

THE CABOT CHRONICLE

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Vol. 13, No. 1 ~ P.O. Box 245, Cabot, Vermont 05647 ~ December 2019/January 2020

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& Surrounding
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Build a family memory, Make it a Tradition

SARAH'S COUNTRY DINER

is closing December 21, 2019

To all my customers: You are the best. The closing of the Diner is bittersweet.
I will miss you a lot. It has been great meeting and serving you.
My time at the diner has been a joy.

My future plans are to resume my full time job of wife, mother and grandmother.

*My final closing will be December 21, 2019.
We look forward to serving you until then.*

January is National Mentoring Month

Research shows that mentors play a powerful role in providing young people with the tools to strive and thrive, to attend and engage in school, and to reduce or avoid risky behavior like drug use. In turn, these young people are:

- 55% more likely to be enrolled in college
- 81% more likely to report participating regularly in sports or extracurricular activities
- 78% more likely to volunteer regularly in their communities.

- More than twice as likely to say they held a leadership position in a club or sports team.

Cabot Mentoring connects youth with adults for fun and friendship. Having a mentor helps youth build confidence, broaden their worldview, and practice relationship skills. Having a mentee gives adults a connection. (see 'Mentoring Month', page 4)



SATURDAY - DECEMBER 14TH

2019



HOLIDAY FESTIVAL &
OUTDOOR MARKET

12-8PM

LIVE MUSIC 1PM - 8PM:



JACOB GREEN | JAMES VANDEUSON
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& THE WOODBURY BROAD BAND

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CABOT ANNUAL TOWN MEETING IS TUESDAY, MARCH 3, 2020

Petitions for items to appear on Ballot for Town Meeting are due in the Town Clerk's office no later than **January 16, 2020**, with 5% of the registered Cabot voters.

Petitions for elected positions to appear on ballot for Town Meeting are due in the Town Clerk's Office no later than **January 27, 2020**, with 1% of the registered Cabot voters.

ELECTED POSITIONS OPEN: Selectboard (2 year), Selectboard (3 year), Town Clerk/Treasurer (3 year)

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Best Wishes for a
Happy, Healthy and
Prosperous New Year!

2020



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The 2020 Legislative Session begins on Tuesday, January 7

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~ 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.

When is the rink happening?

by Susan Socks

I get this question a lot at this time of year...it's cold and snowy, and it feels like skating weather. So, I thought it's a good time to talk about the timing of making a rink.

First and foremost, we need cold weather. Not just cold for a couple days...continuous below-freezing temperatures. If the rink melts, it's probably not ever going to freeze back up properly...so you don't want to pour the water too early. Usually, we have the stable cold we need right around Christmas & New Year's.

Second, we need clear skies, ideally for three days or more. If it snows into the freshly poured water, we end up with a crusty, sludgy mess, instead of nice solid ice. You can't glide on frozen

slush...it just crumbles.

Third, we need volunteers. Specifically, rink maintenance volunteers. Once the ice is frozen, it must be kept clear of snow EVERY DAY. That is a lot of work! If we don't have enough volunteers to keep the rink shoveled, we won't have good ice. And if we don't have good ice, there isn't much point to building a rink in the first place.

To sum up, we need stable cold temperatures, clear weather, and the promise of lots of help for the season. With those magic ingredients, we should have a lovely village rink sometime around the holidays. If you can volunteer, have skates or other equipment to donate, or would like to donate funds to sponsor a community skating party, please let me know. See you at the rink, soon!

Cabot Community Theater What's a Mummers' Play, Anyway?

by Karen Mueller-Harder



See St. George battle a dragon! Enjoy some foolishness and rollicking fun, with a few characters brought to life from Cabot's history! A mum-

mers' play is a comedic skit from England, with stylized characters full of bravado and gumption, often performed at solstice, Christmas, or Twelfth Night celebrations. Cabot Community Theater will be performing our own Cabot version of this traditional fare at the upcoming Twelfth Night festivities on January 4, during the afternoon entertainment. Admission is included in your purchase of a button for the day or signing up as a volunteer!

CCT is also starting preparations for their April production of Chitty Chitty Bang Bang, to be performed April 2-5 at

the Cabot School Performing Arts Center. By the time you read this, rehearsals will be underway, and the design and production team will be busy at work figuring out ways to make visual magic for the production!

If you'd like to be one of the people who helps make the show happen, we always welcome more people to help with sets, props, costumes, lights, and publicity. You don't have to have a lot of availability; you can volunteer to help on one day, or with one sewing project if you like, and you'll feel part of a wonderful community activity! Cabot Community Theater strives to be a welcoming and inclusive group, where people of all ages and levels of experience come together to create a theater experience the whole community can enjoy.

If you'd like to join us, please contact Karen Mueller-Harder, the Producer, at karen@praxisworks.org or 793-5617, or in person at Twelfth Night or any of the contra dances!

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

Follow

Will Walters

in



THE **Hardwick Gazette** Since 1889

**THE CABOT
CHRONICLE**

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School Board Update

by Chris Tormey

At Cabot School's October 21 informational meeting, the focus of the hour-long "Preparing Students for Success II" program was on the educational programs in place at Cabot's middle school and high school. Programs at both the middle school and high school levels have received recognition for innovation and effectiveness from national organizations supporting education, including Edutopia and Education Re-imagined.

Middle School teacher Peter Stratman led off the presentation with a general overview of the 7th- and 8th-grade program at Cabot. The program's goal is to "design and implement learning experiences in which students investigate, research, build, and present work that intersects with the real world". To help reach that goal, the middle school schedule is structured to allow time for individual student research within interdisciplinary "learning expeditions" and for the development of essential skills in math, literacy and other areas. In addition to "math lab", Spanish and Readers/Writers Workshop each day, a central pillar of the schedule is a daily "project block" of integrated science and social studies. Within that block, students research a specific facet of a larger, year-long topic, and gradually develop a product that showcases what they've learned about that piece of the larger topic. Literacy skills taught in the Readers/Writers Workshop are integrated into these broad interdisciplinary projects. The workshop model allows learning to be personalized for each student while exploring a variety of texts (novels, short stories, news articles, poetry, opinion pieces, etc.) that connect to the larger projects. Students develop and practice reading strategies, and produce writing from different genres. In last fall's interdisciplinary project ("Blue Planet"), for example, students investigated the health of the world's oceans, focusing on pollution, overfishing, and the impacts of climate change. The "driving questions" guiding students' research were:

- How are people affecting the health of the oceans?
- What are the impacts of an unhealthy ocean?
- How can we address the impact of single-use plastics in the ocean ecosystem?

