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The Cabot Chronicle

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P.O. Box 245, Cabot, Vermont 05647

July 2017

Jim Abbott Honored with 2017 Cabot Community Service Award

On behalf of the Cabot School Board and Select Board, Jackie Folsom read the following statement announcing the award at Cabot School Graduation:

"It is with great pleasure that Jim Abbott is the winner of the 2017 Cabot Community Service Award in recognition of his valuable contributions and tireless efforts on behalf of the Cabot School and Cabot Community.

With two children of his own, Jim has a passion for helping all children find their path, learn what matters most to themselves and others and achieve life goals. He has long exemplified a level of commitment to his community and serves as a model to others to stay connected to the community that helped shape their life's path.

Jim's contributions of time, talent and energy over the past thirty years have had a significant positive impact on the Cabot School and the larger Cabot community. The following is just a sample of his commitment:

As a member of Donate Life, Jim speaks to both driver's education students and teachers about the decision to become an organ donor through the state of Vermont and New York;

He has assisted in the clean-up efforts after Hurricane Irene – donating his time and heavy equipment to assist in the clean-up of Main Street;

He has served as a volunteer Cabot fire fighter and Cabot first responder;

He volunteers at the Cabot Maple Fest – the first individual to wrestle with the newly acquired bouncy house!;

He volunteered and donated

supplies to the Cabot Gym revitalization effort and on the Cabot Recreation Committee – from working the concession stand at the basketball games, building a pitcher mound for the softball team, to laying sod on the soccer field, Jim is always willing to lend a hand no matter what the task;

He volunteered years as a little league baseball coach and umpire – always willing to slow down the game and teach the individual players about the fundamentals of the game;

He organizes and manages the Cabot High School AAU Teams, where every athlete, regardless of their skill, is given the opportunity to play and grow as a team member;

He is the Cabot School Pep Rally Organizer extraordinaire – engaging every student in the school in a sense of pride for their school and community;

And he is the organizer and driving force on countless Cabot Fund Raising efforts – even those that did not involve his own children – ensuring that all children and community members are able to participate in Cabot Community events.

Many people may remember the gangly young boy who lived on the farm up the hill, and his love for community is undoubtedly an extension of the love he had for his parents and their beloved prize winning Jerseys, and the strong work ethic he learned there.

Because of these and many other efforts, Jim has earned the respect and gratitude of those for whom and with whom he serves in his community.

Anyone who watched his un-

Cabot 4th of July!

JULY 4TH Main Street Cabot

Activities At 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

PTSO FOURTH OF JULY RUMMAGE SALE

Tuesday, July 4, 8:00 a.m. to 2:00 p.m. at the Cabot School Gym

All proceeds benefit Cabot PTSO, which supports Cabot students' field trips and school enrichment programs. Seeking donations for the Fourth of July Rummage Sale. Clothes, books, small appliances, brick-a-brack, toys, etc.

Donations collected at Cabot School Gym: Saturday, July 1, Sunday, July 2, Monday, July 3, 9:00 a.m. – 3:00 p.m. Or for pickup call Terri at **279-6818** Any questions give me a call

Things we can't take: ski poles, boots, heaters, TVs more than five years old.



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2017 END OF SESSION REPORT CABOT ♦ DANVILLE ♦ PEACHHAM

By Representative Catherine (Kitty) Toll

It is an honor and a pleasure to serve as your Representative in Montpelier. We have completed an eventful 2017 legislative session, and included are highlights of bills that have passed or were widely discussed.

-Kitty Toll

Visit the Vermont Legislative website at legislature.vermont.gov for online information. This tool enables all Vermonters to follow the work of the legislature, read the status of a bill and research issues of interest.

Final Days of the 2017 Session

It appeared the 2017 legislative session was going to end one week early, however, in the final days of the session the Governor put a proposal on the table regarding school employees' health care packages that kept the legislature in session longer than anticipated, while negotiations continued to try and develop a common path forward. This year, almost all teacher contracts are under negotiation and due to a change in the state's health care plans a highly publicized "once in a life-time opportunity" created savings that could be realized. Several proposals were offered by the Legislature to provide property tax relief, but ultimately none were accepted by the Administration.

The \$26 million in savings has been the subject of much discussion, however, as with most opportunities there is always more to consider. First, the most the savings could be in fiscal year 2018 is \$13 million, because the plans start half way through the fiscal year. Additionally, non-partisan fiscal analysts outlined several factors that could negatively impact the full savings. Spending any "possible" savings until they are actually realized is risky and as Chair of House Appropriations this is an unwise risk in my opinion. If savings are realized, I believe 100% of the savings should go back to Vermonters in the form of property tax relief and no portion reinvested in programs as suggested by the Governor.

Beyond the possible savings, end of session discussions also included moving teacher health care negotiations from the local level to the state level. As with all legislation, altering existing practice needs to be fully vetted prior to coming to the floor for a vote. Local decision making is important to Vermonters and legisla-

tors in Montpelier have consistently heard this message loud and clear from those in our communities.

There are many factors to consider with any piece of legislation, especially one of this magnitude. All voices must be heard and the committee process must be respected to minimize unintended consequences. I do not yet have enough information answering critical questions to enable me to support or oppose a change in negotiations from the local level to the state level, but I do support an inclusive and thorough process that allows for all information to be considered before making a decision.

2017 State Budget

The budget passed by the House and the Senate makes significant investments in Vermonters without raising taxes or fees and honors the State's commitments to pay obligations and maintain reserves. The overall budget, including both state and federal funding sources, grew at a rate of 1.3% while revenues are projected to grow at 3.7%.

The budget provides significant supports to Vermont's mental health system of care by making critical investments of \$8.3M to increase pay to the frontline workers in both mental health care and developmental services. The budget increased funding for area Home Health Agencies, Adult Day Centers and Meals on Wheels.

The legislature listened to Vermont's working families and made a significant investment (\$2.5M) for child care services. This appropriation includes using \$300,000 to bring child care subsidies to the 2017 federal poverty level and using \$2.2M for the Childcare Financial Assistance Program, focusing on care for infants and toddlers.

Critical investments were made to support higher education by providing an additional \$3 million to the Vermont State College System, as well as an \$880,000 appropriation to support the unification efforts of LSC and JSC into Northern Vermont University.

To support working Vermonters and small businesses, the legislature made investments in economic development by expanding supports for Small Business Development Centers and Micro Business Development and by enhancing Vermont's marketing strategies to showcase

Vermont as a great place to live, work and develop new businesses. Also, the budget made investments in career and technical education. Knowing the value of supporting businesses in rural Vermont, the legislature also made additional investments in the Working Lands Enterprise program, Farm to School programs and in the logging industry.

The budget passed by the House and Senate is extraordinarily responsible as it bends the growth curve, uses no new taxes or no new fees, ensures reserves are filled above statutory levels and makes significant investments critical for Vermonters in housing, childcare, economic development and the State's mental health system of care.

Green Mountain Retirement Plan

S.135 establishes the Green Mountain Secure Retirement Plan, a voluntary Multiple Employer Plan (MEP) which allows the State to make significant steps towards implementing a voluntary retirement program for Vermonters who currently do not have access to employer-sponsored plans. In Vermont, approximately 45% of working Vermonters have no employer-provided pension plan; nearly half do not have an IRA or other private plans. S.135 proposes a portable, voluntary, simple and affordable way to supplement Social Security income in retirement years. The plan will be funded by employees, but employers may offer to contribute as a benefit. The Public Retirement Plan Study Committee is charged with developing specific recommendations on the design, creation, and implementation timeline of the MEP. The committee will report their findings to the General Assembly on or before January 15, 2018.

Affordable Housing

In January, Governor Scott proposed a \$35 million bond to support affordable housing and this initiative was also a priority of the Legislature. Increasing the availability of affordable housing will have long term legacy effects to benefit

Vermonters for years to come. The challenge was to identify the source of \$2.5 million needed to cover the annual debt service for the bonds and this was solved by budgeting \$1.5 million from available sources in the state budget and a percentage of the Property Transfer Tax provided the additional \$1 million.

