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The Cabot Chronicle

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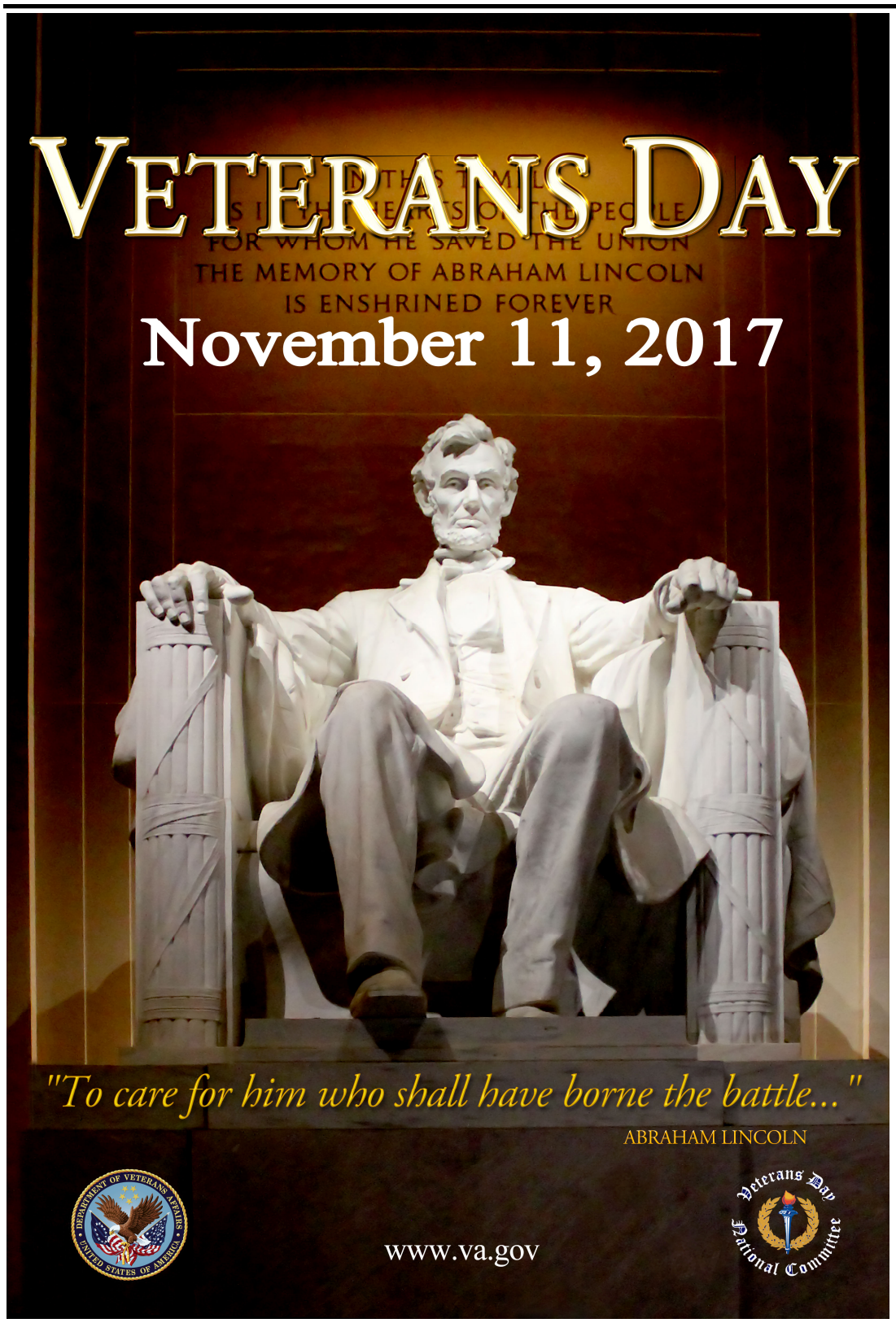
Vol. 10, No. 11 | P.O. Box 245, Cabot, Vermont 05647 | November 2017



Cabot School Board Update

By Chris Tormey,
Cabot School Board Chair

After several months of researching various ways to successfully meet the requirements of Act 46, the Cabot School Board voted unanimously at its October 16 meeting to develop a proposal for State approval that would maintain and strengthen Cabot High School. During this process, we reached out and discussed options with every neighboring school district – we started this process with all options on the table and an open mind, although some proved not to be viable.

Prior to its decision on the 16th, the Board reviewed almost 300 survey responses that had been mailed back to the board during the previous week by Cabot residents. Ten days earlier, on Thursday, October 5, we hosted a community forum at the CSPAC to present information and answer questions about the two most viable options for our school: Under Option #1, Cabot High School would be closed, and Cabot's high school-age students would be tuitioned out to other high schools; under Option #2, Cabot High School would stay open, be strengthened by an increase in staff and programs at Cabot and by collaborating with other schools. The surveys were sent to over 600 households in Cabot, provided an overview of the potential benefits and challenges of each option, and asked for residents to weigh in on which option they favored.

Of the 287 responses received, 158 respondents favored keeping the high school open, while 129 favored closing it and tuitioning out our high school students. Many residents took the time to include comments about why they favored the option they did with their responses. These results were taken into consideration by the Board, along with the electronic survey conducted earlier this summer, community forums on August 9 and October 5, and public comment at regular Board meetings.

As school directors who fully understand the importance of education to Cabot residents, as well as the different challenges built into each of the two options under consideration, we very much appreciate the thought and input contained in those survey responses. In the coming weeks, as we will build an Alternative Governance Structure proposal to persuade the State Board of Education that Cabot School will meet the goals of Act 46 without merging with other districts, we recognize the work ahead of us in Cabot to build support for the route that we've chosen to pursue.

The Alternative Governance Structure proposal is due in to the State Board by December 26. Some of the information required in that lengthy document has already been gathered as part of our earlier research into merging with Danville and Twinfield, and some is being gathered by the "Act 46 Working Group" made up of community volunteers and meeting regularly since August. In November we will be working to collect the remaining pieces, and will assemble an understandable, thorough, and persuasive proposal. We will keep you informed of that process as we make progress.

Thanks again to all of you who have provided input to our board in recent days, as we worked towards reaching a decision on which path Cabot School should take. Realizing the goal of improving our high school so that it can continue to serve our students and our community well into the future will require a large commitment of time, energy, creativity, and resources. We look forward to your continued input and help as we work together to reach that goal.

Wednesday, November 1, 2017, 7:00 p.m.
Town of Cabot Public Informational Hearing On the Vote for a Six-Month Budget
Willey Building third floor auditorium

Tuesday, November 7, 2017, 7:00 a.m. to 7:00 p.m.
Vote on Town of Cabot Six-Month Budget Issues
Willey Building

Absentee Ballots may be obtained through the Town Clerk's Office no later than November 6, 2017 at 5:00 p.m. and returned either by First Class Mail or dropped off at the Town Clerk's Office by Tuesday, November 7, 2017, 7:00 p.m. The Town Clerk's office number is 563-2279.

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2017 Legislative Update
CABOT ♦ DANVILLE ♦ PEACHHAM

By Representative Catherine (Kitty) Toll

The Vermont State Legislature will return to Montpelier on January 3, 2018. During the off-session, I enjoy having the opportunity to meet with constituents to answer questions and listen to thoughts and concerns and hearing ideas on ways to make Vermont the best state possible. As Chair of the House Appropriations Committee, I also keep a watchful eye on revenues and expenditures for the current fiscal year and factors that will impact the 2019 budget. The 2019 budgeting process will formally begin after the Governor presents the Administration's budget proposal on January 23. Prior to this presentation by the Governor, the House Appropriations Committee will begin the budget adjustment process. This is an annual practice to true up the current year budget in order to keep the state budget in balance. Vermont has a strong history of making needed modifications to avoid deficit spending.

The 2018 fiscal year for the State of Vermont began on July 1, 2017, and runs through June 30, 2018. Revenues for the three major funds - General Fund, Transportation Fund and Education Fund - are running close to projections for July, August and September. The General Fund is 0.6% below estimates, due to personal income tax and corporate tax shortfalls. However this has been partially off-set with rooms and meals revenue coming in over estimates. The Transportation Fund is running ahead of estimates by nearly 2% and the Education Fund is also 1% over the three month projection. Purchase and Use tax and the Vermont Lottery both exceeded estimates.

Fiscal Year 2019 budget instructions for all of Vermont's Agencies and Departments to follow have been issued by the Governor's office. All Agencies and Departments have been asked to submit level-funded General Fund budget requests. These proposals are due by October 16 and will be the basis for many budget and policy decisions made by the Administration. Vermont law requires that Vermonters have the opportunity to be heard during this process. As part of the development of the state's budget, the Governor is required to create a process for public participation.

Vermont Heath Connect:

Open Enrollment is the annual period when new applicants can utilize the Vermont Health Connect (VHC) marketplace to sign up for health and dental plans for the coming year. Additionally, it is also the time period existing members use to make changes to current health plans. Available to Vermonters are 24 options for qualified health plans from Blue Cross Blue Shield of Vermont and MVP Health Care, as well as dental plans from Northeast Delta Dental. Open Enrollment will run from November 1 to December 15. Of note, members who do not qualify for financial assistance can enroll directly through BCBSVT or MVP and have billing managed by the carrier. Vermonters can contact the Office of the Health Care Advocate for assistance if experiencing problems and to have questions answered that relate to health care services and health insurance. For more information please visit: https://www.vtlegalaid.org/health-care-advocate-project or call - 1.800.889.2047.

