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Cabot's New Town Garage

New garage, salt shed and fire pond are at 2691 South Walden Road.

An update from your Selectboard on some of the current projects and issues:

TOWN GARAGE PROJECT:

WE DID IT; the Town of Cabot now has a spanking new Town Garage thanks to the efforts and hard work of so many people, both in and out of Cabot.

First, a special shout-out must go to the Town Garage Working Group who have diligently worked on this project for almost three years. Please thank the following individuals when you see them: Rusty Churchill, David Pike, Aldo Nunn, Karen Deasy, Brad Alexander, Ted Domey, Bernie Shatney, Fred Ducharme, Jeff Gabrielson, and Jack Daniels, who attended tons of meetings and traveled hundreds of miles during their quest to build the best garage possible for Cabot. After all, it needs to last at least 150 years!

Special thanks must also go to John Daley from the Agency of Natural Resources who provided technical expertise throughout the process. John was with us every step of the way and we can't thank him enough.

Most importantly, without the assistance of the outstanding folks working in the Agency of Commerce and Community Development (ACCD), we would not be celebrating a new Town Garage today, as without the $700,000 CDBG – D/R grant, this project would not have happened. While there are too many folks in ACCD who supported our efforts to name, we can state unequivocally that without their help, and at times, encouragement, we would not have continued with the complicated and complex process to obtain the necessary grant funding. These folks represent the best of Vermont state government, and we need to recognize their tremendous contributions to our project.

Thanks, also, to the Vermont Agency of Transportation, that provided a $50,000 grant toward the completion of the new salt shed. This would not have happened without their support.

We would also be remiss by not recognizing and thanking Lajeuness construction out of Barre for the tremendous job they have done building the new facility. They have been a great partner throughout the this project. And, our clerk-of-the-works, Brad Alexander, has also done a fantastic job on-site each and every day. Thank you, ALL.

Phase II of the town garage project will commence in late spring, as the weather permits. The existing garage will be torn down and the land re-configured to minimize future flooding at this location.

One last note on the Town Garage: Cabot taxpayers contributed $100,000 in 2014 to this $1,258,000 project. This $100,000 loan is being paid back over a ten year period, with the 2015 loan payment totaling $10,051.46. The 2016 loan payment totals $9,637.32 and the final payment of $1,289.20 will be made in 2024. We think this is a pretty good deal for Cabot taxpayers. And, our hard working and dedicated road crew are also pretty happy with their new safe, warm, and dry digs, making it a win-win for every one.

PROPOSED VTEL TOWN INSTALLATION PROJECT ON WHITTIER HILL:

The Public Service Department has scheduled a Public Hearing on January 12, 2016, in Montpelier. The Hearing is open to the public and several Selectboard members will attend.

2016 BUDGET SCHEDULE:

1. External Budget requests, for example from the Fire Department, Cemetery Commission, Recreation Committee,

(See Selectboard, page 3)

Information on Recycling in Cabot

By Ben Davis, NEKWMD Representative

Cabot residents attended a recycling informational meeting at the Willey Building on December 10. Paul Tomasi, Director of the Northeast Kingdom Waste Management District (NEKWMD), was present to lead the discussion and answer questions.

Paul brought a number of non-recyclable containers with him as a demonstration of contaminants that get thrown in with recycling. These items, which cannot be recycled, include milk cartons, made of plastic and foil coated cardboard; cardboard coated with shiny foil, designed to catch the consumer's eye, but which must be disposed of in the trash; and shiny foil covered holiday wrapping paper.

Paul also talked about the many types of plastics for which there are no markets at present. This is in part due to low fuel prices, making it cheaper to use oil for plastics manufacturing, rather than recycled plastic. These include plastics labeled #5, #6, and #7. An important point about plastic recycling: please leave the plastic lids on your #1 and #2 bottles. DO NOT toss them in separately, as they gum up the baler, and cleaning them out is time consuming for recycling personnel.

Regarding plastics: 85% of consumer plastics are #1 and #2. Try to purchase products packaged in these two grades, whenever possible. Also please note that rinsing food residues from plastic containers is very important to protect the health of the workers who are handling Cabot's recycling stream.

There is not a huge market for recycled glass at present. Glass is manufactured from sand, making production of new

(See Recycling, page 3)

AMERICAN CANCER SOCIETY
Daffodil Days®
Hope By The Bunch®
powered by 1800Flowers.com®

CCA SPONSORS TOWN MEETING DAFFODIL DAYS
PLACE YOUR ORDER BY JANUARY 28

This spring, a tool in the fight against cancer returns: daffodils. Daffodils are a universal symbol of hope and life, and they're at the center of the American Cancer Society's Daffodil Days Hope By The Bunch campaign powered by 1800FLOWERS.COM. The campaign will deliver thousands of yellow flowers across the country to businesses, schools, organizations, and other locations to raise awareness and funds for the fight against cancer. Cabot Community Association is coordinating the campaign for the Cabot area.

CCA will take orders up to January 28 for pick up on Town Meeting Day, March 1, 2016, in the Cabot school gym until the polls close at 7:00 p.m. To get yours, place your order with CCA and prepay no later than 3:00 p.m. January 28. Then just pick them up at the gym on Tuesday, March 1, between 10:00 a.m. (***or when delivery arrives***) and 7:00 p.m. The net proceeds of the campaign will support the American Cancer Society's efforts to finish the fight against cancer through life-saving research and life-changing programs for patients and their families.

CABOT COMMUNITY ASSOCIATION
DAFFODIL DAYS FUNDRAISER

Last Name	First Name	Email	Phone #	# of Bunches	Total

Drop form with check or cash for $14 per bundle at Cabot Community Association office, the Town Clerk's Office or Cabot Public Library, all in the Willey Building, or mail to CCA, P.O. Box 245, Cabot, VT 05647, to arrive by January 28.

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Legislative Report

By Representative Catherine (Kitty) Toll

The 2016 Legislative session will begin on Tuesday, January 5. Priorities that will top the list for the for the new year include ensuring the safety of Vermont's children, balancing the 2017 budget, considering possible revisions to Act 46 – last year's education governance bill, determining the security needs of state buildings, and continuing work on the serious drug epidemic that is significantly impacting our state.

The House Appropriations Committee met in mid-December to begin work on making needed adjustments to the 2016 budget in order to keep expenses in line with revenues. Increased Medicaid utilization and caseload as well as the costs of new drugs and changing federal reimbursements rates are creating pressure on the current year budget. Additionally, the Governor has proposed within the Budget Adjustment Bill adding 35 positions to the Department of Children and Families to support growing caseloads. When the Legislature reconvenes policy committees will provide feedback on the Governor's recommendations and House Appropriations will pass a budget adjustment bill out of committee to be brought to the floor of the House for full consideration.

Once the budget adjustment bill has been passed, and the Governor has given his budget address, scheduled for Thursday, January 21, the House Appropriations Committee will begin its work on the fiscal year 2017 budget. This budgeting cycle will prove to be as challenging as others in recent years. Revenues continue to be outpaced by projected expenditures, and very difficult choices will have to be made in order to pass a responsibly constructed, balanced budget. Programs and policies will be carefully reviewed and priorities will have to be determined. It is critical that Vermonters' tax dollars are spent wisely. Legislators will continue to ask key questions to ensure prudent expenditures are made. Data will be thoroughly studied to support spending.

Many school districts have expressed serious concern regarding the spending caps and associated penalties established last year in Act 46, and are finding it more than challenging to craft budgets that fall under designated caps. Expenses that cannot be controlled by districts, such as negotiated salaries and benefits – including rising insurance costs – and unforeseen special education expenses, are creating pressure on budgets. The House Education Committee met in December to hear testimony on the challenges and successes of Act 46, and the committee will use the information heard to determine what changes, if any, will be recommended to the Legislature.

Following the tragic murder of DCF employee Laura Sobel, securing state buildings to ensure safety will be a priority of the legislature. Some measures have already been taken, such as moving some workers to a new location and adding safer entry measures, but a more comprehensive statewide plan will be discussed and developed.

The opioid crisis has continued to plague Vermont long after the Governor highlighted the problem in his 2014 State of the State address. This epidemic is being experienced across the entire country, and is challenging law makers and public safety officials in every state. Even with the expansion of methadone and buprenorphine treatment capabilities in Vermont, the number of addicts and the availability of dangerous drugs continue to negatively impact our communities. Combating drug abuse is a priority in Vermont, and legislators will continue to address this serious problem in the upcoming session. The Governor recently announced a new pilot program to be implemented in the Vermont Corrections system. The drug, Naltrexone, which blocks the receptors that enable an individual to feel a high from opioids or alcohol, will be another tool to help recovering addicts. Unlike methadone or buprenorphine, both opiate based and taken daily, Naltrexone is not an opiate and is administered by a monthly injection.

