



# The Cabot Chronicle

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Vol. 8, No. 10

P.O. Box 245, Cabot, Vermont 05647

October 2015

## Cabot School Board

Dear Cabot Community,

The School Board has been busy this summer, meeting with other boards and attempting to get a better understanding of Act 46 and what the implementation of the law will mean to Cabot School.

We've met several times with the Twinfield Board and continue to make progress in collaborative efforts, including financial and maintenance issues as well as the school calendars. It's been exciting to share ideas and find common goals between the two schools, and we have another meeting scheduled to discuss other areas of possible shared costs and responsibilities.

In addition, we've had the opportunity to visit with school board members of the Caledonia Central Supervisory Union schools (Danville, Walden, Peacham and Barnet). Brief introductions to each of our schools (including Twinfield) have shown our board the huge levels of difference that occur between our neighbors and Cabot. Collaboration within districts is quite distinct, and further discussions with CCSU will occur to determine if there is interest in going forward.

We will also be looking at other school districts surrounding the WNESU area to see if other partners are available for consideration.

Above all, the Cabot School Board's top priorities this year will be to continue fine-tuning the education we offer our students, as well as meeting the financial challenges mandated by the cap on spending from Act 46.

Act 46 will be an agenda item throughout the fall and winter, but we are committed to focusing on our students and their needs.

Please attend our meetings on the first and third Mondays at the School library from 6:00 to 8:00 p.m., or contact any one of the board members with your comments or questions.

Jackie Folsom  
Vice-chair, Cabot School Board

## Local Resident Featured On D-H Website

*Originally published on Dartmouth-Hitchcock Medical Center website. Used with permission of Dartmouth-Hitchcock 2015.*

### Wound Clinic Patient Makes Great Strides with D-H Care

When Diane Cochran was admitted to Northeastern Vermont Regional Hospital because of a mini-stroke she suffered at work, doctors noticed bandages on her feet and asked her what they were for. When she told them, they referred her to Dartmouth-Hitchcock's (D-H) Neurology Department and Alfred Barber, MD, to establish primary care. Dr. Barber immediately referred her to Dartmouth-Hitchcock Medical Center's (DHMC) Comprehensive Wound Healing Center.

That was in February 2014. Ever since, Cochran has dutifully been coming to the Comprehensive Wound Healing Center two to three times a week to treat her venous stasis ulcers.

The Comprehensive Wound Healing Center, established in November 2013, is an outpatient clinic located at DHMC, staffed by a specially trained team of physicians, nurse practitioners, physical therapists and certified wound care nurses. The Comprehensive Wound Healing Center offers specialized treatment of chronic and complex wounds by using the latest evidence-based clinical practice guidelines and best practice care pathways.

Lower extremity venous disease or venous stasis is the dysfunction in the valve pumping the fluid back up to the heart, causing pooling of fluid in legs, leading to edema/swelling, which leads to breaks in the skin/wounds.

"Venous stasis is when you have insufficient veins and incompetent valves in your legs. I started out with phlebitis – inflammation of the veins – and in 1987 I stopped having that and in 1992 I had my



Meghan Hill, RN, BSN, CWCN (of Dartmouth-Hitchcock), left, and Diane Cochran (of Walden's Corner Stop Inn Shop at South Walden Road and VT Route 15), right. Photo credit Dartmouth-Hitchcock.

first ulcer on my foot," Cochran says. "The ulcers would look like swelling and redness and then break open into a sore.

"It's been about 20 years I've been bothered with ulcers and I've tried all different treatments. I did whirlpool therapy and oxygen therapy, kept my wounds wrapped – the whole bit – and then my insurance company refused to pay for the topical hyperbaric oxygen treatments, so I just stopped going to the doctor and continued to dress the wounds myself (wet to dry dressings using saline-moistened gauze over the wounds) for 12 years, until my mini-stroke forced me to do something about it," Cochran says.

Before being treated at the Comprehensive Wound Healing Center, Cochran says it was painful to walk, and she had to take 12 pain relievers a day. When she first arrived at the clinic, she had to be pushed in a wheelchair.

Today, Cochran says she can walk around with no problem, doesn't need to take any pain relievers and rides up to 10 miles a day on her stationary bike.

Since her time at the Comprehensive Wound Healing Center, one of Cochran's wounds has had a 98 percent

reduction in surface area, and her other wound has had an 89 percent reduction.

"It's amazing the difference in how she gets around now," Meghan Hill, RN, BSN, CWCN, says.

Cochran travels an hour-and-a-half from Walden, Vermont, twice a week for her appointments with Hill.

"I don't think I've ever missed an appointment. If it's bad weather sometimes the doctors will say, 'It's OK Diane, you can stay home and come tomorrow,' but I'm always here. I have a list of people who I can call to bring me here," she says. "I'm committed to this. I can't see stopping. I enjoy taking notes and tracking my care. I keep notes of everything we do. When you go through something like this for such a long time, you kind of need that to make sure you're doing everything correctly.

"My care is wonderful here. I like everybody, everybody is knowledgeable. I've had Meghan the longest, and I like that I can have her all the time. She knows my wounds, she knows when something is different – she puts up with me," Cochran says.

"Diane's like our family, now," Hill adds. "She's pretty special."

## Cabot Selectboard

An update from your Selectboard on some of the projects and issues being addressed at this time.

### TOWN GARAGE PROJECT:

Construction began on the new town garage on August 17. Lajeunesse Construction, Inc., out of Barre, has set up a construction trailer on site and has several sub-contractors actively working on the town garage project. Progress to date includes:

1. Garage foundation has been excavated and concrete poured;
2. Salt shed foundation has been excavated and concrete poured;
3. Location for the "sand pile" has been leveled and sand is being stored on-site;
4. Well has been dug;
5. Septic "mound" system has been installed;
6. Temporary power has been brought on-site.

The following actions are scheduled during the month of October

1. Pour the garage floor, which will contain the infrastructure for "radiant" heat;
2. Erect the steel building, scheduled to arrive mid-October;
3. Continue exterior landscaping and infrastructure, e.g., roads & parking areas.

While the date for Substantial Completion is December 15, 2015, our goal is to have the building completed and ready for occupancy on/about December 1, if possible. Of course, the major driver which will dictate meeting this goal will depend in large part on the date the steel structure is delivered on-site. We'll keep you posted.

### GRADER AND EXCAVATOR:

The road crew reports that the new grader and excavator work extremely well. While learning continues to take place, this equipment is a great addition to the town's highway equipment inventory.

(See Cabot Selectboard, pg. 2)



## Cabot Apple Pie Festival

**Saturday, October 17, 2015**

**9:00 a.m. – 3:00 p.m. ~ Cabot School Gymnasium**

Annual Fundraiser for  
Cabot Historical Society  
For operating expenses  
related to acquiring and  
preserving artifacts related  
to history of Cabot, VT

Please support Cabot history and the community by attending, selling your crafts, donating to the silent auction or baking pies to sell. Consider entering your pie into the Pie Baking Contest - you could go home with a trophy. See ad on page 7.

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## REPORT FROM THE LEGISLATURE

By Representative Catherine (Kitty) Toll

Legislators in the off session assist with constituent requests, meet with local boards and groups, and continue to identify issues that need to be addressed when the Vermont State Legislature reconvenes in January. Typically, House and Senate committees rarely meet after adjournment in May, but due to continued slow economic gains, the chairs of the House and Senate Appropriations Committees have requested Appropriation Committee members begin informal budget discussions with department and agency heads. These meetings will focus on budgeting strategies for both the fiscal year 2017 and beyond. The discussions will concentrate on current challenges and opportunities and the process necessary to make deliberate choices ensuring a commitment to a long-term vision and strategies that are essential for sustainable budgeting. Increases in general government expenses and continued federal reductions consume a large portion of new state revenues needed to craft a balanced budget. In response to this on-going pressure, the Governor has issued a request to all agencies and departments to again level fund budget proposals for fiscal year 2017.

During the 2015 Legislative session, House and Senate members took several steps to address existing pressures causing imbalances in Vermont's future budgets. The intent of section 100.1 in the Budget Bill states that the fiscal year 2016 appropriations bill represents

the beginning of a multi-year process to align State spending and bring revenues and spending into long-term balance. The bill creates a special committee to look at long-term budgeting and asks that future proposals from the administration and from the legislature contain a multi-year analysis of costs.

Late in the summer I had the opportunity to attend the Council of State Government (CGS) Toll Fellowship Program. CGS was founded in 1933 by Henry Toll (no relation) as a non-partisan organization to serve all three branches of government to help state officials shape public policy. The Toll Fellowship program is sponsored by CGS and, through an application process, 48 officials are selected from across the country to attend an intensive six day program. A series of presentations and seminars designed to enhance the effectiveness of those serving in government was the focal point of the program. As a participant, I was also able to learn of challenges other states are facing and hear of some successes and failures experienced as state governments continue to feel the impact of the economy and implement strategies to bolster slow economic recovery caused by the recession.

I appreciate hearing from you. I can be reached by email: kittytoll@live.com or by phone at 684-3671. To get more information on the Vermont Legislature, and bills which have been proposed and passed, visit the legislative website: [www.leg.state.vt.us](http://www.leg.state.vt.us).

## Cabot Selectboard



Lajeunesse Construction began work on the Cabot Town Garage August 17. Since the contract was signed, tons and tons of earth have been moved and the project is beginning to take shape. Photo by Brad Alexander.

(Continued from page 1)

### PROPOSED VTEL TOWN INSTALLATION PROJECT ON WHITTIER HILL:

The Selectboard, through its Town Attorney, is now involved in the "Discovery" phase of the process before the matter is heard by a Hearing Examiner at the Public Service Board in October.

### WILEY BUILDING ADDITIONAL PARKING:

Richard Ducharme submitted the low bid to transform the recently purchased lot next to the Wiley building into additional down-town parking. Richard is currently relocating and rebuilding the stone wall, which will allow for expanded use of this area. The current plan calls for installing a gravel base this year, to be followed by new paving next year.

### CLOUGH LANE

(formerly Town Highway 30):

The Town received a \$10,000 grant from Better Back Roads to reconstruct former Town Highway 30, recently

named Clough Road by the Selectboard. This work was critically needed due to the rapid deterioration of the old road.

### SELECTBOARD MEETINGS:

The Selectboard meets on the first and third Tuesday of each month at 7:00 pm on the second floor of the Wiley Building. Everyone is welcome to attend Selectboard meetings. At the beginning of each meeting, following the approval of the Agenda and possibly one or two other administrative items, a PUBLIC COMMENT period is scheduled to allow anyone to speak on any non-Warned Agenda item. While no action will be taken on items presented in the PUBLIC COMMENT period, the Selectboard does hope that interested parties will let us know of your concerns, priorities, and possibly projects that you believe your Selectboard should be made aware of.

