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October 2011

Community Development Group Gains Momentum

A dozen community members sat around a table in the Masonic Hall September 26 to review progress over the past nine months and start mapping out clear next steps. Providing momentum was a list on the wall of “wouldn’t it be great if” ideas gathered from previous meetings. This group, consisting of townspeople representing a broad range of interests, has been coming together more-or-less monthly to talk about preserving what we love about Cabot history and way of life while nurturing economic viability to sustain our community.

What’s Been Done

The first activity is underway – the map project. Recognizing about 40,000 people per year visit the Cabot Creamery, the group built on an idea from the past – a map at the Creamery of locations of interest. A small subgroup developed an electronic version of the original map, which is posted inside the Creamery Visitor Center. The map includes business and cultural sites of interest to visitors, walking trails, picnic table locations, dog walking paths, bathrooms, and scenic drives. Street addresses are provided for keying into GPS units. The group is developing a paper version visitors can take with them, and will work on an online version soon.

In response to local interest, the Planning Commission will request

UDAG funds to inaugurate an electronic Front Porch Forum for Cabot. Front Porch Forum (<http://frontporchforum.com>) is a free web-based community-building service. Cabot’s forum would be only open to people who live here, to help neighbors connect. While the service is free, there are costs involved in the initial set-up.

What’s Next?

Two top projects are on the table for October. Community members with interest or expertise in these areas are encouraged to come join the discussion – just this once, or every month.

A: Formalize the group’s identity and purpose. This will include clarifying mission, goals, and priorities, and perhaps choosing an official name and developing a logo or motto to sell the concept. From there, priorities will be selected and tasks agreed upon. After that, projects will be defined, subgroups created and each group will go off and “do their thing”. A workable structure and process will facilitate future success.

B: Develop a subgroup to propose a Cabot Inn property business plan that respects its historic roots in the community and offers financial viability. Cooperative dining facilities and other business models are being discussed and more research and innovative ideas will be valued by the group and new building owner.

(see Community Development page 2)



Macintosh Apples ready for the taking at Burt's Orchard.

On The Road with Earle Curtis

By Cia Considine

The first time you meet Earle Curtis, sitting in his motorized chair at the foot of Houston Hill Road, you may be alarmed. It is not a likely place to see anyone sitting at this intersection of the South Walden Road, but this is where Earle sits.

It is a favorite spot for him, just up a short hill from his house. I asked him how long it takes him to get there and he details a convoluted story about getting trucked up there, being transported by a friend. He then leans in to say, “You’re not supposed to drive on the road with one of these”, meaning his motorized chair and then I am aware of his ticklish humor. “Who wants to know?” he asks.

We introduce ourselves formally to each other. He makes sure that I understand that his first name is spelled with a trailing ‘e’, Earle. Earl without the ending ‘e’ is reserved to denote a person’s title. Something I didn’t know. That is definitely not how he wants his named spelled.

The next information of importance he relays to me is that 4 years ago, he was told he had 6 weeks to live! He tells me this triumphantly, smiling and with great enjoyment. He certainly doesn’t seem too bothered. “No sense cryin’ about things”, he says. He skirts telling me his exact age, only that he has been around a long time.



Earle Curtis at his favorite Houston Hill Road spot

He was born in Pennsylvania and moved to Vermont as a young child. He once spent a very cold winter in Plymouth Notch, in the very same house that Calvin Coolidge grew up in. Curtis remembered gaping spaces under the doors, and the young deer that his father, a forester, rescued and brought home to live in the house with them that winter. “That deer bounded all over the kitchen and bedrooms.”

Earle also shared with me one of the gifts he’d received from the Dallas Cow-

boys, his being related to Queen Elizabeth and the appreciable lyrics of country music.

It was an incredibly pleasant September late afternoon. I found myself sitting there on the road, alongside him in that favorite spot. I waved to passers by. He waved his flyswatter, warding off the last and hungriest mosquitoes of the season. In his tote he brought along his camera, his tape recorder with tapes of country songs, something to read and drink and he brought his home-made mustard pickles, an old family recipe. He offered me one from a green mountain coffee travel mug. It was tasty - made only three years ago, I learned on my last swallow.

The trees are beginning to change to brilliant colors. What do you think about the color, I asked. He replied, “Well, I think it has happened a couple of times before...”, so I’m thinking that the sunny place with the nice foliage display has nothing to do with the attachment to this spot for Earle. It probably is because I am not the only one who waves as I pass by, and not the only one who stops and chats. He had already collected a refreshing cold bottle of ice tea and an ice cream sandwich from a passing neighbor that day. I also heard that he has acquired an affectionate nickname given by another passer by, but he won’t talk about that.

Community and Economic Development Meeting



**Thursday,
October 13,
7:00 p.m.**

**Cabot Mason Hall
Coffee and dessert
will be served.**

Agenda Formalize groups purpose and mission.

~ Everyone invited to join in the continued conversation and actions concerning Cabot's Community and Economic Development ~

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THE FLYING FARMER



The Coolidge Homestead

Exploring the Calvin Coolidge Homestead

By Will Ameden



Cheese makers.

Not long ago my boys and I stopped by Plymouth Notch, VT, to visit the President Calvin Coolidge State Historic Site. For years I have traveled past the site on my way to my Dad's house in Landgrove. When the kids were babies I used the parking lot for some emergency diaper changes and I've stopped there to stretch out my

back while on motorbike rides. It's been a good place to let the dog relieve herself. On one sloppy snowy day, it was a place to change a windshield wiper and add washer fluid. These visits were mostly after hours when the homestead was closed, and I'd never stopped when there was time for a real visit.

So, on my last visit to Landgrove, with faint interest from Wesley and Wyatt, and more ardent appeal from my Dad and Josie, we did spend a Sunday earthing up history of our Vermont President.

The village of Plymouth Notch (the birthplace and boyhood home of Calvin Coolidge) is virtually unchanged since the early 20th century. Most of the houses are painted white and the barns are largely weathered wood. The content of the buildings, and descriptions of their construction and agricultural methods of the time, were much more interesting to me than the President himself. I was fascinated by the workings of the horizontal cheese press, the myriad examples of animal powered farm equipment, and the maple sugar barrels with the "sugar dogs" (for ex-

tracting the hardened sugar) attached to the top end of the barrel.

The barn attached to the Coolidge Homestead building had horse stalls on one end and I noticed what appeared to be "shoots" coming down from the hay loft of the barn. The area was roped off to visitors, and the volunteer tour guide was not sure what the shoots were for. She approached us a few minutes later to invite us" under the rope", while no one else was around, to inspect them for ourselves. There was one shoot coming down from the hayloft and ending in each manger. Each shoot had a small opening in the bottom. We think it was for hay so that less would be wasted. The horses would need to pull it out of the shoot as needed. The mangers in my own barn are open. When Zoe, my Percheron draft horse, is eating her hay quit a bit of it ends up under her front feet. When she realizes that she is in fact still hungry, she then eats it off the floor. These hay shoots may have well helped to keep more hay off the floor.

I think the boys' favorite was The Plymouth Cheese Factory. This "factory" was built by the Coolidges and three other local farmers in 1890. It closed in 1930, reopened in 1960, and is still making great cheese today. And there are free samples in the gift shop. The boys found the second floor, which examines the story of cheese making in VT using old photos and original 1890 factory equipment, to be not quite as interesting as the samples.

I loved the old photographs hanging on the walls of many of the buildings. They were mostly of farming, and the faces of the local people, most lined with hard work, seemed both stern and maybe a little proud that the work they had just accomplished was being captured on film, where they might be remembered.

Our visit ended with lunch in the "Wilder House." We were just finishing up when a thunderstorm struck. The rain came down hard as Wesley bolted for the cars' rolled down windows. There was a bright flash of lightening, accompanied by a roar of thunder, and the power went out! Time to go home.



Book Monologue

David Book (standing at left) listens as Susan Walbridge (standing right) announces her family's donation of historic relics to the Cabot Historical Society. These old items included the bible of Abel Morrill, Jr., a telegram and two photographs. Susan Walbridge of Barre, is a descendent of the Abel Morrill family, which was chronicled in David Book's recent monologue, A High Price To Pay: A Heavy Burden To Bear.

Community Development

(Continued from page 1)

How About You?

Do you care what Cabot looks like in ten years? Are you concerned about property taxes? Do you have ideas for a better way or do you have skills or willingness to help in organizing, engineering, planning or visioning? We would be grateful for your time and participation in one meeting, one project, or long-term community building. Mark your calendar for the second Thursday of each month at 7 p.m. in the Masonic Hall, starting with October 13. You bring ideas; we'll provide coffee and a team to work with. Hope to see you at the meeting.

The Topics/Projects/Concerns Of The Cabot Community and Economic Development Group

Come join us as we consider the next steps of action in these and any other concerns.