The culmination of these projects is a "learning exhibition" shared by students with a broader audience (parents, community members, etc.) that both reinforces learning and improves students' skills in public presentation. In addition to the "Blue Planet" project last year, students also researched the struggle for Civil Rights in the U.S. during the mid-20th century, and examined human migration during the past century with a focus on refugees, comparing and contrasting the challenges faced by Jewish refugees during the late 1930's, Cuban refugees in the 1980's, and Syrian refugees today. In addition, middle school students can access electives in art, music, and P.E. and have opportunities to explore core concepts connected to the interdisciplinary project topic in other ways through the use of weekly Science Labs and Design Tech blocks. This year's interdisciplinary topic is "Sustainability", and students this fall have been investi-

gating food production. Along with participating in a school-wide harvest in October of the outdoor vegetable beds planted last spring, middle school students played a major role in the "Harvest Supper" held November 2, that showcased the broad range of delicious food grown here in Cabot and how that food is used to enhance the meals served in our school's cafeteria. Mr. Stratman also highlighted a new addition to the middle school program ("Cabot Leads") which has had a positive impact on individual students and on the school community as a whole. In "Cabot Leads", students select a school- or community-based job outside of the classroom to work at each week for an hour under the support and supervision of an adult mentor. Students apply and interview for the jobs based on their interests, skills, and learning goals: the jobs range from helping out in the school kitchen or library, to being a reading mentor for younger students, to learning to care for farm animals. Now in its third year, the innovative program has provided students with a range of opportunities for personalized learning and for actively contributing to their community.

As part of the 8th-grade leadership program at Cabot, students in class investigate political theory, the principles of democracy, contemporary social and political issues, and the structure of government. This research serves as a foundation for the class's capstone trip to Washington, D.C. at year's end. Leading up to the trip, students design a research project. Once in D.C., they conduct field work, taking photos and speaking with "experts" who can provide critical insights about their selected topics.

Following the middle school presentation, Cabot School music director Brian Boyes provided a thorough overview of the high school program at Cabot. He opened his slide presentation with a list of the "Top Ten Skills Needed" in the workforce in 2020, according to the World Economic Forum. Highlighting several of these ("Complex problem-solving, Critical thinking, Creativity, Coordination with others,..."), Brian described that the goal of the high school program at Cabot is to support students in building those skills by embedding real-world opportunities to do so into the curriculum. The curriculum that's been developed at Cabot to support this process is built on four major principles: curiosity, creativity and design; culture and relationships; authenticity; and high-quality project-based learning. Brian reviewed several examples of student projects at Cabot to illustrate these principles in action. Last fall, teams of students in the "Startup" project were challenged to design a social-benefit (B Corp) start-up company to meet an established need. Each team leveraged their studies in design thinking and the creative economy to build start-up concepts, and pitched their companies to a live audience and an investor panel. Culture and relationships are built through collaborative learning opportunities on and off campus as students work together in small groups to research the background of a particular subject, and to design and craft their responses to a specific driving question (for example, how the design of musical instruments and the physics of sound waves combine to produce the wide vari-

ety of sounds we hear). Teachers serve as facilitators to guide this process. In addition, Cabot's preK-12 campus provides regular opportunities for students in different grades to get to know and learn from each other. A concerted effort is made to build authenticity into the work done by students at Cabot: they're challenged to think and work like scientists, journalists, musicians and entrepreneurs. Last year, a large team of students started a film production company to manage and fund the creation and production of an original science-fiction film. (The \$1,500 production budget was funded entirely through the students' fundraising efforts, which even turned a slight profit). The completed film, "The Youth of Annwyn" premiered at the Savoy Theatre in Montpelier in May. To support "high-quality project-based learning" at Cabot, the approach is to build a learning community that fosters connections and relationships that can spark curiosity and launch inquiry. Teachers support students to rigorously build the skills and content knowledge that will allow them to create exceptional work that clearly demonstrates their learning. Each trimester, high school students choose two different "project studios". Each studio meets for over an hour each day, is led by two teachers, and researches a topic with connections to at least two content areas. For example, this year's "Physics of Invention" studio will explore the significance of the Scientific Revolution and its impact on the emergence of modern science. Students in this studio will re-create iconic experiments from the past, and will also design their own experiments illustrating how these same scientific principles are put to use in our human society today. In another studio option, "AP Computer Science Principles" students will research the foundational concepts of computer science. In addition to demonstrating their learning by creating/coding a new game or web app, they'll conduct extensive research on a specific computing innovation and explore its societal impact. As in the middle school, high school students regularly present what they've learned in a particular studio to a larger audience. Often these "learning exhibitions" are held after school or in the evening at the end of a trimester, and are open to parents, students, and community members. To view

a complete list/description of this year's project studios in the high school and the schedule for learning exhibitions, please click on the "HS Project Studios" link on the school website (cabotschool.org) or contact the school office at 563-2289 for a hard copy. The final portion of Brian's presentation dealt with Cabot's approach to Act 77, the law passed by the VT legislature in 2015 which mandates that schools provide "flexible pathways" for students to meet the school's requirements for graduation. At Cabot, it's assumed that students will take on an increasing degree of choice and control over their course of study as they progress through high school. Across Vermont, an increasing number of students are making use of online electives and early-college courses during their junior and senior years to access classes and learning suited to their interests that are unavailable at their home schools. At Cabot this year, students will begin using a structure in which they'll demonstrate their progress towards graduation as an essential step towards gaining more independence in reaching their own learning goals. To move to a more independent phase of their high school experience, students submit a portfolio of their previous work and make a "passage presentation" to a panel including faculty and outside experts. Progressing from one phase to the next demonstrates a student's readiness to take on more independence, such as online courses, work-based learning, internships, dual-enrollment options and early college. The goal of this framework is to encourage students to take an active role in designing a learning plan that best suits their goals and interests while still meeting the skills and content proficiencies that are required for graduation. Eventually, graduating seniors would potentially be able to make a "passage presentation" in which they traced the individual goals they'd set for their education, as well as the route they followed to reach them. This year's series of monthly school informational meetings continues on December 9 with a "Math Literacy night" focusing on the elementary grades. All interested parents, students and community members are invited to attend these presentations, held on the second Monday of each month at 6:00 p.m. in the Cabot School Library.

