



The Cabot Chronicle

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& Surrounding
Communities

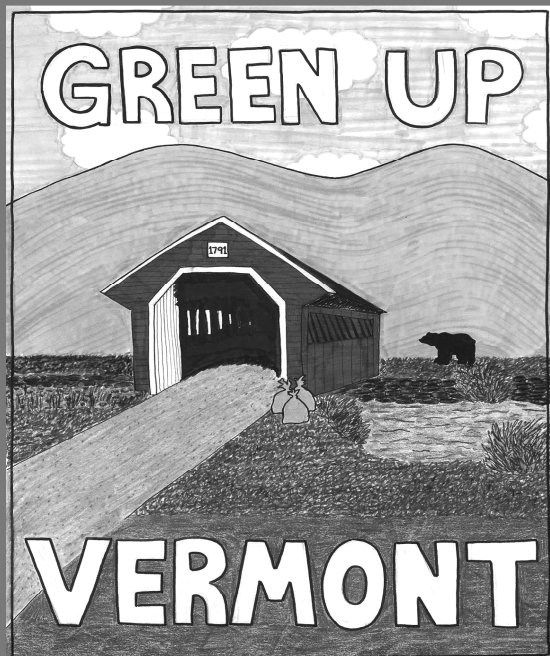
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Vol. 9, No. 5

P.O. Box 245, Cabot, Vermont 05647

May 2016



Poster art by Charlotte Brace, Grade 11, Montpelier High School.

GREEN UP DAY~ MAY 7, 2016 ~ First Saturday in May

**Saturday May 7th 9:00 AM – 2:00 PM
Help Clean Up Cabot's Roadsides!**

Green Up trash bags available at
the Harry's Hardware and Town Clerk's Office

Roadside trash only may be dropped off
at the Fire Station between 9 am and 2 pm

Tire Collection at the Fire Station
\$4 per tire (up to 19") Larger tires additional cost

**For Further Information, Contact:
Gary Gulka (563-2284) or Chris Duff 563-2647**



Molly's Falls State Park in Cabot

As you may be aware, Molly's Falls Pond (Marshfield Dam) is the newest state park. There will be park rangers on site this year starting in May and access to the reservoir will still be free. The conversation as to how we would like to see the park develop as a community resource is open, and Forest and Parks is looking for information from you. Please be on the lookout for flyers on informational meetings and public forums - there will be several in the months ahead.

In the meantime, you can let your thoughts be known by taking the confidential survey available at:

www.surveymonkey.com/r/MollysFalls



Cabot Selectboard Sets Goals, Seeks Community Input

The Cabot Selectboard (Board) has adopted seventeen goals for the current year. In many instances, the Board will be seeking volunteer participation to work alongside Board members to achieve what we believe are important goals, such as goals 4, 5, 11, 12, 13, 14, 16, and 17. Anyone interested in working with the Board on implementing these goals is asked to contact Town Clerk Betty Ritter and let her know which of them you wish to work on.

Thank you.
Your Selectboard

2016 Selectboard GOALS

1. Old Town Garage demolition and site work—spring/summer
2. New Town Garage Open House—June
3. Close Town Garage Grant – Fall
4. Create Employee Compensation Plan Committee – Spring
5. Explore Changing Fiscal Year to July 1–June 30 – Spring
6. Pave Willey Building parking lot – Spring/Summer
7. Engineer Porter Road project for 2017 construction – Summer
8. Engineer Danville Hill culvert construction project for 2017 construction – Summer
9. Meet periodically with Planning Commission, UDAG, Fire

- Department, Recreation Committee, & CCA
10. Continue with "Sawmill Road Dam" project—TBD
 11. Explore Small Town Administration models - Summer
 12. Explore creating Budget Committee – Spring
 13. Develop Vendor Policy – May
 14. Develop Appropriations Policy – Spring
 15. Issue RFP for External Audit Services – Summer
 16. Explore Collecting Taxes more than once per year – Spring
 17. Establish working group to support Cabot Ambulance Service – May Revis
 18. Revise Cabot's Hazard Mitigation Plan—due 2017

YARD SALE

SEE OUR AD ON PAGE 7

2016 CABOT ANNUAL TOWN WIDE LAWN SALE & STRAWBERRY SOCIAL

SATURDAY JUNE 25TH ~ 9:00 A.M. TO 3:00 P.M.
STRAWBERRY SOCIAL AT THE CABOT UNITED CHURCH AND ON THE COMMON ~ 10:30 A.M. TO 2:00 P.M.

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LEGISLATIVE UPDATE

By Representative Catherine (Kitty) Toll

The final days of the 2016 Legislative session are rapidly approaching. The speaker of the House has estimated Saturday, May 7, as the latest possible date for adjournment. It is difficult at this time to provide a complete update on bills because many of the major pieces of legislation are still being debated and negotiated. As of this writing, the Senate Appropriations Committee and Senate Finance Committee are continuing their work on the state budget and the revenue plan. Once these two bills are passed out of the Senate, the House will consider the proposed changes. It is most likely these two major pieces of legislation will be settled in a Committee of Conference; it is the responsibility of the Committee of Conference, made up of members from both the Senate and the House, to discuss differences, find agreement, and recommend a bill to the House and Senate for passage.

The House Education Committee and the Committee on House Ways and Means worked together to present recommendations regarding the statewide education tax rates and other education finance and tax measures. As passed by the House H.853 and now being considered in the Senate the bill includes the following:

- Sets nonresidential property tax rate at \$1.53 (down .005 over last year) and the average statewide homestead property tax rate at \$1.52 (up .002 over last year).
- Maintains the current excess spending threshold at 121% of the state wide average. In 2020 the excess spending threshold will be lowered to 119%.
- Creates a process to address "unfunded Mandates" making future legislative decisions to become the state's fiscal responsibility.
- Convenes a study group to examine the viability of moving merged districts to an aggregate common level of appraisal (CLA).
- Requires the Joint Fiscal Office to provide an Education Fund Outlook at least twice a year to the Emergency Board.
- Requires the Joint Fiscal Office to analyze and report on two different proposed changes to education tax cal-

culations. One is for the purpose of moving the state to an income tax based system and the second focuses on cost containment using a base spending amount.

- Requires the Agency of Education to recommend a process to examine how "equalized per pupil" are counted – the process for determining student count and the homestead tax rate.

H.859 – and act relating to special education creates a pilot for 10 school districts to develop innovative special education work leading to better results at reduced costs. Districts that are chosen to participate through an application process will receive a 50% match. The bill tasks the University of Vermont with studying and recommending changes to special education funding. This bill is under consideration in the Senate Education Committee.

H.865 – a bill to promote the development of workforce housing for middle income Vermonters passed the house and is now being considered by the Senate. The bill creates a pilot program to develop housing for working families. Two workforce housing projects would be developed, each comprising of 12 independent dwelling units; one located in an area with a population of 10,000 or less and the other in a municipality whose population exceeds 10,000. The bill also extends a first-time home buyer down payment assistance program, first passed in 2015 and proven to be very successful in enabling more citizens to become homeowners in Vermont. These loans are repaid when the main mortgage is refinanced or the home is sold. The average age of these new homeowners is 31 and homes thus far have been purchased in 11 of Vermont's 14 counties, including Caledonia County and Washington County. To learn more visit: www.vhfa.org.

To follow actions of the legislature or to check the status of a bill visit www.leg.state.vt.us or contact me for information. I can be reached at: kittytoll@live.com
ktoll@leg.state.vt.us
 PO Box 192 Danville, VT 05828
 802.684.3671



COUNTRY COMMENTARY

Summer is soon to be here and I hope it is a sunnier one than last year, but we can't take orders and have them delivered, so we take what we can get. We make sure we have some drought resistant plants in with some of our regulars that never seem to fail us. Kale and potatoes are just a few that are our favorites and seem to give us a great crop year after year.

We oftentimes save our seed and use them for the following year; when it comes to tomatoes it seems to work just fine. Some of our winter squash and summer squash seeds seem to do well, too. We enjoy the surprise of what crops do best, as it seems to differ year to year, but we always have something, so we never starve.

