



Town of Westford Massachusetts

Town Manager's Newsletter

June 2024



Kristen Las
Town
Manager

klas@westfordma.gov
www.westfordma.gov/tm
978-692-5500

Sign up to
receive latest town
updates:

[Subscribe to
Notifications](#)



Sign up for



Smart911™

Acton - Westford Pride
NARA Park, Acton, MA
Saturday, June 15
12 - 3 PM

Strawberry' N
Arts Festival
Town Common
Saturday, June 15
10 AM

Juneteenth Observance
Town Common then to
The Historical Museum
Wednesday, June 19
9 - 11 AM
(See Page 25)



Watch
westford 
community access television
www.westfordcat.org

Dear Westford residents,

Over the course of the last month, I have had the opportunity to attend many community events including the Cameron Mother's Day breakfast, the Gay 90's birthday celebration at the Westford Regency, the Apple Blossom Parade, the Economic Development Committee breakfast at Netscout, the Cameron Men's Breakfast, and the 30th Celebration of the Cameron Senior Center. Many of you may be attending graduation ceremonies and parties, end of the school year celebrations and other fun events as we come into summer.

Speaking of celebrations, I would like to thank all Westford Town Employees for their dedication over the past fiscal year. The staff has provided high quality customer service to our residents, business owners and visitors. They have prepared for several large and well attended Town Meetings. They have succeeded through complex and unprecedented times. Most importantly, they have stayed together as a team through challenging situations.

Beginning on July 1st, 2024, the Town's curbside collection contract will move from Acme (trash) and Waste Management (recycling) to E.L. Harvey. There are several important changes to keep in mind. Please visit westford-ma.gov/1643/Curbside-Recycling-and-Trash for more information.

The Town is actively engaged in the preparation of a Strategic Plan. The first week of June, I participated in two sessions with the Department Heads and the Select Board and our consultant Raftelis to draft the organization's mission, vision and values as well as start to form strategic framework topics. Starting in mid-June and continuing into mid-August, we will be seeking public feedback on the vision and the framework of the Strategic Plan before it is finalized in September. There will be opportunities for online and in person participation. We strive to receive feedback from all residents. To do so, we will be attending various events and meetings through the summer including the farmers market, church groups, HOA's, parent groups, youth organizations and others. If you have an idea for an event or meeting we should attend to gather feedback, please email tmaa@westfordma.gov and we are happy to schedule it.

Town buildings will be closed on Wednesday, June 19, 2024 in observance of Juneteenth. More information about the first Juneteenth Flag Raising Event and Celebration is detailed below.

Please see below for matters that were discussed or acted upon by the Select Board in the past month.

(Continued on next page)

WWW.WESTFORDMA.GOV

At their meeting on May 28, 2024, Westford Public Health Nurse, Gail Johnson was recognized for receiving the Sheila Miller Memorial Public Health Nurse award at the Massachusetts Association of Public Health Nursing Conference. Nancy Boutet was also recognized for her retirement from the JV Fletcher Library after 14 years of service.

It was announced that the first Juneteenth Flag Raising Event and Celebration will be held on Wednesday, June 19th at 9AM on the Town Common. Public Forum Events were announced on Trash and Recycling which were held on June 4, 2024 at 7PM in Room B of the Millennium Building as a hybrid meeting [recording here](#), June 7, 2024 at 12PM on Zoom [recording here](#) and upcoming on June 18, 2024 at the Cameron Senior Center at 12PM.

The Select Board held a joint meeting with the Finance Committee to consider the FY 24 budget transfers, which included \$35,000 from the Debt Service account to the Legal Expense account, \$8,000 from the Debt Services account to pay for repairs to the Town Hall chiller controls and \$2,500 from Debt Services account to Animal Control Expense account for unanticipated expenses. These were all approved 7-0 by the Finance Committee and 5-0 by the Select Board.

The Town Engineer, Paul Starratt gave an update on both the Boston Road Reconstruction Project, which is set to begin April 2025. He also gave an update on the Texas Road at Jack Walsh Field and Groton Road sidewalk projects. Both of these projects are set to begin this summer.

The Select Board approved use of American Rescue Plan Act funding requests for AV Equipment for Town Meetings at Westford Academy and the Abbot School in the amount of \$22,407. More information can be found by visiting the [ARPA website](#).

At their Meeting on June 11, 2024, the Nashoba Tech and Westford Academy Class of 2024 were congratulated on their graduations which were held on June 1, 2024 and June 7, 2024 respectively.

It was announced that the American Legion Nabnasset Post 437 will be holding their annual Flag Day Ceremony on Friday, June 14, 2024 at 6PM, which will include a flag disposal ceremony with the Boy Scouts.

The Cameron Senior Center is celebrating its 30th Anniversary on June 12, 2024 from 1:30-3PM in the Multi-Purpose Room. Select Board Vice Chair Tom Clay reminded residents about the Strawberry Festival to be held on the Town Common on Saturday, June 15, 2024 at 10AM.

The Select Board approved use of American Rescue Plan Act funding requests to apply remaining balance of the Department of Public Health funds totaling \$180,896.62 to the Public Safety Radio upgrades project and to expand the use of the Town ARPA Senior Center HVAC appropriation to include other building maintenance repairs.

Kristen Las announced that the website redesign project would be completed by the end of August and that the Efficiencies Meeting with the Select Board, School Committee and Finance Committee would be held on June 27th at the Millennium Building and via Zoom.

The Select Board also accepted, with much gratitude, a donation from Girl Scout Troop #85009 of two maple trees valued at \$1,166.63 to be planted on the Town Common.

