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Inside this issue	Features:	<i>Pages 1-4</i>	Obituary:	<i>Page 4</i>	Directory:	<i>Page 12</i>
	Seniors:	<i>Page 10</i>	Classifieds:	<i>Page 12</i>	Calendar:	<i>Page 6</i>



Cabot Community Theater Summer Playreadings

By Karen Mueller-Harder

Reading plays aloud is a lot of fun! Come join Cabot Community Theater members for some laid-back summer pleasure as we read plays we might want to choose for next spring's production. Everyone is welcome--you can take part by reading a role, or just come and listen--the more, the merrier!

We'll be meeting on several Saturdays from 11:00 until the play is over (1:00 to 1:30). If the weather's dry, we'll convene on a picnic blanket on the Common, with a rain location of the Cabot Library. We encourage you to bring some lunch from home, or to pick up

something at Butters or the Cabot Store. Bring the whole family after recycling and make a nice summer picnic of it!

Save the dates in your summer calendar! The plays will be:

- **July 13:**
The Importance of Being Earnest
- **July 20:**
The Mouse That Roared
- **July 27:**
Our Town

Hope to see you there--anyone who attends can have a say in what play we perform next year! Send questions to: karen@praxisworks.org

Town Garage

(continued from page 1)

the town garage. The Working Group will distribute a Request for Proposal (RFP) asking Cabot property owners if they might have approximately ten acres of land for sale that could be used to house the new town garage. The site must have access to a Class 3 road, be easily accessible (particularly in winter), and be able to meet all State environmental regulatory requirements. Any Cabot land owner who thinks they may have 10 acres to sell to the Town for the purpose of housing a town garage are asked to contact the Town Clerk. And, TGWG members will continue to try and identify other options that might fit the bill. The notional time-table calls for the completion of PHASE 1 by August/September 2013.

PHASE 2. SITE/GARAGE DESIGN: the TGWG has begun to identify what the garage needs; e.g., identifying equipment to be stored and what types of storage will be required for sand, salt, supplies, etc. As part of this process, working group members will visit other newly constructed or renovated town garages. The notional time-table calls for the completion of PHASE 2 by October/November 2013.

History of Fireworks

(continued from page 1)

The Department of Transportation, in 1974, passed new regulations on transporting fireworks over public roads, and that prevented Joe's Pond Association from procuring fireworks that year. At the Association's August meeting, it was voted not to promote fireworks "for the foreseeable future." However, there was such disappointment within the community, it was voted in 1975 to resume the display and spend \$1,000; but spending that amount of money didn't sit well with some Association members, and fireworks displays were again suspended when donations fell short. Instead of fireworks, in 1979 luminaries were placed along waterfronts around the pond to create a "Ring of Fire" -- a quiet, almost reverent change from the overhead explosions of the past. This custom

PHASE 3. COMMUNICATIONS, PERMITTING, FUNDING: The TGWG will make every effort to keep Cabot citizens fully apprised of this project through articles in the Cabot Chronicle. Discussions on the progress of this project will undoubtedly also be written up in the Hardwick Gazette following regularly scheduled Select Board Meetings. And, a public hearing will be scheduled in the fall or early winter as the project moves forward.

PHASE 4. PROJECT APPROVAL: If all goes according to plan--and we remain optimistic--Cabot voters will be asked to approve two articles at the March 2014 Town meeting, to include: (A) Purchase of land to house the garage, and (B) Authorization to construct a new town garage.

The Town Garage Working Group meets the first and third Mondays of each month in the Willey Building at 7:00 PM. Interested citizens are invited to join the working group, currently comprised of Ted Domey (co-chair), Jack Daniels (co-chair), Fred Ducharme, Rusty Churchill, David Pike, Gary Gulka, Bernard Shatney, Brad Alexander, Mark Bromley, and John Daly (State ANR).

Questions, suggestions, comments, concerns on the project should be sent to the TGWG via the Town Clerk.

continued over the years with moderate participation, but then in 1985, Dwight Coffrin, who worked for Northstar Fireworks, offered his services and the more traditional fireworks were resumed. The results were proclaimed "spectacular!" and the donation jar was set out again at Hastings Store.

State and federal regulations a few years ago required a change in setup location to insure safety of property, so now the fireworks are set off from the old railroad bed at the north end of the pond. There must be professional licensed technicians setting up for the show, and that takes hours using thousands of dollars of fireworks. Member donations and proceeds from the Joe's Pond Ice-Out Contest cover the cost, and with luminaries still displayed along waterfronts of many cottages, the overall show is dramatic. Weather permitting, fireworks at Joe's Pond will start at dusk on July 3, with a rain date of July 5.



By Representative
Kitty Toll

Human services and health care spending for the state of Vermont is roughly \$2 billion per year, which is approximately 40% of the statewide budget. Programs include Medicaid, Long Term Care, VHAP (Vermont Health Assistance Program), Catamount Health, 3Squares, Reach Up, and General Assistance.

On January 1, 2014, Vermont's health care exchange known as "Vermont Health Connect" will go into effect, as mandated by the Federal Affordable Care Act. Vermonters who currently enroll in VHAP or Catamount Health will transition either to expanded Medicaid or Vermont Health Connect. During the 2013 session, the Legislature worked to ease the impact of health care reform on lower-income Vermonters in the following ways:

- About 30,000 Vermonters enrolled in VHAP and approximately 2,000 Vermonters enrolled in Catamount will transition to an expanded Medicaid program. The State has invested \$18 million state dollars into Medicaid expansion, which will be matched by \$68 million in federal dollars to aid in this transition.
- About 20,000 lower-income Vermonters will shift from VHAP and Catamount to Vermont Health Connect. The Legislature has also made investments to lower the premiums for this population of Vermonters.
- Nearly 30,000 Vermonters who currently do not qualify for state-funded health care will be eligible for premium and cost sharing assistance in Vermont Health Connect. These are

lower-income, working Vermonters who are uninsured or underinsured or are paying a high percentage of their incomes for health coverage.

The Legislature addressed the Medicaid cost shift by increasing provider reimbursement by 3%. This will affect not only hospitals and doctors but also our direct care workers who serve the elderly and individuals with developmental needs.

Childcare is another important piece of the human services budget. This session, the Legislature invested an additional \$4.5 million in childcare for 2014, expanding those who qualify for childcare subsidies and raising the subsidy to providers by 3%.

For the first time, Vermont appropriated funding in the base budget for the Low Income Home Energy Assistance Program (LIHEAP), which was fully funded on the federal level for many years, but due to recent federal cuts is now partially funded by the state.

The Legislature also made investments in affordable housing by redirecting General Assistance dollars from crisis management to housing supports. Along with this, the Legislature added support for Vermonters with substance abuse and mental health issues, including funding for the new state hospital, currently under construction in Berlin and scheduled to open next year.

Please continue to be in touch with me if you have questions or concerns. To see the actions of the legislature this session or to check the status of a bill, visit www.leg.state.vt.us or contact me for information. I can be reached at:

kittytoll@live.com
ktoll@leg.state.vt.us
PO Box 192 Danville, VT 05828
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The Cabot Chronicle reserves the right to reject letters that may contain unsuitable material for our readers. Letters will not be considered for publication unless signed and accompanied by a phone number. We will gladly consider articles and photographs for publication.

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The Cabot Chronicle

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and is provided *locally* free of charge.

~ Mission Statement ~

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

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Kaiser Family Fundraiser a Success

By Brigitte Codling

Saturday, June 8's, fundraising event at the Montpelier Elks Club was a success. The goal was to raise money to grant the wish of Lisa Kaiser, a late stage cancer patient. Lisa was diagnosed in January of 2012 with metastasized (stage 4) breast cancer. Lisa had a mastectomy in 2012 and has been undergoing treatments since then; however, only 20% of woman with Lisa's type of cancer will live 5 years from the point of diagnosis; Lisa was diagnosed a year ago. Her wish is to travel to Disney World in Orlando Florida with her two young daughters and her husband to create fun, loving family memories that will last a life time for her girls. The Kaiser family as well as those of us who organized the event are very grateful for all the support they were offered and the donations given to make their wish come true. We are pleased to report that we raised \$1,430 online through the fundly website <https://fundly.com/lisa-kaiser-benefit-fundraiser> and \$4,200 the night of the event through silent auction sales, 50/50 raffles, and donations given at the door. Thank you to everyone who attended, gave what they could, and for the well wishes offered to the Kaisers! It was and is greatly appreciated!



