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The Cabot Chronicle

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Cabot, Vermont

February 2009

January is National Mentoring Month Cabot residents speak at State House

By Sue Freeburn
MONTPELIER

Governor Jim Douglas held a press conference at his offices in the State House in Montpelier to recognize January as National Mentoring Month on Jan. 15, 2009. He praised statewide mentoring organizations, saying that research shows that mentees are 46 percent less likely to use illegal drugs, 52 percent less likely to skip school, and that mentored children have more positive family relationships and do better in school. Douglas introduced the “Vermont Mentor” program approximately three years ago, and estimates that while we are fortunate to have an estimated 3,000 young people in mentoring programs in Vermont, this represents only three percent of the youth population, and urged adults to take advantage of the program in their area. “A mentor is a trusting, caring adult in the life of a child,” he stated, and can make a difference in that child’s life.

Douglas said the state has made 22 grants this year to mentoring programs. Each program is committed to raising 50 cents for each dollar given by the state.

Governor Douglas then introduced the Secretary of the Agency of Human Services Robert Hofmann, who noted, “the

mentoring program makes statistical sense and gut common sense.” He went on to say a mentor is “a positive role model in a turbulent world,” and mentoring provides positive benefits for mentors as well as mentees.

Governor Douglas then recognized Cabot’s mentoring program, and introduced one of Cabot’s mentors, Gail Greaves, and her mentee, Maelily Robison. Gail and Maelily have been together as mentor-mentee since the inception of the Cabot Connects Mentoring program, about three and a half years. Gail explained that she joined the mentoring program because she had the time to devote to it, and thought it would be a worthwhile experience. When she thought about who to pair herself with, Maelily came to mind, since she often popped her head in the library where Gail works to say hi.

Gail and Maelily don’t meet every week; sometimes busy schedules get in the way. Gail talked about some of their more memorable times together: a Frost Heaves game, a Steven Hunek “dog mountain” party in St. Johnsbury, walks pushing over dead trees, carving pumpkins, and apple-picking.

Gail stressed their relationship isn’t about academics, it’s usually just hanging out together and doing enjoyable activities. “I am seeing Maelily become



Governor Jim Douglas, Gail Greaves, Maelily Robison, Matthew Robison, where Douglas presented a check for support of mentors programs throughout the state. Photo courtesy of Will Walters.

a fine young woman who is a good friend to all. She is a much more confident person and quite sure of right and wrong,” said Gail.

Maelily also spoke in front of the crowd, saying her favorite thing about Gail is her sense of humor. “Even when I’m having a bad day she cheers me up, and is always there for me.”

Maelily recalled driving to Burlington, going out to eat, cooking Mexican food together, walking Gail’s St. Bernard, and watching movies.

“In the end, Gail helps me be who I am. Life is better with Gail as my mentor. And she’s an important role model in

my life. I think that every kid should have the opportunity to have a mentor.”

Maelily’s father, Matthew Robison, was next to speak. “Gail has really made a difference in my daughter’s life,” he stated, and expressed the hope that more folks will step forward to volunteer as mentors.

Gail, Maelily, and Matthew all spoke confidently and enthusiastically to support Cabot’s mentoring program.

If you would like more information about becoming a mentor or would like to have a mentor, please contact Kathleen Hoyne at the Cabot Coalition at 563-3338.

Hero of Hookerville Fire Receives National Award

By Will Walters

Heath Hanson, who two years ago saved his sleeping brothers’ lives by alerting them to a house fire, was awarded the second highest national bravery award by the Boy Scouts of America. Hanson was nine at the time of the rescue.

Hanson was nominated for Scouting’s highest honor, the Crossed Palm Award, by Jen Miner, who was the Cub Scout leader of Hanson’s scout pack at the time of the event.

Hanson and his family attended a number of meetings to qualify for consideration of an award and in June a decision was made by the National Court of Honor of the Boy Scouts of America. It was the Honor Court’s decision to award the Honor Medal, Knot

and Certificate “For putting into practice scouting skills and ideals” according to the citation on the certificate.

The Medal is worn by a scout on their uniform and the knot is placed with merit badges.

The awards were presented at a dinner held to present honors to all award recipients from the state of Vermont. Hanson met a person at the dinner who had been involved with Boy Scouts for over 50 years.

In addition to the awards from the Scouts, Hanson received a Youth Heroism Award from the American Legion for his life-saving action in a time of danger. The Legion also presented Hanson with a \$100 savings bond.



WELCOME
★ HOME ★

**To LTC Dan Molind and SSG Todd Ambroz
Of the Vermont National Guard**

**Both men were members of Team Stone
deployed to Afghanistan in January 2008**

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The Cabot Chronicle

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Commons' Solar Hot Water Project Promises Fuel Savings

By Cia Considine
CABOT

The Cabot Commons' Solar Hot Water Project was completed last month. On an overcast morning, contractor, Elemental Energy, of East Montpelier, met with Susan Carpenter and maintenance personnel from the Central Vermont Community Land Trust. A review of the new system was conducted.

From the exterior the solar panels lay discreetly on the roof. The pitch of the gabled roof was suitable to maximizing solar gain and minimizing its presence.

The project was originally the brainchild of Susan Carpenter, Cabot Commons' Board Chair, who wanted to take advantage of state incentives for greener energy alternatives. It was agreed by the Commons' board that the elderly housing strive to be as eco-friendly and efficient as possible. The decision was to go forward with this project, knowing that funding it would involve soliciting donations and an

appeal to the town. Thankfully, the approval of funds from taxpayers, donations totaling a thousand dollars and some reserved monies covered the project's expense.

In a recent budget review, the Commons was advised that the return on investment - the numbers, surrounding our solar system' return should reflect efficiency sooner than expected.

According to Eileen Peltier, Director of the Central Vermont Community Land Trust, similar Vermont solar hot water projects have proven to allow for up to 25 percent reductions in fuel expenditures. This projection was welcome news, in lieu of the volatility of fuel prices of late.

The development of the efficiency of solar systems is making great strides. Solar energy as an option in Vermont should not be dismissed. Even on that cloudy Vermont morning, when the new system was reviewed, the gauge showed an eight degree temperature gain in an hour's time!

UDAG Grant Applications - Public Hearings

By Allison Joyal
CABOT

The UDAG committee held a public hearing on January 15 to evaluate grant applicants who hope to be warned at Cabot Town Meeting 2009.

UDAG is an acronym for Urban Development Action Grant. Among its other activities, each year the committee makes available grants for not-for-profit groups who request funding for activities which contribute to the overall community.

Present for UDAG were, R.D. Eno – Board Chair, Gary Katz, Chuck Talbert and Ron Lay-Sleeper . After minutes of the committees' previous meeting were approved, the public hearing commenced.

Eno explained there were three grant applications to review. There had been four but the Recreation Committee (Rebecca Nally) withdrew their application, leaving Cabot Emergency Ambulance, Cabot School and The Cabot Coalition. Eno explained for this year, the committee received \$40,000 in total grant requests although \$57,000 was available.

Jen Miner spoke on behalf of Cabot Emergency Ambulance who is asking for monies to purchase a defibrillator which can administer an electrical shock to restart the heart. Central Vermont Hospital has instituted a policy asking ambulance services to provide a 12 lead *electrocardiograph* (EKG) machine instead of three and five lead machines, currently used by Cabot Ambulance. *An electrocardiographic lead is a recording electrode or a pair of recording electrodes placed at a specified location on the body. Recordings help medical personnel assess a patient's cardiac activity.* Miner says the new machines can utilize phone or internet services to fax EKG results to the hospital if a patient is having an acute event. This way an M.D. could advise emergency service providers using this information.

Miner explained it is recommended to transport patients to the ER within a 90 minute window. She told a story of a patient in Cabot who had an acute event and due to this technology, utilized on another local town's ambulance,

was saved and has returned to work and full function. She said, "It will be life saving."

The amount of the machine is \$23,789.14. UDAG grants specify they cover 70 percent of submitted invoices for equipment costs if the grant is approved. The ambulance is asking UDAG for \$17,841.85. Miner said the other \$5,947.29 will be covered by the ambulance from appropriations already received from towns covered

The Cabot Coalition was represented by Lori Augustyniak and Jeanne Johnston. The Coalition had submitted a request to fund equipment purchases for two programs they sponsor. The first is Cabot Roamers, the bicycle touring group started in 2008 and run by Mark Bromley. This summer Bromley wants the group to begin long distance touring to Maine. Augustyniak explained certain cycling equipment is needed and will remain in possession of the Coalition.

The second part of the Coalition's request was to support mostly computer equipment for The Cabot Chronicle. Augustyniak explained the Coalition's funds for the paper have been exhausted and other equipment is needed like a digital tape recorder, digital camera, printer and the like.

Board Chair Eno asked why both requests were submitted in a combined grant request. Johnston answered because the Coalition is umbrella organization for both projects. Eno suggested for future requests each project be submitted separately. Some discussion ensued and the Coalition agreed to separate projects in the future. The total estimated cost of both projects is \$6,958. The requested grant amount is \$5,218. The last request was by Cabot School for capital purchases of non structural components for CSPAC. No one from the school was present to represent this request. Eno mentioned he had indicated to Brian Boyes, Music Instructor, his presence was not needed. \$2,691 is the estimated total cost of equipment with the requested grant amount being \$1,691.

Eno explained all applications are on file in Town Clerk's office for members of public. He said public discussion regarding these applications will occur at an upcoming Cabot Selectboard meeting.

www.cabotcommons.org

Cabot Commons appreciates the community's concern to insure that our elderly housing continues to be a highly regarded residential option for seniors. The Commons offers one and two bedroom affordable apartments in a village setting.

