

# THE AMHERST UNITARIAN UNIVERSALIST NEWSLETTER

121 North Pleasant Street, P.O. Box 502, Amherst Massachusetts 01004

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## Important Information

**STREET ADDRESS:** 121 North Pleasant St.,  
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**INTERIM MINISTER:**

**The Rev. Cynthia Frado**

413-253-2848 (office) or 508-320-5771 (cell) or  
[therevfrado@aol.com](mailto:therevfrado@aol.com) Office hours: Tuesday and Thursday,  
10:00 A.M. - 2:00 P.M. Day off: Friday. Other times by  
appointment.

**CONGREGATIONAL ADMINISTRATOR:**

**Judy Mitrolka**

413-253-2848 (office) or [office@uusocietyamherst.org](mailto:office@uusocietyamherst.org)  
Office hours: Monday through Friday, 10:00 A.M. - 2:00 P.M.

**DIRECTOR OF RELIGIOUS EDUCATION:**

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## NEWSLETTER

Copy Editor: Janis Gray, 413-259-1584  
Production Editor: John Foster, 413-253-2632  
Deadline for submissions: 15th of each month.  
Please sign submissions, so we may reach you if  
we have questions. Submit entries one of two  
ways:

1. Email it to [jsgray@crocker.com](mailto:jsgray@crocker.com).
2. Mail it to 219 Wendell Road, Shutesbury MA  
01072.

Please limit entries to 500 words (100 for the  
“For Your Information” section). Submissions  
may be edited to save space or to maintain a con-  
sistent style. Thank you!

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## Schedule of Services

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**Sunday, October 2, 10:30 A.M. – *Radical Hospitality***

**Glen Bertrand, Karen Fisk and Anna Stanforth**

Unitarian Universalism has adapted the idea of radical hospitality from the tradition of St. Benedict. Most simply described, it is the spiritual practice of being in relationship with others—all others, including strangers. Come share a celebratory service of this sometimes uncomfortable always rewarding spiritual practice.

The service will include special music from **Tom Fricke**.

**Sunday, October 9, 10:30 A.M. – Indigenous People’s Day: *The Duality of All-Being: Native New England Spirituality***

**The Reverend Cynthia A. Frado** preaching

Amherst is the first town in the Commonwealth of Massachusetts to change Columbus Day into Indigenous People’s Day. In honor of this recognition, our service this morning will lift up the theme of spiritual and natural duality that was at the heart of our New England predecessors’ belief systems. Today will be a multi-generational service. There will be some drumming, some dancing, some singing, and some time during social hour to sign postcards opposing the pipeline in the Dakotas that is proposed to go through tribal lands!

*Childcare will be provided for infants and toddlers.*

**Sunday, October 16, 10:30 A.M. – *Knowing When to Stop, Learning When to Go***

**The Reverend Cynthia A. Frado** preaching

Today we will be recognizing the new drivers in our midst, as well as contemplating some of the more poignant lessons from the *Driver’s Ed Manual of Life*. Whether you have been driving for six days or sixty years, or are merely a passenger going along for the ride, this morning’s service has something for all of us to consider! It is always a great Sunday to invite friends to join us.

*Today is our Dedicated Offering Sunday.*

**Sunday, October 23, 10:30 A.M. – *Courage and Sacrifice: The Story of Waitstill and Martha Sharp***

**The Sunday Services Committee**

We will focus on the difficult sacrifices Unitarian minister Rev. Waitstill Sharp and his wife Martha, as well as other courageous humanitarians, have made during wartime in order to serve what they believed to be a greater good. The Sharps are honored as two of only five Americans to be named “Righteous Among Nations” (non-Jews who risked their lives to save Jews during World War II) at Vad Yashem.