Lisa Kaiser with her one of her daughters.

Cabot Resident Recognized by Vermont Planners Association

The Vermont Planners Association is pleased to announce the recipients of its 2013 planning awards. These awards are an annual event that has occurred for over twenty years to recognize outstanding achievement in community planning in Vermont.

Gary Gulka, of Cabot, Vermont, is recognized as the **2013 Citizen Planner of the Year**, for his commitment to improving his community. Gulka is chair of the planning commission, and has been active on the commission for 19 years. As a member of the commission, and primarily as chair, he has upheld that good planning is vital for the well-being of the town, and is focused on maintaining an enhanced planning process that gets sophisticated results for a town Cabot's size.

With the latest update of their town plan, Gulka has encouraged the planning commission and the selectboard to do an extremely thorough job, resulting in a plan that contains many smart growth principles, as well as detailed goals and strategies and a high level of analysis not normally found in small town plans. Gulka has also advocated for securing funding to conduct special studies, including a village study, and to update their zoning regulations, and was instrumental in organizing a community visit from the Council on Rural Development last year.

Tara Rogerson, Cabot Town Clerk, sums up Gary's work well, simply stating, "His volunteer efforts in Cabot have made this community a better place."

This year the field was more competitive than ever, with fifteen strong submissions for all categories. According to Vermont Planners Association President Sarah Hadd, "The quality of submissions this year was outstanding, with a diversity of excellent candidates to choose



from. The recipients of this year's awards epitomize the very best of planning in Vermont and the types of people, projects, and plans we all aspire to be and to create." The awards will be presented in the fall at the organization's annual meeting. All awardees are also nominated for the Northern New England Chapter of the American Planning Association's awards as well.

For more information about the Vermont Planners Association Awards, you can visit their web site at <http://www.vermontplanners.org/awards.html>. You can also follow up on twitter @VT_Planning. The Vermont Planners Association is a statewide, non-profit, membership-based organization of professional and citizen planners, and other related professionals, dedicated to advancing the art and science of planning in Vermont. VPA supports the planning profession through outreach, professional development opportunities and encourages all members to maintain an open dialogue on contemporary planning issues. Special thanks are provided to the New Hampshire Planners Association for their help in judging the VPA awards this year.

Equal Pay Act Case Decision

From Lilly Talbert

Federal District Court Judge William Sessions has issued a decision in *Dreves v. Hudson News* late yesterday, the first case implicating Vermont's Equal Pay law.

The Vermont Commission on Women is delighted that the Court took such a strong stance against the enduring wage gap. The decision holds that simply because a man is able to negotiate a higher salary than a woman does not justify a pay differential, especially given that women are often at a disadvantage in salary negotiations. Nor does paying a man more as inducement to move his wife and children justify a pay differential. The court made clear that there must be a bona fide business reason for the pay differential, even if there was no intent to discriminate.

The court concludes: "The convergence of wages has slowed in recent years and in 2012, the wage gap actually increased slightly. Any gap in the pay of men and women, whether forty or ten or one percent, is an implicit statement to our children that we value the work of our daughters less than that of our sons. It sends a message that Congress, the Vermont General Assembly, and this Court reject."

The court reflected on the wage gap: "The unequivocal promise of equal pay for equal work continues to go unrealized. In the fifty years since the passage of the Equal Pay Act, we have taken significant strides towards parity. In 1963, the female to male earnings ratio was 60 percent and many of the country's leading colleges and universities were admitting their first female students. Today, the gap is markedly smaller, and women outnumber and outperform men in higher education. That progress justifies confidence but not complacency."

The Court affirmed that any pay disparities must be justified by bona fide, business-related reasons. "An employer can demonstrate that a pay gap is based on seniority, merit, or the quality or quantity of an employee's work. An employer can also explain that a pay gap was caused by "any factor other than sex." This final defense is a broad one, but it is not a license to assert any factor under the sun."

The decision is likely to have significant implications both in Vermont and nationally, particularly in its holding that employers can not rely on salary negotiations or the argument that the male had to move a family to justify paying a man more than a woman for substantially similar work.

"It is my hope that that decision encourages employers to undertake a pay equity audit to ensure that they are in compliance with the law," said Vermont Law School Professor Cheryl Hanna, who authored an amicus brief along with her students. "It is a fundamental principle of the American legal system that people should be treated equally under the law, regardless of their gender. I am delighted that Judge Sessions applied the law as it was intended and in doing so, reaffirmed the importance of equity as a bedrock of democracy." Professor Hanna expects that the decision may spur women who believe that they are victims of wage discrimination to come forward and seek remedy.

John Franco, the lawyer for Ms. Dreves observed, "We are extremely gratified by this decision which resoundingly vindicates equal pay for women and which was rendered just a few days following the 50th anniversary of President Kennedy signing the Federal Equal Pay Act on June 10, 1963." Franco continues, "With the double damages and prejudgment interest available under the Vermont statute, Ms. Dreves stands to at least recover nearly a year's worth of pay, plus all of her legal expenses."

Cary Brown, Executive Director of the Vermont Commission on Women, said, "The decision in this case reinforces the intent of the Vermont legislature which, with the passage of Act 31 this year, codified the requirement that pay disparities are justified only by bona fide business reasons. The causes for the wage gap are complex and numerous, and eliminating it requires similarly complex approaches. Judge Sessions has given us another tool to help ensure that women will have protection from discrimination, and move us towards a day in which women earn a dollar for every dollar men earn."

About the Commission: The Vermont Commission on Women (VCW) is a non-partisan state agency dedicated to legislative, economic, social, and political fairness. Launched in 1964 by a call to action from President Kennedy, VCW is charged with reducing discrimination and encouraging opportunities for women. Sixteen volunteer commissioners and representatives from organizations concerned with women's issues guide the VCW's public education, coalition building, and advocacy efforts. VCW offers many services to the public, including a toll-free information and referral service at 800-881-156 and many publications, including the latest: *The Legal Rights of Women in Vermont*. For more information, visit www.women.vermont.gov.

Cabot Planning Commission

By Brandy Saxton

The Cabot Planning Commission is starting work on a comprehensive revision of the town's current land use (zoning) regulations. We encourage residents to learn more about this effort and stay informed as work progresses. We want to propose regulations that will make sure that Cabot remains the kind of community we want to live in and leave to future generations, and we need to

draft regulations that the majority of residents will support. Your participation, guidance and feedback will help us do that.

We will be sending out general updates periodically via Facebook and Front Porch Forum. But if you really want to stay on top of what is happening, **please sign up for our email list and check out our project webpage at www.placesense.com/cabot**. Also look for articles about this project in *the Cabot Chronicle*.



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OBITUARIES & MEMORIALS

Danny R. Sicely

 Danny R. Sicely, 62, died of lung cancer June 11, 2013, at the home of his best friend, Amanda Legare, where he was receiving hospice support. Danny was born March 23, 1951, the son of Irene (Doten) and Robert Sicely.

Because of severe dyslexia, which wasn't diagnosed at the time, he only completed school through grade 8. However, he went on to become a well-respected electrician in central Vermont, and he could repair just about anything. He powered his first home in Marshfield with a wind generator in the '70s, long before it became popular.

When Amanda built her first greenhouse in 1990, she hired Danny to wire it, and the two told people that he simply never left. Danny loved gardening and had a true green thumb. Together for 20 years, they built up the business.

He is survived by two brothers: Jack, of Marshfield, and David, of Huachuca City, Arizona. He had two sons, Kevin and Scott.

A gathering in his memory was held Saturday, June 22, 2013.

Lewis H. Williams

 Lewis H. Williams, 64, died Tuesday, May 28, 2013, at his residence.

He was born August 22, 1948, in Barre, the son of Loren and Leona (Stevens) Williams. He attended local schools and graduated from Bradford Academy in 1967.

Soon after graduation, he joined the U.S. Army, and he served three years with the military police. He returned to Vermont after his discharge and worked for Ethan Allen Furniture in Randolph for 14 years and most recently Cabot Creamery. He enjoyed hunting and fishing.

Survivors include a son, Ricky Williams, of California, and three brothers: Larry Williams, of Berlin, Lester Williams, of Waterbury, and Leo Williams, of Williamstown. He was predeceased by his parents.

A graveside service, with military honors, was conducted Sunday, June 2, in the Groton Village Cemetery. Memorial contributions may be made to Leo Williams, P.O. Box 221, Williamstown, VT 05679, to help defray funeral costs.

