The Cabot Chronicle

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Cabot Community Service Award Given to Fred Ducharme at High School Graduation

By Jackie Folsom

Every year, members of the Cabot School Board and the Cabot Selectboard choose an outstanding citizen of the Town to receive the Community Service Award.

At the Cabot High School Graduation on June 10, 2016, Fred Ducharme was surprised to be the recipient of the award – but judging by the wonderful and long standing ovation he received, it was an excellent choice!

Fred has been making his presence known in Cabot for many years. As Scott St. John says, "There isn't much Fred wouldn't do. He stays busy as a full time plumber, but he has other great skills – such as baking from scratch! When I see Fred, I know he's heading my way with some goodies to eat!"

Fred has been on the Selectboard for many years, and currently serves as vice-chair. He is always involved in a variety of activities, many revolving around feeding people in town.

When the Fall Foliage Festival arrives, Fred leads the crew in cooking up a storm at the cafeteria – turkeys and all the fixings – and then hauls all the food down to the church basement for the locals and visitors to enjoy. Many can personally attest to the fact that Fred can keep up with the volunteer waiters and waitresses, filling the plates and never missing a beat with a smile and a wave.

During Maple Fest, he cooks up scrambled eggs, pancakes, sausage and hash browns, and then he begins cooking for lunch – grilled cheese sandwiches, tomato soup, baked beans and maple hotdogs!

Anybody getting hungry yet?

Fred leads a group of residents that has been hosting a community Christmas dinner for several years. Scott St. John says, "This meal is free and for whoever shows up. The food and prep time is donated, and it's been a joyous celebration for this small town."

Anyone who has ever worked with Fred in the kitchen or on the many town committees for which he volunteers – including the afore-mentioned selectboard, as a justice of the peace or on the Willey Building Committee – realizes what a kind and special person he is.

Whether watching over the souls of Cabot residents during Selectboard meetings or feeding them at most Cabot events, Fred goes about his business in a quiet, steadfast and unassuming way – a true unsung hero!

Fred enjoys serving his community, and his spirit of giving has earned him the Cabot Community Service Award for 2016.

Town Garage Open House

On June 4, Jeff Gabrielson, Aldo Nunn, Brad Alexander, Karen Deasy, Jack Daniels, Ted Domey and Roland Lajuenesse (Lajuenesse Construction) cut the red ribbon to celebrate the official grand opening of the new Cabot Town Garage. Everyone was invited to tour the facility and enjoy pizza, cake and yummy snacks provided by Woodbelly Pizza, Rona Foster and Betty Ritter.

Cabot Wins VT Ultimate League D2 Championship

Front row: Matthew Lehoe (9th), James Lehoe, Rider Lalomia, Sam Gokey, Cal Burke, Chris Chadderton, Juan Carlos Velasco Sanchez, Caleb Maxfield, Rowan Lanxner.
Back row: Coach Darrin Dezotelle, Hank Nally, Joe Dueso, Seth Herrick, Taylor Abbott, Jeremy Maxfield, Matthew Lehoe (10th), Will Nally, Frank Schumacher, Coach Peter Stratman, Coach Michael Hendrix.

By Michelle Delaney

This year, Cabot High School has added a new spring sport. The brand new ultimate team, coached by teachers Peter Stratman, Darrin Dezotelle, and Michael Hendrix, ended their season 9-1. There are two divisions in the Vermont Youth Ultimate League, and we played in D2, which is equivalent to JV, since none of our athletes had ever played before. We won the State D2 Championship tournament held in Milton. We won the final game against South Burlington 15-3.

One exciting factor has been that, since it is relatively new in Vermont, we have faced schools that we normally would not play, like South Burlington, St. Johnsbury, and Montpelier. It has also been exciting to have some students playing who have not been involved in our traditional sports of soccer and basketball.

Cabot Recycling

The following information is taken from the ***Cabot Recycling Guide***, which can be found at the NEKWMD website (www.nekwmd.org) . Copies are also available at the Cabot Recycling Center**,** located on Sawmill Rd. Hours are between 8:30 a.m. and 12:00 noon on Saturdays. Trash collection is also available for a fee.

Items now being recycled at the Cabot Recycling Center:

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

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

(See Recycling, page 3)

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LEGISLATIVE REPORT

CABOT ♦ DANVILLE ♦ PEACHHAM

By Representative Catherine (Kitty) Toll

Response to the Governor's Veto of S.230

During the 2016 Legislative session, a priority for many members of the Vermont House of Representatives and Senate was to pass an energy bill giving Vermont towns more say in the siting of renewable energy projects. The Senate and House both passed S.230 –An Act Related to Improving the Siting of Energy Projects, and as originally presented by the Senate and House Energy Committees, passed the Senate on a roll call vote of 23-3 and passed on a unanimous vote in the House of Representatives. Due to amendments made to the bill when it was acted on in the House, a Committee of Conference comprised of members from both the House and Senate was appointed to reconcile the differences. The final version of the bill included critical language allowing communities with approved town plans be given "substantial deference" before the Public Service Board in the permitting process of renewable energy projects – including scope and location, and would provide funding to Regional Planning Commissions to support the development of these plans. Also included were steps for the Public Service Board (PSB) to develop rules regarding sound from wind generation. This provision was of particular interest to many Vermonters. Additional provisions in the bill included:

- Creating a one-year pilot within the Standard Offer program to site renewable energy projects in locations such as rooftops, brownfields, closed landfills, gravel pits, and town designated areas;
- Developing rules to address the ongoing maintenance of plantings used to screen energy facilities;
- Planning for the decommissioning of energy facilities;
- Enhancing notice provisions to neighboring towns and regions when applications for new energy- generation facilities are initiated;
- Requiring radar-controlled lights on new wind generation facility with four or more turbines to minimize visual impact at night;
- Simplifying the permitting process for group net metered systems that are majority-owned by customers;
- Creating a working group to develop increased citizen participation in energy permitting proceedings.

In June, the Governor vetoed S.230, identifying four areas of concern. The first concern was associated with the use of the Emergency Rule-making Process. This process was intended to provide expedited development of rules related to sound standards, until the PSB could develop and adopt final rules. The Governor had been advised that this process would deem there was an imminent threat to public health or safety, and it was not the intent of this bill to make such a statement. To correct this section of the bill, the rule-making process would be disconnected from the emergency standard.

Secondly, the legislation states that during the temporary rule-making process, the PSB was limited to approving projects with sound levels no greater than the lowest maximum decibel level in a currently issued Certificate of Public Good (CPG). Conference Committee members were not aware of an approved project in Vergennes with a sound level 10 decibels below ambient sound. To address this issue, a correction was needed to create two classes of sound levels for wind.

The third concern was associated with the requirement that any CPG for a renewable generation facility must be recorded as part of the deed and land record within 45 days of the issuance of the CPG. This provision, possibly creating burden and expense for residential homeowners, was added during the Committee of Conference process and was not in any of the original bills that the House voted on.

Finally, the $300,000 in planning funding critical to assisting with the development of regional and town plans, required to grant them "substantial deference" before the PSB in its consideration of a project application, was inadvertently omitted in the drafting of the final bill. This funding was essential in order for many Regional Planning Commissions to complete regional plans, as well as having the ability to provide assistance to communities developing town plans.

On June 9, the Legislature went back into session for one day to consider the Governor's veto. Members could sustain the Governor's veto, override the Governor's veto or introduce a new bill for consideration. The Senate introduced and passed S.260, a new bill that added only clarifying language to what was in S.230, and was subsequently passed by the House with no change. This language addressed the four areas of concerns identified by the Governor. First, a statement was added to make it clear that the use of emergency rule-making was solely for the purpose of using an existing procedure to adopt temporary rules in a short time frame, and that the imminent peril to public health, safety or welfare did not apply. Second, additional language to specifically create two categories of wind generation facilities, 500 kilowatts or less and greater than 500 kilowatts, was added. Third, language was added to specify that only a facility with a capacity greater than 15 kilowatts would be subject to the deed and land recording requirement, and finally, $300,000 in funding to support the development of town and regional plans was included.

The Senate was still required to vote on the veto of S.230. This vote, which was taken after the passage of S. 260 by the Senate and House, was to sustain the Governor's veto, because the bill had been replaced by earlier action. The Governor signed S.260 into law on June 13. To read the bill in full visit: http://legislature.vermont.gov/bill/status/2016/S.260.

To follow any 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

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The Cabot Chronicle

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♦ Memorials
inbox@cabotchronicle.org

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

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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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CCA CABOT COMMUNITY ASSOCIATION

Recycling

(Continued from page 1)

Please no strings, handles, or bags with plastic layers.

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

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

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

#1 through #4 PLASTICS: Look for the recycling number stamped on the bottom of the container. Includes all labeled rigid plastic containers, **2 Gallon capacity or less**. Labels are OK, please crush larger containers. Tubs and automotive product containers are acceptable as long as they are completely drained of fluid. Please rinse! **No vinyl siding, Styrofoam, syringes or medical devices – These items should go in with your regular household or bulky trash.**

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

Other items include household batteries and aerosol cans. Please note that an expansion of the Recycling Center is planned for summer, after which time more items will be collected.

Ben Davis, Cabot, VT 563-2341

The Recycle Center in Cabot is expanding to take many items that people have requested over the years. Along with the items previously taken, the Center will now accept the following items starting July 2, 2016:

- Aerosol Cans
- Agricultural Bale Wrap
- Alkaline Batteries, automotive Batteries, Rechargeable Batteries
- Cellular Phone
- Fluourescent Bulbs, CFL's
- Hard and Soft Covered Books
- Lead Fishing Sinkers
- Mercury Containing Devices (Thermostats, Thermometers, etc.)
- Oil, oil filters
- Printer Cartridges
- Propane tanks
- Scrap Metals
- Car tires will be accepted for a fee.

Jan Westervelt thought this may be the farthest traveled reader of the Cabot Chronicle. Moonbeam, Ontario.

Cabot Community Investment Fund Awards Scholarships to Eleven Students

By Jackie Folsom

The Educational Scholarships from the CCIF (formerly UDAG) were announced prior to the June graduation. Eleven students completed applications, which requires a 500 word essay describing personal goals, extra-curricular activities and the importance of the funds.