(Continued on next page)

There are several openings on our local boards and committees, including:

- | | |
|--|--|
| Affordable Housing Trust | Healthy Westford Committee |
| Board of Assessors | Historical Commission |
| Bylaw Review Committee | MBTA Communities Multi-Family Housing |
| Capital Planning Committee | Northern Middlesex Stormwater Collaborative |
| Clean Energy and Sustainability Committee | Parks and Recreation Commission |
| Community Preservation Committee | Pedestrian Safety Committee |
| Cultural Council | Permanent Town Building Committee |
| Diversity Equity and Inclusion | Recycling Commission |
| Dog Park Task Force | Scholarship and Grant Committee |
| Economic Development Committee | Selectmen Policies & Procedures Sub Committee |
| | Tax Possession Disposition Committee |

I urge you to peruse our website for information about the work of these committees; and if you have interest, please complete and submit a Citizen's Activity form at this link: [Citizen Activity Form](#).

Would you like more detailed information on the Select Board's meetings? Click the following links to access: [Select Board Documents](#) & [Select Board Meeting Videos](#).

If you have any suggestions for articles or added features in future newsletters, please do not hesitate to reach out to the Town Manager's office at (978)-692-5501 or email at klas@westfordma.gov.

Sincerely,



Kristen Las, Town Manager

**Be Prepared and Informed
Incase of an Emergency**

**Set Your Radio Preset to
Westford Emergency
Management's 1630 AM
And Subscribe to
Emergency Notifications:
[Rave/Smart911](#)**



June/July at the J.V. Fletcher Library



Unless otherwise noted, the following programs are made possible by the Friends of the Library.

Director's Corner: Registration is now open for the [Kids](#) (up to grade 4), [Young Adult](#) (grade 5 and up), and [Adult](#) Summer Reading Programs! The Summer Reading Programs run from June 26 through August 18.

Open Study for Final Exams: Tuesday, June 11, Wednesday, June 12, and Thursday, June 13 from 2:00 to 9:00 p.m. Come study together at the library! The Meeting Room will be open to high school students with dedicated study space, free coffee, snacks, and pizza. Everyone must have a ride home promptly at closing time. Generously funded by the Friends of the J.V. Fletcher Library.

Virtual Job Search Help for 50 & Over Networking: Wednesday, June 12, Marketing Plans. The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on biweekly the 1st and 3rd Wednesdays of the month, from 9:30 to 11:30 a.m., via Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career", this networking group program is perfect for you! [Register Here](#)

Adult Book Discussion Club: Thursday, June 13 at 7:00 p.m. Join us in the Mary Atwood Room to discuss *Lady Tan's Circle of Women* by Lisa See. No registration required. Copies are available at the Main Desk and there are downloadable copies (audio and e-copies) available from Overdrive/Libby. Check out our [Reading List for 2024](#).

Virtual: Why We Read: Thursday, June 13 at 7:00 p.m. This one is for readers everywhere! Join us as we chat with author Shannon Reed about her book, "Why We Read: On Bookworms, Libraries, and Just One Page Before Lights Out". Why DO we read? What compels us to? What holds our attention? How many of us remember reading by a flashlight after hours? Shannon will have the scoop and will be answering lots of our Questions! Also, given her last name, we feel that Shannon is the perfect person to have written this book. [Register Here](#).

Monday Mystery Book Club: Monday, June 24 at 2:00 p.m. in the Mary Atwood Rom. Wake up your week with a stimulating book discussion! We meet on the fourth Monday of the month at 2:00 p.m. Copies of the current selection are available at Main Desk. This month's book is *The Last Devil to Die* by Richard Osman. New members are always welcome! Email [Justin Liberti](#) at with any questions.

Virtual: Serial Killer's Apprentice: Monday, June 24 at 7:00 p.m. If you are a fan of true crime and want to dive deep into the psychology of a serial killer and his apprentice, this program is for you! Join authors Katherine Ramsland and Tracy Ullman as they discuss their most recent book, "The Serial Killer's Apprentice", a psychological examination of the blurred line between victim and accomplice—and how a killer can be created. [Register here](#). This program is run in partnership with the Ashland Public Library.

Young Adult Summer Reading Kickoff Party: June 25 from 2:00-4:00 p.m. Open to pre-teens and teens in grade 5-12. Stop by the meeting room to celebrate the beginning of Summer Reading at the Library! Featuring: A henna artist, raffle, music, games, and refreshments! No registration required.

Friends of The J.V. Fletcher Library (Continued)

Children's Summer Reading Kick off Magic Show with Mike Bent: Wednesday, June 26 at 11:00 a.m. Our summer reading program kicks off with our favorite magician Mike Bent. This book themed show uses hilarious comedy, amazing magic, music, sound effects, AND storytelling to motivate kids to get reading. This program takes place in the Meeting room. E-mail Alexis at achrobak@westfordma.gov with any questions. [Register here](#)

The Whalemobile: Wednesday, July 1 from 2:00 to 4:00 p.m. Sign up for one of four half-hour time slots to go inside the belly of a whale to explore the captivating world of these majestic creatures. Not only will you see, touch, and feel whale artifacts; you actually get to go inside the whale. Please sign up for one time slot. This program is strictly for kids in grade 1 and up and they must be accompanied by an adult. This program is generously funded by the KDK Foundation in honor of Kurt Kelly. [Register here](#)

Middle Grade Book Club: Tuesday, July 2nd at 3:00 p.m. The Middle Grade Book Club is open to Grade 5 through 8. For our first meeting, we will discuss *The First State of Being* by Erin Entrada Kelly. Copies of the books will be available for registered attendees at the Main Desk prior to the meetings. [Register here.](#)

Adult Nonfiction Book Club: Tuesday, July 2 at 7:00 p.m. – We'll meet in the downstairs Meeting Room to discuss *Entangled Life: How Fungi Make Our Worlds, Change Our Minds & Shape Our Futures* by Merlin Sheldrake. Copies are available at Main Desk. No registration required. Email [Charles Schwepe](mailto:Charles.Schwepe@westfordma.gov) for more information.

