THE CABOT CHRONICLE

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Vol. 13, No. 7 ~ P.O. Box 245, Cabot, Vermont 05647 ~ November 2020

Cabot's Wonder Why Farm Receives $40,000 for New Manure Pit

The Vermont Farm & Forest Viability Program, a program of the Vermont Housing & Conservation Board, awarded a total of $956,000 to 30 farms in Addison, Caledonia, Chittenden, Franklin, Orange, Orleans, Rutland, Washington, and Windham Counties to support capital investments that improve water quality. Some of these awards will also support businesses in their recovery from the economic impacts of the COVID-19 pandemic.

When asked about the grant award, Jennifer Churchill said, "We are very grateful to have received the Vermont Farm & Forest Viability Program grant to help us construct a manure pit that meets the required agricultural practices for the State of Vermont. This will ensure that we are doing our part to protect the waterways of Cabot. With the pandemic, funding was very questionable and we were unsure the project was going to happen this year, and the grant made the project possible."

Agriculture Secretary Anson Tebbetts (also of Cabot) said, "Farmers are always listening and learning. The Vermont Farm & Forest Viability Program's Water Quality Grants are helping farms invest in sustainable practices during a critical time. These grant funds will help these businesses and our working landscape now and into the future by building soil health, reducing runoff into waterways, improving management practices, and contributing to long-term viability."

The Vermont Farm & Forest Viability Program provides business planning, technical assistance, and ownership transfer planning to farm, food and forest products businesses. For more information about the Viability Program, please visit www.vhcb.org/viability.

Free Training for Vermonters Impacted by COVID-19

Helping Vermont's Workers Get Back to Work

If you've been laid off, furloughed, or had your hours or job cut, a state-funded initiative is now providing free training to help boost your resume and skills. Choose from over 50 classes at one of the institutions of the VSCS (Castleton University, Community College of Vermont, Northern Vermont University, and Vermont Technical College). Register today! Funds are allocated on a first-come, first-served basis to:

- Offer courses and workshops to upskill affected Vermonters in their current industry or reskill Vermonters who desire a change in their career path for more economic stability.
- Provide for necessary school supplies, wrap-around services, marketing of the program, and support staff.

VERMONT STATE COLLEGES SYSTEM

For more information and to apply, go to https://vtworkers.vsc.edu/.

Get Your Shot

If your regular healthcare provider is not an option, locate a provider at https://vaccinefinder.org/find-vaccine.

Don't have health insurance? Reach out to your Local Health Department Office to get a free flu shot:

- **Barre:** 888-253-8786, 802-479-4200
- **Bennington:** 800-637-7347, 802-447-3531
- **Brattleboro:** 888-253-8805, 802-257-2880
- **Burlington:** 888-253-8803, 802-863-7323
- **Middlebury:** 888-253-8804, 802-388-4644
- **Morrisville:** 888-253-8798, 802-888-7447
- **Newport:** 800-952-2945, 802-334-6707
- **Rutland:** 888-253-8802, 802-786-5811
- **St. Albans:** 888-253-8801, 802-524-7970
- **St. Johnsbury:** 800-952-2936, 802-748-5151
- **Springfield:** 888-296-8151, 802-289-0600
- **White River Junction:** 888-253-8799, 802-295-8820

- **Prevent the spread of germs.** Wash your hands often with soap and water. Avoid contact with sick individuals. Stay home if you are sick. Cover your nose when you cough and sneeze.
- **Take flu medications if your doctor prescribes them.** If you get the flu, antiviral drugs can be used to treat your illness.
- **Stay hydrated,** and drink plenty of fluids.

For updates on State and Federal recommendations, go to www.healthvermont.gov and www.cdc.gov and search "flu".

Vote 2020 GENERAL ELECTION Vote

TUESDAY, NOVEMBER 3, 7:00 A.M. -7:00 P.M., WILLEY BUILDING

Voter registration and absentee ballot status can be checked at the Secretary of State's "my voter page" (https://mvp.vermont.gov/) or by calling Cabot Town Clerk Betty Ritter at 802-563-2279. Do not mail an absentee ballot at this late date; drop it off at the Town Clerk's office or in the drop box to the right of the Willey Building rear door before 7:00 p.m. November 3.

In-person voting safety precautions are in place. Voters will have their temperature taken and enter at the rear door of the Willey Building. Proceeding downstairs to the Town Clerk's office, voters will sign in and sanitize hands. You will be directed to voting booths in the downstairs side office. After voting and placing your ballot in the tabulator, you will exit via the side door and sign out. Each booth and pen or pencil will be sanitized after every voter. You may bring your own pen or pencil.

Curbside voting will be available as usual; just ring the doorbell at the rear entrance or call 563-2279. The drop box next to the rear door will be available and checked frequently during the day and officially for the last time at 7:00 p.m. on election day.

If you have any questions regarding the voting procedure, please call the Town Clerk at 563-2279.

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LEGISLATIVE REPORT

CABOT ♦ DANVILLE ♦ PEACHHAM

by Representative Kitty Toll

Vermont State Budget
Coronavirus Relief Fund Update

The Vermont Legislature gave final approval to the $7.17 billion state budget just before adjourning at the end of September. Because of the COVID-19 pandemic and its impact on our region, this year's budgeting process was longer and more complex than any in recent history. The FY 2021 budget expedites relief to those in need and puts Vermont on a strong financial footing to continue our recovery efforts when the legislature reconvenes in January. The budget builds on the priorities set in 2019 by investing in the future and protecting the most vulnerable. The bill authorizes the final round of Federal Coronavirus Relief Funds (CRF) to strengthen our communities. These CRF funds bolster all Vermont colleges and makes a record investment in public post-secondary education. Additionally, the budget includes $23.8 million in General Fund bridge funding to support the Vermont State Colleges System.

The budget allocates resources to make child care more affordable, provides dollars to support Vermont businesses, expands hazard pay for frontline workers, directs financial assistance to Vermonters left out of federal stimulus payments, and supports the reform of our corrections system. It funds measures to begin to address climate change and strengthens public transportation and incentives to reduce the cost of electric vehicles. These investments are achieved without making cuts to services and leaves State Reserves in place.

The State of Vermont received $1.25 billion in Coronavirus Relief Funds (CRF). These funds have been granted out to offset the economic disruption caused by the pandemic. On a per capita basis, Vermont faired extremely well, with just over $2,000 per capita, receiving the second highest amount of all US states due to a provision referred to as the small state minimum. In Vermont, bold actions have been taken to address the impact of the pandemic on Vermonters and on the State Budget, and in the Legislature, lawmakers have worked together to address these challenges. Highlights of CRF grant totals are as follows:

Business Assistance:
$331,900,000
(including business grants, hazard pay, ski area assistance)
Housing Initiatives:
$87,250,000
Connectivity:
$29,700,000
Municipal Assistance:
$15,000,000
Agriculture/Forestry:
$39,292,000
HealthCare/Human Services:
$279,775,000
Higher Education:
$93,400,000
Prek-12 Education:
$103,000,000
State Agencies/Departments:
$43,567,804
(for COVID related expenses)

For a complete listing of CRF appropriations please visit: https://ljfo.vermont.gov/assets/Uploads/1792 93d737/All CRF appropriations by category.pdf. For complete information on any bill please visit www.leg.state.vt.us or contact me directly with your questions and concerns. This is my final legislative report. It has truly been an honor to serve as your Representative in Montpelier for the past twelve years. Thank you to all who have supported me and placed your trust in me to be the voice of our communities in Montpelier. I am grateful to have had the opportunity to serve you in the Legislature.

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

Cabot CVFiber Delegate Opening

by Andy Gilbert

The town of Cabot is looking for someone new to represent us as a delegate to the CVFiber board. To remind everyone, CVFiber is a group of 20 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.

I have served in this role since May 2018. It has been very educational and rewarding, notable for the quality and dedication of the members of the board, and the efforts by a lot of volunteers across a number of communities to work together on this issue. That said, it's time to get some new perspectives at the table. And for a few personal reasons I need to step down from the role by the end of 2020.

The position does not require any specific technical expertise. I would emphasize this. You don't need to be an expert on building the internet. What it does require is patience, an ability to work together in a public body and with other volunteers in the interest of our communities. There is admittedly a bit of a learning curve. There are a lot of administrative, funding, legislative, policy, economic, business, and technical variables to balance. That said, it's not rocket science. It's mostly trying to apply common sense and reach consensus.

I will work with the new delegate to transition and share knowledge, provide background and context. The position will require probably at least four hours a month of time, with the opportunity to dedicate as much time as you have.

If you are interested please contact me, Andy Gilbert, at andy@agilbert.net. I can answer questions, provide background information, and more. Ultimately the designation to the position will be made by the Selectboard.

All CVFiber meetings are public and warned. They typically are on the second Tuesday of the month in the elementary school in Berlin, or currently virtually. The website is at https://cvfiber.net/.

Cabot Fire Department Monthly Report

by Walter Bothfeld, Jr., Chief

Cabot fire Department went to a total of four calls in the month of September. There were three in the town of Marshfield and one in the town of Woodbury. Two of the calls were motor vehicle accidents, one alarm activation, and one grass/woods.