We plant beans, tons, and tons of beans. They are full of water-soluble fiber and protein. There are so many ways to cook up beans and so many different kinds of beans. I love bean burgers, they are probably my favorite. My partner and I mix things up a bit by adding different veggies in making the burgers, and we use different spices, too. Sometimes, we add cheese.

We are definitely not vegetarians, but we have increased the volume of veggies we eat as part of an anti-inflammatory diet, also leaving out gluten. We tend to breathe better, and my hands don't swell up overnight anymore. It is definitely something to look into, and it is natural, too. We figure the good money we pay for organic food is worth it, because it

means fewer trips to the doctor. This diet we are on is also called the Mediterranean diet. It is actually easy to get into it, and different types of curry are fun to play with in whipping up a veggie or egg dish.

It is so important to eat well and to get the nutrients we need; so many things can go wrong if we don't. Maybe we can't cure disease, but we can certainly improve our chances of being healthy if we eat properly, healthfully! We do eat cheese, eggs and chicken, but we get it at the Co-op in Montpelier. We figure the cost of eating well is offset by the fact that we feel better and don't have as many physical complaints, and, as far as mental health, it can definitely benefit from good healthy food being put into your body.

I am totally sold, as I said, my health has improved and I am more motivated to be healthier incorporating exercise as part of my health regimen. I feel better, so I engage in more physical activity. It is a win-win and an opportunity to increase the longevity of my life, as well as the quality of my life. It is up to you, of course, and for those of you who think you can't afford it, I implore you to find a way to do so. Whether or not you grow your own food or not, it is so very important to be healthy to enjoy all the benefits that life has to offer.

In Peace & 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.

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

The Cabot Chronicle

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

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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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Subscriptions available \$20 per year
 Contact above for more information



Front Gallery in Montpelier Celebrates First Anniversary May 6 *Works by Janet Van Fleet Featured*



Guests enjoy art and conversation during the April opening reception at The Front Gallery in Montpelier. The gallery shows work by 16 artists, including Cabot artist Janet Van Fleet. Receptions are free and open to the public, and the next one is on May 6, 4-8:00 p.m..

The Front Gallery celebrates its first anniversary at the May 6, 2016, Montpelier Art Walk. The gallery of contemporary art at 6 Barre Street will be open from 4-8:00 p.m. on May 6, with a brand-new exhibit of artists' work, great refreshments, and a guarantee of interesting conversation.

Glen Coburn Hutcheson, who opened the cooperative space last May, is delighted that the project is thriving. "I put together a diverse, high-quality group of 12 regional artists, and we've added a few more since, to arrive at our current group of 16. Each show, which changes every five weeks or so, has been a knock-out. I'm also really pleased that we are making regular sales to art buyers!"

The Anniversary Show that opens on May 6 will feature recent or new works by the gallery's members that include sculptors Jesse Cooper, Hasso Ewing, Chris Jeffrey, Clara Kazarov, John Matusz and Janet Van Fleet, painters Alana LaPoint, Glen Coburn Hutcheson, James Secor, Michelle Lesnak, and Melora Kennedy, design/builder Ben Cheney, photographer Maayan Kasimov, collage artists Deluxe Unlimited and Hannah Morris, and mixed media artist Alice Dodge. Hours are 4-8:00 p.m. on Fridays and 11:00 a.m.-8:00 p.m. on Saturdays, or by appointment at 802-839-5349.

Joe's Pond Ice-Out Winner

The clock stopped for the Joe's Pond Ice-Out Contest on April 12, 2016, at 5:04 p.m. The lucky winner is Pamela Swift, who lives with her parents in Barre, VT, and is a student at UVM. Pamela will receive a check for over \$5,000. There will be a short presentation ceremony sometime in May at the Public Fishing Access at Joe's Pond. Further details will be on the Joe's Pond website, www.joespondvermont.com.

The Joe's Pond Ice-Out Committee thanks the community for your support.

Jane Brown, 563-2361
Diane Rossi, 563-6088



Cabot Arcana *Stories From The Cabot Historical Society* A.M. Foster Sap Spout



By Jane Brown

The Cabot Historical Society building has a wealth of historical artifacts in it, all organized and waiting for anyone interested to come in, look around and learn. One of the interesting exhibits is in a glass cabinet on the east wall, first floor. It has a collection of pictures and artifacts, including the world famous A. M. Foster sap spouts and other maple syrup making tools.

Alonzo and Elsie Foster came to Cabot from Calais in 1866. They bought the Thomas Lyford place, where the Burt's Apple Orchard is today. There was a fine maple orchard on the farm when Alonzo came there, and he probably used wooden spouts, or spiles, in the first years of sugaring. He may have used troughs to hold the sap and gathered it using a neck yoke with two large wooden buckets. However, 1866 was about that time thin metal spouts were first introduced, and Alonzo no doubt used those, but he imagined a better design.

Alonzo's sap spout was unique in that it was made of cast iron with a square shank that was driven into the tree, making a tighter fit than earlier designs. There was a flange so it couldn't be driven too far into the tree, it had a hook on the underside to hang

a bucket, and another on top to attach a cover to keep rain, snow and debris out of the bucket. The A. M. Foster spout was patented on June 19, 1894.

Alonzo's daughter, Linie, married Payson Walbridge and they carried on the tradition of sugaring, holding large "sugarin' off" parties each spring, and folks from all over town came by to enjoy sugar on snow and warm maple syrup right out of the evaporator.

Maple Glen was eventually sold to Robert and Barbara Davis, who continued using the sugar orchard, building a state-of-the-art maple facility at their home near the corner of Cabot Plains Road and the Bayley Hazen Road. Now the Burt family sugars in the same orchard Alonzo did. Although those big old trees he labored over are gone, offspring of those beautiful old maples are laced each year with miles of plastic tubing, carrying on the tradition of sugaring.

You'll find more about sugaring in Cabot on the website, www.cabot-history.com, and you are welcome to stop by the Historical Society building whenever we are open, or contact Bonnie Dannenberg, 563-3396, and she will arrange to have someone open the museum for you.

Annual Meeting
Cabot Historical Society
Sunday, May 22 at 3:00 p.m.
in the Main Street (Brimblecombe) Building

Election of officers
Approval of minutes from 2015 annual meeting
Approval of annual budget
Other business as needed

OBITUARIES & MEMORIALS

Alice C. Holloway



Alice C. (Martel) Holloway, 82, of West Springfield, MA, passed away Sunday, April 3, 2016, surrounded by her loving family.

Born in Berlin, N.H., January 14, 1934, she was the daughter of the late Joseph and Alice (Nadeau) Martel. Alice grew up in Vermont and moved to Massachusetts in 1968. She worked at the Southworth Paper Company for 15 years and also the Notion Thread Company. Her first husband, Roland Holloway Sr., died in 1962, and her second husband, Henry Holloway, died in 1992.

She leaves her children, Roland Jr. and his wife Darlene, Paul and his wife Linda, Helen Holloway, Elaine Parent and her husband John, and David and his wife Rose all of West Springfield, MA; her siblings, Nelson Martel of Agawam, Norman Martel of Burlington, VT, Agnes West of Johnson, VT., Nora LaCroix of Burlington, VT, and Rita Aremburg of N. Concord, VT; her ten grandchildren, 13 great-grandchildren and two great-great-grandchildren.

She was predeceased by her sister, Lee Lund.

Funeral services were Friday, April 8, at the Sayles Funeral Home in St. Johnsbury, VT, followed by burial at Durant Cemetery in Cabot.

Sayles Funeral Home is handling arrangements locally in Vermont.

Velma U. Smith



Velma U. Smith, 85, of Cabot, passed away unexpectedly Tuesday, April 12, 2016, at Central Vermont Medical Center in Berlin, VT.