ADVICE FROM THE TREE WARDEN

By Roland (Slim) Payne

Well, here we are, at the end of the school year. Now we are ready for some heat. I went to the high school graduation on June 14, and was awarded a plaque for community service for 2013. Thanks, everyone.

The trees are planted and I mulched them on June 15. Hopefully, they all grow. This year, I planted the trees alone, no one showed up to help, so next year, if someone wants trees, they will have to tell me - set a date and get people to help. I will need to know by early

February to order trees. I will also take care of Dig Safe and help plant, but I will not do it alone again. I know everyone has things to do, but so do I.

I also have to contact the Forester about spraying the Giant Hog Weed on Elm Street.

The Hazard Tree Survey I started I think I will start from the beginning again; half the trees I marked are gone from the May snowstorm. Then, the windstorm a week later.

I hope everyone has a good summer.

Hardwick Chiropractic Doctor Completed Barral Institute's Training

Doctor Grace Johnstone completed Visceral Manipulation: The Pelvis; a four day seminar which studies the relationship between functional and structural mechanics of the pelvis and urogenital system. The Visceral Manipulation curriculum was developed by French osteopath Jean-Pierre Barral and was presented by the Barral Institute, a health resource center that presents continuing education courses to healthcare professionals worldwide.

Urogenital manipulation is a manual therapy in which gentle, specifically directed adjustments encourage normal mobility and tone of the bladder, urethrae, uterus and ovaries, prostate, and surrounding ligaments and connective tissue. Dysfunction in these areas may result from many stresses, including pelvic adhesions, Irritable Bowel Syndrome, post-surgical scar tissue, difficult childbirth, or our aging process. These stresses may accumulate to give us issues such as inconti-

nence, infertility, organ ptosis, constipation, dyspareunia or dysmenorrhea. Structural imbalances in the pelvis may also come into play. Releasing local organ, ligamentous and structural restrictions often resolves more comprehensive dysfunctional patterns throughout the body.

Dr. Johnstone founded Hardwick Chiropractic 20 years ago. Presently, the practice serves patients from central and northern Vermont and northern New Hampshire. All three doctors at Hardwick Chiropractic use gentle, low velocity chiropractic and osteopaths techniques within the framework of BioGeometric Integration. According to Dr. Johnstone, "Visceral Manipulation fits beautifully with what we do at our office, and it allows us to offer new techniques to help people recover from life's accumulated stresses." Visit www.hardwickchiropractic.com or call 472-3033 for more information.

Fourth of July Floats of Yesteryear



July 4th float, taken just across the bridge on Elm Street, before the big barn was built.



4th of July Parade, "West Hill School Bus".



Hubert built this rig and drove it in a parade in Cabot. His brother, Parley Wheeler standing by the children. 1918, Southwest Hill.

BIRTH ANNOUNCEMENT

Allie Rae Ackermann

Allie Rae Ackermann was born on June 7, 2013, at 3:43 p.m., to Jimmy Ackermann and Sara Richardson. She weighed 6 lbs., 13 oz., 20.5 inches tall. It was a perfect delivery, which allowed Jimmy to catch her on her way out.



Request for Proposals

Cabot Recreation Field Improvement

The Town of Cabot Recreation Department is seeking bids to restore and improve the Cabot Recreation Field playing surface for Soccer and Little League, including field improvement, base paths, pitcher's mound, and moving dugouts. Bidders are invited to meet at the Cabot Recreation Field to review the project specifications on July 9, 2013 at 6:00pm. Detailed bids must be received by 5:00 pm August 1, 2013 by the Cabot Town Clerk, PO Box 36, Cabot, VT 05647 or call 802-917-2992 for more information.

Request for Proposals

Purchase of Land for Town Garage

The TOWN OF CABOT seeks to purchase up to ten (10) acres of land in Cabot to construct a new Town Garage. Land must be easily accessible to a Town road and meet all State environmental permit regulations (e.g. not a wetland). Anyone having land described above available for sale to the Town of Cabot to locate the Town Garage are asked to contact the Cabot Town Clerk at 563-2623 or via email at tcocabot@fairpoint.net.

Leveled Literacy Intervention in the Primary Grades

Cabot School is completing its first year of a targeted reading program called Leveled Literacy Intervention (LLI). Leveled Literacy Intervention is a program designed to prevent serious literacy difficulties, rather than correcting failures down the road. This school-wide initiative began in the primary grades with teachers Jane Youngbaer and Donna McSweeney teaching 3 groups of 2nd grade students.

Designed as a supplement to classroom reading and writing instruction, this scientifically based method provides intensive teaching in small groups for students who need extra work on literacy skills. The thirty-minute lessons include phonics, writing, and leveled text reading in both fiction and non-fiction.

LLI addresses Common Core requirements and dovetails with the Fountas & Pinnell Benchmark Assess-

ment System that Cabot School uses in grades K-8.

In the 2013-14 school year, LLI will be available to students in grades K-3, with two additional teachers, Shannon Casey & Carolyn Deasy, receiving graduate level training during the summer. Training includes a 2-week summer class and weekly classes for the first semester.

Levelled Literacy Instruction kits are needed at each grade level, and the district has purchased these for grades K-3.

Second-grade students receiving LLI have shown marked improvement in their understanding of literacy concepts and in their overall ability to read.

Jane Youngbaer, Shannon Casey, Carolyn Deasy, Lynn Talamini, Donna McSweeney & Karen Stewart contributed to the article.

Cabot School Summer Lunch Program Activities

By Amy Hornblas

Free breakfast and lunch will be served every Monday through Thursday for youth up to age 18 at Cabot School. Breakfast is 8:00 – 9:30 a.m. and lunch is 10:30 a.m. – 12:30 p.m.

In addition, free activities are scheduled for participants to enjoy between meals. Every Tuesday, the Cabot Library will be open. A week of basketball camp is being offered by Brett Bellavance and Brian Hale from July 8 through 11. Gardening activities are being offered by Cabot School teachers on Wednesday, July 17 and Wednesday, July 24. Soccer camp will be facilitated by Rebecca Nally the last week of July.

Stay tuned for more activities in August, as well. For more information, call Scott St. John at 563-2289, x232.

July Lunch Program Activities in a nutshell:

CABOT LIBRARY:
Tuesdays
(July 2, 9, 16, 23, 30)

BASKETBALL CAMP: July 8 – 11

GARDENING: July 17 and 24

SOCCER CAMP: July 29 – August 1

Celebrating Our School Year - Grade 4/5

Throughout this school year, the 4th/5th grade classroom has focused on integrated and project-based learning opportunities for our students. We developed a 4/5 curriculum that integrated research, literature, art, science, music, social studies, culinary arts, theatre, writing and other disciplines. This project-based design created an entire day for students where most or all subjects and skills were tied into a larger project, idea or topic. Project-based design has allowed us to incorporate the expertise and interests of our colleagues, to create an engaging classroom for our students, and to deepen and refine learning and performance for all students. It has been amazing to watch the transformation in our students over the course of the year.

Our first quarter project focused on answering “How do we make healthy decisions about our diet?” Students studied nutrition, the human body, government guidelines for diet, Native Americans and early agriculture, and food advertising. The project included skill building in non-fiction text, group discussion, critical analysis of advertising, researched essay writing, and filming and editing with iMovie. Students created commercials and ad campaigns after researching the nutritional profile of a food or food group. They also learned to cook one recipe using that food item and served it to parents during an afternoon Exhibition of Learning.

Throughout the second quarter, students focused on science and American colonization through the 1700s. Students were examining how technology has changed over time and studied important inventions, inventors, and scientific progress. This project asked students to study and recreate a handful of important inventions of the 1700s and to stage a mock science fair to display the inventions and knowledge of the time period.

The class just recently completed a six-week long integrated project on the abolition of slavery. The driving question for this project was “What were the conditions that led to the end of slavery in America?” Students were instructed

on social and historical content, found resources to research with more depth, and dove into the arts and sciences. Students made pottery with Ms. Kaldor, creating and learning the history of African poison jugs. The class also worked with Mr. Haugland, singing and learning about the history of spirituals and field work songs and their importance in our culture, then and now. Community and other Cabot staff members shared artifacts of the Civil War with our students. Students wrote research papers, studied historical fiction, wrote scripts, and filmed and presented a docudrama detailing the end of slavery in America.

