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Vol. 10, No. 1

P.O. Box 245, Cabot, Vermont 05647

January 2017

Village Economic Development Study Wins Funding

By Lori Augustyniak
and Jon Vara

The Town of Cabot has been awarded a \$20,000 Municipal Planning Grant from the Vermont Department of Housing and Community Development, to be used in support of the Cabot Village Revitalization Plan. Cabot was one of 38 communities funded among 70 applicants for the grant.

Municipal Planning Grants are awarded annually, and are intended to support local community revitalization and planning initiatives. Since 1998, the

program has provided more than \$11 million to 234 cities and towns across Vermont.

Cabot's attention to economic development can be traced back to a community-wide survey conducted in June of 2010, which aimed to solicit residents' opinions about the town. Out of 85 respondents, 84 (98.8 percent) noted that "a healthy economy" was the number one factor in maintaining a high quality of life within the Town of Cabot.

The Town of Cabot and Cabot Community Association (CCA) (See *Funding*, page 3)

Zutano's Heart is in Cabot

By Amanda Legare

When Michael and Uli (Gnau) Belenky had their first baby in 1989 in Greenwich Village, NY, Michael was a photographer and Uli was a graphic designer. They found their choice of clothes for newborn Sofia was limited and they saw the potential to design baby clothes that would offer more than what was on the market at that time.

Uli was raised in Germany, where she had trained to be a graphic artist. "I also had a lot of tailors in my family," she explained. She sat at her sewing machine and came up with prototypes.

"There was no internet back then," Michael recalled. "We used the Yellow Pages to find potential customers." Michael went door to door showing store owners the product. "Our first deliveries were on the back of a bicycle to local boutiques in New York." Their colorful and whimsical clothing was a great success.

"People really took to it," he remembered. "There had been something missing in the market, and Uli brought a different sensibility to colors and prints. Our clothing expressed energy and it was playful. We also wanted to stretch the envelope for gender ideas."

In 1991, they bought a farm in Cabot from Leo Trudeau. Michael's parents lived in Marshfield. Their second daughter, Ella, was born soon after they arrived. Both girls went grades K-12 in the Cabot School.

"We have been slowly expanding the business for the last 25 years," Uli added. "Cabot was a wonderful place to raise our



Uli and Michael Belenky. Photo by Amanda Legare.

children. Living in the country also allowed us to grow the business in a very organic way. We always felt supported by the community."

Initially, the Belenkys worked from the house, and then started renovating the barn, creating offices, work room and distribution spaces. "We did not want a super-fast growth," Michael said. "We wanted to grow in a healthy way, keeping a work/life balance."

"We are a design group," Uli explained. "We never had production here." They developed a close relationship with a family-run production business in Macau, and worked together with them for 26 years. The factory's production was dedicated exclusively to Zutano, and they were the Belenkys' sole factory source.

The business continued to expand, and they moved their

distribution from the Cabot barn to a warehouse in East Montpelier. A retail store opened in Montpelier. "At one point, we had about 30 full time employees," Michael said. In 2008, they developed a "bring your baby to work" program that allows new parents to bring their baby to the workplace for the first year of a baby's life. "This helped us to retain key employees and promoted parent-baby bonding," he added. Michael did all the photography of babies for their advertising. "We all had a lot of balls in the air."

They were so busy creating new clothing, they didn't realize they already had one of their best pieces in production. "We had developed some amazing booties and really did nothing to promote them," Michael recalled. "When we went to trade (See *Zutano*, page 3)

January is National Mentoring Month!



Celebrate by becoming a mentor!

Find out how you can help today:

802-751-5584

cabotconnectsmentoring@gmail.com

www.cabotconnectsmentoring.org

TOWN OF CABOT

PUBLIC MEETING

January 12, 2017 at 7:00 p.m. ~ Cabot School Gym

to vote whether to rescind vote on October 20 to have Town of Cabot adopt its Town, Highway, and Special Service Appropriations articles by Australian ballot.

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LEGISLATIVE REPORT

CABOT ♦ DANVILLE ♦ PEACHHAM

By Representative Catherine (Kitty) Toll

The 2017 Vermont Legislative session will commence on Wednesday, January 4. It is expected that Representative Mitzi Johnson will be elected Speaker of the House during the opening activities. A resident of South Hero in Grand Isle County, Rep. Johnson has served eight terms and was first assigned to the House Agriculture Committee. She then became a member of the House Appropriations Committee, serving as Vice Chair for two terms and as Chair in the 2015 and 2016 sessions. It is anticipated that Rep. Johnson will announce all House Committee assignments on the opening day of the session. If elected, Rep. Johnson will be the third female in the history of the state to be elected to the post of Speaker.

On Thursday, January 5, Governor-elect Phil Scott will be inaugurated as Vermont's 82nd Governor. The ceremony will be held in the House Chamber at 1:30 where remarks will include the Governor's priorities for the state; his Budget Address will follow later in January. The new Governor's proposed budget, to be outlined in his address, will be the starting point for the budget development process in the House Appropriations Committee.

Last year, the House Appropriations Committee continued its work focusing on sustainable budgeting practices. Guiding principles included reducing reliance on one-time funding; using a multi-year process to bring expenditures in line with revenues; moving toward a greater multi-year analysis of Department and Agency budgets to understand the impact on future budgets; creating new reserves to prepare for an additional pay period and Medicaid payment expense of approximately \$24 million in 2022. The additional pay period occurs

every seven years and an additional Medicaid payment occurs every fourteen years. In 2022, both expenses will hit the same year.

To plan for adequate funding for the additional pay period and Medicaid payment, \$5.29 million was included in a reserve account in the 2017 budget, as well as requiring deposits estimated at \$3.7 million per year in Fiscal Years 2018 and beyond. Also, \$1.2 million was not appropriated and set aside for revenue shortfalls or other budget needs. Additionally, the budget addressed underfunding of retirement funds in the 1990's by requiring for faster pension fund amortization, which will save over \$165 million in the long term. This is critical for affordability in the outer years by reducing inflated payments in the future.

I anticipate serving on the House Appropriations Committee for another term. The budgeting process promises to be a challenge, again, this fiscal year, as there is a projected current services gap of \$50 - \$75 million between estimated revenues and expenses. The principles outlined above will be essential in successfully guiding the process as well as keeping the development of the state budget open and transparent to all Legislators and to all Vermonters.

We live in a small state where individual voices are valued and heard. I truly appreciated the opportunity to hear from you. I can be reached by email: kitty-toll@live.com or by phone at 684-3671 or leave a message at 828-2228. To get more information on the Vermont Legislature, and bills which have been proposed or passed, visit the legislative website: www.leg.state.vt.us

Wishing all a Happy and Healthy New Year!



COUNTRY COMMENTARY

January, the month of change and delight, as we grow closer to winters' end.

It was a long story how we finally ended up with the right dog for our house. Espresso was way too hyper, and she would never listen or care that we even existed. She was an unusual Labrador; I have never had such troubles, and her disinterest was astounding. We had to bring her back to the breeder. So, we went to a different breeder and got Bodhi. We got his runt brother, Nemo, too, but we didn't know he was dying because he got his shots when he was too small to get them—his liver was failing, and other issues arose.

We couldn't afford the vet bills, so we gave him back to the breeder, and she brought him to a 24/7 clinic. They gave him an IV and then a blood transfusion. It saved him, but neither we nor the breeder could afford the vet bills, which were extensive; they wanted to keep him for a week. Well, one of the vet techs decided to take on the bills and adopted him. It was the only way we could keep him alive; the alternative is unthinkable, but he lives, and that's what counts.

Bodhisattva has been a blessing. He is a great little guy who is going to be huge,

but he has the heart to go with him. He is just a joy, we really feel lucky, and Espresso will find a better suited home for her. She deserves it, we just couldn't provide it, for whatever reasons. Sometimes, it just isn't a good fit.

So, January is going to be my month to begin being as happy as I can be and still squeeze some writing in, as I love to do that, too. But raising a pup takes a lot of time, which is as it should be. I love my man and my three cats and my pup, my friends. I am a very blessed soul. I am not taking anything for granted. Life is way too short. Still missing my friend who committed suicide, but I know he is in a far better place, pain free.