I would like to thank the organizers and those who came out to the public forum at the Willey Building in November to ask questions, express concerns and offer opinions regarding state policies, programs and upcoming issues facing the Legislature. We live in a small state where individual voices are valued and heard. I truly appreciated the opportunity to hear from you. If you were unable to attend and would like to share your thoughts, 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.

Wishing all a Happy and Healthy New Year!

Country Commentary

Greetings and Salutations,

The New Year is upon us once again. As we look back on last year, whether troubled or trouble-free, let us be thankful that we are still here to face a blank slate to begin anew whatever projects or other things we are engaged in. I know I have a lot to be thankful for. One of my good friends, who is more like a sister to me, was in a major car accident on Thanks Giving day, of all days. She has a long way to go, but she is alive and working her way back to being as fully independent as she can be.

It is surprising what we can face and still live through it. How strong one has to be. It is the way life is, give and take, joy and misery. There seems to be a balance book somewhere, just keeping an eye on us and keeping us humble. I am amazed by the great miracles that surround us, whether it be nature or science. It was science that saved me this past year, as well as science that caused the initial problem. Lipitor. I had a severe reaction that was not an allergic reaction to Lipitor. That is behind me now, as the whole of this past year, and I look forward to what will come next, expecting the good stuff.

If we have no pain, we really can't appreciate the times of joy. I am not saying that I enjoy pain, but I understand its usefulness. Yes, I am little miss silver lining. I have so many goals for this year, I know I will be busy and working hard to make those goals a reality. THAT I enjoy, meeting new challenges and working through them. I see problems now as puzzles. I love puzzles, so problem solving becomes much more fun as seen in a different light. I like to be creative, so it is not a far leap for me to do this.

I imaginate (imagine + create) the things I want in my life. I have the relationship aspect of my life down pat. There are other things that I am still working on; no matter who we are we all have something we could be working on to improve ourselves or our situation. We all have our own baggage of issues, and it is how we deal with them that makes or breaks us. Two people may be faced with the same dilemma, and one gets beyond it while the other one doesn't. How can that be? Well, a lot to do with it is attitude! If you have a positive "I won't give up" attitude, then your chances of getting through whatever problem is much higher

So, no resolutions for me, imaginating on a large scale is what I am all about this year, bringing to me that which I need to be successful in the areas I desire. Everyone is different, so what they imaginate will be different than that which I would imaginate.

So, take some time and close your eyes and breathe in slowly and deeply, relaxing every muscle in your body, and use all of your senses to imagine yourself where you want to be NOW. Make it present tense as if you are already there. As you do this with frequency, you will find that your behaviors will align with what it is you want, and it will eventually come to you; so long as you ask and believe, you will receive. It sounds simple and it really is, it is just we allow the what if's and all sorts of negative thoughts to get in the way.

One needs to employ a positive attitude and a feeling of gratitude. OK, I am signing off now, I think I have made my point, and I am wishing for you one and all a very Happy New Year filled with joy and miracles.

Peace and love
Laura Lee Smith,
fizgigdragon@aol.com

The Cabot Chronicle Submission Guidelines

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

The Cabot Chronicle reserves the right to reject letters that may contain unsuitable material for our readers. Letters will not be considered for publication unless signed and accompanied by a phone number. We will gladly consider articles and photographs for publication.

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

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~ Mission Statement ~

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

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Recycling

(continued from page 1)

glass fairly inexpensive. Glass collected in Cabot is currently shipped to Littleton, NH, where it is used in engineering applications such as road and sidewalk base material.

Much discussion centered on the future collection of food wastes at the Cabot Depot. Food wastes are not now collected, but will be once the depot is expanded next year. However, food wastes are currently being picked up from Cabot School and taken to a compost facility in West Burke. Ten towns in the NEKWMD are already collecting food scraps. Paul emphasized that keeping contaminants, such as plastic utensils, out of the food waste stream is very important.

An important point for consumers to focus on is waste reduction. Become familiar with what is recyclable and what is not, and look carefully at the containers before you purchase them. Consumers have little control over what types of containers are produced and used to sell consumer items and food. Although many items are recyclable, access to markets may be limited, hence the focus on waste reduction.

The Cabot Recycling Depot, located on Sawmill Road in Lower Cabot, is open every Saturday from 8:30 until noon only. Trash is accepted for a small fee and recycling is free. More information is available at the Recycling Depot. Please note that a wider variety of materials may be recycled at the NEKWMD at 224 Church St. in Lyndonville. Hours are Wednesday, 8:00 a.m. – 4:00 p.m., and Saturday, 8:00 a.m. – 3:00 p.m. More information is available on-line at http://www.nekwmd.org.

Zoning Proposals to Selectboard

By Gary Gulka,
Planning Commission Chair

The Cabot Planning Commission has forwarded proposed zoning regulations and propose d subdivision regulations to the Select Board for their consideration. Should the Select Board accept these with or without their modification and after public hearing, Cabot voters will then vote to accept or reject these. After working two-and-a-half years on these draft proposals, we feel we have given it our best shot to amend some seriously outdated regulations that had their origins in the 1970s, and lack clarity, specificity, and flexibility. The Planning Commission has met well over 50 times to discuss, review, and amend these proposals. Are the draft documents perfect? By no means, but we feel that they are a vast improvement, and as living documents, will get amended from time to time.

We have done our best, as a citizen board, to familiarize ourselves with newer zoning techniques and tools, to apply some of these where appropriate, listen to public comment, compromise, and make numerous changes along the way. We feel that we have a proposal that the majority of voters can support. If we don't have this, we have nothing. Not everyone will get what they want and the Commission will be criticized in the media for all sorts of perceived shortcomings.

Some will feel that the documents are lengthy and hard to read. Personally, I have never found any zoning regulations easy to read, in part because they cover every type of development that is regulated. In reality, for any type of specific project, such as residential, there may only be a few pages that apply. In a well-organized document, you can find what applies. Part of any Zoning Administrator's job is to assist an applicant to navigate the local zoning process, because they work with the document every day. We have reduced the document length considerably from previous drafts, but we've added numerous pages, for example, on flood hazard regulation, to comply with federal requirements for flood insurance eligibility. We also added detail on administrative procedure for permit applications, approvals, appeals, hearings, and enforcement that otherwise is buried in state statute, yet still applies.

We encourage you to read the Planning Commission Report on the town web site that explains what we have attempted to do, ask questions of Planning Commission members or the Zoning Administrator if you want to better understand the changes, attend Select Board hearings, and become informed voters.

Summary of Major Zoning Changes Proposed

- The four current zoning districts have been expanded to eight districts, with boundaries that follow parcel boundaries. Addition of a commercial/industrial district and a conservation district. Lot sizes reduced in village areas, as well as reduced property and road setbacks for more flexibility in development in some districts.
- A proposed Development Review Board (DRB) to replace the existing Zoning Board of Adjustment. This consolidates review of commercial and non-residential projects under one board, rather than two, and streamlines the review process. A DRB waiver process allows for waiver of certain application requirements or a waiver from some property setback requirements.
- Expanded general and residential permit exemptions that include: one small structure (250 square feet); some fences, walls, and patios; doghouses, playhouses, treehouses, chicken coops and similar structures that are not more than 100 square feet; and roadside stands selling agricultural products.
- Clearer requirements for parking, signs, lighting, driveways, planned unit developments and certain types of commercial projects.
- Updated flood hazard regulations to assure compliance with the National Flood Insurance Program, thus allowing national flood insurance availability. Restricted development in the state-mapped "River Corridor" that is subject to erosion in flood and storm events.
- Addition of subdivision requirements. Major subdivisions of 5 or more lots have more requirements that minor subdivisions and the Zoning Administrator can approve a single lot subdivision with minimal process. Major subdivisions and Planned Unit Developments have a requirement to retain open space to help retain the rural character.
- Continued 2-acre minimum lot size in the Rural District.

Selectboard

(continued from page 1)

etc., and Social Service Agencies were due on December 17. Your Selectboard held two budget work sessions in December as we prepare budgets for 2016.

2. ALL Reports to be included in the Annual Town Town Report **must be received by January 7, 2016**. The Town Auditors, Town Treasurer/Clerk and the Selectboard will continue to work diligently to have the budget and Town Meeting Warning completed and ready for print by the end of January.

