



**Presidents Message:** I am so happy that at 5:00PM there is still daylight, that means warmer weather is not far away.

As serious as the Nut Island Fire was it is good to know the five workers that went to the hospital are doing fine. Thanks to the dedicated members of the Quincy Fire Department for their expertise in extinguishing the stubborn fire so many levels down. I worked at Nut Island and can tell you first hand being that far below the surface, the last thing you want is a fire.

The Community Center sponsored the second annual Martin Luther King Community Service Day. Through grant funding from the many other sponsors a large group of people got to assist with a warm weather clothing drive (Coat Drive), writing letters to our Troops, created Valentines Day Cards for our Senior Citizens, built a Herb Garden, and made goody bags for the homeless children. Thanks to Zoe Antonopoulos for chairing the event with many other volunteers.

I want to remind everyone that on street overnight parking in Quincy requires an Overnight Parking Sticker. The Quincy Police Department is cracking down and some have already received parking tickets. To obtain a permit visit the city web site <http://www.quincyma.gov> and search Overnight Parking. There is a PDF form you can download with a second page giving the restrictions. Or you can visit the Quincy Police Headquarters at 1 Sea Street.

Again, please mark you calendars as, The Community Council will be hosting William P. O'Donnell, Registrar of Deeds for Norfolk County on March 15th at the community center. Mr. O'Donnell will discuss the Homestead Act and how to protect your property. He will also talk about the revised computer system that you can go to their website and check your property information. The meeting will start at 7:00pm. The last time we had the registrar here it was well attended so get there early for a good seat. Talk to you soon, *Dave*

## 5 Workers at Nut Island Injured

Quincy Fire Deputy Chief Gary Smyth said firefighters had remained at the facility through the night and remained there as of 9 a.m. Tuesday. Firefighters were first sent to Nut Island around 1 p.m. Monday after an explosion in an underground portion of the facility sparked a fire that sent thick plumes of black smoke into the air.

Five employees were in the facility's odor-control room, which is located three levels, or 37 feet, underground, when the fire broke out and were brought to Boston Medical Center to be treated for smoke inhalation and eye irritation. according to Ria Convery, a spokeswoman for the Massachusetts Water Resources Authority Tuesday but appeared to be "doing better." One firefighter was also injured but did not require medical treatment.

Quincy firefighters "worked feverishly" under difficult circumstances fighting the fire, which was in a part of the facility known as the "odor control." 3 levels below ground.

Police initially cleared the park around the facility out of concerns the smoke might be toxic. However, the Quincy Police Department's tweeted at about 1:50 p.m. that there was no danger to the public and the fire had been contained.

"The fire posed no danger to nearby homes and would not cause any disruption to sewer service" said Frederick A. Laskey, Executive Director of the MWRA.

Crews spent the night and early morning using earth excavation to try to reach the fire. Tuesday a 50-ton crane was brought in to removed concrete panels allowing firefighters to access the smoldering fire, and underground ducts adjacent to the sewage-screening facility.

State Police kept bystanders from entering Nut Island on Tuesday morning even though there was visible smoke rising above the facility. Fire hoses snaked onto the island from a hydrant just outside and several fire engines and earth movers could be seen outside the plant.

Nut Island Headworks, a sewage screening facility operated by the Massachusetts Water Resources Authority. This facility, was updated and went into service in 1998, sewage passes through screens and grit chambers that remove large objects, sand and gravel.

Nut Island is part of the Boston Harbor Islands parks system, an is an island that can only be accessed by land through Houghs Neck in Quincy. On the island is a park and Headworks facility



facebook photo by Karl Sharicz

## Martin Luther King Community Service Day a day on - not off!

*Thank you to the 88 volunteers who participated in the 2nd Annual MLK Service Day at the Houghs Neck Community Center!! We appreciate all of your help! This was a great success.*



Thank you to the City of Quincy Planning Department, Corporation for National & Community Service, Birthday Wishes, Massachusetts Service Alliance, US Department of Housing and Urban Development, First Congregational Church and Care Packs Inc. and the Houghs Neck Community Council for co-sponsoring this event.



## Gifts to the Houghs Neck Community Council Scholarship Fund

**In Loving Memory of  
Donald McCarthy Sr.**

Thank you for giving  
your heart to me and for  
me with yours 1-4-3

Always  
*Eileen*

**In Memory of  
William P. Murphy**

from

*Dave & Kathy DiBona*

**In Memory of  
Bill "Okie" O'Connor**

on his 28th Anniversary

Love from his  
*Family*

**In Memory of  
Timmy Lyons**

from

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William P. Murphy**

from

*John & Jennifer Vickers*

**Given in Memory of  
Sherman & Kaye Jordan**

always remembered

*Pat & Mike and  
their families*

**In Loving Memory of  
William P. Murphy Sr**

from

*William & Caitlin Murphy*

**In Loving Memory of  
William P. Murphy Sr**

from

*Paul & Lorraine Murphy*

### Our Sympathy and Condolences are extended to the friends and families of:

**Mary A. (Healy) Goodwin, 61,** of Rockland, died on Jan. 14th. She was born in Boston, daughter of the late Robert and H. Marie (Sullivan) Healy. She was raised and educated in Houghs Neck. Mary loved to shop and care for pets. She worked as manager of Dough Boy Equipment Supply Company in Rockland. Wife of Gary W. Goodwin, mother of Jennifer N. Melo and one granddaughter. Sister of Robert Healy, James Healy, Patricia Murphy and the late Paul Healy. Donations to the Standish Humane Society, 622 Congress St., Duxbury, MA 02332.