The following students each received an $880.00 check (either to their school or to them) for their future endeavors:

- Olivia Bellavance, attending UVM to study Biological Science;
- Zachary Coolbeth, attending CCV to study Sports Medicine;
- Kassandra Morse, attending Smith College (2nd year) to study Computer Science;
- Mazie O'Connor, attending summer courses at UVM to study Astronomy;
- Carter Maxfield, attending UVM to study Mechanical Engineering;
- Galadriel Morse, attending UMaine at Farmington to study Early Childhood Education;,
- Madeline Morse, TBD to study Early Childhood Education;
- Will Nally, attending CCV to study Liberal Arts and eventually Law Enforcement;
- Gage Sironi, attending UVM (2nd year) to study Middle Level Education;
- Emma Stecker, attending UVM (2nd year) to study Nursing;
- Megan Walker, attending Mt. Holyoke College to study Anthopology and Engineering.

The CCIF Scholarship Committee sends our congratulations to all these young Cabot residents and wishes them the best in the future!

Planning Notes

By Karen Deasy

Bike and Pedestrian Trails: As work continues to improve pedestrian and bike access through the village and to various community facilities, we are looking to funding from a VTRANS Bicycle and pedestrian grant to improve and install walkways and trails. Connecting the existing trails which enter the village to the lower recreation field will be phase one.

Town Plan: Our community Town Plan is up for renewal. The process is currently under way by the Planning Commission, community input is encouraged for this process. Projects and goals that we believe are important or improvements that we want to see in our community should be noted and indicated within this document. This is used for grant applications to indicate community support, provide opportunities to revitalize our village center and make important community infrastructure improvements. Everything from water system upgrades to bridge replacements to connections in our trail system to the new rail trail network which will pass through our community. This document is also used for permitting of large scale development, commercial and industrial facilities within our community, and is used by the Public Service Board when renewing projects that require certificates of public good. Ideas and goals can be sent to either the planning commission at the Town office or emailed to me at zacabot@fairpoint.net.

For Weekly Articles on

Cabot, Marshfield, Calais, Walden and Twinfield, Cabot and Walden Schools

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Hardwick, Walden front porch forum

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Obituaries & Memorials

Linda Russell

Linda Russell passed away in her home with her husband John Russell by her side in East Montpelier on Sunday June 19.

Linda was born on November 5, 1949, in Rapid City, SD, to Lloyd and Iris Simmons. She was pre-deceased by her parents. Survivors include her four siblings, Mary Lou Roberts , Leroy Simmons, Robert Simmons, and Sharon Scheeler, husband John Russell, her three children Chris Russell, James Russell, and Michelle Delaney, and her grandchildren: Katherine Carter, Carsen Russell, Jacob Russell, Hunter Russell, Lilly Russell, Sam Russell, Flint Russell, and Mia Preston. Linda grew up primarily in Denver, CO, where she met and married her first husband, Steve Cotton. Steve and Linda had three children. Linda re-married John Russell of Stowe, VT. John and Linda spent most of their married life in Vermont.

Linda was an active member in her church community at Faith Community Church in Barre and at Enough Ministries in Barre. She lived her life to serve the Lord and was a true follower of Jesus. She enjoyed gardening, cooking, camping, walking and swimming in God's green earth and spending time with her friends and family. While her children were growing up, Linda dedicated her time to raising her children and volunteering in her church community. After that, she continued her volunteerism, supporting her children and grandchildren, and was an office manager for Dr. Nist, and then Dr. Laurie Forest in Montpelier.

Linda touched many lives during her time on earth. She spent many hours in the study of the Word and was very close in her walk with Jesus. Linda's ability to love and support everyone, regardless of how they treated her, was her most amazing attribute. She had the ability to live each day in the moment and leave her troubles at the foot of the cross. She was a constant joy to be around, and always put others before herself. She lived day to day with the faith that God would take care of her needs.

A celebration of life was held Faith Community Church in Barre on June 25. Condolences and tributes can be submitted at www.awrfh.com. Charitable contributions can be made at http://enough-ministries.org/.

Marion H. Heath

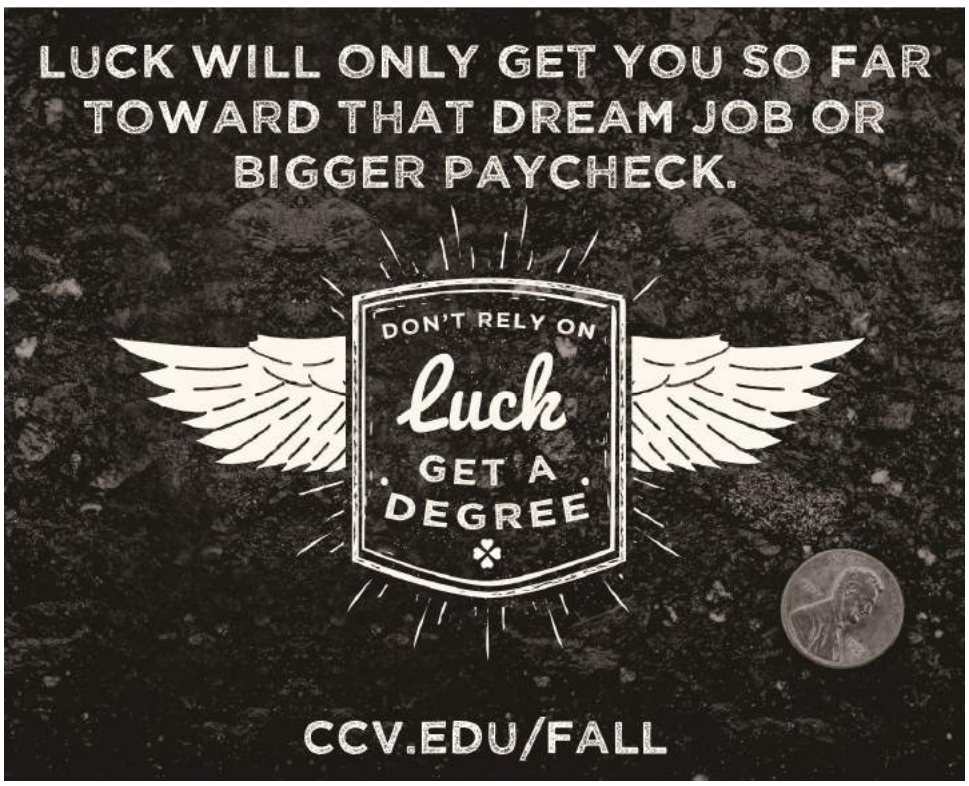
Committal services for Marion Hatch Heath, who passed away on January 26, 2016, at the age of 96, at the Mayo nursing facility in Northfield, Vermont, were held on Saturday, June 18, 2016, in the Cabot Village Cemetery, with the Rev. David Vanderline-Abernathy officiating.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director



Community Commentary

Letters addressed to the Editor of* The Cabot Chronicle *are published as written as a courtesy to townspeople and do not reflect the views of the newspaper or Cabot Community Association. In addition, the Cabot Chronicle publishes these letters without comment or attestation to the accuracy of statements contained therein.

UDAG Changes

Dear Editor:

The decision by the Cabot Select Board to change the UDAG Fund to the Cabot Community Fund was done without voter approval. This new and friendlier title of a Community Fund does, however, award grants without voter approval. The 2 million dollar UDAG (Urban Development Action Grant) was secured by the town from HUD (Housing and Urban Development) in 1987 for the sole purpose of loaning it to the Cabot Creamery under the false promise of building a waste water treatment facility. The 2 million was paid back to the town in the early 90's and a UDAG Committee was formed for the purpose of making low interest loans to low and moderate income residents of Cabot. In 2010, the UDAG Committee changed the terms and uses of the original grant to allow for whatever projects it chose, and this change was approved by the voters. The UDAG fund was now separated into three parts: Loans, Grants and Scholarships. The Grants, since then, have been used toward municipal projects, school projects and multiple organizations. Uses for which the original grant prohibited because these institutions and groups had alternative sources of revenue.

The UDAG Fund, a fund belonging to all citizens of Cabot, was invested in the Union Bank to ostensibly sustain an extra town fund through the dividends of that investment. But why should Cabot taxpayers be obliged to replenish that fund through dubious financial schemes that remain hidden from the public and may only appear to augment the fund? The voters in Cabot are systematically being excluded from all town decisions - hiding expenses and projects within budget votes, changing voter approved articles into articles not approved by the voters, public officials being appointed by a select board that gives people multiple and conflicting positions and purchasing expensive equipment. Social exclusion, masquerading as communalism, is the first step toward an insidious and unchecked imbalance of power.

Jessica Miller

CCA
CABOT COMMUNITY ASSOCIATION

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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.

CABOT GOES TO THE MOUNTAINEERS GAME
Tuesday, July 12, 2016
Register online at ccamountaineers.eventbrite.com

Watch for information in the Cabot Chronicle and Front Porch Forum

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Advice from the Tree Warden

By Roland (Slim)

The trees for this year are all planted and look okay. Planted four oak trees along Whittier Hill Road and five red maples on the backside of the parking lot at the Willey Building. Also relocated two maples that were in the parking lot to the back of the parking lot and relocated two maples from the parking lot at the front into the grass strip between the parking lot and sidewalk. One oak tree I didn't have room for at the Willey Building went to the new town garage. I still have to put mulch on all of them. Roland, Jr., and I planted five red oaks on our property. We will see how they fare. I went around and marked my bush honeysuckle while it is in blossom and easy to see, and flagged it with surveyors tape, so I can cut and treat it the end of August or September.

The Giant Hogweed on Elm Street has come back strong this year. I will have it sprayed again. I hope no one cuts any of it, because the more green, the better for the treatment to kill the plant. The seeds are viable for about ten years, and we are about five or six years into it. Hopefully, in three or four years, we will see the end of it.

Get out and enjoy the fields, streams and woods, and beware of ticks.

