



The Cabot Chronicle

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November 2013

Cabot Town Garage Working Group (Round #4)



By Jack Daniels

BIG NEWS: On October 9, 2013, the Town of Cabot Select Board executed an Option Agreement and Purchase and Sales Agreement with Grace Cookson of Northfield, NH, to purchase eight acres of land on the South Walden road for the purpose of constructing a town garage facility. The sale price is \$60,000. The primary condition included in the Agreement is that the sale is subject to the approval of the voters by Australian ballot on March 2014 Town meeting day. If the voters do approve the purchase of the eight acres, then the town has until March 31, 2014, to finalize the sale. The Select Board plans to hold at least one Public Hearing ---and possibly two---on this potential land purchase in January and/or February; we will make sure that meeting times are well advertised. I am personally grateful to Grace Cookson and her son, Dan Abbott, for agreeing to sell the eight acres to the Town for the purpose of constructing a town garage. Having looked at and considered multiple sites throughout Cabot, I am personally convinced that the Town Garage Working Group (TGWG) members made the right choice when they identified the Cookson property as the best site for the garage. Thank you, Grace and Dan.

Other town garage updates:

Design: the members of the TGWG believe that the Stafford town garage model (100' by 70') represents the best design for our town. Accordingly, work will commence shortly to create the building designs, along with support schedules, so that we will be able to present the design and cost information to the full Select Board and then to the voters. Having settled on a design already approved by the appropriate state agencies, we will be able to realize considerable savings in architectural and engineering costs.

Funding: we continue to explore funding options, to include grant opportunities that will help reduce the cost to the tax payer. Acknowledging that we do have to construct a new town garage---not building is not an option due to location and building condition---we will work to minimize the cost to the town to the greatest extent possible.

Optimal Time Line: What follows is an optimal time-line, which may or may not be possible. I say that, as lots of things will have to fall into place to make it happen, to include approval by the voters to purchase the land next March; identifying the necessary funding to pay for the construction of the new garage; obtaining all of the necessary permits etc. But, should the stars align themselves perfectly, here is what we believe can happen:

- March 2014: Voters approve purchase of land and funding mechanism which is still being developed. We should have more information on this next month.
- April/May 2014: Issue Bid documents to construct the garage.
- June/November 2014: Build new facility to include salt shed & storage unit.
- November 2014: Formally open the new town garage for business.

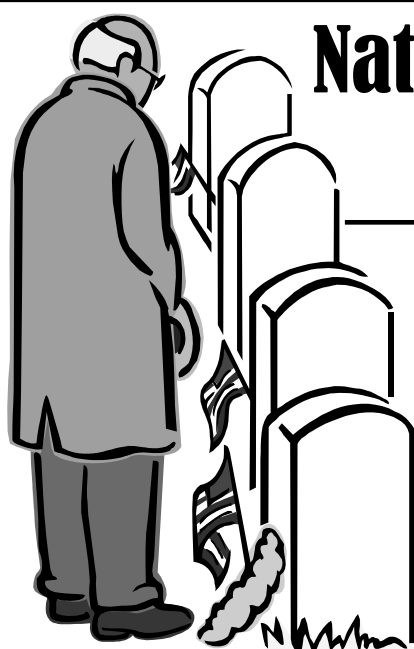
We will make every effort to keep you posted on all Town Garage developments as we move forward with this project. In the interim, please do not hesitate to contact me should you have questions and/or suggestions at Jack-daniels007vt@gmail.com or via phone at 563-3116. Lastly, please do not hesitate to join the Town Garage Working Group that meets on the first and third Monday of each month in the Willey building at 7:00 p.m. if you want to work on this exciting project.



NOVEMBER 11, 2013
HONORING ALL WHO SERVED

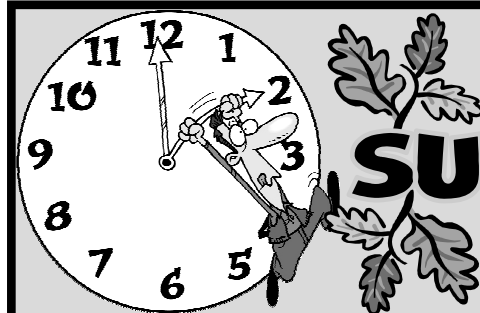


www.va.gov



National Veterans Day Ceremony

The Veterans Day National Ceremony is held each year on November 11 at Arlington National Cemetery. The ceremony commences precisely at 11:00 a.m. with a wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries. The ceremony is intended to honor and thank all who served in the United States Armed Forces.



FALL BACK

SUNDAY, NOVEMBER 3, 2013

The U.S. begins Daylight Savings Time at 2:00 a.m. local time on the second Sunday in March and reverts to Standard Time at 2:00 a.m. local time on the first Sunday in November.

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THE FLYING FARMER

The World Series in 5 Minutes, 50 Seconds

This is an excerpt from Will Ameden's blog, the Flying Farmer, <http://catamountaviation.wordpress.com>, on October 23, 2013.

It's funny how things can just fall into place.

Yesterday started like many others...but it was building to something special.

The boys were up early, in good moods, and ready for school (wow). The sea-salted chocolate chip cookies came out of the oven, perfectly browned. My visit to Hardwick Chiropractic left me relaxed and aligned. A quick visit with Elena at the CAE, for a hello and a frozen beef pick-up. Coffee and cookie snack with Linda and Diane at the Galaxy Bookshop, then off to work at the farm.

We are erecting another large high-tunnel this fall. John is sawing lumber for the end-walls on my mill, and I was doing tractor work. I shut down my tractor just after noon to meet with John. Checking on my "chiropractor visit silenced cell phone," I see eight texts and six phone messages. Many of the texts say "CALL WDEV...RED SOX"! So I call WDEV and ask about being in a drawing. There was some confusion, I said I was calling about a drawing for Red Sox tickets. They asked me if I had entered, and I replied that I had last spring. They said I should be all set for the drawing. I thanked them, and hung up. I called Elena, who had left three messages. Elena's co-worker, Tracy, answered and said "Call WDEV right now, you won World Series tickets!"

I love our local radio station, WDEV. What I appreciate even more are my friends and community who were all trying to get in touch with me to call the station. Sue up the road called twice! Nate drove down to find me. Another of Elena's co-workers, Monty, was listening, called Elena, who after failing to reach me, called the station and told them I was in the field, could she claim the tickets for me?...No dice! Anson left



me the many text messages. Then, on the home phone, I had a message from Shawn, calling with an aviation question, and "by the way, if you are the same Will Ameden that they are calling for on the radio, you have five minutes and 50 seconds to call them for tickets". And a call from Norma, excitingly informing me of the same thing.

I have also had emails and fb messages. One from Frank, which I will share ...

"Turned on WDEV this noon just in time to hear you win the World Series tickets. Surprising! Eat lunch in my truck and listen to Kenley and company each day for a little comic relief. Hope you enjoy the game. Many the night milking was serenaded by Kurt Gowdy broadcasting Red Sox games...Dad was a grudging Sox fan! Now discovered how to contact you, will send a shout now and then".

Yes, sometimes things just seem to fall in place. I am going to the World Series! Thanks to ALL in this great community, and to WDEV. Wyatt will be getting to skip two days of school to go with me. Wesley...thanks for holding down the fort! Send warm thoughts to the crowd and hot bats to the Sox!

COUNTRY COMMENTARY

Merry Season of Holy Days,

As we near the end of the harvest season, and Thanksgiving is around the corner, I would like to talk about traditions. Thanksgiving has come a long way from its original roots. But what seems to be a common theme is family and friends getting together. Breaking bread, so to speak, with our loved ones. A big bronzed turkey with all the fixings is most commonly served, but there are others who have created their own traditions around holidays. Who hasn't heard of "TOFURKEY"?

There are lots of traditions in and around the time of the autumnal equinox and winter solstice, and all are valid and important, but they can also connect us if we, in our ignorance, learn more about those Holidays we are unfamiliar with, and even join in with some of the ceremonies and traditions of others, if they are of a mind to (most people are pleased to share).

Some people, before they commence to eat, say a prayer, while others allow each individual at the table to tell what they are most thankful for, and always someone says they are thankful for the feast. It is so important to recollect the many blessings we all have. Even in the direst of situations. if you are still alive, there is still hope. One blessing is that "prayer" has been scientifically proven to increase healing of others. That kind of focus is a miracle in and of itself. But it means that we have the power to manifest.

It doesn't matter what faith you believe in - call it a positive vibe if you don't believe in Judeo-Christian belief systems. Even if you are Buddhist,

meditation is another kind of focus. The focus and the tradition is about love, any gathering that brings people closer together, for one day we can put aside our resentment of our sister because she is the favorite or forgive our Aunt who brings ALL her cats with her when she comes for the holidays. We can forgive Uncle Bob for drinking too much and our cousin who threw up in the sink (too much cranberry sauce again), but she is only six.

Holiday comes from Holy Days. Each of us are Holy beings or Divine. To share with each other our own uniquely divine selves, our selves at our very best, is an incredible experience. Without animosity, without resentments, or competitions over who has what, there is no need for such things, for they are merely petty and lessens who we are. Traditions are important because they remind us of what and who we are supposed to be all the time. We are human and are bound to fall, but we can pick ourselves up, brush ourselves off and let that inner light really shine...remember, you are divine "Dahlings". Don't forget - Laugh More: Grump Less! Happy Holy days, whatever you choose to celebrate and live!

