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The Cabot Chronicle

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Vol. 10, No. 12

P.O. Box 245, Cabot, Vermont 05647

December 2017



Cabot Holiday Market & Weihnachtsmarkt

Saturday - December 16th

Pop-Up Artisan Gallery & Shop
9AM—8PM at the Willey Building

Holiday artisan store where you can buy handcrafted gifts, arts, and specialty food products and antiques highlighting Cabot made products.

Outdoor Holiday Market
2PM—8PM at Harry's Hardware

Vendors will include Caledonia Spirits, VT Peanut Brittle, Cabot School ceramics, Maple Syrup treats, pretzels, homemade traditional Gluhwein and MANY more.



*In the spirit of the German "Weihnachtsmarkt,"
Harry's Hardware and the Cabot Community Association
are excited to present a day and evening of music, food,
libations, arts and crafts, and revelry for the holidays!*



Live Music @ The Den

3PM—10PM THE LIMES

PAUL MILLER + DOUG PERKINS

KICK 'EM JENNY + FRIENDS

STOVEPIPE MOUNTAIN



Proudly sponsored by:



Walter Goodrich



Walter and Sally Goodrich 1950 (left) and 2017 (right)

By Amanda Sessel Legare

*Past president - Cabot Historical Society,
and co-author of Cabot, Vermont, A Collec-
tion of Memories From the Century Past*

Walt Goodrich was born 89 years ago in the same East Cabot house he lives in today. His mother, Inez Abbott Goodrich, was also born in that house (1897-1983), as was his grandmother, Flora Reed Abbott (1877-1958).

Seven generations of the Goodrich/Abbott family have farmed the hillside along U.S. Route 2. With its fields planted in contrasting strips of crops to control erosion, Molly Brook Farm is one of the most photographed areas of the state.

The farm's herd of Jerseys has been on DHIA (Dairy Herd Improvement Association) test continuously since 1910, the longest of any herd in Vermont. All of the Jerseys on the farm have been registered since 1917.

"Right after World War I, cattle were high priced, and a dealer wanted to buy our whole herd," Walt explained. "Grandpa put the price up so high he never thought he'd get it, but he did." The herd was sold and registered Jerseys were purchased from a farm in Woodbury (located at the former home of Hugo Myers). "Grandfather and father on horseback drove them home," Walt said. Descendants of those cows are still on the farm today.

"As a kid, we had an open stable upstairs in the barn and the manure would go underneath," he remembered. The barn was rebuilt many times over the years. The government paid farmers to raise pigs, and at one point Walt's family had 300 of them. They also had 300 hens and sold hatching eggs to a business that picked them up weekly at the farm and took them to Massachusetts. His grand-

father relied on horses for farm work and transportation.

"Something was said to Gramp one time about cars, and he said, 'Well, they'll have them in the cities, but they'll never have them out in the hills, here,'" Walt said.

Walt went to East Cabot School until it closed, and then he rode a horse the five miles to Cabot School in the village. "When the local school was going, we did all kinds of activities, including box suppers," he remembered. "Now, hang, we don't ever see our neighbors."

The family cut ice at Molly's Pond and stored it in shavings in a make-shift ice house at the farm.

"Gramp used to make butter all winter. They put it in these boxes and put it in the cold, and then, when spring come, they'd load all the boxes on the train and take them to Boston and sell them," he said. "The first time Gramp and Gram went to Boston, they landed there in the middle of the day, and, 'course everything was just a'booming and people going everywhere. Gramp says, 'Abbie, we'll set down in the park here. Everybody, I think, is going home to dinner, and when things settle down, we'll go.' They set there half the afternoon, and finally had to face up that they guessed that crowd was normal."

Walt's father, Wendell Goodrich, was considered an expert horseman, and locals brought difficult animals to him to break. "Dad said you have to know more than a horse before you can train them," Walt recalled.

But Wendell's preferred animals for working on the farm were mules. "Dad thought they were smarter than horses. They could take care of themselves, they were tough," he said.

(see "Walter Goodrich", page 3)

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2017 LEGISLATIVE UPDATE CABOT ♦ DANVILLE ♦ PEACHHAM

By Representative Catherine (Kitty) Toll

Vermont Health Connect Update:

Open enrollment for Vermonters applying for health care coverage with Vermont Health Connect runs through December 15. New members can create accounts, apply for financial help, and enroll in 2018 health plans. Current members with online accounts will be able to report household changes, view 2018 health plan costs and have the option to choose a different plan. The Department of Vermont Health Access has announced, since the start of open enrollment on November 1, Vermonters have experienced shorter wait times, with 91% of calls answered in less than 40 seconds.

Important Information provided from the Department of Health Access:

To sign up, Vermonters can apply online at <http://VermontHealthConnect.gov>, or by phone at 855.899.9600, or with more than 150 in-person assisters located across the state.

Open enrollment ends on December 15. Current members will automatically be renewed for those who want to continue with the same plans. Be sure payment methods are updated to reflect 2018 premium amount.

Vermonters whose household incomes are too high to qualify for financial assistance have the option to enroll directly with Blue Cross Blue Shield of VT or MVP Health Care.

The Customer Support Center has expanded hours and will be available from 8:00 a.m. – 6:00 p.m. for open enrollment.

Most Vermonters will experience 24 options for qualified health plans, including four new bronze choices. Vermonters under 30 have the option of choosing a catastrophic plan from BCBSVT or MVP, in addition to the 24 options.

The Plan Comparison Tool enables individuals and small business employees to determine the best plans for their needs. The interactive tool allows Vermonters to compare monthly premiums and deductibles and estimated annual costs.

Four out of five Vermonters who apply for coverage through Vermont Health Connect qualify for federal premium tax credits and/or state subsidies.

Equifax Data Breach:

Approximately 240,000 Vermont resi-

dents had sensitive and personal financial information exposed in the Equifax Data Breach this summer. That is approximately one out of two adults in Vermont. While you may not have experienced any misuse of your information yet, you may want to take precautions:

1. First, determine if you have been affected. Contact the Consumer Assistance Program, a joint venture between the Vermont Attorney General's office and the University of Vermont, at www.consumer.vermont.gov or to speak with a live person call 800-649-2424.

2. Monitor your credit. Regularly check any credit card statements (paper or online) to make sure there are no erroneous charges. Get a copy of your credit report (it is free) and make sure that it is an accurate representation of your credit and there are no new accounts opened in your name. The website www.consumer.vermont.gov has links to the three major credit bureaus.

3. If your data has been affected, you may want to put a "Security Freeze" on your credit information with the three credit bureaus, Equifax, Transunion and Experian. This does not freeze your existing credit cards or other credit tools, but it does lock down your information. If you are applying for new credit (auto loans, mortgages, credit cards, even insurance or apartment lease) you will have the ability to authorize a company to access your credit for a short time. FEES APPLY! While Equifax is waiving its security freeze fees, Transunion and Experian are not. AND there is a fee for lifting your security freeze.

4. File your annual federal and state income tax returns as soon as possible. A known scam is to file tax returns before you do in order to get any refund that may be due.

The Vermont House Committee on Commerce and Economic Development is conducting a series of hearings around the state to hear from Vermonters about their personal experience with the "Equifax Hack" to shape legislation that can further protect citizens from having their lives negatively impacted. The committee will be taking up the issue when the legislature reconvenes in January.

For an overview of the existing laws regulating credit bureaus, view this summary provided by an attorney with the



COUNTRY COMMENTARY

So, will it be a long, cold, bitter winter? Who really knows....I am ready for it! I am going snowshoeing with my two dogs and have them hang on the back of my snow shoes. It will be fun. I am also going sledding. We just cleared off a good portion of our hill, so, down and up and down I will go. The dogs will love winter.

I will also love sitting by the wood stove, reading great books, like the ones by Preston and Child. They write such great books - I love thrillers. They get the heart pumping and you never have to leave your seat. I have such a vivid imagination, I feel like I experienced the stuff myself. LOL

Reading is such a great activity. I highly recommend it to any and every one. It doesn't matter if you read e-books or if you still read hard cover, as long as you are reading. It broadens the mind and lifts your imagination. Reading is just all around great.

I am reading a text book from a criminal justice program on women and crime. It is a research project for one of my stories. It should be pretty interesting, and seems to be so far. I love writing as much as I love reading. Of course, this column - I am really talking to you, so it is a little different than writing stories.

