

THE CABOT CHRONICLE

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June/July 2019

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Signs Of Spring



Vernal pools in the town forest are a home and resource to many of our native species. The Conservation Committee is embarking on an ambitious plan for supporting our natural ecosystem. Photo by Matthew Peters. See "Conservation Committee" on age 10 to learn more about this initiative.

Fourth of July Through the Years

by Amanda Legare

In recent years, July 4 has become Cabot's biggest day to attract visitors to the village. The actual date of the first parade is unclear, but it is known that the celebration was started more than 50 years ago by the enthusiastic members of the PTO, who were always looking for methods to raise money to support the school children.

When the town was divided into 14 district schools, the social life of the various communities circled around the individual schools. Cabot folks living in Petersville wouldn't know any of the people living on West Hill.

In 1949, the Lower Cabot School and the Plains School closed, and for the first time, all the school-age children of Cabot came to the village for their education.

Beatrice Perry ran the PTA, and the emphasis was on raising money to help children with a hot lunch.

4-H children planted crops, and they were harvested and canned by the PTA. For a small amount, every student could purchase milk and one hot dish - usually beans or corn.

The original community barbecue for July 4 was "rounds" of beef cooked in

underground coals. A fire was started the day before at Homer Darling's property (brick house across from the Lower Cabot Cemetery). The beef was buried in the coals and cooked all night.

When they couldn't find anyone to do the beef, they switched to chicken. Originally, it was all brought over cooked from Gerald Morse's chicken farm in Groton. "He would bring it all in boxes," Erma Perry remembered. They were steaming hot and it was delicious."

It is generally agreed that Herndon Foster started the Cabot parade when he took the lead on the PTA. It was essentially an agricultural event featuring many animals, 4-H floats and an honor guard.

"Many Fourth mornings I got up before 5:00 so as to be ready to be in the parade, which started at 10:00 a.m.," Barb Carpenter recalled. "The work horses were not very speedy."

Many parents were involved in the celebration and raising money for the PTA. Often, food was made at the school and then taken down to the Creamery, where it was stored. Among the people helping with the food was Franny Walbridge, who was involved (see *Fourth of July*, page 4)

Pollinator Friendly Pointers

by the Greater Cabot Working
Landscape Network

At Town Meeting this year, the voters of Cabot approved a resolution to make Cabot a pollinator friendly community. These "Pollinator Friendly Pointers" are one way that we are trying to spread the word about protecting pollinators, like bees, butterflies, and birds. If you maintain a pollinator habitat (such as a pollinator garden, field, window box, etc.), on your property, please let us know at workinglandscape@cabotvermont.org.

- Shop at our local plant nurseries for native pollinator plants, or try to ID them on your land! Consider both annuals and perennials that benefit pollinators.

- New to growing for pollinators? Try sunflowers, cosmos, and herbs.

- Don't spray your plants with pesticides. They can cause harm to the environment and to pollinator species.

- Dandelions are essential for bees! Designate an area of your property to stop or delay mowing to let the flowers bloom.

June 19 kicks off National Pollinator Week! Consider registering your unmowed field or pollinator garden with KidsGardening (partnering with the Intervale and Vermont Community Garden Network), and get a free pollinator sign for your "sanctuary" (see kidsgardening.org/wild-for-pollinators-program).

Please share your pollinator knowledge with us! If you have a suggestion for our pollinator pointers, please let us know! Check Front Porch Forum for an announcement of our next meeting.



Tri-Colored Bumble Bee shopping at Amanda's green house on Mother's Day, sampling the flowers and trying to decide which one to take home to the queen. Frank Kampf photo.

GREATER CABOT
Working Landscape
NETWORK

Cabot Artisans Gallery Opening for the Season

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and regularly
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LEGISLATIVE REPORT CABOT ♦ DANVILLE ♦ PEACHHAM

by Representative Catherine "Kitty" Toll

The 2019 Legislative session informally closed on Friday, May 24. A resolution to adjourn for the session was offered and passed in the House of Representatives following the passage of the only "must pass" bill - the State budget. The State Constitutions requires both the House and Senate to adopt a resolution to adjourn and the Senate did not take action on the resolution when presented with it on May 24, thus the 2019 session was not officially closed.

There were two bills left on the table when the Speaker of the House asked for a vote to adjourn:

H. 107 - An act relating to paid family and medical leave and S. 23 - An act relating to increasing the minimum wage. Both bills were important to the Speaker and to many members of the legislature, however, the Speaker noted that the House and Senate had not come to agreement on the final contents of each bill, the time had come to adjourn, and work on the two bills would resume in January.

Highlights of the session include passing a strong state budget that received support from all political parties. The budget makes investments that support all Vermonters and makes targeted investments to assist vulnerable Vermonters as well. This year, a strong broadband bill was passed. The bill (H.513) empowers local municipalities to determine the connectivity solutions most appropriate for their communities,

and provides financing programs to get local initiatives off the ground. The bill funds a technical specialist to support local groups and explores alternatives such as allowing electric utilities to provide internet service using existing infrastructure. It streamlines procedures so providers can build broadband access more quickly and cost-effectively to our most rural communities.

Critical investments were made in Vermont's childcare system. Specifically, the bill adjusts the market rates and benefit levels for the Child Care Financial Assistance. In addition, the bill seeks to retain child care providers working in the field by providing internship compensation and scholarship assistance to support current child care workers.

Please see my End of Session Report for an update on several actions of the legislature before the final gavel of the 2019 Session. This report will be available in paper copy or online at www.kittytoll.com. For additional information on any bill or action taken by the House or Senate or standing committee, please visit: www.leg.state.vt.us. Please contact me directly with your questions and concerns. As always, it is truly an honor and pleasure to represent you and the communities of Cabot, Danville and Peacham.
kittytoll@live.com or ktoll@leg.state.vt.us
PO Box 192 Danville, VT 05828
802-684-3671 (Home)
or 802-828-2228 (State House)

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.

~ Cabot Chronicle Mission Statement ~

The Cabot Chronicle is a home-delivered newspaper devoted to telling the stories of a diverse, and evolving community that provides the information people want, need and deserve to know about their community.

The Chronicle is as much about building trust and inspiring engagement as it is about reporting, writing, and editing. The CCA will devise a cost-effective way of producing rich, engaging content that encourages readers to slow down and spend time with The Chronicle. We will identify the content the community cares about most and that which promotes the CCA mission while it sets the tone and tells the story of Cabot.

Through *The Cabot Chronicle* the CCA will nurture and grow the community to be successful and promote the CCA mission to enhance the quality of community life for those residing, doing business, and visiting Cabot, VT.

Cabot Property Taxes to be Mailed in July

by Jeanne Johnson, Lister

If you are a property owner and don't receive your property tax bill, you are still responsible for the payment, because property owners are obligated to keep an accurate address on file in the Town office. The first installment is due August 29.

If your bill doesn't arrive, please call the Town Clerk's office at 802-563-2279 to learn where your bill was directed and provide up to date contact information. Failure to receive a tax bill does not remove the obligation to pay property taxes on time, and will not prevent application of penalties and interest if legally-due payments are not timely made. Nobody wants that!

Cabot Town Wide Reappraisal Begins this Summer

by Jeanne Johnson, Lister

The last reappraisal was 2005/2006. The "inventory" is out of date, and equity among similar properties is sometimes out of synch. This is not fair to property owners, so a reappraisal is under contract and will begin in July.

Appraisers will be visiting homes on a road-by-road basis, and will make every effort to advise homeowners when their area will be visited. But this depends on the Town office having good contact information. Please assure your telephone number or email address are available

for your notification by calling the Town Clerk's office to provide the method of contact that you prefer. The reappraisal will occur whether the appraisers have access to each property or not; but accurate information leads to the fairest assessment and a more lasting reappraisal. Full reappraisals are very expensive. Cabot received good value from the last appraisal, lasting twelve years before the town was required to invest in a reappraisal. It is in our best interests to make it a good, accurate and fair one by providing access to all properties.

Property Owners Entitled to Grieve

by Jeanne Johnson, Lister

The way Listers maintain equality within a changing "inventory" of properties is to follow up on permits to update parcel information when there is construction or other known changes. When revisions are made in a property's value, the owner will receive a Change of Appraisal Notice outlining the right to grieve the assessment and how and when to do it.

However, Cabot Listers want property owners to know they have the right to grieve whether there is a change in their appraised value or not. There is a very specific process outlined in statute that allows property owners to submit

their notice of grievance in writing and be scheduled for a hearing with the Listers to outline what the property owner feels is fair market value. Call the Town Clerk at 802-563-2279 to secure a slot on the early July grievance schedule.

The Cabot Board of Listers welcomes a visit from property owners at any time to review their property data on file to assure accuracy and see how property values are determined. In order to see any updates reflected in the 2019 bill, changes will have to be made before the property tax bills go out in July. Just call 802-563-3139 ahead of time to ensure someone will be in the office, or stop in when you are in the Willey Building.



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For registration contact Lynn Talamini:
ltalamini@cabotschool.org
802-563-2289 ext 210 or 802-917-4303

THE CABOT CHRONICLE

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Planning Notes: What Requires A Permit?

by Karen Deasy,
Zoning Administrator and Planner

Our current zoning regulations require permits for a wide variety of activities. Any site development, construction, additions to a structure, new structures or structural modifications require the filing of a Town Zoning Permit. This covers all structures of any size and development. Changes of use also require permits for zoning, as they are considered new development. The specific requirements are listed in the Town Zoning Regulations by district.

Agricultural projects are not required to submit the application fee, but must submit the zoning application to the Town and follow the zoning requirements. Agricultural buildings are exempt from many of the height requirements, but still need to comply with structural setbacks. These projects must also qualify as agricultural use under state agricultural standards. Permit applications are available on the Town web site and at the Town Clerk's office. Town permits require a 15 day notice period after approval prior to construction.

Water, Wastewater and Subdivision permits

A water and wastewater permit is required for any new residential, commercial or industrial development, and these projects require a permit from the state. A major renovation may also require amending an existing permit.

State Shoreland permit

Properties in Cabot within 250' of Coits Pond, West Hill Pond, Molly's Pond, Joes Pond and Marshfield Dam may require a state shoreland permit as well as a local zoning permit. Our regional permit specialist for shoreland projects is Lindsay Miller, 490-6200, please contact her to review your project when planning work.

Other permits and requirements

For Commercial projects and subdivisions, a variety of state permits may be required. Peter Kopsco (505-5367) is our regional state permit specialist who can assist with assessing your project's needs. If you have questions on a particular project and the need for a permit, please don't hesitate to contact me. Karen Deasy, zacabot@fairpoint.net or 563-2041.

Cabot Recycling

by Ben Davis,

The Cabot Recycling Center continues to operate every Saturday over the summer. Hours of operation are from 8:00 a.m. until noon only. An attendant is present to assist you, and take your trash for a fee.

Please note some changes to what is being collected for recycling. Plastic bags labeled #2, #4, and #5 are accepted, along with bubble wrap. Ziploc bags are now being collected. Please rinse out any food residue.