During this last quarter, we are asking students to examine how people become agents of change in history and in their own communities. Fourth-grade students just finished taking the science NECAP, so we will now focus in on earth sciences, specifically geology (heat, time, and pressure create change!) and energy. We will take a short look at women's suffrage and another short look at the art and major figures of the Harlem Renaissance, working with our music teacher, Mr. Haugland, to integrate study of jazz appreciation, history and instrumentation, and the science of sound waves. We will spend time cementing the community building, work ethic, and emotional intelligence skills we have worked so hard on this year, volunteer in the community, and enjoy an end of the year overnight off-site learning opportunity with Siskin Ecological Adventures.

As teachers, we have continually found ourselves marveling at the developing strength of our teaching team and the evolution of this group of students and their skills. We have really had, without a doubt, a wonderful year. We are proud of the work the students have done and want to celebrate their achievements, growth, and uniqueness. They are all such an asset to Cabot School.

Ian Rochford-Burfoot, Austin Fay & Karen Stewart contributed to this article.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8-9:30 Breakfast 10:30-12:30 Lunch	2 8-9:30 Breakfast Cabot Library 10:30-12:30 Lunch	3 8-9:30 Breakfast 10:30-12:30 Lunch	4 8-9:30 Breakfast 10:30-12:30 Lunch	5	6
7	8 8-9:30 Breakfast Basketball Camp 10:30-12:30 Lunch	9 8-9:30 Breakfast Cabot Library Basketball Camp 10:30-12:30 Lunch	10 8-9:30 Breakfast Basketball Camp 10:30-12:30 Lunch	11 8-9:30 Breakfast Basketball Camp 10:30-12:30 Lunch	12	13
14	15 8-9:30 Breakfast 10:30-12:30 Lunch	16 8-9:30 Breakfast Cabot Library 10:30-12:30 Lunch	17 8-9:30 Breakfast Gardening 10:30-12:30 Lunch	18 8-9:30 Breakfast 10:30-12:30 Lunch	19	20
21	22 8-9:30 Breakfast 10:30-12:30 Lunch	23 8-9:30 Breakfast Cabot Library 10:30-12:30 Lunch	24 8-9:30 Breakfast Gardening 10:30-12:30 Lunch	25 8-9:30 Breakfast 10:30-12:30 Lunch	26	27
28	29 8-9:30 Breakfast Soccer Camp 10:30-12:30 Lunch	30 8-9:30 Breakfast Cabot Library Soccer Camp 10:30-12:30 Lunch	31 8-9:30 Breakfast Soccer Camp 10:30-12:30 Lunch			



COMMUNITY CALENDAR

~ JULY ~

Tuesday, 7/2

Dig Into Owl Pellets, Cabot Public Library, 6:30 p.m. An owl pellet is a small ball of indigestible remains that an owl regurgitates. Typically, they contain the remains of rodents, including bones and fur. All pellets have been heat sterilized by Pellets, Inc. Information: 563-2721.

Tuesday, 7/9

Rock On! Carving with Soapstone, Cabot Public Library, 6:30 p.m. If you've ever carved a fire stick while shooting the breeze over a summer campfire, you have enough skill to work with soapstone. Bring whatever chisels or carving equipment you have. Youth under 12 must be accompanied by an adult. Space is limited, so please sign up in advance. Information: 563-2721.

Sunday, 7/7

Spirits of Vermont, 3:00-7:00 p.m., Joe's Pond Association Pavilion, 40 Clubhouse Circle, West Danville. Tastings of Vermont wineries, distilleries, breweries and restaurants benefits Danville Pope Memorial Library. Tickets \$30. Information: 684-2256.

Saturday, 7/13

Diamonds in the Rust "Shine and Show" car show from 9:30 a.m. - 3:30 p.m. at Dona's Car Store field, 154 Lower Wolcott Street, Hardwick. Ten categories include restored antiques or unrestored barn finds; hot rods, vintage motorcycles, vehicles not usually seen at big car shows. Vehicle registration and spectator admission free. For more information and to register vehicles: www.heartofvt.com or email: info@heartofvt.com.

Antiques and Uniques Show, Craftsbury Common, 10:00 a.m.- 4:00 p.m. Over 100 antique and "unique" vendors dot the Common in the most quaint and picturesque country way while live folk music and roaming buskers add to the ambience. This year antique car owners are asked to drive to the event for special parking and viewing! Information: 586-7596.

Singing Around the World with Anna Stange, Cabot Public Library, 7:00 p.m. Anna has traveled extensively and brings a collection of her instruments from around the world to accompany songs from every continent. Make your own ice cream sundaes after the show! Information: 563-2721.

Tuesday, 7/16

Dig Into Your Creativity with Susan Green, Cabot Public Library, 6:30 p.m. Jewelry making for all ages, bird kites, glass vase decorating, painting, and mask making. Information: 563-2721.

Monday, 7/22

Summer Encore Theater, Cabot Public Library, 7:00 p.m. "There Be Treasure Buried Here" is an original story combining the lives and adventures of well known and not so well known pirates, including lady pirates(!). The audience will be invited to join in the search for buried treasure! Information: 563-2721.

Wednesday, 7/31

VINS with Live Animals, Jaquith Public Library, Marshfield, 6:30 p.m. Dig into dirt, exploring the richness of the underground world! Journey above and below the forest floor to meet live animals that inhabit this special place. Discover decomposers and omnivores alike as we investigate different techniques of survival in a leafy world. Information: 426-3581.

~ 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.

Book Group for Adults, fourth Mondays at 7:00 p.m., Jaquith Public Library, Marshfield. Information call: 426-3581.

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 programs at Jaquith Library, Wednesdays starting 6/26. Begin at 10 a.m. with stories based on the theme for the morning followed by an exciting activity and a free lunch.

Concerts on the Green, Danville, Sunday nights at 7:00 p.m. in July and August.

Danville Farmer's Market, Wednesdays 9:00 a.m.- 1:00 p.m.

Dig Into Reading, Cabot Public Library, Tuesdays 10:30. Come early at 10:00 for a free breakfast.

Dungeons & Dragons, Cabot Public Library, Fridays 3:00-5:30 p.m. Join the group, conquer the obstacles, and get out of the dungeon alive! 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.

Hardwick Farmer's Market. Buy local! Fridays 3:00-6:00 p.m.

Healthy Living Gentle Exercise Program, every Monday, Wednesday, Friday, Old Schoolhouse Common, Marshfield, 10:45 - 11:45 a.m., free. All levels welcome. Sponsored by Twin Valley Seniors.

Knit & Crochet group: meets the third Sunday afternoon of every month, 2:00 p.m. All skill levels welcome. Bring 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.

Story time and Playgroup, Wednesdays from 10:00 to 11:30 a.m., Jaquith Public Library.

Tai Chi, sponsored by Twin Valley Seniors, free, Mondays 1:00-2:00 p.m. Must register: 426-3447. A medical release will be required.

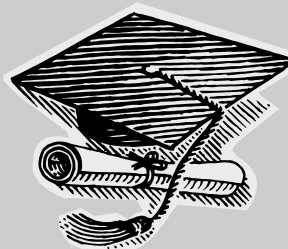
Twin Town Homemakers, second Tuesday of each month, Cabot United Church, 7:00 p.m. Social activities, community service. Call for info: Cindy at 456-1361.

Yoga & Wellness Classes, Mondays 6:00 - 7:30 p.m., Cabot Public Library. Nourish your body, mind and spirit! Alicia Feltus: 563-3220 or aliciafeltus@gmail.com.



**List your event in the
COMMUNITY
CALENDAR
for FREE.
563-3338**

2013 Annual Cabot Alumni Reunion



1:00 p.m.
Registration

1:30 p.m.
"TEA to Honor Our Founders"

2:30 p.m.
Games

4:30 p.m.
Annual Meeting

5:30 p.m.
Dinner

7:00 p.m.
Karaoke & Dance - (DJ)

CABOT FOOD SHARE

Wednesday,
JULY 10

Noon-3:00 p.m.

Wednesday,
JULY 24

Noon-3:00 p.m.

Cabot Masonic Hall
3339 Main Street

Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.