In Peace and Love,
Laura Lee Saorsa Smith

PS: Would love to have some really great and unique recipes for the holiday season (I personally go for the desserts) but come what may, healthy dishes would be superb! Send them to In-Box@cabotchronicle.org. And thanks to all you great contributors and to all the wonderful readers out there.

POETRY CORNER

In every life there is some pain and there too is joy. One form of expressing emotion is poetry in all its many forms. I realize that we haven't had a great deal of poetry contributed, and I hope to rectify that situation by inviting you, young and young at heart to express yourself through poetry. Space is limited, but I hope there will be many submissions, and I hope they will be published. Teachers, I implore you to make it a part of your English curriculum, and challenge every grade to outdo the others with the quality and imagination of their submissions. I have, to start us off, a new submission from a friend of these parts:



Green Dance

tiny grains
in soil slumber
waiting, warm

damp earth cradle
dark and quiet
slowly stirs

patient growing
creeping seeking
soft embrace of light

spread and stretch
reach and rustle
carefully unfurl

frail and strong
swaying gently
dewdrops fall

silent symphony
bursts to life
delicate explosion

By Zachary S. Wakefield, originally from Danville, Vermont.
Zach now hails from Missouri and reads the "Cabot Chronicle".

The Cabot Chronicle

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

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

E-mail: inbox@cabotchronicle.org
Phone: 802-563-3338

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Web Master: Fred Brown

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discussion forums and more about our paper on
the web at www.cabotchronicle.org

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OBITUARIES & MEMORIALS

Rudolph A. Colo, Jr.



Rudolph A. "Rudy" Colo, Jr., 90, of Barre, VT, passed away October 12, 2013, in the peace and comfort of his home on 1 Foss Street, where he resided for 65 years. He was born June 29, 1923. He was

the only child of Irene Ghidotti and Rudolph Arther Colo of Pittsfield, MA. Rudy was deeply moved and grateful for the 100 birthday cards he received for his 90th birthday this past June.

Rudy graduated from Sara T. Haskins School in 1937 and from Drury High School in 1941. Rudy worked in a defense plant in Pittsfield, MA, before entering the United States Army in April of 1943. After training at Billings General Hospital in Indiana as a medical and surgical technician, Rudy was assigned to the 100th General Hospital. His unit served in both England and France. During the Battle of the Bulge, he became a replacement for the fallen medics of the 30th Infantry Division, and was part of their march across Europe. He earned four Battle Stars and was very proud of his service to his country. He spoke openly of his experience, but always finished by saying "War is hell."

After his discharge, Rudy enrolled at Norwich University in Northfield, VT, then received his master's degree from Springfield College in Springfield, MA.

Rudy's entire professional career was spent in education. He served as a teacher, coach, athletic director, assis-

tant principal and administrator. He enjoyed assignments at Waitsfield, Williamstown, Cabot, Marion and Spaulding High School in Barre. He retired in 1987.

On June 5, 1948, Rudy married Lea L. Paceti from Barre at the St. Monica Church. Their union was blessed with a lovely daughter named Valerie, who gave them much love, pride and joy. Valerie predeceased him in 2009 and his wife, Lea, passed away in 2010.

Rudy was a member of the Country Club of Barre for 60 years. He served as director for many years and club president when it was expended to an 18-hole course in 1969-1970. He had four "holes-in-one" and shot his age twice when he was 77 years old. Above all, he enjoyed the challenges and the camaraderie.

Rudy is survived by his devoted son-in-law, Jay L. Trombley and his wife, Joan. Also by four step-grandchildren, Baine L. Trombley of Burlington, Alison Abry and her husband, John, of Colchester, Ryan M. Trombley and his wife, Steffan, of Cranford, NJ, and Salynn Hanlon and her husband, Joe, of Cranford, NJ; also by eight great-grandchildren. Rudy is also survived by a special nephew, Robert Miller and his wife, Jane, of Deerfield, NH, and their three children, Ian, Robert and Jed. Rudy is also survived by his extended family and longtime neighbors, Randall and Judie Copping and their children, Jennifer and Nick.

A Mass of Christian burial was celebrated at St. Monica's Catholic Church in Barre and interment at Pleasant View Cemetery in Morrisville took place on Wednesday, October 16. In lieu of flowers, donations would be welcome at the Aldrich Public Library, 6 Washington St., Barre, VT 05641-4227.

Elsie May MacAulay

Elsie May MacAulay, 97, of Lady Lake, FL, died October 16, 2013. She was born March 3, 1916, in Cabot, VT, the daughter of Alonzo and Hattie Foster.

She married Carlyle MacAulay on July 21, 1934. They lived in Websterville and Berlin for many years. She retired from Central Vermont Medical Center in 1978, and made her home in Florida.

Survivors include two sons, Roger MacAulay of Barre Town, and James

MacAulay of Bumpass, VA; a daughter, Eleanore Ouelette of Fruitland Park, FL; several grandchildren and great-grandchildren; a sister, Blanche Tetreault of Marshfield; and many nieces, nephews and cousins. She was predeceased by her husband, Carlyle; a son, Ronald MacAulay; a grandson, Zachary MacAulay; and several siblings.

Arrangements are under the direction of Page-Theus Funeral Home in Wildwood, FL. At her request, there were no calling hours. Services will be held at a later date.

Sue Freeburn



Cabot lost a fine member of the community with the passing of Sue Freeburn October 19.

Born August 1, 1955, Sue moved to Cabot in 2006 and immediately jumped into supporting local activities. She became active in the church, serving as secretary of the church board, and she was responsible for getting the fellowship hall repainted. She also did a great deal of that work. Sue helped with fundraising dinners for the church and with advertising and programs. "She brought more modern ideas to a congregation living in the past," said one board member. "She moved the church forward."

Sue was a volunteer for "Faith in Action" in its early days. She did secretarial work there and helped teach computer literacy to seniors.

Sue was an artist and a craftsperson and she loved a project. Her artistic skills were often requested by various groups for designing posters or pamphlets, and she never said

"no." She was responsible for the Community Calendar for the Cabot Chronicle and occasionally wrote articles and helped advertise local events.

Sue was a town auditor for five years. She was also secretary for the Cabot Planning Commission for two years, as well as serving as secretary for the Cabot Board of Adjustment.

Gardening and flowers brought Sue great pleasure and she enjoyed working part-time at Amanda's Greenhouse. She enjoyed being a member of the "Cabot Homemakers" and she also loved kayaking and camping trips with her Cabot friends. Eventually, Sue built her dream home off Whittier Hill. It had a beautiful view and she surrounded it with gardens. She spent her last months there and her only regret was that she could not live in Cabot longer.

Donations in her memory can be made to Central Vermont Home Health & Hospice.

In lieu of flowers, donations may be made in Sue's memory to Central Vermont Home Health and hospice, 600 Granger Rd., Barre, VT 05641.

Kenneth Stewart Gibson



Kenneth Stewart "Stew" Gibson, age 85, died peacefully at Cottage Hospital in Woodsville, NH, on October 1, 2013. Stew lived in Waterbury, VT, from 1960 until December 2012.

There, he raised his family, milked cows and gave of himself through friendship, community service, Christian fellowship and in the Cooperative Extension Service as county agent and State Extension dairyman.

Born in St. Johnsbury on August 8, 1928, he was the son of Charles E. Sr. and Elizabeth (Garvin) Gibson. He attended St. Johnsbury Academy, graduating in the class of '46. Stew graduated from the University of Vermont College of Agriculture in 1951 with a Bachelor of Science in agronomy. In 1953, he received his Master of Science in dairy cattle nutrition from the University of New Hampshire.

After their simultaneous graduation from UNH in 1953, Stewart and Marion Webster joined in matrimony. Stew enrolled in the U.S. Army as an officer trainee, and the newlyweds were stationed at a base near Baltimore, Md.

In 1956, Stew began his career with the UVM Extension Service as the assistant county agricultural agent in Chittenden County in Vermont. In 1960, the couple purchased a 30-cow dairy herd and farm on Kneeland Flats in Waterbury, and Stew left the Extension Service temporarily. Stew and Marion farmed from 1960 to 1968. In 1963, Stew "re-upped" with Vermont Extension as the Washington County agricultural agent. In 1967, Stew became State Extension dairyman, which included teaching courses in the UVM College of Agriculture. With anguish, he and Marion sold the farm and moved the family to Gregg Hill in Waterbury Center.

Stew's influence gained a larger than Vermont and New England reputation from his practical synthesis of information delivered to farmers in various leadership roles: superintendent of cattle (1964; 1969-1981) and director (1958-1981) for the Champlain Valley Exposition; award-winning management of the UVM dairy herd; dairy fitting and showing, judging and teaching thereof; instruction, guidance and selection of Vermont youth for 4-H dairy showmanship; leadership activities with Cabot Creamery Co-op, Vermont Dairyman's and Industry Association, Vermont

Dairy Herd Improvement Association, UVM Extension Faculty Organization and the Vermont Housing and Conservation Board; and teaching, advising and befriending countless students at UVM for nearly 30 years. Stew was formally recognized numerous times for his contributions, including the Joseph E. Carrigan Award, as Outstanding Herdsman, George D. Aiken Vermont Agriculturist of the Year and inductee to the Vermont Agriculture Hall of Fame, to name a very few. He was asked by then-Governor Madeleine Kunin to be her commissioner of agriculture.

