

THE CABOT CHRONICLE

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Veterans Day

Each year the Veterans Day National Committee publishes a commemorative Veterans Day poster. The Committee selects a poster from artwork submitted by artists nationwide. It also distributes the winning design to VA facilities, military installations around the world, and across cities and towns in our nation. It then serves as the cover of the official program for the Veterans Day Observance at Arlington National Cemetery.

Over the years these posters have illustrated the rich history of our coun-

try's service men and women. The poster reflects our pride and patriotism in saluting Veterans while providing the thematic artistry for the year.

The theme for Veterans Day 2022 is "Honor." Veterans are proud of their military service in defending our Nation. Honor reflects the military value and tradition of answering the call to duty. There is distinct honor in serving to protect our way of life and the Constitution of the United States of America.

From the Superintendent's Desk

by Mark Tucker, M.A.,
Caledonia Supervisory Union

PCB Testing at Cabot School - an Update

I wrote to the Cabot community on August 23rd after we received word from the Department of Environmental Conservation (DEC) that airborne testing conducted at Cabot School in early August had identified two areas where the levels of PCBs in the air were above State-determined thresholds for action

by the school. One area was the Art Room and connected shop classroom, where the level was only high enough to restrict use of those spaces by pre-kindergarten students. That did not present an immediate problem because we don't use those spaces for pre-kindergarten instruction. The second area was the gymnasium, where levels measured within the gym space and the adjoining stage area were above the Immediate Action Level (IAL) for students in Pre-Kindergarten - Grade 6; this find-
(see 'Superintendent's Desk, page 2)



2022 GENERAL ELECTION



TUESDAY, NOVEMBER 8, 7:00 A.M. - 7:00 P.M., WILLEY BUILDING TOWN HALL

Bring your ballot with you ~ Walk-in or Drive-up voting

If mailed, postmark must be by November 8 or place in Town Clerk drop box before 7:00 p.m. November 8

Call 802-563-2279 for ballot pickup for homebound

Go to www.CabotChronicle.org if you missed Q&A for local House and Senate candidates in October edition.



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Superintendent's Desk

ing meant, we were told, that those two spaces should be considered off-limits for instructional use by those grade levels. However, Principal Tatistcheff and I decided to close the gymnasium and stage area for use by all students, and so the gym has been closed since school reopened on August 26th.

Since I wrote on the 23rd, we have been navigating a ponderous process for resolving these findings so that we could reopen the gymnasium in the near-term, and remediate the problem in the gym/stage area and the Art Room in the long-term. Rather than going into all the details of this journey again here, I am linking you to a [Seven Days article](#) that outlines the difficulties we have experienced as the first school in Vermont to have faced this airborne PCB issue*.

What Has Changed

After meeting with the State (Department of Health, Department of Environmental Conservation and Agency of Education) we have clarified what our occupancy options are for use of our school spaces. These occupancy options are protective of our students and staff while we work with the State to address the PCB source(s) in our school.

The State now supports the following occupancy options for Cabot School:

- Restrict access to the stage area for pre-kindergarten through sixth grade students
- Restrict access to the gym space for pre-kindergarten students
- Restrict access to the art room and adjoining shop classroom for pre-kindergarten students.

These occupancy options are changed from the initial guidance we received, which led us to close the gymnasium to all, and had they been in effect when we first learned of this issue in August, we might not have closed the gymnasium. However, we have decided to wait until we get the results from this week's source testing to make a decision on re-opening the gymnasium.

PCB Testing at Cabot School - Another Update

This is a follow-up to my newsletter from October 5. Based on current data, received from our consulting engineer late last Friday, the revised airborne PCB levels are below the threshold that led to our closing the gymnasium in August. As a result, we are reopening the gymnasium effective Tuesday, October 25. Outdoor PE classes will continue for now, but as soon as the teacher decides the weather is not conducive to outdoor classes, she will be free to move the classes back inside the gymnasium. Other routine uses of the gymnasium by community groups will be approved again in accordance with Cabot School procedures that were in effect before we closed the gymnasium in August.

To continue reading the Superintendent's full report, go to <https://www.smores.com/wfqe5>.

Source Testing

Environmental engineers contracted by the school were onsite this week to conduct source testing. The purpose of this testing is to identify which building materials in the Art Room, the gymnasium, and the stage area may be "leaching" PCBs into the air. Ironically, we found out after the fact that when the engineers were onsite in August for the initial airborne testing, they did not ask for the building ventilation systems to be turned on (they are off in the summer months), so one step in this week's source testing included new airborne testing in the gym, art room and shop classroom spaces to determine whether we actually have airborne PCB levels above the State-determined thresholds for action by the school. Any finding from this most recent airborne testing that shows levels at or below the early-August levels will likely result in us deciding to reopen the gymnasium.

Remediating PCBs at the Source

Even if this week's ventilated airborne testing returns results below the State's Immediate Action Level, somewhere in the building materials used in these spaces there are PCBs that are leaching into the air, and I fully expect we will have to address these at their source. The engineer's report from this week's testing is supposed to tell us what to do. I am hoping we will be able to reopen the gym soon, and put off the remediation until next summer when school is not in session, but we will have to wait for the test results and further guidance from DEC.

Mark Tucker, Superintendent

*Seven Days reported on Cabot's PCB problem and dealing with the State. You can read it here: <https://www.sevendaysvt.com/vermont/vermonts-school-pcb-testing-program-is-off-to-a-rocky-start/Content?oid=36630601>. Or go to SevenDaysVT.com and search "Cabot PCBs."

MORE ABOUT PCBs

You can read about two teachers taking action with a 36-page suit against Monsanto because of reproductive and cognitive health issues they attribute to PCBs at Burlington High School:



Seven Days VT

"In the state news: Burlington Educators Sue Monsanto Over PCB Contamination at High School"

Go to www.sevendaysvt.com/vermont/burlington-educators-sue-monsanto-over-pcb-contamination-at-high <https://www.sevendaysvt.com/vermont/burlington-educators-sue-monsanto-over-pcb-contamination-at-high-school/>

Or go to sevendaysvt.com and search "Burlington Educators Sue Monsanto."

WCAX-TV

"Burlington educators sue, claim PCB contamination at high school made them sick" "Burlington to sue Monsanto over BHS PCB contamination"

Go to <https://www.wcax.com/2022/10/10/federal-lawsuit-claims-pcb-burlington-high-school-made-educators-sick/>. Or go to WCAX.com and search "PCB Teachers."

There are numerous other stories concerning PCBs in Vermont and New Hampshire.

PCB Funds

by Senator Ann Cummings,
Washington District

I understand that many Cabot residents have been asking about the status of the funds set aside to help clean up PCB contamination in our schools. A total of 32 million dollars was set aside from last year's surplus in the Education Fund to begin to address the issue. It will take several years to complete testing the schools and to understand the scope of the problem. In the meantime, the Departments of Education and Natural Resources have been charged with developing a remediation plan. The Emergency Board is authorized to release up to 2.9 million dollars to ad-

dress emergency situations. To date, two schools have tested positive for PCBs. The Emergency Board is planning to meet in October to discuss releasing funds so those schools can proceed to the next step of identifying the source of the contamination and developing a remediation plan. When the Legislature returns in January, the plan from Natural Resources and Education will have been submitted. Our goal will be to have a comprehensive and coordinated plan to resolve any issues that come to light as a result of the testing. Funding will obviously be a major part of that discussion. Please feel free to contact me if you have questions or concerns.

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THE CABOT CHRONICLE

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Property Taxes Due November 17

by Betty Ritter,
Cabot Town Clerk & Treasurer

Cabot's final payment for the 2022 tax bill is due on or before November 17, 2022, at 5:00 p.m. Please be sure your payment IS RECEIVED before that date to avoid penalties and interest.

Besides US Mail DELIVERED by November 17, dropoff options include a Town Clerk Drop Box at the rear of the Willey Building available 24/7, 9or if you

want a receipt, come to the office at 3084 Main Street between the hours of 9:00 a.m. – 5:00 p.m. Monday through Thursday.

You may also go online to Cabotvt.us to pay by credit or debit card by going to CREDIT CARD PAYMENTS on the right side of the page and clicking on MAKE PAYMENT. The website will also collect a convenience charge in addition to the tax amount.

Jaquith Public Library

All events are free and held at the library (unless noted otherwise)
122 School St. RM 2, Marshfield, VT.
For info call: 802-426-3581
or email: jaquithpubliclibrary@gmail.com
visit our website:
www.jaquithpubliclibrary.org

Yay!! It is not too late to: Read and Win an "Oceans of Possibilities" T-shirt, a book and a prize! If you lost your reading log, a parent or guardian can come to the library to tell us that you completed your reading challenge!

Great Movies from the Bookmeyer Collection

Second Wednesdays at 7 p.m.

November 9 - Tom Jones (1963): Rambunctious and always entertaining, this movie about the adventures of a young man in 18th Century England won Oscars for best picture, director, screenplay and score and it still seems fresh and alive today.

December 14 - Pride and Prejudice (1940): Even the costumes are funny in this classic and witty film adaptation of an oft-adapted classic and witty book.

Art and Author Night

Charles Bohn: A Retrospective
Saturday, November 5 from 3 to 6 p.m.

3:30 p.m. poetry reading with Charles Barasch & Nadell Fishman
Refreshments will be served.

Nadell Fishman's most recent book of poems, *Traveling Traveling*, will launch on November 25, 2022. The poems explore both Ms. Fishman's interior and exterior travels, the literal and the figurative.

Winter Clothing Giveaway
Saturday, November 12 from 10 a.m.

to 1 p.m.

We are looking for clean winter clothing to be dropped off in the Old Schoolhouse Common gym from November 7 through November 11. **Volunteers are needed Friday from 3 to 5 PM to sort and set out the clothes and on Saturday at 1 p.m. to pack up the clothes. We also need two drivers to bring the clothes to Barre. Please call the library to sign-up.**

Monday Book Group

For copies of the book, please stop by the library. New members are always welcome, Mondays from 7 to 8 p.m. November 28-Marrying the Ketchups by Jennifer Close

Story Time and Playgroup: For kids Birth to Age 5

Fridays at 10:30 a.m.

Get ready for some fun with Sasha during story and activity time. This science, art, and nature-based program will encourage creativity, exploration and time for parents and caregivers to share child rearing practices and challenges. We will start with outside programming, eventually moving inside when it is safe to do so.

Chapters in History Book Group

Second Saturday of the month at 2 p.m.