- A town farm/Agro-tourism
- Cooperative fundraising/marketing
- Identifying and applying for grants
- Calendar for scheduling of town events
- Welcome wagon
- Front Porch Forum
- Cabot postcards and T-shirts
- Community Service Fair—to employ youth as community helpers better
- Map of area businesses and areas of interest
- A Community Fund for those with unmet needs
- Community Garden
- Flood relief/planning
- Time Bank/REACH
- Immediate Business concerns
- Traffic issues
- Chamber of commerce/Business Association offering workshops here
- Farmer's Market
- Online store
- Sustainability
- Providing a high quality experience for tourists that benefits our local economy
- Keeping youth attached to Cabot
- Enhance Cabot Village gateway/ find ways to entreat creamery visitors to the Village
- Bus parking/turnaround

The Cabot Chronicle

The Cabot Chronicle is distributed the first day of the month and is provided *locally* free of charge.

~ Mission Statement ~

The mission of The Cabot Chronicle is to regularly publish local news for the residents of the Cabot Area. Our purpose is to share information that will help readers become better involved in their Community.

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OUR OTHER TOWNS:

a column about celebrating a sense of other places

By Julia Shipley

Ok Sweetie, grab your toothbrush and a change of clothes. Kids, powerdown the dang I-thing for a moment and listen: we're about to do something very special together, (don't roll your eyes at me). We are going on a surprise vacation. Yes! So get in the car 'cause we're headed toSt. Johnsbury!

Did you know...Cabotian David Hale is the director of the Culinary Institute at St. Johnsbury Academy?*

Did you know that one of the best views of Yosemite is in downtown St. Johnsbury? **

And do you know *why* the bronze lions in front of the Fairbanks Museum wear two very different expressions? (Answer: Mr. Fairbank's young daughter thought the first finished lion looked too fierce, so she requested the second have a "friendlier" countenance.) (A Brief History of St. Johnsbury by Peggy Pearl pp. 68-69)

We have assembled a sample itinerary for your next visit to St. Johnsbury and get ready to notice new wonders just 20 miles from Cabot Village.

36 Hours in St. Johnsbury

7pm Friday: Dine at Dylan's, the "hip, fresh and delicious" restaurant in what used to be the old Post Office, next to the Catamount Arts. www.dylanscafevt.com 139 Eastern Avenue (802) 748-6748

9pm: Fall asleep in the Victorian era at Estabrook House. Owner Maurine Hennings has created an impeccable environment of just enough fluff (cozy rooms, with nice touches like bathrobes, a hairdryer, a blanket chest...). Her homemade granola is perfect (just the right combo of sweet, salty, nutty) and her breakfast quiche is served with fresh fruit on a grand table with the other guests so you can strike up a conversation, i.e. "Please pass the coffee, and by the way, what was it like being chief executive officer of a bus system in Massachusetts?" It all makes for a great spankin' start to the day. Check out the width of the front door: you could ride an elephant through it! (But Maurine would appreciate it if you didn't.) www.estabrookhouse.com 1596 Main Street (802) 751 8261

9am Saturday: Stroll Main Street, which is teeming with venerable architecture (you can pick up a walking tour map at the Visitor Center or through discoverstjvt.com.)

10am: Grab a newspaper, sip a cappuccino, and publish your book (yes, you read that right) from The Boxcar and Caboose Bookshop and Café. While you browse the aisles of cards, children's books, fashion and fishing magazines, maps, and novels in this "something for everyone" store, the Espresso Book Machine could be churning out library quality perfectly bound paperback copies of

your literary masterpiece. www.boxcarandcaboose.com 394 Railroad Street (802) 748 3551 and www.railroadstreetpress.com

11am: Explore the indoor wonders of the Moose River Lake and Lodge Store, a general store so comprehensive, a saleslady commented, "All we're missing is toasters and shoes." Moose River has a Hudson Bay Company-like feel to it: Pendleton blankets, sumptuous coats, a skinned mink or two, oh and let's not forget a taxidermied Moosehead, "Horace," for sale (\$3,400). 370 Railroad Street (802) 748-2423

12 noon: Time to eat again, so comfort your inner carnivore with a roast beef sandwich from Tim's Deli. This beloved restaurant serves delicious, generous sandwiches and has a casual, cozy atmosphere. 580 Portland Street (802) 748-3118

12-5pm: The Trifecta Afternoon, three intriguing places and all within five miles of downtown St. J...

The Dog Chapel: The late artist, and devout dog lover, Stephen Huneck realized his dream of creating place where people can "honor animals as the feeling, spiritual beings they are and to also help us all find closure and healing." Here in this hillside chapel the scripture reads: WELCOME ALL CREEDS, ALL BREEDS, NO DOGMAS ALLOWED! www.dogmt.com 143 Parks Rd (800) 449-2580

Maple Grove: Let's say (hypothetically speaking, of course) that you knew nothing about maple syrup, the process of making it, or the history of the maple industry in Vermont—well, here ya go: visit their Sugar House Museum and Gift Shop www.maplegrove.com 1052 Portland Street (802) 748 5141

Kingdom Books: a Seventh Heaven for

mystery lovers, Kingdom Books, run by Dave and Beth Kanell, has a tantalizing inventory of mysteries with many first editions and more than half of them Signed! by the author. Check the website for upcoming readings or plan to visit by appointment only www.kingdombks.com (802) 751-8374

6-10 pm The Combo evening: Revel in the "Dinner and a Free Movie Deal" courtesy of the Elements and Catamount Arts partnership. Enjoy the "family friendly, vegetarian friendly, pocketbook friendly fare" at Elements and then ask your server for a voucher before you leave. Present the voucher at the Catamount, St Johnsbury's amazing arts vortex, and enjoy free admission to that evening's movie. See Elements website for full "deal" details: www.elementsfood.com 98 Mill Street (802) 748-8400. And check out the Catamount website for upcoming movies, as well as arts-related classes and concerts. www.catamountarts.org 139 Eastern Ave. (802) 748-2600

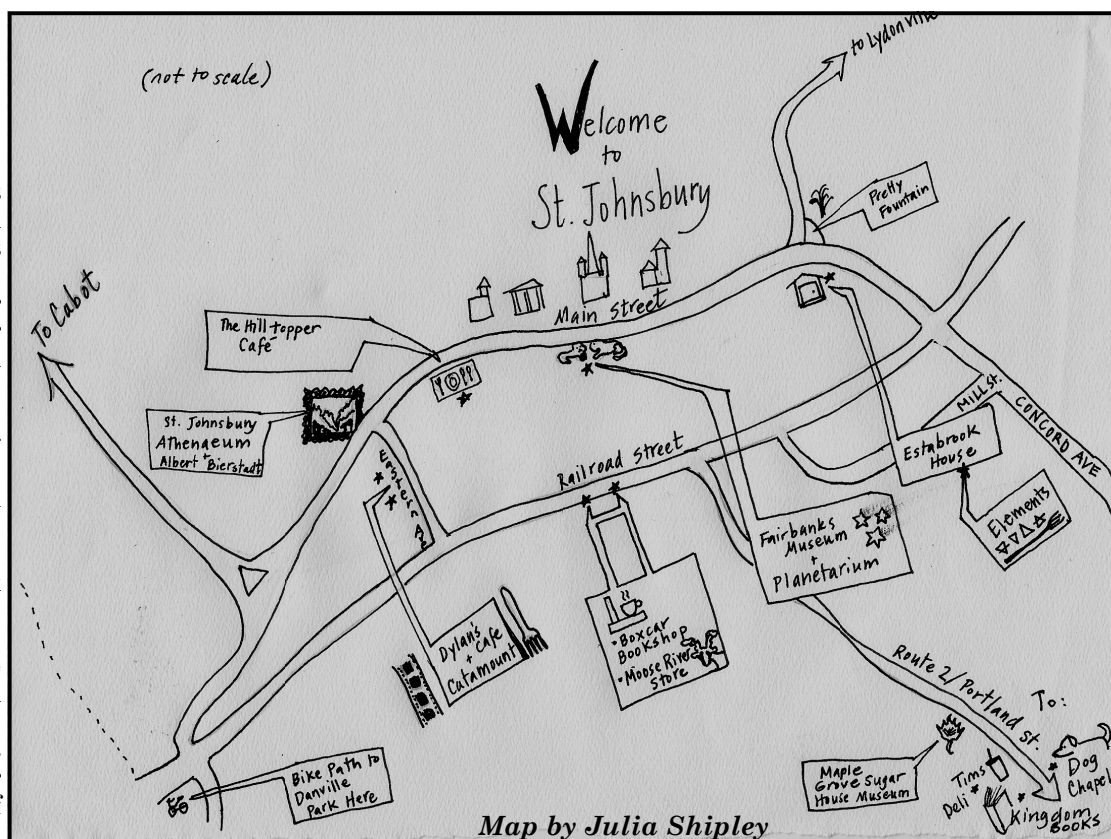
11 am Sunday: Before you say goodbye to Saint J, saunter in the ripening foliage along the new bike path being built upon the old railroad bed. The first segment from St. Johnsbury to Marty's First Stop in Danville will be finished by this fall. By next spring they will have reached Joe's Pond, and eventually the trail will cross the state. Trail starts at the intersection of Main St. and Railroad St.