I hope people took last month's column seriously. The Girl and Boy Scouts are always looking for volunteers to help

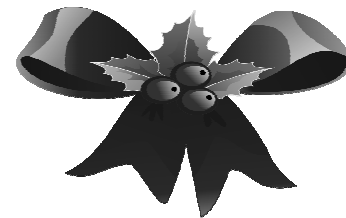
teach kids new things and old ways. Enough said there.

I hope that those of you who have the means help others that need your help. Especially during the winter months. There are many people who need help with heating, and your help is essential. Look out for your elderly neighbors and think about those who are in difficult situations, financially. It is the right thing to do.

'Tis the season for giving. Giving and not expecting anything in return. I have heard of some families that, instead of buying each other gifts, buy gifts for those who wouldn't get them. There are so many ways that one can give. I bet all of you out there can find ways that I can't even think of.

Ok soap box enough! LOL I do so enjoy writing to you all, and I wish the very merriest of holidays to one and all! May it bring magic to your lives and love to all.

In peace and love,
Laura Lee Smith



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.

Vermont Legislative Council: <http://legislature.vermont.gov/assets/Documents/2018/WorkGroups/House%20Commerce/Privacy%20and%20Data%20Security%20Breaches/W~David%20Hall~Protection%20of%20Consumer%20Information%20-%20Overview~11-9-2017.pdf>

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.

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The Cabot Chronicle

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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: 802-563-3338 • Email: inbox@cabotchronicle.org
P.O. Box 245, Cabot, Vermont 05647

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Walter Goodrich

(continued from page 1)

When Walt was 20 years old, he went on a blind date with Sally McCutcheon, a 17-year-old girl from St. Johnsbury who lived with her grandparents. "My grandfather was a banker and I liked going to visit farms. At the time I was more interested in horses than I was in cows," she remembered.

The plan was to go swimming at Crystal Lake in Barton with friends, but Sally had had an allergic reaction to some bug bites before the date and was covered with a rash. She wore a white shirt buttoned to the neck and did not go swimming. "I hoped he wouldn't notice," she said.

"I was scared to death," he said laughing. "I still am."

Two years later they married and that was 67 years ago. They had six sons, three of whom are still living in Cabot: Glenn, Jim and Myles Goodrich.

Besides farming, Walt held many jobs. In 1950, he had a milk route, where he picked up 100-pound milk cans from 18 farms. "When you handle the cans all the time, they're no big job at all," he said. One of the farmers, Dave Middleton in Lower Cabot, would dry off his herd for hunting season.

Walt drove the first grader for the town and also drove the first school bus in town. He was a school director for six years.

In 1954, Walt had a serious accident on the farm. "A crawler tried to run over my face," he remembered. "It didn't do much for the tractor," he said, "but it did hurt my head." The side of his face was crushed and the swelling caused by the broken bones was so bad nothing could be done for a week.

"I was fortunate. The doctor I had at Dartmouth had worked on the front line in WWII. He knew how to treat this kind of injury. I had wires coming out of my eye and cheek attached to a coat hanger around my neck."

Walt's father, Wendell, was a founding director of the Cabot Creamery, and they were one of six families to put their farm up as collateral for loans to start the Creamery in 1919. Walt was a director of the Creamery when they merged with Agri-Mark in 1992.

Over the years, Sally and Walt built up a Jersey herd that became known internationally. Their Jersey cattle rank among the very best in North America.

Myles Goodrich is the seventh generation to live and work the 565-acre family farm. He and his wife, Rhonda, have been turning Molly Brook Farm into an organic dairy farm and the first official load of organic milk will be shipped January 1, 2018.

"Things are changing," Walt mused. "I can tell you about the past, but I can't tell you about the future."

Cabot Recycling

Recycling will continue right through the winter months at the Cabot Recycling Center, conveniently located on Sawmill Road in Lower Cabot. Hours of operation are from 8:00 a.m. until noon every Saturday. The Recycling Center is unheated, so you may want to pre-sort your recyclables at home. Please do not drop off any items at the Center when the attendant is not present. Trash and tires are collected for a fee.

Plastic recycling expanded last month with the addition of #5 plastic food containers. Of particular note is the effort to keep black plastic containers and lids out of the recycling stream. Residents are asked to dispose of black plastic lids and containers with their regular trash.

Here is a message from Shannon Choquette, Outreach Coordinator for the Northeast Kingdom Waste Management District:

"The holiday season is a great time to find ways to reduce waste. As our homes

become filled with family members, ribbons and wrapping paper, household trash can increase as much as 25%! Knowing which holiday items are recyclable and which are not can help you continue your waste reduction efforts during this festive time of the year. Consider wrapping gifts in reusable gift bags, or try to use only recyclable wrapping paper (shiny or foil-like wrapping paper cannot be recycled). Electronic greeting cards are a waste-free version of this beloved holiday tradition. Or, consider purchasing loved ones one meaningful gift, rather than numerous small gifts, and try to avoid "gag gifts", which are notorious for always ending up in the trash. Happy Holidays!"

For more information, visit the District on-line at www.nekwmd.org.

Ben Davis P.O. Box 8 Cabot, VT 05647
802-563-2341



SNOW PLOWING

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745-8272

dunhambuild@gmail.com






Local Business Matters

Cabot Smith Farm

By Ellen Cairns

I recently visited Cabot Smith Farm and chatted with Richard Hourihan, who has owned the farm since 2001.

I know you have several different ventures. How did you get started?

We started with Christmas trees first - we planted about 10,000 trees and added at least 10,000 more every year, to a total of about 60,000 trees. Now, we have about 20,000. We were selling trees and wreaths to a grocery store chain, and they asked if we could provide them with pumpkins, so we started growing them, and then other winter squashes, corn, and summer crops. Besides Shaw's, we sell to Hannaford's, Price Chopper, Black River Produce, and Big Papa's in New Hampshire. Just about every year we increase by doing something new. This was our second year of strawberries. I started that because, after I had hip replacement surgery, the home health nurse said 'Did you ever think of doing strawberries?' My daughter, Jill, said she thought that was something we should look at, so I called Paul Mazza to find out how to grow them.

How have the strawberries gone for you?

The strawberries have been very successful. We had between 600 and 700 people up here for the Strawberry Festival, and sold about 25,000 pounds of berries over the season. People came up to us and said 'Thank you for doing this.' We had people here in the rain- one man held an umbrella over his wife while she picked- and everyone really enjoyed coming to pick. This year, we also started giving tractor rides- we call it 'the bus.' I was just giving Walter and Charlie Bothfeld a ride down to the fields one day, and some people who were done picking asked if they could have a ride back up, and then when I got back up, more people were there and wanted a ride down, and I ended up driving people down and back all day- so now we have wagon rides.

Do you hire help during the busy season?

Yes- we have three men from Jamaica - Tyrone, Mark, and Tyson. Tyrone is Tyson's dad. They're up here from May to November. Tyrone paid me a compliment after the Strawberry Festival- he said 'You know, you work like a Jamaican!' And my daughter, Jill, does our Facebook page and all of the communications for the business, and comes up from Massachusetts to help out for ten days during strawberry season.

What is your biggest crop?

Well, it used to be pumpkins - we used to put out 18 trailer-loads of them a year - but we're cutting back, and next year I won't do them at all. Most of the local stores are buying them out of Canada, now, because they can get them for about half the price they used to pay with the exchange rate these days. So, now, our biggest is the strawberries - it's a high-yield crop, and we started wholesaling them this year. After that, it's winter squash.



How did the farm get its name?

It was named after David Smith, who was one of the last owners of the property. The house was built in 1802 on what was then the Gould farm, and it was passed down for generations. Angus Smith came to Cabot from Scotland and married Bessie Gould. Angus was one of the original founders of the Creamery. He was David Smith's grandfather.

How many acres do you farm?

We have 60 acres of fields and 268 acres total.

How did you get started farming?

When I was four, we moved into a duplex and in the back was a big garden. I worked in it 'till I was 14. I hated it - all the weeding and the bugs. After that, we moved, and when I got married and had kids, all that my mother and aunt had taught me came back to me and I started with a little garden.

What's your favorite and least favorite part of running your business?

My favorite is working outside on a tractor, watching stuff grow. Starting out the season wearing a winter coat and hat with the ground all brown, then seeing everything growing in the summer. You can see what you accomplished. The worst is bookkeeping. I don't like bookkeeping.

What do you like about having a business in Cabot?

It's quiet, and the people are nice, and you can joke and be happy.