For additional information on any bill or action taken by the House or Senate or standing committee, please visit: www.leg.state.vt.us. These are live pages and are updated regularly. Please contact me directly with your questions and concerns. As always, it is an honor to represent our communities at the State House.

kittytoll@live.com
ktoll@leg.state.vt.us
PO Box 192 Danville, VT 05828
802-684-3671 (Home)

Daylight saving time ends at 2:00 a.m. Sunday, November 5. That means it's time to set your clock back an hour and gain an extra 60 minutes of sleep.

Country Commentary

ARE YOU READY FOR THE HOLIDAYS? HOLLAH!!! I am thankful that this year didn't go any worse than it did! LOL Yes this year was a little bumpy and there was some loss, but life is full of hurt. We just have to remember that life is full of joy as well!

My puppies are really not puppies anymore, well Abby is still kinda, being only four months now… We have been having our frustrating moments, but overall, I wouldn't have it any other way than having a full house. I love my critters! I call the dogs my kids 'cause they are! I am feeling better about life all the time. I lost my step-Mom, so that really hurt, but, as I said, we have our losses and our gains in a life that is long enough to be fully lived.

As I am sitting in the library and writing this, I am listening to a couple of gals talk about the girl scouts. I must say, the girl scouts gave me a lot growing up. I can't say enough good about the Girl Scouts. I learned so much about myself and what I could accomplish with the earning of badges for different skills acquired. Girl Scouts gave me direction after school and it was a way to have fun too. We went on camping trips, which were a lot of fun. We did sewing and learned to start a fire for cooking outdoors. We did so very many things, art, reading. I loved it and it was so worth being a Girl Scout. It was a way to socialize and we had a code of honor and conduct. I think Girl Scouts are a great way for girls to become proud of themselves and learn that there are no limits to the successes we can have. Limits are only obstacles to move out of the way. I would highly recommend anyone who has girls to have them join the Girl Scouts, and I feel as strongly about the Boy Scouts as well. I think teaching kids a code of ethics is paramount in how well our children turn out. So I guess that is my soap box for the month. Get involved, be a volunteer or a troop leader. You are needed! We all have skills we can pass on to the next generation skills that shouldn't be lost. Making candles, wood carving, making soap, there are just so many things that a troop can get involved in that it just makes it all worth it. The Scouts are a good thing and I wish more people got involved, parents especially! First aid is a great thing that kids get to learn and that can be carried with them all their lives. Scouts can make a difference and so can you!

Enjoy the holidays and enjoy the love that abounds!

YOUR AD HERE!

Why advertise in the The Cabot Chronicle ?

It's a great way to reach up to 1900 households in Cabot, Marshfield, Plainfield, Hardwick, and Danville! Spread the word about your product or service while helping to support a great community resource.
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802-563-2491 ~ Ads4Chronicle @yahoo.com

The Cabot Chronicle Submission Guidelines

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

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

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

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

The Cabot Chronicle

E-mail: **inbox@cabotchronicle.org**
Phone: **802-563-3338**
DEADLINE: 15th of the month prior
Publisher: Cabot Community Assoc.
Coordinator: Jeannie Johnson
Design/Pagination: Todd Jones
Advertising Manager: Ellen Cairns
Event Calendar: Mary Beth Churchill
Proofreading: Stephany Searles
Distribution: Lynn Maxfield, Betty Boisvert, Karen Mueller-Harder

Send Ads to: ads@cabotchronicle.org

The Cabot Chronicle is distributed the first day of the month and is provided *locally* free of charge.

~ Mission Statement ~

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

Phone: **802-595-7710** • Email: **inbox@cabotchronicle.org**
P.O. Box 245, Cabot, Vermont 05647

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CCA CABOT COMMUNITY ASSOCIATION

Cabot Arcana

Stories From The Cabot Historical Society

More Recollections from my Childhood in Cabot in the 1930's

By Jane Coyle McKay

When I was 11 or 12, I sold lemonade at the foot of our lawn on Main Street in Cabot. My Father acquired some metal cup holders for me and I used throw away paper cups in these holders. At that time, there were farmers in the village who stopped while transporting hay to their barns—5 cents a cup was the price. I loved making money on my own. Another source of income—I went to people's houses in the village to make hot milk sponge cakes. I learned to make these cakes in Home Ec at school. I charged 25 cents for this job.

My sister was also interested in making money. She worked at the local telephone office as a telephone operator. The office was located in the house opposite the Cabot Historical building that Tim Gochey and his wife now own. At that time, the LaBreques owned the house. One story that my family liked to tell was the time my Aunt Esther called long distance from Nashua, NH. This was a big deal then. The operator at that time (who was not my sister) said to my Aunt on the phone, "I just saw Gertie go down street." Obviously Gertie wasn't at home to take the call. Gertie was my Grandmother, Gertrude Wells, and Esther's Mother. Such was life in a small town at that time.

Both my Mother and Grandmother were active in the Congregational Church. They belonged to the Ladies Aid Society. This was a group of women who worked for the benefit of the Church raising money by sponsoring various projects. One such project I remember was called, "Galloping Teas". Women in the group took turns serving afternoon tea or breakfast in their homes. Transportation was furnished in horse drawn sleighs. This event took place in the winter as a way of averting "Cabin Fever".

Another memory I have is going to the Historical Building to observe Memorial Day. It was owned by the Women's' Relief Corps at that time. There were speakers and other activities. The entire school marched over from their various classrooms. It was usually boring, but a nice relief from the norm.

A final memory is of the times when we invited either my or my sister's teacher for dinner. At that time, the elementary teachers were single and boarded at the hotel, which was next to Willey Hall. Having the teacher was an exciting event, and we put on our best behavior. One Washington's birthday on February 22, we invited my fourth grade teacher, Miss Slack, to go to Stowe to cross country ski. We skied into Ranch Camp at the foot of the hill that goes up to the Lodge. The meal we were served for lunch was so delicious, I still remember it—beef stew. Of course we had gained good appetites from skiing in so far, so it tasted especially good.

Life in Cabot during the Great Depression and World War II held great adventures for me.

Correction:

October Cabot Arcana on Cabot mapping was penned by Jane Brown, Cabot Historical Society Archivist. The printed byline credited Jane Coyle McKay, author of the September Cabot Arcana. Ironically, Jane Coyle McKay is also the author of this month's Cabot Arcana.

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 275, Cabot, VT 05647.

Planning Notes

By Karen Deasy
Zoning Administrator
and Town Planner

November 7 Bond vote on water line replacement:

The Town of Cabot has submitted an application to the State Drinking Water Reserve Fund for replacement of the water line on Danville Hill Road. Total project costs, including all engineering and environmental work, are included in the proposed bond. Repayment of this bond will be paid by water system users through user fees on the Town's water system, and are expected to increase water rates roughly $100 per year for the average user. As the bonds are issued in the Town's name, the entire Town must vote on this issue.

Problems on the Danville Hill line have forced us to close school due to a lack of service while making repairs and have drastically increased costs for repairs. The Danville Hill water line also provides connection from our primary water source for the Town. The line is pvc, and while the line itself has not had issues, the couplings used to connect the pipe on the line separate, causing a considerable loss of water to the system. Being pvc, we are unable to locate leaks until the water saturates the ground enough to surface. Upgrading this line is key to maintaining our infrastructure.

Conservation District:

The Planning Commission has begun work to create a Conservation Zoning District within the town zoning. This district, as currently proposed, will include the land in the Town Forest and the land around Molly's Falls State Park. A draft will be posted on the town web site for review and comment.

Regional Planning Commission:

The Town of Cabot is seeking a resident to represent the Town at the Regional Planning Commission as the Towns representative. The Board meets the second Tuesday of the month from 7:00 - 9:00 p.m. If you are interested in representing the Town in this position, please submit a letter of interest prior to November 2nd to:

Town of Cabot
Attention Planning Commission
PO Box 36
Cabot, Vermont 05647

Cabot Recycling

#5 Plastic now being collected

By Ben Davis

The big recycling news for local residents is that the Northeast Kingdom Waste Management District (NEKWMD) is now collecting #5 plastic food containers. Just as for numbers 1, 2, 3, and 4, please make sure your #5 containers are rinsed clean of any food residues. Please double check the recycling logo on the food containers to be sure of the number. Only containers smaller than two gallons are accepted. The Cabot Recycling Center does not collect #6 or #7 at this time.

Also of note in the area of plastics recycling: Any BLACK plastic lids and containers may NOT be recycled at this time. Black plastic is a serious contaminant of recycled plastic and should be discarded in your trash. The reason is that the optical scanners that sort clear and colored plastics cannot tell the difference between black plastic and the conveyor belts used to move plastics at the processor. Thanks for your help on this front.

Plastic bag recycling has also expanded to include #5 plastic bags. We now accept bags labeled #1, #2, and #5 only. If the plastic does not have a logo, please do not add it to the plastic bag bin.