NEW ZONING REGULATIONS: The Planning Commission conducted a Public Hearing in December as one of the last steps before forwarding the new "draft" Zoning Regulations to the Selectboard for action. The Selectboard then has from 30 to 120 days to act upon the draft zoning regulations, to include holding a Public Hearing to provide the opportunity for Cabot citizens to comment on them. Our goal at this time is to hold a Public Hearing in January so that the draft Zoning Regulations can be voted on by Australian Ballot on March 1, 2016, Town Meeting day. We will provide additional details on the process in January.

SELECTBOARD MEETINGS: The Selectboard meets on the first and third Tuesday of each month at 7:00 p.m. on the second floor of the Willey Building. Everyone is welcome to attend Selectboard meetings. At the beginning of each meeting, 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

Selectboard Deadlines in Preparation for Town Meeting

December 17	External budget requests deadline (fire department, library, etc., as well as social service appropriation requests
January 7	Reports for Town Report must be received
January 19	Finalize budgets and town meeting warning
January 18/-29	Special meeting if needed to finalize budget & sign town meeting warning
January 25	Nomination petitions for town offices filed with town clerk
January 31	Town Meeting warning posted Town Reports available
March 1	10:00 A.M. Town Meeting

Obituaries & Memorials

Evangeline B. Blakeney

Evangeline "Van" Bisson Blakeney, 90, formerly of Barre, VT, passed away Friday, November 20, 2015, at the University of Vermont Medical Center, with her children by her side. Van was born July 31, 1925, the daughter of Wilfred and Alvina (Morrie) Bisson. She was raised on the family farm in Plainfield, VT, with her 11 brothers and sisters. She married Raymond Blakeney in 1947, and together they raised six children. She worked many jobs over the years; her longest was with the Sprague Electric plant in Barre. While at Sprague, she was a member of the company bowling team and wrote a cookbook with her fellow workers.

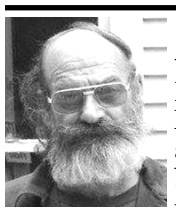
Van had a lifelong passion for cooking. She learned to cook at a young age, and developed her considerable skill being employed as a cook for a short time and cooking for her family. She had hundreds of cookbooks and recipes.

Since Van retired, she threw herself into her art. She was an accomplished and prolific artist. Some of the art she created was to sell, but she mainly liked to produce pieces to bring happiness to friends and family.

She leaves behind her children, Bernard Blakeney, of Tucson, AZ, William Blakeney and his wife, Joanne Vecchiola, of Cabot, VT, Deborah Blakeney-Hayward and her husband, Robert Hayward, of Gill, MA, Beverly Blakeney and her husband, Jon Crystal, of Waltham, VT, and James Blakeney and his wife, Marybeth, of Colchester, VT; and many grandchildren and great-grandchildren. She is predeceased by her daughter Roberta and her husband, Raymond.

The family would like to thank the staff of the University of Vermont Medical Center. They were wonderful, kind and caring to Van and her family. There were no calling hours or services. A memorial service will be held in the spring in Barre, VT.

Russell N. Brown



After a courageous battle with cancer, Russell Norman Brown, age 63, of Marshfield, VT, passed away at home on December 18, 2015, with his family by his side.

Born on October 2, 1952, he was the son of Leon Brown and Katherine (Joyal) Brown Vallaincourt.

Russell graduated from St. Johnsbury Trade Center in 1970, earning a degree as a machine tradesman, which was the beginning of a successful career as a mechanic. In 1972, Russell enlisted in the U.S. Air Force and continued his mechanic career. He was stationed at Nellis AFB, 474 Tactical Fighter Wing in Las Vegas, NV; 57th Fighter Interceptor Squadron, Iceland; and lastly, at the Vermont Air National Guard, 158th FW Maintenance Squadron, as a tactical aircraft maintenance specialist.

During his time in the service, he was awarded several medals, including the Air Force Commendation Medal. After serving more than 21 years in the USAF, he retired in November 1994. Russell was proud of his service to his country and displayed it in his everyday interactions with his family, friends and acquaintances alike.

After retirement from the USAF, Russell opened his own auto repair business, which he operated from 1995 to around 2005 in Marshfield village and Plainfield village under the name R&S Auto. During that time, he also worked for Twinfield Union School as a school bus driver for several years.

From May 2007 to present, he was employed at the Country Club of Barre as a mechanic. Throughout his lifetime, he became well known as a knowledgeable and fair businessman, to which his many loyal customers would attest.

Russell married Sheila (Houston) Brown on December 31, 1981, in Cabot, VT. Over the following 34 years, they created a loving home for their three children, Andi, Brigette and Justin. A man of few words, Russell taught others through his actions. Whether it be helping a customer with a car concern, taking nightly rides with his wife and dogs, gathering wood for his mother, or surprising his children with much needed tires, he always showed his love and support through his many actions. In his family's eyes, his greatest accomplishment was being an amazing husband and father. Russell's favorite activities were camping, car racing, and going for car rides with his wife and dogs.

Russell is predeceased by his father, Leon, and his dogs Buddy, Joey, Pipsqueak and Willis. He is survived by his wife, Sheila, of Marshfield; daughters Andi and Brigette, of Northfield; son Justin, of Woodbury; and beloved dog Minnie. He is also survived by his mother, Katherine, of Marshfield; sister Joanne and her husband, Andy, of Cabot; brother Elton and his wife, Nancy, of Washington; sister Jill, of Woodbury; and sister Claire, of Sandy Springs, Georgia; and many nieces and nephews.

The family held calling hours and funeral service on December 22, 2015, at des Groseilliers Funeral Home in Hardwick, Vermont. Burial will be in the spring of 2016 in Veterans Cemetery, Randolph. In lieu of flowers, donations in Russell's memory may be made to either The Wounded Warrior Project (www.woundedwarriorproject.org) or Potter's Angels Rescue (www.potters angelsrescue.org or PO Box 162, East Randolph, VT 05041). Arrangements are in the care of des Groseilliers Funeral Home, Hardwick.

ANNOUNCEMENTS FOR
The Cabot Chronicle
Please send us
your announcements
♦ Births ♦ Weddings
♦ Memorials
inbox@cabotchronicle.org

Advice from the Tree Warden

By Roland (Slim) Payne

I'm writing this with twelve days to Christmas, and no real cold yet; that is ok with me. Deer seasons are over. No deer for me, I only saw two, but I didn't get out much.

The road to the town forest is now a Class IV road, so will be open in the summer and fall. Mud will probably keep it closed in the spring, and it will not be maintained in the winter. If you drive in when it is snowy or icy, you are on your own, as the steep grade coming up onto Lower Walden Road is a good place to get stuck. It is always shaded there, so it doesn't melt. I have made arrangements to get in there for cross-country skiing and snow shoeing. Parking will be at the town garage driveway, then go across town land, then onto Grace Cookson's land, over to the town forest trails. I don't think we can get the trail cut for this winter, it is so late, we are going to get snow sometime. Anyone interested in marking trails that are flagged, give me a call 802-563-3234 with name and telephone number so you can attend a meeting in order to know what you can and cannot do.

Wishing everyone a Merry Christmas and a Happy New Year.

The Magic of Elder

By Melissa Laurita Kohl

As we wake to frosty mornings, I turn toward those remedies that keep me well and warm throughout the winter season. I am looking forward to the smell of cinnamon and cloves wafting through my country kitchen. Looking forward to how open, comfortable, and connected I will feel to all humans, even those coughing all over me. Because I will have the magic of elder on my side and do not need to fear the viruses that will be hurtling toward me. You, too, can enjoy elderberries this winter.

Known as the medicine chest of the country people, the elder tree has a wide range of use. In Vermont, both the red elder (*Sambucus racemosa*) and the black elder (*Sambucas nigra*) grow wild along roadsides and streams and in many a backyard or farm. The red elder is considered too poisonous to use, though a few herbalists do still use its berries. The black elder is the one you find lining market shelves as elderberry syrup, juice, tea, and jam. In Vermont, we are lucky enough to find most of these preparations in our local co-op or herb store, but it is quite easy and much cheaper to prepare our own elder at home.

Elderflowers are medicinal, but it's the berries that have stolen the show, thanks to studies that have shown them to be an effective antiviral. The elderberry prevents viruses from being able to replicate in your cells. This means that, when taken properly as a preventative or at the start of a cold, you will not get sick (provided you are suffering from a cold or flu, which are viruses, and not a bacterial infection). Taken while sick, they will effectively shorten the duration of the cold or flu. Perhaps the most magical part is the flavor. This effective remedy is so tasty and so gentle (it is a food, after all) that even children can't wait to gobble it up.