Holiday with the Animals

Saturday
Dec. 14, 2019
10 am – 2 pm

CVHS Adoption Center
1589 VT Route 14 S
East Montpelier, Vermont
centralvermonthumane.org
802-476-3811



Edward G. Domey



The Willey Building Committee

12th Night Celebration January 4th in Cabot Volunteers Needed



by Gwendolyn Hallsmith

Cabot Arts has planned a festival to mark the end of the holiday season and celebrate the new year. Shakespeare was even inspired to write a play for this auspicious annual event, where commoners could be kings, women dressed like men, and social conventions were upended so everyone could have a rollicking time of it.

Dana Robinson has outdone himself finding fun things to see and do all day. Modern Times Theater will be doing a vaudeville act, Tim Jennings will be telling stories, Jeremiah and Annemieke McLane will be performing classical music at the church, Gypsy Reel will play Irish Music, Bella and the Notables will be playing swing jazz we can dance to, Cabot Community Theater will be doing a Mummies play, The Midnight Capers will perform a Morris Dance, there will be sleigh rides, arts and crafts, snow painting, a community dinner and a wassail sing.

For all this to happen, we need volunteers. As you can imagine the jobs range from helping with food prep for the community dinner, taking tickets at the Willey Building, running the hot cocoa station, selling raffle tickets, bringing snacks for the evening event, to cleaning up after it all. Dana has sorted it all into a web site where YOU can sign up for a particular task and a particular shift.

All you need to do is to clicker here and register:

<https://signup.com/client/invitation2/secure/3049463/false#/invitation>.

As a volunteer, you can have free admission to the event, which is otherwise very reasonably priced. Children under 16 get in for free, adults pay \$10 in advance, \$15 at the door.

We hope to see you there! Saturday, January 4, from 1:00 p.m. - 10:00 p.m.

Click here for other information about fun activities coming up with Cabot Arts: <https://www.cabotarts.org/>.



CABOT COMMUNITY COMMENTARY

by your own community

Dear Friends of Faith in Action,

It's hard to believe the end of 2019 is approaching. The shorter days and colder nights, along with predictions of snow, let us know that it is time to hunker down for another winter. For many of us, winter is a season for which we have prepared and must embrace. For others, winter is a time of extreme social isolation that often leads to depression and a lack of hope.

At Faith in Action, we help to make the winter a bit brighter by connecting volunteers who are eager to serve with community members in need. As of September 30, 2019, Faith in Action volunteers donated 7,060 volunteer hours. In

Cabot, the monthly Senior Morning and Community Dinners are always a favorite. At the busy Lyndonville Faith in Action Drop-In Center, we have received 2,993 visits as of September. Community members, often senior citizens or folks with disabilities, spend time engaging and participating in enriching activities. We invite you to join us at Faith in Action to experience the joy that abounds!

As you consider your gift-giving option this time of year, please consider making a one-time or monthly recurring donation to Faith in Action to support the important services we provide, including socially enriching programs, food distribution, and opportunities to increase self-sufficiency, and instill hope.

Give Thanks... We are thankful for supporters who make our programming possible. Please consider giving to Faith in Action on #GivingTuesday to support your neighbors in need.



Please visit our website at www.faithinactionvt.org for a list of events, and thank you for considering Faith in Action this gift-giving season.

All the very best,

Cynthia Stuart

Executive Director

PO Box 157 | Cabot, VT 05647



Monthly publication of the Cabot Chronicle!

Dear Editor:

For the last several years, the Select Board has included \$ 10,000 in the annual budget to help fund six issues of the Chronicle. The remaining needed income comes from advertising and private donations. It is my understanding that monthly publication would be possible if the Town of Cabot funding were increased to \$ 20,000.

At a time when the discourse on social media frequently serves to divide our community and question the integrity and motives of elected, appointed and volunteer residents, the Chronicle provides a forum for a more civil and respectful discourse. In my experience, these individuals serve because they want to help make Cabot an affordable, safe and enjoyable place to live and raise a family. More than ever we need the Cabot Chronicle to be published every month. It would also be a good way to show our appreciation for the hard work required by Editor Jeannie Johnson, Graphic Designer Todd Jones, and the many others who do the hard work on our behalf.

The Chronicle is the only forum for Town Boards, Committees, working groups and non-profit organizations to explain what they are working on and alert residents to matters coming before annual or special Town Meetings. It also lets community members with particular interest in such matters know whom to contact and consider volunteering to contribute to such efforts.

The two-month gap between publications leaves too much time where critical official information is not available. Having information from those with reliable information is particularly important when material for the Town Meeting is being finalized and residents prepare to vote.

Front Porch forum does some of that, but many residents do not have, or desire to have, access to social media and the internet in general. Many, and I count myself among them, prefer to have paper in hand that can be referenced for reminders of community events scheduled for a given month.

If you share my desire for monthly Cabot Chronicle publications, please let the members of the Select Board now how important it is to increase funding to help promote cooperation among community groups and Boards and invite other interested residents to volunteer for a project of interest to them.

Niels Larsen.
South Walden Road



CABOT TOWN CLERK

Office hours for December:

Closed December 24, 25, 26 and 31,

January 1 and 2

Closed Fridays as usual.

BLOOD DRIVE

January 13 at Town Hall

11:00 a.m. – 4:00 p.m.



CABOT ARTS SHOW AND TELL

January 19, 2020 at 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.

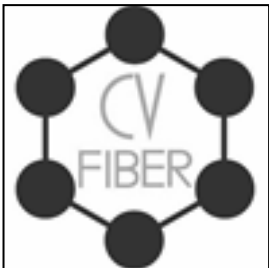
Roz Daniels

Central Vermont Fiber Update

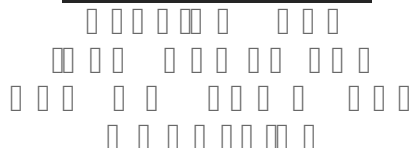
by Andy Gilbert

There is more good news for those looking for faster and more reliable internet service. CVFiber has recently been awarded two grants to help with feasibility and business planning. In early October, we were formally awarded a \$25,000 USDA Rural Business Development Grant. And just recently, the Vermont Department of Public Service has indicated we are one of the initial awardees for a \$60,000 Broadband Initiative Grant. These are in addition to the previously awarded Think Vermont Innovation Grant.

