THE CABOT CHRONICLE

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Vol. 14, No. 1 ~ P.O. Box 245, Cabot, Vermont 05647 ~ December 2020/January 2021

Gratitude from the Creamery

By Amber Sheridan, Cabot Creamery Director of Communications

Holiday greetings, Chronicle readers, from the employees and farm family owners of Agri-Mark and the Cabot Creamery Cooperative. More than ever in a year as unusual as 2020, we thank you for your support and want to share updates about our business and Cabot campus.

Here at Agri-Mark our focus has been to provide award-winning dairy products while ensuring the health, safety and wellbeing of all involved. Health and safety became even more paramount when we had to act quickly to address the COVID-19 pandemic. We were an early adopter, initiating Care Pods, implementing social distancing protocols, enhancing our sanitation protocols, requiring masks and other steps at our Cabot campus. Our protocols are working and we will continue to be vigilant in protecting the health and safety of our team members.

The pandemic has impacted our business in an interesting and positive way. As Americans are spending more time at home, they are doing more cooking, snacking and eating at home. That's good news for Cabot Cheese and for the local communities in which we operate. Demand for our retail products has increased dramatically. Our Cut and Wrap facility is busier than ever before. We have shifted team members to the Cabot campus to fulfill our customer orders.

We are currently hiring and have many opportunities to join our team in Cabot. Agri-Mark strives to be a good neighbor and leader in the community. We offer competitive benefits, great wages and health insurance. For a complete list of openings please visit https://www.cabotcheese.coop/careers-opportunities/.

One of our pandemic pivots involved relocating our Cabot Visitors Center. Thank you to all who supported our efforts to move the center across from the Willey Building through the fall foliage season. We made the decision to recently close the visitor center, given the rise in COVID cases in our region, and will reopen as soon as possible. Our products are still available at many of your favorite local stores.

Agri-Mark's Cabot campus is an integral part of the cooperative's business operations. Our farmer owners continue to invest in the Cabot campus. Our most recent project follows our acceptance into the Vermont Standard Offer program for creating renewable energy. We are currently pursuing a certificate of public good in order to pursue building a biodigester next to our garage (between

(see 'Creamery', page 3)

STAY UP TO DATE ON COVID-19

STEPS TO STOP THE SPREAD OF COVID-19

Take these steps every day:

- **Wash your hands frequently**
- **Avoid touching your eyes, nose and mouth**
- **Stay home when you are sick**
- **Cover your coughs and sneezes with the inside of your elbow or a tissue. Throw the tissue in the trash and wash your hands**
- **Clean and disinfect frequently touched objects and surfaces, including towels and children's toys**
- **Wear a mask or face covering in public when it is hard to keep a physical distance of six feet.**

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

If someone is showing any of these signs seek emergency medical care immediately by calling 9-1-1. Notify the operator that you are seeking care for someone who has or may have COVID-19.

- **Trouble Breathing**
- **Persistant pain or pressure in the chest**
- **New confusion**
- **Inability to wake or stay awake**
- **Changes in color on lips, face or nails**

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are concerning to you.

SEE PAGE 8 FOR MORE INFORMATION

Do You Read the THE CABOT CHRONICLE ?

The Cabot Selectboard has suggested the Chronicle be published online only, rather than in print version to every mailing address in Cabot, Marshfield and West Danville. The proposal is intended to reduce cost, and would lower expenses by about 30%. But we would like to know what readers want.

To register your preference, please go to www.CabotVermont.org and look for the Cabot Chronicle Distribution icon, then click on your preference:

- □ I prefer to receive a printed copy of the Chronicle
- □ I would be satisfied reading the Chronicle online
- □ I' rather discontinue the paper and save the money

Thank you for your participation and helping plan the future of the paper.

Two Things You Need to Know About Cabot Property Tax Payments

by Betty Ritter, Cabot Town Clerk and Treasurer

1. The deadline for timely payment of Cabot property taxes is January 14, 2021. A postage stamp date of January 14 will be accepted without penalty. You may mail your tax payment, drop it off in person (ring the doorbell and staff will come out to you) or at the drop box at the rear of the Willey Building. You may also make a credit card payment by telephone with a charge back to you of 3%.

2. Your payment ***MUST BE MADE PRIOR TO DECEMBER 31, 2020***, to be claimed on your 2020 Income Tax Return.

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COVID-19 and the Holidays

For many of us, COVID "fatigue" set in before the weather was cooler and Mother Nature provided us a "winter preview." As predicted in the warmer months, we have already begun to see some larger outbreaks in the area, which makes the number of positive COVID 19 cases grow here in Vermont. As the holiday season approaches the travel maps restrict more areas that we can safely travel to under state approval without quarantine.

Now more than ever it is important for us to consider celebrating the holidays at home. We have been able to see in the recent outbreaks that any type of social gatherings are a driving force behind much of the COVID 19 spread. If you do decide to travel, you need to quarantine to protect yourself and others. This doesn't just mean not going into public. This means masks in common spaces, use a separate bathroom, eat separately, and remain six feet apart to prevent being in "close contact."

It is not too late to make good decisions and protect all of those around us. As things change please be aware of the changes, and use information provided by the Vermont Department of Health and the CDC as resources. If the guidance is unclear to you, please call 2-1-1, they are available to help clarify the guidance and can assist you with getting connected to the resources that you may need.

Resources you can use:
Vermont Department of Health: https://www.healthvermont.gov/
CDC: https://www.cdc.gov/
Vermont Emergency Management: https://vem.vermont.gov/

Please get your flu shots early and protect yourself and others.
Respectfully,
Jennifer L. Miner
Emergency Management Director
Town of Cabot
802-498-8245
WillowReignsNana13@gmail.com

Centers for Disease Control:
Steps to Take if Exposed to COVID-19 During a Holiday Gathering

If you are exposed to COVID-19 at a holiday gathering, while traveling, or at any time, quarantine yourself to protect others by doing the following:

- Stay home for 14 days after your last contact with a person who has COVID -19.
- Stay away from others, especially people who are at increased risk for severe illness from COVID-19.
- Watch for fever (100.4°F or higher), cough, shortness of breath, or other symptoms of COVID-19.
- Consider getting tested for COVID-19. Even if you test negative for COVID-19 or feel healthy, you should still stay home (quarantine) for 14 days after your last contact with a person who has COVID-19. This is because symptoms may appear two to 14 days after exposure to the virus, and some infected people never have symptoms but are still contagious.
- Do not travel until 14 days after your last possible exposure.
- If you can't completely stay away from others during the 14 days:
- Stay at least 6 feet (about 2 arm lengths) away from other people.
- Wear a mask that covers both the mouth and nose when you are around other people or animals, including pets (even at home).
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.
- Monitor yourself and household members for symptoms of COVID-19.
- Get information about COVID-19 testing if you feel sick.
- If you develop symptoms consistent with COVID-19 *within 14 days of the event or celebration*, such as fever, cough, or shortness of breath, or if you test positive for COVID-19, immediately notify the host and others who attended. They may need to inform other attendees about their possible exposure to the virus. Contact your healthcare provider and follow the CDC-recommended steps for what to do if you become sick, and follow the public health recommendations for community-related exposure.

CENTERS FOR DISEASE CONTROL AND PREVENTION

If you have been diagnosed with COVID-19, a public health worker may contact you to check on your health and ask you who you have been in contact with and where you've spent time in order to identify and provide support to people (contacts) who may have been infected. Your information will be confidential.

Get your flu vaccine

Gatherings can contribute to the spread of other infectious diseases. Getting a flu vaccine is an essential part of protecting your health and your family's health this season. Flu vaccines are useful any time during the flu season and can often be accessed into January or later.

Vermont Department of Taxes

No Change to Home Office Deduction

Due to the pandemic, more people than ever are working from home this year. Naturally, the question arises of whether a home office that is otherwise part of the household qualifies for a tax deduction. The answer is no.

The rules for deducting home office space have not changed. Vermont follows federal law on this matter. As before COVID-19, the space must be exclusively used as an office--not shared with the household--to qualify for a deduction.

See the IRS rule for guidance (https://www.irs.gov/businesses/small-businesses-self-employed/home-office-deduction).

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THE CABOT CHRONICLE

DEADLINE: 15th of the month prior to production
Publisher: Cabot Community Assoc.
Coordinator: Jeannie Johnson
Design/Pagination: Todd Jones
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***The Cabot Chronicle* is published nine times a year and is provided *locally* free of charge.**
Phone: **802-279-4309** • Email: **inbox@cabotvermont.org**
P.O. Box 245, Cabot, Vermont 05647

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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.

Cabot Planning Commission

by Jennifer Miner, Chair

Like many other organizations, the Town of Cabot Planning Commission has had to adapt its operations during the COVID-19 Public Health Emergency. Despite the challenges, we have been working on things such as universal education for our members, zoning definitions, and preparing for the revision of the town plan which will occur in a few years.

After the resignation of our long time Chair Charles "Chuck" Marian and a few other members, we have added new members to the Planning Commission including: the current zoning administrator and town lister Brittany Butler, Richard Lacelle, and Glenn Goodrich.

Our meeting is open to the public (via Zoom at this time) and occurs on the first Thursday of each month at 6:00 p.m. Our current chair is Jennifer Miner, and Vice Chair is Bobby Searles. We welcome public comment and involvement in the planning commission meetings.