Mike and Tom came to Vermont on a fishing trip. They went to a place that rented boats and rented one. They went on the lake and found a spot that had a lot of fish, and caught 20-odd big fish. So, as they left the spot, Tom told Mike to mark the spot so they could come back tomorrow and fish there again. The next morning, Tom asked Mike if he marked the spot like he asked. Mike said, "Yes, I took a felt tip pen and marked a big X on the boat floor." Tom said, "You fool, what if we don't get the same boat today?!!"

Summer Theater Activities and Next Years Show

By Karen Mueller-Harder

This summer, Cabot Community Theater and the Cabot Recreation Committee are joining forces to offer a Theater Camp the mornings of July 11-15, for kids in grades 2-10. Under the leadership of Karen and Cameron Mueller-Harder and Megan Walker, the kids will engage in theater games and activities, and will rehearse two one-act comedies: *The Royal Joust* and *For the Love of Sunny*. An afternoon session in Art and Set Design that same week will be creating the sets and props for the play, and kids can sign up for both programs, or just one. The fee for each camp is $60, with discounts for siblings or attending multiple programs. Registration forms were handed out at school, or you can email cabotrecreation@gmail.com or call 498-4704 to get one.

The plays will be performed on Friday, July 15, 5-6:00 p.m. in CSPAC--admission is free, and it should be an entertaining time, so please join us for the performance!

We are also partnering with the Cabot Library to present "A Night of Improv and Drama" on Thursday, July 7 at 7:00 p.m. Clues, items and hints will help your group formulate short skits to be presented on stage of the world-renowned Willey Building Theater! Whether you're an experienced performer, or just want to get a taste of performing, younger or older, everyone is welcome to participate, or just to watch!

Meanwhile, Cabot Community Theater is starting to plan for next year's spring production, which will, hopefully, be another musical! We are currently looking for a director and music director, who would help to decide what show we'll do. If you've always wanted to direct a certain show, or would be open to various possibilities, please send an email to karen@praxisworks.org or call 793-5617, and we can talk further about it.

CRAIG VANCE

FOR HOUSE OF REPRESENTATIVES

~ Danville ~ Peacham ~ Cabot ~

" As a business owner I know firsthand that I would like this state to be more business friendly, we need new and expanding businesses to create jobs and help our economy. I will also be a strong advocate for our local schools, they are a central part of our communities, we need to keep them that way and at the same time make them affordable to the taxpayers. I will work with other like-minded legislators to prioritize the economy and will be a consistent and reliable voice for small business and working families,"

Craig Vance is the president of Charles Curtis LLC., a utility construction company he started in 2001. Craig has been a taxpayer in Danville for all of his adult life. His own children attend Danville school and he is a member of the board of directors in several local community organizations, including; the Caledonia County Fair board of directors, the Vermont Beagle Club, President of the NH/VT Hare Association, Northeast Kingdom Wheelers Club, and the Vermont ATV Sportsman Association. Craig previously served as a member of the Danville Select Board for four years, the Danville Fire Department, the Danville Rescue Squad, the Caledonia County Forest and Stream board, as well as serving as a Little League Coach and as Past Master of the Washburn Masonic Lodge # 92. Since 1985, Vance has helped raise hundreds of thousands of dollars for local nonprofits and groups in the surrounding communities.

LOCAL ~ CARING ~ COMMITTED TO OUR COMMUNITY

COMMUNITY CALENDAR

~ JULY~

Friday, 7/1

Vermont Labels GMOs: Come Celebrate!! 12 noon-2:00 p.m. Vermont's GMO labeling law (Act 120) goes into effect July 1. Come celebrate this major milestone in food system transparency on the Statehouse Lawn. Family friendly activities will include speakers, live music, photo booth, games. Join us at the Montpelier Hunger Mountain Coop for non-GMO ice cream celebration from 2:00-4:00 p.m.,

Saturday, 7/2

Burklyn Arts Council 46th Summer Craft Fair 10:00 a.m. Lyndonville Bandstand park. Contact burklynarts.org for more information. 42 vendors.

Circus Smirkus Big Top Tour UP HUP and AWAY The Invention of Flight St. Johnsbury. 4 shows at Green Mountain Mall. Saturday 1:00 p.m., and 6:00 p.m./Sunday 7/3 12 noon and 5:00 p.m. Presented by Catamount Arts. Get tickets by calling 1-877-764-7587 or visit smirkus.org.

Sunday, 7/3

Montpelier Independence Day Celebration 2:00 p.m. Montpelier. Downtown parade, statehouse lawn family activities, and 40 street food and craft vendors, fireworks. More information go to www.montpelieralive.org.

Monday, 7/4

Cabot's Fourth of July celebration this year all will take place on school grounds and not recreation field. There will be a parade, rummage sale, BBQ in the school cafeteria, book sale at the Library.

Tuesday, 7/5

Cabot Library 2016 Get Ready, Get Set, Read summer program.10:30 am. Learn about many kinds of animals and many travels. Then try out an obstacle course behind the library.

Wednesday, 7/6

Falconry with VINS 6:45 p.m. Family Fun Night at Jaquith Public Library in Marshfield. Come and learn about falcons' fascinating attributes and meet three live birds up close. Do not miss this educational event.

Fun and Games 10:00 a.m. at Jaquith Public Library with Cassie Bickford. Learn some fun games from the country of Scotland "Wee Bologna Man" and Australia Wallaby, Wallaby Kangaroo" You will make some "Light up Butterflies" to take home. Kids birth to age 7.

Thursday, 7/7

Summer Concerts 6:30 p.m. at Old Schoolhouse Common gazebo in Marshfield. Cajun Double Fiddles with Katie Trautz and Alex Ellsworth. Bring your chairs or blankets and relax or kick up your heels to the music.

A Night of Improv and Drama 7:00 p.m. All the budding thespians, this is the night for you. Clues, items and hints will help your group formulate short skits to be presented on stage of the Willey Building Theatre. Cabot Public Library.

American Red Cross Blood Draw 10:00 a.m.-3:00 p.m. will be held at Twin Valley Senior Center. Walk in or by appointment. Visit redcrossblood.org or call 1-800-733-2767.

Tuesday, 7/12

Read to the Finish Line10:30 a.m. Meet with Deb Bothfeld at Cabot School gym for story hour.

Make Your Own Clay Dragon 6:30 p.m. with Mazie O'Connor using Sculpey clay she will guide you, supplies and tools provided. Please sign-up in advance at the Cabot Public Library. Open to youth 10- and up.

Thursday, 7/14

Summer Concerts 6:30 p.m. at Old Schoolhouse Common gazebo in Marshfield. Combo event first set Cold Country Bluegrass / second set Cabot's own Dana and Susan Robinson.

Friday, 7/15

Flight Club 6:45 p.m. with Jennifer Barlow. You will make airplanes and parachutes out of paper plates tape and other materials, get to fly your creation, record the distance and find out which model rules the sky, all at Jaquith Public library.

Saturday, 7/16

Do Good Fest presented by The Point 3:00 -9:00 p.m. Admission is free, but there is a parking fee of $20.00 per vehicle. All proceeds benefit Branches of Hope. Four bands play from the main stage at the base of the lawn at National Life group in Montpelier. Food trucks, beer tent, children's play area.

Tuesday, 7/19

It is a Good Day to Read! 10:30 a.m. Read about great summer days and celebrate with ice cream at Cabot School Playground.

13,000 Mile Bike trip with Lisa Ann Sammet; 7:00 p.m. She cycled through United States of America, Mexico and Canada, and will present slide show and tell you how she managed this incredible feat. Cabot Public Library.

A FREE Bluegrass concert with Cold Country Bluegrass and the Sky Blue Boys 7:00 p.m. Banjo Dan and Will Lindner at Plainfield Town Hall.

Wednesday, 7/20

Circus time at Jaquith 10:00 a.m. with Netdahe Stoddard. Practice juggling, balance beam walking on board and rope. Make your own stilts, learn gymnastic moves, and may face paint as a clown.

Friday, 7/22

Jay Peak Summer Music Series Kick off 3rd Annual Jeezum Crow festival. Contact newsjaypeakresort.com for more details tickets and lodging packages.

Sunday, 7/24

Cabot Arts presents Midsummer Musical 3:00 p.m. Cabot Willey building. Admission is donation at the door. Presented in cooperation with CCA. Rik Barron of Greensboro Bend, guitarist, daughter Mae, singer and songwriter, Randy Bulpin of Burlington, singer and songwriter. Come and enjoy a great afternoon of fine tunes.

Monday, 7/25

Caspian Summer Music presents Counterpoint. 8:00 p.m. Caledonia Grange #9, Church Street, East Hardwick is across from the First Congregational church. Admission $18.00, Seniors 16.00, student 10.00, under 18 years FREE.

Wednesday, 7/27

Tyke Kwon Do 10:00 a.m. with Jeffrey Maclay at the Jaquith public library. Open to children birth to 7 years old. Make martial arts headband and belt and learn some moves.

Secrets of soap with Jacqueline Soule 6:45 p.m. You will learn how to make milled soap and soothing and fragrant herb in this hands-on program. Everyone will make soap. Children 8 and younger must be accompanied by an adult. Jaquith public library.

Thursday, 7/28

Kick Em' Jenny. 6:30 p.m. Summer concert at old Schoolhouse Common gazebo in Marshfield. Bring your chairs blankets to enjoy the fine tunes of the evening.

CABOT CEMETERY COMMISSION CHANGE OF RATES

As of July 1, 2016, the burial fees for the Cabot Cemeteries will be as follows:

Full Burial – $650.00
Burial of Ashes – $300.00
Burial of Ashes with vault – $400.00
Burial of Double Urns – $300.00
Infant Burial – $100.00

The Cemetery Policies have been updated and copies are available at the Town Clerk's Office.

The section of the policy pertaining to decorations and plantings has been posted at the entrance to all cemeteries.

FOOD SHARE AND FOOD DROP DATES

CABOT FOOD SHARE
Wednesday, JULY 8
Noon-2:00 p.m.
Wednesday, JULY 22
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, JULY 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

Cabot 4th Of July!