**Sunday, October 30, 10:30 A.M. – *Samhain: A Celebration of Remembrance***

**The Reverend Cynthia A. Frado** preaching

Samhain (pronounced Sow-wen) is the Ancient Celtic celebration of remembering those loved ones who have died. Traditionally held on All Hallows’ Eve, Samhain recognizes that we are all a part of the ongoing cycle of life. Unlike the Celts of long ago, our service today will not be held in an oak grove, but instead we will call the Directions, hang leaves on the Tree of Life with the names of loved ones (people and/or pets) who have died, partake of a Soul Cake and Cider communion, and listen to a tale of gratitude, grief, and joyful remembrance. This will be a multi-generational service. EVERYONE is invited to dress in costume (or not) to help “scare away” any spirits that would dare to spoil our poignant festivities. Please, no scary masks, though! There will be trick-or-treating downtown at noon.

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## Musings from the Interim Minister’s Inkwell

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*Frolicking in the Acorns...*

The place where I live in Cushman Village is a circle in the woods that has a steep incline on our side of the circle. In fact, our house is built on the side of a ledge. We are more or less at the top of the hill. Several years ago now, I noticed that black squirrels lived at the bottom of the hill and gray squirrels lived at the top. Separated by only a few houses tucked into the woods, I never saw them leave their separate “neighborhoods.” Never.

Scampering all over the circle, however, were chipmunks who always seemed to be zipping here, there, and everywhere, on a mission of great importance.

Last week I saw the most amazing sight. Somewhere midway up the hill were a black squirrel and a gray squirrel frolicking in the acorns. They were rolling about, jumping over each other, and being generally playful... even throwing acorns into the air! What I found to be more remarkable was that there was a chipmunk contentedly sitting betwixt and between its two larger cousins, stuffing its cheeks with acorns while the others were having a grand old time. None of them seemed skittish or disturbed by their obvious differences. Instead, they had found a moment to pause and see themselves, not as competitors nor as strangers but rather as companions who welcomed the gift of acorns raining down upon them. It appeared to my imaginative eye that they were doing *the dance of the harvest*. Such abundance before the bleakness of winter is to be savored and celebrated, and who better to share it with than those who understand and appreciate it?

I suppose the same could be said about us. There is something about the fall harvest that draws us out into the brisk autumn air and encourages us to mix, mingle, and frolic in the leaves, amongst the pumpkins and beneath the burgeoning apple trees. Barriers seem to fall away as people embrace the fruits of the earth and share in the enlivening sounds and sweet delights of farm stands and country fairs. In such an atmosphere we tend to notice

what brings us together as opposed to what makes us stand apart. When we find common ground, some of the fears of "otherness" seem to melt away, and we are more willing to let down our barriers and enjoy the moment.

In this new season of abundance, may we have many moments to celebrate our togetherness and count our blessings. Just don't frolic too much while holding that coffee cup in the Social Hall!

May there be peace in the valley...

Cindy

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## Dedicated Offerings

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Dedicated Offerings are a way for our UUSA community to recognize and financially support worthy organizations engaged in projects that reflect our guiding Unitarian Universalist principles. One Sunday every month we meet (except June) we schedule a Dedicated Offering (DO), allowing that our Society also needs our support on the other Sundays of the month. In September, we collected \$506.36 for **Family Outreach of Amherst**.

The October Dedicated Offering will be collected during the service on October 16 for the **New England Learning Center for Women in Transition (NELCWIT)**. NELCWIT is a nonprofit that works within the community to build safety, justice and dignity for all. They offer counseling, advocacy, and resources to individuals and children whose lives have been impacted by domestic violence or sexual abuse, and assist in prevention and education work to decrease violence in our community. As an anti-racist, multicultural organization, NELCWIT also joins with and mobilizes other groups and individuals who are working to end domestic violence and sexual abuse, ensure human rights, and create social change.

*Thank you* for showing your support for the Dedicated Offering program, not only with your contributions to the DO recipients themselves, but also with your contributions to the Society on other Sundays when our budget counts on those receipts. Please remember that no one is required to contribute to our Dedicated Offering recipients. This is a voluntary initiative.