On the global recycling scene, China has restricted imports on two dozen recycled commodities due to contamination. One that affects NEKWMD is China's ban on importing cardboard and boxboard. Although the NEKWMD does not ship cardboard to China, the ban has caused a regional glut of cardboard. As a result, the price paid to us has fallen by about $30 per ton. Still, at around $100 per ton, our clean cardboard continues to be a revenue generator. In addition, a number of mills in Canada and the Northeast are switching from mixed paper to cardboard as an industrial feedstock, so any effects from China's restrictions may be short lived.

Keep up the great job of recycling clean materials. Check the District website at nekwmd.org for a copy of the recycling list, or pick one up at the recycling center, located on Sawmill Rd. in Lower Cabot. Hours of operation are from 8:00 a.m. until noon every Saturday. Trash is collected for a fee, along with a wide variety of materials.

For Weekly Articles on

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

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Obituaries & Memorials

Sandra Spooner

Sandra "Sandi" (Trefren) Aronson Spooner passed away unexpectedly at her Marshfield, Vermont, home on September 25, 2017.

Sandi was born to George and Theda (Chamberlain) Trefren, of Lyndonville, Vermont, on January 25, 1940. Sandi graduated from Lyndon Institute in Lyndonville and went on to earn her degree from the Vermont College of Cosmetology.

On July 7, 1974, she married Douglas Aronson. They blended their families to raise a family of nine before having one child together. In 1975, after running a family dairy farm in Berlin, Vermont, Sandi and Doug bought the Woodbury Country Store and moved to Woodbury, Vermont. For years, their store thrived and diversified as an authentic general store. After selling the store, Sandi held various jobs and enjoyed positions in which she interacted with the public. She especially enjoyed working with women in choosing cosmetics and perfumes to enhance their natural beauty. In later years, Sandi and Doug enjoyed spending time at campgrounds and on their boat with family and friends.

On June 17, 2017, Sandi married Mervin Spooner of Marshfield, Vermont, and honeymooned in the Thousand Islands of New York. Though their time together was brief, Sandi and Merv were inseparable. They enjoyed dancing, spending time at the Twin Valley Senior Center, attending church, taking their beloved dog, Jackie, for creamees, and doing chores together at their Marshfield home.

Sandi was a gifted musician, who skillfully played both organ and piano. In recent years, she became an organist for the Marshfield United Church, and could be seen and heard playing the calliope in various parades on behalf of the Shriners.

Anyone who knew Sandi understood the pride she took in her appearance, she always looked her best, and enjoyed her clothes, jewelry and make-up. Even more important to her was accepting people for who they were and supporting them in her quiet way. This was evident by her helping others in need anonymously. Sandi made a common practice of leaving things that people needed when they were not home, as it was important to her that people not feel indebted to her or ashamed of their circumstances. Being little in stature, those close to her know her heart was the largest part of her.

Sandi is survived by her only sister and brother in-law, Pauline and Ronald Drew, of Lyndonville, Vermont. Sandi was a cherished mother to Ann and Mike Cookson, of Cabot, Vermont, Diana Gomez, of Bridgeport, Connecticut, Carlos Gomez, of Kingman, Arizona, and Merilyn and Bill Ready, of Terryville, Connecticut. Stepchildren include Dug and Maria Aronson, Carl and Marina Aronson, Scott and Tammy Aronson, all of Randolph, Vermont; Tammy Aronson, of Fort Myers, Florida; Karen Lilley, of Williamstown, Vermont; Kim Aronson, of Wilmington, Vermont; David Spooner, of Marshfield, Vermont; and Alison and Dan Ricker, of Sharon, Vermont. Sandi is survived by 25 grandchildren, 12 great-grandchildren and five great-great-grandchildren.

Due to extenuating circumstances, a celebration of Sandi's life will be held and announced at a later date. In lieu of flowers, contributions can be made to the Marshfield United Church, P.O. Box 144, Marshfield, VT 05658; or to the Twin Valley Senior Center, 4583 US-2, East Montpelier,VT.

Cabot Community Theater

Cabot Community Theater is seeking enthusiastic performers for our spring 2018 musical: Mary Poppins! We need kids, teens and adults for parts both large and small - solo singers, chorus members, and a number of non-singing roles as well! We hope to have performers of all ages involved in the show, and plan (as always) to have flexibility in our casting in terms of age and gender, to offer performing opportunities to as many participants as possible. Everyone is welcome to audition, whether you're from Cabot or a nearby town. Make it a family activity! Get your best friend to do it with you! If you're not familiar with CCT, we strive to be a welcoming, inclusive theater group, and aim to provide excellent, affordable performances for the community, while having a great time ourselves!

Mary Poppins is a magical nanny who comes to take care of the Banks children, and quite happily disrupts their well-ordered lives. This delightful stage musical includes most of the same songs and plot elements as the beloved film, but introduces many characters and plot lines from P. L. Travers' book which were not used in the movie. If you want an overview of the changes, they are nicely laid out in the Wikipedia article, "Mary Poppins (musical)."

Auditions will be held in the Cabot School Performing Arts Center (CSPAC) on Sunday, November 5, from 1-4:00 p.m. and Wednesday, November 8, 6:30-8:30 p.m. Please prepare a song you feel comfortable singing--if you're not an experienced performer, a song your family likes to sing in the car, or your favorite silly song makes a great choice! If you're nervous about singing alone, you could sing with someone (we can help, if needed!). We can provide piano accompaniment if you bring sheet music. We'll also have you read a bit from the script, and see how you move. Non-singing parts are also available; no need to prepare a song if you just want to read for one of those roles! No appointment is needed; plan to hang around for about 30-45 minutes, depending on how busy it is at the time.

Caleb Pitkin will be directing, Cameron Mueller-Harder will be the music director, with choreography by Daria Babbitt, and accompaniment by Mark Violette. We have a whole design team already in place, so expect an amazing show! Rehearsals will begin in early December; major leads will have 2-3 rehearsals per week, smaller leads 1-2, and ensemble/chorus will probably only rehearse once a week. The rehearsal schedule details will depend on cast availability, but we'll try to have kids rehearse only in the afternoons until performance week.

Performances will be April 13-15, in CSPAC. (These dates are the first weekend of spring recess at most Vermont schools, but we're hoping that people will be able to work around that with this much notice; the timing of Easter and Passover made earlier dates in April tricky.) If you're interested in being involved in the production staff, or have any questions, please email Karen Mueller-Harder (Producer) at karen@praxisworks.org or call 793-5617.

We hope you will join us for another great show!

Where in the World is the Cabot Chronicle?

Brigitte Codling on board the Star Princess cruising past glaciers in Alaska.

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Lynn Jones Joins the Snelling Center
for Government's Leadership Institute Class of 2018

The Snelling Center for Government is pleased to announce that Lynn Jones of Cabot has been accepted into the Vermont Leadership Institute Class of 2018. Jones is currently the Coordinator of Training and Compliance at Washington County Mental Health Services, Inc., in Montpelier. Jones joins 22 other leaders from across the state in an intensive program that attracts participants from the public, private and non-profit sectors.

The Class of 2018 embarked on their leadership journey in September and will meet for a total of nineteen seminar days between now and June 2018. Associates will engage in intensive assessment and self-reflection, study ethics and systems thinking and become immersed in some of the most important issues facing Vermont. Through this experience, associates are inspired to participate in public service, take thoughtful action within the public sector, and work effectively with other Vermont citizens to bring about positive change. This year marks the 23rd year of the Vermont Leadership Institute, and Jones will join more than 500 graduates who are making a difference in Vermont: leading innovative businesses, creating award-winning non-profits, serving in the legislature and state government, and volunteering in their communities.

To learn more about the Vermont Leadership Institute and the Snelling

Center's other professional development programs, please visit www.snellingcenter.org or attend the upcoming Open House on Wednesday, October 11, from 5:30 – 7:30 p.m. at the Catamount Arts Gallery in St. Johnsbury. Contact Suzanne Trahey at suzanne@snellingcenter.org for more details.

The Snelling Center for Government is a non-partisan, non-profit organization committed to fostering responsible and ethical civic leadership, encouraging public service by private citizens, and promoting informed citizen participation in shaping public policy in Vermont. For more information, please visit our website at ***www.snelling center.org***.

Apple Pie Festival a Success Thanks to You

Apple Pie Festival had amazing craftspeople and vendors, and the apple pies were delicious, as always. The planning committee is grateful for the bakers, crafters & vendors, judges, volunteers and community members who joined us for part of the day. It was great fun, helped us earn funds to continue maintaining, acquiring and preserving the history of Cabot.

Winning Pie Makers:

Adult Category:
- First Place: Laura Mulligan
- Second Place: Grace Hoffman
- Third Place: Betty Ritter
- Fourth Place: Johnnye Burtt

Junior Category:
- First Place: Adelie Tebbetts
- Second Place: Freya VanDeusen
- Third Place: Madelyn Perry
- Fourth Place: Ava Christman
- Pieman Award: Jaden Whitehouse

Generous Contributing Business:

Cabot Village Store
Cabot Creamery
King Arthur Flour
McKenzie Meats
White Market, St. Johnsbury
Bimbo Bakery, St. Johnsbury
TOPS Family Market, Hardwick
Walmart of Berlin

Our Amazing Organizing Team:

Bonnie Dannenberg
Jeanne Johnson
Joanne Luce
Peter Dannenberg
Marcy Martin
Jen Gochey
Betty Ritter

Cabot's Incredible Baked Bean, Chili and Corn Chowder Chefs:

Marvie Domey and Marion Morrison
Lynn Jones
Shirley Ducharme and Betty Ritter

And Community Members:

Dozens of community volunteers baked and staffed the event and judged pies. We couldn't do it without you. Thank you.