Thank you. Sincerely,

**Ted Domey, Fred Ducharme, Jeff Gabrielson, Bernie Shatney & Jack Daniels**

## For Weekly Articles on Cabot, Marshfield, Calais, Walden and Twinfield, Cabot and Walden Schools



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**Will Walters**

in

THE Since 1889 Hardwick Gazette

### 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.

If you have editorial questions or would like advertising information, call our office at 563-3338, visit our website, [www.CabotVermont.org](http://www.CabotVermont.org) or email us at [inbox@cabotchronicle.org](mailto:inbox@cabotchronicle.org). Letters and other inquiries can also be sent to: The Cabot Chronicle, P.O. Box 245, Cabot, VT 05647.



A rock wall behind the Wiley Building is being constructed by Richard Ducharme of Cabot, to enhance and shape the new parking area. Another completed project by Mr. Ducharme is on the Westervelt property (inset).

## The Cabot Chronicle

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

~ Mission Statement ~

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

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## COUNTRY COMMENTARY

Here we are and summer is almost over. Did we even have a summer? It didn't feel like much of one. Alas summer such as it is, is on its way out and autumn is soon to be here. Autumn, as you may already know, is my favorite time of year. Bright autumn skies and homemade baked apple pies and cool temperatures, and cool temperatures mean no bugs. The harvest is about to be ready and long awaited. I anticipate with great joy the trees all aflame in their fiery autumn colors, the deciduous trees at least, while the evergreens stay ever green, with the one exception, the Tamarack. The Tamarack is one evergreen that turns color, a muted gold, and loses all its needles. Strange but true, a deciduous conifer. There seems to be exceptions to all rules.

We make pear-apple cider at our house, and let me tell you, it is some kind of yummy. I can hardly wait for the apples and pears to ripen so we can cut them up for the cider press. Living simply doesn't mean living under the conditions of depravation; on the contrary, we eat well and have canned and dried foods that not many others would have, except for others who may also live simply and off grid. It seems so many other people these days are going off grid or at least growing their own food. Potatoes seem to be the most common staple to grow. The Irish lived eating mostly potatoes until the potato famine.

I love to talk with people who are learning how to grow and store their own food. It is nice to see people getting back to the land. There is something so rewarding in growing your own food-stuffs and preserving it. It tastes better and is higher in nutrients and they are far less processed than anything you could buy at the store, outside the many food co-ops throughout the state. Organic is the way to go, and we go! It isn't really very difficult; more time-consuming, perhaps, but not difficult. We pick the potato beetles and their larva off the potato plants, the same with the squash beetle. It may seem yucky, but I soon got over that part of things.

If we can't, for some reason, grow or make some food, we buy it at the co-op in Montpelier. We figure if we are going to eat healthfully then we might just as well go all the way. One can say, "It is too expensive to buy organic." But, I would have to counter with the fact that you don't get sick as often, and that saves on doctor bills and medications.

This year, I am learning about how to use medicinal herbs, and next year I

am going to grow more of my own, so, if I do need a cough suppressant, I can make it myself with lots less crap in it I don't need. I've been so excited to get started. I have tons of books, but I will need some supplies in the pantry before I can go off and make tinctures and tisanes and what not. Some people feel it is too iffy for them to try, and that's ok, I would never tell someone they have to do something. I think, though, that it will be a better winter if I can make my own medications from nature herself. I am thinking healthy, healthy, and healthier still, here!

Besides, learning a new thing, no matter what it is, as long as it is helpful and not hurtful, is a wonderful thing. Keeping the brain sharp is so very important, and learning new things is certainly a good way to go about just that. So, even if you do nothing else, maybe prepare to learn something new when winter finally hits us. There are so many things that could be learned, for instance; spinning yarn from roving, knitting, crocheting, quilting, doing crazy math equations in your head, felting, painting, playing an instrument, etc. Use your wild and vivid imagination or borrow someone else's, and come up with new things to learn, maybe learn with someone else or even in a group situation. They used to call these kinds of groups coffee klatsch. Sharing information and learning from one another was always a good thing. Some things from the past are coming back, and it isn't all bad, in fact, a lot of it is good. Getting to know your neighbors, helping each other out, exchanging goods and information, just as it was always meant to be.

Look, I am just going on.... The Front Porch Forum is a good place to perhaps put feelers out to start a group or coffee klatsch; it certainly wouldn't hurt and could be so much fun. Learning is fun and is open to all age groups; hey, some adults like to play Magic: The Gathering and Dungeons and Dragons. Family or community oriented things are happening in our own town, just check at the Library or even the Town Clerk's office, someone will be able to direct you. There is an awful lot of things that are free on-line, too. Just google!

I encourage you all to get involved, the rewards outweigh the efforts, and most of all have fun. Now, I am not telling you that you have to, but I certainly hope that you do!

In Peace and Unity,  
**Laura Lee Saorsa Smith**  
fizzigdragon@aol.com

## OBITUARIES & MEMORIALS

### Hattie Batten

Hattie (Ennis) Batten, formerly of South Cabot, Vermont, passed away in Canaan, NH, on September 4, 2015. She was the daughter of Ora and Jennie (Clark) Ennis and wife of the late Carroll Batten.

Graveside services were held Sunday, September 13, at the South Cabot Cemetery.



### Patty A. Sayers

Patty A. Sayers, 55, of Ayers Street, Barre, passed away on Friday, September 11, 2015, at Central Vermont Medical Center in Berlin.

Born in Uxbridge, MA, on November 9, 1959, she was the daughter of the late Irving and Myrlene (Boucher) Hewett.

Patty attended schools in Uxbridge, MA. In 1975, she came to Vermont with her mother, where they made their home with Wendell Wheeler. She attended school and was a graduate of Cabot High School, class of 1977.

After her schooling, she was employed at the New Hampshire Insurance Group and later was employed as an agent for over 30 years at Berg, Carmolli & Kent Insurance Co.

Patty was first married to David Sayers; they later divorced.

In 1988, she began her longtime companionship with Phil Clark, for 27 years.

Among her interests were playing softball, golfing, horseshoes, and she enjoyed spending quiet time and relaxa-

tion at Peacham Pond; but most of all, Patty enjoyed spending precious time with her family, friends and her special grandson, Jayden.

Survivors include her companion, Phil Clark of Barre; one daughter, Jessica Sayers, and her companion, Luke Garneau; one special grandson, Jayden Garneau, all of Graniteville, VT; three sisters, Linda Frabotta and Phyllis Hewett, both of Uxbridge, MA, Donna Hewett, of Barre, VT; Ron Hewett of Worcester, MA; Dennis Hewett of Douglas, MA; and Michael Hewett, of Uxbridge, MA; as well as many aunts, uncles, nieces, nephews, cousins and friends.

Besides her parents she was predeceased by one daughter, Chelsey Clark, and Wendell Wheeler.

A funeral service and celebration of Patty's life were held on Thursday, September 17, 2015, at the Barre Evangelical Free Church, with the pastor Neal Laybourne officiating the service.

Contributions in Patty's memory may be made to the Central Vermont Humane Society, P.O. Box 687, Montpelier, VT 05601. Arrangements in the care of the Pruneau-Polli Funeral Home, 58 Summer St., Barre.

### Shirley A. Lay

Shirley Ann (Carey) Lay, of Sutton, passed peacefully from this mortal coil on September 18, 2015, at the age of 87. She will be forever remembered as an indomitable woman with a no-nonsense, straightforward approach and a proud Irish spirit!

She was born on November 10, 1927, in Montpelier, VT, the daughter of William and Theresa (Failey) Carey. She married Nelson Lay in Montpelier on October 4, 1952, and together they raised five children, living in multiple Vermont communities including Bradford, Rutland and Waterbury Center, finally building their dream home in Sutton, where Shirley's favorite pastime (when she wasn't immersed in household chores) was tending her famously enormous gardens.

Shirley attended Catholic schools in Montpelier and, in addition to some of the finer points of disciplinary techniques for unruly children, she adopted the beautiful flowing handwriting of her nuns/educators. Her children always looked forward to her handwritten cards and notes, both for content and aesthetics. To augment household income, and undoubtedly to maintain her sanity, for she was a social creature at heart, Shirley worked at many different jobs over the years, eventually retiring from the Farmers Home Administration in Newport, VT, where she earned a reputation for hard work, fairness and frugality.

In addition to gardening, she enjoyed sewing, church functions, friends and family. She was renowned for her seemingly inhuman endurance when it came to churning out french fries in 90 degree weather at the Barton Fair in support of her church. She was a fiercely devout Catholic. She loved to spend time at the family camp on Lake Seymour and enjoyed (yes enjoyed) picking rocks and building jetties to make for a sandier beach. She loved her children. She loved her grandchildren. She loved animals; especially her dogs. She loved in the manner of her generation, which was not so much in words as deeds. She lived an active and full life!

She is survived by five children: Douglas Lay and wife, Kathy, of Newport Center, Maureen Russell, of Quechee, Theresa Lay-Sleeper and husband, Ron, of Cabot, Daniel Lay and wife, Staci, of Brunswick, ME, and David Lay and his partner, Shannon, of Danville; and eight grandchildren: Devin and Derick Lay, Morgan Russell, Ethan, Orion and Theron Lay-Sleeper, and Declan and Hannah Lay. She was predeceased by her husband, Nelson Lay, beloved brother, Francis Carey, and sister Margaret Larned. She is survived by her sister, Elizabeth Blouin, of Montpelier, and many nieces and nephews.

A funeral Mass was celebrated in Lyndonville Saturday, September 26, at St. Elizabeth Church, followed by committal services at the Sutton Village Cemetery.

Memories and condolences may be shared privately at [www.guibordfh.com](http://www.guibordfh.com). Services arranged by the Guibord Funeral Home of Lyndonville.

### ANNOUNCEMENTS FOR

The Cabot Chronicle

Please send us  
your announcements

- Births
- Weddings
- Memorials

Send to .....

[inbox@cabotchronicle.org](mailto:inbox@cabotchronicle.org)



## ADVICE FROM THE TREE WARDEN

By Roland (Slim) Payne

I went to the town forest a few times this month, and I picked out a place to turn around and marked out a new trail on the lower side of the path through the forest. There are a few more trails that can be made from the ones laid out at this point. The new trail I marked out now has to be cut out and marked as Cabot Recreation Trail (C.R.T.). Hopefully, the weather will cool some in a few weeks for better work conditions.

I watered the trees in the village in September, the first time this summer. I have cleaned out my Bush Honeysuckle and the same for Buckthorn. I didn't have much Buckthorn, but you have to keep after it, as birds and animals spread the seeds around.

Fall is upon us - enjoy it.



## Lamoille Valley Rail Trail First Phase Open



LVRT Opening Ceremony in West Danville. Photo by Paul Wade.

Seventeen miles are open between St. Johnsbury to Danville, celebrated at a ceremony in West Danville on August 29. When completed, the trail will offer 93 miles between St. Johnsbury and Swanton.