**SATURDAY,
JULY 13**

Food pick up at 8:00 a.m.
Open until food is gone - usually 9:30 am

Schoolhouse Common
School Street, Marshfield

PLEASE NOTE:
Our new e-mail address is:
admin@fiancp.org



FAITH IN ACTION

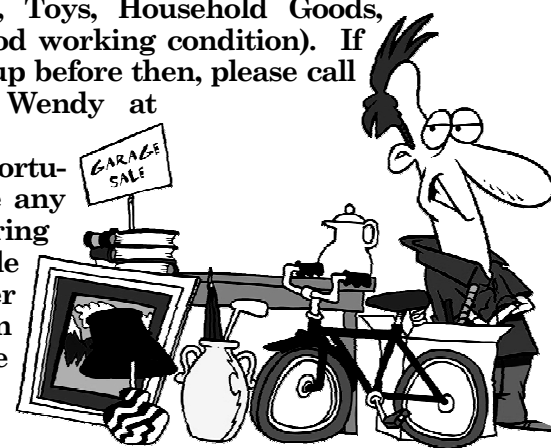
Northern Communities
Partnership, INC
Phone: (802) 563-3322

CABOT ANNUAL FOURTH OF JULY RUMMAGE SALE

DROP OFF ITEMS STARTING JUNE 30

Just a reminder about Cabot Annual Fourth Of July Rummage Sale. Starting June 30, through July 3, 9:00 a.m. to 3:00 p.m. daily, we will be accepting donations at the Cabot High School Gym (Clothing, Toys, Household Goods, Books, Furniture in good working condition). If you need items picked up before then, please call Terri at 279-6818 or Wendy at 563-9907.

This is a great opportunity to put to good use any items you didn't sell during the townwide lawn sale June 29. Reduce clutter and make a contribution to the PTSO at the same time.



CABOT VERMONT ANNUAL EVENTS 2013

Tuesday, October 1, 2013

FALL FOLIAGE FESTIVAL

Crafts, tours, rides, hikes, presentations

9:00 a.m. Coffee Hour

11:30 a.m. - 1:00 p.m. Luncheon

5:00 and 6:15 p.m. Turkey Dinner

Throughout town

802-563-2715



Saturday, October 19, 2013

APPLE PIE FESTIVAL

9:00 a.m. - 3:00 p.m.

Apple Pie Baking Contest

Crafts, apple pies and chili luncheon

Cabot School Gym

www.CabotHistory.com, 802-563-3396



CABOT ONLINE FARM STAND

Cabot Worx and Cabot Community Association
SEEKING LOCAL PRODUCTS
Watch Cabot Community Farmstand on yourfarmstand.com
For pickup times and what's for sale

Sign up now to Buy Local

Go to www.yourfarmstand.com, Click on "Sign Up", Select "Cabot Community Farmstand", Load funds via PayPal and shop online, Check "Next Delivery" date on upper right corner, Grab your order that day at pickup location

Sign up now to Sell Local

Sign up first as a member (above), Go to "My Market" tab and contact administrator, Provide information requested by administrator for your setup, Once set up, enter merchandise on Cabot Community Farmstand, Receive order(s) via email before delivery time, Drop prepaid merchandise at dropoff location at time indicated

SUMMER THURSDAY DINNERS AT CABOT UNITED CHURCH

Mark Your Calendar:
July 11th: Pulled Pork
July 25, August 8th and 22nd

Take a night off from cooking!
Served from 5:30 to 7:00 with take-outs available.
\$8 Adults, \$4 Children
We appreciate your support
Cabot United Church – On the Common, Rte. 215, Cabot, VT.
Call for directions or information: 563-2278

CABOT 4TH OF JULY CELEBRATION!



8:00 a.m.–2:00 p.m.

Rummage/Yard Sale at Gym

8:30 a.m.-1:30 p.m.

Historical Society Exhibits, homemade donuts & coffee

10:30 a.m.

Floats Line Up at Fire Department

11:00 a.m.

Main Street Parade Begins

Noon Lots of fun games for the whole family on the Rec Field after parade:

Chicken BBQ ~ Games & Activities
~ Amazing Food
Live Music by Malicious Brothers



with guest Rudy Dauth

\$50 Float Prizes
Awarded for Most
Humorous ~ Patriotic
Colorful ~ Original

No preregistration required
Call 563-9907 with questions
Arrive Fire Station 10:30 a.m. to be assigned your place in line!

Joe's Pond
Fireworks Display
Wednesday, July 3
Rain date Friday, July 5



A High Price to Pay, A Heavy Burden to Bear: One Family's Civil War Story

Sunday, July 28 at 7:00 p.m.

Cabot Historical Society Building
Main Street • Cabot



Abel Morrill, Sr., was an early settler of Cabot, Vermont. He was a respected farmer and maple sugar producer for much of the 19th century. His story reflects the hardship and heartbreak suffered by those who lived at the time of America's greatest conflict, the Civil War. David Book's portrayal of Abel Morrill profiles life before the war and life as it was affected by the war. Drawing on primary resources, Book's monologue describes with historical accuracy life in mid-19th century Vermont and is a story that could be repeated by many families in every town in Vermont during this era.

Free, accessible to people with disabilities, and open to the public.

Call Bonnie Dannenberg at (802) 563-3396 for information.

A Vermont Humanities Council event*
hosted by the Cabot Historical Society

*Under grant from the National Endowment for the Humanities (NEH). Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of the NEH or the Vermont Humanities Council.

History Alive!

The theme of this year's Vermont Civil War Sesquicentennial observance is The Year of the Citizen Soldier, War Politics and the Home Front.

The Cabot Historical Society is very pleased to bring to Cabot *A High Price to Pay, a Heavy Burden to Bear: One Family's Civil War Story*. Based in Cabot, presented by a man with Cabot roots, it will be staged among historic artifacts at the Cabot Historical Society by David Book on Sunday, July 28 at 7:00 p.m.

David Book holds a MA in History from the University of Kentucky, Lexington, with a focus on local history, and a M.Div. in Theology from Southern Baptist Theological Seminary, Louisville. He assisted in founding the Good Samaritan Haven, Central Vermont's shelter for the homeless in 1986, and taught at the Cabot School. He has been recognized as an Outstanding Vermont Teacher by the University of Vermont, and was also awarded a National Endowment for the Humanities Fellowship for Independent Summer Study in 1995. He has written and published two books describing the lives of Civil War soldiers who served from the towns of

Cabot and Worcester. His article, "Death Is Everywhere Present," was printed recently in *Vermont History*.

Cabot Historical Society

OPEN 2nd SATURDAYS DURING SUMMER

The Cabot Historical Society will be open to the public during the summer from 1:00-3:00 p.m. the second Saturday of each month. Stop in and see the exhibits or do some research. Those dates are:

- July 13
- August 10
- September 14

Or by appointment
call 563-3396

You are invited to visit ...



Meeting on Sunday Mornings at 10:30
Willey Building – Second Floor Meeting Room
Main Street – Cabot

For more information contact
Ed Lewis – 802-272-8721

Bring Celebrities Into Your Home

By Helen Morrison

Elizabeth (Taylor) and Miriah (Carey) are two 8 month old tri-color sisters presently residing at the Kingdom Animal Shelter at 1664 Memorial Drive in St. Johnsbury (741-7387). They are almost twins, except Elizabeth is long-haired and Miriah is short-haired. Elizabeth is out-going and friendly; Miriah is a bit shy but becoming more friendly every day. They were both feral, so will need to be indoor cats in their Forever Home. Come to visit them at KAS during adoption hours, Monday thru Thursday, 4:00-6:00 p.m. and Saturdays and Sundays, noon to 3:00 p.m.

P.S. We have kittens. They are, of course, the cutest kittens in Vermont, in the USA, in the world, in the universe!!!



Elizabeth



Mariah

Spay/Neuter Clinic for Cats July 16, 2013

Danville Animal Hospital
Route 2 East, Danville 684-2284



Proceeds to benefit Kingdom Animal Shelter
\$25 per spay or neuter; \$5 per rabies shot
Cash or credit card; no checks.



Walk-ins accepted but appointments will be honored first.
Walk-ins: first come, first served up to capacity.

Bring cats in carriers from 7:30-Noon & sign release form.
Get appointment for pick-up between noon and 4:00 p.m.
Instructions for post-surgery will be supplied. Prep for surgery: no food after 8:00 p.m. night before; water ok.

DIAMONDS IN THE RUST, July Car Show In Hardwick Sponsored by Heart of Vermont Chamber of Commerce



Left to right: Mary Hall, Bobbie Nisbet and Tim Nisbet with the Nisbet's 1931 Ford Model A, one of the cars to be exhibited in Hardwick on July 13th.

The Heart of Vermont Chamber of Commerce has created a whole new concept for a car show. We're calling it "Diamonds in the Rust." It will be held Saturday, July 13, from 9:30 a.m. until 3:30 p.m. at Dona's Car Store field, 154 Lower Wolcott Street, in Hardwick.