The department normally trains on the fourth Wednesday of the month. This month we had three types of training. One crew performed ladder drill safety, a second crew worked with portable pumps, and the whole department drilled on set up and use of water supply tanker shuttles.

We also received three new applications for membership.

The Fire Department reminds everyone it is time to get your heating system checked by a certified professional. A clean heating system and chimney is great insurance for a safe and trouble-free winter. It is also a reminder to check your smoke detectors and carbon monoxide detectors for proper operation as homes are being sealed up tight for the upcoming winter season.

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We can also design your ads for you. For more information, contact us at...
ads@cabotvermont.org

THE CABOT CHRONICLE

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Cabot Chronicle Mission Statement: The Cabot Chronicle is a home-delivered newspaper devoted to telling the story of the Cabot community.

It's Been a Good Ride, And Will Be Again

Cabot Mentoring to skip its Ride the Ridges fundraiser this year

by Will Lindner,
Washington Electric Co-Op

Washington Electric Co-op is a sponsor of Cabot Mentoring. Reprinted with the permission of WEC. Edited by Susan Socks.

An exhilarating bike ride along the dirt roads and the trails that wind up, over, and along the hills cradling the village of Cabot, Vermont, is an excellent way to cap off an unmatchable Vermont summer. That's especially so when you know what's waiting at the end of the ride – a celebratory, communal meal with fellow riders and townsfolk, appetites whetted by exertion, featuring healthy foods produced locally by artisans attuned to the Vermont ethic of natural foods prepared with dedication and skill.

This has been how gravel-riding enthusiasts in our area have marked the cusp of fall for the past seven years. "Gravel riding," a fairly recent bike-adventuring classification, weaves together the rural terrain of unpaved roads, pathways, and mountain trails. The annual event, known as Cabot Ride the Ridges, is held on the second Sunday of September. Jen Boucher, a member of the organizing committee, describes it, aptly, as "a supported ride with a great localvore meal at the end."

By "supported ride," she means that signs are placed periodically so riders can be sure they won't get lost; there are aid stations that provide water refills, snacks, and drinks to replenish the electrolytes the body needs for safe exertion in warm weather. Participants can choose a 10-k ride, a 30-k ride, and 60- and 100-k rides that attract the most dedicated cyclists. The aid stations on the longer routes provide tools, a tire pump and someone to help with basic repairs if they're needed.

Actually, the event isn't restricted to bicyclists. On the 10-k route, Boucher says, "People can participate how they wish, running or walking… We even have a local rider who does it on a unicycle!"

(*That* would be something to behold, considering that, according to a website associated with Cabot Ride the Ridges, the routes feature "amazing scenery, challenging climbs, and exhilarating downhills.")

"It started out, seven years ago, with 30 riders participating," says Boucher. "Now it's more like 200. We've had people from as far away as Philadelphia and North Carolina; there's a gravel-riding online network, and ours is known now as a pretty great ride."

One regular rider, she says, has even ridden in the Tour de France. Boucher admits, however, that he's a local resident.

Two important details!

There are two additional, very important, things to point out about Cabot Ride the Ridges.

The first is that it's not just an eagerly anticipated community event that renews the spirit of cohesion in this small central Vermont town each year; it's a fundraiser for Cabot Mentoring, a program begun several years before anyone dreamed of a bike ride to help support it.

Cabot Mentoring has been a frequent recipient of donations from Washington Electric Cooperative's Community Fund, the Co-op's program, inaugurated in 2003, that aggregates voluntary donations by WEC members of their annual capital credit returns, and with them provides grants to local nonprofits and community groups that are engaged in efforts, large and small, that improve the quality of life in our region.

While similar programs often target at-risk youth, Cabot Mentoring welcomes any and all Cabot kids interested in experiencing a mentor-mentee relationship. Furthermore, it's born out of a belief that it's not just children who benefit from these connections. "Cabot Mentoring," its website explains, "seeks to strengthen the Cabot community with intergenerational friendships. We provide opportunities for adults to share their passions and connect with the younger generations, and opportunities for youth to expand their interests, practice relationship skills, and have a trusted friend from an older generation."

"The goal," Jen Boucher elaborates, "is to strengthen community ties, to give kids adult connections and friends who are outside their family. Maybe their parents aren't interested in the same things they are, but an adult mentor can share and encourage those interests. It's been shown that mentoring strengthens kids' resilience and their ability to get through tough times, or to get through school and feel supported.

"Because sometimes," she admits, "it's hard to be a kid in a tiny town."

There are two mentoring formats in Cabot. Through community-based mentoring, the adult and mentee get together a few times a month and pursue common interests, anything from hiking to fishing to cooking, from playing games to creating art. Mentors and mentees sometimes team up with others and do things together. In school-based mentoring, the meetings are scheduled weekly. "These can be particularly helpful for a child who might be struggling in school," Boucher explains. "It adds a bright spot in their day, so they have something to look forward to."

These benefits are what attracted Washington Electric Co-op to the Cabot program. "We've been proud to be an annual supporter," says WEC General Manager Patty Richards, who facilitates the selection of Community Fund recipients by a Co-op committee. "The Cabot mentoring program provides the kind of personal support that helps our kids get through difficult times or thrive as they pursue new interests. Our dollars also support the volunteers and staff who are an integral part of this trusted and inspiring organization. When it comes to supporting the youth of our local communities, count us in!"

Cabot, though, is a small town, and there aren't always enough adults eager to become mentors. "Some new adults had just signed up when Covid happened," Boucher says. The virus shut down the school; community-based mentoring, though, has continued, through outdoor activities, video chats, and similar safe practices.

Which brings us to the "second very important thing" noted above: For 2020, Cabot Ride the Ridges has been cancelled. "At first," Jen Boucher recalls, "we felt like a bike ride seems to be a pretty safe thing to do, so let's think about how we can make it happen. But then one of the organizers decided he was not excited about a lot of people coming into our town" – an influx starkly at odds with the safety-related protocols of the Covid era – "and quickly others realized they felt the same way. There's so much fear, and we didn't want to create more discomfort."

Fortunately, the bike ride, which raises money primarily through rider registrations after the costs of the event have been met, is not the only funding stream for Cabot Mentoring. The organization is fortunate to have a diverse funding strategy. Corporate donors, such as WEC, help stabilize the program. It receives grants from the MENTOR-Vermont program and the CCA, and an allocation in the Cabot school budget. Cabot Mentoring will also raise money through its annual Donor Drive in November, which will be conducted both online and by mail. Boucher says, "The mentors are continuing their connections with the mentees, and the program coordinator, Susan Socks, is continuing her work, making opportunities happen and connecting mentors with interested children."

Village people

More than just a bike ride, more than just a fundraiser, Cabot Ride the Ridges is a daylong celebration of community, thanks to the efforts of small businesses – particularly in the culinary vein – that are characteristic of the region's culture: wood-fired "farm-to-table" pizza from Woodbelly Pizza in Montpelier; cheeses provided by Jasper Hill Farm and Vermont Creamery, and healthy offerings from Burtt's Apple Orchard, the Magic Spoon Bakery, Rhapsody Natural Foods, and Kingdom Harvest Kombucha. Like Washington Electric, other locally rooted banks and businesses appreciate the value of Cabot Mentoring and chip in to support the program.

Boucher and her neighbors have made their peace with taking 2020 off from Cabot Ride the Ridges. "But we are absolutely planning on doing the bike ride next year," she says. "It's a great way to get together and to bring more people into our town. We're completely exhausted when we're done, but we always look back on it and say, 'It's been a good day.'"

To learn more, or to donate to Cabot Mentoring: www.cabotmentoring.org.
To learn more about Ride the Ridges: www.ridetheridges.net.
To contribute to WEC's Community Fund: call 802-224-5245.

Scrapping Food Waste This Thanksgiving!

by Shannon Chouquette,
Outreach Coordinator
NEK Waste Management District

DID YOU KNOW: Up to 40% of food produced and sold in the United States is not eaten, and the average family of four spends almost $1,500 a year on uneaten and wasted food!

With Thanksgiving right around the corner, I wanted to take the opportunity to chat about something we've all grown to love about the holiday – the food. But I don't want to talk about the food that ends up in our stomachs. Rather, I want to talk about the food that isn't eaten. In the United States, the average household's trash is up to 25% food waste, and we produce the largest amount of food waste around the holidays. So, what can you do to ensure you don't unwittingly purchase food that won't be eaten and enjoyed by friends and family?

The benefits of thoughtful planning cannot be understated when it comes to preventing food waste during the holidays, especially this holiday season, as there may be big changes to how we celebrate with family and friends. With possibly less people at our family gatherings, we have the opportunity to focus on making your family's favorite dishes, making smaller portions, and maybe foregoing the dishes that are less popular or are harder to save as leftovers. Speaking of leftovers, it's a good idea to free up some space in your freezer the weeks before Thanksgiving. This way, you'll have ample space for freezing leftovers for later meals! If you're interested in more tips for reducing food waste this Thanksgiving, the internet, like always, is a great place to get some ideas and tips.