Visit our website, where you can:

- become a Friend of the Commons
- receive our newsletters listing activities
- view photos & contact info
- list birthday, anniversary, memorial
- advertise your business or event
- make a secure donation

If you prefer, you can also make donations or inquiries by mail.

Our address is:
Cabot Commons, Inc.,
P.O. Box 146
Cabot, VT 05647
www.cabotcommons.org

CORRECTION:
In our January issue, former Town Clerk Chris Kaldor's name was improperly spelled. The Cabot Chronicle apologizes for this oversight.

Cabot JPs Take Office

By Allison Joyal

Cabot's Justices of the Peace elected in November take office February 1. They are:

- Blanche Lamore** (D) Incumbent
- Peter Dannenberg** (D) Incumbent
- Larry Gochey** (I) Incumbent
- Caleb Pitkin** (D) Incumbent
- Carla Payne** (D) Incumbent
- Fred Ducharme** (D) Newly elected
- Bonnie Dannenberg** (I) Served previously

Justices are automatically members of the Board of Civil Authority.

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Editor: Allison Joyal
Publisher: Cabot Coalition
Oversight: Lori Augustyniak
Advertising: Shannon Wilson
Layout: Todd Jones
Editorial Advisory Board:
Peter Dannenberg, Susan Alexander, Cia Considine, Jon Vara



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CABOT COMMUNITY

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School Board Reports a Good Year

By Will Walters

How did Cabot school perform this past year? "It's gone very well, I think," said Chris Tormey, Cabot's School Board Chair. "The number of kids increased from 209 to 240." "Cost per pupil [did] not rise as it typically has."

"In terms of money our prospects are good. We have not had a deficit for over ten years," said Tormey. The starting numbers for property taxes will go down from \$.87 to \$.85 in calculating the state equalization program, he said.

This means Cabot may see a lower school tax rate this year. But, Tormey added, it will all depend on what the legislature does. Vermont legislature has been known to change the law regarding school taxes often.

There will also be cost savings from staff reduction and the start up of the wood chip heating system.

The woodchip system is very close to finished. A test burn is expected towards the end of January. The school board, "chose a company with a very good product," said Tormey, but "they were overloaded with extra work and have been late." The last major part needed was an auger and that was delivered on January 12.

Although oil prices are volatile, the cost of wood chips is expected to be

one half the price of oil. There were two bids for chips received and the board decided to award the contract to an Orange, VT company.

The wood chip system is expected to provide 80 percent of the needed heating. "We'll use oil in the fall and spring and wood in the winter," Tormey said. "The oil will go on when occasional heating is needed and wood will be used when constant heating is needed."

The school did not pre-buy oil and is now paying market rates. This saved money, said Tormey, because oil was highest when the pre-buy contract needed to be signed.

As of yet, there is no agreement with the Cabot United Church to provide heat from the woodchip system. This was an option discussed when the system was under consideration. Tormey said it is "more reasonable to get it up and running with the school" first. How to measure usage by the church and what rate to set has not been decided. Tormey said that he felt the board would send any agreement to the voters for approval.

Tormey said that the budget has not been approved by the board yet but he hoped it would be available by press time.

The search for a superintendent is continuing. Please see article on this page.

Superintendent Search Update

By Karen Mueller-Harder

With the retirement of George Burlison this coming June, a Superintendent's Position/Governance Search Committee was formed to look at the Superintendent position and explore the various possibilities for governance of the Washington Northeast Supervisory Union. The committee comprises the Principals and representatives of the Cabot and Twinfield school boards, faculties, and community members.

The committee was charged with looking at the "big picture" and making a recommendation to the Supervisory Union Board. There were several options to consider, including simply advertising the position "as is" or with minor changes. We have also looked at changing the position more substantially, making more major changes in the SU governance structure, or making a complete break with the past, which could involve disbanding the SU as an entity, with each of the schools joining a larger neighboring supervisory union. Although opinions varied among the committee members as to which options we preferred, we determined to keep our minds open to all possibilities.

Since Superintendent searches take quite a number of months, the only way to have a new permanent Superintendent begin in the summer of 2009 would have been to advertise the position immediately, allowing only minimal changes in the job description, and little time to do research or gather opinions from the staff and community. After some discussion, the consensus of the group was that we didn't want to

miss the opportunity to explore the options open to us at this time. Therefore, we decided to recommend hiring an interim superintendent for the 2009-10 school year, allowing time this winter to gather information and personal perspectives, and then formulate a plan in the spring. If a Superintendent search is the outcome, there will then be ample time to conduct a search for a well-suited candidate to start in July of 2010.

We are now in the process of talking to staff of the schools and supervisory union, school board members, and other people in the community to find out what everyone wants and needs from a superintendent and/or a supervisory union, with the hope that a somewhat clear picture may emerge as to what governance model will best fit the needs of the Cabot and Twinfield communities. Brian O'Regan, former superintendent of Montpelier and finalist for the Commissioner of Education position, is meeting on our behalf with staff members at both schools, and Laura Soares, governance consultant for the Vermont School Boards Association, is meeting with the two school boards.

Community members can look for a survey at Town Meeting, and are welcome to talk to the members of the committee (for Cabot: Chris Tormey, Roman Kokodyniak, Regina Quinn, and Karen Mueller-Harder; the faculty representation was in flux at press time). In addition, the committee meetings are open to members of the public; our next meeting is Wednesday, February 18, at 7 p.m. in the Cabot School Information Center.

Legislative Update

By Representative Kitty Beattie-Toll

It is an honor to be in Montpelier representing the residents of Cabot, Danville and Peacham. Legislature convened on Wednesday, January 7. Our newly elected Speaker of the House, Shap Smith of Morrisville, assigned Representatives to committees on opening day in order not to waste any time getting to work. Committee appointments are based on a legislator's experience, interest, skills and needs of the committee.

I am very pleased with my assignment on the Agriculture Committee, one of my top choices. Although the committee has not had the opportunity to hear testimony on specific bills, we have had the opportunity to hear from the Agency of Agriculture and many groups and organizations such as Rural Vermont, Vermont Farm Bureau, USDA and the Vermont Grocers Association, who briefed the committee on current agriculture issues, concerns, and priorities.

Town officials throughout the state have expressed concern about the state's withholding of town highway aid. The Senate passed a resolution, JRS 7, providing for release of payment to towns for highway aid payments. The resolution is currently in

the House Transportation Committee, and I look forward to quick action and for the resolution to be brought to the House floor for consideration.

I have had the pleasure of meeting Daniel Hoyne-Grosvenor, a student from Cabot, who is serving as a Legislative Page. This is a unique experience for Vermont eighth grade students who apply to the Sergeant at Arms for one of the positions. Daniel delivers messages for the members of the Senate, the House of Representatives and Legislative offices. He will get a first-hand experience of Vermont's lawmakers at work. It is a pleasure to have him working in the State House.

On January 15, 2009, members from the Cabot community traveled to Montpelier. Vermont Firefighters, including volunteer firefighters from Cabot, hosted a luncheon for Legislators at the Capitol Plaza. Unfortunately, I was unable to attend because the eighth grade students and their teacher, Peter Stratman, and parents and students representing the Mentoring Program were visiting the Capitol at the same time. Those involved in the Mentoring Program were recognized for their excellent work, and the group had the opportunity to visit the House while in session and tour the historic building.



Daniel Hoyne-Grosvenor, son of Kathleen Hoyne and John Grosvenor, stands with Rep. Kitty Beattie-Toll of Danville at the speaker's podium in the State House of Representatives in Montpelier. Photo courtesy of Will Walters.

Please be in contact with me if there are bills you would like to follow. You can also follow the legislature on line at its home page www.leg.state.vt.us. At this site you can track bills, follow daily activities in the House and Senate, get committee names and email addresses for legislators.

Please feel free to contact me at my legislative address: ktoll@leg.state.vt.us or by calling the State House at 828-2228. I can also be reached at kitty-toll@live.com or at my home at 684-3671.

CABOT COMMUNITY

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Make A Difference At Your Town Meeting

By Deb Markowitz,
Secretary of State

On Town Meeting Day, the first Tuesday in March, citizens across Vermont come together in their communities to discuss the business of their towns. For over 200 years, Town Meeting Day has been an important political event as Vermonters elect local officers and vote on budgets. It has also been a time for neighbors to discuss the civic issues of their community, state and nation.

While some of our towns vote all of their issues at a polling place (by Australian ballot), most of our communities still decide local issues and set municipal budgets at a meeting of the voters. The beauty of Vermont's tradition of debating and voting on issues at a meeting of the voters is that every citizen can have a real impact on the direction and decisions of the town. But to be effective at Town Meeting, you must be prepared.

At the Secretary of State's Office we have compiled a number of resources to help. Visit our Town Meeting Website <http://www.sec.state.vt.us/TownMeeting/index.html> or email gcolbert@sec.state.vt.us or call 802-828-2148 to order our Citizen's Guide to Town Meeting or our Moderator's Handbook.

Here are some tips to help you get the most out of your town meeting.

1. Find out what will be decided at Town Meeting. Every town must publish and make available to voters a Town Report. The Town Report can tell you a good deal about what to expect at your town meeting. It includes the warning -the official agenda of the meeting. The warning is a list of the issues that will be discussed and acted on by the meeting. Reports from the town officers explain what has gone on in the town over the past year and may suggest what is planned for the

future. Finally, a close look at the budget (what is proposed to be spent in the coming year) and the audit report (what was actually spent in the prior year) lets you assess whether the town is spending your money wisely and whether you agree with the priorities for the coming year.