Friends of the Library e-newsletter: The best way to learn about our upcoming programs and new services is through the FOL weekly e-newsletter. [Sign up here.](#)

Check out our [Museum Passes page](#) or call the Library for reservations. Unless otherwise noted, our museum passes are generously funded by the Friends of the Library. [Have you joined the Friends yet?](#)



Quick Links to Our Most Popular Services!

[Programs – Adults](#)

[Programs – Kids](#)

[Programs – Young Adults](#)

If you have questions or need assistance, please call us at 978-399-2300 or send us an email at westfordlibrary@westfordma.gov

Cameron Senior Center

Summer Happenings Around the Cameron

We welcome all adults aged 55 and over

FINANCIAL ASSISTANCE: We realize that costs have increased significantly. As of July 1st, if you are a low-moderate income household and are struggling with expenses, you can apply for up to \$2000 toward mortgage, rent, overdue taxes, or household utilities. This program is first come first served and you can obtain an application at the Senior Center. Also, the Friends of Cameron have an emergency fund for senior households (55+) in need of short-term assistance with utility costs or other emergency expenses. There are a few other local charities who also work with us to assist seniors experiencing financial hardship with critical payments. Please call Alison to learn more about these options at 978.399.2325

HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON?

Friday, July 5th at 1:30PM

In the early hours of March 18, 1990, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have ever been found. Numerous suspects have been named over the years, but none have been arrested. Many are now dead. Bob Ainsworth, was raised in New Jersey, earned a BS in Accounting from Boston College, an MBA in Finance from Northeastern University, and had his CPA. He worked in corporate accounting as a CFO and Controller and taught accounting. Bob, who authored *DUPED, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft.* He will also tell of his own brush with the infamous crime. Special thanks to the Friends of the Cameron for their financial sponsorship of this event. Cost is \$3.00. Please RSVP- 978.692.5523

NEW for Music Lovers! Enjoy MET Summer ENCORE 2024 Operas!

Sponsored by: Westford Fund/Patti Mason

Location: O'Neil Cinemas, The Point, 1200 Constitution Ave., Littleton

Wednesday, July 24th at 1:00PM - La Boheme Opera

Wednesday, August 7th at 1:00PM- Turandot Opera

Cost: \$10 RSVP at 978.692.5523 to confirm reserved seating.

TREAD-Tax Relief for Elderly and Disabled-

This is a property tax relief fund available through donations from the community. People 65+ and disabled individuals who own and reside in their home may apply if they need assistance with property taxes. The applications are available at the Senior Center and are due by August 31st. Awards are decided in December '24 by a committee appointed by the Town Manager. This program has no income limits to apply, but those with the most challenging income to expense ratio are most likely to be given assistance. Please note, the TREAD committee does not make payments on deferred tax bills. If you have questions about TREAD, call Annette, Jen B. or Alison.



Westford Senior Center

(Continued on next page)

Cameron Senior Center (Continued)

FREE HEALTH SERIES—3rd Tuesday of the Month

Tuesdays, July 16th and August 20th at 4:30 pm

Join our monthly series with professional speakers from local medical and wellness sites. Don't miss this valuable information for you and your loved ones. In July the local **Dr. Ken Cerreto, owner, and lead acupuncturist of Great Wave Acupuncture & Wellness at Circle Health Westford, will be here. Great Wave is a brand new, integrative clinic and aims to offer a wide range of holistic health therapies.** Coming soon: stress management and resiliency classes, Chinese herbal medicine, massage therapy, and more. Dr. Ken's studies included concentrations in pain management, orthopedic acupuncture, and integrative health. **Then, in August, we will have Dr. Charlie Mobayed of the MA Psychological Association and Erika Kohl of Westford's Clean Energy and Sustainability Committee to discuss *the mental health implications of Climate Change.*** Climate anxiety and concern are not uncommon, but so is hope and empowerment. Sign up at 978.692.5523 to participate in either program.

CARWASH & ICE CREAM SOCIAL Wednesday, July 24th Car Wash 10 am—12 noon
Ice Cream Social : 1:30 pm High School Students from the **Blessed Trinity Youth Mission Trip** are staying local again, and they would like to provide their services to the Cameron with another Car wash and Ice cream Social. The car wash will go from **10 am—12 noon.** The Ice Cream Social will begin at **1:30 pm.** Call the front desk to sign up for each activity. 978.692.5523.

BLOCK ISLAND - Friday, July 12, 2024 Visit beautiful Block Island with Bloom Tours this summer! We will depart via motor coach from the Franco American Club at 6:45 am and meet a ferry at Point Judith, Rhode Island. Upon arrival in Block Island, given the Island tour. The tour lasts approximately one hour and fifteen minutes and includes a stop at the historical Southeast Light. After the tour, enjoy lunch at the National Hotel. You will have a choice of Pan Seared Chicken Breast, Pasta Pomodori or Baked Scrod. After lunch, you will have some free time to walk and shop in the Old Harbor's downtown. We depart for home in the afternoon. We will return to Westford at approximately 7:30 pm. Full Payment and meal choice is due upon reservation. No Refunds. Prices: \$162 per person.



RED SOX VS YANKEES Baseball Program Tuesday, August 6 at 1:30 pm FREE

Join Marty Gitlin, a respected sports writer and baseball expert, as he takes you through a century of unforgettable moments in the fiercest rivalry in American sports. From the Babe Ruth trade that sparked the Yankees' dominance to epic showdowns like DiMaggio vs. Williams and the infamous brawl of '67. You'll experience it all! Dive into the gripping saga from Bucky Dent's legendary home run to the Red Sox historic 2004 comeback. An exciting journey through sports history is guaranteed. *Ballpark refreshments will be served.*

COOKOUT

Wednesday, August 7th at 12pm

Representative Jim Arciero will again be hosting his crowd-pleaser indoor cookout along with **Senator John Cronin** at the Cameron. Enjoy freshly grilled hot dogs and burgers. This is a great opportunity to meet and share concerns with them!