And last: let's say you don't have that much time or money to blow in St Johnsbury...here are a few "Get out of Dodge" adventures to consider:

*Have lunch with your mother at the Hilltopper, St. Johnsbury's Culinary Café, (Hi David!). But be warned—the café is only open for lunch on Tuesdays, Wednesdays and Thursdays during the academic year from 11:15am - 1pm and reservations are encouraged! Questions? Contact: dhale@stjademy.org. 1216 Main Street. For reservations: (802) 748-8964

*Take your old college roommate, along with his/her spouse and their six children to the Planetarium at the Fairbanks Museum! Shows are on Saturday & Sunday at 1:30. Admission is \$5. For groups of 10 or more, call ahead to reserve tickets. www.fairbanksmuseum.org/planetarium 1302 Main St. (802) 748- 2372

**Fulfill your westward wanderlust by gazing at Albert Bierstadt's Domes of Yosemite and many other astounding paintings of the Hudson River School hung in the Athenaeum. www.stjathenaeum.org 1171 Main Street St. 802-748-8291



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COMMUNITY COMMENTARY

THE HUMAN ELEMENT IN ROADWAY CONDITIONS

Dear Editor:

Roadway conditions are still news, as VTTrans and municipal road crews fix broken links in our transportation network devastated by Hurricane Irene. Washed-away roadways are shored up and alternatives devised for destroyed bridges, opening up lifelines so important to all of us, one by one. Transportation professionals work night and day, often seven days a week, from pre-dawn to dark. My husband hasn't been home at night since August, except for recent Sundays off. He described damage in some places as a war zone. They're working against the calendar to get most roads open before winter.

The work accomplished is remarkable. On Route 100 in Duxbury, one homeowner painted a homemade sign: ROAD CREW YOU ROCK! I agree. I see how hard my husband is working, and know there must be many more doing the same. Even with a Sunday off, he has to be out the door long before dawn Monday for the 6:00 a.m. meeting in Rutland. Before Irene, that three-hour trip would have been two hours.

Which brings me to the point of my letter (besides saying how proud of Ted

Domey I am). Even though many roads have re-opened, some still have not (check the VTTrans website before you head out). Realize many open roads are not repaired to their pre-Irene condition. Driving around Vermont is just not the same as before.

For one thing, work crews may be present. Forget maintaining your speed in a work area. These crew members are trying to fix the road for you. They have been away from home and families a long time; they are probably tired. The weather often works against them. Give them a break, and slow down. Expect surprises and respond kindly. Also, anticipate you may encounter dirt surfaces where you're used to pavement. Rain and upcoming snow may make conditions much different than you are used to. Realize that guardrails may not yet have been replaced.

Irene was enough of a disaster. Please, please, don't add to the problem by driving as if nothing is different. Keep yourself safe by being mindful of road conditions you find, and please treat roadway workers with the courtesy they deserve. The wife of one will thank you.

Jeanne Johnson

BIRTH ANNOUNCEMENTS



Asher Paul Churchill

Asher Paul Churchill, born September 20th at 4:06 p.m. to proud parents, Vinnie and Jenice Churchill. Congratulations to the whole family, including big brother Wesley and big sister Maddie. Asher weighed 7 pounds, 14 ounces and was 20 inches long.



Nora Jeanne Churchill

Nora Jeanne Churchill was born August 22 to Morgan and Jennifer Churchill. She weighed 8.5 pounds and was 20.5" long. She was welcomed home by her big brother Samuel. Jenn reports that Nora is a wonderful baby and is already enjoying going to the barn.

OBITUARIES & MEMORIALS

Ellen Jane Light

MARSHFIELD, VT: Ellen Jane (McKendrick) Light passed away in the comfort of her home on Sept. 16, 2011, with her faithful cat Muffin by her side.

Ellen truly loved Vermont, and in September of 2002, she moved to Marshfield to be near her son and family at Hollister Hill Farm. While living in Vermont, she enjoyed gardening and took great pleasure caring for her beautiful flower garden. Ellen volunteered as a tour guide at the Vermont Statehouse and cheerfully led people through the building for three summer seasons.

She is survived by her son, Bob, and his wife, Lee, of Marshfield; her grandson, Greg, and his wife, Monica, of Plainfield; and her granddaughter, Robyn, and her husband, Kevin Hedden, of Oak Ridge, N.J. Ellen also leaves her four beloved great-grandchildren: Hillary Light, of Providence, R.I., Jake Light, of Cabot, Julia Light, of Plainfield, and Natalie Hedden, of Oak Ridge, N.J.

Memorial contributions in Ellen's name may be made to Central Vermont Home Health and Hospice, 600 Granger Road, Barre, VT 05641

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Dian R. Holcomb
Funeral Director

Legislative Update

By Representative Kitty Toll

Over the past few months there has been considerable attention to the recommendations of the Reapportionment Board. According to Vermont Law, a multi-partisan board is assembled every ten years to review House Districts and present a plan to the Legislature for consideration. The role of the Board is to create a tentative plan for configuring the Vermont House of Representatives Districts. This plan was completed and submitted by July 1, 2011. The Reapportionment Board was appointed in fall of 2010, composed of seven members: three appointed by the Governor, three by the state party committees and one nonpartisan member (Special Master) appointed by the Chief Justice of the Supreme Court.

Following the July 1 deadline, Vermont Boards of Civil Authority had until August 1 to review the proposed plan and offer suggestions to the Reapportionment Board. One of the recommendations in the plan is to move Cabot into a new district with Marshfield and Plainfield. By August 15, after towns and cities had the opportunity to review and weigh-in on the proposed plan, a final House plan was submitted by the Board to the Clerk of the House. The House Committee on Government Operations now has the authority to hold public meetings around the state to take testimony on the Reapportionment Board's plan. Further Legislative review and testimony will continue when the Legislature reconvenes in January. In the end, the House of Representatives

will adopt, modify or reject the Board's proposal. If the Board's proposal is rejected, a new plan must be presented and passed by the Legislature before adjournment in the spring of 2012.

Prior to 1965, the Vermont House of Representatives was comprised of 246 members. Each Vermont city and incorporated town was represented by a single member. Thus, the term "Northeast Kingdom" was coined by Former Governor and U.S. Senator George Aiken, because of the power this area wielded over the state. In 1964, the Vermont Federal District Court ruled that Vermont's House of Representative Districts violated law because citizens of the state's larger communities were discriminated against. New districts were drawn based on population, and a special election was held in November 1965. As a result, a 150-member House configuration was adopted and still remains today.

If you have questions, concerns or ideas to share about the plan presented by the Reapportionment Board, please feel free to contact me or the House Committee on Government Operations.

As always, it is an honor and a pleasure to serve as your Legislator in Montpelier.

State House: 828-2228
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Cabot Ambulance Service News

By Sheila Brown



Cabot Ambulance Service (CAS) is happy to have three new members. Beth Wade is from Massachusetts, where she was a volunteer EMT. She and her husband, Paul, have retired to Cabot. Chad Andrews is also an EMT, originally from upstate New York, and more recently from Arizona. Cabot is fortunate to have these two experienced and well-qualified EMTs join its service. Chad's son, Cody Croniser, is the other new member, and is taking the First Responder course in Walden. We look forward to Cody becoming qualified and able to assist.

August was an unusually busy month, with three transports by the DART helicopter. CAS is an Advanced Life Support (ALS) service, which means we have technicians who can establish venous lines and provide other support services beyond what a basic EMT can. We have additional support from Barre Town when a paramedic is needed. If it seems likely a paramedic is needed, an ambulance from Barre Town is called when Cabot responds, and the paramedic intercepts us on the way to the hospital. Occasionally, they meet us

on scene. We can also call on Dartmouth for the helicopter and its staff in cases when that is required. This is all part of the integrated system of emergency services that you are connected to when you call 9-1-1.

When the fire signal goes off, it may mean a fire in Cabot or one of the surrounding towns. It may also mean there has been a car accident, fire or CO alarm activation, or any hazardous situation. The Fire Department responds to these events, as well as to fires. In our recent flooding, it was the fire department that was out in the middle of the night warning people who were in danger.

We trained recently in using the backboard when extricating someone down over a bank. If you think about the roads we drive on, there are a lot of places with substantial drop-offs at the side. If a car or motorcycle slides off, or a passenger is ejected, in one of those places, the crew has to get to the injured person wherever they may end up. Often, that spot is sideways, wet and brushy, instead of flat, dry and clear. So, it is important not only to know how to use the equipment, but how to use it in difficult conditions, as well.

Town Clerk News



Michelle Leclerc and Marina Cole, new Assistant Town Clerks

The Town Clerk's Office has undergone restructuring of its staff. In addition to Tara Rogerson, Town Clerk, two assistants have been hired with specific skills to manage Cabot's town business with efficiency.

Marina Cole, Assistant Town Clerk, and Michelle Leclerc, Assistant Town Clerk/Treasurer, joined the office early last month and have been learning their new positions and tweaking the definitions of those jobs. According to Rogerson, the transition is going very well.

Cole, woman of many work hats, commutes to Cabot from South Wheelock.