A free public reading-discussion series co-sponsored by the Marshfield Historical Society and the Jaquith Library. Books are available for loan at the library.

November 12: The Nine: Inside the Secret World of the Supreme Court by Jeffrey Toobin

December 10: American Nations: A History of the Eleven Regional Cultures of North America by Colin Woodward.

It's Time to Vote on the VSECU Merger!

Voting has opened on the proposed merger between VSECU and New England Federal Credit Union (NEFCU) and will end November 8! Your vote is essential and will help determine the future success of the credit union.

To vote, you will need the PIN provided on your paper ballot or in your voting email. If you do not have your PIN, you will need to click through to technical support on the website (<https://www.vsecu.com/empowering-you/merger/>).

How to vote

Merger packets were mailed to all members who joined as of July 31, 2022, and who will be at least 16 years of age on November 8, 2022. Included in the packet is your ballot, voting instructions, and information about the merger. Packets also include notice of a Special Meeting, which will be held on November 8, at 5:30 PM, at the Barre Opera House, where voting on the proposed merger will conclude.

Three ways to cast your ballot

As a member, you have three options for casting your vote:

1. **By mail:** A merger packet was mailed the week of September 20 to all members who joined as of July 31, 2022, and who will be at least 16 years of age on November 8, 2022. The packet includes your confidential ballot and a stamped return envelope for you to cast your vote. Completed ballots must be received no later than November 8.

2. **Online:** You can use your phone to scan the unique QR code on your paper



ballot or go to the balloting website (<https://www.vsecu.com/empowering-you/merger/>), where you will be asked to enter your zip code and the PIN from your paper ballot to vote online. Online voting closes at 5:00 PM on November 8.

3. **In person:** Members may vote in person at the Special Meeting, which will be held on November 8 at 5:30 PM at the Barre Opera House.

In addition to the merger packet, members with an email on file with VSECU received an email with a personalized link and login credentials for the voting site.

Members who have joined VSECU after July 31, 2022, will not receive a ballot in the mail but are eligible to vote on the proposed merger. If you joined after this date, you may pick up your ballot and voting instructions in a branch or request one by email at info@vsecu.com or by calling 802-371-5162.

To learn why the current VSECU Board of Directors and CEO **SUPPORT** this merger, go to <https://www.vsecu.com/pressroom/vsecu-and-nefcu-plan-to-merge/>.

To read why the former VSECU CEO and four board chairs **OPPOSE** the merger and want to keep Vermont in our credit union, go to callingallmembers.org. New information has been added.

VSECU Recognized



Times Argus Best of the Best Readers Choice Award, Financial Institution for 2022
"We're honored. Thanks to everyone who voted for us in this year's Times Argus Readers' Choice Award."

Cabot Fire Department How To Avoid a 3 a.m. Wake Up Call!

Chimney fires are one of the most common causes of structure fires that Cabot Fire Department responds to during the heating season than any other source of ignition. With the prohibitive cost of oil, many folks are planning to use more wood to heat their home this winter and I felt as Chief of your Fire Department it was necessary to bring the following information to your attention.

What is a chimney fire? Well, your chimney is designed to remove smoke from your heating appliance. It is NOT

designed to manage the high heat or flame that your wood stove or fireplace can manage. The making of a chimney fire is smoke (which is unburned particles of wood) rises up your chimney and starts to cool when the appliance is not properly running. This, in turn, causes condensation on the walls of the interior portions of your chimney. As the smoke cools it clings to the sides of the flue (the center part of your chimney). This forms what is known as creosote - a black or brown tar-like substance that starts out (see *"Cabot Fire Department," page 14*)

OBITUARIES & MEMORIALS

Nancy H. Baldwin



Nancy Eleanor (Hall) Baldwin passed away on October 10, 2022, at the age of 97. Nancy was the daughter of the late Rev. Raymond Avery Hall, Sr. and Anna (Polly) French Hall of Charlotte and Burlington, VT, and was born in Burlington on April 16, 1925. Nancy attended the Charlotte Grammar School, the Lincoln School in New York city, Burlington High School, and the University of Vermont. During the summer of 1941 she met her future husband, the late Rev. Kenneth R. Baldwin of Fayetteville, NY, who was working on his cousin's farm in Charlotte. Following their first meeting at a social event for the Charlotte Congregational Church's Youth Group, they commenced a long courtship which lasted through World War II and was sustained by much letter writing. They married on September 4, 1948, in the same church where they had met. Nancy and Ken had a wonderful life together. They made their first home together in Fayetteville, NY, where Ken completed his bachelor's degree before entering into the ministry. Throughout their seventy years together,

Ken and Nancy travelled extensively. This included a trip across Europe following the war during which they worked to rebuild war-torn communities. They lived in Edinburgh, Scotland for a year while Ken took theology courses. Following Ken's ordination in 1953, they lived in Flushing, NY, and their son Stuart was born in October of 1953. Ten years later they welcomed twin girls Amy and Anne to the family. The family lived in several places including Liberty, NY, Higganum CT, Oneonta, NY, and Fairport, NY. Nancy is predeceased by her parents, her sister Jean and brother-in-law John Spasyk, her brother Raymond Avery Hall, Jr., and her husband Rev. Kenneth R. Baldwin. She is survived by loving son Stuart and his wife Harriet (Cone) Baldwin, daughter Amy and her husband Douglas Berry, daughter Anne Baldwin, sister-in-law Andrea Rogers, and many cousins, nieces, and nephews. A memorial service will be held on July 8, 2023, at the Charlotte, VT, Congregational Church, followed by an interment service at the adjacent Grandview Cemetery. In lieu of flowers, donations may be made in Nancy's memory to the Charlotte, VT, Congregational Church, the University of Vermont, or the Fairport, NY, United Methodist Church.

Roland (Slim) Payne



Roland (Slim) Payne, also known as Ted to his family in Maine, passed away peacefully Friday October 14, 2022, at home surrounded by his family. He was 89 years young. He was born August 2, 1933, in Eliot, Maine, to the late Francis Payne and Relefa McIntire Payne of Denmark, Maine. Roland attended schools in Eliot, Denmark and York, Maine. Roland started working for Omega Electric in South Burlington on August 2, 1967; he sold his share of ownership in Omega in 1995 to start his retirement in Cabot, Vermont.

He married Cecile Alexandria Payne in 1958 and together they had three children. They were married for 58 years, until her death in 2017.

He loved the outdoors and took Cecile and his children on many trips and taught them to love travel and the outdoors. He was an avid hunter and fisherman, who loved to spend time outdoors with friends and family. Later in life, he

started raising and selling organic Christmas trees. He loved seeing the joy his trees gave people. He was a kind, generous, and compassionate man. He was always happiest when he was helping others.

He was preceded in death by his parents, his wife Cecile Alexandria Payne; his brothers; Francis Payne Jr., Rayfield Payne, Dennis Payne, Carroll Payne, Herbert Payne; and sisters Gwendolyn Teague and Velma Ellis.

He is survived by his children, Melony Payne Harris, and her husband Mark Harris of Oakland, CA, Roland Payne, Jr. of Cabot Vermont, and Wendy Payne Guay and her husband Joseph Guay of Burlington, VT; his Brothers, George Payne of Keystone Heights, Florida, and Robert Payne of Raymond, Maine; a sister Sandra Utterstrom of Falmouth, Maine; and many cousins, nieces, and nephews.

A memorial service will be held in the summer of 2023. A notice for the service will be in the Cabot Chronicle next spring so that all who wish to attend can join us to remember him and celebrate his life.

COMMUNITY COMMENTARY

The views, opinions and information expressed in the Community Commentary (LTE), are solely those of the writer and not necessarily those of this newspaper or its affiliates.

Candidate for State Senate

By Paul Bean

This is a message to my friends, family, and community:

It was about a year ago that I decided I was interested in making a run for public office. Never did I think I would cover the ground I have. I say this as humbly as I can, I am proud of how far we have come. Nonetheless our work is not even close to over. We have about all we can do to make this thing happen. I just want you to know what has been driving me to do this all along.

There has been a sentiment my whole life about Northfield, or perhaps the state as a whole: "There's nothing to do here...there's nothing going on... I might as well just move somewhere warm, or perhaps a big city." My goal has been to prove that the grass is not always greener elsewhere.

We have to BE what's going on! We have to be the ones participating and influencing the political system. We feel that because we come from these small little "do-nothing" places that our voices do not matter, and we can not influence or compete with the greater community that is planet earth. It is actually the exact opposite. My campaign thus far is proof that anyone can influence our local communities and the state.

Many around me knew that I was not kidding when I said I was running.

Candidate for State Senate

I am Dexter Lefavour of Middlesex, on the November ballot for State Senate with a Libertarian/Republican nomination. The position serves the Washington-1 District, which includes all of Washington County plus Braintree, Orange and Stowe. I have the privilege of appearing on the ballot with the support of both parties. It is indeed a privilege, and it will be an honor to serve this district in Montpelier.

I am a Registered Professional Engineer (civil/environmental) with "side hustles" in farming, skiing and snowboarding and sawmilling.

My campaign platform focuses on:

- Affordability- especially as it relates to lower income people like young people entering the work force and retired people on reduced incomes. Vermont needs to be friendlier to these groups, and more affordable to all.
- Bridging the partisan divide – listening to and reaching out to all Vermonters while being a reasonable voice for balance in Montpelier.
- Promoting sensible policies –my priorities are to promote sensible policies with respect to energy/climate, health care, education, and the environment because present policies have progressed into extreme and non-sensible practices.

Efficiency Vermont is my favorite example of how well intended ideas have led to regressive taxes and fees that benefit wealthier people at the expense of lower income people. Advocates of

Some thought it was a little ridiculous, I can understand that. Yet it is true that I have never been afraid to stand for something I believe in, even if that is not what is popular at the time.

It took a little courage to be the one who said "I want to inspire young people to pursue a life here...I want to help others prove that is possible." We can use this state as a cozy homebase, and a powerful launch pad to the whole world.

It is almost like many feel as if Vermont does not exist to the "outside world." What matters most to me is proving that we can live a life completely immersed in our vibrant towns and communities, while interacting and competing with the whole world at the highest levels.

World class brands. World class businesses, athletes, leaders, and hospitality. Just think of what this state has already contributed to the world.

Truly, when we aspire to be the hardest working and THE BEST at what we do, it doesn't matter where you live, the life you came from, or the perceived barriers and pain holding you down. There is no limit to what we can achieve, create, and give to the world.