CABOT ARTS SHOW AND TELL

Sunday,
December 17,
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

OBITUARIES & MEMORIALS

Jacqueline A. Durkee

Jacqueline Ann "Jackie" Durkee, 65, of East Calais, died Wednesday, October 25, 2017, at Central Vermont Medical Center in Berlin, with her family at her bedside.

She was born May 26, 1952, in Montpelier, the daughter of Harold A. and Valeda M. (Benjamin) Johnson. She attended Twinfield Union High School in Plainfield. She graduated in the class of 1970.

On November 7, 1970, she married Gary M. Durkee in Plainfield.

Jackie was employed for more than 37 years by the State of Vermont, mostly in their Finance Department. Recently, she worked for Dave Rogers Construction of North Montpelier. Christmas was her favorite time of year. She loved spending time with her family, especially her grandchildren. She enjoyed watching TV shows, painting, crocheting, music, cooking, flowers and gardening.

Survivors include: her mother, Valeda Johnson, of Middlesex; two children

Scott Durkee and Cassie Wills, both of East Calais; two brothers Terry Johnson, of Cabot, and Kevin Johnson, of Marshfield; three sisters Penny Hebert, of Middlesex, Barby Storti, of Lebanon, New Hampshire, and Kim Akielaszek, of Montpelier; three grandchildren Matthew Wills and Kearsten Wills, both of East Calais, and Dreaven Clark, of Barre; as well as many aunts, uncles, nieces, nephews and cousins.

Jackie was predeceased by her father, Harold A. Johnson; and daughter Jennifer and her husband, Gary Durkee, on November 25, 2013.

A celebration of life and potluck luncheon were held on Saturday, November 11, 2017, at the Calais Woodbury United Church, South Woodbury. In lieu of flowers, contributions in her memory may be made to assist her family with financial expenses, c/o Cassandra A. Wills, P.O. Box 72, East Calais, VT 05650.

Dian R. Holcomb of Northern Vermont Funeral Service assisted the family with arrangements.

Barbara W. Kovarick

On Tuesday, July 4, 2017, Barbara Walbridge Kovarick, of Chevy Chase, Maryland, formerly of Stroudsburg, Pennsylvania, died. Beloved wife of the late Major General Joseph W. Kovarick Jr., USAF Ret.; devoted mother of Beverly Scofield, Suzan Kovarick and the late Paula Segalman; cherished grandmother of Dan Scofield, Drew (Jessie) Sunderland, Lida (Mark) Sunderland, Eva Scofield, Jack Sunderland, Olivia Segalman and Lily Anna Segalman; adored great-grandmother of Eleanor Sunderland, Rockland Joseph Simpson and Theo Sunderland; loving mother-in-law of Sam Scofield, Trey Sunderland and Keith Segalman. She is survived by her brother, Winton Walbridge, and predeceased by her sisters, Eleanor Blondin and Beverly Walbridge, and her brother, Elton Walbridge. Her in-laws, Frank and Susan Kovarick, survive her. She leaves behind many loving nieces and nephews.

Barbara was born on June 27, 1920, in Atascadero, California, the eldest child of Fred and Thelma Walbridge. The family returned to Cabot, Vermont, to help run the family dairy farm. Barbara's parents were members of the Cabot Creamery Cooperative. Barbara attended the Mary Fletcher Hospital School of Nursing in Burlington, Vermont, and graduated as a member of the class of 1942. She enrolled in the New York Polyclinic Medical School and Hos-

pital, where she received a certificate in operating technique and management in 1943.

In 1945, Barbara entered the U.S. Army and achieved the rank of second lieutenant. While serving, she met Joseph Kovarick in Biloxi, Mississippi. They married in 1946. After settling in Stroudsburg with Joseph, Barbara worked as a private duty nurse at the General Hospital of Monroe County. She and her husband were co-owners of Kovarick's Resort in the Poconos, which they operated until 2000. There, they raised their three daughters, who were all involved in the maintenance of the business.

Barbara will be fondly remembered as an understanding and gracious woman who showed kindness to her friends. She leaves her family with cherished memories of her love, wisdom and compassion. Graveside service and interment will be held in Arlington National Cemetery with full military Army honors on Wednesday, December 13, 2017, at 3:00 p.m. (Those wishing to attend should assemble at the administration building by 2:30 p.m.)

In lieu of flowers, contributions in Barbara's name may be made to UVM Foundation, 411 Main St., Burlington, VT 05401 (Endowed Nursing Scholarship). Please view and sign the family guest book at www.PumphreyFuneralHome.com.

Cabot Community Theater

Cabot Community Theater is very excited to announce the amazing cast of Mary Poppins, to be performed April 12-15, 2018:

Mary Poppins: Lela Jones
Winifred Banks: KaitLynn Lakus
George Banks: Thomas Dunbar
Jane Banks: Camryn Hoffman
Michael Banks: Sawyer Estivill
Bert: Todd Jones
Mrs. Brill: Lori Augustyniak
Robertson Ay: Leo Parlo
Neleus: Lorelai Bastress
Bank Chairman: Ethan Socks
Von Hussler: Jonah Socks
Northbrook: A.J. Silveria
Bird Woman: Karen Mueller-Harder
Mrs. Corry: Mazie O'Connor
Valentine: Brooke White
Miss Andrew: Cameron Mueller-Harder
Katie Nanna: Sandy Pond
Policeman: Jonah Socks
Miss Lark: Adelle Tebbetts
Admiral Boom: Seth Vandenburg
Park Keeper: Declan O'Connor
Queen Victoria: Jerrie Nash
Miss Smythe: Natalie Davis
Annie: Hannah White
Fannie: Baylee Davis
Ensemble:
Maia Boyer
Caroline Fucello
Sage King
Eva Lander
Bailey Levine
Bella Miller
Alaina Robbins



Rheia Schall
Freya Van Deusen
Lucas Vitale
Spencer Vitale
Scarlett Wetmore

Caleb Pitkin will be directing, Cameron Mueller-Harder will be the music director, with choreography by Daria Babbitt, and accompaniment by Mark Violette. Design and technical staff includes Denise Martine (costumes), Barbara Halada (props), Todd Parlo and Lori Augustyniak (sets), and Billie O'Connor (lights), with Karen Mueller-Harder coordinating. We will also be teaming with the middle school "Cabot Leads" program to provide internship opportunities to students who want to learn more about the technical side of theater.

This is our most ambitious show yet (including various magical occurrences on stage), and we always welcome more participants! If you'd like to be involved behind the scenes in some way, please leave a message at 793-5617, and let us know how you'd like to help.



ADVICE FROM THE TREE WARDEN HELPER

By Roland (Slim) Payne

Hope everyone had a good Thanksgiving. I have been looking at Bush Honey-suckle. It is easy to see now, because the leaves are still on it. I thought I had mine under control, but I am finding a lot of it where there wasn't any before. Where I have killed it, for the most part, it didn't come back. I guess the birds found new places to perch and drop seeds. Looks like they want to plant their own food plots.

I have hunted through three sugar bushes, didn't find any deer, but the wind storms did a lot of damage, with trees and branches down, and taking down pipelines. On my property, most of the damage is to fir trees, broken off about three feet above ground.

The infestation of Spruce Bud Worms in New Brunswick, Canada, is still severe, but they didn't come to Maine, New

Hampshire or Vermont, like they had expected them to.

The Christmas tree on the Green was too small, so I am putting a bigger one up to hang lights on. It is going in the ground, but is not planted, and will have to come out in the spring.

Humor from the HELPER

A deer wandered slowly into a bar and ordered a beer. The bartender said, "Hey fella, why the long face?"

"My mom is so negative," explained one young boy to his friend, "when I went to meet her at the park, I remembered to bring my little brother's stroller and his diaper bag." "I don't really understand it," the young boy said. "All she can talk about is how I forgot to bring my little brother."

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



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School Board Update

During the past month, our board has been mainly focused on putting together our “Alternative Governance Structure” proposal. Under the terms of Act 46, any school district of less than 900 students that chooses not to merge with other districts must submit an “AGS” proposal to the Vermont State Board of Education prior to December 26 of this year, detailing (among many other things) how the school district plans to meet the goals of Act 46 without merging.

At a recent board meeting, community volunteers who’ve been meeting regularly during the past three months as the “Act 46 Working Group” presented the information that they’ve gathered that will be crucial in building a strong and comprehensive AGS proposal. That information includes data on our community’s demographics, a survey of the range of traditional and non-traditional learning experiences available at Cabot, and a review of student scores on tests that gauge readiness for college. In addition, the group reached out to Cabot alumni of the past decade to document the impact that their small-school education in Cabot has had for them. Our thanks and appreciation to these volunteers who’ve stepped up this fall with their energy and ideas to make this large AGS project both richer and less daunting!

