

The Cabot Chronicle

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January 2012

Cabot Coalition Going Forward

The following was transcribed from the November 14 Cabot School Board Meeting. Lori Augustyniak spoke about the status of the Cabot Coalition going forward, in the wake of its loss of funding.

"For those of you that don't know me, I am Lori Augustyniak, Coordinator of the Cabot Coalition. Cabot Coalition started 13 years ago, I don't know if all of you know, but at that point in time, Chris [Tormey] was part of the group that got together to respond to a wave of vandalism, risky behavior by kids, two youth suicides that had happened in town and just a wave of a lot of unhealthy stuff that was going on.

Folks got together and started the coalition and applied for a three-year grant and we used that funding to build the organization and start a lot of great activities. Then we received a ten-year grant from the federal government to continue that work. [The Cabot Coalition] actually became one of the strongest coalitions in the state. Unfortunately, that ten-year grant ended and with the state of the economy and the state of human services, we're kind of winding down. Our federal funding ended in September and we have money to operate on a limited basis until the end of June.

So, where we are now is figuring out what happens next and how can the Coalition continue as a volunteer effort, if it can, [by] recruiting folks to help with that effort. Part of what we would like to do is pull together a forum, I don't know if we can do it before the holidays or not, but [we would like] to look at the YRBS data. The Youth Risk Behavior Survey data is out and we do have a 'Cabot only' report, so that allows us to look at what has happened over the past 12 years, but really where we are now, and what kinds of behaviors kids are reporting that they are faced with or participating in. I have not looked at the data yet, but in the past the coalition has kind of tabulated all the information and put it together in a format that is easy to understand.

I would love to do some sort of community meeting and it would be great to do it in conjunction with the school board, to see who is out there in the community who still cares about this issue. It may not just be substance abuse prevention, it may be looking at some other behaviors that we would want to address as a community. [We could] really gauge what the interests and desires are, and if there is any capability to continue the organization as a volunteer driven organization. Since I would still be around on a limited basis until June, [I] would help support that group, to kind of get it up and running and able to operate on their own after July 1st.

I'm not sure what process needs to happen, but if that is something we can do together, the Coalition and the School Board, as a joint 'something' - to review the data - share the data and to then have a conversation about what's next..."

Chris Tormey, School Board Chair responded,



"sounds like a good idea. I want to thank you [Lori], and its taken an awful lot of people in town to make it happen, but regardless of what the details of that [YRBS] data that you reference [shows], I think that we do have a stronger community because of lots of things that the coalition has done."

Lori continues, "This has been such an amazing community in which to do this work. Just the connections between the school and the community and the hundreds of volunteers that have been involved over the past 12 years. It's really awesome.

I think part of the reason the coalition has been successful [is because] we are a small group. People who are here really care about being here and people who are in this town care so awful much about kids. It really amazes me. I have been really grateful to be part of this the past twelve years. I'm hoping that there is a way that it can continue - the work that we've done. I've worked with all your kids over the years and that has been awesome.

So what's left, as far as what's going on with the Coalition? I'm working 15 hours a week, the rest of the [school] year. Some of that time is allocated to another effort. I'm working on a state-wide level with community coalitions to help promote prevention at the state capacity.

The Cabot Chronicle is still publishing. And for those who don't know, [the Cabot School] contributes monthly to that because we do use the school's postal patron permit - bulk mailing - to mail the newspaper out and that is a significant contribution for the school to make to that effort, in addition to all the copy that is contributed monthly [by the school and associated groups]. We've got, I think, enough money to keep us publishing through Town Meeting Day and hopefully we will receive another generous appropriation to help subsidize the newspaper as we build it to be a self sustaining entity.

There is a community and economic development group that has most recently been named, "Cabot Worx". It started meeting last January and has been meeting pretty much monthly to (*See 'Moving Forward', page 4*)



With unseasonably warm weather before Christmas, the Cabot Common skating rink isn't ready for skaters quite yet. The posted signs currently say, "Please stay off the rink. It is not ready yet."

Legislature Plans Redistricting: What Does It Mean to Cabot?

Legislative reapportionment is mandated following each Federal decennial (ten-year) census. We will cover the details more thoroughly in the February *Cabot Chronicle*, but the key facts are these:

The Reapportionment Board recommends moving Cabot into Legislative District Washington-5 with Marshfield and Plainfield. The district currently covering Marshfield and Plainfield is represented by Janet Ancel. Cabot is currently in Legislative District Caledonia-Washington-1 with Peacham and Danville, represented by Kitty Toll. Kitty Toll's district would be changed to include Danville, Groton and Peacham.

The LAB has presented its recommendations to every town's Board of Civil Authority (BCA), which were able to respond to the LAB before recommendations are made to the Legislature. Cabot and Dan-

ville BCA did not respond. Marshfield BCA moved to send a notice they don't have enough information to come to any conclusion, and if any more information or rationale is available regarding this proposal, they would like to have it provided, and are uncomfortable making a decision without adequate time for a public hearing. Plainfield BCA approved the measure, noting that Cabot, Marshfield and Plainfield already share a school district.

In February, the House will take into consideration the recommendations of the LAB and feedback from BCA's, and vote on the reapportionment proposal. The results of that vote will go back to the Boards of Civil Authority for their response to the House of Representatives, who will then take a final vote.

For more information, go to: <http://vermont-archives.org/reapportionment/>

Cabot Town Officers To Be Elected at Town Meeting 2012

By Australian Ballot (petitions due January 30):

2 Selectpersons
(one 2-year, one 3-year)
3 School Directors
(two 2-year, one 3-year)

From the Floor

2 Listers (3 years)
2 Auditors (3 years)
Delinquent Tax Collector (1 year)
Grand Juror (1 year)
Law Agent (1 year)
Cemetery Commissioner (5 years)
Library Trustee (3 years)
UDAG Committee Member (3 years)
Wiley Committee Member (3 years)

While no action in advance of Town Meeting is required to be elected from the floor, it is a good idea to advise the Town Clerk or Select Board member(s) of your interest and arrange for someone to nominate you.

~ Key Dates ~

January 30

Candidate petitions due

February 29

last day to apply for voter checklist

March 6

Town Meeting

Correction at the Request of Isaac James

In the excitement and enthusiasm of announcing the special musical offering of the December 3rd Cabot Community Chorus event, one sentence in the caption of the December cover photo was incorrect. Isaac James let us know he did not go to England to work with John Rutter, but had a master class with him in New York. And, 'though the idea is romantic that Cabot Community Chorus was the first to perform the song in the U.S., we have no ability to verify that.



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THE FLYING FARMER

Suet Pudding - My Great, Great Grandmother's Recipe

By Will Ameden

Our fresh beef arrived from The Royal Butcher LLC a few days before my family was to arrive for Thanksgiving. The Royal Butcher packages our beef to sell and it also fills our own freezer for eating during the year. And even though I send my cows off for butchering today, fall was always butchering time at my childhood dairy farm. My uncles would be there to help and we would butcher a couple of "cull cows", animals that had finished their productive milk years or had problems settling (not becoming pregnant).

As a kid, I remember being caught between sadness and fascination with the process. On one hand, I liked many of the cows we milked over the years. They all had names — Budgy Face, Hannah, Damn it, Judy and Sophie — and you formed a relationship to some extent with every one of the 40 cow herd, so shipping or butchering these cows was difficult. On the other hand, I was captivated by the butchering, when you could see the four stomachs, and how the tendons held things together, and the bones underneath. The meat from these cows filled our freezers for the year.

"The men," as my grandma called my Dad, grandfather, and uncles when they were working together, were in charge of the process. The youngest uncle, Norman, was the one who shot the cows, the worst part. After that moment, something clicks and you can stop seeing the cow as a creature you knew and get to the business of butchering. The kids helped "the men", who were patient while we cut the hide away from the body (one of the easier jobs, with less of a chance of cutting into something useful) and hollered at us if we started poking at a stomach with a stick (they really smell when punctured). With all the insides out, the hide, head, and feet off, we would split the carcass and hang it in the shed for a week before the cutting and wrapping.

While the beef was hanging, my brother and I would cut off some of the thin muscle on the outside of the beef, fold it over a sharpened stick, and cook it over a little fire we made beside the shed. I remember it being very tasty!

One of the cuts from the cow is suet, the hard white fat that grows around the kidneys. My grandma always fed the birds

suet during the winter months, often mixed with bird seed. That's the way that most people are familiar with this fat. But she also fed us suet pudding once a year at Thanksgiving — which tastes nothing like bird food.



Suet pudding with maple cream

This spring, I'd been experimenting with some very old, unusual recipes from the *Lobsouse & Spotted Dog Cookbook*, and many of them reminded me of that suet pudding. So, for Thanksgiving, I pulled out my grandmother's round suet pudding mold/steaming tin and found her recipe still inside. I shredded some suet, added to it some flour, molasses, soda (baking), walnuts, raisins, milk

and spices. Then I poured the mixture into the steaming tin (a cake mold with a lid that fastens on top), and after three hours of sitting in a boiling pot of water on the wood stove, it was finished!

I served the pudding to my family, warm, sliced thin and topped with maple whipped cream; it was delicious. It tastes like a cross between gingerbread and brown bread, and a little bit like an old fashioned fruit cake, but without all the candied fruit. I served it with the crabapple brandy we'd made in the fall.



Shredded suet

Growing up on a dairy farm in Vermont in the 1960's and 70's, I am realizing now, was a pretty unique upbringing. This holiday season, when family comes together, and the kids run to another room to escape the "when I was your age" stories, I realize how fortunate I am to have the stories and family close by.

Grandma's Suet Pudding Recipe

3 c flour
1 t cinnamon
1 t soda
1 t cloves
½ t nutmeg
1 t salt
1 c ground suet
1 c molasses
1 c raisins (small seedless)
1 c sour milk
1 c coarsely chopped nuts

Mix, suet, milk and molasses. Mix dry ingredients. Combine mixtures. Steam for 3 hours.

CABOT CAMEOS

Original FACEBOOK

Mentors

Cabot Connects Mentorship Program

This month, we asked five volunteers in the Cabot Connects Mentorship Program to tell us what it's like to be a mentor. Each of the mentors was asked the same four questions:

Why are you a mentor?

What are some of the things you and your mentee do together?

What stands out as a "memorable experience" among the time you've spent together?

Who mentored you?

