarian*, dear!”

~ Jon Cohen, Harry’s Trees, p. 233

Wednesday, July 25th at 4pm we will be making “turtle banks” with our young patrons. Then, on Wednesday, August 1st at 4pm, wonderful local musician Greg Hatt will be doing a concert with the kids! That will be our final children’s program for the summer, and his music is not to be missed. Come sing along, and then enjoy some ice cream. There will be tickets to the Farmington Fair for kids who bring in their reading logs to show they have accomplished their reading goals. We have some very dedicated readers in the group! Thanks to Greg, and thanks to all the volunteers (Karla!) and parents who helped put our programs together.

It seems there are a few random acts of poetry happening around Mt. Vernon & Vienna, so that must mean the annual Community Poetry Reading is coming up. That will be at the Mt. Vernon Community Center, Thursday, August 9th, 7pm. Bring a favorite poem or two to share with us. We’ll have a few anthologies available if you come to just listen and are then inspired to participate. As usual, we’ll have some snacks ready at the end of the evening. This is always such a lovely evening to spend together, as we slide towards September.

A possible online resource for learning various world languages is Duolingo at www.duolingo.com. You can choose from a wide variety of languages, and work through lessons on vocabulary, alphabet, reading, listening and speaking. Much of the learning happens through various games. This can be a good introduction to a language to see if you want to continue studying, and it is free.

We are slowly updating our website, hoping to list new materials whenever we catalog them, and offering a few reviews. We’ll try to post upcoming programs and events there. You can visit us at <https://drshawlibrary.org/>. If you use Facebook, like us and keep up with our activities there. On Facebook, we are simply Dr. Shaw Memorial Library.

I just finished a beautifully written juvenile novel, The Language of Spells, by Garrett Weyr, and also a new adult novel, Tommy Orange’s thought provoking There There, which follows various characters as they make their way to a modern-day pow wow in Oakland, California. What are you reading, after you’ve picked the small fruits, and made pesto from the fragrant basil in the garden?

Dr. Shaw Memorial Library News Continued

Here is Alice Olson's latest resource for our community elders:

Did you know?

Maine General Prevention and Healthy Living offers an integrated mind, body, heart approach to health that focuses on supporting lifestyle changes that reduce and eliminate chronic health conditions and support healthy living and healing.

<https://www.maine-general.org/Pages/Prevention%20and%20Healthy%20Living%20Classes.aspx>

Physical Movement

Chair Yoga
 Feel Younger Yoga
 Gentle Yoga
 Gentle Yoga Level 2
 Modern Square Dancing
 Nia
 PiYo® Live!
 Tai Chi for Health
 Yin Yoga
 Zumba®

Healthy Mind and Body

Forest Bathing
 Healing Meditation with
 Crystal Bowls
 Introduction to Meditation Workshop
 Medicinal Plant Walk
 Peggy Huddleston's Prepare for Surgery, Heal Faster™
 Stop Smoking with Hypnosis
 Walking the Labyrinth
 Chronic Pain Education

Healthy Eating and Cooking

5 Ingredients or Less
 Better Burgers
 Buddha Bowls
 Cooking the Mediterranean Way
 Cooking with Your Kids
 Cut the Carbs
 Farmers' Market to Table
 Fight Inflammation with Food
 Make Your Own Spring Rolls & Dipping Sauces
 Secrets to Cooking Fish

They offer a 20 percent discount per class to:

- Seniors (65 and older)
- U.S. military veterans
- Current Maine General employees
- Second family member of a household member who registers for the same class

To receive the discounts, choose the appropriate response to "Are you eligible for any discounts?" on the online registration form, and the discount will automatically apply.

For more information:

Alfond Center for Health
 35 Medical Center Parkway
 Augusta, Maine
 207-872-4102

We have a few brochures from MaineGeneral Health Prevention & Healthy Living at the library.