There is no forgetting to vote this year! I want you all to be a part of this.

Paul Bean is a candidate for State Senate in Washington County, Braintree, Orange, and Stowe.

these policies do not apologize – they insist they know what is best for all, even when that means taking food off the table of the poor to promote renewable energy and electrification. We can promote renewables and protect the climate with sensible and affordable policy.

Sensible agricultural policy is also a priority of mine. Policies that level the playing for farms of all sizes. Policies that eliminate the barriers to entry for young and small farmers. Policies that include no mandates. Policies that make the Agency of Ag an education partner rather than a regulatory overlord.

Contact: Dexter Lefavour for Senate

42 Dolan Road
Middlesex, Vermont 05602
802 279 3257
lefavouervt@gmail.com



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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 selectboard 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 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. Digital Recordings of selectboard meetings are available on the Town website, CabotVT.US by clicking on "Selectboard Meetings."

Old Center Road and Trails

by Frank Kampf, Staff Writer

The topic of Old Center Road was brought up by Betty Ritter, the Town Clerk, at the September 20 Selectboard meeting. She noted access to the cemetery is either from Danville Hill Road or Glinka's property. She said she was contacting the property owners to ask permission to access the cemetery because there is no access. She said this would be for cemetery hunters. When asked by the board, she said this was for the town, not the Trails Committee.

Michelle Leclerc said that Gwenn Hallsmith had done some research and determined that the Selectboard had closed the road in 1957 and noted that meant the same as "discontinued." This information sparked some discussion about the status of the road and how it was indicated on the maps.

The subject was on the agenda for the October 4 board meeting, and Ian Ackermann started the discussion by relaying a conversation he had with Sue Bothfeld, the owner of the property off Danville Hill which contains the Old Center Road. He said there was a lot going on up at the old town center that should involve the sheriff. He noted that whatever the town wants to do up there, the problems need to be resolved.

Mike Hogan asked Michelle if the road had been discontinued. Michelle said the decision had been sent to the State in 1957, and she had resent it and the Vermont Agency of Transportation was going to correct the map.

Dana Glazier spoke for the Trails Committee about their understanding that the Old Center Road was an unmaintained Class 4 road. Michelle corroborated that the map says impassible and unmaintained, but the paperwork indicates it is discontinued. Dana added that Old Center Road was critical for the committee's plans to create a trail up to Cabot Plains Road from the village.

Kris Schmidt, also on the Trails Committee, asked if there was a way the

town could determine it should be returned to a Class 4 road. R.D. Eno responded by noting there isn't a process to "un-throw-up a road." He said the town would have to work with Steve Bothfeld to get access.

Dana said the committee was in negotiations with the Bothfelds and Glinka to get "up there." He added that they try to work with land owners, but it's not a perfect system. He wasn't sure the trail could get from the cemetery to Danville Hill Road.

The Trails Committee has stated several times that they are attempting to create a link between the Cross Vermont Trail (CVT) and the Lamoille Valley Rail Trail (LVRT). At the October 19 meeting, Gary Gulka brought forth a proposal to join six other towns on a grant application for parking, restrooms, and signs. The idea was to create uniformity on the LVRT section between Hardwick and St. Johnsbury, which is 33 miles.

Gary said the deadline for the application is November 1, and after some discussion there was a consensus that waiting until the next meeting would be too late. Gary said it was an \$80,000 grant, with a 20% match, and Cabot's share would be \$2,667. Mike said there is nothing allocated in the budget, so they would have to take it out of the ARPA funds.

Fred Ducharme said that trails are good and it would be a wise decision to support the grant application. Ian said people were texting him and noting the board is talking about spending money on trails but doesn't budget money for Class 4 roads and probably should. Mike recalled that when ARPA funds were first distributed, trails were mentioned as one of the uses. R.D. Eno said he agreed with Gary's assessment that it was a reasonable investment and it represents an opportunity.

The board proceeded to approve \$2,667 from ARPA funds for the match requirement of the grant application, and approved signing a letter of support.

CVFiber Wants Interview Input from Cabot

shared by R.D. Eno,
Cabot CVFiber Delegate

Dear Friends and Neighbors:

As you know, CVFiber is coming to Cabot!

CVFiber has hired a marketing firm, Crawford Agency, to help them with research about potential customers. I have been asked to help identify five-to-ten Cabot residents who would be willing to participate in a one-on-one web video or telephone interview (about 30 minutes long). The goal of this research is to understand your knowledge of and interest in high-speed internet, your awareness, and your perceptions of CVFiber and its decision-making process.

They are looking for people who are interested in broadband (with varying views). CVFiber wants to know the views of the public in its member towns, and Cabot is a priority!

Please let me know if you would be willing to participate in this one-on-one web video or telephone interview.

Send your name, phone, email, internet service address, mailing address, and best time to reach you.

Thank you!
Linda Gravell
lgravell@cvfiber.net
Governing Board Delegate

Creamery Granted Additional Town Water

by Frank Kampf, Staff Writer

The Selectboard has been talking about additional usage of town water by Cabot Creamery for several months, and revisited the subject at the October 4 meeting. After some discussion about the water ordinance, Mike Hogan said he sent out a draft copy of the memorandum of understanding (MOU) to all the board members.

R.D. Eno then talked about some calculations he had worked on and was satisfied that there was no downside to approving the Creamery's request. He added he would like to see the MOU include the sharing of any costs that might arise since the additional water usage would be a 78% to 108% increase in the output of the system.

Fred Ducharme said he perceived the Creamery just like any other user, and the town would have the option to shut them off. He felt they shouldn't be charged any more or given a discount, and if something breaks the town needs to fix it.

Ian Ackerman noted it could be a two million gallons a year increase, and it

would burn out a pump twice as fast. Mike added that they shouldn't look at the Creamery as a regular household user, and they shouldn't be at the same level. R.D. noted the ordinance makes it clear the water system is primarily for residential use. Ian pointed out the Creamery would not be returning any additional "gray water" to the wastewater system.

Even though R.D. had made a motion, he withdrew it and the board ceased the discussion until the next meeting, which was on October 18, at which Mike presented an MOU that he and R.D. had worked upon. The MOU stated that the town would supply the Creamery with up to 30,000 gallons per day of municipal water, above its normal usage of 2,700 to 7,000 gallons a day. The terms of the agreement were to run for one year, starting on January 1, 2023, after which the town would evaluate the trial period.

The board moved and approved the MOU after reviewing it with Aaron Page, the Cabot Creamery representative.

Fire Department Budget Discussed

by Frank Kampf, Staff Writer

The Selectboard reviewed the Fire Department's budget at their first budget meeting for this budget cycle. Dean Deasy, the Fire Chief, and Elizabeth Smith, the treasurer, were present to explain the budget to the board.

Dean started by telling the board that Elizabeth took over from John Christman as treasurer. He then turned to Elizabeth to explain the budget. She started by admitting the fire department did go over their budget of \$50,000 by \$11,000. According to the town reports, the fire department has been over budget in the 2019-2020 and 2020-2021 fiscal years.

Elizabeth went on to review the proposed budget, which has a total of \$76,000. She said it may sound like a bit of a shocker, but went on to explain the reasoning. She explained \$31,000 is needed just to have a station available, nothing else. She continued by saying that basically they are asking the town to spend approximately \$46,000 for the Fire Department.

She noted that over the last budget cycle the department spent \$15,000 just to repair the trucks, and they are adding that to this budget. Elizabeth stated that unless they get new equipment, they will need to keep putting money into repairs. She also added that the radios and the SBGA (air packs) are no longer repairable, and for which they are working on grants.

Dean explained the SBGA are what the interior fire fighters wear, and there are ten of them. He added all need to be replaced because they have reached their

end of life. He reported all the radios are made by Motorola, and Motorola no longer supports the model. Dean said three have dropped off, and they are really rolling the dice hoping the grants come in to pay for the SCBA and radios.

He also talked about the grant for a new tanker, and if it doesn't come through they are going to be against the wall. Fred Ducharme asked what happens if the grants are not received. Dean said it would be \$94,000 for the air packs and \$20,000 for the radios.

Fred then asked if the \$76,000 covers everything they discussed. Elizabeth said it also includes \$17,000 for truck repairs. Dean said their hope is \$76,249 is the upper limit of what they are going to be spending, and Elizabeth added they can't control the cost of truck repairs.

Fred speculated that the budgeting for these repairs is because our equipment is old. R.D. Eno said he can see that in previous years truck repair has been under budgeted. He then asked if they are looking ahead and projecting any deficit in the current budget year. Elizabeth responded with a no, and explained they are watching their spending closely and will try not to run a deficit in the current fiscal year.

R.D. pointed out there is only \$2,500 budgeted for truck repair this year, and Dean said he was nervous because the tanker is 20 years old. R.D. agreed the proposed budget is more realistic, but its going to be a shock to taxpayers. Elizabeth noted that Marshfield's 2020 budget was \$72,000 and Dean said Walden was very similar. He reiterated that their budget is right where it needs to be.

General and Library Budgets Discussed

by Frank Kampf, Staff Writer

Michelle Leclerc started the review of the general fund budget by explaining the first line item, payroll. She said she plugged in a 3% increase, and Betty Ritter noted last year the town gave employees a 5% increase. Fred Ducharme spoke about how to keep people the town currently has on its payrolls. He noted it would be difficult to replace Rusty, who has been talking about retiring. He speculated that the town needs to up the package, including health benefits. He also noted the road crew does not get paid for being “on call” for six months of the year. There is a lot of demand for road crew.

As part of the discussion, Michelle increased the raise to 5% and stated the payroll would be \$146,145, where it was \$143,480 at 3%. Fred said last year wasn’t even equivalent to the cost of living adjustment (COLA) and we need to go higher than 5% so people don’t go elsewhere. He suggested plugging in 8.2% unless the town starts paying the road crew for being “on call.” Michelle said that would bring payroll up to \$150,408.

Ian Ackerman said his biggest concern was the benefits package. He noted that salaries are similar to other towns, but the benefits in Cabot are lower. Skip Bothfeld noted that towns in the area have been swapping personnel because there is no one to hire, he added that towns are not even hesitating to rehire people back. Fred also added that the road crew also have to give up their holidays, and Ian added that they can’t take a vacation in winter.

Fred concluded this part of the discussion by indicating the town needs to keep up with the cost of living, or people in town are going to work on highways for other towns.

