



Nahant Harbor E-View

A web site version of the monthly publication, in service since March 1994, dedicated to strengthening the spirit of the Nahant community, by serving the interests of the people thru the civic, religious and business organizations of Nahant, Massachusetts, USA.

Volume 1 Issue 14

APRIL 1, 2012

Voter Registration

Voter registration session for the upcoming Annual Town Meeting, will be held on Friday, April 6, 2012, 9:00 a.m. to 8:00 p.m. The Annual Town Meeting is Saturday, April 28, 2012.

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Greetings Nahant!

Here's the latest issue of the Nahant Harbor E-View. The Community Calendar is updated. Obituaries are back and have been updated. Support the Nahant E-View today! See page 13 for more information and sponsors. Many "Thanks!" for the comments. Keep them coming. Send an email to donna@nahant.com.

— Donna Lee Hanlon, WebEditor

Holy Week at the Nahant Village Church

Members and Friends of the Nahant Village Church invite you to join them during Holy Week. Our services are open to all faiths.

On Maundy Thursday, April 5th, at 6:00 p.m., come for a Maundy Thursday Meal, a Potluck featuring Mediteranian foods. After the meal, we will retire to the Chapel for the 7:00 p.m. Office of Tenebrae Service .

On Good Friday, April 6th, join us for an Ecumenical Service at the Washington Street Baptist Church in Lynn., from noon to 3:00 p.m.

The Easter Sunrise Service will be held at 6:00 a.m., across from 405 Nahant Road, overlooking Castle Rock (Sunrise is at 6:14 a.m.) featuring bagpiper Chris Whitlock.

After the Sunrise Service, come and enjoy a free breakfast in Swansburg Hall. On the menu are Donna Hanlon's famous French Toast, farm fresh scrambled eggs, light sausages, tater tots, sweet rolls, an assortment of breads/muffins & jams, juice and coffee.

At 10:30 a.m., the Easter Worship Service will be held in the Sanctuary featuring special music from the Nahant Village Church Bell Choirs, Nahant Village Church Choir and Music Director and Church Organist Patrick Kabanda.

From the Office of the Town Clerk

The Board of Registrars will be holding a voters registration session on Friday, April 6th, from 9:00 a.m. until 8:00 p.m., in the Town Clerks office at the Nahant Town Hall.

This is only for new residents who are not already registered, or may have had an address, or a recent name change.

All new applicants must show proper ID.

This will be the last opportunity to register to vote before the upcoming Annual Town Election and Meeting which will be Saturday April 28, 2012.

Hope to see all of you on Town Meeting Day.

—Margaret R. Barile (Peggy), Nahant Town Clerk

Nahant's Annual Election is Saturday April 28th.

Candidates for the upcoming Annual Town Elections, are invited to send your political statements and or a photo with caption, or other information to the E-View for publication in next week's edition. Email to donna@nahant.com on or before Friday, April 6, noon. Thank you.

Local News

Story Time at the Nahant Public Library April 4th and 25th

Story Time will be given by The Lynn Public Schools. On Wednesday, April 4 and 25, at 10:30 a.m., join us and “Cuddle Up & Read With Francie.” This program is for families with children from birth to eight yrs. Games, songs, introduction to reading and more is offered.

Also at the Library, the Friends of the Nahant Public Library will present Magician Jim Rainho & his “Magic Show.” Come and enjoy this popular interactive and dynamic individual. He will be here on Thursday, April 12, at 3:00 p.m.

Admission is free and all are welcome.

—Kim Carmody-Hosker, Childrens Librarian

Spring Flea Market at Village Church on April 14th

It is not too early to start thinking about spring cleaning and setting aside things that might sell at the Nahant Village Church's next Flea Market. It is planned for Saturday, April 14, indoors, at the church in Swansburg Hall on Cliff Street. Small items for the Flea Market may be dropped off at the church after Palm Sunday (April 1) and placed in designated locations. Large items (like furniture) can be brought to the church after Easter.

We are looking for used and new clothing and shoes; small household items, children's toys, puzzles, books, cds, dvds, etc. We will not have a jewelry table, so please save any items for the Christmas Fair. Things that we cannot accept include: tvs and computers (including monitors); small appliances (unless as good as new and in working order); bedding (including mattresses, pillows, bed spreads, sheets, pillow cases, blankets unless new and in original package). Consider donating bedding to the New England Animal Shelter through the church.