January is great and February is going to get even better, 'cause we have a day to celebrate love in all its forms. I look forward to that, 'though we do it at the house just about every day. Love is the strongest medicine, and it is that which binds us together. Love in all its wonder is just magic. I wish for you all to experience the magic sooner as opposed to later, but I will talk more on the subject in my next column, I am sure.

Peace & Love

Laura Lee Smith

CHRISTMAS DINNER THANK YOU

*To those who joined us Christmas Day -
Thank you for honoring us with your company.*

Thank you, also, to all the many generous people from Cabot and surrounding communities who make it possible by donating or volunteering, including:

- Tim & Jen Gochey of Hilltop Auto Body
- Farmers of Cabot Creamery
- Larry Thibault of Thibault's Market
- Scott St. John and Cabot School
- Bobby & Stephany Searles of Cabot Village Store
- Slim Payne & Payne Christmas Tree Farm
- F. W. Webb
- Poulin's Lumber

We are grateful for the overwhelming generosity of the great people who donated money, dinner ingredients and time. This dinner could not happen without your participation and support.

The Cabot Chronicle Submission Guidelines

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

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

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

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~ Mission Statement ~

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

Phone: 802-595-7710 • Email: inbox@cabotchronicle.org

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COMMUNITY COMMENTARY

To the Editor,

Despite the October vote to scrap Cabot's town meeting in favor of Australian ballot, I'm still convinced that the traditional town meeting format is the best way to resolve difficult issues.

Here's why: In more than 30 years of going to town meeting, I have often arrived at the Willey Building or high school with a general sense of which way I expected to vote on the articles listed in the warning, but without a lot of knowledge about many of them. (This doesn't make me look like a model citizen, I know, but it's the truth.)

Zutano

(continued from page 1)

shows, they would stay in baskets under the table. Mothers started talking about Zutano booties on the internet, raving about how they were the only booties that stayed on their babies' feet, and with virtually no marketing dollars, they became the number one bootie on Amazon."

Zutano continued to expand. "We got to the point where we realized that we didn't have the capital or knowledge to take the business to the next step. We brought in investors, a team of people with the right expertise who could take the company to the next level." The Belenkys have retained an interest in the company and will continue to be actively involved, guiding the Zutano brand for the foreseeable future. "It's time to hand over some responsibilities," Uli said. "Our daughters will not take the business over. They want to head out in their own direction." Sofia, 27, is studying architecture in London, and Ella, 25, is teaching animation in New York City to small children.

At the meeting itself, though, I sometimes changed my mind after listening to good arguments put forward by those who knew more about specific issues than I did. That seems like a good thing to me. When things are decided by Australian ballot, it's much easier to take one position and stick to it—not because it's the right one, necessarily, but because there's never a time and place to look it over closely and listen those who feel differently. Town meeting provides that time and place. I would hate to see it thrown away.

Jon Vara, Cabot

The distribution center was moved from East Montpelier to Cape Cod. They renamed the company Zutano Global.

"The heart of the company is still located in Cabot," Uli said. "We now can focus on the fun stuff." Uli concentrates on design and Michael concentrates on the brand. As part of the restructuring, they closed the store in Montpelier, only to be convinced by their many admirers to reopen. "We feel that the Zutano store is a vital part of the local community, and we have loved sharing in the excitement and joy of welcoming new babies into the world for the past 18 years." The store has been newly renovated and has reopened as a Zutano Outlet Store.

Twenty-seven years ago, the Cabot couple started designing baby wear because they found the choice for their new infant was limited. From the beginning, they brought in strong color combinations and whimsy. This combination of comfort, fashion and fun can now be seen everywhere in the industry.

"We have remained very boutique focused," Uli said. "We are small players in the market, but our influence has been great. We have seen our mark in the market."

Planning Notes

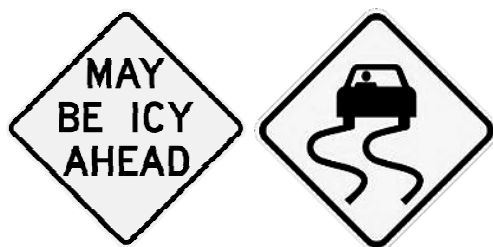
By Karen Deasy,
Cabot Zoning Administrator & Planner

Keep Safe on Winter Roads

Winter Road Maintenance - Advance preparation for winter conditions is often difficult to predict. Conditions vary from location to location and can change rapidly and dramatically. We have all seen the storm which is rain in the valley and squalling snow on the mountain ridge. Conditions and storm intervals impact how well roads can be cleared for travel. The Town Road Crew works long hours to keep the streets clear and safe. We ask for everyone's cooperation. Please remember, plow trucks cannot stop or turn as readily as most vehicles. Please allow ample space for Town snow removal equipment to maneuver freely. When plowing operations are required, snow berms may be created across driveways. The Town tries to keep this problem to a minimum. Removal of this snow in the driveway is the responsibility of the property owner. Property owners should be aware that placing, dumping or pushing of snow onto or across Town streets or

right-of-ways from adjacent properties is prohibited and landowners may be fined (per 19 V.S.A. § 1105).

VT Alert is a statewide notification tool that can be used to send emergency notifications to Cabot Residents in an emergency. The Town has access to this system for sending out Townwide alerts or area-specific notifications. This service, once you subscribe, can allow you to receive text messages or calls on your cellular device or by email, even when you are not in the Cabot area. This is a free service and alerts are localized, based on the conditions. You can also receive alerts from more than one community. If you live in Cabot and work in Montpelier, you can register for alerts in both communities. You can customize the type of alerts that you receive, as well. To register, go to www.vtalert.gov.



Funding

(continued from page 1)

worked together to submit the application. The funds will be applied to two main goals: To evaluate the constraints and opportunities for Cabot's Designated Village Center, and to create a detailed economic development plan designed to revitalize the village and solidify its place as the economic and civic hub of the community. The application requires \$6,000 in matching funds, which will be provided by the CCA.

Bobby Searles, a member of the Economic Development Workgroup and owner of two village stores, is confident that the study will be a boon to the town and surrounding area. "Being a business owner in a small town has changed a lot in the recent past. Any help we can get to keep businesses alive and provide services to community members is a good thing."

The CCA is well-positioned to address these development issues. The Cabot Economic Development Workgroup, a program of the CCA formed in early 2016, is currently focused on efforts to revitalize the village center, a specific goal of the 2012 Town Plan. The grant funding will be used to hire an economic development or planning consultant to work with Cabot residents, business owners and town leaders.

Steering Committee members of the workgroup are: Select Board Chair Jack Daniels, Zoning Administrator Karen Deasy, Jan Westervelt, Johanna Thibault, Gary Gulka, Erica Burke, Rich Aronson, Niels Larsen, and CCA Executive Director Lori Augustyniak. The group is actively seeking a candidate with experience in small towns and rural communities. The committee will also seek assistance from the Central VT Regional Planning Commission in assessing candidates and making a hiring decision.

According to Cabot Zoning Administrator Karen Deasy, "We hope this project will tell us what we need to know to act on some of the goals identified in our Town Plan and Community Visit Report and Action Plan, including state and local regulations and an objective look at improving community infrastructure to support development."

Specific project goals are to objectively review current conditions in the village, learn about strategies to attract and support businesses, and identifying the types of businesses that are likely to be successful in Cabot village.

To ensure that this plan serves the real needs of the Cabot community, all planning meetings and forums will be open to the public. Notes will be taken at all meetings and available on the town and CCA websites. The workgroup will also submit articles to *The Cabot Chronicle* to keep the public apprised of activities, upcoming events and progress.

Additionally, there will be at least two public forums to provide Cabot residents an opportunity to provide input on key issues and help ensure that the plan will benefit the entire community.

Community members willing to invest time to attend meetings and review documents throughout the project are invited to join the Workgroup. Please contact the CCA at 563-3338 or info@cabotvermont.org.

Cabot will have eighteen months to complete this project, and according to Jack Daniels, volunteers are ready to get to work. "Within the next few weeks, the Steering Committee will hire a consultant to launch this critically important initiative in support of fostering greater economic development in Cabot," said Daniels.