The next line item to create a conversation was the town constable. Betty said they’ve been conversing with other towns and many towns are eliminating the position. She added that town constables have no authority, they can’t make arrests, carry guns, basically can’t

do “squat”. She relayed that many towns are relying upon the sheriffs. Michelle noted the town must vote to eliminate the town constable position.

The board also discussed the library budget at both the October 4 and 18 meetings. Kurt Steinert spoke for the Library Trustees along with Kathleen Hoyne, the library director. Kurt explained that last year they had an unusual situation, they had their standard budget with adjustments. He noted they are slowly increasing the amount of money for expanding the collection of books.

Kurt also recalled that last year they received an ARPA grant for a youth librarian. He explained the program was very successful and heavily utilized and appreciated by the community. He said they initially put forth a request for three years, but didn’t know where it stood. The budget they were proposing depended upon ARPA funds covering the youth librarian.

Mike Hogan, who wasn’t present for the first budget meeting, spoke to the youth librarian position at the meeting on the 18th. He recalled last year’s budget used \$25,000 from ARPA for that position. He also said the board wanted the position to be sustainable down the road. He noted there were still some interesting areas for which the remaining ARPA money could be used.

Kurt said they started using grant money, but don’t expect that source to exist going forward. He spotlighted that there has been a great deal of use and appreciation of the service provided by the youth librarian. Mike asked about comparisons with other towns and Kathleen said the position falls right on average with what other towns spend for the position.

Kurt noted other significant increases in the library budget. He noted insurance is out of their control, and they are using COLA to determine the salary increase, which is 8.7%. The librarian’s salary is part of the library budget and not included in the general fund.

Road Reclassification

by Frank Kampf, Staff Writer

The October 19 Selectboard Meeting covered a lot of topics, and one of them was listed in the agenda as “Class 3 driveways to class 4 roads – discussion and possible decision.” Mike Hogan began the discussion on this subject by noting the town is plowing a bunch of driveways, and that he doesn’t think it should.

Ian Ackermann said he is the bearer of bad news. He said the town had been talking about “doing this for a long time,” and proceeded to list the Class 3 roads that are driveways. He said, “Carpenter’s driveway is just a driveway up to a house and barn . . . Miles and Rhonda Goodrich’s driveway . . . their road just goes up to their barn. . . Robert Rathbone . . . road down to his house, more or less a driveway. Then Dave Pike, the same thing, a driveway to his house.” Ian commented that the town is still plowing those because they were adopted as old roads.

Then Ian went on to list a few sections of Class 3 roads. He said, “for example

McCarty Road, which is off Jug Brook, the beginning of that which is in Cabot, the other end is in Woodbury.” He said that half the time there isn’t a place for the plow truck to turn around, and when that happens the road crew must back out after plowing. He continued, “so instead of being Class 3 for that little jump, we are talking about making it Class 4 so it wouldn’t be plowed, but it would still be maintained like Class 4s are maintained.”

Ian added the same thing applies to “the bottom of Last Road.” He explained that it is plowed to the first house and there is no place to turn around, and the truck must go up the Class 4 road to turn around where it is “tight.” He then stated the “last one is the bottom side of Blodgett. We cross that big culvert there and there is just one house.” He went on to explain that there is a place to turn around, but it gets “tight,” and the snowmobile trail is there, which makes it a “hard area.”

Mike reiterated that he didn’t think the town should be plowing people’s drive-

ways and stated that he had no idea how these driveways became Class 3. R.D. Eno asked if the town would still have to maintain the roads and Ian responded by saying “technically we do.”

Ian also noted that they can’t change them into a trail because it affects homeowners’ insurance. He added the board could throw the roads up completely, which means the town would close the road and ownership of the road would

revert to the property owner. Fred Ducharme agreed the roads that are driveways should be thrown up.

Mike noted there is a process to throw up roads which is a different process. Ian added that he thought changing them to Class 4 was a good start. The Selectboard proceeded to move and approve a motion to reclassify all the roads identified by Ian as Class 4.

Water and Wastewater Budgets Approved

by Frank Kampf, Staff Writer

The Selectboard holds separate meetings for reviewing and approving individual budget items. The first of these meetings was held October 3 and focused on several topics, including Water and Wastewater budgets.

The board started with the Wastewater budget, and after going over the increases and decreases, the discussion proceeded to the rate. Michelle Leclerc said they are trying to keep the rate the same by using ARPA funds for repairs.

Fred Ducharme noted the rate was \$250 per quarter for a residential unit (RU), and there were 121 users. R.D. asked for clarification between users and RUs and Michelle responded that there were 178.37 RUs.

Then the board queried Michelle about the capital expense draw line item. She explained there is an investment account, and when it goes over \$405,000 for a certain amount of time, she transfers the money to a savings account. She noted the \$405,000 is money set aside from the CCIF fund until 2031.

Michelle stated that since income covers expenses, and repairs are being paid for with ARPA funds, the rates don’t

need to be raised. R.D. speculated they should be contributing to the reserve fund, to which Michelle noted they raised rates recently, and they can’t keep raising rates.

The board approved the budget as presented by Michelle, and then moved onto the Water budget. The board reviewed the budget presented by Michelle, carefully identifying the line item increases and decreases.

Fred asked about the bond payments, and how long they will continue. Michelle answered the bond was until 2031, and the water line loan payments will exist until 2048, but that loan was at 0% interest.

R.D. asked about the reserve fund and Michelle explained water and wastewater are different entities and have separate accounts. She reported the water reserve fund contained approximately \$63,000.

Fred noted that there were 103 users, and it would make a big difference if they had meters on the houses. He indicated the apartment building would improve the revenue. After some discussion regarding usage of ARPA funds, the board approved the water budget as it was presented.

Class 4 Roads

by Frank Kampf, Staff Writer

Maintenance of Class 4 Roads has been discussed at several Selectboard meetings this year. Irv Robbins is a resident that lives on a Class 4 Road and has been advocating for the town to provide maintenance on Class 4 Roads ever since the town eliminated the small tax discount properties received on Class 4 Roads through an appraisal adjustment. Irv had done a survey of all Class 4 Roads and made a presentation to the board at the October 4 meeting.

Irv introduced himself, indicating he lived on Molly Road, and said, “the more I studied, the more I drove around, the more I learned.” He went on to say the relatively flat roads are in good shape, but as the grade rises the condition becomes worse. Irv then went through the list of roads and described the condition of each one. He summarized by saying “each road are [sic] very differently, some are populated, and some are sparsely populated.”

The town listers and the town clerk had provided Irv with information regarding taxes and structures on the roads, and Irv indicated there are 58 structures on Class 4 roads. He announced the properties on Class 4 roads contribute 13% of highway taxes. He also noted that some properties are in the Current Use program, and that pro-

gram contributes additional money to the highway fund from the state.

Mike Hogan responded to Irv by saying the board is looking at the conditions of the Class 4 roads. He said they have been up these roads and know the condition. He said the board talked about this last year when the budget was put together, and they talked about identifying money for Class 4 maintenance. He noted they are looking at the town’s Class 4 Road policy and considering changes.

Mike asked Irv about his top recommendation. Irv responded that he hoped there was a budget item for Class 4 road maintenance. The board and Irv discussed how much money should be spent on Class 4 roads, and Ian pointed out that Blodgett Road could cost at least \$60,000 for gravel, not including the cost of work.

Irv responded by saying that Blodgett Road “doesn’t fit the economic situation for most of the roads, it’s sort of a throne to the rest of the Class 4 roads.” He said he has spoken with a lot of people on Class 4 roads and the most important thing is gravel. But he added that gravel is useless unless there is ditching, and you can’t crown the road unless there is gravel.

After more discussion about Blodgett Road, Mike brought the discussion to a **(see ‘Class 4 Roads’, page 7)**

Class 4 Roads

(see 'Class 4 Roads', page 7)

conclusion and said all Class 4 roads have individual stories and problems. He added anything done will increase the budget and be passed on to taxpayers. He said he thinks the board needs a little time to look at these numbers. He noted the first budget meeting was the previous night and eventually they will hear from the road crew. He remarked that to be balanced in their approach, they should have a meeting with every person that lives on a Class 4 road. He then recommended using the meeting on November 15 to try and get all the folks on Class 4 roads to attend.

At the October 18 meeting, the Selectboard put "Class 4 roads Policy changes – discussion and possible decision" on the agenda and several residents on Class 4 Roads attended to speak to the Selectboard. Mike said the board wanted to hear from Class 4 road residents and the ultimate goal is to gather information for the policy.

David Eister, a half-year resident on Dubray Road, spoke first and said he had owned property since 1965. He said the town didn't have to do work every year but asked the town to watch the roads and when they become potholed and washed out, to put material on the road and grade it. He felt it would be appropriate for the taxes that residents pay.

Robert Johnson and Audrey Anna Meledandri live on Blodgett Road, the only year-round residents on the Class 4 portion. They spoke about the issues on

their roads but indicated the town had just done some work putting in drainage dips. They said they would just be thrilled if it could be maintained in its current condition. They expressed their major concern was just making sure it was passable for essential service.

Maria Acchione Goodrich, who lives on McKinstry Road, noted that in the short 0.2 miles of the road there are six families and five businesses. She noted there is someone on the road (Ian Ackermann) that does work on the road. She said the main issue is how much water comes down from the top, and an old culvert under the road needs attention.

Irv Robbins spoke and said he thinks the issue is equitability. He mentioned Ian had said the Class 4 roads in good shape have work done by those who live there. Irv pointed out if someone leaves then that could create a problem.

Dean Deasy, the Fire Chief, said he had taken fire apparatus on Class 4 roads to judge accessibility. He mentioned there are some potholes, and some are narrow, but the biggest obstacles are growing in from the side or above. He added that whether the residence is year-round or not, it's still an asset the fire department needs to protect.

Ian pointed out on the first page of the current Class 4 road policy; roads are maintained at the selectboard's discretion. He said the board is just trying to make it easier, and noted they are just not promising to do something every year.



Upcoming Conservation Events

The Conservation Committee is planning some fall/winter events and presentations

on Sunday afternoons, including one outing in January on winter wildlife tracking. Here is a tentative schedule. Look for more details on Front Porch Forum.

- December-January - Vermont's Forests in a Changing Climate
- January-Feb - Tracking Wildlife in Winter

- March – Bear Aware Vermont

• April – Ash Borer & Ash Tree Management Plan
Thinking ahead to next spring, we are planning on several outings in the woods, including a bird walk, spring ephemerals and wildflowers, invasive plant identification and removal, and managing woodlands for wildlife.