This is one of our major fundraisers so please donate things you no longer want or need and spread the word to family and friends.



A Celebration of Life

Jesmond Nursing & Rehabilitative Care in Nahant hosted “A Celebration of Life” service on March 29, 2012. All Care Hospice conducted a remembrance service to honor all those residents who have recently passed.

Jesmond Nursing & Rehabilitative Care, 271 Nahant Road, Nahant, MA 01908 is a full service skilled nursing and rehabilitative care center providing a wide range of services including but not limited to skilled nursing, wound care, physical, occupational, & speech therapy.

Photo above: Maura White, LPN, Unit Manager at Jesmond Nursing & Rehabilitative Care, adds a flower to the remembrance bouquet, as Chaplain, MJ McCormick of All Care Hospice, presides over the service.

—Kim Anderson, Cell: (781) 718-5668

Birding Field Trip April 14th

Saturday, April 14th, join us in a Birding field trip, co-sponsored by the Nahant Open Space Committee and the Brookline Bird Club.

We will be visiting the "wilds" of Nahant looking for spring arrivals including birds, butterflies and flowers. We will meet at the Short Beach parking lot, near the Heritage Trail kiosk at 8am. Beginners welcome. Binoculars suggested.

FMI call the trip leader, Linda Pivacek at 781-581-1114.



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Local News

Haymakers For Hope May 17th Area Boxers Raise Funds for Dana-Farber

On Thursday, May 17 at 7:00 p.m., twenty-eight local amateur fighters will compete in boxing matches as part of Haymakers for Hope at The House of Blues in Boston. Equity traders, Harvard Business School students, a former New England Patriot, and a firefighter are some of the people that will be boxing in the ring.

All event proceeds benefit pediatric and adult cancer care and research at Dana-Farber Cancer Institute. Last year's inaugural event raised more than \$140,000 for Dana-Farber Cancer Institute.

General admission tickets are \$75 (standing room only), VIP packages available for \$150. Box seating and sponsorship packages are also available. For more information or to purchase tickets please visit www.haymakers-forhope.org. Tickets will also be sold at the door.

Submitted by Molly McHale, Dana-Farber Cancer Institute, Molly_McHale@dfci.harvard.edu



The Bandwagon to Perform at Sand Bar on May 4th

Did you know that Bruce Tarney (in photo above on right), of Tarney Landscaping (Nahant), is also a member of The Bandwagon? They will be playing at the Sand Bar, located on Washington St. in Lynn, on Friday, May 4th, at 9:00 p.m. until 12:30 a.m.

This will be their first show since our string of summer and fall dates, as the opening act for Boston legends, the Fools. It would be nice to see all their Nahant friends at the show.

Swampscott's Teen Poetry Contest

The finalists have been announced for the Swampscott Public Library's Lee Golomb Cadiff Teen Poetry Contest. From the over 200 poems submitted by 7th through 12th graders, the judges (The Tin Box Poets) have selected 15 finalists.

Two of the finalists are from Nahant, both 7th graders at the Swampscott Middle School, and they are, Ryan Frauenholz and Jackie Kostenko.

The finalists will all find out what prize they won at the Awards Ceremony. The Awards Ceremony will be Tuesday, April 24th at 7:00 pm at the Swampscott Public Library. The award winners will be reading their original poetry. Dessert will be served.

The public is welcome.

Nahant Police Officer Name to be added to the National Law Enforcement Memorial in Washington, D.C.

On July 27, 1961, Sgt. John J. O'Connor suffered a fatal heart attack while on duty for the Nahant Police Department. Sgt. O'Connor was escorting a violent prisoner into the station, when the prisoner began to struggle and fight. Sgt. O'Connor, with the assistance of a second officer, was able to gain control of the prisoner. Shortly after the struggle, Sgt. O'Connor went up stairs to the control room to answer a telephone call, where he suffered his fatal heart attack.

This year Sgt. O'Connor's name will be added the National Law Enforcement Memorial in Washington D.C. There will be a candle light vigil held at the Memorial on Sunday May 13th, of which members of the Nahant Police Department will be attending. Along with Sgt. O'Connor, there will be 360 other names added to the memorial. 162 of those names were killed in the line of duty on 2011. The remaining 199 names are names of Officers who fell in previous years, and discovered by research and approved by the Board of Directors for the Memorial.