Mark your calendar for the 19th Annual Apple Pie Festival, Saturday, October 13, 2018.

Cabot School Alumni 2017 Reunion

Mary Bothfeld, seated center, traveled from Maine to note this would be the 75th reunion of her Cabot School class graduation. Photo by Amanda Legare.

Advice from the Tree Warden
By Roland (Slim) Payne

Mid-October and still warm. The foliage colors were different this year, some trees are bare, some yellow and some red, but a lot are still green. But the weather is a little crazy this year. This is a good time to get out and walk in the woods. It is warm, the leaves are wet enough to be quiet and, with the leaves dropping, you can see well, so you can look at birds and squirrel running and flying around and also look at the colors and it is very quiet and relaxing, you can get lost in it and not be lost.

There is not much to talk about on trees this time of year, except the spruce tree on the green that I cut down to replace with a small one. I heard a couple of complaints, but they turned out to be not true. Anyway, I am going to put a tree there for Christmas and take it out in the spring. It will be about 15' tall. It will go in in mid-November.

Humor from the HELPER

A man called the hospital, screaming "You gotta help me, she's in labor! She's having a baby! The nurse at the front desk responded, "Please try to calm down. Is this her first child?" "No," he hollered back. This is her HUSBAND!"

Confucius say: "Before I criticize a man, I like to walk a mile in his shoes. That way, when I do criticize him, I'm a mile away and I have his shoes."

COMMUNITY CALENDAR

~ NOVEMBER~

Thursday, 11/2

The New American Realism Exhibit Opening Reception 5-7:00 p.m. Montpelier. The reception will be free and offer opportunities to meet the artists Heidi Broner and August Burns, purchase art and enjoy refreshments. T. W. Wood Gallery, Center for Arts and Learning, 46 Barre Street, East Wing, Second Floor.

The Idiot's Tale 7:30 p.m. Plainfield Little Theatre announces the premiere production, a play by Vermont playwright Tom Blachly. At the Plainfield Town Hall Opera House, 15 High Street (US Route 2). Tickets are $12 general admission, and $10 students and seniors. For ticket reservations, call 229-5290.

Friday, 11/3

Annual Christmas Show 10:00 a.m.-7:00 p.m. and Saturday 10:00 a.m.-3:00 p.m. Peacham. Peacham Corner Guild, featuring small antiques, fine handcrafted gifts, specialty foods, ornaments, invited artists. Market Cafe and Catering open 10:00 a.m.-3:00 p.m. Upstairs at the Peacham Town Hall.

Chandler Presents Ray Vega 7:30 p.m. Randolph. Acclaimed Trumpet Master brings his Latin Jazz Sextet to Chandler Music Hall. For tickets and more information, call the Chandler Box Office at (802) 728-6464.

Saturday, 11/4

Open Auditions for MACBETH 1-5:00 p.m. at Plainfield Community Center, above Plainfield Co-op, at 153 Main Street. For the Plainfield Little Theatre's production of William Shakespeare's great tragedy MACBETH. Production directed by Tom Blachly. You may prepare a short audition piece and may also be called on to read a monologue or scene (s) from the play. For more information call 802-229-5290.

Dry Flower Arrangements 10:00 a.m.-1:00 p.m. Montpelier. Class at T. W. Wood Gallery led by Joan Smith and Suki Ciappara. Cost: $50 plus materials. 46 Barre Street, Center for Arts and Learning building. For full class description go to twwoodgallery.org.

Community Food and Wellness Fair 10:00 a.m. Montpelier. Hunger Mountain Co-op free event for copious amounts of food, drink, wellness, product samples from many vendors. Family friendly. Local wellness practitioners and holistic healers offering mini sessions, face painting for the kids.

Sunday, 11/5

STANDARD TIME BEGINS

Auditions for Mary Poppins 1-4:00 p.m. Cabot School Performing Arts Center. People of all ages and experience levels. Directed by Caleb Pitkin. Questions - Karen@praxisworks.org or 793-5617.

Northeast Fiddlers Association Monthly Jam and Meet Noon -5:00 p.m. Morrisville VFW, Pleasant Street, fiddlers and public welcome. Local food shelf donations being collected. Info: Bill Cameron 802-431-3901.

Paint & Sip 2-5:00 p.m. Join us for a lovely fall afternoon painting party. "Give Thanks" design perfect for Thanksgiving. Tickets $26 per person. Montpelier Elks Lodge, 203 Country Club Road.

Canadian Club Bazaar 10:00 a.m.-3:00 p.m. Route 14 Barre. Lunch available 11:00 a.m.-2:00 p.m.

Bluegrass for a Sunday Afternoon 2:00 p.m. Randolph. The Gibson Brothers, VT Bluegrass Pioneers bring harmonies and classic songs to the Chandler Center of the Arts. For tickets and more information, call (802) 728-6464.

Tuesday, 11/7

The Social Black Bear 7:00 p.m. Ben Kilham presents "The Social Bear, What Bears Have Taught Me about Being Human". Donations at the door. Haybarn Theater at Goddard College, Plainfield. Info: Loona Brogan 802-454-8504.

Wednesday, 11/8

Auditions for Mary Poppins 6:30-8:00 p.m. Cabot Performing Arts Center. People of all ages and experience. Directed by Caleb Pitkin. Questions: Karen@praxisworks.org or 793-5617.

Meteorologist Roger Hill 6:30 p.m. Shifting Climate and Extreme Weather, Woodbury Town Hall. Open to all. Refreshments. Sponsored by Woodbury Conservation Commission. Route 14 in the village. Info: call 472-5710.

Saturday, 11/11

3rd Annual Granite City 5K Run/ Walk for Veterans 9:00 a.m.-12 noon, Barre. Hosted by Barre Partnership and Capstone Community Action. Registration and info: Joshua Jerome at Barre Partnership 477-2967 or email director@thebarrepartnership.com.

Homeless Veterans Awareness Night 3:00 p.m.-Sunday 8:00 a.m. Monday, South Barre. At the Wilkins Harley-Davidson dealership, South Barre. Some will be sleeping outside of the business. Come down and donate to Veterans Place (Northfield) or go to www.gofundme.com/homeless-veterans-awareness-night.

Sip oops! Soup & Paint Creation in the Kitchen and Studio! 10:00 a.m.-3:00 p.m. Class at T. W. Wood Gallery, Montpelier, led by Ginny Callan and Binta Colley. $75, some materials included. 46 Barre Street, Center for Arts and Learning building. Full class description: twwoodgallery.org.

Miss Vermont Teen USA and Miss Vermont USA 2018 Preliminary Competition 8:00 p.m. Stowe Spruce Peak Performing Arts Center, 122 Hourglass Drive. 802-760-4634.

Sunday, 11/12

Miss Vermont Teen USA and Miss Vermont USA 2018 Finals Competition 2:00 p.m. Stowe. Spruce Peak Performing Arts Center, 122 Hourglass Drive. 802-760-4634.

Hunters' Widows Shopping Day 10:00 a.m.-4:00 p.m. Ladies Day Out! Come get a jump start on your holiday shopping with great vendors and crafters, cash bar and lunch served, Montpelier Elks Lodge #934, 203 Country Club Road.

Wednesday, 11/15

CVSWMD America Recycles Day 9:00 a.m.-4:00 p.m. Barre. Free Electronic Waste Collection, are you looking to get rid of your old or broken computers and TVs? Drive to the Additional Recyclables Collection Center at 540 North Main Street. For a complete list of all accepted ARCC items go to cvswmd.org/arcc.

Movie Night at JPL 7:00 p.m. Marshfield. Jaquith Public Library presents a free movie dated 1994 of King George III of England. What happens in a monarchy when the ruler is not rational? 122 School Street, Room 2.

Friday, 11/17

Mirage is Back!! 9:00 p.m. Barre. They have been rocking since 1985. Gusto's Bar. Classic rock favorites, dance songs, five singers with great harmonies. Come see what everyone is talking about!!

Saturday, 11/18

John McEuen & Friends present "Will the Circle be Unbroken" 7:30 p.m. Stowe. Spruce Peak Performing Arts Center, 122 Hourglass Drive. 802-760-4634.

The Sharon Shannon Band 7:30 p.m. Barre Opera House, City Hall, 6 North Main Street (802) 476-8188 or www.barreoperahouse.org.

Model Railroad Show 10:00 a.m. The Northwestern Vermont Model Railroad Association brings back their show for the second year. Display of model RRs in all scales, over 75 tables of exhibits and vendors. Kid friendly, hands-on activities and mini train to ride. Tickets are available at the door. Barre Civic Center.