If you recognize her, it is because she has also been the Advertising Manager for The Cabot Chronicle since February of this year. Often, Cole is in the Coalition Office, making phone calls and usually sporting two to five pens stuck in her ponytail-bob. Cole has a background in Journalism and in teaching English. She has two sons, ages 5 and 16, enjoys outdoor activities, such as canoeing, and loves to read.

Leclerc is from Danville. Before coming to work in Cabot she was the bookkeeper at Sugar Ridge Campground for eight years. She also worked for several years at Citizen's Bank. Leclerc is married and has a daughter who attends Danville High School. She volunteers as the treasurer for both the Danville Booster Club and The Danville Alumni Association.

Rogerson is pleased with the new assistants. Leclerc, works Monday through Thursday, 9 a.m. to 5 p.m. – a total of 32 hours per week. Her duties include day-to-day clerk tasks, such as land recordings, vehicle registrations, licenses and customer service, but she also handles all the financial accounting - payroll, accounts payable, wastewater payments, deposits and more.

Cole works 21 hours per week, Monday, Wednesday and Thursday. She is the Town Clerk's 'Clerk' handling diverse projects in the office. She is responsible for prepping for upcoming elections, drafting and revising ordinances, indexing and organizing the vault records, researching unclaimed property, and whatever else needs managing.

In addition to these duties, both clerks are skilled in customer service.

Tara Rogerson, is currently overseeing FEMA related flood reimbursement on top of her usual work. It is her intention to reduce her hours to 20 per week, as soon as is possible, to spend more time with her family. All three town office staff will eventually work part-time, managing the town's business more efficiently and with less cost.

(NOTE: Mary Rogerson, 7-months-old and quick to realize her civic responsibility in life, is often in the clerk's office and sometimes mistaken as an office worker. She works strictly on a volunteer basis, entertaining and cheering staff and customers alike.)

is a community-based, not-for-profit publication that is delivered monthly to every household in Cabot. If you would like to subscribe or advertise with us please email inbox@cabotchronicle.org or call 802-563-3338.

Pie Baking Contests ~ Prizes ~ Craft Fair ~ Silent Auction
Pies And Other Food Sold ~ Live Music ~ Raffles
Saturday, October 15, 2010
At the Cabot Gymnasium ~ 9 am to 3 pm

Held every year on the Saturday after Columbus Day, the Apple Pie Festival is a six hour affair of games, pie baking contests and sales, local entertainment, raffles and many tables of local artisans crafts.

The pie contest has two divisions, one for adults and one for juniors (school age). Enter to win or just come to enjoy.

***For information or to register your craft table at the festival, please contact:**
 Martha Foster ~ Apple Pie Floor Manager
 (802)563-2526*

A \$2 Ticket Could Win You The
LICENSE OF A
LIFETIME

All entries must be received postmarked no later than November 30. Entries received postmarked after November 30 will be included in next years drawing. The drawing will be held in December. The winner will be contacted by phone on that day. If we are unable to reach the winner by phone, a letter will be sent. The license is not transferable.

A Lifetime License Lottery from the
Vermont Fish & Wildlife Department

103 South Main St., Waterbury, Vermont
05671-0501
(802) 241-3700

Tickets are available at
The Cabot Town Clerk's Office



COMMUNITY CALENDAR

~ OCTOBER ~

Saturday, 10/1-31

Art Exhibit, The Hangman Frame Shop and Art Gallery, Hardwick. An exhibition of watercolors by artist Wayne Lind. Information: 525-4405.

Saturday, 10/1

Fall Foliage Craft Fair, Hardwick Elementary School, 9:00 a.m.-5:00 p.m., free. Jewelry, candles, quilts, hand-made greeting cards, locally produced specialty food items and other fine arts and crafts. Information: 472-5906.

Sunday, 10/2

Autumn on the Green, Danville, 10:00 a.m. - 4:00 p.m. Over 100 vendors: artisans, crafters, cottage industries and businesses amidst the spectacular views and color of autumn in Danville. The Pope Library hosts a chicken and biscuit lunch at the Creamery Restaurant, just off the Green. Information: www.autumnonthegreen.com

Wednesday, 10/5

Classic Film: Midnight, Jaquith Public Library, Marshfield, 7:00 p.m, free. A down-and-out chorus girl survives Parisian society by pawning herself off as Hungarian royalty, 1939.

Saturday, 10/8

Spaghetti Supper at Cabot Gymnasium to benefit 8th grade trip to Washington, DC, 5:30 Silent Auction.

Saturday Story Hour, Cabot Public Library, 10:30 a.m. The 2nd Saturday each month will feature special Story Hour with local readers. Come hear stories read by librarian and storyteller, Paula Davidson.

Tuesday, 10/11

Poetry Reading with Charlie Barasch and Nadell Fishman, Cabot Public Library, 7:00 p.m. Charlie Barasch, author of *Dreams of the Presidents*, lives in Plainfield and is the speech-language pathologist at Cabot School. Nadell Fishman lives in NYC, spends summers in Cabot and is the author of *At Work in the Bridal Industry* and *Drive*.

Saturday, 10/15

Cabot Apple Pie Festival, Cabot school gym, 9:00 a.m.- 3:00 p.m. Games, pie making contests, local entertainment, homemade award winning pies for sale to take home, raffles and many tables of local artisans' crafts. Information: <http://www.nek4u.net/cabothistory/ApplePie.html>.

Sunday, 10/16

Entertaining on a Budget, Cabot Public Library, 3:00-5:00 p.m., \$20.00 (proceeds to benefit the library). Value wines from around the world with Niall McCallum. Pick up your tickets at the library early!

Monday, 10/17

Book Discussion: J. M. Coetzee, *The Life and Times of Michael K.* (1983), Cabot Public Library, 7:00 p.m. Join us for the 2nd session in the Booker Prize Winners series of the Humanities Council Book Discussion Group facilitated by Cynthia Russell. Please visit the library to pick up a copy of these books.

Saturday, 10/22

Caledonia Spirits Open House, Hardwick. Tour the distillery and learn how they produce products such as Mead, Raw Honey, Honey Vodka, and more. Information: 472-8000. Common, Marshfield, 10:45 - 11:45 a.m., free. Come join us for a free exercise program that strengthens bones and builds balance, strength and endurance. All levels welcome. Wheelchair friendly. Sponsored by Twin Valley Seniors.

Sunday, 10/23

LeAnn Rimes Concert, St. Johnsbury Academy, 7:00 p.m. An intimate acoustic concert by the award-winning country singer. Proceeds to benefit Kingdom County Productions' performing arts program for community programs and schools. Information: 748-2600 or www.catamountarts.org.

Monday, 10/24

Flu and Pneumonia Vaccination Clinic, 12:00-1:00 p.m., Twin Valley Senior Center, Old Schoolhouse Common, Marshfield. Open to adults 18+, free for Medicare recipients with Part B, \$12 for high risk or over age 50 without Medicare Part B, \$31 for all others. Information: 426-3447.

Monday, 10/31

The Haunted Library, Jeudevine Memorial Library, Hardwick, 5:00-8:00 p.m., free. See the library magically transformed into a haunted space with bats, bugs, skeletons and more. Come in your costumes and scare the librarians! Information: 472-5968.

Cabot School BIDS INVITED



The Cabot School District invites bid proposals for the following:
Wood Chips for our schools heating system effective October 3, 2011 extending through June 30, 2012.

Bid on estimate 425 tons usage.

The district reserves the right to accept and /or refuse bids.

For a list of specifications and any other questions, please call Peter Ackermann at (802) 563-2289 x 202

Sealed bids will be accepted through 4 pm on Monday, October 3, 2011.

Bids may be faxed to
(802) 454-9934

or mailed to
**Rob Billings,
Business Manager,
WNESU, P.O. Box 470,
Plainfield, VT 05667**

~ NOVEMBER ~

Wednesday, 11/2

Classic Film: To Kill a Mocking Bird, Jaquith Public Library, Marshfield, 7:00 p.m, free. Story of a young girl in the Jim Crow South revolves around a trial lawyer's courageous defense of a black man accused of rape, 1962. This movie is part of the Vermont Reads Program. Watch for discussion groups in Plainfield and Cabot. Come to the library to borrow the book and read it before you see the movie.

Saturday, 11/5

Cabot Church, New Traditions Supper - prepared by culinary students 5 pm, 6:15 pm 7:30 pm. For more info—Marvie Domey - 426-3281.

Winter Clothing Drive, Jaquith Public Library, Marshfield, 9:00 a.m. – 3:00 p.m. Free, good quality winter clothing is available in the Old Schoolhouse Common gym. If you have good quality clothes to donate, please drop them off at the library during the week before the event. Co-sponsored by the Onion River Food Shelf.

National Take Back Initiative Got Drugs?

The DEA has scheduled another National Prescription Drug Take Back Day on

**Saturday, October 29, 2011,
from 10:00 am - 2:00 pm.**

to provide a venue for persons who want to dispose of unwanted and unused prescription drugs.