We hope everyone in the community has a safe and healthy holiday season!

Overdue Utility Bills? Help May Be Available

by Betty Ritter

Has COVID-19 affected you financially? The Department of Public Service has grants to help consumers pay their overdue utility bills, now including municipal and non-regulated water and wastewater/sewer bills.

Check out the Department's website for more information. You may apply here: https://publicservice.vermont.gov/content/vermont-covid-19-arrearage-assistance-program-0. The deadline for these applications is December 15, 2020, for any water or wastewater bills over 60 days.

For more assistance, please contact the Department of Public Service at PSD.Consumer@vermont.gov or 1-800-622-4496. If you're unable to apply online, contact your local community action agency.

Washington Electric Co-Op Provides Grant for Local Food Producers' Online Directory

by Peg Elmer Hough

Two active committees of the Cabot Community Association, the Working Lands Network (WLN) and the Economic Development Working Group (EDWG) are working together to develop an online Greater Cabot Area Food and Fiber Products Directory.

As a first step, members of the Working Lands Network worked on an inventory of producers over the last several years. The next step envisions an online directory, to allow customers to readily contact a producer about purchases. For example, say someone is looking for rabbit meat, or maple syrup, or currants. They remember seeing something in Front Porch Forum offering the product a while back, so they know there's a producer close by, but can't remember who or when. With the Directory, they'll be able to search for the product and get links to that producer and their contact info - when they want it."

In order to complete the Directory, maybe by next growing season, it was decided that we need to move beyond the volunteer efforts so far, in order to design the online platform, get it completed more quickly and to help producers (if they need help) develop a web presence for the links. Washington Electric Co-op has supported the project with a $1,000 grant which, along with CCA funds granted and an anonymous donation, is enough to get the project underway.

Allison Gulka is leading this project. She's asked previously for volunteers over Front Porch Forum but, anyone interested in joining the working group on this can contact her at allison.gulka4@gmail.com.

Creamery

(see 'Creamery', page 3)

the manufacturing building and Cut & Wrap).

We envision the digester as phase one of a three-phase process related to the enhanced treatment of our washwater that could eventually eliminate the need for trucking for land spreading. There are several key factors still to consider and financing will be a critical one, but we have invested already in significant engineering studies to explore these alternative options.

As we further develop these plans, we are currently in the renewal process for our indirect discharge permit, the state authorization of our landspreading program. There will be a virtual public hearing on this permit renewal on December 1; all details are available at https://enb.vermont.gov/ (permit number is 9-0043).

Last month the National Milk Producers Federation awarded Agri-Mark with the Best in Class/Best Cheddar award. Each of our cheese production locations won awards with our entries practically sweeping the cheddar categories. The Cabot facility earned a first-place award for their sharp cheddar. We offer up our congratulations to the Cabot team on a job well done!

In June, Agri-Mark's CEO Ed Townley passed the leadership reins to Bill Beaton as the new CEO of Agri-Mark/Cabot Creamery Co-operative. Bill has been a key part of Agri-Mark's senior leadership team for many years. Together Ed and Bill created a vision for resilience in the face of the coronavirus, and Bill continues to champion our farm families, our employees, and our communities as we look ahead to 2021. Happy holiday wishes to all!

Reducing Waste this Holiday Season

by Shannon Choquette, Outreach Coordinator NEK Waste Management District

DID YOU KNOW: During the holiday season, the average American's household trash increases by nearly 25%! That's roughly 50 billion tons of extra trash between Thanksgiving and New Year's!

Whatever you celebrate for the holiday season, most people look forward to making memories and sharing joy with family and friends this time of year. Due to COVID-19, this holiday season will probably look quite different for many. But, as with any change, this can be an opportunity to make new traditions, which can always include zero waste habits!

Typically, when I write about ways to have a low-waste holiday celebration, I focus on low-waste gift choices. Because, let's face it, most people associate the holidays with gifts. My favorite advice is to provide your loved ones with experiences rather than objects – who wouldn't love getting concert tickets instead of an album? For the 2020 holiday season, however, these suggestions don't seem appropriate.

This year, my advice is to go ahead and buy those gifts but try to focus on buying consumables. Consumables are any gift that – you guessed it – can be consumed. Buying consumables increases the likelihood that the gifts will be used (in comparison to buying gag gifts). What's even better about consumables is they are the easiest type of gift to buy local. Local Vermont stores always offer a wonderful variety of locally produced products including treats, spirits, and handcrafted health and beauty products.

My second piece of advice is to think of a theme for each person you're shopping for and buy gifts around that. This will help you choose meaningful gifts that will truly be appreciated. Who in your life just needs a little extra help relaxing (after this year, don't we all)? Choose gifts to help this person unwind, like scented candles, sweets, or maybe a bottle of wine. Or, what about someone who just loves to eat and try new foods? Try putting together a gift basket with flavorful sauces or some local treats. Whatever you decide for the people in your life, the goal should be to find presents that the person can fully use and enjoy.

RECYCLING TIP OF THE MONTH: In preparation for post-holiday clean-up, buy reusable gift boxes or wrap or, at minimum, recyclable gift packaging. The Cabot Recycling Center accepts any plain wrapping paper (with mixed paper) and gift boxes (with cardboard). *Please do not recycle any paper or boxes that are shiny, metallic, glittery, or made of foil.* If you have questions, please call the NEKWMD at 802-626-3532 or email outreach@nekwmd.org.

The Town Clerk's Office will be closed on

December 23, 24 and 25 for Christmas and December 30, 31 and January 1 for New Years

We want to wish everyone a very Merry Christmas and a Happy Healthy New Year.

Vermont Mask Survey

Cabot's Amy Hornblas has initiated a Mask Survey. The Vermont Mask Survey's stated purpose is "to begin compiling evidence in order to better evaluate the potential health hazards Vermonters are risking as a result of universal mask recommendations." To learn more or participate, the survey and preliminary report are available at https://vtmasksurvey.com/.

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OBITUARIES & MEMORIALS

Jeanette G. Abbott

Jeanette Grace Wellman Abbott, much loved sister and aunt, 90, of Village View Heights in Williamstown, VT, passed away on Monday, October 26, 2020, at Barre Gardens Nursing and Rehabilitation in Barre with her loving family at her side.

Born March 10, 1930, in Calais, she was the daughter of Harry and Helen (Keene) Wellman. Jeanette attended schools in Woodbury and Cabot.

On August 23, 1966, she married Carl Robert "Bob" Abbott. Following their marriage, they made their home in Syracuse, NY, before moving to Cabot Plains, where she enjoyed her pets, gardens, and walking Vermont's hills and woods. She later moved to Williamstown. Bob passed away in June 2020.

Jeanette served as librarian at the Cabot Public Library, where she shared her love of reading with children and adults alike. Previous to that she worked at Sprague Electric in Barre.

In her spare time, Jeanette loved playing golf with her husband Bob, her sister Shirley, and brother-in-law Ben Salls, and visiting her sister June and family in California.

Survivors include her sister June Phillips and her husband Sam of Winnetka, CA; her brother Leonard (Spike) Wellman and his wife Anita of Lyndonville, VT; and her sisters-in-law Nancy Streeter of Barre, VT and Sharon Wellman of Benicia, CA, as well as many nieces and nephews.

In addition to her parents, she was predeceased by her husband, Carl Robert Abbott; her daughter Cynthia Button; her sisters Shirley Salls and Dorothy Churchill; and her brothers Harry Wellman, Jr., and James Wellman.

The graveside service to honor and celebrate her life will be held in the Cabot Plains Cemetery at a later date.

In lieu of flowers, memorial contributions may be made to Barre Gardens Nursing and Rehabilitation, 378 Prospect St., Barre, VT 05641 or to the Cabot Public Library, PO Box 6, Cabot, VT 05647.

Arrangements are by the Hooker Whitcomb Funeral Home, 7 Academy St., Barre. For a memorial guestbook, visit www.hookerwhitcomb.com.

John Walter des Groselliers

John Walter des Groseilliers, 74, of Hardwick passed away Wednesday, November 18, 2020, due to complications related to a heart condition.

He was born on November 16, 1946 in Hanover, NH to Albert and Helen (White) des Groseilliers. John attended school at Sacred Heart and Lebanon High before attending Hesser School of Business. He received his funeral director's license in 1970 from the American Academy McAllister Institute of Funeral Service in New York. For the next 50 years he would go on to serve families in their time of loss both in New York and later in the Johnson and Hardwick, VT communities.

While not a Cabot resident, John had many friends and served numerous families in Cabot during difficult times. A detailed obituary is online at https://www.holcomb-desgroseilliers.com/obituary/John-desGroseilliers.

Contributions in John's memory may be made to Hardwick AWARE, PO Box 307 or Mary Queen of All Saints Parish, PO Box 496. Memories and condolences may be conveyed to the family at dgfunerals.com.

Barbara E. Lord

Barbara E. Lord, 84, died peacefully in her sleep on Sunday, November 8, 2020, at Maple Ridge Memory Care in Essex Junction, VT.

She was born in Cabot, VT, January 21, 1936, the daughter of Wesley and Helen Talbert. She graduated from Cabot High School and completed Champlain College with a degree in secretarial studies.