Making your own elderberry syrup is simple and much cheaper than buying it from a store. Simpler, yet, is brewing a tea of elderberry and peppermint (tastes like chocolate!) or elderberry, cinnamon, and ginger. For complete recipes, along with additional uses for elder flower and safety considerations, you can visit my website: see http://www.fungiflorafolkschool.com/2015/12/the-magic-of-elder.html. Or feel free to join my free monthly herb club at the Peacham Library. For more information, email fungi.flora.folkschool@gmail.com or call 802-503-1268.

Melissa Laurita Kohl owns a small herb school just over the hill from Cabot in Peacham.

Welcome Ellen Cairns Selling *Cabot Chronicle* Ads

The Cabot Chronicle happily announces the addition of an ads manager to our small team.

Originally from Cleveland, OH, Ellen Cairns moved to Vermont to attend the University of Vermont, and fell in love with the state. She lived in Richmond for 29 years, and recently moved to South Walden Road to start a new job at High Mowing Seeds.

She started out as an elementary school teacher, and has worked in sales and customer service for many years—for Discovery Toys (educational toys through home parties and fundraisers for day care centers and schools), Harrington's of Vermont, and Gardener's Supply Company, as well as, now, for High Mowing She has a grown daughter who lives in Burlington VT.

Ellen loves to read, play Scrabble, hike and kayak. She's very happy to be living in Cabot and looks forward to meeting people and learning about their business and their advertising needs. We're happy she answered our ad!

She can be reached at 802-343-7956, through the CCA office at 802-563-3338, or at Ads@CabotChronicle.org.

Improv and Earnest!

By Karen Mueller-Harder

Cabot Community Theater is busy with two projects this winter, and we look forward to seeing you at our performances!

Our Improv Workshop has been meeting on Sunday afternoons, with 15 Cabot folks participating-- kids, adults, and teens! They've been learning improvisation skills, playing a variety of theater games, and having a great deal of fun. If you'd like to jump on the bandwagon for the month of January, send a message to the email listed below, and we'll get you involved. The series will culminate in an improv performance the weekend of February 6; date and time will be announced on Front Porch Forum, and in the February Chronicle.

Rehearsals are underway for our production of The Importance of Being Earnest, directed by Megan Walker. This charming comedy will be performed the weekend of March 18-20, in the Cabot School Performing Arts Center. All proceeds from the performances will be donated to local non-profit groups, so your attendance will help others while bringing you laughter--what could be better?

We are always looking for help behind the scenes--if you'd like to help with props, costumes, lights, publicity, makeup, or in any other way, please send an email to the producer, Karen Mueller-Harder, at karen@praxisworks.org, or call 793-5617. As with all of our projects, we're all doing it for the love of it, and we strive for inclusive, affordable, excellent local theater!

GMUW Celebrates 40 Years

From the Executive Director

I recently sat down with a reporter who was interested in my work at the Green Mountain United Way and key moments in my life that led me down this path. I shared with her a time when I was a young child in school and had my first exposure to someone being bullied. There was a young girl, like myself, standing alone in a corner as a group of children taunted her for being different than others. I easily remember that feeling of discomfort and sadness as she seemed to shrink into the corner weighted down by their words. It was at that moment that I realized I had the power to truly help another. I walked past the crowd of jeering children, stood by the side of the girl and took her hand and confronted the crowd. Soon after, others followed and stood by her side until the bullying ceased.

The simplicity of the power in extended kindness has stayed with me for all these years and has proven to be a lesson worth remembering. We each have the opportunity to choose who we stand by and on which side to stand. And as we make our individual choice, we lead others by example.

The work of the United Way is no different as we work to be leaders of collective change benefiting those who are struggling.

I ask you today to remember the important role you play in this work, whether it's supporting us through donated time, treasure or advocacy. And if we can truly understand the power that our individual efforts hold, we will begin to see the unbelievable effect of living united with the hope of a better tomorrow.

Thank you for your support and belief in one another.

Warm regards, Tawnya Kristen

2015 Memorial Christmas Tree Lighting

Sunday, December 6, 2015 United Church of Cabot

For a number of years, the people of Cabot have purchased light bulbs for the Christmas tree in memory of, or in honor of, loved ones. This year's bulbs shine brightly for the following people:

Bert Acchione
Ted Acchione
Teddy Acchione
Dale Arieth
Viola & Ted Bothfeld
Roberta Bothfeld
Helen Bothfeld
Norma Bothfeld
Robert Bothfeld, Sr.
Leon "Skip" Brown
Johann Bürgerhoff
Gunther Bürgerhoff
Leonia and Wilfred Chaloux
George Clark
John Cookson
Logan Cookson
Patricia Smith Crose
Dolly Dayton
James Dayton
Cathy Dayton
Betty Diekmann
Wilhelm Diekmann
Carlton Domey
Edward & Ruth Domey
Robert & Lois Domey
Raymond & Mildred Domey
Gordon Durkee
Ulrich Erhardt
Eric Erhardt
Sue Freeburn
Fred Gochey
Pearl Gochey
Virginia Gochey
Rodney Goodrich
Harry Goodwin
Edwin and Kate Gould
Ed Gould
Dick & Peg Gould
Marvin Greaves
William and Ann Hatfield
Myra Houston
Justyna Kokodyniak
Anatol Kokodyniak
Walter & Dorothy LaBree
Judy LaBree
Ronald LaBree
Joanne LaBree
Olive Smith Larson
Roy Luce
Margaret Luce
Nellie Lyford
Morton and Clara McGoff
Cecil Metcalf, Sr.
Josephine Metcalf
Marilyn Nadeau
Albert Noyes
Allen Noyes
Milton Noyes
Albert & Fern Noyes
Perry Noyes
Margaret & Arthur Noyes
John & Elizabeth O'Rourke
John & Florence O'Rourke
Beatrice & Leon Perry
Mason & Cyrena Persons
Delia & Edward Platt
Joseph Platt
Brenda Robertson
Ben Rockwell
Barbara Rockwell
Brian Rossell
Wilfreda and Erwin Salls
Judith Sanders
Patty Sayers
Erich Scholz
Florence & Arthur Schonberg
James Schonberg
Zachary Allen Searles
Virginia Shannon
Danny Sicely
Jessica Ide Sicely
Brian Talbert
Russell Therrien
Charles and Rose Wade
Everett & Mary Walbridge
Gerald & Lenna Walbridge
Frances C. Walbridge & Elsie Walbridge
Frances E. Walbridge
Werner Wegner
Walter Wegner
Herbert Wegner
Hanna Wegner
Luther Wheeler
Clara Willey

GMUW Offering Grant Opportunities

Effective immediately, GMUW is offering Community Grants and Micro Grants to non-profit organizations in our five county service area of Caledonia, Essex, Orange, Orleans and Washington counties.

The projects for which applications are being received must align with our priorities of Education, Income or Health. Note that the same application form can be used for Community Grants and Micro Grants. In this current round, Community Grants will be considered up to $2,500 and Micro Grants up to $250.

To access the eligibility requirements, timeline, instructions and actual application form, simply go to: www.gmunitedway.org/our-partners/community-investments/. As this is a fillable pdf form, you can complete and send it to us electronically, or you can print it out and send a hard copy to our St. Johnsbury office. However, we highly encourage that applications be completed and sent electronically.

We look forward to receiving your completed applications. If you have questions, please feel free to call Nelson Baker, GMUW Community Impact Director, at 802-745-0101.

http://olvr.sec.state.vt.us/

Town Meeting Day is March 1, 2016

Community Calendar

~ JANUARY~

Sunday 1/3

NEW!! Concerts at the Schoolhouse 3:00 p.m. presents "Pete's Posse" takes place at the landmark Schoolhouse in Lower Cabot, VT, 1642 Route 215 S. Suggested donation $15. For reservation call 802-793-3016 or email robinsongs@frontier.com. See advertisement in the Cabot Chronicle page_____.

DANCE, SING AND JUMP AROUND!! 3:00 - 4:30 p.m. An intergenerational fun afternoon in Plainfield. Learn circle, line dances and singing games. Snacks provided. Live music by Kenric Kite and friends. Plainfield Town Hall Opera House. Suggested donation $5/$10 per family. NO ONE turned away!!

Tuesday 1/5

Meditation Group 6:00 – 7:30 p.m. 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.

Wednesday 1/13

A European Travelogue, 6:30 p.m. The Mueller-Harder family took a long-awaited trip to Europe this summer, visiting friends and finding a mixture of interesting places off the beaten path (for the most part) in England, Scotland, France, Belgium, the Netherlands, Germany, and the Czech Republic. They will share their photos and stories of traveling on a budget with two teens, finding spots of interest to everyone, and trying to balance wanting to do everything with taking enough time to not feel rushed.

