



Special Election Issue **THE 'NEWSKI**

VOLUME 1, ISSUE 13

MARCH 2010

The mission of the O'Brien Community Center is to strengthen lives in our community. In fulfilling its mission, the Center facilitates community, identifies and responds to community needs, cooperates with individuals and other agencies to provide that help, promotes recreation and cultural events, and creates and coordinates meeting space, programs and information and services that reflect the community's ethnic and economic diversity.

Phone: (802) 655 1392 x19
Fax: (802) 655 6414
Email: Melody McKnight
mcknightmelody@gmail.com

Garbage is coming to Winooski . . . the movie, that is!

Tuesday, March 16, at the O'Brien Community Center, as part of the monthly potluck.

In "Garbage! The Revolution Starts at Home," filmmaker Andrew Nisker takes you on what he calls a "trash odyssey." He asked an average North American family - the McDonalds - to keep their garbage for three months. Dry, wet, organic, inorganic, everything was kept in their garage.



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March Potluck

Tuesday, March 16
Meal 5:30-6:30, film 6:30-8:30.
O'Brien Community Center

Please join us and bring a dish if you can! Need a ride? We'll pick you up! For a ride, or to volunteer or donate, please contact Megan Parker at 655-1392 x20.
Movie best for ages 12+.

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Special Election Issue! Introduction to Elections

City Council

John Little
Jeffrey Myers
Sarah Robinson

School Board

Jennifer Corrigan
Robert Millar
Douglas Isham
Bob DiMasi (Write-in)

Please go to pages 4 & 5 to read more about each candidate!



The Growing Money Program

- Financial Classes • One-on-one Coaching
- Educational Seminars •

All services FREE!

CHITTENDEN COUNTY:

“Spend Smart” Class

Evening series: Mondays March 1, 8, & 15 6-8pm

Daytime series: Wednesdays March 3, 10, & 17 10am-12pm

Evening series: Tuesdays April 6, 13, & 20 6-8pm

Learn the foundations of good money management in this class. You'll be introduced to the powerful tools of tracking and budgeting, and you will set financial goals for yourself that you can achieve. We will talk as a group about ways to stretch your dollars further. At the end of the three part series, we will present to community resources in your area.

“Keys to Credit” Class

Evening series: Mondays March 22 & 29, 6-8pm

This class goes into detail about the important and often confusing world of credit. Learn all the basics and get smart about this issue. You can improve your credit in a variety of ways and we want to help you get started. This is a two-part series.

“Creating a Financial Future” Class

Evening series: Mondays April 5 & 9, 6-8pm

Daytime series: Tuesdays April 20 & 27, 10am-12pm

Learn to start building household savings in this class. An emergency fund, a Roth IRA, a Mutual Fund—all of these key concepts of long-term savings will be explained in detail.

All Chittenden classes are held at 294 North Winooski Avenue!

FRANKLIN COUNTY

“Spend Smart” Class

Daytime series: Wednesdays March 17, 24, & 31, 9:30-11:30am at VT Adult Learning on Lemnah Drive in St. Albans.

“Keys to Credit” Class

Daytime series: Thursdays March 4 & 11, 10am-12pm. St. Albans class. Call for class location.

New Event! “Free Credit Report Review Day” in St Albans

February 26, 10am-2pm

3rd floor of the American House, Upper Main St.

At this event, we will pull up your credit report and credit score for no cost. A credit counselor will then talk with you for 20 minutes about ways to improve the score and steps to maintain or rebuild good credit.

Please call 802-860-1417 x104 in advance to schedule an appointment.

ADDISON COUNTY

“Keys to Credit” Class

Daytime series: Thursdays February 18 & 25, 10am-12pm at 700 Exchange St in Middlebury.

Evening series: Thursdays March 18 & 25, 6-8pm.

Call for class location.

New Event! “Free Credit Report Review Day” in Middlebury

February 22, 10am-2pm

Please call 802-860-1417 x104 in advance to make an appointment, and to learn exact location of this event.



NeighborKeepers Tuesday Night Community Dinner Meetings

FREE DINNER

March 2, 9 & 23 (to see what the topics will be, please visit NeighborKeepers' website and view the calendar)

O'Brien Community Center

NeighborKeepers, a non-profit, is an inclusive community built on meaningful relationships. The program is based on the Circles of Support model, which matches volunteer allies with community members who are struggling with a lack of resources.