The next meeting of the CCA Economic Development Workgroup will be held in January, watch Front Porch Forum and community postings for date and time, or call the CCA at 563-3338.

Cabot Recycling Center

By Ben Davis,
Cabot NEKWMD Representative

The Cabot Recycling Center enters 2017 ready to serve residents of Cabot and Marshfield and neighboring towns with a wide variety of recycling services. The Recycling Center is serviced by the Northeast Kingdom Waste Management District (NEKWMD), a 49-town district spanning northeast Vermont. The Center is managed by Cabot resident John Cookson, along with two recycling center attendants. Drop-off trash collection is provided for a fee.

In addition to the six categories of recycling mandated by Act 148, Vermont's universal composting and recycling law, the Cabot recycling center collects a wide variety of post-consumer materials that can be recycled, reused, or recovered.

Consumer electronics, such as old computers, peripherals, TV sets, and other electronic devices, such as cell

phones, are collected at no charge to residents.

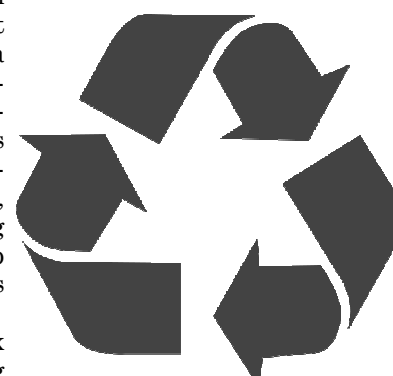
Act 148 specifically bans the following items from going to Vermont's one remaining landfill:

Aluminum and steel cans
Aluminum foil and aluminum pie tins

Glass bottles and jars from foods and beverages
#1 and #2 plastics (the Cabot recycling center also takes #3 and #4)
Corrugated cardboard
White and mixed paper
Newspapers, catalogues, paper mail, and envelopes
Box board
Paper bags

For a complete list of what is being collected, stop by the Recycling Center on Sawmill Rd. in lower Cabot during hours of operation: every Saturday from 8:00 a.m. until noon.

More information on recycling and disposal of non-trash materials is available at the NEKWMD web site: www.nekwmd.org.



OBITUARIES & MEMORIALS

Dorothy L. Webster



Dorothy Louise Webster, 102, of Ossipee NH, died peacefully on Wednesday evening, November 23, 2016, at the Mountain View Nursing Home in Ossipee.

She was born December 28, 1913, in Woodbury, VT, the daughter of the late Edwin and Edith (Lawson) Webster. She graduated from Cabot High School in the class of 1933 and continued her education at Mary Fletcher School of Nursing in Burlington, graduating in the class of 1937.

She was employed by the Women and Infants Hospital in Providence, RI, for more than 41 years. She retired in 1979. In 1993, she moved back to Vermont, settling in Hyde Park. In 2005, she relocated to New Hampshire to be close to her nephew, Wayne Parsons, and his wife, Sandra.

Dorothy was a member and past Matron of the Signet Chapter # 21 Order of the Eastern Star in Cranston, RI. She enjoyed crocheting, tatting and traveling throughout the United States and abroad.

Survivors include: a sister, Phyllis Mercurio of Ossipee, NH, many nieces, nephews and cousins.

Funeral Services were held on Saturday, December 3, 2016, at the Northern Vermont Funeral home, 60 Elm Street, Hardwick, with the Rev. Ronald C. Lawson officiating. Arrangements are in the care of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

Refurbishing the Cabot Town Clock

By Jan Westervelt

According to the records of the E. Howard Clock Company of Boston, the clock in the tower on the common in Cabot was delivered in 1888. When you stand in the tower, it is apparent that the tower was added to the church to accommodate the clock. For 128 years, the clock has kept time for the town, and the tower has sheltered it. This testifies to the quality of both.

If you think back to the time when the clock was installed, you realize that most houses had a clock powered by springs sitting on a shelf in the kitchen. Like the tower clock, they had to be wound each week. There was no radio or television, much less internet, to set the house clock by. It was the town's tower clock, whose bell rang out each hour, by which each household would set its clock. In this way, the tower clock established the common time by which town affairs were coordinated.

Cabot's tower clock is about four feet long, two feet wide, and with the drive post for the hands, over six feet tall. We estimate that it weighs about 500 lbs. The shafts that drive the hands are about four and a half feet long and the gears under each dial add another 18 inches. So, from face to face, the clock is about twelve feet. It is driven by

weights that hang in a chase that runs from the eve of the church to the church's cement floor. The weights themselves are boxes full of rocks and are suspended on cables that turn two drums in the clock. One drum powers the time and the other drum powers the strike.

Some time ago, the tower clock stopped striking. Inspection showed that the strike mechanism had been damaged by some shock. It also showed that it was time for the clock to receive an overhaul. It was coated in grease and grime and had not been lubricated for many years. Peter Rioux, an expert in tower clock repair, was hired to come to inspect the clock and to advise on repairs. After an initial visit, Peter returned and the clock was disassembled and moved to Richard Ducharme's shop, where the parts have been cleaned and reassembled. That done, Peter is advising on and assisting with repairs to damaged and worn parts. When that is done, he will return



Photo by Paul Wade

to supervise re-installing the clock in the tower. We should have our clock back in the tower in a couple of months, partly depending on weather.

Before it is returned to its home in the tower, the clock will be re-assembled and an open house held for anyone who wants to see the clock and how it works.

Cabot Arcana

Stories From The Cabot Historical Society

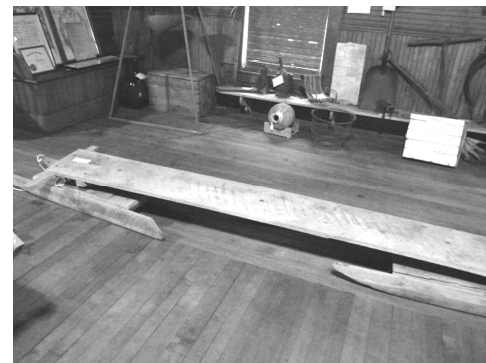
By Jane Brown

My dad, Aaron Bolton, liked to tell about the day he and some high school friends rode a traverse sled down Danville Hill into the village. They were going too fast and failed to make the corner onto Main Street, nearly taking out the porch posts on one of the stores. Nobody was hurt, but Principal Taplin made it clear they were in big trouble for causing a near calamity.

One of my favorite memories of winter is sliding with neighborhood kids down Cabot Plains Road from the school house to West Shore Road. Sometimes, on a clear moonlit night, half a dozen or more of us would gather in front of the school for a sliding party. There would usually be Ken and Theresa Maynard, Bill Gamble and his brother, Pete, and the Desmarais kids from the stone house (no longer there) next to the school. At the bottom of the hill we'd pick up the Barnett kids, Madeline, Midge, Carleton and Billy. The Ashley Barnett family lived on West Shore Road, near the head of Deeper Ruts Road. Their barn was where Gwen Douse's house is now, and their house was on the opposite side of Harrington Road or McCormick Road (now called Deeper Ruts Road).

We had individual sleds and either sat on them, sometimes two to a sled, or went "belly-bump" hurtling the hill, past the Gamble's near where Walt and Julie Ackermann live now, and around the corner by the Barnett farm – if we were lucky, and if we made the corner, we'd coast nearly to the brook. Sometimes, we were going too fast to make the corner and ended up tipping over in the snow-bank.

Pinkham Hill (Cabot Plains Road) seemed a lot steeper in the 1930's and



Traverse Sled

1940's than it is now, and back then the roads were never sanded or salted. The hard-packed snow was perfect for our sleds. There weren't many cars around then, and, fortunately, almost no traffic at night. After a few trips down and climbing back up the hill, we were ready to call it a night.

When I was in high school, my father built a big traverse sled just like the one he remembered from his school days. It was at least twelve feet long and had fold-out foot rests. Whoever sat in front steered the sled with his feet, and half a dozen people could fit on behind him. My father was reluctant to let just anyone use it, but occasionally some of the older neighbor kids would borrow the traverse, and a few times I went on it with my parents (my father would always steer) and other adults. It was never used much after WWII; there was more traffic and later the town began sanding the roads, so sliding was no longer an option.