In 1976, Stew married his second wife, Joan Myers of Waterbury. They relocated to Blush Hill in Waterbury. Stew and Joan were avid gardeners, Harwood Union sports supporters, ham radio operators and devoted to animals, including beloved cats and golden retrievers, and the annual flock of ducks on their pond. They were active in the Waterbury Fast Squad, McLure's Alumni Band and the Waterbury Community Band. Stew served over 10 years as Waterbury selectman. Stew retired at age 69, following Joan's gallant battle with cancer in 1997. Named professor emeritus at UVM, he left a legacy in the agricultural community, but he never left it behind. Stew spent retirement volunteering at Fletcher Allen oncology, as well as with Vermont Hospice, and cultivating friendships.

Stew leaves dear ones to carry on his memory and works, including (children) Mary Truax and companion Jeff Holden, of Waterbury Center, William Gibson and wife Martha, of Ryegate, Lucia Burke and husband Sam, of Berlin; (grandchildren) Byron Truax and wife Penny, of Morrisville, Ethan and Jesse Burke, of Berlin, Angela Dempsey, of Norfolk, VA, Philip, John, Isaac, Kateri, Celine, Anthony and Daniel Gibson, of Ryegate; (great-grandchildren) Hannah and Lydia Truax, of Morrisville, and Mya Dempsey, of Norfolk, VA; (brother) Charles E. Gibson Jr. and wife Joanne, of Montpelier; many dear friends, including Stew's best friend from St. Johnsbury Academy, Dick Hovey, and wife Dot, of Peacham.

A Christian memorial service was held on Saturday, October 19, at the South Ryegate Presbyterian Church. If you would like to contribute to a cause in honor of Stew, the family suggests: research for cancer, HIV, Alzheimer's; hospice care; the Cottage Hospital, Woodsville, NH; or the Vermont 4-H Youth Agriculture Project (<http://www.uvm.edu/extension/youth/yap>).

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The Cabot Chronicle
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If you have skill
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Thank you!

The Cabot Chronicle Needs You!

Do you have one hour per month to spare? Or perhaps a few more? Or a small advertising budget?

The Cabot Chronicle wants your help. More hands are needed at the wheel. When the paper was re-established in 2008, there were five to seven people around the table, contributing ideas, energy and time. Now, we're down to two all month long, with (happily) another six helping with the end-of-month tasks, once the paper is put together, but several of those helpers are moving on.

Right now, one person is responsible for ensuring all the material that goes into the monthly twelve pages is collected, assembled, prepped for layout, papers are picked up from the printer, mailing paperwork completed and papers delivered to the post office on time. One other person is responsible for graphic design, layout of the twelve pages, getting it to the printer on time and coordinating billing. One volunteer proofreader helps us avoid the dreaded misspellings and punctuation errors. Three kind souls help get the freshly-printed paper labeled, sorted and counted out for delivery to the Post Office and regional drop locations. And sometimes we get some help from our friends delivering the papers to those drop locations.

We really need more help during the course of the month, working on content, and a little more help at month's end. If you have an interest or skill that you would be willing to lend *The Cabot Chronicle*, please let us know your ideas.

If you're willing to help, but have no idea how, or have very little time, here are some suggestions:

Web Master: Post articles on the web and update online event calendar once per month, plus occasional special event postings.

Calendar Coordinator: Draw material from a variety of websites once per month.

Distribution: Dropping bundles of papers at a few locations in Cabot, Danville or Hardwick area, plus Twin Valley Senior Center (they drop bundles for us in Marshfield, Plainfield and Woodbury locations). If you go through one of these communities at the end of every month, it would be a great help if you could make a few drop-

offs for us.

Storyboard brainstorming: We meet almost every Thursday at 5:00 p.m. in the Willey Building to plan for the upcoming issue. We'd love to hear from community members about what they'd like to read about. Pitch story ideas, send us material via email (inbox@cabotchronicle.org), write up something interesting you're doing or has happened to you. Help us bring more community voices to the paper.

Advertising sales: Commission sales allows you to determine how much money you want to make and set your own hours. Twenty percent of any sale is yours to keep.

AND HERE'S THE BIGGIE: Newspapers don't get printed or mailed on community interest, alone. There's a financial side to it, and *The Cabot Chronicle* continues to fall short. The two people who work throughout the month on pulling together articles and laying out the paper are not sales people, and are already dedicating as much time as they have available and more to getting the paper out every month. The town contribution of \$6,000 covers approximately one-third of the annual cost. Maple Fest, advertising and subscriptions provide another third of the budget. We need more advertisers or a different funding strategy if *The Cabot Chronicle* is to continue. We need your input and support if our town is to continue having its own paper. Please share your ideas by calling 802-563-3338, emailing inbox@cabotchronicle.org (the best way) or writing to P.O.Box 245, Cabot, VT 05647, with your ideas and suggestions. And, if you have a local business, consider including *The Cabot Chronicle* in your regular advertising strategy. The paper was acknowledged as a top communication tool in town during the Vermont Council for Rural Development community visit process, and a symbol of community vitality. People read the paper, and will see your message. The paper has a policy of striving to showcase and promote Cabot businesses. *The Cabot Chronicle* is very grateful for the businesses that have already shown their support and advertise regularly. But more is needed to keep the black ink flowing.

Medicare Part D Open Enrollment: CVCOA Offers Free Help



You've seen the ads on television, in the newspapers, and they show up in your mailbox: Medicare Part D open enrollment is about to begin! Overwhelmed by all the plan options? Not sure what to do? Call the Senior Helpline at 1-800-642-5119.

Registering for Medicare prescription drug plans or switching plans during the open enrollment period (October 15th – December 7th) can be confusing. Central Vermont Council on Aging (CVCOA) can help you through the maze. CVCOA offers free, unbiased assistance to help you choose the best plan.

We can assist you in person at our office or in your home. Or we can help you over the phone. If you like, you can visit our office and we'll set you up at a

computer and help you register for a plan yourself. Think of it as open enrollment your way.

For those who are turning 65 and new to Medicare, we offer free workshops on the second and fourth Tuesdays of the month in our Barre office. Come learn with us. We're here to help you through this maze, too. The next Medicare & You workshops are scheduled for November 12 and 26, 3:00 – 4:30 pm. Registration is required for the workshops, so give us a call at 802-479-0531.

Central Vermont Council on Aging (CVCOA) supports elders in leading healthy, independent, meaningful and dignified lives in their homes and communities in 54 central Vermont towns. Visit the CVCOA website at www.cvcoa.org or call the Senior Helpline at 1-800-642-5119. The CVCOA main office is located at 59 N. Main Street, Suite 200 in Barre; regional offices are located in Morrisville, Randolph, South Royalton and Rochester.

Senator Doyle Wins VHS President's Award



[Vermont Historical Society President Laura Warren presents Senator William T. Doyle with the President's Award for his heroic deeds preserving Vermont history.]

Senator Bill Doyle was presented the President's Award at the Vermont Historical Society's annual meeting on Saturday, September 21, 2013. In recognition of his lifelong preservation of Vermont's history through community documentaries, professorship at Johnson State College, History Day judging, active engagement with the VHS and other heritage organizations, (and many other heroic history efforts!), the Vermont Historical Society also set up a William T. Doyle History Day fund.

Mark Hudson, executive director for the Historical Society, noted, "The VHS has created the William T. Doyle Vermont History Day Fund to support activities associated with this essential educational event." Vermont History Day is an exciting education program that encourages students to explore a historical topic and present their research at a statewide competition.

Each year, students discover and analyze historical sources, presenting their findings in the form of a documen-

tary, exhibit, paper, performance or website at a statewide competition held in early spring. Some projects then qualify for National History Day in late spring in College Park, Maryland. History Day is open to students in grades 5 through 12 and home study students ages 10 to 18. Students who participate in History Day develop important academic skills, as well as 21st-century career skills, including teamwork, time management and public speaking.

Contributions to the William T. Doyle Vermont History Day Fund will help support this program for Vermont students. Please contact Jane Campbell at (802) 479-8516 for more information.

The Vermont Historical Society is a nonprofit organization that operates the Vermont History Museum in Montpelier, the Leahy Library and the Vermont Heritage Galleries in Barre, and programming throughout the state. Established in 1838, its purpose is to reach a broad audience through outstanding collections and statewide outreach. The Vermont Historical Society believes that an understanding of the past changes lives and builds better communities. Visit the Society's website at www.vermonthistory.org.

Kaiser Family Fundraiser a Success



By Brigitte Codling

We would like to thank everyone who helped get the Kaiser family to Disney World Florida in September ...it was a wonderful adventure for the entire family! Lisa Kaiser is 42 years old and lives in Woodbury with her husband, Jeff, and their two young daughters, Kate-

lyn and Madeline. Lisa is a late stage cancer patient and wanted to share this special trip with her family. Through the generosity of so many family, friends, co-workers, and complete strangers, they now have those Disney memories that will be a priceless gift for her family forever! Thank you!