Community News

Fire Department News

Vienna Fire Department, Inc. meets every Thursday at 6:30PM but the following Thursdays are specifically designated as written:

Business Meetings: 2nd Thursday of *every month*

Training: 3rd Thursday of *every month*

The Department is always looking for new members! If you are interested in joining the Vienna Fire Department, come down to the station on any Thursday to learn more.



Thank you to everyone who supported our annual chicken barbecue. Our sincere appreciation to the Skowhegan Community Band for providing amazing music! We are grateful to be part of your community.



Community Swap and Shop

Find items here that Vienna residents want to sell, swap, or barter. Send a description of your item to kachurch2@gmail.com. Posting is free. Also post it on the Vienna website by emailing to the Vienna webmaster: webmaster@viennamaine.org



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51 TOWN HOUSE RD.
RT. 41 VIENNA, ME
TEL: 293-2271

Email: gilmans2@fairpoint.net
Web: barbshandpainted.craftah.com

Recurring Community Events

Mt. Vernon Community Center Café - Saturdays From 9:00-11:00 AM. Coffee, food and Conversation.

Men's Breakfast - Tuesdays from 6:30-7:30 at the Mt. Vernon Community Center. Small donation appreciated.



Women's Breakfast "JULIET" - Second Tuesday of each month at the Mill Stream Grange 8-9 AM. Pot luck breakfast plus \$2.00 per person.

McGaffey Mountain Woodcarvers - 1st and 3rd Wednesday of each Month from 6:00-8:30 PM at the Vienna Community Center. New and experienced carvers welcome. For more information call Norma Wing at 293-3725 or Ed Beach at 685-4779.

Creation Station - Faith-based, arts-based after school program of the North Vienna UMC. Meets Thursday during the school year. Open to all children grades K-6. For more information call Laura Church at 293-3892.

The Youth Group at North Vienna United Methodist Church - Most Sunday afternoons during the school year. Open to youth grades 6 and up. For more information call Laura Church 293-3892.

Vienna Union Hall Association - Second Wednesday of each month. 7:00 at the Vienna Community Center (Nov.- March.) at the Union Hall (April - Oct.) Welcome new members.

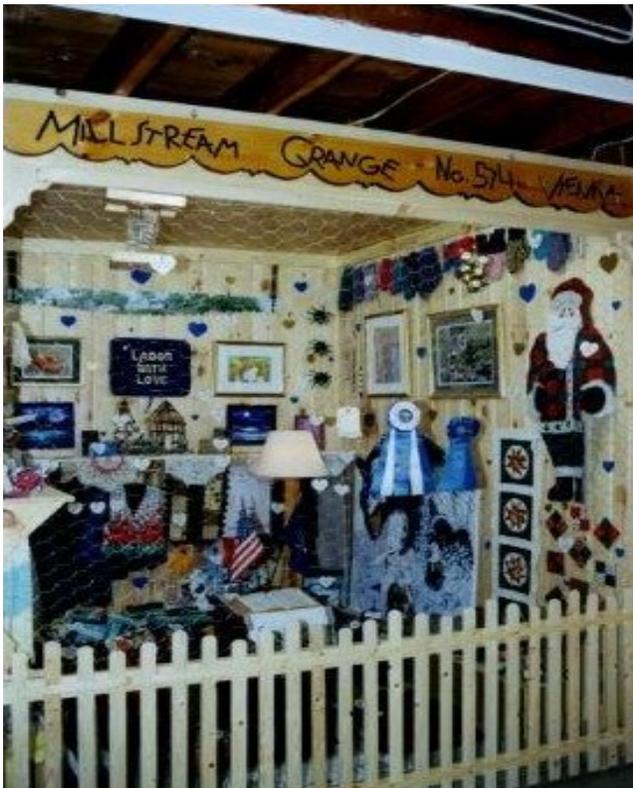
Mt. Vernon Play Group - Every Tuesday 9-11 at the Mt. Vernon Community center and follow the preschool calendar. It is open to children, infant to age 5, with parents and/or caregivers.