While the old Lamoille Valley Rail Road is now just a part of Vermont history, its footprint is a very exciting part of the state's future. The railway served as a vital east-west transportation corridor from 1877 until its closing in 1994. By the new millennium, after an exten-

sive review process, the State determined that a proposal from VAST to convert the railway into a four-season recreational trail was the best use of this important asset – and the Lamoille Valley Rail Trail was born. Currently a partnership of VTrans and VAST, managed by the Lamoille Valley Rail Trail Committee, is focused on the trail's rehabilitation and realization.

An interactive map can be found at <http://lvrt.org/interactive-trail-map/>.

## Recreation Committee

By Lynn Lehoe

**BIG THANK YOU** to Larrabee's Building Supply in Danville for their generous donation of wood, and the hardware to build the scoreboard down at the Cabot Recreation Field. Community members and students helped with the building and painting process. The finishing touches will be added soon!

**Cabot Recreation youth programs:**

- Soccer is in full swing. We have very full rosters this year, and it is wonderful to see so many children interested in playing the game. The pre-kindergarten-kindergarten and the grades 1 and 2 program are every Saturday morning. The kindergarten through second grade will be participating in a soccer jamboree at Twinfield on Saturday, October 3. Amber Graves is running the prek-k program and Julia and Allison Gulka is running the 1-2 program. Grade 3/4 soccer is being coached by Karen Alexander with the assistance of Laura Nally. Grade 5/6

soccer is being coached by Aaron Fuller. Both teams will be playing at the Twinfield Jamboree on October 3. The last game for both teams will be on October 16. For a list of additional games, please check out [cabotschool.org](http://cabotschool.org) and click on the athletics calendar.

Thank you to all the parents and community members that volunteered throughout this year's fall soccer program. Any help is greatly appreciated!

- The basketball program is being organized. There is an online sign up form, please sign your child up early. The hope is to start practicing around November 1. As always, if you are interested in coaching, refing, running the time clock, assisting a team, etc., or have any questions about youth sports, please contact me at [cabotcreation@gmail.com](mailto:cabotcreation@gmail.com). The program only runs if we have volunteers. The more volunteers we have, the better the program will run!

## VT Fish & Wildlife Seeks Bear Teeth from Hunters

The Vermont Fish & Wildlife Department is reminding successful bear hunters to make every effort to submit a bear tooth so wildlife managers can collect critical information on Vermont's bear population.

Teeth submitted by hunters are used to determine the ages of bears. Department staff use age and sex data to estimate the number of bears in Vermont and to determine the status and health of the bear population. Envelopes for submitting teeth are available at all big game check stations.

"Successful bear hunters have a real opportunity to give back to our management of this magnificent big game animal," said Forest Hammond, bear project leader for the Vermont Fish & Wildlife Department. "The premolar tooth we're asking hunters to extract is actually small and easy to loosen with a knife. Directions for removing the tooth are on the back of the envelope provided

by the check station, and a short video showing tooth removal is linked on our website.

Vermont has two bear hunting seasons. The early bear hunting season, which requires a special bear tag, starts September 1 and continues through November 13. The late bear season begins November 14 and continues through November 22. The limit for bears remains one per calendar year.

"Carefully regulated hunting plays a very important role in wildlife management by helping to control the growth of Vermont's bear population, now estimated at about 6,000 bears," said Hammond. "Minor fluctuations in the bear population will always occur due to changes in food availability, winter severity, and hunter success. Despite these fluctuations, we look at the long-term trends to manage for a healthy, robust population."

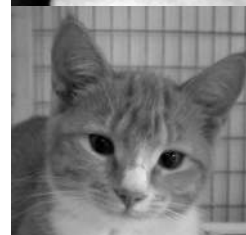


## Kingdom Animal Shelter

By Helen Morrison

### Three Sisters – Well, Four, Actually

Meet Quatre, Callie, and Ariel. They are three sweet and playful sisters who are about twelve weeks old. There is also a buff and white colored sister, Pinky, but we don't have a photo of her. The four of them entertain all the people and other felines at Kingdom Animal Shelter. Pinky has a heart murmur, but that doesn't slow her down one bit. And cats can live long and energetic lives with a heart murmur. Having two orange female girls at the shelter is a bit of a bonus. Most orange cats are male. Only 25% are female. Come in to meet Ariel, Callie, Quatre, and Pinky. You will need to steel yourself or you will want to adopt them all! An adoption counselor is at the Shelter Mondays through Thursdays, from 4-600 p.m., and on Saturdays and Sundays, noon to 3:00 p.m. We are located at 1664 Memorial Drive in St. Johnsbury.



▲ Quatre  
◀ Ariel  
▼ Callie



## Cabot Agriculture Network Horse Workshop October

By Sjon Welters

Karen Mueller-Harder will be offering a workshop in basic horse care on October 4 from 2-4:00 p.m. This workshop will show inexperienced horse enthusiasts how to interact with horses pleasantly and safely, and teach basic horse care, including grooming, feeding, and an overview of what's involved in owning a horse. You will also learn some terminology for parts of the horse and tack (saddle/bridles/etc.), and learn how to "tack up" a horse. There is no set age for attending, but participants need to be able to pay attention for two hours without a parent on hand,

and behave reliably around animals.

If you're interested in participating, or if you have questions about the workshop, please contact Karen at [karen@praxisworks.org](mailto:karen@praxisworks.org) (preferred) or 793-5617. Attendance is limited for safety reasons. She may offer a more intermediate-level workshop and/or a shorter session for younger kids (with a parent) in the spring if there is interest, so let her know if you'd be interested in either of those possibilities.

Cost is \$5.00 per person.

This workshop is a Cabot Agricultural Network program to involve residents of the Greater Cabot community in agriculture in its broadest sense.

## Girl Scout News

By Cecelia Gulka

Girl Scouts is off to great start! We held a very successful Kick-off and Registration on September 16. Nine new girls and two new adult volunteers have joined our troops. We are looking forward to new adventures and lots of fun with our new friends. The girls will start off the year with the Girl Scout Fall Product Sale. This is a smaller fundraiser than the cookie sale which will start in January. The girls will be asking family and close friends to order magazine subscriptions or purchase candy & nuts, to earn money to support their fall activities.

A Girl Scout Carnival will be held October 18 at the North Congregational Church in St. Johnsbury from 1:00 – 2:00 p.m. There will be games, prizes, popcorn and face painting. All Girl Scouts, their families and friends are invited to participate. Games are \$0.25 and all proceeds go to supporting regional activities for the girls.

Cabot Girl Scout in grades K – 5 meet in the 1 / 2 classroom at Cabot School two Mondays a month from 3:00 – 4:30 p.m. To register, go to [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org). For more information, contact Cecelia Gulka at [cgulka@fairpoint.net](mailto:cgulka@fairpoint.net).

## Lister Notes

By Cabot Board of Listers –  
Jeanne Johnson, Kate Chatot and  
Robyn Hall

Have you gotten rid of an outbuilding, removed a porch or torn down a section of your home? If so, you should let the Town of Cabot Board of Listers know. When you add to the structures on your property, your property value

goes up, and often your taxes go with it. However, if you tear something down, that may reduce your property value, which could have a downward impact on your property taxes. But only if the change is made on your property record card, and to do that, you have to tell the Listers. Give us a call at 563-3139 or email [lister@fairpoint.net](mailto:lister@fairpoint.net) to let us know.



## 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.

# The Flight of the Principal



By Dave Schilling

You may have noticed a giant balloon flying over the village during the Cabot School Board-sponsored kickoff BBQ. Here's the story: When I was 4 years old, my mom gave my dad a hot air balloon ride as a gift, thinking he'd get a kick out of it. Turns out, it was a huge kick - two years later, he had completed his pilot's license, and started his own balloon ride business. By mid-fall of my first grade year, my parents were called into the principal's office. "You need to help" the principal demanded. "David has issues with the truth. He insists to his teacher and classmates

that his parents have a hot air balloon, and that he flies around in it." My parents calmly explained that yes, in fact they did have a balloon, and yes I did fly in it. The principal sheepishly apologized.

It's now 33 years later, and since I started working at Cabot, I've always wanted to figure out the right time to bring this important part of my life to our school and community. On Tuesday night, the weather and my father's schedule lined up perfectly, so we decided just to go for it! It was so much fun to fly over the town, and I'm sure we'll have it back again for a science presentation during the year.



## Cabot Community Theater The Importance of Being Earnest Auditions

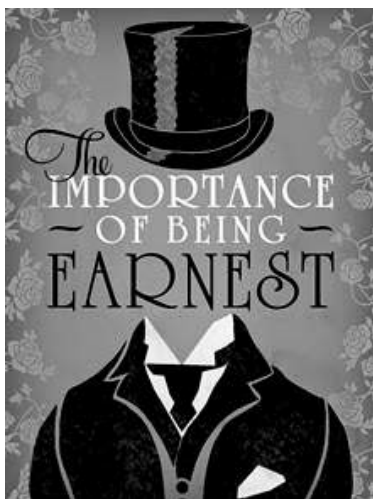
By Karen Mueller-Harder

Auditions for Cabot Community Theater's production of Oscar Wilde's "The Importance of Being Earnest" will be held Saturday, October 17, from 3-5:00 p.m. (right after the Apple Pie Festival!) and Saturday, October 24, from 10:00 a.m.-noon at the Cabot School Performing Arts Center. The production will be directed by Cabot's own Megan Walker, and performances will be in early spring. No preparation or appointment is necessary--you can just come and read from the script of this delightful comedy!

We welcome actors of all ages and levels of experience, though

this particular production has only a limited number of small roles. We will also be sponsoring an improvisation workshop series this winter to provide ample theatrical opportunities for everyone in the community; details will be announced in the November edition of the Chronicle, and on Front Porch Forum. We are welcoming, supportive, and inclusive, and we have a great time while producing high-quality theater.

If you need more information or have any questions, please contact the producer, Karen Mueller-Harder, at karen@praxisworks.org or 793-5617.



## A DIY Stain Remover That Works On Everything

Found online at Yahoo.com

### SUPPLIES:

- Dawn Dish Soap (the blue kind)
- baking soda
- hydrogen peroxide
- airtight jelly jar or plastic storage container

### INSTRUCTIONS:

**Step 1:** Mix one part Dawn with two parts peroxide in your chosen container.

**Step 2:** Then add 1-2 tablespoons of baking soda, making a paste. Add

more baking soda if too liquidy (yes, that's a word), or more peroxide if too thick.

### HOW TO APPLY:

**Step 1:** Pour generous amount of liquid onto stain. Using a toothbrush or garment brush, rub stain remover into stain. Be sure to do the same to the underside of the garment, where stain may have bled through. It is important to treat both sides of the stain.