Sgt. O'Connor joins another Nahant Police Officer on the memorial that fell in the line of duty. Peter J. Tierney died in the line of duty on September 4, 1934. Links to both Officers memorial pages can be viewed through the Nahant Police website, under the "about" section and then under the "those who served" section.

Health & Fitness

Q & A with North Shore Physical Therapy

Q. I am an 83 year old woman. It seems that every time I try to exercise, I end up hurting myself. I am beginning to wonder if I am "just too old for this." Do you have any suggestions?

A. You are absolutely not too old to exercise, nor too old to get stronger. Seniors can obtain important health and fitness benefits, just as younger people can, with the proper fitness training. Research has indicated that resistance exercises can help improve strength, flexibility, bone density, balance and blood pressure among seniors. Many of these studies included subjects well into their eighties and even into their nineties.

It is important to check with your physician before beginning a new exercise program. Your doctor can rule out any underlying medical conditions which might affect your capacity to exercise safely. You may find it helpful to begin exercising under the supervision of a personal trainer or qualified instructor. Choose someone who is certified and has expertise in working with seniors. A personal trainer can develop a program to meet your individual needs. If you prefer to exercise in a group rather than individually, you may want to try one of the many classes offered at your local senior center or Council on Aging.

When starting an exercise routine, it is essential to begin slowly and progress gradually, especially with resistance training. Injuries often occur when trying to do too much too quickly. Whether exercising with a trainer, on your own, or in a class, never do something which causes pain. "No pain, no gain" is an outdated and potentially harmful motto!

Whatever you choose, remember to have fun, go slowly, and keep moving. Exercise benefits people of all ages. If you have questions regarding meeting your strength and fitness goals, either individually or in a group, feel free to contact Julie Valenti at 978-910-0486. Julie is a licensed physical therapy assistant and a certified personal trainer with expertise in working with seniors. She has been teaching senior exercise classes in the area for the past five years. Susan Finigan is a licensed physical therapy assistant and a certified personal trainer and a certified aquatic therapist. She works in the Marblehead office and teaches a senior exercise class at the COA on Wednesday mornings and Osteoporosis Prevention on Monday mornings. If you have questions please contact her at 781-631-8250.

Our Salem and Marblehead offices conduct free injury screens by appointment. Give our offices a call and receive free expert advice for your orthopedic concerns.

Please feel free to submit questions about musculoskeletal problems to us in writing, either at the Council on Aging front desk or send them to NSPT, 1Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

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Council on Aging Calendar

Spring Flowers



Spring Flowers



Spring Flowers



NAHANT CoA April 2012

TIFFANY ROOM ACTIVITIES

Lunch served every day at 11:30

CLOSED Monday, April 16th

Tuesday	10:30 a.m. Chair Exercise
Wednesday	12:30 p.m. Shopping from the Tiffany Room (call for pick-up)
Thursday	10:30 a.m. Chair Exercise

TIFFANY ROOM EVENTS

Monday 2 nd	12:00 p.m. Blood Pressure & Glucose reading
Tuesday 3 rd	9:30 a.m. Manicurist (sign up required)
Thursday 12 th	12:30 p.m. Spring Concert – Patriots Day
Friday 13 th	All Day Opening Day at Fenway Park-dress up for prizes
Tuesday 17 th	9:30 a.m. Manicurist (sign up required)
Wednesday 18 th	1:00 p.m. Movie in Salem
Friday 20 th	11:00 a.m. Donna Hanlon e-view Demo Tiffany Room
Tuesday 24 th	12:30 p.m. TRIAD – Nahant Police “SCAMS”
Thursday 26 th	12:30 p.m. April birthday celebration, PIZZA party


COMMUNITY CENTER ACTIVITIES

Monday	9:00 a.m. Yoga (\$5.00)
Monday	10:15 a.m. Total Body Exercise
Monday	12:30 a.m. Tai Chi (\$5.00)
Tuesday	9:00 a.m. Quilting Class
Tuesday	1:00 p.m. Cribbage, cards, games
Tuesday	5:00 p.m. Total Body Exercise
Wednesday	9:00 a.m. Total Body Exercise
Thursday	5:00 p.m. Total Body Exercise
Friday	1:00 p.m. Friday afternoon at the movies
	04-06 Crazy Stupid Love
	04-20 March of the Penguins

Van transportation is available for CoA activities and trips, call 781 581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant web site or email me lpeterson@nahant.org for updates on other programs, trips and events.