These funds will be used to begin the detailed planning necessary to design and develop a high speed and reliable internet service for our member communities. The CVFiber board has already issued an RFP to select a partner for this next step. We hope to make selection by the end of the year so we can start planning activity in 2020. Finally, the district was recently expanded to include Moretown. We are now 18 communities strong.



CENTRAL VERMONT FIBER



CVFiber is a community of 18 towns working together to bring a better Internet to our underserved residents and businesses. We know that community sponsored high speed broadband is financially possible based on the experience of 24 communities in ECFiber in Eastern Vermont. But our success depends on your interest. Your response to this survey will greatly assist us in planning. The Survey can be completed online at <https://arcg.is/1uaOm1> or by using your smartphone to scan this QR Code:



A paper copy of the survey is also available at the town clerk's office. You can simply drop by and fill it in there. For questions email andy@agilbert.net.

To remind everyone, CVFiber is a group of 18 communities working together to bring a better internet to our underserved residents and businesses. Cabot has been a member since mid 2018. While the task is complex and will take patience, we feel it is vital to the long term economic development and health of our communities. And it's pretty clear it won't happen if we just wait.

And once again, we have been asking members of our communities to help us in the planning process by filling out a survey. The link to this is available on our website at <https://cvfiber.net/news/survey/>. It is also directly available at <https://arcg.is/1uaOm1> (but that is hard to type!).

All CVFiber meetings are public and warned. They typically are on the second Tuesday of the month in the elementary school in Berlin. The website is at <https://cvfiber.net/>. There is also a Facebook page at <https://www.facebook.com/CentralVermontInternet/>. Finally, all our revenue is currently through either grants or donations. Anyone interested in supporting this effort can contribute through the donation link available on the website. Funding \$\$ at this point are both critical to bootstrapping 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.

Elves Workshop December 14 Cabot United Church



by Beth Wade

Come to the Elves' Workshop at the United Church on Saturday, December 14, from 2:00 to 4:00 p.m.. The workshop is for kids who want to create holiday presents and decorations. Some favorites (among many!) are birch Yule logs, jigsaw cutouts, cards, giant stars, cookie decorations, ornaments, and "slime" to exercise your fingers! You can wrap what you make and have refreshments, too. All are welcome, and parents can help if they'd like to. Hope to see everyone on December 14.



DECEMBER & JANUARY HAPPENINGS

Cabot Food Shares

Wednesday Dec 18th - 12:00 pm

Wednesday Jan 8th - 12:00 pm

Wednesday Jan 22nd - 12:00 pm

Toy & Warm Clothing Share

Friday Dec 13th - 10:00 am - 5:00 pm

Friday Dec 14th - 10:00 am - 5:00 pm

Monday Dec 16th - 11:00 am - 8:00 pm



3339 Main Street, Cabot Vermont

www.faithinactionvt.org

Cabot Trails Update

by Andrew Gilbert

Cabot Trails Committee hosted their second community meeting, this one focusing on landowners, on Saturday October 26, 2019, from 9-11:00 a.m. The meeting included a breakfast from Sarah's and potluck contributions by members. In total there was eighteen residents from Cabot present, including seven members from the Cabot Trails Committee. Also in attendance was Greg Western, Director of the Cross Vermont Trail Association. The meeting used a world café style table setup with a total of four tables to sit at. Each table was set up with a map showing the destinations and potential trail corridors that were identified at the first community meeting. Each table was facilitated by a member of the Cabot Trails Committee. Daniel Currier of Central Vermont Regional Planning Commission (CVRPC) provided the overall meeting facilitation and time keeping.

The meeting started with a joint presentation on the project, the Purpose and Needs Statements, and the importance of landowner partnerships in Cabot to develop trails. Greg Weston then made a short talk about experiences working with landowners to develop trails, including the Cross Vermont Trail and in E. Montpelier. After the presentation, the meeting moved into an open discussion on issues and concerns for the landowners. Some of the topics included:

- Web resources to find trails in area, state
- Other community examples
- Landowner permission forms, relationships, protocol
- Trail signage, etiquette, communication, publication, seasonal usage
- Trail maintenance

We are working with CVRPC to create a more detailed summary of the meeting and it will be made available for anyone who is interested.

In addition to all the "meetings", the committee is anxious and hopeful to start some actual field work. We hope to work with a few landowners that have expressed interest to get something started this winter. So, stay tuned!

The Cabot Trails Committee was established to identify, establish and maintain non-motorized recreational trails in town. Meetings are typically held on the second Wednesday of each month at 7:00 p.m. in the Willey Building. Anyone is welcome to attend, and you don't have to be on the committee to help. The success of the effort will be quite reliant on folks that like to do things versus come to meetings and talk.

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

The Christmas Bird Count

by Chris Duff

Every year for the last 120 years, the Audubon Society has held an annual Christmas bird count (CBC) in December or early January when volunteer bird enthusiasts all across the country and in many other countries around the world head out on a designated weekend day in late December or early January to visually count all the birds they see. Years of this compiled data have allowed ornithologists and conservationists to track critical trends in bird populations, and this data has been useful to many groups. Locally, our CBC is organized by the North Branch Nature Center and is called the Plainfield Christmas Bird Count. The designated Plainfield count circle includes Plainfield, Marshfield, Calais, East Montpelier, and some of Montpelier and Barre.

For about 28 years my friend, Brett, and I have meandered around the northwest corner of Groton State Forest to count any birds we came across for the Plainfield count. Many counters travel by car to cover more area and perhaps to visit different habitats that may attract different bird species, but we choose to cover the same route each year by foot (or snowshoe). This seriously restricts both the number of individuals and the variety of species we tally each year, but gives us some consistent data on that area, and usually a pretty nice day in the woods. Conditions have varied wildly over the years from bitter cold days to deep snow days to beautiful early winter sunny days. Regardless of conditions, we carry on.

Winter bird species are obviously much fewer than summer species, and most that are counted are resident year-round species, species pushed south due to availability of food or weather conditions, or in warm winters, species that linger north later than usual. In our case, we have mostly experienced north-

ern resident species and occasional itinerants (non-resident birds passing through). Because we do not visit bird feeders and open water is at best variable at this time of year, our numbers of both individuals and species are usually much lower than counters who are able to visit feeders and populated areas. We have had as few as six species and 41 individuals. In good years, when there was a healthy seed crop in the trees and the weather had been cooperative, we have had well more than 300 individuals and up to 17 species. Compare this to counts in warmer climates, where there can be more than 200 species and thousands of individuals. For us, a single raven can be pretty exciting!