**Step 2:** Let item sit for at least an hour (more for really tough stains), and then wash according to clothing label.

## Homework: National Debate, Local Effects

By David Schilling,  
Cabot School Principal

Each year, homework is a hot-button issue for schools across the country. Some students and parents report hours upon hours each night, while teachers many times state that what was assigned should have just taken a few minutes. Furthermore, high school with its multiple classes and teachers can be a huge shock for students used to fewer teachers and different philosophies at the elementary and middle school levels. At Cabot School, we are hearing many of the same issues raised nationwide in our small community. So... what's the answer?

To be very honest, we don't know, but we certainly need to find out. Research tells us that a good school is a transparent school; one that shares both challenges and successes with our community. On that note, I am writing to let you know what we're doing to get to the bottom of the homework issue for our students. While there may not be an easy answer, we certainly need to be well-informed, and come to an agreement schoolwide on both the purpose of homework, and a clear sense of the amount given. Here are some questions we'll be asking ourselves:

### Why are we doing it?

In a synthesis of research on the connection between homework and academic achievement spanning 1987-2003, researcher Harris Cooper found that there is no correlation between elementary homework and academic achievement. This doesn't mean it's bad, however... it teaches important study skills of time management, self-direction and responsibility. A teacher should expect homework to help students prepare themselves for high school and college, but not necessarily to better learn the topic at hand. At the middle and high school levels, however, there is strong proof that targeted practice helps with comprehension and academic achievement. With the exception

of college-level and AP classes, though, Cooper found that students shouldn't have more than two hours of homework a night, with the national average for high school being about six hours each week.

### How much are we giving?

One of my favorite quotes about education comes from John Taylor Gatto (himself a noted critic of schools), and includes: *(education should) furnish you with an original spirit with which to tackle the big challenges; it should allow you to find values which will be your road map through life; it should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whomever you are with...* "Gatto is advising us that we need to recognize the full lives our students lead, and the importance of activities outside of school. Cabot High School faculty will begin the discussion next week of how can we better align homework amounts across classes, as well as what can we do to build skills of planning, motivation and discipline?"

In short, school exists to teach students the skills necessary to lead full and productive lives, to overcome challenges, and to succeed in the postsecondary world. Homework plays a part in that success, but the simple amount given is only a small slice of the big picture. More important than "piling it on" is teaching students the time management skills to complete it, and making sure teachers communicate with each other about big projects and deadlines. I look forward to finding some answers. In the meantime, if parents have concerns about too much homework, the best place to start is an honest conversation with your child's teacher. I'm happy to sit in upon request.

For more information on the issue nationwide, NPR's Morning Edition just put together a great story - you can check it out at: <http://www.npr.org/sections/ed/2015/09/19/439472033/homework-a-new-users-guide>.



## Cabot Recycling Guide

**NEWSPAPERS, MAGAZINES & OFFICE PAPER (JUNK MAIL):** Can be mixed together - Includes catalogs, telephone books, glossy inserts and paperback books as well as colored paper, white paper, wrapping paper and junk mail. Any color or type of paper can be in this category **except** brown Kraft bags and boxboard.

**CORRUGATED CARDBOARD & BROWN KRAFT BAGS & BOXBOARD:** NO wax-coated cardboard, egg cartons, cardboard soiled with food waste or Styrofoam. Remove excess tape. Staples are OK. Please no strings, handles, or bags with plastic layers.

**TIN CANS:** Labels are OK. Flattening not required. Separate from aluminum cans (A magnet will stick to tin but not to aluminum). Please rinse.

**ALUMINUM CANS, FOIL AND FOOD TRAYS:** Labels OK. Flattening not required, please rinse. **Snack bags and candy wrappers are not aluminum foil!**

**GLASS (ALL COLORS):** Clear, green, blue, and amber bottles and jars. Please rinse. Dishes, window, mirror, ceramic, Pyrex and drinking glasses are acceptable: please rinse. **No** crystal, lids, metal or wood. **NO** light bulbs.

**#1 through #4 PLASTICS:** Look for the recycling number stamped on the

bottom of the container. Includes all labeled rigid plastic containers, **2 Gallon capacity or less.** Labels are OK. Please crush larger containers. Tubs and automotive product containers are acceptable as long as they are completely drained of fluid. Please rinse! **No vinyl siding, Styrofoam, syringes or medical devices - These items should go in with your regular household or bulky trash.**

**PLASTIC BAGS:** Any plastic bag that is labeled #2 or #4, or has been identified as such. Call for the current list of acceptable bags.

Please ask at the Depot about recycling other materials.

**Trash Drop off** — Fees apply — Please call for pricing.

**Cabot Recycling center is located at Saw Mill Rd.— off Route 215 in Lower Cabot**

**Saturdays 8:30 a.m. – 12:00 noon only**

**IF YOU HAVE ANY QUESTIONS – PLEASE CONTACT THE NORTH-EAST KINGDOM WASTE MANAGEMENT DISTRICT AT (802) 626-3532 or (800) 734-4602. On the web at [www.nekwmd.org](http://www.nekwmd.org), e-mail outreach@nekwmd.org.**

Ben Davis - 802-563-2341



# COMMUNITY CALENDAR

~ OCTOBER ~

## Thursday, 10/1

### Northeast Kingdom Fall Foliage Festival (NEKFFF)

**Peacham** 9:00 a.m.-3:00 p.m. Registration, Arts and Crafts Sale at the Town Hall. Exhibits at the blacksmith shop and historical house (homemade treat served). 9:00 a.m.-4:00 p.m. Library book sale. 10:15 Scenic bus tour. 11:00 a.m.-1:30 p.m. lunch at Peacham Elementary School. 11:00 a.m.-2:00 p.m. Northern Skies Observatory open. 2:00 p.m. Ghost walk. 4:00 p.m.-6:00 p.m. Harp music in church sanctuary. 5:00 p.m.-6:30 p.m. Dinner at church menu Spaghetti dinner, vegan and meat sauces, salad, garlic bread, apple crisp and ice cream. Information and tickets available at the door 802-592-3320.

## Friday, 10/2

**Barnet (NEKFFF)** 8:00 a.m.-11:00 a.m. Pancake breakfast with VT maple syrup and sausage in Barnet Center vestry. 9:00 a.m.-3:00 p.m. McIndoes Church Arts and Crafts sale will be in vestry and surrounding grounds all day. Wagon rides, will be given weather permitting. 10:00 a.m. bus tour of farms and scenic back roads. 11:30 a.m. Soup and sandwich lunch served. 1:00 p.m.-4:00 p.m. European coffee hour West Barnet church. 4:00 p.m. Ham dinner at the church. Information 802-633-4397.

**Art and Author Night** 6 p.m. at the Jaquith Public Library. Paintings by Janet Wormser, she creates radiance and beauty abstract, landscape and still life. 7:00 p.m. Readings with authors Susan and Peter Thomas. Susan will read from her collection of short fiction stories of mischief, longing, confusion and loss, mercy of our lives. Peter will read and have a discussion about the US military during the war in Vietnam.

## Saturday 10/3

**Oktoberfest** 4 Noon – 5:00 p.m. South Burlington to benefit the VT Foodbank. Magic Hat Brewery hosting its annual fall festival. A unique occasion to celebrate specialty VT food purveyors, sampling and selling their goods. Live music and outdoor beer garden serving fresh Magic Hat brews at the Artifactory in South Burlington, join this celebration.

**Groton (NEKFFF)** 8:00 a.m.-11:00 a.m. Lumberjack breakfast at the Methodist Church. Library Book Sale throughout the day 1:00 p.m. McLure's band will perform at the bandstand, Boy Scout #402 will serve a light lunch at the Food Court. 1:30 p.m. Annual parade and browse the Peter Paul Historical House during the day. Starting at 4:30 p.m. 4 seatings World Famous Chicken Pie dinner YOU MUST MAKE RESERVATIONS 802-584-3020. 8:00 p.m. participate with old fashioned hymn sing at the Methodist church.

**Stowe Oktoberfest** 10:00 a.m. Held in Stowe's Jackson Arena, is a Bavarian festival that has fun for all ages. From oompah bands to authentic German foods, pumpkin and face painting, even a kinderplatz for kids with a jumping house. Adults \$10.00, Children ages 9-20 \$5.00, little ones under 9 FREE with paid family member. Check out [www.stoweoktoberfest.com](http://www.stoweoktoberfest.com) or call 802-253-8506 with questions??

**6th Annual Bean and Brew** Noon-6:00 p.m. Jay, VT. Jay Peak's Stateside Base Lodge. Coffee and beer vendors, live music by the Funky Crustaceans and Hoopla, food, give-a-ways activities for children and adults. For \$20.00 you will get a commemorative pint glass and 12 draught tickets for sampling. Come on up to the mountain.

**Rocktober Fest** 9:00 a.m.-6:00 p.m. Morrisville on Portland Street is an all-day street party in downtown. Starts with a 5K run, puppet show for the children. Live bands and beer tent for adults 21+ and up, the beer tent samplings of Rock Art and Lost Nation ales. Live music starts at 11:00 a.m. with Chad Hollister, 6:00 p.m. with Seth Yacavone playing the last set. Live auction at 2:00 p.m., Come have a fun fall day and see what Morrisville has to offer. Head for 74 Pleasant Street, River Arts Building for demonstration of hand spinning 11:00 a.m.-1:00 p.m. again at 2:00 p.m.-3:00 p.m. Shadow Puppet Show 1:00 p.m. – 3:00 p.m. and 5:00 p.m. Open to all ages. More information 802-888-6373.

## Sunday, 10/4

**Marshfield Harvest Festival (NEKFFF)** 11:00 a.m.-3:00 p.m. FREE family-friendly activities, face painting, cider pressing, popcorn popping, crafts, art and nature activities, field games. Music from local bands and Chili Cook Off 11:00 a.m.-2:00 p.m. in our Chili tent, salad and cornbread will complement the chili. Adults \$8, \$4 children. Barbecue 11:00 a.m.-3:00 p.m. hamburgers from a local farm, hot dogs, veggie burgers and refreshments will also be for sale. Jaquith Public Library, Old Schoolhouse Common, 122 School Street, Marshfield. 802-426-3581 Sponsored by the Marshfield Historical Society.

**13th Annual Autumn on the Green** 10:00 a.m.-4:00 p.m. Danville's award-winning showcase of 100 vendors delicious food, artisans, unique arts and crafts, artists display wares and skills, musicians play, dowsers free demonstration a chance to wield a rod, cottage industries and businesses, amidst the spectacular views and colors of Autumn. Free and accessible. Contact Cheryl Linsley 802-684-2528.

**Dance, Sing, and Jump Around!** 3-4:30 p.m. An intergenerational fun afternoon; circle and line dances and singing games, all taught and called by Liz Benjamin. Live music by Kenric Kite and friends. Plainfield Town Hall Opera House (accessible), Route 2, Plainfield, VT. Suggested donation: \$5/\$10 per family, no one turned away! [merrykays@yahoo.com](mailto:merrykays@yahoo.com), [lizbenjamin64@gmail.com](mailto:lizbenjamin64@gmail.com).