Dinner starts at 6 PM, followed by the Community Leadership Meeting which ends at 8 PM.

Free childcare for parents who attend the meeting!

Everyone is invited!

For information: www.neighborkeepers.org, or call Annie at 802.864.6034



Winooski Coalition for a
Safe and Peaceful Community

Winooski Coalition for a Safe and Peaceful Community

Lunch and Learn Series

FREE lunch!

“Lunch and Learn” continued on top of next page.



March 3rd - April 28th
Wednesday's 12pm-1 pm
O'Brien Community Center

SCHEDULE:

- 3/3- Medication Abuse Prevention by Gayle Finkelstein, FAHC
- 3/10- TBA
- 3/17- Weight Loss though Weight Training by Kevin Hatin, YMCA
- 3/24- Renaissance Women Writers by Kate Nugent, WCSPC
- 3/31- Talking with your kids about difficult subjects by Paula Duncan, FAHC
- 4/7- (tentative) Financial Planning in Difficult Times by Opportunities Credit Union
- 4/14- Stretching Exercises while you Work by Barbara Liberty FAHC
- 4/21- (tentative) Family Center by Karen Prosciak
- 4/28- Energy Efficiency by Jen Wood Vermont Works for Women

For more information contact Kate Nugent:
802-655 - 1392 ext. 10

To support the work of the Coalition, please send your check to: WCSPC, 32 Malletts Bay Avenue, Winooski, Vermont 05404.

Check out "A Year of Art in Winooski" on Facebook to become a fan and get the latest updates, announcements, and connect with other fans of Winooski and art.

Recreation and Community Wellness Department



Get Moving Winooski Climb at Petra Cliffs

Cost: \$6/person

Saturday, March 20, 12:30-3:30pm
Meet at the O'Brien Community Center at 12:30 to carpool.
Come enjoy two hours of rock climbing at Petra Cliffs

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"Climb Petra Cliffs continued from bottom of

in Burlington. Price includes transportation, equipment, and instruction.

ALSO: Coming soon!

- April - Zumba Tuesdays with Winooski YMCA
- May 22 - Sailing with the Champlain Sailing Center



Boys and Girls Club Smart Girls

Mondays and Thursdays 3:30-4:30pm
Five week program starts April 5th

This is a program designed for girls in Middle School and High School. We will be discussing body image, self esteem, and other issues girls will face as they grow up.

Contact Megan Parker bandgclub@onioncity.com, 655-1392 x20



U.S. Citizenship and Immigration Services

Naturalization / Citizenship Information Session

FREE

Session 1:

Saturday April 10, 2010 10:00am to 12:00pm
Fletcher Free Library, 235 College Street, Burlington
Questions: Call Karin (802) 865-7211

Session 2:

Thursday April 20, 2010 6:00pm to 8:00pm
O'Brien Community Center, 32 Malletts Bay Avenue, Winooski
Questions: Call Kate (802) 655-1392 ext. 10

An information session for legal, permanent residents ("Green Card" holders") and others interested in the official naturalization and citizenship process. Topics to be covered will include: the naturalization process, the new naturalization test, and the rights and responsibilities of U.S. citizenship. Interpreters will be provided!



City Council Candidates

John Little

My name is John Little and I am currently running for one of the two open City Council seats in Winooski on the March 2nd ballot.

I am running for City Council:

- To keep open communication between city residents, business owners and city leadership
 - To work with our diverse community to develop safe neighborhoods and adequate and affordable housing
 - To be an advocate for our local businesses to ensure they stay supported and growing
 - To work to eliminate the City's current budget deficit by soliciting and helping to implement innovative ideas for increasing revenue
 - To further foster relationships with our school-board so we all work together for our city
- Please feel free to call me at 655-0106 with any questions, concerns or potential Council agenda items that you may have.

Jeffrey Myers

Did not return call requesting platform statement.

Sarah Robinson

My name is Sarah Robinson and I am running for city council to bring new energy to the complex challenges and major opportunities facing our city. Winooski is a great city and both a hometown to many longtime residents and a new home to many young families.