Jon Vara:

I'm not a true mentor. All I do is go in and read with the kids in kindergarten one day a week. Well, they read to me, really—I just go and sit in the little chairs. So [my participation] --it's not an active thing, but I think it adds value to their experience when someone wants to hear them read, when an adult takes them seriously. It's enormously fun. I'm not an educator. But now I'm a real authority on Pickles the Dog. They read things like, "Pickles sees the red balloon. Pickles sees the blue balloon." When I was growing up, you didn't really learn to read until first grade, so I'm really impressed. I think when the students get a sense of "I like to read" and "I can read" -- that's half the battle. Kids are at such a disadvantage if they don't read easily. When I was growing up the closest thing I had to a mentor was my Uncle Art. He was a lovely guy; he was about 20 years older than me, and we'd go fishing. It was just fun to be with him. I felt he took me seriously, and that's a valuable thing; it stays with you. It's really fun to be around the kindergarteners because they are so interested in the world around them. I look forward to Fridays.

Jim Goodrich:

I'm a mentor because a lot of people helped me when I was growing up, and

I find mentoring is a good way to give back. It's also a lot of fun. I think isolation is a problem in rural communities. I grew up in a rural community. I was a farm kid with five brothers. They were sort of my mentors and also my grandparents were kind of mentors to me. My parents encouraged us to do 4-H, which exposed us to lots of different things. I wanted to help kids gain exposure to different cultures and experiences. My mentee and I have gone skiing, and he took me snowshoeing in the area where he lived. We built a computer together. Another time we drove over to watch them blow up the Champlain Bridge. On our way home another highlight was following a plow truck, with what must have been a new driver --we watched him clip off mailbox after mailbox.

One time I asked my mentee if he wanted to go to college and he said, "No." So I asked him, "Why not?" He didn't have a reason. So one day I was taking my nephew over to visit Vermont Technical College and asked him if he wanted to come along. He loved it there, especially the cafeteria. He said that's where he wanted to go to college.

All my kids are in their mid twenties, so mentoring is a way to stay connected to my community. It's just fun.

Cindy Robbins:

I love children; I've always worked with children, all my life. I was a social worker in the schools in Connecticut, and they had a Big Sister/ Big Brother program there, and there were never enough volunteers. I told myself when I retired I was going to be a mentor. I knew there was a need and that I would enjoy it. So when I retired I looked into a mentoring program in St. Johnsbury, but it didn't work out. Then a mother approached me and asked if I would mentor her daughter. I said, "Oh, she doesn't want an older woman to be her mentor." And her mother replied, "Oh, yes she does!"

Who Mentored You?

As part of our celebration of National Mentoring Month, we are asking the community to acknowledge and honor someone in your life who mentored you. Just one or two sentences and a donation of \$25 to Cabot Connects Mentoring will get an acknowledgment printed in an upcoming issue of the Chronicle.

See the Celebrate Mentoring page 3 to see examples.

Mentoring makes a difference!



The Cabot Chronicle

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Find current news, great links to your community,

discussion forums and more about our paper on

the web at www.cabotchronicle.org

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.

Phone: 802-563-3338 • Email: inbox@cabotchronicle.org

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Subscriptions available \$15 per year

Contact above for more information

CABOT CONNECTS

CELEBRATE MENTORING!

JANUARY IS NATIONAL MENTORING MONTH

What Mentors are saying.....

"It's a good program for both the kids and adults. The relationship has offered respite from her family situation. And through it, I got connected with other kids in her class."
~ Susan Tobias

"The experience has been all positive. I forgot how much energy kids have! I get in touch with being a kid again. He has shared his interests with us. Through us, he gets to see things different than from his family.... His view has been broadened."
~ Stephen Watkins

"Our mentee did not appear to be high risk. We are there to add to his parents' support of him. We wrap our arms around him.."
~ Sarah Watkins

What Parents are saying.....

"I have nothing but praise for the Cabot Connects Mentoring Program. I feel that the administration is excellent and communication between us, the coordinator, the mentor, the school and community has been great."
~ mother of 17-year-old girl

"For my daughter, I think knowing her mentor's kindness and heartfelt friendship is real and genuine. For [any] young person, I feel this is so important to have a successful, positive, kind role model. My daughter has someone that she can trust."
~ mother of 11-year-old girl

"The mentor gets my daughter out of the house in a positive way. Her mentor helps in all areas of my daughter's life. At school her grades got better."
~ mother of a 12-year-old girl

Cabot Connects, List of Mentors and Advisory Board Members

Susan Alexander - Community Mentor - 3-1/2 years	Connie Hourihan - Advisory Board Member - 5 years
Sarah Antonello - Community Mentor - 2 years	Rachel Kellett - Community Mentor - 1 year
Lori Augustyniak - Literacy Mentor - 2 years	Amber Ksepka - Community Mentor - 4 years
Raquel Bigelow - Literacy Mentor, Advisory Board Member - 1 year	Ashley Ksepka - Community Mentor - 4 years
Sheila Booth - Community Mentor - 3 years	Cathleen Maine - Literacy Mentor - 1 year
Amy Bothfeld - Community Mentor - 5 years	Billie Marcotte - Community Mentor - 2 years
Deb Bothfeld - School Mentor - 5 years	Tracy Mauck - Advisory Board Member - 3 years
Judy Boucher - Community Mentor - 3 years	Karen Mueller-Harder - Community Mentor - 3-1/2 years
Mark Bromley - Cabot Roamers, Advisory Board Member - 3 years	Ed Pcolar - Literacy Mentor - 1 year
Greg Burt - Community Mentor, Advisory Board Member - 2-1/2 years	Leonie Pike - Advisory Board Member - 5 years
Steph Burt - Community Mentor - 1-1/2 years	Cindy Robbins - Community Mentor, Literacy Mentor - 1 year
Richard Bushey - Community Mentor, Advisory Board Member - 5 years	Lynn Rockwell - Advisory Board Member - 2 years
Mark Christensen - Community Mentor - 1 year	Tara Rogerson - School Mentor - 2-1/2 years
Jennifer Churchill - Community Mentor - 2-1/2 years	Cynthia Russell - Community Mentor - 1 year
Cia Considine - Community Mentor, Advisory Board Member - 1 year	Linda Savoca - Community Mentor - 2 years
David Creighton - Community Mentor - 1 year	Christa Scholz - Literacy and Community Mentor - 1 year
Michelle Delaney - Community Mentor - 3 years	Jackie Scribner - Community Mentor - 4 years
Jim Goodrich - Community Mentor - 4 years	Lynn Talamini - Community Mentor - 1 year
Gail Greaves - Community Mentor - 5 years	Lars Torres - Art Mentor - 1 year
John Hammer - Community Mentor, Advisory Board Member - 5 years	Susan Tobias - Community Mentor - 3 years
Kathleen Higby - Community Mentor - 5 years	Stephen Watkins - Community Mentor - 2 years
	Connie Withers - Literacy Mentor - 1-1/2 years
	Jon Vara - Literacy Mentor - 2 years

What Mentees are saying.....

"My mentor gives me someone to talk to when I need to talk to someone, or I need advice on something. My mentor is someone to hang out with and have fun with and now I have a real friend."
~ 15-year-old girl

"My mentor keeps me busy doing cool activities."
~ 10-year-old boy

"My mentor makes life interesting and fun!"
~ 12-year-old boy

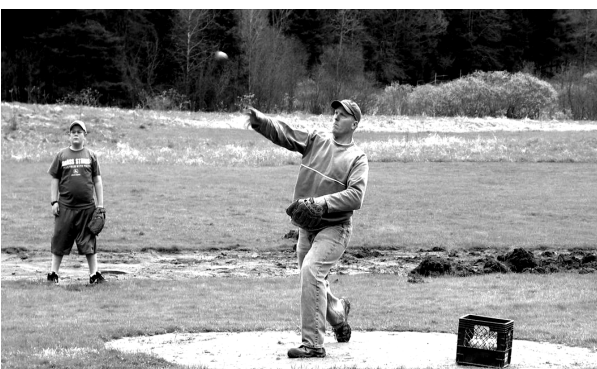
"I tell my friends to get a mentor because it's fun and you get to do a lot of different things and just have fun."
~ 14-year-old girl

Thank you to the following community members who made generous donations:

Richard and Eleanor Spaulding
Faith in Action
Emily Dalgarno
Alison Danzer
Susan Tobias
Ed and Karen Pcolar
Judy Pransky

Thank you also to our generous funders:

A.D. Henderson Foundation,
Vermont Mentoring
Funding Collaborative
The Richard E. and Deborah L.
Tarrant Foundation
Vermont Community
Foundation
Cabot Creamery



Monthly group activities



Game Night November 2011

JOIN US TO CELEBRATE OUR MENTORS

FREE Coffee and Pastries
Saturday, January 21
8:00 a.m. to 11:00 a.m.
Wiley Building

"My father was my mentor - he taught me how to skate backwards."
~Julia Shipley

"My best girlfriend's mom, Mrs. Italiano, mentored me. She always took care of me and made me Italian pastries."
~Kathleen Hoyne



Ed Pcolar, literacy mentor and his student



Game Night Checkers

Cabot Connects Mentoring Requests School Support

By Chronicle Staff

On Tuesday, November 14, a dozen representatives of Cabot Connects Mentoring Program approached the Cabot school board to request that the program be based at the Cabot School and also for the school to contribute 10% of the Cabot Connects Mentoring budget (approximately \$3,000) in support of this service.

Thanks to the kindness, caring, and generosity of folks in Cabot, there are over 25 volunteer mentors spending time with children here. Most mentors are involved in one-to-one adult-to-youth mentoring relationships with students, who meet outside the school day. They visit places outside and within Cabot, go biking together, play games, do arts/crafts projects, bake, ride horses together, learn about farming, learn how to care for animals, go fishing, hike together, go to movies, and hang out together and talk. There are two school-based mentors that meet with children during the school day for friendship and there are four literacy-based mentors helping students in classrooms to practice reading skills and develop a love of reading and learning. Cabot Connects also has a ten-person advisory board committed to maintaining the quality of this program for the kids of Cabot.

Twelve percent of youth in town have their own individual mentors. These mentors collectively average over 200 hours each month meeting with children on an individual basis. Each mentor pair meets between seven and ten hours per month. Research in the field of mentoring shows this to be the most effective form of mentoring.

In addition to this, most of the kids in Grades K through 3, another 21% of Cabot students, are exposed to the literacy mentors; adults in our community who care about them and want to share their love of reading with them. These volunteers are generous in their commitment to the students. One example of a literacy volunteer is Ed Pcolar, who showed up last year with packets of books for each student in the class and, then again this year, brought in new school supplies for everyone.