Friday 1/15

Volunteer in the VAST Booth at the Yankee Sportsman Classic, Champlain Valley Exposition, Essex, VT. January 15, 16 and 17. We are currently looking for folks to volunteer, we have a 10x20 booth. Questions? Call Cindy Locke at 802-229-0005 ext. 11 or cindy@vtvast.org.

Saturday 1/16

Cabot Old Time Contra and Square Dance – 7:30 p.m. This dance series consists of monthly dances on the second Saturday of the month September through May. 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.

Tuesday 1/19

MUMMENSCHANZ 7:00 p.m. delightful and beguiling all ages with visual and physical props, masks, shadow, light and humor without words. A must see performance. Fuller Hall, St. Johnsbury Academy, 1000 Main Street, St. Johnsbury . Check out www.catamountarts.org/shows/mummenschanz for more information.

Wednesday 1/20

Cabot Community Book group generally meets the third Wednesday of the month at 10:30 a.m. The theme this year is Pulitzer Prize winning books. January's selection is *The Road* by Cormac McCarthy. All are welcome to join in! Copies of the book will be available in the Cabot Public Library.

Friday 1/22

The Vermont Burlesque Festival 8:00 p.m. returns to Barre Opera House with the Granite City Showcase. Third year this wondrous event starts with live Jazz and cocktails, followed by two hours of comedy, variety acts and burlesque by 25 performers. Price range $15 -$35. Contact barreoperahouse.org for tickets.

Sunday 1/24

Ieva Jokubaviciute 3:00 p.m. part of the Northeast Kingdom Classical Series. Ieva will perform on piano, works of Mozart, Debussy, Schumann at the South Congregational Church, 1052 Main St., St. Johnsbury. General admission $18, seniors 65 and older $16; Students $6. Tickets at the door.

Thursday 1/28

Last day to order Daffodil Days Hope by the Bunch for March 1 pickup. Fundraiser for American Cancer Society, $14 per bundle of daffodils. Drop your check at Cabot Community Association office, Cabot Public Library or Cabot Town Clerk's office.

Saturday 1/30

Vermont's Third Annual Free Ice Fishing Day 11:00 a.m.-3:00 p.m. Resident or nonresident may go fishing in Vermont without a fishing license. Fish & Wildlife Department is holding an ice fishing festival at Lake Elmore State Park. For more information, contact Nicole Meier at 802-318-1347.

~ ONGOING~

Yoga with Alicia Feltus– Tuesdays, 6:00 – 7:30 p.m. Alicia's training is Integral Hatha Yoga. She blends yoga, breath, relaxation, aromatherapy, affirmation and reflexology! All ages and levels welcome – contact Alicia for more info **at** 802-563-3220 or aliciafeltus@gmail.com.

Lego Club – Tuesdays in December – 3:00-4:00 p.m. All are welcome! We'll have Legos for you to build creations.

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, 9:00 a.m. – noon All are welcome – bring your own cards if you have them, but not necessary. Call Ethan Socks for more info at 563-2073.

Cabot Vermont Annual Events 2016

CCA *Printed by Cabot Community Association, member of the Heart of Vermont Chamber of Commerce*

Saturday, March 19, 2016
MAPLE FEST
Crafters, music, maple and FUN!
9:00 a.m. – 3:00 p.m.
Pancake Breakfast, Grilled Cheese Lunch,
And Maple Goodies ~ Cabot School
CabotMapleFest@yahoo.com ~ 802-563-3338
Sponsored by The Cabot Chronicle

Saturday, July 4, 2016
4th OF JULY PARADE AND FIELD ACTIVITIES
9:00 a.m. to 1:00 p.m. Coffee and Donuts at Historical Society
11:00 a.m. Main Street Parade ~ **12:00 noon** Chicken BBQ & Activities at Rec. Field
802-563-9907 - Wendy
Sponsored by Cabot PTSO

Sunday, September 11, 2016
RIDE THE RIDGES
Cycling Scenic Landscapes and Rugged Terrain
8:00 a.m. – 3:00 p.m.
Lunch on the Common
http://ridetheridges.cabotconnects.org/802-563-3338
Sponsored by Cabot Connects Mentoring Program

Tuesday, September 27, 2016
FALL FOLIAGE FESTIVAL IN CABOT
Crafts, tours, rides, hikes, presentations
Coffee Hour, Luncheon, Turkey Dinner
802-917-2292 - Tara Rogerson
Sponsored by NEK Chamber of Commerce

Saturday, October 15, 2016
APPLE PIE FESTIVAL
9:00 a.m. – 3:00 p.m.
Apple Pie Baking Contests
Crafts, Silent Auction, Apple pies and Chili Luncheon
www.CabotHistory.com
Sponsored by Cabot Historical Society

Cabot Selectboard Notice of Public Hearing

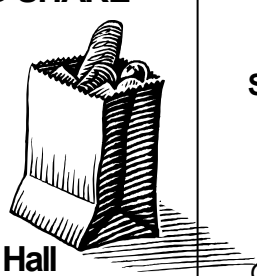
The Town of Cabot Select Board will hold a public hearing on Thursday, January 14, 2016, at 7:00 p.m. in the Willey Building Auditorium to discuss the proposed Zoning Regulations and Subdivision Regulations.

Copies of both the proposed Zoning and Subdivision Regulations can be viewed on the Cabot website. Hard copies are available in the Town Clerk's office.

Cabot Selectboard,
Jack Daniels Ted Domey Fred Ducharme Jeff Gabrielson Bernie Shatney

FOOD SHARE AND FOOD DROP DATES

CABOT FOOD SHARE
Wednesday, JANUARY 13
Noon-2:00 p.m.
Wednesday, JANUARY 27
Noon-2:00 p.m.
Cabot Masonic Hall
3339 Main Street



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

Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.
SATURDAY, JANUARY 9
Food pick up at 8:00 a.m.
Open until food is gone - usually 9:30 am

Onion River Food Shelf
Old Schoolhouse Common
School Street, Marshfield
Contact: Christopher Whalen 426-3122

~ Concerts At The Schoolhouse Presents ~

Pete's Posse

Blazing twin fiddles, hi-powered guitar and pounding footwork with mandolin, clawhammer banjo, jawharp ,rocking keyboards, and superb vocals...

PETE SUTHERLAND - OLIVER SCANLON - TRISTAN HENDERSON

Join us at the Schoolhouse for our inaugural House Concert event!

Sunday, January 3rd at 3pm

At the Home of Dana and Susan Robinson in Cabot, VT

$15 Suggested Donation

Seating is limited
Reservations are required

Contact Dana at (802)793-3016 or robinsongs@frontier.com

For more info, check out www.robinsongs.com

MISSING

KOTA,
one-year old male, tiger with brown hues. He is micro-chipped and fixed. Went missing on November 13 on Route 215 in Cabot. If this cuddly, loving, teddy bear of a cat showed up on your doorstep,
please contact Mark & Brigitte Codling 802-563-2397.

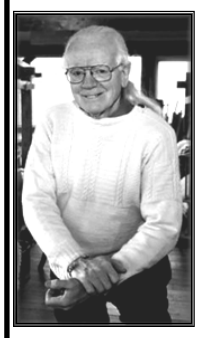
FIRE DEPT. SEEKS OLD CARS

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

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

A CELTIC EQUINOX COMES TO CABOT MARCH 20 WITH KOEHLER, FARRINGTON AND KENNEDY

Three world-famous interpreters of the Celtic cultural heritage will come together on the stage of the Willey Memorial Building, Cabot's Town Hall on Sunday, March 20 at 3:00 PM, hard on the heels of St. Patrick's Day, to welcome the spring with a program of Irish and Scottish airs and ballads.



Norman Kennedy, National Endowment for the Arts 2003 National Heritage Fellow, renowned as the founder of the Marshfield School of Weaving, is familiar to international folk and festival audiences as a superb raconteur and peerless singer of Scottish songs and ballads. Born in Aberdeen to a family of shipbuilders and mariners, Norman lived "across the way" from the great singer Jeannie Robertson in a neighborhood teeming with musicians. He picked up a little Gaelic as a youth from "the old folks" and occasional radio broadcasts and a lot more when he began visiting the Western Isles to study weaving. There he also learned the ancient ballads and folk songs that he now performs as a treasured link in a centuries-old chain of tradition-bearers.