Also, this month the small group of community members who have been working on the “Cabot Academy” proposal met with our board to discuss details of their plan, as well as how it could benefit both Cabot School and the larger Cabot community. Recently re-named “Advantage Cabot”, the proposal would, if successful, recruit tuition-paying students from out of state to enroll in Cabot High School and to board with Cabot families during the school year.

Although the detailed financial plan for this proposal is still a work-in-progress, our Cabot School Board voted in early November to support the overall concept and the ongoing efforts to develop this Advantage Cabot proposal. Our board had a variety of questions and concerns about the fine points of this proposal and, therefore, held off for now on a complete endorsement. As discussions and proposal modifications continue in the coming weeks, we hope to be able as a board to fully endorse this proposal that has the potential to benefit both our school and community.

As we reach a reasonable “rough draft” stage with our AGS proposal in early December, we will host a forum to share the draft with community members and solicit feedback. We’ll also post the digital version on the Cabot School website. Please make an effort to give us your input on this large and important document!

In this very busy fall, we are also working hard to reach a resolution on contract negotiations with our teachers and support staff, and are beginning our budget process for the 2018-19 school year. Although we will be submitting our AGS proposal to the State Board of Education this December, it’s likely that we won’t find out until November of 2018 whether the State has approved our proposal for the Cabot School District to remain unmerged.

If you have questions or input about any of these efforts, please give one of our board members a call or come down to one of our regular board meetings (6:00 p.m. on the first and third Mondays of each month, in the Cabot School Library). We hope to hear from you.

Sincerely,
Chris Tormey, Cabot School Board

Cabot School News

By David Schilling, Principal

Exciting changes are underway in the Cabot School kitchen! On October 10, we eagerly welcomed Brock Miller as the school’s new food service director and chef. Brock is a Cabot School graduate and current parent, as well as the proprietor of Back Road BBQ, a traveling barbecue truck that brings delicious food to many regional venues throughout the summer and fall.

Brock comes to Cabot with a strong background in cooking and kitchen management. He found himself with his first kitchen manager position at age 19, working at Splash at the Boathouse in Burlington. From there, he held executive chef and manager positions at the Windjammer, Tilley’s Cafe, Sky Burgers, and A Vermont Place. In between restaurant endeavors, Brock spent four years with Vermont Peanut Butter Company as their production manager. In that position, he first encountered the Green Mountain Farm to School program, and started to see schools making connections to local food.

Brock’s most important goal for this first year is to build the school lunch program into an educational experience - teaching our students how to grow, harvest and cook delicious food at school. He will form a strong partnership with

Green Mountain Farm-to-School to bring local food to our children, bridging the gap between what kids will eat and what’s good for them. Already, we’re enjoying many meals cooked from scratch, and have been able to demonstrate to our kids and families that not only are fresh and simple ingredients healthy, but they end up costing far less than the wide variety of prepackaged “school lunch approved” items readily available through distributors. In reality, those items, while technically meeting federal guidelines for whole grain and calorie content, are full of preservatives and end up costing far more in the long run, while generating excess packaging waste. Brock is also very invested in getting our school garden up and running, and has been planning with the middle school team and other community members to start a strong and viable garden this spring that will benefit the summer food service program, as well as next fall’s menu. Brock will also cook for the upcoming 8th grade Hawaiian BBQ Fundraiser on December 9 - mark your calendars!

The question on most people’s minds, after sampling Back Road BBQ’s fare, is whether or not we would be seeing more pulled pork on the menu? With a big smile, Brock tells us we won’t be disappointed!

Advantage Cabot Comes To Life

Advantage Cabot is an independent educational enrichment and boarding program in the form of a nonprofit corporation. It was created to stabilize and grow the student population, enhance curricular offerings, and bring financial resources to Cabot High School at no cost to Cabot taxpayers.

Advantage Cabot has three key objectives:

1. Increase enrollment in Cabot High School by bringing in out-of-state students and boarding them with host families who will receive a stipend;
2. Provide academic and extra-curricular enrichment programs for ALL High School students (Please note: Advantage Cabot is neither a private school nor a school within a school);
3. Stabilize school revenues, while at the same time relieving the tax burden and positively impacting the local economy, a win-win-win.

During November, Advantage Cabot, a 501(c)(3) non profit corporation, came to life. What began in the summer of 2017 as a concept has quickly become a recognized nonprofit corporation. Recent accomplishments include registering with the State of Vermont as a 501(c)(3) nonprofit corporation, obtaining a domain name for planned outreach and marketing, and obtaining a Federal Employer Identification (EIN) number. Bylaws and policies are under development, Board of Director recruitment is ongoing, and Advantage Cabot will soon apply for Federal 501(c)(3) Tax-Exempt Status.

Advantage Cabot held its first public information session on November 15 in the Willey Building. It has scheduled a

second public information session at 7:00 p.m. on December 12, also in the Willey Building, to share developing information and updates and solicit input and feedback from Cabot voters.

The Board of Directors of Advantage Cabot will circulate a petition in December to be voted on by Australian Ballot at Town Meeting, requesting voter approval of Cabot Community Investment Funds (CCIF – formerly UDAG) to help kick-start this initiative. The final dollar amount of the projected CCIF request is still being determined, as we are currently pursuing complementary philanthropic funding and continue to refine our business plan and budget. We expect that process to be completed by mid-December, with the resulting business plan and budget available for public review. We believe this represents the perfect use of CCIF funds as we work to provide greater financial stability for the high school and spark economic development through the introduction of significant resources into the community.

Prior to Town Meeting Day, Advantage Cabot board members will continue to share information on this exciting initiative. Please do not hesitate to contact any of us should you have questions, concerns, or suggestions. We remain confident that the successful implementation of Advantage Cabot can and will provide long-term financial stability to Cabot High School and bring significant resources into the community at no cost to the Cabot taxpayers.

Karen Larsen, President; Fran Voigt, Vice President; Susan Alexander, Secretary; Jack Daniels, Treasurer



COMMUNITY COMMENTARY

A School to be Proud of!
By Niels Larsen

In June, Cabot voters rejected a proposal to merge Cabot School in a Supervisory Union with Danville, Marshfield and Plainfield, by a margin of roughly two to one. Two alternatives were then researched to meet the objectives of Act 46; An Alternative Governance Structure (AGS) to keep the High School in Cabot; or, close the High School and tuition students to other communities. The School Board, assisted by an Advisory Committee, fleshed out these two options, presented the result in public meetings, and surveyed Cabot residents’ preferences. The School Board voted unanimously to pursue the preferred option - the AGS.

Many reasons explain the vote: a desire to keep local control of education and opportunities for extra-curricular activities, particularly for children in low income and single working parent households; value placed on the community engagement fostered at high school events; support for the reforms implemented by the current principal and staff; avoidance of long, or as for the tuition option, no bus rides to school and after school events and cost-shifting to individual parents; avoidance of economic damage to the Cabot Village Store and Harry’s Hardware.

Voters recognized the importance of attracting families with school age children to Cabot and thus the importance of having a high school. The gradual decline in Cabot real estate values, that studies elsewhere have shown school closings to cause, more than offset the cost savings projected for the merger proposal. Those savings were mostly short term, attributable to merger incentives that phase out over four years. When fewer younger families move in, communities lose vitality. There would be fewer volunteers for community organizations and fewer taxpayers to support buildings, roads, sewer and water facilities.

For too many years, the school budget has faced steady pressure. Programs and staff have been cut, creating a vicious circle, aggravated by Act 46 uncertainty that contributes to families sending their children elsewhere, and making it harder to attract new students. Closing the high school will have adverse effects on the elementary school. A change of strategy is clearly needed to strengthen the programs offered in all grades instead of budget cuts.

As grandparents of a sixth grader, my wife and I have seen first-hand that improvements made over the last three to four years really do work; better curriculum (see “Commentary, page 8)



COMMUNITY CALENDAR

~ DECEMBER ~

Friday, 12/1

Digital Photography Exhibition 4:00 p.m.-5:30 p.m. Marshfield. Come check out the works by Twinfield students Jeneane Lunn and Gail Parent. Jaquith Public Library, Room 2.