Glass has also undergone some restrictions. Any color bottle or jar is acceptable. NO porcelain, Pyrex, crystal, jar lids, or light bulbs. You may have seen in the news that the Chittenden Solid Waste District has been stockpiling glass for years, and not actually recycling

it. Be assured that our high quality source separated glass at the NEKWM D recycling depots has a market in Canada for fiberglass.

A lot of plastic is non-recyclable trash, and this includes: Any black plastic containers, Motor oil, gas containers; Pesticide containers; Styrofoam of any kind; Planting pots and trays; Plastic furniture; Plastic Toys; Coffee Makers; Coat hangers; Vinyl Siding; Maple Tubing; CDs, DVDs, VHS, and cases; Water line pipes and plastic tubing of any size; Hard, rigid plastic (if it shatters, it's not accepted).

Please continue to make sure all recycled materials are clean and free of food residues.

For a complete listing of what is now being recycled at the Cabot Recycling Center, go on-line to www.nekwmd.org.

Cabot Summer Theater Camp Showcases New Works

by Karen Mueller-Harder

Cabot Community Theater will hold our week-long kids' theater camp this summer the week of July 22-26, and we welcome new as well as returning thespians! The camp will run Monday-Friday July 22-26, at the Cabot School Performing Arts Center (CSPAC), with two half-day tracks, culminating in a performance on Friday evening at 5:30.

We are very excited to be working with two new scripts from acclaimed playwright Peter Floyd, who was interested in trying out some new work for kids. Camp participants will have a chance to meet Peter on the final day of the camp, to learn about what's involved in writing plays, and talk about the plays they've been rehearsing that week.

The morning camp (8:00 a.m.-noon) will be oriented towards younger kids, as well as welcoming older kids who would enjoy rehearsing and performing a fun comedy, and include theater games and activities, plus creating sets and costumes. This group will rehearse and perform "How I Became the Nightmare Queen," a comic fantasy about a girl's adventures in the land of dreams. Suggested ages are 8-13; children 6 or 7 can attend if they are fairly mature and focused for their age--send an email (see below) and we'll see if it would be a good fit.

The afternoon session (noon-4:00 p.m.) will be for older actors who would

like a deeper dive into acting skills and techniques. We will engage in acting exercises which explore the subtleties of portraying more realistic characters, and ones which challenge participants to stretch themselves as performers. This camp will be for kids aged 11-16, or may include 10-year-olds depending on maturity and experience. This group will rehearse and perform "Reunion," about a group of cousins hanging out during a family reunion, and discovering something about themselves in the process.

In order for actors to learn their lines with less time pressure, this year we plan to cast the plays a week or two before the camp begins. The playwright has also generously offered to make adjustments in the scripts to accommodate the number of actors we have, so we'll have a pre-registration deadline of June 14, to allow him time to do so.

If your child would like to attend, please send an email to karen@praxisworks.org with your child's name, age, whether they'll be attending in the morning, afternoon, or both, and contact info for parents/guardians. The cost is \$60 for a half-day program, or \$120 for the full day, payable on the first day of camp. Breakfast and lunch are included free of charge at the Cabot School cafeteria, courtesy of the summer meals program. We have scholarship aid available, so if the cost is a problem, please just let us know--we'd like everyone to be able to participate!



ADVICE FROM THE TREE WARDEN

by Roland Payne, Jr.
Cabot Tree Warden

Spring is here and leaves are starting to turn the trees green again. In the next couple of weeks, the trees on the town green, the picnic area, and the Willey building will be spruced up with fresh bark mulch. The apple trees will be blossoming soon as well, a sure sign summer is right around the corner.

I have been working on the town's Ash tree inventory this past winter to get a count of the Ash trees in the roadside right of ways. For most of our roads, the right of way is 25 feet each side of the center line of a roadway. During the inventory of Ash trees, I saw no signs of Emerald Ash Borer on them yet, but I will be revisiting some of the areas bordering Marshfield this summer to follow up on some Ash trees that show signs of decline. For the landowners with Ash trees in the roadside right of way on their property, if you need firewood, please consider removing these trees for firewood. Once the roadside Ash trees show signs of Emerald Ash Borer, they will have to be removed to keep our roads safe. Also, I have marked several trees around town with Survey's tape and written Hazard Tree on the tape. Please do not remove the marking tape so the road crew can find these trees and remove them.

In the last issue of the *Cabot Chronicle*, I touched upon chainsaw safety and

proper personal protective equipment while using a chainsaw. Shortly after the last article, March 30 and 31, I attended a Game of Logging training Levels 1 and 2. GOL is landowner chainsaw safety training, which has four levels, each taking a full day. William Ameden hosted the training at his Under Orion Farm. The GOL training was conducted by Northeast Woodland Training instructor Dave Birdsall. Level one covered chainsaw safety basics, then plunge cutting and safely felling trees. Level two covered chainsaw maintenance, limbing technique, and bucking trees. Level two also presented some cutting techniques to safely deal with trees under stress (compression or tension) from felling. The woods portion of GOL ended as it began with a plunge cutting competition for all in attendance. The plunge cutting technique which is taught requires some practice, but makes felling trees much safer. Overall, I became much more efficient cutting with this knowledge, and definitely work more safely. The GOL trainings are held a couple times each year at Under Orion Farm, and Vermont Coverts (www.vtcoverts.org) also hosts GOL trainings regularly. I am looking forward to attending the Level three and four training days and recommend the GOL training to anyone who uses a chainsaw.

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OBITUARIES & MEMORIALS

Barbara Elizabeth Ailes



Barbara Elizabeth (Stone) Ailes, age 80, of Hill Street, St. Johnsbury Center, VT., formerly of Cabot and West Danville, died at Dartmouth Hitchcock Medical Center, Wednesday, March 27, 2019, following a

short period of declining health.

Barbara was born in St. Johnsbury on June 30, 1938, daughter to Howard and Freda (Maynard) Stone. She was raised and educated in Cabot, graduating from Cabot High School, Class of 1956. On September 6, 1959, Barbara married Glenn C. Ailes, Jr. The couple lived in West Danville, and then, for the last 12 years, in St. Johnsbury Center. Barbara worked on the line at Maple Groves for a while, followed by 30 years as a bookkeeper at Cabot Creamery, and for Jim Culver, DDS, and Calkins. She also worked in retail at Riches and most recently at J.C. Penney. Barbara served one term as Town Clerk in Cabot. She

enjoyed baking and collecting cookbooks and dishes.

Survivors include her husband of almost 60 years: Glenn C. Ailes of St. Johnsbury Center, VT; two nephews: Howard Stone and wife, Heather, of Sheffield, VT, and Jay Stone and wife, Kim, of Newark, VT; a niece: Becky Stone of Walden, VT; sister-in-law: Ida Stone of Sheffield; three great nieces and nephews: Savannah Clark (Rick), Jasmine Hubbard, and Jessica Hubbard; three great-great nieces and nephews: Brandy and Bailey Clark and Howard Stone; and close family: Sylvia Harvey of Lyndonville, VT, Carol and Tim Shay of Belchertown, MA, and Gloria and Mike Tillotson of Peacham, VT.

Barbara was predeceased by her parents: Howard Stone and Freda Stone Leonard; brother: George H. Stone; Glenn's parents: Glenn C. Sr. and Martha (Paquin) Ailes; special aunt: Arlene (Ailes) Hubbard; and great nephew: George Stone.

A graveside service was held on Monday, May 13, 2019, at Cabot Plains Cemetery.

Memories and condolences may be shared with the family at www.saylesfh.com.

Eleanor M. Graham

April 15, 1933 - April 5, 2019



.....Eleanor M. Graham, a resident of Marshfield, passed away in the comfort of her home and family on Friday, April 5, 2019, while resting in her sleep. She had been in declining health

the last few months of her life.

Born on April 15, 1933, in Elmore, she was the daughter of the late Azro and Anita (Reynolds) Perry. Eleanor married Glen R. Graham on February 23, 1959, in Waterbury. Glen predeceased Eleanor on September 24, 2012. Eleanor graduated from Waterbury High School in 1951 and, later in life, attended Goddard College.

She worked at a variety of jobs, including the Headstart Program; she and Glen worked a dairy farm in Walden for several years; and she was employed for a number of years at Berlin Health and Rehab as a housekeeper; and also worked as a private housekeeper for several families in the local area. For 20 years, Eleanor and Glen owned and operated Graham's Greenhouse; after Glen's death, she continued to operate the greenhouse with the help of her son, John, and her daughter, Lisa.

Eleanor is remembered for the simple pleasures she enjoyed in life. An avid book reader her entire life, she embraced the e-reader given to her simply for the fact she had a book to read in minutes. Eleanor was an exceptional crafter and is well-known for the dolls she made. She loved being in her

garden, even the weeding, and said her soul was at peace there. Throughout the years, she loved watching her family grow, and immensely liked when her family gathered all in one place to celebrate holidays and birthdays. She enjoyed camp at Lake Elmore and Lake Eden.

Eleanor is survived by her children; Rhonda Larrabee and husband Brian, of Waterbury, Terry Graham and wife Tina, of Berlin, John Graham, Lisa Graham, Michelle McLaurin and husband Scott, all of Marshfield; eight grandchildren and six great-grandchildren; two brothers Donald Perry, of Northfield, Bernard Perry, of Waterbury, and a sister, Brenda De-greenia, of Graniteville; as well as nieces, nephews and extended family.

She was predeceased by a son, Michael Graham, in 2017. Burial for Eleanor will be private at a later date, beside her husband, in Franklin. Any memorial gifts would be appreciated to Central Vermont Home Health and Hospice, 600 Granger Road, Barre, VT 05641 (cvhnh.org).

Fourth of July

(continued from page 1)

with organizing the chicken barbecue for about 50 years. Eunice Bashaw, along with many others, was also a long-time contributor to making the event successful.

Permanent structures were built on the recreation field for eating and games. A little train was set up that went around the field, and there were ponies for the children to ride. Some of the men came to the field just to play horse shoes, which was organized by Dick Bothfeld.

"I used to put a lot of effort into preparations," Barb Carpenter remembered. "For several years, I made a show in the Masonic Hall of Cabot Bird Club activi-

Jack Baker

Memorial Service June 30

Pastor Jack D. Baker, age 83, former pastor of the Cabot United Church, and also from Cabot, passed away on November 24, 2018, in St. Johnsbury, VT, following an extended illness after a fall.

Jack's life in church ministry first brought him to Vermont, where he was pastor of the Seventh-Day Adventist Church in Barre, Randolph and S. Newbury from 1975 to 1979. He served throughout Northern New England in each state, but returned to his beloved Vermont to his final years in service until retirement in church districts encompassing St. Johnsbury, Newport and Morrisville, before going back to Barre.

Mildred A. Huntington



Mildred Anna Huntington, 96, of Cabot died, Thursday, May 2, 2019 at the Northern Eastern Vermont Regional Hospital in St. Johnsbury.

She was born September 15, 1922 in Washington, VT., the

daughter of the late Fred and Annie (Colby) Eastman. She attended a one room school in Washington.

On September 4, 1958, she married John M. Huntington in Cabot. Following her marriage, Mildred stayed at home to care for her husband and raise her children. She loved spending time with her family. She enjoyed cooking, gardening, and visiting with friends.