A quarter of the new housing will be targeted to Vermonters of very low income, with another quarter targeted at those with moderate incomes, and the remaining housing will target Vermonters with income that is less or equal to 120% of area medium income. The aim of this investment is to enable working Vermonters to find affordable housing so they can continue to live and work in Vermont.

Strengthening Sexual Assault Laws

H.74 – an act relating to domestic and sexual violence reinforces the State's sexual assault laws. This bill will establish the right for victims of sexual assault to receive a medical examination without cost, set forth timelines for delivery of exam kits from law enforcement to the lab for testing, require notifying victims of exam results, and informing them of other available services. Importantly, the bill also eliminates the statute of limitations for sexual assault-related crimes. Additionally, the bill establishes a new misdemeanor crime of lewd conduct, including nonconsensual touching of another's genitalia or other intimate body parts or nonconsensual exposure of one's own genitalia. This new provision addresses a recent Vermont Supreme Court case which limited misdemeanor lewdness charges brought under the existing crime of "prohibitive acts".

Racial Justice Reform

Following extensive testimony, the House Judiciary Committee passed a bill to address racial disparities throughout state government. The bill as presented will establish a 13-member Racial Justice Panel to review, analyze and make (See *End Of Session Report*, page 3)

The Cabot Chronicle Submission Guidelines

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

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

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

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~ Mission Statement ~

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

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End of Session Report

(Continued from page 2)

recommendations for reforms in the Vermont Judicial system which will be housed in the Vermont Attorney General's office. In addition, the bill strengthens Vermont's statewide Fair and Impartial Policing Policy, a model policy to be adopted by all law enforcement by January 2018. It also directs the Vermont Human Rights Commission and the Attorney General's office to create a structure to address systemic racial disparities in the areas of education, housing, employment and economic development and health care in a comprehensive manner. This initiative is unprecedented for our state and creates a mechanism for identifying the intersectionality of racial injustices and creating solutions that will improve the lives of all Vermonters.

Marijuana

The Legislature passed a bill to eliminate penalties for cultivation and personal possession of marijuana possession by adults 21 and older. Unlike many other states the bill did not establish commercial production or sale of marijuana. The proposal creates a 9-member commission comprised of a representative from the Attorney General's Office and one member from the Agency of Agriculture, a member appointed by the Governor and 2 members each from the Senate and the House and 2 from the public sector. The commission would be tasked with establishing a comprehensive regulatory and revenue system for an adult-use marijuana market that focuses on increasing public safety and reducing harm to public health. The bill would have an effective date of July 1, 2018 to provide additional time to develop necessary traffic safety precautions as well as education and prevention programming. The bill was vetoed by the Governor on May 24, but he has not closed the door. The Governor has asked

for more provisions around public safety, penalties and prevention education.

Unclaimed Property

The State Treasurer's Office has \$76 million in unclaimed property, and some could be yours. Find out at MissingMoney.Vermont.gov or call (802) 828-2407.

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This legislative update was paid for by Rep. Catherine Toll.

Legislative Update

Members of the House and Senate returned to Montpelier on June 21 to consider a compromise between the Administration and the Legislature addressing health care plans for school employees. In June, the Governor vetoed the budget and the tax bill because a proposal offered by him in the final days of the session was not included. There was great concern over the lack of time to fully vet the issue through a critical committee process.

In order to avoid a Government shutdown, a compromise was reached that would use \$13 million in school employee health care savings to reduce property taxes. These savings will be collected over two years to lessen the hardship on schools that have already voted on plans.

Additionally a commission has been created to determine the advantages and disadvantages in establishing a single statewide health benefit plan for school employees. Complete details can be found in the New & Notable section at www.leg.state.vt.us/jfo.

Planning Notes

By Karen Deasy

Zoning Administrator and Planner

Roadway Improvements

Summer projects are well underway. A few hazard mitigation projects will be completed this summer:

- a new culvert will be installed at the base of Danville Hill road and Route 2
- a new culvert will be installed on Porter Road

The Danville Hill project will require a short closure of Danville Hill Road. Starting July 10 there will be no through traffic at the intersection of Danville Hill and US Route 2: alternate routes include Vermont 215 North to Vermont 15 to US Route 2 in West Danville and 215 South to Marshfield. These projects are funded with Hazard Mitigation Grants.

Paving on South Walden Road and Vermont 215 South is scheduled for August.

Old Cabot Town Garage site reconstruction is in process and is scheduled for completion July 18.

The Town will also be completing a variety of smaller culvert replacements. Notice will be posted as the projects are scheduled.

Danville Hill Water Line:

This past winter, the Town completed an asset management plan to review the condition of system components and start laying the groundwork for upgrading the Danville Hill Water line. As most of you may be aware, the current 3" PVC line that serves Danville Hill frequently is plagued by leaks. This affects the system pressure, reliability and quality of water that is provided to the Town.

RFP's have been received from engineering firms to complete the preliminary engineering study and put into motion the steps required to apply for drinking water revolving loan funds to complete the system upgrade. This is a high priority project and is currently ranked third on the state's funding list. Increased fire protection is part of the proposed plan and would provide hydrants as well as improved water service and reliability. We will continue to provide updates on this project to the community as they are available. We are currently looking at a potential construction date of spring 2018 or 2019.



COUNTRY COMMENTARY

There never seems to be enough time in the summer. So much weeding and planting and rearranging. Gardening in general is a busy pastime. I enjoy it, but not the black flies, yuck! Have to fertilize the strawberries this year and help some other plants along.

Bodhi, our black Lab, is growing and is in love with everything and everyone. He has a bromance going on with one of my friends' dogs and another with one he is in class with. It is just too cute for words. They just love each other so much. It is fun to watch them get along so well. They play nice, too.

We are getting another pup in August, if all goes well. I know we are nuts, but we like a full house, and it will be, although it feels pretty full right now. I am so very excited and can hardly wait to see the pups when they are born, we have second pick after the breeder—not bad! We are getting a female, but, no, we are not breeding them. Though, we could, and that would be cute, but I doubt either one of us could sell the ba-

bies or give them away, because we would see them as family. The life and times in a country home.

The chickens are doing well and a couple of them are starting to get broody. More babies to watch grow up. Life has never been so good!!! I have been sick this summer with some stomach ailment that just won't quit, but I persevere and enjoy life, anyway. Can't miss out just because I am sick—that just wouldn't be cool. We don't let illness get in the way of much in our house.

I hope you all are having good luck with your gardens and that life is happening in a grand way for you all! Life is meant to be lived the way you want to live it! Live the life you want NOW!

Well, I guess I am keeping it short this time. I am sure I will have so much more to report to you next month, in the meantime, enjoy the cooler rainy days when we get them and live, love, laugh much!

Laura Lee Smith

Notes From The Cabot School Board

We'd like to thank each and every Cabot resident who voted on June 19. Whether you voted yes or no, it was really great to see the tremendous response from our community regarding this decision.

We'd also like to thank the folks who ran for the unified district board and helped lead the discussion about the challenges and opportunities.

The School Board will be meeting on Monday, June 26, to begin the process of exploring all options for our school. During the weeks leading up to the vote, we worked on outlining possible alternatives if the vote failed. Our due diligence on this included but is NOT limited to the following:

- Returning to Danville and/or Twinfield and beginning another conversation about a new type of merger that would maintain our high school;
- Searching for another partner, perhaps at Orleans South Supervisory Union that would allow us to keep our high school open
- Keeping our preK-8 and finding new partners (perhaps Walden, Barnet and Lower Waterford) and offering high school choice
- Keeping our preK-8 and developing an academy-type high school promoting Project Based Learning
- Becoming a stand-alone preK-high

school and working to attract tuition students with a project based learning base

This list may certainly be incomplete, and we would welcome any and all thoughts from the community!

We will be researching costs – including tax implications, cost-per-pupil and facilities issues – on any of the alternatives we investigate and will do our best to keep the community and the voters updated on our findings.