Vermont Philharmonic "Handel's Messiah" 7:30 p.m.-9:30 p.m. Montpelier. St Augustine Church. Tickets Adults \$20.00, seniors \$15.00 and Students \$5.00. Doors open 7:00 p.m.

Saturday, 12/2

Breakfast with Santa and Pie Sale 9:00 a.m.-1:00 p.m. Danville. The Washburn Lodge No. 92, F&AM will hold a breakfast with Santa at the lodge at 57 Brainard Street. A home-style pancake breakfast. There will be coloring activities and children have a chance to visit Santa and have their picture taken. Tickets are \$8.00, children 10 and under eat free. More information contact Curtis 802-535-4769 or visit VTmasons.com.

48th Annual Burklyn Arts Holiday Market 10:00 a.m.-4:00 p.m. Lyndonville. Seasonal Entertainment, Juried Vermont Artists and Craftspeople, Homemade lunches served, huge raffle, Children activities, Cookie sale. Also, on Sunday, December 3, 10-3. Lyndon Town School, Lily Pond Road, follow signs off I-91.

Vintage Macramé 10:00 a.m.-4:00 p.m. Montpelier. Class led by Binta Colley. \$75.00 includes materials. For more information and to register go to www.twwoodgallery.org. 46 Barre Street, East Wing 2nd Floor.

Christmas Reading 4:00 p.m. and 7:00 p.m. Plainfield. Echo Valley Community Arts will present its annual dramatic readings of "A Child's Christmas in Wales" at the Plainfield Opera House. Local actors and accompanied by a fiddler will bring together the magic of Dylan Thomas' famous Christmas poem. General seating with suggested donation \$10.00 for adults and \$5.00 for kids. Christmas goodies and cider will be served.

Walden Annual Craft Fair 10:00 a.m.-3:00 p.m. Walden. Many vendors selling their wares, photography, seasonal crafts, homemade canned goods, quilt, crochet and knitted items, Natural Health products, Silent auction, Scholastic Book Fair and lunch will be available at the Walden School on 135 Cahoon Farm Road.

Star of Heaven, a concert of Medieval and Renaissance music for early winter by Anima and Fyre and Lightning Consort, Saturday, December 2, 7:00 p.m., at the United Church of Cabot, and Sunday, December 3, 4:00 p.m., at the Green Mountain Monastery in Greensboro. For information, visit animavermont.org or email info@animavermont.org.

Full Moon Hometown CD Release Party, Peter Mayhew Band, 8:30 p.m. Original organic rock, reggae and roots music. Plainfield Community Center (above the Plainfield Coop), Plainfield. Free.

Sunday, 12/3

Dance, Sing and Jump Around 3:00 p.m.-4:30 p.m. Plainfield. Family dance for all ages, circle and line dances and singing games. All taught and called by Liz Benjamin and friends. Live traditional music. Free for children, suggested donation \$5.00 per adult. NO ONE turned away!! Plainfield Town Hall Opera House, Route 2.

Holiday Craft and Vendor Bazaar 10:00 a.m.-4:00 p.m. Montpelier. Event complete with local crafters and vendors and homemade food products. Free admission, Door prizes raffled off. Restaurant and bar will be open for lunch. Montpelier Elks Lodge #924, 203 Country Club Road.

Americana Duo MAYFLY 11:00 a.m.-4:00 p.m. Shelburne. Ring in the holidays with a visit to Shelburne Museum grounds, Route 7 by foot or wagon rides drawn by horses. Activities making chocolate ornaments and scavenger hunts. Music by Mayfly our own Katie Trautz and friend, Julia Wayne performing old time New England and Appalachian music.

Vermont Philharmonic "Handel's Messiah" 2:00 p.m. Barre. Barre Opera House. Tickets Adults \$20.00, seniors \$15.00 and Students \$5.00. Doors open 1:30 p.m.

Cabot Community Memorial Tree Lighting on the Common, 6:30 p.m., refreshments to follow at the Cabot United Church. For several years, the people of Cabot have purchased bulbs in memory of or in honor of loved ones. All are welcome to participate.

Tuesday, 12/5

Naturalist, Author, Artist and Photographer Susan Sawyer 6:30 p.m. Woodbury. A free presentation by Susan, answer questions and sign her book "A Guide to the Natural History of the Northern Rivers Land Trust Area" at the Woodbury Community Library located just off Route 14 behind the Elementary School.

Wednesday, 12/6

Wonderful World of Bats 6:45 p.m. Marshfield. Speaker Jerry Schneider presents interactive talk with slides to show how the bats are our friends. Activity involves in creating bat t-shirts, bring your own or buy one for \$4.00. Jaquith Public Library, Room 2.

Friday, 12/8

VSO Holiday Pops 7:30 p.m. Barre. The Vermont Symphony Orchestra led by Guest conductor Anne Decker. Features festive music from around the world, a carol singalong, special appearance by the Bronze Ambassadors, bell choir from Newport and more. Will take place at the Barre Opera House. Tickets at 802-476-8188 or barreoperahouse.org. \$30.00 general admission, \$25.00 seniors and AARP members, \$10.00 18 and under.

Saturday, 12/9

Cabot Elves' Workshop, 2-4:00 p.m., at United Church of Cabot. Kids! Help Santa and have fun. Make presents for

your whole family. Sponsored by United Church of Cabot.

2017 Barre Hoop Shoot. Registration at noon, with Shoot commencing at 1:00 p.m. For youth 8-13. Takes place at Spaulding High School gym. Compete in one of six divisions. Boys 8-9, Girls 8-9, Boys 10-11, Girls 10-11 and Boys 12-13, Girls 12-13. More information <https://www.elks.org/hoopshoot/compete>. Local Chair Keith Boucher.

Winter in Watercolor 12 noon-4:00 p.m. Montpelier. Class led by Robert J. O'Brien. \$90.00 plus materials. For more information and to register go to www.twwoodgallery.org. 46 Barre Street, East Wing 2nd Floor.

GRACE Annual Holiday Open House 11:00 a.m. - 4:00 p.m. Hardwick. Free. Open to all. Artwork for sale, boxes of great holiday gifts, refreshments served. The Old Firehouse, 59 Mill Street across from Hardwick Post Office.

2017 Berlin Holiday Market 10:00 a.m.-4:00 p.m. Berlin. There will be 30 vendors and crafters at the Berlin Elementary School. Music from Powers Songs and Sound. Santa Claus for the kids, baked goods, something for everyone on your shopping list. Free Admission.

Christmas Bazaar 9:00 a.m.-2:00 p.m. St. Johnsbury. Come experience an amazing selection of local vendors, select some delicious cookies at the Cookie Walk, bid on incredible raffles, warm up to lunch at the Food Cafe'. Good Shepherd School, 121 Maple Street.

Holiday Brewfest 12 noon -4:00 p.m. and 6:00 p.m.-10:00 p.m. Barre. Barre Auditorium. Tickets and Information. HolidayBrewfest.com.

Barbershop Holiday Concert, 2:00 p.m. Vermont's men's and women's a cappella barbershop choruses will present their annual holiday show at the Hunger Mountain Christian Assembly on Route 100 in Waterbury Center. This performance will feature the choruses and quartets of the Green Mountain Chorus and the Barre-Tones Chorus and has become a holiday season favorite. Door prizes and an intermission sing along will be part of the afternoon's event. Tickets are \$12 for adults and kids under 8 are free. Tickets will be available at the door, or online at www.GreenMountainChorus.com.

Tuesday, 12/12

Advantage Cabot 7:00 p.m. Cabot. Held its first public information session

November 15. Join us for the second session in the Willey Building to share updates and solicit input and feedback from Cabot voters.

Wednesday, 12/13

Economics of Conservation 7:00 p.m. Marshfield. Joe Roman, of the UVM Gund Institute will speak on how conservation is good for Vermont's economy. Jaquith Public Library, Room 2.

Thursday, 12/14

History of Racism 4:00 p.m. Marshfield. Netdahe Stoddard will speak on this topic that affects all in the United States. For people ages 12 and up. Jaquith Public Library, Room 2.

Saturday, 12/16

Holiday Festival and Weihnachtsmarkt 2:00 p.m.-10:00 p.m. Cabot. Hosted by Harry's Hardware. Come join us for our first ever festival where you will be envelop in holiday cheer with food, vendors, and drinks. 2:00 p.m.-8:00 p.m. Outdoor holiday market at Harry's Hardware. 9:00 a.m.-8:00 p.m. Pop-up Artisan gallery and shop across the street to warm your bones to mulled wine and hot cider. 3:00 p.m.-10:00 p.m. Live music by Stovepipe Mountain band, Kick em' Jenny, Paul Miller and Doug Perkins. Bar Hill will be selling Caledonia Spirits whiskey. So come on down, over hill and dale to this fabulous afternoon into the evening fun!!