2. Get to know the rules of procedure that will govern the meeting. In most of our towns, Town Meeting is run using Roberts Rules of Order. A good moderator helps ensure that the meeting is fair and that everyone who wishes gets an opportunity to speak; but if you take some time to understand Roberts Rules of Order beforehand it can make a real difference in your effectiveness. To help you navigate Roberts Rules, we have reprinted on our Town Meeting website a short publication by the Vermont Institute of Government: This Meeting Will Come to Order – A Voter's Guide to Town Meeting Procedure. Of course, when you do speak it is important to keep your message direct and simple, and to avoid getting personal even in the event of a heated debate.

3. Find out who is who in town government. Before going to your town meeting it is good to take a minute to review who-is-who in town government. Town meeting is a good time for us to show our appreciation for those who work hard for us all year: the volunteers who serve on our boards and commissions, the folks who work in the town offices, our road crews and the people who manage our parks. There is no better way to make a difference in our communities than by saying thanks to those who serve - except perhaps by taking a turn in office yourself!

Town meeting may be a piece of our past, but it is still shaping our future. So, make a difference in your community and go to Town Meeting!

Interview With Caleb Pitkin, Selectboard Chair

By Will Walters

The Cabot Chronicle was afforded the opportunity speak with Caleb Pitkin, Cabot's Selectboard Chair.

Chronicle: In reviewing the past year, has the deficit been retired? Is a deficit expected for the coming year?

Pitkin: 2007 deficit was retired by raising a special tax to do so, as required by Vermont law. It appears at this point that we may not have a deficit for 2008.

Chronicle: What major projects were accomplished by the town? Are there any that had to be postponed? Why? Are there any yet to be completed?

Pitkin: No new projects were undertaken by the Selectboard this year. We painted the Willey Building as planned, but found that the roof was far enough gone that it probably warrants replacement. We hope to replace all or part of the roof this coming year. Also, we have not yet installed doors to the auditorium as planned.

As far as long-term projects, we continue to think of ways to alleviate the congestion at the town garage site. Temporarily we have stored some sand at the Masonic hall, and we continue to look for a convenient and affordable site for a new town garage.

Chronicle: What is the proposed budget for the coming year? How does this compare to the past year? How will this affect the tax rate if approved at Town Meeting as-is?

Pitkin: The budget for 2009 is not yet complete. Most items are level funded, with increases in health insurance, other insurance, payroll taxes, county tax, fire department operations, and a few other miscellaneous items. We are asking for \$40,000 toward the highway equipment sinking fund, a request we haven't made for the past two years. There have been no pay raises or cuts proposed in either the highway or general fund budgets.

Chronicle: How is the highway department doing? Were any major projects undertaken? Are any major ones planned for next year?

Pitkin: The road crew is getting along fine. We had planned to sell the old truck, after buying a new one in 2007, but it has been extremely convenient to have a spare, so we haven't sold it. We did pave Gould's flat, but have no big paving projects lined up for 2009.

Chronicle: With talk by the state of cutting local highway funding, how would this affect Cabot if the cuts go through?

Pitkin: We have been told to anticipate a fifteen percent reduction in our state aid for highways and bridges.

Chronicle: The town purchased the Masonic Hall last year. What are the plans, if any, for its use? What would the Selectboard prefer to use it for? Does the building meet all accessibility requirements? What repairs or modifications, if any, are anticipated?

Pitkin: The Town was given the Masonic hall in 2007, though the Masons continue to use the meeting space in the second floor as a condition of the gift. The building needs improvements in plumbing, wiring, and drainage, some of which we hope to accomplish this summer. Several local groups have approached us about using the space, but no concrete plans have been made yet concerning future use.

Chronicle: Does the town plan on making any changes to its accounting methods, either soon or down the line? Why?

Pitkin: Again this year we feel pinched for time in working through last year's budget with our accountants before the town report goes to press in early February. We have discussed the possibility of moving to a different fiscal year, and these discussions will continue in the months ahead. There will be no proposal on the warning this year, however. Another change we're looking at in the next few years is the adoption of capital budgeting. This will help us prepare for long-term infrastructure needs, and will allow us to incorporate impact fees into our wastewater and zoning ordinances.

Chronicle: Does the town still want the village water system extended to Lower Cabot? If so, when would it be expected to happen and how would it be managed?

Pitkin: We are also exploring the possibility of bringing the village water service to Lower Cabot, as a long term solution to the contaminated wells there. Significant grants would be available from the state for this project, but before applying, we need to establish the level of interest among Lower Cabot residents and determine the level of commitment of the entire town toward bonding the project. We have no firm timetable for this project.

Chronicle: Has the Selectboard considered letting the town forests be logged to raise money? Would logging be better forestry practice? Where are the town's forests and what are their acreages?

Pitkin: 70 acres up near Pike's. Charlie Wanzer talked a few years ago about having some students use the forest with the county forester to learn how a woodlot should be managed and maybe put in some trails. If the school doesn't follow through we may have a forester develop a plan for us. Maybe the conservation commission would be interested.

Chronicle: Has the town instituted any cost saving measures during the past year? Any planned for the future?

Pitkin: Third floor doors and storm windows on the Willey building are things being looked into to help save on heating costs.

Chronicle: What has been the effect on the town's expenses by the wide fluctuations in fuel prices? Have any measures to address this been developed?

Pitkin: We saw a bulge in our fuel expense this past year, but prices are coming down again so we have left the fuel budget unchanged.

**FIRE DEPARTMENT OPEN HOUSE**

The fire dept. will be holding an open house February 28 from 1 p.m. to 3 p.m. for people to come and see the newly arrived fire truck and equipment.

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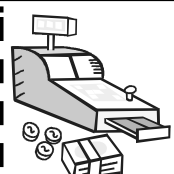
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Hamming It Up On Cabot Plains

By Chip Taylor (Ham call: W1AIM)

The cross-country skiing has been great, but now the sun is about to go down and the thermometer is already headed for the basement. I make for home, pour a cup of coffee and turn on the ham (amateur) radio and the computer. Yes, even in the computer age ham radio is alive and well. In fact, computers and the Internet have greatly expanded what can be done with amateur or "ham" radio. The first thing I do is get on line and check NOAA's "Space Weather" site: There are no geomagnetic disturbances and no aurora is predicted. That means the high frequency bands hams use for long distance communications should be good. Then I look at a real time "greyline" map- this shows where the sunset/sunrise line is around the world. Communications along this "terminator" line are often enhanced, and it's almost sunset here in Cabot. Then I check a favorite ham DX (distance) "spotting" site. This works like a worldwide chat room in which hams can post real time notices of what foreign ham stations are currently operating on various frequencies.

I'm reminded how convenient this is: I see a spot (announcement) for a Dxpedition (group of hams operating from a rare, often uninhabited location) on Bouvet Island. It's so remote they had to make a two week sea voyage just to get close to the island, and then bring their gear and themselves ashore by helicopter. This operation will cost well over \$200,000! But I have already contacted them the day before, when they were having problems with high winds and sub-zero temperatures. Now it looks as if they are doing OK, so I'll let others "work" (contact) this rare location. Ah, but here's another spot for 3B8CF, "Jacky", who's on Mauritius Island in the Indian Ocean. I've contacted him on other frequency bands, but not the one he's on now, and the "greyline map" indicates his signal should be good. He's on "CW" (Morse code) and sends fast, but it's worth a try.

So now it's time to move from the computer to my ham transceiver (transmitter and receiver in one unit), and zero in on Jacky's frequency. Yes,

there he is, calling CQ ("Hello, I am looking for someone to talk to" in ham speak) with a good signal. I give him a call, and he comes right back: On Morse code he sends, "Hello DR Chip, FB sigs, 599. WX HR sunny and 32C, HW CPY Cabot?" (Hello dear Chip. Your signals are "Fine Business"-very strong and clear. The weather here is sunny and hot. How do you copy me in Cabot?) Well, Jacky makes thousands of ham contacts a year and obviously he didn't remember me- he just quickly checked my call and location on an Internet "look-up" site as we talked. The Internet IS handy! But my CW is rusty, and others are standing by to work him. So I keep it short. And as I am finishing up I hear another call break in, "W1AIM DE VE9DX up 5". That's my friend Andy from New Brunswick, Canada, asking me to move up frequency a bit to chat. Andy can send VERY fast, so when I move up in frequency I ask him to "PLS QRS" (Please send slowly). He obliges and we chat a bit- He just wants to wish me a Happy New Year and ask when I'm next going to visit.

After I sign off with Andy I move up into the "phone" (voice) part of the band and tune around. I hear some Spanish from South America-Obviously local hams chatting with one another, as the universal ham language between countries is English- and I continue to tune up the band. I hear various stations from all over. Ah, here's a frequency with no one there. So I try a short CQ of my own, adding my call and mentioning that I am in Vermont. (A handy trick, as Vermont hams are somewhat rare, and many hams, particularly those in foreign countries, are always looking to contact all fifty states for a nice piece of "wallpaper". (Certificate to hang on the wall.) As soon as I stop transmitting I get a call from a loud station who is just outside of London in England. After we exchange the usual small talk about names, weather and the equipment we are using he asks me if I'm near Montpelier. It seems that some years ago, when he retired, he and his wife vacationed in New England, and stumbled upon Camp Meade in Middlesex. Turns out he's a bit of a military history buff, and for the next 20 minutes he regales me with stories of being a little boy in

London during the Blitz, and what it sounded like to hear German Buzz Bombs hitting London. Wow, a fascinating conversation with someone who actually experienced German bombing raids in WWII!