## Wednesday, 10/7

**Classic Film Night** 7:00 p.m. 1974 film about Dr. Frankenstein's grandson. Director Mel Brooks. Stars: Gene Wilder, Madeline Kahn, Marty Feldman, Teri Garr, Cloris Leachman, Peter Boyle. FREE and at the Jaquith Public Library, Marshfield.

## Thursday, 10/8

**Meditation Group** 6:00 p.m.-7:30 p.m. Instructor Daria Babbitt will teach meditation techniques designed to reduce stress. Open to all. Cabot Public Library.

## Friday, 10/9

**Local Eats!!** A series about local food making. Come to the Jaquith Public Library for a new programming series that will showcase variety of small businesses that bring exceptional culinary delights. Hear their stories, work techniques, sample their creations. Upcoming dates include November 13 and December 11. Contact Jaquith Public Library for time of event.

## Tuesday, 10/13

**Tune in** to WGBR 91.1 or WGDH 91.7 FM at 9:30 a.m. Joseph Gainza will interview Karen Starr from Plainfield Coop Board and Rita Copeland, Executive Director of Twin Valley Senior Cen-

ter in East Montpelier. Participate by calling the station with questions for either guest speaker.

## Wednesday, 10/14

**Sauerkraut** 6:30 p.m. Shane Smith from Blackwell Roots farm will explain the process to making sauerkraut and other fermented vegetables. Samples provided. Cabot Public Library.

## Saturday, 10/17

**Cabot Historical Society's Apple Pie Festival** 9:00 a.m.-3:00 p.m. Admission is free. Held every year on the Saturday after Columbus Day in the Cabot School Gym. Six hour affair of pie making contests, artisan craft fair, silent auction, coffee and doughnuts, homemade award winning pies for sale, along with Schwan's ice cream or Cabot award winning cheddar cheese with a slice of pie. Chili, corn chowder, burgers, hot dogs and refreshments. Pie Contest has two divisions, one for adult, one for juniors (school age) many awards and prizes. Enter to win and come and enjoy. Pies must be made from scratch. Please contact Bonnie at 802-563-3396 about pie contest rules.

**Spay/Neuter Clinic**—Felines and Friends Foundation and VT-CAN at the Hardwick Fire Station on Wolcott Street. The surgeries are free to the public under a special grant that will soon expire. There is a small fee for vaccines (rabies and distemper for only \$15) and optional flea treatment. The public is invited to bring their cats between 8:00 - 8:30 a.m. and then pick-them up in the late afternoon, approximately 3:00 - 4:00. For more information: FFF Website: <http://www.fffvt.org/> and VT-CAN Website: <http://www.vt-can.org/home.php>.

**1st Annual "Start the Clock" Erg-a-Thon.** 9:00 -Noon. Green Mountain United Way will be hosting its first ever event at the Craftsbury Outdoor Center, 535 Lost Nation Rd, Craftsbury. Here is your chance to see how far you can row on the world renowned Concept 2 Indoor rowing machine. No experience necessary. Wear comfortable walking and running shoes. Minimum amount to participate \$25, but don't stop there, find out how you can raise the most money for GMUW. Prizes will be awarded to the top two individuals who raise the most money. Contact Beth for more information and rules 802-647-2148 or [gotwaveslb@gmail.com](mailto:gotwaveslb@gmail.com)

**Auditions for the "Importance of Being Earnest"** (right after the Apple Pie Festival) 3:00 p.m.-5:00 p.m. Come audition for Cabot's Community Theatre production of Oscar Wilde's delightful comedy directed by Megan Walker. Takes place at the Cabot School Performing Arts Center between the back of the gym and Cabot School.

**Harvest Dinner Buffet** 4:00 p.m.-7:00 p.m. Chef Adam Woogmaster of Goddard College will prepare a meal. Takes place at the Twin Valley Senior Center, East Montpelier. The dinner buffet will be by donation. Welcome reservations. There will be a raffle on a food basket. Sponsored by the Plainfield Coop.

**To top the exciting day in Cabot.** 7:30 p.m. Cabot Old Time Contra and Square Dance will be provided by David Carpenter and the Hull's Union Victory String Band. Dances will be taught to young and old, donation at the door for caller. So, come and enjoy a fun time evening at the Willey Building on Main Street.

## Sunday, 10/18

10:00 **Cabot United Church** will host the Adult and Teen Challenge and Gospel Choir from Johnson, VT, leading worship service with testimony and music.

**Robinsongs** 3:00 p.m. Dana and Susan

Robinson in concert in the Willey Building on Main Street in Cabot. American roots duo fresh from a summer on the road in the US and UK and newly settled in Cabot making their hometown debut with a program of old time fiddle and banjo tunes, folk songs and original compositions. Admission will be by donation at the door. A Cabot Arts production. Do not miss this!! You will be amazed by these two talented Cabot residents.

## Tuesday, 10/20

**Very Open Rehearsal** 7:00 p.m. with Evan Premo and Scrag Mountain Music. Unique opportunity to participate as performers rehearse music with the composer present. Find out more about Scrag Mountain Music contact [scragmountainmusic.org](http://scragmountainmusic.org) Jaquith Public Library Marshfield.

## Wednesday, 10/ 21

**New series** at Jaquith Public Library, 7:00 p.m. Who's There Film Series. Enjoy Anne Miller's selection of movies about identity. 1978 version. They have our very likenesses and memories but, that doesn't make them us, they make us them with actor Donald Sutherland.

## Saturday 10/24

**Final opportunity of auditions** 10:00 a.m.-Noon for the "Importance of Being Earnest". Come audition for Cabot's Community Theatre production of Oscar Wilde's delightful comedy directed by Megan Walker. At the CSPAC building in the back of the Cabot High School.

**Ski and Skate Swap**, Montpelier 9:00 a.m.-2:00 p.m. Montpelier High School, 5 High School Drive. Information 802-225-8699.

## Tuesday, 10/27

**Special Halloween Story Hour** 10:30 a.m. for the kiddies and parents at the Cabot Public Library. More information contact the library.

**Yoga with Alicia Feltus** 6:00 p.m.-7:30 p.m. Stretch, breathe, relax and experience your true nature. All levels welcome contact 802-563-3220 or [aliciafeltus@gmail.com](mailto:aliciafeltus@gmail.com) Willey Building, Cabot.

## Wednesday, 10/28

**Community Book Group** 10:30 a.m. "The Goldfinch" by Donna Tartt. Copies of the book will be available at the Cabot Public Library.

## Saturday, 10/31

**HAPPY HALLOWEEN!! BE SAFE!!**

~ ONGOING ~

**At Cabot Public Library:**

**Lego Club** Tuesday afternoons 3:00p.m.-4:00 p.m.

**Pathfinders** Fridays 3:00 p.m.-5:30 p.m.

**Pokemon Club** Saturdays 10:00 a.m.-noon. Call Ethan Socks for more information 563-2073

~ UPCOMING ~

**Sunday, November 1**, 3:00 p.m. Melissa Perley, cellist, of Berlin, VT has assembled the Dillon- Perley-Black trio for an afternoon of Mendelssohn's piano trio in D minor. Four movements separated by contemporary compositions and settings of Irish and Scottish airs, an adventurous and eclectic program at the United Church of Cabot. Supported by a grant from the Cabot Community Association.

**Saturday, November 14**, 5:00 a.m.-11:00 a.m. HUNTERS BREAKFAST at the Twin Valley Senior Center. Fred Ducharme and Scott St. John of Cabot will be making the biggest and best Hunters breakfast ever. Hunters and the public are all welcome to attend.

# CABOT VILLAGE STORE

## BBQ While You Still Can!

**Fresh Local Veggies**



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**ADDING NEW ITEMS EVERY DAY! THANK YOU FOR SHOPPING LOCAL!**

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3087 Main Street, Cabot, VT 05647 ~ 802-563-2291

Cabot Historical Society's



Sixteenth

Annual

## Apple Pie Festival

Saturday, October 17, 2015

9 a.m. - 3 p.m.

Cabot School Gym - Main St., Rte. 215, Cabot, Vt.

**FREE Parking on the Common FREE admission - Fun, family friendly event, lunch & plenty of apple pies for sale.**

### Apple Pie Baking Contests! Cash, Ribbons, Prizes

Pies MUST be entered by 10:30 a.m. Judging begins at 11 a.m.  
Entry fee - \$5, Adults - \$2.50, Youth OR donate a 2nd pie for the Historical Society to sell. (All pies are sold or auctioned after judging.)

**Silent Auction:** Donate small antiques, handmade items, or gift baskets  
Call: (802) 563-9996 or e-mail: Julie Ackermann ~ hardware@fairpoint.net

**Craft Fair:** Widely publicized event, draws a large crowd. Table space is \$30 (\$35 with electric) Call (802) 563-3396 to reserve space or e-mail: BonnieSD@Together.Net

Other info, e-mail: BonnieSD@Together.Net or call (802) 563-3396 or www.cabothistory.com

**WE WANT YOUR APPLE PIE!**

## Apple Pie Contest

at the

## Apple Pie Festival October 17

We look forward to our Sixteenth Annual Apple Pie Festival on Saturday, October 17, 2015. This event will be at the Cabot School gymnasium and the fun starts at 9 a.m. and lasts until 3 p.m. Admission is free. There will be fun for the whole family with a lunch bar, craft fair, silent auction, and pie contests for both adults and youths with cash prizes, ribbons and more. Pies are the heart of the event, and it's the perfect excuse to have pie for breakfast!

Claim your fifteen minutes of fame, and help the Cabot Historical Society raise operating funds to maintain two buildings and preserve a massive historical collection. Enter a pie in the baking contest for a chance to see your name on a trophy.

Pies must be entered by 10:30 a.m., so come early to be sure yours gets in the contest. There is a fee to enter: \$5 for adults, \$2.50 for youths, OR you can donate a second pie for us to sell. (All pies in the contest are sold or auctioned after judging.)

### FOOD SHARE AND FOOD DROP DATES

#### CABOT FOOD SHARE

Wednesday,  
OCTOBER 14  
Noon-2:00 p.m.

Wednesday,  
OCTOBER 28  
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?



#### Available for Cabot Residents

**MARSHFIELD FOOD DROP**  
Second Saturday of every month.

**SATURDAY,  
OCTOBER 10**

**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



## Call for Crafters Apple Pie Festival, October 17

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.  
Email Beth Hoffman at bethannhoffman@hotmail.com  
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

## Town of Cabot Zoning Board of Adjustment & Planning Commission

### Planning Commission Site Plan Review on application 2029

A site plan review is scheduled for October 1, 2015, at the Willey Building, meeting room, beginning at 6:30 p.m. on Application 2029 for Change of use for - Thrift Store and Coffee House. A site visit will be first on the agenda at 3075 Main Street.

### Zoning Board of Adjustment Hearing on application 2029

A Public Hearing is scheduled on October 19, 2015, at the Willey Building, meeting room, beginning at 7:00 p.m. on Application 2029 for Conditional use application for a Change of use, for - Thrift Store and Coffee House.

