1901-2014
OLD HOME WEEK

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Jeremy Hoyne-Grosvenor at Grand Canyon Blind and Sighted Students United

Montpelier High School sophomore and Cabot resident Jeremy Hoyne-Grosvenor was one of 20 teens selected nationwide to participate in the 2014 Global Explorers Leading the Way program to the Grand Canyon for 12 days in June. The Leading the Way team was made up of seven blind and visually impaired students and 13 sighted students from across the United States.

The three-phase Leading the Way program includes preparatory curriculum prior to travel, a life-changing travel experience and a service leadership project post-travel. Each component aims to foster responsible global citizenship and an understanding that everyone has a role to play in making a positive difference in our world today.

During the first phase of the program, Hoyne-Grosvenor and his 19 teammates completed five conference calls, where they discussed topics such as Grand Canyon history, leadership and service learning. The students also completed assignments in conjunction with the Natural Sounds Division of the National Park Service.

"The unique part of this program is that team members prepare thoroughly for the adventure by studying the environment and culture, learning crucial techniques for navigating and flourishing in a rugged landscape, and developing the leadership and team work skills required to complete the journey," said Erik Weihenmayer, world-renowned blind adventurer and co-founder of the Global Explorers Leading the Way program.

In June, Hoyne-Grosvenor and his teammates spent 12 days shattering expectations and using adversity to their advantage as they explored science, culture, leadership and service in Grand Canyon National Park. The blind and sighted team rafted the upper half of the Colorado River, conducted service on the canyon rim with Grand Canyon National Park rangers, and hiked slot canyons only accessible from the river. Global Explorers

(See Grand Canyon Students, page 2)

Ackermann Custodian of the Year

One very special and hard-working school custodian was chosen recently by the Vermont Agency of Education (AOE) and the Vermont School Custodians & Maintenance Association (VSCMA) as Vermont's 2014 School Custodian of the Year. Peter Ackermann, the Transportation/Facilities/Maintenance Coordinator at Cabot School, was honored at the 2014 VSCMA conference.

"I'm very flattered to receive this award. But I know that you're only as good as the people you work with," said Ackermann. "I'm very fortunate to work with good people from the supervisory union staff and the folks I am with every day at our school."

Earlier this year, school officials and administrators were invited to nominate professional school custodians for consideration for the Vermont School Custodian of the Year award. In order to qualify, individuals had to exemplify the positive qualities of a hard-working, dedicated member of their school team and must have worked a minimum of five years (full-time service) in a Vermont school.

Nominations were received from principals, superintendents, students, co-workers, parents and others from across the state. Judging was completed anonymously by members of the VSCMA and employees of the AOE. Each nomination was reviewed and rated based on the nominee's strengths, accomplishments and contributions to his or her school team.

It was clear from the nomination letters that Ackermann, a former dairy farmer, takes pride in his work. He serves as a community mentor and is dedicated to the school's mission; Pete goes above and beyond the call of duty. Nominations echoed stories about Ackermann's friendly manner, problem solving skills, sense of humor, work ethic and dedication to creating a safe school environment. He is known to get up in the middle of the night in a storm to check for flooding and work with a student in tow the next day.

"Pete is a joy to work with and a partner in creating and maintaining a safe, healthy and positive school environment" said Washington Northeast Supervisory Union Superintendent Nancy Thomas. "The whole community appreciates his dedication to the school."

Supermoon over Peacham Pond

Supermoon over Peacham Pond on July 12, between 11:00 p.m. and midnight, just after rain and clouds cleared. This was the first of three full-moon supermoons in 2014. The next dates will be August 10 and September 9. Photo by Michael C. Cusack, son-in-law of Deanna Vanschagen and husband of Marvie Domey's niece.

Old Home Week Ends After 113 Years

By Deanna Gould van Schagen for the Old Home Week Committee

Old Home Week started over 100 years ago, when all those "who lived away" came back to Vermont to visit family and enjoy the town they called home. The governor of Vermont, along with other New England states, made the week of August that has the 16th in it the official Old Home Week . Many Vermont towns had festivities throughout the week. The majority of the activities were generated through the church, as that was the center of most communities at that time.

As years went by, folks came to visit at various times, as they were not as dependent on public transportation as they were in earlier years. Cars were owned by many more people and roads were improving yearly.

However, many towns, including Cabot, continued with the tradition, as it was a festive time for many farming communities. In the 50's, the Three Act Play was the highlight of the week. You could usually see Arnold Tebbitts, Joe Trombly and Peg Gould on the stage with many other townspeople, all eager to show off their talents under the very talented director, Bryle Gardner. It was always a packed house at Willy Memorial Hall.

Until recently, maybe ten years, many folk dressed up in old-fashioned clothing found in the trunks of many Cabot residences. Vintage bonnets and dresses were seen on many as they made their way to church on this very special Sunday in August. Past ministers often came to visit and preach the morning sermon to a swelled congregation. A luncheon followed the service, giving visitors and residents alike a chance to catch up on old times. Very often, there would be a sing along following the meal.

Sugar on Snow parties, fancy teas, garden tours and open house at the library have all been held throughout the week. Concerts in later years were on the program, as well. Though enjoyed by many, it was not enough to continue the Old Home Week celebration for a week or even a weekend. Many of the current Cabot residents are not natives to this fantastic old town, thus this wonderful tradition that has held on for so many years has gone the way of the model T Ford, page boys and white gloves.

Cabot was one of the last towns in Vermont to continue the Old Home Week tradition. It was a good run. For those old enough to remember, there are fond memories of this church-based activity that came around every August. Like many good things, they have their day, and the need and purpose for Old Home Week has passed into history.

A record of Old Home Week is being compiled. There is a lot of memorabilia at the Cabot Historical Society.

Old Home Days photos (from 100 years ago) provided by Marvie Domey.

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COUNTRY COMMENTARY

By Laura Lee Saorsa Smith

I sit quietly with one of my two cats beside me. She is purring happily. Critters are so in the moment, and what a lesson for us to learn. Every moment counts. Simple, really. Life is so fragile, and anything can be taken away in a moment. It is so important to remember that life is short; there is never enough time. I treasure moments with my life partner more than anything. I almost lost everything due to some unfortunate decisions.

I had to decide what was the right thing for me, and spending time with my family of thirty some-odd chickens, two cats, a dog and my life partner and love are what I need. Of course, I have a few friends that are more like sisters, and I consider them my family, too. I am so blessed by the love that I share with my family. I know I can count on every one of them, and, yes, even the chickens; they seem to be as intuitive as dogs and cats. Being able to trust and know that I am safe is important to me. And I value the truth, the truths that are the same for all of us.

Abraham Maslow (one of many who helped to shape psychology) wrote about the hierarchy of needs, and we all need safety, warmth, food and love. If we have these things consistently, we flourish, we thrive and become stronger within ourselves. We can become independent and self motivated; if we have our needs met, we can eventually become so self assured and confident that we could wear a flannel shirt and jeans to a black tie affair and not even think anything about it, because it isn't important what you wear, but rather, who you are.

It is our actions, our words, and our deeds that show the world who we are, not our wardrobes, or makeup, not even a car. Respect of self and others is always a great place to start. Patience, compassion, these are things to enfold within your heart and psyche. So, hug someone you love today. Make someone laugh. Be in the moment, being your beautiful, and unique selves. Enjoy life, stop and smell the roses or the peonies. Try to stay away from skunks, though. Savor your favorite dessert by eating it ever so slowly, each bite. YUM!

Hey, eat dessert first. Make popcorn and watch a favorite movie with friends and/or family. Homemade is the best, and not to plug Cabot cheese, but they have monster good powdered cheddar that is awesome for popcorn. Blow bubbles as you walk down the sidewalk. Make sidewalk art with colored chalk for you artists out there, even if you aren't an artist, you can still draw something or write something that will make people smile. Enjoy whatever it is you are doing, be confident, be yourself! Be at ease and worry not what others might think; be who you are, and they will like you. And, if they don't, their loss, and you really wouldn't want to know those people anyway.

Oh, and by the way, as it turns out, I do spend more time with my family, and live with nature and the seasons, and I may be seen with a tiara and a magic wand, along with pointed ears, in the store or the post office! LOL (laughs out loud) Just being myself…

To all you star shine people, a merry time to you!

HAVE A GARDEN?

Consider saving a row for the Cabot Christmas Dinner

Last year, many people donated items from their own vegetable gardens for the Community Christmas Dinner organized by the Ducharmes and friends at the school dining facility. Please consider thinking ahead and planting something extra in your garden to contribute to the local mix, such as -

Potatoes	***Carrots***
Onions	***Squash***
Cabbage	***Beets***
Sweet Potatoes	

Grand Canyon Students

(Continued from page 1)

provides this once-in-a-lifetime opportunity by partnering with the nonprofit Grand Canyon Youth and the U.S. National Park Service. DiscoverU, a Houston-based nonprofit, sponsored seven students to participate in Leading the Way programs this year.

About the Global Explorers Leading the Way Program:

Academically rigorous and designed for those who want to make a difference in the world, the Leading the Way program was developed by Global Explorers in partnership with Weihenmayer and is open to blind, visually impaired and sighted students between the ages of 15 and 19. Leading the Way teaches the concept of "no barriers" leadership and equips students to break down barriers between those with and without disabilities.

In October, Global Explorers will begin accepting applications for the 2015 Leading the Way program. Learn more by visiting www.globalexplorers.org (click Leading the Way) or by calling 877-627-1425.

Participating Organizations and People:

Global Explorers

Global Explorers is a nonprofit organization based in Fort Collins, Colorado. Global Explorers is passionate about providing the most comprehensive and genuine travel experience available to students and educators of all backgrounds and abilities. Developed in partnership with Erik Weihenmayer, its nationally recognized Leading the Way program, is open to blind, visually impaired and sighted students, ages 15 to 19. (www.globalexplorers.org)

Grand Canyon Youth

Grand Canyon Youth is a nonprofit organization based in Flagstaff, Arizona. Their mission is to give youth an experiential education along the rivers and in the canyons of the Southwest in an effort to promote environmental awareness, community involvement, personal growth and teamwork among people of diverse backgrounds. (www.gcyouth.org)

DiscoverU

DiscoverU is a nonprofit organization based in Houston, Texas. DiscoverU connects low-income students to novel learning experiences beyond the traditional classroom to expand students' aspirations and help them develop the personal, social and emotional skills essential for college success. (www.discoverus.org)

Grand Canyon National Park

Grand Canyon was established as a national park on February 26, 1919. Located in Northern Arizona, Grand Canyon is operated by the National Park Service and is known for its powerful and inspiring landscape. It overwhelms one's senses through its immense size; 277 river miles long, up to 18 miles wide and a mile deep - Grand Canyon National Park encompasses more than 1.2 million acres.