If you are hungry for more quality information on wildlife, including recorded webinars, live on-line webinars and presentations, field trips around the state, and publications, consider signing up for the Vermont Coverts weekly e-newsletter at vtcoverts.org. You are bound to find something of interest.

Lamoille Valley Rail Trail Nears Completion

by Gary Gulka

The Lamoille Valley Rail Trail is targeted for completion this fall, and in many places the rail bed is awaiting a final layer of Staymat. That is the case in our area, where the rail trail skirts the northern fringes of Cabot for about a mile. The Cabot Trails Committee has been participating with LVRT towns between St. Johnsbury and Hardwick to coordinate on our recreational goals for the trail. The group calls itself the NEK LVRT Council. Several towns like Cabot have received recreational trail grants from the VT Department of Forests, Parks & Recreation that directly or indirectly relate to the LVRT. For instance, Cabot is focusing some of its grant efforts at developing trails that will connect to the LVRT and link the Cross Vermont Trail and LVRT.

The NEK LVRT Council is contemplating applying for an Agency of Transportation grant specific to the LVRT. The Coun-

cil wants to see a trail that benefits our residents, brings tourist dollars to our area, respects the property rights of landowners bordering the trail, and is a safe place to recreate, with ample parking opportunities and amenities (like restroom access). The grant application is to create an amenities plan for the LVRT in our area that will assess and identify areas for parking, trail crossing safety improvements, general safety and emergency response, restrooms, and other facilities and amenities. The Agency of Transportation grant program requires that towns provide 20% matching funds.

There are high expectations for the LVRT and its 90-plus miles when it is complete for year-round use. However, there are several issues that can emerge when there are many users of all ages on a trail such as this. The LVRT towns in our area are thinking, planning, and anticipating in hopes of meeting these high expectations.



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LEFAVOUR VIES TO BE VERMONT'S FIRST LIBERTARIAN SENATOR

Dexter Lefavour of Middlesex will be on the November ballot for State Senate with a Libertarian/Republican nomination. The position serves the Washington-1 District, which includes all of Washington County plus Braintree, Orange and Stowe. Lefavour has run for office multiple times, always as a Republican. Lefavour was stunned to see 22 Democratic candidates for Senate were unopposed after the primaries. Twenty years of Democratic control of our legislature have caused deep harm to our economy and people. We need diverse candidates to step up and stand up for everyday Vermonters. Lefavour worked with both the Libertarian and Republican party leaders to recruit candidates to run against these unopposed candidates. In the end, he felt obligated to run as well. After a successful Republican write-in and Libertarian nomination, Lefavour says: "I have the privilege on appearing on the ballot with the support of both parties. It is indeed a privilege, and it will be an honor to serve this district in Montpelier."

Lefavour lives in Middlesex with his wife Carol. They have four children that have completed public schooling in Vermont and are living their lives near and far. I am Registered Professional Engineer (civil/environmental) with "side hustles" in farming, skiing and snowboarding and sawmilling.

My campaign platform focuses on:

- Affordability- especially as it relates to lower income people like young people entering the work force and retired people on reduced incomes. Vermont needs to be friendlier to these groups, and more affordable to all.
- Bridging the partisan divide – listening to and reaching out to all Vermonters while being a reasonable voice for balance in Montpelier.
- Promoting sensible policies –my priorities are to promote sensible policies with respect to energy/climate, health care, education, and the environment because present policies have progressed into extreme and non-sensible practices.

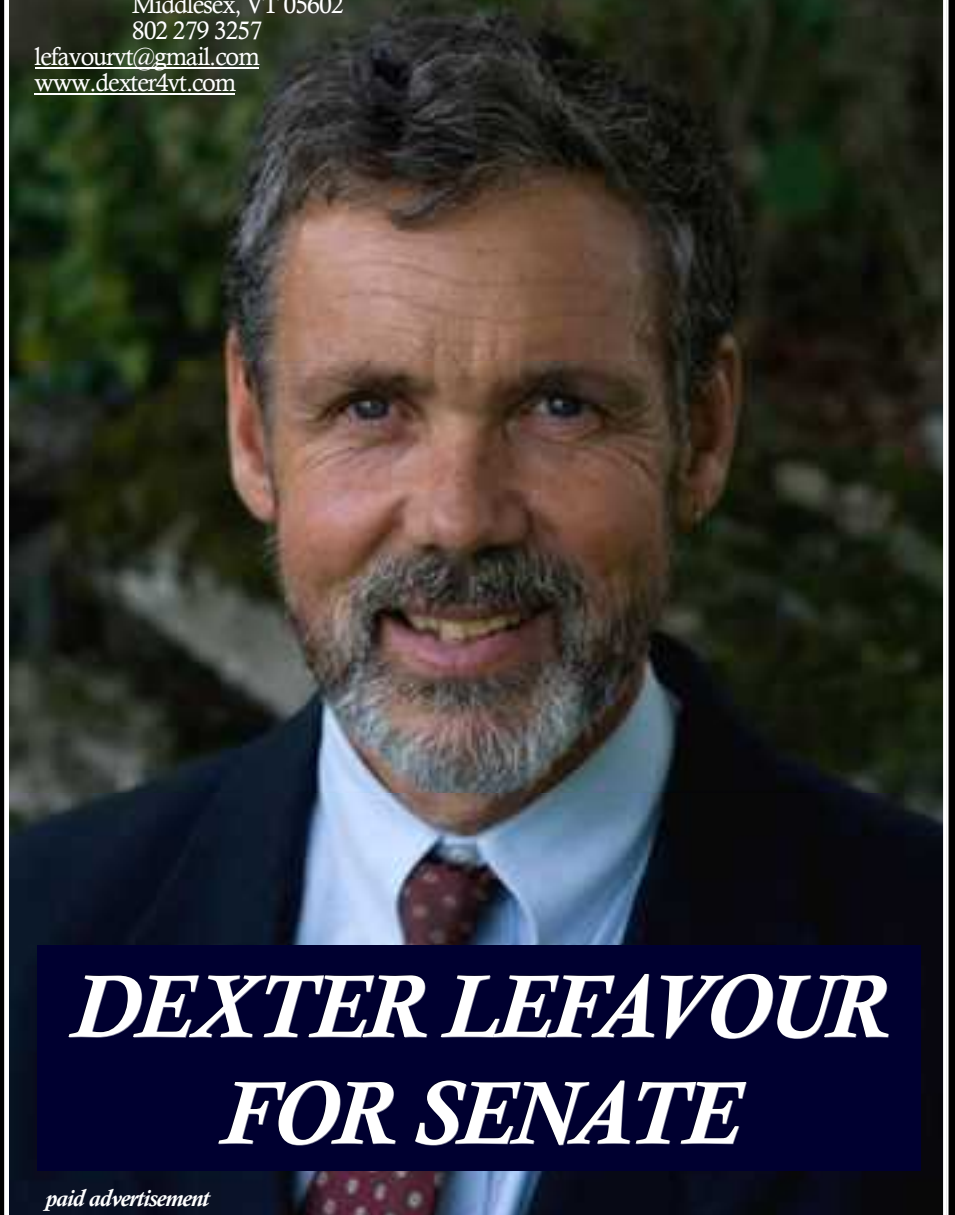
Efficiency Vermont is my favorite example of how well intended ideas have led to regressive taxes and fees that benefit wealthier people at the expense of lower income people. Advocates of these policies do not apologize – they insist they know what is best for all, even when that means taking food off the table of the poor to promote renewable energy and electrification. We can promote renewables and protect the climate with sensible and affordable policy.

Sensible agricultural policy is also a priority of mine. Policies that level the playing for farms of all sizes. Policies that eliminate the barriers to entry for young and small farmers. Policies that include no mandates. Policies that make the Agency of Ag an education partner rather than a regulatory overlord.

Contact: **Dexter Lefavour for Senate**

42 Dolan Road
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GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

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It's a simple idea: whether it's making someone smile, helping out a neighbor or stranger, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

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Cabot Arts is Cabot's very own community-based not-for-profit arts organization, bringing extraordinary arts programming to Cabot since 2013. Our vision is to enhance the well-being and quality of life in Cabot by encouraging participation in arts programs. Our wish is to create joyful experiences and enhance Cabot's identity as a music and arts destination! Your Giving Tuesday contribution will go directly to supporting the **3rd annual Cabot Village 12th Night Celebration**. Visit: www.cabotarts.org to make your contribution today. *Thank you!*

THE CABOT CHRONICLE

To enrich content, the paper seeks to engage local writers to capture experiences of long-time citizens, showcase local artists, and introduce new residents, highlighting both local writers and community members. The Cabot Chronicle budget covers production, printing and mailing, but not well-deserved writer fees. Support could be one-time donation, occasional financing of a column or sponsorship of the June high school senior centerfold. Directed or general donations may be made at www.CabotVermont.org, PO Box 245, Cabot, or call 802-279-6897.



The Cabot Community Association, Inc., (CCA) works with community members to enhance educational and recreational opportunities in Cabot and support a strong local economy. To achieve the CCA mission we provide fiduciary services for grassroots organizations. Please consider supporting one of these efforts: The Cabot Chronicle, Cabot Community Theater, Friends of the Cabot Public Library, Community Christmas Dinner, 4th of July Celebration, Economic Development Work Group and the Greater Cabot Working Landscape Network. Donations may be made at cabotvermont.org or by mail to: CCA, P.O. Box 245 Cabot, VT 05647. Please indicate which effort you want your gift to support.



The Cabot Mentoring program recruits, trains, and provides a caring mentor to any child age 7-17 in the Cabot area who would like to have one. By creating and supporting mentor pairs based on similar interests, Cabot Mentoring creates opportunities for adults and youth to form friendships, learn together, and connect more deeply with their community. Cabot Mentoring relies on community donations for over 50% of our budget. Please consider a donation to strengthen our program. Checks made payable to Cabot Mentoring may be mailed to 25 Commons Rd, Cabot, VT 05647 or donate online at cabotmentoring.org.



For over 20 years Neighbors in Action has been supporting the Cabot community through our food share and community programs. Each month over 1000 people receive food from our Cabot location. We provide twice monthly socially enriching programs for our senior community members, as well as workshops to teach self-sufficiency skills from canning to cooking for people of all ages. Neighbors in Action also hosts the Cabot Harvest Hub, an online farmers' market which helps build our local food economy while giving our community convenient access to products grown and made by their neighbors. This past summer season we generated over \$7,000 of income for local food producers and artisans! This Giving Tuesday we hope you will help support www.NeighborsinActionVT.org and the amazing work we do in our community!