As always, our meetings are open to the public and are usually scheduled for the first and third Mondays beginning at 6:00 p.m. in the Cabot School Library. Because of the timeline regarding Act 46, we will be asking for community input throughout the summer in a variety of ways – including surveys and meetings. Please check the Cabot School website for additional information, as well as mailings by the School Board.

Again, thanks for the voter engagement and we look forward to hearing from all of you throughout the next 6 months!

For the board –
Chris Tormey
Jackie Folsom
Sharon O'Connor
Lisa Olsen
RandiLee Raynor

Cabot and Danville Reject School Merger

Act 46 Voting Results

CABOT

Yes 163
No 357

DANVILLE

Yes 112
No 239

TWINFIELD

Yes 160
No 103

School Director - 1 Year Term

Angela Ogle 117
All Others (34 names) 97
Blank 304
Spoiled 1
Total Votes 519

School Director - 3 Year Term

Brigitte Codling 147
Rory T. Thibault 286
All Others (7 names) 16
Blank 59
Spoiled 11
Total Votes 519

OBITUARIES & MEMORIALS

Natalie L. Beaton

Natalie Lowry Beaton, 77, passed away peacefully on May 25, 2017, at Woodridge Rehabilitation and Nursing Center in Berlin, Vermont. Natalie (Ella) Lowry was born on February 17, 1940, in Northfield, Vermont, the only child of Sidney and Bertha Lowry. She grew up on her parents' dairy farm in Marshfield with her cousin, Paulyne Lawrence (St. John).

Following graduation from high school, Natalie continued to live with her parents on the farm until her marriage to Ross Beaton of Marshfield, on August 26, 1967. The couple lived in Marshfield and was involved in farming until Mr. Beaton's death on January 28, 1982.

Natalie continued to live in the couple's home until relocating to the Cabot Commons apartments, where she lived until moving to Woodridge.

In 1995, Natalie was baptized as one of Jehovah's Witnesses. She was a mem-

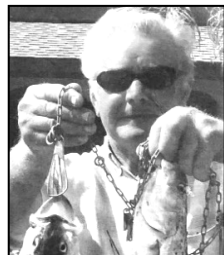
ber of the Montpelier Congregation of Jehovah's Witnesses up until her death. She found great comfort in learning the truths found in the Bible and had developed a strong faith in the Bible's promises for the future. She found support and connection in associating with the congregation. Natalie also enjoyed reading, crafts and connecting with friends and family.

Natalie was predeceased by her parents and her husband, Ross Beaton. She is survived by her cousin, Paulyne S. Lawrence, 92, who lives at Mayo Rehabilitation Center in Northfield, Vermont; and Paulyne's sons, Dana Lawrence of East Montpelier, and Gregory Lawrence of Cropsyville, New York, and their families.

A memorial service was held at the Montpelier Congregation of Jehovah's Witnesses at 2070 Airport Road, Berlin, Vermont, on June 8.

Arrangements by des Groseilliers Funeral Home, Church Street, Hardwick.

Earl P. Porter



Earl P. "Phil" Porter, 75, died May 24, 2017, at his home in Cape Coral, Florida.

He was born November 28, 1941, in Barre, the son of Earl and Selena Porter.

He graduated from Spaulding High School in 1959.

Mr. Porter married Lorraine O'Connor July 17, 1961.

He worked as a line foreman for Washington Electric Co-op for 31 years, retiring in 1991.

He enjoyed summers at Joe's Pond and winters in Cape Coral.

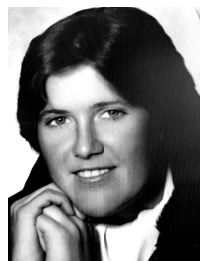
Survivors include his wife, of Cabot and Cape Coral; daughter Karen Snyder, of Cape Coral, and son James, of Waterford; five grandchildren and two great-grandchildren.

The celebration of his life will be held from 1:00 to 4:00 p.m. July 23 at the Canadian Club.

In lieu of flowers, memorial contributions may be made to Make-A-Wish Vermont, 431 Pine St., Suite 214, Burlington, VT 05401 or at <http://vermont.wish.org/>.

Arrangements by National Cremation Society, North Fort Myers, Florida.

Mischelle L. Vandenburg



Mischelle Lynette Vandenburg (Chelle), 57, passed on to heaven at home after a six-year battle with brain cancer, on June 11, 2017.

Chelle had a strong faith that supported her throughout her illness. Her daughter Rachel, best friend Karen, sister Sheri and niece Angela were at her side.

She was born on May 29, 1960, in Kansas City, Missouri, the daughter of Beverly and Martin Mitchell of Cabot. Chelle served in the U.S. Navy. Later she was a proud employee of Homeland Security, working as a TSA agent in Orlando, Florida.

Chelle's greatest moments were when her daughter Rachel and her granddaughter Lenna were born.

She loved shopping for bargains to share with the people she loved most, enjoyed reading and hanging out with friends and family.

She is lovingly missed by her family, which includes daughter Rachel Len Walbridge and granddaughter

Lenna Raine Byrd of Jacksonville, Florida, parents Beverly and Martin Mitchell of Cabot, her soul family Karen, Tom and Chris Reynolds of Florida, three sisters Sheri Futrell of Florida, Cathie (Vandenburg) and husband Scott Martino of Georgia, Kristie Jordan of Michigan; two brothers Michael Vandenburg of Cabot and Patrick Mitchell and wife Sherri of Tennessee; nieces Tina, Angela, Chandel, Jennifer and Mariah; nephews Gary, Jared, Seth, Patrick, Jacob, Thomas, Robert and Nicholas, great-nieces Summer, Autumn, River and great nephews Riley, Joseph and Orion.

Family and friends, including her TSA family, gathered to celebrate her life and tell stories on her birthday this year. Family gathered at her final resting place on Tuesday, June 13, to pay respects, and a private service will be held for her final interment following cremation.

In lieu of flowers or contributions, please plant a flower, shrub or tree as a tribute to your lost loved ones, as we do the same for Mischelle.



Cabot Recycling: Spotlight on Plastic Bags

Plastic bags are a major part of the trash we throw away every day. About 500 billion plastic bags are used around the world each year (source: EPA). That translates to more than one million bags used every minute! Many end up in the oceans, where they can float around for decades. In the landfill, they can last for hundreds of years.

Unlike many recycling districts in Vermont, the Northeast Kingdom Waste Management District (NEKWMD) recycles plastic bags labeled #2 and #4. Ever wonder what happens to those plastic bags after they leave the Cabot Recycling Center?

At the NEKWMD recycling facility in Lyndonville, the bags are compressed into large, multi-ton bales. From there, they are shipped to processing facilities, where the bales are broken apart and hand sorted on a conveyor for initial contaminant removal. Contaminants are many, and include the many types of plastic bags that are not recycled, such as shiny snack food bags and food packaging bags made from plastics other than #2 and #4, such as many zip-lock bags.

The bags then go through flood tanks, where food residues are removed, and magnets remove metallic contaminants.

The bags are then melted to further remove contaminants that may have different melting points and densities. The remaining plastic residue is cooled and chopped into pellets. The pellets go through another round of washing. The pellets are then finely chopped into a fine material with a fluffy snow like texture. Larger pieces are separated and sent back into the process.

The remaining fluff is then melted at 450° to remove moisture and remaining contaminants. The plastic resin is cooled and chopped into pellets. These pellets are the raw material for making new plastic bags and other plastic products.

Not taking plastic bags at the check-out is one way for consumers to help reduce the number of bags that are either thrown away or recycled. Reusable shopping bags last for years.

For more information on the many types of items collected for recycling in Cabot, see the NEKWMD website at www.nekwmd.org, or visit the Cabot Recycling Center. The Center is located on Sawmill Road in Lower Cabot. Hours are every Saturday from 8:00 a.m. until noon only. Trash is collected at the Center for a fee.

Ben Davis



ADVICE FROM THE TREE WARDEN HELPER

By Roland (Slim) Payne

This month will not be about trees. But it is about fields and woods. It is about cats, pets and feral, and what they do to wildlife when they run free. They are excellent hunters and kill a large amount of animals, from small mice to rabbits and small to middle-size birds. They can rotate ears independently, so can pick up sounds clearly. They kill just to kill, not for food. People who play with cats with a yarn ball and string don't know it, but they are training the cat's killing skills. Cats don't eat eggs, but when chicks start to hatch, cats can hear them peck at the egg shell to get out. Cats go get lunch.