Velma, the only child of Bernard and Arreca (Gamble) Urban of Cabot, was born on April 24, 1931. She attended schools in Cabot and earned a bachelor's degree in English from Lyndon State College. Later, she earned her master's degree from Plymouth State College, in Plymouth, NH.

Lifelong learning is the only description for Velma's passion for education. Her work at the University of Vermont, Norwich University and the Barre City schools supported and defined the educational experience of students from age three to freshman embarking on their college career.

She married Morin Smith in 1952. They later divorced in 1980.

Velma retired from the education field in 1991 and embarked on another of her passions, traveling. With her companion, Leland Ennis, she traveled to all 50 U.S.

states, including Alaska, and all provinces in Canada, Newfoundland and Labrador. Trips were made with her family to Mexico and England to research her family history. Many of the collectibles that Velma possessed were actually a memory of each of the trips she enjoyed. She took traveling seriously. On a three-month trip across Canada, she broke her arm. The only detour in the planned trip was to a hospital to have her arm set and then they were back on the road.

She leaves behind her companion of 34 years, Leland Ennis; daughter-in-law Chere Smith; grandsons Chip and Ralph Lamell; and stepdaughters Gloria Abbati and Marjie Ennis Floyd. Besides, her parents, two aunts, Lottie Gunzel and Jessie Davis, and one son, Montgomery Smith, predeceased her.

A celebration of her life was held Saturday, April 16, 2016, at the Durant Cemetery in Lower Cabot.

In lieu of flowers, the family requests donations be made to the Central Vermont Humane Society P.O. Box 687, Montpelier, VT 05601.

Arrangements are in the care of des Groseilliers Funeral Home, Church Street, Hardwick.

Mark H. Brochu

Mark Henry Brochu, 58, of Walden died peacefully on Sunday, April 10, 2016, in the loving care of his sister, Nancy Casey and Sandra Menella in Cabot.

He was born July 5, 1958, in Waterbury, CT, the son of the late Henry E. and Theresa (Dorval) Brochu. He attended Cheshire, CT, public schools.

He worked in the repair and maintenance of Servo Motors and owned and operated Prospect Armatures in Connecticut. Mark loved the outdoors, fishing and his Harley. He has now been given his wings to ride that yellow line in heaven.

Survivors include: two children: Brianna Brochu and Megan Brochu, both of Harwinton, CT., a sister, Nancy A. Casey and her significant other, David Glidden of Cabot; Don Brochu, Jr., and Beth, Alice and Bob Magoon, all of Walden; several nieces and nephews.

Mark was predeceased by a brother, Donald E. Brochu, Sr.

A very special thank you to Central Vermont Home Health & Hospice. Sin-

cere gratitude to friends and neighbors, Ruth, Betty, Sandra, Gene and Kenneth of Cabot Commons, for the thoughtfulness and generosity that was shown to Mark and his sister during this difficult time. You are all special angels.

All services will be at the convenience of his family.

Arrangements are in the care of Dian R. Holcomb of Northern Vermont funeral Service, 60 Elm Street, Hardwick.

Recycling News

The Northeast Kingdom Waste Management District (NEKWMD) anticipates a busy summer of collecting recyclables and other materials. A number of events are scheduled, including collections for bulky wastes and household hazardous wastes. For times and locations, visit the District website at www.nekwmd.org. Please note that Cabot will not be hosting either of these events during 2016.

Electronics can be recycled at 21 locations in the District (not yet including Cabot). Computers, peripherals, televisions and other electronics are collected for free. Please check the NEKWMD website for locations near you.

Vermont's new Universal Recycling law calls for trash to be charged on a unit basis, either by weight or by the bag. At the same time, it phases in landfill bans on certain recyclable materials, leaf and yard debris, clean wood debris, and food scraps. The law also provides more opportunities for residents to separate recyclables and food scraps, as well as leaf and yard debris. Timelines for various items to be phased out of landfill disposal allows for the District to work with the private sector in the continuing expansion of infrastructure needed to recycle and compost valuable materials.

Maintaining the recycling infrastructure in 49 northeast Vermont towns requires a significant yearly operating budget. The NEKWMD is the only waste district in Vermont that approves its budget by an Australian ballot vote in each member town on Town Meeting Day. Vermont's other 12 Districts have their appointed Supervisors approve their budgets. The NEKWMD is now examining a change to its Charter to allow Supervisors to approve the budget in an effort to streamline the budget process and reduce the need for Australian ballot in Towns that have no other Australian ballot votes.

As always, keep those recyclable items clean and sorted. A complete list of items that can be recycled is available at the recycling center on Sawmill Road and at the NEKWMD website: www.nekwmd.org. Hours are from 8:30 a.m. until noon only every Saturday. Trash disposal is available for a fee, and a large roll-off is on site for metal recycling. Over the summer, plans are afoot to expand the Cabot recycling center and begin to collect more items.

Stay tuned.

Ben Davis
563-2341

Local Theater News

By Karen Mueller-Harder

In March, Cabot Community Theater had a very successful weekend of performances of Oscar Wilde's comedy, "The Importance of Being Earnest," directed by Megan Walker. Audiences were very enthusiastic, and had high praise for the acting and directing.

This production was staged as a benefit, with all proceeds from the performances going directly to local organizations. A total of \$400 was raised, which enabled us to make donations to the Cabot Fire Department, Cabot Ambulance, *The Cabot Chronicle*, and Twin Valley Senior Center, and 34 items were collected for the Onion River Food Shelf.

As part of our community outreach, we took the show on the road, and performed for the residents at the Craftsbury Community Care Center. Folks at these assisted living apartments are generally not able to easily travel, and so have no access to live theater, so the cast of "Earnest" unanimously decided to bring the show to them! They were a warm and appreciative audience, and the venture was a

great success—we plan to do this again any time we have a production which will travel well!

The CCT Improv Workshop, which met weekly this past winter, performed for attendees of this year's Maple Fest, entertaining the audience in CSPAC with improvised monologues and theater games.

Thanks to a grant from UDAG, CCT now owns a handsome weatherproof banner we can use to let folks in town know when a performance is in the offing! It arrived just a bit before our show this year, so there was only time to hang it on the outer wall of CSPAC, but we hope to have it in a more visible spot next time.

Looking ahead to summer: Cabot Community Theater, in conjunction with the Recreation Committee, will be leading a theater camp the week of July 11-15 for kids in grades 3 and up. We will meet in the mornings, Monday through Friday, and have a performance on July 15. Watch the *June Chronicle* and Front Porch Forum for more information!



Northern Vermont Funeral Service

60 Elm Street, Hardwick, VT 05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director



Sunday,
May 8, 2016



By Helen Morrison

Amazing Grace

On Monday, April 18, in the late afternoon, we received a call from a woman who had a kitten who "was in bad shape". She had received the kitten from another woman who "didn't want her anymore". The kitten, an all black feline girl, was about eight weeks old. And her right eye was huge, like a very large white marble. And the kitten's face was covered in pus. We determined that she needed help fast, so several volunteers took her over to Littleton Area Veterinary Emergency Services (LAVES). The vets there felt that her eye had somehow been punctured and that it was so infected, it needed to be removed. The KAS volunteers named the kitten "Grace" because she just took her whole ordeal with grace. Grace is recovering now in her foster home. She is wonderfully friendly, playful, and outgoing. She will be a joy to have in any home. She simply knows how to make the best



of any situation...with grace. But, of course, we will make sure she has the best of the best.