Stormy



April 29, 2012 - April 15, 2019

Stormy was born on a Mennonite farm in the Amish region of Pennsylvania. The farm did not have electricity and the farmer used horses

to plow his field. At six weeks of age, he had his first encounter with modern technology by riding in the back seat of his new parent's F250 on the way to his new home in Cabot, VT. Once there, he started to win his way into everyone's

During this, his last assignment, he also simultaneously served as Pastor at the Cabot United Church for five years.

Jack enjoyed reading and was musically talented, able to pick up and play any instrument, but his favorites were the autoharp and harmonica. His true loves on this earth were sharing his love for the Lord, his family and making music. He had the ability to use humor to make any situation better, which is sorely needed in today's society.

A Memorial Service hosted by Pastor Baker's family will be held at the **Cabot United Church** on June 30 at 2:00 p.m., with an outdoor luncheon to follow at the family home just up the road. If possible, please mark your calendar and join us for a celebration of his life with friends, family and church brethren.

Survivors include: her children: Rosina Huntington of Cabot, Annie Huntington of Westerville, Paul Bailey of Manchester, NH, and Gloria Proulx of Salem, NH; six grandchildren: Paul and Chad Bailey, Douglas and David Carpenter, Richard Proulx and Barbara Cox, and three great grandchildren.

She was predeceased by her husband, John, in 2012 and a son, Ronald Bailey.

Memorial Services were held Thursday, May 16, 2019, at Northern Vermont Funeral Home in Hardwick, with the Rev. Christina Findlay officiating. Burial will be private at the convenience of the family.

In lieu of flowers, contribution in her memory may be made to the Cabot Emergency Ambulance Service, P.O. Box 32, Cabot, Vermont 05647.

Arrangements are in the care of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick.

heart.

As a youngster, Stormy went to lumberjack competitions with his parents. When he got older and became too large to attend the fairs, he made sure he attended as many of his human sister's soccer games as he could. He also became the unofficial mascot of the Cabot Girls Middle School Basketball team when his parents were coaches, and he was allowed to attend the overnight party they had at the end of the season. During his mom's tenure as a teacher at Peacham Elementary School, he would visit the kids annually. The kindergartners and first graders had fun climbing all over and under him, as he was bigger than all of them and willing to accept hugs.

He stood watch over his family farm and was always eager to greet anyone who drove down the driveway with his bellowing bark that could be heard almost down in the village from the top of Whittier Hill Road. Everyone who knew him knew that the massive dog was just a big furry pile of love. At almost three feet tall, his lumbering 160 lbs allowed you to walk next to him and rest your hand on his back. He was extremely affectionate and would insist on sitting on your feet whenever you were on the couch. He will be sorely missed by his family.

There will never be another Stormy.

This paid obituary provided by Stormy's loving family.

ties." She also recalled that part of the celebration was a public reading of the Declaration of Independence.

The Masonic Hall's big rummage sale eventually moved to the school gymnasium.

Community members are working with the CCA to make this year's July 4 festivities the best ever. The theme for this year's celebration is "Celebrating Vermont Agriculture and 100 Years of Vermont Cabot Creamery." If you have questions or care to volunteer, please contact Jack Daniels at jack-daniels007VT@gmail.com (563-3116) or Lori Augustyniak at lori@cabotvermont.org (563-3338).

Our Town Celebrated in New CD As Dana Robinson takes the helm at Cabot Arts, Inc.



Dana (center) and Susan Robinson (right), with (l. to r.) Lee Blackwell, Mitch Barron and Katie Trautz, all of whom appear on *The Town That Music Saved*.

by R.D. Eno

*It's just a little town that loves a song.
Could it be the town that music saved?
That blackbird yonder sings every day.*

From "The Town that Music Saved",
by Dana Robinson

Dana and Susan Robinson, the catalysts of Cabot's burgeoning musical scene, have returned to their restored Schoolhouse in Lower Cabot after a whirlwind cross-country tour promoting their latest CD, *The Town That Music Saved*, a sparkling celebration of country life. Dana, previously the executive director of The Summit School of Traditional Music and Culture in Montpelier, has taken up the same position with the newly-incorporated Cabot Arts, Inc., and now that he and Sue are back home, he's launching his first Cabot Arts concert series and planning his next recording, as well as resuming his post as informal jam-master for the Sunday old-time sessions at The Den at Harry's Hardware.

The Den, Cabot's hotspot, for anyone who has been hibernating for the last couple of years, is the tiny tavern tucked inside Harry's Hardware in Cabot Village, an amenity unique in Vermont and possibly the known universe, where hammers and chicken feed are on sale, craft beer is on tap, and music resounds every weekend. For schedules, check out the website, harryshardwarevt.com.

The Den is generally packed on Saturday nights and provides one source of inspiration for the title track of *The Town That Music Saved*. Ben Dunham's Backline Collective, the Cabot Creamery and The Limes, Cabot School's house band, all make cameo appearances in Dana's lyrics. And I leave it to you to put a name to "The Flying Farmer", with its chorus: *My feet are planted on the ground / But my heart is high above the clouds.*

The album also extols Vermont's billboard-free roads, grumbles affectionately about our fifth (mud) season and puts in a plug for the Ripton Country Store that applies with equal aptness to Cabot: *Without a store, you don't have a town / Without a town, you ain't gonna find a home.*

The town of Cabot itself has fired the Robinsons' musical energies. "There are a multitude of creative people here," Dana says, "people who are passionate about expressing themselves."

As he wrote in "The Town that Music Saved": *You can tell by the board at the village store / There's more going on than any sane person could ever do.*

"We're about helping to nurture what we found here when we arrived," says Dana. "Cabot is fertile ground for all sorts of creative endeavor."

Naturally, *The Town That Music Saved* moved and delighted audiences in the smaller venues and house concerts the Robinsons played during their tour, which took them to California and through Oregon, Idaho and Wyoming.

"There are locals wherever you go," says Dana. "People would come up to us to tell us how much the songs on this album reminded them of their own homes or places they had lived."

With this successful tour behind them, the Robinsons hope to focus their out-of-town concertizing more on the New York-New England region in future, and they have gigs coming up in Plainfield and Newark, VT, and Belfast, ME. That will leave room for Dana's ambitious Cabot Arts plans at the top of the agenda.

Since moving four years ago into the 19th century District 3 Schoolhouse lovingly restored by the previous owners, Mark and Jackie Bromley, the Robinsons have made their home Cabot's fifth performance space, alongside the United Church, CSPAC, the Willey Building and The Den. Where Cabot's children once struggled at their sums, audiences have already enjoyed music and song by Bob and Sarah Amos, Pete's Posse and Bon Débarras from Québec. Looking forward, Dana has hopes for a Cabot Arts Music Festival to fill all five venues, a summer music camp and a program of music classes to include a "facilitated" or teaching jam for beginning musicians.

Meanwhile, with grant support from the Cabot Community Association, which serves as the federal non-profit umbrella for Cabot Arts, Inc., Dana purchased a removable burgundy curtain to drape the rear of the Willey Building stage, giving the auditorium, known for

its historic ambience and bright acoustics, a touch of elegance and style.

On May 8, Cabot Arts opened its 2019 performance season with a sold-out concert at the Schoolhouse by Ken and Brad Kolodner, father-and-son Americana multi-instrumentalists, joined by fiddler and banjoist Rachel Eddy. Coming up on June 9, Cabot fiddler Katie Trautz, who appears on *The Town That Music Saved*, will hold her own CD release party at the Schoolhouse, and on July 18, Rayna Gellert and Kieran Kane

return for their second Cabot Arts appearance, this time before the new backdrop at the Willey Building. For tickets and more information about these and future events, visit cabotartsinc.org.

The Town That Music Saved will be available at the Artisan's Gallery in Cabot Village, but, if you can't wait, you can order it directly from the Robinsons' webpage, robinsongs.com, where the couple also have their own concert schedule posted.

This Ballerina Has Cabot Roots

by Amanda Legare

Tatiana Kaptan grew up in Cabot and attended Cabot School from pre-K through tenth grade. Her father is John Kaptan of Cabot and her mother is Julie Jurkiewicz of Marshfield. She first studied ballet from Christine Harris of Plainfield.

"She and Willow Wonder were my first dance teachers in Vermont," Tatiana remembered. "I've loved dance ever since I started taking those classes, but it took me several years to admit to myself it was something I would commit to professionally. I think I was 16 or 17 when I said to myself: 'This is it,' and decided to move to New York City as soon as possible."

"I was accepted to Bard College and got an Associate's Degree by the time I would have graduated high school," she continued. "I finished my Bachelor's degree with honors in psychology and English literature, while training privately with Natalya Stavro, former soloist of Russia's Moscow Classical Ballet."

After graduating, she began working in New York City as a professional dancer with the Ko-Ryo Dance Theater, directed by Sunhwa Chung.

"We performed original contemporary choreography at various area theaters," she remembered. "During this period, I met Elena Madrigal, former principal dancer and co-director of American Ballet Arts, whose training and mentorship has been pivotal for me. I began working for more classically oriented companies."

"I love traveling, and ballet has taken me to many countries. I spent last summer based out of Berlin for freelance work there and in Poland. I went to Costa Rica in 2017 with the ballerina Elena Madrigal and demonstrated for the master classes she taught in San José."

"Closer to home, I've worked with the United States International Ballet in Wilmington, NC, and most recently with



the Montgomery Ballet in Alabama. I am happy to be back in New York now, working independently with a few different choreographers, including Mimi Liu and Gisela Quinteros/Encounters."

Tatiana enjoys many aspects of ballet, including the grueling daily practice.

"It's a time to focus on yourself and really be present, which to me is a gift in our technology driven world," she said.

"Performing in front of a live audience is the most gratifying thing I've ever experienced," she added. "You really feel the energy of the other dancers on stage because you are all working together to make something happen in the moment. It's not something you can go back and edit later, so your senses are heightened and you feed off the energy of your audience, also. It's very exhilarating. Especially when you feel like you did a good job," she explained.

And I love the fact that it's a job where you are always surrounded by music- learning different types of music and rhythms - who wouldn't love that?" she asked.

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

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THE **Hardwick Gazette** Since 1889

Cabot School at National Scholar's Bowl



by Sharon O'Connor

The Cabot High School Scholar's Bowl team had a great 2018-19 season. Scholar's Bowl is a fast-paced academic competition, where teams of four players answer rapid-fire questions on history, literature, science, mathematics, music, sports, and current events. This year's participants are Evan Fuller, Alec Moran, Brody Moran, Aiden Morse, Billie O'Connor, Declan O'Connor, Leo Parlo, Koschei Searles, Jonah Socks, and Luca Socks. The team went to six regular season tournaments, and won the Vermont Small Schools title. Awesome job, everyone!

The Cabot A-Team (Billie O'Connor, Declan O'Connor, Koschei Searles, Luca Socks) traveled to Chicago in May for the Small Schools National Championship. They had a very successful four-day adventure; a 17 hour drive Thursday, sight-seeing & scrimmages Friday, a full day of competition Saturday (placing 51 out of 80 teams from all over the USA), and winning their eight-team consolation playoff on Sunday morning. Luca Socks

was awarded recognition as an individual player, ranking 13th out of 433!!