Telling Stories through Collage 10:00 a.m.-1:00 p.m. Bring your memories (photographs etc.). Class at T.W. Wood Gallery led by Joan Smith and Suki Ciappara Cost $50. 46 Barre Street, Center for Arts and Learning building, Montpelier.

Winter Clothing Drive 9:00 a.m.-1:00 p.m. Free good quality clothing available at the Old Schoolhouse Common gym, 122 School Street, Marshfield. Co-sponsored by Onion River Food Shelf and Jaquith Public Library.

Anniversary Party and Street Bob Giveaway 10:00 a.m. South Barre. 2017 marks 70 years strong for Wilkins Harley Davidson motorcycles 1947-2017. Giving away a brand new Dyna Street Bob to say THANK YOU to our loyal friends and customers. Check our Facebook page!

Two FREE Concerts 7:00 p.m. and 4:00 p.m. Mozart's Symphony 29 in A Major and "Amahl and the Night Visitors" by Gian Carlo Menotti. Montpelier Chamber Orchestra at Montpelier City Hall Arts Center, 39 Main Street. Reserve seating 15 minutes before performance, 3:45 p.m. and 6:45 p.m. Remaining seating opened to the public first come, first served.

Monday, 11/20

Civil War Story. East Montpelier. John David Book, author and president of the Worcester Historical Society will tell the tale. "A High Price to Pay, a Heavy Burden to Bear: One (Cabot) Family Civil War Story. For more information contact Sandal Cate 223-6466 or sandal@sover.net

Thursday, 11/23

THANKSGIVING DAY

Friday, 11/24

Acrobats & Warriors of Tianjin, China 3:00 and 7:00 p.m. Stowe. Spruce Peak Performing Arts Center, 122 Hourglass Drive. 802-760-4634.

Saturday, 11/25

2017 Central Vermont Craft Show 9:00 a.m.-5:00 p.m. and Sunday, 9:00 a.m.-3:00 p.m. Barre. 37th Annual Fair with 100 crafters, door prizes, refreshments. Free admission and parking at Barre Auditorium.

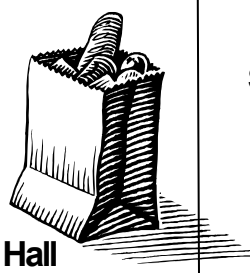
2017 Northeast Kingdom Craft Fair 9:00 a.m.-3:00 p.m. Lyndonville. At the Lyndon State College Rita Bole gym. Vendors selling large varieties of products.

Jingle Bell Express 10:00 a.m., Noon and 2:00 p.m. and Sunday, 11/26 10:00 a.m. and Noon. Burlington. Keurig Green Mountain presents, hosted by Ronald McDonald House Charities. 5th annual Coming to Town round trip train rides Burlington-Charlotte. Arrival at Main Street landing, children will be met by holiday characters with goodie bags and singing. Tickets $25, children 2 years & younger free if sitting on parent's lap. Ticket information www.flynntix.org.

FREE FOOD SHARE AND FOOD DROP DATES

~ *FOR THE NEEDY* ~

CABOT FOOD SHARE
Wednesday, NOVEMBER 8
Noon-2:00 p.m.
Wednesday, NOVEMBER 21
Noon-2:00 p.m.
Cabot Masonic Hall
3339 Main Street



FAITH IN ACTION NORTHERN COMMUNITIES PARTNERSHIP INC.

Available for Cabot Residents

MARSHFIELD FOOD DROP
Second Saturday of every month.
SATURDAY, NOVEMBER 11
Food pick up at 8:00 a.m.
Open until food is gone - usually 9:30 am

Onion River Food Shelf
Old Schoolhouse Common
School Street, Marshfield

TOWN OF CABOT REMINDER:

Cabot 2017 Property Tax payments are due Thursday, November 16, 2017, by 5:00 p.m.

Reminder: there is a drop box available at the back entrance of the Willey Building for dropping off property tax payments before November 16, and other town clerk business.

Payments postmarked by November 16, 2017, are considered timely.

VT F&W Gives Update on Multi-Year Moose Study

The Vermont Fish & Wildlife Department recently completed the first field season in a multi-year study to better understand the state's moose herd. Beginning in January 2017, researchers placed radio-collars on 60 wild moose and began tracking their movements.

Moose across the Northeast are increasingly under stress from a parasite known as winter ticks. The ticks are becoming more prolific as spring and fall weather has warmed in recent years, causing some moose to collapse from blood loss or die from hypothermia after rubbing their insulating hair off in an attempt to rid themselves of the parasite.

Department staff began tracking the moose using the GPS points gathered by the collars and by visiting moose directly in the field to record observations. They have been examining moose that have died during the study period to attempt to determine cause of death. Staff have also been observing whether female moose are successfully reproducing and how well newborn calves are surviving their first few months.

Eighteen out of the 30 radio-collared calves survived their first winter and spring. The 12 calves that died were examined and showed signs of winter tick infestation and were generally severely underweight.

Adult cow moose expectedly fared better, with 27 out of 30 moose surviving the winter and spring period. Fifteen of the 30 adult cow moose produced calves this spring, of which 10 have survived thus far.

"We're still very early on in this study, so it's too soon to draw any conclusions from these data so far," said Cedric Alexander, Vermont Fish & Wildlife's lead moose biologist. "We're pleased that we were able to successfully radio-collar the desired number of moose and that most of the cows have survived thus far. The collars have been working properly and our field staff have been afield daily to visit the moose and record observations."

Department staff plan to capture an additional 35 moose in January 2018.

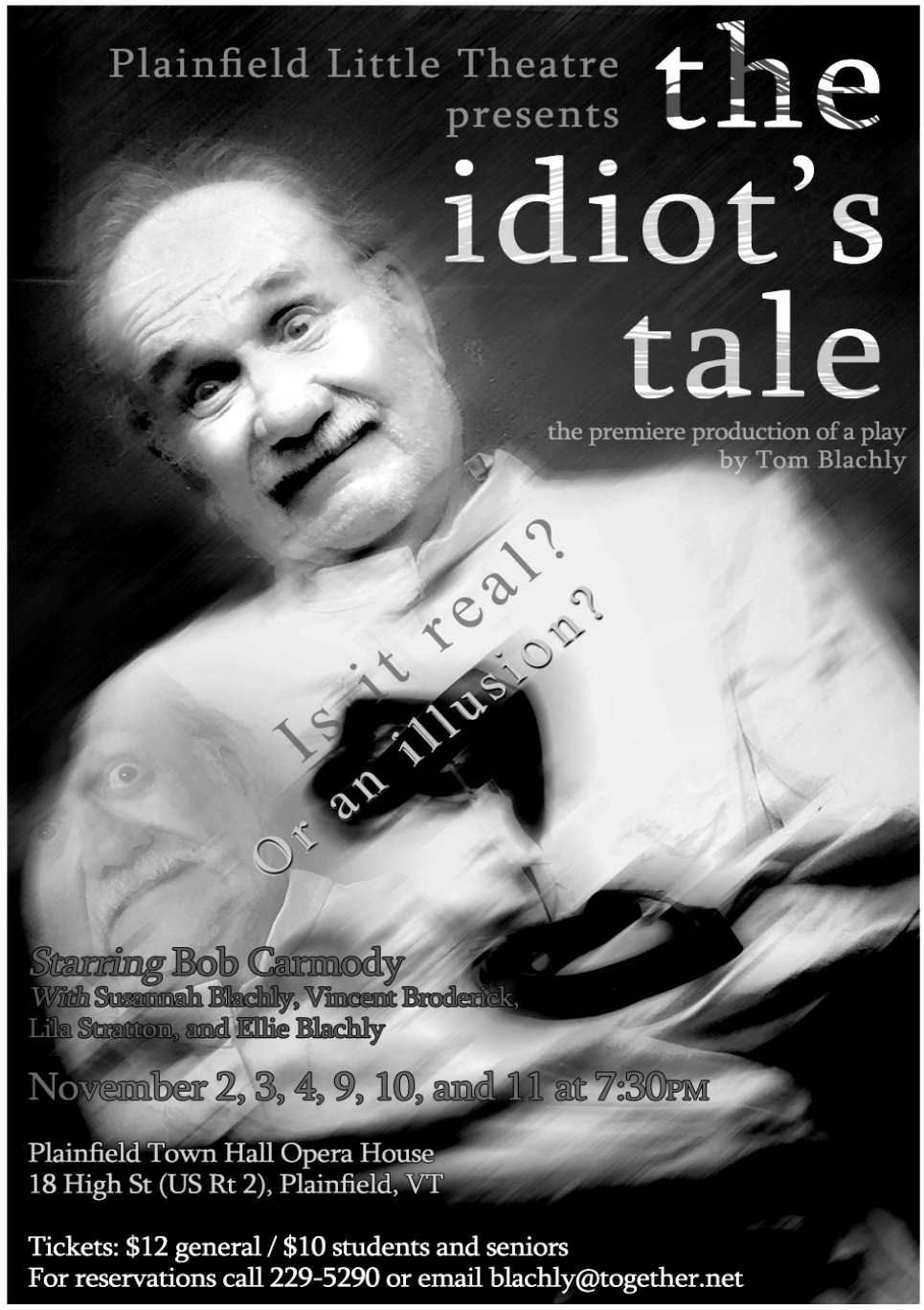
Vermont is the fourth northeastern state to partake in such a study – state fish and wildlife agencies in New Hampshire, Maine, and New York are currently using the same methods to examine their moose herds.