Erik Weihenmayer

On May 25, 2001, Erik Weihenmayer became the only blind man in history to reach the summit of the world's highest peak – Mount Everest. Additionally, he is the only blind person to have climbed the "Seven Summits," the tallest peak on every continent. (www.touchthetop.com)

DO YOU KNOW A CABOT RESIDENT NOT RECEIVING

The Cabot Chronicle

Please email inbox@cabotchronicle.org or call 563-3338

PUBLIC NOTICE

AT&T Mobility, LLC proposes to modify a telecommunications facility on a silo at 352 Bolton Road, Cabot, VT 05647. Nine additional antennas will be mounted at a top height of 70 feet above ground level. Public comments regarding the facility's effects on historic properties may be sent to: Project 61144339-SLG c/o EBI Consulting, 21 B St, Burlington, MA 01803 or 207-210-2535.

The Cabot Chronicle Submission Guidelines

The Chronicle welcomes letters written with an economy of words. The maximum length is recommended to be no longer than 400 words. Letters may be edited for clarity and length or returned to the author with suggestions for re-submittal. All letters and commentary published in *The Cabot Chronicle* represent the opinions of the authors and not necessarily the opinions of staff.

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.

The Cabot Chronicle is not responsible for errors in submitted material. Nor does *The Cabot Chronicle* assume responsibility for claims arising in connection with products or services advertised on these pages.

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~ Mission Statement ~

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

Phone: **802-563-3338 • Email: inbox@cabotchronicle.org**
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Obituaries & Memorials

Annie Barberi Semprebon

Annie Barberi Semprebon, 103, of Woodland Drive, Barre, and more recently of Lincoln House, died Tuesday, July 15, 2014, at the Central Vermont Medical Center in Berlin. Born February 24, 1911, in Barre City, she was the daughter of Thomas and Margaret (Martin) Ingram. She attended Barre schools and graduated from Spaulding High School in 1929.

In 1937, she married Aldo Barberi in Barre, where he died in 1941. In 1949, she married Nevio Semprebon, also in Barre, where they lived all their married life. Nevio died in 1976.

Annie had worked for many years as a telephone operator for New England Telephone and Telegraph in their Barre office. Puttering in her yard, a cup of tea, traveling, golfing, reading her horoscope, crossword puzzles and time spent with family provided great enjoyment.

Annie took great pride in her Scottish heritage.

Her memberships included the Universalist Women, the Elwood Club of the First Presbyterian Church of Barre, "The Angela Avenue Angels," and the Grey Ladies of the Central Vermont Medical Center and former Barre City Hospital as well as volunteering at the Aldrich Public Library.

Survivors include her daughters, Margaret Filingeri and her husband, Vincent, of Frankfort, New York; and Mary Beth Churchill and her husband, Walter "Rusty" Churchill, of Cabot; five grandchildren, Andrea Barbato and her husband, Mark; James Filingeri and wife, Kelly; Joseph Churchill and wife, Tasha; Vincent Churchill; and John Churchill and wife; Carol, and seven great grandchildren, Liliana, Audrey, Madison, Wesley, Asher, Jason and Jasson. Also surviving are nieces, nephews and special grandniece Kyle Treis and her husband, Randy.

Besides her parents and her husbands, Annie was predeceased by brothers James, Thomas, Walter and Alexander Ingram.

A graveside service will be held at the convenience of her family in the Hope Cemetery in Barre. There were no calling hours.

Memorial contributions may be made to Central Vermont Home Health and Hospice, 600 Granger Road, Barre, VT 05641, or the Aldrich Public Library, 6 Washington St., Barre, VT 05641.

The Hooker and Whitcomb Funeral Home, 7 Academy St., Barre, is in charge of the arrangements.

Valerie J. Ferris

Valerie J. Ferris, 50, died Tuesday, July 22, 2014, at her home in Tunbridge after a long battle with cancer. She was born August 19, 1963, in Barre, the daughter of Norman K. and Beverly J. (Hewitt) Larkin. She attended school in Tunbridge and later in Chelsea, where she graduated from Chelsea High School in 1981.

On August 6, 1988, she married Douglas Ferris, of North Randolph. They lived all their married life in Tunbridge, where they raised their three children. Valerie worked almost 30 years as a business analyst for the National Life company of Vermont.

Valerie was a Girl Scout leader in Tunbridge for 17 years; a reading mentor for the Everybody Wins program in Tunbridge, and as a library volunteer at the Tunbridge Central School. She enjoyed watching her children's sporting events, camping, traveling and reading.

She is survived by her husband, Douglas Ferris; a son, Galen Ferris, and two daughters, Courtney Ferris and Christina Ferris, all of Tunbridge; her father, Norman Larkin, and his wife, Lenora, of Williamstown; five sisters, Teresa Outridge, of East Thetford, Premila Watson, of North Carolina, Theresa Gerhart, of Cabot, Cynthia Nonemacher, of East Randolph, and Cecilia Kelly, of Canada; a brother, John Larkin, of North Carolina; and several aunts, uncles, nieces, nephews and cousins. She was predeceased by her mother, Beverly Wood; stepfather Lawrence Wood; and a grandson, Derrick Ferris.

A funeral service was held on Monday, July 28, 2014, at the United Church of Chelsea in Chelsea, with the Rev. Deadra Ashton officiating. The burial was held at the Hunt Cemetery in North Tunbridge. Memorial contributions may be made to the Tunbridge Central School Library, P.O. Box 8, Tunbridge, VT 05077. Arrangements under the direction of the Boardway & Cilley Funeral Home in Chelsea.

Shelby-Jean Nunn

Shelby-Jean (Davis) Nunn, 78, a resident of Cabot for more than 56 years, died peacefully Wednesday evening, July 9, 2014, with her family, in the comfort of her home.

Shelby was born June 5, 1936, in Burlington, VT. The daughter of Franklin and Evangeline (Hood) Davis, she attended Stowe public school and graduated class of 1954 from Peoples' Academy in Morrisville, VT.

In her early years, she worked on the family farm in Wolcott; later she worked at the Vermont Cheese Factory in Cabot, and drove the bus for Cabot school.

On May 18, 1961, Shelby married Lyle Matthews Nunn in Cabot. She enjoyed reading, crocheting, knitting, and her roses. She worked side by side with Lyle in the family garage, while raising her family. She will be remembered for her wonderful homemade breads, donuts, cakes and other baked goods.

Survivors include her loving husband, Lyle Nunn; her children, Dolores Sawyer, Sharon Swisher, and Pamela Nunn of Manchester, NH, Brenda Robichaud of Gonic, NH, Lila Tillotson of West Topsham, VT, Carlyle Nunn, Mayo Nunn, Carter Nunn, Ramon Nunn, Aldo Nunn, April Nunn and Judy Silveria, all of Cabot, Rosco Nunn of North Chittenden, VT, Abren Nunn of Jericho, VT, and Robin Nunn of Vershire, VT; three sisters, Pauline Churchill of Cabot, Karlene Davis of Morrisville, VT, and Arlene Shedd of Wolcott, VT; 37 grandchildren, 35 great-grandchildren, and several great-great-grandchildren; as well as many nieces and nephews and cousins.

Shelby was predeceased by her parents, a sister, Francine, and a child, Penelope Nunn.

To honor her request, there were no visiting hours. A service of remembrance will be held at 11:30 a.m. on Saturday, August 23, 2014, at the pavilion building at the recreation field in Cabot.

In lieu of flowers, contributions in memory of Shelby should be sent to: the Cabot Ambulance Service, P. O. Box 32, Cabot, VT 05647, or to the Cabot Firemen's Association, c/o Skip Bothfeld, 1042 Bothfeld Hill Road, Cabot, VT 05647.

Arrangements under the direction of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick, VT.

David P. Frey

"Life is not measured by the number of breaths you take, but by the moments that take your breath away." - Maya Angelou. David P. Frey, 55, died on July 20, 2014, with his wife and son by his side, following a courageous battle with idiopathic pulmonary fibrosis.

Dave was born in Akron, Ohio, on Sept. 15, 1958. A graduate of Springfield High School in Akron, Ohio, and Norwich University, Dave pursued several business ventures in Rochester, New York, San Diego, California, and Williston, before embarking on his legal career. Dave worked with his wife at Steckel Law Office as business manager, paralegal and associate attorney for 10 years. He was licensed to practice law in Vermont after completion of a four-year clerkship and passing the bar exam.

Dave's passion was advocacy and support for victims of crime, especially children. He founded the Vermont Victim Advocacy Project, through which he provided pro bono legal services to crime victims. Dave served as counsel to the Vermont Restitution Unit and executive director of OUR House of Central Vermont. He was the executive director of the Orleans County Child Advocacy Center and an officer and director of the Vermont Children's Alliance until the relentless progression of his disease compelled his retirement.

Dave enjoyed riding his motorcycle, songwriting, playing the piano, drums, guitar and bass, photography and digital art, video gaming and watching soccer matches with his son Jordan, sharing dinner, drinks, and philosophical discussions with good friends, and jam sessions with Eric. Above all, he treasured the time he spent with his two-legged and four-legged family.

Dave will be remembered for his unquenchable thirst for knowledge, keen intellect, creativity, honesty, sense of humor, determination, quirky individuality, and true compassion for others - qualities that he retained to the very end. He faced his diagnosis with strength, dignity and grace.