The idea for the show took shape after a photo shoot last year at The Hardwick Inn, recreating an old postcard that included a group of local vintage cars. It generated a great deal of positive public and media attention – including television coverage. The Chamber was inspired by the numerous requests it received to follow up with a car show.

The show includes ten categories – from restored antiques to unrestored barn treasures. People are encouraged to register their antique Model-T's, hopped-up hot rods, vintage motorcycles, or hardworking farm trucks. This is an opportunity for lots of vehicles not usually seen at big car shows to be appreciated. Check out www.heartofvt.com for a list of what qualifies for *Diamonds in the Rust*.

Spectators will be encouraged to vote for their favorites. In addition to strolling around to see the vehicles and talk to their enthusiastic owners, Kingdom Creamery ice cream and perhaps one or two other goodies will be available.

Vehicle registration and spectator admission is free, although donations will be very welcome. All proceeds benefit Chamber of Commerce programs.

For more information and to register vehicles, visit the Chamber's website at www.heartofvt.com, email chamber@heartofvt.com, or call (802) 472-5906.

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COMMUNITY COLLEGE
OF VERMONT

Home Share Now

Home sharing, as American as apple pie.

www.homesharenow.org

802-479-8544

This ad generously sponsored by National Life Group Foundation

Cabot Conservation Committee

A Note on Invasive Species in Cabot

By Chris Duff

As spring fades into summer and we get busy in our gardens, fields and woodland, we often overlook and sometimes do battle with plants, insects and even animals that are uninvited guests. These are most likely, but not always, non-native invasive species that have been introduced; accidentally transported from elsewhere, intentionally planted, escaped from gardens or bait buckets, and sometimes transported by natural forces such as wind, animals and water. The federal government's USDA defines an invasive species as "non-native or alien to the ecosystem under consideration and whose introduction causes or is likely to cause economic or environmental harm or harm to human health." We all may know of some patch of knotweed, goutweed, Asian honeysuckle, phragmites, or even the ladybugs that invade our homes in the fall and winter. These are examples of invasive species that have a significant effect on our wellbeing, the spaces we enjoy, and importantly, our native and challenged ecosystems.

Invasive species often do not have the same environmental pressures of our native plants and animals. Since invasive species have usually been introduced intentionally or accidentally from a different ecosystem, they do not have the natural controls on their populations that have evolved with native species. Consequently, their populations can often grow exponentially without check, displacing the native flora and fauna. The consequential popula-

tion bloom can sometimes seem overwhelming to us and often cannot be easily controlled, but there are measures we can take to reduce the impact of these pests. Awareness of what an invasive is and how to stop its spread is a good start.

We would need more space than this column offers to list, describe and catalogue all the invasive species that are affecting Cabot's roadsides, gardens, woodlands and fields, but the Cabot Conservation Committee has information about invasive and will be embarking on an ambitious attempt to catalogue outbreaks of these pests in Cabot and bordering towns to give us a record of the species affecting us and the impact on the local communities. With this information, we can possibly track changes, good or bad, on these populations. If you are interested in working with us to assess this problem, please contact one of us. We can make a difference in the quality and health of our community by addressing this issue. Stay tuned for further articles and information on invasive species and what we can do about it.

Cabot Conservation Committee Contacts:

Gary Gulka,
gulka@fairpoint.net
 Cedric Alexander,
edric.alexander@state.vt.us
 Chris Duff,
cduff@fairpoint.net
 Mark Christensen,
herkimer@fairpoint.net

Cabot Arts

Todd Jones presented data collected on initial responses to survey. To get a wider community representation, the survey will be sent again in July Chronicle to encourage more response.

Visual arts Show and Tell April 20 brought 8 people, representing painters, print, fiber, sculpture and carving. Will meet again Sunday, June 16, 3-5 at Goldies/Butters former home. Artists should bring work in progress.

Out-of-tune piano – Lars Torres_Hasselblad suggested turning into an arts project<with kids> perhaps in conjunction with school's summer

lunch program.

Discussed bringing entertainment if famers market were arranged. – Talked to Irene Harvey about how to interact with farmers market.

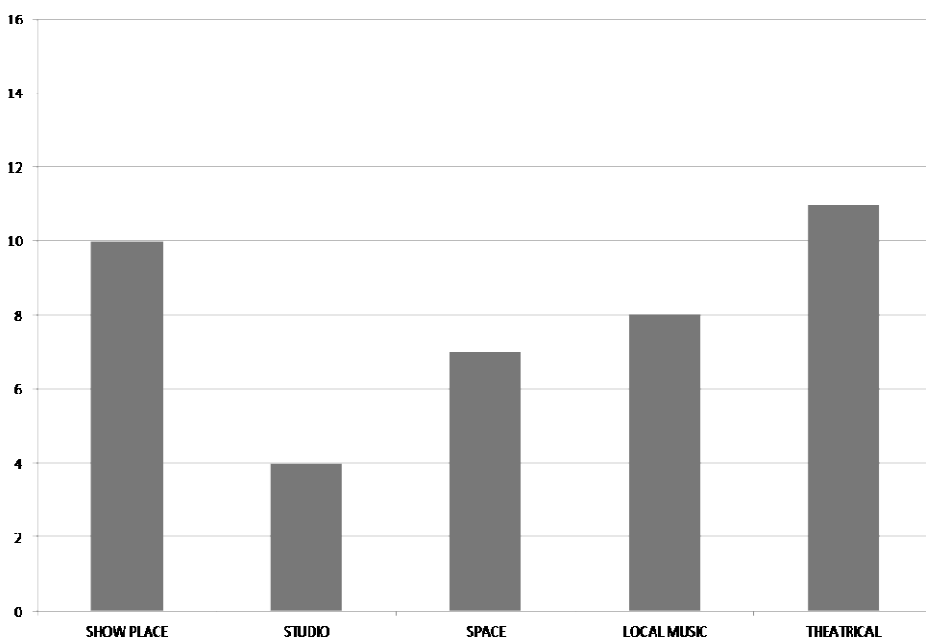
Performance series- seeking suggestions for performances.

Tom Blachly – Unadilla showcase
 Selections from past productions
 Contra dances
 Diane Huling

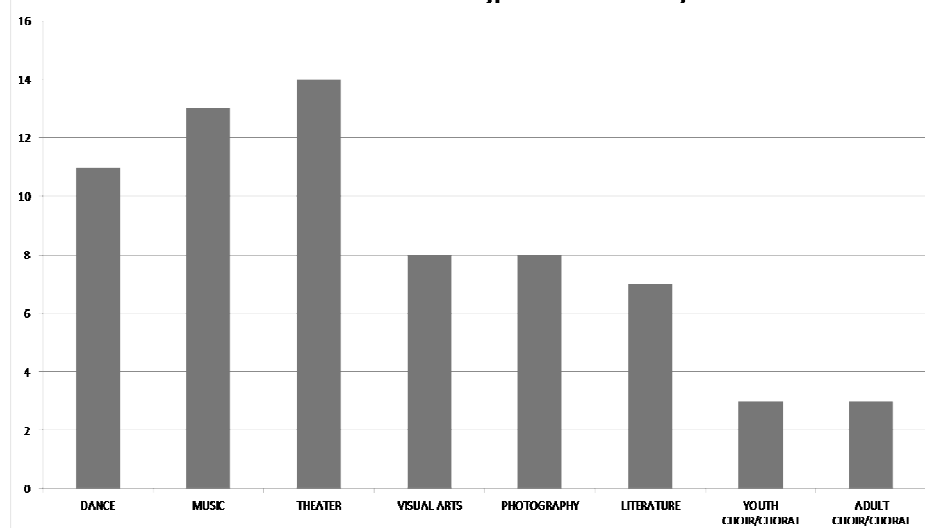
Need business plan – what is role of Cabot Arts?

Next meeting June 20 at 4 p.m.