Local & Area Events

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North Shore Arthritis Walk May 20th

On behalf of the Arthritis Foundation, please post to your events calendar this upcoming Arthritis walk in the North Shore community:

On Sunday May 20th 2012 at 10:30am-2:00pm there will be the annual North Shore Arthritis Walk beginning at Lynch Park in Beverly, MA. For years the North Shore Arthritis Walk has helped raise awareness and funds to support research and educational programming for those living with arthritis. The Arthritis Walk is a family event that promotes walking as a health activity to maintain bone and joint health, reduces stress, and enhances general well-being. Our goal is to bring together those living with arthritis in the North Shore area, their families, friends and co-workers, to provide a community of help and hope. We also seek to increase public awareness about the disease; a disease whose impact on the quality of life is severely underestimated and can affect people of all ages, including children and young adults.

In addition to the walk route, the event includes a post walk party with food, entertainment, children's activities, awards and prizes, exhibit booths and much more. The North Shore Arthritis Walk is a "Welcome Wagger" event. That means that friendly dogs on leash are welcome to attend. Arthritis affects one in every five adult dogs in the U.S. and is one of the most common sources of chronic pain that veterinarians treat.

There is a 1 mile and 3 mile walk offered for participant to either walk or run; both begin at Lynch Park. For more information please contact Robin Maxcy at the Arthritis Foundation at (617) 219-8221 or rmaxcy@arthritis.org

Submitted by Paige Ballard, arthritisinternma22@gmail.com

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Walk for Hunger Calendar

Project Bread's Walk for Hunger is Sunday, May 6, 2012. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, to Cambridge, and includes entertainment and free snacks along the way.

On May 6th, over 40,000 Walkers will step out and raise nearly \$4 million to help fund hunger relief and prevention through 450 emergency programs, schools, community health centers, farmers' markets, community suppers, home care organizations, and other programs that protect the individual and strengthen our community food security.

Registration is from 7:00 to 9:00 A.M. on the Boston Common. For more information, visit www.projectbread.org or call 617-723-5000. If you or someone you know is struggling to put food on the table, please call Project Bread's FoodSource Hotline at 1-800-645-8333.

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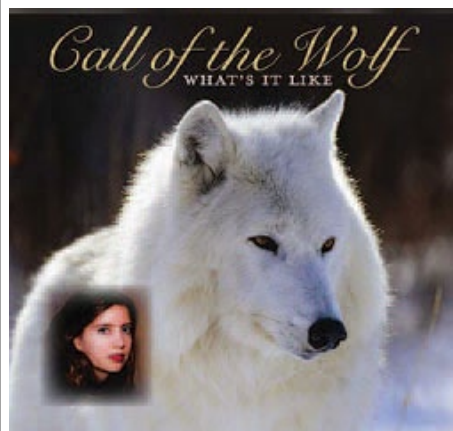
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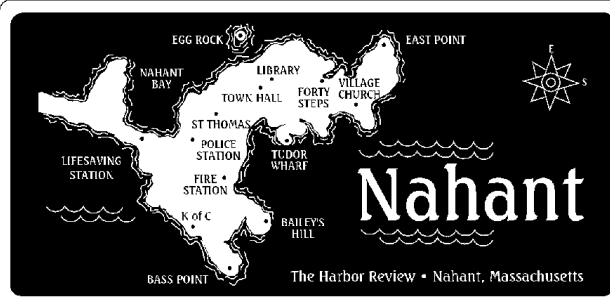
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#2 - Looking for a Nahant property with at least 2 bedrooms, 1.5 baths under \$500,000

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Monthly Lecture Series

All lectures take place in the Murphy Bunker at the Marine Science Center. Light refreshments will be served half an hour before the start of the program, and most lectures last for 1-1.5 hours. The MSC is ADA-accessible, and no reservations are required.