But it's getting late and I sign off for dinner, making a last minute on-line check for any really rare ham locations that might be on the air. There's not much going on, but while I'm on-line I make a quick e-mail check. In among the spam is a message from a ham in North Dakota. He needs Vermont in his quest for WAS (Worked All States) on the Two Meter band. Normal range for that VHF (Very High Frequency) band is around 200 miles, but he's suggesting a Meteor Scatter "QSO" (Contact) in which the ham stations bounce their signals off ionized meteor trails. There's a meteor shower coming up, so I reply with a suggested time and frequency for a try. And here's an e-mail from my friend Krassy, a Bulgarian now living in Massachusetts. He wants to know if I plan on returning to St. Paul Island for another Dxpedition. I'll need to give that some thought: St. Paul Island is off the coast of Newfoundland, and I went there a couple of years ago with Krassy and several Canadian hams to give other hams around the world a chance to contact this uninhabited spot. One of our generators fell in the water, Krassy fell off a tower breaking his leg and had to be evacuated by a Canadian Forces helicopter, and I almost drowned in heavy seas getting off the island after living in a tent for a week. I'm not sure I'm up to another adventure like that for a while!

As I turn off the radios and head downstairs for dinner I reflect on how many various things can be done with ham radio: emergency message handling, radio contesting, hidden transmitter hunts, talking through amateur space satellites, bouncing signals off the moon, even using ham television. And that none of them require a subscription and payment to a faceless cell phone provider. In fact, hams can even talk with a foreign king or queen, a Nobel Prize laureate or astronauts on the International Space Station. Try doing THAT with a cell phone!

For more information check out the Website of the American Radio Relay league: www.arrl.org.

Selectboard & Schoolboard Meeting Minutes

To be added to the list to receive the Cabot Selectboard & Schoolboard meeting minutes for the town of Cabot, send an email to

signup@cabotvt.us

When available the meeting minutes will be emailed to you.

A blank email is sufficient as I assume people are sending the message for the purpose of being added and I just use the return address in the message.

Of course, if you want to send a compliment, I will be glad to read it.

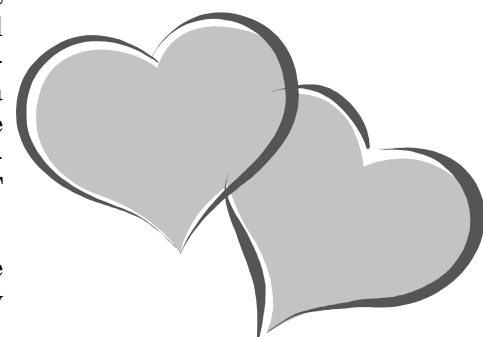
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EVERYTHING is FREE

Saturday - Valentine's Day
YARD SALE 10 am - 1 pm

Vintage clothing (mostly 70's and 80's); linens; knick knacks and collectibles; books; material; kitchen stuff; costume jewelry; just TONS of stuff!

It will be held inside a heated greenhouse. Please bring your own bags and no "early birds."

Amanda's Greenhouse - Rt. 215
Yes, it is all **FREE**

Recreation Department

By Libby Hale

Spring is on the horizon. We're starting to feel it! What happens in spring? BASEBALL. Looking forward, we have some meetings and planning dates scheduled. On Friday, February 6 we will have a Little League organizational meeting for anyone who is interested in helping, coaching, organizing, officiating, scheduling or has ideas to help make this LL season run smoothly. This organizational meeting will be held in the school cafeteria. Saturday, March 7 will be the day for Little League SIGN-UPS.

Sign-ups will be held in the gym, stay tuned for the time. There is a need for coaches at all levels, T-ball, Farm, Minor, Major and softball as well as someone willing to attend a couple CVLL meetings and bring the info back home.

Closer on the horizon our February Dinner and Bingo is set for Saturday, the 7th in the school cafeteria. As usual, dinner is simple pasta, bread, vegetable, beverage and dessert served free at 5:30 p.m. with \$50 bingo beginning at around 6 p.m. This has been lots of fun with a supervised open gym as well.

C'mon down and play!

With the change of season and sport coming, remember to keep all of the outgrown (in good shape) equipment in a handy spot for the SPRING EQUIPMENT SALE. This will be scheduled in March sometime... stay tuned for this too.

Please call with any questions Rebecca Nally 563-3503 or Libby Hale 563-3226

GREEN CHEESE

OBITUARIES

Mayhem Mavens

By Peter Dannenberg

I'm not a winter sports fan. When bitter arctic air blasts Vermont, I opt for a warm TV. The recent glut of snow and ice has me spending more time than usual staring at a flat screen.

Despite a satellite subscription that crams more channels than I thought possible into my living room, I find myself running out of tolerable shows. I flip through the guide, chanting my mantra, "Saw it, saw it, looks bad, boring, saw it."

I'm spending too much time watching a seemingly endless series of programs with actors intently examining gory dummies who met violent ends. Script writers lighten the mood with puns about the creepy conditions that led to each simulated death. I like witty wordplay, but if it was a real autopsy, I'd be clutching an air sickness bag.

My bride hates to watch crime dramas with me. I shout, "He did it!" about ten minutes into the show." I'm often right. Not because of my knowledge of investigative techniques or forensic science, it's because of economics. (WARNING: If you prefer to be surprised when the murderer is unveiled, skip the next paragraph.)

I know producers pay actors. So I look for a character with a speaking part, but without a good reason for being on screen. I figure there's a reason to pay her. (Of course, she could be somebody's special friend.) The more innocent she appears, the more likely she's a dastardly villain.

OK, I admit it's cheating to use real life as a clue to solve a TV mystery. But I take less time than the slew of TV investigators who use laboratories chock-full of scientific do-dads that would turn most real coroners green with envy. It's fun to see if I'm right.

Often the lab finds a subdural hematoma killed the dummy. That's bleeding in the brain. On TV, it's always fatal and caused by just about any blow to the head. The cause may be bizarre, like a falling bald eagle shot with an arrow by Aztec drug smugglers who need its heart to ward off a black magic curse by their Mayan rivals.

Alarmed by hordes of mannequins keeling over from hematomas and the havoc to our national birds, I con-

sulted my physician. I thought such a widespread ailment must have a charitable foundation doing research to stem the plague. Maybe there was a telethon hosted by a celebrity medical examiner.

To my astonishment, my doctor saw only one such trauma in twenty years. It wasn't fatal and he missed it at first, because it was so rare. Obviously, he doesn't watch enough TV. With that casual attitude toward trends in medical science, a plummeting eagle might clobber him on his next Mexican vacation.

It's hard to filter out nonsense; TV is not alone in using mumbo-jumbo language to make simple ideas seem too deep for the average guy. Look at the current financial meltdown. Its roots were in good times. Banks made too many loans to people with bad credit. When the economy went sour, as it does periodically, debtors couldn't make their payments.

But in order to spread the risk, investment bankers repackaged and bundled shaky loans with good loans into exotic financial instruments that promised high returns with low risk. Governments, colleges, hospitals and pension plans looking for safe investments bought them.

Then the crash came. Wall Street investment bankers scurried to Washington. They said the exotic instruments and financial markets were so unfathomable that no one was to blame. The only solution was a bail-out with tax dollars. And the government bought it.

No one asked, "Are eagles really dropping from the sky like snowflakes? Are subdural hematomas mowing down the population like a hailstorm in the flower garden?"

Government officials who ask financiers probing questions might seem merely human; the public might think they didn't already know everything worth knowing. It might raise eyebrows. Who bloodied the mannequins and who let them? Better throw money at the problem to break the evil spell.

So I'm looking forward to warmer days when water stays liquid outdoors and assets stay liquid in banks. Until then, beware of falling eagles.

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Merna Jean Wheeler Pike

CABOT



Merna Jean Wheeler Pike, 81, died peacefully in her Cabot home Jan. 12 following a long illness. She was born in Cabot, Sept. 19, 1927,

the daughter of

Maurice and May (Walbridge) Wheeler and she attended Cabot schools.

She married Phil Pike in the Cabot church parsonage April 19, 1947, and they celebrated their sixty-first wedding anniversary last April. She worked on the Cabot hot lunch program for 25 years.

A farm wife and mother to five children, Jean was a longtime member of the Cabot PTA and she also enjoyed many years of participating in the Fourth of July festivities. As a young couple, Phil and Jean particularly enjoyed evenings out with their friends, Walt and Roberta Bothfeld. Jean loved to knit and crochet. Many children, including neighbors, her own grandchildren and those in need, benefited from her talents.

Jean is survived by her husband and her five children: Fred and David Pike and Beth (Pike) Bathalon, all of Cabot; Dana Pike of Lyndonville and Philip Pike of Greensboro. She is also survived by her three sisters and three Brothers: Martha Neveau of Cabot, Marilyn Searles of Claremont, N.H.; Marge Wells of Williamstown; Bill Wheeler of Cabot, Mark Wheeler of Barre and Maurice Wheeler of Gloucester, Ma. She is also survived by ten grandchildren, five great-grandchildren and nieces and nephews.

A well-attended memorial service was held at the Cabot United Church in her honor Sunday, Jan 18. In lieu of flowers, contributions can be sent to Central Vermont Home Health and Hospice at 600 Granger Rd. Barre, VT 05641.

Zebulun John Engle

CABOT



Zebulun John Engle, 22, of Woodsville, N.H., died on December 28, 2008, at Cottage Hospital, Woodsville.

He was born in Haverhill, N.H. to Nathan William and Elizabeth (George) Engel, Jr. on October 26, 1986.

Zeb graduated from Woodsville High School, class of 2004. He recently had been a welder for Robco Metal Fabricators of Wells River, and had also worked at Valley Vista in Bradford, Vt.

Zeb enjoyed the outdoors, hunting and fishing, and especially power sports. He loved listening to music and helping his brother Isaac with various musical endeavors. He treasured time spent with his family.

He was predeceased this year by his paternal great-grandmother, Lyle R. Barrows, his maternal grandmother Helen June George and by his stepmother, Deborah Engle.