The Northeast Kingdom Warrior Soccer Club is a non-profit club dedicated to player development. We are a group of volunteers who have been running soccer programs for 14 years. We fundraise to ensure every youth can play and to keep costs low for all. This summer we lined the Cabot Recreational Field with paint donated by the Cabot Recreation Committee and hosted pick up soccer evenings every week. We gather and redistribute cleats for our club players or anyone in need. Donations to the club can be written to the CCA and sent to 80 Southview Heights, Cabot.

United Church of Cabot

The United Church of Cabot keeps its building available as much as possible for community use. The Pastor's Fund provides emergency assistance to individuals in need. Contributions by check may be mailed to Cabot United Church, PO Box 127, Cabot, VT 05647.



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for Veterans Day

&
November 23-27, 2022
for Thanksgiving Holiday



CABOT ARTS SHOW AND TELL

Cabot Visual Arts' Show and Tell folks will gather once again, in the Willey Building on

November 13 at 2:00-4:00 p.m.



CABOT SCHOOL
RESPECT. RESPONSIBILITY. KINDNESS. ENGAGEMENT.

Spotlight: Kindergarten

by Rebecca Tatistcheff, Principal

Each month this year I will spotlight one classroom to share their work more specifically to help our community members have a window into our work. It seems important to start with our younger learners who are now in kindergarten. These young Cabot students have created a classroom environment that is full of wonder and joy. In kindergarten, we work together to learn to express our emotions and make friends. The adage, everything I need to know I learned in kindergarten, is often still true. And, for the second year in a row, our young friends welcomed bears into their classrooms! Liza Ziering learned about the Bears Bears Everywhere Curriculum last year at a conference and was eager to implement it again this year. What do bears have to do with kindergarten, you might ask? Everything!

Young students often use dramatic play as their way of making sense of the world. A stuffed bear that they need to take care of and create a home for becomes the avenue by which children start to make sense of their world. They make homes for the bears, give names to their bears, and make sure that their bears feel safe and healthy. The conversations that students have with their bears through dramatic play offer a window into the ways in which they are making sense of the world. You might not hear a student say I am mad, sad, or frustrated right away, but I often hear students say, my bear is feeling sad and Liza or another adult asking, what do you think your bear needs right now?

The bears truly become part of the classroom community and are part of our days from beginning to end. We even

take family photos with the bears and make a family photo wall. Students' work with their bears spans all the academic and social emotional work that they do, and the bears help young learners feel more comfortable engaging in new activities, with new people, or in new spaces. Students also connect reading, writing, the arts, and play to this curriculum. Students keep a bear journal to write about their bears, and they might read books to their bears during literacy. In the arts they might create a play with their bears, homes for their bears, sew clothing for their bears.

The research behind this curriculum was written about by Lesley Koplow, director of Emotionally Responsive practice at Bankstreet College of Education. Her book, Bears, Bears, Everywhere, has taught us that using Teddy Bears can help children connect to their feelings and express them in constructive ways, establishing a safe and supportive learning environment for every student.

Where else can you find our Kindergarten students in the woods discovering, exploring, and learning about nature? Each day our Kindergarten classes bring their learning to the woods to do the important work of learning together. They engage in gross motor skills work (lifting and building), experimentation and observation (mixing mud, discovering plants and microorganisms), and collaborate, an essential part of learning to be a student.

If you would like to visit or volunteer, we welcome the opportunity for you to share yourselves with our students. A great way to do this is through our mentoring program (karen.hatcher@ccsuvt.net) or to be in touch with Sonia Scherr (sonia.scherr@ccsuvt.net) our community coordinator.



ADVICE FROM THE TREE WARDEN

by Roland Payne, Jr.
Cabot Tree Warden

This month I am returning the "Advice from the Tree Warden" article as my father wrote them when he was Cabot's Tree Warden. Usually, he wrote his article and included a good joke everyone looked forward to each month. He passed away on October 14 and will be missed. The following "advice from an old hillbilly" seems appropriate and I hope you enjoy the humor.

Advice from An Old Hillbilly

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks, bankers, and politicians at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whis-

pered, not yelled.

The best sermons are lived, not preached.

Forgive your enemies; it's what GOD says to do.

If you don't take the time to do it right, you'll find the time to do it twice.

Don't corner something that is meaner than you.

Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

Every path has a few puddles.

When you wallow with pigs, expect to get dirty.

Don't be banging your shin on a stool that's not in the way.

Borrowing trouble from the future doesn't deplete the supply.

Most of the stuff people worry about ain't never gonna happen anyway.

Don't judge folks by their relatives.



CABOT MENTORING

WHAT MAKES A GOOD MENTOR?

by Karen Hatcher,
Program Coordinator

We often hear adults say, "kids are resilient, they'll bounce back, they'll adapt." But when you think about the disruption to routine that kids (and families) have experienced during the more than two years of the pandemic, when you spend time with young people, you see that, while some are good at adapting, many have felt the effects more keenly than others. You understand at a deep level how, more now than ever, mentoring can play a crucial role, adding more normalcy and building up that store of resiliency in our children.

Having another trusted and caring adult who is a regular presence in a child's life supports our kids in reestablishing relationships at school, settling down to learn, feeling safe and trusting, becoming known and important to others, and feeling a sense of belonging to a larger community. Mentoring is making a difference.

According to the Youth Truth Student Survey taken in 2021, "Even though in-person school has resumed, students have now spent several years disconnected from caring adults in their schools and afterschool settings. A recent study found that only 39% of students felt that adults at school were available to talk to them when they were having problems, a paltry 28% felt like their teachers were making an effort to understand their life outside of school, 43% said they felt like they were part of their school community, and a staggering half of all students

in the nation (49%) felt like depression and anxiety were serious obstacles to their (virtual) learning."

At Cabot Mentoring, we know **mentoring can provide critical support for young people**. Strong, caring relationships with adult and peer mentors, whether in informal relationships or in formal programs, have long played a crucial role in helping young people thrive academically and overcome challenges they face while at school and at key points in their education. Cabot Mentoring asks for a commitment of four hours per month for a period of one year, meeting one-on-one with a child either at school or in the community, doing things you both enjoy— playing games, reading, hiking, cycling, fishing, arts and crafts— you name it. And I can tell you firsthand as a mentor myself, the benefits go both ways— and it's fun!

Earlier this year, in his state of the union address, President Biden implored us all to get involved in helping our kids. "Let's take on mental health — especially among our children, whose lives and education have been turned upside down," Biden said, adding later that "we can all play a part — sign up to be a tutor or a mentor."

Whether you are 7 or 70, we all do better when we know someone sees us, has our back, and is in our corner. If you are an adult who cares about kids, or you know of a child who could benefit from having a mentor, I'd love to have a conversation with you. I can be reached at cabotmentoring@gmail.com.

Learn Rare Skill and Continue Local Legacy

Jan Westervelt has maintained the Cabot church clock for about six years, and is looking for someone to work with to pass on what he's learned

More than twenty Cabot residents collaborated 2015 – 2017, supported by a clock repair expert, to clean, repair, remake and paint the clock faces, housing, supports and mechanism. Believed to have been installed in 1888, the clock is now ready for another 100 years of service to the town.

Jan says it requires very little maintenance and isn't terribly complicated, but it is a rare skill. He is available to discuss the project and show the clock mechanism to anyone considering joining this project. *If interested, please email Jan at JRWCabot@yahoo.com.*



Silence is sometimes the best answer.

Don't interfere with somethin' that ain't botherin' you none.

Timing has a lot to do with the outcome of a rain dance.

If you find yourself in a hole, the first thing to do is stop diggin'.

Sometimes you get, and sometimes you get got.

The biggest troublemaker you'll ever have to deal with watches you from the mirror every mornin'.

Always drink upstream from the herd.

Good judgment comes from experience,

and most of that comes from bad judgment.

Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.

Most times, it just gets down to common sense.

Veterans Invited to Share Stories at Vets Town Hall in Colchester

Non-veterans invited to attend and listen

All are invited to attend a Vets Town Hall on Sunday, November 6 at 1:00 p.m. at McCarthy Arts Center on Saint Michael's College campus in Colchester. Veterans are invited to stand before their community and speak for up to ten minutes about what their service means to them. Non-veterans are encouraged to attend and listen. The event is free and non-political, and all perspectives are valued. Snacks will be provided.

This will be the third and final Vets Town Hall in Vermont this fall, following events on October 9 in Rutland and October 16 in Lyndon.

"Having an opportunity to gather with community members assists with the reintegration process and makes it possible for us to move beyond a narrative of conflict by honoring and sharing our stories," says Jon Turner, host at the Colchester location. "Attending these gatherings are a reminder of the community we wish to embrace after military service."

"We often hear about veterans, but we very rarely get to hear from them, to hear their own voices talking about their experience," adds Marty McMahon, who hosted the Lyndon event. "We can't have a real dialogue with veterans until we take the time to listen with no judgment."

Vets Town Halls were originated by author Sebastian Junger (*War, Tribe*) with the aim of increasing communication and understanding between veterans and civilians in their communities. The first event of this kind in Vermont was a November 2017 Burlington town hall spearheaded by local event coordinator Kristen Eaton, with support from many individuals and organizations. The events have continued annually in Vermont, with a break in 2020 due to the pandemic.

This year, Vermont's events are supported by Vets Town Hall, a new 501(c)(3) nonprofit corporation based in Vermont. The organization provides resources to local vets town hall organizers nationwide. Other local partners include Community College of Vermont, Northern Vermont University's Student Veterans Association, and Saint Michael's College Military Community Services and Student Veterans Associa-

tion. The Vermont Veterans Outreach Program is present and available to offer peer support at all three events.

"Support of our military does not start with a 'support the troops' bumper sticker and culminate with grilled chicken on Memorial Day weekend," says Rutland event host Kyle Aines. "As military members struggle to reintegrate back into society, it is imperative that society has a clear understanding of what they are transitioning from. The Vets Town Hall is that bridge and connection."

Veterans who would like to speak can indicate that when registering. Time permitting, veterans are also welcome to sign up to speak during the event itself. RSVPs are optional but encouraged at vtvetstownhall.eventbrite.com. Questions may be directed to Kristen Eaton at vermont@vetstownhall.org.