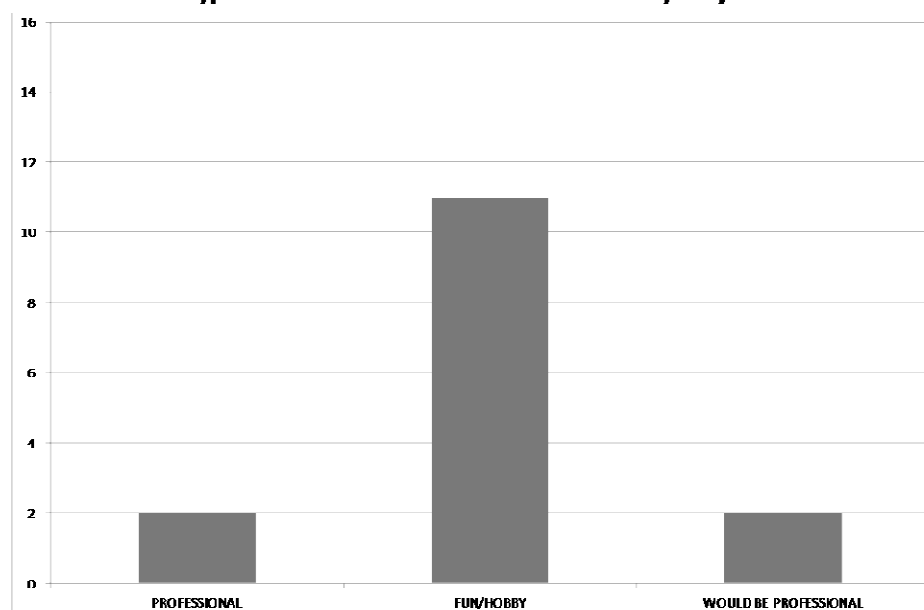
What are the needs that you see to support the Arts in Cabot?



What types of Arts interest you?



What type of art or craft or other creative activity do you do?



Projects developing:

- Non-governmental website – looking for website subcommittee to draft proposal by August for guidance re advertising, who can post, what should be included.
- Google Maps with "layers" for farms, scenic views, arts, etc.
- Online calendar – waiting for free

calendar from Front Porch Forum coming end of 2013 rather than paying now.

- Bulletin Board at Recycling Center

Next meetings:

- Tuesday, July 9, 6:30 p.m., Cabot Public Library
- Tuesday, August 13, 6:30 p.m., Cabot Public Library

The Cabot Agricultural Network Survey

An extensive community wide planning effort completed in 2012, facilitated by the Vermont Council on Rural Development, culminated with the publication of a Cabot Community Visit Report and Action Plan in December 2012. (Available at www.vtrural.org). The effort led to the formation of 3 task forces: Improve Cabot Community Communications; Build a Cabot Community Arts Center; and Build a Cabot Agricultural Network. The latter committee created a survey to launch the next community wide phase of the Agricultural Network project. We ask you as food producer, processor, or service provider to complete the survey when you receive it and return it to us.

The vision we have for the future of Cabot is "a strong, connected community that promotes a productive, sustainable, healthy and diverse working landscape". The survey will include a tentative list of goals to make this vision a reality. Also attached is a preliminary list that clearly shows that Cabot already has a large and diverse population actively engaged in agricultural and forestry related endeavors.

One purpose of the survey is to make a comprehensive inventory of local farmers, producers, processors and service providers of food and other agricul-

tural and forestry products. If you haven't gotten a survey by the middle of August, please let us know by contacting Jeannie Johnson, Cabot Community Association, PO Box 245, Cabot, 05647, 802-563-3338, or cabot.development@yahoo.com. One possible outcome of the survey is to create an on-line directory for use by Cabot residents and other interested parties to meet their needs locally.

The survey will help us identify the most promising joint initiatives that can strengthen the community as a whole and help realize the stated goals and vision as the project moves forward. We also hope it will encourage interested individuals to get involved with their implementation.

Given the diversity of the community we expect that specific interest groups might develop among members engaged in similar endeavors such as vegetable and/or berry growers, dairy, meat production and others. Such groups can pick whatever initiative shows the greatest potential for yielding tangible results for the participants. The responses to the survey should provide a useful starting point.

Please respond by August 15. We will publish the results of the survey in the Cabot Chronicle.

To see the rest of the graphs and to fill out the survey for yourself check out our website at.....

www.cabotchronicle.com



TWIN VALLEY SENIOR CENTER



Twin Valley Seniors will be closed on Friday, July 5, for the holiday. Meals on Wheels will be delivered on Wednesday, July 3, to cover Friday, July 5. We want to wish everyone a safe and Happy 4th of July.

- Tai Chi classes have moved from Wednesdays to Mondays at 1:00 p.m. in the gym at the Old School House Common. Please feel free to join the group in this very old and beneficial form of exercise.

- Bone Builders continues on Monday, Wednesday and Friday from 10:45 a.m.-11:45 a.m. This group also welcomes new participants.

- The SASH team (Support & Services at Home) will be at the center July 15 for consultations and blood pressure checks.

Foot Clinic is July 17. The charge is \$15.00. Please call 223-1878 for an appointment.

If Mother Nature ever allows gardens to be planted, please remember to plant an extra row for TVSC. We welcome your donations of vegetables. Our volunteers and cook prepare and can your extras, as well as prepare others for the

freezer. During our long winter months, when fresh is expensive to come by, yours that have been frozen are a tremendous help.

July 26 will be Picnic Day (weather permitting) at Rita's and the Center will be closed for the noon meal. You are welcome to join us at the picnic. Call 426-3447 to let us know but not necessary, and call if you need a ride.

We would very much like to hear from residents in the six towns we serve with any suggestions or ideas that would help make the Center a place you would like to come to. We are on-going in our search for new Board Members. New members always bring new ideas, and we always strive to make the center a warm, social and happy place to gather. You do not need to be 60+ to attend the center. We enjoy having new people come and participate in all the activities that take place at the Center. If you have questions, please feel free to call 426-3447 for more information.

Our newsletters are published the first of each month and can be found at the following locations: Cabot Village Store, River's Edge, Marshfield General Store, Tim's Convenience, Dudley's, Calais General Store, Woodbury General Store, Adamant General Store, Plainfield Hardware and Plainfield Health Center. If you would like to have the paper sent to you electronically, please email me at RitaCCope@MyFairpoint.net. We also have a Facebook page where the newsletter can be accessed. It is updated regularly & contains pictures, as well as articles relevant to seniors. It can be found at Twin Valley Senior Center and we have over 60 friends!



FROM THE CABOT PUBLIC LIBRARY

Programs

"Dig into Reading" is our theme for the 2013 Summer Reading Program! We will be exploring all things underground - digging into dirt, building terrariums, sharing rock collections, discovering bones, building gnome houses, and much more! Please come in and sign up for the Summer Reading Program, open to all ages, pick up our schedule of programs and find out how to win a T-shirt and prizes! We will have FREE BREAKFAST - sponsored by Hunger Free Vermont and the Cabot School - for all children under 18, on Tuesday mornings in July beginning at 10 a.m., with special Story Hours following at 10:30 a.m.

Community Book Group - On Break for the summer - see you in September!

Yoga & Wellness Classes - Mondays, 6:00 - 7:30 p.m.

Summer yoga classes are at Alicia's yurt. All levels welcome - contact Alicia for more info 802-563-3220 or aliciafel-tus@gmail.com.

Thank You!

Many thanks to **Bruce Lisman** from Campaign for Vermont for a great com-

munity discussion and to **Bill Cobb** for collaborating with the library to bring him to Cabot. A huge thank you to **Tim Walker** for installing our air conditioners for the summer and for doing our recycling every week! Thanks so much to all who helped out at our Kickoff event. And a special thank you to **Katie Trautz** and **Alec Ellsworth** for their lovely music.



Cabot Library Reminders:

- Tuesday 9:00 a.m.-6:00 p.m. ****Story Hour 10:30-11:30 am****
- Wednesday 2:00 a.m.-6:00p.m.
- Thursday 9:00 a.m.-6:00p.m.
- Saturday 9:00 a.m.-12:00p.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.

Coming Soon!

The Vermont State Park Pass will be available soon.

See you at the Library!

Kathleen Hoyne and Anne Walker



Please join us for the
~ Cabot Public Library ~
~ Summer Programs 2013 ~

This summer's theme is about all things underground - digging into dirt, building terrariums, sharing rock collections, discovering bones, building gnome houses, and much more!

The programs are free and open to children and adults of all abilities.

Evening Programs: (Days and times vary.)

Tuesday, July 2 - 6:30 p.m.
Dig Into Owl Pellets

An owl pellet is a small ball of indigestible remains that an owl regurgitates. Typically, they contain the remains of rodents, including bones and fur. We will be dissecting owl pellets and piecing together the bones discovered, using a bone sorting chart. All pellets have been heat sterilized by Pellets,nc.

Tuesday, July 9 - 6:30 p.m.
Rock On! Carving with Soapstone

If you've ever carved a fire stick while shooting the breeze over a summer campfire, you have enough skill to work with soapstone. Bring whatever chisels or carving equipment you have. Youth under 12 must be accompanied by an adult. Space is limited, so please sign up in advance.