Ashley Maurice on Track for Miss Teen Vermont Pageant

She has her official pageant "head shot". She's checked off the wardrobe items required of all contestants. Her new nude-colored pumps go with everything. Interview questions and proper walking technique have been practiced. And 31 supporters have brought her within \$200 of her fundraising goal on <http://fundly.com/help-ashley-maurice-get-to-miss-teen-vermont-2013>.

The event takes place the weekend of November 23 and 24 at the Burlington Hilton. Advance tickets are only available between November 5 and 13, by phone from (800) 595-4849 (4TIX) (24 hours a day, 7 days a week), or online at <http://www.missvermontusa.net>. After that, they can only be purchased from Pageant Headquarters at the Hilton on pageant weekend.

Good luck, Ashley!



A Brief History of Veterans Day From Military.com

Veterans Day, formerly known as **Armistice Day**, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, November 11 became a day to honor American veterans of all wars.

In 1968, the Uniform Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the last Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on October 25, 1971. Finally, on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of November 11, beginning in

1978. Since then, the Veterans Day holiday has been observed on November 11.

Celebrating the Veterans Day Holiday

If the November 11 holiday falls on a non-workday -- Saturday or Sunday -- the holiday is observed by the federal government on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday). Federal government closings are established by the U.S. Office of Personnel Management. State and local government closings are determined locally, and non-government businesses can close or remain open as they see fit, regardless of federal, state or local government operation determinations.

United States Senate Resolution 143, which was passed on August 4, 2001, designated the week of November 11 through 17, 2001, as "National Veterans Awareness Week." The resolution calls for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

The difference between Veterans Day and Memorial Day

Memorial Day honors servicemembers who died in service to their country or as a result of injuries incurred during battle. Deceased veterans are also remembered on Veterans Day but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime.

Cabot Applies for VTrans Sidewalk Grant

By Jack Daniels

On October 15, 2013, the Select Board, on behalf of the Town of Cabot, submitted a grant request to construct a sidewalk along the west side of Main Street, beginning across from the Church (Common Road) and extending down to the bridge on the north end of the village. The VTrans grant is for \$275,000, with a twenty percent match from the town which equates to \$55,000. The Town will be told in early January if the grant application has been approved and, if yes, it will be placed before the voters at the March 2014 town meeting via Australian Ballot. If approved by the voters next March, the goal will be to have the sidewalk constructed in the July (after the 4th)/August time frame.

Why apply for this grant? Because the walking area between Common Road and the bridge does not qualify as a sidewalk. While parts of the path are below the road, separated by a strip

of grass, significant portions of the walking lane are really part of the road, separated only by a white line. It is also not ADA compliant. The construction of a "real" sidewalk will significantly improve pedestrian safety as well as provide a means to separate walking traffic from motorized traffic.

Special thanks must go out to everyone who participated in last year's Main Street Village Safety, Enhancement and Scenic Beauty Scoping Study, as without their excellent work, the town would not have been able to apply for this grant. A copy of the Scoping Study is available on-line at the Cabot website, and a copy of the town's 2013 VTrans Transportation Alternatives Program grant application is available for review in the Town Clerk's office. We promise to keep you posted on all developments, and assuming the State approves our grant application, we will schedule a Public Hearing before town meeting to provide additional information on this grant opportunity.



CABOT COMMUNITY ASSOCIATION

CCA plans to bring a proposal to the Select Board and UDAG Committee by November for utilizing funds awarded at Town Meeting 2013. Community members are invited to participate in this planning process.

Meeting is 7:00 p.m. in the Willey Building on:

November 13 ~

December 11—If Needed

Roadway Construction Coming To An End

Main Street: Weather permitting, Main Street will be resurfaced with blacktop the week of November 4, followed by paint striping. Originally scheduled for October 22, repaving was delayed because the curbing for the sidewalks wasn't ready. Parking will revert to the original pattern at the intersection of Main Street and Danville Hill Road, with the addition of four or five off-street spaces between the hardware and grocery stores for employees.

Mack Mountain Road: A larger culvert and guardrails have been installed and the road has been leveled. This should address future flooding issues in the area. This work is complete.

Larry Gochey praised Gravel Construction and Griffith Construction for quality work and consideration for local businesses and motorists. Both roadways will function better and be more attractive when the last of the work is done.

SAVE THE DATE

Piano Concert with Isaac James

Sunday, December 8

Cabot United Church

Watch for details in the December *Cabot Chronicle*



2013-2014 SNOWPLOWING BID CABOT SCHOOL

Nancy Thomas
Superintendent

P.O. Box 470 - Plainfield, Vermont - 05667
Phone 802-454-9924 - Fax 802-454-9934

Cabot School is requesting bids for snowplowing, sanding and salting the school's driveways and parking areas.

Bids may be faxed to (802)-454-9934 or mailed to Cabot School-Snowplowing, c/o Washington Northeast Supervisory Union, Attn: Augustus Dibble, P.O. Box 470, Plainfield, VT 05667.

Bid deadline is 4pm, Friday, November 8, 2013

United Way



BARIBEAU RUNNING FOR GREEN MOUNTAIN UNITED WAY

Leah Baribeau of Cabot and Bethany Lunn of Montpelier, both members of the Board of Directors at Green Mountain United Way, are planning to participate in the Shelburne Half Marathon (13.1 miles) on November 3 in Shelburne, VT. 100% of the sponsorship contributions they receive for running this half marathon will be donated to GMUW.

Bethany and Leah are very committed, not only to GMUW, but also to promoting its initiative of Healthy Living. They believe in the goal of educating and encouraging people to be physically active and eating nutritious foods to avoid chronic illnesses.

This November 3 Half Marathon will be conducted by Race Vermont and will start at 8:00 a.m. from Shelburne Health & Fitness.

For more information and to sponsor them, contact Leah Baribeau at leahb619@hotmail.com or Bethany Lunn at bethany.lunn@gmail.com.



COMMUNITY CALENDAR

~ NOVEMBER ~

Friday, 11/1

Star Party, Northern Skies Observatory, 336 Bayley Hazen Road, Peacham, 7-10:00 p.m. Observe and discuss with neighbors, amateur astronomers, adults and kids. Possible astronomy presentations/discussions in inclement weather if there is interest. Donation appreciated. Info: 802-592-3057.

Friday & Saturday, 11/1 & 2

Peacham Corner Guild Annual Christmas Show at Peacham Town Hall, Friday 10:00 a.m. to 4:00 p.m.; Saturday 10:00 a.m. to 3:00 p.m. Small antiques, unique handcrafted gifts, specialty foods, ornaments and invited artists. Luncheon available by Market Café & Catering. Info: 802-563-2018.

Saturday, 11/2

Outdoor Winter Clothing Give-Away, 9:00 a.m. - 1:00 p.m., Calais Woodbury United Church, Route 14, South Woodbury. Donations collected September and October for this annual event which helps clothe many of our neighbors. Anyone is eligible to come and receive donations on the day of the event. No income guidelines. Info: 456-8161.

Saturday & Sunday, 11/2 & 3

Cochran's Ski & Ride Sale, Saturday 8:00 a.m. - 4:00 p.m., Sunday 10:00 a.m. - 3:00 p.m. Camel's Hump Middle School, 173 School Street, Richmond, VT. Consignment Drop-Off will be Friday from 6:00 p.m. - 8:30 p.m. *Payment with cash or check is preferred.* For information: (802) 434-2479, www.cochranskiiclub.com.

Sunday, 11/3

Harvest Swap, 2-4:00 p.m., Greensboro Elementary School. If you long for a chance to try someone else's home-grown handiwork and would like some more variety on your pantry shelf, come and participate. Bring some items that you have grown and preserved to swap. Items will be swapped on a one for one basis. Bring items with an estimated value of \$5, or \$5 increments. For example: a quart of canned tomatoes, a jar of jelly, a loaf of bread, a large winter squash, a pound of frozen meat, a bag of dried vegetables or a tea blend. For more information call 755-6336 or email swapsisters@gmail.com.

Tuesday, 11/5

Celebrate 175 years of the Vermont Historical Society. Experience historical vignettes from Vermont's storied past. See historic objects from the past 175 years. Witness unveiling of personalized bricks in the courtyard. Enjoy music by Susannah Clifford Blachly, George White & Carter Stowell. Birthday cake, coffee and punch. 6:30 - 8:30 p.m., Vermont History Center, 60 Washington Street, Barre. Info: 479-8503.

Wednesday, 11/6

Classic Film Series led by Tom Blachly and Rick Winston. (1954), directed by Alfred Hitchcock, and starring Ray Milland, Grace Kelly, Robert Cummings, and John Williams. An extenuated pro carries out a plot to murder his wife. When things go wrong, he improvises a brilliant plan B. 7:00 p.m., Jaquith Public Library. For the title or more info: Jaquithpubliclibrary@gmail.com, 802-426-3581 or www.marshfield.lib.vt.us.

Thursday - Sunday 11/7 - 10

Much Ado About Nothing, Lyndon State College's Twilight Players, Alexander Twilight Theater-Lyndon State College, Lyndonville, VT. Admission by donation. Shakespeare's classic comedy gets a 1940's twist with American soldiers, U.S.O. Girls, Big Band music, swing dancing, romance and deception.