**Sharlene (Brennan) Volz,** died Jan. 10th. Sharlene greatest treasure in this world was her family. She was a professional thrift shopper, enjoyed cooking, reading, and crafts. One of her guilty pleasures was an occasional trip to Foxwoods to try her luck. Sharlene will be remembered for her strength, self reliance, and independence. Wife of the late Alfred E. Volz. Mother of Edward Brennan, Michael Brennan, Lawrence Brennan, Richard Brennan, Cyndi Stepp, and Shari Johnson. Sister of Judi Grenier, Anna Nelson, Cheryl Bunting, Phyllip Bunting, Richard Bunting and the late William Lane, and William Bunting. Dear companion of Thomas Morrell of Quincy. Also survived by her grandchildren, great-grandchildren, nieces, and nephews. Donations may be made to D.O.V.E., PO Box 690267, Quincy, MA 02269.



**Katherine C. Walsh** passed away on January 14th. at age 80. Raised in Jamaica Plain, she graduated from St. Mary of the Assumption High in Brookline. She worked for 25 years as a word processor for IBM. A longtime member of the YMCA, Kay was a member of the Sewing Circle where she shared her love of knitting and crocheting and enjoyed travelling, bingo at St. Boniface Church, reading, cards and crossword puzzles. The devoted daughter of the late Clem and Bessie Walsh, Sister of the late Thomas and William Walsh and Helen Gamache and her husband Robert. Donations may be made to Royal Rehab. & Nursing Center, 95 Commercial St., Braintree, MA 02184.

**Louis W. Lou Cerone,** passed away on Jan. 21st., at the age of 72. Husband of 52 years to Judith L. Judy (Benson) Cerone. Father of Joseph, David of Houghs Neck, and Melissa Morgida. Son of the late Louis and Mildred (Vengren) Cerone. Brother of Alphonse and the late Kenneth Cerone. Grandfather of Amanda, Anthony, Allyson, Lauren, Domenick, Nicolette, Sophie, Nicholas and Matthew. He served in the US Navy during the Vietnam Era. He was a Process Engineer at Honeywell Bull Co., Brighton and was a former member of the Board of Directors of Honeywell Credit Union. After his retirement he went to work for Home Depot in Quincy. Donations may be made to Hospice of the South Shore, 30 Reservoir Drive, Rockland, MA 02370.

## THE HOUGHS NECK BULLETIN

Official Publication of the Houghs Neck Community Council Inc.

NEWS -  
Published -  
Address -

From the Pump to the Willows  
Twelve issues per year

**THE HOUGHS NECK BULLETIN**

1193 Sea Street Quincy MA 02169

Email hncbulletin@yahoo.com

WEB Site www.houghsneck.org

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## Houghs Neck Community Council

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**Your Name should be here**

*There are open seats if you are interested. email hncbulletin@yahoo.com for additional information*

## Memorial or Honorary Donations

The In Honor Of or Memorials printed in the Bulletin each month are from your neighbors who give a donation. They may recognize a loved ones birthday, anniversary, wedding, birth, passing, letting a friend know you are thinking of them or any occasion. All donations are given to the Houghs Neck Scholarship Fund. On June 16th the Scholarship committee will present \$8300.00 to 3 High School Seniors and 8 College Students continuing there education. Since June, 1964 they have presented \$231,795 to brightest students from Houghs Neck. You may honor a loved one or friend by placing a memorial or in honor of, with a donation. Please send a request to David DiBona 45 Turner Street, Quincy MA 02169.

The scholarship committee also has for sale the "Houghs Neck History" book for \$10.00. Available at E & T Ceramics or by calling 617-479-4107.

*The future of Houghs Neck thank's you in Advance for your Generosity.*

## Our first home. The kid's college tuition. Our daughter's wedding. He planned for everything.



Including making his funeral arrangements ahead of time. I'm thankful that he took care of the details in advance and saved me the added anxiety of having to make dozens of decisions at a difficult time. And because he paid for his services in advance, my family was not left with a financial burden, but with peace of mind knowing his wishes will be honored.

The professionals of Deware Funeral Home took care of all of the details and helped us plan a fitting tribute to a life well lived.

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492 Rock Street, Fall River, MA 02720, (508) 676-2454.*





## HOUGHS NECK GARDEN CLUB

Rock Gardens will be the topic at the Houghs Neck Garden Club's March meeting when Jean Anderson will give a lecture with slideshow. A gardener for many years and presenter at the New England Flower Show and many social groups and garden clubs, Anderson teaches garden classes and has written many garden-related articles. The meeting will be held on Wednesday, March 2nd in the Community Room at Nut Island, 149 Sea Street, starting at 7pm with refreshments and a brief business meeting followed by the program at 7:30pm. Refreshments will be served by Carol Hallett and Debbie Nigro.

The HNGC will again grant Awards this year to graduating high school seniors from Houghs Neck. Please see the separate Bulletin article for more details and guidelines.

The Club is a member of the Garden Club Federation of Massachusetts.

Find out more about us at <http://hngc123.wix.com/houghsneckgardenclub/>.