Karen Deasy, Zoning Administrator and Planner, Town of Cabot

## Heart of Vermont Chamber of Commerce

### FALL FOLIAGE CRAFT FAIR

Featuring Jewelry, Candles, Pottery, Clothing, Photography,  
Fiber Arts and other fine crafts.

**OCTOBER 3 9 ~ 4**

Elementary School ~ S. Main St. ~ Hardwick, VT

\$25 Shopping Spree Drawing

11 am ~ 1 pm ~ 3 pm

(You must be present to win)

The Heart of Vermont

## Town of Cabot Highway Department Road Crew Worker Vacancy

The Town of Cabot is seeking applicants to fill a position on the Town's Road Crew. This is a full time position with benefits and required overtime, especially during adverse weather. Applicants must possess a valid Vermont class B Commercial Driver's License and be available to begin as of November 1 2015. A full job description can be obtained at the Cabot Town Clerk's office (802) 563-2279 or at [www.cabotvt.us](http://www.cabotvt.us). Letter of interest and resumes must be received at the Cabot Town Clerk's office. Town of Cabot, PO Box 36, 3084 Main Street, Cabot, Vermont 05647. Cabot is an EOE.

Karen Deasy, Town of Cabot Road Commissioner

## Cabot Needs You CCA is Hiring



HIRING part-time Cabot Community Association Development Director.

If you're interested, email CCA at [cabot.community.assoc@gmail.com](mailto:cabot.community.assoc@gmail.com)  
or look for information and a link on Front Porch Forum.

## Interesting Cabot Volunteer Opportunity

Volunteer help with our "Second largest in the State" 4-County Free Food Share Free distribution program, statistics, interpretation, charting and scheduling. Join our volunteer team, you will have fun, feel good helping others, and earn an advanced degree in human compassion.

Email us at [admin@fiancp.org](mailto:admin@fiancp.org), Northern Communities Partnership, Inc., PO Box 157, Cabot VT 05647 or Find us on the web at [www.FIANCP.org](http://www.FIANCP.org)

## 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 17. We appreciate small antique pieces, hand-made 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, email Julie Ackermann at [hardware@fairpoint.net](mailto:hardware@fairpoint.net)

## DILLON-PERLEY-BLACK TRIO BRING "MENDELSSOHN AND THEN SOME" TO CABOT ON SUNDAY, NOVEMBER 1

Three of Vermont's premier musicians team up for an adventurous program of piano trios in which contemporary pieces and settings of Scottish and Irish airs will interlace the four movements of Felix Mendelssohn's well-loved Trio in D Minor. This eclectic recital will take place at the **United Church of Cabot on Sunday, November 1 at 3:00** as the second in this season's Cabot Arts production series.

Cellist **Melissa Perley** performs frequently throughout Vermont as a soloist and a member of the Five Corners String Quartet. She is passionate about introducing the cello into non-traditional settings, and her concerts often include music from non-classical genres. "Mendelssohn and Then Some" will feature Matthew Owens' *Elegy* (1991), *Libertango* by Astor Piazzolla, *Between* by trail-blazing folk-cellist Natalie Haas and two pieces, *Notturmo e Appassionato* and an arrangement of Carolan's *Si Beag Si Mor*, by Melissa's husband and fellow cellist Paul Perley. She recently created a performance series with Vermont photographer John Snell involving a slide show with unaccompanied cello collaboration. Melissa teaches at her studio in Berlin where she and Paul are the proprietors of Paul Perley Cellos.



Violinist **Sara Dillon** has performed with orchestras around New England. She won the 2009 Concerto Competition at her alma mater, the University of Rhode Island, where she was also the orchestra concertmaster. She is a school music director (and occasional choral director) and private teacher.



South Burlington pianist **Claire Black** received a masters degree in music performance from the Cleveland Institute of Music. She has appeared as a soloist as well as a member of the Cialde Quintet and the Elegua Duo. She has taught at the Oberlin Community Music School and the Cleveland Institute's Summer Sonata Festival for young musicians. Claire currently performs with the Vermont Virtuosi and other chamber groups.



The **Dillon-Perley-Black Trio** appears with the assistance of a generous grant from the Cabot Community Association. Their recital at the United Church of Cabot on Sunday, November 1 begins at 3:00 PM. Admission is by donation at the door.

## Family Contra & SquareDances



The Cabot Old Time Family Contra and Square Dance is held on the second Saturday of the month September to May, except the next dance is October 17, 2015 because of a scheduling conflict. The dance series is sponsored by the Cabot Library.

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 are invited to attend. There is a small donation requested to defray costs. For more information contact David Carpenter 802-426-3225 or email [samlyman@fairpoint.net](mailto:samlyman@fairpoint.net).



CABOT ARTS PRESENTS



**DANA AND SUSAN ROBINSON**  
New Songs of Rural America and Old Time Mountain Music

**WILLEY BUILDING (TOWN HALL)**  
3084 MAIN STREET CABOT  
3:00 PM SUNDAY, OCTOBER 18  
ADMISSION BY DONATION AT THE DOOR

"The sound and feel of bedrock America..."  
Frank Station, NPR The State of Things.  
"...rural America explored with elegant simplicity." Asheville, Citizen-Times

**NEW CD AMERICAN HORNSPIPE AVAILABLE NOW**

[WWW.ROBINSONSONGS.COM](http://WWW.ROBINSONSONGS.COM)

## Did I Hear \$5? Who Will Give Me \$10?



Larry Gochey auctions off fresh local produce, assisted by Amanda Legare, at September 10 Cabot United Church Harvest Dinner fundraiser. The Church Restoration Project is making steady progress, but there is still a long way to go. Support is appreciated from the community and beyond.

## Planning Notes

The Town of Cabot completed a project this past month with a \$10,000 grant from the Better Back Roads program. This grant allowed us to stabilize a section of river bank adjacent to Clough Road, Town Highway #30. Work needed to be done at this location to prevent washout of the road. This site was damaged back during the storms of 2011 - another long awaited project taken care of. We will be planning one or two larger scale projects each year in addition to the routine maintenance requirements. Next year look for work on West Shore Road and Porter Road.

September was also River Clean Up month around Vermont. Water shed management and Act 64 will become common conversation topics over the next year. This will be a recurring theme, balancing and preserving community infrastructure with improving river health, stabilizing river banks and channels with managing stormwater run-off. New state stormwater requirements and new permits will be a part of this plan.

Towns will be required to file a stormwater management plan for their individual town roads. The specific requirements and standards for this are being developed. More attention will be required to manage stormwater at the

point of discharge and not divert this water into the watershed. Erosion control and runoff will become more important elements to the work our Road Crew currently performs. The State and regional planning will be providing additional technical assistance and funding to help us manage and develop these plans.

Many Town wastewater systems will also be required to reduce phosphorus loads. Cabot is fortunate that we already meet the new EPA standard for phosphorus discharge. Down the road, wastewater management will be balanced on a watershed-wide basis.

The new EPA Total Daily Maximum Load (TDML) for Lake Champlain requires communities to all contribute. Point source discharge from wastewater treatment will not create the required reductions necessary. Other sources from control of farm run off on all size farms, to better stormwater management of our Town and State roads will all be necessary to reduce phosphorus levels as required.

If you have specific questions on stormwater management or flood resiliency measures being pursued by the town, please feel free to stop in, email or call. Karen Deasy, ZA Town Planner, [zacabot@fairpoint.net](mailto:zacabot@fairpoint.net) 563-2279

## Kittens & Cakes & Pies, Oh my!!

Kingdom Animal Shelter  
Invites you to a  
Dime-A-Dip Pot Luck

BRING YOUR FAVORITE DINNER DISH TO SHARE  
ON SATURDAY OCTOBER 17, 2015  
AT SOUTH CONGREGATIONAL CHURCH  
FROM 5PM TO 8PM

Here's how it works:  
For each spoonful of a dish, you pay 10 cents. What a deal!  
Finish off your delicious dinner with our

**PIE AND CAKE AUCTION**

by the  
INFAMOUS AND EVER-ENTERTAINING  
David Brook, auctioneer  
Music by Bill Tobin, Harpist extraordinaire



Available at the Cabot General Store

**RHAPSODY**  
Natural Foods

**Eggrolls BBQ & Teriyaki Tempeh  
Ricemilk Miso**

- Local and Organic -  
752 Danville Hill Road Cabot 563-2172

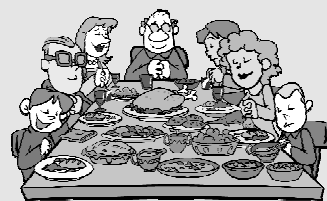
## Cabot Planning Commission Seeks New Member

By Gary Gulka

The Cabot Planning Commission is seeking to fill a vacancy on its five-member Commission. Current work involves completing a draft of the land use and development (zoning regulations) and involvement with other planning projects in collaboration with the Cabot Select Board and other town

boards. The Planning Commission usually meets the first and third Thursdays of each month at 6:30 p.m. Please send a letter of interest to the Town of Cabot, Attn: Cabot Planning Commission, P.O. Box 36, Cabot, VT 05647 or email to [ZACabot@fairpoint.net](mailto:ZACabot@fairpoint.net). Any questions can be directed to the Planning Commission Chair at 563-2284.

## MARK YOUR CALENDAR CABOT COMMUNITY CHRISTMAS DINNER CHRISTMAS DAY



Plan to order pickup or delivery or  
Join us onsite at Cabot School Dining Facility

If you have fixings to contribute in December, they would be appreciated, such as:

Potatoes, carrots, onions, squash, sweet potatoes, beets, cabbage

 FROM THE CABOT PUBLIC LIBRARY

## Programs

**Yoga with Alicia Feltus – Tuesdays, 6:00 – 7:30 p.m.**

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

**Meditation Group – Thursday, October 8 – 6:00 – 7:30 p.m.**

Meeting on the first Tuesday of the month, except October. **Daria Babbitt** has been teaching meditation for over 25 years and will introduce different meditation techniques designed to reduce stress. There will also be time for discussion about various healing techniques and inner spiritual growth. This workshop is open to all and donations are gratefully accepted.

**Tai Chi for Wellness - Thursdays - 10 sessions - September 3 - November 5 – 5:00 – 6:00 p.m.**

**Beginner tai chi:** Participants will be taught the Yang style-16 posture simplified form. Class will include stretching and loosening and exercises to improve balance and posture and a brief standing meditation. This is an ongoing class and it is best if students can attend most of the 10 sessions. Supplementary materials will be provided including internet links and teaching videos. You are welcome to come to watch, but drop-ins are discouraged. Free to the public. Optional donations (\$0 to \$10/per class) are welcome. It is requested that no outdoor shoes be worn on the wooden floors. Bare feet or clean indoor shoes are suitable. Wear loose fitting clothing. Classes are offered by Marsha Kameron. Please contact her at [marshakameron@gmail.com](mailto:marshakameron@gmail.com) for further information and to register. Class size is limited to 15.