Barbara was married in Cabot on May 27, 1956, to Abner Lord and had three sons: Tracy, Keith, and Kirk.

She worked for the Essex School system as a secretary at both the Essex Elementary School and Founders Memorial School. She retired in 1990.

She is survived by her brother Ken Talbert, brother-in-law Paul Boudreau, and her three sons and daughters-in-law, Tracy and Deb Lord of Colchester, Keith and Mary Lou Lord of Essex Junction and Kirk Lord and his long time life partner Sue Alexander of Essex Junction; five grandchildren, Shannon, Amanda and her husband Devin, Taylor, Gina, Carrie, Ian, and Satu and her husband Joseph; and four great grandchildren, Gavin, Cullen, Liam and Uriah.

She was predeceased by her husband Abner Lord in 1992 and her sister Beverly Boudreau in 2020.

The family wishes memorial donations be made to C.I.D.E.R., 324 US-2, South Hero, VT 05486. No memorial services are currently scheduled. A burial service will be held privately for family in Cabot. Arrangements are in care of the Ready Funeral & Cremation Service, Essex Junction. To send online condolences to her family please visit www.readyfuneral.com.

SEND YOUR LOCAL BIRTH ANNOUNCEMENTS, MEMORIALS, AND OBITUARIES, TO THE CABOT CHRONICLE AT INBOX@CABOTVERMONT.ORG

Philip J. Tetreault

It is with heavy hearts that the family of Philip J. Tetreault, 86, announces his passing on November 8, 2020. He was born July 15, 1934 to Noel and Corinne (Comeau) Tetreault in Richmond, VT.

Philip was a skilled craftsman and carpenter and spent his working years as a homebuilder. When he could, his favorite activities included bow and rifle hunting as well as walking his property in Marshfield.

Philip leaves behind his wife, Blanche Tetreault, his daughter Kathy Ache, his three sons; Daniel Tetreault, Dale Tetreault, and David Tetreault, and his ten grandchildren. Philip also leaves behind eight step-children.

Philip's final resting place will be at the Cabot Plains Cemetery where family will gather for a private service. The des Groseilliers Funeral Home is in care of arrangements.

ADVICE FROM THE TREE WARDEN

by Roland Payne, Jr.
Cabot Tree Warden

In the November article I wrote about dormancy in trees during winter, hopefully you read and enjoyed it. With another winter bearing down on us soon and the pandemic surging again, the woodlands on our properties make a good sanctuary from the outside world. Whether you are looking to cut next year's firewood or do a little skiing, it seems a great time to become more familiar with our local forests in Cabot.

Without a doubt, time spent in the woods will lead to many questions about plants, trees, identification of trees, and caring for trees. There are many good websites to visit if you chose to bolster your knowledge of the plants and trees in your forest this winter. Some suggested sites to visit this winter are Vermont Covets at www.vtcoverts.org, Vermont Woodlands at www.vermontwoodlands.org, Land Ethic Vermont at www.ourvermontwoods.org, and Vermont invasives at www.vtinvasives.org. All these sites offer an excellent learning opportunity for anyone who spends the time reading their content. Vermont Coverts' mission is "To enlist Vermont landowners in a long-term commitment to maintain and enhance diverse wildlife habitat and healthy ecosystems."

These organizations all seek to educate and engage landowners to enhance their woodlands. Whether you are looking to improve the forest ecosystem or become more knowledgeable about identifying and removing invasive plants, now is a good time to start learning.

Vermont Coverts and Vermont Woodlands sites have calendars which show upcoming events and workshops. This winter, unfortunately, these are virtual workshops due to the pandemic we are all struggling with currently. Also, each of these sites offers links to many other sites with similar content. The workshops held regularly are usually hosted in collaboration with Vermont Fish and Wildlife, a Vermont County Forester, or Vermont Forests, Parks, and Recreation. The presentations are interesting and enjoyable to attend on a Zoom or Microsoft Teams meeting. After the workshops conclude, there is usually a question and answer time for any questions you may have. Workshops are usually free to attend and offer tremendous learning opportunities for attendees.

If you are interested in learning more about wild mushrooms and mushroom identification for next summer, try the YouTube channel "Learning your Land." Adam Haritan makes it enjoyable to watch and learn about wild mushrooms.

Make the most of your time and your woodlands this winter. Wishing a Happy Holidays to all, be well and stay safe!

Town Meeting is Tuesday, March 2, 2021

by Betty Ritter

It's Not Too Soon to Start Preparing

The last day to submit petitions for town meeting 2021 is Thursday, January 14. Petitions may include one or more articles and must:

- contain the petition language on each page on which signatures are collected; and
- include the printed name, signature, and street address of each registered voter who signed the petition.

Due to the pandemic, rules change as the situation changes. Stay tuned for information on proper filing of petitions, such as signature requirements. We already know this Town Meeting will be unlike any other Town Meeting we have experienced.

In response to the concerns posed by COVID-19, the Vermont Legislature passed Act 162, which allows a legislative body to vote to use Australian ballot for any town meeting in 2021 (annual and/or special town meetings).The temporary law allows municipalities that normally vote from the floor on Town Meeting Day to instead use the Australian ballot by vote of the legislative body. Under current law, only a vote of a municipality's voters may allow the switch to an Australian ballot system. Municipalities whose meeting locations don't allow for social distancing may find the switch to an Australian ballot system helpful during the ongoing pandemic. Although the legislation mainly addresses next year's town meeting, it allows all annual or special meetings to be conducted via Australian ballot for all of 2021.

As the situation unfolds, information about submitting petitions and Town Meeting information can be obtained from the Cabot Town Clerk (tcocabot@gmail.com or 563-2279), Vermont League of Cities and Towns (www.vlct.org) or the Vermont Secretary of State's Election Division (https://sos.vermont.gov/elections/).

Elected positions that expire in 2021 and require petitions include:
Two Selectboard seats
Two School Board seats

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.

Budget Process Underway

by Frank Kampf, Staff Writer

The Selectboard has started the budget process for the fiscal year that will run from July 1, 2021, until June 30, 2022. In 2017 the voters of Cabot approved changing the fiscal year from the calendar year to a fiscal year that starts on July 1 and ends on June 30 of the next year. The nomenclature FYE (fiscal year end) 2022 represents a fiscal year that will start on July 1, 2021, and end on June 30, 2022.

The first budget meeting was held on October 20, and they are meeting every Tuesday at 4:00 p.m. The meeting is available to the public via Zoom, which can be accessed either by the internet or by phone. At the first meeting, the Selectboard reviewed the draft audit for FYE 2020, which noted a deficit, some of which was offset by grants that came in after the end of the fiscal year. But even accounting for those grants, the Highway Budget still has a deficit of $142,400, the Willey Building has a deficit of $99,686, and the General Fund has a deficit of $3,904.

Mike Hogan noted that the town must retire a deficit by law, and the board should understand what is accounting for the deficits. Looking closer at the Highway Budget, there is a deficit of $62,060 for FYE 2020. Carried forward from the prior fiscal year, FYE 2019, was a deficit of $80,340. After a review of which grants were projected and which were received, Mike concluded that the board needs to be more careful about budgeting income that isn't guaranteed. The board continued to look into the budget deficits and after analysis of the Water & Wastewater expenses considered a possible rate increase to $250.00 per Equivalent Residential Unit (ERU), but wanted to table it until they understood the overall budget.

The board next looked at the general fund and analyzed the cost of 2% raise for town employees on the payroll expense. Next the board looked at the Cabot Appropriations and decided to cut the Chronicle and the CCA appropriations. The proposed total appropriations would be: Ambulance $25,000; Cabot Chronicle $5,000; Senior Center $600; Faith in Action $2,500; Cemetery Commission $20,000;

The Special Services appropriations were a significant topic of discussion at last year's Town Meeting, and the board agreed that the amount of controversy caused by the reductions was not in proportion to the amount of the appropriation. The board proposed to fully fund the requests and put $20,000 into the budget as a placeholder until the appropriation requests are received.

At the second budget meeting, on October 27, the board discussed the possibility of selling several properties. The voters of Cabot have already approved selling the Grader Shed property, and the board was surprised that the current appraised value is $19,000. The board pondered whether they should do an auction or use a realtor. The town article approved the sale of the Grader Shed at $52,500 and the board decided to go forward with selling the property.

The board also looked at the possibility of selling the Marcotte building, which is appraised at $173,900. The building was originally purchased as a potential location for a new firehouse, but Mike noted that grant monies are hard to get in the current environment. However, selling the Marcotte building would require an article asking for approval to sell the building. Ruth noted that the building continues to deteriorate as it sits.

The board also considered selling the Masonic Hall, which also needs to be put forth to the voters of Cabot in a town article. Fred mentioned that the Masonic Hall is encumbered with an agreement that allows the Masons to use part of the building for 100 years. The board also discussed the future of the building located next to the wastewater plant, which is a historical building. The town also owns land on Route 2 which was approved by the voters to sell in 2019, but in the past the board has kept the property for wetland mitigation. The property is four acres and appraised at $33,000. The board decided to go forward with selling the property.

The board then moved onto the highway budget and went through the line items with Aldo one at a time, discussing what would be needed in the next fiscal year, after which the board returned to discussing the general fund. The discussion regarding the Recreation Committee budget focused on the $5,000 cost of the recreation coordinator. The board felt that the amount needs to be justified, and until then the amount will be reduced.