Now, to show the problem, the U.S. estimates 85 million pet cats and 30 to 80 million feral cats. The mortality rate for birds is 1.3 to 4 billion birds a year. If that range's top end is true, cats can be killing three quarters of America's birds annually. That is why anti-cat rhetoric has reached zombie heights and the

numbers seem to be growing in both cats and kills. So, what is the answer? Some say T-N-R (Trap-Neuter-Return). That may work for pet cats, but what about feral cats? You probably couldn't catch half of them. I guess, if you have a cat, it is up to you to decide.

Humor from the HELPER

An older gentleman a former Army officer, was being interviewed one evening for a vacant warden's position. A younger member of the interview panel, unnerved by the outwardly calm demeanor he job candidate, tried to rattle him: "I see from your resume' you are not married," he said to the candidate. "How long has it been since you were with a woman?"

"Nineteen fifty-nine," said the veteran. "And don't you think that's a little unusual?" "Not really," replied the candidate, casually looking at his military watch. "It's only 20:24 right now."

CABOT ARTS SHOW AND TELL

Sunday, July 16, 3:00-5:00 p.m.

At The Willey Building

Cabot Arts Show and Tell invites visual artists (folks that make things we can see) of all kinds to join us once a month on a Sunday afternoon from 3:00 to 5:00 in the Willey Building for discussion of works presented and happenings in the area.

Roz Daniels



Local Business Matters

Sarah's Diner

By Ellen Cairns

This month, I sat on a stool in the cozy, charming diner tucked in the back of the hardware store in Cabot village and chatted with Sarah Mangan as she prepared cookies and brownies for a meeting in town later that evening.

When did the diner get started, and when did you start running it?

My daughter, also Sarah, started it in 2014. Bob (Searles, who owns the hardware store), knew that she was interested in starting a restaurant and offered her the space. When she got engaged, she wanted to be able to be on her husband's schedule, so my husband, Chuck, said I should take it over. He said, "You won't even have to change the name!" So I've had it since last April.

Do you run the diner by yourself?

Well, not really- Chuck opens in the morning, gets the coffee going, does whatever needs to be done. And my daughters help out when I need it. Esther makes the jewelry and hair pretties, Deborah does the jams and jellies (all are for sale in the diner), Denise supplies a lot of the produce in the summer, which is organic and local. We try to buy local, and definitely everything made or grown in the United States when local isn't available. The family pulls together to help out when I need it.

Do a lot of tourists find you?

The Creamery is extremely generous about sending people over from the tourist center- and they keep our size in mind and don't send too many at a time. We've had people from all over the world here- from Hawaii, Japan, Mongolia- people who go to the Creamery and are looking for the Vermont, small-town-America experience. We have a bus tour event from Wisconsin every year, and we do a big sit-down dinner for about 50 people in the Willey Building.

What are your most popular dishes?

Corned beef hash, eggs and toast is the all-time ultimate. The Cabot Special - I'm not sure if it's because of the name or the dish itself- it's a choice of one meat, eggs, hash browns and cheese all cooked in a skillet together and served with toast. Oh- and Vermont pancakes made with apple and cheddar- Memorial Day week-end we probably went through five pounds of apples. I'll make something that a regular customer requests, like salmon pea wiggles or beef macaroni soup- that's a big hit. All my soups are home-made; I make everything from scratch. It's diner food, comfort food.

I know you also have prepared



foods to go- do you do more eat-in or take-out?

Eat in, but I have a lot of customers who get take-out meals. People will get something for their first night in town when they're coming in for a week, or pick something up to take to a party or to a neighbor who's not feeling well. For take-out, we have Shepherd's Pie, Beef Stew- it changes depending on what I'm making in the diner that day. Usually take-out runs about \$3.00 per serving. I also make and sell my own granola, and I always have baked goods- maple cream pie, muffins, scones, buttermilk donuts....

What do you do in your free time?

The things that rule my life are Church and family. I do also bake for Maplefield's- that helps in the winter when we don't have the tourists. Although, when there's snow, we get a lot of snowmobilers.

What is your favorite part of having the diner?

I like people, and I love Vermont. I have regulars who come in every day, and that's fun. We have tourists, and people who have camps here and come mainly in the summer. I want people to feel like, when they come here, they see the real Vermont. Promoting Cabot is huge- I promote other Cabot attractions, like Goodrich's Maple store, Burt's Orchard, strawberries at Rich Hourihan's - and I know they do the same. It's more than just the food- people like to hear the history and the stories. People come for the experience, and some people say they feel like they just stepped back in time. And being a part of the community and participating in town events like the Fishing Derby or baking clock cookies for the town clock party. Cabot's a good place, you know?

Local Business Matters is brought to you by Cabot Community Association. Ellen will be contacting local business people over the next few months. If you have a business and are interested in being highlighted or have other ideas you'd like to propose, we'd love to hear from you. Call us at 563-3338 or email Ellen@CabotVermont.org.



What Are You Up To?

By Sara Spletzer Walters

Alicia Feltus

Alicia Feltus is a Health Coach, Nutrition Response Testing practitioner, Lyme Magnetic Protocol practitioner, Integral Yoga instructor, Reflexology and Reiki practitioner. Alicia is available for appointments at *Portals Center for Healing* in Montpelier and at *Hardwick Chiropractic* in East Hardwick. She lives with her husband Ed on Danville Hill Road in Cabot. Alicia is the mother of two adult sons, she loves to hike, ski, garden and enjoy time with family & friends.

How would you describe your philosophy as a health practitioner?

When the physical, emotional, mental and energetic body are in harmony, we have health. My philosophy is to educate the whole person to identify and address any imbalances.

What are the most common issues that you are working on with people?

The most common concern for my clients is Lyme disease. This creates such a wide range of symptoms including digestive issues, fatigue, brain fog, joint pain, as well as anxiety & depression. The Lyme Magnetic Protocol I am treating clients with helps to relieve this wide variety of symptoms caused by Lyme and co-infections, as well as other bacteria, fungus, virus and parasites. The Nutrition Response Testing helps to identify food sensitivities, chemical and metal toxicity that may interfere with the body's ability to heal.

What inspires you, as a person and as a health practitioner?

I am inspired by living and working in this amazing community that supports a healthy lifestyle. Every day I appreciate the beauty of nature and our access to clean water and local food!

You are a Lyme Magnetic Protocol practitioner. As you say on your website, this therapy helps treat the symptoms of Lyme and the co-infections associated with Lyme disease. Please tell me more about this work.

The Lyme Magnetic Protocol utilizes pairs of magnets to help the body eliminate pathogens that are causing ill health symptoms. The magnets neutralize pH in the body and create an environment where pathogens cannot thrive. The magnets also help to restore the body's natural immune response and detoxification pathways. The body is a marvelous self-healing mechanism that always seeks to return to balance. The magnets are a vehicle for regaining balance.

You teach yoga in Cabot at the town hall and sometimes in your yurt at home. What defines your teaching style of Yoga?

What can people find in your Yoga classes?

I am certified as an Integral Hatha Yoga Instructor. This is a gentle style of Hatha yoga suitable for all abilities. Each yoga class is a blend of classical yoga postures, breathing practices, and deep relaxation. I enjoy adding in core strengthening, active isolated stretching and strengthening, aromatherapy and reflexology techniques. Yoga is a great way to tone and strengthen the body and calm and focus the mind.

What are the happy moments of your work? What gives you satisfaction in your work?

I enjoy working with the amazing individuals who are seeking alternative health care. I enjoy being a part of the wellness professionals in our community who have so much to offer individually and collectively. Helping clients overcome their health challenges is the most rewarding part of my work.

What are the challenging moments in your work?

The biggest challenge is the high incidence of Lyme disease. I see many clients who go untreated for Lyme for months or even years.