Show times are 7:30 p.m. 11/7-9 and 2:00 p.m. 11/10. November 9th's performance is a 'Nostalgia Night'. The audience is encouraged to come dressed in their 1940's threads. The snazziest costume will win a Much Ado About Nothing t-shirt signed by the cast. Info: Gianna Fregosi, 802-626-3663, gianna.fregosi@lsc.vsc.edu.

Friday, 11/8

Art and Author Night: "I only Paint on Mondays", 6:00 p.m. Five years of Lorilla Banbury's oil paintings will be shown. Poet Sherry Olson will read from her new book: *Four Way Stop*. Refreshments will be served. Jaquith Public Library, 802-426-3581 for more information.

The Outdoor Gear Exchange is proud to present the 13th Annual Mountain-film Festival World Tour at UVM's Davis Center (590 Main Street, Burlington, VT), 7:00 - 9:30 p.m., as a fundraiser for the UVM Outing Club. With the best films from the "Pure Adventure" category, we plunge into an adrenaline filled night of cinematic adventure. There will be amazing raffle prizes and fun for the whole family. Admission \$12 adult, \$8 student, free children under 6. gearx.com/blog/event/mountainfilm-telluride-tour/, 888-547-4327.

Saturday, 11/9

Cabot Old Time Contra and Square Dance, 7:30 p.m., Willey Building. Sponsored by Cabot Public Library.

Saturday & Sunday, 11/9 & 10

Annual Waitsfield Ski & Skate Sale at the Waitsfield Elementary School Route 100, Waitsfield. Bring in your used equipment on Friday from 4:00 - 7:00 p.m. Come check out the new and used items on Saturday and Sunday, 9:00 a.m. - 3:00 p.m. Please come back Sunday after 3:00 p.m. to check and see if your items have sold. *20% of profits benefit Waitsfield PTA.* 802-496-3643 for information.

Saturday - Monday, 11/9-11

The US National Parks in Vermont — the Appalachian National Scenic Trail and Marsh-Billings Rockefeller National Historical Park — are participating in fee-free days Veterans Day weekend, so the fees normally charged for admission are waived. *Fee waiver includes: entrance fees, commercial tour fees, and transportation entrance fees. Other fees such as reservation, camping, tours, concession and fees collected by third parties are not included unless stated otherwise.* www.nps.gov/findapark/feefreeparks.htm.

Tuesday, 11/12

Ben Hewitt at Cabot Public Library on his new book, *Saved*, 7:00 p.m.

All about Moose with State of Vermont wildlife biologist, Cedric Alexander, 7:30 p.m. Sponsored by the Upper Winooski Field Naturalists. Jaquith Public Library, 802-426-3581 for more information.

Friday, 11/15

Ruckus: A Cirque Spectacular, 7:00 p.m., Barre Opera House, Barre, VT. \$25 adults; \$15 for 18 and under. RUCKUS: A Cirque Spectacular is a unique show that embodies the excitement and mystique of a circus mixed with dance and theater. It is close up and personal, dazzling and uplifting as the characters come alive on a small stage. Inspired by the fun of old vaudeville shows, and featuring an award-winning ensemble cast, this is a show that is perfect for the entire family and special enough for a date night out. Come see what the RUCKUS is all about! Info: <http://www.barreoperahouse.org/>.

Wednesday, 11/20

Community Book Group at Cabot Public Library, 10:30 a.m., *My Life and Hard Times* by James Thurber.

Thursday, 11/21

Library Film Series: Writing and Reading!! (2006), 7:00 p.m. This movie about Truman Capote researching and writing his masterpiece, "In Cold Blood", with help from Harper Lee, came out about the same time as the movie "Capote". "Capote" got more attention, but this movie is more convincing, affecting, and funny. See it and find out in what way Gore Vidal likened Truman Capote to a Brussels sprout. With Toby Jones and Sandra Bullock. For the title or more info: Jaquithpubliclibrary@gmail.com, (802)426-3581 or www.marshfield.lib.vt.us.

Friday & Saturday, 11/22 & 23

XC Ski Swap at Trapp Family Lodge, 700 Trapp Hill Road, Stowe, VT. Come and sell your new or lightly used cross-country skis, boots, poles and snowshoes and pick up something new! **Drop off:** Friday 2:30 p.m. - 6:30 p.m. **Sale:** Friday 6:45 p.m. - 8:00 p.m., Saturday 9:00 a.m. - 4:00 p.m. **Pick-up:** Saturday 5:00 p.m. - 8:00 p.m. Proceeds benefit VTXC, a Stowe area based ski club that provides professional level coaching for athletes of all ages while accelerating our post collegiate marathon team. For information, (802) 253-8511, www.vtxcski.org.

~ 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.

Story Hour at Cabot Public Library, Tuesdays at 10:30 a.m.

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.

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.

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.

T'ai 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.

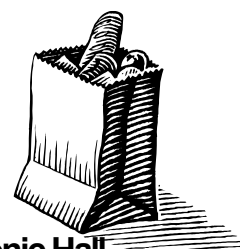
Yoga & Wellness Classes, Mondays 6:00 - 7:30 p.m., Cabot Public Library. Nourish your body, mind and spirit! Alicia Feltus: 563-3220 or aliciafeltus@gmail.com.

CABOT FOOD SHARE

Wednesday,
NOVEMBER 13
Noon-3:00 p.m.

Wednesday,
NOVEMBER 27
Noon-3:00 p.m.

Cabot Masonic Hall



Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.

**SATURDAY,
NOVEMBER 9**

Food pick up at 8:00 a.m.

Open until food is gone - usually 9:30 am

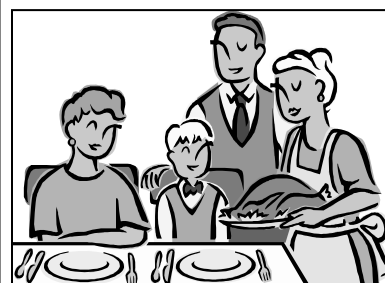
**Schoolhouse Common
School Street, Marshfield**

FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP INC.

Home Office
3339 Main St., P.O. Box 157
Cabot, VT 05647
(802) 563-3322 ~ admin@fiancp.org



NEK Office
71 Depot St., P.O. Box 515
Lyndonville, VT 05851
(802) 626-1212
nekfaithinaction@gmail.com



CHRISTMAS DAY COMMUNITY TURKEY DINNER

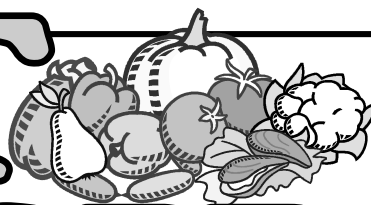
Wednesday, December 25, 1:00 p.m.
CABOT SCHOOL DINING HALL

Put on by Cabot Neighbors
Turkey with stuffing and all the fixings
Free to all – come to eat or to help

Please call the Ducharmes at 563-2102:

*So we know how many to prepare for;
To donate a dessert, If you can provide any ingredients –
Turkey, onions celery, squash,
potatoes, cranberries, rolls, drinks, etc.*

CABOT VILLAGE STORE



Check Out Our New Items
Fresh Meats ~ Cut Daily
Fresh Local Produce
Always Fresh
Always Friendly



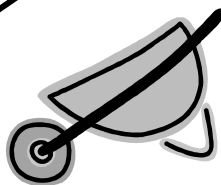
THANK YOU FOR SHOPPING DURING CONSTRUCTION!

Winter Is Coming!
Shovels,
Rock Salt,
Sleds

Big Game Reporting Station

GET READY FOR HUNTING!

HARRY'S HARDWARE



KINGDOM COUNTY PRODUCTIONS PRESENTS

The Hungry Heart

A new documentary film on prescription drug addiction and recovery

DIRECTED BY BESS O'BRIEN
 RELEASE DATE FALL 2013

The Hungry Heart is a documentary film based on the often hidden world of addiction and recovery. Primarily shot in Franklin County, Vermont, the film takes an intimate and powerful look at those who have been swept into the downward spiral of prescription drug addiction. The film highlights the struggles and hopes of recovering addicts and their quest for a better future.

Often those dealing with addiction in their lives are seen as "the other", and are often judged or stigmatized. However, in *The Hungry Heart* recovering addicts are front and center and are given voice to express and to share their stories of challenge and resiliency. We feel this is a critical first step in breaking down barriers and telling the human truth around addiction.

Much of the film revolves around the work of Pediatrician Fred Holmes and his compassionate work with patients in recovery from prescription drug addiction. The film reveals a remarkable bond and relationship that is built between Dr. Holmes and his young patients. Through the lens of the camera, we see the trust that is slowly fostered between doctor and patient around an often exasperating and manipulative disease. We are privy to an illuminating conversation that emerges between Dr. Holmes and the young people he is committed to helping.

In addition, *The Hungry Heart* reveals the often rocky road to recovery - including, relapse, past trauma, healing, search for self, the craving for acceptance and the ability to triumph in the face of amazing odds. The film also searches for answers, actions and new steps to be taken in Vermont communities that will help reverse the scourge of prescription drug abuse in young people.