Tonsillitis Awareness in Dogs

Transitioning weather patterns, like going from winter to spring, frequently trigger wellness changes in dogs and occasionally cats. Dogs have tonsils in the back of the throat just as humans do. When tonsils are fighting off an infection, they appear red and swollen. Tonsillitis with no underlying cause occurs most often in small breeds. Tonsillitis causes the dogs to gag as if something was stuck in their throat. They will also lick non-edible items, such as the floor, furniture, etc. Loss of appetite is common. Other symptoms that may occur are an elevated temperature and difficulty eating and drinking. Excessive salivation may be observed, and sometimes the dog will not show any symptoms at all. People usually assume the dog has something stuck in its throat, but the reality is swollen tonsils. Antibiotics are usually given for two to three weeks to treat both the infection and the inflammation. Tonsillitis can be caused by a virus or bacterial infection. It is not contagious from dog to dog or to humans. Removal of the tonsils

is rarely recommended, because they play a vital role in fighting off infections. Updated vaccinations should be postponed until the tonsillitis is not present anymore. If your dog is showing any symptoms of distress and you think he may be ill, call your vet immediately. You can mix a teaspoon of apple cider vinegar and a teaspoon of pure honey with warm water to dissolve the honey then place in dose syringe which has no needle and place in the corner of his or her mouth. You can also try lime juice in warm water with a little honey. Another remedy is chamomile tea, lemon juice and a little honey. Administering small amounts every couple of hours is better than giving it all at once, and will reduce chances of choking. Any of the remedies will help with inflammation and pain.

If you feel your dog is not improving, do not hesitate to contact your veterinarian.

April Frost
Animalvisions.org



ADVICE FROM THE TREE WARDEN

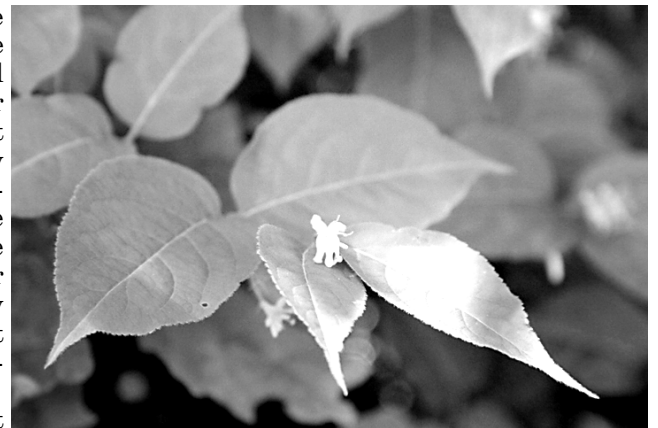
By Roland (Slim) Payne

Spring has finally come around, and you have to love it. By the time you read this, you should have your apple trees pruned and start getting your garden ready for summer. I hope my garlic is ok. The plants came out of the ground about one month ago, they look ok for now, but I don't think they like to thaw and freeze, but that happened all winter. Time will tell.

I planted some chestnut seeds last fall, I hope they come up. I also started some hazelnuts last year; three came up and did well last summer, but with no snow cover, I am sure it didn't help them.

Bush Honeysuckle will be leafing out in a couple of weeks if it stays warm; the way I find mine is go around the edge of fields and hedge rows as soon as leaves

break open and mark them with surveyor's tape, orange or yellow, so they are easy to see, then cut and treat them from last of August to first of October. Honey-suckle are one of the first plants to grow leaves, and if you are not sure, cut a branch the size of a pencil or smaller, and it will be hollow.



3rd Annual: Quince de Meow

Celebrate los Gatos
with
Food, Games, Music & Dancing



Pin the Tail
on the Gato!

Pinatas!

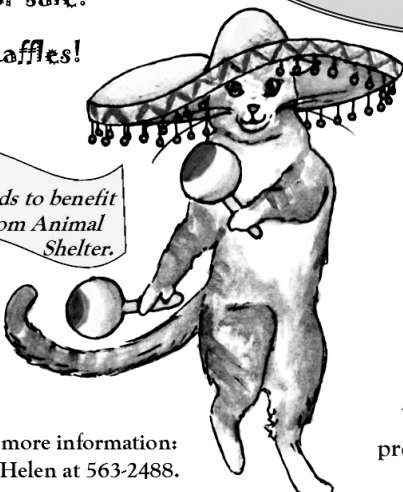
Prizes!

Face Painting!

Booster Buttons
for sale!

Raffles!

ALL
proceeds to benefit
Kingdom Animal
Shelter.



For more information:
call Helen at 563-2488.

United Community Church
(formerly North Congregational)
Main Street, St. Johnsbury
Sunday, May 15, 2015
1-3 p.m.

Enjoy dancing or listening to
Latin Jazz & Salsa Rhythm
by the Andric Severance Xtet
Scott Dean, Caleb Bronz,
Giovanni Rovetto, Andric Severance
Sponsored by **Passumpsic**
Savings Bank
Your Bank. Your Way of Life.
passumpsicbank.com

Sample some delicious food:
**TACO BAR, CHILI,
CHIPS & SALSA and BEANS**
preparado por los voluntarios de KAS
(prepared by KAS volunteers)

HILLTOP AUTO BODY

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



COMMUNITY CALENDAR

~ APRIL ~

Sunday, 5/1

Peacham Corner Guild Season Opening. Daily 10:00 a.m.-5:00 p.m. Closed Tuesdays, featuring small antiques, fine handcrafted gifts and specialty foods. 643 Bayley Hazen Road, Peacham. 802-592-3332.

Tuesday, 5/3

Playgroup 9:30 a.m. Children up to 5 years old, meet on third floor of Willey building in Cabot. Bring your own ride-on toy and snacks, if you wish. Play and hear a story at 10:30 a.m. Story hour. For more information, contact Casey Clifford, sewsewcrazy888@yahoo.com.

Meditation with Daria 6-7:30 p.m. Daria Babbitt will introduce different techniques designed to reduce stress. First and Third Tuesday of each month. Discussion of healing techniques and inner spiritual growth. Open to all, donations accepted. Willey Building, Cabot.

Wednesday, 5/4

Last film of the season. 7:00 p.m. Jaquith Library classic film series *The Visitor* (2007) Stars Richard Jenkins, Haaz Sleiman. Co-hosted by Tom Blachly and Rick Winston. Marshfield.

Thursday, 5/5

Tai Chi 8 Postures 5-6:00 p.m., Willey Building, Cabot. Great place to start Tai Chi. The postures are simple and well instructed. Assists with balance and concentration, stretching and strengthening your body and mind. Classes are FREE. Suggested donation \$5. Call 802-424-6088 or email taichivt@gmail.com to register.

Friday, 5/6

Friday 6:00 a.m.-8:00 p.m. and Saturday 8:00 a.m.-5:00 p.m. **The largest inventory of Dansko, Sanitas and Klogs in the state.** Over 2000 shoes and sandals will be there. Try, Love and Buy them. Uniforms: Cherokee, Koi, Wonder Wink, Barco and more. Payment accepted: cash, MasterCard and VISA. Holiday Inn Hotel, Burlington. 1068 Williston Rd. South Burlington.

Montpelier Art Walk. Front Gallery Celebrates 1st Anniversary at 6 Barre Street, Montpelier. Friday 4-8:00 p.m. and Saturday 11:00 a.m.-8:00 p.m. with a brand new exhibit of artists' work and refreshments. Sculptors, painters, design/builder, photographers, collage artists mixed media art. 6 Barre Street, Montpelier.

Greater Cabot Working Landscape Gathering. 5:30 -7:30 p.m. at the Willey Building Do you work in, with and care about the lands in Cabot? This is the program for you. Contact Director Lori Augustyniak 563-3338 for more information.

Saturday, 5/7

8th Annual Perennial Plant and Yard Sale, 9:00 a.m.-3:00 p.m. at Twin Valley Senior Center, East Montpelier. Hamburgers, hot dogs, and more. 4583 Route 2 at Blueberry Commons 802-223-3322 for more information.

It is Green Up Vermont Day!! Keep Vermont Green and Clean!! VAST has partnered with Green Up Day in keeping trails clean, a tradition for VAST clubs and one way to show respect and gratitude to landowners. VAST and Green Up want to help you organize your Spring Trail Cleaning with free garbage bags and free drop-off locations. You can get your bags at VAST Office at 26 Vast lane in Berlin. In Cabot, Green Up trash bags available at Harry's Hardware and Town Clerk's Office. Roadside trash only may be dropped off at the Cabot Fire Station between 9:00 a.m. and 2:00 p.m. Tire Collection \$4 per tire (up to 19"), larger tires additional cost. For Further Information for Cabot, contact: Gary Gulka (563-2284) or Chris Duff 563-2647. To find the contact information for all town coordinators, call 800-974-3259 or go to the How to Participate page at www.greenupvermont.org.

