



# The Brookfield Citizen

Community Identity Through Communication

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Average People Promoting a Loving Environment

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## Brookfield Master Plan, Moving Forward

by Cindy Scott,  
Master Plan Committee Chairperson

The Brookfield Master Plan Committee has been meeting regularly and is providing the following update to citizens. All town residents are invited to attend the meetings. We welcome your ideas, input and participation.

Truly, this endeavor relies heavily on townspeople's participation. The Master Plan Committee and Selectmen hope it can count on all residents to envision Brookfield's future and become involved in this process.

At the May 9<sup>th</sup> 2008 Annual Town Meeting, residents voted to spend \$10,000 toward completion of the town's Master Plan. In 2007, voters also set aside \$10,000 for this purpose. In addition, thanks to two \$5,000 charitable donations received from two very generous Brookfield residents, the Master Plan Committee is now about \$18,000 away from meeting the final goal of approximately \$54,000. The money is needed to hire planning consultants, to copy and mail surveys to town residents, to hold public hearings and to prepare the report and a number of detailed maps of the town.

With \$30,000 deposited into the town's accounts, Selectmen are preparing to sign the contract with Central Mass Regional Planning Commission (CMRPC).

Very soon, residents will receive a citizen survey in the mail, which was compiled and created by Master Plan committee members. The Committee asks each and every one of you to respond by the deadline, and answer the questions as completely as possible. These survey statistics will be gathered and studied, and used to ascertain the towns' strengths, weaknesses, opportunities and risks, according to its residents. This survey is critical to completion of the Master Plan.

When the public hearings are announced, please put the dates on your calendar and let your voice be heard. Master Plans are expensive, and are updated only once every ten or twenty years. Don't miss this opportunity to help shape the town's vision and planning for the future.

Although we are a long way towards our goal, we still

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## Greater Worcester Community Foundation is currently accepting grant applications from nonprofit organizations for two committee-advised funds:

1. **Jeppson Memorial Fund for Brookfield**  
More than \$7,200 is available for civic and community projects that help improve the lives of residents and enrich the cultural environment in Brookfield, MA. The Jeppson Memorial Fund is a permanent endowment fund established in 1977 with a portion of its available income earmarked specifically for the Town. An advisory committee, which includes residents of Brookfield, reviews and recommend awards. For guidelines and forms, visit [www.greaterworchester.org/grants/jeppson.htm](http://www.greaterworchester.org/grants/jeppson.htm).
2. **Water & Land Stewardship Fund**  
The fund will distribute \$17,850 to improve the region's water quality and related land use issues, and to encourage grassroots efforts that raise awareness about environmental concerns. Greater Worcester Community Foundation established

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have \$18,000 to raise. If you'd like to make a donation, please visit Selectmen's office, or send a check to: Town of Brookfield, Open Space & Master Plan, 8 Central Street, Brookfield, MA 01504. Donations are tax deductible to the extent allowed by law, and you will receive an acknowledgement letter from the town of Brookfield for tax purposes.

No donation is too small - this is about future generations of your family, your town, and the town's future. Please help to keep the momentum going!

For more information on the Brookfield Master Plan, please contact [masterplancommittee@gmail.com](mailto:masterplancommittee@gmail.com) or the Brookfield Selectmen's office at 508-867-2930 ext 10.

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this endowment fund in 2000 with a challenge grant from the Massachusetts Environmental Trust. Other named endowment funds of the Foundation which contribute to the stewardship grant program are the Clarence S. Arms Family Fund, the Rosemary Davis Environmental Preservation Fund for the protection of wildlife habitat in Worcester County, the Rosemary Marble Harris Fund for efforts that focus on Grafton and Blackstone Valley, and the Robert M. and Carolyn G. Hyde Fund to preserve and enhance the natural beauty of Worcester County. For guidelines and forms, visit [www.greaterworcester.org/grants/WLS.htm](http://www.greaterworcester.org/grants/WLS.htm).

Applications are due by 5 p.m. on July 15, 2008 at Greater Worcester Community Foundation, 370 Main St., Suite 650, Worcester, MA 01608. For questions or additional assistance, please call Pamela Kane, 508-

### First Congregational Church of West Brookfield Hosts "Avalanche Ranch Vacation Bible School"

By Terry Hall

The First Congregational Church of West Brookfield, 36 N. Main St., will host a vacation bible school July 28 through August 1 from 9 am - 12 p.m. The program is open to all children aged 4-12. Join us for a *great week* of games, crafts, snacks, drama, songs and wonderful learning about God! Pre-registration is requested. Call the church at 508-867-7078.

### LOST AND FOUND

If you lost a Cat's Meow at the Memorial Day ceremonies, please contact Kate Simpson at 774-230-7519.

The Washington Post's Mensa Invitational invited readers to take any word, alter it by adding, subtracting or changing one letter, and then applying a new definition. Look for the ¥.