Dave is survived by his wife, Su Steckel, and son, Jordan Steckel-Frey, of Cabot; his beloved dogs, Champ, Mac and Damon; his mother-in-law, Norma Steckel, of Allentown, Pennsylvania; brother and sister-in-law Scott Steckel and Susan Steckel, of Raleigh, North Carolina; brother-in-law Dr. Timothy Steckel, of New Tripoli, Pennsylvania; sister-in-law Leigh Steckel, of Macungie, Pennsylvania; nephew Eric Steckel, of Raleigh, North Carolina; nephew Matt Steckel and niece Paige Steckel, of Macungie, Pennsylvania. His father-in-law, Harry Steckel, predeceased him.

The Steckel-Frey family would like to thank the Fletcher Allen Pulmonary and Critical Care Team, Internal Medicine Team, Radiation Oncology Team, Respiratory Therapy Team and the amazing nursing staff on Baird 4 for their exceptional care and compassion.

Friends and colleagues may call to pay their respects and share memories of Dave between 5:30 and 7:30 p.m. on July 31 at The Topnotch Resort-Summit Room in Stowe. At Dave's request, a party to celebrate his life will be held at Julio's Cantina in Montpelier on August 9, 2014, from 2:00 to 4:00 p.m. Contributions in Dave's memory may be made to the Vermont Lung Center, Room 226, HSRF, University of Vermont College of Medicine, 149 Beaumont Ave., Burlington, VT 05405, or online at www.uvm.edu/medicine/vermontlung/, because every breath counts.

Joshua Paul Breer

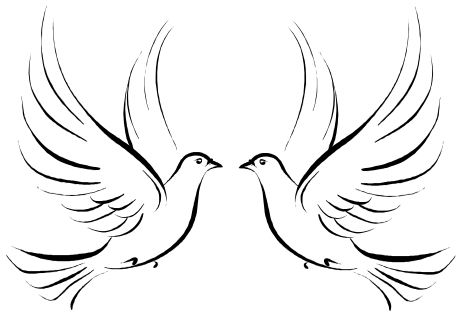
Joshua Paul Breer, 32, of Cabot, died at Fletcher Allen Hospital surrounded by his family on July 19, 2014, as the result of injuries sustained in an automobile accident.

Josh was born in Berlin, VT, on February 4, 1982, to Bonnie Breer of Cabot. He graduated from Spaulding High School in 2005. He spent his adult life working throughout the Barre-Montpelier area in the auto industry.

Josh had a witty, quirky sense of humor that lit up family gatherings, especially during Super Bowl Sunday, when he rooted for the Patriots (his mom rooted for the Giants). He loved all four-legged creatures and formed a deep bond with his little dog, Dori, a puggle. Josh enjoyed following current events; he devoured news from any source and could always tell you what was going on both internationally and locally. He loved Cadillacs and was so proud of his latest white Cadillac. Because of his devotion to his family, specifically the way he watched over his brothers, Josh's mom often called him "Mother Hen." This commitment to those he loved, along with his bright smile and warm sense of humor, will keep his memory alive.

He was predeceased by his grandfather, Richard P. Russell, Jr. of Barre. He is survived by his mother, Bonnie Breer of Cabot; his brothers, Jeremiah Breer and his wife Grace and their son Abraham of Cabot, and Jonah Breer of Salisbury; his son, Xavier Martinez of Montpelier; his grandmother, Pauline Lahar of Fort McCoy, FL, originally of Barre.

Funeral services were held on Saturday, July 26, at Macedonia Baptist Church in Plainfield, VT. In lieu of flowers, please donate to Central Vermont Humane Society, P.O. Box 687, Montpelier, VT, 05601 to celebrate Josh's compassion toward rescue animals.



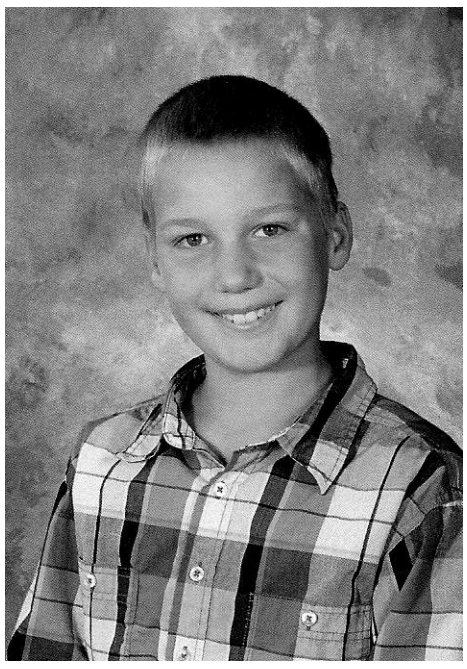
Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

Thank You From Cookson Family



To our family and friends,

Words simply cannot express our sincere gratitude to each and everyone of you. For in the darkest hour of our lives, the many expressions of love shown to us through cards, phone calls, visits, meals, prayers and other types of acknowledgements were so comforting. To the Cabot ambulance service, thank you for your quick response and volunteer services. To CVMC emergency room, thank you for the care you provided and your support. To Brent and the staff at Hooker and Whitcomb Funeral Home, thank you for guiding us through this very difficult time. To Linda Savoca, and the entire Cabot School and community, thank you so much for the wonderful meal you provided and all of your support. To the staff at Rowan Court Nursing Home and CVMC, thank you for your kind gestures. A special thank you to Father Leo Bilodeau for being with us through this difficult time. Thank you for the beautiful mass and your many kind ac ts. Thank you Lord for giving us the strength. "...for faith does not make things easy, it makes them possible." Luke 1:37

God Bless

Scott, Tammy and Brock Cookson

What Is The C.C.A. And Why Should You Care?

By Debra Zimmerman, C.C.A. Coordinator

Those who are not familiar with the letters "C.C.A." might guess that they stand for Cabot Community Action, or Cabot Community Arts, or Cabot Citizen Advocacy. Actually, the C.C.A. in this case stands for the Cabot Community Association.

The C.C.A. is a not-for-profit grassroots membership organization with the stated mission to "enhance the quality of community life for those residing (in), doing business (in) and visiting Cabot, Vermont."

One of the C.C.A.'s most visible contributions to Cabot community life is the publication and distribution of *The Cabot Chronicle*. *The Cabot Chronicle* is brimming with information and stories about local people and events. Every month, free copies of this paper are made available to the public.

If you are a regular reader of *The Cabot Chronicle*, then you probably saw the February issue with a story by Bruce Westcott, President of the C.C.A. The article described the music and performance series that the C.C.A. brought to town last winter, as well as the "Show and Tell" monthly gatherings where local visual artists shared new work among themselves.

Since these programs last winter, it was decided by the C.C.A. Arts Committee to offer the performance series again and to follow the same format as last winter. According to R. D. Eno, one of the C.C.A. Arts Committee leaders, the Community Association Arts Committee will also continue to work toward one of the group's original goals: the development of a Cabot Community Arts Center.

Another important, though less understood, service offered by the C.C.A., is the use of the C.C.A.'s tax exempt status. When other organizations and programs enlist the C.C.A. as their fiscal agent, then that organization becomes eligible to apply for some grant funds without the long involved process of applying for a not-for-profit number. The C.C.A. is the fiscal agent for the Friends of the Library, the Northeast Kingdom Warriors soccer program, and the Cabot Connects mentor program. In the past the C.C.A. has also assisted the Cabot Theatre group. More recently, the C.C.A. has offered to support the rejuvenation of the local chapter of 4-H. Through its 501(c)(3) status, the C.C.A. can also provide tax deductible status for individuals and businesses who make donations to Friends of the Library, the Northeast Kingdom Warriors, Cabot Connects and *The Cabot Chronicle*.

Earlier this year the C.C.A. worked with the Cabot Planning Commissioner, Gary Gulka, and the Cabot Zoning Administrator and Planner, Karen Deasy, to acquire a Village Center designation. With this designation, income -producing property owners within the Village Center boundaries may apply for tax credits. The C.C.A.'s Coordinator made turn-out calls to inform residents about the informational meeting June 9. At the meeting, the program requirements and application process were explained by Caitlin Corkins, the Tax Credits and Grants Coordinator from the VT Agency of Commerce and Community Development.

The C.C.A. is planning to pursue several new and exciting projects this fall, including partnering with the United Church of Cabot to renovate the church steeple and building, organizing a Community Picnic and Market (more than a farmers' market), and coordinating a Lumberjack Show.

So, if you have any interest in a lumberjack show, or concerts and poetry readings, mentoring, 4-H and youth activities, soccer, the public library, a community picnic & farmers' market, preserving the local church and steeple, or tax credits, then you might be interested in joining and supporting the C.C.A., the Cabot Community Association. The telephone number for the C.C.A. is 802-563-3338. A message may be left any time at that number.

Legislative Update

By Representative Kitty Toll

This legislative update focuses on health care legislation passed during the 2014 session. Vermont, like the rest of the country, experienced a very difficult rollout of the health care exchange. In response to concerns regarding on-going problems with Vermont Health Connect (VHC), the Legislature spent significant time examining the challenges with this new system and the ongoing work needed to improve access to health plans for Vermonters. The system is still not fully functional. In response to the challenges for Vermont's small businesses, the Legislature passed a provision enabling small businesses to continue to enroll directly in VHC plans through existing insurers.

Since the Legislature adjourned in May, there have been additional delays in the website which would allow Vermonters to alter their health care plans due to changes in circumstances. Over 10,000 Vermonters, most very frustrated with the system, are unable to make necessary changes on-line. The information technology firm which was hired to create the website for the Exchange, CGI, is working to solve these problems. Until then, to correct mistakes, change, or update coverage, Vermonters need to call Vermont Health Connect at 1-855-899-9600. Payments can be made on-line, by phone or mailed to Vermont Health Connect, P.O. Box 1840, Williston, VT 0549 – 1840.

Vermonters currently spend about $6 billion annually in health care costs. Approximately two-thirds of this amount is financed through Medicare, Medicaid and Tri-Care. In 2012, Vermonters spent over $715 million in deductibles and co-pays and over $1.88 billion in premiums. One important goal of a reformed health care system is to reduce these costs. The year 2017 is the earliest date that Vermont could transition to a reformed health care system. Many Vermonters have expressed frustration with the Governor for failing to produce a financing plan for a reformed system. The many complexities inherent in Vermont's health care reform efforts, and experiencing the early failures of Vermont's exchange has made creating an affordable and sustainable plan almost impossible. It is critical that the plan proposed by the Governor moves Vermont in a positive direction. The goal is to create a financing system that is fair, less complex and more affordable and addresses high out-of-pocket costs and continues coverage with job loss.