### Boat Massachusetts Course Information

BOAT MASSACHUSETTS is a state and nationally approved boating safety course, concentrating on the equipment and operating guidelines needed to enjoy boating in a safe and responsible way.

All graduates in the 12 through 15 year-old age group will be issued a safety certificate allowing them to operate a motorboat without adult supervision, as required by state law. The same is true for 16 and 17 year old youth who wish to operate a personal watercraft (jet ski, wave runner, etc.)

The course runs 10-12 hours in length. The normal format is 5-6 two hours classes, though this may vary. All classes are free of charge. Classes are for adults and youth 12 years of age and older. Family participation is encouraged and has proven to be very rewarding.

Hough's Neck Maritime Center, 137 Bay View Ave. May 3, 10 and 17 - 6:00 PM - 10:00 PM

Attendance at all class dates is required for course completion. Register on line at [www.mass.gov/eea](http://www.mass.gov/eea)

## HOUGHS NECK COMMUNITY CENTER

1193 Sea Street, Quincy, Ma  
Tel. 617-376-1385  
Cynthia Lewis, Director

# FEBRUARY 2016

## Adult Programs

**SEASIDE CAFÉ** serves a really good homemade Hot Lunch to older citizens.

Monday & Wednesday at 11:30. \$3.00  
Coffee and pastry served at 11-11:30

oooooooo

**Bingo** every Wednesday 12:30-3pm. 25 cents a card. We serve great refreshment & coffee

**Scrabble** Monday & Wednesdays @ noon

**Blood Pressure Clinic** Free Every 2<sup>nd</sup> & 4<sup>th</sup> Thursday 9:30-11am. Plan to stay for lunch.

**Gentle Yoga** with Christine Way Cotter Mondays Yoga Stress Relief. Mondays 7-8pm call 617 472-7550

**Paint Night** Wednesday Jan. 27<sup>th</sup> 6-8pm. All ages \$10pp. See HNCC FB for our painting

**Book Group** February @ 7pm Boston Girl call for details 617 833 8575

**AA Program** Every Saturday 3-5pm. This meeting is for women only

## Kid's Programs

Sewing Class *	Wednesday February 3 <sup>rd</sup>
Mine Craft Paint *	Tuesday February 8 <sup>th</sup>
Free Playgroup	Tuesday Feb. 9 <sup>th</sup> 10-1130
Kid's Cooking*	Wednesday Feb 10 <sup>th</sup> 3-5
Homework Help	Thursday Feb. 11 <sup>th</sup> 2:30-4
Movie night	Friday February 12 & 26
Jewelry making	Tuesday Feb. 16 <sup>th</sup> 12:30
Games & treats	Monday Feb. 22 <sup>nd</sup> 3pm
Monster Truck	Wednesday Feb. 24 <sup>th</sup> 3-5
Movie night	Friday February 26 3-5

\*\*\*\*Please sign up in advance\*\*\*\*

## Free Valentines Craft Playgroup

Tuesday Feb. 9<sup>th</sup> 10-1130 Social Playgroup for children 0-6yo.

The Houghs Neck Community Center operates under the direction of the Houghs Neck Community Council, Inc. Funded with a Community Development Block Grant through the City of Quincy Planning Department

## FREE "Introduction to Meditation" Seminar

Thursday, February 11th 2016 at HNCC 7:30-8:30 pm

Come learn why the ancient practice of meditation can enhance your modern day lifestyle providing an array of health benefits!

\* *Manage Stress*

\* *Reduce Anxiety*

\* *Improve Relationships*

\* *Foster Communication*

\* *Lower Blood Pressure*

\* *Build Mental Stamina*

Please join me for an overview on how to nurture the mind - body connection for greater mental, physical & emotional balance.

*Hear the Misconceptions about Meditation ~ Learn how to Meditate. ~ Understand that Anyone can Meditate!*

Contact Chopra Center Certified Teacher Jane C. Hoffmann with Inquiries [jane1111@comcast.net](mailto:jane1111@comcast.net)

## Youth Program

**Kids Sewing** February 3<sup>rd</sup> 3-5. An intro to the sewing machine. Make a valentine owl, cat or minion pillow. \$4

**Minecraft paint** Monday Feb 8<sup>th</sup> 3-5 Ages 5+ \$3.

See HNCC FB for our painting. All materials provided

**Free Child's Playgroup** Drop in with an adult.

Tuesday Feb. 9<sup>th</sup> 10-11:30 Age 0 - 6. This playgroup includes Social, snack and a Valentines craft.

**Kids in the Kitchen** Wednesday Feb 10<sup>th</sup> 3-5

A social cooking group encouraging children to eat healthy & try new foods. Age 4+ Fee \$3. Drop off.

**Homework Help** Thursday Feb. 11<sup>th</sup> 2:30-4

A healthy Snack will be provided. This Free tutoring session after school helps build confidence to do well in school. High School volunteers needed.

**Movie Pizza Legos** Friday February 12 & 26

3-5 Pizza, drink Legos & movie \$3. Big screen TV

This is a Drop off for Ages 5+. Movies are rated G / PG

**Games & Treats** Monday Feb. 22<sup>nd</sup> 3pm Age 5+.

A social time with friends enjoy a snack & a game. free

**Monster Truck** Wednesday Feb. 24<sup>th</sup> 3-5

**Free Jewelry Making** Tuesday Jan, 26th @ 12:30

A new selection of beads. Make a some holiday gifts  
Necklace, Earrings, & Bracelets. Age 6 & up.