Please RSVP to 978.692.5523.

To learn more about the Cameron Senior Center programs and services please visit:

www.westfordma.gov/coa,
[www.facebook.com/Cameron Senior Center/](https://www.facebook.com/CameronSeniorCenter/)

Or please feel free to call us at
978-692-5523.

To view the complete Council On Aging Newsletter please visit our website:

www.westfordma.gov/coa and click on Newsletters.

June 2024 Sustainability Update, Sue Thomas, [Sustainability Coordinator](#)**2023-2024 Achievements**

Since August, the Sustainability Coordinator has worked with all internal and external stakeholders in Town and across sectors (residential, municipal, commercial) to connect people with the tools and funding they need to become more sustainable, in accordance with the [2020 Town Meeting Resolution](#) to become Net Zero by 2050. Some key actions are listed below:

- Secured approximately \$300,000 in grant and incentive funding to support energy efficiency and clean energy initiatives (Roadmap Goal B1 and E2)
- Developed processes to incorporate the Municipal Sustainable Building Standards and the capture of grant and utility incentives into facilities and fleet project planning and procurement, for all funding sources: local, regional, state, utility and federal (Roadmap Goal B1)
- Prioritized and identified funding for infrastructure projects that save energy, dollars and carbon and prepared facilities for the eventual addition of solar (Roadmap Goals B1 and E2)
- Continued to electrify the municipal fleet and manage the EV charging infrastructure (Roadmap Goals T1 and T2)
- Encouraged residential composting and zero waste habits (Roadmap Goal SW1)
- Supported the enforcement of the Public Shade Tree Law, tree seedling sale, invasive species pulls and trash clean ups (Roadmap Goals SW1 and NR2)
- Connected the schools with resources regarding fleet electrification and charging, single use product reduction and plastics reduction (Roadmap goals T1 and SW1)

Foundation for Future Progress

Looking forward, the Town is poised to accomplish the following municipal goals:

- Continue/complete the funded facilities and fleets projects initiated by the Sustainability Coordinator
- Continue/complete the administrative, procurement and financial processes initiated by the Sustainability Coordinator
- Move forward with capital and facilities planning once the final Investment grade audit, ADA Audit, and facilities/space plans are in hand. (Roadmap goal B1)
- Adopt the Specialized Code at fall Special Town Meeting (Roadmap Goal B3)
- Develop an updated Fleet Electrification Plan (Roadmap Goal T1) once fleet management is centralized, formalized and monitored for performance
- Develop an EV charging infrastructure plan, now that industry standards and financing models have become more mature, the utility and grant incentives are still in place, and the Town's Strategic Plan and economic development efforts are set to begin (Roadmap Goal T2)
- Pursue best practice by-laws and ordinances for sustainability issues that impact climate and human health (Roadmap goal B3).

(Continued on next page)

Sustainability (Continued)

YOU are the Key to a Healthier, More Resilient Westford

Residents are in the most powerful position at home, at work, as consumers, as voters, and in the community, with regard to impacting climate in Westford. Government can offer all the incentives in the world, but people have to take them up on their offer. [Westford's GHG Inventory](#) clearly demonstrates that while the municipal sector has an important role to play, not least in setting an example, the residential and commercial sectors can make a far bigger difference, and often have the same or greater economic incentives available through state and federal programs. Some actions to consider:

- Create a home electrification plan and leverage all the state and federal incentives to work it. (Roadmap Goal B1)
- Consider on-site or community solar (Roadmap Goal E2)
- Replace your fossil fuel engines with people power, batteries or electricity (Roadmap Goal T1)
- Make your next move to zero waste: Refuse, Reduce, Reuse, Repair, Repurpose, Rot (compost), Recycle (Roadmap Goal SW1)
- Revisit your landscape for opportunities to use native plants, create habitat and reduce the use of poisons, water and soil amendments (Roadmap Goal NR2)
- Consider the climate impact of your purchases
- Volunteer with the [Clean Energy and Sustainability Committee](#) and the [Westford Recycling Commission](#). Attend a meeting to learn more about these committees doing great work for you and fill out a [Citizen Activity Form](#) to express your interest. (Roadmap Goal G)

Thank you for everything you do to make our planet and community a sustainable place to live.



Westford Recreation

Westford Partnership for Children (WPC)

We are still taking registrations for Session 5! WPC is safety focused, with activities and scheduling flexibility like no other program. Located at Abbot, Crisafulli, Day, Miller, Nabnasset, and Robinson schools. Runs Monday-Friday, from school dismissal to 6:00 p.m. Visit About WPC - westfordma.myrec.com.

Rec's Summer Weekly Programs

Swimming, Arts & Crafts, Sports & Games, plus, field trips like Wingersheek, Canobie Lake Park, FunStuf, and more!

Summer Beach Party at D.E. Program coverage just when you need it, the last week in June and in Mid-August, East Boston Camps (EBC).

Kids Club Fast-Paced, fun-filled activities for children at all levels, Nabnasset School.

Destination Exploration Classic summertime activities in a classic summertime setting, East Boston Camps (EBC).

NEW! SWIM LESSONS at EDs will now be offered for both Kids Club and Destination Exploration participants!

Enjoy **NINE WEEKS OF FLEXIBLE FULL-WEEK PROGRAMS** with **early arrival** and **extended day** options.

Visit *Summer Weekly Programs* - westfordma.myrec.com.



Kids Club at the Nab: Hanging at Kids Club, Rec's Summer Weekly Program with fast paced, fun filled activities for children at all levels.