JULY 4TH

Main Street Cabot

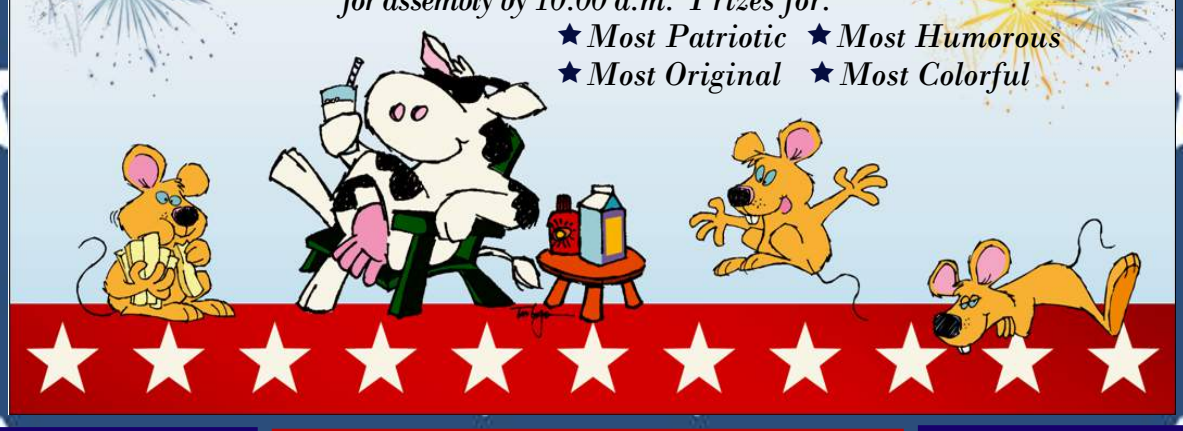
Change of Location To Cabot School
See Details Below

★ **11 a.m.** Parade, Downtown Main Street
★ **12 noon Chicken BBQ,** Cabot School
Hamburgers, Hot Dogs, French Fries, and other goodies!

Music by Malicious Brothers
Games & Activities
All at Cabot School Campus

Invitation To Enter a Float!

Bring your kids, your llamas, your old car or tractor
Advertise your business, Demonstrate your skill
No need to register in advance.
Just show up at Cabot Fire Department on Main Street for assembly by 10:00 a.m. Prizes for:
★ *Most Patriotic* ★ *Most Humorous*
★ *Most Original* ★ *Most Colorful*



Cabot Historical Society

Fourth of July Open House

9:00 a.m. to 1:00 p.m.

Coffee and Homemade Donuts

See new additions to the Cabot collection

Cabot Historical Society Museum
Main Street, Cabot

PTSO RUMMAGE SALE

Monday, July 4, 8:00 a.m. to 2:00 p.m.
Cabot School Gym

Donations collected at Cabot School Gym:
Thursday, June 30 ~ Friday, July 1
Saturday, July 2 ~ Sunday, July 3
9:00 a.m. – 1:00 p.m.

FIREWORKS SCHEDULE
JOE'S POND ASSOCIATION

Sunday, July 3, at Dusk
Raindate:
Tuesday, July 5, at Dusk

W. Danville does not have good views of the fireworks. Further north on Route 15 is better.

Joe's Pond Ice-Out proceeds at work with a big bang!

CABOT 4TH OF JULY 2016!

Cabot and Independence Day

By Peter Dannenberg
with Research by Jane Brown

As the Fourth of July parade passes under fluttering American flags along Main Street, consider the deep ties of Cabot's founding fathers to the War for Independence.

The Revolutionary War ran from April 19, 1775, to September 3, 1783. However, hostilities in North America practically ceased after the British defeat at Yorktown, Virginia, on October 19, 1781.

The first Europeans to settle Cabot arrived in early 1783. At that time, Vermont was not part of the new United States of America. The Republic of Vermont was an independent nation from 1777 to 1791. In 1791, after settling the claims of New York and New Hampshire over Vermont lands, Vermont became the fourteenth state.

Many Vermont pioneers served in American forces during the war. These links to Cabot are primarily based on the work of Jane Brown, as recorded on the Cabot Historical Society Web site (http://cabothistory.com/):

Cabot's first cemetery at the Center of Town is the resting place of nine Revolutionary War veterans. (Others Cabot cemeteries hold Revolutionary War veterans, too. Some veterans lived in Cabot, but died elsewhere.)

Some of these men came with Colonel Jacob Bayley to build a military road from Newbury, Vermont, to St. Johns (St. Jean) in Quebec. The road was not completed, but it opened the territory for future settlement. Early Cabot settlers built along the road.

Among Cabot residents who served in the revolution were:

- Ainsworth, Moses
- Andrews, Benjamin, Mass. Military
- Beardsley, Gershon Dr. (One of the owners of the Yellow House tavern)
- Bill, Eliphalet
- Blanchard, David, N.H. Military
- Chapman, Edmund
- Durgin, Trueworthy, N.H. Military
- Edson, Nathan, Ct. Military
- Gage, Stephen
- Gould, David (Battle of Bunker Hill)
- Heath, Jonathan, Lieutenant, N.H. Military
- Heath, Nathaniel, Mass. Military
- Heath, Starling, N.H. Military
- Hitchcock, Lyman, Major, N. Y. Military
- Hoyt, Joseph Evans, N.H. Military
- Lyford, Fifield, Captain, N.H. Military (In 1776, Fifield was the thirteen-year-old son of Lieutenant Thomas Lyford. He served as his father's servant at Ticonderoga. After a year, Fifield and his father transferred to West Point. There Fifield was a private in General Benedict Arnold's lifeguard, about 100 men who were aides to the general until Arnold's defection. Fifield later served in the War of 1812; it was then he became an officer.)
- Lyford, Thomas, Lieutenant, N. H. Military
- McDaniels, Jeremiah, Ensign, Vt. Military
- Merrill, Amos, Mass. Military
- Osgood, Thomas, N.H. Military
- Osgood, William (Sr.), N.H. Military
- Randall, Jonathan
- Warner, Thomas, Ct. Military
- Webster, Nathaniel, N.H. Military
- Whittier, John, Lieutenant

The men who settled here were predominantly military. Many came from Massachusetts, New Hampshire, New York, or southern Vermont on the Bayley Hazen Military Road. When the town was organized in 1788, the following military men were sworn in by Newbury, Vermont, Justice of the Peace, Walter Brock:

- Moderator: Captain Jesse Levenworth
- Selectmen: Lieutenant Jonathan Heath, Lieutenant Thomas Lyford, and Lieutenant David Blanchard
- Town Treasurer: Major Lyman Hitchcock
- Constable: Ensign Jeremiah McDaniels
- Surveyor of Highways: Private Edmund Chapman
- Collector of Taxes: Ensign Jeremiah McDaniels

These men no longer pass in review, but without their service, there might be no parade for us to watch.

Look for the Lower Cabot Schoolhouse Bell in the Fourth of July Parade. See story on page four of pullout for more details.

What Can You See at the Cabot Historical Society Museum on July 4?

The Old Mess Kettle

By Peter Dannenberg

If you walk upstairs in the Cabot Historical Society museum, at 3216 Main Street, you may notice our oldest artifact on the floor. It is an iron mess kettle found at a campsite of General Moses Hazen on Cabot Plain. It dates back to the Revolutionary War.

Colonel Jacob Bayley and 60 men completed the first section of a military supply road from Newbury, Vermont, as far as Cabot Plain, six miles past Peacham, in June 1776. Moses Hazen, then a colonel in the Continental Army, resumed work in April 1779 with about 110 men.

Road building ended later in 1779, when the road reached Hazen's Notch in Westbury, Vermont, near the Quebec border. When construction ended, a small party of Hazen's men returned to Fortification Hill on Cabot Plain. Colonel Hazen expected a British attack, so they built a blockhouse. Led by a sergeant, they lived in the blockhouse to warn of British, Tories and Indians who might use the new road to attack American settlements. No attack came. The party walked back to Peacham in spring 1780. The mess kettle was likely left behind then.

John Damon found the kettle years later. He was a cattle dealer and land trader from Massachusetts. John Damon joined John Dana to run a small store on Cabot Plains in 1802. The two owned over a thousand acres on the plains and often wintered one hundred head of cattle in barns connected with the Yellow House tavern and inn. Smugglers stopped at the inn when illegally selling cattle to the British army in Canada during the War of 1812.

Damon gave the kettle as a wedding gift to Ames Walbridge, who worked for him. In 1841, Ames Walbridge's brother, Lyman, came to Cabot. Ames gave Lyman the kettle to boil sap.

Damon later moved to Cabot Village. He was a justice of the peace when Cabot was in Caledonia County. Damon also served on a committee that advised the state legislature against moving the state capital from Montpelier to another town in 1813. John Damon, Esq., lies in Durant Cemetery.

No major military invasions used the Bayley-Hazen Road after its completion, although a few small raids from Canada followed its path. Before road building started, some Americans on snowshoes used the Indian trail that paralleled the route to enter Canada.

A passing mention in a letter of George Washington hints that the real purpose of continuing the road in 1779 was to mislead the British into thinking the Americans were planning another invasion of Quebec.

Some think Colonel Bayley's interest in land speculation was part of the reason he urged General Washington to build the shorter route. After the Revolutionary War, the road was vital to the Northeast Kingdom of Vermont. Early Vermont settlers northwest of Peacham followed the Bayley-Hazen Road and hewed out homesteads along its forest path.

This piece is indebted to research by Jane Brown. More on the Bayley-Hazen Military Road is at The Cabot Historical Society's site: https://sites.google.com/site/histsocorg1/the-bayley-hazen-road

CABOT 4TH OF JULY 2016!