Thank you to everyone who helped and rooted for us from afar. Kevin Commo and David Rome from VT-NEA Scholars' Bowl have supported the Cabot Scholars Bowl program over the last seven years I've coached, and I can't thank them enough. David sent us these words of encouragement the day after competition: "Congrats on the strong showing by Cabot! You just barely missed the playoffs, but some of your losses were so close! And a special shoutout to Luca for finishing 13th overall individually! I hope the kids are having a good time—it's a grueling day playing ten matches, but you did really, really well, and Vermont is proud of you!"

I'd like to thank my daughter, Billie, this year's captain, for organizing the year-long weekly lunch practices, signing up for the tournaments, and keeping me at this over the years. We're already looking forward to next season, and welcome high school and motivated middle schoolers to join in the fun!

Why Would I Want to be a Mentor?

by Susan Socks,
Cabot Mentoring Program Coordinator

Cabot Mentoring is always looking for new mentors to join our program. Wondering what it's like, or whether you should sign up? To answer that, I'd like to share this article from one of our mentors.

"Why I Am A Mentor"

by Mark Tucker

(reprinted from Times Argus, January 2019)

"Why am I a mentor?" That is a question I have been asked many times by folks who know that my day job as superintendent serving the Twinfield Union and Cabot schools already involves me deeply in the work each school does to support its students. The second question always is, "How do you find the time?"

Why is an easy question to answer, now that I have been doing it for a while. My first mentee is a student at Twinfield, but when Cabot reinstituted its mentorship program last spring, I signed up there, too. My mentees come from loving homes, but I know from the work I do every day that, in general, kids today are more isolated. Unlike when I grew up, most of our kids have very few adult role models beyond their caregivers at home; they spend too much time focused one-on-one with a computer screen; they are more inclined to pick up a game control-

ler than a book; often times, they don't know how to play games that don't depend on a computer.

I am sure you are hesitating, thinking, "What do I have to give to a child?" I get it — despite having spent many years working with kids, I wasn't sure at first if and how I would connect with a young child whom I didn't know. But, after a couple of weeks, our new friendship was cemented, and now we both look forward to our next weekly meeting.

As for time, well, time is a precious commodity for most of us, but mentoring does not take a lot of time — 50 minutes a week per child, at the beginning of the day, at the schools that I drive by every morning on my way to the office. It's the high point of my week — twice a week.

When you mentor a student, you are giving your time to teach the "soft skills" that children cannot learn from TV or a computer game — conversation, turn-taking, winning and losing at play and being OK with either outcome. When I greet my mentees, I always get a smile, and at the end, another smile and a "see you next week." Who wouldn't want to start their day like this? The 50 minutes I give each of these children is really a gift I give to myself every week.

Everyone deserves a gift. Give yourself one. Be a mentor. You won't be sorry.

Mark Tucker is the Washington Northeast Supervisory Union superintendent.

Summer Sunday Lunches in Cabot

by Gwendolyn Hallsmith

This summer, there will be free lunches on six Sundays, co-sponsored by the Headwaters Garden and Learning Center, the United Church of Cabot, and the Cabot Public Library. Young people, their parents, and Cabot residents of all ages, are invited on June 30, July 7, July 14, July 28, August 4, and August 11. The *Summer Sundays* program will feed hearts, minds, and bodies with delicious food and activities which build individual and community resilience.

The first Sunday, June 30, we'll meet at the Picnic Shelter at the Recreation Area on South Walden Road for lunch, followed by a plant and herb identification walk with Sarah Zettlemeyer. Anyone who doesn't want to walk can participate in other activities at the shelter. For the full list of activities we have planned for ages 3-6 and 7-10, look at the Summer Sunday Programs page on the Headwaters web site: www.headwatersvermont.org/sunday-programs.html.

The other Sundays, we will meet at the United Church of Cabot. Lunch and activities will start at 11:45 a.m. and usually end at 1:30 p.m. Special guests include Bill "Spaceman" Lee, who will talk about team spirit and sportsmanship, Tom Beck, who will discuss local Abenaki traditional practices, Wendy Webber will give a workshop in compassionate communication, Sarah Spletzer will lead people in easy and relaxing dances, Daria Babbitt will give a workshop on how to make peace mandalas, Peter King will talk about polyhedral geometry (also known as sacred geometry), and Janice Walrafen will make masks with people who come that day.

People are talking about it already. Here's what they're saying...

"The library looks forward to co-sponsoring these quality community programs," said Kathleen Hoyne, town librarian.

New CCIF Education Grant Program

by CCIF Committee

At Town Meeting this year, the voters of Cabot adopted a new CCIF Plan. One of the new aspects of the plan was a broadening of the Education Grant program to include a separate set of grants specifically for continuing education and training, awarded four times a year on a quarterly basis.

This new education grant program is referred to as Professional Development Education Grants. Do not let the name "Professional" be misleading, for the grant program is open for all types of education:

- educational institutes, courses, and workshops;
- trade apprenticeships and skills training;
- career continuing education; and,
- professional development.

If you need to take a course for your job, or need additional training to pursue a new job or volunteer position, this grant program may be able to assist in course expenses not covered by other funding sources, such as employer reimbursement or financial aid.

Susie Socks, the Cabot Mentoring program coordinator, said "Good food, good company, awesome activities, and all provided free to the community... the Summer Sundays program is a great opportunity for Cabot youth and families. Hope to see you there!"

"The church feels this will serve some real needs in the community," said Rose Bothfeld.

Allyson Sironi said "As a mom with two pre-schoolers, I'm really excited to go to these lunches with them. I think we'll have a lot of fun."

"My 16 year old son told Gwen he wants to go and give it a try," said Jen Boucher. "I'm going to help do the cooking."

"We want to offer new ways for people in town to get together," said Gwendolyn Hallsmith, who is volunteering to administer the program. "We are planning the activities to be fun and meaningful for all ages."

"I've seen how these kinds of community activities can really help children feel like they belong," said Theresa Lay-Sleeper, who plans to help on some of the Sundays.

The program is free and open to the public, but there are costs we need to cover, like materials, food, and instructor costs. Tax deductible donations toward the cost of the program can be sent to Global Community Initiatives, 40 Garden Way, Cabot, VT 05647, or go to the online link: www.global-community.org/donate.

People who want to come to the program need to sign up, so we can know how many people we are cooking lunch for. The best way to sign up is to go to this link online: <https://forms.gle/zr9XxuXPZAskvzGF7>

Another way to sign up is to call 802-851-7697 and leave a message telling us your name, your children's names, any food allergies you or your children have, and what days you are attending.



Eligible recipients must be Cabot residents for a minimum of twelve (12) months prior to the application deadline and who will be Cabot residents on the award date. The application packet is available at the Town Clerk's office and on-line at the Cabot Town website: <http://www.cabotvt.us> and follow the link to the CCIF Committee page.

Completed applications must be submitted by mail to CCIF Trust Fund; P.O. Box 125; Cabot, VT 05647 by 5:00 p.m. on the first day of each quarter: January 1, April 1, July 1, and October 1, or the following business day, if the first day of the quarter falls on a weekend.



COMMUNITY CALENDAR

~ JUNE ~

Saturday, 6/1

Hop n' Bop Festival and 3rd Annual Diaper Drive 10:00 a.m.-12 noon Montpelier. Hosted by Family Center of Washington County on Sherwood Drive, up the road across from Cody Chevrolet. Entertainment: Katie Trautz and Mayfly, Marko the Magician, Christopher R and the Flying Purple Guitar. Things to do: Bouncy house, face painting, bake sale, Be Seat Smart van and trailer, outdoor fun activities, bring a package of diapers to donate, and much more.

Sean Kelly Murray 7:00-9:00 p.m. Cabot. Welcome back 12-string guitarist from Williamstown to The Den at Harry's Hardware. Music of originals to classic rock from the 60s to present day.

Saturday, 6/8

Cowboys and Angels 7:00-9:00 p.m. Cabot. Hosted by Harry's Hardware and The Den. Kelly Ravin plays gritty rock and roll in his band. Raised in rural Maine, residing in Vermont. Ravin rose to prominence as a driving force behind Waylon Speed.

Kingdom All Stars with Food by Feisty Burrito and Nacho Mama! 5:00-8:00 p.m. Danville. Hosted by Red Barn Brewing, 2170 Oneida Road. Local music talent with awesome Mexican fare.

Sunday, 6/9

Katie Trautz CD Release Concert 4:00 p.m. Cabot. Presented by Cabot Arts. Release of Katie Trautz' new album, "Passage with the Coming of Spring!" Seating limited. Reservations recommended, potluck meal, BYOB. Doors Open 3:15 p.m. Tickets advance \$16, at the door \$20. www.cabotarts.org.

Friday, 6/14

Chad Hollister and Primo with food by Cornerstone 5:00-8:00 p.m. Danville. Hosted by Red Barn Brewing, 2170 Oneida Road.

Thursday, 6/20

Improv Night at Highland Lodge 6:30-8:00 p.m. Greensboro. Hosted by Justin Lander and Highland Lodge. Spend a few hours learning how to loosen your tongue, get better at quick comebacks and more. All are welcome, regardless of ability. Donations will be accepted. Meet at the Ski hut left of the main Lodge, 1608 Craftsbury Road.

Saturday, 6/22

The Groovebirds at Harry's Hardware and The Den 7:00-9:00 p.m. Cabot. Hosted by Distractions and two others. Free Show!! An American alternative/soft rock band from Portland, Oregon.

Thursday, 6/27

Beg, Steal and Borrow 6:30-8:30 p.m. Marshfield. Free Summer Concert Series at Old Schoolhouse Common Gazebo by Jaquith Public Library. Great band to start off the season!! Iconic bluegrass band. Members are Geoff Goodhue, Fran Forim, Jeremy Sicely, Roland Clark and Luke Auriemmo. Bring your folding chairs and blankets, warm clothing in case of cool evenings. Enjoy food vendor, bake and book sale, bid on items at silent auction and listen to some great tunes.

Saturday, 6/29

Stained Glass Lotus Flowers 10:00 a.m.-3:00 p.m. Hardwick. Hosted by GRACE- Grass Roots Art and Community Effort, 59 Mill Street. One day workshop cost \$50 + \$15 materials fee. Must pre-register by June 22. You will be cutting colorful stained glass pieces, copper foiling and soldering. This is a beginner level workshop.

Dana and Susan Robinson 7:00-9:00 p.m. Cabot. Hosted by Harry's Hardware and The Den. We are excited to welcome back! They are two guitar playing, banjo frailing, and fiddle sawing harmony singing duo interpreters of the American experience.

Circus Smirkus "Carnival" Big Top Tour 1:00 p.m. and 6:00 p.m. Greensboro. Presented by the Circus Barn. Opening performances for 2019 season. More information or directions, tickets: <https://catamountarts.org/circus>.

Sunday, 6/30

Bug Fest!! 2:00-10:00 p.m. Montpelier. Hosted by North Branch Nature Center, 213 Elm Street. Open to all ages. Admission by donation. Schedules for the day: <https://northbranchnaturecenter.org/event/bugfest>.