There is a traverse sled on display at the Cabot Historical Society. I don't know who donated it, but every time I see it I wonder if it could be the same one my father and his friends used when he was in school.

2017 Girl Scout Cookie Sales

By Cecilia Gulka

The 2017 Cookie Sale for the Girl Scouts of the Green and White Mountains (Vermont & New Hampshire) begins January 2. Contact a girl scout in Cabot to place an order. Initial orders can be placed until January 29. In addition, we anticipate, once again, setting up a cookie booth at the Cabot Town Meeting on Tuesday, March 7, 2017.

In celebration of 100 years of Girl Scouts selling cookies, a new variety has been introduced. **S'mores** are a crunchy graham sandwich cookie with creamy chocolate and marshmallowy filling. S'mores are made with only non-GMO ingredients, contain no trans-fats, no partially hydrogenated oils and no high fructose corn syrup. S'mores join the recently introduced **Toffee Tastics**, a gluten free variety also free of trans-fats, partially hydrogenated oils, and high fructose corn syrup. These two new kinds are \$5.00 a box. All the traditional flavors - Thin Mints, Samoas, Tagalongs, Trefoils, Do-si-dos and Savannah Smiles - remain at \$4.00 a box.

When you support the Girl Scout cookie sale, you help power "new, unique,



Girl Scout S'mores™

and amazing experiences" for the girls in Cabot. Proceeds from cookie sales stay local. 26% is allocated for local troop proceeds and girl rewards, 25% is the cost to the baker and 49% is invested in programs, training, properties and financial aid right here in VT and NH. If you do not want to purchase cookies for yourself, you can still support the girls through the "Gift of Caring Program". Each year the girls choose a local food shelf, a group of "Hometown Heroes" or US service men & women overseas as the recipients of these donated cookies.

Cabot School Board Two Reconfiguration Options to Discuss January 11

By Chris Tormey

The Act 46 Committee researching the merits of merging the school districts of Cabot, Danville and Twinfield met twice more during December. The committee has devoted much of its meeting time this fall to considering how a high school serving the students in a merged district might best be configured. Should the three independent districts choose to unite, there would be approximately 300 high school students in the new district. The group has reviewed over a dozen potential high school configurations, and at its December 5 meeting at Cabot School, the committee voted to bring just two of these options out to their communities for comment and input at public forums set for January.

The first plan out for community discussion would involve continuing to operate Twinfield High School and Danville High School as separate high schools, but would close Cabot High School. High school students throughout the four towns in the new merged district could choose to attend either of the two remaining high schools, and busing would be provided to support that choice.

The second plan up for discussion would maintain high school programs on all three campuses, but would offer a program with a different focus at each site. High school students from across the four towns could choose (by semester)

which program to attend, based on their interests and the differing opportunities available at each school. Daily transportation among the three schools would be provided. Sports and other extracurricular activities at each school could be maintained, with the opportunity of combining students to support activities that have, in the present system, been difficult to offer.

To the extent that the content focus and/or means of learning differs among the three high school programs, the choices available to students in a merged district adopting this plan would be increased. Cabot's contribution to this plan would be a new, project-based learning academy open to 50-60 students each semester from across the new district, where students would build strong skills in creativity, collaboration, and communication, while working across disciplines to develop solutions to authentic problems. It's likely that a portion of the options available each semester at Cabot would be focused on the performing arts.

The first community forum for Cabot residents to find out more about these two options is set for Wednesday, January 11, at Cabot School. We hope to see you there!

Chris Tormey
Cabot School Board

You CAN Keep New Years Resolutions

By Michelle Delaney

Keeping New Year resolutions is notoriously difficult, in fact most people give up in less than a month's time. There are some things you can put in place that will help you to keep them.

First and foremost, plan ahead. Look at the obstacles you might face and look at ways to minimize them. For example, if you are looking to quit smoking, you may need to avoid being around smokers for a while.

Think about things you can do to support your goals. If you have a habit you are trying to change, the easiest way to change a habit is to substitute a new, healthier habit. You might want to substitute sugar laden drinks with herbal teas.

Keep to one goal and break it down into achievable steps. If you are looking at running five miles and you haven't been a runner, make your first goal running one mile a day, give yourself a couple

of weeks at that, and then move on to two miles a day.

When we are looking at goals that seem unachievable, we are likely to give up right away. You have to be able to see a pathway that you believe you can do. A helpful tool in achieving goals is visualization. Everything that we do begins in our thoughts and beliefs. You need to be able to see yourself achieving your goal. If your goal is weight loss, it is helpful to post a picture of yourself when you were at a weight that you felt good at. You need to be able to shake off when you veer off your plan, forgive yourself, and move on.

Another helpful tool is to keep a journal of your progress. If possible, find someone who will help support you in your new path. Make sure the environments that you put yourself in and the people you surround yourself with fully support your path. Remember, always, that change is a process! Happy New Year!

Making Soap From Science!



By Lela Jones

For the past four years, Cabot High School science teacher, Michael Hendrix, has been using science and project-based learning to work with his sophomore students to create "BioSoap". Traditionally, the sophomore class would take the year to experiment with different oils and butters to create unique and individual soaps that the students then market and present to their donors. This year's class has not only been looking at what oils and butters make the perfect bar of soap, they have also been researching about how those soaps react with human skin. Through research and experimentation, these students made everything from

tropical soap to great exfoliating bars. Scents include vanilla, cucumber melon and pina colada. However, you wouldn't want to eat these (they may smell delicious but they definitely don't taste it).

Because of this annual project, Cabot High School students come to class with an excited attitude, ready to learn more about the craft of soap making, while at the same time, wondering if they are going to be bringing home a piece of soap from the latest test batch. Making soap has definitely proven to be a fun and engaging way to learn about the science of creating. Sophomore students are excited to finish making the soaps and finally give it out to those who have helped support these students on their epic journey.



Cabot Community Theater You've Got A Golden Ticket!

"Come with me, and you'll see a world of pure imagination!" This spring, Cabot Community Theater brings you the magic of Roald Dahl's Willy Wonka!

We are so excited about the amazing cast we've assembled--this show is going to be a lot of fun! Willy Wonka will be portrayed by Marcus Becherer, and Camryn Hoffman will be playing Charlie. Other lead roles feature local performers Alice Almgren, Lori Augustyniak, Lorelei Bastress, Christine Batey, Natalie Davis, Sawyer Estivill, Gwendolyn Hallsmith, Peg Elmer Hough, Randy Hough, KaitLynn Lakus, Cameron Mueller-Harder, Karen Mueller-Harder, Jerrie Nash, Declan O'Connor, Leo Parlo, Jonah Socks, and Adelle

Tebbetts. Oompa-Loompas will include Summer Hoffman, Sage King, Petra Lalomia, Bailey Levine, Alaina Robbins, and Scarlett Wetmore.

Direction and music direction will be by Cameron Mueller-Harder, Alice Almgren, and Karen Mueller-Harder, with choreography by Daria Babbitt. Design and technical staff include Lori Augustyniak, Lisa Estivill, Tamara Feldman, Barbara Halada, Bob Hatch, Isabella McCallum, Billie O'Connor, Todd Parlo, and Susie Socks, with accompanist support by Alice Almgren, Ethan Socks, and Bruce Westcott.

Performances will be in the Cabot School Performing Arts Center March 31-April 2, so mark your calendar now for a scrumdiddlyumptious time!

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COMMUNITY CALENDAR

~ JANUARY ~

Wednesday 1/4

Classic Film Series at Jaquith Public Library, Marshfield 7:00 p.m. Rick Winston will introduce the film, and afterwards will lead a discussion. (1988) "Running on Empty" The eldest son of a fugitive family of political radicals comes of age and wants to live a life of his own. Director Sidney Lumet Stars: River Phoenix, Christine Lahti, Judd Hirsch. More information contact Tom Blachly at 229-5290 or at blachly@together.net

Friday 1/6

Immunity and Allergies with Baylen Slote 7:00 p.m. Jaquith Public Library, Marshfield. Allergies are often an expression of the body's immune system overreacting. One of the best ways to treat the root cause of seasonal as other allergies is to address the immune system in the "off season." Join Baylen for a dynamic evening of conversation and practice. The tradition of Tao, holistic healing tools, acupressure points, and herbal home remedies will be presented. All are welcome!!