A form to suggest Dedicated Offering recipients for next year (beginning September 2017) is available in the office. Our goal is to cover a wide range of areas of need in our area and the larger world, including these categories: local, regional, national, international, environmental, medical, educational, animal rights, arts/music/culture, and different ages and genders.

### Open Minds and Open Hearts: A message from the staff

The staff at UUSA is working hard to create a new ministry team. Blending our strengths and talents as we enter this new year has been exciting as we continue to get to know one other. Our top priority is to serve YOU! To that end, we ask for your patience as we try and meet all the challenges and changes of a new ministry.

We also welcome your ideas, suggestions, and needs. Of course we cannot guarantee that we will be able to incorporate all of them, but we do want you to know that we WELCOME your thoughts.

We are constantly evaluating our work as we go along. The beginning of the year has in-

Continued on next page

cluded extra rituals in our worship services which has caused them to be longer than usual, and we fully expect that we will fall into a more reasonable timeframe now that those are behind us. With each passing day it feels like we are getting more into the rhythm of the church year.

So please, reach out to us! Praise, suggestions, concerns, we would like to know what is on your mind.

Rev. Cindy, Interim Minister; Rebecca, DRE; Brenda, Music Dir.; Judy, Admin.; David, Sexton (Joe Flueckiger, Board President, too.)

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## Music Notes



**Calling all people! All ages! All musical abilities!** This year, the dynamic UUSA choir is opening its rehearsals on certain Sundays (between 4-6 total) for **OPEN CHOIR SUNDAYS!** What does this mean? It means that if you like to sing but don't want to make the time commitment to being a regular member of the choir, or you are a young student who is busy but likes to sing and doesn't always like to get up on Sundays to sing with a bunch of mostly older people, now is your chance!! **Our first Open Choir is scheduled for Sunday, October 2. Just come in for a half hour rehearsal from 9:30 – 10:00 A.M.**

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## Religious Education Ministry



This year I am looking forward to October more than in the past, but I'm not sure why. Maybe because we've had such a hot summer and I am ready for crisp apples and crisp air? I picked up some delicious apples at the Farmers' Market and I tasted fall, so I know it is coming. The RE program, like school, goes from summer relaxation mode to busy in just one weekend. On the first weekend of fall services on September 11, we had 12 children in the elementary and toddler program, and 18 youth started their Coming of Age (COA) program!! I want to say from the start that we are lucky to have the dedicated and very experienced leadership of **Jacy Armenti** running the pre-school program, **Karen Fisk** and **Glen Bertrand** leading the Coming of Age youth, and **Lisa Cyr**, who will be facilitating the adult group that runs in coordination with COA. I also want to thank **Lesley Smith** for dedicating her talents to the elementary program once a month and to **Ben Brau**, **Kate Rice** and **Mary Cornell** for their dedication to helping me facilitate the Youth Group. And last but not least, I want to thank the RE Ministry, who will be stepping in to help on an as-needed basis. During the course of the year, we will have newsletter pieces about each of our individual programs.

Elementary age children and preschoolers (who like to be with the congregation) will be starting off each Sunday morning upstairs with the whole congregation. Preschoolers who would rather start downstairs with Jacy are welcome to do so. Children will be sung downstairs after the Chalice Lighting, hymn and Rev. Cindy's Story for All Ages. Downstairs our program will usually mirror the Sunday adult theme. We will also be doing at least a few service projects throughout the year.

If you work with or know of a community organization that the children could support in some active way, please let me know. If you are interested in sharing a talent or interest that you think the children would appreciate, please talk to me. If you have any questions or suggestions, please contact me.