"Moose face a variety of potential threats in the northeast, from warmer temperatures to dramatically increased parasite loads and habitat fragmentation," said Alexander. "It is important that we understand how much these factors are affecting our moose population in Vermont. Our moose conservation efforts must be based on a strong foundation of science if we are to understand and address these threats in the long term."

Vermont's moose herd has decreased from an estimated high of over 5,000 individuals in the state in the early 2000s to roughly 2,000 today. The majority of the reduction in the number of moose was a deliberate effort by biologists to bring the herd into better balance with available habitat at a time they were considered overabundant. A single moose can eat over 25 pounds of food a day and their browsing was damaging forest ecosystems, harming not only their own habitat but habitats for many other wildlife.

According to Alexander, this deliberate reduction in the herd through hunting may have also helped Vermont's moose stave off the worst effects of winter ticks as they have increasingly become a problem in recent years. "Winter ticks spread more rapidly when moose are overabundant," said Alexander. "Although we decreased Vermont's moose herd to reduce the impacts of moose on the landscape, it may have also contributed to the much lower rates of winter ticks on Vermont's moose than biologists had observed on moose in New Hampshire or Maine."

The study will run through 2019. For more information, go to www.vtfishandwildlife.com.



FREE COMMUNITY HAM DINNER & MUSIC

DATE: SATURDAY, NOVEMBER 18
TIME: DINNER 5:30, MUSIC 6:00 P.M.
WHERE: MASONIC HALL, 3339 MAIN ST. CABOT

Come enjoy and evening of family and friends, music and great food.

Sponsored by: Faith in Action, 3339 Main St, Cabot. Ph: 802-563-3322

CABOT ARTS SHOW AND TELL

Sunday, November 19, 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

WARNING
TOWN OF CABOT PUBLIC INFORMATIONAL HEARING
Wednesday November 1, 2017, 7:00 p.m.
Willey Building

The legal voters of the Town of Cabot are hereby warned and notified to meet in the Willey Building in the Town of Cabot on Wednesday, November 1, 2017 at 7:00 p.m. to discuss the following Town business from the floor.

Article 1. Shall general obligation bonds or notes of the Town of Cabot in an amount not to exceed One Million Dollars ($1,000,000), subject to reduction from the receipt of available state and federal grants-in-aid, be issued for the purpose of financing the cost of constructing construction of public water system improvements, namely, replacement of the Danville Hill Road water line, the aggregate estimated cost of all such improvements being One Million Dollars ($1,000,000)? [Australian Ballot]

Article 2. Shall the voters of the Town of Cabot appropriate the sum of $362.300 to repair and maintain the highways of the Town including summer, winter and special treatment commencing January 1, 2018 through June 30, 2018? [Australian Ballot]

Article 3. Shall the voters of the Town of Cabot appropriate the sum of $288,200 to defray the general expenses of the Town commencing January 1, 2018 through June 30, 2018? [Australian Ballot]

Article 4. Shall the Town of Cabot transition from its Zoning Board of Adjustment to a Development Review Board pursuant to 24 VSA § § 4460? [Australian Ballot]

Article 5. Collection of Taxes: Highway and Municipal. Shall the voters of the Town of Cabot authorize payment of real and personal property taxes on March 29, 2018 by delivery to town hall postmarked on or before that date for the six month transitional municipal budgets? [Australian Ballot]

Establish that overdue taxes will bear interest at a rate of one percent per month or fraction thereof for the first three months and thereafter one and one-half percent per month or fraction thereof from the due date of such tax pursuant to 32 V.S.A. § 5136; and,

Establish the amount of the penalty charged by the collector of delinquent taxes for payments made after the due date for payment to 8 percent of the tax collected pursuant to 32 V.S.A. § 1674(3)(A)?

Article 6. Should the Town of Cabot consider increased funding for police patrols to ensure security and public safety? [Australian Ballot]

Dated this 2nd day of October A.D. 2017

Ted Domey, Chair, Fred Ducharme, Michael Hogan, Jack Daniels, and Bernie Shatney, *Board of Selectpersons*

This Warning was recorded before posting, Attest, Betty Ritter, Cabot Town Clerk

REGISTER TO VOTE:

There is no deadline to register to vote. You will be able to vote on the day of election. You can register prior by visiting the Cabot Town Clerk's Office or going online to olvr.sec.state.vt.us. Registration will be available at the Town Clerk's office on any day prior to the election between the hours of 9:00 a.m. and 5:00 p.m. Monday through Thursday. Registration will be available on Election Day during the hours the polls are open which is 7:00 a.m. to 7:00 p.m.

EARLY or ABSENTEE BALLOTS: The latest you can request ballots is the close of the Town Clerk's office on Monday, November 6, 2017 at 5:00 p.m. The voter or family member may request an early or absentee ballot in person, in writing or by telephone. Other authorized persons may apply for the voter in person or writing. Following are the ways of voting early or absentee: (1) vote in the Town Clerk's office before the deadline; (2) voter may take the ballots out of the clerk's office for himself/herself and return in the same manner as if the ballots were received by mail; (3) have a ballot mailed to you, and mail or take it back to the clerk's office before the election day or to the polling place before 7:00 p.m. on election day; or (4) if you are sick or disabled, ask the Town Clerk to have two justices of the peace bring a ballot to you at your home no later than 5:00 p.m. on Monday, November 6, 2017.

The legal voters of the Town of Cabot are hereby warned and notified to meet in the third floor Auditorium, Cabot Town Hall [Willey Building] on **Wednesday, November 1, 2017 at 7:00 p.m.** for a Public Informational Hearing to inform the voters on the following Articles which shall be voted on by Australian Ballot on Tuesday, November 7, 2017.

Article 1. Shall general obligation bonds or notes of the Town of Cabot in an amount not to exceed One Million Dollars ($1,000,000), subject to reduction from the receipt of available state and federal grants-in-aid, be issued for the purpose of financing the cost of constructing construction of public water system improvements, namely, replacement of the Danville Hill Road water line, the aggregate estimated cost of all such improvements being One Million Dollars ($1,000,000)? [Australian Ballot]

Article 2. Shall the voters of the Town of Cabot appropriate the sum of $362.300 to repair and maintain the highways of the Town including summer, winter and special treatment commencing January 1, 2018 through June 30, 2018? [Australian Ballot]

Article 3. Shall the voters of the Town of Cabot appropriate the sum of $288,200 to defray the general expenses of the Town commencing January 1, 2018 through June 30, 2018? [Australian Ballot]

Article 4. Shall the Town of Cabot transition from its Zoning Board of Adjustment to a Development Review Board pursuant to 24 VSA § § 4460? [Australian Ballot]

Article 5. Collection of Taxes: Highway and Municipal. Shall the voters of the Town of Cabot authorize payment of real and personal property taxes on March 29, 2018 by delivery to town hall postmarked on or before that date for the six month transitional municipal budgets? [Australian Ballot]

Establish that overdue taxes will bear interest at a rate of one percent per month or fraction thereof for the first three months and thereafter one and one-half percent per month or fraction thereof from the due date of such tax pursuant to 32 V.S.A. § 5136; and,

Establish the amount of the penalty charged by the collector of delinquent taxes for payments made after the due date for payment to 8 percent of the tax collected pursuant to 32 V.S.A. § 1674(3)(A)?

Article 6. Should the Town of Cabot consider increased funding for police patrols to ensure security and public safety? [Australian Ballot]

Voting will take place at the Willey Building on November 7, 2017 from 7 a.m. to 7 p.m.

Respectfully submitted,
Ted Domey, Chair
Fred Ducharme
Michael Hogan
Bernie Shatney
Jack Daniels
Board of Selectpersons
Dated this 2nd day of October A.D. 2017
Attest: Betty Ritter, Town Clerk
This Warning was recorded before posting,
Attest, Betty Ritter, Cabot Town Clerk

Six Month Transition Budget (January–June 2018)

The voters at the 2017 Cabot Town Meeting approved an article that allows the town's fiscal year to change from a calendar (Jan-Dec) to a fiscal year that matches the state's fiscal year (July-June). As part of the process to implement such a change, a transition period was needed to start the new fiscal year.

A budget development group within the Selectboard has been working on that transition. A six -month budget (January-June 2018) will be presented under Article 2 for the Highway Fund and Article 3 for the General Fund. Both are Australian Ballot.

Article 2 for the Highway Fund will be $362, 300. Comparing that to the full year of 2017 at $698,600 (without projects) is about half of a full year's budget. It is slightly higher with the winter months comprising this period of time. Article 3 for the General Fund will be $288,200. Comparing that to the full year of 2017 at $709,622 is less than half of a full year's budget.

Planning a budget for a year or even a half year as in this case is difficult at best. We are projecting expenses and income based on history (prior years) and knowledge of future needs for the town.

The Selectboard thanks the voters of Cabot for your interest in our town. We hope you can attend the Informational Meeting on the transition budget on Wednesday, November 1, at 7:00 p.m.