Research clearly shows that children who have mentors get along better with parents, teachers, and their peers, they do better in school and are far less likely to be involved with underage drinking and substance abuse. Within the mentoring relationship, the young person feels better about him/herself and develops a better attitude toward school, peers, teachers and parents. Some kids start out having difficulty forming friendships and then over time build up social skills and confidence and learn how to make friends. Mentees are more likely to join after school groups, sports teams and try new things after they have been mentored. They make better choices and decisions regarding their behavior and develop a positive feedback cycle. All these things are precursors to doing better in school. This often takes years, which is why it is more effective to start when the kids are young.

One year ago the Vermont Mentors Funding Collaborative contracted with the Mentor Consulting Group of Norwalk, Connecticut, to conduct an evaluation of the mentoring programs throughout Vermont. Dr. Susan Weinberger presented her findings at the Vermont Mentoring Symposium last May, where she reported Cabot Connects Mentoring Program to be in compliance with all the components of

successful mentoring and named Cabot Connects, "one of the finest rural mentoring programs serving youth in the state of Vermont". She went on to say, "In this tiny rural town in Vermont, Cabot Connects is the epitome of a superb program that follows all the mentoring standards of excellence. Often rural areas in America considering the establishment of a mentoring program find many challenges. They lack dedicated staff, caring mentoring, available funding or the ability to follow the standards. Cabot Connects is the premier example of how a mentoring program in a rural community should operate. It adheres to the quality assurance standards of youth mentoring and is making a difference in the lives of young people every day".

At this symposium, Lori Augustyniak, Cabot Coalition Coordinator, and Kathleen Hoyne, Coordinator of Cabot Connects, shared their concerns for being able to sustain Cabot Connects. This eventually led the Vermont Mentors Funding Collaborative to help fund the program for this year with the hopes and expectation that it would become self-sustaining beyond this year.

The plan to become self sustaining, developed by the Mentor Advisory Board, is to secure program support in four areas. There is ongoing research for foundation funding within Vermont, an individual donor campaign is underway, fundraising events are being planned and lastly, direct support is sought from the school/community. Nancy Thomas, Washington Northeast Supervisory Union superintendent, commented at the school board meeting that this support from the school/community is essential when applying for grant funding outside of Cabot. Karen Stewart, principal of Cabot school, also wholeheartedly supported the proposal.

Currently, funding for this year has been secured from the Vermont Mentors Funding Collaborative, the Henderson Foundation, the Tarrant Foundation, the Vermont Community Foundation, as well as through several individual donations and the Manifestivus Music Festival fund raising event last summer (for which we have countless people to thank).

Logistically, the Cabot Connects "home" would be absorbed into the overhead of the school with little burden, as with the Twinfield Together Mentoring program, which has been operating out of Twinfield school for several years. The school board voted to include both the requests (operating space and \$3,000 in support) to be factored into the 2012 school budget.

Cabot Connects mentor coordinator, Kathleen Hoyne, says "I believe mentoring is the most economical and most effective safety net that we have for kids. This is especially true when you consider the costs to the individual, family, school and community when kids become disengaged."

Monthly Community Calendar NOW ONLINE

For an Updated and more complete version of Cabot's Community Calendar and events, visit our website at: www.cabotchronicle.org

Moving Forward

(Continued from page 1)

talk about community development and economic issues in the town and I don't know that there has been any real kind of regular participation from the school in that group. The school should certainly be part of that effort. It is such an integral part of the community and economic life of this town.

Our youth leadership programs are continuing for another year. Dave Schilling joined the Coalition staff to facilitate the middle school group which is called KAPOW and the high school group, which is changing its name, so I won't tell you what this is right now. Both of the those groups meet weekly throughout the year to do leadership activities, interact with their peers, and also do peer educational outreach. In the past, they were predominately focused on tobacco prevention. This year the funding is not tied to a grant, so the group is looking at a larger spectrum of things that they can do to help their peers make good decisions. That program ends up costing about \$3,000 a year for staff and activities, so I will be looking this spring to try and identify some funding, so that there is money to do it again another year. [However] I'm not sure that it will happen, but we do have money through the end of this school year.

The final thing that we have happening, which is probably, I think, one of the gems of the Cabot Coalition, is the Cabot Connects Mentoring Program. Kathleen Hoyne and the Cabot Con-

nects Advisory Board have really been stellar. [This program] not only has served Cabot youth very well, but it has become well respected in the state. So much so, that this summer, when we were facing the end of the Cabot Connects program, a funding source came to us and offered [to find] us money to continue the program and then, in an unheard of chain of events, this source did call back to tell us that they had a group of funders. They didn't want to see our program end. They said that [Cabot Connects] is one of the best mentor programs in the state...how much money do you need?

We also received a second grant which will allow us to fund the program through the end of the school year, and we are waiting to hear from three other grant sources. In the meanwhile, the advisory board is working tirelessly to put together a sustainability plan to continue the program for many years to come."

The school board voted to include the Cabot Connects Mentoring Program in the proposed school budget, to be approved by Cabot voters on Town Meeting Day. If you have thoughts or suggestions you'd like to add to the conversation: Lori Augustyniak can be reached at the Coalition office one or two days per week - you can leave her a message at 563-3338 or cabotcoalition@fairpoint.net. Chris Tormey can be reached at 563-2842 or ctormey322@gmail.com, or talk to any member of the School Board.

OBITUARIES & MEMORIALS

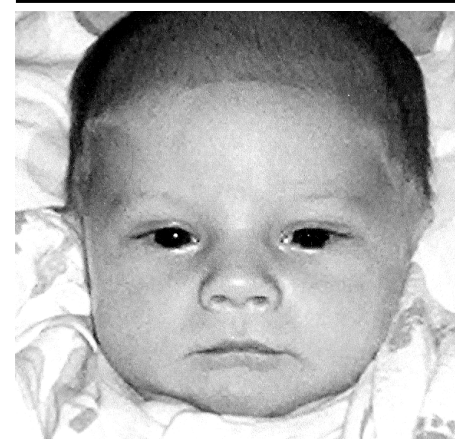
Eveline G. Rice

Eveline G. Rice, 84, peacefully passed away Friday, December 9, 2011, at Rowan Court. She was born October 5, 1927, in West Epping, N.H., to the late Margaret Ann Guerin and Ralph White. She was married for 56 years to Raymond Rice, who predeceased her in 2000.

She was employed for 35 years by the Walden School hot lunch program, as well as owning and operating Walden Sheepskin. She loved flowers, cooking and sewing.

Survivors include a son and daughter-in-law, Allen and Kathy Fogarty-Rice, of Millington, Tennessee; a daughter and son-in-law, Pearl Eveline Smith and David M. Krenn, of Pacifica, California; three granddaughters, Monica Manning of Randolph, Vicki Caudle and Tina Stern of Millington, Tennessee.

BIRTHS



Izayah Robert Dailey

Aldo Nunn and Terri Dailey welcome the birth of their grandchild, Izayah Robert Dailey.

Born November 30, 2011, at 12:09 p.m. at Central Vermont Hospital. Izayah was 21.5 inches long and 7 lbs. 13 oz. at birth. Mom (Alexis Montoya) and Dad (Ricky Dailey) are all doing well.

see; seven great-grandchildren, Katelyn Manning of Randolph, Stephani, Lauren and Sean Caudle and James, Timothy and Brianna Stern, all of Millington, Tennessee; and devoted friends and caregivers Trish Eaton of Montpelier, who loved and cared for her like a daughter, and Kelly and Melody Gamble of Walden.

Mrs. Rice was supported and comforted by her membership in the congregation of Jehovah's Witnesses in Hardwick.

In lieu of flowers, donations may be made to Hardwick Congregation of Jehovah's Witness c/o Peter Nichols, 55 Tousant Hill Road, Greensboro Bend, VT 05842-4210. At Mrs. Rice's request, there will be no service. Arrangements are by Northern Vermont Funeral Services of Hardwick.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

Property Transfers for August through December 2011

Property transfers are listed in this format: date of record, seller(s), buyer(s), property, location, description and sale price.

8/25	Albert May and Vivian May to Hazel May, 910 U.S. RT 2, 32 ac., \$0	9/2	Susan Freeburn to Robert Maier, 3690 VT RT 215 N, 7.7 ac. \$105,000.
9/12	VHFA to Lee R. Collier and Scott A. Sayers, 1085 VT RT 232, 2 ac., \$35,000.	9/12	Gilbert J. Houghton to Gilbert J. Houghton and Randall J. Houghton, 303 Danville Hill Road, 1 ac., \$78,500.
9/21	Bank of New York Mellon Trustee to Brian Mudgett and Stacey Mudgett, 2262 South Walden Road, 4 ac., \$120,750.	10/3	Terry MacDonald and Cindy MacDonald to Benjamin J. Dunham and Bonne Dunham, 39 McCarty Road, 1 ac., \$17,000.
10/3	Stephen Bothfeld and Amy Bothfeld to Zebulon Maxfield and Fawn Maxfield, Menard Road, 2 ac., \$0.	10/3	Andrew Leinoff and Gwenyth Jones to Mayo Sanborn and Ida Sanborn, Bolton Road spring rights, \$0.
10/11	Alain Tanguay and Sandra Tanguay to Erik Oliver and Theresa Stimson, Cabot Plains Road, 10.29 ac., \$19,000.	10/17	Troy Annual Conference of the United Methodist Church to New England Annual Conference of the United Methodist Church, 217 Covenant Hills Road, 200 ac., \$0.
10/18	Mayo Sanborn and Ida Sanborn to Gregory Burt and Stefanie Burt, 217 Bolton Road, .5 ac., \$50,000.	10/25	Douglas Hill and Terri Hill to James Reynolds and Aimee Reynolds, 33 Blodgett Road, 20.6 ac., \$210,000.
11/2	George Hallsmith and Gwendolyn Hallsmith to Matthew King, 50 Garden Road (Lot# 4), 0.0 ac., \$22,500.	11/9	Tracey MacLaren and Anthony Jarvis to Anthony Jarvis, 908 Lovely Road, 4.2 ac., \$44,000.
11/17	Howard Brining, Jr., and Sondra R. Brining to Kevin R. Sare and Leah E. Baribeau, 900 Whittier Hill Road, 12.1 ac., \$145,000.	11/22	Frederick A. Ducharme and Shirley A. Ducharme to Daniel W. Moyer and Cheryl L. Williams, 128 Elm St. .5 ac., \$178,000.
11/28	Margaret Longo Drown to Craig Cook, Mack Mountain Road, .5 ac., \$1500.	11/30	Audur Winnan to Nord Winnan, Bayley Hazen Road, 30 ac., \$0.
11/30	Walter Bothfeld Family Trust and Roberta P. Bothfeld Family Trust to Walter Bothfeld, Jr. and Rose Bothfeld, Bothfeld Hill Road, 400 ac., \$1,174,194.	12/2	Randall and Allyson Sironi to Randall Sironi, US Route 2, 91.9 ac., \$100,000.
12/16	Will Gary Peigelbeck to Paul Habersang and Richard Aronson, 330 Bayley Hazen Road, 10.1 ac., \$258,000.		