Holiday with the Animals 10:00 a.m.-2:00 p.m. East Montpelier. Celebrate the season at this fun family friendly holiday party at Central Vermont Humane Society Adoption Center, VT Route 14S. Fun activities, face painting and chance to visit with Santa. Bring donations for the critters.

Oriental Painting 1:00 p.m.-4:00 p.m. Montpelier. Class led by Ronda Stoll. \$50.00, plus a \$20.00 materials fee. For more information and to register go to www.twwoodgallery.org. 46 Barre Street, East Wing 2nd Floor.

The Green Mountain Nutcracker 9:00 p.m. Barre. The Moving Light Dance Company presents the production at the Barre Opera House. The show is gorgeous and the dancers will surely make you gasp, laugh and applaud. Cost advance tickets \$15.00-\$25.00, Door \$18.00-\$28.00, Tickets 476-8188.

Sunday, 12/24

Christmas Candlelight Service, 7:00 p.m., United Church of Cabot.

(continued on page 7)

FREE FOOD SHARE AND FOOD DROP DATES

~ FOR THE NEEDY ~

CABOT FOOD SHARE
Wednesday,
DECEMBER 6
Noon-2:00 p.m.

Wednesday,
DECEMBER 20
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,
DECEMBER 9

Food pick up at 8:00 a.m.

Open until food is gone - usually 9:30 am



Onion River Food Shelf
Old Schoolhouse Common
School Street, Marshfield

COMMUNITY CALENDAR

~ DECEMBER ~

(continued from page 6)

Thursday, 12/28

Acoustic Native Tongue 6:30 p.m.-8:30 p.m. Barre. Ring out the old year with Bob, TJ and Todd while enjoying great food and drinks at Ladder 1 Grill restaurant, South Main Street. 5 piece band of classic rock, four part harmonies, and great rhythm.

Friday, 12/29

Cabot Arts presents Breakin' up Christmas... Again. 7:00 p.m. Cabot. The Green Mountain Playboys and Cabot's own Katie Trautz returns with

Cajun music and dance. Cabot Town Hall, Willey Building, Main Street.

Saturday, 12/30

Hillside Rounders 7:00 p.m.-10:00 p.m. Cabot. Live Music at The Den, Main Street. Vermont's First Old and In the Way tribute band of local talented musicians Luke Auriemmo, Roland Clark, Jeremy Sicely and Geoff Goodhue.

Sunday, 12/31

First Night Montpelier brings 90 hours of performances and activities to 15 downtown locations. More information go to www.montpelierlive.org or call 802-238-6888.



Elves' Workshop!

Kids! Help Santa and have fun!

Come to the

Elves' Workshop

Saturday, December 16th

from 2 to 4 p.m.

at the United Church. Make presents for your whole family!

SPONSORED BY

THE UNITED CHURCH OF CABOT

DINNER & AUCTION

HOSTED BY THE CABOT 8TH GRADE AND CO-OWNER OF BACKROAD BBQ, BROCK MILLER

SATURDAY, DECEMBER 9

6:00 P.M.

HOSTED AT CABOT SCHOOL GYM

THE FOOD WILL BE HAWAIIAN THEMED. THERE WILL BE A SILENT AUCTION.

PLEASE COME DOWN AND SUPPORT THE 8TH GRADE CLASS TRIP TO D.C. ~ THANKS



FAITH IN ACTION'S 8TH ANNUAL WARM CLOTHES & TOYS FOR GIRLS AND BOYS GIVEAWAY

In partnership with



Along with warm hats, scarves, mittens and socks

This year we are accepting unwrapped *new and/or good condition used* toys, books, dolls, backpacks, board games, personal care items and *new* stuffed animals, hats, gloves, mittens and other gifts suitable for Cabot children of all ages. *Want to sponsor as a "Secret Santa" a child's Holiday wish? Call us to find out how!! It's easy and keeps your donation LOCAL!*

Donations can be left at the Faith in Action Office in the Masonic Hall, Main Street, Cabot on Monday, Tuesday, Wednesday and Thursday from 9 am to 3 pm, starting **November 13** or left at the front door if we are not open. Let's make this a special Christmas for Cabot's children.

Weather permitting, parents can come for toy giveaways:

Friday DECEMBER 15th from 10am to 5 pm

Saturday DECEMBER 16th from 10 am to 5 pm

Monday DECEMBER 18th from 2 pm to 8 pm from 3 pm to 7 pm

At Faith in Action, Masonic Hall, 3339 Main St., Cabot

Please call 563-3322 or email admin@fiancp.org with questions or special needs requests

Onion River Well & Spring Service

Drilled Wells • Springs • Pressure Tanks
UV Systems • Pump Service • Water Conditioning

Emergency Service

(802)426-3670

Good Water is Our Business!

Joe's Pond Craft Shop

Fine Vermont Handcrafts

OPEN:
May-December:
Tue.-Sat. 9:30-5:30
Sunday 9:30-1
Closed on Mondays
802.684.2192

Intersection of Rt. 2 & 15
West Danville, Vermont

www.joespondcrafts.com

Commentary

(continued from page 5)

lar continuity and teacher-parent communication, emphasis on writing; multiple project based opportunities each year, in which the kids research chosen topics, work in teams to produce reports, explaining what they have learned in writing and in front of their families. The music program, second to none in Vermont, is an outstanding example.

Individuals whose experience with the school goes further back often have less favorable views. We shared them at that time. To fully understand the transformation that has taken place, attend one of the public displays and presentations of projects at the CSPAC and/or talk to current high school students. They will impress you!

Many Cabot residents understand that the loss of the high school has serious and long term negative economic consequences for the town. Recently, state agencies concerned with rural Vermont requested suggestions to strengthen the economic health and vitality of rural Vermont. Several Cabot residents submitted testimony urging that weight be given to adverse economic effects, when the Agency of Education evaluates AGS proposals from towns like Cabot and the importance of small-school grants.

In the interest of the long term economic health of Cabot, please vote at Town Meeting to support the School Board proposal and the Advantage Cabot initiative to help market the Cabot School to students from neighboring towns and beyond.

BREAK IN' UP CHRISTMAS...AGAIN

**cabot
arts
presents**



JUST WHEN YOU
NEED A LITTLE
MARDI GRAS RIGHT
THIS VERY MINUTE,
CAJUN MUSIC AND
DANCE RETURN TO
CABOT!

LAISSEZ LES BONS TEMPS ROULER!
WALTZ AND TWO-STEP THE
NEARLY LAST NIGHT OF 2017 AWAY WITH:
**THE GREEN MOUNTAIN
PLAYBOYS**

With

KATIE TRAUTZ

FRIDAY, DECEMBER 29 AT 7:00 PM

Cabot town hall (Willey Building)

Admission by donation at the door

November 7 Vote All Cabot Articles Pass

Article 1 – Water Bond: 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 used 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}

Yes – 99
No – 49
Blank – 3

Article 2 – Highway Budget: 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}

Yes – 122
No – 28
Blank – 1

Article 3 – Municipal Budget: 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}

Yes – 116
No – 34
Blank – 1

Article 4 – ZBA to DRB: Shall the Town of Cabot transition from its Zoning Board of Adjustment to a Development Review Board, pursuant to 24 VSA §§ 4460?

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

{Australian Ballot}

Yes – 93
No – 46
Blank – 12

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}

Yes – 106
No – 42
Blank – 3

Article 6 – Public Safety: Should the Town of Cabot consider increased funding for police patrols to ensure security and public safety? {Australian Ballot}

Yes – 79
No – 66
Blank – 6



Call to purchase or order

563-2636

Meat Pies

3" - \$5.00

6" - \$10.00

9" - \$18.00

Pumpkin Bread

Large - \$9.50

Small - \$5.00

Frosted Sugar

Cookies

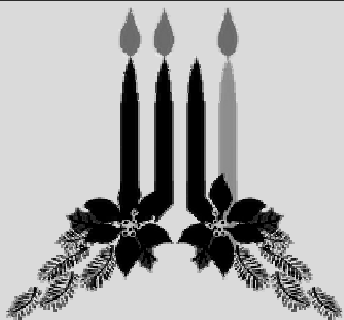
6 pk - \$2.50

12 pk - \$4.50

ANIMA, FYRE AND LIGHTNING PERFORMANCES ~ DECEMBER 2 AND 3

Anima and Fyre and Lightning Consort will join to present *Star of Heaven*, a concert of Medieval and Renaissance music for early winter, on Saturday, December 2, 7:00 p.m., at the United Church of Cabot, and Sunday, December 3, 4:00 p.m., at the Green Mountain Monastery in Greensboro.