How's life as an alternative health practitioner in rural Vermont?

I feel very supported in my work by my fellow practitioners, clients, family and friends.

How do you approach sickness whenever you are dealing with it yourself?

I rest, eat healing foods. Besides that, magnet therapy and homeopathy are my first course of action.

I know that Green Mountain Care is currently executing a study to evaluate if they will include acupuncture into their health plan. That is one step into the direction of accepting so-called "alternative" medicine and treatments into the healthcare system of Vermont. What changes in the healthcare system would you like to see in your lifetime? By healthcare system, I mean all the different parts that play a role: Health insurance, agriculture, hospitals and doctor's offices, peoples mindsets, you name it. What practical steps do you imagine could be taken individually and as a community to make a positive shift in health care?

I would love to see alternative health care and health education as an integral part of every person's health care. The more that we model the value of these practices, the closer we may come to insurance coverage.

What Are You Up To? Is brought to you by the Cabot Community Association. If you would like to suggest a Cabot resident to be highlighted in this monthly column, please email Lori@CabotVermont.org or call 563-3338.

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COMMUNITY CALENDAR

~ JULY ~

Saturday, 7/1

Strawberry Fest, 12 noon - 4:00 p.m. Cabot. Cabot Smith Farm will be starting the Strawberry season off right with Food, Fun and Festivities and picking strawberries all afternoon. Come and have some fun!

The Funky 4th of July, 9:00 a.m. Greensboro. Parade 10:00 a.m. Music and games in front of town hall after the parade. Library book sale 10:00 a.m.-2:00 p.m. Chicken BBQ after the parade. Reserve your meal by calling the church 802-533-2223 and leave a message for your reservation request, leave a call back number for confirmation. Fireworks at dusk good viewing location is from Tolman Corners ball field.

Sunday, 7/2

Circus Smirkus 2 shows 1:00 p.m. and 6:00 p.m. Greensboro. The 2017 big top tour "Midnight at the Museum" tickets smirkus.org or 1-877-764-7587. 1 Circus Road at the world HQ circus barn.

Monday, 7/3

Design Your Own Parade Poster 7:00 p.m. Cabot. Lars Hasselblad Torres will teach this workshop in the Cabot library where you will design and create posters for the 4th of July parade for you to display. Materials provided.

Independence Day Festivities 3:00 p.m.-10:00 p.m. Montpelier. 40 food and craft vendors on the Statehouse lawn, activities, foot race, parade, music concert, fireworks. Check local newspapers for more information.

Tuesday, 7/4

4th of July Festivities. 9:00 a.m. Cabot. Rummage Sale 8:00 a.m.-2:00 p.m. School Gym. Cabot Library Book Sale on front lawn 10:00 a.m., 9:00 a.m.-1:00 p.m. coffee and donuts at the Historical Society building, 11:00 a.m. Main Street Parade, 12 noon Chicken BBQ and activities on Recreation Field end of town.

Wednesday, 7/5 and 7/6

Circus Smirkus 4 shows Wednesday and Thursday 1:00 p.m. and 6:00 p.m. Waitsfield. The 2017 big top tour "Midnight at the Museum" tickets smirkus.org or 1-877-764-7587. Kenyon Field. Presented by Waitsfield Children's Center.

Thursday, 7/6

Cold Country Bluegrass and Two Cents in the Till. 6:30 p.m. Marshfield. Summer Concert Series event is free and held on School Street in the Old Schoolhouse Common gazebo at the Jaquith Public library. Come on down and hear some music and dance. There is a book and bake sale and Backroad BBQ to sell you delicious food. Bring your chairs and blankets.

Saturday 7/8

John Doyle 7:30 p.m. doors open. Lower Cabot. Come enjoy an evening of Irish music with the Irish guitarist, virtuoso dynamic musician. Advance ticket purchase \$20.00. Reservations 802-793-3016 or email robinsons@fairpoint.net. Parking on Sawmill Road across from **Schoolhouse**. **Music starts** at 8:00 p.m. Potluck snacks and BYOB. Co-

sponsored by Cabot Arts, Summit School of Traditional Music & Culture and Concerts at the Schoolhouse.

Stoweflake Hot Air Balloon Festival 6:30 a.m. and 7:00 p.m. launches. Stowe. Cost \$10.00. More information call 800-253-2234.

Sunday, 7/9

Mollie O'Brien and Rich Moore 3:00 p.m. Newbury. "If you want to know what singing is all about listen to Mollie" -Led Zeppelin John Paul Jones. West Newbury Hall, 219 Tyler Farm Road. Tickets \$20.00 802-866-3309 Rock-Farmer.com. Hosted by Patrick Ross. Presented by The Skinny Pancake.

Tuesday, 7/11

Dragons 6:30 p.m. Cabot. Build your own Clay Dragon with the assistance from Mazie O'Connor for ages 10 and up. Sign up in advance at the Cabot library or call that you are interested in the program.

Chaise Lounge 7:00 p.m. Greensboro. Free concert in Main Theater at the Highland Theater. 6 person band, a great live show that the whole family will enjoy.

Wednesday, 7/12

Movie "Immortal" 10:00 a.m. East Montpelier. Twin Valley Seniors, Inc. invite the public to join for a powerful movie hosted by Central Vermont Council on Aging. Please feel free to stay for lunch 12:15 p.m. Age 60+ \$5.00, all others \$6.00.

Thursday, 7/13

Starline Rhythm Boys 6:30 p.m. Marshfield. Summer Concert Series event is free and held on School Street in the Old Schoolhouse Common gazebo at the Jaquith Public library. Come on down and hear some music and dance. There is a book and bake sale and food truck Chez Mami to sell you delicious food. Bring your chairs and blankets.

Friday, 7/14-16

Old Time on the Onion Fiddlers Gathering 12 noon Friday-12 noon Monday. Plainfield. Welcoming all traditional fiddle styles and acoustic instruments, workshops and outdoor activities, guest house and farmhouse available with reservations. 802-793-3016 at the Onion River Campgrounds, 61 Onion River Road. www.summit-school.org

Art and Author Night 6:00 p.m. Marshfield. Jaquith Public Library Art Opening with Jenni Bee and 7:00 p.m. author Leda Shubert reading from her most recent work "Listen: How Pete Seeger Got America Singing" and more.

Circus Smirkus 4 shows 1:00 p.m. and 6:00 p.m. 2 Days. St. Johnsbury. The 2017 big top tour "Midnight at the Museum" tickets smirkus.org or 1-877-764-7587. Green Mountain Mall. Presented by Catamount Arts.

Saturday, 7/15

Guster. 4:00 p.m.-10:00 p.m. Montpelier. Live in concert at Do Good Fest (FREE SHOW) a day of music, family events, food, beer and nonprofits all proceeds from parking fees go to Branches of Hope, the cancer patient fund at CVMC. Free admission on the back lawn of Na-

tional Life Building, National Life Drive. Ticket information DoGoodFest.com. This event is free to the public.

Comic Book Workshop 1:00 p.m. Cabot. At the Cabot Public Library Erica Cram will teach the basics of drawing a figure creating a superhero version of yourself and making a four page comic book, for ages 7-14.

Monday, 7/17

Cabot 50/50 Raffle Night at Mountaineers: Cheer on the Mountaineers and support the Cabot T-Ball team selling 50/50 raffle tickets. Sign up for your seat on the bus and enjoy a free ride with your neighbors and free admission at the ball park when entering all together as a group. Sign up for your FREE ticket at: <https://www.eventbrite.com/e/cabot-5050-night-at-the-vermont-mountaineers-tickets-35618724564>. Bus boards 5:00 p.m. at Willey Building parking lot.

Wednesday, 7/19

Jaffa Cakes! 6:30 p.m. Cabot. At the Cabot Public Library Lorelai Bastress will teach you how to make a three layer cake, originated from the United Kingdom. This workshop is for youth aged 8-12.

Thursday, 7/20

"Ten Road Trip, and Trash Mounds" 6:00 p.m.-8:00 p.m. Barre. Opening reception for "ten" a group show includes artwork inspired by the various objects described the old counting nursery rhyme "One two buckle my shoe". Road trip life through the Windshield by Aaron Stein and Trash Mounds by Grace Amber. Studio Place Arts, 201 North Main Street.