He is survived by his mother Elizabeth (George) Nunn and husband Carl of Cabot; his father Nathan Engel Jr. of Bartow, Fla.; paternal grandmother Janet Tate of Bartow, Fla.; maternal grandfather Ernest H. George, Sr. of Woodsville; a brother Isaac Engle and wife Jen of Framingham, Mass.; a half sister Meriah and half brother Josiah Nunn both of Cabot; a step brother Karl Nunn of Odenton, Md.; a niece Isabelle Rose Engle and numerous aunts, uncles and cousins.

Memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, Tenn. 38105-1905.

Calling all active, civic-minded, social women from the Cabot and Marshfield areas to join the Twin Town Homemakers Club

Our activities include arts and crafts, movies, gardening, get-togethers around meals, and assorted community-based activities. The group meets once a month, usually on the second Tuesday evening of the calendar month.

We support many local organizations, including donations to the Ambulance, Fire Dept., Library, and Seniors' groups. We make up Thanksgiving baskets for some of our neighbors in need. We sponsor the luncheon on Fall Foliage day.

We volunteer at assorted community activities.

Our goal: to get to know and support our neighbors and our community.

Meetings are usually in the Cabot Church basement, and after some brief business, we concentrate on having fun!

If you would like to learn more, please feel free to call our president, Rose Ksepka at 426-3631, or just join us for our next meeting on Feb. 10th at 6:30 p.m..

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JOHN des GROSEILLIERS



By Bonnie Stevens Dannenberg

CURDS to Tim and Bobby for faithfully delivering our mail, even to snow-covered mailboxes.

WHEY to weather that keeps covering our mailboxes in snow.

CURDS to all the public servants in town; the J.P.s, Selectboard, School Board, Village Board, listers, auditors, Planning Commission, Zoning board, Town Clerk, Assistant Town Clerk and all who give so willingly of their time so things run smoothly.

CURDS to Phil Pike Jr., who served Cabot as a Justice of the Peace for 38 years and Harry Thompson also served for many years, before retiring in the last election cycle.

CURDS to Walt and Julie Ackermann for the new snack bar.

CURDS to those who cut back the snow banks at the end of their driveways to give better visibility and safety.

WHEY to those who allow their dogs to run loose when it's much harder to slow or swerve to avoid them on ice and snow-covered roads.

CURDS to Kathleen Hoyne, Terri Nunn and Leonia Pike for the delicious bacon, egg and cheese breakfast sandwiches they rustled up for the Mentors' Appreciation Breakfast last month.

CURDS to KAPOW! Cabot's middle school prevention group. KAPOW! Kids in Action Empowering Our World, created and hosted a great smoking prevention game with the 5th and 6th grade classes. Wesley Ameden, Hugh Burke, Adlai Feldman, Lars Hammer, Daniel Hoyne-Grosvenor, Jonah Jarvis and Timothy Mueller-Harder worked hard to educate their peers about the ill effects of tobacco and marijuana use.

ASK THE HOME TEAM BY EFFICIENCY VERMONT

My kitchen is pretty far from my water heater, so I have to run the water a while before it gets hot. I'm concerned that this is running up my energy bills. The water heater works fine at closer taps, so I know that the water temperature is hot enough. Would I save money by installing an instantaneous water heater under the sink?

The best answer is "it depends". A long wait for hot water does waste water and energy. You could save both with an instantaneous water heater, but you'd need to compare those savings to the installation costs. A gas instantaneous water heater requires a fuel line and venting. An electric model probably will require a new electrical circuit and could be more expensive to operate, depending on utility rates.

Seeing as you're prepared to pay the cost of a new water heater, another option could be a demand recirculator for your existing water heater. This device brings water to the tap quickly by using a small pump installed under the sink. This approach lowers water-heating costs because water from the kitchen cold-water pipe is recirculated to the water heater. That reduces the amount of colder water, from outside the house, that needs to be heated.

A demand recirculator costs about the same as a water heater and can be purchased and installed by a plumber. If this interests you, ask your plumber if he or she is familiar with this device and if it would be appropriate for your household's needs.

- Bob for The Home Team

My family has a vacation home in Vermont, where we spend most weekends. It feels like a waste of gas to keep the water heater on all week, so I'd like to turn it off when we're away. Would it save energy to do that?

It sure would, but you'd need to take some precautions. While you're away, the water in your tank would fall below 140 degrees Fahrenheit, which is the temperature needed to prevent the growth of certain bacteria.

You'd think the solution would be as simple as setting the heater to 140 degrees while you're using your vacation home. Water that hot, however, will scald you. So, you'll first need to make sure that your heater has a mixing valve, which will reduce the temperature at your tap to 120 degrees while the water in the tank remains at 140 degrees. If you don't have a valve, your gas company or the person who services your tank can install one. Then, you can safely turn off the heater as you leave your Vermont home and set it to 140 when you return. Just be certain that, when you first turn the heater on, you wait for the tank to come to full heat before you use the hot water. You can test the temperature at the tap with a meat thermometer.

When it's time to retire the old water heater, you could replace it with an on-demand model. This kind of water heater has no tank, so you wouldn't run the risk of bacteria growth that can happen in stored, unheated water. On-demand water heaters, also known as instantaneous heaters, have their pluses and minuses, so get the facts from your fuel dealer or equipment supplier to determine if this option would meet your family's hot water needs. Meanwhile, enjoy your time in Vermont!

- Li Ling for The Home Team

Have a question about saving energy? Want to read more tips from the Home Team's Li Ling, Bob and Kathleen?

Visit www.efficiencyvermont.com/askthometeam or call, toll-free, 888-921-5990 to speak with a customer service representative.

The Cabot Chronicle FEBRUARY DEADLINE

The deadline for March edition of the Cabot Chronicle will be moved to Feb. 12 to accommodate the short month.

Please send submissions to editor@cabotmedia.org.

Vermont's Quit Smoking Services Phone • Local • Online

The Vermont Department of Health offers these services to help Vermonters double their chances of quitting for good.



Free Phone Quitting Coach—The Vermont Quit Line

The Quit Line links you with a quit coach who will call you at a time that works for you., help you get ready to quit, and give you tips, advice and support to help you stay quit. The Quit Line can also link you to a local quit coach or mail out self-help materials. You may be eligible for free or lower-cost nicotine replacement therapy like patches, gum or lozenges. Call toll free **1-877-YES-QUIT (937-7848)** when you want to get ready to quit.

Local Quit Coaching—Ready, Set...STOP Program

Each Vermont hospital has a **Ready, Set...STOP** program that offers one-on-one or group coaching to quit smoking. Or, you can call the Quit Line or go to www.TobaccoStories.org to find out how to reach a local quit coach.

Free Online Quit Smoking Service—www.VermontQuitNet.com

QuitNet.com is the leading online quit smoking resource. More than 60,000 smokers and ex-smokers visit the site every month to quit smoking or to stay quit. QuitNet gives you advice, tips and other help to succeed. They figure out what type of smoker you are and send e-mails that fit you.

For more info or to share stories, tips and advice, go to www.TobaccoStories.org.

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SENIORS PAGE



By Marvie Domey

The Twin Valley Seniors received a nice surprise last month, a result of the caring and enthusiasm of one of our volunteers. Regina Heth, who helps in the kitchen, also works at Ben & Jerry's in Waterbury and they have a Community Action Team (CAT) program which makes monetary gifts to non-profit organizations in the central Vermont area. Every three months CAT visits various groups to determine need. An employee keeps track of his/her volunteer hours and submits them to CAT. There is a drawing and the organization the employee volunteers for receives the gift. The Twin Valley Seniors were very pleased to receive \$1,000 from Ben & Jerry's and we wish to thank Regina for her wonderful thoughtfulness.

As this goes to print the new Bone Builders Exercise Program at the Senior Center will be underway. This program involves strength training, balance exercises, helps prevent osteoporosis and enhances energy and well being. Instructors are Donna O'Malley and Kyong Rorison from Neighbor to Neighbor/Americorps



through CVCOA. The program meets Mondays and Wednesdays from 11 a.m. to noon for eight weeks. Interested seniors can still join the group by calling 426-3477. Leave a message and your call will be returned.

Meals continue to be served Monday, Wednesday and Friday at the center. Anyone needing transportation is encouraged to call the center 426-3477.

The next Foot Clinic is scheduled for March 2. There is a new number to call for registration: 426-3200. The fee is \$15 and you must call to schedule a time.

A tax preparer will come to the center in February to answer questions and help seniors with their forms. Registration is required by calling 454-7750. The dates will be set depending on the number of registrants.



The quilt made by Mildred Hopkins to benefit the Twin Valley Seniors was raffled in December and won by Kenneth Chamberlain, father of Linda Wells, Plainfield Town Clerk. Mr. Chamberlain was staying for a while with his daughter and attended the senior center.



Delores Muench displays the certificate presented to her and her husband Rolf by the Cabot Historical Society. The certificate was inscribed for "good citizenship" and support of the historical society. The certificate was presented to her New Year's Eve during the last night of operations of the Muench's business Goldie's Gathering.

Meet Board Member Marvie Domey

By Mary Etta Chase

Marvie Domey grew up in Cabot on a farm and about a half mile from where she now lives. She is a fifth generation of the Gould family who originally settled near the center of town. A retired registered nurse, Marvie worked most of her professional life in the Central Vermont area. She still helps out at Covenant Hills Christian Camp in the summer. She and her husband Carlton have five children and seven grandchildren. All but one family live in Vermont. One granddaughter is in Chile teaching English.