And don't forget, Vermont state law now mandates that food scraps cannot be thrown in the trash. So, whatever scraps you have from prep or leftovers that won't be eaten in time can be taken directly to the Cabot recycling center for free food scrap disposal.

If you have questions, please call Shannon, NEKWMD Outreach Coordinator, at 802-626-3532 or email outreach@nekwmd.org.

RECYCLING TIP OF THE MONTH: When you are not sure if something is recyclable, always reach out to ask! No question is silly or stupid when it comes to making an informed decision. Products are always changing packaging, for example, some Febreze aerosol "cans" are now made with plastic. Plastic aerosols should be disposed in the trash rather than recycled with metal aerosol cans.

CABOT MENTORING

Mentor Program Donations

Cabot Mentoring mentors and mentees at the 2019 Fourth of July celebration. Will Walters photo.

Cabot Mentoring will be holding its annual Donor Drive in November. In past years, the Donor Drive has been a community-wide mailing. This year, we are switching primarily to an online format. Announcements will be made on Front Porch Forum, and the link to donate will be on the Cabot Mentoring website and Facebook page. Moving to an online campaign will save printing and mailing costs, and allow the generous donations we receive to go further!

This year, Cabot Mentoring's main fundraiser, Ride the Ridges, was cancelled due to COVID-19. Some of our corporate sponsors have made contributions despite the cancellation, for which we are grateful. We still have a shortfall, due to loss of rider entry fees and some sponsors. We hope you can help us make up the difference this November during the Donor Drive and keep the Cabot Mentoring program strong.

For more information on Cabot Mentoring, please visit our website, www.cabotmentoring.org, or email program coordinator Susan Socks at cabotmentoring@gmail.com.

LWV LEAGUE OF WOMEN VOTERS® OF VERMONT

Nonpartisan Voter Information Resource

The League of Women Voters of Vermont offers voters their nonpartisan election resource, VOTE411.org in preparation for the General Election on November 3. This "one-stop shop" provides simple, helpful tools to assist Vermonters navigate the voting process.

VOTE411 provides candidate information, allows voters to compare positions of candidates who responded, and view side-by-side responses for any two candidates running for office. Visit Vote411.org, click on "See what's on your Ballot" and enter your address to get a list of all the races in your area. In addition, VOTE411 provides voter registration, polling places, and other election-related resources.

"Voters need simple, accessible tools to help them navigate the voting process before Election Day," said Johnna Ferguson, Manager. ""Vermont already has an excellent resource in the My Voter Page at mvp.vermont.gov. Through VOTE411, the League provides an additional way for voters to access the information they need anytime they need it. We are pleased to provide this important, nonpartisan election resource to all Vermont voters."

The League of Women Voters of Vermont encourages voters to use VOTE411 or Vermont's own mvp.vermont.gov if they would like to register to vote, check their voting status, or make a voting plan so they are prepared to cast their vote confidently on November 3.

For more information on Vote411, contact Johnna Ferguson at jferguson@lwvofvt.org.

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. With more than 100 years of experience and 800 local and state affiliates, the League is one of America's most trusted grassroots organizations.

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State Senate

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- Working to build a clean energy economy
- Increasing access to affordable child care
- Improving local transportation infrastructure

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The CDC's Advice on Thanksgiving

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

Lower risk activities:

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate risk activities:

- Having a small outdoor dinner with family and friends who live in your community
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher risk activities:

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

Through The Cabot Chronicle, the CCA promotes their mission to enhance the quality of community life for those residing, doing business, and visiting Cabot, VT. One aspect of that mission is to empower Cabot residents to participate in the governance and management of our town.

The Chronicle is dedicating a staff writer to cover select board and other meetings, for the purpose of keeping community members informed about issues discussed at meetings they might not be able to attend. Most meetings during this time of Coronavirus are available via Zoom for those who would like to listen in person. Instructions for joining meetings virtually through Zoom are posted regularly on Front Porch Forum, or you can call the Town Clerk's office for details at 563-2279.

Culvert Policy Updated

by staff writer

At the October 6 Select Board meeting, the board adopted an update to the existing "Culvert Policy." The proper name for the policy, and how it can be found on the town website, is "Policy for Right-of-Way Access: Private Roads and Driveways," which was last adopted in September of 2017. There are now nine sections to the policy which are summarized as follows, along with an indication of changes. The full text of the policy can be found on the town website.

Section 1 states that the "Selectboard shall control access into the Town road right-of-way" and anyone who wishes to create an entryway must fill out an application. Section 2 states that "If a culvert is required … for the purpose of residency, the landowner will supply or pay for the culvert." There were no changes to these sections.

Section 3 states "The Town will maintain the primary driveway culvert as necessary". This section was updated with the addition of "Images shall be taken before the culvert has been replaced and after the culvert has been replaced. A copy of the pictures shall be maintained with the permit." The following text was stricken from the policy: "Any ditches and slopes within the Town highway right-of-way shall be restored to their original or better condition at the conclusion of the construction"

Sections 4 through 8 remain unchanged and indicates all work within the road right of way shall be the responsibility of the Town. "No entrance to a Town highway may be located so as to create a road hazard." Also, the minimum culvert size is stated and if existing non-standard culverts need to be replaced, the landowner is responsible for the culvert cost. Additionally, "horseshoe driveways or multiple access points are not allowed without board approval."

Section 9 has been added and states "The owner will sign a copy of this culvert policy before and after and will become part of the paperwork." Homeowner signature lines were added to the end of the policy.

What's the difference between a Town Policy and an Ordinance?

Extracted from the VLTC "MAC INFO SHEET: MUNICIPAL POLICIES AND ORDINANCES" (March 2018)

Town Policy - A policy is a courseof action, guidingprinciple, procedure, or strategy that is adopted by a municipal public body. Policies are executive in nature and are oriented inwards to guide internal decision-making processes. Generally, policies apply to employees, town facilities or the public body itself.

Town Ordinance - An ordinance is a legislative act by the legislative body of a municipality. In contrast to a policy, which governs internal operations, an ordinance is "an expression of municipal will affecting the conduct of the inhabitants generally, or of a number of them under some general designation." City of Barre v. Perry & Scribner, 82 Vt. 301 (1909).

2020 Election Voting

by staff writer

This year there are two methods for voting in Vermont. One can vote early by mail, or one can vote in person at the polls. The following information and guidance has been collected from discussions at Selectboard meetings and conversations with the Cabot Town Clerk, Betty Ritter.

Voting Early/By Mail: The town clerk was informed by the local postmaster that any ballot put in the mail at the local post office in Cabot cannot be sorted locally and delivered to the town office. The ballot must be sent to the postal distribution center and sorted, then returned to the Cabot post office for delivery.

Given the potential delay, the town clerk recommends that ballots be dropped in the town lock box located next to the rear entrance of the Willey Building. The town clerk checks the lock box several times a day to avoid the box being filled. Ballots can be dropped off until 7:00 p.m. on November 3, 2020.

Voting in-Person: The polls will be open in the Willey building from 7:00 a.m. to 7:00 pm on November 3, 2020. Due to the current COVID-19 pandemic many precautions are being taken to keep everyone safe. Each person will be required to wear a mask within the building for the protection of the poll workers and other voters. Masks will be provided to those who do not have one. Everyone entering the building will have their temperature taken and be asked to sanitize their hands. If there is a line at any part of the voting process, everyone is asked to maintain social distancing.

Voters will enter the building via the rear door and exit the building via the side door facing the driveway between the Willey building and Cabot Garage. Upon entry, everyone will be greeted, have their temperature checked and notified of the COVID-19 safety precautions. Next, voters will check-in at the bottom of the stairs and be directed into the room adjacent to the Town Clerk's office, which is through the central hallway door and to the right. In that room, the voting booths will be set-up with enough separation to maintain safe social distance.

After voting, each voter will exit the room through the door opposite from the door used to enter the voting booth area. In the small office after exiting the voting booth room, each voter will check out and put their ballot into the tabulator. Then voters will exit the building out the side door.