There was no budget meeting held on November 3 due to the election, so the next budget meeting was on November 10. The agenda for this meeting included reviewing the proposed library, fire department, and Willey building budgets. During the meeting, the prospect of holding the 2021 Town Meeting during a pandemic was discussed at length. In response to concerns posed by COVID-19, the Vermont Legislature passed Act 162, which allows a legislative body to vote to use Australian ballot for any town meeting in 2021. If all articles are voted on by Australian ballot, then there is no need for a floor meeting. However, the town still needs to hold an information meeting prior to Town Meeting Day. The Selectboard plans on deciding to use Australian ballot for all Town Meeting Articles at a December meeting.

Select Board Adopts Health Emergency Policy

by Frank Kampf, Staff Writer

The Select Board meeting on October 20 started with Susan Cherry presenting information about The Community Restorative Justice Center. According to their website, the center is a non-profit and provides opportunities for people to change the way they treat each other in order to maintain our communities as safe and enjoyable places to live, work and play. Susan said that the community of Cabot has been underserved and that she has started working with Cabot School to get their programs into the school. She wants to inform the town the services are available to the community of Cabot. The center often gets referrals from community members, but town officials such as the Town Clerk, Zoning Administrator, or the Animal Control Officer often inform community members the services are available from the center.

The board proceeded with the regular Emergency Management Update, after which they decided to adopt a new Health Emergency Policy. These are key points in the policy:

- Town of Cabot reserves the right to close any town owned public building,
- No organization shall be allowed to enter or use the Willey building without authorization
- Town Office staff will continue normal office schedule and provide services via email, phone, and very limited access by appointment
- Outdoor meetings at town owned public sites are limited to 25 people with physical distancing protocols

The full text of the policy can be found on the town web site home page. Currently the Willey building is closed to the public.

At the November 11 meeting of the board the Emergency Management Coordinator, Jenn Miner, noted the Governor's new orders limiting indoor gathering to ten people. There was no further discussion on how this affects select board meetings.

The Lister, Jeanne Johnson, updated the value for the grader shed which was incorrect due to an error in data entry. The entered value was missing the building value and when corrected the value is $52,500. The town will be selling the shed and 0.8 acres of land. However there is an additional parcel connected with the grader shed and there was discussion on whether that parcel would be included with the sale, or not. After the status of the additional parcel is determined, the sale will be done by sealed bid.

The CCIF Committee Chair Adam Overbay has resigned effective November 5. The committee no longer has enough members to create a quorum. Greg Burtt, the current vice chair noted that there hasn't been a meeting since Adam was appointed chair, and that back in April the money had been pulled out of the market and placed into a savings account. Mike Hogan recommended that all activities of the committee be suspended until there is a full committee, but the loan subsidies should still be honored during this period. The board will consider actions at the next meeting.

Other committees also lost members as Andy Gilbert resigned as chair of Cabot Trails and as the Cabot representative on CV Fiber Board. The board appointed R.D. Eno to replace Andy on the CV Fiber Board, but the Cabot Trails position remains open.

Natural Communities Study

by Frank Kampf, Staff Writer

43 Rare and Uncommon Species in Cabot

On November 16, the Conservation Committee hosted a public informational meeting on the Natural Communities Study funded by a town meeting grant. More than two dozen residents in attended on Zoom. The consultant ecologist and botanist hired by the committee, Matthew Peters of Woodbury, presented findings of his field work.

Gary Gulka, chair of the committee, explained the study focused on natural communities and habitats unique and special in Cabot. One of the goals in the Cabot Town Plan is identifying biodiversity and avoiding fragmentation. Gary noted this is a good start towards understanding what we have in Cabot. However, the pandemic limited what could be done during the study.

Matt introduced himself, noting that he works across Vermont and other states in the northeast. He identified the project goal: identifying significant natural features and encouraging good stewardship through outreach and education. He explained a "Natural Community" is an interacting assemblage of organisms and physical environment, along with the ongoing processes that affect both. In simpler terms, identifying organisms from trees to microbes, the terrain, movement of debris and soils, and episodic events such as flooding - all are part of a natural community. The information is useful for land management and conservation planning.

Matt described the bedrock geology in Cabot, chiefly comprised of three different formations. Soil types in Cabot consist mostly of poorly drained soil, known as Cabot Soil, and organic soils, such as peat and muck, mostly found in the swampy areas. There is an area along the Winooski River which consists of alluvial deposits and glacial lake bottom

(see 'Communities Study', page 6)

Cabot Election Results

US PRESIDENT AND VICE PRESIDENT		
Joseph R. Biden	Democratic	558
Don Blankenship	Constitution	3
Howie Hawkins	Green	8
Jo Jorgensen	Libertarian	8
Christoper LaFontaine	Independent	2
H. Brooke Paige	Grumpy Old Patriots	3
Donald J. Trump	Republican	296
Kanye West	Independent	6
Total Write in Counts		8
Blank Votes		8
Total Votes		900
REPRESENTATIVE TO CONGRESS		
Peter R. Becker	Independent	11
Miriam Berry	Republican	251
Christopher Helali	Communist	7
Marcia Horne	Independent	14
Shawn Orr	Independent	5
Jerry Trudell	Independent	5
Peter Welch	Democratic	571
Blank Votes		36
Total Votes		900
GOVERNOR		
Wayne Billado III	Independent	1
Michael A. Devost	Independent	2
Charly Dickerson	Unaffiliated	1
Kevin Hoyt	Independent	3
Emily Peyton	Truth Matters	5
Phil Scott	Republican	658
Erynn Hazlett Whitney	Independent	2
David Zuckerman	Prog/Dem	202
Overvotes		1
Blank Votes		25
Total Votes		900
LIEUTENANT GOVERNOR		
Wayne Billado III	Independent	7
Ralph Corbo	Banish the F35S	5
Cris Ericson	Progressive	19
Molly Gray	Democratic	430
Scott Milne	Republican	398
Total Write in Counts		2
Blank Votes		39
Total Votes		900
STATE TREASURER		
Carolyn Whitney Branagan	Republican	257
Cris Ericson	Progressive	29
Beth Pearce	Democratic	516
Alex Wright	Independent	25
Total Write In Counts		1
Blank Votes		72
Total Votes		900
SECRETARY OF STATE		
Jim Condos	Democratic	516
Cris Ericson	Progressive	20
H. Brooke Paige	Republican	264
Pamala Smith	Independent	34
Blank Votes		66
Total Votes		900
AUDITOR OF ACCOUNTS		
Chris Ericson	Progressive	121
Doug Hoffer	Dem/Rep	628
Total Write In Counts		5
Blank Votes		146
Total Votes		900
ATTORNEY GENERAL		
T. J. Donovan	Democratic	530
Cris Ericson	Progressive	32
H. Brooke Paige	Republican	261
Total Write In Counts		3
Blank Votes		74
Total Votes		900
STATE SENATOR		
Ken Alger	Republican	27
Ann Cummings	Democratic	444
Andrew Perchlik	Dem/Prog	364
Anthony Pollina	Prog/Dem	381
Dawnmarie Tomasi	Republican	261
Dwayne Tucker	Republican	266
Paul Vallerand	Independent	45
Total Write In Counts		2
Blank Votes		701
Total Votes		2700
STATE REPRESENTATIVE		
Bruce A. Melendy	Republican	256
Henry Pearl	Democratic	598
Total Write In Counts		3
Blank Votes		43
Total Votes		900
HIGH BAILIFF		
Marc Poulin	Republican	356
Asa Skinder	Democratic	419
Total Write In Counts		3
Blank Votes		122
Total Votes		900
JUSTICE OF PEACE		
Cedric Alexander	Democratic	511
Susan Carpenter	Democratic	556
Fred Ducharme	Democratic	564
Gwen Hallsmith	Democratic	414
Carla Payne	Democratic	437
Caleb Pitkin	Democratic	516
Judy Pransky	Democratic	470
Write ins		44
Overvotes		
Blanks		2788
Total		6300

Communities Study

(continued from page 5)

deposits. The topography and hydrology of Cabot mostly drains to the Winooski River, but the upper northeast corner, around Joe's Pond, drains to the Connecticut River.

Matt then reviewed his process, which first involved gathering existing information, then identifying and prioritizing significant areas of interest, known as sites, finally performing a field survey of prioritized sites. He was looking for rare and uncommon natural communities at the state or local level. He identified 34 different sites, mostly the undeveloped regions within town. The Conservation Committee sought permission to access 99 properties, obtained 54 responses, which resulted in access granted to 45 properties. Matt was able to visit 29 properties within ten different prioritized sites.

Matt identified nine new state significant natural communities and rare local natural communities such as a temperate acidic cliff, since cliffs are uncommon in Cabot. In addition to the natural communities, he found at least 43 rare and uncommon species, of which two are endangered in the state and three are threatened in the state.

Matt continued with a focus on Joe's Brook, which is lined by cedar swamps. The swamps are surrounded by cedar seepage forest, which is more sloping and with shallower soils than the swamp. Cedar swamps are common locally in Cabot, but uncommon statewide. Another cedar swamp he studied is along Molly's Brook next to Route 2, which is probably the largest in Cabot, and contains trees 100 to 200 years old. In the upper Winooski River Valley, Matt found a rich northern hardwood forest and an intermediate fen. A fen is a type of wetland full of undecayed material such as peat, similar to a bog.