**How to Make Sauerkraut - Shane Smith – Wednesday, October 14 – 6:30 p.m.**

**Shane Smith** from Blackwell Roots Farm will explain the process of making sauerkraut. Sauerkraut and other fermented vegetables will be available for tasting.

**Cabot Old Time Contra and Square Dance – Saturday, October 17 – 7:30 p.m.**

This dance series starts a new season of monthly dances on the second Saturday of the month September through May with one exception – October's dance will be October 17. All are invited. Music will be provided by David Carpenter and the Hull's Union Victory String Band. 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. There is a small suggested donation to help cover the cost of the caller. For more info, please call David Carpenter at 802-426-3225 or email [samlyman@sover.net](mailto:samlyman@sover.net).

**Community Book Group – Wednesday, October 28 – 10:30 a.m.**

Cabot Community Book group generally meets the third Wednesday of the month, with October being an exception. The theme this year is Pulitzer Prize winning books. October's selection is *The Goldfinch* by Donna Tartt. All are welcome to join in! Copies of the book will be available in the Cabot Public Library.

**Special Halloween Story Hour – Tuesday, October 27 – 10:30 a.m.**

All are welcome – Stories, games, and treats to celebrate Halloween and the fall season.

**Lego Club – Tuesdays in September – 3:00-4:00 p.m.**

All are welcome! We'll have Legos for you to build creations with.

**Pathfinders – Fridays, 3:00 - 5:30 p.m.**

The Pathfinder roleplaying game puts you in the role of a brave adventurer fighting to survive in a world beset by magic and evil! Join the group - all are welcome.

**Pokemon Club – Saturdays, 10:00 – noon**

All are welcome – bring your own cards if you have them, but not necessary. Call Ethan Socks for more info at 563-2073.

**Thank You!**

Thanks so much to Helen Morrison, Grannie Snow, and all the folks from Kingdom Animal Shelter for a fun evening of stories about cats. Many thanks to Will Talbert, Lily Talbert and Stef Burt for helping during our cleaning week, Mary Lou DeLacy for help with shelving books and to Amber Bothfeld, Kristi Jemtegaard and Beth Wade for their help with weeding projects. Your help is much appreciated!

 **Cabot Library Reminders:**

- Tuesday 9:00 a.m.-6:00 p.m.  
\*\*Story Hour at 10:30 am\*\*  
\*\*starting September 1\*\*
- Wednesday 2:00 a.m.-6:00 p.m.
- Thursday 9:00 a.m.-6:00 p.m.
- Saturday 9:00 a.m.-12:00 p.m.
- Closed Sunday, Monday & Friday
- **ECHO Pass** – Allows up to 2 adults and 3 youths, \$4 each admission price, into the ECHO Lake Aquarium and Science Center in Burlington.

**See you at the Library!**  
Kathleen Hoyne

 **TWIN VALLEY SENIOR CENTER**


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

**By Rita Copeland, Executive Director**

A change at Twin Valley Senior Center (TVSC) is taking place: beginning November 1, 2015, TVSC is increasing our request of donation for meals. We presently ask a donation of \$4.00 for those age 60+ and under 60 a donation of \$5.00. Our Meals on Wheels donation request is also \$4.00. The last time that TVSC raised the donation request from \$3.00 to \$4.00 was the year 2011. At TVSC, we have tried very hard not to have to take this route but, as I am sure you are very aware, expenses always increase. It is the same way at the Center with our food purchases.

Our donation of meal request will change for age 60+ to \$5.00 and age 60 under \$6.00. The Board of Directors and I as Director want you each to know that all donations are very confidential and that no one at the Center or a Meals on Wheels recipient will ever be turned away because of inability to donate. The staff and the volunteers work very hard to make TVSC a place that you can take part in and be very proud of. We want the Center to be intergenerational, with everyone coming together, joining activities, sharing food, and lots of fun. Please stop in anytime just to see what goes on at the Center. Everyone is welcome!

Mark your Calendar!!!! A fundraiser for Twin Valley Senior Center sponsored by the Plainfield Coop on October 17 from 4:00 to 7:00 p.m. at TVSC, 4583 US Route 2, East Montpelier. The Plainfield Coop has also collaborated with the Center by giving us a monthly credit from the Coop.

The Harvest Dinner Buffet by Chef Adam Woogmaster of Goddard College will consist of all our local fall vegetables and ham, plus apple pie and cheese for dessert. We are very grateful to the Coop for helping support the Center - which they feel, as we do, is a valuable

service to the six communities we serve. The dinner buffet will be by donation. We always welcome reservations for the dinners, as it helps with the meal planning, but we will be sure there will be plenty of food available, and above all, we hope you will come and support the Center. We will have a raffle on a food basket, but final details are not available as this goes to press.

October 13 tune your radio to Goddard Station **WGDR-WGDH 91.1 and 91.7 FM** at 9:30 a.m. and hear Joseph Gainza's interview with Karen Starr from the Plainfield Coop Board of Directors and Rita Copeland, Executive Director of Twin Valley Senior Center. They will be talking about their collaboration and the Harvest Dinner sponsored at TVSC by the Plainfield Coop. Learn about both of these entities and have an opportunity to call them and ask questions of them.

TVSC would like to thank Dick Payne and Fred Ducharme, who are stepping down from the Twin Valley Senior Center's Board of Directors. Both Fred and Dick are from Cabot. Their dedication to the Center has helped make the Center continue to grow as a valuable service to the six towns we serve. We hope they are proud of all they have done to serve the Center. The Board will truly miss your input and dedication.

TVSC also would like to welcome from the Town of Plainfield Pat Boyle and George Cushing, who have stepped forward to volunteer to serve on the Board of Directors. Their willingness ensures that the Center remains an organization that can continue to provide services to the six communities. The BOD applauds and welcomes each of you to the Board. We know your knowledge and input will only make us become stronger as we move toward the future.

**WE ARE GETTING READY!** November 14, 5:00 - 11:00 a.m. The biggest Hunter's Breakfast around. TVSC is on a mission this year, with some added help from Fred Ducharme and Scott St John of Cabot, joining Rita to make this the biggest and best Hunter's Buffet ever. So, as you sight in your rifles, be sure to sight in Twin Valley Senior Center's Hunter's Breakfast Buffet. We **PROMISE** no running out of food, we will be ready for all hunters, and of course we welcome the public. **WE WILL KEEP THE FOOD FLOWING.**

Don't let the word Senior Center mislead you. Twin Valley Senior Center is for all residents of all ages. We welcome newcomers to join us for all our activities. All our Healthy Living programs are for anyone out there that would like to join us free of charge. We encourage anyone to come join us for our lunch time meal at 12:15pm each Monday, Wednesday and Fridays. We have activities on all three of these days and our doors are open to anyone. If you have questions please feel free to call 223-3322 for more information and please feel free just to drop by.

TVSC is still asking for a commercial vacuum cleaner and floor polisher if you have one available that you no longer need. We have two wonderful volunteers that do our floors and rugs weekly and these two items would be very beneficial to the center and help make their work easier. Please call 223-3322 or email [Twinvalleyseniors@myfairpoint.net](mailto:Twinvalleyseniors@myfairpoint.net).



4583 U.S. Route 2  
East Montpelier

[TwinValleySeniors@Myfairpoint.net](http://TwinValleySeniors@Myfairpoint.net)

**802-223-3322**

Serving: Cabot, Calais,  
East Montpelier,  
Marshfield, Plainfield  
& Woodbury

**TWIN VALLEY SENIOR CENTER**

- Free Door to Door Transportation
- Free Tax Preparation
- Health Clinics
- Medical Equipment to Borrow
- Monthly Newsletter
- Meals – Every Mon., Wed. & Fri. 9 am-2 pm
- Bingo & Games
- Exercise-Bone Strengthen & Tai Chi
- Entertainment, Parties and Celebrations
- Volunteer Opportunities
- Donations & Contributions always appreciated
- Gift Certificates
- Dietician-approved Meals on Wheels for homebound & disabled residents. No physician orders needed. Call 223-3322 and ask for Rita.

# E911

## HOUSE SIGNS

### ONLY \$10



Emergency 9-1-1 house number signs assist emergency services (police, firefighters, paramedics) in quickly locating the correct address in an emergency, when time is precious. These house signs are designed to provide maximum visibility/readability and meet E-9-1-1 emergency house sign specifications. They also help others (postman, UPS, Fedex, taxi, florist, and your nearsighted cousin Tilly) that want to quickly identify a particular street address, especially at night. They are simple, attractive, durable and easy to read. The Cabot Fire Department purchased material to make these signs and will make up yours for only \$10 while materials last. Contact Skip Bothfeld at 563-2715 to place your order.

# Vermont's Northeast Kingdom Annual Fall Foliage Festival September 28 - October 4, 2015

The Northeast Kingdom Fall Foliage Festival brings a piece of "Old Vermont" to life for visitors with local crafts, hymn sings, band concerts, church suppers, historical tours and the most beautiful fall colors you have ever seen. Seven unique festivals are held over seven consecutive days, now over 50 years running. The communities of Walden, Cabot, Plainfield, Peacham, Barnet, Groton and Marshfield invite you to come celebrate rural Vermont in all of its splendor.

## THURSDAY, OCTOBER 1, PEACHAM

Welcome to Peacham! Arts and crafts sale, 9:00 a.m. to 3:00 p.m. at the Town Hall. Tickets for lunch, ghost walk and dinner available. Lunch at the Elementary School from 11:00 a.m. until 1:30 p.m. (\$7. Spaghetti supper in the church social hall, seating at 5 and 6:30 p.m. Meat or vegetarian sauce, salad, garlic bread, homemade apple crisp with ice cream, adults \$10, children \$5, under 6 free. Tickets available at the door. Coordinators are Marilyn Magnus 802-592-3320, Sally Goss 802-563-3113, Sharon Fuehrer 802-592-3326.

## FRIDAY, OCTOBER 2, BARNET

Come to the Barnet Center vestry for a pancake breakfast, including Vermont maple syrup and sausage (8-11:00 a.m.). A soup and sandwich lunch is served starting at 11:30 a.m. at the McIndoes Church. A European Coffee Hour will be open from 1 to 4:00 p.m. at the West Barnet church. Enjoy

a ham dinner (\$10) at the Barnet Center vestry, starting at 4:00 p.m. and continuing until all are served. For reservations/info, contact Bob at 802-633-2242. On the day of the event, call 802-633-4397.

## SATURDAY OCTOBER 3, GROTON

Join us in Groton for our Festival Day. Start with a Lumberjack Breakfast in the Methodist Church from 8-10:00 a.m. Our annual parade starts at 1:30 p.m. This will be our 60<sup>th</sup> year of serving our World Famous Chicken Pie Supper! Serving times are 4:30, 5:30, 6:30 and 7:30 p.m. Tickets are available at \$10 for adults and \$5 for children under 12. It is seriously recommended that you make reservations ahead of time. Take out dinners also are available. Contact Peter Lyon, 848 West Shore Drive, Groton, VT 05046 (phone 802-584-3020).