PRIME Impact Speed and Agility with D.J. Brock: Coach D.J. is well known for his energetic coaching style that motivates, builds confidence, and improves athleticism. We're offering eight sessions of Prime and Jr. programs this summer, each dependent on age groups and competitive level.

WESTFORD RECREATION PARTNERS WITH BUC BRAZILIAN UNITED SOCCER

DIFFERENT AGE GROUPS: 7 to 14 YEARS OLD

FULL-DAY OR HALF-DAY

MAKE THIS SUMMER ONE OF YOUR BEST WITH BCU'S BRAZILIAN SUMMER CLINICS

WEEK 1-3 AT COMMUNITY FIELDS - NUTTING RD, STARTING IN JULY!

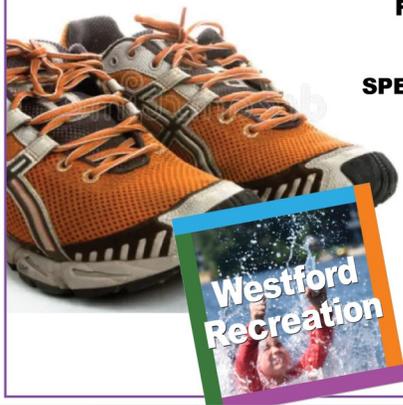
Register at PROGRAMS.westfordma.myrec.com

BCU's Brazilian Youth Soccer Summer Clinics:
These clinics provide an immersive experience that combines drills, tactical training, and cultural enrichment, in one very fun week! Three sessions are available this July and August.



REGISTER at
westfordma.myrec.com
 65 Main Street,
 3rd Floor, Westford, MA
 978-692-5523

LEARN MORE about our other Seasonal Programs



Brazilian United



Marcus Lewis Tennis Center

REC UPDATE 6-11-24 Spring. Summer.

"Not to Miss" Programming!

starting in **JUNE**

FAST SKILLS FOOTBALL - PAT GENDRON
AGES 8-13: NON CONTACT, PLAY FAST, HAVE FUN.

PICKLEBALL - DONALD VAN DYNE
AGES 18 AND UP: ALL LEVELS, GREAT EXERCISE.

SOCCER SHOTS - SUMMER
AGES 2-5: THE BASICS, HIGH ENERGY, POSITIVE, FUN.

MARCUS LEWIS TENNIS - NEW SESSIONS
TENNIS FOR EVERYONE AT STONYBROOK COURTS.

PLUS REC'S SUMMER WEEKLY PROGRAMS!
FULL-WEEK FLEXIBLE PROGRAMS - EARLY ARRIVAL AND EXTENDED DAY.
BEACH PARTY, KIDS CLUB, AND DESTINATION EXPLORATION!

starting in **JULY**

BRAZILIAN YOUTH SOCCER SUMMER CLINICS
AGES 7-14: THE BASICS WITH CONFIDENCE, MOTIVATION, AUTONOMY.

FAST SKILLS FOOTBALL "DROP-INS" - PAT GENDRON
AGES 8-13: NON CONTACT, PLAY FAST, HAVE FUN.

FLAG FOOTBALL - SCOTT BROWN
AGES 7-12: LEARN CORE SKILLS. THEME DAYS.

SPEED AND AGILITY, JR AND PRIME - D.J. BROCK
FULL AND WEEKLY SESSIONS
AGES 12-21: IMPROVE ATHLETICISM, COMPETITIVE, SUPPORTIVE.

PICKLEBALL - DONALD VAN DYNE - SUMMER 1
AGES 18 AND UP: ALL LEVELS, GREAT EXERCISE.

and coming this **AUGUST**

BRAZILIAN YOUTH SOCCER - SUMMER CLINICS
FAST SKILLS FOOTBALL - "DROP-INS" - PAT GENDRON

ON THE MARK ARCHERY - SUMMER 2

SPEED AND AGILITY, JR AND PRIME - D.J. BROCK - WEEKLY

PICKLEBALL - DONALD VAN DYNE - SUMMER 2

Experienced Instructors! Great Coaches!

REGISTER at westfordma.myrec.com

Westford Recreation | 65 Main Street, 3rd flr, Westford, MA | 978-692-5532

FOLLOW US ON FACEBOOK

NEW! SUMMER SWIM LESSONS

now offered for
Rec's **KIDS CLUB**
and **DESTINATION
EXPLORATION**
program
participants!

Community Wellness

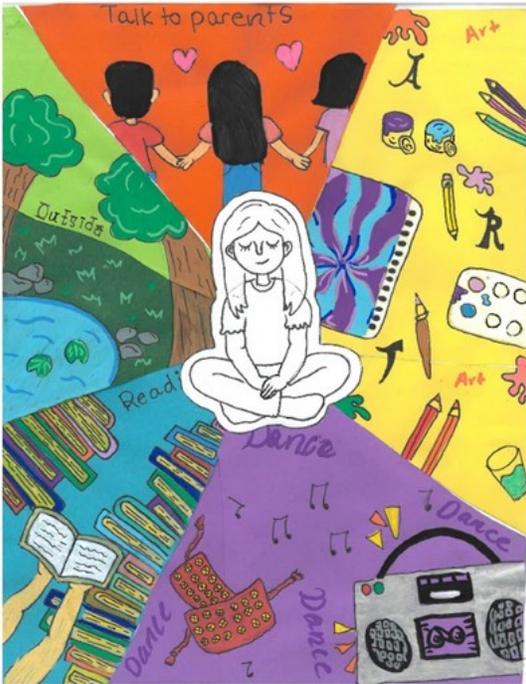
Community Behavioral and Mental Health Committee

Did you know the Town has a Community Behavioral and Mental Health Committee?