Unused prescription drugs can be disposed of safely at the following collection locations:

- ⇒ University Mall parking lot, 155 Dorset Street, South Burlington, VT
- ⇒ Bethlehem Police Department, 2155 Main Street, Bethlehem, NH
- ⇒ Also, The Barre Police Department, at 15 4th Street, has a 24/7 prescription drug drop in their lobby, for pills only, year-round.

Website link may have an icon or something for you to use...

http://www.deadiversion.usdoj.gov/drug_disposal/takeback/



FOOD SHELF APPEAL!

In the wake of the Vermont floods, acquiring fresh produce through the state food bank has been greatly limited for the Cabot Food Shelf. Any donations of local excess farm produce or vegetables is appreciated. Any donations can be dropped at the Cabot Mason Hall, on the mornings of food drop days.



OCTOBER FOOD SHELF DATES

Wednesday, October 12th, pick up at noon.

**Thursday, October 27th, pick up at 2 p.m.
Cabot Mason Hall on Main Street.**

~ ONGOING ~

Bingo! Every Friday, Old Schoolhouse Common, Marshfield, 1:00 p.m. Come join us for friendly fierce competition and laughter. Sponsored by Twin Valley Seniors.

Cabot Recreation Department monthly meeting, second Tuesday of each month, Willey Building, Cabot, 6:00 p.m.

Cabot United Church services are every Sunday at 10:00 a.m. To reserve the church for a function or any other reason call 563-2278.

Diabetes Discussion Group, 6:30 on the 3rd Thursday of the month at The Health Center of Plainfield, free and open to anyone with diabetes and their families. Information: 322-6600 or dgrabowski@the-health-center.org.

Dungeons & Dragons, Cabot Public Library. This program will continue this fall and is hosted on Fridays from 3 to 5:30. All are welcome.

Family Contra & Square Dance, First Friday of each month. Danville Town Hall, 8:00 p.m., donation requested. Chip Hedler will do the calling and David Carpenter will lead the band. The dances are taught and are easily learned by young and old. The Danville Family Contra and Square Dance is held on the first Friday of the month through May. Information: 563-3225 or email samlyman@sover.net.

Great Vermont Corn Maze opened for the season August 1 at 1404 Wheelock Road, Danville. Information: 748-1399 or vermontcornmaze.com.

Healthy Living Gentle Exercise Program, every Monday, Wednesday, Friday, Old Schoolhouse

Knit/Crochet Group, meets the third Sunday of the month at 2 p.m. Call Bonnie for location 563-3396.



8th Grade Spaghetti Dinner and Silent Auction.

**October 8th
at 5:30 p.m.
Cabot Cafeteria
\$5 / person
\$12 / family
Come and Eat!**

BLURBS FROM THE BLOGOSPHERE

Lumberjill Open World Championships 2011

Cabot teacher Irene Harvey and her partner Frank Kampf, of Thistle Hill are avid logsport enthusiasts. Harvey has been training and competing as a lumberjill for many years. She has held some impressive titles, such as World Champion at bow saw. The following blurb was taken from her team's facebook page. To read more about how the team has been doing, visit, [facebook.com/pages/Cookies-n-Chips-Lumbersports-Team](https://www.facebook.com/pages/Cookies-n-Chips-Lumbersports-Team)



Irene Harvey and Laurette Russell build a fire.

by Cookies 'n' Chips
Lumbersports Team

Alas, the first event was log roll and it was an omen of how the day would proceed. Irene and teammate Laurette Russell were slated to go 9th out of the 13 teams, and having won this event last year they knew they had to give it their all. Listening from the seclusion area, the other teams were putting in fast times, so when they started out it was a fast pace. A pace that would place them in the lead. After a blistering 5 seconds down the track, just as they were to hit the pins, Laurette left her feet, flew over the log and came crashing down. The entire arena held their breath, waiting to see if she was going to move. After a long pause she slowly came to her feet and walked off the track with stone dust on her chin and nose. Laurette was a trooper and brushed herself off, preparing for her next event. This was not to be their year again in log roll. The full video is also posted.

The next event was single buck (single crosscut). This was the first year Irene was to compete at this event, and only her second time ever doing it. She started out with a few hitches, catching the saw on her forward stroke. But after she got into the wood she set a fast pace and was able to catch many of the other competitors. Even though she finished in the middle of the pack, she is gaining experience and can only get better!

Laurette and Irene went on to compete in 2-woman crosscut. Even though they seemed to have a good cut, they didn't place. We're still analyzing the video to determine where they went wrong, but they suspect it may be that they are just not used to single cuts in big wood, when two cuts in 8x8 or 10x10 is the norm for competitions in New England.



Irene Harvey in Crossbow competition

Bowsaw is and would be Irene's event. Last year she placed second, and the year before (her first at Boonville) she placed first. But the omen of the log roll seemed to continue. Irene has been very busy this year and practice time has been very scarce. This became evident when she sawed her two cookies with the bowsaw. Losing time in the switch-over, she finished a disappointing fifth. It may be time to get the saw blade re-sharpened and find time to practice!

The day of competition ended with fire building. Another team event, but pits everyone against each other and not the clock. The first three teams to boil over their pot of water win, and everyone else gets no tea (haha). Needless to say Irene and Laurette went thirsty.

Irene has been struggling with her axe throwing over the last two years, but was able to regain some of her former glory this year at Boonville. She ended up in a double throw off, and placed eighth. Not a bad showing at the Open World Championship.

To sum up the day, the team only made enough money to cover dinner for five. We'll be back next year, stronger and more determined.

You Didn't Hear It From Me...

By Chronicle Staff

If you didn't get a chance to see David Book perform his historical monologue, you missed a very vivid, intimate peek into 1800's life, farming on Cabot's Flats, and the impact of the Civil War for families of that time.

Another great performance back in August was Unadilla's production of Guys and Dolls, which was directed by Caleb Pitkin. Russ Brown was the likable lead character, Nathan Detroit, perfectly casted, as were all the actors. They did a great job.

Later this month, Todd Jones will play Jekyll in The Barton's Family Theater's musical rendition of Jekyll and Hyde. Todd Jones, another local actor, loves the limelight. This probably stems from his early years as a Romper Room TV star.

Ron Lay-Sleeper recently read his poetry, Ben Hewitt spoke about his

latest book.... This is just a small sampling of the talent, in our midst!

What about our Cabot Soccer team, doing very well with a record of six wins and only one loss. Go Huskies!

The talent/expertise of Mr. Bill Wheeler is to be appreciated in the crafting of the new steps to enter the Cabot Church. Thank you also to Mike Cookson and Wayne Martin who also assisted with this project. Another building project to be seen is the new Apple Shed at Burt's Orchard – simple and fun.

Congratulations to Sam Carpenter and his mom, Susan, who, again, 'schooled' at the Tunbridge Fair, with their gigantic sunflower, prize winning vegetables and canned pickles.

Congratulations to Colina McQueeney, who got a perfect score on his entrance exam for the Coast Guard Academy. He will begin in early January.

Hidden Cabot, Hidden Legends

By Todd Jones

There are some communities that seem to be the last place you would expect to be . . . well, spooky. However, our own little Cabot is just one of those places. With its village nestled in the valley of surrounding hills and mountains and it's picturesque township extending for miles in every direction, Cabot may seem unlikely to harbor ghosts, beasties or unsolved mysteries, but it is full of them. Here is one story that few would be willing to tell you . . .

This legend has nothing to do with the dead, but something(s) very much alive. Everyone has heard of Big Foot. Even our own neighbor, Northfield, has the infamous "Pigman" (reportedly the most disgusting legend in Vermont). However, few have heard of "Little Feet". As sprawled out as Cabot may be, much of it remains undeveloped (or reclaimed) woods. Within these woods are mysteries that many know, but of which few speak.

One (but by no means the only) of the tales regarding "Little Feet" is from the early twentieth century. It was around Halloween, and the early frost had ended the apple season early. Two boys, Silas and Benjamin, decided to go to the apple orchard and watch the deer eat the fallen apples and get drunk (there was no television).

The boys went to the orchard and climbed a tree to wait. After some time, a few deer began to wander by and eat the apples. It wasn't long before the deer began staggering and falling over, sending the boys into a round of chuckling and snickering. However, all of a sudden, the deer stood bolt upright and sniffed the air. The boys immediately stopped their laughing. All the deer looked toward the tree the boys had climbed, then bolted away. The boys would have jumped down but for the sudden movement under their feet and the sound of chattering that was distinctly un-deer-like. The boys

watched as the movement through the grass raced faster than anything they had seen before. The grass moved all over the place, as if someone had released a pack of wild rabbits, except that they all closed in on the closest deer. Within moments, the deer dropped beneath the grass. The boys heard a cry of fear and pain that haunted them for the rest of their lives. They heard the clacking of teeth and the snapping of bone. Then nothing. They froze. The occasional movement below kept them in the tree the rest of the night. Finally, the boys decided they had to get home. As they started to get down, it happened. What appeared to be hairless monkey-like creatures jumped up at them. They clawed the trunk of the tree and began quickly making their way up toward the boys, gnashing their teeth as they climbed. The boys screamed, but it was nothing compared to the next sound. The creatures let out a yowl like the boys had never heard. As the sunrise rays hit the tree, the creatures seemed to be swallowed up by the tree bark. The only things left behind were a couple of unexplained bulges on the trunk of the tree.