~ JULY ~

Tuesday, 7/2

Circus Smirkus "Carnival" Big Top Tour 1:00 p.m. and 6:00 p.m. St. Johnsbury. Presented by the Circus Barn. More information or directions, tickets: <https://catamountarts.org/circus>.

Wednesday, 7/3

Circus Smirkus "Carnival" Big Top Tour 1:00 p.m. and 6:00 p.m. St. Johnsbury. Presented by the Circus Barn. More information or directions, tickets: <https://catamountarts.org/circus>.

Thursday, 7/4

Will Patton Ensemble 6:30-8:30 p.m. Marshfield. Rich, high energy improvisation and group interaction band. Fiery Brazilian sambas, hot Gypsy jazz, musical journey from Parisian bistros to plaza in Rio to your front porch. Will keep you hopping! Enjoy great food vendor, bake and book sale, bid on silent auction items. Bring your folding chairs and blankets to Old Schoolhouse Common gazebo.

Thursday, 7/11

Collin McCaffrey 6:30-8:30 p.m. Marshfield. No need for introductions the Stone Cold Roosters are back. Strut, swing and rock to your favorite tunes. Enjoy great food vendor, bake and book sale, bid on silent auction items. Bring your folding chairs and blankets to Old Schoolhouse Common gazebo.

Saturday, 7/13

Antiques and Uniques Festival - 49th Year 10:00 a.m.-4:00 p.m. Craftsbury Common.

Do Good Fest 3:00-9:00 p.m. Montpelier. Hosted By National Life Group. This year's festival will be headlined by soul rocker #1 Michael Franti and Spearhead! Also performing will be Hailey Knox, Syd, Sound Brother and one more surprise act, Food trucks, kids' activities,

nonprofit showcase and fireworks!! FREE with \$25 parking to benefit Central Vermont Medical Center's Branches of Hope cancer patient fund. Learn more at <https://dogoodfest.com/>.

Thursday, 7/18

Dave Keller Band 6:30-8:30 p.m. Marshfield. One of the finest soul and blues men of his generation. Come dancing with finesse to his deep soul and super funky tunes. Enjoy great food vendor, bake and book sale, bid on silent auction items. Bring your folding chairs and blankets to Old Schoolhouse Common gazebo.

Thursday, 7/25

Chaque Fois! 6:30-8:30 p.m. Marshfield. Cajun music from Southwest Louisiana. Band members Alec Ellsworth, Katie Trautz, Chris Hollis and Helen Doyle. Enjoy great food vendor, bake and book sale, bid on silent auction items. Bring your folding chairs and blankets to Old Schoolhouse Common gazebo.

Cabot Trails Update

by Andy Gilbert

The Cabot Trails Committee hosted a community meeting and breakfast to talk trails on May 18. More than 30 residents attended, representing a number of interests, viewpoints and areas in town. While enjoying some wonderful quiche and muffins provided by Sarah's, residents gathered around four tables to discuss priorities, concerns, trails they would like to see, informal trails they know about, and more. Dan Currier of the Central Vermont Regional Planning Commission acted as facilitator. A general introduction and background was given, explaining the planning process and motivations. He also brought along a number of maps and made these available to draw on and mark up. After some breakout discussions at each table, marking maps and talking through ideas and concerns, a brief presentation of each map was made to the gathering.

.. A number of common areas were identified as either favorable to trails or already having informal networks that could potentially be developed. These included the Coits pond area, areas close to downtown, connecting to the LVRT, access to Molly's Falls and more. In addition at least one landowner present expressed interest in "building trails now". A number of others expressed favor in opening up to trail development. There was also some discussion about trail usage, types, etiquette, and resources to develop and maintain trails.

~ AUGUST ~

Upcoming events in AUGUST to keep in mind!!

Friday, 8/9 and Saturday, 8/10

89th edition of the Danville Fair returns to the Green. Variety of musical entertainment from the Bandstand, horse and pony pull behind the Methodist church. Wide variety of food will be provided by our local non-profit organizations. Rides, games and much more. Stay tuned for the event schedule go to website danvillevtchamber.org/danville-fair.

Saturday, 8/10

SAVE THE DATE!! Anniversary Music Fest 3:00 p.m. Cabot. Hosted by Harry's Hardware and The Den. This year's headliner band comes straight from Nashville! Country Music Singer CODY JOE HODGES!! A day full of fun, friends, line up of musicians, and as always, admission is FREE.



The CVRPC will take the input from the maps and consolidate these into a view we can use for planning and further discussion. Additional public meetings will be held as part of the process, including one focused on land owners and concerns later this summer. In the meantime the committee is also interested in further exploration of the common areas identified, and in getting started in some actual trail development where possible.

Trail committee meetings are typically held on the 2nd Wednesday of each month at 7pm in the Willey Building. If there are changes they will be posted at town hall, on the town website and to Front Porch Forum. And you don't have to be a member of the committee or even come to meetings to help. Field work is vital to any successful development of a trail network, and we will try to support, connect and facilitate anyone interested more in "hands on work" versus meetings.

If anyone is interested in knowing more or helping please contact myself, Andy Gilbert (andy@agilbert.net) or the town clerk.

CABOT ARTS SHOW AND TELL

**June 30 & July 28, 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

CONGRATULATIONS TO THE GRADUATING CLASS OF 2019



Tatianna Amber



Jacob Barnhart



Callahan Burke



Brock Cookson

PLANS FOR THE FUTURE

➤ **Tatianna Amber**

Tatianna Amber will be attending Northern Vermont University - Lyndon in the fall to study early childhood education.

➤ **Jacob Barnhart**

Jacob will be working right after high school.

➤ **Callahan Burke**

Callahan will be joining the Vermont National Guard and attending the University of Vermont in the fall of 2020 studying Environmental Science as a Green and Gold Scholar.

➤ **Brock Cookson**

Brock Cookson has completed his senior year of High School, as well as his freshman year of college. His future plans include a gap year of travel, exploring interests, and then returning to complete his college degree.

➤ **Samuel Gokey**

Samuel Gokey plans to further his knowledge in diesel mechanics at Vermont Technical College while working part-time with his father.

➤ **Lela Jones**

Lela Jones has been accepted to the University of New Hampshire, acquiring a COLA (College of Liberal Arts) scholarship due to academic achievement. She plans to pursue her passion for the performing arts.

➤ **Rider Lalomia**

Ryder Lalomia plans to continue his studies in Civil Engineering at Vermont Technical College.

➤ **Matthew Lehoe**

Matthew P. Lehoe will be working with his dad in the residential construction field in Stowe.



Samuel Gokey



Lela Jones



Rider Lalomia



Matthew Lehoe

CONGRATULATIONS TO THE GRADUATING CLASS OF 2019



Robert Nally



Billie O'Connor

PLANS FOR THE FUTURE

➤ **Robert Nally**

Robert Nally plans to serve as a flight medic in the US Air Force.

➤ **Billie O'Connor**

Billie will attend Bard College where she'll study economics and political science.

➤ **Brittany Tetreault**

Brittany Lynn Tetreault plans to expand her knowledge and abilities in the field of cosmetology.

➤ **Cheyenne Tetreault**

Having spent the past year at Central Vermont Career Center in the Human Services Program. Cheyenne Tetreault is planning to pursue course work and a career in social work.



Brittany Tetreault



Cheyenne Tetreault

Cabot Smith Farm Strawberry Fest

**Cabot Smith Farm
Opening June 29th
Hours
Noon
to 4**



**Late Picking Available
Thursday & Friday
Pick Until Dark**

Strawberry Fest July 13th

- 🍓 **The Den** serving beer and wine
- 🍓 **Sarah's Country Diner** offering homemade donuts
- 🍓 **Northeast Kingdom Warriors soccer club** cooking hot dogs and burger
- 🍓 **Music by Barry Hayes**, guitar & vocals, rock, folk & blues
- 🍓 **Sandy Pond** providing massages
- 🍓 **Bull Shed Farm** selling preserves, jellies & eggs
- 🍓 **Snowcones & maple cotton candy** crafted by incoming 8th grade class
- 🍓 **Cabot Smith Farm** will have pre-picked Strawberries, Rhubarb & Delicious Strawberry Shortcakes

412 Smith Rd., Cabot, VT
www.facebook.com/cabotsmithfarm

Beech Bark Disease - Managing it for Wildlife Benefits

by Gary Gulka,
Conservation Committee

It can be exciting for both young and old alike to observe bear-clawed beech trees and signs of bear nests up in the tree crowns - where limbs are broken inward, created by bears feeding on beech nuts. But the native American beech is not as common as it once was, especially large ones with beautiful, smooth silvery grey bark. More often, they are deformed and scarred by cankers, rough and scaly areas, black tarry spots, and bright red berry-like fungal infections. The culprit is beech bark disease.

Beech bark disease (BBD) is sometimes described as a one-two punch: an insect attack pierces the tree's thin bark, followed by a fungal infection that eventually kills the tree. The offending insect is a soft-bodied scale insect that was accidentally introduced to Nova Scotia in 1890, making its way to New England by the 1930s and to Vermont by the 1950s and 1960s. The primary fungus is another European import (*Neonectria*). BBD initially reduced beech by an estimated 30 percent. American beech now makes up about 15 percent of our forests.

Although beech is not very desirable as a forest product compared to maple, ash and oak, and can outcompete the more desirable hardwoods, this native species is of enormous benefit to wildlife, such as black bear, deer, marten, fisher, wild turkey, ruffed grouse, small mammals, and blue jays. Beech mast is considered a superfood with a protein and fat content that surpasses that of acorns. When beechnuts are abundant, more bear cubs will be born the following spring. In the northern half of Vermont, beech is the predominant mast species, and the only hard mast in our region of the state.

Fortunately, beech has not been exterminated by BBD, unlike the American chestnut, and beech numbers are not necessarily in decline today; but quality is, due in part to forestry practices that promote production of beech that are disease-susceptible. So, what can we do to improve beech mast production to benefit wildlife?

Those of us looking to benefit wildlife by encouraging healthy beech mast production in a beech stand (80% beech) or mixed stand have some management options such as selection of certain trees. A key to effectively applying the selection method to beech stands or to a mixed wood stand is to recognize the difference between *tolerant* and *resistant* beech trees. Resistant trees are the big, beautiful specimens that show no sign of BBD (perhaps a few percent of all beech). Tolerant, on the other hand, are infected but still productive and can often live many years. Bears seem to show no preference for disease-free beech over infected trees. Studies have shown that infected beech stands can be productive, and that wholesale removal of diseased trees may be unwarranted.



In 2011, the VT Agency of Natural Resources developed a set of silvicultural guidelines for beech, with the goals of promoting better timber quality, improving beech mast production, and to genetically select for BBD resistance. The following is a simplified summary of *VT ANR Guidelines for Optimizing Mast Yields in Beech Mast Production Areas* - complete guidelines are available on the VT Fish & Wildlife Department's web site.

The ANR report suggests establishing a 200-foot wide, uneven-aged buffer around the area in which you want to encourage beech. This maintains shade to prevent winter injury on the thin-skinned beech trees. Then, identify resistant trees, the tolerant trees that are good mast producers, and the ones you're not quite sure of, and denote those as crop trees. As you're identifying crop trees, look for the telltale claw marks of black bears, as heavy nut-producing trees become favorites of certain bears and exhibit multigenerational scars from repeated use. These same trees can become hosts to "nests" created by bears climbing high into the crown, breaking off limbs, pulling them inward, and lodging them in the crotch of branches.