For a current list of events:

<http://www.northeastern.edu/marinescience/events.html>

ANNUAL RISER LECTURE

Friday, April 27, 2012 at 4:00pm

Dr. Nancy Knowlton, Sant Chair for Marine Biology

Smithsonian Institution, National Museum of Natural History

North Shore Community College

NSCC Winter/Spring 2012 Health Professions Advising Sessions

Interested in a career in the Health Professions? North Shore Community College (NSCC) invites you to join us for a Health Professions advising session to get answers to questions you may have including: admission requirements for NSCC's Health Profession Programs, important admission dates and transfer credit policies, and how to best choose your courses for next semester. **No RSVP is required. For more information, contact Graeme Griffith, ggriffit@northshore.edu or at 978-762-4000, x4169.**

Danvers Campus, 1 Ferncroft Road,
Math & Science Building, Room 119
Thursday, April 5
3-4 p.m. (Starts promptly at 3 pm!)

Lynn Campus, 300 Broad Street,
Room LE303
Thursday April 12
3-4 p.m. (Starts promptly at 3 pm!)

Submitted by Nancy Barker, Staff Assistant, Public Relations and New Media

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nbarker@northshore.edu — <http://www.northshore.edu>

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The Ubiquitous House Finch

Those Year Round Little Red-Heads.



Messy Birdfeeder? Visit us for seed out of the hull, such as Wild Birds Unlimited No-Mess Blend. Hulled foods leave much less mess and debris below feeders and are well-suited for use around patios and decks.

Read more about the little red-headed House Finch at: http://www.wbu.com/botm/botm_1111.html

Wild Birds Unlimited

301 Newbury St., Rte 1 N • Come see our new store!
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Open 7 Days: Mon-Sat: 10-6 • Sun: Noon-4

Happy Easter!



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Nahant Harbor E-View Sponsors

Help the E-View Get Off the Ground and Online!

Sign up for the E-View Blitz List for 2012...only \$10 a month, per e-mail address, \$120 per year, which will be prorated on a monthly basis.

I want to take a moment to thank everyone who took the time to send me an encouraging note with a check to support this new online newspaper. I am committed to providing the Nahant community with the best online resource for timely information pertinent to the Nahant community.

During the month of April, I will be adding advertisements from our local businesses and organizations. Watch for their ads and help support this paper by supporting our advertisers,. For more information, just email donna@nahant.com

HOW TO SIGN UP AND PAY:

We are committed to going GREEN! We all have too much paper everywhere! Time to change for real! For those who agree, who have an email address and a charge card, please pay through PayPal, please go to <http://www.paypal.com> and pay by using my email address: donna@nahant.com

I can vouch for the company. I have been using PayPal through www.eBay.com since it began (over 12 years) and have had no difficulties or problems. It's an excellent online payment processing company.

If you pay by check: Please make your check payable to SEASIDE BUSINESS SERVICES. You can mail it to PO Box 88, Nahant, MA 01908, or drop it at the Equitable Cooperative Bank on Nahant Road. There is a box on the Teller's Counter for articles and contributions to the Harbor E-View. Be sure to send your email address to donna@nahant.com. Upon receipt of payment your email will be added to the E-View Blitz List and you will receive the Nahant Harbor E-View every week when the paper is updated, in your personal e-mail box.

Thanks for Support!

Many thanks to those who went out on a limb and subscribed or sponsored this paper, while we are experiencing growing pains and a massive learning curve with five new Adobe software programs. Just like the former Nahant Harbor Review, the printed newspaper, the Nahant Harbor E-View will get better and better, as I learn more and as the community comes to accept the new Online Newspaper. If I have omitted anyone, my sincere apologies. Please send me an email and I will include it in the next issue. Likewise, if you want to be anonymous, let me know.

So far this year, Nahant subscribers to our online community newspaper include:

Allan Bethune, Doris Bongiorno, William Crawford, Bob Cusack, MarJane Cusack, Tom Costin, Joann & Frank Deiulis, Cal & Marrit Hastings, Winifred Hodges, Susan Kerr, Kathleen Lique, Joyce & Dennis Maroney, Susan Maguire, Vi Patek, Don & Nicky Polcaro, Maurice Poulin, William & Mary Ellen Schumann, Lissa Stempel, Rev. Larry Titus, Betsy Wachtel, Maria Welsh,

Our corporate and community organizations sponsors to date for 2012 are: Nahant Dory Club, Nahant Garden Club, Nahant Historical Society, Nahant Village Church, Nahant Woman's Club, Northeastern University, North Shore Community College,

THANK YOU VERY MUCH! I hope that more individuals, families, organizations, etc. will help keep this newspaper alive online, by helping me get through these growing pains. Things will improve as each week passes.