Iain MacHarg Fundraiser for Youth Services 7:00 p.m. Concert on the Scottish bagpipes and with one of the region's leading pipers. Cost \$8-\$10 Adults, Children FREE Come join us at Fritz's Barn in Marshfield, 426-3581 for directions.

Kids' Day!! Climb on Board at the Union Street Station in Burlington. 45-minute round trip train rides departing Burlington Union Station at One Main Street. Adults \$10, Children ride FREE! Train departs Union Station. For more information, visit website www.rails-vt.com.

Sunday, 5/8

Chandler's Special Mother's Day concert 4:00 p.m. Molly Mason and Jay Ungar at the Chandler Music Hall in Randolph. Sharing the heart and soul of American roots music. For tickets www.Chandler-Arts.org Contact for more information: Emily Crosby outreach@chandler-arts.org or 802-431-0204.

Mother's Day Train Treat Mom to a very special Mother's Day train ride through scenic Champlain Valley, then explore downtown Middlebury where you can enjoy brunch and shopping before the train goes back to Burlington. Tickets: Adults \$35, Children \$30, children under 3 FREE. For Tickets go to [tix publicwhistle.com](http://tix.publicwhistle.com). Union Street, Burlington.

Mother's Day Spring Wildflower Walk 1-4:00 p.m. with Brett Engstrom. Sponsored by Marshfield Conservation Commission and Jaquith Library. Meet at Stranahan Forest parking lot beginning of Thompson Road (right off of Hollister Hill Road),

Tuesday, 5/10

Vietnam from Hanoi to Saigon. 7:00 p.m. Sarah Spence traveled the length of Vietnam this past January and learned about the food, history and culture. Come see the photos and hear their stories. Cabot Public Library.

Wednesday, 5/11

Workshop Series at CVMC Eating WELL on a Budget for Families 5:30-6:30 p.m. in the Central Vermont Medical Center cafeteria every Wednesday until June 15. Instructor Frances Fleming from UVM extension service. Call CVMC for more information.

Saturday, 5/14

Second Wife and Haywire local bands at Chandler Center of the Arts. Randolph 7:30 p.m. Second Wife acoustic trio original members of the popular rock band Second Wind. Haywire high-energy five-piece string band. Tickets are \$12 available by calling the Box Office at 800-728-6464 or at the door.

Contra and Square Dances. 7:30 p.m. All are welcomed. David Carpenter and the Hull's Union Victory String Band perform toe tapping tunes to get your feet a movin'. Easily learned, with caller in tow. Willey building, Main Street., Cabot.

24th Annual National Association of Letter Carriers Food Drive "Stamp Out Hunger". Postal workers collect the food along their delivery routes and turn over to local shelter. Place your non-perishable food items in a bag nearby your mailbox or bring your items to your Post Office. Canned goods/ vegetables, beans and soups, cereals, peanut butter, rice and pasta. Please check expiration dates on items. For more information, call any Green Mountain United Way office Barre 802-622-8056, St. Johnsbury 802-745-0101.

Wednesday, 5/18

Cabot Community Book Group 10:30 a.m. This month's selection is *Middlesex: A Novel*. By Jeffrey Eugenides. All are welcome to join, books provided at Cabot Public library.

Saturday, 5/21

Paint Between the Vines 2-4:30 p.m. 4373 VT Route 12 West Berlin. Instructor Jenn Anthony. \$35 includes glass of wine and materials. Bring home your masterpiece!! Fresh Tracks Farm Vineyard and Winery 802-223-1151.

Craft Brew Races Stowe 2016. 3rd Annual event of a 5k run followed by Craft Beer festival with food and live music. [tix www.eventbrite.com](http://tix.eventbrite.com) Stowe-flake Mountain Resort and Spa.

Free Community Casserole Dinner and Concert. Masonic Hall, Main Street, Cabot. Dinner 5:30 p.m. followed by music 6:00 p.m. Enjoy a delicious meal and social evening. Sponsored by Faith in Action 563-3322.

Spring Bird Walk with Bob Popp, Marshfield. 7:30 -11:00 a.m. Bob is a botanist for the State of VT and an expert bird watcher guide. Meet at Stranahan Forest parking lot beginning

of Thompson Road (right off of Hollister Hill Road)

Harry's Hardware 4th Annual Children's Fishing Derby. Prizes, Give-away's, Food & Fun! Sponsored by Cabot Village Store. Stop in store for sign-up and details.

Monday, 5/23

Weatherize your home at no cost presentation. 10:45 a.m.-12:15 p.m. You may be eligible without knowing it! Twin Valley Senior Center, East Montpelier at Blueberry Commons. CAPSTONE Community Actions Weatherization program will present discussion on application and eligibility.

Friday, 5/27

Art and Author Night 6:00 p.m. Art opening stars artist Janet Van Fleet. 7:00 p.m. Readings with RD Eno and Berrian Eno Van Fleet. Jaquith Library, Marshfield.

Saturday, 5/28

2016 Hardwick Craft & Garden Fair 10:00 a.m.- 4:00 p.m. at Atkins Field on Granite Street with music, arts and crafts and food.

Sunday, 5/29

Cabot Fire Department Annual Pancake Breakfast, 7-11:00 a.m., Cabot School Cafeteria. Pancakes, sausages, bacon, muffins, coffee, juice, \$5 per person.

Monday, 5/30

Memorial Day

HELP BLANCHE LAMORE CELEBRATE HER BIRTHDAY

Blanche Lamore will be
104 years old May 26.

Please join in a card shower,
to arrive by her birthday.

Her mailing address is:

**Blanche Lamore
Derby Green
P. O. Box 24
Derby, VT 05829**

FOOD SHARE AND FOOD DROP DATES

**CABOT FOOD SHARE
Wednesday,
MAY 11
Noon-2:00 p.m.**

**Wednesday,
MAY 25
Noon-2:00 p.m.**

**Cabot Masonic Hall
3339 Main Street**

**FAITH IN ACTION NORTHERN
COMMUNITIES PARTNERSHIP INC.**

**A Nonsectarian 501(c)(3) ~
Who Is My Neighbor?**



Available for Cabot Residents

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

**SATURDAY,
MAY 14**

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

Got fish? We do!

Harry's Hardware 4th annual Children's Fishing Derby



Saturday, May 21st, 2016

~ Sponsored by Cabot Village Store, Stop in store for sign-up and details ~

Prizes, Giveaway's, Food & Fun!

Sarah's Country Diner will also have hamburgers, Mackenzie hot dogs, chips and soda for sale outside!



CABOT ANNUAL 2016

YARD SALE TOWN WIDE LAWN SALE & STRAWBERRY SOCIAL

SATURDAY, JUNE 25
9:00 A.M. TO 3:00 P.M.

Download map at <http://www.CabotVermont.org/>, pick up at Cabot Village Store, Harry's Hardware, or Cabot Public Library, and look for the signs

To register, contact Lindsey Perry
lindseyperry40@gmail~802-535-6044
\$10 at your address or \$5 on the Common.

STRAWBERRY SOCIAL

at Cabot United Church On the Common

10:30 A.M. TO 2:00 P.M.

Strawberry Shortcake, Ice Cream Sundaes, Grilled hamburgers and hot dogs, Cold drinks and more!

Get off your feet and refuel for lawn sailing

The Town of Marshfield Planning Commission needs your input now regarding current zoning, what is and what is not working, and how to make changes that do work.

At this Forum we will begin to look at our current Zoning Districts, maps, our Town Plan, how we have recently cleaned up our zoning, how we implement "Rural Character", and how our current Zoning may be negatively influencing Rural Character.

Thursday
May 19, 2016

6:00 p.m.

Old Schoolhouse Common

Good food provided. Come one, come all.