Nearby farmers heard the uproar and came running. The boys told their tale of the strange, hairless monkey-like creatures with wide tooth-filled mouths and long, dirty claws, but nobody believed them. Although - even the adults had a hard time explaining away the mangled deer carcass lying nearby. The boys eventually recovered, but neither one ever entered the woods again. They lived full lives, but insisted to their dying days on the validity of what they experienced in that tree.

There are many other Cabot mysteries; the brilliant Zerah Colburn, the wailing sisters and the river boy to name just a few. Cabot is not exempt from the legends that seem to plague every other small town, but it is curious how and why they are so hidden.

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The Cabot Chronicle

Contact Marina at ads@cabotchronicle.org
or 563-3338.

Press Your Own Apples with Nate Smith

By Chronicle Staff

What a great year for apples! Everywhere trees are loaded! So this autumn, in addition to enjoying your own pies, applesauce and apple crisps, you can also have your own apples pressed locally for a very reasonably priced cider. Nate Smith, located on Ducharme Hill in Lower Cabot, will press your clean apples (not necessarily washed, but clean and with no or low spraying). Generally one bushel (about 40 pounds) of apples yields 3 gallons of cider.

The charge per gallon is \$1.25, if you supply the jugs, but jugs are available also for 50 cents each. Nate requires a \$15.00 minimum worth of pressing, or roughly 4 bushels of apples is the pressing minimum.

So gather up your apples from the remnant varieties that grow in your backyard, or bring in your prized and tended fruit (clean drops are OK). Pressing with Nate is available Saturdays through October by appointment. Call to reserve a slot of time, 563-2769.



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Knight Ducharme Appointed IRA President at UVM

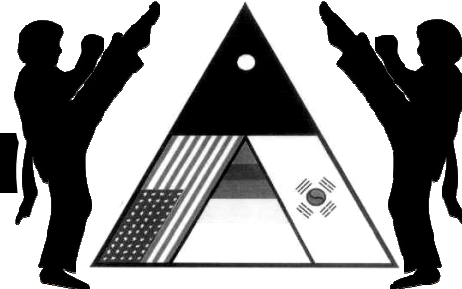
By Chronicle Staff,



Knight Ducharme, son of Shirley and Fred Ducharme of Cabot, was appointed Inter-Residence Association President at the University of Vermont. According to Knight, "An IRA president is basically like being class president, except for the entire on-campus population. The goals of IRA are promoting diversity and a sense of belonging, and trying to cultivate an overall healthy and happy community everywhere. Every complex on campus (a complex is a group of two to five residence halls) has a hall council with several members and a president. All of those members put on events and try to make their residents happy by listening to their needs as students and a community. Hall council, of which I am a member, typically consists of all of the RA's and

then a few community-oriented students. Those hall councils can send two representatives to meet with me and all the rest of the representatives on campus.

"IRA is responsible for putting on fun events and making improvements to the campus itself, based on what we think the students want and what the students say they want. There is the Student Government Association, and they are responsible for allocating money to various clubs on campus. They still, somehow, get most of the PR. IRA just voted to fund, when the SGA decided not to, a text-messaging service that lets the students use the GPS's in the buses to follow their bus routes. IRA had a board meeting where a representative from the business that powers the service presented in front of us and we had a discussion and then voted on it. A bike rental service was also recently implemented on campus when students approached IRA with an idea, and it was voted to fund them, as well."



PYRAMID

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Members of your local community are going to be representing the United States at the International Bushi Challenge in the Dominican Republic.



This is a unique opportunity for local Tae Kwon Do students to represent their country and community, but we need your help. Please support us as we fundraise to make this opportunity possible.

Please help us achieve this once in a lifetime opportunity. Come find us at the Cabot Apple Pie Festival on October 15th, 2011 at the Cabot School Gymnasium.

Donations welcome!

For more information please contact Master Stanley Parsons or Master Alba Rosario

How Could A Fish Survive *That!*

By Dave Mance III

There were times, during Tropical Storm Irene, when the rivers in Vermont and New Hampshire seemed to be made out of something other than water. Whatever it was was viscous and liquid, sure, but that roiling, furious, chocolate-colored mass was unlike anything many of us had ever seen before. When we talk of river water we usually use words like "sing;" river stewards have been known to take things to worshipful extremes and use words like amniotic. But this. This fecal, angry substance carrying cars and horizontal trees was something else entirely.

Watching the raw power of the river water in the aftermath of Irene, it was impossible not to think of the animals that live there. How, on earth, could a trout survive? If each foot of rising water produces 500 pounds of lateral force, then wouldn't every single living thing be swept away in such a torrent?

Talk to a fisheries biologist and you'll learn that the answer is "no, but." The no part can be chalked up to physics, among other factors. A trout's streamlined shape minimizes resistance, and its slimy epidermis cuts down on water friction. They hug the bottom of the stream during a flood, where things are slower and less turbulent than higher in the water column. They hide behind rocks and snags and in pockets inside stream banks where the natural structure decreases the velocity of the water, much as humans might use a building as a windbreak. And when all else fails, they get out of dodge and seek slower water outside the stream channel, a move that can lead to stranding if the water level drops too quickly.

The 'but' part of the answer reflects the fact that some fish don't make it. Biologist Rich Kirn, with the Vermont Fish and Wildlife Department, says that with a normal-sized flood he'd expect to see some decline in fish stocks, but Irene was above and beyond normal. Vermont has monitored fish populations at stations throughout the state for the past few decades. Kirn says that biologists have already noticed some decline in salmonid populations due to the spring flooding in northern and central areas of the state, and expect to see more in the wake of Irene. Fortunately, Irene's flash flooding was late enough in the year that the hatchlings stood a fighting chance. Late spring floods in May and June can be especially hard on trout populations, as the just-hatched fry are especially vulnerable.

When the animal life in a river will recover depends on how much damage occurred. In areas where the riparian vegetation was wiped out and the river channel inundated with sediment, or conversely, scoured raw, it might take years, if not decades. New Hampshire fisheries biologist Jason Carrier points to the Nash Stream in northern New Hampshire – where years of poor river management, coupled with a dam break and subsequent flood in 1969 left the river in a moon-scape condition – as an example of a catastrophic flood we're still recovering from. New Hampshire Fish and Game, Trout Unlimited, The U.S. Forest Service, and dozens of local environmental and civic groups have chipped in tens of thousands of dollars towards streambed restoration efforts on Nash Stream; trout habitat is being improved by putting logs, root balls, and large boulders back into the sterile channel.

There's a paradox and a silver lining in that last line. Both Kirn and Carrier point out that in areas that weren't catastrophically damaged, the floods associated with Irene could help trout populations in the long run. Floodwaters can scour stream bottoms and enhance spawning areas, as cleaner gravel equates to higher hatch rates. And as the downed trees and debris become incorporated into the stream channel, the surviving trout will flock to the new structures. While it's disheartening to consider the short-term mortality, a flood of this magnitude is a great example of nature's penchant for regeneration through violence. Like a forest fire wiping the slate clean and allowing a pitch pine forest to start all over again, so does a flood rejuvenate a river.

Kirn says that whatever the horror of Irene, the fish and freshwater invertebrates will bounce back. "New England's a rough place to live for any fish," said Kirn. "You've got anchor ice and ice jams to contend with in winter; floods every spring; heat and low flow in the summer. But the fish have adapted to it. They take a hit and come back."

Dave Mance III is the editor of Northern Woodlands. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org



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Cabot Recreation Department

By Libby Hale

It's October! Soccer is well underway and our teams have traveled for games, as the flooding has left us without a home field. Huge THANK YOUs to the Coaches who have volunteered their time and skills to provide the children of Cabot the opportunity for fun, learning and fitness on the soccer field. Coaches Karen Alexander and Niels Larsen are working with the preschool thru 2nd grade group. Coach Michelle Delaney has taken on the 3rd and 4th graders and Coach Rebecca Nally has tackled (almost) the 5th and 6th graders.

Looking forward, please be on the lookout for basketball registration. You gotta' know it's coming (it always does in the fall), look for it and ask about it! Better early than late (contrary to the popular "better late than never" belief). Registering on time allows the Rec. Dept to plan appropriate sized teams and numbers of coaches, and schedule games and gym time for practices. Thanks in advance for your attention to this.

As winter approaches and we are planning for the ice skating rink, we are looking for folks who can commit to helping with ice maintenance. The more people

who volunteer to help, the less any one individual will need to do. We will need ice shovellers, both on a regular rotation and extra help to be available when there is a heavy snow to deal with. Shoveling and snow blowing will both be helpful. We will also need some people to call when it's time for set-up and breakdown. If you would like to be involved with this effort, please contact Susie Socks (563-2073 or cabot-farm@gmail.com) or Libby Hale (563-3226 or libbyhale1@gmail.com).