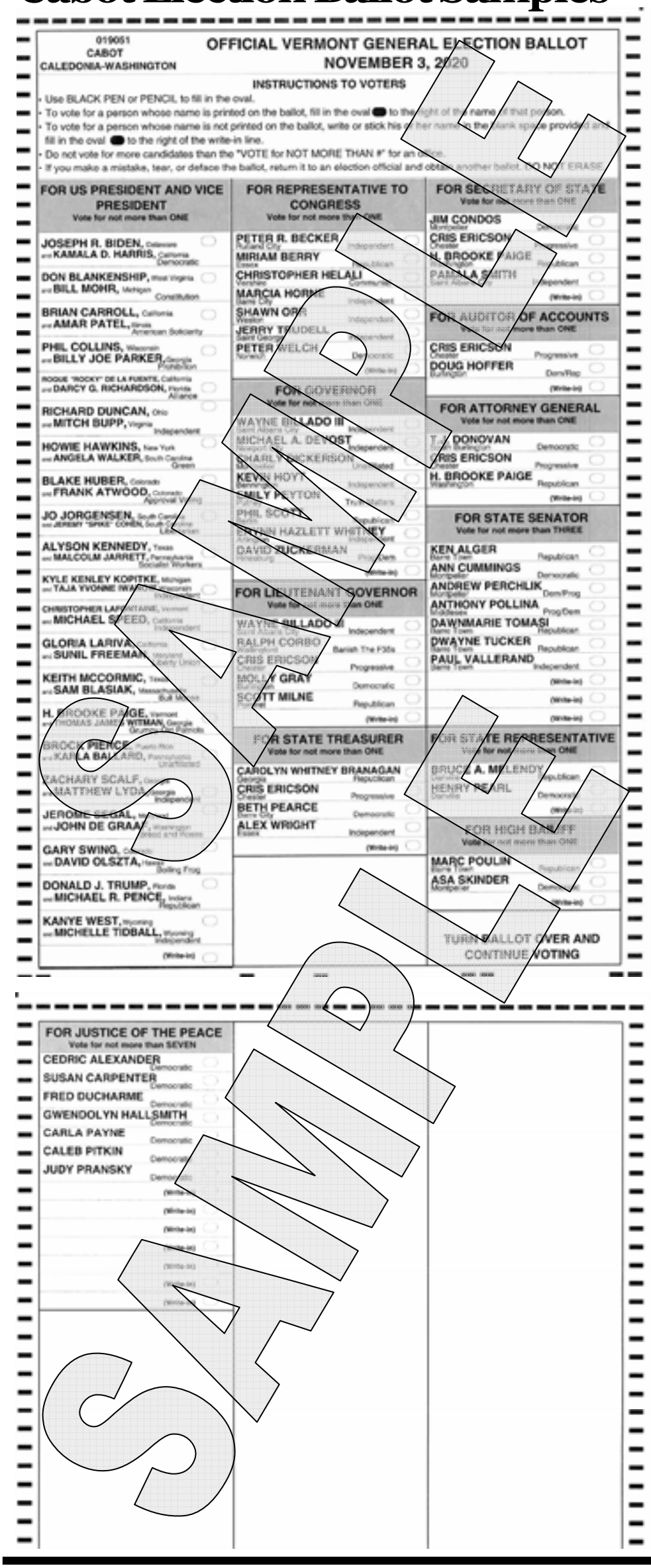
Please note that the entering and exiting of the building requires navigation of stairs. If you are unable to use the stairs, curbside voting will be available. If you have any questions regarding the voting procedure, please contact Betty Ritter, Cabot Town Clerk, at 802-563-2279 or email tcocabot@gmail.com.

Cabot Development Review Board Opening

The Cabot Development Review Board has vacancies. The Development Review Board is a quasi-judicial body that reviews matters under Title 24 V.S.A. section 4460 such as Conditional Use Permits, right of way or easement for land development without frontage, and site review plans. This Board meets as needed. There are no set meetings.

If you are interested in joining the Development Review Board, please submit a letter of interest to Betty Ritter, Cabot Town Clerk/Treasurer by mail (P. O. Box 36, Cabot, VT 05647), email (tcocabot@fairpoint.net), or dropping off a letter of interest by November 16, 2020.

Cabot Election Ballot Samples



Pastor Henry Jones, Reformer

by Peter Dannenberg
Cabot Historical Society

By 1810, turbulent social changes challenged old institutions, beliefs, and values. Westward expansion led to more self-reliance. Growing cities, immigration, freeing slaves, and early factories in northern states brought unprecedented changes in personal behavior and culture. Reformers aimed to improve individuals and society.

The Second Great Awakening was a time of religious revivals and new denominations. Churches were moral, educational, and societal leaders. A rift grew between established churches in older, prosperous regions and those on the hardscrabble frontier. Traditional ministers urged obedience to leaders and laws. Newer denominations and liberal preachers wanted widespread changes.

In January 1827, Henry Jones was ordained. He became Cabot's Congregational pastor, at 75% of full time. His annual salary was $225, half grain, half money. The salary ended in May 1832. Reverend Jones lived in Cabot for some years after, while an itinerant preacher. Until 1839, the congregation could not afford a salaried minister.

Henry Jones became a Mason in Waitsfield in 1815. He gave up membership in 1828, convinced some rituals and oaths violated Biblical teachings. Anti-Masonry feared secrecy and elitism of Masons threatened democracy. William Palmer became Vermont's governor on the anti-Masonic ticket four times, 1831 to 1835. In 1832, Vermont was the only state won by William Wirt, the anti-Masonic candidate for president. Henry Jones condemned Masonry in writings, sermons, and meetings. In 1826, he wrote a pamphlet, "An Exposure of Free-Masonry."

Reformers also deplored alcohol abuse. John M. Fisher wrote about early Cabot, "Cider and whiskey were the staple commodities of the times, and were regarded very much as United States currency in these days. No farmer thought of beginning winter with less than twelve or fifteen barrels of cider, and one or two barrels of whiskey in his cellar. It was indispensable at friendly visits, at births, weddings, funerals, raisings, bees, and when the pastor made a call. When the ladies collected at a quilting, every time they rolled the quilt, all must take some toddy. Frequently when this process had been repeated three or four times, the ladies were ready to stop work, tell stories, and have a good jolly time."

Henry Jones organized Cabot's first temperance society in 1826. Fisher speculated, "Perhaps whiskey having been used so long as a common beverage, it was thought best not to break off too short on the start; not to stop too sudden, as the reaction might be hurtful. It was not a total abstinence society, but simply required of its members to keep an account of the number of times they drank during the month, and report at the next monthly meeting. This society kept up its organization 5 years."

The Vermont Society for the Promotion of Temperance started in 1828. Henry Jones became a traveling temperance lecturer. He sold publications, collected donations, and lectured in churches and public places in northern states.

Pay was small, travel on bad roads, and hours long. Listeners wanted information and entertaining long, dramatic, powerful talks. Sometimes, opponents would disrupt talks of reformers with noise, projectiles, and threats. In an 1833 letter, Jones wrote he had little time to study the Bible and learn about the new anti-slavery movement.

Most Vermonters opposed slavery. Vermont's constitution had the first anti-slavery clause. In 1819, the Vermont Colonization Society started. Members urged owners to free slaves gradually, for resettlement in Africa. They proposed government compensation for freeing slaves.

Anti-slavery advocates thought slavery must end sooner, without deportation. The Vermont Anti-Slavery Society began in 1834. It was the first state society to call for immediate emancipation. Henry Jones was among the founding Board of Managers.

William Lloyd Garrison was the well-known abolitionist editor of *The Liberator*. In December 1833, he formed the American Anti-Slavery Society. It used nonviolent protest, made speeches, produced antislavery literature, and boycotted cotton and other products that used slave labor.

On November 15, 1833, Pastor Jones wrote Garrison and co-publisher Isaac Knapp. The letter was hand-carried to Boston by "Mr. (Israel) Cutting, one of our Cabot merchants" with $10 for handbills published in the summer, two books, and a subscription to *The Liberator*. Jones offered to become a traveling agent for the new national anti-slavery society; he was not hired.

In mid-1834, there were abolitionist societies in Cabot, Danville, Peacham, Walden, Barnet, Ryegate, and 14 other Vermont towns. By the end of 1836, Cabot Anti-Slavery Society had 300 members. In 1837, there were 89 Vermont anti-slavery auxiliaries, with 5,000 members.

Jones read lay preacher William Miller's 16 articles in a Baptist paper, the *Vermont Telegraph*. The series began in May 1832. Miller believed the Millennium was near; he criticized established churches. Miller began to attract a following. Jones and Miller corresponded for years about Biblical prophecy and social reform. Jones agreed with much of Miller's teaching, which launched the Adventist movement, but not Miller's prediction of advent coming in 1843.

Jones combined Millerism, Biblical prophecy, anti-slavery, temperance, and anti-Masonic ideas in lectures, writings, and sermons. Several churches banned his abolitionist talks.

Jones became a Secretary of the First General Conference of Adventists, October 14-16, 1840, in Boston, at Hime's Chapel. He moved to New York City to be editor of *Second Advent Witness*, a magazine, in August 1841. He was an Adventist theology author, editor, and speaker. The Reverend Henry Jones died in 1880.

The Thirteenth Amendment to the Constitution outlawed slavery in 1865. Other social reform movements improved education and expanded legal rights of women, prisoners, the mentally ill, and the poor.

Holiday Travel Message to School Families

by Mark Tucker, CCSU Superintendent

I recently asked school staff members to avoid discretionary holiday travel that could result in their having to quarantine and miss school time when they return. Staff travel that results in absences due to quarantine requirements places a strain on our ability to continue operation of the school - too many staff out could mean we have to shut down parts or all of the school.

My purpose in writing today is related, though the context is slightly different because it applies to your children – our students.

Family Travel During the Holidays

Family travel that results in large numbers of student absences also strains our ability to effectively operate the school, for different reasons that I discuss below.

If you travel with your family outside of Vermont during the holidays, you will be required to keep your children home upon return if that travel was to a Yellow or Red area on the COVID-19 infection maps. This is due to a concern over the increased risk of exposure to COVID-19 in these areas. The same concern applies globally to travel on airplanes, regardless of destination. In previous communication I shared a link to the Vermont Department of Health website that is our shared resource of information on COVID-19. The Cross State Travel Information site (https://accd.vermont.gov/covid-19/restart/cross-state-travel) is now updated on Tuesdays, a recent change made to allow time for folks to plan their weekend trips. Assuming this schedule holds, it will be updated again the day before we break for the long Thanksgiving weekend. I do not expect the map will look more green just before Thanksgiving.