Dave Keller Band 6:30 p.m. Marshfield. Summer Concert Series event is free and held on School Street in the Old Schoolhouse Common gazebo at the Jaquith Public library. Come on down and hear some music and dance. There is a book and bake sale and food truck Caja Madera to sell you delicious food. Bring your chairs and blankets.

Saturday, 7/22

Village Harmony 7:30 p.m. Hardwick. Teen World music ensemble Session II presents "Songs of Struggle and Community" including American gospel, shape-note, traditional Georgian and Corsican songs. At Heartbeet, 218 Town Farm Road.

Sunday, 7/23

Calais 19th Annual Concert 4:00 p.m.-8:00 p.m. Calais. Anna Roberts-Gevalt and Elizabeth LaPrelle, Pete Sunderland and friends round up for an afternoon of memorable music making. Cost \$15.00. Old West Church Calais 802-233-1015.

Tuesday, 7/25

Village Harmony 7:30 p.m. Montpelier. Teen World music ensemble Session II presents "Songs of Struggle and Community" including American gospel, shape-note, traditional Georgian and Corsican songs. Christ Episcopal Church, 64 Main Street.

Thursday, 7/27

Kick'em Jenny 6:30 p.m. Marshfield. Free Summer Concert Series held on School Street in the Old Schoolhouse Common at Jaquith Public library. Come on down and hear some music and dance. There is a book and bake sale and Woodbelly Pizza to sell delicious food. Bring your chairs and blankets.

Barre Heritage Festival and Homecoming Days, four day event, check local newspapers for each day activities.

Friday, 7/28-29

14th Sol Harvest The Manifestivus. Cabot .Akae Beka (midnite), Jonathan Edwards, Jonathan Scales four orchestra, cast of characters Charles Lazarus, The Kettle Black, Mellow Yellow, Electrolads, Sabouyouma and many more. Text 'Manifestivus' to 55678 to join our fan base. 234 Pransky Road

Monday, 7/31

Blood Drive 12 noon-5:00 p.m. Cabot. The Blood Drive bus will be provided with air-conditioning at the Willey Building. Call Betty 563-2279 more information.

TOWN OF CABOT
DANVILLE HILL ROAD CLOSURE
Starting July 20, Danville Hill Road will be closed
 to through traffic at the intersection of Route 2 and Danville Hill Road while we replace a culvert at this location.
 There will be no through traffic during this time.
 The road is scheduled to reopen no later than August 1.
 Thank you for your patience while we complete this work.

FREE FOOD SHARE AND FOOD DROP DATES ~ FOR THE NEEDY ~

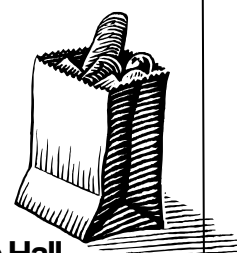
CABOT FOOD SHARE

**Wednesday,
JULY 12
Noon-2:00 p.m.**

**Wednesday,
JULY 26
Noon-2:00 p.m.**

**Cabot Masonic Hall
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Old Schoolhouse Common
School Street, Marshfield**



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Manifestivus
July 2017 28-29
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AKAE BEKA (MIDNITE) ★ JONATHAN EDWARDS
JONATHAN SCALES FOURCHESTRA ★ CAST OF CHARACTERS
CHARLES LAZARUS ★ THE KETTLE BLACK ★ MELLOW YELLOW
ELECTROLADS ★ SABOUYOUA ★ AND MANY MANY MORE TBA...

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www.manifestivus.com



AMERICAN RED CROSS BLOOD DRIVE

July Blood Drive

We are having our Fourth Blood Drive on Monday, July 31, from 12:00 noon-5:00 p.m. It will be in the bus provided by the Blood Drive in the Willey Building Parking Lot, and will be air conditioned! Please come and give for this blood drive. You can call Betty at 563-2279 or email at tcocabot@fairpoint.net. Thank you.

Summer brings greater blood needs and fewer donors. Please make time to donate. The need is great.

Betty Ritter, Cabot Town Clerk & Treasurer
 802-563-2279



SAVE THE DATE
CABOT NIGHT
AT THE
MOUNTAINEERS'
MONDAY EVENING,
JULY 17

Sponsored by Cabot School, Cabot T-Ball and Cabot Community Association

More information on page 9 of this edition of the Cabot Chronicle and on Front Porch Forum




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SUMMER SUPPERS AT CABOT UNITED CHURCH ON THE COMMON IN CABOT, VERMONT

Pulled Pork Suppers - July 13 and August 10
Barbecued Chicken - July 27 and August 24

Includes homemade salads, macaroni and cheese, baked beans, homemade desserts, coffee, and tea.
 5:00 PM to 5:30 PM take out at the kitchen door
 5:30 PM to 6:30 PM open seating.
 Cost: \$10 for adults, \$5.00 for children 5 to 12. Live music during supper.

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Cabot Arcana

Stories From The Cabot Historical Society

This 1828 poem was crafted by 21-year-old John Greenleaf Whittier. It commemorates the short-lived Vermont Republic (1777 - 1791). It is chock-full of defiance of Britain, New York, New Hampshire, and Massachusetts - portrayed as coveting Vermont to the detriment of hard working pioneers who carved homes from the forest primeval. Note: Vermont was admitted to the union on March 4, 1791.

The Song of The Vermonters, 1779

By John Greenleaf Whittier

Ho—all to the borders! Vermonters, come
down,
With your breeches of deerskin and jack-
ets of brown;
With your red woollen caps and your
moccasins come,
To the gathering summons of trumpet
and drum.

Come down with your rifles!
Let gray wolf and fox
Howl on in the shade of their primitive
rocks;
Let the bear feed securely from pig-pen
and stall;
Here's two-legged game for your powder
and ball.

On our south came the Dutchmen, en-
veloped in grease;
And arming for battle while canting of
peace;
On our east crafty Meshech has gath-
ered his band
To hang up our leaders and eat up our
land.

Ho—all to the rescue! For Satan shall
work
No gain for his legions of Hampshire and
York!
They claim our possessions—the pitiful
knaves—
The tribute we pay shall be prisons and
graves!

Let Clinton and Ten Broek with bribes
in their hands,
Still seek to divide and parcel our lands;
We've coats for our traitors, whoever
they are;
The warp is of feathers—the filling of tar:

Does the 'old Bay State' threaten?
Does Congress complain?
Swarms Hampshire in arms on our bor-
ders again?
Bark the war dogs of Britain aloud on
the lake—
Let 'em come; what they can they are
welcome to take.

What seek they among us?
The pride of our wealth
Is comfort, contentment, and labor, and
health,
And lands which, as Freemen we only
have trod,
Independent of all, save the mercies of
God.

Yet we owe no allegiance, we bow to no throne,
Our ruler is law and the law is our own;
Our leaders themselves are our own fellow-men,
Who can handle the sword, or the scythe,
or the pen.

Our wives are all true, and our daugh-

ters are fair,
With their blue eyes of smiles and their
light flowing hair,
All brisk at their wheels till the dark
even-fall,
Then blithe at the sleigh-ride the husk-
ing and ball!

We've sheep on the hillsides, we've cows
on the plain,
And gay-tasselled corn-fields and rank-
growing grain;
There are deer on the mountains, and
wood-pigeons fly
From the crack of our muskets, like
clouds on the sky.

And there's fish in our streamlets and
rivers which take
Their course from the hills to our broad
bosomed lake;
Through rock-arched Winooski the
salmon leaps free,
And the portly shad follows all fresh
from the sea.

Like a sunbeam the pickerel glides
through the pool,
And the spotted trout sleeps where the
water is cool,
Or darts from his shelter of rock and of
root,
At the beaver's quick plunge, or the an-
gler's pursuit.

And ours are the mountains, which aw-
fully rise,
Till they rest their green heads on the
blue of the skies;
And ours are the forests unwasted, un-
shorn,
Save where the wild path of the tempest
is torn.