The film is slated to tour Vermont during the fall of 2013 to 30 towns. Folks in the film will tour with the movie and speak afterwards with audience members. In addition, a study guide will be produced to accompany the film into schools, hospitals, health and social service agencies across Vermont and nationwide.

For more information call
 KINGDOM COUNTY PRODUCTIONS
 802-357-4616 / www.kingdomcounty.org

SPECIAL THANKS TO PROJECT NEW BEGINNINGS OF ST. ALBANS, VT FOR THEIR SUPPORT AND COLLABORATION WITH THIS MOVIE.

Local showings near Cabot:

November 1	St. Johnsbury	-St. Johnsbury School
2	Lyndonville	-Tom Bresslen Community Ctr.
3	Hardwick	-Hardwick High School

All shows at 7:00 p.m. - No tickets in advance, all at the door.

Time To Order
 Your Fresh Local Turkey

Our Turkeys are Fresh,
 Never Frozen

Thanksgiving Turkey

Raised locally by Dunstable Farm
 The Bothfeld Family



To order call
 802-563-2715



The Cabot Public Library Presents Cabot Old Time Contra and Square Dances



2nd Saturday at 7:30 pm
 From September to May

The dances are taught and are easily learned by young and old. The contra and square dances are traditional Vermont and New England social dances that have been danced for many generations in the town halls, barns, and kitchens around Vermont.

The music is provided by piano and an assortment of fiddles, mandolins, guitars and the occasional surprise instrument. Musicians are always invited to sit in and join with the fun of playing traditional dance tunes.

Anyone and everyone is invited to attend. There is a small donation requested to help cover the cost of the caller.

For more information contact David Carpenter call 802-563-3225, or email, samlyman@sover.net.

The actual second Saturday dates are:
 November 9, and December 14 in 2013

January 11, February 8, March 8, April 12, and May 10 in 2014

The dances will be held on the top floor of the Willey Building.

FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP INC.

Home Office
3339 Main St., P.O. Box 157
Cabot, VT 05647
(802) 563-3322 ~ admin@fiancp.org

NEIGHBOR TO NEIGHBOR



NEK Office
71 Depot St., P.O. Box 515
Lyndonville, VT 05851
(802) 626-1212
nekfaithinaction@gmail

Faith in Action’s Report to the Community

During the last six weeks, our wonderful volunteers and friends have: completed the ‘lift project’ fund, which will make the purchase of a wheelchair-to-bed lift for a neighbor possible, moved four cords of wood into a senior’s cellar for the winter and built and installed two small handicap ramps – one in Cabot and one in Marshfield. Our neighbors and volunteers also donated a beautiful doll house and many clothes - in *great condition* - and a few local girls even went through their own closets and rooms to donate toys, crafts and goodies so a 9 year old could have a special birthday. On a perfect September day Calais/Woodbury joined our Cabot Senior Adventure Group for a picnic cruise on Lake Memphremagog on-board the Northern Star. Our Food Share Pantry volunteers have, during our three most recent distributions, given over 530 hours of their time to help feed neighbors in need of food assistance. The generosity of the Cabot community has been inspiring. Let’s continue to keep our neighbors-in-need in our minds and hearts.



BOOST YOUR HEALTH BY VOLUNTEERING

Not only does it make you feel good emotionally, but a recent study also linked volunteering to better physical health. Researchers tracked 1,654 older adults for four years and found that those who spent four hours a week on average volunteering were 40 percent less likely to develop high blood pressure, compared to those who never volunteered.

Source: Psychology and Aging, June 2013.

Faith in Action’s 4th Annual Toys for Girls and Boys

This year, as the holiday season quickly approaches, we are starting to plan our Annual Toys for Girls and Boys Giveaway. Last year, we matched a few children with their specific “gift wishes”, and this year we would like to do the same. So, in addition to holding our regular toy and warm clothing giveaway on December 14 and 17, 2013, we also want to give you the opportunity to recommend a specific child for a gift-match.

If you know a child or children (your own or a neighbor’s) who is in need this holiday season, please call us at Faith in Action, give us the age, sex and toy or clothing gift wish of the child(ren) and we will do our best to fill that wish. If you would like to be on the giving side of a gift-match and fill a child’s wish, contact us.

Starting November 19: we will be accepting new and gently used toys (*only new stuffed animals and good condition used books, please*). Our Giveaway is scheduled for December 14 at 10:00 a.m. – 12:00 Noon and December 17 from 5:30 p.m.– 8:00 p.m. Contact us at 563-3322 or admin@fiancp.org to recommend a child or to sponsor a Cabot child’s holiday wish.

Cabot’s Food Pantry Needs YOUR Help Double Your Donation Power!

Due to corporate mergers in the food industry, the Vermont Foodbank has, at least for the time being, lost a 700,000 pounds per year source of donated food, which has severely limited our ability, along with other programs, to obtain food for our twice monthly ‘Food Share’ food pantry distributions. In an effort to help their partners, the Foodbank has a special food purchase offer, made possible by a generous donor, for which we are seeking one or more donations totaling \$600 per month for food purchase, beginning this November and running through July 2014. If we can raise and spend \$5,379.52 on Foodbank food, the Foodbank will issue us a line of credit match of \$5,379.52 beginning September 1, 2014, to continue buying food.

“Each dollar that your agency has spent/spends on Coop food will be matched, up to a total of \$5,379.52. Please take advantage of this chance to get more high quality food out to those that need it by placing an order right away!” - Chief of Programs and Network Services, Vermont Foodbank.

In short, a \$5,379.52 donation to FIA for food acquisition will be doubled by the Vermont Foodbank’s match, making your generous donations go twice as far in helping our needy neighbors continue to receive quality food. A true two for one offer for which we need your support.

A Senior Giving Opportunity

When Congress passed the American Taxpayer Relief Act last New Year’s Day, a special IRA giving opportunity was included. The law allows taxpayers who are at least age 70 1/2 with a traditional or Roth IRA to make tax-free distributions of up to \$100,000 before December 31, 2013.

Please note, you must request that distributions from your IRA be sent directly to the qualified charity.

To make tax-free distributions, follow these guidelines:

- 1) your age must be 70 1/2 or older at the time of the gift(s).
- 2) The transfer must be made on or before December 31, 2013.



APPLE PIE FESTIVAL

2013 Baking Contest Winners

ADULT:
Best - Kathy Hoffer
Second - Johnnye Burt
Third - Andre Walker
Honorable Mention - Cynthia Lubas

JUNIOR - 1ST through 6TH:
Best - Summer Hoffman
Second - Camryn Hoffman
Third - Madalyn Perry
Honorable Mention - Lucia McCallum
The Pie Man - Ty Perkins

JUNIOR 7TH through 12TH:
Best - Clara Mueller-Harder and Laura Stuemke
Second - Brittaney Blake
Third - Brock Cookson
Honorable Mention - Tobias Cooke
The Pie Man - Tobias Cooke



Summer Hoffman (Best Junior Pie winner) and her sister, Camryn Hoffman, (second place Junior winner) at this year’s Apple Pie Festival.



Senator Doyle Visits Cabot Apple Pie Festival



Senator Bill Doyle visits with Miss Vermont Outstanding Teen, Chloe Johnson, at the Cabot Apple Pie Festival.

Snowmobile Safety Courses

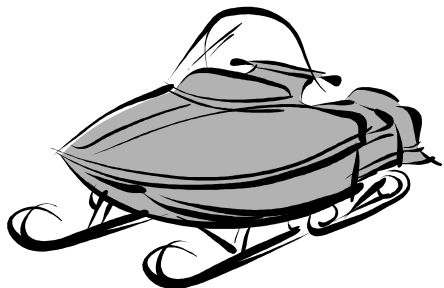
Date: Sunday, December 1, 2013
Time: 8:30 a.m.—3:00 p.m.
Location: Hartland Rec Center, Hartland, VT
Must preregister. Bring a lunch. Please call Andrew at 802-674-5656 or Mark at 802-683-9869 to get a manual to read.

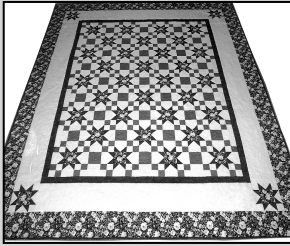
Date: Saturday, December 7, 2013
Time: 9:00 a.m.—3:30 p.m.
Location: Lyndon Town School Cafeteria, Lyndonville
Call 802-754-9385 to register for the class. If no answer, leave your name and phone number and we will call you back. Sponsored by the Lyndon SnoCruisers.

Date: Friday & Saturday, December 13 & 14
Time: 6:00—9:00 p.m. Friday and 9:00 a.m. - noon Saturday morning
Location: Coventry Community Center

6 hour class split between Friday evening and Saturday morning. Call 802-754-9385 to register. Sponsored by Orleans Snow Stormers, Glover Trailwinders & North Country Mountaineers. Must attend both sessions.

To find more classes, go to www.VTVAST.org, click on Events, then Safety Class Schedule





Melvin Churchill Church Quilt Raffle Winner

Winning ticket drawn 3:00 p.m. at Apple Pie Festival October 19

Thank you to all who bought a ticket and supported the Church’s fuel fund.