Call Cynthia for details & sign up needed

## NUTS & BOLTS

### BUILD A MONSTER TRUCK ...

Wednesday, Feb 24<sup>th</sup> 3-5

A cooperative building project,

Monster truck & Hot Rod

Age 6 & up Please sign up is a must, Fee \$2

## Looking to Volunteer

### High School Volunteers needed

Youth Art Helper Needed to assist with youth art

**Bingo Caller** - for Senior program

Volunteer support keeps our center open

## PLEASE SUPPORT OUR ADVERTISERS ~ THEY SUPPORT US

**March 2016 Deadline is**

**February 22 - 2016**



My Dear Houghs Neck Neighbors,

Please contact me and allow me to assist you if you would like to buy or sell a Houghs Neck home.

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Interim Pastor. FELIX CARRION

Sunday Service 10:00am

Fellowship Coffee Hour following Service

310 Manet Avenue ~ 617-479-8778 www.hncong.org

The Houghs Neck Chili bowl cookoff was held at Houghs Neck Congregational Church, in Quincy, Saturday, Jan. 23, 2016. The contest included 20 chills created by home cooks and restaurants, where patrons voted for their favorite. Members of Boy Scout Troop 6 had three entries. This year the two home-cook winners were Paul Plant and Alex Galligan-Kuntupis. Coop's Bar and Grill won in the restaurant division.

The committee wants to thank each of the chili chefs, the volunteers that helped set up and clean up the hall. Special thanks to those that braved the chilly weather outside to sample tasty Chili inside. Do you have a winning Chili recipe? If so we hope to see you next year.



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Office Hours Monday-Thursday 9:30am to Noon ~ Friday office is CLOSED Saturday and Sunday by appointment

**LADY'S SODALITY**

**Lady's Sodality** Meets the first Sat of the Month after the 9:00am mass at Our Lady of Good Counsel church hall. Julie Berberan is the Prefect for more information contact her at julieberberan@aol.com

**HOLY NAME SOCIETY**

**Our next meeting** will be held after the 8:30 Mass on February 21st. In the St. Thomas Aquinas Hall. We will be discussing the maintenance and other projects around the parish.

**Eucharist Adoration** MBS 4:00 - 7:00 PM, First Friday MASS @ 7:00PM

**Rosary** @ OLG 7PM every Wed. All confirmed male members of the parish are invited.

**PARISH NEWS**

**The Parish Nurses** program will sponsor the Monthly Blood Pressure clinic after the 8:30 Mass on Sunday, March 6, 2016. Stop by and have your Blood Pressure checked. Certified Nurses will check you pressure and let you know how you are doing. This is a free service of the Parish Nurses and is open to all.

**Religious Education** Has started up at both locations. Contact the parish office if you want your child to grow with Christ through religious education classes.

Saturday, February 13, 2016



*A Valentine Princess Tea*

At the Houghs Neck Congregational Church  
310 Manet Avenue, Quincy

Two sessions - choose either 10:00 a.m. - noon  
or 2:00 to 4:00 p.m.

There will be  
Crafts, Music, Activities, and Goodies  
and perhaps even a visit by special princesses. There will also be a Princess Boutique where royal accessories can be purchased.

\$10 per child and \$5 per adult

Princess dress and accessories are optional



This is always a sell-out  
**Reservations are required**  
and can be made by  
e-mail to hncc@comcast.net  
or by calling Sue at 617-479-2311.



Be sure to indicate how many adults and how many princesses will be attending and which session you prefer. If you leave a message on Sue's answering machine, please include your phone number.

This event is intended for princesses from pre-school through elementary age. All princesses must be accompanied by an adult.

HOLY TRINITY PARISH  
Holy Name Society

*Pancake  
Breakfast*

St. Thomas Aquinas Hall  
\$5.00 per person  
March 6, 2016  
9:30AM - 11:00AM

*Open to all  
Bring the Family*

Holy Name Society of the  
Holy Trinity Parish

**12<sup>TH</sup> ANNUAL  
HAM & BEAN  
SUPPER**

Donation: \$5.00 per person

ALL ARE INVITED  
BRING THE FAMILY

SATURDAY, MARCH 19<sup>TH</sup> 2016  
5:30PM - 7:00PM  
St. Thomas Aquinas Hall

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**Why Volunteering Is Good for Your Health**



Meditation and gratitude expert. “[With volunteering], the reward is in the act itself—it allows people to feel more present.”

And while you’ve likely read about the benefits of mindfulness, studies suggest volunteering—especially when it’s a habit—provides long-lasting benefits. It can make you healthier and even add years to your life.

“Volunteering helps you focus on your positive qualities,” Korb says. “Because you’re reflecting yourself as being a good person, that can have a self-affirming effect.” That type of self-affirmation can domino into other positive changes, Korb says, like eating healthier or smoking less.

And that’s not all. Volunteering can be a mental pick-me-up, since it helps reduce anxiety and depression in some people. “Empathy and acting generously can increase levels of oxytocin,” Korb says. And oxytocin, a neurochemical associated with trust and feelings of closeness, may reduce stress and increase feelings of calm.