What those southern climates and car counters do not have is the thunder of ice peeling off the Marshfield cliffs, ermines suspiciously eyeing us, moose tracks crossing our path, black spruce bogs in the winter, and other wildlife encounters. Those folks are usually warmer, though. The forests and wetlands are really quiet and serene in the winter, with the snow acting as a sound cushion. We often will hike quite a distance, tracking a single subtle tapping sound of a woodpecker or a lone birdcall in the tree canopy. Though our numbers are always much lower than other count groups, we always experience a beautiful winter day in the remote woods of central Vermont. Regardless of weather conditions or numbers of birds, we have never had a 'bad' day on the Christmas Bird Count.

This year, the count is being held on December 14 and if you're interested in volunteering, contact Sean Beckett at <https://northbranchnaturecenter.org/christmas-bird-count>. There are many groups that head out and are usually looking for more eyes and ears to spot, identify and count the birds. The count day is usually followed by a potluck in the area to report and swap tales of sightings.

Cabot Residents Keeping "Beesy"!

by Shannon Choquette,
NEKWMD Outreach Coordinator

As one of the the Greater Cabot Working Landscape Network's efforts on promoting pollinators, the Network teamed with the Northeast Kingdom Waste Management District for a fun night of making beeswax food wraps. Thanks to generous funding from the North Country Federal Credit Union, twenty residents from Cabot and surrounding towns were able to join the workshop. With a special introduction from local beekeepers Frank Kampf and Irene Harvey, attendees not only learned how to reduce their dependence on single-use plastics, but learned about honey and beeswax production.

Beeswax food wraps are a reusable, breathable, and antimicrobial alternative to single-use plastics and aluminum foil for food storage. The wraps can be reused hundreds of times and are naturally adhesive. To find more information, including recipe and instructions to make beeswax wraps at home, visit <https://www.littleyellowwheelbarrow.com/diy-beeswax-wraps/>.



Shannon Choquette provides instructions before attendees start making wraps. Photo credit by Gwendolyn Hallsmith.

Cabot Car Connection - Need a Ride?

by Gwendolyn Hallsmith

There's a new service in town, our first crowd-sourced transportation hub. It's nothing really new, people have been sharing rides and cars in Cabot for a lot longer than Facebook has been around. One new thing is a matchmaking service offered as part of the Car Connection, where you fill out a survey and real people look at your answers to match your needs and rides with other people who are going your way.

With the support of Cabot Creamery Cooperative, the survey was sent around to their employees, many of whom commute into town from other places. People in town have also been filling out the survey, which can be found on the Car Connection Facebook group: <https://www.facebook.com/groups/CabotCarConnection/>.

Matches have been made several ways. People post to the Facebook group when they need a ride, or when they are driving out of town. People contact the Car Connection by email: CabotCarConnection@gmail.com, and let us know where you go. Or you can call 802-851-7697 and leave a message with your name, phone number, address, and when you commute or drive in and out of town.

"The system works!" Chuck Talbert said this past week as he found a ride home from Barre when he dropped a truck off to be repaired.

Since it started in September, Cabot has reduced our overall greenhouse gas emissions in the top area where Ver-

mont's emissions are growing – automobile travel. Cabot Car Connection has already saved many trips between Cabot and Montpelier, Barre, and Burlington. It saves money and time as well, a win-win-win.

A similar service that operates around Montpelier, called The Hitching Post, has just erected posts with flags on it to indicate places where people who are looking for rides can stop and wait for someone who is going their way. They are at the Hunger Mountain Co-op, the Red Hen Bakery in Middlesex, Depot Square in Northfield, Birch Grove Bakery in Montpelier, on Route 12 in Putnamville and in Worcester. Stops might be coming soon to Maple Corner and Hardwick, as well. With the Hitching Post, drivers get a token for a free coffee for sharing their car from participating coffee shops, like Birch Grove Bakery.

Here in Cabot, Bobby Searles said people are welcome to wait for rides on the bench his father made in front of the Village Store. (The Car Connection has not asked businesses for donations beyond a comfortable place to wait for a ride).

We will be offering refreshments at a table at the Holiday Market on December 14, so stop by and sign up. You can also join the Facebook Group called Cabot Car Connection, email or phone us. Cabot Car Connection is a project of Global Community Initiatives, a small, tax exempt non-profit located here in Cabot. For more information about how you can help, contact Gwendolyn Hallsmith at gwenhs@gmail.com.



Cabot Community Memorial Tree

Lighting on the Common
Sunday, December 8, 2019
6:30 p.m. – Tree Lighting

Refreshments to follow at the Cabot United Church

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

Please return your request by **December 1** to:

Cabot United Church
PO Box 127, Cabot, VT 0564

Or give to any board member:

(Skip/Rose Bothfeld; Ron/Sue Busselotti, Hildegard Wegner, Beth Wade, Tom Crose, Lindsey Perry).

You can also e-mail names to bwade161@gmail.com.

Names to be read. (Please explain any unusual pronunciation!):

Enclosed is payment of \$ _____ @ \$3.00 per bulb

Your name and phone number

Sponsored by Cabot United Church



Cabot Artisans Gallery

3053 Main St, Cabot, VT ~ 802-563-2745



The Cabot Artisans Gallery is opening for the holiday season on Thursday November 21st. The Gallery is having a **BLACK FRIDAY SALE – 15% off storewide. SHOP LOCAL!**

Holiday Hours: Thursday – Sunday 12 – 5 pm, with extended hours on Tuesday, December 24th 10 – 6 pm.

The Gallery will be hosting some workshops during this holiday season: Christmas Ornaments for children and woodworking for women. Please watch for more details.



Children's Workshop Felted Christmas Ornaments with Sandy Ducharme Saturday, December 7, 2019 12:30 PM to 3:00 PM

This workshop is designed for children from 8 years old and older with little or no experience in wet-felted projects. We will learn how to felt wool and create ball ornaments. We should have plenty of time to learn the process and create 1-2 ornaments each. All materials and equipment supplied. Just bring your imagination!

Fee: \$25, plus materials fee of \$5. Pre registration is required. Please make payments to: Cabot Artisans Gallery

TO REGISTER, or for more information contact Sandy Ducharme @ sandy.ducharme@gmail.com 802-563-2745

Gallery Hours: Thurs. through Sun 12:00 to 5:00 pm
3053 Main St., Cabot, VT 802-563-2064



Where in the World is the Cabot Chronicle?