PAINIST DIANE HULING KICKS OFF CABOT ARTS CONCERT SERIES WITH RECITAL ON NOVEMBER 17 AT CABOT UNITED CHURCH



Internationally acclaimed pianist and teacher DIANE HULING will give a hometown recital in Cabot, Vermont on Sunday, November 17 at 3:00 PM in the Cabot United Church. Ms. Huling's program, *A Forgotten Waltz and a Few Favorites* will range from familiar works of Chopin, Mozart and Beethoven to lesser known pieces by Rachmaninoff, Debussy and Liszt.

The event is produced by CABOT ARTS, a task force formed after last year's Vermont Council on Rural Development community visits, and in co-operation with the Cabot Community Association. Ms. Huling's recital will be the first of a series of Cabot Arts winter concerts, to be

followed by an Old-Time Music New Year Gala and Cajun Dance featuring Cabot's own Katie Trautz, Tom MacKenzie and friends on December 29. In addition, Cabot Arts is sponsoring Contra Dances at the Willey Building (Town Hall) on the second Saturday of every month until May, and a Show and Tell workshop for local visual artists on the third Sunday.

Diane Huling holds two performance degrees from the Eastman School of Music. She has worked with Maria Luisa Faini, Leonard Shure and Dalton Baldwin, as well as performing in master classes for Paul Badura-Skoda, Greta Kraus and Malcolm Bilson.

Ms. Huling taught public school music in Vermont, private school music in Cambridge, MA, and at Dartmouth College, Lyndon State College and Johnson State College, where she received full professorship before taking an early retirement. She has served as Artistic Director and co-founder of Montpelier Chamber Music Society, Musical Director of Vermont Opera Theatre and co-conductor of Montpelier Combined Choirs and has performed throughout the United States, Canada, Europe and South America.

The *New York Times* hailed her "crystalline piano playing," and the *Times Argus* critic Jim Lowe considers her "one of the best pianists in Vermont."

Admission to Ms. Huling's recital will be at the door by donation.

Help Cabot Farms and Other Businesses Do Better

By Sjon Welters, Cabot Agricultural Network Committee Chair

Recently, a survey went out to all Cabot residents involved in a business related to agriculture. If you have not filled out and sent in the survey, please do so now. Your help and the information you provide is essential for the Cabot Agricultural Network committee figuring out how to best support what you are doing. You can pick up an additional copy at the hardware store. A "Thank You!" to those whose survey we already received.

The UDAG committee has been meeting with Cabot business owners recently to get input on how best to use available annual funds and support enterprises in Cabot. Economic development, however small, contributes to our community and benefits us all when done responsibly.

There are many ideas floating around on how to accomplish what many want: to succeed in their business and support their town at the same time. UDAG can help with that.

It could, for instance, offer project-based grants, subsidize products that are sold by Cabot businesses to other Cabot businesses to stimulate the purchase of Cabot rather than out-of-town products, provide no-interest or low interest loans, be a loan guarantor, or pay marketing expenses for activities that promote Cabot businesses as a group. Benefits are increased tax revenue for the town, increased employment, and money circulating within our community, to name just a few.

Your involvement is needed to make sure Cabot remains a vibrant community with a sustainable working landscape enjoyed by all. Come to our meeting: check Front Porch Forum or the Town of Cabot website for dates or watch the sandwich board outside Town Hall.

Agriculture Network Committee

Tuesday, November 12

Cabot Community Association

Wednesday, November 13

UDAG Committee Meeting

Thursday, November 14

Amber Bothfeld Internship

Amber Bothfeld has been working at an Internet Internship through Community College of Vermont. Her job is to help people who need any type of lessons on the internet or computer. Most of her job is helping the unemployed get their name out with resume's and applications to help them get into the work force. She was highly recommended for her work - the following is a letter one of her clients wrote commending her work.

"My name is Lori Cahill and I'm writing this letter to tell about my experience taking computer lessons with Amber Bothfeld. I started working with Amber at the Aldrich Library in May of 2013. I found an interesting flyer on the desk of the receptionist. I needed help with a computer and finding a job. I was never brought up with a computer and have no experience. My two

children certainly did not have the patience or time for their mom! I was very excited to meet and work with Amber as she taught me basic skills. We worked on getting my resume in order. I tried in the past on my own with no success. Within a short time we typed it up and started getting it out to employers. Amber not only gave me the encouragement but patience which she fully provided. She not only worked with me but others who needed help with computer skills. Amber's willingness to help not only brought me employment but employment from my number one most desired job which I am currently working at. I appreciate Amber as I know others feel the same.

Thank you,
Sincerely,
Lori Cahill"

Internet Interns Fulfill a Need

by Donald de Voil,
*Internet Interns Coordinator at
Community College of VT*

In today's world, it can be impossible to apply for a job, fill out a government form, or complete other essential tasks, without some internet literacy. Sadly, too many Vermonters find the world of online a bewildering, frustrating and disempowering experience. If only there were a place where Vermonters could go to seek help for their internet woes . . . welcome to the Internet Interns Program!

Through a partnership between the Vermont State Colleges and the Department of Libraries, the program pairs internet literate college students with public libraries around the state. Student interns gain valuable paid work experience. Libraries gain a free service they can offer to their local communities, and library patrons get help and support with their internet queries. Interns also log their interactions with the public, providing a detailed understanding of who is being helped, what kind of help is being provided and the significance of the program to many Vermonters.

Slightly over half of those who use the internet intern program are over 60 and a majority are women. Most are looking for help with their internet browser, email software or operating system. Beyond these general trends though, the program data reveals a mosaic of varied and sometimes unexpected stories, some of which are touching and many of which are vital.

Howard (not his real name) came to an intern because he was worried his computer was infected with a virus. Howard had been called at home by an 'IT company' who claimed they were receiving error messages from his computer. They also claimed they could fix this problem, if he bought their service plan. Not knowing what to do and wor-

ried about his computer, Howard came to an internet intern. The intern helped him determine that his computer was working fine. The intern then helped Howard install a free virus protection program on his computer.

Susan (not her real name) came to an intern because she wanted to learn how to type and send letters electronically, rather than write them out by hand as she had always done previously. The intern went over the basics of word processing and she quickly noticed red lines appearing under many of the words she typed. The intern introduced her to spell check. Susan was astonished to learn just how many spelling errors her writing contained, but also delighted to have discovered a way to improve her writing.

Another woman came to an intern because her husband had recently passed away and she badly needed to find documents on his computer, but did not know how to access them. The intern was able to help her find what she needed.

Throughout the state, the Internet Interns Program is helping to meet an important need. Many of those who come seeking help from the program, return. Over the course of many meetings, interns do more than just solve immediate problems, they also help patrons develop long term skills to safely and successfully enter and take part in the online world. For some Vermonters, this development is truly transformative.

"One of my regulars came in to hug and thank me for all my help building her resume and filling out lots of applications" (intern log entry July 2013). The woman in question had been unemployment for some time and close to losing her house. With the intern's help, she had secured both a job and her home. "YAY!!!" wrote the intern in their log entry. Yes indeed.

Ann Perry Runs Australian Half Marathon

Jack and Roz Daniels' daughter, Anne Perry, ran the Sydney, Australia, half-marathon in September, in 1 hour and fifty one minutes; a chip off the old block. Note the Cabot tee-shirt.



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TWIN VALLEY SENIOR CENTER



November News

We would be honored if local area Veterans would be our guests for lunch on Veterans Day, Monday, November 11, at the Twin Valley Senior Center, located at Old School House Common in Marshfield. We would like to say "Thank You" for your service protecting our country. We would appreciate a call at 426-3447 by November 8, if you would like to attend. We would enjoy hearing about your service and please bring pictures you may have to share with us. If you need transportation to and from the Center, please let us know. Again, we would be honored if you would join us.

TVSC take-out dinner for November will be held at the Grace Methodist Church in Plainfield on **Sunday, November 24, from 4:00-6:00 p.m.** The dinner is \$10.00 and will be prepared for you by NECI, New England Culinary Institute. The menu as yet is TBD. If you would like a dinner, please contact Joyce at 454-8306 or Susan at 223-6954.

Looking for Hunters & Community Members

On **November 16, from 5:00 a.m. - 11:00 a.m.**, TVSC will be holding their annual fundraiser: **Hunter & Community Breakfast at the Plainfield Fire Station.** This again will be an all you can eat Breakfast Buffet with a new item, homemade waffles prepared by Bruce (Mac) MacDonald. And, don't forget, we have good old Sausage & Biscuits, and homemade donuts to purchase made by "Donut Queen" Joyce Fowler. Price for Buffet will be \$8.00, with children 10 and under \$5.00. Help TVSC support our local seniors!

Understanding the Meals on Wheels Program @ TVSC

TVSC Meals on Wheels program is home cooked, nutritional, and well balanced meals cooked by the Center cook Joni Brown and her staff of dedicated

volunteers: Bruce (Mac) & Helen MacDonald, and overseen by a Registered Dietician. The meals are served at the Center plus packaged and delivered by dedicated, caring, hard-working volunteers that believe in our mission: **"No senior shall go hungry"** in our service area.