Let Cabot School and
Cabot Community Association

TAKE YOU OUT TO THE BALLGAME

Be our guest for ***Cabot Night at Vermont Mountaineers***

Tuesday, July 12

Transportation contributed by Cabot School,
Event organized by Cabot Community Association
Box Lunch and admission tickets courtesy of Cabot Community Fund

5:00 p.m.	*Pick up your free box lunch and buy your own drink At Cabot Village Store*
5:15 p.m.	*Board Cabot School Bus*
5:30 p.m.	*Bus leaves for Montpelier Recreation Field*
6:30 p.m.	*Cabot and NEK Night—Mountaineers take on Mystic Schooners of Connecticut* ***All CCA-funded attendees must enter ballpark as a group***
End of Game	*Take bus back to Cabot*

There's no expense to you for transportation, meal or game, but you must sign up and provide your own drink.
Register online at ccamountaineers.eventbrite.com
Call 802-563-3338 and leave phone number if you need help.

CABOT VERMONT ANNUAL EVENTS 2016

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

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

LUNCH ALL SUMMER LONG AT CABOT SCHOOL

School is almost done and summer is just about here. Don't go hungry

This summer, your own Cabot School is offering free breakfast and lunch for anyone under 18 years of age. Starting June 18, and continuing through July 29, breakfast will be from 8:00 to 9.30 a.m. and lunch will be from11:00 a.m. to 12.30 p.m.

Looking forward to seeing all of you, so come in and get a good nutritional meal. Don't go hungry, come and eat. For information, contact Scott St. John, Cabot Food Director, 802-563-2289, ext 232.

CABOT 4TH OF JULY 2016!

QuarryWorks Theater Presents Irving Berlin's

MR. PRESIDENT

EVENING SHOWS
JULY 7-9 & 14-16
AT 7:30 P.M.
MATINEES
JULY 9-10 & 16-17
AT 2 P.M.

As Always,
Admission is FREE
Reservations Required:
Call 802-229-6978
Donations Gratefully
Accepted

QuarryWorks Theater, Adamant, VT.
For directions, visit us at www.quarryworks.org

QuarryWorks Theater Presents

E.B. White's
Stuart Little

Each Family will receive a FREE copy of "Stuart Little". Courtesy of QuarryWorks!

As Always, Admission is FREE!
Reservations Required: Call 802-229-6978
Donations Gratefully Accepted

SHOW TIMES
July 23 & 30
at 5 p.m.
July 23-24 & 30-31
at 2 p.m.

A "Bell Raising" at the Historic Lower Cabot Schoolhouse

Saturday, July 9
11:00 a.m.-3:00 p.m.

Dana and Susan Robinson and a crew of volunteers will restore the original bell to the bell tower of the historic schoolhouse in Lower Cabot. The public is invited.

1643 Rt. 215 South, Lower Cabot, Vermont

See the bell on our float in Cabot Fourth of July Parade. Then come to the bell raising on Saturday, July 9

Rain date Sunday, July 10, *For more information, call (802) 793-3016.*

Cabot Smith Farm

Smith Road, Cabot, Vermont
(Off Whittier Hill Road)

PICK YOUR OWN STRAWBERRIES

Fresh-Baked Shortcakes Cabot Whipped Cream

STARTING JULY 2
Picking Every Day
8:00 a.m. to 4:00 p.m.
Until Picked Out.

Fresh-Picked Local Rhubarb Strawberry-Rhubarb Pie

Call ahead 802-424-3083
For updates and other events follow us on:
www.facebook.com/cabotsmithfarm

Build a family memory
Make it a Tradition

Historic Lower Cabot Schoolhouse Bell

The bell, which had been stolen from the Lower Cabot schoolhouse shortly after the building was constructed in 1880, had been recovered from the bottom of a nearby millpond during a drought year. Mark and Jackie Bromley bought the schoolhouse in 1996 and obtained the bell ten years later. Mark was in the process of rebuilding the bell tower with the intention of restoring the bell; but in 2015, the Bromleys sold the schoolhouse to the Robinsons – passing the mantle of the bell. The bell will be raised with block and tackle, and bolted into place upon its standards, so it can once again "send its call over the countryside."

Dana and Susan are extending an invitation to all local residents to come celebrate the raising of the bell. They are especially interested in community members who may have attended the school, or who have stories to tell. To accompany the celebration, there will be live old-time music. Cabot's very own farm-to-table Back Road BBQ food truck will be on site, and wagon rides will be offered by Paul Ruta and his Percheron horses, Jesse and Babe.

The schoolhouse, built in 1880, served Lower Cabot for 68 years until it was closed by the Cabot School Directors in 1948. Charles and Barbara Carpenter bought the building in 1960 to store antiques. The Carpenters sold the schoolhouse to Bill Scoville, who had a gunsmith shop. In 1996, Mark and Jackie Bromley purchased and restored the property, turned the schoolhouse into a home, and raised their children there. In February of 2015, Dana and Susan Robinson bought the schoolhouse and are continuing the care and stewardship of the historic building. They have initiated a house concert music series and will be hosting other events – including the bell raising – with the intention of opening the school doors once again to the local community.

Take a night off from cooking!

Cabot United Church

Thursday evening suppers
Alternate weeks in July & August

Meal served from 5:30—6:30 p.m.
Takeouts available.
Served with salads, rolls, dessert and drinks

July 7	**July 21**
Pulled Pork	BBQ Chicken
August 4	**August 18**
Pulled Pork	BBQ Chicken

Adults $10, Children 12 & under $5

SAVE THE DATE:
September 8, Annual Harvest Supper and Auction
September 27, Fall Foliage Turkey Dinner

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.

CABOT CHURCH PAINTING PARTIES

SAVE THE DATES
Saturday, July 9 & Saturday, July 16
8:00 a.m.—noon
Lunch provided

For questions or to sign up, contact
Beth Wade, 563-2110, bwade161@gmail.com, or
Rose Bothfeld, 563-2715, rosebothfeld@yahoo.com

YOUR AD HERE!

Why advertise in the The Cabot Chronicle ?

It's a great way to reach up to 1900 households in Cabot, Marshfield, Plainfield, Hardwick, and Danville! Spread the word about your product or service while helping to support a great community resource.

Call or e-mail Ellen for more information:

802-563-2491

Ads4Chronicle@yahoo.com

COUNTRY COMMENTARY

Greetings. Freshly mowed grass fills the air. The buzz of bees pollinating the apple blossoms reminds me that the humming birds will soon be here. The bee balm is coming up along with all the lilies. Summer is officially here!

I find it amazing that so much tragedy can happen in a life and yet life still does go on around us, in all its richness and beauty. We are hoping to get another Labrador puppy this fall. We are on a waiting list. We went to see some of the puppies already spoken for, and I can tell you how easy it is to make room in your heart for another friend.

Potatoes are popping up through the soil and our cabbages, broccoli and kale are doing quite well. We are hoping that we don't see hide nor hair of that ground hog who made a complete hog of himself of our garden last year. Life is good. With all the ups and downs and the loop-de-loops, we somehow find a way to make it through. I enjoy life, or do my best to.

I am taking an herbalist course by Rosemary Gladstar. I am sure some of you have heard of her. The course is pretty extensive, and I really feel like I am learning something. I am enjoying myself and feeling energized.

I have been out and about the gardens, watering, weeding and moving rocks. I like to make rock pathways and walls, and, as I wasn't able to do such things last year due to illness, it is really great to be fine and able. I have been transplanting and seeding and trying to do more with herbs that grow here in the great Northeast Kingdom. One would think we are limited, but really, we aren't, and some herbs are readily available at our grocery stores.

It may not be for everyone, but I would recommend it to someone who is interested, just Google Sage Mountain and Rosemary Gladstar.

I am going to be rearranging the living room; sometimes it is nice to just have a change, whatever it is. Sometimes it is coloring my hair, but other times it is a much bigger project to keep me challenged and busy.

Being busy as much as possible keeps the mind limber, as well as our bodies, and I think, honestly, it helps us to live longer if we have purpose and goals well beyond our retirement years. Besides, who could be too old for fun? I am going to have as much fun as I can until I can't.

I hope you are planning something great, whatever it is, whether it is a root cellar or just reading a good book. Be busy and stop to smell the fresh grass and the lilacs. I have heard that crickets bring good luck, we have quite a few, I hope it can be spread around.

In peace and love,
Laura Lee Smith

40th Army Band To Perform

The Vermont National Guard and the Office of the Adjutant General are proud to present "Vermont's Own" **40th Army Band** summer tour.

The **Concert Band** program will feature traditional patriotic American tunes, as well as contemporary musical favorites. Come see the 40th Army Band perform:

Monday, July 4th at 8:00 PM on the Village Green at Smugglers' Notch Resort in Jeffersonville, Vt. In what has become a Vermont musical tradition, "Vermont's Own" 40th Army Band will perform a concert sponsored by Smugglers' Notch Resort as part of the Jeffersonville community's 4th of July celebration. The finale will feature Tchaikovsky's *"1812 Overture,"* followed by a fireworks display.

Tuesday, July 5th at 7:00 PM at the Enosburg Opera House located at 123 Depot St, Enosburg Falls, Vt.

Thursday, July 7th at 7:00 PM on the Green in Fair Haven, Vt.

The **40th Army Band** will also feature the Music Performances Teams **True North**, a big band style ensemble, and **The Power of 10**, a power rock show band.

True North will perform:

Wednesday, July 6th at 7:00 PM at the Ethan Allen Homestead Museum located at 1 Ethan Allen Homestead, Burlington, Vt.

Firday, July 8th at 2:00 PM at the Newport Vermont Jazz Festival at the Waterfront Gazebo Stage in Newport, Vt.

The Power of 10 will perform:

Wednesday, July 6th at 7:00 PM at Bombardier Park located at 1 Park Pl, Milton, Vt.

The **40th Army Band** will also be marching in the Worcester, Vermont Independence Day Parade beginning at **11:00am on Monday July 4, 2016.**

ALL concerts are free and open to the public.

Members of the **40th Army Band** serve one weekend a month and two weeks of Annual Training each year in the Vermont Army National Guard. As civilians the rest of the year, they are engaged in such diverse occupations as education, law, security, technology, medicine, and sales.

Further information about the **40th Army Band** may be obtained by calling the unit's office in Colchester, weekdays, at 338-3480, or by visiting the 40th Army Band on Facebook.

LOUISIANA NATIONAL GUARD ★ ALWAYS READY ALWAYS THERE ★

"Local Business Matters?"