Benedict Koehler grew up in Boston listening to recordings sent over from Dublin by his mother's family. He took up the Irish uillean pipes in his twenties, focusing chiefly on the East Galway repertoire and the styles of Liam O'Flynn and Seamus Ennis. Not content to be a mere performer, Benedict learned the art of pipe-making and is today esteemed both as a musician and a craftsman. He teaches and plays in tandem with his wife, **Hilari Farrington**, an accomplished harper and button accordionist. Benedict and Hilari lead regular Irish jam sessions but seldom take the stage. Their Cabot appearance, alongside their old friend Norman Kennedy, will be a very special celebration of the new season and the endurance of the magnificent Celtic musical tradition.

A Celtic Equinox is presented by Cabot Arts and takes place on **Sunday, March 20 at 3:00 in the Willey Building (Town Hall), 3084 Main Street in Cabot.** Admission is by donation at the door, with all proceeds going to the artists, thanks to a generous grant from the Cabot Community Association.

Family Contra & SquareDances

The Cabot Old Time Family Contra and Square Dance series will host a dance on Saturday, January 16, at the Willey Building in Cabot starting at 7:30 pm. The 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.

The Cabot Old Time Family Contra and Square Dance is held on the second Saturday of the month September to May. The dance series is sponsored by the Cabot Library.

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.

Hardwick Chiropractic Hosts Seminar on Pelvic Organ Manipulation

Healthcare practitioners from around the country participated in a four-day seminar entitled Visceral Manipulation of the Pelvis. Held at Hardwick Chiropractic, the Visceral Manipulation curriculum was developed by French osteopath Jean-Pierre Barral and was presented by the Barral Institute, a health resource center that presents continuing education courses to healthcare professionals worldwide.

Urogenital manipulation involves manual therapy in which gentle, specifically directed adjustments encourage normal mobility and tone of the bladder, urethrae, uterus and ovaries, prostate, colon and surrounding ligaments and connective tissue. Dysfunction in this area can result from difficult childbirth, surgery, infection, trauma, and aging. Practitioners learned to address adhesions, scar tissue, altered pressures and other restrictions that effect the bladder, uterus, ovaries, colon, and prostate.

Dr.s Grace Johnstone, Rick Eschholz, and Alison Bogan practice at Hardwick Chiropractic. All three doctors use gentle, low force chiropractic and osteopathic techniques, working with the structural and functional relationships of the body and nervous system. According to Dr. Johnstone, "These techniques fit beautifully with the work we do at our office, and they allow us to help people dealing with prolapses, infertility, incontinence, constipation and prostate hypertrophy, among other things ." Visit www.hardwickchiropractic.com or call 472-3033 for more information.

Hardwick Chiropractic
472-3033
info@hardwickchiropractic.com

Public Notice of Conveyance of Real Estate 24 V.S.A. § 1061

The Selectboard of the Town of Cabot, under 24 V.S.A. § 1061(a)(1), hereby declares its intent to convey a 25-year easement on a certain parcel of open land owned by the Town of Cabot and located at 150 Sawmill Road, Cabot, VT, to Solar Communities, Inc., of Waterbury, VT, in exchange for valuable consideration. Further details of the conveyance are available for inspection at the Town of Cabot Town Clerk's Office.

Selectboard, Town of Cabot
Jack Daniels, Ted Domey, Fred Ducharme, Jeff Gabrielson, Bernie Shatney

For Weekly Articles on
Cabot, Marshfield, Calais, Walden and Twinfield, Cabot and Walden Schools
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Will Walters
in

THE Hardwick Gazette Since 1889

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TIM and JENNIFER GOCHEY

Professional collision repair, associated with all insurance companies, we'll handle your claim from start to finish including rental cars.
802-426-3738 or 802-563-2377

Are There Really Male Calicos?

By Helen Morrison
Kingdom Animal Shelter

Well, yes, there are male calicos. One in three thousand calico cats are male. One of our volunteers has actually trapped one in a local barn. So, how does this happen? In order for a cat to be a calico, it needs to have two X chromosomes...one has orange genes on it, one has black color genes on it. It is a female and these two X chromosomes make it have that mottled black and orange pattern, sometimes with some white. A calico has some white with the orange and black. A Torti is a calico with orange and black, but no white. How do you get a male calico if you need to have two X chromosomes, one black and one orange? Imagine a cell in the ovaries that is going to become an egg. The original cell has the full number of chromosomes. For humans, that is 46. It does a number of divisions to reduce it down to half the number of chromosomes. When the egg with half the number of chromosomes gets together with a sperm that has half the number of chromosomes, it then has the right number of chromosomes in the embryo. For humans, that is 23 for the egg, 23 for the sperm, and 46 for the embryo. But sometimes, when that cell that is going to become an egg splits so that half the chromosomes go in one egg and half in another, the two X's, instead of separating, both go into an egg. If that is then fertilized by a sperm with the Y chromosome, you get in the embryo XXY. In humans, this is known as Klinefelters Syndrome. For cats, it creates an XXY Calico Male. The two special X's have the orange and black pattern. The Y makes it male. These calico males are sterile, as are Klinefelter humans. They can also have some health issue related to having XXY. Other than that, they are normal, loving, sweet, grumpy...whatever they were going to be outside of the XXY.

And that is how you get a Calico Male. They are rare, for sure. And our volunteer has one. His name is Oliver. And he is a sweet and friendly boy.

If you are interested in adopting Oliver, let me know and we can begin the process. Call me at 563-2488.

Kingdom Animal Shelter

By Helen Morrison

May May and Hawthorne

May May and Hawthorne are two very precious 1-2 year old cats. May May is the long haired torti girl; Hawthorne is the orange and white tabby. Both were very shy when they first came to Kingdom Animal Shelter. But with just a bit of time and love, they now come right over to the door of their condo and beg to be petted and talked to. And Hawthorne is a talker...loves to have an intelligent conversation or two...or three.

Come to meet May and Thorney at Kingdom Animal Shelter in St. Johnsbury Center.

Cabot Girl Scouts

By Cecilia Gulka

Cabot Girl Scouts have been busy with a number of service projects this fall. They collected 331 gently used children's books to give to The Ronald McDonald House and local hospitals to help entertain their youngest patients. On December 22, the girls brought holiday cheer to the senior residents of Cabot Commons. They sang Christmas carols door to door and delivered gift baskets containing Christmas cookies they had decorated.

The junior troop has been working on the jewelry badge. On December 14, Ruth Goodrich taught the girls how to make beaded necklaces. Thank you, Ruth, for helping out. On December 15, the girls joined the craft-making workshop at the Cabot Public Library, where they made ornaments to include in the Holiday gift baskets for the seniors.

The Girl Scout cookie sale will begin in January. Initial orders will be taken until February 1. Please see a local girl scout to place your order. Eight varieties are available this year: Savannah Smiles, Trefoils, Do-Si-Dos, Samoas, Rah-Rah-Raisins, Tagalongs and Thin Mints are still $4 a box. The gluten free cookies, Toffee Tastics, are $5 a box. Cookies will once again be available at the Annual School Meeting on February 29 and at Town Meeting on March 1. For more information, call Cecilia Gulka at 563-2284.

Cabot Varsity Basketball Schedule

DAY	DATE	VB TIME	VG TIME	OPPONENT	HOME/ AWAY
Wednesday	12/2/2015	7:00 PM		Twinfield	Home
Friday	12/4/2015	7:30 PM	6:00 PM	Sharon	Away
Monday	12/7/2015	5:00 PM	3:30 PM	Lake Champlain	Home-Scrimmage
Friday	12/11/2015	7:00 PM	5:30 PM	Trinity Baptist	Home-Scrimmage
Monday	12/14/2015		5:30 PM	South Royalton	Home
Wednesday	12/16/2015	7:30 PM	6:00 PM	Mid Vermont	Away
Tuesday	12/22/2015	7:00 PM	5:30 PM	Websterville	Home
Monday	12/28/2015	7:00 PM	5:30 PM	Twinfield	Away
Saturday	1/2/2016	6:30 PM	5:00 PM	Websterville	Away-Spaulding
Tuesday	1/5/2016	7:00 PM	5:30 PM	Craftsbury	Home
Thursday	1/7/2016	7:00 PM		Whitcomb	Away
Friday	1/8/2016		7:00 PM	Blue Mountain	Home
Monday	1/11/2016		5:30 PM	Sharon	Home
Wednesday	1/13/2016	7:00 PM	5:30 PM	Chelsea	Home
Friday	1/15/2016	tbd	tbd	Craftsbury Tourn	Away
Saturday	1/16/2016	tbd	tbd	Craftsbury Tourn	Away
Tuesday	1/19/2016	7:30 PM	6:00 PM	Rivendell	Away
Friday	1/22/2016	7:30 PM	6:00 PM	Rochester	Away
Wednesday	1/27/2016	5:30 PM		Whitcomb	Home
Friday	1/29/2016	7:00 PM	5:30 PM	Rochester	Home
Tuesday	2/2/2016	7:30 PM	6:00 PM	Chelsea	Away
Thursday	2/4/2016	7:30 PM	6:00 PM	*Mid Vermont	Home
Monday	2/8/2016	5:30 PM		Sharon	Home
Wednesday	2/10/2016	7:00 PM	5:30 PM	Craftsbury	Away
Friday	2/12/2016	7:00 PM	5:30 PM	Lake Champlain	Home
Monday	2/15/2016		6:00 PM	South Royalton	Away

Varsity boys photo: top left to right: Assistant Coach Darren Barber, Matthew Lehoe, Rowen Lanxner, Frank Schumacher, Will Nally, Tiger Bastress, Jeremy Maxfield, Coach Alan DeLaricheliere, Front row left to right: Water Boy Sean Lehoe, Hank Nally, Seth Herrick, Zach Coolbeth, Jordan Hale, and Caleb Maxfield.