What: Vets Town Hall: a community forum aiming to increase communication and understanding between local veterans and the community at large

When: Sunday, November 6 at 1:00 p.m.

Where: McCarthy Arts Center, Saint Michael's College campus, Colchester

Learn more & RSVP (optional but encouraged): vtvetstownhall.org
Questions: vermont@vetstownhall.org

ABOUT THE EVENT HOST:

Jon Turner, host of the Colchester event, served with the Marines between 2003-2007 and deployed to Haiti, Fallujah and Ramadi, Iraq. Since his discharge, he has traveled extensively and worked with various communities to assist in the veteran reintegration process from paper-making to outdoor recreation and farming. In 2014, Jon began to utilize the agricultural landscape as a classroom for community members interested in resilient food systems through service learning projects, internships, and site visits for K-12, college students, and military veterans. Jon is the founding and former chair of the Vermont state chapter of the Farmer Veteran Coalition, recipient of the National Farm to School Innovations Grant, Sierra Club Military Outings Leader, and currently operates Wild Roots Community Farm in Bristol.



Discount & Free Meals

Free Meals for Veterans on Veterans Day

Veterans Day 2022 is Friday, November 11. This Veterans Day discounts list shows Veterans Day discounts, meals or other ways businesses and organizations want to give back to Veterans. These Veterans Day discounts, free meals and other programs are being shared so that Veterans, their families, caregivers and survivors are aware of all resources available to them. Verify with the organization offering.

Applebee's

Veterans and active-duty military can select a free meal from a limited menu on Veterans Day. Proof of service required.

Bruegger's Bagels

Veterans can grab a free medium fresh-brewed hot or iced coffee with their breakfast on Veterans Day.

Buffalo Wild Wings Free Wings

All day on Veterans Day, Veterans and active-duty military who dine in or call for takeout at their local B-Dubs can receive a free order of boneless wings and a side of fries. At participating U.S. locations only.

California Pizza Kitchen

Veterans and active-duty military with a valid ID can grab a free meal and non-alcoholic drink from a pre-selected menu at California Pizza Kitchen for dine-in or takeout. California Pizza Kitchen will be donating 20% of all sales from November 8 at November 10 to Disabled American Veterans.

Chili's Grill & Bar

All Veterans and active-duty military personnel can choose a complimentary meal from a select menu on Veterans Day.

Denny's

On November 11, Denny's will be offering any Veterans or active-duty military with a valid ID a free Build Your Own Grand Slam breakfast from 5 a.m. until noon.

Dunkin' Donuts

On Veterans Day, Veterans and active-duty military can enjoy a free donut at Dunkin' Donuts restaurants nationwide, no purchase necessary.

Friendly's Free Breakfast

Friendly's is treating Veterans and active military, with a valid military ID or honorable discharge card, to a free all-American meal for lunch or dinner, which consists of the all-American burger, served with a side of fries and a drink on Veterans Day. The burger can be upgraded to a cheeseburger for free.

IHOP

Veterans and active-duty military can get free Red, White and Blueberry pancakes at any IHOP on November 11. This offer is only valid if you dine in with proof of service.

Little Caesars

On Veterans Day, Veterans and active-duty military can get a free Lunch Combo from 11 a.m. to 2 p.m. at Little Caesars. Only select Little Caesars are participating, so make sure you call ahead to your local one before you head over.

Ninety Nine Restaurant & Pub

On Veterans Day, 11 a.m. – 5 p.m., Veterans and active military can receive a free entrée from a special Veterans Day menu with the purchase of any other entrée. Dine-in only.

Olive Garden

This Veterans Day, Olive Garden is offering Veterans and active-duty service members a free entree from a special menu. All entrees include Olive Garden's famous breadsticks and choice of soup or salad.

Starbucks

On Veterans Day, active-duty service members, Reservists, Veterans and military spouses are invited to enjoy a free tall (12-ounce) hot brewed coffee.

Texas Roadhouse

On November 11 from 11 a.m. to 2 p.m., Veterans can drive into the parking lot of their closest Texas Roadhouse and pick up a meal voucher with a valid military ID or proof of service.

Uno's Pizzeria & Grill

On Veterans Day, all past and present military members get a free entrée or individual pizza with the purchase of a second of equal or greater value.

Wendy's

Wendy's nationwide are offering a free small breakfast combo with a valid military ID on Veterans Day. No purchase is necessary.

To check for other deals: <https://news.va.gov/109711/veterans-day-discounts-free-meals/>.

SEEKING COOKIE RECIPES

Do you have a preserved family recipe, a recipe you've developed yourself, a cookie your family always requests, or a recipe you just love?

Please consider sharing it with Cabot Chronicle readers.

Email your recipe in text or pdf/jpg by November 15 to inbox@cabotvermont.org or drop it at the Town Clerk's office or drop box behind the Willey Building for us by November 15, and thank you, *Jeannie Johnson*



Erma Perry Teacher of Cabot Generations

by Amanda Legare



In 1950 when Erma (Guy) Perry was 20 years old she went job hunting for a teaching position. She was a graduate of St. Johnsbury Academy, and she had a degree in education from Lyndon Teacher's College.

"Marshfield offered me \$1,700 for one year and Cabot offered me \$1,800, so I came to Cabot," she remembered. "And I am very glad I did." She retired 39 years later.

"I always wanted to be a teacher. My sister and brother were twins who were four years younger than I and I taught them to read before they went to school," she said. One summer she took an office job and that convinced her she was meant to be a teacher and work with children.

When she started at Cabot, she boarded with two other teachers and one Creamery worker at the present Harry Huntley house on Main Street. "Cabot seemed so small then and I didn't know anybody," she said.

She taught all subjects to the fifth and sixth grades with an art teacher and a music teacher coming in once a week. "There were four teachers in the elementary group and each of us had two classes. There was no special education at the time and there were no aids," she explained. Combined classes typically had 25-30 students.

Erma particularly enjoyed working with the children on art projects and musical presentations, one of her favorites being the 'Wizard of Oz.' "I was in charge of the munchkins," she said.

She read them "lots of books and poems" and she taught all the students various crafts including needlework.

"I remember how hard it was to put the thread through the needle," Anson Tebbetts recalled. She would have the children work on these projects as she read to them. The children listened and were occupied at the same time.

"The principal pretty much took care of discipline," she recalled. "One child told me at the time that I was strict, but fair. I really worked on them being respectful of other people and having them say 'please' and 'thank you.' I would be happy if they all took off their hats."

"There was no messing around," confirmed former student Rollin Tebbetts. "We respected her. You learned to stay focused. She taught all the subjects. I remember learning about South America when we studied geography."

Larry Gochey remembers having recess taken away occasionally as discipline. "She was a very, very good teacher," he said, "But I missed those recesses." Other students remember learning how to square dance.

In 1953 she married Cabot resident Gus Perry who she had met at a prom while attending college. Like his father, Leon Perry, Gus went on to be Cabot's road commissioner. He held that job for 30 years. Their son, Allan Perry, was also Cabot's road commissioner for five years and her grandson, Guthrie Perry, is now road foreman for East Montpelier.

In 1955 she moved into her 1875 home at the base of Danville Hill, where she still lives today. "There were very few houses on Danville Hill then and not much traffic," she said.

The school population grew every year and classrooms were crowded. "We needed space desperately," she remembered.

Many in the community argued to move the high school students elsewhere and keep Cabot School for elementary grades only. The alternative was to put up more buildings. In 1969 the new gym and shop were built, and three accessory buildings went up. "The idea was if they weren't needed eventually, they could be used as apartment buildings," she explained.

"There was always something to do in Cabot. We had a lot more town activities and individual clubs, then," she said. "Home Dem was a large organization, and the PTA was very active. The community put on plays and events like Old Home Week, Fall Foliage Days and Christmas in July. I think with the introduction of TV people didn't go out as much."

"I am happy to see new people who have moved to Cabot with lots of energy," she added. "They are starting welcomed new projects."

Initially there were two churches in the village. As church membership dwindled, the churches merged, and meetings were held in the Methodist Church in the summer and the Congregational Church (now United Church of Cabot) in the winter. Eventually the school purchased the Methodist Church where it was used as a gymnasium. Erma remembers roller skating there. "The floors were really rough and bumpy," she recalled.

She played piano and organ in the church for more than 30 years.

Retirement brought all kinds of new jobs and activities for her. "I have always loved working with the elderly," she said. For 21 years she has led "senior mornings" in the Masonic Hall. She spent four years (and 81 meetings at her house) working with a committee to start the Cabot Senior Housing. For years she worked with adult education.

Another project was replacing the Veterans War Memorial in front of the Willey Building. The original monument was made of wood by Albert May and the names were falling off. She wrote to

all the families involved for fund raising. The names of veterans from the Korean and Vietnam wars were added. More than 200 names are now on the memorial.

She and Gus had three sons - Allan, Timothy and Paul. Paul died unexpectedly of a heart attack in June 2022. Gus died in 1999.

It has been more than 30 years since she retired. "I like being on my own and friends and family are helping. I try to keep the house in order, and I love to read," she said.

"The challenges for teachers today are very great. There are so many single parent families, and everyone is so busy, she said.

"I would tell today's teachers to hang in there, give it your best effort. Also give yourself some credit. Sometimes you try things out that just don't work. And those kids come in different every day. It's an exciting challenge."

Erma has positive memories of her 39 years teaching in Cabot. "Cabot people love their children," she said. There are so many friendly, caring people here. And Cabot cares about the community's appearance."

And her students have fond memories of "Mrs. Perry." When she turned 90, she received 165 birthday cards.

When Phillip LaPan returned to visit Cabot from Washington state, along with



Needlework by Anson Tebbetts, age 11, sewn 45 years ago when he was Mrs. Perry's student.

Alan Therrian of Marble Head Massachusetts, at the top of their agenda was to visit their favorite teacher, "Mrs. Perry." Both men are in their 70s.

"Mrs. Perry went above and beyond," Chickie (Clare LaPan) Pike said. You felt like you could trust her. If you had a little problem, she would help you get through it, and she had no favorites. My husband had her, my boys had her. We would all agree she was the very best teacher we ever had.

What's special about the Cabot Harvest Hub?

by Sarah Spletzer-Welters,
Cabot Harvest Hub Manager



To our Cabot Chronicle readers who have not yet heard of the Cabot Harvest Hub I would like to introduce ourselves and give you an idea what sets the Har-

vest Hub apart from other farmers markets or online stores.