Marvie has been and is active in Cabot. She is on the Cemetery Commission, historical society and involved with Old Home Week and Fall Foliage committees. She plays the organ and has held various offices in the Cabot United Church. She is Registrar for the Washington Association of the Vermont Conference, UCC, a member of OES and was recently elected Vice-

Chair of the Board Of Directors of Twin Valley Seniors. Marvie is a graduate of Vermont Academy of Spiritual Training and supplies pulpits to area churches.

Traveling is a favorite thing to do and Marvie and Carlton have motored across the country for six weeks and spent two weeks in Alaska. She would like to go back to Alaska. Having a bed and breakfast was once a dream that has been abandoned. She reads a lot and her favorite subjects are historical novels, biographies and mysteries. Her other interests are crafts, knitting and cooking. Dogs are her favorite pet although she does not have one now. Marvie's family is very important to her. She especially enjoys getting together on special occasions.

Friends of the Winooski River Annual Dinner

The Friends of the Winooski River Board & Staff would like to invite our donors, volunteers and partners to join us for an evening of food, music and good company!

Music 5:30 to 6:30
Dinner 6:00 to 7:00
Program 7:00 to 8:30

We will be honoring three of our dedicated volunteers from the Headwaters Partnership: Steve Fiske, George Springston and Gary Gulka along with the Friends own board member, Allen Banbury

There will be a panel discussion on the issues surrounding the development of micro hydro projects with members of the Water Resources Board, the Agency of Natural Resources, Community Hydro and the Vermont Natural Resources Council



Date: Thursday, February 12th
Time: 5:30 to 8:30 PM
Location: LACE
159 N Main Street Barre VT

RSVP by February 7th to 655-4878 or fwr@sover.net
Contribution \$15 (under 12 free)
You can pay at the door or mail check to Friends of the Winooski River
PO Box 777 Montpelier VT 05601

LIBRARY NEWS

Cabot Public Library News

Winter is definitely upon us. As I write this it's CO-O-OLD out, 18 degrees below 0, but at least it's sunny. As I do every January, I have recently compiled our Annual Report for 2008, and I'm pleased to report that overall use of our Library increased by 17 percent in 2008. We provided services to over 8,500 people; circulated 11,723 books, audio books, videos and magazines and provided 462 Interlibrary Loans. Computer/Internet use totaled 2092 sessions. 60 new Library cards were issued. And, 3,279 adults and children attended free programs. In September, we increased our hours and changed to those that we hope serve everyone's needs in the community. We are now open 23 hours per week offering more morning hours, more after school hours and additional hours on Saturday afternoon. You'll find us open Tuesday 10 a.m. – 2 p.m. & 3 – 7 p.m., Wednesday 3 – 6 p.m., Thursday 10 a.m. – 2 p.m. & 3 p.m. – 6 p.m. and Saturday 9 a.m. – 2 p.m.

We have recently begun to automate our collection. This project will take time to complete (we input each item manually into an on-line system,) and is projected to be finished January 2010. When completed, you will be able to search the Library's collection via the Internet and will be able to get updates as to what books you have checked out or see if a book is currently on the shelf. If you are computer savvy, detail oriented and have time to lend we would love to interview you as a potential volunteer. Stop by the Library or give us a call.

As always, we have some exciting programs coming up. So see you at the Library!

Pete Sutherland in Concert The Wilderness Road – Vermont History in Songs New and Old Tuesday, February 10 – 7 p.m.

Addison County folk musician and songwriter, Pete Sutherland, will be singing original and traditional songs from Vermont's colorful history in an intimate acoustic concert. Sutherland has been keen on his native state's history since grade school and as a folksinger and fiddler has been learning the older ballads, folksongs and dance tunes ever since, including pieces from his family and neighbors. Over the last 15 years he's worked up some of his own as well. Pete writes, "I'm proud of these songs, in which I've tried to paint some of the vivid history of the Green Mountain state through portraits of characters and events infamous, notorious, and often larger-than-life-stories I felt called to set to music, freeing them from the dusty bookshelf." The result in 2008 was the release of his CD "The Wilderness Road", a collection of these original pieces that features a number of fine local guest singers including Jon Gailmor, Tammy Fletcher, Colin McCaffrey, Patty Casey, Megan Macarthur, Steve

Gillette, Cindy Mangsen and Tony Barrand. Sutherland's concert will also include his fiddle playing which has powered many a contra dance over the years.

Tender Yoga with Jasmine Lamb Thursdays 6:30 p.m. – 8 p.m. through February 12

Cabot resident Jasmine Lamb will help us listen to our bodies with the support of gentle and strengthening movement while cultivating breath, body, and self-awareness. Jasmine has been sharing yoga with others for two years, and exploring it within herself for ten years. She has completed the yoga teacher training taught by Patricia Brown and Surya Chandra Das at Rolling Meadows Retreat Center in Maine. This is a six-week class beginning January 8 through February 12. Classes will be held in the Library Reading Room and is open to all levels and experience. Please bring a yoga mat and blankets (some mats will be available.) Donations welcome.

Creative Writing for Youth — 3:30 p.m. on the First and Third Thursday

Led by Amy Cooke and Connie Koeller, we'll do fun writing exercises and games, read aloud, and explore books. The only requirement is that you come with a creative mind and have fun! For ages 8-13.

Art Fits Vermont – TLCabot — Throughout February

TLCabot participated in the Vermont Arts Council "Art Fits Vermont." This exhibit showcases the art of Cabot School students and community members' using 15" puzzle pieces provided by the Vermont Arts Council. "Art Fits Vermont" is a statewide community arts project modeled on the Vermont Arts Council's 2006 Palattes of Vermont project. It offers Vermonters of all ages, interests and abilities the opportunity to create, showcase and celebrate art.

Story Time — Friday Mornings at 10:30 a.m.

Children gather together for stories, songs, art and fun! Children of all ages, parents and caregivers are welcome. And there's plenty of time to browse for books.

Cabot Library Book Review



Up and Down the Scratchy Mountains

by Laurel Snyder
Random House Books for Young Readers
Ages 7 - 11,
256 pages

"Up and Down the Scratchy Mountains is a delightful book. I loved Lucy, a milkmaid, who runs away in search of her mother who has been a mystery to her for a very long time. When her best friend Winston (who happens to be a prince) hears that she ran away he hurries after her. Along the way they both meet some interesting people and things, such as Cat the Dog. Together these wonderful characters and silly places will make it a book you never want to put down!"-- Helen Sawyer

"I looked forward to reading this book to Helen every night and finding out where Lucy and Winston's adventures would take them next. Lucy is smart, brave and headstrong, and Winston is a caring and generous friend. His concern for Lucy when he learns that she has run away leads him on a journey that helps him discover what is truly important to him, and that just because something is "proper" doesn't necessarily mean it's the right thing to do. Lucy's quest almost leads her into real trouble, and no closer to finding what she set out to find. Her spirit and imagination get her in (and out) of some tight spots. But finally she must return home for the truth, which is revealed in a chapter that is both honest and sensitive." -- Cecile Johnston

(We are looking for book reviewers. If you have a book you would like to review please contact Connie.)

Library Hours: Tuesday 10 a.m. - 2 p.m. & 3p.m. -7 p.m., Wednesday 3 p.m. -6 p.m., Thursday 10 a.m. -2 p.m. & 3 p.m. - 6 p.m. and Saturday 9 a.m. – 2 p.m. Library programs are free and open to the public. For more information about library services call 563-2721 or e-mail; cabotlibrary@yahoo.com.

Anais Mitchell to Perform Benefit Concert for Jaquith Public Library



On Saturday, February 7, at 7:30 p.m., Marshfield's own Anais Mitchell will perform for her home town library, the Jaquith Public Library, at the Plainfield Town Hall.

Mitchell grew up on a farm in rural Vermont. She began writing songs at the age of seventeen. She recorded her now out-of-print debut *The Song They Sang When Rome Fell* in a single afternoon in 2002. Her next album, *Hymns for the Exiled* was released in 2004. This record caught the interest of Ani DiFranco, a songwriter whose writing had a formative influence on Mitchell. Ms. DiFranco soon signed Mitchell to her label, Righteous Babe Records. *The Brightness*, her first recording on that label, was released to rave reviews in February 2007. More recently, Mitchell joined together with friend Rachel Ries to record *country e.p.* The artist is also known for her brilliant folk opera *Hadestown*, which was staged throughout Vermont in 2007. The recording from that opera is slated for release in 2009.

Proceeds from the show will benefit the Jaquith Library in Marshfield, a library known for its extensive free programming for all ages throughout the year. To find out more about the library visit our website at www.marshfield.lib.vt.us

Hugh Blumenfeld wrote in SingOut! Magazine, "It's rare enough for a young songwriter to come along who is a genuine artist, a compulsive truth teller for whom words are like oxygen. It's doubly rare for that artist to strike a nerve with audiences. And so people are talking about Anais Mitchell." Mitchell is on tour much of the year so don't miss this opportunity to experience this extraordinary performer.

Tickets are \$15 and available for sale at Bear Pond Books, The Jaquith Library in Marshfield, and the at the door of the concert. Doors open at 7 p.m. For more information call: 426-3581.

Friends of Cabot Library

Submitted By Sandy Atkins

Friends of Cabot Library want to help warm up the town in late February by providing a soup lunch on Saturday, Feb. 21, from 11 a.m. to 2 p.m., at the Willey Building meeting room. Proceeds from the lunch will help provide library programs and services.

A variety of soups with a corn muffin will be offered for lunch for \$3. Beverages will also be available for \$1, and cookies for 75 cents. Arrangements are in the works to offer sandwiches for sale as well.

"This will be a great time for people to get together and will help alleviate "cabin fever", says Friends' president Mary Lou DeLacy.