Saturday, July 13 - 7:00 p.m.
Singing Around the World with Anna Stange Anna has traveled extensively and brings a collection of her instruments from around the world to accompany songs from every continent. Participants will "visit" all seven continents by identifying countries on a map or globe, and singing songs in local languages.

Come early (at 6:30 p.m.) if you've reached your reading goal, and wear your new T-shirt for the show. Make your own ice cream sundaes after the show!

Tuesday, July 16 - 6:30 p.m.
Dig Into Your Creativity with Susan Green Susan Green, librarian at Jaquith Public Library, will offer an art night at the library with options for everyone: jewelry making for all ages, bird kites, glass vase decorating, painting, and mask making. There will be something for everyone, whatever your art and whatever your age.

Monday, July 22 - 7:00 p.m.
Summer Encore Theater Summer Encore is a summer theater experience that is an extension of Rutland High School's co-curricular theater program for students 12-18 years old. This year's production will be "There Be Treasure Buried Here." This is an original story combining the lives and adventures of well-known and not so well-known pirates, including lady pirates (!). The audience will be invited to join in the search for buried treasure!

Wednesday, July 31 - 6:30 p.m.
VINS with Live Animals at Jaquith Public Library (in Marshfield)

Digging Deep into Reading! Join VINS (Vermont Institute of Natural Science) as we dig into dirt, exploring the richness of the underground world! Journey above and below the forest floor to meet **live animals** that inhabit this special place. Discover decomposers and omnivores alike as we investigate different techniques of survival in a leafy world.



Dig Into READING

STORY HOUR PROGRAMS

(All programs are on Tuesdays at 10:30 a.m.
Come at 10:00 a.m. for a free breakfast.**)

July 2nd - We're Digging the Beach!

Come prepared to get wet! We'll have bubbles, splash tag, beach balls and other fun water games.

July 9th - Let's Go Digging!

We'll read about gardening - and help beautify the grounds outside the library - we'll plant flowers to enjoy throughout the summer!

July 16th - Reading Rocks!

We'll read all about rocks - bring in your rock collections to show and maybe trade a rock or two with friends. We'll also make our own rock candy!

July 23rd - Gnome, Sweet Gnome!

We'll explore the world of gnomes and everyone is invited to build their own gnome house. Bring a flat piece of bark or cardboard for the base and collect natural materials such as twigs, pebbles, moss, seeds, bark, seed pods, leaves, pine cones, shells, dried flowers, dry grasses, feathers etc. for the house. We'll have glue guns for parents to help.

*We are once again gratefully collaborating with the **Jaquith Public Library** in Marshfield, and many thanks to the **Cabot Creamery** for their ongoing sponsorship of the Cabot Public Library Summer Programs. ****Courtesy of the Cabot School and Hunger Free Vermont's Summer Food Program.***

Outside Story Backyard Charcoal Making

By Dave Mance III

The word *senescence*, a fancy term that biologists use to refer to the process of growing old, has recently entered my vocabulary, and judging by the steady rate at which my nose hair has accumulated over the past few years probably not a moment too soon. I don't know if there's another word that relates specifically to psychological function and the aging process, but I should probably learn that, too, as I'm becoming increasingly curmudgeonly. The phrase "kids these days" has become a staple. A trip to the grocery store is just one big bitch fest. *\$15 for a bag of charcoal! Are you kidding me!*



Anyway, after uttering just that the other day I decided to take matters into my own hands and just make the damn charcoal myself. Step one was to do some research on different wood properties, and turns out there's a wealth of information out there, though as with anything on the Internet, the question is whether you can trust it or not. This site suggests that oak is the Queen of smoking woods (hickory is King), and since I had some red oak that was dry in my wood pile I went that route. I hope it's apparent that I have no expertise at all when it comes to any of this, so if you know better about anything I'm writing about by all means chime in and share with the group.

Step two was to call my brother Trev and see if he wanted in and he said "absolutely." Come to find out he's equally offended by the high price of charcoal. He scrounged a steel barrel and went down to his shop and cut some holes in the bottom. *T and D Charcoal* – nice, huh? As we were getting going we were considering slogans for our new business. "Soul Coal" and "Killer Queen" and "Our Oak Kicks Ash!"



Step 3 was to conscript child labor. Tess, here, panoplied in OSHA-approved safety glasses and steel-toed Moon Boots, works for Cheerios.



Step 4 was to dig a pit that the barrel could sit atop with a little air intake chamber that would turn the barrel into a giant charcoal chimney. The charred wood you see in this picture is from a test burn meant to take the paint off the barrel.



Step 5 was to put the barrel on the pit, fill it with wood, and then light it. It smoked pretty intensely for about 20 minutes, which is something you should consider if you try this at home and want to stay friendly with your neighbors, but the wood was really dry, and it was soon pure heat. At this point we clamped the lid down, plugged the air intake, and let it smolder.



Step 6 was to open the cooled barrel and analyze our char. What we found was that most of the wood hadn't burned completely. I think our mistake was that the wood we started with was way too big. Probably you should use little chunks, no bigger than 6 inches long. Another problem, I think, was that the retort was just too flimsy. The steel barrel got hot quick, and then when we cut off the oxygen it got cold quick – maybe too quick. I don't know how to remedy this, though, and maintain our \$0 overhead.



On the plus side, we were able to get some decent-sized pieces of charcoal out of the middle of the barrel, and it worked pretty well. It ignited very easily when we used it to cook. It didn't really impart much flavor on the meat, though, which has me thinking that all the eloquent descriptions in the above referenced wood-properties web link must have been referring to green chips. Maybe you need to look at smoking as a two-wood process; you have the base char that provides heat – for this any high-density hardwood species would do – but then for the smoke you use separate, greener chips to impart flavor.

What do you think? There's gotta be someone out there who can shed some light on all this.

Dave Mance III is editor of Northern Woodlands Magazine. The mission of the Center for Northern Woodlands Education is to advance a culture of forest stewardship in the Northeast and to increase understanding of and appreciation for the natural wonders, economic productivity and ecological integrity of the region's forests. Reprinted with permission.

Cabot Fire Department Extrication Drills



Cabot Volunteer Fire Department trains with the Extrication Drill.

By Grant "Chip" Taylor

Years ago, about all the local fire departments did was "put the wet stuff on the red stuff". And ambulance services were pretty much "You call - we haul - that's all".

Times change. Fire departments do more than fight fires and ambulance personnel get extensive training in initial patient stabilization and care before transporting to hospital. And more and more of our fire department calls are to motor vehicle accidents.

So, fire departments, including Cabot, have added things like hydraulic rescue equipment (commonly known as "The Jaws of Life"), blocking and cribbing material to stabilize a vehicle, tools for cutting windshield glass and air bags to lift and help stabilize vehicles. Since both ambulance services, as well as fire departments, get called to motor vehicle accidents, it makes sense to train together. That's what's happening in the photo. You find an old vehicle, get someone to play the role of trapped patient (they're not "victims" they are

"patients") and both fire and ambulance personnel work together to stabilize the vehicle, the patient, and then extract the patient for transport to the hospital. You're dealing with an injured, trapped person in a vehicle with gasoline, electrical systems and most likely un-deployed air bags (modern cars have them everywhere). And there is metal with sharp edges, glass, and unknown hazards. (Responders on the west side of the state once found a Technetium Generator in the back seat of a vehicle involved in an accident. You don't know what that is? Neither did they, initially. It's a medical device for producing radioactive pharmaceuticals for medical imaging. Not the sort of thing a responder might expect!)

So, we train together in "hands on" drills so, when the call comes for a real accident, safe procedures will be followed and risk to both patient and responders will be minimized.

Questions or for more information, feel free to contact Skip Bothfeld or any one on the Cabot Ambulance.



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The United Church of Cabot is raffling a quilt - lovingly pieced by Christa Scholz and quilted by Laurie Coolbeth.

First tickets sold at Maple Fest and sales will continue until the quilt is raffled off during Apple Pie Festival, October 19.

The quilt is 'Morning Star' pattern in a white background with bright blue and modern green. The printed border contains all the colors. It is backed with a mottled beige plus the names of the quilters and date. It is a queen size (96"x109") and needs to be seen to be appreciated. It will be on display at various times over the next few months. For more information, you can call Christa Scholz.(563-2409). For tickets call Christa or Sue Freeburn (563-2085).

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