Once crop trees are established, release them on three sides, keeping guard trees to the south to minimize sunscald. Working in winter is best to minimize injury to roots and trunks, since wounds can provide sites for insect infection. Re-visit the stand every 10 to 15 years to update your crop designation.

If you are new to culling beech, beware: beech are well known for root suckering, and the root suckers of infected beech have the same genes as the parent tree and will allow the disease to persist, while also crowding out the establishment of possibly healthy trees from seeds if not controlled.

Although the American beech has become another member of the "trees-devastated-by-imported-pests-and-diseases" club, it is not all bad news. With a little help from our management knowledge gained over the years, beech can continue in its wildlife support role, despite the odds.

Be Tick Smart

by Gary Gulka,
Conservation Committee

That's what the Vermont Department of Health says in their excellent brochure, *What You Should Know About Ticks and the Diseases They Spread*. You can obtain a copy of the brochure at the Town Clerk's Office or the Cabot Public Library, as well as the wallet-sized tick identification card.

Tickborne diseases like Lyme disease can spread to humans through the bite of infected ticks which feed on the blood of mice, chipmunks, deer, and other mammals, including humans. Although there are over a dozen tick species in Vermont, only four are known to infect humans and cause disease: blacklegged tick, lone star tick, American dog tick, and wood-chuck tick. A smaller proportion of ticks carry anaplasmosis and babesiosis, two other serious bacterial infections. Over 99% of tickborne diseases in Vermont are caused by the blacklegged tick, also known as deer tick.

Though Lyme disease is treatable, it needs to be diagnosed early to avoid its worse symptoms, such as painful arthritis, heart problems, and nerve pain.

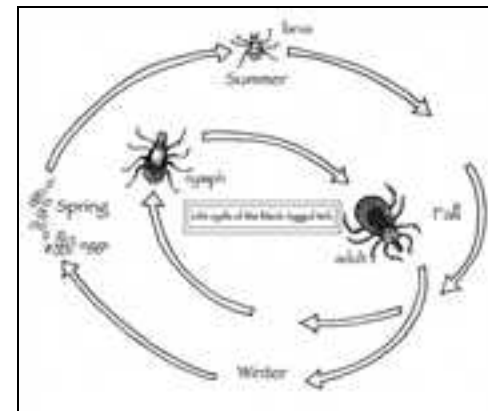
Ticks like the blacklegged tick (deer tick), which carry Lyme disease, will wait on the tip of a blade of grass or on leaf litter for a blood meal, which could be small mammals like mice or larger mammals like deer or humans. The tick will typically feed for several days and become engorged before dropping off and continuing its life cycle. Understanding the two-year life cycle of the blacklegged tick can help prevent Lyme disease.

In the spring of year one, tick larvae hatch from eggs in the leaf litter. If tick larvae feed on a white-footed mouse, chances are good that the tick larvae will be infected with Lyme, less so with other mammal hosts. After feeding, the six-legged tick larvae (size of a poppy seed) drop off and become dormant until next spring in year two. They then molt into a small eight-legged nymph (about twice the size) and seek another meal. The nymphs can infect humans. In the late summer of year 2, nymphs become the larger adult ticks (size of an apple seed) that will attach to larger mammals like deer for a blood meal, where they also mate, lay eggs (up to 3000 eggs) and the cycle starts again. Humans can become infected by adults at the adult stage, though the larger adult ticks are easier to detect than the nymphs.

In Vermont, the risk for Lyme infection is highest in the spring and early summer, when ticks in the nymph stage are active and looking for a blood meal. A rather startling statistic - the VT Department of Health recently examined over 2000 ticks and found that over 50% of blacklegged ticks tested positive for Lyme. The best way to protect against tickborne diseases is to prevent bites.

PROTECT

- Avoid woody and brushy areas with high grass and leaf litter
- Wear long pants and long-sleeved shirts (light colored) and tuck socks into your pants
- Use effective tick repellents like DEET



CHECK

- Check clothes, your body, and that of young children for ticks, especially nymphs, after spending time outdoors
- Ticks can be almost anywhere on the body, especially scalp, neck, behind the knees, ears and eyelids, underarms, pelvic area, etc.
- Shower within a few hours of being outdoors

REMOVE

- Have good sets of fine tipped tweezers to firmly grasp the tick and pull straight up

WATCH

- Monitor your health after a tick bite and be aware of common symptoms such as fever, headache, muscle ache and fatigue. If any of these symptoms occur, contact your health care provider immediately so that a decision can be made on administering antibiotics.

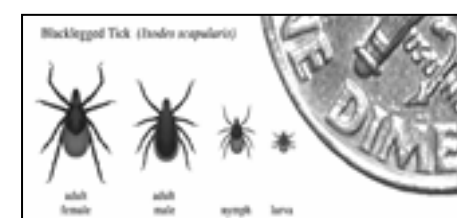
Much more information is available in the Department of Health brochure that is worth reading.

Mild winters and forest fragmentation are thought to contribute to the increase in Lyme disease. Forest fragmentation increases mice populations while decreasing natural predators which need larger forests to thrive. Methods to control ticks and Lyme disease are being tested, such as mouse bait boxes laced with pesticide that kills ticks but not the mice. A natural soil fungus has been shown to kill ticks and is being tested as a spray.

A promising vaccine was developed for humans in the late 1990s, and although it was very effective, it was pulled from the market soon afterwards by the manufacturer, for reasons not entirely based on science. This has stifled further research and development of an effective vaccine for humans that could improve the lives of millions of people. Ironically, vaccines for dogs are available. Unfortunately, we can't count on a vaccine anytime soon. One might wonder why our government has not stepped in to accelerate research and development if the pharma industry sees little market potential.

For now, our best bet against tickborne diseases seems to be maintaining healthy, intact, biodiverse forests and be tick aware and prepared.

Two-Year Life Cycle of the Black-Legged Tick or Deer Tick. Illustration by Adelaide Tyrol and courtesy of Northern Woodlands Magazine.





Cabot Arts Presents
Folk and Americana
at the Willey Building
3084 Main St. in Cabot Village

KATIE TRAUTZ
CD Release
Concert with
Michael Roberts
and Julia Wayne
\$16 Adv / \$20 Door



SUNDAY
JUNE 9TH
4PM



KIERAN KANE AND
RAYNA GELLERT

THURSDAY
JULY 18TH
7PM

Sublime and thrilling
Americana, Oldtime
Songwriting and
Harmonies

\$20 Adv / \$25 Door

For Reservations and Information, visit: www.cabotarts.org

Katie Trautz CD Release Concert in Cabot (Rescheduled from January 20)

Sunday, June 9- 4:00 p.m.
The Schoolhouse in Lower Cabot
Presented by Cabot Arts
Tickets available at
www.cabotarts.org -
\$16 in advance, \$20 at the door
Potluck and BYOB -
Doors open 3:15 p.m.



Celebrate the release of Katie Trautz's new album 'Passage' in the intimate concert setting of the Lower Cabot Schoolhouse. Katie will be accompanied by Julia Wayne on harmonies, and Mike Roberts on electric guitar. Seating is limited, so reservations are recommended.

'Passage' is a collection of music written over the past decade, with echoes of Honky-tonk, Appalachian music, and modern Americana, that give the album an eclectic and creative sound. The album reflects the complicated passage between childhood and adulthood, closing a chapter of songwriting about love, loss, death and birth. This is Katie's eleventh album, including at least four with 'Wooden Dinosaur', and three with 'Mayfly'. 'Passage' is her second solo album, but the focus on original music sets it apart from Katie's previous record.

The album includes songs accompanied by country-style guitar, dobro, ethereal harmony, and a warm, steady rhythm section. The musicianship is excellent, bringing a cohesive and creative sound to the studio. Katie's musical compadres on the record include Michael Chorney, Rob Morse, Dan Davine, Asa Brosius, Mike Roberts, Julia Wayne and Will Andrews. Katie's history with these musicians is long, adding to the depth and sensitivity of the material. She has worked with many of them in previous projects, and has stayed personally con-

nected over the years, often looking to them for inspiration in her own music.

With the help of Michael Chorney as producer, the album has been able to bend the borders of folk music, and live outside of any specific genre. As life's journey can be unexpected, dark at times, and somehow always warm at the core, 'Passage' is reminiscent of all of that.

The album was digitally released in late December, and can be found on iTunes, amazon.com, CDbaby, and www.katietrautz.com. Hard copies of the CD are also available for order at www.katietrautz.com, and can be found at local stores in the Central Vermont area: Buch Spieler and Vermont Violins in Montpelier, VT, and Harry's Hardware in Cabot, VT.

Katie Trautz is a native Vermont fiddler who has toured nationally and internationally, sharing traditional music and original folk songs. Katie also plays the guitar and banjo, crossing genres with her numerous ensembles. Katie is the co-founder of the Summit School of Traditional Music and Culture, based in Montpelier, VT. Following her eight-year directorship at the Summit School, she became the Executive Director of Chandler Center for the Arts in Randolph, VT. In the fall of 2016, she decided to return to teaching music, while raising her new baby son.



JUNE & JULY HAPPENINGS

Cabot Food Shares

Wednesday June 5th - 12:00 pm
Wednesday June 19th - 12:00 pm
Wednesday July 10th - 12:00 pm
Wednesday July 24th - 12:00 pm

Senior Adventure Morning

Tuesday June 18th - 10:00 am
Tuesday July 16th - 10:00 am

Tai Chi For Balance

Thursdays - 10:00 am

FREE Community Dinner

Saturday June 15th - 5:30 pm



3339 Main Street, Cabot Vermont
www.faithinactionvt.org

CCIF Education Grants



Not Just for College Anymore!

Take Advantage of the New
Professional Development Education Grant Program

BLOOD DRIVE

Sponsored by Town of Cabot

Thursday, August 8, noon to 5:00 p.m.

*In the Red Cross bus in the Municipal
Parking Lot (Willey Building).*



Tales from the Philippines #1: Witches and Witch Doctors

by Carrie Harvey

For the last three years, I have been living and working in the Philippines as a Peace Corps Volunteer. In that time, I've had many ups and downs, triumphs and defeats, adventures and misadventures. Over the next five months (before I end my service in October), I will share some of my experiences, so that you, too, can experience the Philippines in some small way.

Some say the Philippines can be summed up as a three ingredient recipe - thousands of years of Southeast Asian traditions, 400 years of Spanish colonialism, and 50 years of Hollywood. The reality is much more complicated, but that's not a bad place to start when you're trying to wrap your head around the culture of the Philippine islands. For instance, about 80% of the Philippine population is Catholic, but the native practices of spiritual healing and witchcraft are still prominent, with most rural towns having six-ten churches and at least a few spiritual healers and/or witches. Throughout my service, I have had run-ins with both witch doctors and witches.

The Witch Doctor

One night at dinner, in my first year of service, my Ate (host mother) told me that they were going to see a quack doctor that night.

"What do you mean by quack doctor?" I asked.

"An albularyo." She replied.