Lyme disease is increasingly widespread in the Northeast and has become endemic to Vermont. If identified early, Lyme disease may be successfully treated with a short-term course of antibiotics. If not, complex and ongoing symptoms may require more aggressive treatment. Historically, physicians were held to a limited number of treatment options that many Vermonters did not find adequate. New legislation now allows long-term sufferers to seek treatments recognized by the Center for Disease Control, as well as the International Lyme and Associated Disease Society, without putting the health care provider at risk for discipline.

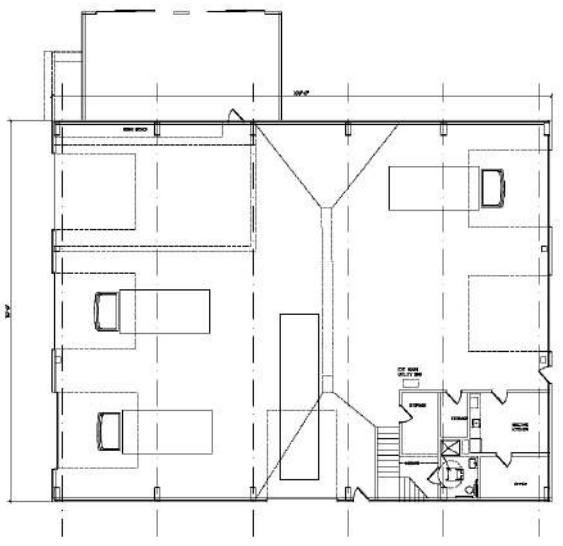
In response to the many Vermonters asking for additional relief from secondhand smoke and other tobacco related concerns, tobacco products and tobacco substitutes will be prohibited in or around childcare centers and smoking in a motor vehicle occupied with a child may result in a $100 fine. Manufacturers of e-cigarettes will be required to use child-resistant packaging to sell liquid nicotine in Vermont. Smoking in state buildings will be prohibited and a 25 foot no-smoking zone will be established around state buildings.

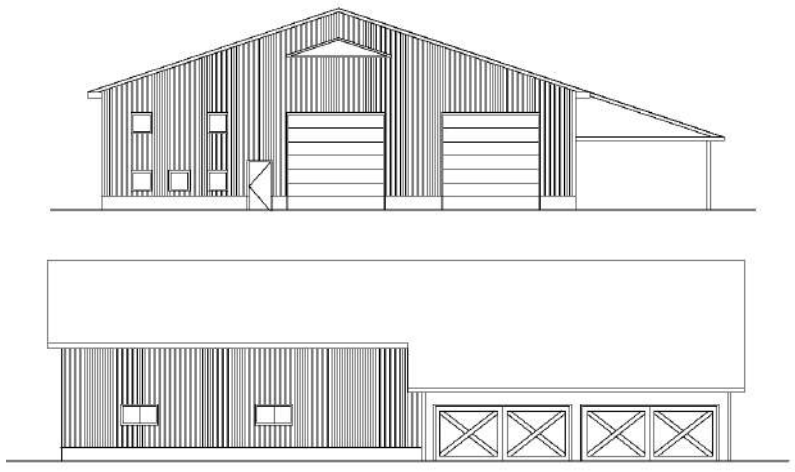
The Legislature made changes to law governing dispensaries for patients registered with the Department of Public Safety (DPS) who purchase marijuana for relief of symptoms due to medical conditions. The number of patients who will be able to register with DPS has increased, and for patients who have a terminal illness, cancer with distant metastases or acquired immune deficiency syndrome, the registration process will be less onerous. Regulated by the Department of Public Safety, a dispensary will be allowed to deliver marijuana to patients who do not live near an existing site. The update will also allow dispensaries to include the use of hemp for products that provide significant relief to children with intractable seizures. The well-known product, Charlotte's web, which has provided relief to children with seizures, does not yet exist in Vermont.

Please contact me if you would have not received a copy of my end of session report (enclosed with the July edition). A correction to the report: I inadvertently wrote that the change in the minimum wage would begin in July 2014; the date should be July 2015. I appreciate hearing from you. I can be reached by email: kittytoll@live.com or by phone at home 563.2627. To get more information on the Vermont Legislature, and the bills which have been proposed and passed, visit the legislative website: www.leg.state.vt.us .

Proposed Cabot Town Garage

CDBG-DR application is complete and submitted for review, and construction permits are in process. Watch for preliminary site work to begin in the weeks ahead.





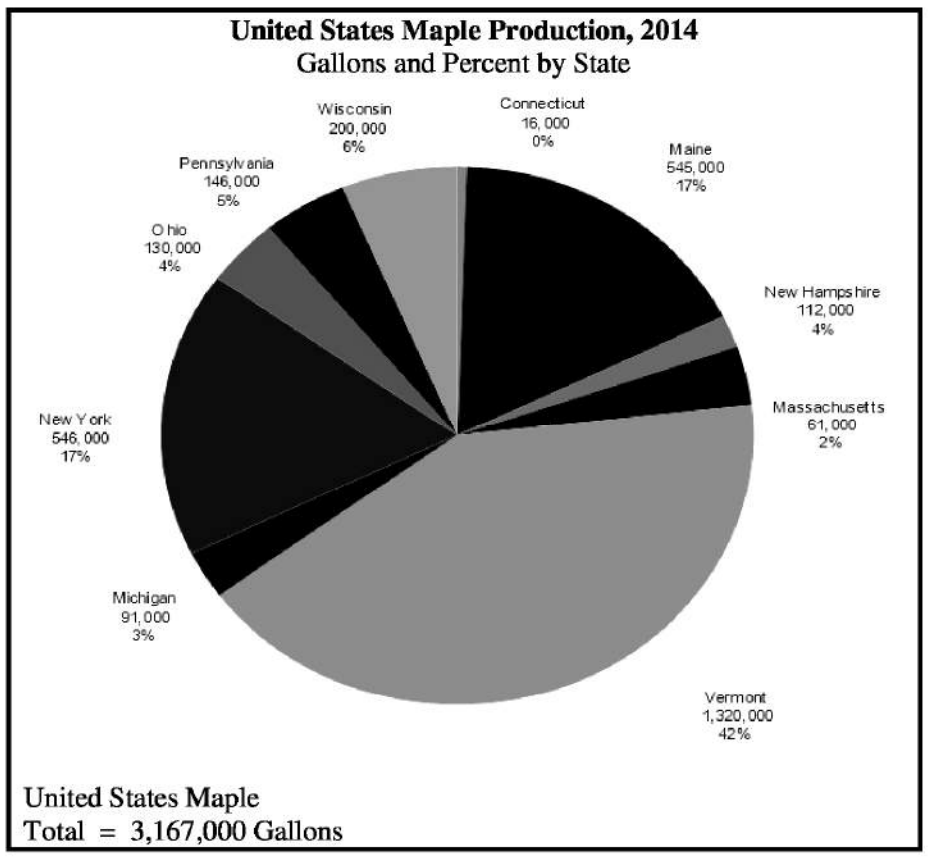
Back, side and top views of proposed Cabot Town Garage.

Vermont Lead Maple Syrup State

New York edges out Maine to remain No. 2

Overall, syrup production in the Northeast was down in 2014 because the long winter delayed the start of syrup season, which typically runs for about a month in late winter and early spring.

Vermont easily held on to the top position, producing more maple syrup than Maine and New York combined - 1,320,000 gallons. However, Canada accounts for about 85% of the world's total maple syrup production.



New Maple Grades Come to Vermont

For years, Vermont maple syrup has been divided into one of four grades based on color and flavor. As consumer preference has changed over the past century, so too has the grading system evolved to provide a more accurate description based on consumer preference. The names of each grade, however, did not necessarily provide a meaningful description of the syrup. For instance, with no prior knowledge of maple syrup grades, Grade B does not mean much other than suggesting it would be a lesser quality than Grade A.

Beginning in 2014, Vermont maple syrup producers have started using a new grading system that will provide a better description of each grade, or class, of syrup. Each grade will state a color and a flavor descriptor:

- Grade A: Golden Color with Delicate Flavor
- Grade A: Amber Color with Rich Flavor
- Grade A: Dark Color with Robust Flavor
- Grade A: Very Dark Color with Strong Flavor

The new grades are part of a larger effort to install a universal grading system across all US states and in Canada. While Vermont is the first to begin using these grades, other states will begin next year.

Check vermontmaple.org for more updates!

Buyers Guide to Grade A Pure Vermont Maple Syrup

Golden Color/Delicate Flavor (Vermont Fancy)
Usually made at the beginning of the new maple season. Pour over vanilla ice cream for a Vermont maple sundae, sometimes called the Sugarmakers' Favorite Dessert.

Amber Color/Rich Flavor (Compares well to the former Medium Amber)
Usually made about mid-season and seems to be the most popular for all around use. A good choice for gifts.

Dark Color/Robust Flavor (Compares well to the former Grade B)
As the maple season progresses, the syrup darkens in color and develops a more robust maple flavor. Good for all around use, its hearty flavor is a great choice for all kinds of recipes. Pour over baked apples or squash, use as a glaze for meats and vegetables.

Very Dark Color/Strong Flavor (Even darker than Grade B!)
Produced at the end of the season, it's perfect for cooking! Makes Vermont baked beans, breads, and cookies especially tasty.

Storage Tips: Always refrigerate after opening. To preserve maple's fresh flavor and prevent crystallization, it can be frozen. Freeze and thaw any number of times, just thaw completely, mixing in any condensation on the top before use.

Special Thanks

Thank you to the school board, select board, and the caring people of Cabot for the honor of the 2014 Cabot Community Service Award given to me at Cabot High School Graduation on June 13. I'm still walking on air. It was a total surprise and a great thrill. I am most grateful.

Andy Luce, First Assistant Fire Chief

Cabot Night at Mountaineers Game

Jeannie Johnson selling 50/50 tickets at the Mountaineers Cabot Night.