A New Monthly Column About Local Businesses

By Ellen Cairns

This month, we sat down with Stephany Searles to learn more about her and her husband Bobby, who live in Cabot and own the Cabot Store and Harry's Hardware. You can often find one or the other of them behind the counter at the hardware store.

Cabot Chronicle: What's something people might not know about you?

Stephany Searles: We have four kids- three boys and one girl- ages 6-14, and a small hobby farm with three miniature donkeys and chickens. We mainly grow flowers and herbs in our garden, since we can get good locally-grown vegetables at the Cabot Store.

CC: How did you and Bobby meet?

SS: We worked together at Evergreen Eddy's restaurant in Williston. Bobby was a waiter and I was a hostess.

CC: What brought you to Cabot and how long have you been here?

SS: Well, I grew up in Essex and Bobby in Barre, but Bobby's dad had grown up in Cabot. We moved here when we decided to buy the store 11 years ago.

CC: Had you ever owned a store before?

SS: No, Bobby was working as a warehouse manager at a tire company in New Hampshire. He was working too many hours and I was home raising Abby. We threw caution to the wind and went for it.

CC: What do you do in your free time?

SS: Bobby is an avid hunter and likes to spend time in our apple orchard. I am a photographer. And I love to garden and knit. (If you've seen the knitted goods for sale in the Cabot Store, you've seen some of Stephany's handiwork) We are all downhill skiers.

CC: Do you like to cook?

SS: Not really- it's hard to please everyone with four kids, so I mainly stick to the things I know everyone will eat. Bobby came from a family of 12, so he'll pretty much eat whatever's on the table.

CC: What's your dream vacation?

SS: I'd like to go out West- maybe rent a camper and see Colorado, Montana- that part of the country.

CC: What are the best-selling items in each store?

SS: At the hardware store, we sell a lot of gas, which people don't really know is not a money-maker. It does help keep people in town, though, which is the main reason

why we bought the Hardware Store. We also sell a fair amount of feed, and pellets for stoves in the winter. At the Cabot Store, I would say beer, dairy products, and a lot of deli items, like sandwiches and lunch meats.

CC: How's the Cabot Cash going?

SS: It started out ok, but has slowed down. I think there was some confusion about it at first.

CC: I think it sounds like a good idea- sort of like a CSA, which a lot of people like as a way to show their support. What's your favorite part of working here?

SS: I like seeing the people who come in. I also enjoy stocking the shelves- my first job was at Brooks Pharmacy, and I always liked doing that, making it look nice.

CC: What's your least favorite thing about it?

SS: Just that the responsibility never ends. There is always something to change, fix or make better.

CC: What do you think you would be doing if you didn't own the stores?

SS: I was a hairdresser at a nursing home in Burlington, and I really loved that. I would also like to open a yarn shop. There aren't many local places to buy good yarn. Bobby graduated from college with a degree in Political Science and Environmental Science. He had thoughts of getting into politics.

CC: Anything else you'd like to share with our readers?

SS: Just to thank them for shopping here and supporting us.

We'll be talking with local business people in and around Cabot in this monthly feature. Have a business you'd like to see featured or learn more about? We'd love to hear from you! Write or call Ellen at inbox@CabotChronicle.org or ecairns09@yahoo.com, or by phone at 802-343-7956.

Fourth of July Dangers for Our Animal Companions

By April Frost
www.AnimalVisions.org

Every year, a lot of our animal companions fall victims to our 4th of July celebrations. Many animals run away out of fear of the noise and sight of fireworks associated with the celebration of this holiday. Please, do not ever take your dog with you to fireworks displays. The sight and sounds can cause great fear in animals, especially dogs, horses, goats, sheep and even cats Please keep your pets inside. Close your windows and close the shades or curtains to minimize the sounds and flashes of lights from fireworks. Play some calming music.

If you plan on having fireworks at your property, please be sure to tell all your neighbors when they will be held and where. I know people who were not told that their neighbors were doing private fireworks displays in a field that was beside where their horses were out to pasture. In a panic, the horses broke through the fencing and took off in the dark. Several people and hours later, they finally caught the frightened horses and got them back to their barn.

Another danger, in addition to sounds and flashes, is the traditional 4th of July barbecue, which generally consists of barbecued chicken and corn on the cob. While people are busy celebrating with a softball game, dancing, etc., the family dog has the opportunity to eat the left over barbecued chicken and corn on the cob. The cooked bones splinter and the corn cobs create intestinal blockages which may require an emergency trip to the veterinarian for emergency surgery. This occurs many, many times throughout the country on this holiday.

The dangers are now outlined. Please enjoy celebrating the holiday, but use precautions where our animal companions are concerned.

Herbs for Everyday Health
St Johnswort for Burns & Depression

By Melissa Laurita Kohl

St. Johnswort is plentiful in meadows and the edges of fields, flowering at the end of June and early July. It helps to heal nerves and can be used to speed up healing when there has been nerve damage. For example, in the case of burns. But that works internally, too. For those of us who are frayed and frazzled, it will help heal our nervous system.

Due to media hype in this country, St. Johnswort, *Hypericum perforatum,* is an herb that, at one point, was synonymous with depression. Hippocrates used it for nerve damage, and since the 1500s, it has been used for psychiatric disorders, including depression.

As an antidepressant, St. Johnswort does not work for everyone, but when it does work, its effect can be quite dramatic. Chemistry is the language of life. Herbs have complex chemistries, and so do we. Each of us is unique, so we will not all react exactly the same way to herbs, foods, or even pharmaceuticals.

St. Johnswort is a very safe and gentle herb, but it has negative side effects with many pharmaceuticals (think of it as the herbal grapefruit). If you are taking antidepressants, it is crucial to work with an experienced practitioner if you are interested in using St. Johnswort. This combination can be dangerous.

Herbalists eagerly await the flowering of this herb because the yellow buds and blooms are the most active part. If you steep these flowers in olive oil, it turns a deep red. This oil can only be used topically, due to a risk of botulism. Herbalists use it for nerve pain and to heal cuts and burns. Rosemary Gladstar came up with a salve for cuts and burns decades ago, and has not changed it because it is so effective. The recipe is one part St. Johnswort, one part calendula, one part comfrey. I have personally used this salve, after cooling the burn with diluted apple cider vinegar, in the case of severe burns. Most notably, when my stepfather set his head on fire. When he went to the doctor the next day, they were surprised by the lack of blistering. As he came in for check ups, they were further surprised, as they had never seen anyone recover from burns so quickly. In fact, they stopped dressing his wounds at check ups, trusting that whatever we were doing at home was more effective.

Melissa Laurita Kohl runs the Fungi & Flora Folkschool in Peacham, where she offers classes, private lessons, and herbal consultations. Contact her at: (802) 357-2013; melissa@fungiflorafolkschool.com; or fungiflorafolkschool.com.

What the Middlesex Barracks Troopers Wished the General Public Understood

The Cabot Chronicle *asked Middlesex Station Commander Matt Nally (Cabot resident) what troopers wished citizens knew. He polled his barracks, and this is the information he received. We hope to have regular input on public safety matters.*

- -Invest in quality home surveillance.
- -Lock your homes and cars and don't leave firearms in vehicles unsecured.
- -If you go on vacation, have the post office hold your mail.
- -Don't text and drive.
- -Use motion sensor lights and timers at your homes.
- -Have a neighbor check your residence when on vacation.
- -Move over if able to while passing stopped emergency vehicles. Give plenty of room.
- -When an emergency vehicle approaches from behind with lights and sirens activated, move safely to the right and stop! Do not roll or just slow down.
- -Investigating cases takes time and usually cannot be solved in a matter of hours like on TV.
- -Don't drive with your pets on your laps.
- -Do not swim in fast moving waters.
- -Be prepared when going on a hike, tell others your plan, have a first aid kit, dress appropriately.
- -Slow down through populated areas and be aware for children.
- -Don't give your information to anyone over the phone. There are many phone scams out there right now.
- -Be the eyes and ears in the neighborhood. If you See Something, please Say Something.
- -Vehicles that are already traveling in the round-about/rotary have the right-of-way, while the vehicles attempting to enter do not.
- -If you see a vehicle crash, call 911 and be a good witness. Do not put yourself in harm's way by directing traffic.
- -If you witness a motor vehicle incident or erratic driving, attempt to obtain a license plate if safe to do so.
- -Many neighbor disputes and noise disturbances can be avoided by knowing your town ordinances.

Summer Concert Series
Old Schoolhouse Common Gazebo in Marshfield

Thursdays at 6:30 p.m.

Come on down and hear some music, visit with neighbors, dance and have a good ole' time! We will have our book and bake sale, and if you don't have time to pack a picnic, the barbeque will be sizzling with hamburgers, hot dogs and veggie burgers for sale.

July 7 Cajun Double Fiddles with Katie Trautz and Alex Ellsworth

Alec Ellsworth and Katie Trautz are a Vermont based duo, playing traditional old-time and Cajun music. Both musicians are fiddlers who weave harmonies and melodies together with their instruments and voices. As multi-instrumentalists, they integrate accordion, triangle, and songs into their sets. They have traveled to Louisiana numerous times, where they've learned and shared Cajun and Old-time music, bringing the southern traditions back to their home-state of Vermont.

July 14 Cold Country Blue Grass & Dana and Susan Robinson

First Set: Cold Country Blue Grass has been playing since the early 70's, and is based in Plainfield, Vermont. They perform a variety of bluegrass material, ranging from Ralph Stanley standards to more contemporary arrangements, with an occasional old-timey piece included. The band also enjoys performing a variety of bluegrass gospel songs, characterized by haunting southern rural harmonies.

Second Set: Dana and Susan Robinson are two guitar-playing, banjo-frailing, fiddle-sawing, and harmony-singing interpreters of the American experience. Their unique blend of contemporary songwriting and traditional Appalachian music bring to their performances a deep understanding of America's musical heritage.

July 21 Improvisions with Michael Arnowitt

ImproVisions Jazz, led by local favorite pianist Michael Arnowitt, will perform a lively and colorful program of jazz past and present. The group will improvise on songs ranging from jazz classics and music from different world cultures to tunes from our own time including a few of Michael's own original compositions.