In the west Winooski ridges, Matt found a beaver meadow complex, historically a location of an old mill pond, but since returned to a varied location of wetlands and ponds. Further downstream he located another cedar swamp. The last location Matt discussed was Hooker Mountain. This was where he found a red oak northern hardwood forest, uncommon in Cabot.

The hour and a half was interesting and informative. The presentation was recorded and will be available on the town website.

Select Board Considers *Cutting Chronicle* Appropriation

by Frank Kampf

At the October 20 Select Board budget meeting, the board discussed the *Cabot Chronicle* and Cabot Community Association (CCA) appropriations. The CCA is the publisher of the *Cabot Chronicle.*

Ruth Goodrich started the discussion, "Everybody is going digital and we're paying for a paper newspaper to go out and I get one and I just put it right into the recycling bin. I might look at it, I might not, and that's just me because I don't spend time reading a newspaper. I think it's a luxury and we are really down to starvation budget here and we have to look at what's a necessity to take care of our people, and what's a luxury. And you've got to make some hard choices."

Mike Hogan responded, "I've advocated an e-version of the *Chronicle* for years." Then Matt Nally pointed out, "not everybody has digital". Michelle LeClerc added, "Betty has been dealing with Jeanne on the Chronicle because they are having another one this coming month, they are struggling with ways to fill it up, so they don't need one every month."

Mike said, "so they are spending what is currently budgeted for this fiscal year, we're talking the next fiscal year. I'm with Ruth 100%." Ruth followed, "They could fund that whole thing by advertising, if they work that street, but they are not working that street as hard as they could."

Matt asked, "What's the general consensus in town?" Then Fred Ducharme chimed in and said, "All this stuff is going digital." Ruth continued, "We are all in that age group, where you might not quite be digital yet, but we are. And so, you might be talking about a few older people that haven't gotten into social media and digital stuff yet, but I think a lot of people have."

After a short discussion regarding Special Appropriations, they returned to the Chronicle line item in the Cabot Appropriations, and Michelle asked "What do you want to do? Do you want to do $10,000, $5,000?" Ruth shouted out "Five," and then retorted," Just pick a number."

Then the discussion turned to the CCA, but the discussion was paused because someone was coming down the stairs and Betty said, "Let's not discuss this at the moment." So, they moved onto the Faith-in-Action appropriations and then returned to the CCA. There was a consensus among several in attendance that the CCA has not done anything for the community this year and should still have the $10,000 appropriated to it in July.

Cabot Fire Department Monthly Report

by Walter Bothfeld Jr., Chief

Cabot Fire Department went on four calls in the month of October. Two were in the town of Cabot, one was in Marshfield, and one in the town of Walden. We had a motor vehicle accident, a house fire, a grass/wood fire, and a fire alarm activation.

Our training for October was vehicle rescue. During the training exercise many items get reviewed and performed to properly use our hydraulic tools, "The Jaws", "The Spreader" and "The Ram," to cut and spread a car apart to free a person(s) or cadaver from a heavily damage vehicle.

During this training, a person played the part of the driver. After stabilizing the vehicle, we systematically cut the doors off, removed the windshield, cut and rolled the roof off, and pulled the dash/steering wheel away from the driver. These are all tasks that might be needed to free a person from a heavily wrecked vehicle.

There are many safety checks and tasks that get performed during car accidents, all to extricate the occupants in a safe, quick, and efficient way so medical attention can be given. Many times, the patient does not see or even know these safety checks and tasks are taking place around them. It's training like this, using real donated vehicles, that keeps us up to date on the most efficient operation of the extrication equipment, as well as the review of the multiple hazards of today's modern cars.

It is the time of year to look over your vehicles and make sure they are ready for winter driving. Check over the heating and cooling systems. Make sure the vehicle has good winter tires. Have a good scraper/snow brush and please clear your windshield completely before driving. Check all lights and carry an emergency blanket with you. Drive carefully and stay safe.

COVID-19 is doing a second wave. The Fire Department is doing everything they can to keep our town folks and the firefighters safe. We have masks and hand sanitizer stations in every truck. We wear masks as much as possible on every call and we are starting to have our meetings on zoom to make it safer for our members.

Stay Safe and Happy Holidays!

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.

Loving Winter in 2020

by Gwendolyn Hallsmith

Winter's icy tentacles have been creeping down the mountains, you see a dusting of snow, frozen puddles on the road. You might dread the dark nights, or the frigid mornings when you scrape the windshield with frozen fingers. Not me, I love winter. Before you turn the page, just think: it might be possible for you to love winter, too, without needing round trip tickets to somewhere hot and sunny as an incentive.

I start getting ready for winter this time of year. Since I love to ski, that involves walking or biking every day to get back in shape. With colder weather, it's much easier to do more rigorous exercise because you don't get so hot. There are ski trails to hike and make sure they aren't blocked by fallen trees. Revisiting ski trails in the fall is my favorite way to see the foliage.

Then the first real snowstorm turns our grey November landscape into a sparkling fairyland. The wet early season snow is perfect for snow sculptures. During the epic Thanksgiving storm of 1986, we built a giant snow turkey in the yard to celebrate. I never settle for the old fashioned three-tiered "snowman" with a carrot nose and black top hat. Make a mark on the neighborhood with the most humorous, or political, or topical snow carving. Organize a snow sculpture tour, with hot drinks nearby to warm up.

Skiing, snowshoeing, even just going for walks with spikes on your shoes to avoid slipping, has got to be the most fun you can have in the winter. You can walk in the woods, be outside, and *there are no bugs*. The days are short, but with the right equipment you can find all sorts of new ways to get around town. If you don't like to bushwhack, there are several places with local trails already developed, check the new Cabot Trails Master Plan for more information.

Equipment is key. There really is no such thing as bad weather, only inadequate equipment. If you find that you are cold outside in the winter, it could be you are dressing wrong for the weather. A decent pair of long underwear – bottoms and tops – can really make a difference. It needs to be made of thermal materials, not cotton, but there are a lot of different types at different prices available. Wool socks, layers of thermal material and wool, down, a warm hat, boots and gloves are essential. Buying good spikes that you can put on your shoes also makes walking a lot less dangerous.

Once you master being warm and comfortable outside, winter loses its bite and starts to look like the ultimate playground it is. Ice skating, skiing, sledding, none of these sports has to be too expensive. While it's true that going to a resort and riding the lifts can add up fast, Vermont ski areas nearby - Bolton, Burke, Mad River Glen, and Sugarbush - all offer special Vermonter prices several times a year. Going out for a snowshoe or cross-country skiing on local trails is free once you own the equipment.

Just do it. Get outside. Sing winter songs. Look on the bright side. Winter is lovely, you might as well love it.

Cabot Ice Rink Tentative for this Season

by Susan Socks

With all the uncertainty swirling around, it's a little hard to plan. We hope Cabot will have a rink this winter, but the logistics are still under discussion. If we do have a rink, there will not be loaner equipment available, as there is no way to sanitize skates, sticks, and nets between users. The loaner equipment…generously donated over the years, curated for safety, and kept in good condition…makes the Cabot rink an equitable place where everyone can participate.

- Without the loaner equipment, will there be enough users to make it worth building and maintaining the rink?
- We're also not sure if it will be safe to have an outdoor space where people congregate…can patrons be counted on to maintain social distance and wear masks while skating?
- Finally, with so many people stretched thin, juggling work and remote schooling and other pandemic-caused challenges, will we have enough volunteers to keep the rink going.

Like so many things in the past year, we have more questions than answers. For the most up-to-date information on the Cabot rink, visit our Facebook page, www.facebook.com/cabotrink . And if you have comments, questions, or would like to volunteer, contact Susan Socks at cabotfarm@gmail.com.

Snowmobiling in VT With COVID Still Around

From Vermont Association of Snow Travelers, Vtvast.org

Many have questions about how snowmobiling will work this coming winter.

This past summer, Vermont welcomed visitors from all over to come here to enjoy the outdoors, although they did ask that folks isolate and quarantine before they got to Vermont or at their own home before coming to Vermont. VAST expects these same guidelines will be in place this winter. So here are some important tips.