An albularyo (al-boo-la-ri-oh) is a sort of spiritual healer, AKA: a witch doctor. Elsie, the student who lives with us, had been having some troubles with her eyes for a week or so. I was pretty sure that Elsie had a sty in each eye, an affliction that usually takes weeks of treatment via eye drops to resolve. My host family wasn't sure what was wrong, half joking that Elsie may have been cursed, so they wanted to see the "quack doctor" for help.

After a ten minute car ride, we pulled up to the outside of a nice house with a large, red gate. My Ate shouted "Ayo", the Philippine-equivalent to "Anybody home?", and we were called inside. An older man wearing a large white t-shirt and green and black shorts printed with Heinekens bottles met us near the door and asked us why we were there. He then disappeared through a curtain into the back room to retrieve some supplies. It turns out that this was our albularyo. While we waited, my Ate discussed the wallpaper and where it had come from with two women who were eating supper.

When the albularyo came back, he sat down and told Elsie to sit in a chair perpendicular to his. She explained her problem, and he confirmed that she had been cursed, but it was something he should be able to take care of. He grabbed a bit of cotton, dipped it into a dark brown bottle, and dabbed it on to each of Elsie's eyelids. He then told her to stand up, turned the chair so that it sat in front of his, and instructed her to sit back down. He stood up behind her and began to say what sounded like a



prayer, while placing both his hands upon her head. The albularyo's prayer lasted several minutes, then he instructed her to stand up again, and rotated the chair back to a perpendicular position in front of his own. Elsie sat back down, and closed her eyes as the albularyo blew three strong bursts of air on to her closed eyelids, ending the healing session. He told Elsie not to wash her face until Sunday. We said our goodbyes and thank yous, and drove off into the night. By Tuesday, Elsie's eyes were fully healed.

The Witch

Earlier this year, my friend and co-worker, Jovie, was playing in a volleyball championship. Teams representing each of the twenty-one neighborhoods in my town had come together in a giant tournament to determine which volleyball team was the best in the Municipality. The winning team would get bragging rights and a 10,000 peso prize (about \$200 USD). Jovie's team (Team Poblacion) was about to face off against the team from Panadtaran when an old man approached the court. He took out a lock of hair as he strolled towards the center of the court, and casually tied the hair to the volleyball net. The referee didn't seem to notice, nor did most of the members of Jovie's team, but a few people made note of the strange action. The two teams took their places on the court and Jovie's team quickly fell behind. The game just wasn't going their way.

During a short water break, one team member mentioned the old man, or *lolo* (grandfather) to the coach.

"Oh no!" the coach realized, "The old man must be a witch. We have been cursed! The *lolong* (grandfather) witch wants the other team to win."

After a short discussion, one team member suggested that they lay a *piso* (a single peso coin) on the court, as that may cancel out the power of the curse. Another team member quickly produced the coin, and, as the team returned to the court, carefully placed it face up on the cool cement.

The game resumed, and Jovie's team played like an entirely different team, pulling in to the lead, and then winning the first game.

There was a short break between the

first and second games, and the two teams rested and rehydrated. A few kids took to the court, playing and running around to get out some energy before the second game began. When Jovie's team returned to the court, no one noticed that the curse-cancelling-coin was missing. Game two began, and once again, the Panadtaran team was dominating the game. Poblacion was barely managing to return their volleys, as the ball rebounded off their hands and fists in strange ways. Poblacion lost game two, not realizing that the coin was missing

until it was too late. No one was sure if the child who removed the coin was innocently picking it up to buy some candy, or if they had been sent as an agent of the witch.

Before the start of the third and final game, the coach produced a new coin, and placed it on the court just before the first serve. Team Poblacion played like never before, and they triumphed, winning the game, and, eventually, the whole tournament. Grandfather witch was foiled that day.

Joe's Pond Ice Out Results

by Michelle Walker

Following what seemed like a very long, snowy, and icy winter, most folks believed that the ice on Joe's Pond would stay put well into May. Mother Nature decided differently. On April 25 at 5:39 a.m., the block slipped through the ice, officially ending the annual contest for 2019.

This year's closest guess came from Robynn Albert of Essex Junction, VT. Her guess was April 25 at 6:01 a.m., just 22 minutes off the actual time. Robynn will accept a check for \$5,866 and certificate at the spring meeting of the Joes Pond Association. The other half of the proceeds from ticket sales will be used for maintenance of water quality and activities. This year, the Joe's Pond residents and local vendors sold 13,140 tickets.

Tickets sales for the 2020 Ice Out went on sale Memorial Day weekend at Hastings store.



Real Broadband? Central Vermont Fiber Update

by Andy Gilbert

It's not reality yet, but also not just an idle dream!

During the March 2018 town meeting cycle, a number of central Vermont communities joined together in an effort to find a solution for truly fast, reliable and locally governed internet service. Cabot joined this effort shortly afterward, in the spring of 2018.

The effort is known as Central Vermont Fiber and now includes 17 communities throughout central Vermont. Cabot has an appointed delegate and alternate serving on the board. By statute, these communities act as a "virtual" municipality, with the caveat that they have no taxing authority. This means the funding must come from donations, loans, grants, and service revenues. While this is a challenge, there is good precedent, the clearest being ECFiber, which is now providing fiber to the home for a number of Vermont communities in the upper valley area and doing so in a financially stable manner.

Having truly fast and reliable internet service is vital to our economic health and the overall vitality of our community. There are countless studies, articles and a mountain of evidence that being on the other side of the "digital divide" puts communities and their residents at a significant economic disadvantage. Unfortunately the economics, governance and overall environment for stan-

dard commercial providers provides little hope for bridging this gap, thus the need for community-driven initiatives like CVFiber.

The activities of CVFiber to date have been mostly organizational and planning focused. Recently, we were awarded a ThinkVermont grant through the Agency of Commerce and Community development. These funds will be used for planning activities. In addition, we are working hard on other grant opportunities and funding options. Also, the state legislature has been busy working on the problem as well, and we are optimistic this will result in even more support and resources for the community-driven model.

All CVFiber meetings are public and warned. They typically are on the second Tuesday of the month in Berlin. The website is at <http://cvfiber.net/>. There is also a Facebook page at <https://www.facebook.com/CentralVermontInternet/>. Finally, as noted above, all our revenue to date has been through donations. Anyone interested in supporting this effort can contribute through the donation portal available on the website. Funding \$\$ at this point are both critical to the effort and highly leveraged, as they are typically used to match grant awards.

If you have any questions, please feel free to email me, Andy Gilbert, at andy@agilbert.net.

Thank you!

The Adventures of Woody Woodchuck



by Frank Kampf

Episode 4

Woody was still in the seat of his canoe, except he was upside down in cold and darkness. His paddle had been ripped from his hands, and he was being pushed backwards and up against the gear in the canoe by his life preserver. The spray skirt was still securely tightened around his waist. The water was bone chilling cold and Woody was still trying to understand what had happened.

Woody first tried to pull himself down and out of the canoe, but the spray skirt was too snug. He calmly loosened the spray skirt elastic closure and then he was able to roll out of his seat. He popped up to the surface of the raging river and caught a breath of air, he did not know how long he had been holding his breath, but the adrenalin rush was making time appear much slower. Looking around, he found the canoe drifting away and Murray several yards up river.

The guides were fast approaching, paddling against the current and yelling "Are you okay?"! Woody was able to spit out "yes," even though he was still orienting himself to the situation. The river was quickly taking them down the small canyon and was fast approaching another slight bend bounded by sheer cliffs. The guides were yelling to be heard above the roaring of the river. They told Woody and Murray to swim to the small beach down on the left, and they would save the canoe.

Woody started swimming across the current, and soon learned the cold of the water made the effort exhausting. He rolled onto his back and tried a back stroke, which took less effort. He had to use all his energy to reach the beach before he was swept past. The underwater bank was steep, and he fell down as he was trying to get out of the water, but was able to recover before he was swept away. He helped Murray out of the water; both stood there with blank stares, trying to figure out what had happened.

The guides were able to get a line on the canoe and pull it ashore on the same beach. They quickly built a roaring fire to warm up Woody and Murray. Murray was wearing a wetsuit and was staying warm. Woody, not able to afford a wetsuit, was wearing wool under a rain suit, which was keeping him warm, but was heavy, now that it was soaking wet. Woody took off his outer layers, and, as

he stood by the fire, he and Murray tried to ring out as much water as they could.

The rest of the group was on the other shore and still waiting with trepidation to make an attempt at the rapids. While Woody and Murray warmed themselves, the guides tried to reassure the rest of the group that they could make it through Figure-Eight Rapids. One by one, each of the remaining canoes made their attempt, with a better outcome. One canoe almost hit the wall and only made it by inches, with their occupants panting from the fear of their close call.

After everyone had successfully traversed the rapids, they gathered with Woody and Murray. Their canoe was full of water and gear, and it took several of the group to flip it over. After everyone worked together to empty the canoe of water and reattach the spray skirt, Woody and Murray rejoined the group on the river. With much apprehension, they continued the paddle down the famous Nahanni River.

The guides chose a camp not much further down the river. The group had lost much time due to the river rescue. Woody was exhausted from the day's events, and was happy when they beached the canoes. After unloading the gear, Woody opened his watertight pack, only to find that it wasn't so water tight. Much of his clothes had gotten wet. He also discovered his camera had been ruined.

The group set up a clothes line so Woody and Murray could try to get things dry overnight. Woody was anticipating a warm sleep in his sleeping bag, but dinner would take priority. Due to the long and eventful day, dinner wasn't ready until it was almost dark. At the northern latitudes close to the Arctic Circle, darkness fell much later than it does in Vermont, and everyone sat down to eat close to midnight. Finally, Woody crawled into his sleeping bag for a much needed sleep. He was awoken to the sound of Christmas carols, which was very strange. He unzipped his tent to find three inches of snow on the ground and the guides caroling to wake everyone for breakfast. The weather had been chilly, but no one expected snow.

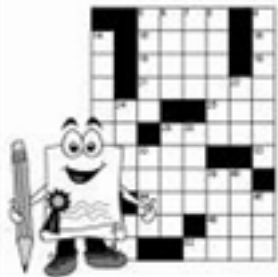
Ugh! Woody remembered that his wet clothes were hanging on the line. He quickly threw on some clothes and exited the tent, only to find everything frozen. Even his neoprene boots were frozen stiff. How was he going to dress for a day on the river?