All of our school operations this year are informed by the Safe & Healthy Start guidelines (https://education.vermont.gov/documents/guidance-strong-healthy-start-health-guidance) issued by the Vermont Department of Health and the Agency of Education in June and updated in August. These guidelines are extensive, and largely focused on describing practices aimed at maintaining the health of students and staff so that schools could safely reopen – which we did - and stay open - which we hope to accomplish. A key element of our practices is knowing what we will do in cases of suspected or actual exposure to COVID-19 by anyone in our school communities. With any such report, there is some period of time during which the person – staff or student – has to remove him or herself from the school environment. The Health Department has published a decision protocol that we follow for determining when and how long someone needs to be out of school (https://drive.google.com/file/d/1862ZGNjyGQm434a6oU34g6S2xQmwoJZU/view). This document outlines how we will know when it is safe for someone to return to the school environment following a suspected or confirmed diagnosis of COVID-19.

We opened successfully a month ago - now we are focused on staying open. We are doing everything we can within our school buildings to prevent the introduction of COVID-19. We need everyone in our school system - staff and families alike - to do everything possible to minimize the chance of exposure to COVID-19.

I have asked our staff to do their part by avoiding situations over the holidays where they might expose themselves to infection, and to avoid discretionary travel so that we do not experience large numbers of staff out on quarantine and are forced to close the school – in whole or in part – because we don't have teachers and support staff to work with your children. That said, you are not responsible for staff decisions about travel. I am sharing this information with you in the interest of full transparency and to let you know this is a concern we all have a stake in resolving.

If You Are Traveling

You are responsible for ensuring that if your family travels during the holiday period, you let us know if your children have been in a geographic location that is considered high-risk for exposure to COVID-19, in which case you will need to follow the directions of the school in terms of when your children can return to school. Please do not put the school at risk by sending your students back to school when they should be staying home.

If your children are required to quarantine, the guidelines say "14 days and symptom free, or 7 days followed by a negative COVID-19 PCR test." (I especially want to emphasize here that the so-called rapid Antigen tests are not a substitute for OCR testing in any circumstances under the current guidelines.) As a practical matter, since you have to wait for 7 days to get the COVID-19 test, and then wait for the results, you are essentially looking at keeping your children home from school for two weeks even if they get tested, during which time they will be switched to remote-learning.

So, to be clear, just as I have asked the staff not to take discretionary travel that could result in staff shortages and a forced closure from school, I am asking all of our families to avoid discretionary travel that will result in student absences and an unmanageable demand for remote-learning when we are also conducting in-person instruction.

The Bottom Line

As I said to the staff last week, "I trust you all to make the right decision for yourself, for your students, and for your school." I extend the same trust to all of you when it comes to your students and the challenges that our schools are facing as we continue to navigate through this pandemic.

p.s. The recent announcement that Grafton County, NH is a Yellow zone on the COVID-19 travel map brings closer to home our concerns about limiting travel to high-risk areas; it is now a daily consideration for many of our staff and families because of our proximity to this large New Hampshire County that extends from Littleton to West Lebanon. Everything that has already been said here about travel, exposure, quarantining, etc. applies to our proximity to Grafton County.

It Starts with a Question

by Amy Hornblas

Why am I so certain that what I believe is true?
I have felt this way before-
I have defended my beliefs publicly,
argued with loved-ones,
and made major life decisions-
Only to learn my beliefs were based on falsehoods.
Several times I have had to confront the fact
that I have misunderstood, been mislead, and manipulated all along.
It feels as if the earth itself has been removed from under my feet,
and I tumble, questioning the validity of every branch that is offered,
afraid to hold on for support, afraid I will be wrong again.
Slowly, I become less afraid of the uncertainty,
learn to have patience, to slowly test each branch for Truthfulness.
Honing my ability to sense biases and ulterior motives, including my own,
I become more aware of our emotional responses.
I begin to find the kernel of honesty, of love, within.
Yet, as I stand now on ground I have carefully, once again, slowly discovered,
How can I be sure I have found something closer to the truth?
Alone, there is no way for me to grasp the expanding fractals of truth
that is the universe we are all a part of.
That is because truthfulness is dispersed within us all.
We come together so we can share our truths,
merge, and find higher, common ground to share.
I am afraid there is little space for us to re-connect now,
when the stakes are so high.
Forbidden to gather as humans,
what will we become if left to our own "devices"?
Driven relentlessly towards Civil War.
Our instincts are to retreat, show strength, and tribe up.
In such a climate, who feels safe enough to be curious?
I choose faith in my neighbors:
I trust your reasons are valid, your needs are real.
I pray for the courage to seek more to understand
than to be understood.
I seek to heal the divide.
Why am I so certain that what I believe is true? Why are you?
It starts with a question.
Prose Inspired by *War on Sensemaking V*, with Daniel Schmachtenberger

Cabot Listers
What's with Those Sales Verification Letters?

by Gary Gulka

If you've bought or sold property recently, chances are good you received a letter from Listers, asking a variety of questions concerning details of the sale. And you probably thought: "***What's it to them***?!"

The reasons for each question are real and important. The Town of Cabot just invested roughly $80,000 in a State-ordered town wide reappraisal. The last reappraisal was 2005/2006, and it needed redoing after 15 years because the Grand List values were becoming out of synch with sale prices, resulting in a degree of unfairness in property value assessments and, therefore, the property tax burden.

The work of Listers in the years following a professional reappraisal determine how many years pass before another reappraisal is ordered. The questions in the Verification Letters provide data that allows the State and the Town to compare apples to apples, evaluating the Town appraised value against the sales data. The answers to those questions allow us to better align the data elements so that fairness and equity in the Grand List are maintained and the Town expense of a reappraisal is delayed because our data is solid and your property value is fair.

Your questions are encouraged, and we'd be glad to discuss them and the reasons they are important. Give us a call at 802-563-3139.

Cabot Board of Listers
Jeanne Johnson, Jacqueline Lumbra and Brittany Butler

Keeping Outdoor Water Source from Freezing

by Karen Mueller-Harder

Do you spend a lot on electricity to heat water for your outdoor livestock so it won't freeze, or a lot of time breaking ice several times a day to save that money or electricity? Here's a great solution I've come up with that you may want to try!

You probably know that moving water doesn't freeze, but may not have realized that this fact could be of use to you with the water in your stock tank or outdoor dog dish. By using a five-watt electric air pump meant for an indoor fish tank, I've kept our trough water from freezing for most of the typical Cabot winter (though I still need a stock tank heater or a sledge hammer for the coldest times). This solution cost less than $20 and saves us about $100 in electricity each winter!

To give you a rough idea of what to expect: I have a 70-gallon stock tank, with bubble foil insulation around it, on the south-facing side of our barn. If the daytime high is around freezing, with a little sun, the air pump will keep the tank from freezing at all if the nighttime low is in the 20s, and will retain an unfrozen area big enough for my horse to drink with a low temperature down to about 15 degrees. The ice that does form is much easier to break up, due to the bubbles, either by my horse, or by me in the morning. In colder weather, I'll run the pump during the day, but use the heater at night, or run the heater constantly in the really cold weather--the pump isn't for those times!

I didn't have much luck shopping in Vermont pet stores for the pump, but found a lot of air pumps online at aquarium supply stores. The one I bought for $12 has worked flawlessly for several winters. When choosing a pump, check the size of tank it's meant for, as greater depth of water means greater air pressure needed. These stores also sell the 3/16" airline tubing you'll need, for about $2.

The electric air pump is meant to be an indoor item, so it either needs to be in a weatherproof spot inside a building, or you could build a little enclosure to keep the rain and snow off it, with a GFC outlet in that case. It sends air to the water tank/bucket through narrow tubing, and that tubing can run a fairly long distance (mine is 25 feet, running into the barn through a window), and must be somewhere where animals can't step on it or get tangled in it.

The end of the tube, being full of air, wants to float, so it needs to be weighted down to effectively issue its bubbles from the bottom of the tank. I've found that attaching it to a clean stone with a thick rubber band (like from a head of broccoli) works perfectly, then you simply drop the weighted end in the center of the tank. Having a couple of spare stones around is handy (gather them now before they're buried in a foot of snow!), as you really don't want to reach down through 2 feet of cold water if you drop the stone! (I suggest experimenting with this on a mild day.) Don't be tempted by the "stones" you will see with the pump supplies: these are used for fish tanks to convert the large bubble to tiny ones, which is perfect for fish, but you want the bubbles good and large to disturb the water so it doesn't freeze.

If you turn the pump off, either because you're running the heater, or if it's above freezing, take the tube out of the tank, so it doesn't slowly fill with water. Alternatively, you can buy a "check valve" for a couple dollars, which you can put at the end of the tube to keep this from happening, which is also a good safeguard in case of a power outage, though I haven't tried this as I thought it might be more susceptible to ice forming on its surfaces than the simple tube. (You can blow air through the tube to clear the water, but if it freezes with water inside it, you'll need to bring it into the house to melt the ice, and if the water travels all the way to the pump, it will ruin it.)