Saturday 1/7

Dana and Susan Robinson at The Music Box 7:00 p.m. Craftsbury. Husband and wife team from Cabot, VT play original songs of Americana roots and folk with threads of Celtic, country blues, Cajun, old time mountain music. General admission \$10.00, under 16 free. A great show not to miss!

Sunday 1/8

Sleigh Rides at Shelburne Farms 11:00 a.m.-2:00 p.m. Shelburne. Cost \$10.00 for adults, children under 3 free. No reservations. Tickets sold first come, first served basis beginning 10:00 a.m. at Welcome Center Office. 20-minute horse drawn rides, call 802-985-8442 for snow conditions and weather updates.

Dance, Sing, and Jump Around! 3-4:30 p.m. Plainfield Town Hall Opera House. Suggested donation: \$5/\$10 per family. <http://dancesingandjumparound.weebly.com>.

Wednesday 1/11

Cabot School Board forum on potential options for new, merged school district, 7-9:00 p.m. at Cabot School.

Thursday 1/12

Art and Author Night 6:00 p.m. Jaquith Public Library, Marshfield. Art Showing of Twinfield students 2D Media and Paintings of charcoal drawings, pastels and acrylics. 7:00 p.m. Come listen to our young local authors ages 8-14 read from their original writings. Refreshments will be served.

Public Meeting to vote whether to rescind October 20 vote to have Town of Cabot Town, Highway and Special Service Appropriations articles voted by Australian Ballot, 7:00 p.m. Cabot School.

Saturday 1/14

An Evening with Pat Metheny 7:30 p.m. Barre Opera House, Barre. Accompanied by Antonia Sanchez, Linda Oh, Gwilym Simcock. Jazz guitar musician won countless awards for Best Jazz Guitarist. Won 20 Grammy awards, brightest star of the jazz community. Tickets \$28.00

-\$66.00 purchased at Box Office 802-476-8188, Tuesday-Friday 12 noon-5:00 p.m. and Saturday 9:00 a.m.-12 noon.

Chandler presents Bill McKibben and Amy Goodman 7:30 p.m. Chandler Music Hall, Randolph. Best-selling author and environmentalist activist for an evening of motivating and thought-provoking discussion. Initiate motivation dialogue in regards to the changing environment and government policies. All are welcome. VIP tickets are available for those who wish to meet both speakers for further informal discussion at a reception following their stage presentation. Tickets are available by calling Chandler Box Office between 12 noon-5:00 p.m. Monday-Friday at 802-728-6464 or buy online at www.chandler-arts.org. Chandler Music Hall is fully accessible and equipped for the hearing impaired.

Let's Go Sledding 1:00 p.m. 149 Westerville Road, Barre Town. Barre Town Sled Day with hot chocolate, warm pit fire, demo fat bikes and Stiga sleds provided by VT Bicycle Shop. We will have a classic snow day with sledding and good community fun. Grooming provided by the Barre Thunder Chickens VAST club.

Cabot Old Time Contra and Square Dance 7:30 p.m. This dance series consists of monthly dances on the second Saturday of the month September through May. All are invited. Music provided by David Carpenter and friends. 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.

Sunday 1/15

Chandler Film Society presents "Life of Pi", 6:30 p.m. Main Street, Randolph. Ang Lee's Oscar-winning film. Film scholar Rick Winston will introduce the film and lead in discussion afterward. Admission is \$9.00 per person and the doors open at 6:00 p.m. for light refreshments.

Wednesday 1/18

Community Book Group 10:30-11:30 a.m. Cabot Community Book group generally meets the third Wednesday of the month. This month's selection has yet to be determined. All are welcome to join in! Copies of books available in the library.

Moving Picture films about Immigration 7:00 p.m. Jaquith Public Library, Marshfield. (1984) Quilombos. The story of forced migration of tens of million Africans escaped slaves, their descendants lived in freedom, if not always peace. In Brazil, these refugees are called Quilombos, this film depicts part of the history of the Palmares quilombos with stunning imagery and score by Gilbert Gio, this movie is also a treat for eyes and ears.

Children's Film Night 5:30 p.m.-6:00 p.m. Jaquith Public Library, Marshfield. "Wallace and Gromit in a Close Shave". For kids of all ages and their grown-ups, come enjoy a short, 30-minute film, before community supper is served.

Thursday 1/19

Invasive Plants 7:00 p.m. Jaquith Public Library, Marshfield. Come and listen to an interesting presentation by County Forester Dan Singleton about invasive plants in our state of Vermont.

Friday 1/20

Vermont Burlesque Festival 8:00 p.m. Barre Opera House, Barre. Doors, cocktails, live Jazz and live entertainment at 7:00 p.m. Showcase 8:00 p.m. hosted by Miss Astrid. 2-hour showcase with 16 acts. Official After Party meet and greet at Cornerstone Pub and Kitchen following the show until closing time, open to the public. Tickets \$25.00 \$45.00 purchased at Box Office 802-476-8188, Tuesday-Friday 12 noon-5:00 p.m. and Saturday 9:00 a.m.-12 noon. Note: Help the Vermont Burlesque Festival Warmup VT by donating warm clothing items to be collected at the Opera House anytime up until the start of showtime.

"Biscuit" 10:00 a.m. Chandler Center, Randolph. Chandler Center for the Arts is proud to present Arts Power's musical adaptation of "Biscuit" to close out the 2016-2017 Daytime Performance Series. Invites families, school groups to this show on the Main stage. Performance will run just under an hour, tickets are \$6.00 only. Call the Chandler Box office at 802-728-6464 or email outreach@chandler-arts.org

Wednesday 1/25

Pop-in for Pop-ups with Ellen Bressler 7:00 p.m. Jaquith Public Library, Marshfield. Join Ellen and make cards for Valentine's day or any other occasion. Ellen has been a practitioner, student and teacher of paper engineering since the 1980's. It is such a kick to start with a flat piece of paper and bring it to life with a few folds and cuts. Come and have some fun!!

Grow Your Own Seeds - Anne Miller - 7:00 p.m. Come explore the hows and whys of growing your own seeds and how to maintain vegetable varieties. Anne Miller will also explain what growers need to know before ordering seeds and planning their gardens.

Thursday 1/26

Ice Fishing for Local Fun and Food!! 6:30 p.m. Jaquith Public Library, Marshfield. Come to the library for a two-part program to learn about ice fishing on area lakes and ponds with local angler, Jim

Barlow. On January 28 at 8:00 a.m. meet at the library, dress warmly and try your new skills by heading out with Jim on a lake or pond to catch some fish. January 28 is Vermont Fish and Wildlife Free Ice Fishing Day so you do not need a fishing license this day.

Thursday 1/26-1/29

Spice on Snow Folk & Cajun Music Festival, Montpelier. Tickets & info: Summit-School.org.

Saturday 1/28

Los Lobos 7:30 p.m. Barre Opera House, Barre. The famous band emerged in 1970s with original Latin crossover acts and brought "nortenos" and other Mexican styles to US rock n' roll. 1984 album ranked #30 on Rolling Stones list of greatest albums. Distinctive, diverse, four wheeling fusion of rock blues, soul and Mexican folk music. Tickets \$29.00 - \$53.00 purchase at Barre Opera box office 802-476-8188, Tuesday-Friday 12 noon-5:00 p.m. and Saturday 9:00 a.m.-12 noon.

"Vermont Pride Theater presents "Perfect Arrangement" 7:30 p.m. Chandler Music Hall, Randolph. The northeastern premiere of Topher Payne's prize-winning new play in a benefit staged reading. Proceeds go to the civil rights work of GLBTQ Legal Advocates and Defenders. Set in the 1950's, this reading will take place with a talk-back giving audience and performers a chance to ask questions and share their comments, will be followed by a reception with the performers. Adult tickets are \$17.00 in advance, \$20.00 at the door. Students are \$12 advance, \$15 at the door. Tickets call the Chandler Box office at 802-728-6464.