Wednesday, July 9, was Cabot's night, and many Cabot residents were present among the thousand or so fans, including Alden Tebbetts, Mountaineer Bat Boy, looking great in his team uniform. Jeanne Johnson and Brigitte Codling represented the *Cabot Chronicle* and Cabot Community Association, selling 50/50 raffle tickets along with Mountaineer team members, right into the sixth inning. After lots of rain and heat, the evening was a beautiful relief at 74 degrees and clear, and very successful for both the Mountaineers and *The Cabot Chronicle*. The team won 6-1 against the Laconia Muskrats, and $195 was contributed to *The Cabot Chronicle's* operating budget as a result of the 50/50 ticket sales.

Alden Tebbetts and the Mountaineers

Alden Tebbetts at the Mountaineers game July 9. In his third year as Bat Boy, he plans to continue next year. He really likes time with players in the dugout, although the bull pen lends itself to more joking and fooling around. The best time of all is after a game, enjoying pizza or a meal with the other team members. Brigitte Codling photo.

VERMONT MOUNTAINEERS

Advice from the Tree Warden

By Roland (Slim) Payne

I am really pleased by how the treatment of the Giant Hog Weed on Elm Street came out - only a few leaves appeared this year, and they didn't grow hardly any, and they look sick (great!) The Hog Weed at my place is just now blossoming. I am going to cut flowers tomorrow, early, while they are wet with dew, before the sun gets on it, so it is not emitting the juice which burns and makes blisters. If it gets in your eyes, it can blind you, and, if it is dry, the dust can get in the air, and if you breath in any of it, can cause blisters in your lungs. Not a good thing.

I have gotten a few calls about Bush Honeysuckle; what it is and how they can get rid of it. This is good that people are starting to realize it is taking over their property. It usually starts on edges of fields - lawns, driveways - but will move into the woods and spread by wind - birds drop seeds and animals dropping seeds. The problem is, where they grow and spread, the native trees can't regenerate, so we lose that land from the woodlands and pretty much become worthless as forest land.

Another one I am starting to hear about is Wild Garlic. Maybe next month I will get into this plant.

COMMUNITY CALENDAR

~ AUGUST~

Friday 8/1

Friday Night Fires with the Mint Julep Band at Fresh Tracks Farm, Vineyard and Winery, 4373 VT Route 12 in Berlin VT. Free. Mint Julep will perform at the tasting room, 7:00-9:00 p.m. Join us for a batch of live music and delicious wine. 802-223-1151. info@freshtracksfarm.com

Bread and Puppet Theater, 7:30 p.m. Indoor performance to be announced for adults, Paper Mache Cathedral/Dirt floor Theater (behind the museum); guided tours of the museum at 6:00 p.m. Bread and Puppet Farm, 753 Heights Road (Route 122),Glover, donation, 802-525-3031, www.breadandpuppet.org

Vermont Festival of the Arts, August 1-September 1. Month-long 120-event celebration of the arts in the Mad River Valley with exhibits, performances, workshops and demonstrations, from a simple pottery workshop to a world class musical performance, Waitsfield, 802-496-6682, www.vermontartfest.com

Sunday 8/3

"**Nothing Is Not Ready" Bread and Puppet Circus and Pageant,** 2:00 p.m. Outdoor performance for all ages, in the Circus Field; Side Shows and Ding Dongs at 2:00 p.m.; guided tours of the museum at 1:00 p.m., Bread and Puppet Farm, 753 Heights Road (Route 122) Glover, donation, 802-525-3031, www.breadandpuppet.org

Monday 8/4

Caspian Monday Music 8:00-10:00 p.m. Improvised Jazz with Bronek Schanek, bass and John Wilkins, guitar. Admission $18, Orchestra $18, Seniors $16, Students $10, under 18 years free. Caledonia Grange Hall, 9 Church St., E. Hardwick. The Grange is located on Church St. (known as Hardwick Street when coming from Greensboro) in East Hardwick, across from the First Congregational Church. Contact Thomas Zajkowski 802-533-9259 for more information.

Tuesday 8/5

The Poulenc Trio, Irina Kaplan, piano, Vladimir Lande, oboe, and Bryan Young, bassoon, perform works by Glinka, Shostakovich, Rossini and Previn, and conclude with Poulenc's Trio for piano, oboe and bassoon. Summer Music from Greensboro, 8:00 p.m. at the Greensboro United Church of Christ. $20 adults, FREE under 18 years of age. Tickets at Miller's Thumb Gallery, Breezy Avenue, Greensboro.

Wednesday 8/6

The Savvy Seniors will perform the play "Medium Rare", 6:30 p.m. at the Jaquith Public Library, Marshfield. There is a lesson to this tale. Come and enjoy the performance.

Thursday 8/7

Passing Brass Band. Free Summer Concert 6:30 p.m.8:30 p.m. This fun, high energy band is back by popular demand. Old Schoolhouse Common gazebo on the lawn of the Jaquith Public Library, Marshfield. Bring your chairs, blankets, and listen or dance to some old time music.

Saturday 8/9

3rd Annual Melissa Jenkins Memorial 5k Fun Run/Walk. 8:00 a.m. Fundraiser in Melissa's memory for Danville Scholarship Fund. Family - oriented with children's activities planned. Registration 7:00 a.m. Race 8:00 a.m. Danville School, Danville, VT. Contact Jennifer Hemond or Kristin Franson 802-748-3722.

Cabot Alumni Association Annual Meeting, 11:00 a.m. at Cabot School Performing Arts Center.

Saturday 8/9-Monday 8/11

Brushes and Boots- Painting on the Long Trail 9:00 a.m.-5:00 p.m. Come join Sarah Mutrux and give yourself the gift of nature, exercise and art. Bring your travel watercolors, pens and pencils and paint some of the highest landscapes in VT. Registration deadline for this group expedition is two weeks before each excursion, and group size is limited. Contact Sarah 802-586-2545. The Art House, Craftsbury Common, VT.

Sunday 8/10

Circus Smirkus 2014 Big Top Tour: ANCHORS AWAY FOR ATLANTIS 4:00 p.m.-6:00 p.m., Montpelier High School, Montpelier. Get Your Tickets NOW!! Contact Lauren Antler 877-764-7587. Monday 8/11, Tuesday 8/12, and Wednesday 8/13, 2:00 p.m.-4:00 p.m. and 7:00 p.m.-9:00 p.m. Shows.

Monday 8/11

Caspian Monday Music 8:00 p.m.-10:00 p.m. presents Caspian String Quartet concert with Alexey Shabalin on violin, Alex Vavilov on viola, Igor Leschishin on Oboe, Cynthia Forbeson violincello. Admission $18, Orchestra $18, Seniors $16, Students $10, under 18 years, free. Location: Caledonia Grange Hall, 9 Church St., E. Hardwick. The Grange is located on Church St. (Known as Hardwick Street when coming from Greensboro) in East Hardwick, across from the First Congregational Church. Contact Thomas Zajkowski 802-533-9259 for directions and more information.

Tuesday 8/12

The St. Petersburg String Quartet will perform Bartok's Romanian Dances, Borodin's String Quartet No. 2 in D major, and Dvorak's String Quartet in E-flat, Op 97, B.180, "American," guest violist Ricardo Cavalcante de Oliveira. Summer Music from Greensboro, 8:00 p.m. at the Greensboro United Church of Christ. $20 adults, FREE under 18 years of age. Tickets at Miller's Thumb Gallery, Breezy Avenue, Greensboro

Wednesday 8/13-Sunday 8/17

Orleans County Fair. Gates open at 8:00 a.m., Midway opens at 12 noon. Join us in the tradition of this 147th Annual Orleans County Fair located just off Interstate 91 Exit 25 in scenic Barton, VT. This is a old time agricultural county fair with entertainment and fun for the entire family. New this year is the Kingdom Brewing /Grilling and BBQ Cook-off on Saturday August 16. Children under 12 MUST be with an adult. General admission $12 on Wednesday, Thursday, Friiday, and Sunday. Saturday admission $15, Seniors and Military Day Friday is $7. Admission includes exhibits, entertainment, demonstrations and Midway rides. Enjoy the animal exhibits and judging shows, agricultural displays, evening entertainment, 4x4 truck pulling, music, Demolition Derby. Orleans County Fairgrounds, 278 Roaring Brook Road, Barton. For more information contact OCF 802-525-3555.

Wednesday 8/13

Just For Fun Film Series 7:00 p.m. at Jaquith Public Library in Marshfield. For the title of the movie visit website www.jaquithpubliclibrary.org

Thursday 8/14

Vermont Fiddle Orchestra, Free Summer Concert, 6:30 p.m. -8:30 p.m. Traditional tunes, Celtic, French Canadian, Southern United States and New England with a special selection of tunes written by Vermont fiddlers. Old Schoolhouse Common gazebo, Marshfield.

Thursday 8/14

2014 Chamber Music Season Children Concerts. 2:00 p.m. Free afternoon mini concerts for children and their friends. At Greensboro United Church of Christ Fellowship Hall, Greensboro. Contact Craftsbury Chambers Players, 800-639-3443 for more information.

Friday 8/15 & Saturday 8/16

Peacham Acoustic Music Festival 9:00 a.m.-9:00 p.m. Join us for a weekend dedicated to Pete Seeger! The PAMF is a blend of the old and the new roots music from the Celtic traditions old time fiddle tunes, and a touch of blues and bluegrass. Not to mention The Dance!!! Performers: Jonathan Edwards, Del Rey, Bob Amos and Catamount Crossing, Erynn Marshall/Carl Jones, Annemieke Spoelstra, Wayne Henderson/ Helen White, Doug Perkins, Ethan Azarian, Alan Greenleaf and the Doctor, Tritium Well, the Bayley Hazen Boys and more... For registrations, and more information go to www.pamfest.com. Check out for ticket prices www.catamountarts.org. Camping available in Peacham Village, for more info call 802-748-2600.

Saturday 8/16

6th Annual Kingdom Farm and Food Days 8:00 a.m.-12 noon. Two-day event that showcases VT farms, gardens, small producers, and agricultural businesses. 9:00 a.m.-2:00 p.m. Morning caravan tour of regional agricultural organizations, select from list of open farms. Go behind the scenes. Cost $15.00, Light refreshments. Call for map and information, High Mowing Organic Seeds, 76 Quarry Rd., Wolcott. Contact Elena Gustavson or Brigitte Derel 802-472-6174 ext.132.