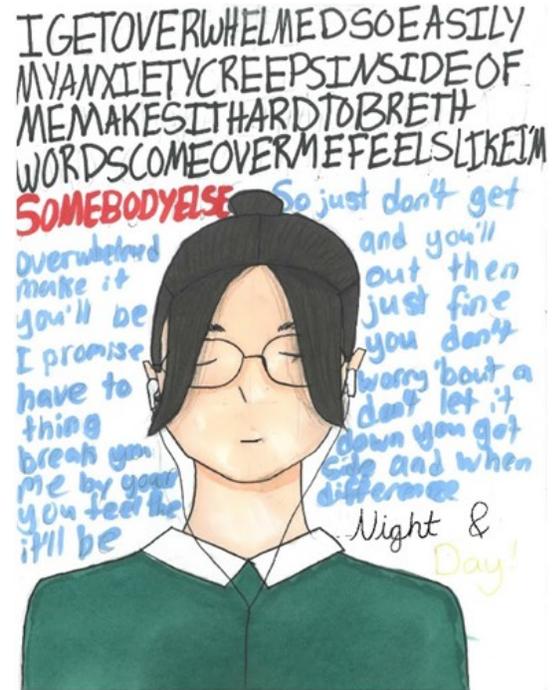
To learn more about the committee check out their webpage:

<https://www.westfordma.gov/1567/Community-Behavioral-and-Mental-Health-C>

The committee offered a Mental Health Awareness poster contest for 6th, 7th, and 8th Westford students. The students created a poster based on their answer to the question – What helps you relieve stress? Thank you to all the students who created and submitted a poster. **The contest winners:**



1st Place: Medha Pandey



2nd Place: Kaylee Laflamme



3rd Place: Sidrah Azmi

Community Wellness (Continued)



Town of Westford

SUBSTANCE USE DISORDER COMMUNITY FORUM

Together, let's discuss, share ideas, and plan steps to support our community.

 **25 June, 2024**
5:30PM - 6:30PM



Zoom link can be accessed through the QR code:



**Please email Community Wellness Coordinator
Nicole Laviolette for questions
nlaviolette@westfordma.gov**

Health Department

Learn to identify local invasive aquatic plants
Join us for:

Weed Watcher Program

Presented by DCR

June 20th at 10 am
Town Hall 2nd Floor Meeting Room

RSVP to Abby Graham at agraham@westfordma.gov or 978-399-2531

Hosted by the Westford Healthy Lakes and Ponds Collaborative

Health Department (continued)

Confidential Support is Available

988 Suicide & Crisis Lifeline

988 or 988 Lifeline.org

LGBTQI+ Youth Press 3 | Text "PRIDE"

FindSupport.gov

SAMHSA's National Helpline

1-800-662-HELP (4357)

Disaster Distress Helpline

1-800-985-5990

FindTreatment.gov

Veterans Crisis Line

Dial 988 (Press 1)

**P
R
I
D
E**

MONTH

Celebrating **#PRIDEMONTH**

SAMHSA

(Continued on next page)

Health Department (Continued)

SEASONS OF EATING

SPRING

Artichokes
Asparagus
Carrots
Chives

Fava beans
Green onions
Leeks

Lettuce
Parsnips
Peas
Radishes

Rhubarb
Swiss chard

SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs

Garlic
Grapes
Green beans
Melons

Peppers
(sweet, hot)
Stone fruit
(apricots, cherries,
nectarines,
peaches, plums)

Squash, summer
(yellow, zucchini)
Tomatoes
Zucchini

FALL

Apples
Brussels Sprouts

Dates
Pears
Pumpkins

Squash, winter
(acorn, butternut,
spaghetti)

Sweet potatoes

WINTER

Bok choy
Broccoli
Cauliflower
Celery

Citrus fruit
(clementines,
grapefruit,
lemons, limes,
oranges,
tangerines)

Endive
Leafy greens
(collards, kale,
mustard greens,
spinach)

Root vegetables
(beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- **Save money.** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- **Chose local produce.** Eat locally and regionally grown fruits and vegetables when possible. These offer more taste and retain more nutrients than produce that's been picked weeks earlier and shipped across the country or world. Choosing local also can help reduce our carbon footprint.
- **Shop at a local farmers market.** Learn about produce you may be unfamiliar with and get ideas on how to cook it.
- **Grow your own produce.** Gardening offers fresh seasonal produce and some physical activity, too. Because gardening can be therapeutic and gratifying, it can also help with overall well-being.
- **Freeze fresh produce.** Add frozen fruit and vegetables to smoothies, soups, breads or baked goods, such as blueberries in pancakes or shredded zucchini in a quick bread.



Health Department (Continued)



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

Practice yoga for 1 minute

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

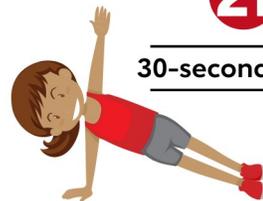
Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



ABC **18** ㄨㄣ

Practice spelling, do a squat for every vowel

19

Skip for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities

Health Department (Continued)



CPR Guide



HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

HOW DO I LEARN?

Go to heart.org/handsonlycpr to learn the steps of Hands-Only CPR.

Go to heart.org/cpr and click on FIND A COURSE to find a class online or near you.

Town Clerk's Corner



State Primary	Tuesday, Sept 3, 2024
Early voting dates TBD	Voter registration deadline is Aug 23, 2024
Special Town Meeting	Monday, October 21, 2024
Presidential Election	Tuesday, November 5, 2024
Early Voting for Presidential Election TBD	

Not registered as a voter in Westford yet?