If you have any questions, feel free to email me: karen@praxisworks.org and I'll tell you anything I can--I want to share this idea far and wide!

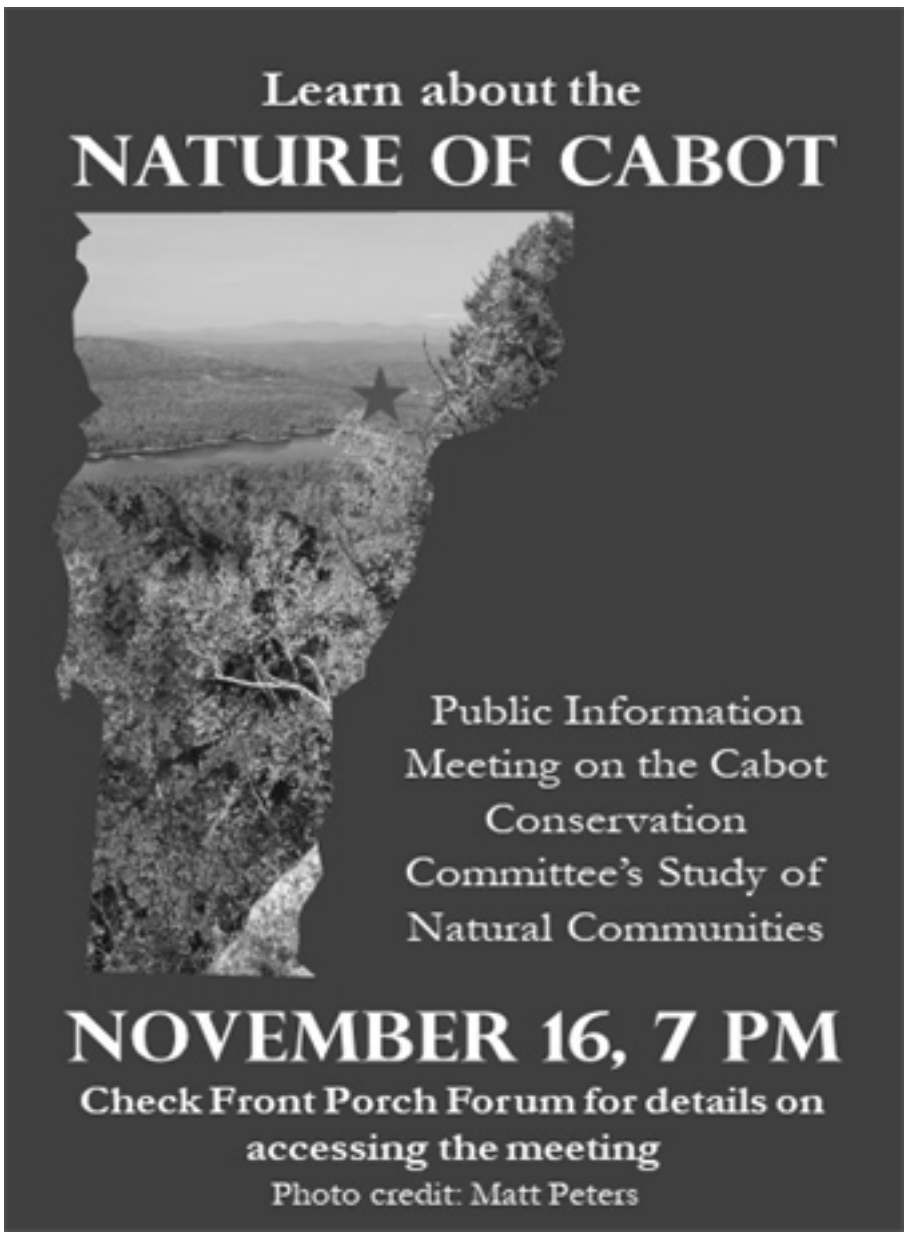
This tip from Karen was published in a previous edition of The Cabot Chronicle; the timing seemed right to share it again.

Cabot Natural Community Study
Public Informational Meeting November 16

by Gary Gulka

The Cabot Conservation Committee invites Cabot residents to a public informational meeting on our study of natural communities that was funded by a Town Meeting Grant. Our consulting ecologist, Matthew Peters of Woodbury, will present the findings of his field work this spring, summer and fall - helping us to understand the types of natural communities we have and what makes our part of Vermont special. The presentation will be chock full of photos and examples of the types of natural communities represented in Cabot, including both the more common and more unique. We thank landowners that granted permission for Matthew to visit their properties, and regret that time and resources did not allow for visitation of all these properties.

As of this writing, we are hoping to hold this meeting both remotely and in person in the Willey Building auditorium, following the town's guidelines for public meetings during the pandemic. The meeting will also be recorded (audio and video) for future viewing. Please check Front Porch Forum for further details on the meeting (such as the internet link to the remote meeting). We hope you will join us to learn more about the nature of Cabot!



Time To Order
Your Fresh Local Turkey
Our Turkeys are Fresh, Never Frozen
Holiday Turkeys
Raised locally by Dunstable Farm, The Bothfeld Family
To order call
802-563-2715

First Cabot Property Tax Payment Due

by Betty Ritter,,
Cabot Town Clerk and Treasurer

Property tax bills have been mailed and the first payment was due Thursday, October 29. The final payment will be due January 14, 2021. Don't panic if you haven't made your first payment yet: there are no penalties until January 14 after 5:00 p.m. A postage stamp date of January 14 will be accepted without penalty..

You may mail your tax payment, drop it off in person or at the drop box at the rear of the Willey Building, or make a credit card payment with a charge back to you of 3%.

News from the Jaquith Library

by Susan Green,
Director

LOST! Two pages from a Storywalk book on the nature trail are missing. If you find them, please return to the Jaquith Library book drop. Storywalk pages are the property of Kellogg-Hubbard Library and must be returned.

NEW HOURS: TUESDAY, WEDNESDAY, THURSDAY & FRIDAY:
9:00 a.m.-12 noon & 3:00 – 6:00 p.m.

Monthly Book Group for Adults
Fourth Mondays of the month 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 23 – *On Earth We're Briefly Gorgeous* by Ocean Vuong
- January 25 – *The Giver of Stars* by Jojo Moyes

Visit our Self-Guided Storywalk!

Don't miss our Storywalk on the nature trail, changing every two weeks until November 14.

Chapters in History Six: Growing Disparity
Second Saturday afternoons at 2:00 p.m.

A free public reading and discussion series co-sponsored by the Marshfield Historical Society and the Jaquith Public Library.

- November 14: *Reagan: An American Journey* by Bob Spitz;
- December 12: *Destiny and Power: The American Odyssey of George Herbert Walker Bush* by Jon Meacham.

Books are available for loan from the library. For more information, please call 454 -1680.

Makerspace Kits Now Available for Checkout!

To supplement all the learning-at-home this school year, we're expanding our collection to encourage scientific exploration and curiosity. Come in and see what we have. Full STEAM ahead! Supported in part by the Vermont Humanities Council.

Storytime To Go!

We have story time kits you can check out and bring home. Each bag contains several books (both fiction and non-fiction titles) with instructions for a related craft or activity, and supplies. Themes available are Pumpkins/ Harvest, Butterflies, Music. More coming soon! Have a theme you'd like to see? Let Deborah, our youth librarian, know: jaquithyouth@gmail.com,

Firewood Moisture Meter Now Available for Sign-Out

We now have a wood moisture meter available for patrons to check the moisture content of their firewood. Wood with a moisture content of 20% or less burns hotter, creates more heat, and emits less harmful smoke. Sign out our meter to check your woodpile, and see https://dec.vermont.gov/wood-burning for additional information on clean wood heating.

Sponsor Your Favorite Author or Book

Do you have a favorite author? A book you really want to read? Would you like to be the first person in the community to read your favorite author's newest book? Here is how it works: The librarian buys the author's newest release at a discount. You pay for it and receive the book until you have read it. Then you donate the book to the library for others to read.

CABOT TOWN OFFICE HOLIDAY CLOSURES

THE OFFICE WILL BE CLOSED ON
WEDNESDAY, NOVEMBER 11 FOR VETERAN'S DAY AND
THANKSGIVING BREAK WEDNESDAY, NOVEMBER 25, THURSDAY, NOVEMBER 26
AND WILL REOPEN ON MONDAY, NOVEMBER 30.
BOTH BETTY AND MICHELLE WISH EVERYONE A GREAT THANKSGIVING.