July 28 Kick em Jenny

Join Kick 'Em Jenny at the Marshfield Bandstand for rollicking old-time stringband tunes plus some songs about lost love, moles in the ground, and the price of cotton.

August 4 Kava Express

Kava Express plays "mildly euphoric and potentially addictive rock and soul classics." From the Beatles to George Benson to Stevie Wonder to U2. Great jams and highly danceable!

August 11 Dave Keller Band

Dave Keller is one of the finest soul and blues men of his generation. His most recent CD, Soul Changes, earned a 2014 Blues Music Award Nomination (BMA) for Best Soul/Blues Album. His previous CD, Where I'm Coming From, won the 2012 Best Self-Produced CD Award at the International Blues Challenge (IBC). Keller has earned the respect of the torchbearers of the blues: recording and co-writing with legendary guitarist Ronnie Earl; touring regularly with Mississippi blues master Johnny Rawls; and spending many years as the protege of the late soul/blues singer Mighty Sam McClain, who said, "He's for REAL!! Y'all check him out!!"

Kingdom Animal Shelter

Torch

By Helen Morrison

Look at this sweet, orange fluff of a boy...full of fun and friendliness. His name is Torch. He loves to have conversations with you and follow you about to see what you are up to. And he has the cutest little freckles on his lips. Torch loves to bask in the summer sunshine! Come visit this seven-year old feline fella at Kingdom Animal Shelter at 1664 Memorial Drive in St. Johnsbury Center. We are open Mondays and Tuesdays, 4-6:00 p.m., Thursday, 3:30 to 5:30 p.m., Friday noon to 300 p.m., the first and third Saturdays of the month, noon to 3:00 p.m.

Jaquith Public Library Summer Reading Program Schedule 2016

Story and Activity Time followed by a free lunch: Kids Birth to Age 7 Wednesday Mornings at 10:00 a.m.

July 6 Fun and Games with Cassie Bickford.

Learn some fun games from around the world like the Scottish game "Wee Bologna Man" and the Australian game "Wallaby, Wallaby Kangaroo," played like duck, duck, goose. We will also make some "Light up Butterflies" to take home.

July 13 Rockin' Ron the Friendly Pirate: On your MaRRRk, get set… READ… and LEARN about pirates! "Give Me an RRR!" and "Pirate PaRRRty!" "I don't have a sword, I don't have a knife, I roll like a pirate, but I roll real nice." I sing to my own guitar accompaniment and to tracks from my albums.

July 20 Circus Time with Netdahe Stoddard

Children can practice easy juggling, balance beam walking on a board or rope on the ground. We will make our own stilts and practice stilt walking We will learn easy gymnastics like walking on your hands and tumbling. If you like, we can put on clown make-up.

July 27 July 27 "Tyke Kwon Do" with Jeffrey Maclay.

Make your own martial art headband and belt, and then get ready to learn some beginner martial art moves from black belt Jeffrey Maclay. Then we will practice our moves together.

Family Fun Nights for people of all ages Wednesdays and Fridays 6:45 to 8:00 p.m.

Wednesday, June 29 at 6:45 p.m. Get Ready, Get Set……Listen to Stories with storyteller Lawrence Black. You can bet Lawrence is full of all kinds of charming, quirky, and funny tales, and he wants to share a few with you. Be prepared to sigh, chuckle, and laugh right out loud!!

Wednesday, July 6 at 6:45 p.m. The Noble Sport: Falconry with VINS

Have you ever seen a hawk soar through the air, only to land on a person's fist? If you've ever wondered how this is possible, join VINS for a family-friendly adventure in falconry! We'll explore a sport that has fostered relationships between humans, animals, and the environment for 4,000 years. Learn how falconers train their birds of prey. Touch the equipment that keeps falconers and birds safe while they're working together. You'll also meet three live raptors up close!

Friday, July 15 at 6:45 p.m. Flight Club with Jennifer Barlow

We will make all kinds of airplanes and parachutes out of paper, plastic, tape and other materials. Then we will fly our creations, record the distances and find out which of our models "rules the sky".

Friday, July 22 at 6:45 p.m. Intuitive Archery with Mary Anna Abuzahra

Safe and noncompetitive archery. We will be using rubber blunt arrows rather than sharp field points, with light weight recurve bows. Please consider signing up in advance, especially if you have very young children who would like to take a turn or two. We will create a painted canvas by using paint on the arrow and shooting it at a large canvas "target".

Wednesday, July 27 at 6:45 p.m. Secrets of Soap with Jaqueline Soule

Keep clean and healthy with your own soap. Soap can do more than get you clean, it can smell nice, and even offer some healing properties. We will learn how to make milled soap - and incorporate soothing and fragrant herbs into our soap in this hands-on program. Everyone will make some soap to take home. All ages welcome. Children 8 and younger must be accompanied by an adult

Wednesday, August 3 at 6:45 p.m. Frisbee Challenge with Pam Quinn and Brendan McLane. Join us for an evening of Frisbee fun! Pam Quinn and Brendan McLane will lead games of "Frisbee golf" for all levels. (Free Frisbees for all participants!)

TOWN OF CABOT PRIMARY ELECTION TUESDAY, AUGUST 9, 2016

See August Cabot Chronicle & Front Porch Forum For voting location

7:00 A.M. – 7:00 P.M

Handicapped Accessible And Curbside Voting

Voter registration deadline for Primary Election Wednesday, August 3, 2016 5:00 p.m. Town Clerk's Office, Willey Building

Twin Valley Senior Center

By Rita Copeland, Executive Director

American Red Cross Blood Draw will be held at the Twin Valley Senior Center on Thursday, July 7, from 10:00 a.m. to 3:00 p.m. Walk-in or by appointment, visit redcrossbllod.org or call 1 -800-733-2767.

A **Free** Bluegrass Concert with Cold Country Bluegrass & the Sky Blue Boys, Banjo Dan & Willy Lindner at the Plainfield Town Hall, Tuesday, July 19.

American Red Cross

A note from the musicians:

Dear Bluegrass Friends,

After about ten years since our 25 year run of bluegrass festivals at East Hill Farm, Cold Country Bluegrass has the itch to perform for our friends in Central Vermont again. We're a little older now, but the band has been together since the mid-seventies and is still ready to go.

So, Cold Country Bluegrass, and the Sky Blue Boys are offering a free bluegrass concert at the Plainfield Town Hall at 7:00 p.m. on Tuesday, July 19. For any of you who would like to donate, the proceeds will go to the Twin Valley Senior Center.

Cold Country is still the same since the 70's: Bill Moulton on mandolin, Tony Washburn on fiddle, Craig Whipple on guitar, Jeannette Hogan on bass and Con Hogan on banjo.

The Sky Blue Boys (otherwise known as Banjo Dan and Will Lindner) have revived the tradition of the brother duets of the period of the Louvin brothers of the 40's and 50's. They are not to be missed.

We would be pleased to see many of our friends again. So, come out on a warm summer's evening… and enjoy!

Cabot Library Wins Grant

Six New Hampshire and six Vermont libraries won 2016-2017 Rural Libraries grants from the Children's Literacy Foundation (CLiF). Grants include $2,000 in new books for public libraries, $500 in new books for school libraries, literacy presentations for local elementary school and preschool students, and $250 mini-grants to support library programs.

In Vermont, the grantees are:

- Cabot Public Library (Cabot)
- Coventry Village School (Coventry)
- Greensboro Free Library (Greensboro)
- Poultney Public Library (Poultney)
- Salisbury Free Public Library (Salisbury)
- Westminster West Public Library (Putney)

In New Hampshire, the grantees are:

- Libbie Cass Library (Springfield)
- Gay-Kimball Library (Troy)
- Jefferson Public Library (Jefferson)
- Milton Free Public Library (Milton Mills)
- Monroe Public Library (Monroe
- Stephenson Memorial Library (Greenfield)

Rural Libraries grant programs begin fall 2016. The grants are intended to create excitement about reading, increase library book circulation, improve the number and quality of books available to children and help connect small public libraries and the school community.

The grant is also intended to smooth gaps in library budgets. Funding shortfalls mean rural librarians must often choose between offering programs and updating old, outdated or insufficient children's book collections.

The Rural Libraries grant helps small libraries provide both books and programs. Each town librarian selects new, hardcover children's books for the public library and each town's elementary school librarian selects new books for the school library.

Schools also receive visits from professional storytellers, who give presentations, introduce children to their local librarians, and sign children up for library cards. A second round of presentations in spring 2017 will inspire students to participate in library summer reading programs and provide every child a book of her or his choice to keep.

Libraries in towns of fewer than 5,000 residents are eligible to apply for grants.

clif children's literacy foundation

From The Cabot Public Library

2016 Cabot Public Library's Summer Reading Program

This summer's theme is -

On Your Mark, Get Set…READ!

All programs are free and open to children and adults of all abilities.

Sign up for the summer reading program as soon as school is out and win prizes and T-shirts!

The Thousand Page Club continues.

Evening Programs: (Days and times vary.)

Thursday, July 7 – 7:00pm – A Night of Improv and Drama –

To all you budding thespians, this is the night for you! Clues, items and hints will help your group formulate short skits to be presented on the stage of the world renowned Willey Building Theater! Come prepared for a night to remember.

Tuesday, July 12th – 6:30pm – Make your own Dragon with Mazie O'Connor

Mazie has been building and selling sculpey dragons for many years in local markets. She will guide you in making your own dragon. Supplies and tools will be provided. Books and examples of Mazie's dragons will be available for ideas. **Please sign up in advance so we know how much clay to provide.** This workshop is for youth aged 10 and up.

Tuesday, July 19th – 7:00pm – 13,000 mile Bike Trip – Lisa Ann Sammet

Lisa cycled 13,000 miles through the US, Mexico and Canada – come see her slide presentation and find out how she managed this remarkable feat.

Cabot Public Library – 802-563-2721 cabotlibrary@yahoo.com
Hunger Free VT – free summer meals – Cabot School cafeteria –
June 20 – July 29 Breakfast 8-10am, Lunch 11am -12:30pm

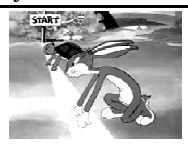
2016 Cabot Public Library's Story Hour Programs

All programs are on Tuesdays and start at 10:30 am.