We are also looking for anyone who would enjoy helping with trail creation and maintenance. There are currently trails that require routine and seasonal maintenance, as well as clean-up after storms, etc. We have many plans to create and maintain a trail system throughout the community, but are lacking man (woman) power to really get to it. There is also a need for someone with know-how for creating water crossings (bridges, etc.) and/or moving an existing bridge to a new location. We would like to try out an "Adopt a Trail" type system for maintenance. Please call Libby (above) if you would like to be part of this project. Any help, large or small, would be valuable.

Mouse in the Mailbox

By Jeannie Johnson

What does it mean when a mouse decides your mailbox is more appealing than the woods?

Our mailbox is situated at the side of the dirt road, next to a stream and backed by quiet woods. A few times in August and early September, when I pulled our mail from the mailbox, I noticed a collection of leaves and fluffy material at the back. Thinking the wind blew the stuff in, I just scraped it out with a postcard or junk mail (sorry, Tim).

Imagine my son, Caleb's, surprise when we drove home after dark one night, pulled the car up to the mailbox, he yanked open the mailbox and put his hand on something furry. He yanked his hand back out of the box, and all I saw was a tail disappearing over the edge of the mailbox door. Caleb thinks he actually woke the mouse up, sleeping on top of our mail. It appeared he more fell than jumped out of the box.

Naturally, we cleared out all the material again, and thought that scare would keep the mouse away. But we were wrong. A couple of weeks later, in the middle of the day, I opened the box and found, this time, two sets of beady eyes staring at me when I opened the door. Once again, I convinced them to leave and removed what I now recognize as a nest.

Recently, Tim Gochey drove up to the house to deliver a USPS box. He told Caleb and me about his own meeting with one of our mailbox mice. When he pulled the door open to put in mail, the mouse ran right up his arm. Fortunately, his arm was bent at 90 degrees, so the mouse ran along his forearm then fell and bounced off the side of Tim's Jeep. Tim's convinced, if his arm had been angled straight out from the Jeep, the mouse would have run right up his arm and fallen into his vehicle. Then, he would have been Tim's problem, not mine!

Our Pets: Thunderstorms and the Dog

By Andrea Gilbert, D.V.M.

Many pets panic during thunderstorms or fireworks. Dogs can be noise phobic or they can respond fearfully to wind or barometric changes. This condition is heritable. If one parent reacted to storms or noises, the puppies are also likely to be reactive. If a puppy is reactive, it will get worse as it ages. Noise reactive dogs are more likely to develop separation anxiety also.

Early intervention is important. If signs are caught early and addressed with appropriate training methods, you might be able to help your pet get over his or her anxiety. Work with a skilled trainer and research different training methods. Here are some suggestions. Talk calmly to the dog during fearful periods. Hold or lie on the dog if that is safe for you. Continuous gentle pressure can be calming to your pet. Find a spot in the house that is quiet and dark and use this as the safe spot. Do not leave a fearful dog outside in a run or dog house, they feel that the storm is all around them and can panic and hurt themselves. A crate covered with a blanket in cool spot in the house is ok if your dog is comfortable in crates. If crates scare your dog, a crate and thunderstorm do not mix well.

Rescue Remedy is an over the counter herbal tincture that is indicated for periods of stress. You could spray your dog's bed or blanket with it and set your pet up in the safe quiet spot you found in your house if storms are predicted.

There are specially made capes that discharge the static electricity in the air and can decrease your dogs reaction to thunderstorms. I think the gentle pressure felt from wearing the cape would also be helpful. Two such capes are: the storm defender cape and the anxiety wrap. They both are available on line. You have to get your dog accustomed to wearing the garment and not leave dogs alone with a cape on until you are comfortable that he or she won't have a violent reaction.

There are a number of medications your veterinarian can prescribe. There is one that can be given and is effective during a panic attack. This medication is the current recommendation for storm phobias. The older methods required time to be effective and that is often not practical with thunderstorms or unplanned fireworks. Talk to your veterinarian about your options.



FROM THE CABOT PUBLIC LIBRARY

Programs

Our numbers are in from the Summer Reading programs. It was a huge success this summer as 62 children and young adults participated in reading over 1,570 books!! Ten of these 62 children participated in the Thousand Page Club and read a total of 24,330 pages!! They were rewarded with a coupon for a free pint of Ben & Jerry's ice cream. There were also 377 children and adults who enjoyed the variety of story hour and evening programs. Thanks for coming out to our programs and reading lots of books. We look forward to next summer!

Fall program flyers featuring programs from Sept-Nov will be available for you to pick up in the library so you can plan your schedule!

Poetry Reading with Charlie Barasch and Nadell Fishman-Tuesday, Oct 11th -7pm

Charlie Barasch, author of *Dreams of the Presidents*, lives in Plainfield and is the speech-language pathologist at Cabot School. Nadell Fishman lives in NYC, spends summers in Cabot and is the author of *At Work in the Bridal Industry and Drive*.

Entertaining on a Budget; Value Wines from around the World with Niall McCallum - Sunday, October 16th 3-5pm \$20.00- Proceeds to benefit the library. Pick up your tickets at the library early! Come learn about delicious and affordable wines that can be purchased right here in Cabot. Niall has specially selected each wine and will discuss the qualities of each.

Yoga & Wellness Classes - Tuesdays 6-7:30 pm and NEW! -- THURSDAY MORNINGS 8:30-10:00AM with Alicia Feltus. For more information contact Alicia: 802-563-3220 or aliciafeltus@gmail.com

Girls Outdoor Leadership Program - Mondays Oct 3, 3-5:00pm

A nature-based educational program to explore nature, build community, leadership & stewardship skills. There will be games, nature observation, hikes, and circle time. Preregistration is required. A suggested donation is \$30.00. Scholarships are available through the Friends of the Library. This program is led by Alicia Feltus, who has attended EarthWalk teacher training, and has

been teaching children and adults for over 20 years. Please call Alicia for more info at 563-3220.

Dungeons & Dragons

Join the group, conquer the obstacles, and get out of the dungeon alive! This program will continue this fall and is hosted on Fridays from 3 to 5:30. All are welcome.

Book Discussion Series - Monday Oct 17, 7pm

Join us for the 2nd session in the *Booker Prize Winners* series of the Humanities Council Book Discussion group facilitated by Cynthia Russell. Please visit the library to pick up a copy of these books.

J. M. Coetzee, *The Life and Times of Michael K.* (1983) - Oct 17

Arundhati Roy, *The God of Small Things* (1997) - Nov 7

Michael Ondaatje, *The English Patient* (1992) - Nov 28

Vermont Reads - To Kill A Mockingbird

We have 10 copies of *To Kill A Mockingbird* from the Vermont Humanities Council to borrow and circulate amongst the community, thanks to Laura Zeisel, volunteer at the Cutler Memorial Library, who applied for and received 75 copies in total that are divided amongst the area libraries.

Classic Film: To Kill A Mockingbird - Wednesday, Nov 2, 7pm - at the Jacquith Public Library

Saturday Story Hour - Oct 8, 10:30am

The 2nd Saturday each month, we will have special Story Hour beginning at 10:30 am featuring local readers. Come hear stories read by librarian and storyteller, Paula Davidson!

Thank You!

Thanks so much to our volunteers who have been shelving the books and having them ready to circulate: **Kathleen Higbee** and **Beth Wade**. Thank you to **Paula Davidson** for helping us weed the children's books in preparation for new ones. Thanks to **Ben Hewitt**, **Jon Vara**, **Alicia Feltus**, and **David Book** for the great programs in September.

See you at the Library!

Kathleen Hoyne and Anne Walker



TWIN VALLEY SENIOR CENTER

Expand Exercise Programs

By Stacey Sharp

Twin Valley Senior Center is lining up our fall and winter programs and looking for community input and involvement in these programs. You do not need to be age 60 or older to participate. All are welcome and we would like to hear from you if you have a specific interest in an exercise program at TVSC.

We continue to have Healthy Aging Exercise which is free to residents of our 6 towns and takes place every Monday, Wednesday, and Friday. This is a gentle exercise program that focuses on balance, strengthening muscles, and building stronger bones. Everyone is welcome and all levels of fitness are encouraged to participate. TVSC participates in monthly outdoor 'Earth Walks', a multi-generational program designed to enjoy the natural beauty of Vermont in all seasons.

Is there interest in Tai Chi? Yoga? Walking programs? Qi Gong? Other programs? Please let us know what your interest is with exercise programs by calling 454-7750 by October 14th so we can make the arrangements for our fall and winter programs. Winter is a hard time to get the exercise you need and **Seniors Can Improve Balance and Prevent Falls with Simple Exercises.**

We serve hot nutritional meals at the center Monday, Wednesdays, and Fridays for a small donation of \$4.00 for age 60 and older and a \$5.00 donation for others. We would love to have you join us for great food and fun. Our Meals on Wheels program helps the elderly, sick and disabled stay in their own homes by delivering home cooked nutritional meals. With winter and holidays approaching keep in mind a loved one, family member or neighbor that could benefit from this program. It is a great way of giving them the gift of meals. Just call 454-7750 or 426-3447 to make arrangements. You can stay anonymous if you so desire.