And though savage and wild be this climate of ours,
And brief be our season of fruits and of flowers,
Far dearer the blast round our mountains which raves,
Than the sweet summer zephyr which breathes over slaves!

Hurrah for Vermont! For the land which
we till
Must have sons to defend her from val-
ley and hill;
Leave the harvest to rot on the fields
where it grows,
And the reaping of wheat for the reaping
of foes

From far Michiscom's wild valley, to
where
Poosoonsuck steals down from his wood-
circled lair,
From Shocticook River to Lutterlock
town
Ho—all to the rescue! Vermonters come
down!

Come York or come Hampshire, come
traitors or knaves,
If ye rule o'er our land ye shall rule o'er
our graves:

Our vow is recorded—our banner unfurled,
In the name of Vermont we defy all the world!

Submitted by Peter Dannenberg, Treasurer, Cabot Historical Society.

Brownie and Junior Girl Scouts

By Cecilia Gulka

Brownie and Junior Girl Scouts (grades 2 – 5) under the leadership of Darci Herdling, ended their year the weekend of June 10–11. Family & friends joined the girls for a trip to Santa's Village, followed by a girls only sleepover and dance party at Cabot School. The next morning, with the help of Darci, Jessica North and Connie Withers, the girls made a huge french toast, scrambled eggs and sausage breakfast for their families. This was followed by an awards ceremony, where badges and other recognitions were presented.

All the girls wish to thank the Cabot community for their enthusiastic support of the cookie sale, which provides the funding for these wonderful activities. Helpers and additional donations are always welcome. Contact Cecilia Gulka (cgulka@fairpoint.net) for more information.

Girl Scout registration is open for the 2017-18 school year. For more information and to register, please see the Girl Scouts of the Green and White Mountains website at: girlscoutsgwm.org.



Daisy Girl Scouts

Daisy Girl Scouts (grades K & 1) under the leadership of Lydia Pitkin and Tara Rogerson, wrapped up their year on June 3. After a fun day of jumping at the trampoline park in Williston, the girls had an end of the year ceremony at Lydia's house, complete with badges and s'mores.



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 CabotHistori-

Friends of Winooski Project



Cabot School and the Friends of the Winooski River team up to reduce stormwater runoff, improve water quality and provide student service learning opportunity

Cabot School Environmental Science students recently put the final touches on a stormwater runoff mitigation project begun two years ago on the school property. Students planted a shrub and perennial garden along the edge of a swale, designed to treat runoff from the hill behind the school. The swale was one of two installed by the school and the Friends of the Winooski River to reduce erosion on the school grounds and protect the water quality of the nearby Winooski River.

Prior to the project, the runoff generated by Cabot School and adjacent Danville Hill Road ran across the school property, causing erosion and picking up pollutants before it entered the school's stormwater system and discharged to the nearby Winooski River. In 2015, the Friends received an Ecosystem Restoration Program grant from the State to complete a detailed engineering survey and soils assessment to identify potential solutions. Cabot students participated in fieldwork with the project engineer during the evaluation and assessment process. For example, the students assisted with the soil sampling, learning how to

evaluate soils for infiltration capacity.

In the summer of 2016, the two best strategies identified in the site assessment were constructed. Both were swales designed to divert water away from school buildings, reduce erosion, and cleanse runoff from Danville Hill and the school's main parking lot. The pre-existing ditch was broadened and check dams were installed to slow stormwater. This June, Cabot School Environmental Science students planted berry bushes and perennials along the edge of one of the swales. These plants will take up water and reduce the overall volume of stormwater.

Funding for these projects came from the State's Ecosystem Restoration Program, the Lake Champlain Basin Program and Cabot Creamery. Stone Environmental was the consulting engineer and Natural High of Hardwick constructed the swales.

Friends of the Winooski River is a non-profit dedicated to the restoration and protection of the Winooski River and its tributaries. We work throughout the 1,080 square mile watershed to protect habitat, stabilize stream banks and improve water quality. We are also committed to providing people with access and opportunities to enjoy the river. To learn more about our work visit <http://www.winooskiriver.org>



Kingdom Animal Shelter

By Helen Morrison

Murphy

Murphy is a total love. He is about five years old, a beautiful grey color with a white bib. When he was very young, he had a detached retina that necessitated having his left eye removed. But that hasn't slowed him down at all. He is playful. He is very affectionate and loves to be petted and give head butts. He gets so excited about his head butts that he almost knocks you out. Just kidding. He doesn't get along with other cats very well. But he does like big dogs.

Come in and meet Murphy. Perhaps he would be just the right addition to your home.

The shelter is open Monday and Tuesday, 4-6:00 p.m., Wednesday 6-8:00 p.m., Thursday 3:30 to 5:30 p.m., Friday by appointment, Saturday and Sunday,



noon to 3:00 p.m. You can give us a call at 741-7387 or email us at info@kingdomanimalshelter.com, or check out our webpage - kingdomanimalshelter.com.

Ticks!



Everyone needs to be aware of the huge increase, explosion even, in the tick population in this area. Here are a few things I suggest you should have on hand to protect yourself and your animal companions.

It is much harder to find ticks on long haired dogs or cats, regardless of the breed, than on a short-haired smooth-coated breed. When you find a tick on yourself or pets, remove it as soon as possible. If you try to pull the tick off with your fingers, usually the head of the tick stays embedded in the flesh. If it goes unnoticed, severe infections can develop.

You can purchase "leggings" for yourself and children that are tick protector leggings.

I suggest that everyone purchase a

"tick stick" if you don't already have one to use on yourself and your animals. It looks like a miniature plastic crow bar and allows you to remove the tick intact. Slide this tool under the head of the tick to remove it. Once you have removed the tick, clean the area with alcohol.

On a different topic, it will not be long before Fourth of July, with all the fireworks. Be sure to keep your dog inside in a safe place before the fireworks begin, and be sure they can't eat a lot of corn cobs.

May everyone have a safe and joyful holiday.

Warmest Regards,
April Frost



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UNITED CHURCH OF CABOT

2 Common Way, Cabot, Vermont 05647

Worship @ 10 am Sunday Morning
Communion offered the 1st Sunday of the Month

**No Matter who you are
or where you are on life's journey,
you are welcome to travel with us
for as long as you need.**

The church is available for weddings, concerts, community organizations, birthday and anniversary celebrations and social gatherings.* To reserve a time call 563-2278 and leave a message. *FYI: the church is an alcohol and smoke free building.

Pastor: Christina Findlay, Mdiv
Music: Erma Perry, Bruce Westcott

Established in 1806
Moved to present location in 1849



Cabot Night at Mountaineers July 17

Cheer on the Mountaineers and support the Cabot T-Ball team selling 50/50 raffle tickets in their Cabot T-Ball hats and shirts. Half the proceeds go to the winning ticketholder at the game, and the other half go home with the Cabot team.

Sign up for your seat on the bus and enjoy a free ride with your neighbors and free admission at the ball park when entering all together as a group.

Sponsored by Cabot Community Association, Cabot School and Cabot T-Ball Team, and funded by Cabot Community Fund.

Sign up for your FREE ticket at:
bit.ly/cabotmountaineers17

Meet the bus at the Willey Building parking lot at 5:00 p.m. Ride to Montpe-

lier Recreation Field in plenty of time for the 6:30 p.m. game start, Vermont Mountaineers vs Upper Valley Night-hawks. We need to enter the ballfield all together as a group, and CCA will pay for everyone's admission.

When the game's over, board the bus for the ride back to the Willey Building.

PLAY BALL!!!



Sandwiches are no longer included because we were inadvertently violating Mountaineers' policy of no outside food allowed into the park, in the interest of their food vendors on site.



TWIN VALLEY SENIOR CENTER



On May 26, the winning ticket was drawn for the beautiful quilt made and donated by Mike Maxwell of Cabot. Tickets were sold, which raised \$ 389.00, which is a tremendous help for the center. Sandra Noyes of Montpelier was the lucky winner of the quilt.