Varsity girls photo: top left to right: Coach Kim Dickinson, Natalie Mudgett, Jasmine Tetreault, Alisha Celley, Kiley Currier, Michaela Gokey, Claudia Farnham, Assistant Coach Brett Bellavance, Front left to right: Sam Villeneuve, Taylor Abbott, Lauren Bellavance, Gyuryeong Kim, Brianna Wilde.

Free Ice Fishing, January 30 (All Day)

Vermont's free ice fishing day is a day when anyone, resident or nonresident, may go fishing in Vermont without a fishing license. So go ahead, try your hand at Vermont's other great winter sport - ice fishing.

Vermont's third annual Free Ice Fishing Day is January 30, 2016. To celebrate, the Vermont Fish & Wildlife Department is holding an Ice Fishing Festival at Lake Elmore State Park in central Vermont.

The festival will be held from 11:00 a.m. to 3:00 p.m. The event is free and families with kids are encouraged to attend.

Fish & Wildlife Department staff, as well as instructors from Vermont's Let's Go Fishing Program, will be on-hand to teach ice fishing basics. These include knot tying, baiting and using an ice fishing rod, and most importantly, how to stay warm on the ice. They'll also discuss fishing regulations and go over fish identification.

Department staff will operate a fish fry station to cook up participants' catch, and there will also be other refreshments on hand including plenty of hot cocoa. There will be several warming huts available.

"Ice fishing is one of the most accessible forms of fishing and can be a great way to introduce kids to how much fun fishing can be," said Jud Kratzer, fisheries biologist for the Fish & Wildlife Department.

"This festival will demonstrate that ice fishing isn't just about catching fish," said Kratzer. "It's also a great way to spend some time outdoors with kids. You can skate, sled, make a snow fort and have a cookout – all while waiting for the flags on your tip-ups to signal when you've caught a fish."

The Fish & Wildlife Department will lend equipment needed for this fun day on the ice, or participants may bring their own equipment. There will also be prizes and giveaways. For more information, contact Nicole Meier at 802-318-1347. Pre-registration is encouraged but not required, and is available by clicking https://www.register-ed.com/events/view/70512. Access is via Beach Road off Route 12.

Free Ice Fishing Day is held annually on the last Saturday in January. While the day is geared towards people who are new to ice fishing, giving them a chance to give it a try without having to buy a license, any angler may ice fish on any waterbody statewide without a fishing license.

Twin Valley Senior Center

Twin Valley Seniors, Inc.
4583 U.S. Route 2
P.O. Box 152
East Montpelier, VT
05651

By Rita Copeland, Executive Director

The Twin Valley Seniors staff and volunteers are wishing everyone a very warm and healthy New Year. 2015 has been a great year for the Center. The Center continues to grow, a vibrant and happy place. We have many new friends who have become part of the TVSC family, and we hope gaining new friends continues into the New Year. One of our Bone Builders classes is overflowing, and we need to add another class, which we are working on for January. The Early Bird class has also increased and we are hoping to add more participants to that class. We have added cribbage players; pinochle is looking for more players; we have rummy games and are about ready to start mah-jongg here at the Center.

The Central Vermont Council on Aging (with whom we contract for meals) sent the following information to TVSC for the year 2015: TVSC served 4,220 meals at the Center, while offering the opportunity to socialize in a safe environment. TVSC and our wonderful volunteers delivered to homebound and disabled residents 7,156 meals. A Senior who lives alone and receives daily-delivered meals is less likely to worry about being able to remain at home and to have relief from feelings of isolation and loneliness.

TVSC also delivered to the homebound residents 33 Blizzard Bags (non-perishable items) to use in the case of power outages or other storm related incidents. In the past, TVSC Volunteers shopped, packaged and delivered these bags. Thanks to a very generous and lovely lady by the name of Jeanne Johnson of Cabot, who has purchased and delivered to TVSC the contents needed to fill these bags for regular diets, vegan, diabetic and vegetarian. This has helped the staff here at TVSC so much by saving shopping time and all else that is involved with the preparation. We cannot thank her enough!

The Seniors, Volunteers and Staff supported Twinfield Union School this year with a Christmas project raising funds to purchase boots, ski pants, mittens and other winter garb for less fortunate students. Kass Phillips, a TVSC volunteer, oversaw the project for the Center, and we are very happy to report that $250 was raised and delivered to the school.

Our monthly newsletters, edited by Betsey Bolt, a Senior volunteer from Plainfield, are left in stores and health centers in your town. We cannot afford to mail these newsletters but I can send them to you electronically. If you would like to be added to our mailing list to receive these, please let me know by sending your email address. Send to twinvalleyseniors@myfairpoint.net.

Please be sure to visit our Facebook page, which is updated regularly. Another place you should visit is www.twinvalleyseniors.org, which is our web page. This site is also great, and done by volunteer Erica DaCosta of Plainfield.

In the New Year, TVSC is committed to helping our Senior residents by delivering meals and by having a vibrant and active Center. This takes many, many hands of volunteers. So please, in your New Year's resolution, consider reaching out to the Center and donating an hour or whatever you can, to support our Mission. And above all, we thank each of you that support the Center in one way or another.

Cabot Skating Rink Ready For Winter

< Photo on left: Cabot volunteers set up the foundation for the public skating rink on the Cabot Green. Though recent weather has not been cooperating, it is hopeful that this will soon be full of people playing and skating, surrounded by a blanket of snow.

From The Cabot Public Library

Programs

Yoga with Alicia Feltus– Tuesdays, 6:00 – 7:30 p.m.
Alicia's training is Integral Hatha Yoga. She blends yoga, breath, relaxation, aromatherapy, affirmation and reflexology! All ages and levels welcome – contact Alicia for more info **at** 802-563-3220 or aliciafeltus@gmail.com.

Meditation Group – Tuesday, January 5, 6:00 – 7:30 p.m.
Meeting on the first Tuesday of the month. 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 – Will Resume in May

A European Travelogue – Wednesday, January 13 – 6:30 p.m.
The Mueller-Harder family took a long-awaited trip to Europe this summer, visiting friends and finding a mixture of interesting places off the beaten path (for the most part) in England, Scotland, France, Belgium, the Netherlands, Germany, and the Czech Republic. They will share their photos and stories of traveling on a budget with two teens, finding spots of interest to everyone, and trying to balance wanting to do everything with taking enough time to not feel rushed.

Cabot Old Time Contra and Square Dance – Saturday, January 16 – 7:30 p.m.
This dance series consists of monthly dances on the second Saturday of the month September through May. 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.

Community Book Group – Wednesday, January 20 – 10:30 a.m.
Cabot Community Book group generally meets the third Wednesday of the month. The theme this year is Pulitzer Prize winning books. January's selection is *The Road* by Cormac McCarthy. All are welcome to join in! Copies of the book will be available in the Cabot Public Library.

Lego Club – Tuesdays in December – 3:00-4:00 p.m.
All are welcome! We'll have Legos for you to build creations.

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, 9:00 a.m. – 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 Beth Wade for help with Story Hour, weeding projects and so much more. Many thanks to Mary Lou DeLacey, Lorelai Bastress and Blue Christensen for volunteering every week with various projects. Thanks so much to everyone who pitched in to make the Holiday Craft Workshop such a success: Beth Wade, Linda Gabrielson, Jeannie and Isabella McCallum, and Lorelai Bastress. Thanks also to the Library Trustees for all their support and many hours helping to keep the library running smoothly: Amber Bothfeld, Stef Burtt, Linda Gabrielson, Jeannie McCallum, and Beth Wade. Many thanks to Betty Ritter and Michelle Leclerc for their ongoing assistance from the town clerk's office and to Shirley Ducharme for keeping the library so clean. And last but not least – thanks to Jeannie Johnson and Todd Jones for their wonderful work putting the Chronicle together each month.