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"Robinson" continued from bottom of previous column.

Issues most important to me include: effective and transparent local government that works for all residents of Winooski, sustainable solutions to Winooski's budget problems which are fiscally responsible and maintain the character of our city, a strong and vibrant downtown business district, communicating the work of the council, and safe affordable housing and neighborhoods.

School Board Candidates

Jennifer Corrigan

(3 year seat) Having two children and two step-children attending school in the District, Jennifer Corrigan is more than willing to stand up and fight for the education that every child in Winooski deserves. With this coming election it is very possible that our school board will be lacking a "female" point of view, Jen takes pride in the fact that she has the ability to use both her educational and personal expertise when discussing the issues at hand.

Jen has earned a BA in Psychology with a focus in Elementary Education from St. Michael's College, and is currently working on her Masters Degree in Early Childhood Education from Capella University.

As many of you know, her husband Brian is also currently a School Board member. The two of them want to ensure everyone that they both come from different walks of life.

You can reach her at 233-7642 or at jenicorrigan@comcast.net.



EVENTS

Bob DiMasi (Write-In)

For those who don't yet know me, my name is Bob DiMasi, and I am running for Winooski School Board Trustee. For 10 years, I served Winooski youth and families as the Director of the Department of Recreation. I founded the THRIVE Summer Youth Program, Winooski Teen Center, and many other programs that have enriched our City and empowered our youth. As a School Board Trustee, I will continue to strengthen the bond between school, city, and families.

- I believe in establishing coherent, high-quality standards for K-12th education that will enable our children to compete in the professional world.
- I believe in ensuring the necessary supports are in place for students and teachers, including increased opportunities for parental involvement, focused after school enrichment, and the maintenance of a School Resource Officer.
- I believe in fostering communication between the school, the city, and families in order to better and more efficiently serve our youth.

because as a trustee you need to be able to balance the needs of kids with the needs of the local taxpayer. I have been a homeowner in Winooski for seven years; I know how budgets impact our citizens.

I ask for your support on March 2nd.

Robert Millar

Work: Group Quarters Supervisor, US Census Bureau; Campaign Worker, Friends of Bernie Sanders.

Education: Graduated UVM in 2009 with a Bachelor's in English and minors in Political Science and Vermont Studies

Community Service: Member, 2010-2011 Citizen Budget Advisory Committee

Reason(s) for running: Like many, I was concerned last year to read about our School Board in the news because of their controversial decision not to let Winooski students view a speech by President Obama. This was followed by more controversy over an educational video and the teachers' contract. I joined the Budget Advisory Committee to learn more and finally decided the best way to bring change to the Board was to run myself. I believe I represent a growing demographic of young professionals in Winooski that should be represented on the Board. To learn more about me and my campaign, please visit www.robertforwinooski.com.

Doug Isham

My name is Douglas Isham. I am running for re-election to the Winooski School Board. Trustees need a strong vested interest and love for children, the school and the city as a whole. I have been involved for over 15 years having graduated one son with three more to follow. You need a strong connection to the community. Being a homeowner is important

**REMEMBER TO
VOTE MARCH 2nd
AT THE
SENIOR CENTER**



Vermont
Works for
Women



Vermont Works for Women Rosie's Girls Summer Camp Openings

Monday – Friday, 8:45 am – 5:00 pm

ESSEX JUNCTION: June 21 – July 9, 2010

BARRE: July 19 – August 6, 2010

Rosie's Girls is an exciting three-week day camp that helps girls develop and strengthen their capacities and confidence while exposing them to a range of educational and career opportunities they may never have considered. Rosie's Girls campers get their hands dirty, express themselves creatively and explore what the world has to offer them – and what they have to offer the world. Combining hands-on instruction in the skilled trades with lots of arts, activities and games, the program supports girls in finding their own strength, power and confidence. The camp's fun, positive atmosphere encourages the girls to excel as they:

- build a toolbox
- design and wire their own lamp
- weld a metal sculpture
- get under the hood of a car
- work on bicycles
- learn self-defense
- construct a community service project to donate to a local nonprofit
- silkscreen t-shirts
- swim for fun
- practice yoga
- voice their opinions in a constructive setting

Financial Aid is available for qualified families.