We encourage all residents to attend our regular meetings on the first and third Tuesday of each month at 6:00 p.m. Budget Development for the new fiscal year budget (July 2017-June 2018) will start sometime in November. Please give us your thoughts and ideas for this new budget. Information will be on Front Porch Forum and on the Town's web site for future meeting dates.

Thank you.-
Michael Hogan,
Vice Chair - Cabot Selectboard

Vitamin D3, K2, Natto and Ultra-Violet Light Exposure in Cabot

By Sjon Welters

As young children in the mid 60s, my older brother, my three younger sisters, and I would line up so our mother could administer one tablespoon each of this sweet orange-colored oily liquid. With our noses pinched closed, we'd swallow it because we had to, while we made fun with each other about how stinky it was. We'd get it as long as the letter "R" was in the month. Which meant that from September through April we'd be stuck with it. None of us knew what it actually was, but it was "good for you". Of course, I am talking about cod liver oil.

The reason we had to have it was, in the Netherlands, there's not enough sun to make natural Vitamin D. The sun would be too low on the horizon to have any effect. What I found out recently, and this is where Cabot comes in, is that your latitude (location north or south of the equator), determines the amount and type of ultraviolet light from the sun you get. To be clear: there are two kinds of ultraviolet light - A and B. UVA beams on us throughout the day, but UVB exposure is the one responsible for your body's ability to produce vitamin D, and for a big part of the year non-existent in our neck of the woods. Actually, only during the early afternoon hours starting April 1 through early September 9, varying from 1 hour to 4 1/2 hours mid June to mid July at its peak, do we get exposed to UVB in Cabot. Beyond those hours and dates there's no UVB and no way to make vitamin D through sun exposure. Winter is therefore a time to watch out for vitamin D deficiency. Time to eat fatty fish, dried mushrooms, eggs, or take a supplement. Mind you, we're talking vitamin D3 not D2 here in case you're going for the latter.

Also, be sure to get your vitamin K2 (available through many foods), as D3 and K2 are linked together for strong bones and a healthy heart. The most abundant source by far of vitamin K2 is natto, a fermented soyfood produced right here in Cabot by Rhapsody Natural Foods up on Danville Hill Road. Mixed with condiments such as soy-sauce, mustard, scallions, vinegar, or even a raw egg, served over rice or noodles (or eaten straight out of the container as my granddaughter loves to do), it is an extremely popular breakfast food in Japan. Natto is starting to catch on here in the U.S. as a healthy source of plant-based protein with many additional benefits.

So, as the sun is getting lower in the sky again, catch up on your UVB exposure (especially around 1:00 p.m.) while you still can, and have a bite of natto if you feel so inclined; your body might love you for it."

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

Tree Stand Safety Tips for Hunters From Vermont Fish and Wildlife

Tree stands get hunters out of sight and smell of wary deer, but they can also get hunters into trouble. Here are some tips from the Vermont Fish & Wildlife Department to help stay safe and get the most out of your tree stand hunting experience:

- Choose a live, straight tree.
- Buy smart. Only use stands certified by the Treestand Manufacturers Association (TMA).
- Inspect them each time you use them.
- Know the rules. On state lands, it is illegal to place nails or other hardware into trees or to build permanent structures. On private lands, you must have landowner permission to erect a tree stand, cut or remove trees or other plants, or to cut limbs. All stands, including ground blinds, must be marked with the owner's name and address.
- Always wear a full-body safety harness, even for climbing. Most falls occur going up and down the tree and getting in and out of the stand.
- Don't go too high. The higher you go, the vital zone on a deer decreases, while the likelihood of a serious injury increases.
- Never carry firearms or bows up and down trees. Always use a haul line to raise and lower all gear. Make sure your firearm is unloaded.
- Familiarize yourself with your gear before you go. The morning of opening day is a poor time to put your safety belt on for the first time.
- Be careful with long-term placement. Exposure can damage straps, ropes and attachment cords. Also, the stand's stability can be compromised over time, as the tree grows.

"Hunter education instructors want you to be safe this coming season," said Nicole Meier, information and education specialist for Fish & Wildlife. "Falls from tree stands are a major cause of death and serious injury to deer hunters, but they are preventable by always wearing a full-body harness and staying connected to the tree."

Learn more about Tree Stand Safety Awareness Month here: https://www.fws.gov/uploadedFiles/TreeStandSafety.pdf

Hunters Urged to Wear Orange

Vermont Fish & Wildlife is reminding hunters to wear fluorescent hunter orange.

"Hunting is one of the safest outdoor activities, and it's getting safer thanks to advances in education as well as science," said Nicole Meier, Vermont Fish & Wildlife information and education specialist. "Our volunteer hunter education instructors stress that wearing orange during hunting season is important, and studies prove that wearing fluorescent hunter orange keeps hunters visible to other people in the woods, but it keeps them relatively invisible to deer."

"Every year we should strive to be the safest we can be by wearing at least a hunter orange hat and vest," she added.

Meier says hunters moving into the line of fire of other hunters and mistaking other hunters for game are common causes of the state's accidents.

The time that deer are most active, during the dawn and dusk hours, are times of especially low visibility. You can improve your chances of being seen by other hunters by wearing hunter orange, which can be seen even in low-light situations.

"While it isn't recommended to wear orange during waterfowl and turkey seasons, we certainly still recommend hunter orange when you are going to and from your blind, treestand or calling spot," said Meier.

Concerns that deer are scared by hunter orange are unfounded. A deer's vision is based on movement, patterns and color variations. Unlike humans, deer do not have multiple color receptors in their eyes. They can see color, but their spectrum is limited. This means deer must rely heavily on their ability to detect movement over the ability to interpret color variations and patterns.

Regardless of how well deer see orange, ample anecdotal evidence suggests they aren't bothered by it. Remember, hunting in Vermont is very safe and you can help keep it that way by choosing hunter orange.

Hunt smart. Hunt safe. Wear orange.

Kingdom Animal Shelter

By Helen Morrison

Heath

Heath is a dashing and charming and friendly orange and white feline fella. He is about 2 years old. He was abandoned and brought in by a Good Samaritan to Littleton Emergency Veterinary Services. They called and asked if Kingdom Animal Shelter had room for him...and we did. He has this very precious face, that almost looks like a fox. If you would like to meet Heath, stop by the Shelter at 1664 Memorial Drive in St. Johnsbury Center, Mondays, 6-8:00 p.m., Tuesdays and Wednesdays, 4-6:00 p.m., Thursdays, 3:30-5:30 p.m., and Saturday and Sunday, noon to 3:00 p.m. Heath is eagerly awaiting your visit.

Heath

Protect Your Dog During Hunting Season

Now that we are in the fall of the year there are several important things that pet owners, especially of dogs, need to be aware of. Please remember that while the fall foliage is beautiful, it also is the beginning of hunting season.

I would suggest keeping your dogs on a leash or long line when you take them out for exercise, especially if your path takes you on trails or logging roads. I would also have a brightly colored vest for both you and your dog. If you live near a well-run dog park, that would also be a good alternative during hunting season.

I hope that you have a chance to enjoy the beauty of the fall foliage.

Warmest Regards,
April Frost

VT Big Game Reporting Stations

Vermont hunters who take deer, bear or turkeys must bring them to a reporting station within 48 hours.

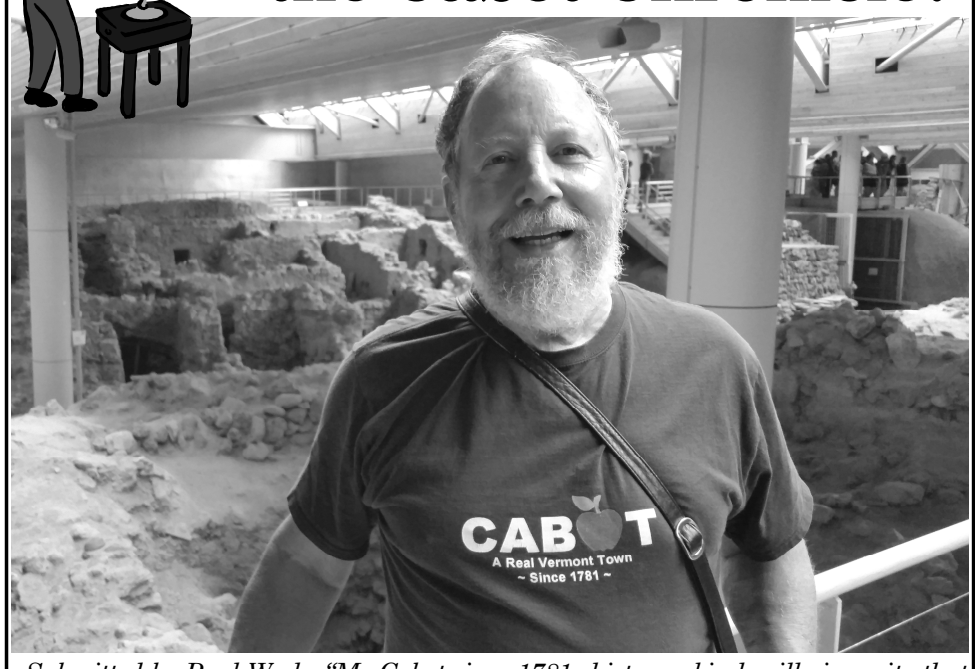
The Vermont Fish & Wildlife Department keeps an updated list of big game reporting stations on their website (www.vtfishandwildlife.com) with a map showing their locations. Here is a direct link to the map and list: http://tinyurl.com/hf7dd73 .