Wednesday 8/20-Sunday 8/24

Caledonia County Fair 7:30 a.m.-11:00 p.m. A good old fashioned county fair! Caledonia county fair presents Dreamland Amusements - over 20 rides and everyday events all included with the price of admission. Mountain View Park, Lyndonville. Contact Richard Lawrence 802-748-2600/Catamount Arts for advanced tickets. www.caledonia countyfair.com.

Thursday 8/21

2014 Chamber Music Season Children Concerts .2:00 p.m. Free afternoon mini concerts for children and their friends. At Greensboro United Church of Christ Fellowship Hall, Greensboro. Contact Craftsbury Chambers Players, 800-639-3443 for more information.

Wednesday 8/27

Myths of the Summer Constellations with Kelley Hunter, 6:30 p.m.-7:30 p.m. Listen to stories about the stars and enjoy some stargazing. Old Schoolhouse Common, Marshfield.

~ ONGOING~

Bingo! Every Wednesday at Twin Valley Senior Center, 4583 US Rte. 2, East Montpelier, 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 Department monthly meeting, second Tuesday of each month, Willey Building, Cabot, 6:00 p.m.

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

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

Bone Builders Exercise Program, every Monday, Wednesday, and Friday, TVSC, 4583 US Route 2, East Montpelier, 10:45 a.m.-11:45 a.m. Free. All levels welcome. Sponsored by Twin Valley Seniors.

Movie Matinee, every Monday, 1:00 p.m., Twin Valley Senior Center, 4583 US Route 2, East Montpelier.

Northeast Kingdom Astronomy Foundation invites you to their open house on the second Saturday of each month.1:00p.m.-4:00 p.m. Tour the state of the art observatory to see a demo of the main telescope and Ash Dome and collection of portable telescopes at Northern Skies Observatory (on the hill) behind Peacham Elementary School, Peacham. Contact Damon@nkaf.org or www.nkaf.org.

Classic Film Night, first Wednesday at 7:00 p.m. with Rick Winston and Tom Blachly. Jaquith Public Library 426-3581, Marshfield.lib.vt.us.

Story time and Playgroup, Wednesdays from 10:00 a.m. - 11:30 a.m. Jaquith Public Library, 426-3581. Marshfield.lib.vt.us.

Tai Chi, at TVSC, 4583 US Rte 2, East Montpelier. Mondays 1:00-2:00 p.m. Must register. 223-3322. A medical release will be required. Sponsored by Twin Valley Seniors.

Twin Town Socialites, second Tuesday of each month, Cabot United Church, 7:00 p.m. Social activities, community service. Call Marcy 563-2766 for information.

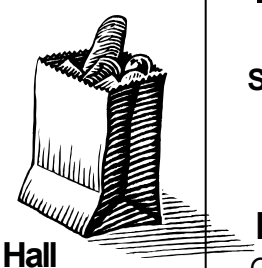
Yoga & Wellness Classes, Fridays, 9:00 a.m.-10:30 a.m., Cabot Public Library. Nourish your body, mind and spirit! Alicia Feltus 563-3220 or aliciafeltus@gmail.com.

FOOD SHARE AND FOOD DROP DATES

CABOT FOOD SHARE

Wednesday, AUGUST 13
Noon-2:00 p.m.

Wednesday, AUGUST 27
Noon-2:00 p.m.



Cabot Masonic Hall
3339 Main Street

FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP INC.
A Nonsectarian 501C3 ~ Who Is My Neighbor?

NEIGHBOR TO NEIGHBOR

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

Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.

SATURDAY, AUGUST 9

Food pick up at 8:00 a.m.

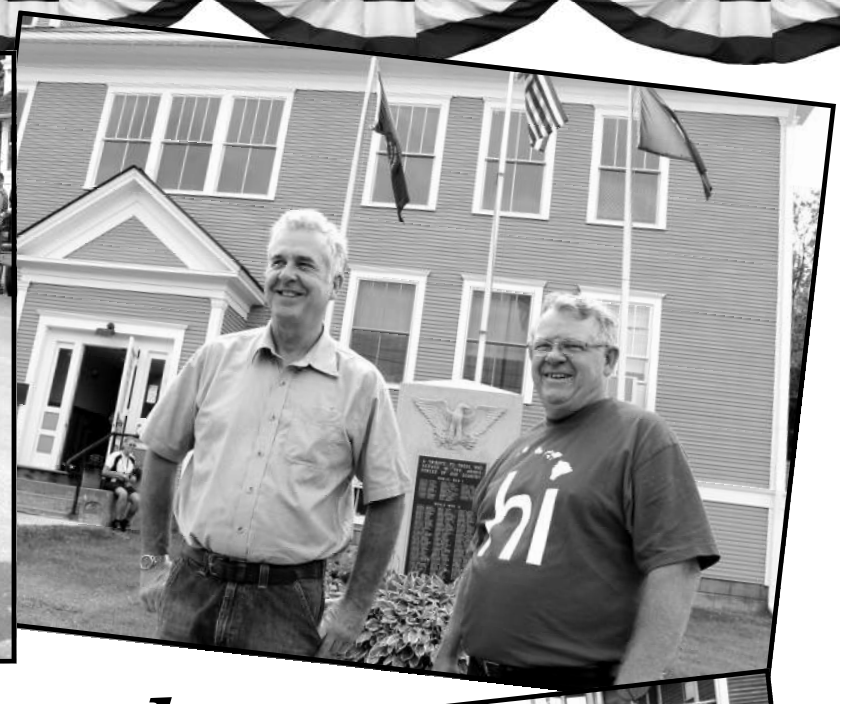
Open until food is gone - usually 9:30 am

Onion River Food Shelf
Old Schoolhouse Common
School Street, Marshfield

Contact: Christopher Whalen 426-3122

Volunteers show up at 6:50 a.m. to unload 5,000 pounds of food for distribution. More help is needed unloading the truck, organizing the food for distribution, and helping senior citizens and others carry boxes of food to their cars.

CABOT INDEPENDENCE DAY 2014!



Thanks from the PTSO

We would like to thank all of the community members who come out each year to help us make a successful Fourth of July celebration. We want to thank everyone who made floats, marched in the color guard, and drove or otherwise participated in the parade, which was bigger and better than ever. Special thanks to Jack Daniels for announcing the parade and the firemen for setting this up; it was a very nice addition .

The prize winners in the parade this year were:

- ⋆ Veterans for Peace - Most Patriotic Float
- ⋆ All Together Now Preschool - Most Colorful Float
- ⋆ Downstreet Eats and Sarah's Country Diner for Most Humorous Float
- ⋆ Gouge Girls fire truck - Most Original Float

We want to thank all of the people who spent all week working on the rummage sale - their efforts paid off - they raised over $2,100 this year, in addition to a truckload of items donated to the Salvation Army afterwards. Thanks to everyone who donated items for the rummage sale.

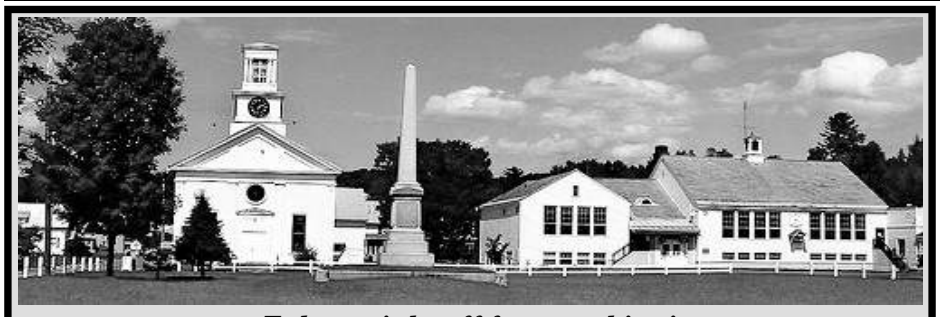
Thanks to the people who set up and take down everything on the field - that's always a lot of hard work.

We are grateful to everyone who ran a booth or sold tickets that day, and thanks to the guys who start at the crack of dawn to cook the chicken that's always so delicious. Thanks to the people who work on the dinner preparation and serving - again, a lot of hard work, but so very good.

We appreciate the people who get the town all gussied up for the event. And thanks to anyone else that we may have missed that helps to make this a special day in Cabot.

Wendy Barnett and

Photos provided by,
Fred Ducharme
Lynn Maxfield
Will Walters



Take a night off from cooking!

Cabot United Church

Thursday evening suppers, Alternate weeks in August
5:30—6:45 p.m. Takeouts 5:00 p.m.

August 7 ~ Pulled Pork

August 21 ~ Baked Chicken

$8 - Adults ~ $4 - Children

Cabot Planning Commission

Only one meeting in August
Third Thursday, August 21, 6:00 p.m.
Willey Building

Homemade baked goods
Produce in season
Home canned goods

9:00 a.m. - 1:00 p.m.
Every Saturday
July 19 -
September 20
Creamery Street
Marshfield, VT

for Christ Covenant Anglican Church new church building

CAMP LAUGHING TURTLE

234 Pransky Road,
Cabot, Vermont 05647
(802)563-2730
www. Camplaughingturtle.com

AT CAMP LAUGHING TURTLE

We have a strong tradition of learning to live in health, harmony and respect in every part of our lives.

Our first priority is having fun together while learning to take personal responsibility for our choices.

Our goal is to develop caring, connected and capable young people who share a strong and abiding commitment to themselves, their community, and the natural environment.

Our staff is variously gifted in music, drama, creative arts, outdoor living, hiking, sports, backpacking, outdoor, carpentry, gardening and leadership skills. They reflect the values we most appreciate and share a commitment to providing positive and healthy learning experiences which foster creativity and promote feelings of independence and self-esteem.

At camp we help kids understand that they are special and that summer is about the fun they create as they find new friends and face new challenges.

CAMP WEEKS:

June 16th through August 22nd
8:30 a.m. to 4:00 p.m.

Care is available from 7:30 a.m. to 5:00 p.m.
DAILY TRANSPORTATION AVAILABLE FROM ST. JOHNSBURY
(bus pick-ups possible in Danville and Walden)

RATES:

$180 per week

which includes a fee of $2 per day for the bus.