For more information or to request an application, contact Vermont Works for Women:

1-800-639-1472 ext 105

rosiesgirls@vtworksforwomen.org

www.vtworksforwomen.org



Vermont 2-1-1

Vermont 2-1-1 is a statewide, confidential information and referral service for streamlined access to community resources. 2-1-1 is the number to call to receive person to person assistance to help you find answers to your questions, and we will work with you toward finding help. Our call specialists are highly trained to listen and assess a caller's situation. Using the 2-1-1 database, combined with their knowledge of community resources, call specialists will help you to navigate through the human service delivery system. Dialing 2-1-1 is a local call from anywhere in Vermont and available 24 hours a day, 7 days a week. Dial 866.652.4636 toll free in Vermont. Our database is available on-line at www.vermont211.org.

Program launched in 2005 thanks to efforts of United Ways of VT, VT Agency of Human Services, and others. Vermont is the second New England state to join the national 2-1-1 program, which reaches more than half the U.S. population across 41 states.



Casey Family Services

Free Tax Preparation Assistance

IRS-certified volunteers at free tax assistance sites in Winooski and Burlington are ready to help you. Families and individuals with a total income of under \$50,000 or less can have their taxes prepared for FREE. Refunds are FAST with e-filing. Just dial 2-1-1 for more information or to make an appointment. Other eligibility rules apply. You can also purchase US Savings Bonds (min. \$50) with part of your refund right at your tax site with no fees! An easy and safe way to save for yourself or your loved ones!



Winooski Family Center Fathering Group

FREE MEAL

Mondays 5:30-7:30pm

Family Center Space in the O'Brien Community Center



A dinner specifically for expecting fathers and fathers with children up to the age of 6. For more information call Bobby Riley at 802.324.6431 or brileyvt@verizon.net

Playgroup Schedule

Mondays 10:00 AM – 11:30 AM
Thursdays 11:00 AM – 1:00 PM
Playgroups for children registered in preschool and their caregivers. On Mondays, a healthy snack will be available. On Thursdays, lunch will be served. Questions, or to register: Call Krisie or Lori at 802.655.1422 winooskifamilycenter.org



Fletcher Allen Aquatic Physical Therapy
7am-4:30pm daily

*In alliance with
The University of Vermont*

Individual PT is appropriate when you are injured or have a medical condition that requires consideration when beginning an exercise program. Individual Physical Therapy is by appointment, and treatments are performed by Fletcher Allen Licensed Physical Therapists inside the Winooski YMCA at the therapy pool. To make an appointment call 802.847.0080; Fax 802.847.0310



**YMCA
YMCA Spring Session starts
March 1st!!**

Enroll in one of our great family programs or try a new class like Yoga,

Body Pump or Spinning! Ever feel at a stand still with your exercise program? Meet with one of our talented Personal Trainers and we'll help you get ready for summer! We have membership options for families, individuals and youth. Winooski High School students are now eligible for free YMCA memberships, stop in and see Member Services for more details. Scholarships available.

Day	WINOOSKI YMCA
Monday	6:00AM - RUN BOOT CAMP 12:00PM - STRIVE ABS 12:10PM – CARDIO CROSS TRAIN 5:30PM – KICKBOXING 6:30PM – BODY PUMP
Tuesday	6:10AM - AM SPIN 11:10AM - TAI CHI 12:10PM – RIP AND SPIN 5:00PM - AB BLAST 5:30PM - ZUMBA!
Wednesday	6:00AM – RUN BOOT CAMP 9:00AM - B-FIT 12:00PM - STRIVE LEGS 4:15PM - YOGA 5:30PM - STEP & SCULPT 6:30PM - BODY PUMP
Thursday	12:10PM - LUNCH TIME SPIN 5:30PM - BUTTS & GUTS 6:30PM - RIP & SPIN
Friday	6:00AM - RUN BOOT CAMP 9:00AM - B-FIT 12:00PM - STRIVE SURVIVOR 5:00PM - AB BLAST 5:30PM - BODY PUMP
Saturday	9:00AM - BODY PUMP
Sunday	10:00AM - RIPPED