It's easier than ever ... just go online! www.sec.state.ma.us/



When you register to vote, you may



- Register in a POLITICAL PARTY by selecting one of the listed parties (currently Democratic or Republican) OR
- Register in a political designation, OR
- Register with no party affiliation by selecting "NO PARTY (unenrolled)," which is commonly referred to as "independent" meaning that you do not have a party designation

If you do not enroll in a party (i.e., choose unenrolled or a political designation), you may still vote in state and presidential primaries by choosing a party ballot and will remain unenrolled. If you enroll in one of the parties listed above, you may vote only in that party's primary. In a general election, all voters receive the same ballot regardless of party enrollment.

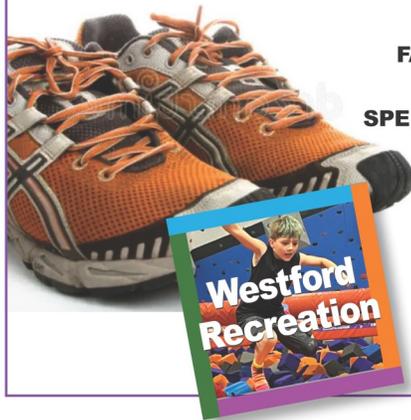
Election Workers/Tellers Needed

Please click the link below to fill out the application.

[Election Worker/Teller application](#)

Please return the application to:

Ishaw@westfordma.gov or townclerk@westfordma.gov



REC UPDATE 5-20-24 Spring. Summer.

"Not to Miss" Programming!

starting in late **MAY**

YOUTH CHESS - INT'L MASTER PRATHIBA Y
AGES 8-14: FUN. CREATIVE PROBLEM SOLVING.

starting in **JUNE**

CPR. FIRST AID, AED - MIKE VOTANO, RN
AGES 9-UP: WITH EXPERIENCED EMT AND ER NURSE
FAST SKILLS FOOTBALL - FULL SUMMER SESSION - PAT GENDRON
AGES 8-13: NON CONTACT, PLAY FAST, HAVE FUN.

PICKLEBALL - DONALD VAN DYNE - SPRING 2
AGES 18 AND UP: ALL LEVELS, GREAT EXERCISE.

SOCCER SHOTS - SUMMER
AGES 2-5: THE BASICS, HIGH ENERGY, POSITIVE, FUN.

MARCUS LEWIS TENNIS - NEW SESSIONS
TENNIS FOR EVERYONE AT STONYBROOK COURTS.

starting in **JULY**

BRAZILIAN YOUTH SOCCER SUMMER CLINICS
AGES 7-14: THE BASICS WITH CONFIDENCE, MOTIVATION, AUTONOMY.

FAST SKILLS FOOTBALL "DROP-INS" - PAT GENDRON
AGES 8-13: NON CONTACT, PLAY FAST, HAVE FUN.

FLAG FOOTBALL - SCOTT BROWN
AGES 7-12: LEARN CORE SKILLS. THEME DAYS.

SPEED AND AGILITY, JR AND PRIME - D.J. BROCK
FULL AND WEEKLY SESSIONS
AGES 12-21: IMPROVE ATHLETICISM, COMPETITIVE, SUPPORTIVE.

PICKLEBALL - DONALD VAN DYNE - SUMMER 1
AGES 18 AND UP: ALL LEVELS, GREAT EXERCISE.

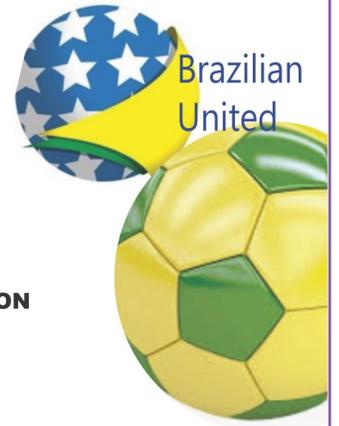
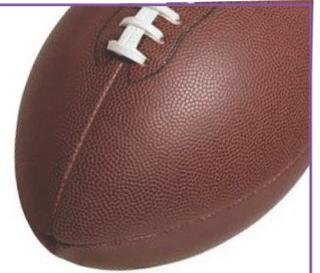
starting in **AUGUST**

BRAZILIAN YOUTH SOCCER - SUMMER CLINICS
FAST SKILLS FOOTBALL - "DROP-INS" - PAT GENDRON
ON THE MARK ARCHERY - SUMMER 2
SPEED AND AGILITY, JR AND PRIME - D.J. BROCK - WEEKLY
PICKLEBALL - DONALD VAN DYNE - SUMMER 2

Experienced Instructors! Great Coaches!
REGISTER at westfordma.myrec.com

Westford Recreation | 65 Main Street, 3rd flr, Westford, MA | 978-692-5532

FOLLOW US ON FACEBOOK



Brazilian United



Marcus Lewis Tennis Center

NEW!
SUMMER SWIM LESSONS
now offered for
Rec's KIDS CLUB
and DESTINATION
EXPLORATION
program
participants!

Recycling Commission

Electronics & More Collection

The Westford Recycling Commission is holding an Electronics & More Collection on June 22, 2024, from 9 am to 1 pm at the Westford Highway Garage, 28 North Street.



This is a fee-based collection FOR WESTFORD RESIDENTS ONLY. Westford utilizes the services of Northeast Materials Handling of Ayer, Massachusetts. CASH OR CHECK ONLY (checks must be made out to "Northeast Material Handling, Inc"). The Town of Westford receives no proceeds from this event.

For traffic safety reasons, entry to the access road off North Street will not be allowed until 8:45 AM. Residents arriving prior to 8:45 will be turned away. The Northeast Materials' staff will take the items from the vehicle for them and collect fees from the driver's side window.