Family rates, sliding fee scale, limited grants and scholarships.
(Don't hesitate to ask about a payment arrangement that would be suitable for you and your family.)

GRANT SLOTS STILL AVAILABLE:

If eligible for any child care subsidies, take advantage of a grant for 100% of the cost of camp.

For more information, call Judy at
(802)563-2730
or visit the website. To register online,
www.Camplaughingturtle.com

Brand New September Event
Community Market and Picnic in Cabot

By Jessica Rich

Local business owners and residents of the Cabot community met late in June to discuss hosting a market on the town common in Cabot. During the meeting, it was established that for the 2014 growing year, we would like to hold one event, in September, in order to showcase various vendors' wares. Part of the excitement of living in a town like Cabot is our diverse population of producers, artists, musicians, and more! The idea is to have a community market and picnic. Pack a meal or purchase food from our various purveyors, and eat while enjoying all the festivities. Hope to see you all there for good eats, crafts, and fun! Date of event and final details to come. We are currently seeking volunteers, musicians and vendors to participate. For more information or suggestions please email Jessica.rich1 @icloud.com.

Cabot Apple Pie Festival
Silent Auction Donations Sought

The Cabot Historical Society is looking for Silent Auction donations for the Cabot Apple Pie Festival on October 18. We appreciate small antique pieces, handmade items, gift baskets, oddities and collectibles. All proceeds go to benefit Cabot Historical Society maintenance, acquisition and preservation activity. For more information or to have someone pick up your donation, call 802-563-3396.

Call for Crafters
Apple Pie Festival, October 18

Crafters are invited to register for
the premiere event of *The Cabot Historical Society*
Saturday, October 18, 9:00 a.m.—3:00 p.m.
Cabot School Gym

The craft fair is widely publicized and draws a large crowd.
Call 802-563-3396 to reserve space or for information.

Free Admission, Free Parking
Fun, family friendly event
Lunch and plenty of apple pies for sale

Apple Pie Baking Contests, Silent Auction

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ccv.edu/imagine

FIRE DEPT SEEKS OLD CARS

The Cabot Fire Department volunteers
seek old cars
to use for extrication training.

Please call Andy Luce
at 793-9161 or 563-2723.

WEBSITE VOLUNTEER NEEDED NOW

The Cabot Chronicle

The Cabot Chronicle needs someone to update the paper's website each month, starting right away. Work involves uploading approximately thirty articles at the beginning of each month, removing outdated material, and occasional mid-month updating when special events are going on, such as the community map for the townwide lawn sale.

The need is continuous, but even if you can only help for a month or two, WE NEED YOU NOW! It would be a real help to the community.

Please call 802-563-3338 or email inbox@CabotChronicle.org today.

Kingdom Animal Shelter

By Helen Morrison

Dakota is a beautiful all-white one-year-old fella. He is playful, engaging, talkative, alert, and loves to romp. If you are interested in meeting Dakota, stop by at Kingdom Animal Shelter on Memorial Drive in St. Johnsbury, Monday, Tuesday, Wednesday, and Friday, 4:00-6:00 p.m., Thursday, 3:30-5:30 p.m., and Saturday and Sunday, noon to 3:00 p.m. Dakota is waiting to greet you.

9 Tips to Keep You Safe at the Swimming Hole this Summer.

By VT Agency of Natural Resources

Summer is here, and with temperatures rising, many Vermonters will be seeking out the sweet relief of a cooling dip at their local swimming hole. While there are many managed beaches and swimming areas throughout Vermont (including at many of Vermont's state parks), others will invariably look to the respite of hidden falls, quiet ponds, river shallows and potholes.

While swimming holes offer wonderful recreational opportunities, swimming at an unmanaged location comes with risks. Good decision-making, and a little bit of planning, can often avert a tragedy. Here are nine tips for everyone swimming in natural bodies of water this summer:

1. Remember that water is wild: Complacency is the enemy of preparedness, and it is easy to be lulled into a sense of safety by all the good times had, and happy memories made, at your local swimming hole. Remember that water is wild, and always changing. Heavy rains, floating or lodged debris, or even extended periods of heat and drought can change currents, affect depths and alter the underwater structure of a wild body of water. ALWAYS exercise caution when swimming in natural water bodies.
2. Don't swim alone: One of the most basic safety tips is to bring someone with you. If one of you gets into trouble, there will be someone there to assist. Drowning only takes a few minutes, and emergency responders may be 15-20 minutes away. Swimming alone is never a good idea, but especially not in natural water bodies.
3. Know the conditions: Has it rained heavily in the last several days? Swollen rivers and fast-moving currents can create dangerous conditions for days after a heavy rain event. Make a habit of checking the weather. If there have been recent heavy rains, conditions may be dangerous, even if it is a clear, sunny, calm day. Be smart, and make alternate plans if there have been heavy rains or recent flooding.
4. Observe your surroundings: When you arrive at the swimming hole, take a look at the currents. Listen for the sound of unusually loud rushing water. Observe the path that debris takes as it floats downstream. Swimming in natural water bodies means that you must use good judgment. Observe conditions and don't take unnecessary chances.
5. Swim sober: Drugs and alcohol can dull your senses, impair your judgment and slow response time. Safe swimming is sober swimming.
6. Bring a rope: Most natural swimming holes are not equipped with safety or rescue equipment. Saving a life could be as simple as adding a long, sturdy rope to your beach bag for the day. If conditions are bad and someone is struggling, don't get into the water with them. Instead, throw them a rope and pull them in from shore.
7. Beware of slippery rocks: Many deaths at swimming holes in Vermont are caused by falls from wet, slippery rocks. Exercise extreme caution when climbing or maneuvering on wet rocks.
8. Don't swim above, or under, waterfalls: Heavy currents can wash people over falls, and undertows can trap swimmers underwater. Avoid swimming above, or directly beneath waterfalls.
9. Be realistic about your own abilities: A part of responsible outdoor recreation is understanding your own limits, and not putting yourself or others in danger by taking reckless risks. Be honest with yourself about your own strength, abilities and shortcomings. Don't over-extend yourself, and don't assume that rescue is always an option.

Outdoor recreation may well be the sweetest fruit of summer, but it always comes with inherent risks. Get outside, but be responsible, be safe, and take care of yourself and your friends and neighbors. Respect nature, use good judgment, and understand that water is wild and ever-changing. If you follow the guidelines above, you will have a better chance of avoiding tragedy and enjoying an uneventful summer of fun and great memories at your favorite swimming hole.

What's Next for Cabot Community Theater?
Seeking Director Now

CCT

After Cabot Community Theater's successful production of "Oliver!" last year, there was a consensus that we'd like to try to mount a musical every other year, doing a straight play in the alternate years. To produce a musical in the spring, we need to have auditions by early winter, and advance planning in the fall, so we want to have a show and director and music director lined up by September.

We're open to considering a director who has a particular musical in mind, or to start by choosing a show that would work well with our group. Shows should be appropriate for all ages, suitable for a cast of 20-25, with piano accompaniment, and have modest technical requirements.

If you might be interested in directing a show, or in being involved in finding or choosing a director or show, please email karen@praxisworks.org or call 563-2669.

Twin Valley Senior Center

4583 U.S. Route 2
P.O. Box 152
East Montpelier, VT
05651

By Rita Copeland

Twin Valley Seniors have the following medical equipment to loan out free of charge. If you are in need of any of the following items or know someone that is, please call us at 223-3322.
2 motorized wheelchairs, 1 manual wheelchair, Walkers, commodes, showerhead, canes, and lap food tray.

Twin Valley Seniors are settled in our new space at 4583 US Route 2, East Montpelier. Our mailing address is P.O. Box 152, East Montpelier, 05651. The phone number is 223-3322.We encourage you to drop by and see our home. We think that you will be surprised at the space we now have, plus outside yard space. We have the same homelike atmosphere and friendly people who will make you feel very welcome and will enjoy meeting you.

We are open from 9:00 a.m.-2:00 p.m. Monday, Wednesday and Friday for now. Our strategic plan is to open five days a week when we have new volunteers to help cover the two days we are presently closed.

We have Bone Builder exercise classes those three days, free of charge, from 10:45 a.m.-11:45 a.m. Mondays we have a free Tai Chi class from 1:00 p.m.-2:00 p.m. We serve lunch at 12:15 p.m. and we have free door to door transportation, handicapped accessible. There are rummy and pinochle card games going on each day we are open.

We are working at bringing new activities to the center. We have people who would like to get cribbage and pitch games started. If you are one who enjoys these games, we invite you to come so we can get them up and running. Who knows, we might get so good at it that we could take on the city senior center folks for some fierce competition.

We are also looking for local people that would like to come to share their hobbies, crafts, travel experiences (DVD player available) books, poetry, music and etc. Please contact the center if you would be interested in sharing with the seniors. This also means students who would like to entertain the seniors, just sit and talk with them (they are full of history) or maybe do their nails, etc. We are truly open to all suggestions and want the center to be an active place for all community members.

We are looking for a Wii game console for the center. This would be a great opportunity for our younger generation to volunteer, get school credits and teach the seniors (while exercising and having fun) to do Wii bowling, etc. We have received the donation of a folding ping pong table and I bet there are some seniors that could show the young'uns a thing or two about competing. We are also seeking some plastic picnic tables to use in our outdoor picnic area. They are light weight to handle and easy to put away. So if you have a Wii set or picnic tables, we would love to hear from you. Please call Rita Copeland, Director Twin Valley Senior Center 223-3322.

From The Cabot Public Library

By Kathleen Hoyne and Anne Walker

Janet Schwarz and Lucie Stein from the Microscopy Imaging Center at UVM came to the Cabot Public Library on Tuesday, July 1, with Project MICRO. They brought a variety of microscopes for adults and children to view objects up close - small creatures, sand, flowers, fingerprints, currencies, and whatever objects were collected by participants. It was a fascinating evening, thanks to Janet and Lucie.