WEDDING ANNOUNCEMENTS



Gould-Wright Wedding

Sarah Gould, Cabot High School graduate, wedded Brian Wright of North Carolina in a civil ceremony October 2, and invited their blended family to celebrate and share at a sunset commitment ceremony on the beach in Topsail, NC, on Friday, November 25, 2011. Brian's children, Noah, Abigail and Rachel, played an active role in planning

the festivities. Sarah is the daughter of [the late] Ed Gould and Connie Gould of Cabot. Sarah's sister, Carrie Kabler of Maryland, attended with her husband, Mike, and children Anna and Stella. A Vermont family contingent drove down to participate - Marvie Domey, Ted Domey, Annie Domey, Jeanne Johnson and Caleb Domey. The Gould Wright family resides in the Raleigh, North Carolina area.

COMMUNITY COMMENTARY

To The Editor

The last issue of the Cabot Chronicle printed an incorrect version of my letter. Thankfully, I know and respect the Chronicle staff and appreciated hearing it was merely simple human error, and not something more grievous on the part of the "media". So, while I need not have the corrected copy printed, I do want it noted - for the record - that I had subsequently wished the Welters continued success and hoped their business would be good for the community. As with all businesses in Cabot, I feel it's critical to support each other in order to ensure long term community viability.

For further notation, I would like to add that since Cabot is currently looking at how to draw in and develop new business, and subsequently retain/sustain current businesses long term, the greater issue regarding change and corporate attitude addressed in my letter should be of growing concern to the community at large. In order to maintain the beauty and community sense that Cabot has, it will be ever more critical to protect ourselves from overzealous developers and "big business attitude" as we look at development issues. Lest we fall prey to those with less than idyllic notions about our town, businesses that seek to utilize & refurbish current buildings would be a far better mindset to covet than those wanting "new".

My hope in returning to Vermont and choosing it as my final homestead was that we were strong enough as a people to withstand outside pressure and influence, so as to retain the beauty and community life that we either grew up with, or sought to embrace for ourselves had we not. Unfortunately, noted recent developments around the area and state show that we are, literally, on the precipice of determining our fate.

I believe we must all be acutely aware of the differences between socially responsible businesses and those whose attitudes might smack of self-aggrandizement and manipulation. We can no longer afford to take a back seat and let others drive - or we will end up standing on the sidelines of a vast wasteland formerly known as Vermont. Now is the time that we should embrace only those businesses (and politicians) with the absolute best intentions for our town, county, and state (and country), so that we can become the model to which all others will ascribe in time.

Wendy Heilig



Dear Editor,

The comments by Wendy Heilig in your Community Commentary require a clarification to prevent any misconceptions about our intentions.

Rhapsody Natural Foods, the very small food business we run on Danville Hill Road, has recently gotten an unexpected opportunity to attract more business. However, before we were going to decide whether we would do that here in Cabot or at for instance the newly opened Vermont Food Venture Center in Hardwick, we wanted to know what we could expect from the Town of Cabot in terms of infrastructure maintenance to safely accommodate increased truck traffic. (At the moment we get one tractor trailer truck delivery per month and one or so box truck per week. That would probably double.) We want to make clear that we did not ask for paving the road, merely wanted to know what we could expect and paving came up as a result. We are content with our road being a (Vermont) dirt road. Rhapsody Natural Foods stands for: small, local, decentralized, organic agriculture, people-friendly food production. We produce a fermented soyfood called tempeh, amazake-rice milk, and egg rolls. Our organically grown beans come from within 100 miles, most of our vegetables are from Cabot and Plainfield, or elsewhere in Vermont. We do all this production in a super-insulated building (made for a large part from locally harvested and milled wood) to minimize our energy use, and build it where we live so we do not have to commute. We like it like that - no need to have Corporate America to take care of us; we prefer to strengthen our local community instead.

And also, our parking lot is the legal minimum, so small intentionally, because we rather use the land to grow our food. And if that means you might have to slow down or wait for a minute behind a truck, we think that's a small price to pay for building a diverse, vibrant, local, sustainable community. We feel it is not only prudent but essential, to get away from importing more than 90% of our food and other essentials out of state if we want to survive into the next half of this century, and, obviously, the place to start is at home.

Sincerely,

Sjon Welters

General manager
Rhapsody Natural Foods
Producer of amazake, eggrolls, and certified organic tempeh and tempeh products.

752 Danville Hill Road
Cabot, VT 05647-9622
802-563-2172
sjon@rhapsodynaturalfoods.com
swelters@gmail.com



ANNUAL GIRL SCOUT COOKIE SALE

BEGINS JANUARY 1, 2012

Don't forget to get your orders in!
Thank you for supporting
Cabot Girl Scouts

For more information contact
Cecilia Gulka, 563-2284

COMMUNITY CALENDAR

~ JANUARY ~

Wednesday, 1/4
Classic Film: Sullivan's Travels, Jaquith Public Library, Marshfield, 7:00 p.m. Tells the story of a disillusioned film director who decides he needs to know more about the common man in order to perfect his craft. Information: 426-3581.

Saturday, 1/7
Free Cross Country Skiing or Snowshoeing: Winter Trails®, a free, nationwide event held at many of Vermont Nordic resorts. Local area resorts provide free trail passes, some also equipment and lessons: Smuggler's Notch, Bolton Valley, Craftsbury Outdoor Center, and others. Call resort to reserve for lessons.

Tuesday, 1/10
Himalayan Adventure, Cabot Public Library, 6:30-7:30 pm. This past October, Christina DeRuzza of Cabot left for a company sponsored two week expedition in the Himalayas from Lukla to the unexplored Lunag Massif. Come relive the experience with Christina up the Everest trail, then west toward the Tibetan border of Nepal. Information: 563-2721.

Wednesday, 1/11
Discussion: Potential Health Concerns of Wireless Devices, Jaquith Public Library, Marshfield, 7:00 p.m. With Ray Pealer, an East Calais resident and one of the state's foremost experts on the subject of wireless technology. Information: 426-3581.

Tuesday, 1/17
Barns, Cabot Public Library, 6:30-7:30 p.m. Join filmmaker Caro Thompson for an armchair tour through excerpts from her PBS documentary, "Barns." Matt Moody, a timber framer from Cabot, will also bring some slides to show a frame raising of a barn here in Cabot. Information: 563-2721.

Wednesday, 1/18
Local author reads from his book: Lanthan Mire: Impending Consequence of Doom by Paul Luciano, 7:00 p.m. Paul Luciano (AKA Lucian Harke) is a Vermont-based fiction writer and musician. The book, featuring fictional character Lanthan Mire, is an adventure story about an other-worldly being sent to a lost planet and the inspirational powers of sound. The story is a positive one and incites readers to follow their inspiration to great heights and never lose hope. Jaquith Public Library in Marshfield. 426-3581.

Thursday, 1/19
Auditions for Murder Takes the Stage, Cabot School Performing Arts Center (CSPAC), 7:00 -9:00 p.m., Cabot Community Theater's spring production. Info/questions: Karen Mueller-Harder at karen@praxisworks.org or 563-2669.

Saturday, 1/21
Auditions for Murder Takes the Stage, Cabot School Performing Arts Center (CSPAC), 2 -5 p.m., Cabot Community Theater's spring production, Cabot School Performing Arts Center. Info/questions: Karen Mueller-Harder at karen@praxisworks.org or 563-2669.

Celebrate Mentoring, free coffee and pastries. 8:00 a.m. to 11:00 a.m., Cabot Willey Building. Everyone Welcome!

Friends of the Jaquith Book Sale, Jaquith Public Library, Marshfield, 8:00 a.m. – 1:00 p.m.

Saturday, 1/21
Open House at (the former) Goldie's Gathering Restaurant, noon—2:00 p.m., Cabot Inn, 3075 Main Street, Cabot. Share ideas for next steps for historic and cultural treasure. Raffle drawing at 1:45, extra raffle tickets for Cabot food bank items. Coffee and light fare. Info: 595-7710.

Friday, 1/27
Farmer's Appreciation Day at Jay Peak. Over 300 farmers from across Vermont gather, Vermont foods are on tap along with a ski race and apres ski party. Three free tickets are issued per farm. Information: 988-2611.

~ 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 Dept 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.

Children's Playgroup, every Wednesday morning, 9:00-11:00 a.m., Cabot United Church.

Diabetes Discussion Group, 6:30 p.m. 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, Fridays from 3:00 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. Information: 563-3225 or email samlyman@sover.net.

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

Knit & Crochet group: meets the third Sunday afternoon of every month, 2:00 p.m., Cabot Commons. All skill levels welcome. Bring your yarn, hook or needles. Information: 563-3396 or e-mail bonniesd@Together.Net

Movie Matinee, every Monday, 1:00, Twin Valley Senior Center, Old Schoolhouse Common, Marshfield.

Qi Gong Breathing Classes, every Wednesday, Old Schoolhouse Common, Marshfield, 9:30 - 10:30 a.m., \$5 per class. Come join our classes and learn the ancient secrets of breathing for life, energy, and stress reduction. Sponsored by Twin Valley Seniors.

Story Time, Mondays at 10 a.m., Jaquith Public Library, Marshfield. For children birth to age six, and their grown-ups. Information: 426-3581.

UDAG Meeting, 7:00 p.m. on the third Thursday every month, Willey Building.

Cabot Worx community development group meeting, 7:00 p.m. on the second Wednesday every month at the Cabot Masonic Hall.



January Food Shelf Dates:
Wednesday, January 11, pick up noon to 2 p.m.
Thursday, January 26 , pick up 2 p.m. to 4 p.m.
Cabot Mason Hall on Main Street.