Sunday 1/29

Northeast Kingdom Classical Series 3:00 p.m. St. Johnsbury, Hermitage Piano Trio with Russian musical traditional works by Suk, Mendelssohn and Tchaikovsky. General admission Seniors (65+) \$18.00, Students \$6.00, Special Rate \$6.00. United Community Church South (formerly South Congregational Church) 1052 Main Street. Tickets call 802-748-8012.

CABOT ARTS SHOW AND TELL

Sunday, January 22 at 3:00 p.m.

Wiley Building

The December meeting of Cabot Arts Show & Tell will be Sunday, December 18, at 3:00 p.m. at the Wiley Building, as usual.

It's a busy time of year, so I particularly appreciate a chance to sit quietly with other artists at this time. Hope some of you will, too.

Roz Daniels

FREE FOOD SHARE AND FOOD DROP DATES

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Wednesday,
JANUARY 11
Noon-2:00 p.m.

Wednesday,
JANUARY 25
Noon-2:00 p.m.

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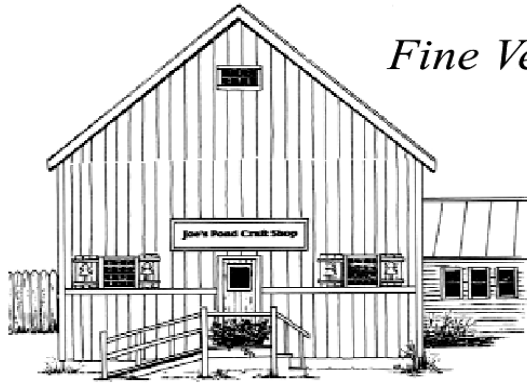
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CABOT VERMONT ANNUAL EVENTS 2017



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

Saturday, March 18, 2017 MAPLE FEST

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



Tuesday, July 4, 2017 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 10, 2017 RIDE THE RIDGES

Cycling Scenic Landscapes and Rugged Terrain
8:00 a.m. – 3:00 p.m.
Lunch on the Common
www.cabotconnectsmentoring.org/ride-the-ridges.html
802-751-5584
Sponsored by Cabot Connects Mentoring Program



Tuesday, October 3, 2017 FALL FOLIAGE FESTIVAL IN CABOT

Crafts, tours, rides, hikes, presentations
Coffee Hour, Luncheon, Turkey Dinner
www.cabotvermont.org 802-563-3338
Sponsored by NEK Chamber of Commerce

Saturday, October 14, 2017 APPLE PIE FESTIVAL

9:00 a.m. – 3:00 p.m.
Apple Pie Baking Contests
Crafts Fair, Apple pies and Chili Luncheon
www.CabotHistory.com Sponsored by Cabot Historical Society



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To join the Chamber call 802-472-5906,
e-mail chamber@heartofvt.com
or go to www.heartofvt.com



AMERICAN RED CROSS BLOOD DRIVE

First Annual Cabot Blood Drive Monday, January 16, 2017

Cabot is hosting our first annual blood drive at the Willey Building.
A minimum of 20 scheduled donors is required to hold a blood drive.

Please call the Town Clerk's office at 563-2279
or email TCOCabot@Fairpoint.net
to sign up in advance.

We look forward to this being an annual, or possibly semi-annual, event.
Betty Ritter ~ Town Clerk/Treasurer

 CABOT VARSITY BOYS AND GIRLS 2016/2017 GAME SCHEDULE					
DATE	DAY	VB TIME	VG TIME	OPPONENT	HOME/AWAY
1/4	WED	7:00 PM	5:30 PM	Twinfield	HOME AWAY
1/7	SAT	6:30 PM	-----	Websterville	Spaulding
1/10	TUES	7:00 PM	5:30 PM	Craftsbury	HOME
1/12	THURS	5:30 PM	-----	VT Commons	AWAY Edge AWAY
1/13	FRI	-----	4:30 PM	Stowe	Craftsbury
1/14	SAT	-----	TBD	Wiley	AWAY Craftsbury
1/19	THURS	7:00 PM	5:30 PM	Tournament	AWAY Edge Scrimmage
1/21	SAT	5:00 PM	-----	Lake Champlain	HOME
1/24	TUES	7:00 PM	-----	S. Royalton	HOME
1/28	SAT	-----	TBD	Websterville	HOME
1/30	MON	7:00 PM	5:30 PM	S. Royalton	AWAY
2/1	WED	----	7:00 PM	Twinfield	AWAY AWAY
2/3	FRI	7:00 PM (s)	5:30 PM	Whitchester	Rochester
2/6	MON	5:30 PM	----	Lake Champlain	HOME
2/8	WED	7:00 PM	5:30 PM	VT Commons	HOME
2/10	WED	7:00 PM	5:30 PM	Williamstown	AWAY
2/13	FRI	7:00 PM	5:30 PM	Mid VT	HOME
2/17	MON	7:00 PM	5:30 PM	Chelsea	AWAY
2/21	FRI	7:00 PM	5:30 PM	Blue Mountain	AWAY
2/21	TUE	7:00 PM	5:30 PM	Sharon	AWAY
2/23	THURS	7:00 PM	5:30 PM	Rivendell	HOME
2/25	SAT	1:00 PM	11:00 AM	Blue Mountain	HOME
3/2	THURS	----	5:30 PM	Williamstown	HOME

 CABOT MIDDLE SCHOOL BOYS & GIRLS 2016/2017 GAME SCHEDULE					
DATE	DAY	MSB TIME	MSG TIME	OPPONENT	HOME/AWAY
1/5	THURS	6:30 PM	5:00 PM	Craftsbury	AWAY
1/11	WED	6:00 PM	4:30 PM	Danville	HOME AWAY
1/13	FRI	6:30 PM	5:30 PM	Orange	Barre AUD Twinfield
1/19	THURS	TBD	TBD	VT Commons	Tournament Twinfield
1/21	SAT	TBD	TBD	TBD	Tournament
1/25	WED	6:00 PM	-----	TBD	HOME
2/2	THURS	7:00 PM	-----	Good Shepherd	AWAY
2/4	SAT	5:30 PM	4:00 PM	Danville	AWAY
2/6	MON	6:15 PM	5:00 PM	Twinfield	AWAY

HOW TO CONTACT VERMONT STATE POLICE

When it's not an emergency

1. Middlesex Barracks phone - 802-229-9191

2. Tip Submit: www.tipsubmit.com/WebTips.aspx?AgencyID=1064%20

3. Text "CRIMES" (274637) to Keyword: VTIPS

4. VSP Page contact <http://vsp.vermont.gov/contact>.

5. Twitter Messaging @vtstatepolice

6. Facebook Messaging [Vermont State Police](#)



January is
National Mentoring Month

By Jennifer D'Agostino

Who mentored you? As you look back to your younger years, formally or informally, who made a difference in your life? Did you realize it at the time? Chances are we have all had at least one person who made an extra effort - no matter how small - that set our life on a different path; gave us an experience we may not otherwise have had or even taught us something we never would have known. And chances are that, at the time, we had no idea of the difference it would make later in our lives. Do you have that someone in mind as you read this? Then you were fortunate enough to be mentored.

The fact that mentoring can have such enormous impact often overshadows the fact that the act itself can be so very simple. It's been said that "Mentoring is a brain to pick, an ear to listen and a push in the right direction." Sharing your time or knowledge with another person costs nothing, but can mean everything. In many cases, the very act of doing something *with* someone is just a casual disguise for doing something *for* someone and neither one of you is the wiser. How beautiful is that?

Cabot Connects is very fortunate to have several mentoring pairs spend time together doing everything from baking to hiking to playing board games and checking out baseball games or favorite fishing holes. But the need is still out there for more mentors. We have a waiting list of children who would like an adult mentor in their lives. Our mentors commit to meeting with their mentees an hour or so 2-3 times a month for a year. Pre-screening of both mentor and mentee means you are matched with a child who has similar interests as you,

and a thorough mentor training means you are given support and opportunities to ask questions before your first meeting with your mentee and throughout your time together.

So what do you think? Do you have a few hours each month to share with a Cabot student? Are you ready to pay it forward? Celebrate National Mentoring Month with us the best way possible - by becoming a mentor! More information and our mentor application is available by visiting our website: cabotconnectsmentoring.org or by contacting Program Coordinator Jen D'Agostino at 802-751-5584 or jda-gostino@cabotschool.org.