A big "Thank You" to the Barre Elks #1535 in Barre for recognizing TVSC as an important part of the community. TVSC participants were guests on June 8 at a dinner hosted by the organization. Attending and representing TVSC were Cort Richardson, Betty Brown, Ron Walesch and myself. As Director, I spoke about the center and all it has to offer, Cort spoke about the Bone Builders program, Betty about volunteering in the dining area and Ron spoke about meal

delivery and all the wonderful friendships he has made. The organization presented Rita with a \$300.00 donation from their Benevolent & Protective Fund of the Barre Elks. It was a wonderful evening, enjoyed very much by the attendees from TVSC.

Important Dates:

- July 3 TVSC will be closed for the July 4 holiday. Meal delivery to cover that date for the homebound will be delivered on Friday, June 30. We wish everyone a safe, happy and wonderful Fourth of July.
- July 5---- Foot Clinic
- July 8---- Blood Draw from 10:00 a.m.-3:00 p.m.
- July 12--- We invite the public to join us for a powerful movie at 10:00 a.m. called "Immortal". This is a powerful presentation hosted by CVCOA. Please feel free to stay for lunch at 12:15 p.m. Age 60 + we ask a donation of \$5.00 and all others \$6.00. Hope you will come and enjoy the presentation.
- July 17 ---SASH will be on hand to do blood pressure. Visit with (Annette) Boo Smith, who is a great resource for any questions you may have.
- July 19--- Sing-A-Long with Pat Mayhew
- July 26 ---Foot Clinic

FROM THE CABOT PUBLIC LIBRARY

July Programs

Introduction to Tai Chi – Thursdays – June 1–27, 5:00 – 6:00 p.m.

Tai Chi Eight Postures: This is a great way to start Tai Chi. Each week one of the eight sequential postures will be focused on. Each posture is easy to learn and can form the basis for more advanced study. The 8 Pieces of Brocade; a classic set of qi gong postures, will be taught. Each class will also include stretching and strengthening exercises. Tai Chi helps with balance and concentration and is often considered a moving meditation. Classes are free to the public, though suggested donation of \$5 per class is welcome. It is requested that no outdoor shoes be worn on the wooden floors. Bare feet or clean indoor shoes are suitable. Classes are offered by Marsha Kameron. She has been teaching Yang Style Tai Chi for the past seven years. She has attended numerous Tai Chi workshops and is a senior student of Andrew Townsend (a disciple of Grand Master Jesse Tsao). Call or email for more information and to register. taichivt@gmail.com 802-424-6088 *No class on June 29.

Meditation Group – First and Third Wednesdays, July 5 and 19, 6:00 – 7:30 p.m.

Meeting on the first and third Wednesday 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.

Summer Reading

This summer's theme is – Build A Better World. All programs are free and open to children and adults of all abilities. Sign up for the summer reading program and win prizes and T-shirts! The Thousand Page Club continues. Story Hour and fun building activities on Tuesdays at 10:30 a.m. – come prepared to have fun!

Design your own Parade Poster—Monday, July 3, 7:00 p.m.

Join Lars Hasselblad Torres, formerly of Cabot; artist, educator and entrepreneur with a deep interest in the intersection of technology, community and economic development. Following the theme of Build a Better World, Lars will facilitate

this art workshop where you will help design and create posters for the Cabot Fourth of July Parade. Materials will be provided but participants are welcome to bring their own.

Cabot Library Book Sale—Tuesday, July 4, 10:00 a.m.

We will have several hundred books from all genres for all ages and interests! All prices are by donation and proceeds go to the Friends of the Library which help for ongoing library programming. We are currently accepting donations of books in good condition. Please, no VHS tapes, magazines, or materials in poor quality (moldy, water damaged, etc.).

Build your own Clay Dragon with Mazie O'Connor—Tuesday, July 11, 6:30 p.m.

Back by popular demand! 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, as space is limited. This workshop is for youth aged 10 and up.

Comic Book Workshop – Ericc Cram—Saturday, July 15, 1:00 p.m.

Learn the basics of drawing a figure and making a simple, four-page comic book. We'll apply these skills to create a super-hero version of yourself based on your skills/talents, what you love to do and how you would like to make the world a better place. For youth aged 7-14.

Jaffa Cakes—Wednesday, July 19, 6:30 p.m.

Join Lorelai Bastress and learn how to make Jaffa Cakes, which have three layers: a sponge base, a layer of orange flavored jelly and a coating of chocolate. Jaffa cakes originated in the United Kingdom – this workshop is for youth aged 8-12.

Cabot Library Reminders:

- Tuesday 9:00 a.m.-6:00 p.m.
- **Story Hour 11:00 am - NEW TIME**
- 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

See you at the library!

2017 Cabot Public Library's Summer Reading Program

This summer's theme is – Build A Better World



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. **Story Hour and fun building activities Tuesdays at 10:30am – come prepared to have fun!**

Monday, July 3 – 7:00pm – Design your own Parade Poster

Join Lars Hasselblad Torres, formerly of Cabot; artist, educator and entrepreneur with a deep interest in the intersection of technology, community and economic development. Following the theme of Build a Better World, Lars will facilitate this art workshop where you will help design and create posters for the Cabot Fourth of July Parade. Materials will be provided but participants are welcome to bring their own.

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Back by popular demand! Mazie O'Connor 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 as space is limited.** This workshop is for youth aged 10 and up.

Saturday, July 15th – 1:00pm – Comic Book Workshop – Ericc Cram

Learn the basics of drawing a figure and making a simple, four-page comic book. We'll apply these skills to create a super-hero version of yourself based on your skills/talents, what you love to do and how you would like to make the world a better place. For youth aged 7-14.

Wednesday, July 19th – 6:30pm – Jaffa Cakes!

Join baker Lorelai Bastress and learn how to make Jaffa Cakes which have three layers: a sponge base, a layer of orange flavored jelly and a coating of chocolate. Jaffa cakes originated in the United Kingdom – this workshop is for youth aged 8-12.



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5/17

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9/17

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.

RENT THE WILLEY BUILDING AUDITORIUM

For birthday parties, family gatherings, weddings and community events.

Tables and chairs available on-site. Reasonable fee to cover cost

Check rental rates and schedule at the Town Clerk's office

Call 802-563-2279 or email TCOCabot@fairpoint.net

The Willey Building Committee



4583 U.S. Route 2
East Montpelier

TwinValleySeniors@Myfairpoint.net

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- Volunteer Opportunities
- Donations & Contributions always appreciated
- Gift Certificates
- Dietician-approved Meals on Wheels for homebound & disabled residents.
- No physician orders needed.
- Call 223-3322 and ask for Rita.

CCA Help Wanted

CABOT COMMUNITY ASSOCIATION

The Cabot Community Association seeks a qualified EVENT COORDINATOR.

The Event Coordinator will be responsible for preparing and executing a detailed outline of event needs and reports to the CCA Executive Director.

Key Requirements:

- Excellent written skills, including experience writing marketing or public relations text
- Strong interpersonal skills, including experience building and maintaining relationships with a diverse network of individuals and organizations
- Strong organizational skills, including attention to detail and ability to multi-task
- Time management skills and ability to prioritize a large volume of tasks
- Self-motivation, enthusiasm and willingness to learn
- Great customer services skills

This is a part-time, seasonal position. Compensation and hours to be determined.

If interested, please submit a resume detailing your experience and cover letter to lori@cabotvermont.org.

In association with Cabot Arts and Concerts at the Schoolhouse, The Summit School of Traditional Music & Culture presents...

John Doyle

Saturday, July 8th at 8pm

At the Landmark Schoolhouse in Cabot, VT



"Doyle on guitar has risen to a level occupied by him alone. No one in Irish traditional music is a better guitarist than him right now."

—Earle Hitchener, *The Wall Street Journal* and *The Irish Echo* (formerly)

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Summit School of Traditional Music & Culture is dedicated to making music accessible to all. Let us know how we can help.

Cabot Smith Farm Strawberry Fest



- Strawberries • Ice Cream
- Cook Out • Hay Rides

Saturday, July 1st 12:00-4:00 pm
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