Thank you for sharing and caring,

Rebecca

([frickeDRE@gmail.com](mailto:frickeDRE@gmail.com), 413-687-8722)

**Mindfulness** Mindfulness is bringing awareness to what is happening within our minds, bodies and hearts in the present moment. Learning to live more fully in the present, attentive to our inner experience, we are able to respond to life with greater clarity, steadiness of mind, kindness and wisdom. Come and enjoy guided mindfulness practices and time for discussion. No prior experience needed. Two Tuesdays each month, 7:00 – 8:00 P.M. (October 4, October 18) in Classroom A. (If the October 4 date interferes with Rosh Hashanah activities for you please let **Jess Murphy** know and she will change the date.)

To be on the email list for future dates, email her at [Jessica.Mindfulness@gmail.com](mailto:Jessica.Mindfulness@gmail.com).

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## Membership

**New email addresses** Please use [SCarewRice@gmail.com](mailto:SCarewRice@gmail.com) to contact **Susan Rice**, and [steve-atd1@gmail.com](mailto:steve-atd1@gmail.com) to contact **Steve Rice**.

**New phone number** **Carolyn Holstein** is now at 413-387-0141.

**Photo directory** Among the many exciting things our revitalized Membership Committee is working on is an updated Unitarian Universalist Society of Amherst directory. It has been years since we have had a directory with members' pictures, so we are taking this on this year. Having pictures helps us put names to faces and more easily connect with each other.

**Sandy Sladen** is staffing an informal "photo booth" in the Social Hall on Sundays both before services beginning at 9:30am and during Social Hour. She began on Sunday, September 4 and will continue through Sunday, October 16. Thanks to all of you who have already stepped up to have your pictures taken. It has been fun. We are getting some good shots and more important, updating your directory contact information. If you have not already had your picture taken by Sandy please make a point of doing so by October 16. If you have questions or can't make it to any of the photo booth sessions, please email Sandy at [sandysladen@gmail.com](mailto:sandysladen@gmail.com) Thanks for your support.



The Amherst Block Party on September 15 was a big success and fun. Thanks to many UUSA volunteers we were able to talk to people about our Society, hand out information, share about our RE program, invite children and young people to enjoy our coloring activity, and invite people in to see the stained glass window and the organ. We could not have done it without the support of the **Rev. Cindy Frado, Jacy Armenti, Steve and Susan Rice, Clare Bertrand, Tom and Rebecca Fricke, Chas Stevenson, Mary Beth Seminario, Ashley Carter, Anne Perkins, Sandy Sladen** and **Jay Stryker** on organ.

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## Interdenominational Affairs



**The Road to Enlightenment Needs Repair!** If you have ever visited the **New England Peace Pagoda** in Leverett, you know that it is a beautiful and very special place. Unfortunately, the nearly ½- mile steep, windy, and rocky road that is used by the elderly, disabled, and monks has nearly washed out from the spring rains. It is extremely dangerous. I am starting a Go Fund Me page in October to help restore the road. The estimate for better drainage and repacked gravel is \$14,000. If you are so inclined to help our effort, please check the GoFundMe website soon.

Rev. Cindy

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## Social Action

**Community breakfasts** Fall is an exciting time in Amherst as schools start again. Our Community Breakfast on Wednesday is full and the guests are happy to enjoy a cup of coffee or orange juice, cereal, toast and a hot plate of food in our Social Hall. Although it is a simple meal, volunteers are needed each week to wrap the pastries, put out the food, crack the eggs, refill the coffee urns and the OJ pitchers.

Can you sign up for an hour before you go to work or school? We start at 6:00 A.M. and all skill levels are welcome.

Thanks to **Vicki Hinson-Smith** who greets each week and also to **Karen Fisk, Julie Webster, Gabriela Horvay, Darcy DuMont, Elizabeth DuMont-McCaffrey, Brenda Miller, Polly Peterson, Fran Plumer, Bo Mack**. Sign up online at <http://signup.com/go/83M6sv> or email [glenbertrand@gmail.com](mailto:glenbertrand@gmail.com) and join us.