The key to reaping the benefits is to expect nothing in return. “Motivations matter,” Korb says. “If you read this article, and think, ‘I will volunteer so I can feel better,’ then you have a selfish motivation, and therefore, you are not going to derive the positive benefits.” [Editor’s note: We’re pretty sure our readers are never selfishly motivated.]

At least one study supports this notion too. Those who volunteered to feel good (or for bragging rights) didn’t experience the same good vibe benefits as those who were selflessly motivated. Other research suggests those who benefit most have a

positive view of other people.



**Your Action Plan**

It’s easy to volunteer all year—even if you can’t make it to a local charity spot. Fletcher suggests thinking about “micro-acts” throughout your day, rather than one big (read: intimidating) goal.

“A good question people can ask themselves is, ‘What’s the most pressing need right now? And how do my gifts best serve that need?’” Fletcher says. Maybe it’s something small—like volunteering to organize the recycling room in your building. Or maybe staying to help clean up at a party—even though you’d rather just go home. And while it’s never too early to start volunteering, studies also suggest benefits only increase with age.

Bottom line: “Take care that your volunteer work is valuable and meaningful,” Fletcher says. Leave obligation behind, and the generous act becomes a win-win for all involved. *Info from*

Originally published December 2011. Updated December 2015.

<http://greatist.com/happiness/health-benefits-volunteering>

*There are many volunteering opportunities in Houghs Neck. Stop by the community center for more info. Check with the Minister, Priest of either church. email [hncbulletin@yahoo.com](mailto:hncbulletin@yahoo.com). Attend a meeting of the Garden Club.*

**GUIDELINES FOR HOUGHS NECK GARDEN CLUB STUDENT AWARD**

The Houghs Neck Garden Club (HNGC) is granting Awards to graduating high school seniors from Houghs Neck who have been accepted to a school of higher learning and are concentrating in the field of horticulture, botany, oceanography, environmental studies or an allied field. Applicants must currently be Houghs Neck residents and have been for at least two years.

Applications are available from local high school counselors or by contacting a member of the HNGC. Completed, signed applications must be delivered to Carol Johnston, 46 Bay View Avenue, Quincy, MA, 02169. The deadline for submitting applications is May 1, 2016.

Upon timely receipt of completed applications, accompanied by a written statement of each student’s educational goals (students should not write their names on the essay page), the HNGC Student Awards Committee will review and consider materials. Student(s) granted an award will be notified by phone or mail by May 15, 2016.

**HELP CATS AND DOGS WITH YOUR TAX RETURN**

Does doing your taxes get you down? Want to make a difference? Make a donation on line 32F, \$1 from every Mass taxpayer can help spay of neuter 40,000 cats and dogs. For more information go to [www.massanimalfund.com](http://www.massanimalfund.com)

Though the holiday season might make you feel stressed or crazy busy, it can also have another far more desirable effect: It may leave you feeling extra generous. That’s right—all that gift-giving and caroling can bring on even more good vibes.

“Being generous isn’t a finite resource,” says Alex Korb, Ph.D., neuroscientist and author of *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*. “The more generous you are, the more you feel like you want to be even more generous.”


And that’s where one of the best ways to give comes into play: volunteering. Helping out is a double whammy: You help others and benefit yourself in the process.





**The High You Get From Helping**




It’s probably no surprise that lending a hand makes you feel good—after all, even a simple smile can be contagious. “Humans feel best when we feel useful,” says Emily Fletcher, founder of Ziva

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The Commonwealth of Massachusetts

**TACKEY CHAN**  
 State Representative ~ 2nd Norfolk District,  
 State House, Room 26, Boston MA 02133  
 Tel. 617-722-2080  
 Tackey.Chan@mahouse.gov

The House of Representatives has passed legislation to address the opiate abuse crisis, which has impacted all of us in one way or another. Working together on bipartisan legislation, House Bill 3947 received a 149 to 0 vote in the House. It creates new standards to evaluate the treatment of emergency room patients with an apparent overdose, which would now be covered by insurance, and is designed to ensure the proper assessment and discharge of patients who seek voluntary treatment. The bill would limit first-time opiate prescriptions to seven days for adults, and all opiate prescriptions for minors to seven days, with exceptions for chronic pain management, cancer, and palliative care. Additionally, practitioners must check the prescription monitoring program (PMP) each time they prescribe any opiate and correspondingly note in the patient's medical records. This will establish a new standard in acute care settings designed to ensure the proper assessment and discharge of patients who seek voluntary treatment. House Bill 3947 builds off of our efforts from last session, which took effect on October 1, 2015, to require insurers to cover up to 14 days of medical detox and step-down services by guaranteeing insurance coverage of the substance abuse evaluation. This new practice will provide the resources necessary for individuals to access to the treatment they need.

The legislation would update the current law which requires all public

schools to have a policy regarding substance abuse education and would require them to report their plans to the Department of Elementary and Secondary Education (DESE). DESE would consult with the Department of Public Health (DPH) to provide recommendations that will assist schools and ensure they are providing effective and up-to-date education. Additional education materials would be provided to all student-athletes, who are more likely to receive opiates from a doctor due to an injury. Patients would be allowed to include a notation in their records that they shall not be offered opiates. It also requires that patients being discharged from substance addiction programs receive information on all FDA-approved medication-assisted therapies.

The Health Policy Commission would be required to conduct a study on access to dual-diagnosis treatment in the Commonwealth for children, adolescents and adults. To help ensure parity between behavioral and physical health care, the legislation also requires insurance companies to report annually on their denied claims.