Crafter Registration
CABOT MAPLE FEST
Saturday, March 17, 2012
9:00 a.m. to 3:00 p.m.
Cabot Village Center

- Pancake Breakfast
- Craft Tables
- Silent Auction
- Maple Cotton Candy
- Sugar on Snow
- Maple Delectables
- Signature Cheese Sandwiches

Crafters call for information and to register:
802-563-3338
www.CabotChronicle.org

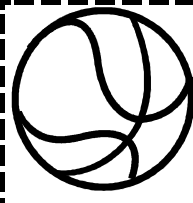
CABOT WORX
Community and Economic Development Group

WEDNESDAY
January 11, 7:00 p.m.
At Masonic hall

We want your input


Some topics on the table:
Cabot community (nongovernmental) Facebook page
Community Calendar
Sidewalks and Parking
Cabot Green
Maximizing community assets
Marketing community and businesses
Online crafts and tourism store
Cabot Inn
Making the most of UDAG funds

Mission:
Plan, organize, support and coordinate efforts that enhance and improve the community and economic health of Cabot. Our purpose is to provide a community forum to work together.
Meetings are on the second Wednesday of each Month, 7:00 p.m.

Cabot Huskies Basketball2011-2012				
	Date	Opponent	Times	
Tuesday	January 3	@ Craftsbury	Girls-5:30pm	Boys-7:00pm
Friday	January 6	@ Whitcomb		Boys-7:00pm
Monday	January 9	@ Blue Mountain		Boys-7:00pm
Friday	January 13	@ Chelsea		Boys-7:00pm
Saturday	January 14	@ Richford	(JV) Girls-1:00pm	Boys-2:30pm
Wednesday	January 18	@ Craftsbury	Girls-5:30pm	Boys-7:00pm
Friday	January 20	@ Sharon Academy		Boys-7:00pm
Tuesday	January 24	@ Canaan	Girls-5:00pm	Boys-6:30pm
Thursday	January 26	@ Whitcomb	Girls-7:00pm	
Saturday	January 28	@ Blue Mountain		(JV) Boys-1:00pm
Tuesday	January 31	@ Whitcomb	Girls-7:00pm	
Thursday	February 2	@ Concord	Girls-5:30pm	Boys-7:00pm
Friday	February 3	@ Twinfield		Boys-7:00pm
Saturday	February 4	@ Trinity Baptist	Girls-1:00pm	Boys-2:30pm
Wednesday	February 8	@ Mid-Vermont	Girls-6:30pm	
Thursday	February 9	@ Blue Mountain		Boys-7:00pm
Friday	February 10	@ Chelsea	Girls-7:00pm	
Saturday	February 11	@ Blue Mountain		(JV) Boys-1:00pm
Tuesday	February 14	@ Concord	Girls-5:30pm	Boys-7:00pm
Friday	February 17	@ Canaan	Girls-5:00pm	Boys-6:30pm
Wednesday	February 22	@ Sharon Academy	Girls-7:30pm (JV)	Boys-5:30pm
Saturday	February 25	@ UCA (Newport City Elementary)	Girls-1:00pm	
Tuesday	February 28	@ UCA	Girls-6:00pm	
Thursday	March 1	@ Twinfield	Girls-7:00pm	

2012 Elections Calendar

January 6 (Friday)

Last day to warn the first public hearing if charter adoption, amendment or repeal is to be voted at town meeting (60 days before town meeting). 17 V.S.A. §§ 2641(a), 2645(a)(3) and (6)

January 26 (Thursday)

First day town clerks may post warnings for the town meeting and the presidential primary election (40 days before the meeting). 17 V.S.A. § 2641(a)

Last day for receipt of petitioned articles to be added to the town meeting warning. (Petition must have been signed by five percent of the legal voters of the municipality.) 17 V.S.A. § 2642(a)

January 30 (Monday)

In Australian ballot towns, nominating petitions for town offices must be filed with the clerk of the municipality no later than 5:00 p.m. (sixth Monday before the election). A nominating petition must be signed by 30 voters or one percent of the legal voters, whichever is less. 17 V.S.A. § 2681(a) and (b)

In Australian ballot towns, town clerk receiving petitions for candidates running for municipal office must return any defective petitions to the candidate (within 24 hours of receipt). 17 V.S.A. § 2681(e)

February 1 (Wednesday)

In Australian ballot towns, a candidate may withdraw by notifying the municipal clerk in writing no later than 5:00 p.m. (Wednesday after the filing deadline). 17 V.S.A. § 2681(d)

In Australian ballot towns, supplementary petitions for municipal candidates whose original petitions were defective must be filed no later than 5:00 p.m. (Wednesday after the filing deadline). 17 V.S.A. § 2681(e)

In Australian ballot towns, candidates for municipal office must file a consent of candidate form with the municipal clerk by 5:00 p.m. (Wednesday after the filing deadline). 17 V.S.A. § 2681(a)

February 5 (Sunday)

In towns with less than 5,000 population, the checklist must only be posted in one place in addition to the clerk's office. 17 V.S.A. §§ 2141, 2521(a)

February 15 (Wednesday)

Last day to post sample ballots (for the presidential primary) in the same places as the warning, notice, and checklist (not later than 20 days prior to town meeting). 17 V.S.A. § 2522(a)

In Australian ballot towns, ballots for local officers and local public questions shall be prepared by the town clerk and available not later than 20 days before the election. 17 V.S.A. § 2681(a)

First day for legislative body to post warning for public informational hearing (to be held on or after 2/25/12) on any public question to be voted by Australian ballot at town meeting. 17 V.S.A. § 2680(g)

February 24 (Friday)

Last day for legislative body to post warning for public informational hearing (to be held within the ten days preceding the election) on public question to be voted by Australian ballot at a town meeting. 17 V.S.A. § 2680(g)

February 25 (Saturday)

First day for legislative body to hold public informational hearing on any public question to be voted by Australian ballot at town meeting (hearing shall be held within the ten days preceding the meeting). 17 V.S.A. § 2680(g)

Last day to post sample ballots (for the municipal election) in the same places as the warning, notice, and checklist (not later than 10 days prior to town meeting). 17 V.S.A. § 2522(a)

Selectboard must mail or otherwise distribute town meeting warning in annual town report by this date to avoid publishing warning in newspaper (at least 10 days before town meeting). 17 V.S.A. § 2641(b)

Vote tabulators must be tested using official ballots that are clearly marked "test ballots" (at least 10 days before the election). 17 V.S.A. § 2493(b)

February 27 (Monday)

A local candidate who has made expenditures or accepted contributions of \$500 or more shall file a campaign finance report ten days prior to the election. 17 V.S.A. §§ 2822, 2103(13)

During the eight days preceding election day, and on election day, the clerk shall divide the list of ill and physically disabled early or absentee voters into as many equal parts as there are pairs of designated justices, and deliver those lists to the justices, together with early or absentee ballots and envelopes. 17 V.S.A. § 2538(b)

February 29 (Wednesday)

Last day, until 5:00 p.m., to apply for addition to the checklist to vote at town meeting. Town clerks' offices must be open from 3:00 p.m. to 5:00 p.m. to accept applications. 17 V.S.A. § 2144(a) Please note that § 42 of the Vermont Constitution has been amended such that every person who will attain the full age of eighteen years by the date of the general election shall be entitled to vote in the primary election.

Last day, until 5:00 p.m., for people who are not eligible to register by this date but who will be eligible by election day to file a written notice of intent to apply with the town clerk and to request an early or absentee ballot. 17 V.S.A. § 2144(b) and (c)

Last day to receive a request for an application for addition to the checklist accompanying an early or absentee ballot request (by 5:00 p.m.). 17 V.S.A. § 2532 (b) and (c)

March 1 (Thursday)

Town meeting warning must be published in newspaper by this date if town report has not been distributed otherwise (five days before the meeting). 17 V.S.A. § 2641(b)

Last day for town clerk to forward to the board of civil authority a list of voters added to the checklist (at least five days before town meeting). 17 V.S.A. § 2144b (d)

March 3 (Saturday)

Last day for the board of civil authority to designate pairs of justices of the peace, assuring a political balance in each pair, to deliver early or absentee ballots to ill and physically disabled voters (not later than three days prior to the election). 17 V.S.A. § 2538(a)

March 5 (Monday)

Voters, family members, authorized persons or health care providers may request early or absentee ballots until 5:00 p.m. or the closing of the town clerk's office on this day. 17 V.S.A. § 2531(a)

Clerks must make a list of all early or absentee voters available upon request at their office. 17 V.S.A. § 2534

Board of civil authority must appoint a presiding officer if the town clerk or other regular presiding officer is unable to preside at the Australian ballot portion of town meeting or if more than one polling place is used. 17 V.S.A. § 2452

The presiding officer of each polling place must also post a copy of the warning and notice, sample ballots and the current checklist in a conspicuous place in each polling place before the polls open on election day. 17 V.S.A. § 2523(a) and (b)

The presiding officer shall make sure that signs informing voters of procedures for depositing ballots are placed on or near the ballot boxes before the polls open on election day. 17 V.S.A. § 2523(b)

Prior to the day of the election, board of civil authority must appoint assistant election officers for town meeting. 17 V.S.A. § 2454

Last day for legislative body to hold public informational hearing on any public question to be voted by Australian ballot at town meeting. 17 V.S.A. § 2680 (g)

March 6 (Tuesday)

PRESIDENTIAL PRIMARY AND TOWN MEETING

In presidential election years, a presidential primary for each major political party shall be held in all municipalities on the first Tuesday in March. 17 V.S.A. § 2701

A meeting of the legal voters of each town shall be held annually on the first Tuesday in March unless the town charter changes the date or the voters have voted to begin on one of the three days preceding the Tuesday. 17 V.S.A. §§ 2640(a) and (b), 2631

Clerks must make a list of all early or absentee voters available upon request in each polling place as soon as it opens. 17

V.S.A. § 2534

This information is provided by Office of the Secretary of State Elections Division (828-2363). See www.sec.state.vt.us for more information, or check with the Cabot Town Clerk, 563-2279.

Auditions for MURDER TAKES THE STAGE,

Cabot Community Theater's spring production will be *Murder Takes the Stage*. Come to auditions on Thursday, January 19, 7:00-9:00 p.m., or Saturday, January 21, 2:00-5:00 p.m., at Cabot School Performing Arts Center (CSPAC). Volunteers are needed, also, for offstage production responsibilities. Info/questions: Karen Mueller-Harder at karen@praxisworks.org or 563-2669.



YOU DIDN'T HEAR IT FROM ME...

By Chronicle Staff

References to Cabot's 'community' are broadly made all across town – at public meetings, when grant writing and sometimes it is even cited by outsiders. We who live here know that it is a special place and, yes, that there is a strong sense of community spirit. This may be true, but consider this...we may have a bias. It would seem silly to compare the strong community of Cabot to any other town's; after all, doesn't everyone hold their own communities strong and dear?