## SUNDAY OCTOBER 4, MARSHFIELD

Marshfield Harvest Festival from 1:00 a.m. to 3:00 p.m. Free Family Friendly Activities. "Chili-Cook-Off" 11:00 a.m. - 2:00 p.m. in our "Chili Tent", and then vote for your best tasting chili, and the cook will win a prize. Salads and corn bread will complement the chili. \$8 adults, \$4 children. Barbecue if you don't like chili! Hamburgers from a local farm, hot dogs and veggie burgers will also be for sale. At the Old Schoolhouse Common, 122 School Street, Marshfield. For information call 802-426-3581.

# The Outside Story - Lead Bullets

By Dave Mance III

Mr. Trefry was my seventh grade industrial arts teacher and an avid fisherman. He showed me how to cast lead jigs, which I used over the years to catch a pile of perch. Trefry was paranoid about lead; he told all his students that when he was young he did all sorts of stupid things with metal, and that we shouldn't follow in his footsteps. Biting lead split shot closed with your teeth, for instance, was a dumb idea because no amount of lead is safe to ingest.



After his pep talk I mostly stopped biting lead split shot closed with my teeth. But I still used it to fish, partly because the little sporting goods store where I bought fishing tackle didn't start selling steel sinkers until the lead ones were banned in the 2000s, partly because the frontal lobes of my brain hadn't developed enough to facilitate sober second thoughts, partly because I hadn't yet developed an environmental ethic that allowed me to think beyond myself - of the waterfowl and snappers and all the other creatures who don't have kindly metal shop teachers telling them not to put lead in their mouths.

Fast forward to me at almost 40, and I'd like to report that I'm a completely enlightened example of lead-free eco-responsibility. But it's not true. There's no more lead in my tackle box, and my bird shot is steel. But the drawer of my gun cabinet is full of lead bullets. My .22, my .243, my 30-06, and my muzzleloader all lob lead. Part of this is because the little sporting goods store I patronize doesn't dependably carry non-lead bullets. But part, I guess, is that it just hasn't seemed like a big deal to me.

Then, this week, a writer submitted a story on lead exposure in vultures. *Environment International* published a study earlier this year where researchers measured lead levels in 108 turkey and black vultures, and every one had chronic levels of anthropogenic lead in their bones. They don't know the cause or causes, but one hypothesis suggests that hunter-killed carrion could be a contributing factor. How much lead could there possibly be in a carcass or gutpile? I wondered, then came across this study done by the Minnesota DNR. The researchers euthanized some sheep, then shot them, then x-rayed the meat to check for lead fragments. In the most extreme case a single bullet fragmented into almost 500 pieces, and

some were as far as 14 inches from the wound channel. I don't know how I missed all of this in 2008.

If, like me, your first thought is: oh crap, my family eats a lot of venison, it's important to note that this science, like all science, needs to be taken with a grain of salt. While a follow-up study that tested for lead exposure in humans who ate a lot of venison found slightly elevated levels of lead versus the control, none of the venison-eaters had levels that were considered dangerous. The big

thing to chase the sheep study with is the fact that rural people have been using lead bullets for generations and eating a lot of game meat and living long, healthy lives.

But it seems to me that there is something worth knowing here. My take away is that I probably haven't been trimming venison scrupulously enough. And if I were a woman who was pregnant or trying to get pregnant, or a parent who had a small child, I would think twice before shooting a deer with a lead bullet that might fragment. And because I care about the raptors and corvids and bobcats and foxes and fishers and coyotes and everything else that might be picking at a lead-tainted gutpile, why the hell am I using lead bullets anyway? *National Geographic* reported in a story last year that at one rehab center in Washington state, more than half of the 96 bald and golden eagles that were admitted had lead levels that were considered toxic.

I went to a different gun shop last night that carried non-lead bullets, and bought a box of CCI .22s, a box of Barnes .30-06, and placed an order for Barnes .243s. The copper bullets cost about 50 percent more than basic lead ammo, so I was able to go lead-free for about the price of a tank of gas. According to everything I've read online, there shouldn't be any performance drop off. Going forward, I won't have to worry about exposing my three-year-old nephew or the turkey vultures we see each spring near the ledges behind camp to lead. As I was leaving, I wondered why I hadn't made the switch sooner.

*Reprinted with permission from Northern Woodlands News electronic newsletter, available online at www.NorthernWoodlands.org.*

## Cabot Senior Housing Planning Ahead



Cabot Senior Housing on Glinka Road has now been open and occupied for nearly ten years. Some people may not realize what the housing has to offer.

- Eight apartments, seven affordable, one market rate - (six one bedroom, two two-bedroom).
- Each apartment is accessible, has a full kitchen with a full sized fridge, stove, and lots of cupboard space.
- Full bathroom.
- Dining area, bedroom (or 2), living room, deck (6), porch (2). Each apartment has access to the outdoors from the front and from the back.
- There is a large common area including laundry, bathroom, full kitchen, function area with comfy chairs, tables for puzzles and eating, plants, exercise program. The common area can be reserved for family or special events. The common area also has a large deck.
- There is a solarium on the east side with lots of windows and sunshine, plants and comfortable chairs.
- Mail is delivered on site.
- Each unit is assigned a section in a storage building.
- Trash and recycling is picked up.
- There is a raised bed garden plot for each apartment.
- The front, east side, provides parking and a covered walkway along to front to provide weather protection for access to the common areas and other apartments.
- There are many support services in Central Vermont to help residents maintain an independent living status.
- Cabot Commons is locally owned by Cabot Commons, Inc. It is managed by the Central Vermont Community Land Trust in Barre. Applications are available from [www.cvclt.org](http://www.cvclt.org) or 802-476-4493.
- Cabot Senior Housing is fully occupied but maintains a wait list. If you or a family member are thinking that supported living might be in your future, you can apply now and get the paper work out of the way. Approved applicants are not committed to moving in when an apartment is available. Applicants maintain their wait list position through three offers of open apartments.

Cabot Senior Housing provides a spacious, local, pleasant source of supported senior housing. Feel free to contact local board members, Judy Pransky—563-2730 or Susan Carpenter—426-3331 for more information.

## Equipment Sale

The Town of Cabot is accepting sealed bids for the sale of the following items. All items are sold as is:

| Item | Description                                         |
|------|-----------------------------------------------------|
| 1    | Flink dual auger sander                             |
| 2    | Land pride 3 point hitch parallel arm rotary cutter |
| 3    | Kuhn gmd44 disk mower 3 point hitch                 |
| 4    | Kuhn gmd400 disk mower 3 point hitch                |
| 5    | Allied model 595 tractor loader                     |
| 6    | 1965 Ford 600 series tractor model 640              |
| 7    | 1999 Belarus tractor 4wd with cab model 9345        |

Please clearly indicate item and bid price. The Town reserves the right to reject any or all bids. Equipment will be available to view at the recycle center on Sawmill Road in Cabot on Friday, October 2, from 9:30-11:30 a.m.

Sealed bids must be received by 4:00 p.m. Tuesday, October 6.

Town of Cabot  
3084 Main Street  
PO Box 36  
Cabot, Vermont 05647

# LOCAL DIRECTORY

## ACCOUNTING & FINANCIAL

 **Hazel M. Greaves**  
Income Tax & Bookkeeping Services  
E-Filing Returns/Prompt Refunds  
27 Dow Drive-Walden  
E. Hardwick, VT 05836  
Telephone (802) 563-2332  
Fax (802) 563-2601

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**M. STUART & ASSOCIATES, INC.**  
DENISE STUART ~ MICHAEL STUART, CPA

Certified Public Accountant  
and Business Consultants  
156 Daniels Road, PO Box 908  
Hardwick, VT 05843  
802-472-6192  
denise@mstuartassociates.com  
michael@mstuartassociates.com

8/14

## CONTRACTORS

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sjon@rhapsodynaturalfoods.com  
www.rhapsodynaturalfoods.com

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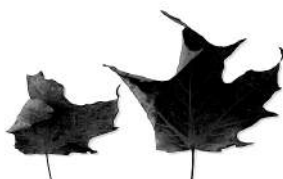
Plowing and Snow Removal  
Call: 802-563-2397 or 802-274-6646  
Email: [CodlingMB@Fairpoint.net](mailto:CodlingMB@Fairpoint.net)  
www.CabotHeights.com

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### Cedar Brook Farm

Brush Hogging & Cedar Fence Posts  
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Anthony Palmiero ~ 802-274-2955  
East Calais, VT  
ajpalmiero@gmail.com

10/14



## SERVICES

### HARDWICK Veterinary Clinic

Andrea Gilbert, D.V.M.  
64 N. Main St., P.O. Box 760  
Hardwick, Vermont 05843  
(802) 472-8400  
info@hardwickvet.com  
www.hardwickvet.com  
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## SERVICES

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426-3025

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### Eaton Hill UPHOLSTERY

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1-802-684-2141  
[melodyfarm1@myfairpoint.net](mailto:melodyfarm1@myfairpoint.net)  
Owners: Eric Brinkerhoff  
& Pamela Hurst-Brinkerhoff

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### LLOYD PLUMBING

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P.O. Box 92, Cabot, VT 05647  
802-426-2092  
[lloydplumbheat@gmail.com](mailto:lloydplumbheat@gmail.com)

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## YOUNG'S

Property Maintenance  
Spring Clean-Up  
Painting - Interior & Exterior  
Lawn-mowing - Security Checks  
House Cleaning  
References Available  
802-563-2282 or 802-249-3002  
[youngslivestock@yahoo.com](mailto:youngslivestock@yahoo.com)

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**The Cabot Chronicle**  
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Put your business here.  
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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

**CCCA**  
CABOT COMMUNITY ASSOCIATION

P. O. Box 245  
Cabot, VT 05647  
Office located in the Willey Building

**802-595-7710**

[cabot.community.assoc@gmail.com](mailto:cabot.community.assoc@gmail.com)

To reserve signs, tables or inflatable's,  
call 802-595-7710 and leave a message.  
It is the mission of the Cabot Community Association  
to enhance the quality of community life for those  
visiting, residing, or doing business in Cabot.

CCA Provides administrative and other support services for:  
The Cabot Chronicle  
Cabot Ride the Ridges  
Cabot Church Renovation Project  
Cabot Agricultural Network  
Cabot Communications Committee  
Cabot Arts  
Cabot Community Theater  
Northeast Kingdom Warriors Soccer  
Cabot Community Christmas Dinner

Board Meeting Dates:  
October 28, November 18, December 16, 2015;  
January 27, February 24, 2016

Cabot Community Association is a 501 (c) (3) organization, and can assist volunteer organizations with their financial management obligations and providing the benefits of IRS nonprofit certification, which enhances some fundraising initiatives.