The legislation expands on existing programs. It would require that contact information for all insurers be posted on the bed-finder tool website and updates the law to ensure the site is available 24 hours a day. With the growing use of Naloxone (Narcan) to save lives, the legislation would provide civil-liability protection for individuals who administer this life saving drug. The training

guidelines for all practitioners who prescribe controlled substances would be updated. It would establish the Massachusetts Council on Substance Use Disorder Prevention and Treatment, which will help the Commonwealth understand and confront addiction in a unified way.

This legislation follows a 65.2% increase in substance addiction funding since Fiscal Year 2012 and continues the work of substance addiction law passed in 2014 which, for the first time, mandated detox and stabilization coverage. Fiscal Year 2016 provided \$114 million to substance abuse treatment and prevention programs. As we begin state budget deliberations for Fiscal Year 2017 this issue continues to be a priority. The Senate passed its own version of this legislation, Senate Bill 2013, and now both pieces of legislation are before a House-Senate conference committee which will resolve the differences between the two versions.

Recently, the Legislature unanimously approved and the Governor signed into law legislation that ends the practice of sending women who are civilly committed for alcohol or substance-use disorders to MCI-Framingham. This important law change will ensure that these women would be provided services to address substance abuse as opposed to being committed to state prison.


Beyond legislation, some more immediate action has been taken by the Massachusetts Department of Public Health (DPH) through two grant programs. The first grant program awards \$700,000 to police and fire departments in 31 communities heavily impacted by the Commonwealth's opioid epidemic. The funds would be used to facilitate the purchasing, carrying and

administering naloxone. Quincy will receive \$16,100.00. Additionally, the department has established a bulk purchasing fund allowing first responders in municipal entities to access the state rate for naloxone purchases, and when available, receive an additional discount. 113 treatment beds have opened in six communities (Quincy, Plymouth, New Bedford, Boston, Westborough, Fall River) with more expected in Greenfield this winter.

The second grant program awards \$6.8 million to the Strategic Prevention Framework Partnership for Success 2015 (SPF-PFS) program to support prescription drug misuse prevention activities in 16 Massachusetts communities significantly impacted by opioid overdoses and overdose deaths. Funding for the SPF-PFS program is provided by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The goal of the program is to implement evidence-based prevention programs, policies, and practices to reduce prescription drug misuse among persons aged 12 to 25 years old in high-need communities. The grant will provide \$1.36 million in annual funding for a total of five years to partner programs in Boston, Brockton, Cambridge, Everett, Fall River, Lowell, Lynn, Malden, Medford, New Bedford, Quincy, Revere, Springfield, Taunton, Weymouth, and Worcester.

On an unrelated note, the Massachusetts Department of Human Resources announced that applications for the firefighter's civil service exam are now available. The written exam is scheduled for April 16, 2016 and the application fee is \$200.00. Applications are due by March 1, 2016 but an additional \$50.00 filing fee is applied to all applications filed by March 21, 2016 so it is important to file early. Another reason to file your application early is because the physical component of the exam known as the ELPAT has begun in Hudson, Massachusetts. For more information on how to apply, please visit the website [www.mass.gov/civilservice](http://www.mass.gov/civilservice).

Lastly, Chinese New Year Day is on February 8, 2016. According to the Chinese lunar calendar, the year is 4713 and it is the Year of the Monkey. The Year of the Monkey is commonly associated with personal life changes, so this year is considered a good time to try new opportunities. **Tackey**



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**Troop 6 News** Sorry I missed the update for December, but it wasn't because the Troop wasn't busy! Back during the first weekend in December, the Troop joined the Friends of the Blue Hills for a few hours of trail maintenance and then after some delicious pizza, we headed over to Camp Sayre for the night. We cooked pizza meat loaf in a Dutch oven and slightly overcooked our baked potatoes. You can't win them all. In any case, we had a great weekend with good weather (for early December) and really enjoyed our time at the camp. We did some bouldering and hiking and even had some good laughs crossing the camps giant monkey bridge.

The year concluded with a huge Holiday Party with the biggest ever Yankee Swap. Lot of laughs, and lots of pizza! Speaking of food, we had all three patrols compete in the Houghs Neck Congregational Church Chili Cook off, and our Cyberduck Patrol took 3rd place over all! Congrats to

Jake, Nathan, Cam, and Chris!

The scouts have been very busy with advancement and we are working on a bunch of different merit badges including Citizenship in the Community, Camping, and Family Life, and our younger scouts are working hard to get the basics down for their ranks as well.

Next month we have our annual ski trip, and we already have the rest of the year booked with lots more fun and excitement!

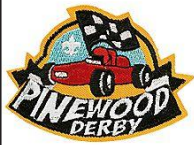
Our next bottle drive is February 13th from 9-12 in Labrecque Field parking lot. Please consider donating your soda and beer bottles to us rather than tossing them in your recycling. As our Troop grows, the money we earn is being spread thinner and thinner and we really want to continue to run a program where all the activities can be paid for through the boys fundraising efforts. Please feel free to call if you need a pick up!

Yours in Scouting, Rob Gordon, Troop 6 Scoutmaster, 617-479-7412

# Friends of Troop 6

## 6<sup>th</sup> Annual

# Adult Pinewood Derby



Remember working with your son on his Pinewood Derby car and just wishing that you could do it yourself? Now is your chance!!!