For more information contact Jon Groveman at 426-4200 or email us at marshfieldpcvt@gmail.com
The Marshfield Planning Commission thanks you in advance.



FREE COMMUNITY
CASSEROLE DINNER & CONCERT
WHEN: SATURDAY MAY 21ST
WHERE: MASONIC HALL,
MAIN ST. CABOT
TIME: DINNER 5:30

MUSIC 6:00

ENJOY A DELICIOUS MEAL & SOCIAL EVENING
SPONSORED BY: FAITH IN ACTION,
3339 MAIN STREET, CABOT



Cabot Fire Department

Announces

Annual Pancake Breakfast

May 29, 2016

7:00 am til 11:00 am

Cabot School Cafeteria

Pancakes, Sausage, Bacon, Muffins, Coffee, Juice

\$5.00 per person

"All You Can Eat"

Recreation Committee Sponsors Summer Recreation Camps

June 20 - 24, Soccer from 8:00 a.m. to 12:00 noon for grades K through 4 and grades 5 through 8 on the school playground and Common.

June 27 - July 1, Dance from 12:00 noon to 4:00 p.m. and Saturday, July 9, from 8:00 a.m. to 12:00 noon, grades 2 through 6 at the Willey Building.

July 11 - 15, Theater camp from 8:00 a.m. to 12:00 noon with a performance on July 15th at 5:00 p.m., grades 3 and up at CSPAC.

July 11 - 15, Art camp and set design from 12:00 noon to 4:00 p.m., grades 3 and up in the Art Room.

July 18 - 22, Lacrosse camp from 12:00 noon to 4:00 p.m. grades 2 and up on the Common.

July 25 - 29, Basketball camp from 8:30 a.m. to 12:00 noon for grades K through 4 and from 12:00 noon to 3:30 p.m. for grades 5 through 8 in the Gym.

The price for each camp above is \$60. There is a discount of \$5 off each

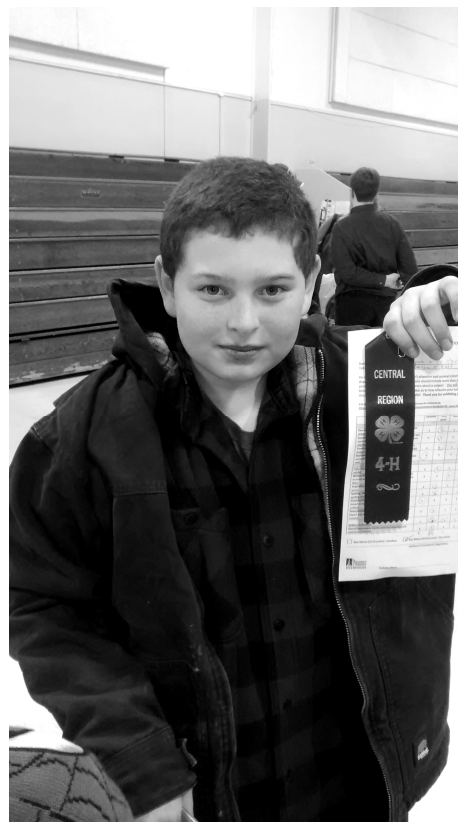
additional camp your child attends. There is also a sibling discount of \$5 per sibling. Cabot recreation is asking for a \$20 refundable deposit to hold your child's spot at camp. The remainder balance is due on the first day of camp. Sign up flyers will be going home with students at school soon. You may also email the recreation committee for the online sign up form. For more information or questions, please email cabotrecreation@gmail.com or call 498-4704.

We are also looking at setting up an all-day outdoor camp for middle school and high school students and possibly an ultimate Frisbee camp; more information to come.

If you are a high school student in need of community service hours, please contact a recreation committee member.

The recreation committee is always in need of volunteer help. If you are able to assist, please let us know.

Cabot 4-H



By Amber Bothfeld

Jared Lowe and Ty Perkins competed in a 4-H sponsored event, "Super Saturday," on April 9 at Barre Town School. The boys created a tabletop presentation, "How to raise a calf". Both Jared and Ty took home a red ribbon of achievement.

Cabot's Linda Johnson Honored By KidSafe

Linda Johnson, Executive Director of Prevent Child Abuse Vermont, received a Special Recognition award from KidSafe Collaborative.

The KidSafe Collaborative recognized individuals and partnerships working on the "front lines" of child protection in Chittenden County at their Annual Outstanding Service Awards Luncheon on April 28, 2016. Held annually in April, which is national Prevent Child Abuse month, the luncheon honors members of the community working to support families and protect children from abuse and neglect and highlights the challenges they face every day. University of Vermont Children's Hospital Chief of Pediatrics Dr. Lewis First helped present the honors as Master of Ceremonies.

Many of Vermont's most dedicated and skilled social workers, volunteers, counselors, and teachers as well as business, government and community leaders and citizens attended the awards to honor this important work. The honorees share extraordinary human interest stories of helping families in crisis.

Other 2016 Awards were presented to:

Outstanding Professional: Kristy Trask, Care Coordinator for Hagan, Rinehart & Connolly Pediatricians, PLLC

Outstanding Promising Professional: Danni Pratt, J.O.B.S. Program Coordinator, Howard Center in collaboration with Spectrum and Voc Rehab VT
Gregory Packan Esq. Award for Outstanding Children's Advocacy: Robin Hood, Director of Support Services & Early Learning, Winooski School District

Outstanding Volunteer: Garth Allen, volunteer with Center City Little League, Burlington High School, City of Burlington

Outstanding Collaboration: Lund New Horizons Education Program and Community College of Vermont

Lifetime Achievement: Toki Eley, Director of Family & Children Services, Visiting Nurse Association of Chittenden & Grand Isle Counties

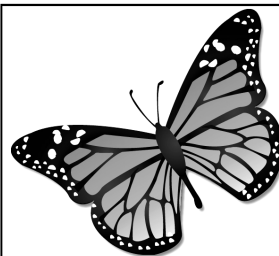
For Weekly Articles on
Cabot, Marshfield, Calais, Walden and
Twinfield, Cabot and Walden Schools

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Will Walters



THE Hardwick Gazette Since 1889



Early Childhood Nature Camp Nurturing a sense of wonder

Day camp for children ages 4-7

June 20-24, 2016 ~ Cabot School

8:30-3:00 Cost: \$150

*Outdoor Nature based Curriculum * Hands on Exploration*
*Science inquiry & Math * Run by Experienced Early Childhood

Educators: Cecilia Gulka and Lynn Talamini

To register contact Lynn Talamini (802-917-4303)

lynntalamini@hotmail.com

Cabot Girl Scout News

By Cecilia Gulka

Cabot Girl Scouts have had a very busy and successful cookie season. In addition to individual sales, the girls sold cookies at the annual school meeting, the annual town meeting and at Maple Fest. All told, over 4,000 boxes of cookies were sold, earning the Cabot girls over \$2,000 to support their activities. They also collected 100 boxes of assorted donated cookies to deliver to the Cabot Fire Department and Ambulance Service, as a thank you for their service. We wish to thank everyone in the community for the tremendous support of this important fundraising activity.

The Cabot girls joined their peers from the Maple Leaf GS Community for an afternoon of gymnastics at Kingdom Gymnastics in January and Cosmic Bowling at Gold Crown Lanes in February. They have been invited to attend a community bridging ceremony in St. Johnsbury in May. Bridging ceremonies in Girl Scouting recognize the girls as they transition from one level of GS to the next. In the United States, girl scouting is divided according to grade levels. Daisies are for girls in grades K &

1, Brownies for grades 2 & 3, Juniors for grades 4 & 5, Cadettes for grades 6,7 & 8, Seniors for grades 9 & 10 and Ambassadors for grades 11 & 12.

A special thank you is extended to Holly Kruse for helping the Junior girls earn their Digital Photography badge and to Donna Ferrario and Lynn Talamini for helping them to earn their cooking badges. We would also like to recognize and thank high school student Natalie Mudgett for her assistance with Daisy & Brownie meetings.