The concert opens the season of Advent, when we look from the darkness toward the light, and honor the stars that guide us on the journey. From the soaring chants of Hildegard von Bingen and lively medieval dances to the rich tapestries of Renaissance polyphony, the concert will offer a time for reflection and peace. Renaissance composers include Palestrina, Soriano, Cornysh, Dufay, Dunstable, and Power. For information, visit animavermont.org or email info@animavermont.org.





What are you up to?

By Sarah Spletzer

Interview with Sandy Pond from Sandy Pond Studios

The first thing I see when I enter Sandy Pond's home studio is a big, colorful rug on the floor that shows overlapping circles in many bright colors on the floor. It reminds me of the centric circles that raindrops create on a surface of water. Through the course of our interview, I come to see that this rug makes for a great symbol of Sandy Pond's home studio as a whole.

The place holds a pottery studio, a Yoga studio, a painting studio and a massage room. Over the course of the last few weeks, Sandy has moved from Florida to Vermont, and has created her home studio, called "Body & Soul," in the apartment above the town's hardware store.

Entering your place here, I can't help but get the impression that this has all been here for years. Do you feel like you landed here or are you just really good at transforming spaces to make them your own?

I feel like the space was waiting for me to arrive. I just hope it was perfect timing! As a "Sacred Artist," I have had the opportunity to create "space", transforming convention centers into a cohesive beautiful space, a few times a year. Last year, I was in Boulder, CO, and I spent two weeks as the artist in residence in Stony Point, NY, and at the University of Colorado in Fort Collins.

You have lived in Vermont earlier in your life, and for the last 13 years you had your home and studio in Florida. What made you return to Vermont, and why Cabot?

The hurricane season was approaching Florida with a frenzy and I did not want to wade through alligators and snakes in its aftermath, so I took my toothbrush and got out of Dodge. Reaching high ground in Asheville, NC, and realizing it would be weeks before I could return, I took the opportunity to visit my son, Cyrus, in Cabot. Sleeping in the vintage camper under the awesome starry nights, fire flies, and amazing sunsets from the top of Danville Hill, I realized what a special place Cabot is. My lease was up October 1 in Florida, and the space was available above Harry's Hardware, so I took advantage of the opportunity and jumped of the cliff.

What is your vision for your studio and your practice?

My vision is to have fun, to share my gifts and talents, and create a space to relax and express our hearts in. If you are in pain, have trauma, or are stressed from life, I hope your time spent here will bring healing to your soul, as well as your physical body. Offering a convenient place to move, be it yoga, meditation, or conversation, it opens the flow to creativity. Massage, Movement and Creativity are all important to being healthy. I get to do what I love.

Who would you like to come to your studio (s)?

All are welcome, kids to adults. Beginners or Advanced. I had a 95-year old doing yoga, children in pottery and a 100-year old having a massage once a week. If you are unable to climb stairs, I can come to you. Pottery, Movement and Art classes are also for all ages, and abilities. Private or group sessions, as well as interesting seminars and conversation topics will be offered.

You told me that you created your own style of massage. What do you call it and how do you describe it?

Needing a name for my business, I turned to an old Webster's Dictionary. I opened the book randomly, and with my eyes shut, pointed to a word. It was "Empyrean". The definition of Empyrean is a noun, the seventh heaven, the abode of God and the Angels, Holy fire, the cosmos. As I read its definition ... wow. I acknowledged I don't heal anyone. I am a conduit, a channel, or portal for the inner voice of Homeostasis, your inner doctor, which knows what you need, and the cosmos that supports you. As I begin every massage, this name reminds me of the sacredness of time and place, we are not alone, and we are meant to be healed and whole. I am a body listener.

Massage is beneficial for everyone, be it to relax in a nice warm bed with hot stones on your belly, or because you are such a hard worker your muscles ache, which is a distraction to your job, and drains your energy. Perhaps you have scars from old accidents, burns, or surgeries. Releasing the scars can soften the tissue, open up energy channels and bring freedom of movement. Massage is also a great way to address depression and other emotional issues, as it releases endorphins naturally.

And what kind of Yoga do you teach?

In Florida, I was teaching Restorative Yoga, which is deep relaxation, slow movements, and focused on breathe and release. I also teach a beginners' Yoga for those interested in learning about all the branches of yoga, not just the poses, but the meditation, the mantras, etc. It's a great prep to go to any yoga class and feel comfortable. Now, there are many teachers of many styles here in Vermont, I want to let them know: you are welcome to use this studio space, too!

You are working as an artist, a healer and a teacher. Do you see a connection between visual art and the healing arts? What does this connection look and feel like to you?

It is all about being one, being in the flow, and being connected. There are four different worlds in which we live and exist. The physical, emotional, spiritual and creative. When all of these are flowing and free, we are balanced inside and out, holistic. So, to be healed physically, you are able to spend more time expressing positive energy instead of focus on pain. This lifts your spirit and generates a need to release creative energy, perhaps through music, dance, or the arts. My logo of a person releasing a bird shows joy and freedom.

What inspires you?

Challenges inspire me to look outside the box, to keep my eyes open to the unexpected, and to be grateful for the smallest advance. It is a cosmic dance, even though I may not know the steps. It's exciting to get in the flow and have magic happen. For me, it keeps life interesting, being in a place where I need the universe to show up.

What do you want to learn next in life?

I have met so many amazing folks in Cabot in the short month I have been here! I would love to learn to remember your names. Hope you can help!

You can reach Sandy through her website, bodyandsoulsos.com, email, sandypondstudios@gmail.com, and phone, 802-917-8883.



Kingdom Animal Shelter

By Helen Morrison
Cinco

Sweet Cinco was out on the streets of St. Johnsbury since at least 2005, down near Allen Lumber. A good Samaritan fed him all those years, initially got him his shots, had him neutered. Finally, in 2017, someone trapped him and brought him in. Believe it or not, he has become one very special, friendly boy, who loves to talk to you, totally enjoys a good meal, and relishes having his belly rubbed. It is quite amazing that, after all that time on his own, he quickly became very trusting and affectionate. This little old man deserves a quiet, safe, and caring home in his later years. Come and meet Cinco and the other wonderful cats and kittens at Kingdom Animal Shelter, 1664 Memorial Drive in St. Johnsbury



Center, Mondays, 6-8:00 p.m., Tuesdays and Wednesday, 4-6:00 p.m., Thursdays 3:30-5:30 p.m., Saturdays and Sundays, noon to 3:00 p.m. And check us out on FaceBook and at kingdomanimalshelter.com.

CCV. Because...



I wanted to expand my horizons
and stay close to home.

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ccv.edu/register

Will Nally
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Cabot

CABOT COMMUNITY MEMORIAL TREE

Lighting on the Common
Sunday, December 3, 2017
6:30 p.m. – Tree Lighting



Refreshments to follow at the Cabot United Church

For several years, the people of Cabot have purchased bulbs in memory of or in honor of loved ones. Bulbs are \$3.00 for each name listed. Please fill out the names you wish to be read at the tree lighting ceremony. All are welcome to participate.

Please return your request to:

Cabot United Church
PO Box 127
Cabot, VT 05647

Or give to any board member.
(Skip/Rose Bothfeld; Ron/Sue Busselotti; Hildegard Wegner, Beth Wade, Tom Crose.)

Names to be read (use blank paper for extra names):



TWIN VALLEY SENIOR CENTER



Can you believe that it is December again? WOW! The staff, volunteers and seniors at the center want to wish you and yours the best of Holidays. May you be warm, safe and healthy throughout the winter months and every day of the year. There is no reason to be home alone, as Twin Valley Senior Center has a door to door free bus service to and from the center. It is a great place to come, have good food, meet friends, make new ones and join in the many activities that take place three times weekly. It sure beats the long dreary days of winter, which can bring on Cabin Fever. So, give us a try and kick that isolation and loneliness away. Our number is 223-3322.