The 'Friends of Troop 6' are having their 6<sup>th</sup> ADULT Pinewood Derby! The past five years have been a blast, and we hope to have 50+ cars competing again this year!

Please pass the word, and we hope to see you there!

- Where:** Houghs Neck Congregational Church  
**When:** Saturday, May 7<sup>th</sup>, 2016 7-11PM  
**What:** Pinewood Derby Race with Cash Prizes!!!  
 Finger Food, Cash Bar, Raffles and Music  
**Tickets:** \$20 – for food, music and fun  
 \$5 – to enter the race  
 \$5 – for a new car kit

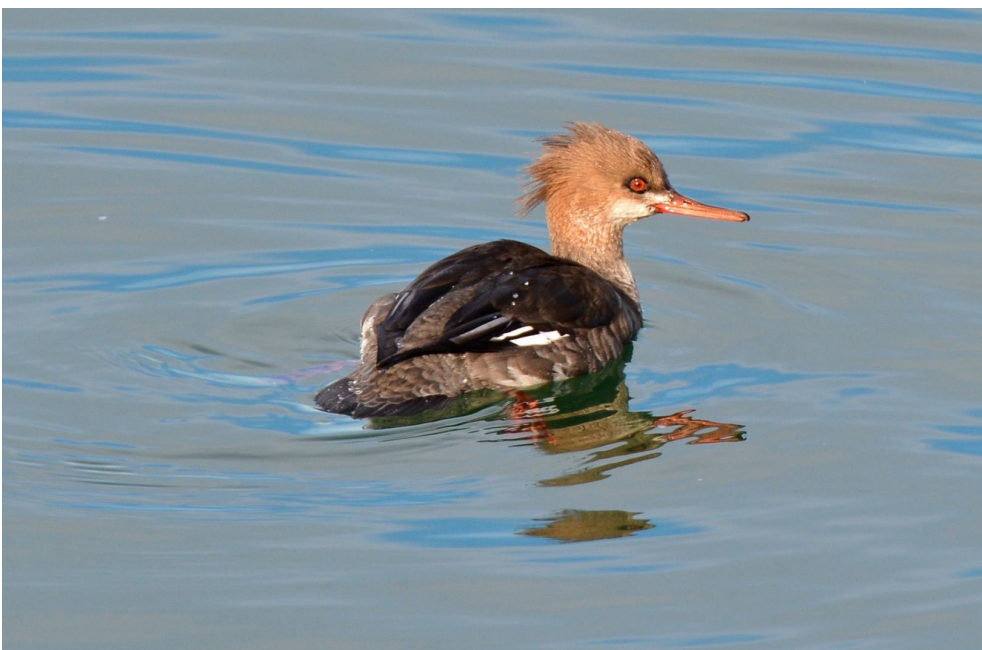
**All proceeds to benefit the Friends of Troop 6 to help the Troop with camperships, special trips, and equipment needs.**

Tickets and Cars available any Monday night at the Hough's Neck Congregational Church from 7-9PM, or call Rob at 617-479-7412

### Official Pinewood Derby Rules

ALL CARS MUST PASS INSPECTION TO QUALIFY FOR THE RACE  
 Following are the inspection points

1. The car weight shall not exceed 5.0 ounces. The official race scale shall be considered final.
  2. The overall length of the car shall not exceed 7 inches.
  3. The overall width of the car shall not exceed 2 3/4 inches.
  4. The car must have 1 3/4" clearance between the wheels.
  5. The car must have 3/8" clearance underneath the body.
  6. The wheel base can be no less than 4 inches.
  7. The front of the car must have a 1/2" wide surface in the center
  8. The wood provided in the kit must be used. The block may be shaped any way that is desired.
  9. The wheels supplied with the kit must be used. The wheels may not be cut, drilled, beveled or rounded. You may remove the seam from the wheels.
  10. The axles supplied with the kit must be used. They may be polished or lubricated.
  11. Wheel bearings, washers or bushings are prohibited.
  12. The car must not ride on any type of springs.
  13. The car must be freewheeling, with no starting devices.
  14. No loose material of any kind, such as lead shot, may be used. Each car must pass inspection by the official inspection committee before it will be allowed to compete. The Inspection Committee has the responsibility to disqualify those cars that do not meet these specifications.
- May 7th, Houghs Neck Congregational Church  
 Weigh in at 7:30PM, Race starts at 8PM sharp!  
 Replacement cars are available from the Troop for \$5.  
 The number on your ticket needs to be on your car!



I took this photo at Nut Island. Some pretty ducks return to our area during the colder Winter climates. This is a female merganser duck. Keep an eye out for the male, which has a deep black, head, and a streak of white feathers on its side.

Karen Walker Photo



## The American Legion Family

Houghs Neck Post 380,  
 Unit 380 & Squadron 380

**Legion & Auxiliary Membership:** Your 2016 dues are due, Please send your membership to; Houghs Neck Legion PO Box 690126 Quincy MA, 02269-0126. Please indicate on the envelope which membership is enclosed. SAL Squadron 380 For all members under the age of 21 and Dual members the Dues are \$6.00. Regular members pay \$30.00. Please send your dues to the address above or to Tom Timcoe 275 Rock Island Rd. Quincy MA 02169.