The Daisies and Brownies are planning to go to the water park at Jay Peak with some of their cookie money. Junior girls are trying to decide whether to join them or to plan an overnight trip to a museum, instead. Additional money earned will pay for all the badges and awards they earned this year and to support their activities next year.

Due to unexpected circumstances, we found ourselves with cookies of all kinds returned to us after the sale officially ended, which we now need to sell. Please e-mail leader, Darci Herdling (darcierhdling@yahoo.com) if you would like to purchase some.

Cabot School Principal's Update

As spring finally arrives, we've been invigorated with a series of events that inspire connection with our community, bring us out of our winter shadows, and provide some great learning and growth opportunities, as well as opportunities for community members to see our kids at their best.

Made possible through a generous grant from the Nellie Mae Foundation and the strong work of Rebecca Nally and Tamara Feldman, 45 members of our community gathered together to view *Beyond Measure* and join in discussing a shared vision for inspired learning. The next week, our high school students and faculty also viewed the film, and did some design thinking of our own, sketching out an early framework for a communication and leadership strategy to encourage positive communication between students and teachers around learning. There's still time to participate in the discussion about the type of learning we want to see in our children's future (and present). The next film in our series, *Most Likely to Succeed*, will be shown on April 30 at 5:00 p.m. in CSPAC. Come on out, enjoy a free dinner, and join in the conversation! Register at cabotschool.eventbrite.com.

Our elementary students participated in an important conversation as well this April, engaging in a Reading to End Racism event coordinated by community member Janet Van Fleet. Nine volunteers from around Central Vermont came to school on Thursday, April 7th and read stories to our PK-6 classes, teaching skills and strategies to counter the negative effects of racism. Students and volunteers alike reported the event to be successful and had a great time together.

As the weather improves, I've been inspired to see a strong increase in physical activity on our campus, thanks to... you guessed it...more community volunteers! Coached by Elena Gustavson, an intrepid group of runners in grades 5-8 have joined together to build up running fitness through games, strength training, stretches and group runs. The group meets on Mondays and Fridays from 3:15 to 4:30 p.m., and these kids are having a great time! For grades 9-12, Peter Stratman and Darrin Dezotelle have joined forces to get Cabot's brand-new Ultimate Frisbee team off the ground, practicing on the Common after school on Tuesdays and Thursdays. In physical education classes, a partnership with

Local Motion of Burlington's Bike Smart program has brought a trailer of 40 bikes to campus.

One final act of volunteer greatness - our grades 3 and 4 students will return next week to a new, exciting coatroom brought to us by Lynn Lehoe, Tamara Feldman and their families. This is a prototype for future low-cost, high impact, community-driven campus improvements. Be on the lookout for a summer community service initiative being announced soon, as a joint partnership between the school and recreation committee. Lynn and Tamara have been bright sources of positive energy and dedication to improving the school and community experience for everyone, and we are grateful for their service.

In "The Prophet", Kahlil Gibran teaches us "work is love made visible". With deep gratitude for all of the ways in which folks have made their love for this community visible, I look forward to working with everyone.

Cabot Community Dancing



Contra and square dancing is part of Vermont's heritage, and Cabot is fortunate to have our very own monthly dance right here in town, with instruction and live music! This dance is very much enjoyed by those who have come, but we'd love to see more of you there! The dance is extremely welcoming and friendly to beginners, and we are happy to have people of all ages attend. You can come with your family or friends, or all by yourself-no partner is required.

The "caller" teaches everyone the patterns of the dances, and prompts them as you go along, and there's no prior knowledge expected. The moves are mostly things you already know how to do, like turning by the right elbow, and circling to the left. The dances are all done with a walking step, with no tricky footwork required!

On Saturday, May 14, the last dance of the school year will be held at the Willey Building at 7:30 p.m. Robin Rus-

The Limes: Tenth Anniversary Show at Goddard College, Friday, May 20

On Friday, May 20, at 7:00 p.m., Cabot School's The Limes will celebrate the Tenth anniversary of the school's unique popular music project. The band will be holding a very special performance at Goddard College's Haybarn Theatre, in which they will celebrate the release of their new album and welcome back Limes alum from the last ten years to sit in and perform.

"It will be an incredible experience for the students to perform in this historic venue with the support of a professional sound and lighting crew. Since the late 1960's, the Haybarn stage has been graced by an impressive array of bands, such as Black Sabbath, King Crimson, Phish, Ani DiFranco . . . not to mention the many amazing and essential Vermont bands that have also played there. It's a privilege to know that The Limes can add this feather in their cap," says Cabot music educator Brian Boyes.

Over the course of the past school year, The Limes have played nearly 20 shows and are currently recording a full length album that will debut at the Haybarn show. Proceeds from the show and the new album will support the student's efforts as they prepare for a short tour in June. As part of their tour, they will be performing at an international conference on popular music in education hosted by Berklee College of Music in Boston. The

band will also be performing in Portland, ME, and concluding their tour at Radio Bean as part of the Discover Jazz Festival in Burlington, VT.

From the Motown sound to 1990's Irish rock, The Limes draw their inspiration from a wide musical spectrum to develop their unique covers and original repertoire. Equipped with an impressive nine-person vocal section, horns, mallet percussion and rhythm section, this ambitious 25-piece alt-pop ensemble strives to redefine the concept of school band. All of the business of the band - from songwriting to booking the band and handling finances - is conducted by the students. In order to go on tour, they must raise the money through the act of being a band. This means creating merchandise, recording albums and putting on shows.

Under the direction of Vermont musician and award-winning educator Brian Boyes, The Limes set a new standard for arts-infused project-based learning. "Providing real world learning opportunities for my students is a critical aspect of program," says Boyes. "Placing the students in real-world situations in which they are required to think creatively and problem solve can be extremely empowering. It provides them with a sense of ownership for their work, as well as the opportunity to step out of the school classroom and into the professional world."





TWIN VALLEY SENIOR CENTER



By Rita Copeland, Executive Director

April was National Volunteer month, and Twin Valley Senior Center wants to recognize their wonderful team of dedicated volunteers. On April 13, volunteers met at the center for a special gathering and luncheon. During TVSC fiscal year of 2015, the volunteers donated 6,257 hours of their personal time to help the senior center. This is a huge amount of time and the reason that the communities we serve are able to have such a wonderful place to gather. So please, give a big thank you to the following TVSC volunteers if you come in contact with them. Each month we draw a volunteer's name, present them with a certificate of appreciation and a TVSC Volunteer T-Shirt.

Bailey, Ann
Baker, Dwight
Blanchard, Andy
Boardman, Shirley
Bolt, Betsey
Boyle, Pat
Brown, Betty
Carpenter, Judy
Condon, Susan
Chesaux, Linda
Craig, Cheryl
Crampton, Susan
Cushing, George
DaCosta, Erica
Denton, Ken
DiMatteo, Tom/Jackie
Douse, Gwen
Ducharme, Brian & Jeanne
Fowler, Joyce
Jones, Becky
Kelly-Kinnburgh, Camilla & Pam
Libermann, Paul & Joyce

Maynard, Marcia
McNight, Maria
Mennella, Sandra
Morse, Bob
Newhall, Caroline
Pacheco, Hugette (Lu)
Payne, Carla & Dick
Phillips, Kass & Rich
Rathburn, Ruth
Rowan, Michaela
Schrader, Rebecca
Spooner, Merv
Stevens, Burton & Charlotte
Walesch, Ron
Wheeler, William

Annual Perennial Plant and Yard Sale
May 7 & 8, 9 a.m.-3 p.m. at TVSC
Hamburgers - Hotdogs - Cheeseburgers and more

If you have plants to donate, please call 802-223-3322

A great time to get your Mothers Day plants.

May 2016 - The Young at Heart Chorus will be performing at the Twin Valley Senior Center from 1-2:00 p.m. Everyone welcome. If you want to attend lunch at 12:15 p.m., we ask a donation of \$5.00 (age 60+) and all others \$6.00. Please stop by and see us, enjoy lunch and some great singing.