And on a final note, it's important to mention that our work could not happen without the tremendous financial support of area businesses who continue to support our program. We'd like to take a moment to thank the following business sponsors who have made what we do possible:

Cellars at Jasper Hill
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Washington Electric
National Life Group

Thank you!



GROW



Spring classes at
Community College of Vermont

REGISTER NOW AT CCV.EDU/SPRING

The Bee Shaman's Apiary

By A. Pauly Jr

I have been an avid and passionate Honey Beekeeper for six years. I now call Danville Hill here in Cabot, Vermont, home. As I write, New Years is fast approaching and winter has enshrouded the landscape in its embrace. Over the last few weeks, my hope that the cold would hold off as long as last year has been dashed. It's fairly evident that winter is here to stay for as long as she chooses, and the best we can do is hunker down, enduring the long dark nights as best we can.

I will join my neighbors in this endurance challenge, but I readily admit that these days, I always hope for a mild winter and an early spring. Winter can "bee" nerve-racking for a beekeeper. The very thing snowboarders and skiers love is the very same thing that causes me anxiety. A hard winter can cost me several hives, by the time March or heaven forbid, May thawing arrives. After all, this is part of my livelihood. Who knew that my foray into this light-hearted hobby would turn into a diminutive drama with a cast of a half million?

Many people have little or no experience with beekeeping. Most, however, have plenty of history of enjoying the fruits of these tiny creatures and their labors. Honey, "Liquid Gold, or Liquid Sunshine," is the condensed sugar-rich nectar of millions of flowers. Flowers produce nectar to attract bees to pollinate them. The plants utilize the energy of the sun via photosynthesis and minerals of the earth to create the sweet sugars that make the nectar an attractive food for all pollinators, of which the diligent honey bee is one.

This time of year, the honey bee workers (all infertile females) and the (fertile) queen are clustered deep within the hive. Keeping the cluster at 83-85 degrees requires lots of honey, which is important to them as an energy source. It is the main food they feed on. This supply must last them all winter or they will starve and freeze to death. Many a beekeeper knows the depressing frustration of finding a dead hive littered with bee bodies just weeks before the spring thaw.

As of now, my hives seem to be doing just fine. They have been quiet with as little activity as necessary. It was a tough summer for the ladies. The drought in July greatly suppressed the nectar production. I was restricted in how much honey I was able to harvest. In years past, the fall has typically been my best production season. But, this year, it was May and June. I pray there is enough honey to get them through. I am, however, going to be proactive and feed them bee fondant, a sugar based supplemental feed. If all goes well, come the warm days of March, they will be buzzing around looking for pussy willow and dandelion.

Anthony Pauly Jr, author of Merlin's Veto: Chronicles of The New Merlin (Balboa Press), is a nine-year resident of Vermont who moved to Cabot in July of this year. He has been beekeeping for six years and occasionally teaches beekeeping workshops at his apiary or in the region. To read more, you can look forward to his beekeeping adventure here. Or check in at his website, www.theshamanstouch.com.



Kingdom Animal Shelter

By Helen Morrison
Need Help?

Perhaps you haven't taken your Christmas tree down yet. Perhaps you need some assistance in undecorating the tree. Rufio is there to help. He is about fourteen weeks old and full of beans and inquisitiveness. If you would like to meet Rufio, and perhaps give him a forever home, let me know and I can arrange a meeting with his foster parent. My number is 563-2488.



Healthy Vegetables to Give Your Dog

In the wild when carnivores hunt and bring down prey, they eat most of the prey animal. Our dogs are direct descendents of wolves. Since our dogs have been domesticated, they do not have the same feeding patterns or opportunities.

I personally find that my dogs enjoy several different kinds of vegetables, though they should not be fed in large quantity. At the top of the dogs' favorite vegetables list are carrots. They seem to instinctively know the vegetables that are the best for them. I usually feed them raw, but some prefer them cooked. The consumption of carrots is as beneficial for dogs as it is for people. Carrots are high in beta-carotene, which plays an important role in cancer prevention and heart disease. They protect against several forms of cancer and fungal disease. Carrots also help numerous vision problems. They are good for the brain, which can offer memory improvement and slows down cellular aging. They

protect the liver from environmental chemicals and provide anti-inflammatory benefits compared to aspirin and ibuprofen. The colors of different carrots provide different nutrients. Red and purple carrots are highest in anthocyanin content. In yellow carrots, fifty percent of the total carotenoids come from lutein, which promotes good skin health and prevents damage to the skin from the sun. Cooked carrots have higher levels of beta-carotene and phenolic acids. Don't feed the green tops.

My dogs are fed carrots raw or cooked as treats or added to their regular meals. I often carry sliced raw carrots in my pocket as training treats, as the dogs enjoy them so much.

If you read the ingredients on your dog treats, many are full of chemicals, dyes and preservatives. That is why I use carrots; less expensive and healthier.

April Frost
Animalvisions.org

ANNUAL TOWN REPORT SEEKING PHOTOS!

Town auditors are looking for photos of Cabot for the upcoming Annual Town Report. Photos, old or new, are welcome. Selected entries will get credit for the photos they submit. Please send your local photos of sights, events or scenery to Lynn Jones at.....

lynnj@fairpoint.net

All submissions must be received by January 15, 2017.



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ADVICE FROM THE TREE WARDEN

By Roland (Slim) Payne

It is December 12, I just finished with the snow storm and back to selling Christmas Trees. Everyone seems to be in the Christmas spirit. The trees are looking good and everybody seems to be happy with them. Sales so far are good, and should be through the next week. Hope everyone follows some safety rules. If the tree has been cut more than two days, cut about 2" from the butt before putting in the stand and fill the stand often with water and check to be sure it has water in it, because it will drink quite a bit of water in the house, where it is warm. Check the tree lights to be sure they are safe. The reason for recutting the butt is it will seal over with pitch and will not take water. If it doesn't take water, it will be unsafe in a hurry.

I am planting some chestnut trees. I don't know what I am doing, but I have one six-inch-tall already with leaves on it. I don't know what will happen, because it is the wrong time of year, but we'll see.

Deer seasons are over and no deer, but I didn't get out much. Ice fishing is next, if the weather stays cold.

I didn't order any trees for spring because you must order ten, and I don't know where there is room for that many.



The man was in bad shape; his breath came in short gasps, his face was red and his eyes bulged out. He conferred with countless doctors, who gave him only a few weeks to live. So, he decided to spend all his money on one last hunting vacation. Withdrawing all his funds, he went to the sporting goods store to buy a camo shirt, camo pants and some new underwear. He selected the shirts, pants and a box of size medium underwear, and placed everything on the counter. The clerk said, "I've been selling clothes a long time, and I can estimate proper sizes with great accuracy. I'll sell you this size underwear if you insist, but I can tell you right now it's too small for you. Why, it would make your breath come in short gasps, your face would be red and your eyes would bulge out."



TWIN VALLEY SENIOR CENTER



By Rita Copeland, Executive Director

It is hard to believe that 2016 has gone. The Twin Valley Seniors, Volunteers, Staff, Director and Board of Trustees wish each of you a very safe and healthy New Year.

The year 2016 was a challenging year for the Senior Center. We pushed ahead with a lot of hard work from our magnificent volunteers and each and every one of you that supported the center. We brought in new programs, expanded to five times a week with Tai Chi, Bone Builders and Feldenkrais programs. We grew through the year, bringing different activities to the center for our congregation, Meals on Wheels clients and the public. Along with our existing clinics, we also became a Red Cross Blood Drawing site. Again, AARP tax support will do free of charge income taxes for all residents.

The need for the Meals on Wheels program expanded a lot in the last few months, as we suspect will be the case in the New Year, as the need is out there and growing weekly. The federal government Older Americans Act did not increase money for the Meals program for the coming year. This means that we, as a meal site with congregate and home-bound meals, will not receive an increase toward the meal program in the New Year. Senior sites serving meals will not receive any more money for their contracted yearly meals (\$3.50 per meal).