**SAVE THE DATE**  
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**BUNNY FUN DAY**  
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**HOUGHS NECK COMMUNITY COUNCIL MEMBERSHIP SEPT-15 ~ AUG-16**

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Scott & Carlos Bechaz	Lynn & Bob Doyle	John & Mary Ann Kohut	Jerry & Susan Mullen	Smiddy Family	Maura Caldwell Mullowney	Mabel London
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**Manet Community Health Center Names Cynthia H. Sierra as New CEO**

Monday, January 25, 2016, QUINCY, MA— The Board of Directors of Manet Community Health Center has appointed Cynthia H. Sierra as its Chief Executive Officer. Sierra, who as been serving as Acting CEO since July, will assume the position immediately. Sierra's appointment comes at time when Manet continues to expand its primary care, pharmacy, vision, health and wellness, patient navigation, and other services from

its five locations in Quincy, Hull, and Taunton. "This is a watershed moment for Manet, our patients and our community," said Joseph M. Reardon, President of the Manet Board of Directors. "No one knows more about our organization, our mission, our communities, or our patients than Cynthia Sierra. As we begin to implement our recently approved strategic plan, we are elevating a proven leader who is the right person, at the right time,

and in the right position to shepherd Manet's growth." Sierra, an Abington resident who has served as a member of Manet's senior leadership team since 2008, brings experience in health care, mental health, neuropsychology, and social services administration to the CEO position. During her years with the organization, she has played pivotal roles in stimulating growth and improvement in facilities, service expansion, planning, philanthropy, and collaborative relationships.

"This is an exciting and transformative time for Manet, community health centers, and primary care," said Sierra. "We have a top-notch and vital team of providers and staff. With our patients and our community partners as our guides, we will fortify and expand our existing program of service and move forward together with a fresh strategic plan that prioritizes the patient and community experience, organizational quality, and excellence and innovation at the center of all we do."

**Houghs Neck Merchandise Order Form**

<b>Wood Buildings</b>		<b>Houghs Neck Sites Design</b>	
Atherton Hough School	\$15.00	Journal	\$ 7.00
Harvey's Wharf	\$15.00	Note Caddy/Pad & Pencil	\$ 7.00
Houghs Neck Cong. Church	\$15.00	Magnet	\$ 3.00
Houghs Neck Fire Station	\$15.00	Houghs Neck Quilt	\$49.95
Great Hill School	\$15.00	Houghs Neck Can Koosie's	\$ 3.00
Great Hill Towers	\$15.00	Houghs Neck History Book	\$10.00
Most Blessed Sacrament Church	\$15.00	<b>Bumper Stickers</b>	
Quincy Yacht Club	\$15.00	Large "I ♥ Houghs Neck"	\$ 1.00
Louis Cafe	\$15.00	Small "I ♥ HN"	\$ 2.00
<b>Pillow and Tote Bags</b>		Oval "Flounder HN"	\$ 2.00
Most Blessed Sacrament Pillow	\$19.95	NECKA	\$ 2.00
Most Blessed Sacrament Tote	\$19.95	Flounder Note Cards	\$ 5.00
Houghs Neck Cong. Church Tote	\$19.95	Old Time Note Cards	\$ 5.00

Donation's: Playground Fund \$ \_\_\_\_\_ Rainbow Fund \$ \_\_\_\_\_ Holiday Fund \$ \_\_\_\_\_  
 Donation to the Scholarship fund: In memory of: \_\_\_\_\_ \$ \_\_\_\_\_

**Membership Year Sept 1, 2015 ~ August 31, 2016**

HNCC Membership Per Family \$ 5.00 Beyond Houghs Neck Per Address \$ 10.00  
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 Gift Membership for: \_\_\_\_\_ \$ 5.00

**Make Checks Payable to: Houghs Neck Community Council, Inc.  
 Mail to: Helen Kelly 16 Madeleine St Quincy MA 02169**

**Houghs Neck Merchandise**

**Quilt ~ \$49.95**  
**Magnet ~ \$3.00**  
**Journal ~ \$7.00**  
**Note Caddy/Pad & Pencil \$7.00**  
**6-3/4" X 4-1/2"**  
**Pillows & Totes \$19.95**  
**HN C Church Tote Bag 16" X 16"**  
**MBS Church Pillow 16" X 16"**  
**MBS Church Tote Bag 16" X 16"**  
**HN Can Koosie's ~ \$3.00**  
**Wood Buildings 15.00**  
**Great Hill Towers 8" X 3"**  
**Houghs Neck Congregational Church 7-1/4" X 4-3/4"**  
**Atherton Hough School 7" X 3-1/2"**  
**Houghs Neck Fire Station 6" X 4-1/4"**  
**Most Blessed Sacrament Church 5-1/4" X 6"**  
**New Louis Cafe**  
**Quincy Yacht Club 8" X 3-1/2"**  
**Harvey's Wharf 6-1/5" X 4"**  
**Show your HN Pride**  
**I ♥ HN**  
**Small Sticker ~ 2.00**  
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**Large Bumper Sticker ~ \$1.00**  
**HN History Book ~ \$10.00**  
 Benefits the Scholarship fund

Oval HN Sticker ~ \$2.00 NECKA Sticker ~ 2.00 Large Bumper Sticker ~ \$1.00 HN History Book ~ \$10.00 Benefits the Scholarship fund