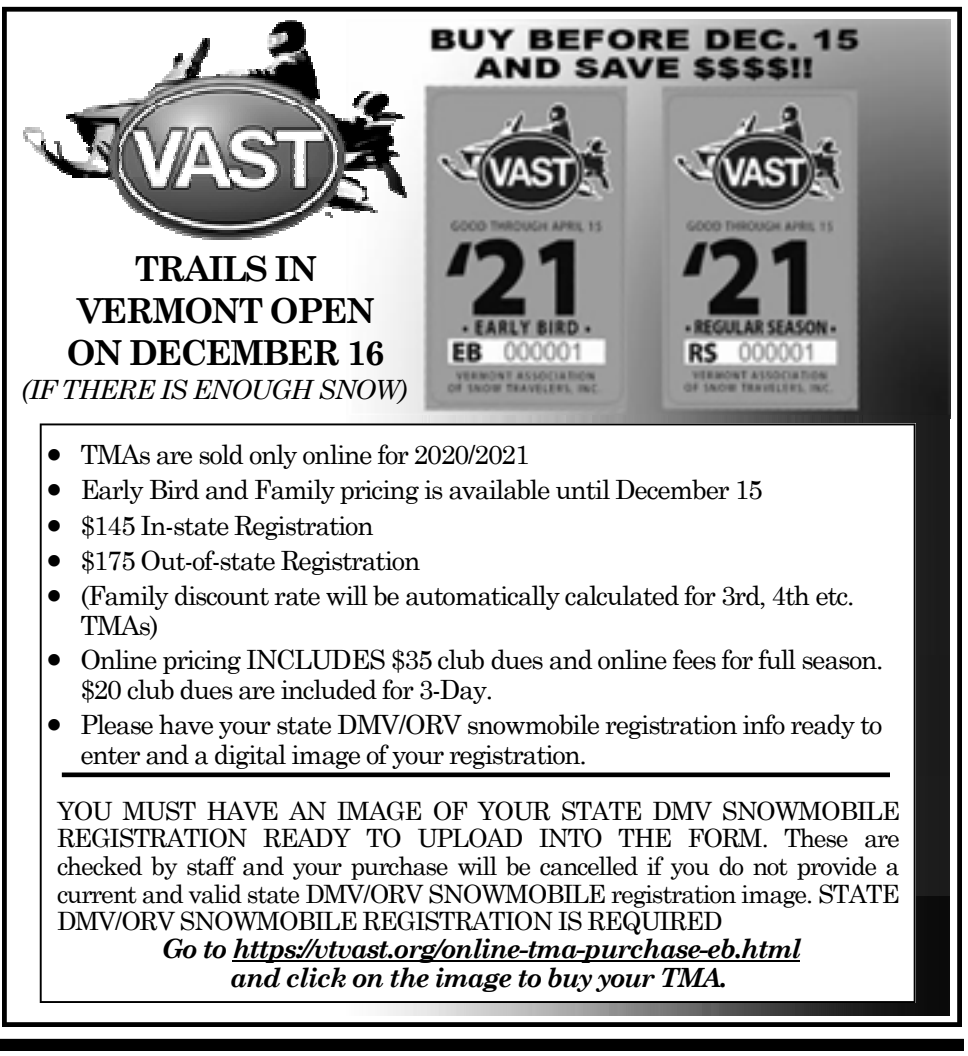
- Everyone is required to wear a mask when in public in VT, so that means at junctions, stores, gas stations and restaurants when not eating, etc.
- If you are supposed to be quarantining, then plan to only ride with those in your family group or quarantining group, do not go out to eat, bring all the food you will need for your stay, etc. Isolating or quarantining means just that.
- Keep an eye on Vermont's guidelines put out by the State of Vermont at this link: https://accd.vermont.gov/covid-19/restart/cross-state-travel
- Vermont is not checking on people that visit here currently, instead they are using an honor system that visitors need to follow with state guidelines to follow to protect yourselves and those in Vermont when you visit here. If you are sick, or have someone close to you that is sick, please stay home. You can ride when you feel better and test negative. This honor system could change if infection rates take off, so do your part so we can all stay healthy and ride when the snow gets here.
- If you are coming to your second home from another state, check Vermont's regional map and guidelines for the region you are coming from. If you are coming from an area Vermont deems yellow or red you must follow all the guidelines. Isolation does not mean you cannot get out and snowmobile or do other types of recreation as long as you are only doing it with those you are isolating with. Do not go to restaurants, pack in and pack out only, or do curb-side pick up when available.
- There are other rules that Air B&B properties and lodging faculties also have to follow, and they will tell you what those are on their websites, or when you call them for availability.
- Lastly, when stopping at junctions, please wear a mask if others are present. Let's show only good and positive actions on social media to show that snowmobilers are responsible folks during this time of medical crisis. No one wants to be the one that leads to us getting shut down because we could not follow simple rules.

Thanks for understanding and fingers crossed for a lot of snow this winter.

Club Events, Club Meetings & Destinations this Winter

What is going to happen with club events this winter? What about cook shacks and restaurants?

Restaurants are only open in a limited capacity, so one idea is to pack your lunch just in case. If you think about having a fire to cook some hot dogs, make sure you check with the club in advance to see if they have landowners that don't mind having you do this. Some clubs have mentioned putting out some designated charcoal grills and fire pits for riders to use. Check with the clubs where you are riding. As always, if you pack it in, PACK IT OUT!



To Be A Member of A Team - On Becoming a Fire Chaplain

by Alexandra Jump, M Div, APBCC, ICISM member

I took my initial training for Critical Incident Stress Management on the suggestion of Rev. Dr. Susan Suchocki Brown, a member of the Massachusetts Corps of Fire Chaplains. She was a First Responder Chaplain during 9/11. The Boston Marathon Bombing was in the spring of my senior year at Andover Newton Theological School. That day rocked our community, as we all knew people who were running or watching the race, and we all went on lockdown as the bombers were apprehended. It was a collective and massive trauma to individuals as well as to our community and our country.

I had been trained and certified in Pastoral Care and Counseling along with my Masters in Divinity. I had worked with patients, their families and their providers in hospitals and in the streets. But the bombing provoked discussions with Susan concerning my need for further training in trauma prevention during critical incidents. She introduced me to the concept of Critical Incident Stress Management. The bombing made it clear that my seminary and chaplain training were simply not enough.

I completed my CISM training with the Massachusetts Fire Academy in both Group and Individual Crisis intervention . I was able to use the methods outlined by the training when a residential care community had several residents die within a short window and two staff members died from battling cancer. However, the day I was called in was due to the staff learning that morning that a beloved staffer had committed suicide. Responding to the needs of the staff, within an hour of being told of their need, helped the staff move through their shock and grief, while giving them the tools to continue on with their jobs of caring for others. Group debriefing and individual crisis management was reported to be more helpful to the staff in the short term than the longer bereavement groups.

Recently I moved home to Cabot, Vermont and joined the fire department as a Chaplain. Just as Chaplain training is specialized to hospital, academic or military callings, joining a fire department as a Chaplain requires training by that department on how they do things. As a Chaplain, I will not pick up a hose, go into a burning structure, or get in the way of the first responders. I will be there to support the first responders by bringing a calming and informative presence to those who might be on the scene as victims or onlookers and be there for first responders to do individual and group debriefs after intense events. On the scene, I will be identified as Chaplain by my gear. CHAPLAIN on big letters on the back of my red coat and Alexandra on the front. (Having the last name JUMP might cause some confusion.) Post scene, I might be part of the group, working with others with CISM training to do peer processing, or be called in by other departments to help with debriefing.

The training that is the most fundamental to understanding and knowing how the fire department works as a team is to be part of the team. To that end, the Cabot Fire Department holds trainings each month, and recently I participated in an extrication from a vehicle. The truck was donated by one of the members and, after the cadaver dummy was placed in the passenger seat, I climbed into the driver's seat and was buckled up. All the doors were then locked and the extrication began.

Cabot extracting the Chaplain, photo by Chip Taylor

I thought I knew what to expect because I was told what the process was prior to going into the truck. However, one cannot really prepare for being extricated: for the sound of the breaking glass, nor the doors being pulled off, nor the lights flickering, nor the roof being pealed back by the crew. What was comforting to me was that I was told what was going on as it was happening. The training included questions and affirmations that would be asked at an accident: " Ma'am, are you ok? ", " We are going to get you out", "We are going to break the window behind you." Then Andy, acting as an EMS first responder unlocked the back-passenger door, entered the car and stabilized my neck. A blanket was placed over me to protect me from breaking glass Throughout the drill, Andy talked to me about the various scenarios that I might see at an actual accident with an extrication. Head injuries, drunkenness, overdoses, massive physical injuries, and death of vehicle occupants are traumas my team will experience and they will have to do their work with focus and precision to save lives.

The key to being a competent chaplain is put yourself into an empathic relationship with the individuals you are working with, victim or responder.

The day after the drill, I returned to the site and was able to see the aftermath of the surgical extraction. The site of the truck gave me pause. I had been a willing participant in the practice extraction, yet extractions and accidents happen all the time, without scheduling and not staged. In the light of the day, it dawned on me the importance of knowing the process and what it feels like to be in one. To be a member of a team that trains you the way they want you to be in that team is critical. To know and be a part of your team gives you the needed credibility when Critical Incident Stress Management is applied successfully.

The Day After - Photo by A. Jump

First Cabot Marriage

by Peter Dannenberg, Cabot Historical Society

James Morse was born on May 6, 1746, in Hopkinton, Massachusetts. He wed Hannah Smith November 26, 1769, in Barre, Massachusetts. He was a Revolutionary War Minuteman.

Morse moved to Cabot in 1789; he became Cabot's thirteenth settler. He built the first house at the Center of Town. Earlier settlers built along the Bayley-Hazen Road on Cabot Plains. His log home was the first Cabot tavern. He called it a hotel; it probably served as an inn for travelers. He also owned the first wagon in town, often used by others in Cabot.

In 1792, Morse became both Cabot's representative to the Vermont legislature and the first Cabot Justice of the Peace. He was moderator of Cabot's 1793 town meeting. It was the first town meeting that elected a full slate of town officers. Minutes listed him as "Capt. James Moss."