Thanks, **Clare** and **Glen Bertrand**

**Just One Thing** On October 9, the second Sunday of the month, a basket will be in the foyer for donations of food for the Amherst Survival Center. Can you give just one thing? THANK YOU!! (At right: A photo of Mary Beth taking September's Just One Thing collection out the door!)



**Not Bread Alone** Join us on **Saturday October 29** at **NOT BREAD ALONE** to prepare and serve a not-so-scary lunch that day on the weekend before Halloween. Eight UUs are needed to help with various tasks at different times. **COOKS** are needed from 9:30 A.M. - 12:00 P.M. This involves cutting loads of vegetables to create salads, soups and main courses. No experience is needed as we're told what to do. **SERVERS** are needed 11:30 A.M - 1:30 P.M. and **CLEAN UP helpers** from 12:00- 2:30 P.M. *Meet new people and have fun* as we help feed a hungry crowd!

Not Bread Alone is located in the basement of First Congregational Church with access through the Spring St. parking lot. If you can help, please contact **Mary Beth Seminario**, [mbsem@comcast.net](mailto:mbsem@comcast.net), 413-253-0894. THANK YOU!

**UU KNITTERS** Hello to anyone who likes to knit and crochet! You are welcome to attend our knitting group, which is affiliated with Women4Women, Knitting4Peace. You can google this and learn all about this wonderful project. Our next meeting will be October 20 at a place to be determined. Beginners are welcome too! For more information, contact **Mary Wyse** (413-549-5406, [mshwyse2@gmail.com](mailto:mshwyse2@gmail.com).)

Save the date: October 30, after the service

Meaningful Connections Fair

Come trick-or-treat in the Social Hall!

Representatives from affinity groups and committees will be waiting for you with Halloween treats  
— and information about the many rich and varied activities available within our UU Society.

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## Social Events

**The Women's Lunch Group** meets every other Thursday at noon for spirited conversation over local, inexpensive cuisine. Our first gathering in October will be October 13 at Top Kabab Persian/Iranian Restaurant, 31 Boltwood Walk, Amherst. We welcome every woman, whether she is new to our Society or a longer-time member or friend. It is not necessary to RSVP, but if you have questions or want to be on the e-notification list, contact **Sophie Rogers** at 413-835-0644 or [sophiesailing@gmail.com](mailto:sophiesailing@gmail.com).

**The Men's Breakfast Group** is now meeting on Wednesdays at 7:00 A.M. at Kelly's Restaurant (314 College Street, Amherst). Contact **Michael Sussman** at [msussma@music.umass.edu](mailto:msussma@music.umass.edu) for details.

**Social Supper: Saturday, October 15, at 5:30 P.M.** Join us at **Carolyn Holstein's** "housewarming" social supper at 17 Hadley Place in Hadley. Directions: From Amherst, drive west on Amity Street which becomes Rocky Hill Road, until you reach Rt. 47 (River Drive). Turn left onto River Drive, drive past the Hadley Elementary School on the left and then turn into the very next road on the left. This will be Hadley Place. Carolyn's house is the second to the last house - #17. Her new phone number is 413-387-0141.

Please call Carolyn at *her new phone number*, 413-387-0141, to let her know what you are bringing. In keeping with our Eating Locally project, we encourage the use of local foods at our gatherings. Although it's by no

means a requirement, consider using even one local ingredient in whatever dish you prepare. And, if you bring a dish containing shell-fish or nuts, please label your dish. Thanks, and we look forward to seeing you at the supper!

Carol Rothery

## STONE SOUP BAZAAR

We hope you have already marked your calendars for this UUSA event on Saturday, December 3 from 10:00 A.M. - 4:00 P.M. and are planning on coming. Save some of your holiday shopping and enjoy the many local artisans who are supporting our event. And don't forget the yummy homemade soups, breads and baked goods available for breakfast and lunch. As always, our community building and fundraising events are most successful when we have your support.