TVSC contract with CVCOA for this reimbursement will not receive reimbursement over the projected 2016/2017 meals of 10,000 served. Of course, we do exceed that number, so overage meals will cost the center.

We at TVSC believe a waiting list for meals to help one stay in their own home and community should not happen. A call for meals means the ability for one to return home, be able to stay in their home, or get the proper nutrition they need to stay healthy and above all have food so they do not experience hunger. I am sure we will need to count on each of you to help support us in the New Year.

To make all this happen, we know that we must have your understanding, caring and continued support. We cannot do it without you! You do make a big difference in helping us take care of our senior population. As Director, I try to find ways to keep the budget as low as possible and make a very social atmosphere and enjoyable center for everyone to take part in. We are working hard to bring in the younger generation and become a community center that will be fun and enjoyable to everyone. The seniors really like to have the younger generation mingle with them. As the New Year goes forward, I am hoping to come out into your communities, yes, even schools, and talk about the center and all we have to offer.

In 2016, through Hunger Mountain Co-op, we secured a grant to help purchase reusable dishes for our meals program. These reusable dishes make the meals much more attractive, save money by not purchasing as many disposables, and help the environment.

We will be looking for more grants to bring many more programs and events to the center. We ask that you please stop by in the New Year, your suggestions and input is very important in shaping the center to meet the needs of everyone. You may call 223-3322 or email Twinvalley-seniors@myfairpoint.net.



FROM THE CABOT PUBLIC LIBRARY

We wish everyone safe and happy holidays and a Happy New Year!

Programs

Story Hour – Tuesdays - 10:30-11:30 a.m.

Preschool story hour – stories, songs and crafts – all are welcome!

Pokemon Club – Tuesdays, 3:00-4:00 p.m.

All are welcome – bring your own cards if you have them, but not necessary. Call Jonah and Ethan Socks for more info at 563-2073. Computers will be turned off during this time.

Yoga with Alicia Feltus – Tuesdays, 6:00-7:15 p.m. and Fridays, 9:00-10:15 a.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. Suggested donation \$10.

Meditation Group – First and Third Wednesdays, January 4 and 18 – 6:00-7:30 p.m.

Meeting on the first and third Wednesdays 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.

Cabot Old Time Contra and Square Dance – Saturday, January 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 friends. The dances are taught and are easily learned by young and old. The contra and square dances are traditional Vermont and New England social dances that have been danced for many generations in the town halls, barns, and kitchens around Vermont. The music is provided by piano and an assortment of fiddles, mandolins, guitars, and the occasional surprise instrument. Musicians are always invited to sit in and join with the fun of playing traditional dance tunes. There

is a small suggested donation to help cover the cost of the caller. For more info, please call **David Carpenter** at 802-426-3225 or email samlyman@sover.net.

Community Book Group – Wednesday, January 18 – 10:30-11:30 a.m.

Cabot Community Book group generally meets the third Wednesday of the month. This month's selection has yet to be determined. All are welcome to join in! Copies of books will be available in the library.

Grow Your Own Seeds – Anne Miller – Wednesday, January 25 – 7:00 p.m.

Come explore the hows and whys of growing your own seeds and how to maintain vegetable varieties. Anne Miller will also explain what growers need to know before ordering seeds and planning their gardens.

Thank You!

Many thanks to Julia Gulka, Edward Jenkins and Gary Gulka for the program on Seabirds. Thank you to all the folks who helped with this year's Holiday Workshop: Willa and Erica Burke, Mary Lou DeLacy, Linda Gabrielson, Michael Malone, Robin Merriam, and Beth Wade.

Thanks so much to Lorelai Bastress, Mary Lou DeLacy, Susan Dineen, Linda Gabrielson, Vicki Palmer and Beth Wade for their continued help with shelving, weeding, story hour and many other projects. Much gratitude to all the folks who help with regular ongoing programming: Daria Babbitt, David Carpenter, Alicia Feltus, Marsha Kameron, Jonah and Ethan Socks.



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

3-State Reciprocal Snowmobiling Weekend January 27, 28 & 29

Once again, Vermont, New Hampshire and Maine will host a reciprocal weekend. This means, if your snowmobile is registered in one of these three states, you can ride in any one of the states without buying a trail pass for that state. All state laws must be followed, though, when riding in Vermont;

like, you must have liability insurance for each snowmobile.

For information regarding what you need to know to ride in Vermont, go to www.vtvast.org and click on the tab called: Ride in Vermont.

Reciprocal weekend is January 27, 28 and 29, 2017.

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802-563-3338

Office located in the Willey Building
Lori@cabotvermont.org

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.

Are you interested in supporting and promoting Cabot's:

- opportunities for community economic development?
- working landscape? -thriving arts scene?
- vibrant local newspaper?

Then call the CCA today.

There are lots of great ways to get involved in your local community!

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The Willey Building Committee

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Cabot Senior Housing



Cabot Senior Housing on Glinka Road 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 Downstreet Housing & Community Development. Applications are available at www.downstreet.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.

Cabot Historical Society SEEKS YOUR MEMORIES

The Cabot Historical Society invites community members to share memories concerning Cabot's history for possible publication in *The Cabot Chronicle* Cabot Arcana column. All submissions would become property of the Cabot Historical Society, to be added to the local history collection.

Submissions may be emailed to CabotHistorical@gmail.com, or mailed to P.O. Box 245, Cabot, VT 05647.

You are invited to visit...



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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SAVE TOWN MEETING

A Special Town Meeting will be held on January 12 at 7 PM in the School Gym to RESCIND the Australian Ballot article passed on October 20. YOU MUST ATTEND THIS MEETING TO VOTE! PLEASE VOTE YES TO RESCIND AND SAVE TOWN MEETING!

On October 20, a special Town Meeting approved a measure that would put ALL Town money articles on the Australian Ballot. This would effectively end Town Meeting, since nothing important would be voted from the floor. There are many good reasons to RESCIND THIS VOTE AND SAVE OUR TRADITIONAL TOWN MEETING.

Every year, voters at Town Meeting amend many of the money articles, including final budgets, from the floor. If they disagree, compromise is reached. Such consensus-building would no longer be possible with the Australian Ballot.

Town Meeting places power in the hands of the voters. With Australian Ballots, government decides the language and amounts of all money articles, which voters are powerless to change in any way. **With traditional Town Meeting, government proposes what to vote on, but the People have the last word.**

Town Meeting is efficient. The Australian Ballot would have to include nearly 40 separate money articles, each one to be voted on separately, including appropriations for the Fire Department, the Library, the Cemetery Commission and each individual service organization asking for support.

Town Meeting is informational. Voters can question their town officials face-to-face at Town Meeting, and officials are required to explain their proposals and the actions they've taken throughout the year. In order to get the information provided during a single traditional Town Meeting, a voter would have to attend numerous meetings of various municipal bodies throughout the year, and these bodies, which are charged to conduct business, have little time for extensive public questioning.

Town Meeting levels the playing field for all opinions. With the Australian Ballot, in order to make your views widely known, you would have to pay for mass mailings or ads like this. Not everyone reads Letters to the Editor, and not everyone can write them. It may be difficult to express your opinions at Town Meeting, but it doesn't cost you any money. And you know others are listening, even if you speak softly. **With the Australian Ballot, the loudest, best-financed voices usually prevail.**

Town Meeting gives both voters and town officials a chance to set the record straight. Town Meeting subjects the rumors and innuendo that fly through the media, electronic and print, to public scrutiny, which is the best disinfectant.

Town Meeting is cost-effective. If a budget is rejected on the Australian Ballot, the town must come back to the voters with another printed ballot for another day-long vote at considerable expense. This process must be repeated until a budget is passed. At the end of traditional Town Meeting with its (often long and tiresome) debate, compromise is reached, budgets are concluded to the satisfaction of the majority, and the business of the town goes forward. **And we only have to attend one meeting a year!**

Low attendance at Town Meeting can be addressed by rescheduling the meeting to the evening. ABOLISHING TOWN MEETING IS NOT THE ANSWER! VOTE YES TO RESCIND ON JANUARY 12.

THIS ADVERTISEMENT HAS BEEN PAID FOR BY R.D. ENO, DAVID CARPENTER and friends