Morse performed the first marriage in Cabot between David Lyford and Judith Heath on July 23, 1795. Morse worried about performing a marriage, so he rehearsed. He stood one of his sons, David, next to a tree stump and married the couple. David, as directed, agreed to love, cherish, and protect her. David and the stump were solemnly pronounced husband and wife.

Even after his dry run, James Morse blundered at the real ceremony; he had David Lyford promise to "forsake her and cleave to all other women." Morse was a Justice of the Peace for many years; he did better later.

. Despite the mangled vow, the Lyfords had a successful union. They had nine children. The Judith Lyford Women's Club that raised funds for the Willey building honored Judith's memory. She was a fearless pioneer, as this tale shows:

There were two humble log cabins on West Hill, with a narrow footpath between the Lyfords and their neighbor. At the back of each cabin was a barn.

A swamp with large trees and thick bushes bordered the footpath. Walking home, Judith saw a bear cub. Through the bushes, she caught a glimpse of the adult bear and a second cub.

Most people would have run, but not Judith Lyford. She snatched up the cub. The cub squealed; it began to scratch and bite. She swung the cub into her sturdy tow apron, wrapped both arms around it, and ran. She heard the enraged mother bear crash through bushes behind her.

Judith reached the house, darting through the open doorway. She flung the cub from her arms, swung the plank door shut, and dropped the wood bar into its socket. A second later, the enraged mother-bear slammed into the door. The door held against the brute's efforts. The cub kept squealing, making the old bear frantic.

Hearing noise, David came out of the barn and saw his wife run in the house, with a bear at her heels. He ran to the rear window. Judith passed the always-loaded gun to him. David ran to the front of the house. The frantic bear did not see him. One shot laid her dead. The cub in the house soon shared the same fate. The second cub escaped.

James Morse had a narrow escape too. He borrowed money for business ventures that failed. Back then, **c**ounty jails imprisoned destitute persons who could not pay court-ordered judgments. They could stay jailed indefinitely, until they worked off their debt or raised funds to pay the balance. Their labor went towards both the costs of their incarceration and their accrued debt.

The Caledonia County sheriff jailed James Morse in Danville. The jail was a log building beside Danville Green. Debtors could walk up to one mile from the jailhouse during daylight. Chains around roadside trees marked the boundary. Going beyond this was an "escape."

Other Vermonters suffered similar fates. Ira Allen, former Vermont Treasurer, Surveyor General and a founder of the University of Vermont, went to jail in Burlington for debt. When released, he "jumped bail" and fled to Philadelphia. Allen could never return.

Revolutionary War hero William Barton was first grantee of Barton, Vermont. He lost a lawsuit and refused to pay. He, too, was imprisoned at Danville. Barton was in prison for 14 years, from age 63 until 77. His friend from the war, the Marquis de Lafayette, visited from France, and agreed to pay the balance, freeing Barton.

Vermont law released debtors who swore to the debtor's oath in court. The oath was:

"You solemnly swear that you have not estate, real or personal, to the amount of $20.00, nor sufficient to satisfy the execution on which you are committed, except such as is exempt from execution; and that you have not, directly or indirectly, disposed of any part of your estate to defraud your creditors; and that you have not, since your commitment, disposed of any of your property to defraud the creditor on whose execution you are committed. So help you God."

However, the oath only applied to one creditor at a time. If there were more creditors, each could have the debtor jailed again.

James Morse owed several creditors. He left Danville jail while some still had unsatisfied claims. This ended up as an important Vermont Supreme Court case in 1800, Childs v Morse and Osgood. It is complex and lengthy. A creditor sued, saying the sheriff let Morse "escape;" he should not have released Morse, because he knew there were other unsatisfied debts. The Supreme Court decided the sheriff acted in good faith, relying on a court certificate. Years later, laws changed to prevent lengthy incarceration for ordinary business debts.

James Morse died August 21, 1812, at 66 years of age. The builder of the first home in Cabot Center rests in the Center Cemetery, with other Revolutionary War veterans. Many descendants still live in the area, including owners of Morse Farm Maple Sugarworks in Montpelier.

Cabot Public Library News

by Kathleen Hoyne, Library Director

The Cabot Library Trustees and community volunteers have been hard at work readying the library's reading room for reopening as soon as things settle with the pandemic. In addition to the beautiful new cherry shelving (thanks to a generous bequest from Kathryn Welsh), you will notice three new computer desks, two new computers, refinished floors, and a whole new look to the room. Many thanks to everyone who helped – socially distanced of course. Our reopening plan protocols include COVID-19 related questions at the door, masks, hand sanitizer and temperature check – all required, one person or one family unit at a time, and front door use only. We'll keep you posted!

The library has lots of new books - something for all ages and interests. Curbside library service is currently available Monday through Thursday from 9:00 a.m. to 5:00 p.m. Call (563-2721), email (cabotlibrary@yahoo.com) or browse our online catalog on our website (www.cabotlibrary.com) to request items. Pick up times are coordinated with patrons If you don't know specifically what you want, we can pick something out for you, and if you need a library card, we can get you one over the phone or email.

Online resources:

RB (Recorded Books) Digital – Over 9,400 downloadable audiobooks, 725 downloadable e-books. There are no holds or waiting lists for core titles; they are always available. Contact the library for sign up info.

Green Mountain Library Consortium/Overdrive/Listen Up! Vermont – 17,000 audio/e-books downloadable and free. Everything and anything. Contact the library for sign up info.

Universal Class – Access over 500 online courses free. This might be the perfect time to take that class you've always wanted. Contact the library for sign in details.

Vermont Online Library - Covering everything from newspaper articles to DIY car repair, the Vermont Online Library (VOL) can help with any topic. Available for free to all Vermonters, VOL has options for all ages from elementary school through adult. You can even use it to read current articles from the NY Times, Washington Post, the Economist, and more. Use the link on our website.

Free eBooks – https://www.gutenberg.org.

Wi-Fi - The Wi-Fi will stay on, as always, and patrons can access it from outside the building.

Educational Plans – Whether you're schooling online, in person, or a combination of both, we are here for you. We can help navigate online resources and help access research materials available throughout the state. Ask for our compilation of resources for home-school families.

Thanks so much to the Cabot Library Trustees –Linda Gabrielson, Jeannie McCallum, Angela Ogle, Kurt Steinert, Beth Wade, and student representative, Mekiah Smith for all their help with fixing up the reading room and for their steadfast support. Special thanks to Jeff Gabrielson, John Grosvenor, Christina and Emmett Steinert and Paul Wade for their invaluable help with readying the reading room for reopening. Thanks also to all our wonderful library patrons for their patience and perseverance with curbside service.

The Friends of Cabot Library thank Jaquie Baker and Helen Morrison for their contributions of books for the annual July Fourth library benefit book sale. Those wishing to contribute books, video CDs or audio books should contact a Friends member at (802) 279-8641 or email atkinsreddog@gmail.com.

We wish you all happy and safe holidays, especially this year.
Kathleen Hoyne, Library Director

Twin Valley Senior Center

by Rita Copeland, Executive Director

Here we are at year's end. Certainly 2020 has been an incredibly challenging year and a strange one under the pandemic. At Twin Valley Seniors, the volunteers and myself have worked extremely hard to do what we can under the circumstances and restrictions of the COVID-19 and state guidelines, to keep operations on an exceedingly small but important scale going. The cook and volunteers have done a tremendous job on keeping Meals on Wheels going to homebound residents. Phone calls are made on a regular basis to Meal on Wheels recipients as well as to seniors that attended the center regularly. They tell us every time how much they miss coming to the center and socializing with one another.

The center closed in March, which put a big damper on our fundraising events. Our Veterans, Hunter's Breakfast, Thanksgiving and Christmas special days for hosting gatherings could not take place. The center staff has missed dearly the one on one contact with many who attended the center, as well as the delivery staff on the Meals on Wheels delivery routes.

However, the volunteers and staff have been grateful for being able to allow a little activity for exercise participation and foot care. For those that chose to attend, they all say they appreciate being able to attend to get their exercise and feet done.

The center wants every one of you to know how grateful we have been in the past and the future for your continued support. Your support and help have allowed us to purchase the property which took place June 1, 2020. Purchasing the property was needed so we would have the option to expand for needed space. Over the years we have grown, and we will hopefully continue growth in the near future. We are hoping year 2021 (without the pandemic) will let us review Twin Valley's present and future needs.

Your donations that allowed us entry into large grants (if chosen) toward a pavilion was successful. A Pavilion area would be used to the fullest in the nice weather with some of our activities and fundraisers held outside. For everyone's sake we are hoping 2021 will bring back some normalcy to everyone's life, (including) Twin Valley Senior Center.

Everyone at Twin Valley sends to each one happiness this Christmas with peace and comfort throughout the New Year. Please know we will be thinking of you and hoping you will be making the best of the Holiday Season in these abnormal times.

With the next edition of the *Cabot Chronicle* my thoughts are, we will be in the New Year and there will be nothing as great as sending you news that we are up and running again and hopefully getting back to normal! Remember, TVSC is your center for meals, programs, socialization, and we hope when we get back to normal that you will use it to the fullest. Your ideas and suggestions are always welcome and appreciated. We want the center to be what you want it to be. We are always looking for board members. This is your opportunity to oversee the center to guide it in the right direction for all people in the communities we serve.