When we are talking about community, we are really talking about the people that live together in a proximity to each other, and, if it is a 'good' community, then the living together part is working and harmonious and the people care about what happens.

What got my attention the other day was when I was told by a non-Cabot resident, that her perception was that Cabot has far more really nice, civic-minded, good people per capita than other towns. I will not mention this person by name - her own community being nearby...

Well, I first considered how knowledgeable this person was about Cabot people and concluded that, yes, this person has had good in-depth exposure to Cabot life. Next, I wondered about how well this person has assimilated into her own community.... Again, I recognized this person did understand real community and, thus, my attention to the state-

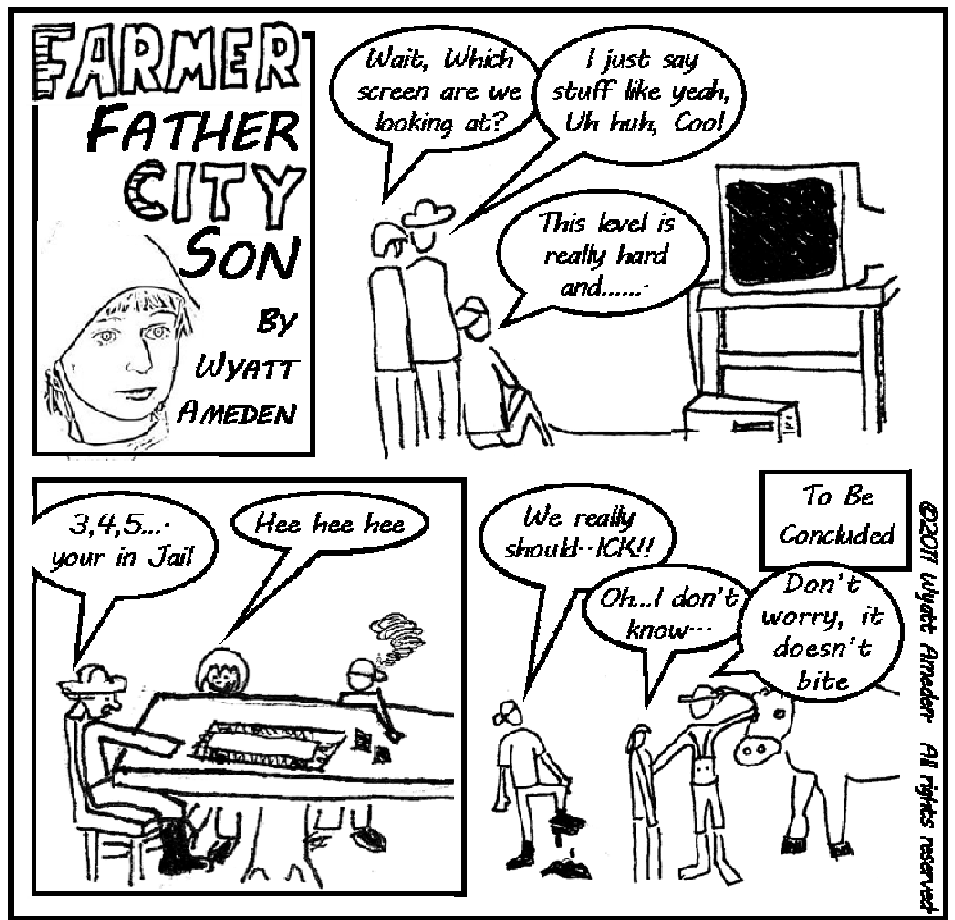
ment and I questioned to myself...Does Cabot have far more really nice people per capita? I thought about who I had seen in town that day, the greetings, the short hellos and good mornings, the doors held open and even the conversation at the coffee pump and all the "How ya doins?" Yeah, maybe Cabot people are nice; certainly polite.

I thought about how the librarian lent me her glasses to search the bookshelf for a title and how I spent the whole day with those glasses on - went to work, and only realized that the glasses I used all day were not my own! I dropped by the library to return them and, just like a librarian, she had a desk full of glasses and hadn't missed the pair I mistakenly walked away with. She waived the overdue eyeglass fee, too! There's some of that Cabot 'nice'.

It always amazes me that most people, in a pinch, can borrow their neighbor's eyeglasses to see. Perhaps we all DO see things with a similar view after living together in a community for a while.

I don't know what to think of this outsider's super complimentary observation of Cabot Community. Does an objective observer guarantee and validate? Maybe this person should think about moving to Cabot. It seems she already seems to see our perspective.

Looking forward to the new year and Cabot's vision for continued community prosperity. Happy New Year!





OUR PETS: Real Pet Hazards

By Andrea Gilbert, D.V.M.

Listed below are a number of products, plants and foods that are common in our houses before, during and after the holidays. Some are not as poisonous as commonly thought, while others are very hazardous. In general, use common sense and keep decorative plants, holiday decorations and people food away from your pets.

- Poinsettias are not as toxic as often reported. Unless massive quantities are ingested or if an animal happens to be very sensitive, poinsettias cause mild and self-limiting vomiting and diarrhea.
- American mistletoe (*Phoradendron* spp.) also has an exaggerated reputation of toxicity. However European mistletoe (*Viscum* spp.) is more toxic. Ingestion of American mistletoe may cause mild lethargy and vomiting. However, if your pet is more sensitive and seems severely affected, he or she might need veterinary care.
- All flowers and leaves of the *Lilium* species, including Stargazer, Easter, Tiger and other Asiatic lilies, are extremely poisonous to cats. Lilies are not toxic to dogs. Even small pieces of lilies cause kidney failure in cats. Any cat ingesting any amount of lily needs immediate veterinary attention and sometimes cannot be helped. Please do not bring lilies into your house if you have cats, and do not include them in bouquets for friends unless you are 100% sure they do not have cats. This is an under-appreciated health hazard.
- Tinsel and ribbons are not pet-friendly decorations! Though not poisonous, when ingested, tinsel, ribbons, yarn and dental floss (string or string-like objects) can cause life-threatening intestinal blockages in your pet. These cases are difficult and costly to treat. Keep stringy things away from your pet!
- Liquid potpourri can cause serious harm to pets. If eaten, it can cause burns to the mouth, esophagus and

stomach. The fumes can be deadly to birds. If pets get the oil on their fur, the fur needs to be washed until all traces of the oily residue are removed. Not an easy task in a cat. Use a safer option for home scent, such as reed diffusers, plug-in air fresheners or scented candles. Keep candles safe so they cannot accidentally get knocked over.

- Don't give your unwanted fruit cake to your dog! If ingested, some of the common ingredients in fruitcakes, such as raisins, grapes and alcohol, can result in kidney failure and other issues in dogs and potentially in cats and ferrets. If your pet eats some fruit cake, seek veterinary care immediately.
- Table scraps can be harmless in moderation or can cause serious health issues. Apples, peas, green beans, unsalted, unbuttered popcorn, carrots, sweet potatoes, zucchini, squash, ice chips, lettuce and blueberries are safe for pets in moderation. Often, a bite or two of a food won't bother most pets, however some animals are very sensitive. Be safe and avoid table scraps.
- Baked goods are not acceptable treats for pets, even if they do not contain chocolate. White chocolate is definitely on the naughty list for pets. Unbaked yeast bread dough can have fatal consequences. And xylitol, a common sugar substitute, can be fatal to dogs. If you want to bake your dog a holiday treat, make home made dog cookies. There are many recipes online. I make one with 2 cups flour, 1 cup milk, some uncooked oats, 1 cup of peanut butter and some maple syrup (since we live in Vermont). They make nice holiday gifts too.



**JOIN US TO
CELEBRATE OUR
MENTORS**

**FREE Coffee and Pastries
Saturday, January 21
8:00 a.m. to 11:00 a.m.
Willey Building**

The Early Forecast Calls For Snow

By Chuck Wooster

If you're a fan of a good, old-fashioned New England winter, with snow piling up under the eaves, you'll be pleased to know that we're going to have a La Niña this year. If you can't tell a La Niña from an El Niño, and also can't recall old-fashioned New Englanders speaking Spanish when talking about the weather, read on.

The story starts in Peru a century ago, where coastal fisherman kept close track of the ocean's temperature because it affected their ability to catch fish. They occasionally noticed that the surface temperature became abnormally warm right around Christmas and named the phenomenon "El Niño" since it arrived just about the same time as the Christ child's birthday. Fast forward to today, and this abnormal warming of the tropical waters in the eastern tropical Pacific is known to meteorologists around the globe as ENSO, or the El Niño Southern Oscillation.

The phenomenon first entered the public consciousness in the 1980s, when several very strong El Niño years were linked to crazy weather around the globe. Since then, La Niña has also entered the lexicon, referring to the years when the eastern tropical Pacific is at its normal, or cooler, temperature. The ENSO pattern is relatively easy to predict in advance, at least 3 to 4 months, and the weather pros are calling for a moderately strong La Niña this year. Looking back over weather data for the past 30 years, we know that for us here in the twin states, La Niña conditions lead to average temperatures and above-average precipitation, especially towards the tail end of the winter. The National Weather Service currently sees a 60 to 70 percent chance that we'll receive an extra 7 to 9 inches of snow this winter in New Hampshire and Vermont. Last winter, for purposes of comparison, was a strong La Niña winter and featured lots of snow, especially late in the season. The winter before was a moderate El Niño, and many valley locations were snow-free by the middle of March. But with something as complicated as weather forecasting, there's always more to the story. While a La Niña is relatively easy to forecast, the North Atlantic Oscillation (NAO) is not. This is the second major pattern that affects our winter weather, and it's hard

to predict more than a few weeks in advance.

Technically, the NAO is a measure of the relative air pressure at the ocean's surface between Iceland and the Azores. More generally, it's an indication of where the cold, arctic air of mid-winter is piling up – on our side of the North Pole or on the Siberian side. When it's on our side, the oscillation is said to be negative, which is easy to remember because it's what our air temperatures are likely to be, too. When the cold air is piled up on our side, it pushes the storm tracks to the south, sometimes well south of us here in New Hampshire and Vermont. Remember a few winters back when Washington, DC, had record snows while we shivered along with barely enough snow to cover the ground? The NAO was strongly negative that winter, so much so that it was "too cold to snow" here in New England. Of course, when the cold air is piled up on the Siberian side, it's likely to rain or cause an ice storm here, so be careful what you wish for.