"Bringing your deer, bear or turkey to a reporting station is greatly appreciated because it enables us to collect important information on where and how many of them are taken during hunting seasons," said Mark Scott, Vermont Fish & Wildlife's director of wildlife, "and it also provides the opportunity to gather biological data at some of the locations during youth deer weekend and opening weekend of the November deer season."

Nearby stations available for Cabot area hunters:

- Harry's Hardware, Cabot
- Marshfield Village Store, Marshfield
- Maplefields, Plainfield
- Woodbury Village Store, Woodbury

Where in the World is the Cabot Chronicle?



Submitted by Paul Wade: "My Cabot since 1781 shirt was kinda silly in a city that was buried by a volcano in the 17th century BC."

TWIN VALLEY SENIOR CENTER

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

The doors are always open at the center to everyone regardless of age. We encourage you to stop by and even have lunch. There are no reservations needed for lunch, unless a group of five or more attend. The reservation is helpful in planning quantity of food for the meal.

Death Café - Friday, November 3, 11:45 a.m. – 1:00 p.m.

Discussions of events past, present, and future. All are welcome and discussions are confidential. For more information: 802-223-3322 or twinvalleyseniors@myfairpoint.net.

Veterans Day Luncheon - Friday, November 10, 11:30 a.m.

We would like our Veterans to join us for a Free Luncheon at the Twin Valley Senior Center. We hope you will come and share your service experience. The Luncheon is our way of saying "Thank You for Your Service." Lunch at 12:15 p.m., $6.00 for people under 60 and $5.00 for 60 and up. No one is ever turned away. RSVP by November 6 would be appreciated, by phone 802-223-3322 or email: twinvalleyseniors@myfairpoint.net.

All You Can Eat Hunters Breakfast Buffet - Saturday, November 11, 5:00 – 11:00 a.m.

Open to all Hunters & the Public. Adults $8/Children 10 and under $5. Menu: Sausage, Ham, Bacon, Eggs, SOS on Biscuit, Pancakes w/ Maple Syrup, Home Fries, Toast & Coffee. Home Made Donuts by Joyce Fowler will be on sale.

Supporting this Breakfast Buffet fundraiser will help us support the Senior and Homebound Residents of Cabot, Marshfield, Plainfield, East Montpelier, Woodbury and Calais. Hot Nutritional Meals are served at the Center and are delivered to the Homebound Seniors and Disabled Residents we serve.

Sing-Along with Pat Mayhew – Wednesday, November15 – 1 – 2:00 p.m.

Come join us for lunch and stay for the singing! All ages welcome. Free of charge.

Blood Pressure Clinic – Wednesday, November 15 – 10:00 a.m. – 1:00 p.m.

Registered Nurse Boo Smith will be on hand to take your blood pressure. This is free and open to the Public, no appointments needed. For more information call, 802-223-3322 or e-mail twinvalleyseniors@myfairpoint.net.

TVSC Closed for Thanksgiving Holiday:

__Twin Valley Senior Center offices will be closed for the Thanksgiving Day Holiday on Thursday and Friday, November 23 and 24. There will not be any classes for these two days.

A Record 6,570 Turkeys in Vermont's Spring Seasons

A preliminary report from Vermont Fish & Wildlife shows that hunters had a banner season this spring with the highest turkey harvest ever recorded. Hunters brought home 6,570 wild turkeys during the spring hunting season, including 743 turkeys taken during the April youth weekend hunt.

"The hunter success rate increased from the previous year of 21 percent to 29 percent of hunters harvesting at least one bird," said state wild turkey project leader Chris Bernier. "And, 32 percent of those successful hunters harvested a second bearded bird to fill the two-bird spring bag limit."

A similar number of hunters took to the woods this year with 17,106 turkey hunting licenses purchased, compared to 17,249 in 2016.

Turkeys were hunted statewide with turkeys harvested in 241 of Vermont's 253 towns. The central Connecticut River Valley saw the highest number of birds harvested with 720 taken in WMU -J2. The northern Lake Champlain valley also proved to be a productive region with 675 turkeys taken in WMU-B – a 22 percent increase in harvest from the previous year and a new record harvest for this part of the state.

"While the relatively mild winter conditions experienced this year certainly helped," Bernier said, "the prioritization of high quality spring hunting over fall harvest opportunities in accordance with the 2010-2020 Big Game Management Plan may be the reason."

"The restoration of wild turkeys to Vermont that began in 1969 coupled with the careful management of the population is a wildlife success story we can all be proud of," added Bernier. "Vermont continues to be the preeminent state in New England for wild turkey hunting, and the birds are also enjoyed by those who just like to watch them."

Conservation of wild turkey habitat continues to play a key role in the health and vitality of their population. Bernier notes that a patchwork of fields and forests provide most of what a turkey needs to survive. "Efforts from private landowners, volunteer based conservation groups like the National Wild Turkey Federation and state agencies to protect habitat go a long way toward ensuring wild turkeys are around in the future."

FROM THE CABOT PUBLIC LIBRARY

Ongoing Programs

Story Hour – Tuesdays – NEW TIME – 9:30 a.m. - 10:30 a.m.

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

Meditation Group – First and Third Wednesdays, November 1 and 15 – 6:00 – 7:30 p.m.

Daria Babbitt has been teaching meditation for over 25 years and will introduce different meditation techniques designed to reduce stress. There will also be time for discussion about various healing techniques and inner spiritual growth. This workshop is open to all and donations are gratefully accepted.

Cabot Old Time Contra and Square Dance – Saturday, November 11 – 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.

Film: Vermont Farm Kids – Agricultural Literacy Week – Monday, November 13 – 7:00 p.m.

The Northeast Organic Farming Association of Vermont (NOFA-VT), along with Vermont Department of Libraries, and Vermont Agency of Food and Markets, announce the 7th annual Agricultural Literacy Week this November 13-18. The week-long celebration occurs across the state to inform and educate people about the economic and cultural importance of farms in Vermont communities. For this year's Agricultural Literacy Week, NOFA-VT is proud to present a new film, "Vermont Farm Kids" produced by Maria Reade and filmed by James Chandler. This short documentary depicts the unique and poignant stories of farm kids (ages 10-28) from across the state of Vermont. The film expresses the importance of what it means to each child to grow up on their own farm, and how their experiences have shaped their lives. This project has been made possible by sponsors from Farm Credit East: the Johnson Family Foundation, and Forrest and Frances Lattner Foundation. "We are so excited to present this new documentary," said Abbie Nelson, NOFA-VT's Education Director. "This film is an opportunity to hear stories about what it is like growing up on a farm, leaving the farm, and returning. We expect it will highlight the important role farm kids have in Vermont and bring a new understanding of their contribution to our agricultural state."

Invasive Insects – Meredith Whitney – Wednesday, November 15 – 7 - 8:00 p.m.

Meredith Whitney, Forest Pest Education Coordinator with the Vermont Urban and Community Forestry Program, will show how to identify invasive insects, including the emerald ash borer, that threaten our trees. Learn what to do to help slow their spread – an engaging program for all ages!

Thank you!

Thanks so much to David Carpenter for his annual program of Vermont songs and stories for Fall Foliage Day. Much gratitude to all the folks who come in regularly to help out - Lorelai Bastress, Mary Lou DeLacy, Linda Gabrielson, Mekiah Smith and Beth Wade.

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!
Kathleen Hoyne

CABOT COMMUNITY FUND

Funds Available for Community Organizations

The Cabot Community Fund (CCF) allows the CCA to support community-based projects and events that further the mission of the CCA. The CCF is funded by the generous support of the Cabot Creamery and other donors.

Funds are awarded to non-governmental organizations. Examples of previous awards include expenses of Cabot Arts-sponsored community performances, Cabot Night at Mountaineers games and Little League uniforms.

Guidelines and application form is available at ..... http://www.cabotvermont.org/cabot-community-fund-ccf/

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Call: 802-563-2397 or 802-274-6646
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11/17P

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.

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The Cabot Chronicle
Reach up to 1900 households in Cabot, Marshfield,
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UNITED CHURCH OF CABOT

2 Common Way, Cabot, Vermont 05647

Worship @ 10 am Sunday Morning
Communion offered the1st 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

TWIN VALLEY SENIOR CENTER

Twin Valley Seniors, Inc.

4583 U.S. Route 2
East Montpelier
TwinValleySeniors@Myfairpoint.net
802-223-3322
Serving: Cabot, Calais, East Montpelier, Marshfield, Plainfield & Woodbury

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- **Volunteer Opportunities**
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- **Dietician-approved Meals on Wheels for homebound & disabled residents.**

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

Consider donating something for the

Free Cabot Community Christmas Dinner

We need potatoes, onions, squash, celery, turkeys and desserts

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Cabot School Dining Hall or delivered to your door

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Saturday, December 16

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If you sell handmade items, antiques, art & food products, call 563-3338 for more info.

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Over 30,000 trees to choose from

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