Holiday Blessings, Rita

Jaquith Public Library

The Marshfield Town Selectboard decided mid-November to close the Old Schoolhouse Common building in Marshfield due to the increase in COVID-19 cases in Marshfield and Washington County. As such, the Jaquith Public Library has decided to return to **curbside only service** starting Tuesday, November 17. Our hours will remain the same (Tuesday through Friday 9:00 a.m-noon & 3:00-6:00 p.m.). Home deliveries will be available to senior citizens who live within a ten mile radius.

Online access to eBooks and audiobooks is still available through Green Mountain Overdrive/Listen-up Vermont and Libby and they can be accessed through the library's website. Both of these services allow users to either stream or download audiobooks and eBooks and are free to library patrons. There are also digital resources available from the library, such as VT Online Library, Universal Class and Consumer Reports. You can find links to all of these from our website: www.jaquithpubliclibrary.org.

If you need help ordering books and materials, setting up an account, remembering your library card number, or working through the use of any of these systems, please call or email the library (426-3581 or jaquithpubliclibrary@gmail.com). We will continue to have free, powerful Wi-Fi available outside of the library.

by Susan Green, Director

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

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

Monthly Book Group for Adults Fourth Mondays of the month at 7:00 p.m. by Zoom

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! We are currently using Zoom for our meetings.

January 25 –*The Giver of Stars* by Jojo Moyes

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! We are creating kits like: toothpick playdough shapes/structures, friendship bracelets, origami, snap circuits electricity kit, calligraphy, block building engineering, robotics and more! **Supported in part by the Vermont Humanities Council.**

Story Time 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, Butterflies, Friendship, Music, Moon and Bedtime. More coming soon! Have a theme you'd like to see? Let Deborah, our youth librarian, know: jaquithyouth@gmail.com.

Vermont Youth Book Awards - Voted by Kids!

Looking for ideas on what to read next? Or suggestions for your kids?

Every year three youth literary awards are handed out with the assistance of the Vermont Department of Libraries. The nominees are chosen by a panel, and the winners are voted on by Vermont youth. Get your reading on!

--***Red Clover Book Award (K-4):*** Stay tuned for programming for the 10 Red Clover Picture Book nominees this Winter!

--***Middle Grade Book Award (grade 4-8):*** Pick up a list of the 30 nominees for the Middle Grade Book Award - and a punch card to keep track!

--***Green Mountain Book Award (teens):*** There are 15 amazing YA picks for the Green Mountain Book Award - and voting is ongoing from now until spring. See our website for details: https://www.jaquithpubliclibrary.org/green-mountain-book-award.html.

(see 'Jaquith', page 12)

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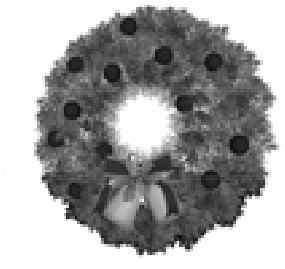
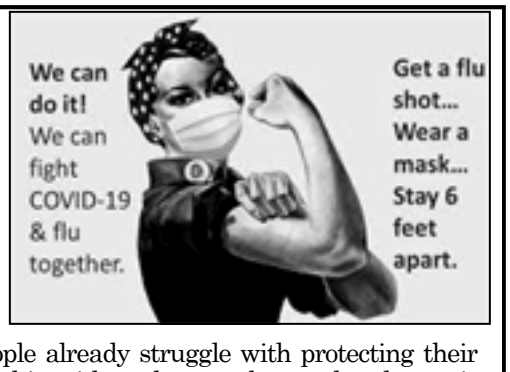


Cabot Ambulance Officers for 2021

President: Daniel Peterson
Vice President: Jennifer Miner
Secretary /Treasurer: Marcy Martin

We recommend getting your flu shot!
Photo Credit to Portland.va.gov



Protect Your Mental Health During the Holidays and COVID-19

During the Holiday season many people already struggle with protecting their own mental health. When you couple this with cooler weather and a dramatic surge in COVID-19 cases locally it can all become overwhelming.

- Eat a healthy diet – This can reduce your risk of depression by 25%-35%
- Exercise at home- Take a walk, use weights, online classes such as Yoga or Zumba
- Make sure that you are getting enough rest
- Do not smoke or drink alcohol excessively
- Maintain self-care and personal hygiene - **EVEN if you are staying home**

What Does Community Support Look Like Now?

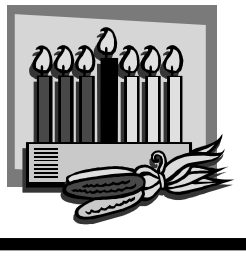
by Rebecca Tatischeff, Cabot School Principal

Almost a year ago, I visited Cabot School for the first time. It was the day of an exhibition of learning. Students were presenting their findings that evening about energy efficiency and climate change. CSPAC was set up and ready to welcome members of our broader Cabot community. Many of you were regular attendees. Many of you showed your support for our students' learning by showing up to see what our students had to say.

A year later, our exhibitions have changed. We cannot yet welcome visitors onto campus to display students' work. We have, however, been able to invite you to join virtually to our First Indie Film Festival and look forward to more times when you can see our students' work made public in these new forums. If you have not had a chance to see students' films, please visit the Cabot School Facebook page. This begs the question, what does community support look like now?

Our students need your support, but not in the same way as before. They need your support to keep schools open. They need to know that you won't travel. They need to know that you'll wear a mask. They need to know that you will give up large gatherings, multi-family gatherings, going out to eat, and being with friends so that they can stay in school. Giving these things up is a small choice we can make as a community to support our students' learning. We must do everything we can to ensure that our students can be in school.

Community support does look different now. Our exhibitions look different right now. Our vision to create a place of belonging and inclusion has not changed. We need your help as a community to keep our school safe. We know that this virus is not spreading in school, but it is spreading in our communities right now. Thank you for all you are doing to help keep our community safe so Cabot School can stay open.



CABOT MENTORING

Chloe enjoying a summer hike with her mentor, Kim Small. Photo credit: Kim Small.

by Susan Socks

2020 Donor Drive

Cabot Mentoring depends on community donations for more than 50% of our budget. **This year, we have moved our Donor Drive primarily to an online format…**please consider making a tax-deductible donation via our website, www.cabotmentoring.org, where every page has a Paypal "donate now" button. Thank you in advance for your help!

Return to remote mentoring

Our mentoring pairs enjoyed outdoor activities together during this long, warm summer: biking, hikes, swimming, campfires, and watching the Cabot/Twinfield soccer team. But with the recent surge in COVID-19, and reinstatement of stricter social distancing, we're back to remote-only mentoring. Our mentors and mentees are staying connected in a variety of safe ways:

Chris Tormey and Owen talk on the phone, catching up on each other's latest news.

Susie Socks and Danielle play online Scrabble, expanding their vocabulary (like "qat", "uod", "wold").

Monica Morrissey and Alaina trade journal entries, talking about how their lives have changed during the pandemic, and sharing positive aspects of their experiences in these historic times.

Our other mentoring pairs find additional creative ways to have fun, including cooking via video call and watching streamed concerts and theater shows with a chat window open to talk. And sometimes pairs just exchange a couple texts, to say hi and send a smile. While virtual time isn't a substitute for the in-person time and activities we could do in 2019, we're fortunate to have a variety of hi-tech and low-tech options.

We are living through a historically significant time, with a great deal of stress and uncertainty . . . it's wonderful to have these inter-generational friendships, where we can support each other, and learn from each other.

If you would like more information on Cabot Mentoring, visit our website, www.cabotmentoring.org, or email us at cabotmentoring@gmail.com.

ANNOUNCEMENT

Cabot Smith Farm

and the Hourihan Family

wish you and your loved ones a peaceful and healthy Holiday Season.

We are excited about the future but sad to announce the end of our Christmas Tree adventure at Cabot Smith Farm.

While you can no longer find your Christmas tree at Cabot Smith Farm, we will continue to have Strawberries in Summer, "Squashapalooza" in Fall, and lots more is planned!

We'll be working all winter and spring to get ready for you.
Stay tuned at Cabot Smith Farm on Facebook.
We cherish the joyful times that we have been able to share with our customers in past Christmas Seasons.
Thank you for these memories!

The Hourihans

Understanding* THE CABOT CHRONICLE *Print Schedule

Some readers have questioned the irregular schedule of recent editions of *The Cabot Chronicle*. With a budget for nine issues, we plan to deliver papers by the beginning of the month on the following schedule for the remainder of the town fiscal year:

- **December/January Edition**
- **February Edition**
- **March Edition**
- **April/May Edition**
- **June Edition**
- **July Edition**

The Cabot Chronicle and the Cabot Community Association are dedicated to serving Cabot and its surrounding communities. Submissions are always welcomed. If you have any questions, suggestions or concerns, please contact us at inbox@cabotvermont.org.

And as always, we thank you for your support.

Jaquith

(see 'Jaquith', page 12)

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 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 for additional information on clean wood heating see https://dec.vermont.gov/wood-burning.

Art Show: Paintings by Viiu Niiler

Paintings by Viiu Niiler are on display at the Jaquith Public Library. Viewings can take place any time during library hours.

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.