The early word right now is that we're headed toward a moderately negative North Atlantic Oscillation this winter, which, in combination with a moderately strong La Niña, should make for a good snow winter. That said, there are still many local details that could push the snow totals a long way in either direction. For example, early snow cover: snow-covered ground tends to chill the air above it, so what happens early in the winter will have an impact on what happens later. An open Christmas might mean that the first snowfall of January is slightly warmer than it would have been if it fell on top of a thick snow pack. Maybe the snow turns to rain at the end, or maybe it ends up as a few inches of mashed potatoes instead of a foot of fluffy stuff. These minor effects can turn inches of snow into feet of snow, or vice versa.

But right now, the broad outlook is for snow, and hope springs eternal for fans of winter. Time to get out the shovels, sleds, and snow tires.

Chuck Wooster is a farmer and writer living outside White River Junction, Vermont. 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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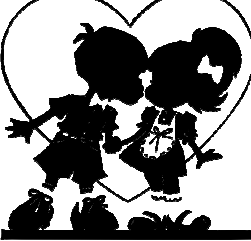
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The Cabot Chronicle

LOVE NOTES

The Cabot Chronicle is creating a special section in February.

If there is someone special you'd like to send your valentine's greetings to in the next issue of The Cabot Chronicle, simply send us your greeting along with proper payment before **January 15, 2012.**

\$2.00 for the first 20 words and 10¢/word after that up to 50 words (\$5.00).

Send your Love Notes to inbox@cabotchronicle.org or call 563-3338.

Book Review:

Biography of a Building-Cabot's Church

An Architectural History by
Leonard Spencer
- Second Edition 2011

A comprehensive, accurate history of a building is difficult to pin down, but there are many tales worth telling from the time the Cabot church was located at the town center to its move to the village on the site of the current high school, then to the more important corner location right on the main village road, and the eventual merger of the Congregational Church with the Methodist Church.

The process of physically changing the location of the church was arduous. Hand-made nails were so dear it required mortgaging a piece of land to finance the purchase. But even more interesting is the change in the actual structure that has manifested over the years to meet the needs of the congregation or trend of the day. Upgrading to heated meeting space, progress from outdoor "accommodations" to indoor plumbing, and hooking up to electricity are documented. Another "opportunity" for change came when the roof collapsed in 1973.

The history of the church is an active one, and tied closely to the life of the community. This work is full of the details of people and plans, materials and practices. It includes descriptions right down to the manufacturer and name of



Cabot Church

the color of paint selected, descriptions of wallpaper and ceiling materials. Tracking the oil tank location over the years is Cabot's "Where's Waldo?" If you care about Cabot history or historic preservation, there's something in this booklet for you. Copies are available at the Cabot Village Store or the Cabot Public Library.

Wishing all a Happy Holiday and a Happy and Healthy New Year.

2012 Legislation Session begins
Tuesday, January 3.

It is an honor and a pleasure to
be serving you in Montpelier.
I look forward to hearing
from you this session.

Kitty Toll

kittytoll@live.com
PO Box 192, Danville, Vermont 05828
802.684.3671 (home)
802.828.2228 (Montpelier)

UDAG - Supporting Community and Economic Development

By Jan Westervelt

In response to the flooding this spring, the UDAG Committee adopted changes to the UDAG Plan this past year. One was to provide financial relief to businesses that had a loss of income in officially declared disasters. Another was to pay for hazardous waste cleanup in those circumstances. The other change the Committee made was to expand the loan subsidy program to include business loans made by lenders other than the Union Bank. The Committee will be presenting those changes for confirmation at the Town Meeting this March.

The Committee is devoting its December and January meetings to the consideration of changes to the UDAG Plan that would increase its ability to support economic and community development. The addition of development grants a couple of years ago enabled the fund to be used to pay for the Front Porch Forum proposed by the Town Planning Committee. This is an Internet chat room for Cabot residents. It provides an additional means for the discussion of ideas, proposals and plans by anyone in the community. Please sign up to participate or just to read the discussion and the weekly news at www.FrontPorchForum.com. A devel-

opment grant along with other grant funding is supporting staff work to bring a restaurant back to the Village and to find funding to maintain and upgrade some of the existing rental properties. Jeannie Johnson is doing this work through the Cabot Coalition this year. Beginning in January the newly revived Cabot Community Association will receive grant funds to continue this work.

The UDAG Committee is considering if there should be ways in which plans developed by the Town Planning Committee and by Cabot Worx can be supported by the UDAG Fund in addition to the Town Meeting Grant process. A proposal for using the fund to increase alternative energy sources has been received. The Committee is also planning to change the Scholarship program to make it more accessible to adult learners who are developing new skills to improve their employment.

These are challenging times. The UDAG Committee supports efforts like Cabot Worx and the Cabot Community Association to strengthen our town socially and economically. It wants your input. Come to the January 19 meeting or put your ideas on the Front Porch Forum, or mail them to Box 125, Cabot.



FROM THE CABOT PUBLIC LIBRARY

By Kathleen Hoyne and Anne Walker

Happy New Year! We welcome your ideas for programming and book suggestions for 2012.

Programs-

Himalayan Adventure - Tuesday, January 10 6:30-7:30 p.m.

This past October, Christina DeRuzza of Cabot left for a company sponsored two week expedition in the Himalayas from Lukla to the unexplored Lunag Massif. Come relive the experience with Christina up the Everest trail, then west toward the Tibetan border of Nepal. There will be a slide show and video presentation.

Barns - Tuesday, January 17, 6:30 - 7:30 p.m.

Timberframe barns proclaim the legacy of our historic working landscape through their hand-hewn wooden beams and stone foundations. Join filmmaker Caro Thompson for an armchair tour through excerpts from her PBS documentary, "Barns." She'll begin with early English-style barns of the late 1700s through the behemoths of the early 1900s, sharing clues about what to look for to figure out approximately when a structure was built and how it was used as farmers adapted to changing economies. Matt Moody, a timber framer from Cabot, will be on hand with some of the older and more modern tools of the trade to show and discuss. He will also bring some slides to show a frame raising of a barn here in Cabot.

Yoga & Wellness Classes - Tuesdays 6:00-7:30 p.m. and Thursdays 8:30-10:00 a.m.

We're on for all the usual times in January. For more information contact Alicia: 802-563-3220 or aliciafeltus@gmail.com

Dungeons & Dragons - Fridays 3:00 -5:30 p.m.

Join the group, conquer the obstacles, and get out of the dungeon alive! All are welcome.

Universal Class

Universal Class is an educational service providing high quality online courses for patrons interested in the

lifelong pursuit of knowledge for either personal or professional reasons. Over 500 online Continuing Education courses are available for free. These classes are provided by Recorded Books, Vermont Department of Libraries, and the Institute of Museum and Library Services. For info on how to register, either stop by the library, call us at 563-2721 or email at cabotlibrary@yahoo.com

Thank You!

Thank you to the **Friends of the Library - Sandy Atkins, Mary Lou Delaney, Wendy Heilig, Lynn McKinney and Janet Whitlock** - for their continued support throughout the year with many donations toward our video collection, a new camera, book discussions, and a new computer! Thanks to all who helped make the holiday programs and story hours so much fun: **Beth Wade, Amber Bothfeld, Megan Walker, Helen Sawyer and Rachel Brandt**. And thanks to **Amanda Legare** for donating two copies of *Cabot, Vermont: A Collection of Memories From the Century Past*. Special thanks to **Alicia Feltus** for all the yoga classes this past year - we look forward to the new year with you!

Cabot Library Reminders:

HOURS

- Tuesday 9:00 a.m.-6:00 p.m.
- ****Story Hour 10:30-11:30 a.m.****
- Wednesday 2:00 a.m.-6:00p.m.
- Thursday 11:00 a.m.-6:00p.m.
- Saturday 9:00 a.m.-2:00p.m.
- Closed Sunday, Monday & Friday

Echo Pass - Allows up to 2 adults and 3 youths, \$4 each admission price, entrance into the ECHO Lake Aquarium and Science Center in Burlington.

See you at the Library!

Martin Luther King Day - A Day of Service

By Hal Colston, Executive Director
SerVermont

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed." Martin Luther King, Jr.

Several years ago, I was on a return flight to Vermont from Atlanta, GA, where I attended a conference. I read a fascinating article about Dr. Martin Luther King, Jr., in the Delta Flight Magazine. The last year of his life was a tumultuous one because this humble, courageous man decided to take a stand against the Viet Nam War. The price he paid was the loss of key support for his civil rights movement and being abandoned by important allies in the movement. But, Dr. King made the connection of an unjust war abroad and economic injustice at home. He organized the Poor People's Campaign, and, enroute to Washington, DC, to launch this massive demonstration, he went to Memphis, TN, to support the striking sanitation workers who were overwhelmingly black and poor. Dr. King was murdered on April 4, 1968, and never made it to Washington.

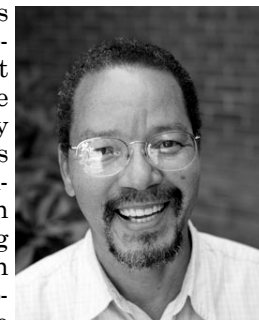
Dr. King had planned an extensive tour of the Middle East during the summer of 1968. He discovered from an earlier trip to Israel and Palestine the power of travel. His trip connected him with wonderful human beings that he saw as

his brothers and sisters. He believed that when we meet people that are different from us and we share stories and build relationships, we are not inclined to wage war on one another. We don't go to war against our friends. So, he wanted to return for an extensive tour to launch this strategy of building human connections.

Dr. King once said, "Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve.... You don't have to know the second theory of thermodynamics to serve. You only need a heart full of grace. A soul generated by love." This is why the Martin Luther King Holiday is a day on instead of a day off. A day to reach out in your community to serve and live Dr. King's dream of building human connections. A day to make a difference and Vermont a very special place.

If you are looking for an opportunity to serve on MLK Day and wish to venture to another part of Vermont and meet new people, contact SerVermont. I can be reached at 802.828.1911 or hal.colston@state.vt.us.

SerVermont is the organization formerly called VT Commission on National and Community Service. Their website address is <http://vtncs.vermont.gov/>.



Hal Colston



TWIN VALLEY SENIOR CENTER

By Elisabeth Bolt

We at Twin Valley Senior Center would like to say "Thank you" to each of you that has responded to our Appeal Letter. You're caring and thoughtfulness is truly appreciated and rest assured that every penny will go 100% to the Senior Center and Meals on Wheels program. The donations will help us purchase the best food we can get to serve the healthy, nutritional meals we take pride in serving. It will help us toward mileage reimbursement for our volunteer drivers, food containers and sealer for our MOW's packaging and to help toward our rent increase. There is not enough space for the listing of donors in the space allotted here but every donor will be listed in our January Newsletter. There is no deadline on our appeal request so if you haven't donated yet please feel free to do so at any time.