Word Search & Sudoku

B	B	I	Y	T	E	L	O	I	V	P	A	D
F	Y	A	R	F	Q	X	X	C	N	N	A	E
M	N	S	D	E	T	P	R	F	E	I	N	S
A	H	F	N	T	W	O	S	M	S	I	I	M
R	Y	P	T	A	C	O	O	Y	B	R	V	U
I	A	R	I	U	P	N	L	M	I	X	E	Y
G	C	E	S	L	E	G	U	F	O	G	S	L
O	I	D	D	M	U	L	T	Y	N	Q	O	I
L	N	N	F	A	O	T	A	C	N	U	R	L
D	T	E	R	C	H	G	A	Q	S	O	S	E
Q	H	V	C	P	D	L	M	E	S	L	E	A
Q	C	A	I	J	I	O	I	K	Q	R	A	P
A	Q	L	T	L	A	P	K	A	C	T	A	K

ANEMONE COLUMBINE CROCUS DAHLIA DAISY
HYACINTH IRIS LAVENDER LILAC LILY MARIGOLD
PANSY PEONY ROSE SUNFLOWER TULIP VIOLET

2	7						6	
			4					7
9		3		1	7		4	
				9	1			8
5								9
7			8	3				
	8		3	7		5		6
6					5			
	9						2	3



Sudoku solution for June/
July 2019 puzzle ▶ ▶ ▶

3	2	7	4	8	9	5	6	1
4	8	6	5	2	1	7	3	9
9	1	5	6	7	3	2	8	4
2	5	1	9	3	8	6	4	7
6	3	9	2	4	7	8	1	5
8	7	4	1	6	5	9	3	2
5	4	8	7	1	2	3	9	6
7	6	2	3	9	4	1	5	8
1	9	3	8	5	6	4	2	7

2019 Cabot Public Library's Summer Reading Program

This summer's theme is -

A UNIVERSE OF STORIES

All programs are free and open to everyone.

Sign up for the summer reading program

as soon as school is out

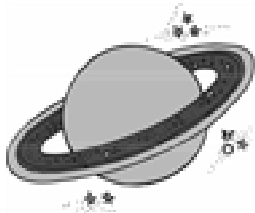
and win prizes and T-shirts!

Take the challenge and join the Thousand Page Club!

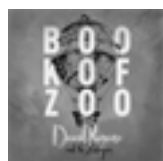
Story Hour for children birth to 7 ~ Tuesdays -10:00am - June 25 - July 30

Come prepared to have your mind expanded

into outer space and back to the library!



Saturday, June 22nd – 7:00pm – David Rosane & the ZooKeepers
“Across the Zoo-niverse” - A 2019 Library Benefit Tour



For the second summer in a row, Green Mountain alternative folk-rock band David Rosane & the Zookeepers will be touring in support of rural libraries. Rockin' Vermont for literacy, democracy and free speech....Their latest album “Book of Zoo” just picked up a 2019 Tammie Award for best Vermont rock album. All donations at the door benefit the Cabot Public Library.

Friday, June 28th – 7:00pm – Modern Times Theater –
The Perils of Mr. Punch, Episode #211: “The Astro-Nut”

“The Perils of Mr. Punch” follows the troubles and travails of puppetry's favorite loudmouths, Punch and Judy. In the latest episode, Mr. Punch attempts to be the first puppet to go to space. Of course nothing ever goes right-his wife Judy is more than happy to see him go, his rocket ship is made of cardboard, and crocodiles appear around every corner. The skillfully operated hand puppets are chock full of surprises and tricks, as is the elaborate stage. The show



is rounded out with live music played on a variety of instruments, from the ukulele to the bicycle pump. It's a low-tech old-time spectacle, entertaining to people of all ages: from one to one hundred.

Tuesday, July 4 – 9:00 am Cabot Library Book Sale



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

Tuesday, July 9th – 6:30pm – Southern Vermont Natural History Museum - Wildlife Tales!

Take a literary journey around the world as our very own Storytelling Naturalist shares tales of animals and magic. With each story, a live animal will visit to bring a natural history piece to the myth and legends! Adaptable to all age groups and a big hit wherever we present it!



Saturday, July 20th – 1pm-7pm Astronomy Extravaganza At Fairbanks Museum and Planetarium



The Fairbanks Museum is throwing an astronomy block party to celebrate the 50th anniversary of the lunar landing! The Lyman Spitzer Jr. Planetarium will feature special shows throughout the day that highlight the extraordinary accomplishments of the astronauts, engineers, and dreamers who worked together to take the first steps on the moon. There will be telescope instruction, astronomy-themed crafts, and real moon rocks! Events are free from 1-7pm.

Contact the Cabot Public Library if you would like to carpool.

Wednesday, July 24th – 6:30 pm – Katie Trautz –
Come at 6:00 for preshow snacks!

Join Katie Trautz for a family performance and sing-a-long with her fiddle, guitar, and voice. Katie will bring a variety of songs including some from Woody Guthrie, Carter family, Hank Williams, Elizabeth Mitchell and many others.

Katie Trautz (www.katietrautz.com) is a native Vermont fiddler who has toured nationally and internationally sharing traditional music and original folk songs. Katie plays fiddle, guitar, and banjo crossing ensembles. Following the release of her book ‘American Harmony Singing: Kid Songs’ in the fall of 2016, she decided to return to teaching fiddle lessons from her home in Cabot, Vermont, while raising her new baby son.



Cabot Public Library – 802-563-2721

cabotlibrary@yahoo.com, www.cabotlibrary.com

TWIN VALLEY SENIOR CENTER



4583 U.S. Route 2
P.O. Box 152
East Montpelier, VT
05651

by Rita Copeland,
Executive Director



Twin Valley Senior Center Tax Season

Thanks to AARP and the following four tax preparers who work very hard training to prepare taxes so they can help others free of charge. These preparers are Mary Morrison, Tom Burgos, Marcia Maynard and Jim McQueston. Jim is the coordinator that works with TVSC to set up a schedule that will work for everyone at the center. The tax preparers also do their training sessions each year at Twin Valley Senior Center.

The preparers are always kind, courteous, caring and so very thoughtful to each person that they assist with their taxes, plus, the staff and employees at the center. Any low income person can use this free service. With the joint effort of these preparers and TVSC, there were 107 people that had their taxes completed and submitted electronically. This is huge for the communities we serve. We see repeaters year in and year out, and are always happy to see new people using this service.

Plant Sale & Flea Market

Many thank yous go out to the volunteers and friends of TVSC for their help with the 11th Annual Plant Sale and Flea Market held at the center on May 11. The sale was a huge success, thanks to all who worked helping it come together. A special thank you to Linda Fowler of Barre, who always has great knowledge about plants, and great plants she babies all year so that the center has a good variety for sale. Lots of perennials, veggies, houseplants and more. Thanks go out to Amanda's Greenhouse, The Cate Farm, Tractor Supply, Agway and Jail Branch Greenhouse for their generous donations, and Bill Bollenback for his monetary donation to purchase plants. Thanks to Tom and Jackie DiMatteo for overseeing the grill, and everyone else who helped set up and clean up after the sale. The hard work all paid off, as TVSC raised \$1552.19 for center operations. Thank you to everyone who stopped by the sale and who bought tickets for the lovely lap throw that was made and donated by Maria McKnight of Plainfield.

Read to Me!

by Angela Ogle

The Cabot Public Library is pleased to announce the launch of Read to Me, a program that welcomes our newest and youngest community members to Cabot with a library of books all their own. The Read to Me program will send all babies born in Cabot, as of 2019, a free book every three months for the first three years of their life.

The Children's Health Network says, “when infants and young children are read to often, with joy, excitement, and closeness, they begin to associate books with happiness - setting them up for a lifetime of learning.” Reading is a one-on-one activity that fosters a close relationship between infant and parent, and reading books to babies boosts their brain power, helping them develop language and visual skills. Our Read to Me goal is for the babies of Cabot to have the opportunity to be read to by caregivers each and every day.

A few of the much-loved titles we have chosen for our newest Cabot residents include Mother Goose, Goodnight Moon, and Snowy Day. Each book we send will arrive with a helpful tip for parents that fosters joyful and engaged reading, while also highlighting the influence of early childhood reading on lifelong literacy. Every family will be encouraged to visit the library for Storytime on Tuesdays from 10:00 to 11:00 a.m.



Gwendolyn Sorrell reading in the library.

The first year of Read to Me has been sponsored by the generous donations to the library in memory of former librarian Mary Tebbetts. Continued support for the program will be, in part, through the annual book sale run by the Friends of the Cabot Public Library on the Fourth of July. If you would like to be a part of this literary effort, please donate your used books to the annual sale or consider sponsoring a Cabot child for \$30 for the year. For more information, or to register your baby for the program, please contact the library by email at cabotlibrary@yahoo.com or by phone at 802-563-2721.



THURSDAY, JULY 4, 2019

CELEBRATING VERMONT AGRICULTURE AND 100 YEARS OF CABOT CREAMERY

Town Activities

8am

- Rummage Sale in the Gym

9am

- Book Sale at the Cabot Library

11 am

- Parade (with Judging!)
- Live Music by the Hillside Rounders & More
- Beverage Tent catered by The Den
- Games & Activities for Kids (and fun adults)
- Vendors & Sponsor Tables
- Mason's Sausage Tent in the Village
- Strawberry Shortcake with the Cabot Church on the Common
- Willey Building Fundraiser on the lawn - Food sales to benefit the Willey Building Centennial celebration in 2020
- And more!



Donation Details

The Cabot Library is now gratefully accepting book donations for the July 4th Friends of the Library Book Sale. All donated items (books, audiobook CD's, DVD's) must be in good condition. Please do not bring books that are musty, water damaged, dirty, moldy, have loose or missing pages, or with detached or missing covers. If they have been stored in basements or garages, they are most likely unacceptable. Please do NOT bring encyclopedias, VHS or cassette tapes, textbooks, or magazines. Items must be donated during library hours and NOT put in either the book drop or left outside. Thanks so much!

Library Hours: Tues 9-6, Wed 2-6, Thurs 9-6, Sat 9-noon

July 4 Rummage Sale donations can be dropped off at the Cabot School Gymnasium from June 30th-July 3rd from 9am-4pm each day.

We accept donations of clothing of all sizes and types, toys, baby gear, kitchen appliances (in working order), kitchen items, dishware, home improvement items, chairs, linens, movies, housewares, shoes and more.

Books should be donated to the Cabot Library book sale.

We hate to be negative, but given the limitations of the places we donate leftover items to, we cannot take the following:

- No computers/printers/other tech
- No skis or snowboards
- No exercise equipment or large furniture
- No mattresses or cribs
- No Christmas trees (fake OR real :))
- No records
- No heaters
- No stuffed animals
- No books (these can be donated to the Cabot Library Book Sale)

And as a courtesy to those who sort donations, please do not bring anything wet, smelly, dirty or broken. We welcome donations of paper bags that people can use when they come to shop on the 4th! Funds received from the Rummage Sale will be donated to the Cabot School Activities Fund.



Extra Details

For the first time, this year's event will be held on the Cabot Common. Many people are working very diligently to ensure this change in venue is a positive experience. Look out for more details and if you have concerns, please call the Cabot Community Association at 563-3338.

Detailed event programs will be handed out as people come into town on the 4th, and additional details will be shared. Arrive early to get parked and settled in for the parade!

Keep up with the details by following us on Facebook at the "Cabot, VT July 4th Celebration" page, and share it with your friends!

The Cabot July 4th Celebration is Sponsored by the Cabot Community Association, Cabot Creamery, Vermont Organic Farmers, Vermont Farm to Plate and Rooted in Vermont. If you would like to be a sponsor, please email lydia.pitkin@gmail.com for information.



We need volunteers! If you would like to volunteer for the Cabot 4th of July Event, either in prep or on the day, please contact Jack Daniels at jackdaniels007vt@gmail.com. There are volunteer opportunities in many capacities, and we welcome and appreciate any time you can offer.