Advice from the Tree Warden

by Roland Payne, Jr.
Cabot Tree Warden

Winter - When Trees go Dormant

The winter season is when trees go dormant, but what does it mean for trees to be dormant? Dormancy is a process like hibernation during which everything within the tree slows down, including metabolic rate, energy consumption, and growth. Woody plants must go dormant to survive winter's conditions, cold temperatures, and lack of sunlight. Dormancy is divided into three phases: early rest, winter rest, and after-rest. The transition among the three phases is gradual. Dormancy begins as trees lose their leaves in the fall, this process occurs in both deciduous and conifer trees. In deciduous trees when it is time to lose their leaves a chemical called Abscisic acid is produced in the terminal buds. The buildup of Abscisic acid signals it is time for the leaf to fall. The terminal bud is where the leaf breaks off when it falls. After leaves have fallen, trees have entered early rest. During winter rest or true dormancy, trees need to develop cold hardiness, meaning they can survive the coldest of possible winter temperatures. Growth and energy consumption have almost completely stopped, and sap no longer flows in trees. During after -rest or post dormancy, trees push water back into their shoots, but growth is unlikely to occur. To transition from winter rest to after-rest, trees need to go through a chilling period, when temperatures are cool but above freezing. If the temperatures rise too rapidly, trees will bud, only to have the buds die during the next frost. However, since the trees did not go through a chilling period, it is unlikely the trees will die. As spring temperatures warm, sap will flow in trees, buds and leaves will form, and trees slowly return to a normal metabolic rate. This is a simplified synopsis of what happens when trees are dormant.

It is also the time to look for signs of Emerald Ash Borers (EAB) on our Ash trees. Flight season for EAB has ended and the leaves have fallen for the most part. Signs of an EAB infested Ash tree include woodpecker activity of the trees and beetle larva galleries under the bark. As snow accumulates, the bark and chips of wood from Woodpeckers removing bark to access the larva beneath the bark become obvious on the snow.

Stay safe and enjoy fall activities.

Let's Scrap Food Waste: Kitchen Tips: From Vermont Department of Environmental Conservation

- Unless you empty your kitchen container every day or two, use a container with a lid.
- Wash or rinse your container regularly or each time you empty it.
- To store your food scraps for a while between trips to a drop-off or your pick-up:
  - Keep them in a bag or container in your freezer (bread bags work well).
  Try the bokashi process (search "bokashi" at Wikipedia.org), which ferments the food scraps so they don't smell.
  - If you don't mind emptying and cleaning a messier bin, you can simply store scraps in a larger container with a tight lid (like a 5-gallon bucket) in an out-of-the-way place, like an entryway or garage. To contain odors, you can cover the food scraps with a thin layer of dried, brown leaves or wood shavings each time you empty your kitchen container into the larger container.

Learn more tips in the Food Scrap Management FAQ for Residents (https://dec.vermont.gov/waste-management/solid/materials-mgmt/organic-materials).

Cabot Public Library News

by Kathleen Hoyne, Library Director

This edition of "Cabot Public Library News" will highlight some of our new books in the collection. Enjoy reading these reviews and call (563-2721), email (cabotlibrary@yahoo.com) or place holds on our online catalog to borrow these books (www.cabotlibrary.com).

All the Devils are Here – **Louise Penny:** Our most popular murder mystery writer and one of the most anticipated books of the fall. #16 in the Inspector Gamache Series is set in Paris. The death of Armand Gamache's godfather is made to look like an accident, but Gamache and his family suspect it is a deliberate murder. Soon the entire family is involved with searching for the truth, unraveling a web of lies and deceit, and facing danger from many directions. Can Gamache trust his beloved godfather? His son? His instincts? His past? – Reading Ladies Book Club.

The Biggest Bluff: How I Learned to Pay Attention, Master Myself, and Win **–Maria Konnikova:** "The tale of how Konnikova followed a story about poker players and wound up becoming a story herself will have you riveted, first as you learn about her big winnings, and then as she conveys the lessons she learned both about human nature and herself."—The Washington Post.

"Propelled by a narrator as fierce and fragile as the terns she is following, **Charlotte McConaghy's *Migrations*** is both an ode to our threatened world and a breathtaking page-turner about the lengths we will go for the people we love" – Amazon.

The Pull of the Stars – **Emma Donoghue**: In Dublin, 1918, a maternity ward at the height of the Great Flu is a small world of work, risk, death, and unlooked-for love, in "Donoghue's best novel since *Room*."- *Kirkus Reviews.*

To Sleep in a Sea of Stars – **Christopher Paolini:** During a routine survey mission on an uncolonized planet, Kira finds an alien relic. At first she's delighted, but elation turns to terror when the ancient dust around her begins to *move*…." – Amazon.

Underland: A Deep Time Journey – **Robert MacFarlane:** In *Underland*, Robert Macfarlane delivers an epic exploration of the Earth's underworlds as they exist in myth, literature, memory, and the land itself. Traveling through the dizzying expanse of geologic time—from prehistoric art in Norwegian sea caves, to the blue depths of the Greenland ice cap, to a deep-sunk "hiding place" where nuclear waste will be stored for 100,000 years to come—*Underland* takes us on an extraordinary journey into our relationship with darkness, burial, and what lies beneath the surface of both place and mind. – Amazon.

The Splendid and the Vile: A Saga of Churchill, Family, and Defiance During the Blitz – **Erik Larson:** On Winston Churchill's first day as prime minister, Adolf Hitler invaded Holland and Belgium. Poland and Czechoslovakia had already fallen, and the Dunkirk evacuation was just two weeks away. For the next twelve months, Hitler would wage a relentless bombing campaign, killing 45,000 Britons. It was up to Churchill to hold his country together and persuade President Franklin Roosevelt that Britain was a worthy ally—and willing to fight to the end. – Amazon.

Anxious People – **Fredrik Backman:** "[A] quirky, big-hearted novel…. Wry, wise, and often laugh-out-loud funny, it's a wholly original story that delivers pure pleasure." —*People.*

From the #1 *New York Times* bestselling author of *A Man Called Ove* comes a charming, poignant novel about a crime that never took place, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined.

And for our younger readers:

Bloom (The Overthrow) – **Kenneth Oppel:** The invasion begins--but not as you'd expect. It begins with rain. Rain that carries seeds. Seeds that sprout--overnight, everywhere. These new plants take over crop fields, twine up houses, and burrow below streets. They bloom--and release toxic pollens. They bloom--and form Venus flytrap-like pods that swallow animals and people. They bloom --everywhere, unstoppable. Or are they? Three kids on a remote island seem immune to the toxic plants. Anaya, Petra, Seth. They each have strange allergies--and yet *not* to these plants. What's their secret? Can they somehow be the key to beating back this invasion? They'd better figure it out fast, because it's starting to rain again. – Amazon,

Charlotte's Web – **E.B. White – audiobook:** Brought to life by Meryl Streep and a full cast, this beloved book by E. B. White, author of *Stuart Little* and *The Trumpet of the Swan*, is a classic of children's literature. – Amazon. *Some Pig. Humble. Radiant.* These are the words in Charlotte's Web, high up in Zuckerman's barn. Charlotte's spider web tells of her feelings for a little pig named Wilbur, who simply wants a friend.

The Complete Baking Book for Young Chefs – **America's Test Kitchen -Editor in Chief, Molly Birnbaum:** Want to make your own soft pretzels? Or wow your friends with homemade empanadas? What about creating a showstopping pie? Maybe some chewy brownies after school? From breakfast to breads, from cookies to cakes (yes, even cupcakes!), learn to bake it all here. You can do this, and it's fun!

The One and Only Bob – **Katherine Applegate – Book 2 of 2 in the *One and Only Ivan* series:** Bob sets out on a dangerous journey in search of his long-lost sister with the help of his two best friends, Ivan and Ruby. As a hurricane approaches and time is running out, Bob finds courage he never knew he had and learns the true meaning of friendship and family. – Amazon.

The Kingdom of Back – **Marie Lu:** Two siblings. Two brilliant talents. But only one Mozart. Born with a gift for music, Nannerl Mozart has just one wish--to be remembered forever. But even as she delights audiences with her masterful playing, she has little hope she'll ever become the acclaimed composer she longs to be. She is a young woman in 18th century Europe, and that means composing is forbidden to her. And as Nannerl's hope grows dimmer with each passing year, the talents of her beloved younger brother, Wolfgang, only seem to shine brighter. His brilliance begins to eclipse her own, until one day a mysterious stranger from a magical land appears with an irresistible offer. He has the power to make her wish come true--but his help may cost her everything.

Momentous Events in the Life of a Cactus – **Dusti Bowling:** Just as Aven starts to feel comfortable in Stagecoach Pass, with her friends and schoolmates accustomed to her lack of "armage," everything changes once again. She's about to begin high school. . . with 3,000 new kids to stare at her. And no matter how much Aven tries to play it cool, nothing prepares her for the reality. In a year filled with confusion, humiliation, and just maybe love, can Aven manage to stay true to herself? – Amazon.

Twin Valley Senior Center

Twin Valley Seniors, Inc.

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

by Rita Copeland, Executive Director

Senior Services

As I write this, Twin Valley Seniors is still closed to the public. We are open for very small Tai Chi classes in-house, plus doing via Zoom Arthritis/Bone Builder classes. We have opened the first Foot Clinic by allowing just two people at a time for their appointments in the building. All State and COVID-19 guidelines are in place. Jim McQuestin and his helpers were kind enough to finish the last few community members scheduled for tax preparation before the pandemic hit. A big thank you goes to Jim and his helpers who so graciously gave of their time and presence with the pandemic going on.