Backpacks Back at School

By Eric Chudler, PhD.

How many of you carry a heavy backpack to school? Books, lunch, computers and supplies fill up backpacks that kids carry throughout the day. Many students complain of back pain and it is possible that heavy backpacks are one cause of this discomfort.

A new study by researchers at the University of California (San Diego) suggests that heavy backpacks may change the anatomy of the spine and contribute to back pain. The researchers used magnetic resonance imaging (MRI) scanning to look at the spines of eight children (3 boys, 5 girls, average age 11 years) when they carried backpacks with 4, 8 and 12 kg loads.

As the weight of the backpack increased, the scientists found that lumbar disks in the kids' back became compressed. The heavier packs also caused curvatures in the kids' spines. As you might imagine, when the children carried heavier backpacks, they reported more pain.

The American Physical Therapy Association recommends that children carry backpacks no heavier than 15% of their body weight. Yet, 55% of the children in one survey carried packs that weighed more than this recommended amount.

How much does your backpack weigh? Weigh yourself on a scale with and without your backpack to determine the weight of the backpack. Does your backpack weigh more than 15% of your body weight?

References:

1. Neuschwander, T.B., Cutrone, J., Macias, B.R., Cutrone, S., Murthy, G., Chambers, H. and Hargens, A.R., *The effect of backpacks on the lumbar spine in children, Spine, 35:83-88, 2010.*

2. *Is Your Childs Backpack Making the Grade? (American Physical Therapy Association: <http://www.apta.org/Media/Releases/Consumer/2009/4/14/>)*

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Flood Cleanup Team



From left to right: Mark Bromley, Jackie Bromley, Richard Bushey, Kathleen Hoyne, Daniel Hoyne Grosvenor, John Grosvenor and Jeremy Hoyne Grosvenor (front), Meghan Hoyne Wingate.

Last month a call went out for volunteers to help in the flood relief effort. Among the many volunteers, were Kathleen Hoyne, her husband, John Grosvenor and their two sons, Daniel and Jeremy. She recounts her volunteer experience below.

We went to Waterbury. Jackie Bromley insisted on wearing her hard hat and putting on a serious expression- it' was priceless. So, Mark and Jackie Bromley, Richard Bushey, John, me, Daniel, Jeremy and Meghan Hoyne, my niece, all went. Susan Alexander made us an awesome lunch of corn bread, black bean salad, and chocolate chip cookies.

They (FEMA?) sent us to a street in Waterbury which was completely dev-

astated— every house on both sides of the street had been gutted. John, Mark, Richard and Jackie worked digging out sludge from underneath one couple's home. The kids and I worked on the street. There were piles of debris - pieces of sheet rock, wood, broken glass, stuff all mixed with sludge. We shoveled it into 5-gallon containers and dumped it into huge dumpsters along the street. What a mess! It was a good thing we could hose ourselves off at the end of the day.

We all felt good that we could help in some small way- I know the people who owned the house said it made a big difference that volunteers stopped by to help every day.

GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

		—		x		25
÷			x		÷	
		x		+		19
+			—		x	
		—		x		8
13			20		20	

1 2 3 4 5 7 8 9 9

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Families of Cabot and Twinfield Students - Good News!

The TLC after-school program will once again begin for middle and high school students at Cabot and Twinfield next week. **Twinfield will start Tuesday September 20th. Cabot will start Wednesday September 21st.** When school is in session Cabot will meet on Mondays, Wednesdays, and Fridays. In Twinfield we will meet on Tuesdays and Thursdays with the possibility of additional days. TLC begins at 2:45 and ends at 5:30.

When looking back at last years programs several students have expressed how much TLC has been beneficial for them. Even the homework component of our daily format was confessed to have been of great assistance.

As you may know, in addition to offering time and help with homework, TLC has provided a variety of enriching activities as well as opportunity to develop essential socialization skills. This is a great resource for students (and parents) to enjoy a supervised after-school program which acknowledges

students individual study needs, the desire to have fun, the benefits of being active, and the need for an opportunity to socialize in a supportive environment

While exploring feature activities such as Theater arts, Mask-making, Pizza making (and eating), Juggling, Rock-wall climbing, Active games, Chess, Bowling, and more, the students got to better know themselves and others. I hope your students will join us for this year's program.

The TLC registration form can be found at the school offices and must be completed before participation. The cost to the families is deliberately low plus there is a sliding scale option so as not to exclude anyone. For more information please call TLC at:

TUS 802 426-3213 Ext. 208.

Cabot 802-563-2289 Ext. 233

I look forward to working with your middle and high school students and to building on our successes of last year.

Thank you,
Ellis Jacobson, TLC instructor

HOW TO HELP OUT WITH THE FLOOD RELIEF:

Information for those wanting to help in the wake of Tropical Storm Irene, can be found at www.vtre.sponse.wordpress.com Here detailed needs and wants are listed and this is where you can make a difference to help.

Other volunteering opportunities can be found through:

- VTResponse.com is working to connect volunteers ready to help with those that need assistance. If you want to help clean up and rebuild, let the folks behind this site know.
- [Montpelier Alive](#) is coordinating volunteer efforts in that city through their Facebook page.
- Volunteer and cleanup efforts are also being coordinated on [Twitter via the #VTresponse](#) hashtag.
- The [Vermont Flooding 2011](#) page on Facebook is functioning as a community bulletin board of sorts.
- [Vermont Helping Hands](#) is also coordinating relief efforts via



- Facebook.
- The [Help Vermont Facebook](#) group is another place to share recovery information.
- The [Red Cross](#) is in need of blood donations. Stop by their donation center at 32 North Prospect Street in Burlington, or the Alice Peck Day Memorial Hospital Blood Donation Center at 125 Mascoma Street in Lebanon, NH.
- [NEK Habitat for Humanity](#) is to suspend regular projects and go to work on disaster relief, especially in housing or housing cleanup in Caledonia, Orleans and Essex counties (or nearby); We have a volunteer coordinator and a mailing list of 30-40 potential volunteers. The Volunteer Coordinator is Karen Lawson; 626-8370, or email to ed_karenlawson@charter.net

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Fall Foliage Craft Fair



It was a smaller crowd than usual for this year's Foliage Festival. Perhaps it was due to the road closings in the south, but craft vendors and tourists still came out to visit, chat and hopefully buy.

SUDOKU GOLF

Sudoku Golf, is a math challenge done on correctly completed Sudoku puzzles. The object is to start at the upper leftmost square and ending at the lower rightmost square. Add the squares as you go. The challenge is to find the path with the lowest score as in golf. You may only move left, right, down and diagonally down. And you may only have a single "hole-in-one" (pass by the number 1, once). Once possible path is shown below, but you can do better. (Example Score = 75)

START

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

END

Have A Safe And Happy Halloween

ON OUR SUDOKU GOLF CREATOR

Paula Davidson sent us these Sudoku Golf puzzles developed by her father-in-law Scott Davidson. Scott is a retired programmer/analyst who enjoys writing programs to solve Sudokus and word puzzles. He has also published a paper on generating and naming the alkane series (hydrocarbons) by computer using a simple rearrangement.

FARMER FATHER CITY SON

By WYATT AMEDEN

Dr. Jones DENTISTRY

Hygienist Kim is HOT!

Hey! No flirting this time!

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You have BEAUTIFUL teeth!

45 minutes later

She said you don't need braces.

I'll pick you up at 9:00

I'm going to Buddy's

At 9:00 pm

They're upstairs doing a "project"

So, where are the boys?

NO.....WAIT!... OK.....Wait..... One..... Two.....

Two and a half...

!STOP!

Dude! I'm busted!

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The Cabot Chronicle

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Cabot Chef and Culinary Students Plan 7th Annual Gourmet Buffet

By Amanda Legare

For the seventh year in a row, Cabot chef David Hale is working with culinary students to put on the “New Traditions Supper,” a gourmet meal which has become an anticipated epicurean treat in central Vermont. This year’s meal will be served in three settings, Saturday, Nov. 5, at the Cabot United Church.

Although it is served buffet style, this is not your typical Vermont church supper. The meal features linen table clothes and a wide choice of gourmet cuisine ranging from cider braised pork with caramelized onions to pear and cranberry crisp. Culinary students in their best chef garb, help fill the plates for the diners.

Hale is the culinary arts teacher at St Johnsbury Academy. The students at the academy will work with Hale to prepare the Cabot meal. The final stages of prepping and the actual serving will be conducted by students from the New England Culinary Institute as part of their “service learning requirement.”

Proceeds from the dinner are used to help heat the church during the winter months. Reservations are requested for this event and servings are offered at 5 pm, 6:15 pm and 7:30 pm. at the church on Main Street.



Tickets:
Adults, \$12;
Senior citizens
(65 and over) \$10;
Children
(12 or under) \$6.
Take-out is available.
For reservations and more information call 426-3281.

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