Cabot Library Reminders:

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

Student Writing Contest

U.S. Sen. Bernie Sanders (I-Vt.) has launched the sixth annual State of the Union essay contest, calling upon Vermont's high school students to address what they view as the major issues facing the United States.

The U.S. Constitution calls for the president to "give to the Congress information of the State of the Union, and recommend to their consideration such measures as he shall judge necessary and expedient." As President Barack Obama prepares to deliver his State of the Union speech to a joint session of Congress in January, Sanders is again asking Vermont's high school students to consider writing an essay of 250 to 500 words detailing their own view of the state of the union.

Sanders' annual essay contest is an opportunity for Vermont high school students to articulate what issues they would prioritize if they were president. A panel of Vermont teachers will judge the essays and select a winner. The finalists will have their essays entered into the Congressional Record -- the official archive of the United States Senate and House of Representatives.

"Our youth are the future of our country -- and they must be involved in the discussion about where our country needs to go. This is a great opportunity for students to articulate their views and have their voices heard," said Sanders, who serves on the Senate education committee.

Since the contest was first held, more than 1,600 students from schools throughout Vermont have written essays on topics such as the declining middle class, climate change, health care reform, the rising cost of a college education, and many other issues.

The deadline for student essay submissions is Friday, January 8, 2016. More information can be found on the senator's webpage at http://www.sanders.senate.gov/stateoftheunion/ or by calling (800) 339-9834.

"We need our students to be engaged, to help find solutions for the problems that face our country. That's what democracy is all about," said Sanders.

CCA Welcomes Augustyniak Back to Willey Building

There's a new director at the Cabot Community Association – but she's not a newcomer to Cabot or the Willey Building. The CCA hired Lori Augustyniak to serve as the organization's Development Director.

The CCA works to enhance the quality of community life for those visiting or residing in Cabot and for those doing business here. The Association is open to all from Cabot and the greater Cabot community who endorse this mission. The Development Director's duties include administration responsibilities, working with community organizations, interacting with businesses, and coordinating and leading events.

Many readers will remember Lori as the Coordinator of the Cabot Coalition that operated from 1998-2013. The coalition's mission was alcohol, tobacco and other drug use prevention, and Lori worked with many of our children, as well as community leaders, to create a healthier community. She started work for CCA in early December, and says that it feels great to be working in Cabot again. "I enjoyed working with teens and kids in my previous work in Cabot. Now many of those young people are adults with young families, and I welcome the opportunity to work with them and others in a different capacity."

The CCA has been without a director since July. With a five-month absence of a director, there's a sense of urgency to get to work on the CCA's priories. "We are so pleased that Lori has joined our team," said Frank Kampf, president of the CCA. "She has incredible organizational and community outreach experience that will significantly enhance our organization."

Augustyniak said her main challenge is to work on branding the CCA – to make it more clear what the group has to offer and to make sure what the CCA offers is relevant to residents of the town. "We want to let people know we're here for a lot of different needs. We're the hub of information for the community. I intend to help community members address their needs as residents, volunteers and business owners, so that we all work together in the best way possible."

Augustyniak resides in Walden with her husband, Todd, and son, Leo, where they own and operate Walden Heights Nursery & Orchard.

Lori Augustyniak, the new development director of the Cabot Community Association, can be reached at cabot.community.assoc@gmail.com.

Town Meeting is Tuesday, March 1, 2016, at 10:00 a.m.

For town officers elected by Australian Ballot, January 25 by 5:00 p.m. is the deadline for filing nominating petitions and consent of candidate forms with the Town Clerk. A nominating petition must be signed by 30 voters or one percent of the legal voters, whichever is less.

Cabot Town Officers that will be elected by Australian Ballot on Town Meeting Day:

Selectboard Members (2 positions) School Directors (2 positions)

For information about these positions, consult with an incumbent, ask the Town Clerk or refer to websites of Vermont League of Cities and Towns, State of Vermont Secretary of State elections division, or Vermont School Boards Association.

Cabot School Update

As we wind down the first part of the school year and head into winter, I'd like to highlight three recent exciting happenings at the Cabot School.

Presidential Scholar

On Thursday, December 3, senior Clementine O'Connor was honored at the Vermont State House as one of our state's Presidential Scholars, based on outstanding scholarship and service to her community. Clementine joins only 19 other Vermont students who will go on to be considered at the National level, which narrows the field down to only 121 students nationwide, 2 from each state, and 15 additional "at-large" scholars. In Clementine's nomination, her love for learning was highlighted. Clementine is not content to "play school" for the highest GPA, but truly strives to learn as much as possible. She has taken several academic risks that have (slightly) adversely affected her grade point average, simply because she wanted to increase the depth and breadth of her knowledge. One example of this was Clementine's decision to switch to Spanish at the beginning of her junior year, when our small rural school could no longer offer French. Even though Clementine's world language requirement was at that point fulfilled, she chose to challenge herself to start over with a completely different language, gained ground in a short amount of time, and made the absolute most of what our school could offer.

Native American Culture

Just before Thanksgiving, our grades 3 and 4 multiage class culminated a project-based learning expedition on Native American Cultures with a fascinating performance in the CSPAC building. Students demonstrated learning in writing and social studies by writing their own scripts based on Abenaki and other folktales, studying regionally relevant tribes, and comparing and contrasting their life to those of Native Americans in the 17th and 18th centuries. Student Victoria Pike describes project-based learning as "active learning and research because you can learn new things from your classmates and yourself". Scarlett Wetmore adds "the best part of project-based learning is that it's fun and cool!" The depth of these young students' knowledge and their professional presentation to a public audience was truly amazing. Congratulations to the rock-star teaching team of Claire Gallagher, Rebecca Nally and Sarah Daye.

Grants to enhance programming

As we look toward spring, we are excited to be the recipient of several grants which will be a huge benefit to our school experience for students. Cabot is a long-time member of the Vermont Rural Partnership, and this year we're excited to have been awarded $1700 from this group for community-based learning. Preschool teacher Lynn Talamini will receive $700 for her forest classroom program, enabling our youngest students to develop a connection to nature in all kinds of weather. Our grades 5-8 students will benefit from a partnership with Long Field Farm this spring, becoming active participants on a commercial goat dairy farm. Both grants were developed with students at the helm, guided by a leadership team including Kurtis Greaves, Astryd Whitehouse, and Hunter Lubas. This talented team of 5th and 6th grade students collaborated and learned from other Rural Partnership schools, and advised Lynn and I on what would best leverage the group's resources to benefit Cabot students. Lastly, 5th and 6th grade humanities teacher Sarah Adelman was recently awarded a Vermont Reads 2016 grant, which will provide books and learning materials for her students to study Shackleton's legendary Antarctic expedition later this year.

I remain inspired by our learners and teachers, excited about our future, and honored and proud to serve the Cabot School community as Principal. My very best wishes for a healthy and happy new year to all.

David Schilling
Cabot School Principal

New Program Offers Jobs and College

By Will Walters

A new apprenticeship program designed to help the unemployed which will provide a number of guaranteed jobs and college credits is being offered by Vermont Precision Tools and Vermont HITEC. The machine operator apprenticeship and education program will extend over the next several months.

After successful completion of the eight week program, graduates will earn 24 college credits and be awarded a certificate in advanced machine technology. Another 21 college credits will be earned during a one year registered apprenticeship. An additional 15 credits in general studies may be earned at Burlington College toward a 60 credit associate in arts in an independent major.

All credits are awarded through Burlington College's new Institute for American Apprenticeships.

Vermont Precision Tools is headquartered in Swanton, VT, and manufactures high quality medical bur blanks for the OEM medical industry. HITEC is a non-profit organization dedicated to high quality workforce development.

Up to 12 individuals will be selected for the eight week program, and upon graduation, graduates will fill machine operator apprentice positions. All positions will receive full wages and benefits. The pay scale for graduates from Vermont Precision Tolls program will start at $13 per hour and after six months can increase to $14 or more and after six months can increase to $15 or more upon completion of the apprenticeship program. All rates are based on performance. VPT said overtime may be available and there is a comprehensive benefits package offered.

The deadline for applying is January 11, 2016. An online application is available at www.vthitec.org. More information can be obtained from katy.bacon@vthitec.org or by calling 802-872-0660.

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