***** WE DO NOT ACCEPT TOY PLASTICS, AT ALL *****

For a list of acceptable items: some free and some chargeable, visit www.westfordma.gov/recycling. If you have any questions about what is acceptable, please feel free to call 978-772-4545 or email: Francine@liquidatedstuff.com

Westford Composting Open Houses

Saturdays, July 13, and August 10, 2024, from 9:00 am – 11:00 am
Location: 39 Main Street, Westford (across from Muffins on Main)

Volunteer members of the Westford Recycling Commission will show Westford residents how to compost organic material. Composting diverts food wastes from the trash and reduces the high cost of Westford's trash collection. Organic material can represent up to 20% of the weight of our trash.

Earth Machines composters will be available to Westford residents at the demonstrations for only \$25 at a discount from a state grant. Checks should be made out to the Town of Westford.

Westford residents can also purchase Earth Machine backyard composters for \$25 by contacting Nicole Feliciano at the Westford Highway Department at 978-692-5520 or by email: nfeliciano@westfordma.gov.

For more information, visit www.westfordma.gov/recycling. Follow us on Facebook: www.facebook.com/WestfordRecyclingCommission

Another composting option for Westford residents is to sign up for curbside pickup from Bootstrap Compost -- more info [HERE](#)

(Continued on next page)

Recycling Commission (Continued)

EFFECTIVE JULY 1

Curbside Recycling and Trash will be collected by E.L. Harvey. Also, there will be several changes to bulk waste and white goods collections.

Recycling and trash rules will be strictly enforced. Non-compliance will result in curbside rejection of your recycling or trash with an explanatory sticker.

Visit www.westfordma.gov/recycling-trash
Or scan the QR code for complete information.



Diverting items from the trash helps save trash costs in Westford. Please check the A to Z Guide – How to Recycle Most Everything at www.westfordma.gov/recycling for suggestions.

**Reduce, Reuse, Repair, Repurpose,
Rot (Compost) and Recycle!**

Visit www.westfordma.gov/recycling for further details
and future collection events.



Westford Schools

Unified...an update!

The weather was simply fantastic for the Second Annual WA & Friends Invitational held yesterday on Trustees Field. Our newly established WA Unified Track and Field Team were model hosts for the event and were cheered on throughout the day by the student-filled bleachers. Eight different teams from other school districts participated as well and the festivities began with an encouraging speech from Special Olympian Chris O'Neil during the opening ceremony followed by all three of the Special Olympic oaths: the Athletes Oath, the Coaches Oath, and the Volunteers Oath. The Athletes rotated with their teams through a series of events all around the track and spread out across the entire field. The joy and exuberance exhibited throughout the day was infectious and inspiring.

A few years ago Massachusetts transitioned the 8th grade Social Studies Curriculum Frameworks to a dedicated Civics course. As part of that transition, every 8th grader is expected to participate in an Action Project utilizing Project Based Learning strategies. An aspect of gold standard project based learning includes connecting students to various resources including experts in the fields in which the real world problems they are exploring exist. This past week, some of our local experts were invited to visit 8th grade students completing their projects to provide feedback and guidance as their final presentations come to fruition.

An even longer tradition in our district is that of the WA Senior Capstone Project. Another one of the many events taking place last week was the Capstone Exhibition which flooded both the main and auxiliary gymnasiums at Westford Academy, even spilling into the Bell Lobby. It was a wonderful opportunity to listen to the seniors share their takeaways from their experiences and connect their learning to their future plans. The variety of the work across the board reminds us how diverse our student interests are and how this experience provides them a unique opportunity to transfer their skills from the classrooms into practical work experiences prior to graduation.

As we progress through June, all of our schools will be organizing the various end of year celebrations that exist in each grade and classroom. Whether students are transitioning to a new building or simply a new location within each school, this season of reflection encourages everyone to consider and appreciate the positive relationships that have developed providing the foundation of this year's learning as well as helps us to consider individual and collective goals for next year.

Finally, I want to congratulate all of the seniors and their families as we all come together to celebrate the milestone of their graduation later this week. Whether their entire journey has been here in Westford or if they have joined us along the way, our hope is that they will carry with them fond memories of their experiences and gratitude for the individuals who have made up their support system. We are excited to hear about the adventures that await. They will always be a part of the Westford story just as Westford will always be a part of theirs.

Cheers!

Chris

Christopher Chew, Ed.D
Superintendent
Westford Public Schools



Veterans Services - Memorial Day 2024

Westford honored our departed veterans with Memorial Day services on May 26. Residents turned out to hear the honor roll that morning and attend the noon ceremony with town veterans, honor guards, the Westford & District Pipes and Drums, and Scouts. Remarks were made by VSO Ryan Cobleigh, Chaplain Arthur Pellerin, Select Board member Scott Hazelton, Rep. Jim Arciero, and MA Senator John Cronin, a West Point grad who served in Afghanistan.



Former state rep. Geoff Hall also paid tribute to Francis M. Sullivan, a native of Forge Village. A special ceremony was held that morning at Freedom Park on Pond St, where a memorial to Mr. Sullivan was unveiled at the site of his childhood home. Mr. Sullivan was a 1916 graduate of WA who went on to serve as Director of Disabled American Veterans. He played a huge role in drafting the GI Bill in 1944, one of the most important pieces of legislation in American history. Mr. Sullivan's family traveled from Maryland and Virginia to see him honored and were presented with a state proclamation by Rep. Arciero.



JOIN US FOR THE TOWN OF WESTFORD'S FIRST

JUNETEENTH

FREEDOM DAY

FLAG RAISING EVENT & CELEBRATION

FLAG RAISING

SPEAKERS

MUSEUM RECEPTION

FLAG RAISING ON WESTFORD TOWN COMMON FOLLOWED BY A RECEPTION AT THE WESTFORD MUSEUM

For more info or to register:
<https://bit.ly/WestfordJuneteenth2024>

SCAN ME

WEDS
19
JUN

9 - 11 AM

Hosted by the WESTFORD Diversity, Equity, & Inclusion Committee