The Quaboag Plantation, settled in 1660, will celebrate its 350th anniversary in the year 2010. Each of the six modern-day towns that make up the original plantation—Brookfield, East Brookfield, New Braintree, North Brookfield, Warren, and West Brookfield—are planning events for the big year. The Brookfield chapter has started its fundraising efforts, and Quaboag Plantation 350th Anniversary memorabilia is now available! Tote bags and magnets with the official logo are available for purchase in the Town Clerk's office and at the TipTop Country Store, and will also be sold at the summer concerts on the Common. Tote bags are \$5 each and magnets are \$2 each. For more information on the celebration and for merchandise selections from other towns, visit the Quaboag Plantation 350th Anniversary website at <http://quaboag350.com>. Future fundraising projects may include a calendar, an atlas of historic maps, and a reprint of a book of Brookfield photos and postcards.



### Important Notice from the Selectmen

The Brookfield Board of Selectmen has received numerous complaints of feral cats in the vicinity of the Rice Corner Road and Central Street areas. The Board urges all residents NOT to feed those animals because of health dangers that may result. Report all sightings to Eileen Vitello, the Animal Control Officer at 1-508-525-5776.

## Seniors can survive the summer safely with VNA Care Network & Hospice's tips for avoiding heat stress

As the weather heats up, seniors should try to keep cool to avoid heat stress and potential complications like heat exhaustion, heat stroke, heart failure and stroke.

"Heat and high humidity can put a strain on your body. Seniors are especially vulnerable to prolonged exposure to high temperatures and humidity because of physical changes they've experienced," said Marge LeDuc, RN, preventive health nurse with VNA Care Network & Hospice, a nonprofit Visiting Nurse agency providing home health care, hospice for the terminally ill and wellness programs in Brookfield and other communities in Central and Eastern Massachusetts. "Knowing the warning signs of heat stress and taking precautions to avoid it can help keep you healthy during the summer."

Maureen Sendrowski, RN, MPH, preventative health program manager with VNA Care Network & Hospice, added, "Temperatures above 90 degrees Fahrenheit and/or high humidity are especially dangerous, but it doesn't take a heat wave to cause problems." She tells seniors and other adults that if they experience any of the mild signs of heat stress, including feeling hot and uncomfortable, loss of appetite and lack of energy, to try these tips for keeping cool:

- ◆ Exercise before 9 a.m. or after 6 p.m. when temperatures tend to be cooler.
  - \* Stay in an air-conditioned place. If you do not have air-conditioning in your home, go to an air-conditioned public place, if possible, such as a library or senior center. If you are unsure if your town has a senior center or other air-conditioned place for seniors, call your town's Council on Aging for further assistance.
- If you are unable to go to an air-conditioned place on a hot and/or humid day, VNA Care Network & Hospice staff also recommend trying to:
  - \* Stay in the shade and out of direct sunlight.
  - \* Apply sunscreen with SPF 15 or higher 30 minutes before going outside. Sunburns affect your body's ability to cool itself and cause a loss of fluids.
  - \* Take a slightly cool bath or shower.
  - \* Put cool, damp towels on your body.
  - \* Use fans to keep air circulating.
  - \* Avoid strenuous activities. If engaging in strenuous activities, pace yourself and rest frequently.
  - \* Wear light-colored, lightweight, loose clothing made out of a material that allows sweat to evaporate such as cotton. Avoid synthetic materials like polyester.
  - \* Protect your head and neck when outside by wearing a wide-brimmed hat or using an

umbrella.

\* Drink frequently to replace fluids lost by sweating. Avoid fluids containing alcohol, caffeine or salt. If you have a problem with retaining water or a special medical condition, check with your doctor about the amount of fluids you should be drinking.

- ◆ Avoid hot foods and heavy meals, since it adds heat to your body. If you use a stove, try to cook during cooler times of the day.
  - \* Limit your use of salt. Use salt tablets only with your doctor's approval.
  - \* Ask a friend or relative to check on you at least twice a day.
  - \* Don't ignore the warning signs of heat stress.

Contact a doctor or other health care provider if the mild signs of heat stress continue for a prolonged period of time after taking these actions. Contact a physician immediately if you are experiencing any of the following serious symptoms of heat stress: breathing problems, chest pain, muscle cramps, diarrhea, dizziness, dry skin (no sweating), great weakness, mental changes, confusion, nausea, rapid heartbeat, throbbing headache, extremely high body temperature (above 103 degrees Fahrenheit when taken orally), and/or vomiting.

VNA Care Network & Hospice, a nonprofit agency, provides nursing; physical, occupational and speech therapy; home health aide support; nutrition; and social work in patients' homes. For more information, call 800-728-1862 or visit [www.vnacarenetwork.org](http://www.vnacarenetwork.org).



*Intaxification*: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

*Reintarnation*: Coming back to life as a hillbilly.

*Bozone (n.)*: The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.



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