You do not need to have a Physician's order to receive meals at your home. Anyone at the age of 55 who is homebound, recovering from hospitalization, in rehabilitation, unable to cook, a caregiver or with another reason can receive meals simply by making a phone call to Rita @ 426-3447. You can receive as many meals a week as you need to cover your needs. You may receive meals long term or short term; whatever will help you have the proper nutrition daily to help you remain healthy. Some of our clients receive meals because they live alone and get bored with their cooking.

Some comments from our annual survey from participants receiving our meals are: "The meals are good and well balanced. You're doing a great service. Don't have to cook. I get a good variety of food. I am glad I get [your] food so I don't have to cook. Being handicapped, preparing meals is a long time effort and variety is important. I could never duplicate your meals. We thank you for being very dependable and look forward to seeing your friendly delivery person. I like the kinds of fresh vegetables [you provide]. It is hard to purchase a small amount for the week. I get a hot meal where I would not cook. TVSC is great for Seniors; they do a lot for us. Appreciate your service."

TVSC asks a donation of \$4.00 per meal. This is by confidential donation only and regardless of ability to donate, the Meals on Wheels are delivered to those in need. If you have a relative, neighbor, friend or someone that our Meals on Wheels program will help, please give us a call. We will deliver a complimentary meal for someone in need to try. We are able to cater to dietary needs such as vegetarian, diabetics, vegan, etc.

TVSC is still in need of hostesses in the dining space to help with setup of morning snacks, coffee and juices; to greet and assist Seniors upon arrival. This position starts at 9:00 a.m. and can be flexible with times when other volunteers and Director are available. Days can be split to accommodate your needs. Pay is a free lunch. Give us a call @ 426-3447 if you can join our family and help by volunteering time for a great organization!



FROM THE CABOT PUBLIC LIBRARY

Programs

Cabot Old Time Contra and Square Dance – Saturday, November 9 – 7:30 p.m.

Dances will be held on the second Saturday of the month from September through May, sponsored by the Cabot Library. The dances are taught and are easily learned by young and old. There is a small suggested donation to help cover the cost of the caller. For more info, please call David Carpenter at 802-563-3225 or email samlyman@sover.net.

Ben Hewitt – Tuesday, November 12 – 7:00 p.m.

Why does everything only get more expensive? Why does it seem as if the rich only get richer, while the poor only get poorer? Does it have to be this way? And where does money really come from, anyway (Hint: It's not the government!)? If you've ever asked yourself any of these questions, come to Ben Hewitt's talk about his new book *\$AVED: How I Quit Worrying About Money and Became the Richest Guy in the World*. You'll never look at money the same again!

Community Book Group – Wednesday, November 20 – 10:30 a.m.

We will read *My Life and Hard Times* by James Thurber in November. All are welcome to join in! Copies of this book will be available in the Cabot Public Library.

Yoga & Wellness Classes – Mondays 6:00 – 7:30 p.m. at the Willey Building

Stretch, Breathe, Relax & experience your true nature! All levels welcome – contact Alicia for more info at 802-563-3220 or aliciafeltus@gmail.com.

Fiction Writing Contest for youth grade 4-8 and homeschooled students – Deadline: November 14,

2013

This contest is sponsored by Brigantine Media and is based on the book, *The Spare Room*, a diary of twelve-year-old Susannah Allen, who lives on her family's farm in 1843 Vermont. She chronicles her days at the Middleton one-room schoolhouse, her daily farm and household chores, and her circle of friends. The book was written by Jenny Land from Peacham, Vermont. Look up thespareroombook.com for official contest rules. We have a copy of this book at the Cabot Public Library.

Thank You!

Many thanks to **Kathleen Higbee** and **Helen Morrison** for all their hard work and dedication with this year's book and art sale at the Apple Pie Festival to benefit the Kingdom Animal Shelter. Thank you to **Ellen Gurshun** for presenting the forum on the new health care system. Thanks also to **David Carpenter** for organizing the Contra dances in Cabot every month. Thanks so much to **Cynthia Russell** for the lively book discussions and to **Alicia Feltus** for Yoga on Monday evenings.



Cabot Library Reminders:

- Tuesday 9:00 a.m.-6:00 p.m.
****Story Hour at 10:30 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.

See you at the Library!

Kathleen Hoyne and Anne Walker

Kingdom Animal Shelter Luke Skywalker and Han Solo

By Helen Morrison

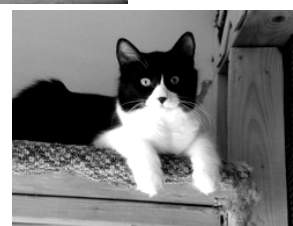
These two Star Wars brothers are about ten months old. They are playful, affectionate, and very cute. Luke (grey and white) is very vocal. Han (black and white) is a mellow fellow, though he can get into mischief with his brother. They are from a feral mom, so need to be indoor cats.

They presently reside at Kingdom Animal Shelter, 1664 Memorial Drive, St. Johnsbury. You can pay them a visit on Mondays through Thursdays from 4:00-6:00 p.m., and on Saturdays and Sundays from noon to 3:00 p.m.



Luke Skywalker

Han Solo



October was a good month for Kingdom Animal Shelter. Miriah was adopted to a very nice minister in St. Johnsbury; Bo and Breslin, the Ninja Brothers, were adopted to separate and wonderful homes; and Merlin and sister Willow went home together.

Twin Valley Seniors Take Out Dinner

Sunday, November 24
Grace Methodist Church
In Plainfield



Fabulous Food by NECI
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Price : \$10.00

Call Joyce 454-8306 or Susan 223-6954 for reservation and menu information



Veterans Day Luncheon

Twin Valley Seniors, Inc.
Would like to invite Veterans to be our guest at a special luncheon in their honor.

November 11, 2013
at 122 School Street
Marshfield, Vermont
Time: 11:30am -1:00 pm

The seniors of the center would like this opportunity to say "Thank You"
Please RSVP by November 5th to
802.426.3447 or email
RitaCCope@MyFairpoint.net

2013 UDAG Scholarship Results

Recipient	School Plans	Amount
Lindsay Christman	Castleton State College; Social Work	500.00
Bryden Considine	Univ of NE College of Osteopathic Medicine	500.00
Ben Davis	Vt Dept of Education; Peer Review	500.00
Bonne Dunham	Course work: herbal medicine for women	500.00
Kelly Gochey	Castleton State College; nursing	1,000.00
Theron Lay-Sleeper	Tufts University; German, Int. Relations	1,000.00
Shelby Maurice	Johnson State College; Psychology	1,000.00
Mazie O'Connor	Marlboro College; Astrophysics	500.00
Charlotte Robison	UVM; Neuroscience	1,000.00
Maelily Robison	New England College; English, Education	500.00
Rebecca Rossell	UVM; Environmental Science	500.00

The Burlington Writers Workshop Seeks Submissions for Anthology of VT Writers



By Peter Biello, Organizer

The Burlington Writers Workshop is now accepting submissions for *The Best of the Burlington Writers Workshop 2014*, its second annual anthology of work by Vermont writers.

The BWW seeks short stories and personal essays (5,000 words max), poems (no more than three per author), high-resolution photography, and art. All submissions must be sent as Word Documents (.doc files) or JPEGs to submissions@burlingtonwritersworkshop.com.

The deadline is December 1, 2013. "The sales of *Best of 2013* were strong," says Peter Biello, BWW Organizer. "The proceeds will pay for the production of this new book. It's an exciting opportunity for Vermont writers to show the world what they've been working on."

To be eligible to submit, you must provide feedback to your fellow workshop members. "It's a give-to-get model," says Biello. "We're a community, and that means we give to each other. Giving another writer your time and attention is a tremendous gift."

Your submission does not have to have been critiqued during a workshop, though you may offer your piece for workshop review if you'd like.

BWW anthology authors will be invited to read their work during our book tour, which will begin with our book launch in April 2014. Payment is one copy of the book.

More information is available here: <http://burlingtonwritersworkshop.com/submissions/>.

About the Burlington Writers Workshop: The BWW is a free writing workshop for all Vermonters. Founded in 2009, the workshop now has more than 380 members and provides a supportive environment for those who want critical feedback on their work. We meet weekly at two locations in Burlington. The BWW published its first anthology in April 2013 and will release *Best of 2014* on April 11, 2014. Burlington Writers Workshop: on Facebook: [facebook.com/btvww](https://www.facebook.com/btvww); on Twitter: @BTVWW; on the web: burlingtonwritersworkshop.com.

NEW HUNTING RULES IN EFFECT

The Vermont Fish & Wildlife Department points out that three new hunting rules passed by legislature are now in effect.

- A person shall not take or attempt to take any wild animal by shooting a firearm, a bow and arrow or a crossbow while on or within 25 feet of the traveled portion of a public road.
- It is also illegal to shoot a firearm, a bow and arrow or a crossbow across the traveled portion of a public road.
- It is now legal to carry a pistol or revolver while bow hunting deer in the bow and arrow deer season. The pistol or revolver MAY NOT be used to dispatch deer. It is still illegal to carry a rifle, shotgun or muzzleloader while bow hunting deer in the bow and arrow deer season.

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Fall Foliage in Cabot



Danbury, CT, artist Jose Luis Nunez at work capturing Vermont colors during Fall Foliage in Cabot. Other examples of his work can be found at www.joseluisnunez.com.



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