July 5 – Get Ready, Get Set, READ!

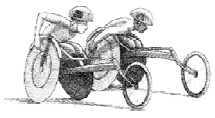
Come read about how different kinds of animals move about - see where they're going and what they're up to! Then try out an obstacle course behind the library.

July 12 – Read to the Finish Line!



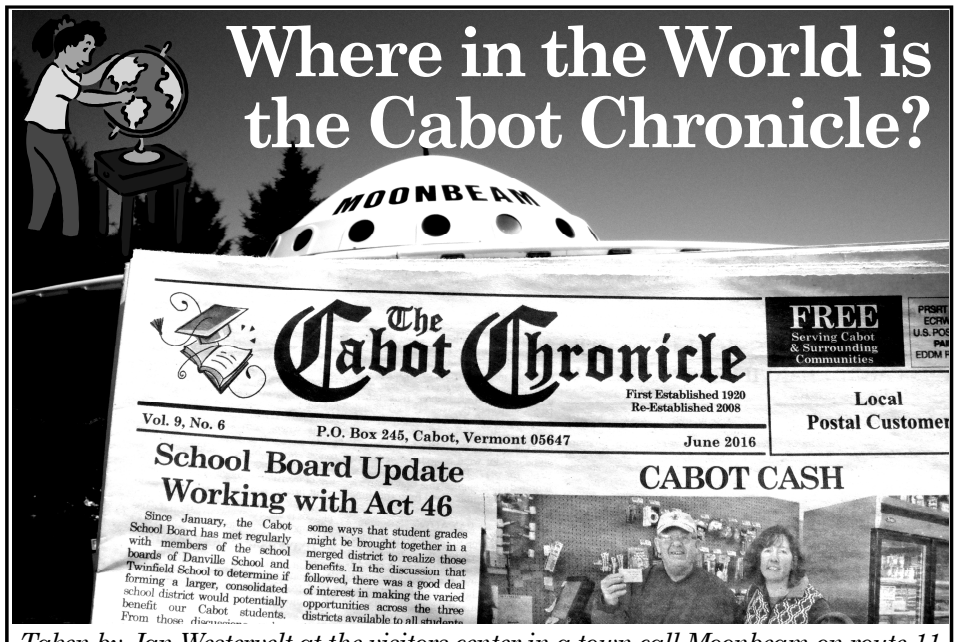
Even the slowest tortoise can defeat the quickest hare, and even the proudest hare can learn a timeless lesson from the most humble tortoise: *Slow and steady wins the race*!

Meet with Deb Bothfeld at the Cabot school gym for Story Hour this week.



July 19 – It's a Good Day - READ!

We'll read about great summer days and celebrate the Summer Reading Program with ice cream at the Cabot school playground! ***Meet at the Cabot School playground.***



Taken by Jan Westervelt at the visitors center in a town call Moonbeam on route 11 in Ontario.

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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.cvclt.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
Put your business here.
Directory ads are a great value

$120 for the year!

You are invited to visit…
Cabot Evangelical Church
Meeting on Sunday Mornings at 10:00 a.m.
Old Hope Community Church
Bayley-Hazen Road, South Walden
For more information contact Ed Lewis – 802-272-8721

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- **Gift Certificates**
- **Dietician-approved Meals on Wheels for homebound & disabled residents.**

No physician orders needed.
Call 223-3322 and ask for Rita.

Girl Scouting in Cabot

Above: Junior Girl Scouts learned how to keep food away from bears.
Below: Having fun at Clark's Trading Post.

By Sue LaGue

The Cabot Girl Scouts have wrapped up the school season in May with a surprise shower for Grade 2 teacher, Lisa Liard, and an award ceremony on May 23. The Junior Girl Scouts, Cadence Codling, Charlotte Kellett and Victoria Pike, earned the First Aid, Jeweler, Cookie CEO, Digital Photographer, Savvy Shopper and made great progress on Gardner badge and also the cooking badge. As part of a service project, the Juniors worked on cleaning the McSweeny Memorial and hopefully will add other plantings in the coming season.

The Daisy and Brownie Girl Scouts, run by Darci Herdling, were very busy this year with many service projects, fun activities and badge work. Many of the Daisys earned three of the five petals that help teach the girls about the traditions and meanings of the Girl Scout Promise and Law. One of the Brownies, Haylee North, memorized the entire GS Law to recite to the whole audience. As a group, the girls were able to participate in regional (Maple Leaf Community) GS activities of bowling and gymnastics, and a day at Jay Peak water park. As a whole, the Cabot troops sold over 4,800 boxes of cookies. The cookie program is very important, as the main fundraiser to support the programs and activities. It also helps the girls learn business and money handling skills. There were many awards for the various levels of cookie sales. The highest salesperson was Cheyenne Herdling, with sales of over 1,800 boxes.

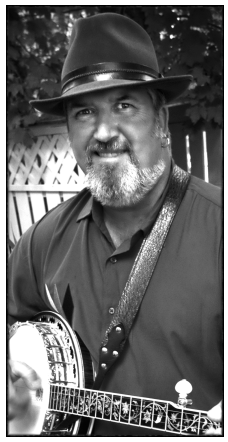
Even though the school year is over, there continue to be Girl Scout activities through the Green and White Mountain Girl Scout Council. The Junior Troop went to Bear Facts at Clark's Trading Post and Fun Fest, a 24 hour camping experience at Camp Farnsworth in Thetford in June. There are also summer camp opportunities through the council at their five properties in VT and NH. For a full schedule, go the website http://www.girlscoutsgwm.org. There are scholarships available, and cookie dough funds the girls earned can be allocated for the tuition.

Girl Scout membership is October 1 to September 31, but there is an opportunity to renew online or through your leader for an early registration badge until June 30. Girls can also use their cookie dough funds for membership renewal.

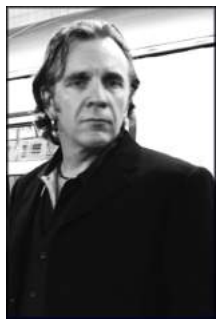
Next year, there will be a need for a new Daisy Troop leader. Darci is moving up to take over the Brownie and Junior Troops, since Sue LaGue will not be returning as a leader. Daisies accepts girls in kindergarten and first grade. Brownie level is for girls in 2nd to 3rd grade and Junior level is for girls in grades 4 and 5. Cadettes are grades 6 to 8. One of the limiting factors in continuing Girl Scout opportunities in Cabot is finding adult volunteers. For more information, contact Cecilia Gulka (cgulka@fairpoint.net) or check out the website listed above in the volunteer opportunities.

Cabot Arts Presents Midsummer Musical Fireworks

EXPECT THE ECLECTIC – roots, blues and badinage – with Newfoundland-born, Woodbury-based multi-instrumentalist and high-octane raconteur **RIK BARRON**, Greensboro Bend guitarist **RANDY BULPIN** and introducing Burlington singer-songwriter **MAE BARRON**. The midsummer musical fireworks go off on **SUNDAY, JULY 24** at **3:00 PM** in **CABOT'S WILLEY BUILDING, 3084 MAIN STREET**. Admission will be by donation at the door. Presented in cooperation with the Cabot Community Associa-



Rik Barron, actor, musician, raconteur and ex-Mountie, has a thirty-year career playing guitar, banjo and mandolin to audiences of all ages around the world. He's a founding member of The Fousty Toutons, Newfoundland's most famous folkabilly band and has worked closely with bass and guitar virtuoso Chili Taylor, a collaboration that has resulted in three Canadian Folk Music Award, two Indie Award nominations and two East Coast Music Award wins. Rik has recorded and performed with banjoists Dan Levinson and Mark Johnson taught at the Maryland and Smoky Mountain Banjo Academies. Through his long relationship with banjo icon and innovator Tony Ellis, Rik has forged a unique instrumental style combining the elements of Celtic, Maritime and American music. For information about Rik's many CDs, go to rikbarron.com.



Randy Bulpin, born in England, raised in Australia, plays both acoustic and electric guitars, specializes in slide and dobro, and has extensive experience as a professional touring and recording musician, while also achieving success as a songwriter and producer. Randy has shared the stage and studio with many international stars including, Kris Kristofferson and Rita Coolidge, John Prine, Ricky Nelson, Joe Cocker, Bo Diddley and Stefan Grappelli. Randy leads a double life as a mental health therapist, but he still finds time to perform with blues rockers Mono Malo and to collaborate with violinist and vocalist Leslie Campos as Laslo Cameo; the duo issued their first CD, "Second Avenue Highway" in 2007.

Mae Barron, Rik's daughter, lives in Burlington and is poised to begin her career as a singer-songwriter. You can find her videos at: https://www.youtube.com/user/msmaisymous.

Girl Scout Volunteers Needed

Cabot Girl Scouts are looking for a pair of co-leaders for next year's Daisy troop. Daisies are girls in kindergarten and first grade, at the very start of their Girl Scout experience.

As a volunteer, you'll introduce girls to new experiences that show them they're capable of more than they ever imagined. You'll be their cheerleader, guide, and mentor, helping them develop skills and confidence that will last a lifetime. Imagine the smiles, the excitement, the memories made—those are the moments you'll share at Girl Scouts.

All leaders are registered Girl Scouts and receive several hours of training, much of it online at your own pace. Support is provided through the main office, the regional community of GS leaders and through experienced local leaders. Program resources are provided in the form of guide books, leaders manuals, webinars and local meetings with other leaders. In addition, the Girl Scouts of the Green and White Mountains Council has recently created an online Volunteer Tool Kit, which provides detailed plans and suggestions for actual troop meetings.

For more information please check the Girl Scouts of the Green and White Mountains website www.girlscoutsgwm.org or call the council office at 888-474-9686. If you are interested in volunteering for next fall, or you have any questions, please contact Cecilia Gulka this summer, at cgulka@fairpoint.net or at 563-2284, so that we can get the paperwork started and be ready for the start of the GS year in September.