Anthony Gagnon at Panther Stadium in Charlotte, North Carolina, for preseason game. Photo by Brittany Butler.

Food Scrap Drop-Off at Cabot Recycling Center

by Allison Gulka
for Working Landscape Network

Cabot and Marshfield residents can now bring any and all food scraps to the Cabot recycling center for FREE!

You may have heard that starting July 1, 2020, all food scraps from Vermont households must be kept out of the trash. Many residents in the community compost in their backyard, but if you do not compost, or choose not to compost all year round, the food scrap drop-off in Cabot is a great alternative to tossing food scraps in the trash.

The easiest way to start collecting food scraps at home is to find a small, durable container with a lid to collect food scraps in the kitchen. Next, empty the small container into a larger, portable bucket with a lid, which can be stored in a climate-controlled area of the house, such as a mud room or garage. Then, simply take the bucket with you when you visit the Cabot Recycling Center and place the food scraps in the designated tote.

For more information about Cabot's food scrap collection program, visit our website, <http://nekwmd.org/compost.html>, call 626-3532 or email outreach@nekwmd.org.

Close the Loop COMPOST

If it is food, you can compost it.

- Meat & bones
- Milk, cheese & other dairy
- Fruits, vegetables & peels
- Soups & sauces
- Dressings & condiments
- Flour, bread & pastas
- Nuts and shells
- Oils & fats
- Eggs & egg shells
- Spices
- Seafood and shells

These items cannot be composted:

If you are unsure about composting a specific item, contact: outreach@nekwmd.org

Cabot Farm to School is Taking Root

By Peter Stratman

Cabot's Farm to School program is off and running. Last winter, Cabot School was awarded a \$15,000 Farm to School (F2S) grant from the Agency of Agriculture. The objectives of the grant are to increase opportunities to provide fresh, local food to children and families; to strengthen partnerships with local agriculture; and to integrate themes of sustainability, food science, nutrition, soil health, culinary arts, and community into the school's core curriculum.

Since receiving the award, Cabot Farm to School has been working hard to put plans in place. Last spring, students enhanced campus gardens, planting a wide variety of veggies: cucumbers, tomatoes, carrots, beets, kale, beans, pumpkins, watermelons, basil, spinach and more. This fall, students snacked on and harvested a bounty of delicious fresh produce. Chef Brock Miller integrated many items into Cabot's food program.

To build on this effort, middle school students are working on plans to construct a greenhouse on campus that would allow the school to extend the growing season and serve as an outdoor classroom. To fuel this effort, a team of students and teachers wrote and received a \$1,300 grant from the Vermont Rural Education Collaborative (VREC).

Day in the Dirt—A Community Garden Party

In addition to planting and harvesting in the gardens this fall, students and community members also teamed up on a fall garden workday called *Day in the Dirt*. Teams put the gardens to bed for the winter and began laying the groundwork for new projects in the spring. The first and second graders cleaned up the raspberry patch and tended to a few garden projects. It was fantastic to see students of all ages working on campus together—and enjoying delicious Burt's cider and donuts!

Curriculum Connections—Shelburne Farms Collaboration

As a Farm to School grant recipient, Cabot School receives training and technical support from several incredible organizations, including the Vermont Community Garden Network, the Northeast Organic Farming Association,

the Center for an Agricultural Economy, and more. This fall, teachers PreK-8 have been collaborating with educators from Shelburne Farms, co-facilitating learning experiences that focus on healthy eating, soil science, local agriculture, sustainability, and more. Over the next several months, teachers will be developing lessons and investigations based on these elements, and hope to integrate this work into the culture of Cabot School. Students will visit Shelburne Farms in the spring of 2020 to participate in farm-based workshops, investigating

ecology, sustainability, nutritious food, and local agriculture.

Community Harvest Supper

Cabot Farm to School is about much more than nutrition, curriculum, and gardens—it's about building community...learning and growing together. On November 2, the group hosted a Community Harvest Supper. Cabot Chef Brock Miller and students K-8 worked together to prepare a delicious meal that included smoked local

pork from Snug Valley Farm, chickens from Socks Family Farm, veggies from Bull Shed Farm, Cabot Smith Farm, Dancin' Carrot Farm, Carpenter-Pitkin Farm, and Sunny Meadow Farm, tempeh from Rhapsody, and apples and cider from Burt's Orchard. A huge thanks to all our farm partners and volunteers who helped make the event a tremendous success. Over 200 community members enjoyed a delicious meal and musical entertainment from Cabot School musicians and singers. We hope to make the event an annual tradition!

Cabot's Farm to School program is off to a tremendous start. We are looking to expand our network and increase community involvement. If you would like to participate in farm to school activities, garden workdays, and other related events, please email Peter Stratman at pstratman@cabotschool.org.



CABOT, VT • FARM TO SCHOOL LOCAL PROVIDER



CABOT SMITH FARM Connie & Richard Hourihan

We have been farming on the old Smith Farm at the end of Smith Road, off Whittier Hill Rd for 15 years. It had been a dairy farm until 1997 and had been in operation since 1802. The previous owner, David Smith, told us that the Cabot Creamery's original charter was signed in the living room of the farmhouse here. We now grow strawberries and have "pick your own," which lasts about a month in July. Summer crops are blueberries, summer squash, cucumbers, and zucchini. Fall crops are winter squash: Buttercup, Butternut, Acorn, Delicata, and Pie Pumpkins. We also have balsam Christmas trees for "choose and Cut," and we make Christmas wreaths. Both are sold at the farm and wholesale. We grow 15 acres of straw and there is also a high tunnel (greenhouse without heat) with thornless Blackberries. It is such a blessing to be able to continue to work this land, using the best agricultural practices and hopefully preserving the farm for future generations.