We are excited about the 22 vendors we have confirmed so far for this year. Some are returning from last year and many are new this year. They include jewelers, potters, fabric artists, wood workers, painters, photographers, card makers, soap makers, honey makers and more. Parents, grandparents and people of all ages are sure to find that special something for the people on their list.

Preparation for our raffles is also well under way. Our congregation quilters are again creating a gorgeous queen-size quilt and having loads of fun in the process. We will again have theme-based gift baskets loaded with goodies. In addition to baskets being assembled and donated by some of our UUSA ministries, we are encouraging families and groups of friends to join together in creating a basket for the raffle. This is your chance to be creative and even silly. These raffle items will be available for viewing in November and raffle tickets available for purchase.

There will be many opportunities for you to get in on the fun as volunteers to help make this year's Stone Soup Bazaar fabulous. A list will be generated soon. In the meantime, you can support this effort in the following ways:

Encourage your artist friends to participate as a vendor. We still have space and we take very good care of our vendors: help setting up, coffee in the morning, free lunch and volunteers to spell vendors for lunch and breaks.

1. Spread the word about the December 3 Stone Soup Bazaar among your friends, family and neighbors. You will receive a flyer for this purpose soon. Word of mouth has proven to be the best way to get people to come.
2. Offer to play music during the event (contact **Fran Plumer** at [fplumer@comcast.net](mailto:fplumer@comcast.net)).
3. Assemble and donate a gift basket for raffle (contact **Liz Bertone-Johnson** at [ebertone@schoolph.umass.edu](mailto:ebertone@schoolph.umass.edu)).

For more information or questions about how you can be involved, contact **Sandy Sladen** ([sandysladden@gmail.com](mailto:sandysladden@gmail.com)) or **Rachel Peterson** ([rqpeterson@gmail.com](mailto:rqpeterson@gmail.com)).

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## Our Caring Ministries



**ALERT** – Our UUSA will be sponsoring discussion circles based on the outstanding book *Being Mortal* by Atul Gawande, MD, on issues we all face as life inevitably draws to a close. “Riveting, honest, humane” and full of true stories, this is a hard book to put down. Copies are available in local libraries and at the UUSA. With thanks to **Molly Moss**, **Mary Wyse** and **Jessica Murphy** for organizing these upcoming discussions. Get a head start on reading and stay tuned!

**Our Caring Circle** meets monthly to review the needs of our UUSA friends. **Clare Bertrand** and **Carolyn Cave** are coordinators for the Caring Circle. If you are unable to get in touch with your Caring Circle person for contact, rides, food, and simple needs, please call them for assistance.

Warmly, **Clare Bertrand**, **Linda Callahan**, **Carolyn Cave**, **Sue Kelly**, **Karen Mack**, **Margaret Manson**, **Martha Nelson**, **Susan Rice**, **Chas Stevenson**, **Lynn Sussman** and **Gordon Wyse**.

**Call someone on our Pastoral Care Team**, which also meets monthly, for more complex or personal needs: **The Rev. Elizabeth Alcaide, Bo Mack, Jessica Murphy, Fran Plumer, Pete Rogers, Michael Sussman, Libby Walton-Stanforth or Mary Wyse.** For all who are traveling on life's journey, through the good times full of grace, or through the rocky valleys we experience along the way, know that you never need to walk on your path alone.

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## **Green Sanctuary**

Cut flowers in a vase on a chalice or other table always bring me joy. They add so much to my pleasure that I was really unhappy to learn that there are serious problems with almost all of the cut flowers available for purchase in the United States. The issue was brought to the attention of the Green Sanctuary Committee by **Jess Murphy** last spring, and we have begun to look into it with the idea of sharing our findings with the congregation.