Please mark your calendars for MAYFLY - Katie Trautz and Julia Wayne - coming to the Cabot Public Library Friday, August 22 at 7:00 pm. Mayfly, Americana/Old-time duo, is a Vermont-based band that performs old-time New England and Appalachian music, as well as original songwriting on guitar, fiddle, mandolin, banjo and vocals. Mayfly has been performing for over ten years, touring throughout the USA and Canada. The women have two albums, one of which won 'Best Traditional Album of the Year' in Vermont. Mayfly intersperses close harmony vocals with strong instrumentals influenced by blues, ballads, and American roots music.

TVSC Monthly Bulletin Board:

- SASH is at the center third Monday of each month to measure Blood Pressure and answer your questions about home services.
- Lunches served each day we are open @ 12:15 p.m. Donation request age 60+ $4.00, under age 60 $5.00. All are welcome regardless of ability to donate. Home-delivered meals available (Meals on Wheels). Call 223-3322 for information and ask for Director. Physician orders not needed.
- Entertainment of all kinds welcomed at the center. Please call 223-3322, and ask for Director to book your talent or offer ideas or suggestions to entertain the seniors.

HELP WANTED

Part Time Office Coordinator

Join our 'office team,' initially 15 hours per week, with the potential for more hours in the future. Good typing and computer skills, pleasant and helpful attitude and a sincere interest in helping others a must. Knowledge of the area and social service resources helpful, and creative ideas about how to grow our programming for our elderly and disabled neighbors a plus!! Send letter of interest to Faith in Action Northern Communities Partnership, Inc., P. O. Box 157, Cabot, VT 05647, or e-mail us at admin@FIANCP.org.

FIANCP is a two-office 501(c)3 with the home office in Cabot. Find us on the web at www.FIANCP.org.

FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP INC.
A Nonsectarian 501C3 ~ Who Is My Neighbor?

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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

Twin Valley Senior Center

At Blueberry Commons on Route 2, East of Montpelier
Last Sunday of the Month Take Out

SUNDAY, AUGUST 31

4:00 to 6:00

Roast turkey, mashed potatoes and gravy, roll, salad and fruit cobbler.
Guest chef is Scott St John of Cabot School.

$10.00

Call Susan for reservations: 223-6954.

Vermont Turkey Brood Survey Starts August 1

Wild turkeys are found throughout most of Vermont, but their reproductive success is monitored annually by the Vermont Fish & Wildlife Department with a little help from "citizen scientists" who report the number and size of turkey families they see during August.

Fish & Wildlife is again asking the public for help. If you see a group of young turkeys in Vermont during August, the department wants you to go to the turkey brood survey on its website by clicking__ http://www.vtfishandwildlife.com/turkey_survey.cfm, , where you can record where and when you observed the number of adult and young turkeys, or poults.

Twin Valley Seniors

Twin Valley Seniors have the following medical equipment to loan out free of charge. If you are in need of any of the following items or know someone that is, please call us at 223-3322.

2 Motorized Wheelchairs, 1 Manual Wheelchair
Walkers, Commodes, Showerhead, Canes
Lap food tray

FLEA MARKET

Twin Valley Senior Center

Saturday, August 16

Rent a six-foot table for $25.00 and sell your treasures
Call 223-3322 to make a reservation.

Second Annual Quilt Raffle!

Queen size "Oregon Trail"
Handmade in Cabot, Vermont

Drawing at Apple Pie Festival October 18, 2014

All Proceeds to benefit the United Church of Cabot

$5 each or 3 for $12

For Tickets call Sue: 802-563-3380

Cabot Alumni Association Scholarship Program

By Kimberley Bolton Dwyer

Every year, the Cabot Alumni Association proudly gives out scholarships to two graduating students, each in the amount of $1,000. Along with that, every other year there is a Betty Bolton Scholarship, in the amount of $2,000, that goes to one student who is going to college for a degree in Education. For any Cabot High School Senior who would like to apply for a scholarship, the requirements are: an application, two letters of recommendations (one personal and one educational) and a personal essay, which should include any hardships, successes, celebrations and individual life experiences. The applications can be acquired from the High School Counselor, Laura Lacroix. The deadline is May 15 of each year - you may present them back to Mrs. Lacroix and she will get them to the Scholarship Committee for review.

I have had the pleasure for the past two years to receive and review these applications. Before I open the envelope, I give it to my husband, who then covers over all names, addresses, and genders and gives each a number, so that, when I read the applications, I don't have a name to cloud my judgments. I then write a summary of each application and share my summaries with the rest of the committee. Once everyone has had a chance to read my summaries, they vote on which ones should receive the scholarships. I then take the winning numbers and put a name to them.

The recipients of the Cabot Alumni Association Scholarships for the graduating class of 2014 were Timothy Mueller-Harder and Darren Celley. We would like to say congratulations to them and the rest of their class, and wish them all well in this next phase of their lives.

2014 Annual Meeting

CABOT ALUMNI ASSOCIATION

Saturday, August 9, 2014
Cabot School

11:30 a.m. Social Half-Hour
Noon Business Meeting
12:30 Lunch/More Social Time

Lunch tickets are $10
Make check payable to "Cabot Alumni Association"
mail to Cabot Alumni Association
c/o Iris Gilbert
955 Cormier Road
Danville, V 05828

On the agenda:
Using PayPal for dues and donations
School projects
Use of donation in honor of CAA Founders,
Marjorie Pike Greaves and the late Magaret Joyal Stevens Parent
And more . . . .

President: Iris Gilbert (Class of 1986)
Vice-President: Jessica Thomas (Class of 1986)
Secretary: Anne Domey French (Class of 1986)
Treasurer: Raquel Bigelow (Class of 1989)

Cabot's Newest Annual Event for Cyclists and the Community

By Cia Considine

It hardly seems possible that five years have passed since the Cabot Roamers biked their way from Cabot to the Maine coast. That was June of 2009. The trip was more than cycling 300 miles of hill and vale. New insight was gained into how people can make a difference in each other's lives and the value of a supportive community.

There were matched mentor/mentee pairs that trained together and participated in the bike trip, and there were also new bonds made between youth and adults that were unexpected, rewarding and the basis for long-term friendships and connection.

Since that time, the Cabot Connects Mentoring Program has grown and had much success due to the support of our benefactors and the community. Cabot Connects mantra is "Mentors Making A Difference", and that means both intentional mentor/mentee matches and the building of other relationships throughout the community, as well. The program leans heavily on people connecting by interests and activities that foster friendships. Still, the 'business' of having a mentor program does require some costs – background checks for mentors, group activity supplies and the modest stipend that is allowed for the Director and rockette of the program, Kathleen Hoyne.

The program relies largely on the generosity of its supporters and repeat benefactors that understand the value of mentoring in promoting healthy youth and a vibrant community. The program also relies on fundraising.

Prior to our first Cabot Ride the Ridges cycling event, program fundraising involved several small projects that were very time consuming. It was soon realized that a major, signature event should be employed to be the main fundraiser for the program. Dinners and dances were considered, but when having a cycling event, based on our Cabot landscape, was proposed, the cycling remnant of the Cabot Roamers were definitely excited for that! In addition, other bike riders from Cabot became interested in the idea, and soon the event committee was tripled, with all kinds of new and necessary event planning skills.

The first Cabot Ride the Ridges, though smaller in scale than other popular cycling events, was greatly enjoyed by the participants, whose enthusiasm spurred organizers to make Cabot Ride the Ridges the best cycling event it could be.

The recreational bike riding is mostly on lightly traveled dirt roads, with lofty panoramic views. There are four ride routes mapped. One is a 10k route up Houston Hill. It has a refreshment stop at the Long Field Goat farm. This ride is suitable for families, youth or anyone! The other three routes are 30k, 60k and 100k, that emphasize the ridges of Cabot with their signature scenic vistas. These routes feature a footpath along the historic Bailey Hazen trail, Cabot Plains, the shore of Joe's Pond and meandering country dirt roads. The longer routes have a small taste of hard-top for those long-haul bike touring types. Each route is marked clearly, and there are stations for refreshments and reflection along the way.

All rides finish at the Cabot Common, where a feast of local artisanal food awaits. This aspect of the event makes it a unique cycling/artisanal food/community celebration. Everyone is welcome to partake in the tastings that are plentiful and filling.

Thanks to our generous sponsors of food products, Cabot's Ride the Ridges offers
On-site wood-fired pizza from Woodbelly Pizza, Vermont Switchel, Homemade Pies made with apples from Burtt's Orchard. There will be fresh apple varieties to taste, too,- along with Kingdom Creamery Ice Cream, Kicking Horse Coffee, baked goods from Sweet B's and the New England Culinary Institute. And yes, there will be cheese. Artisanal cheese offerings of cow's milk cheeses from Jasper Hill and goat's milk cheese varieties from the Vermont Creamery. Nobody will go away hungry. The food will be served at the finish line on the Cabot Common starting at noon. Food tickets for non-riders (adults $10) can be purchased at the registration tent on the day. Again, everyone is welcome!

The Cabot Connects Mentor Program, as always, appreciates our supportive community and friends as we all work to sustain a successful mentor program that is making a difference.

Recreation Committee

By Michelle Delaney

Cabot Recreation Field

With the help of a crew of volunteers and the Town Garage staff members, the Recreation Department was able to lay sod over the middle third of the soccer field with money appropriated at Town Meeting for recreational field upgrades. We want to thank everyone who helped out. Without the volunteer hours and equipment, we could have only done a small portion of the field. Gravel Construction donated half of the top soil. The first half of the project totaled 600 volunteer hours, and many of those hours were put in by students. Way to go!

Fall Soccer

Please register your child entering K-6th grade for Fall Soccer. Sign up sheets are in the Town Offices or e-mail Michelle at mpsoccer2@aol.com to be e-mailed one. We need the numbers to be able to create game schedules.

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At the Marshfield School of Weaving.
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front porch forum™
HELPING NEIGHBORS CONNECT

Front porch forum has been a great resource for neighbors to communicate on the proposed all terrain vehicle ordinance in Cabot. Sign up, see what your neighbors are saying, and voice your thoughts.

Cabot front porch forum
over 400 members out of
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2,500 postings to date

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to sign up.

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TWIN VALLEY SENIOR CENTER

Twin Valley Seniors, Inc.

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You are invited to visit…

Cabot Evangelical Church

Meeting on Sunday Mornings at 10:00
Willey Building—Second Floor Meeting Room
Main Street—Cabot

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