TVSC is selling Raffle Tickets for the drawing of a load of gravel, donated by McCullough Crushing.

May 23 Anita Tallman of Capstone will do a presentation on weatherization of your home. You may be eligible for this free service. Anita will have paperwork available and will also help you fill out the paperwork if you need assistance. Anita will speak before lunch at 11:45 a.m.-12:15 p.m. Open to the public.

AARP tax season has ended at TVSC. We were fortunate to have for the second year Jim McQuesten and Allen Ploof as the preparers. They do a terrific job and we hope they will return next year to our facility. This is a great service free to all Seniors, veterans and low income residents, regardless of town of residence. Jim and Allen prepared and filed electronically a total of 79 Tax Returns at TVSC.



FROM THE CABOT PUBLIC LIBRARY

Programs

Playgroup - Tuesdays - 9:30 - 10:30 a.m.

For children up to five years old, meet on the third floor of the Willey Building. Bring your own ride-on toy and snack, if you wish. Stay for Library Story Hour at 10:30 a.m. For more info, contact Casey Clifford at sewsewcrazy888@yahoo.com.

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 & reflexology! All ages and levels welcome - contact Alicia for more info 802-563-3220 or aliciafeltus@gmail.com.

Meditation Group - First and Third Tuesdays, May 3 and 17 - 6:00 - 7:30 p.m.

Meeting on the first and third Tuesdays 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 8 Postures - Thursdays 5:00-6:00 p.m.

This is a great way to start Tai Chi. The postures are simplified and can form the basis for further practice and more advanced study. Tai Chi helps with your balance and concentration and is often considered a moving meditation. Each class will also include stretching and strengthening. Classes are free; suggested donation of \$5 per class is welcome. It is requested that no outdoor shoes be worn on the wooden floors. Barefeet or clean indoor shoes are suitable. *Classes are offered by Marsha Kameron. She has been teaching Yang Style Tai Chi for the past six years. She has attended numerous Tai Chi workshops and has been studying with Andrew Townsend (a disciple of Grand Master Jesse Tsao).* Call or email to register -taichivt@gmail.com or 802-424-6088.

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.

Vietnam from Hanoi to Saigon - Sarah Spence - Tuesday, May 10 - 7:00 p.m.

Sarah travelled the length of Vietnam this past January and learned about the food, history and culture of this relatively unknown country. Come see the photos and hear the stories!

Cabot Old Time Contra and Square Dance - Saturday, May 14 - 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, May 18 - 10:30 a.m.

Cabot Community Book group generally meets the third Wednesday of the month. This month's selection is *Middlesex: A Novel* by Jeffrey Eugenides. All are welcome to join in! Copies of the book will be available in the Cabot Public Library.

Thank You!

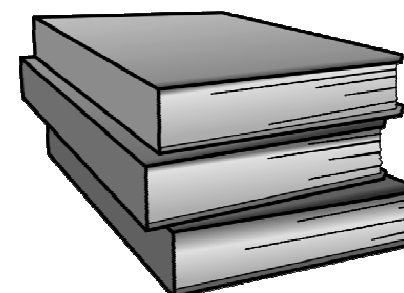
Thanks so much to Jon Vara for demonstrating how to do basic bicycle maintenance and to Marsha Kameron for celebrating International Tai Chi day by offering an introduction to the Yang style tai chi and Qigong. Many thanks to the library's numerous volunteers that help keep the library running smoothly - Lorelai Bastress, Susan Dineen, Linda Gabrielson, Rose Houston, Gyuryeong Kim, Mekiah Smith and Beth Wade. Special thanks to Blue Christensen for spending many hours refurbishing our outside sign, saving us from having to buy a new one.



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, into ECHO Lake Aquarium and Science Center in Burlington.

See you at the Library!
Kathleen Hoyne



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5/17

Cabot Senior Housing Planning Ahead



Cabot Senior Housing on Glinka Road is ten years old, and offers:

- Eight apartments: seven affordable, one market rate.
- Full kitchen, living room, bath, dining area, one or two bedrooms, deck or porch.
- Solarium, large common area with deck, laundry, bathroom, kitchen, function area.
- Mail delivery and trash and recycling pickup.
- Free parking, garden plot and storage unit.
- Support services in Central Vermont help residents maintain independent living.

Cabot Commons is managed by the Central Vermont Community Land Trust in Barre. Applications are available at www.cvlct.org or call 802-476-4493.

Cabot Senior Housing is fully occupied but maintains a wait list. 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.

Feel free to contact local board members, Judy Pransky at 563-2730 or Susan Carpenter at 426-3331 for more information.

The Cabot Chronicle

Business Directory

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CABOT COMMUNITY ASSOCIATION

To reserve signs, tables or inflatables,
call 802-563-3338 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.

SAVE THE DATE: Tuesday, July 12, 2016

Cabot goes to the Mountaineers Game

Watch for information in future Cabot Chronicles

Meeting first Tuesday of the month
at 7:00 p.m. in the Willey Building

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

802-563-3338

cabot.community.assoc@gmail.com



4583 U.S. Route 2
East Montpelier

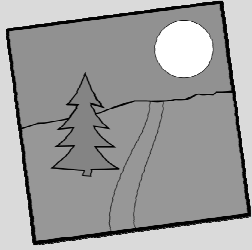
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- Dietician-approved Meals on Wheels for homebound & disabled residents. No physician orders needed. Call 223-3322 and ask for Rita.



1st Annual Greater Cabot Working Landscape Gathering and Showcase

Friday, May 6
5:30 – 7:30 pm

Wiley Building Auditorium, Main Street, Cabot

Friends, Food, Music & Great Conversation

Who is invited? Everyone who works in, with, or cares about the land and its products in the Greater Cabot area.

We created this opportunity for you to meet and connect with neighbors, promote or sample local product or learn about services, share your experiences.

Light refreshments and food will be served

**Promote your product or service;
we will have the tables to showcase what you have;
sign up by May 1.**

**For more information email:
cabot.community.assoc@gmail.com or call 563-3338**

May 14 is 24th Annual NALC Food Drive

The 24th annual National Association of Letter Carriers Food Drive, appropriately named the Stamp Out Hunger campaign, is planned for Saturday, May 14, 2016, across the entire nation. This is the biggest one-day food drive in the U.S. that last year brought in nearly 71 million pounds of food at a time when food pantries everywhere are very low on staples for food insecure families. Since this drive began in 1992, a staggering 1.4 billion pounds have been donated. The NALC, U.S. Postal Service, the United Way and several other organizations partner each year to make this a successful food drive.

Unfortunately, in this so-called land of plenty, families are going to bed hungry every night. In Vermont, nearly 8% of households are considered food insecure, meaning they do not have enough food and not enough money to buy food. They often substitute quality for quantity, buying less nutritious, higher calorie, but lower cost foods. This often leads to obesity and poor health.

The beauty of this drive is that local postal workers collect the food along their delivery routes and turn the food

over to our local food shelves to help our neighbors here at home. In May 2015, approximately 19,000 pounds of food were collected in the GMUW five counties that were delivered to 24 food shelves, also in those five counties.

The process is really quite simple. On the morning of May 14th, place your non-perishable food items in a bag near your mailbox and your letter carrier will pick it up. If you do not have a letter carrier, just bring your items to your post office and they will be happy to see that they get delivered to the nearest food shelf.

Please remember that non-perishable foods are what are needed, for example, canned vegetables, soups, beans, rice, pasta, cereal, and peanut butter. Do not include outdated items as the food shelves will have to throw these out as per government regulations.

Plan to do your share on May 14 by providing a bag or two of food that will help make a difference for food insecure families in your neighborhood. For more information, call any one of the Green Mountain United Way offices in Barre at 802-622-8056, in St. Johnsbury at 802-745-0101 or in Derby Line at 802-647-



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Meeting on Sunday Mornings at 10:00 a.m.
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For more information contact Ed Lewis – 802-272-8721