Veterans

On another note, it is with great sadness that we cannot hold our annual free Veterans Day dinner at the center. This is a day that staff, volunteers, and seniors looked forward to each year. It was our pleasure that we have always been blessed with a full house of wonderful veterans and their guests.

There is no way to THANK our Veterans for everything they sacrificed for our freedom. Our virtual THANK YOU to our service men and women, both past and present. Everyone should always remember that our FREEDOM isn't guaranteed. It is protected by the men and women in our Armed Services. To each of you who secure our way of life, THANK YOU!

Pavilion:

To all the wonderful people who answered our request to help us raise money for a TVSC Pavilion at the center: We truly appreciate your kindness in responding. If all goes well, the donations you sent will make us eligible for larger grants that will allow completion of the pavilion project. We feel this pavilion (if we had this past Spring, Summer & Fall) would allow us to be outside and could have continued with many activities plus have all seniors be together.

Thanksgiving

November is a sad month for the staff and volunteers at Twin Valley Senior Center without our Veterans day dinner nor our Thanksgiving dinner at the center.

Even with all the challenges 2020 has presented us, there is still so much to be thankful for this Thanksgiving. One of the greatest gifts this challenging year is a new perspective on things we have been taking for granted - a new perspective on just how grateful we are for the simplest of things.

It has been a crazy ride this year! We at Twin Valley Seniors are so thankful for you and your family. Please know we are thinking of you this Thanksgiving season and wishing you all peace and love. Stay Healthy and Safe until we can all be together again. Happy Thanksgiving!

Christmas Holiday:

During the long winter months Christmas will arrive. Again, it will be a difficult time at the center because opening is not in the near future. It will also be a time that our isolated and home bound elderly will more than ever need something to cheer them up. My vision for Christmas is that with the help of volunteers, friends, and neighbors we can put together a small package of items that would bring smiles to the faces of the ones that are isolated and alone. If you have some ideas, suggestions, time, or money that would help me on this mission please contact me. By working together, we can certainly come up with some great ideas! You may contact me by email twinvalleyseniors@myfairpoint.net or call me at 223-3322. I will look forward to hearing from you. Thanksgiving and Christmas cards done by students will put smiles on the elderly just as it has in the past. It is not too early to think about and produce some to be added to Christmas packages and sent by the center to the homes with their meals. So much has been given up so far in 2020, let us not make this a part of the Holiday season

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CABOT SENIOR CITIZEN CONNECTION CALL EVERY TUESDAY!

With so many events canceled due to COVID-19, you may get a bit bored and lonely at times. Social distancing can be stressful and isolating. But you can stay connected without setting foot outside your home.

Join us for a Group Phone Call to socialize and stay connected. It is free of charge and all you need is a telephone.

Every Tuesday, 10:15 a.m.
To participate in the call,
1.Dial 1-844-855-4444
2. Enter the access code 5163419 then press # *(pound sign)*

Local helpers will be on the call to answer questions and help locate resources for folks who need extra support while the state continues to re-open.

If you have any questions, please call Faith in Action at ***563-3322 or email info@cabotvermont.org***

Call the CCA for details

EVERYONE EATS! POWERED BY SHIFTBILLS

FREE meals provided by:

The DEN at HARRY'S HARDWARE Cabot, Vermont

skinny pancake

EVERYONE EATS is a food relief program that leverages CARES Act funds to engage local restaurants in making to-go meals for anyone who has been impacted by the COVID-19 crisis due to unemployment, underemployment, homelessness, or other challenges.

Faith in Action in Cabot is serving as a hub for EVERYONE EATS and will distribute 400 meals on the following dates October 14th & 28th, November 11th & 24th, & December 9th.

MEAL PICKUP
November 11th & 24th
December 9th
12:00 - 2:00 pm
3339 Main Street

Faith in Action

Have questions? Call 563.3322 or visit www. faithinactionvt.org.

COMMUNITY COMMENTARY

Dear Editor,

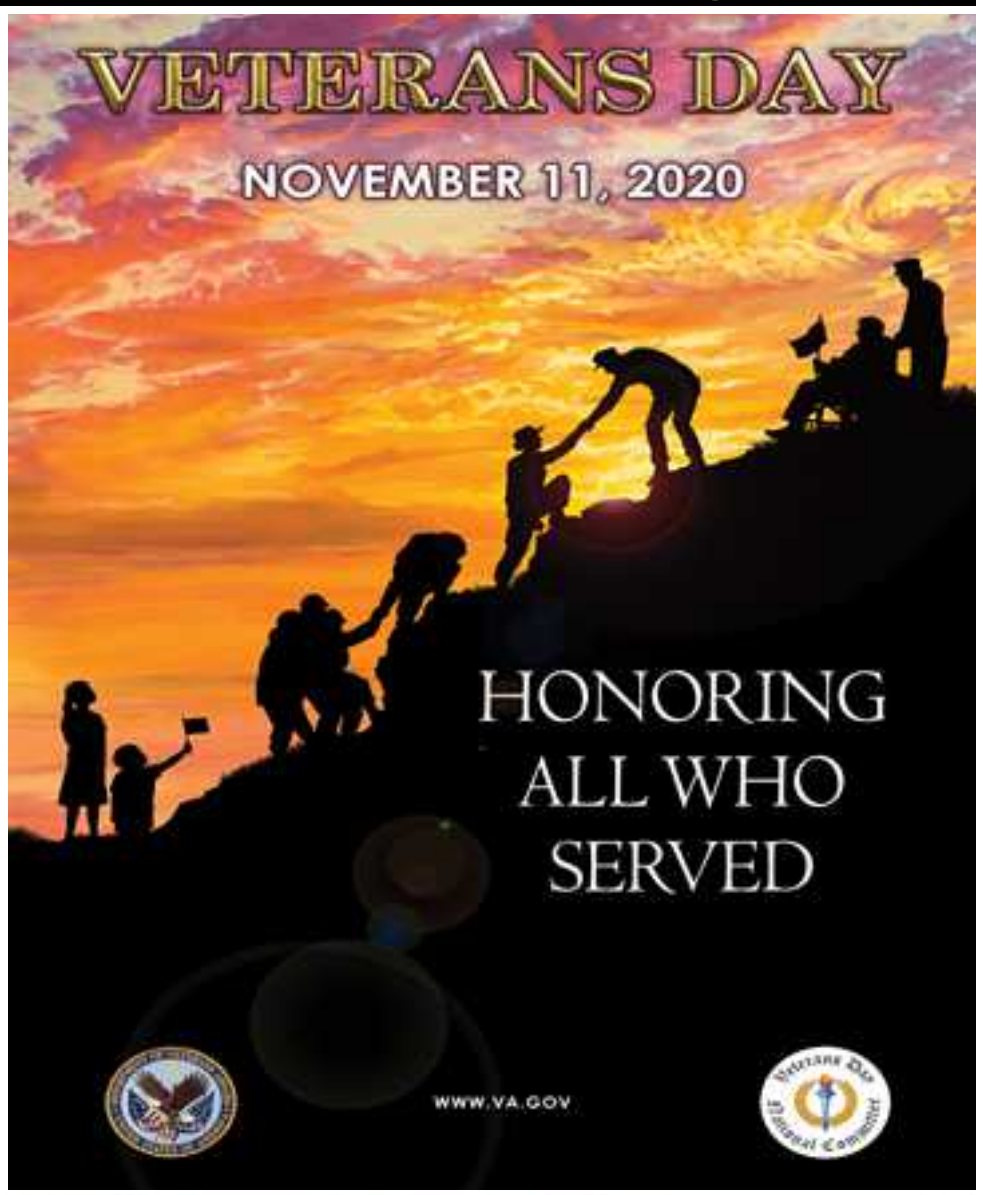
I write in support of Henry Pearl for the Vermont State Legislature representing the towns of Cabot, Danville and Peacham. I strongly believe that Henry will bring an important and needed perspective to the Vermont Legislature as a parent of young children, a farmer and business owner, and as someone with experience in local government.

Henry grew up in a family with strong ties to the area. At the present time he and his wife, Alison, are operating the family farm as organic milk producers. His commitment to Vermont agriculture is long-standing. After graduation from Danville High School, Henry was selected for the 2+2 scholarship program which supports students who have a goal of pursuing a career in the dairy sector. Through this program, he completed two years at Vermont Technical College and finished his BS degree at the University of Vermont in Animal Science. Henry successfully acquired the knowledge and training necessary to be an effective and competitive member of the dairy industry, gained leadership skills, and importantly developed the skills needed to be part of a management team and to communicate with the public – all skills that will serve him well as a State Legislator.

I know firsthand the challenges a new member will face in the upcoming session. COVID has presented us with unprecedented uncertainty. Henry will study the issues, listen to all points of view before making decisions and work to find compromise to move important legislation forward. I have confidence that Henry has the attributes needed to become a valued and respected member of the Vermont House.

Henry is running for the House seat that I have filled for the past 12 years. I am confident that Henry will work hard on behalf of his constituents and that he will place a high priority on assisting them in every way possible. I hope you will join me in voting for Henry Pearl for the Caledonia-Washington-1 House District.

Kitty Toll, Danville



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