There are basically two environmental problems with most cut flowers for sale in the US: transportation and pesticides/herbicides/fungicides. Some 82% of all the cut flowers that are sold in the US come from Latin America; plane loads of such flowers are shipped each day in special temperature-controlled planes. Columbia alone does over \$1 billion in such sales a year. Airplanes flying high in our skies while burning tons of fossil fuel are a major carbon pollutant. Thus to purchase flowers flown in from Latin America is antithetical to combating climate change.

Equally important is the fact that pesticides and herbicides are heavily used in growing the flowers – without the kind of minimal controls that exist in the US to protect the workers and the land/water. Thus the soil and water used by the workers who live in the areas have become seriously polluted. When the only work available is in these flower factories, the local people have no choice but to work in the flower industry. The pollution has led to health problems for many of the workers and residents. (See: <http://www.nytimes.com/2003/02/13/us/behind-roses-beauty-poor-and-ill-workers.html>) and (<http://www.smithsonianmag.com/people-places/the-secrets-behind-your-flowers-53128/?no-ist=&page=4>)

Members of our Green Sanctuary Committee have talked to the flower buyers in several local stores. I spoke with the woman who buys for Whole Foods in Hadley. She candidly told me that it is very difficult to buy pesticide-free flowers and that almost all come from Latin America. She said that they do occasionally get organically grown flowers, but they cost more and therefore don't sell as well. They also sell flowers from local farms, but didn't mention whether or not the farms use pesticides. Lastly, she said that Whole Foods tries to purchase "Whole Trade" flowers. While they also come from Latin America, the growers are required to treat their employees well in terms of pay and working conditions. All of their flowers are marked by source: local, organic, or Whole Trade. So we buyers can make informed decisions at Whole Foods.

Other committee members talked to the following local stores. Here is a summary of what they learned:

Big Y (**Louise Grosslein**): Many flowers are from Latin America;

Atkins (**Mary Wyse**): Flowers come from various sources—California, South America, local;

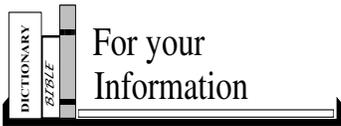
Trader Joe's (**Sophie Rogers**, reported to Mary): Most come from the USA. Their policy is that suppliers treat workers well.

Sophie found two articles that describe the efforts some stores are making nationally, such as Whole Foods and Trader Joe's. <http://www.justmeans.com/blogs/five-companies-that-sell-eco-friendly-flowers> and <http://www.rodalorganiclife.com/how-find-organic-flowers>.

While no one on the Green Sanctuary Committee would want to negatively impact the income of low-wage workers in Latin America, we do want to help solve the problems presented by buying flowers from abroad. The Europeans are demanding that lower levels of toxins be used on imported flowers. Perhaps UUs could join that effort. And for our UUSA chalice and home tables, perhaps we could use local untreated flowers in the summer, and potted plants, leaves/gourds or other creative arrangements in the winter.

Anne Perkins

**The Green Sanctuary Committee** will meet on Thursday, October 27, at 7:00 P.M. at the home of **Mary and Gordon Wyse**, 219 Lincoln Ave., Amherst.



**Free first aid training on Youth Mental Health** at the Unitarian Universalist Society of Amherst, October 7, 9:00 A.M. - 5:00 P.M. Registration required; email **Rebecca Fricke** at [FrickeDRE@gmail.com](mailto:FrickeDRE@gmail.com) for registration information.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people, such as parents, family members, school staff, peers, neighbors, and health and human services workers. It teaches how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders; typical adolescent development; and a five-step action plan for how to help young people in both crisis and non-crisis situations.

**For rent Sophie and Pete Rogers** are renting out their fully furnished condo this winter from early January to early April. It's at 82 Crossbrook Ave. and part of the Ice Pond Woods Condo Association. There are two bedrooms (the third will be used for storage), 2.5 baths and a one-car garage. If you're interested, see the listing at <http://westernmass.craigslist.org/sub/5789907058.html> or just give them a call at 413-835-0644 (home) and drop by.