The group will also feature a sale of cookbooks, DVD and VCR movies to help get the winter-weary through to spring.

Anyone interested in helping with the soup lunch or interested in joining the Friends may call Lynn McKinney; (802) 274-7084.

Friends of Cabot Library held their monthly meeting on January 10 at Mary Lou DeLacy's on Urban Trail. Five members were present.

The group decided to hold an annual meeting in May that will be open to the public.

A planning process was used to plan the soup lunch to be held on Saturday, Feb. 21, from 11 a.m. to 2 p.m.

Lynn McKinney will establish a checking account at Union Bank. A secretary-treasurer's book will be maintained with meeting minutes, expenditures and disbursements. A copy of the bylaws of the Friends with a cover letter will be sent to the librarian with a copy to go to the library trustees. Two members from the group will attend the next trustees' meeting.

The Friends will work on a mission statement at the next meeting, which will be held at Janet Westervelt's at 9 a.m. on Saturday, Jan. 31. Anyone interested may attend, or call Lynn McKinney, (802) 274-7084, for more information.

SPORTS PAGE

Basketball Starts Here

By Will Walters

Even though they have lost their first three games, “they’re learning,” says Jen Gochey, coach of grades three and four basketball teams. She says what is important is they have great enthusiasm and, “love to play the game.”

This is evident in the number of players in this group; a total of 17, which has required Gochey to divide them into two teams to better manage so many players. Gochey also has assistance coaching from Brian Hale. Teams are co-ed. Gochey points out the ability to play is equal, regardless of gender.

Gochey has coached for eight years. She started when her son Shane joined the team. Shane Gochey, Nick Rushman, John Maxfield and Hakon Hanson were Gochey’s first four team members eight years ago. They are now seniors at Cabot School.

Third grade members are in their first year of basketball and the fourth grade members are for the most part in their second year of playing.

In assessing this year’s team, Gochey said there are, “A few that stand out and a few that surprised me with their starting abilities.”

One important thing to players is the enthusiasm of the crowd attending games. A good number of parents are present and the importance of their support is obvious. “They look at their parents when they make a basket,” said Gochey.

Ten games are scheduled this year, most are home games. This will be a good year, according to Gochey, because players are, “always willing to learn and listen well.”

Gochey says it is usual for most players to continue being involved with basketball teams as they progress through school; “They overwhelmingly go on to higher levels.”

For the boys this means becoming a member of David Hale’s fifth and sixth grade team, which has 12 members, about the same number as last year. Some came from Gochey’s and Deb Bothfeld’s teams. The transition is not always direct. Hale said that some in his group had not played for a few years.

Hale said his team is a “nice energetic group of kids. Some have older brothers [who played] and some are the older brothers.” Heath Hanson is an example of this. Now on Gochey’s team, he is the third son of Milo and Paula Hanson playing for Cabot.

Explaining the goal of coaching Hale said, “What we work on is their understanding of the game while developing their passion. It’s got to be fun while they learn.”

Hale gets help coaching the boys’ team from Rebecca Nally.

Hale agreed with Gochey on the importance of support from the bleachers. He said parents are very supportive and show up a lot.

The boys team has 14 games scheduled this year.

Cabot Cross Country Ski Trail Needs Groomer

By Will Walters

“The trails are safe until spring,” said Rolf Muench, indicating he will continue to maintain them through this skiing season. Muench, who plans to move to Maryland with his wife Delores in the future, is actively looking for people to take over maintaining the trails when he leaves.

The trail was started in 2004 after Muench sold Harry’s Hardware and had free time to develop the ski trails. The trail starts in two sections, one beginning at the end of Dubray Rd. and the other beginning at the end of Taylor Rd. The sections combine at Dubray Rd. and run for three miles. It ends behind town hall. It is a 600° drop in altitude, which is better than the 300° drop that existed in the skiing areas Munch visited in Pennsylvania and Buffalo, New York.

Muench used to ski down the snowmobile trails and said it was nice to have the trails groomed to get over the snow banks. When he wanted to develop a separate trail for cross country skiing and snowshoeing,

Muench approached the landowners. He said that they were very supportive of developing the trail.

Muench said Gary Gulka, Rob Goodwin and Chip Taylor have worked on the trail before and were very supportive in its initial development.

As the time approaches when Muench will no longer be in the area to maintain the trail, he said “My hopes are to keep it open.” He said Rob and Sue Freeburn are interested in going out and exploring the area. And he is open to guiding any interested person along the trail to develop their interest in having it continue.

The work needed to maintain the trail consists of walking the trail in late fall and clearing dead leaves. A second trip should be taken in winter to check the signs for accuracy. “It’s kind of scary to be out in the dark and cold” and not know for sure where you should be headed, Muench said.

Winter trail map courtesy of Rolf Muench



Standing From Left: Jordan Hale, Cameron Codling, Lauren Bellavance, Alicia Celley, Taylor Abbott, Isabella McCallum, Samantha Villeneuve, Henry Burke, Wyatt Ameden. Photo courtesy of Will Walters



Standing From Left: Alicia Celley, Monique Bigelow, Brooke Houghton, Taylor Abbott, Abigail Walker, Daisy Rayes, Isabella McCallum
Kneeling From Left: Frank Schumacher, Jamie Miner, Jeremy Maxfield, Matthew Lehoe. Photo courtesy of Will Walters



Standing from Left: Mark Schumacker, Seth Harrick, Donovan Bigelow, Caleb Maxfield, Dylan Wright, Heath Hanson, John Minor.
Kneeling from Left: Eli Hale, Ian Nally, Forrest Paquin, Will Nally, Tiger Bastress Photo courtesy of Will Walters

Cabot Winter Trail

Cabot Plains Trail

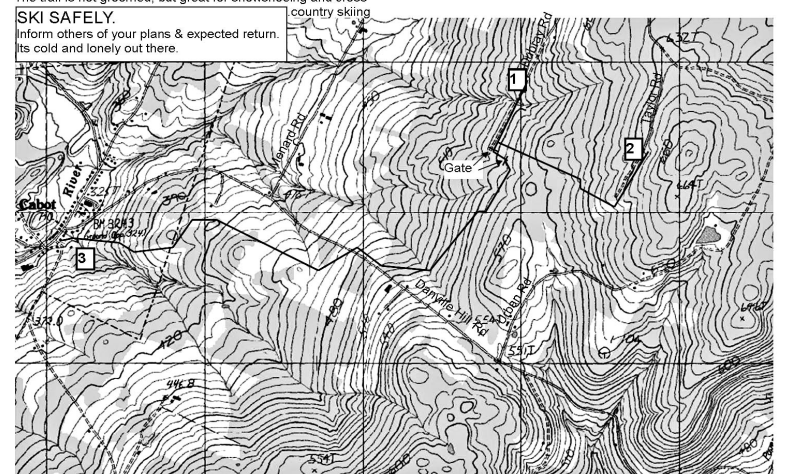
The trail is not groomed, but great for snowshoeing and cross-country skiing

SKI SAFELY.

Inform others of your plans & expected return.

It's cold and lonely out there.

On the trail look for these signs & lime green surveyor's tape.



SPORTS PAGE

Trapping Now And Then

By Will Walters

20 year-old Scott Ackermann started trapping when he was young. He has been doing so for seven years.

A graduate of Cabot school, Ackermann spent his junior and senior year in the Hazen Union forestry program. After graduation Ackermann worked the trap line of his mentor, Thomas Hart of Coventry. Hart's line covered 100 miles in the Coventry and Newport area. Hart had over 50 years of trapping experience to draw from. Mink and muskrat were Hart's focus while mentoring Ackermann.

Ackermann's first trap line was about two miles long on Cabot Plains near his home. After getting his drivers license, Ackermann started a longer trap line around Cabot.

Ackermann's focus is mink. He says there is, "an abundance of mink out there." Last year his pelts were 12 female and 18 male. Males are bigger and fetch a higher price because, according to Ackermann, pelts are sold by the square inches. It's the quantity, not the quality, buyers pay for now. "Each year my line gets a little longer and fur catch goes up. Always something new to learn."

Ackermann also traps beaver, muskrat, otter, fishercat and bobcat. Traps are reset different places when the animal's behavior changes. "It's fun to figure them out. That's the sport in it that keeps me interested."

Trapping requires a license from Fish and Game and the course to qualify for licensure is similar to the Hunters education course. Trapping laws are somewhat more restrictive. Unlike hunting, where a person can hunt if land is not posted, trappers must always obtain the landowners permission to trap. Trappers are required to check their traps every 24 hours. Similar to hunting, trapping has seasons. But trapping does not limit one's catch. The state does require a census be filed by each trapper listing the number and species of animal caught and the region where they were taken.

"It's a lost art." said Ackermann, "A necessary tool for keeping [wildlife] populations in check. Carrying capacity is important to keep in balance." Carrying capacity is the ability for an area of land to adequately support the wildlife on it. With an excess of wildlife in an area, the ability to find sufficient food drops and animals may suffer disease or starvation. Responsible trapping keeps the number at an optimum. It does not remove more wildlife than is necessary to balance the carrying capacity.

As well as trapping for profit, Ackermann has done nuisance trapping for landowners and the towns of Cabot, Woodbury, Hardwick and Marshfield. Some animals can cause damage or erosion, increasing road maintenance costs. Beavers can be the biggest problem when they build dams, causing flooding near roads. Flooding may

edge over and cause erosion of road banks.

Ackermann's passion for trapping includes his active involvement with the Vermont Trappers Association. He serves on the board of directors. "The youngest member, the way youngest member," he emphasizes.

Ackermann said the VTA looks to the state to keep trapping very well regulated and the association is always looking for ways to keep it responsible. "Good ethics," he said, "is a good start."