Harvest Supper Provider
Squash and Pumpkins



ADVICE FROM THE TREE WARDEN

by Roland Payne, Jr.
Cabot Tree Warden

As we head into the holidays, winter appears to have arrived on schedule with a strong storm to start. The Halloween storm is past, but the damage to our trees from the harsh winds is heavy in some places and will be slow to clean up. In a small softwood stand at the front of my property, I had six trees blown over by the heavy winds. I'm sure there are many people who are also cleaning up the damage in their forest. Unfortunately, with climate change, these wind events are becoming regular occurrences. These high wind events require cleanup of the storm damage to trees that can be both dangerous and exhausting. The trees that have fallen due to wind are usually under tension or compression. Sometimes, trees are even stacked on top of each other, making cutting more difficult. Essentially, they can be preloaded with all the energy from being blown over. The energy stored in the trees needs to be released slowly, or from a safe distance if this can't be done. Care should also be given to avoid the uprooted stump when cutting the stems of fallen trees from the roots, should it want to fall flat again. Another concern when cutting tree stems from the roots is the

seemingly hung up stem releasing from the tree or trees it fell into when cut. Be aware and stay out from underneath these trees. These are just a few of the hazards encountered when cleaning up storm damaged trees. In my first two days of cutting the storm damage from the Halloween storm, I have experienced each of the situations described above.

This past Spring and Summer I attended Game of Logging level 1 through level 4 at Under Orion farm in Cabot. The second weekend of the trainings given by Northeast Woodlands training was level 3 and level 4. During the two training days, I was taught many techniques for cutting hazardous trees and safely pulling hung up trees to the ground. I can't say enough about how valuable this training is when confronted with storm damage clean up, and recommend it to anyone interested in working safely in the woods.

On the Emerald Ash Borer infestation the State is confronted with, there have been several more towns confirmed to have EAB late this past summer. They are Alburg, Derby, and Londonderry. The infestation map on www.vtinvasives.org has been updated, if anyone wishes to see how far EAB has spread in Vermont.

Upcoming Events at the Jaquith Public Library

All events are free and held at the library, 122 School St. Room 2, Marshfield, VT.

For info call: 426-3581,
email: jaquithpubliclibrary@gmail.com
or visit our website:
www.jaquithpubliclibrary.org

Holiday Sing-along

Wednesday, December 11, at 6:45 p.m.

We will join our voice together and sing for fun and joy. Erica Mitchell will lead us with her voice and guitar. People are welcome to bring instruments and play along. *No experience is necessary! All ages welcome!!* Song sheets will be provided and refreshments.

Solstice Storytelling Circle

Friday, December 13, from 6:30 p.m. to 7:30 p.m.

Come listen to stories of the growing dark and returning light to celebrate the season! We will gather in a cozy, low lit space to celebrate the dark dreaming time of the year with local storytellers. For all ages; a community evening with chai, cider and cookies!

Almost There:

Movies about the Future

Third Wednesdays at 7 p.m. (please visit our website for the movie titles)

November 20: (2006) It is 2027, no children have been born in 18 years and society has fallen apart (because what's the point). Then a woman turns up who's about to deliver a child. (R rated)

December 18: (1973) A funny view of an unhappy future. Our hero is a nerdy health-food store owner who is cryogenically preserved in 1973 and revived 200 years later to help overthrow an oppressive government. (PG)

January 15: (2012) Futures are products of the past and present. This ambitious film explores actions and their consequences over lifetimes from the 1800's to 2300. "It combines science fiction, drama, mystery, action, romance and humor. (PG 13)

Acupuncture Talk Series with Christina Ducharme, LAc. MAOM

Thursdays at 6:30 p.m.

December 5: Healing from Traumatic Injuries with Acupuncture and Chinese Medicine

December 12: Healthy Aging with Acupuncture and Chinese Medicine
Christina Ducharme is a licensed acupuncturist in the state of VT, LAc; and

has a master's degree in Oriental Medicine, MAOM, and is a graduate of the Barbara Brennan School of Healing (Brennan Healing Science Practitioner, BHSP). She believes passionately in the body's innate ability to heal itself and restore balance.

Jaquith Public Library's Annual Invitational Group Art Show

Opening Reception on Friday, January 10, at 6:00 p.m.

Join us in a celebration of Marshfield's local art scene with seventeen local artists. All these artists have had one person shows in the Jaquith Library. This eclectic exhibit is representative of each individual's personal subject matter and choice of medium. Refreshments will be served.

The exhibit may be viewed during regular library hours from Monday, January 4 through Wednesday, February 27.

ONGOING EVENTS

Chapters in History Four: Turmoil Perennially Swirling

Saturday afternoons at 2:00 p.m.

The public is encouraged to participate in this free reading and discussion series of presidential biographies. Books are available for loan from the library. For more information, please call 454 - 1680. Co-sponsored by The Marshfield Historical Society and the Jaquith Public Library.

December 14: Eisenhower in War and Peace by Jean Edward Smith

Story Time and Playgroup

Wednesdays from 10 to 11:30 a.m.

Join Sylvia Smith for story time, and follow up with playgroup with facilitator, Erin Barry. For children birth to age six and their grown-ups. We follow the Twinfield Union School calendar and do not hold the program the days Twinfield is closed.

Monthly Book Group for Adults

Fourth Mondays at 7:00 p.m.

Join us for the Jaquith book group. For copies of the book, please stop by the library. New members are always welcome, and it's only one hour a month!

November 25: The Curious Charms of Arthur Pepper by Phaedra Patrick
December: Potluck

January 27: Savage Feast by Boris Fishman



by Kathleen Hoyne,
Library Director

CABOT PUBLIC LIBRARY FALL NEWS

Read to Me, our new program that provides free books to every child in Cabot for the first three years of their life, was launched in July of this year. Thanks to the family and many friends of Mary Tebbetts, the first year of the program will be funded from their donations to the library, in Mary's memory. Please consider sponsoring a child for a year with a \$30 donation.

Tuesdays – 10:00 a.m. Preschool Story Hour: Join Beth Wade and Mary Lou DeLacy for stories, songs, and crafts! Come for our Holiday Story Hour Tuesday, December 17, for special stories, songs, crafts and treats! Story Hour follows the Cabot school schedule.

Tuesday, December 3 – 9-10:15 a.m. - Yoga & Active Isolated Stretching (AIS) - Alicia Feltus: Join Alicia for an energizing stretch & strengthening class followed by deep relaxation! Yoga tones organs and glands, improves hormone balance, sleep, digestion and mood! AIS provides an effective, dynamic, facilitated stretching of major muscle groups, restoring fascial planes. Learn unique sequences to isolate and stretch major muscle groups to increase blood and lymph flow, prevent injury and improve injury recovery.

Saturday, December 14, and January 11 – 7:30 p.m.: Contra dances are always on the second Saturday of the month, September – May – please look for flyers indicating each month's musicians. All are invited. The dances are taught and are easily learned by young and old. The contra and square dances are traditional Vermont and New England social dances that have been danced for many generations in town halls, barns, and kitchens around Vermont. The music is provided by piano and an assortment of fiddles, mandolins, guitars, and the occasional surprise instrument. Musicians are always invited to sit in and join the fun of playing traditional dance tunes. There is a small suggested donation to help cover the cost of the caller. For more information, please call David Carpenter at 802-426-3225 or email samlyman@sover.net.