— Donna Lee Hanlon, WebEditor

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Community Calendar • APRIL 2012

Nahant Village Church
27 Cliff Street, Nahant
Worship Service
& Sunday School
at 10:30 a.m.
Social Hour at 11:30 a.m.



All Faiths Welcome!

An Invitation

Are you new in Nahant? Seeking a new church home? Or, are you lonely? Bored? Want to give back to the community? Then the Nahant Village Church is the place for you! The members of the Nahant Village Church represents a Union of all Protestant church groups in Nahant. We invite you to share in our fellowship and worship, to make this your church home and to call upon us for service.

Please visit the Village Church's web site at www.nahantvillagechurch.org, or call 781-581-1202, for more information.

The Nahant Village is affiliated with the United Church of Christ, a progressive Protestant denomination with roots in the founding of our country.

Public Library Hours • 781-581-0306
Mon. thru Thurs. 10:00 a.m. to Noon.
 & 2:00 to 8:00 p.m.
Fridays: 10:00 a.m. to Noon & 2:00 to 5:00 p.m.
Saturdays and Sundays: 2:00 to 5:00 p.m.

SCHOOL ORGANIZATIONS MEETING DATES

School Committee Meetings • 2nd and 4th Tuesdays
 • 7:00 p.m. • Town Hall

School Council Meetings • 3rd Tuesday
 • 6:30 p.m. • Johnson School.

PTO • first Tuesday • 6:00 p.m. • Johnson School

FREE Nahant Dory Club Decal
for your Cars.
Call Rob Scanlan, 781-595-6225.

The Nahant Historical Society is open to the public on Wednesdays, Thursdays and on the first Sunday of each month, from 1:00 to 4:00 p.m. (except holidays).	American Legion Post #215 and the Nahant Veterans Association meet on the first Tuesday of every month, at 7:00 p.m., at the Nahant Life-Saving Station.
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April 2012		
SUN	1	April Fool's Day
		Nahant Soccer Registration Apps Due
		PALM SUNDAY
	10:30A	Communion Worship Service & Sunday School.
		Village Church, Cliff St., All Welcome.
	11:30	Fellowship in Swansburg Hall. All Welcome.
WED	4	10:30A Story Time at the Library
THU	5	6:00P Maundy Thursday Pot Luck and Service at Village Church.
FRI	6	National Walk to Work Day
		Nahant Voter Registration Day
SAT	7	Passover begins at sundown
		EASTER SUNDAY
SUN	8	Easter Sunrise Service, Castle Rock, Nahant Rd.
SUN	8	6:14A Easter Breakfast at Nahant Village Church following sunrise service
SUN	8	10:30A Easter Worship Service & Sunday School.
		Village Church, Cliff St., All Welcome.
	11:30A	Fellowship in Swansburg Hall. All Welcome.
THU	12	3:00P Magician Jim Rainho at the Library
SAT	14	8:00A Birding Field Trip, Meet at Short Beach Parking Lot.
SAT	14	9:00A SPRING FLEA MARKET at Nahant Village Church.
SUN	15	10:30A Worship Service & Sunday School.
		Last Soup Sunday till fall.
		Village Church, Cliff St., All Welcome.
	11:30	Fellowship in Swansburg Hall. All Welcome.
MON	16	Patriot's Day
TUE	17	Tax Deadline
		Earth Day
SUN	22	10:30A Worship Service & Sunday School.
SUN	22	Village Church, Cliff St., All Welcome.
	11:30A	Fellowship in Swansburg Hall. All Welcome.
WED	25	10:30A Administrative Professionals Day
		Story Time at the Library
THU	26	Take Daughter to Work Day
FRI	27	ARBOR DAY
SAT	28	Town Meeting & Elections Day
SUN	29	10:30A Worship Service & Sunday School.
		Village Church, Cliff St., All Welcome.
	11:30A	Fellowship in Swansburg Hall. All Welcome.
		May 2012
SUN	6	Walk for Hunger, Boston Common
THU	17	7:00P Haymakers for Hope, Dana-Farber Cancer Research
SUN	20	North Shore Arthritis Walk, Lynch Park, Beverly

To have your group or organization's events listed on this calendar, please send listing to donna@nahant.com. Please use "Nahant Community Calendar" in the subject line. Thank you.