From Twin Valley Senior Center we want to wish each and every one a very Healthy, Safe and Happy New Year. As we approach these winter months keep in mind an elderly neighbor, friend or loved one and make sure they have the necessary things and care to keep them safe and warm.

With the New Year approaching we would like to invite the young and older population to join us at the center any Monday-Wednesday or Friday we are there. We have such a loving and friendly group of elderly, volunteers and dedicated staff and would love you to stop by for exercise, lunch, card or game playing and of course just friendly conversations. There is a lot of history, laughter, and just plain fun with our amazing group of people.

Cooking for One Class held at Cabot Commons

By Cia Considine

Mary Beth Churchill of the Council on Aging, Neighbor to Neighbor Americore, piloted a new cooking class for the residents of the Cabot Commons. The class called, 'Cooking for One', was held for six weeks at the Common Room kitchen.

Mary Beth discussed nutritious options that can be made from simple ingredients and even left-overs. She supplied healthy eating newsletters, that offered recipe ideas and tips for seniors, who have to be mindful of diet restrictions.

The classes were popular with up to eight participants. A meal was planned, cooked and then shared with the group. The Cooking for One class will be offered again through other Senior clubs in the area. For more information call Central Vermont Council on Aging, 479-0531.

Alyssa Bernadino-Taking on Ad Sales



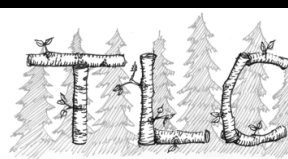
Our next foot clinic will be January 9, 2012. Call 802-223-1878 for your appointment. The charge is \$15.00 and it is complete foot care.

TVSC wants to thank Cheryl Bell for setting up and handling our Silent Auction table at the Twinfield Craft Fair on December 3, 2011.

As always we are looking for volunteers at the center. We would like also to invite any one from Woodbury and Calais to consider joining our Board of Directors. If you can give a couple of hours a month and would like to oversee the Director and TVSC please call Rita at 426-3447. We are in need of a secretary on the board so if you like to take notes at our meetings please make contact with us. If you would like to volunteer at the center no matter how much time you can give please call and speak with Rita. Remember **"You can make a Difference"**.



Mary Beth Churchill, of Central Vermont Council on Aging watches as Gene Reed, Cabot Commons resident, pours some Worcestershire sauce into a chicken cacciatore dish being made on the stove-top, during a recent 'Cooking for One' Class.



The Learning Center

Cabot Afterschool Program
25 common Road, Cabot, VT 05647
802-563-2289 Ext. 233



TLC Is Calling All Young Thespians

By Lucy Remington

Last year, TLC proudly put on a production of "Anansi and the Moss Covered Rock". Rehearsing together, designing the costumes, and building the set was so much fun, we are anxious to do it again. If you would like to be part of a theater experience, come and join us in January as we begin a new session.

We have had many wonderful guests at TLC Cabot but we want to especially thank Peggy Longo for her donation of

time and materials. Peggy has brought in so many fun and cool craft projects for the kids. We always have a blast when Peggy comes. Thank you

As we look forward to a new year, we reflect on all of the incredible things we have done. We are confident that our kids, in the richness of their experience here, have each found things that resonate with them and we wonder where it will take them. We are so grateful to be part of their discovery. For more info or to sign up, call TLC Cabot After School Program 563-2289 ext. 233.

The State of Vermont May Owe You Money

By Assistant Town Clerk, Marina Cole

Every year, the Vermont State Treasurer's Office collects unclaimed property from holders such as businesses, banks, and agencies. The Unclaimed Property Division then attempts to locate the rightful owners and return the property to them.

According to the Treasurer's Office, unclaimed property could include items such as an uncashed paycheck or a forgotten bank account. Each year, holders who cannot locate the owners of property are required to turn such unclaimed property over to the state.

To find out if you have unclaimed property to collect, visit the Office of the State Treasurer's website at www.vermonttreasurer.gov/unclaimed-property. To learn the dollar amount of the property, you may call the Unclaimed Property Division at 1-800-642-3191.

Claim forms are available on the Treasurer's website with instructions for making a claim. Those without internet access can view a hardcopy of unclaimed property belonging to Cabot residents and pick up claim forms at the Town Clerk's office.



OPEN HOUSE



Saturday afternoon gathering at the Cabot Inn
3075 Main Street, Cabot

Saturday, January 21, Noon to 2:00 p.m.

Raffle drawing for prizes at 1:45 p.m. 1 raffle ticket per attendee
Additional tickets for non-perishable food items for Cabot food shelf

Please stop by after trash and recycling for coffee and a light bite. Share ideas for next steps for the historic and cultural treasure formerly known as Goldie's Gathering

Please stop by

Sponsored by, Cabot Chronicle, UDAG Committee, Cabot Worx Development Group



Where In Cabot Is This?

This beautifully sculpted holiday wreath (a green ring with a red bow on the back of the neck) was 'clipped with care' from the head of Tammy Christman, by her salonist, Lisa White. You can see it up close at the Cabot Village Store, where Tammy works. Tammy is thrilled to have such a festive hairdo and claims that she will give Lisa total license to do whatever she wants for future stylings. When asked if Tammy thought that some clientele might avoid a hair cut from Lisa, she laughed and said that her colorful treatments have been nothing but great advertising for Lisa's business.



Home Heating Fire Safety

Residential fires are more prevalent during the winter months. In Vermont, heating equipment is the leading cause of residential building fires. With colder temperatures, many people spend more time indoors and resort to using fireplaces, wood stoves, space heaters and alternative heating methods, such as cooking stoves, to keep warm.

To ensure a fire safe winter season, it is important to follow a few basic safety rules.

BE CAREFUL WITH SOURCES OF HEAT OR FIRE

- Do not place combustible objects closer than three feet from heating equipment
- Avoid placing objects directly in front of electric or fuel burning heating equipment, such as base board heaters, radiators or general heating vents
- Keep a metal fireplace screen up in front of the fireplace when a fire is going
- Be careful in placement of a wood- or coal-burning stove in relation to walls or household objects
- Allow ashes to cool before disposing. Dispose of ashes in a tightly covered metal container and keep the ask container at least ten feet away from the home and any other nearby buildings.
- Have heating equipment inspected annually
- Have furnaces and the chimney inspected prior to start of the heating season
- Place space heaters at a minimum of three feet from objects
- Turn space haters off when leaving the premises or going to bed

SAFE USE OF HEATING EQUIPMENT

- **Electric Space Heaters** – When using portable heaters, do not place them where it is possible for small children or pets to fall against them or to receive a contact burn. Avoid the use of extension cords with electric heaters. Always turn off space heaters before leaving the room or going to bed.
- **Fuel Burning Space Heaters** – When taking a heater out of storage, install batteries and inspect the shut off mechanism and wick for proper operation. Fill the tank with fresh fuel. Let the heater cool down before refueling. Adding fuel to a hot heater can start a dangerous fire.
- **Wood Burning Appliances and Fireplaces** – Do not burn trash in the wood stove or fireplace. Burn

only well-seasoned hardwoods. Be sure the fire you build fits your fire-place or wall. Keep combustible materials well away from the fire-place, stove and chimney. Keep the area around them clean. Always use a fireplace screen to prevent sparks from leaving the fireplace or open wood stove and starting a fire. Never leave a fire unattended.

- **Chimneys** – Creosote accumulation is the leading cause of chimney fires. A chimney that is dirty, blocked or is in disrepair can inhibit proper venting of smoke up the flue and can also cause a chimney fire. Nearly all residential fires originating in the chimney are preventable. An annual chimney inspection by a qualified chimney sweep can prevent fire or carbon monoxide poisoning. A list of certified chimney sweeps is available at the Vermont Fire Safety website, www.vtfiresafe.org.

BE PREPARED

No matter how careful you are with home heating, you and your family should be prepared in case fire strikes.

- **Install Photoelectric Smoke Detectors** – Place smoke detectors on every level of your home and outside each sleeping area. For the best protection, install smoke alarms in each bedroom and interconnect all smoke alarms throughout the home. Test your smoke detectors regularly and replace batteries twice a year.
- **Make and Practice a Home Escape Plan** – Once the smoke alarm sounds, you may have only seconds or minutes to escape safely. Make sure that all doors and windows work easily. Know at least two ways out of every room.
- **Consider Installing Residential Fire Sprinkler Protection**

ASHES

- Keep wood stoves and fireplaces free of excess ash buildup. Excessive ash buildup prevents good circulation of air needed for combustion.
- When removing ashes, use a metal container with a tight-fitting cover.
- Always place ashes in an outside location away from structures.
- Ashes that seem cool may contain a smoldering charcoal that can start a fire.

For information and resources on this and other fire safety subjects, visit www.vtfiresafety.org, www.nfpa.org, and www.usfa.dhs.gov.

Cabot Recreation Department

By Libby Hale

Happy New Year!!

Basketball season in Cabot is going! We have girls' and boys' teams at the 3-4 and 5-6 levels. All four teams are doing well and keeping busy learning the game. The primary group will start on Saturday the 7th of January at 8:00 a.m. to begin their eight-week program under the direction of Brian Hale with help from some varsity players (we hope). Many thanks to all the volunteer coaches, Brian Hale, Beth Herrick, Ian Burfoot-Rochford, Brett Bellavance and David Hale. Thanks also to the volunteer officials, clock keepers and book-keepers.

The skating rink, after an uncertain homing situation, has found itself on the Town Common. This took a coordinated effort of labor and supplies from many community members and will require continued maintenance to insure great skating all season. Thanks to all those who helped with setting up the rink and who signed up to help maintain it. Now, let's just hope for freezing temperatures and little snow. If you would like to help with maintenance, please contact Susie Socks at 563-2073, cabotfarm@gmail.com.

We have beautiful new trail signs and if anyone wants to help me put them up and maintain trails, please call Libby at 563-3226, libbyhale1@gmail.com.

Live Your Values!

Show that you are a friend of local news and keeping Cabot connected – Volunteer with us at

The Cabot Chronicle

ads@cabotchronicle.org or 563-3338



SUDOKU GOLF

The completed sudoku below represents golf hole scores (1-9). Find the connected 18-hole path giving the lowest score (the first hole is at top left, 18th bottom right as

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

The solution for December 2011 is here →

START

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

Score to beat—'49'

END



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

Score to beat—'65'

END



Cabot Library. Children's group make toy soldiers

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