Cabot resident, Blanche Lamore trapped from 1933 to 1953. She stopped, she said, because there was no money in it. "I got 75 cents for a fox," Lamore said, referring to the drop in prices during her last year.

Like Ackermann, Lamore did not have a car when she started. Her trap line was set close to her home on West Hill Pond Road, where she has lived most of her 96 years. The line went out from her house to what was then John Carroll's on the Cabot Road and continued to Coit's pond. It came back over Houston Hill and stayed on the Bothfeld side, "because they had better trap holes." From there it went towards Eastman's on Jug Brook Road and ended at the Voight's on West Hill Pond Road.

Just like Ackermann, when Lamore got her license and a car, the line became broader, extending into Lower Cabot and up along Cabot Plains.

Lamore trapped fox, raccoons and skunks. Sometimes a partridge was found in a trap. These were all considered long fur animals. "Never trapped for short fur," Lamore said, "There were too many others on the brooks doing it. Back then people would use dogs to hunt and they would shoot around the traps and it kept away the fox because the fox didn't like the smell of the expended shells."

Like today, not many were trapping then. Most trapped mink and muskrat because "they got more for short fur than for long fur," said Lamore. Different from today, Lamore said buyers were more interested in quality than quantity, although some would buy the lower quality fur at a lower price.

Dealers came around and bought the fur. "There was a lot of people buying fur at that time," according to Lamore. The furs were used to make coats, jackets, mittens and gloves.

Laws were a bit different during Lamore's trapping years. Traps still had to be checked every day and the season was the same. A toothed trap with a grapple was being used. These are not allowed now. A license was required but no reports to the state had to be made and as today, no limits existed.

For more information on trapping, visit the Vermont Trappers Association website/ www.vermonttrappers.com

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Wanted-Office desk. If you have one that needs a new home, please call the Cabot Coalition at 563-3338

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SENIOR HOUSING

CABOT COMMONS offers affordable one and two bedroom apts. For seniors in Cabot Village. Waiting list info, call Susan at 426-4192 or email carpfarm@fairpoint.net

HELP WANTED

Wanted Newspaper Staff- The Cabot Chronicle seeks motivated sales driven leaders to join our business team. Responsibilities include maintaining assigned account bases while developing new accounts. Commission and stipend based. Call Lori at 563-3338 for more information.

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Wanted-

Motivated self starters needed part time for the advertising sales department of our community based newspaper. Responsibilities include, but are not limited to: Maintaining existing accounts; Developing new accounts; Attending sales staff meetings; and Providing feedback on changes to newspaper to improve advertising sales. Compensation is based on a scaled commission base with performance bonus. Interested candidates should contact Tom at 802-563-3178 or mail resume to cabotcoalition@fairpoint.net attn: Tom.

Writers Wanted-

The Cabot Chronicle is looking for writers. Familiarity with journalistic writing/ AP style is preferred but we will train. For more information please call 802-563-3338 or email editor@cabotmedia.org.

Pix Wanted

Will pay \$ for pictures of the old McCormick/Platt Farm and the Old Saw Mill or bridge. Call Israel or Cathie 563-6061



COMMUNITY CALENDER

Wed, 2/4

Penguin Plunge, Newport, a very "cool" way to raise money & awareness for Vermont's Special Olympic Program. 800-639-1603. www.penguinplunge.org.

Thurs, 2/5

Ski Inn at Highland Lodge, Highland Lodge, Greensboro, 10 a.m. Free group ski, and join us for lunch including the famous Ski Inn Special! Call ahead to sign up. 533-2647. www.highlandlodge.com.

Thurs, 2/5

The Four Seasons Naturalist, Fairbanks Museum, St. Johnsbury. A unique exploration of tracking and interpreting wildlife uses of habitat with Susan Morse. www.keepingtrack.org, 748-2372.

Fri, 2/6

Winter Antler Meet, Northwoods Stewardship Center, East Charleston, 6:30- 8:30pm, FREE. Each year, Bull Moose and white-tailed deer bucks shed their antlers and many people enjoy searching the woods for these dropped antlers; 'shed hunting.' Bring your own sheds or just look. 723-6551.

Fri, 2/6

Inventors' Fair Awards, Fairbanks Museum, St. Johnsbury, 4 p.m. -6 p.m. Come see the intriguing inventions of Vermont's finest young inventors: kids from our local schools. 748-2372.

Fri, 2/6

First Friday Art Walk, Burlington, FREE, 5 p.m. -8 p.m. Many art venues stay open late, take a guided tour or make your own. Chris; 264-4839.

Fri, 2/6 - 8

Winterfest: Barre's Blizzard Blast, 10 a.m. - 4:30 p.m., \$2-3, includes a variety of outdoors activities at Millstone Trails in Barre Town and in downtown Barre, also snow sculpture competition, which takes place the week before WinterFest. 479-1000,

www.barreblizzardblast.com.

Sun, 2/8

Public Skating at Chester Arena, Lyndonville, 12:30 - 2:30 p.m. 626-9361.

Wed, 2/9

Crocheting Group will be meeting in the Willey Building on Monday, February 9 second floor meeting room

Wed, 2/11

Public Skating at Chester Arena, Lyndonville, 2:45 p.m. - 4:15 p.m. 626-9361.

Sat, 2/14

Igloo Build, Montshire Museum of Science, Norwich, 10:30 a.m.-2 p.m. Learn the structural secrets of igloos and other snow dwellings. Then try building your own! Free with museum admission \$10 adults and \$8 children (ages 2 - 17). 649-2200 www.montshire.org.

Sat, 2/14

Celebrating George Washington: Creating Wigs and Silhouettes, Vermont History Museum, Montpelier, ages 6 - 10, 10:00 a.m. - 12:00 noon. Our first president is often portrayed wearing a "powdered wig" and pictured as a silhouette. We'll recreate these for ourselves and see how they make us look. Participants must pre-register and pre-pay to attend: \$8 per child. Members, \$5. Geraldine; 828-2180 or e-mail geraldine.brown@state.vt.us.

Sat, 2/14-3/1

Snowflake Festival, Lyndon, two weeks of family fun and activities. 626-9696.

Sun, 2/15

Public Skating at Chester Arena, Lyndonville, 12:30 p.m. - 2:30 p.m. 626-9361.

Sun, 2/15

Free Snowshoe Demo Day, Umiak Outfitters at Stowe, 10 a.m. -3 p.m. Including Tubbs, MSR & TSL. Space may be limited. Reservations; 253-2317.

Sun, 2/15-17

Shakespeare's The Winter's Tale, Haybarn Theater, Plainfield, Fri. & Sat., 7:30 p.m. Sun., 2 p.m.; A tale of love, jealousy, despair, and a happy ending. 223-3599.

Mon, 2/16

Johnson Winter Carnival, Johnson Elementary School & Legion Field, 10:30 am - 11:00 pm: Snow sculptures, snowshoe trek, ice skating, sleigh rides, crafts, chili lunch, spaghetti supper & auction, entertainment by local performers. Some fees for selected activities. Info: 635-7827.

Mon, 2/16-2/18

Killington Snow Sculpture Competition, Killington, FREE. The Killington access road will be lined with sculptured snow masterpieces celebrating "50 Years of Killington." Jessica at 1-888-HARPOON.

Wed, 2/18

Public Skating at Chester Arena, Lyndonville, 2:45 p.m. - 4:15 p.m. 626-9361.

Sun, 2/22

Science Sunday: Bluebird Houses, Montshire Museum of Science, Norwich, 1 p.m. & 3 p.m. Learn about the natural history of some of our local "cavity nesters" including chickadees, tree swallows, and bluebirds. Each family will build a bluebird box to take home. \$10 per family plus museum admission, \$10 Adult & \$8 Children (2 - 17). 649-2200, www.montshire.org.

Feb 23rd thru March 3rd is Cabot's Winter Vacation Week!

Mon, 2/23-2/28

Mardi Gras Week at Jay Peak Resort. Traditional Mardi Gras and family-friendly events like mask-making, snow sculpture and snowball throwing contests, dinner, live music, and plenty of beads. Info@jaypeakresort.com.

Wed, 2/25

Linda Radtke Performing Civil War Songs, part of the popular Farmers' Night series, 7:30 p.m. -8:30 p.m., Vermont State House, State Street, Montpelier, FREE. 479-8500, vhs-info@state.vt.us.

Fri, 2/27-3/1

Magic Hat Mardi Gras Parade & Block Party, Church St., Burlington. Floats, rock bands, brass orchestras, moonpies, Lake Champlain Chocolates, and bead necklaces. 658-2739.

Sat, 2/28

Spaghetti Dinner, United Church of Hardwick.

Ongoing:

The Northeast Kingdom Artisans' Guild Backroom Gallery at 430 Railroad Street in St. Johnsbury will host "Symmetries", pen and ink drawings by Ellen Dorn Levitt and selected sculpted works by Ann Young. The show will run through February 18. Gallery hours: 10:30-5:30 Mondays through Saturdays. www.nekartisansguild.com.

COMMUNITY NEWS

Ashley Ambroz, a Junior at Cabot School, will be spending the Spring Semester in Quimper, France. Ashley left January 29 on an AFS International Semester Exchange Program. She will be living with a host family and attending a local secondary school as a full-time student. Quimper is located in Brittany (Northwest France) and is situated very close to the coast. Bon Voyage Ashley!

It's Girl Scout cookie time. Call your favorite Girl Scout and place an order.

CABOT MAPLE FESTIVAL



First We Brought Back Your Paper
Now We are Bringing Back Your Maple Festival!
The Cabot Chronicle is proud sponsor of the
Cabot Maple Festival—A community-wide event
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Watch for details in upcoming issues and on our Web-site

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