By the time you read this, once again TVSC will have sent to our homebound residents that receive meals a "Blizzard Bag". The Blizzard Bag is full of nutritional non-perishable food that can be eaten in an emergency situation, such as

power outages, out of food and TVSC cannot get meals to you because of weather conditions, etc. The bags of non-perishable foods for the past three years have been purchased by no other than Cabot's Ms. Jeanne Johnson, and this year is no exception. Words cannot tell Jeanne how much she saves TVSC staff and volunteers by ordering and purchasing these non-perishable items that are all packaged and ready to be distributed by our wonderful volunteers. We cannot thank her enough for her generosity, caring and thoughtfulness in helping us take care of our senior friends and neighbors.

TVSC will be celebrating Christmas Dinner at the center on December 20, and then on Friday December 22, we will be having a Yankee Swap and a party with the seniors. We hope you will come and join us on those days. We will be closed on Christmas and reopen on December 27. Our Meals on Wheels recipients will receive their Monday and Tuesday meals on Friday the 22nd.

TVSC has 35 residents that receive Meals on Wheels. Some are alone, some are with spouses. Every year, TVSC likes to send a small gift and card to these wonderful people. If you would like to donate small items such as word search, cross word puzzles, homemade breads (small loaves) jams, jellies, warm socks, please feel free to join us in making this all possible. We would need items by December 15, as we will need to process the gifts for delivery.



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[TwinValleySeniors@
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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



FROM THE CABOT PUBLIC LIBRARY

Happy, safe holidays to everyone - looking forward to seeing you at the library in 2018!

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

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

Essential Oils in Everyday Life with Elysia Gingue – Tuesday, December 5 – 7:00 p.m.

Come learn about the primary benefits of essential oils. Find out ways to effectively and safely use essential oils to support a more natural lifestyle as an alternative way to manage health issues. Elysia Gingue is a wellness advocate of doTERRA essential oils and offers classes in the St. Johnsbury area.

Meditation Group – First and Third Wednesdays, December 6 and 20 – 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, December 9 – 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.

Holiday Baking/Craft Making Workshop – Tuesday, December 19 – 3:00-4:30 p.m.

Make holiday cookies, gingerbread houses, ornaments, candle holders and popcorn garlands - All are welcome!

Community Book Group – Wednesday,

day, December 20 – 10:30-11:30 a.m.

Cabot Community Book group generally meets the third Wednesday of the month. This month's selection will be *A Gentleman in Moscow* by Amor Towles. From the *New York Times* bestselling author of *Rules of Civility*—a transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel. In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose. – Amazon. All are welcome to join in! Copies of books will be available in the library.

Thank you!

Thanks so much to Jan Ghiringhelli for donating her beautiful oil painting entitled "Cabot's Bridge to Nowhere" – a must see piece of art we are most fortunate and grateful to receive. Many thanks to the local farmers who came out for the movie/discussion "Vermont Farm Kids" during Agricultural Literacy Week – Lynn Rockwell, Paul Stecker and Sjon Welters. Thank you to Michelle LeClerc for helping to give out Halloween candy and for not scaring the kids too much. Thanks so much to all the folks who come in regularly to help out - Lorelai Bastress, Mary Lou DeLacy, Susan Dineen, 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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11/17P



Cabot Connects Mentoring: Building a Strong Community, One Friendship at a Time

For the past ten-plus years, Cabot Connects Mentoring has been connecting youth and adults in our town. As the newly-hired program administrator for Cabot Connects, I hope to expand this program to many more residents this year.

There is a wealth of evidence showing that youth benefit from mentoring. A nationwide 2014 study showed that kids with mentors are more likely to set high educational goals and participate in extracurricular activities. They are more likely to accept leadership roles in school, sports and clubs. And while all young people benefit from mentors, for at-risk youth, the statistical link between mentoring and success is especially strong.

Mentoring builds community by establishing relationships between generations. It's all too easy to cut oneself off from older or younger residents with labels... "lazy," "disrespectful," "boring," "out of touch." Mentoring establishes friendships to bridge the divide, and both mentors and mentees develop a greater sense of belonging.

But mentoring benefits extend beyond the mentor and mentee. The same 2014 study showed that kids with mentors are more likely to volunteer in their community, and less likely to engage in risky behaviors. More community service hours

Focus on Trails

Cabot Recreation Committee

By Lynn Lehoe

Please come to the next Cabot Recreation Meeting on Tuesday, December 5, 2017, at 5:30 p.m. in the Cabot School Cafeteria. We will discuss our options of possibly creating trails and updating trails throughout the Town of Cabot, and would greatly appreciate input from the Cabot Community. The upcoming agenda will be posted by December 3, 2017.

If you are unable to make the upcoming meeting, but would like to add to the conversation, please email the Cabot Recreation Committee members, who can be reached at lmlehoe@gmail.com, tamarafeldman6@gmail.com, sonia.bailey78@gmail.com, cabotchristmastrees@juno.com, lauramaratin@pridetbi.com. Thank you.

Barbershop Holiday Concert December 9



Vermont's men's and women's a cappella barbershop choruses will present their annual holiday show at the Hunger Mountain Christian Assembly on Route 100 in Waterbury Center on Saturday, December 9, at 2:00 p.m. This performance will feature the choruses and quartets of the Green Mountain Chorus and the Barre-Tones Chorus and has become a holiday season favorite. Door prizes and an intermission sing along will be part of the afternoon's event. Tickets are \$12 for adults and kids under 8 are free. Tickets will be available at the door, or online at www.GreenMountainChorus.com.

Greater Cabot Working Landscape Network Update

Agricultural Literacy Week was November 13-18, and several members of this committee attended the showing of the new NOFA-VT produced film, "Vermont Farm Kids" that was shown in the Cabot Town Library.

We then moved on to our regularly scheduled meeting with special guests Lydia Pitkin and Brock Miller. Lydia works for the Vermont Sustainable Jobs Fund as the Farm to Plate Coordinator, and shared ideas of how Cabot might benefit from connecting with their different working groups. As quoted from their website, "Farm to Plate is Vermont's food system plan being implemented statewide to increase economic development and jobs in the farm and food sector and improve access to healthy local food for all Vermonters." (www.vtfarmtoplate.com) Brock is the new Food Service Director at

Cabot School. He cooks from scratch and would like to use as many local ingredients as possible. Brock is very much interested in connecting with farmers and home gardeners who might be interested in supplying food for the cafeteria. You can email him at: bmiller@cabotschool.org.

The Greater Cabot Working Landscape Network is a diverse group of community members from Cabot and neighboring towns who are passionate about our working landscape. The committee aims to develop, support and promote the sustainable and working landscape in the Greater Cabot Area through networking, cooperating and asset sharing. All interested community members are encouraged to add their voice at the regularly scheduled meetings, which take place on the third Tuesday of every month at 7:00 p.m. in the Willey Building.



Free Cabot Community Christmas Dinner

*A special thank you to the Bothfeld family of Dunstable Farm
for donating locally-raised turkeys!*

~ Christmas Day ~

December 25, 2017 at 12:00 Noon

potatoes, onions, celery, squash, turkeys and desserts

*Cabot School Dining Hall or delivered to your door.
For Take-Out or Delivery, call 802-563-2102*



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Much To Be Thankful For

The Cabot Chronicle



Consider A Donation To The Cabot Chronicle

As our small team from the Cabot community works to ensure sustainability of our free local monthly paper, we have come to understand that it continues to be a community-building tool, a way to connect us all. As such, it was never expected to generate enough advertising to cover annual costs, and this month is a perfect example. We have several new holiday advertisements besides our regular advertisers. That feels very positive, until we do the numbers and realize that those additional ads generated less than one third of the revenue necessary for printing this month's edition. The cost of creating, printing and delivering this monthly paper is over \$1,200 per issue. You can see that doesn't add up. Clearly, the plan needs to include more than advertising.

We are very grateful to the community who continues each year to vote community funds for the continuation of the paper, and are moved with the messages we received. We are lucky to

have our own paper in this town, and the paper is lucky to have such compassionate community members. We hope additional readers will consider joining the effort.

As the year comes to a close and you think about tax-deductible contributions, please consider a donation to support *The Cabot Chronicle*. Your money will be put to work right in Cabot to keep information flowing and the community growing. Invest your money locally where it's needed – right here in town, performing a service for you and the people you know. It's not just a paper—it's our common link.

Checks can be mailed to "Cabot Community Association—Chronicle." The CCA is a 501 (c)(3) charitable organization, so your contribution is tax-deductible as allowed by law. The CCA's address is P. O. Box 245, Cabot, VT 05647. You will know exactly where your money is going, and it will be very much appreciated.