We have free play, arts and crafts, stories and music.



Mill Stream Grange - 1st and 3rd Friday Evenings, 6:00 PM at the Grange Hall in Vienna. All interested community members are welcome to visit to see what we are all about!

Mill Stream Grange



Don't forget to stop by our booth at the Farmington Fair! Mill Stream Grange has many talented craftspeople whose artistry will be displayed; sometimes we even win a blue ribbon! Raffle tickets for a beautiful quilt handmade by Grange members will be on sale at the Vienna Historical Society's booth right next to the Grange booth. If you are interested in finding out more about Mill Stream Grange, feel free to attend a supper and program 1st and 3rd Fridays at 6:00. We look forward to meeting you!

Mark Your Calendars for these Special Events

✓ **Sunday, August 5th:** Loon Lap, 10:00am-Noon with 9:30am registration at the Mount Vernon Community Center, \$10.00 for adults, free for children 12 and under.

✓ **Monday, August 6th:** Village Harmony, 7:00pm, Vienna Union Hall

✓ **Thursday, August 9th:** Community Poetry Reading, 7:00pm, Mt. Vernon Community Center

✓ **Saturday, August 11th:** Aztec Two-Step and Friends, 7:00pm, Tickets available for \$15.00, Vienna Union Hall

✓ **Sunday, September 16th:** First meeting of the year for the North Vienna United Methodist Church Youth Group for all kids grades six through twelve.

✓ **Sunday, September 16th– Saturday, September 22nd:** 178th Annual Farmington Fair

✓ **Thursday, September 27th:** First Creation Station of the 2018-2019 School Year, 3:30pm-5:00pm, North Vienna United Methodist Church, for all kids grades Pre-K through Fifth.

✓ **Sunday, September 30th:** Second half of taxes are due.



Mount Vernon Play Group

The Mt. Vernon Playgroup at the Mt. Vernon Community Center. Meets every Tuesday 9-11 and follows the preschool calendar for RSU 38. It is open to children, infant to age 5, with parents and/or caregivers. We have free play, arts and crafts, stories and music.

For more information call Reene 293-2478 or Donna 293-4321



North Vienna United Methodist Church

As a new school year begins, we are excited to announce the return of our **youth programs!**

- ◇ The first day of **Youth Group** is Sunday, September 16th. We welcome all kids grades 6-12 to join us for fun activities and service projects.
- ◇ **Creation Station**, a faith-based, arts intensive after school program, will begin September 27th and take place Thursday afternoons at the church from 3:30pm-5:00pm. This program is open to all children Pre-K through fifth grade.

For more information about either of these programs, contact Laura Church at 293-3892.



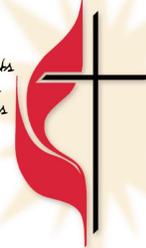
Pastor: Laura E. Church

Sunday Worship: 9:00am
Youth programming offered throughout the school year

572 Tower Road
Vienna, ME 04360

Plenty of parking!

*open hearts
open minds
open doors*



The people of The United Methodist Church

TOWN OF VIENNA

Town of Vienna Selectmen, Assessors, and Overseers of the Poor -
Doris Thompson, Chris Smith, Jeff Rackliff

Treasurer - Marti Gross

Town Clerk and Tax Collector - Annie Tibbetts

Road Commissioner - Dan Goucher

Fire Chief and Warden - Brian Church

Health Officer - Dan Onion

Animal Control Officer - Donald Tibbetts

Code Enforcement Officer and Alternate Plumbing Inspector - Gary Fuller

Plumbing Inspector - John Archard

Addressing Officer - Selectmen

RSU#9 Representative - Lidie Robbins



Office of the Selectmen

Vienna Town House
P.O. Box 38
212 Townhouse Road
Vienna, ME 04360

Postal Patron
SATWSS
P.O. Box or RR
Vienna, ME 04360