December and January - Saturdays, 9:15-10:30 a.m. (except December 21)– Christyn King - Yoga for Every Body aims to foster a sense of inclusivity, accessibility, and playful enthusiasm to the process of coming home to ourselves. The more that we inhabit our bodies, cultivating space and strength to be with the edges that we encounter within ourselves, the more resilient and compassionate we become in our relationships with others. Bringing more yoga (the word itself translates to 'union') to our village in the spirit of strengthening and uniting our community, one body at a time. A generous CCF grant (Cabot Community Fund) has allowed the purchase of props (mats, blocks, straps, etc.) to outfit the Willey Building for weekly classes and monthly workshops, all of which will be donation based, to create a wide open door that invites everyone to come, regardless of income, ability, age, etc. If you have a body, you belong!

January's workshop will be a children's yoga and mindfulness "play shop" on Sunday, January 12, from 10:00 a.m.-noon. Best suited for ages 4 -12. Mats and props provided. More information can be found at www.livingwithguts.org or by emailing Christyn at enlivenyogavermont@gmail.com.

Wednesday, December 18, 3-4:30 p.m. – Holiday Craft Making Workshop – Gingerbread Houses, Holiday Lanterns, Origami Stars, Cookie Decorating, and more - All are welcome!

Community Book Group meets monthly – usually the third Wednesday of the month at 10:30 a.m. Check the library for dates/times and to pick up copies of the latest book. All are welcome!

Check out our website at www.cabotlibrary.com for the latest information on upcoming programs. Email cabotlibrary@yahoo.com or call 802-563-2721. If we don't have it, we'll get it for you!

We hope you all have happy, healthy and safe holidays and wishing peace for 2020! Much gratitude to the Library Trustees for their time and dedication to the library: Linda Gabrielson, Jeannie McCallum, Angela Ogle, Kurt Steinert and Beth Wade.

Mutual Aid in Rural Fire Service

by Elizabeth Bean,
for Cabot Fire Department

When Cabot Fire Department (CFD) is dispatched, volunteers and equipment will respond anytime and any weather. Very often, multiple departments will be called for one incident. Why is this? Mutual aid agreements between neighboring departments.

These agreements outline criteria for when departments are needed to provide help with an incident. CFD regularly both receives and provides aid to neighboring communities.

Rural departments rely on mutual aid for help with additional personnel, trucks and equipment. An incident is ever evolving and requires the Fire Chief to be aware of what is needed for the initial moments, and anticipate what is needed further into the incident.

At an incident dispatched "house filling with smoke, unknown occupancy," first on

scene would look for smoke, determine occupancy and alert dispatch of findings. Due to Cabot's geography and the mutual aid agreements with other FDs, another FD crew might be first on scene. Regardless, time is of the essence, and someone on scene to alert dispatch of the required response is critical.

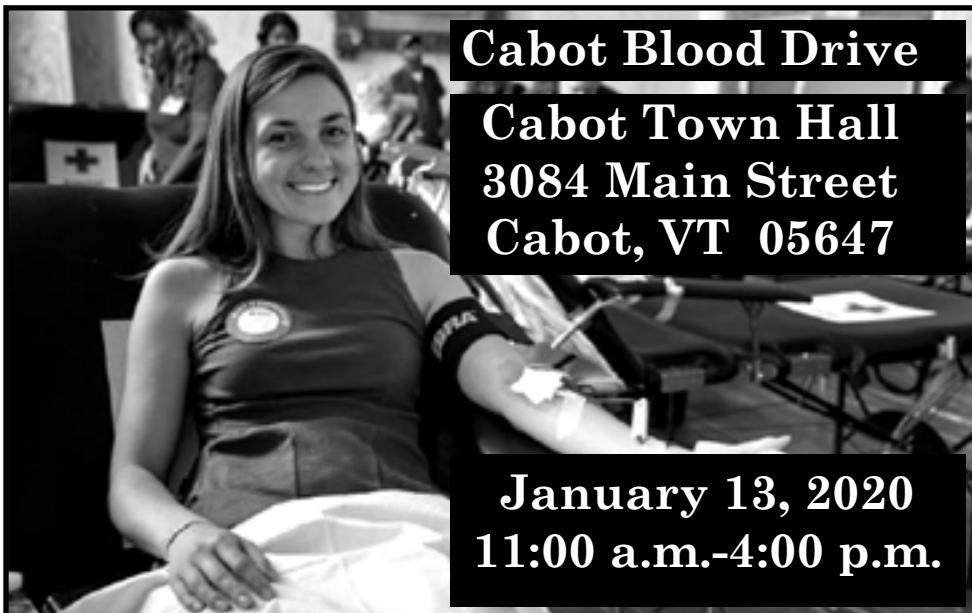
Multiple departments would be dispatched to ensure all is in place if it became a structure fire. Some FDs might remain on standby at their stations. One structure fire can rely on as many as 50 people of different skills and physical abilities and multiple departments' worth of trucks and equipment.

Mutual aid agreements ensure a quick and adequate response. Each department has slightly different equipment, volunteers who have specialized certifications and a wide range of professional skills from their civilian life. CFD is grateful for aid and is always ready to help our neighbors.

Cabot Blood Drive

**Cabot Town Hall
3084 Main Street
Cabot, VT 05647**

**January 13, 2020
11:00 a.m.-4:00 p.m.**



Cabot Village

12th Night Celebration

Saturday, January 4th 1pm-10pm



Modern Times Theater *vaudeville* * Tim Jennings *storytelling* * Jeremiah & Annemieke McLane *classical*
 Gypsy Reel *Irish* * Bella and the Notables *swing jazz & dance* * Cabot Community Theater *Mummers play*
 The Midnight Capers *Morris dance* * Sleigh Rides * Arts & Crafts Workshops * Family Fun!
 Community Dinner * Wassail Community Sing * Raffle for Hillcrest Adirondack Chair

Admission 16 and under Free * Adults \$10 Advance / \$15 Day of Event

12th Night Admission Buttons on sale at: Cabot School * Harry's Hardware * Cabot Village Store * Woodbury Mountain Toys

www.CabotArts.org