The Cabot Harvest Hub could be described as an online farmers market. Member-customers can shop from Monday at noon until Thursday at 5 p.m. and pick up their already assembled order on Saturday mornings at a designated spot in the village.

So, what makes it so special, then?

It is as local as it gets.

Our products are produced and hand-made by local farmers, food producers and artists in the Cabot area. They all get delivered from within a 30-mile radius, to be exact.

It is year-around.

Most small-town farmers markets in Vermont come to an end by October. Not so the Cabot Harvest Hub. With our indoor pick-up location, we keep the Harvest Hub going all year. Except for Christmas-week, because everybody needs a little break sometimes.

It offers variety.

We offer products from nine categories: Baked Goods, Bulk Foods & Tea and Coffee, Dairy and Eggs, Fruit & Produce, Gardening & Gifts and Crafts, Health and Beauty, Meat, Prepared Foods, Specialty and Value-added Items. You could practically do almost all your grocery shopping from the Harvest Hub!

It is social Hub.

Yes, the Harvest Hub is practically an online store, but our producer drop-off and customer pick-up happens in person. That gives both producers and members time to connect and exchange with their fellow neighbors. Besides our regular Saturday pick up we also organize in-person Pop Up Markets about once a month. The markets are a great way to get to know our producers personally and sample their products (may I recommend *The Poet's Garden's* Seaberry Nectar?!). We even have live music played by local, experienced musicians and feature a kid's activities as well.

It builds connections.

The Cabot Harvest Hub is a project of Cabot's non-profit-organization *Neighbors in Action*. With this connection comes a lot of fruitful cross-pollination. To give you a few examples: Harvest hub producers donate excess fresh produce from the week to the food-share or free community dinner. In turn *Neighbors in Action* collaborates with food producers to host food related workshops and classes. In the past, local Ama Peyman hosted a class on canning meat and Ewa Senkowska taught participants how to freeze some of their garden harvest as part of the *Capture the Harvest* series. *Neighbors in Action* will also invite local artists to host a creative makerspace (starting in November). We see producers appreciate each other's unique products so much that they become regular shoppers at the Harvest Hub as well.

It creates community.

By becoming a member-customer of the Harvest Hub you directly support local farmers, food producers and artists in your community. You will soon get to know our regular producers and their (see *'Harvest Hub'*, page 16)



Twin Valley Senior Center

P.O. Box 152
East Montpelier, VT 05651
802-223-3322
irector@twinvalleyseniors.org

Twin Valley is happy to announce we are back serving Home Cooked Meals cooked in-house every Monday,

Wednesday and Friday! Stop in for a delicious Hot Meal at Noon, or if you prefer, we offer Grab and Go Meals you can pick up between Noon and 2:00 p.m. The new variety of Meals on Wheels is already a hit. Want a Menu? Call for more information - (802) 223-3322.

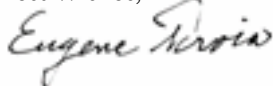
We offer door to door transportation year round through GMTA. Call us and we will make all the arrangements. Stop by anytime between 9:00 a.m.-2:00 p.m., to enjoy some cribbage, a puzzle or light banter; all ages are welcome. We also offer several classes, available in person or via Zoom for your comfort level:

- Bone Builders with Cort Richardson, via Zoom Mondays, Wednesdays and Fridays 7:30-8:30 a.m.

SENIORS NEWS UPDATE

- Bone Builders with Sue Carey; in person Mondays and Wednesdays from 9:00-10:00 a.m.
- Chair Yoga with Karen Kennedy; in person Mondays from 3:00-4:00 p.m. (monthly fee of \$20)
- Tai Chi with Pat Boyle; in person Tuesdays from 10:00-11:00 a.m.
- Tai Chi with Dyne Sapp; in person Fridays from 10:00-11:00 a.m.
- SASH sponsored Bingo with prizes is held every first and third Monday at 1:00 p.m. in person
- Blood Pressure Clinics are on the second Wednesday of the month from 11:00 a.m.-1:00 p.m.
- Mystery Book Club is held in person the first Thursday of each month
- Central Vermont Home Health and Hospice provides Foot Clinics on a monthly basis
- In-person Art Classes are advertised periodically as well

We are closed for Thanksgiving and the day after. Come see us soon!
Best Wishes,



Eugene Troia, Executive Director

Cabot Fire Department

(continued from page 3)

thin, like one-eighth of an inch, and could build quickly up to as thick as two inches within the chimney. Often, it could totally plug the chimney completely!

Your woodstove or fireplace can heat up to as high as 1,000 degrees internally. Creosote (remember, it's unburned wood) can ignite at 421 degrees. So, as you can see, the odds are already against you. If the creosote is present it ignites. The fire will work its way up the internal part of the chimney, cracking flue tiles along the way due to the "thermal shock" of the intense high temperatures that a chimney fire can create or, even warping the metal of prefabricated chimneys, allowing the flame to leave the chimney flue between the cracks, igniting framing structures or walls that are near the chimney.

Chimney fires are two types: "Slow burn" and a "fast mover". A "slow burn" often goes undetected and slowly ignites the creosote in a red line known as "webbing," working its way up the chimney. If enough creosote is present, it could easily damage the tiles or warp the metal of prefabricated chimneys over time. This damage is often undetected by the homeowner, but the damage is found when a certified chimney sweep inspects and cleans your chimney.

The other type is a "fast mover". Creosote ignites and generates intense heat quickly igniting even more creosote above the first fire location within the chimney. This can happen in masonry or prefabricated metal systems. Cabot Fire Department has arrived at locations of chimney fires where it is common to see a four to six-foot flame coming out the top of the chimney. Often the occupants are awakened by what sounds like a freight train running

through their home. Thus, "The 3 a.m. wake-up call". This is just one of the offsets of energy that is formed during a chimney fire. Sparks are often seen rising out the top of the chimney and onto the roof. The chimney itself will bellow thick black smoke. The creosote becomes liquified at 550 degrees and starts dripping fire to the bottom of the chimney and igniting anything that may be present at the bottom. For masonry chimneys, bricks will expand and even explode under pressure due to the steam that is created within them from the intense heat. Prefabricated chimneys start to make a snapping sound as the metal warps under strain, separating the welded seams.

When Cabot Fire Department responds to a chimney fire, often intense heat of 1800 to 2000 degrees is found internally in the chimney system. Fire often extends into walls or framing structures of the home. It is common for us to remove many buckets of creosote out from the chimney cleanout. The thermal shock that the inner chimney receives from the high-heat fire found after extinguishment forces us to condemn the chimney from future use until it is inspected by a certified chimney sweep company. This is normally followed by a replacement of part or all of the chimney system itself.

Can all this be prevented? **YES!** Have your chimney cleaned by a certified chimney sweep company before the start of the heating season and have them place you on a regular schedule for cleaning. This will remove any buildup of creosote (unwanted fuel) that may be present within the chimney system itself. "No fuel no fire." Burn only well-dry (seasoned) wood. "Wet" wood or "green" wood is one of the main ingredients for creosote to be formed. Never burn wrapping paper from the holidays,



CABOT PUBLIC LIBRARY NEWS

The Cabot Public Library is open! Come visit in person **Monday 3 - 6 p.m. Tuesday noon - 6 p.m. Wednesday 2 - 6 p.m. Thursday 9 a.m. - 6 p.m. and Saturday 9 a.m. - noon.** Curbside library service is still available during regular library hours.
Fall Programming - Be sure to visit our website: cabotlibrary.com and check FPF for updates, registration information and added programming. **All programs are free!**

NEW Outdoor Story and Activity Time - Tuesdays 10:30 - 11:30 a.m. Cabot Rec Field Pavilion

Join youth librarian Amanda Otto for stories, songs, crafts and activities! Stay after for snacks and active play on the swing sets, sandbox and fields for hiking and birdwatching. All are welcome!

NEW! StoryWalk - November - Cabot Rec Field

StoryWalk is an innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time. As you stroll down the trail, you are directed to the next page in the story. Cabot's StoryWalk features the book *How to Be a Lion* by Ed Vere and starts at Rec Field pavilion.

NEW! Cooking up a Storm with Brock Miller - Six Wednesdays - 2:15 - 3:30 p.m. November 2 - December 14 (ages 12-18)

Join Cabot Food Service Director Brock Miller and whip up some tasty treats together with friends. Learn how to make granola, muddy buddies, popcorn with variations, pizza from scratch and holiday cookies and treats! **Please sign up in advance** by emailing amandaotto.cabotlibrary@gmail.com or calling the Cabot Library 802-563-2721.

NEW! Game Club - Thursdays - 3:30 - 4:30 p.m. (ages 12+)

Love board games? Want to discover some fun new games to play? Ticket to Ride - Europe, Dixit, Risk, 7 Wonders, Catan, Carcassonne, Sorry, Forbidden Desert, The Castle of Burgundy, Scrabble and Uno are just some of the new games to enjoy playing with your friends. Snacks and drinks provided.

this fast intense heat from the wrapping paper will jump-start a potential chimney fire. Buy a woodstove thermometer to help you run your chimney system at the proper temperature (350 to 700 degrees). Anything lower than 350 degrees advances creosote buildup. Anything above 700 degrees and you're over-firing the system. Also - absolutely check your smoke detectors for proper operation.

What to do if you think you have a chimney fire? **CLOSE THE DAMPER AND ANY AIR INTAKES!** and make sure everyone evacuates the home. Be sure to grab your pets on the way out! Call 911 from OUTSIDE your home. Cabot Fire Department will ladder your home and get to the top of the chimney, even if there is snow and ice on the roof. We also look for any fire extension in the attic and second and first floor as well as the basement. Cabot Fire Department has thermo-imaging cameras that help

NEW! Homework Help - Tuesdays - 3:30 - 4:30 p.m. (ages 9-13)

Homework Club offers students a designated place to go after school where teen volunteers are available to tutor younger students. Snacks and drinks provided.

Neighbors in Action Senior Adventures - Tuesday, November 1- 11 am -noon. Join librarian Kathleen Hoyne as she reads from *Where the Crawdads Sing* by Delia Owens. Meet at the Neighbors in Action building.

Yoga for Everybody is back! Sunday mornings - 10:30-11:45 a.m. Join Christyn King at the Willey Building for an accessible, playful, skillful invitation to land in your body, just as you are right now. Stressed out? Not flexible? Too old, too young? Skeptical of new adventures? These are great reasons to come try it anyway. As a community we will expand our sense of aliveness, strengthen, stretch, breathe, and have fun doing it! Yoga for Everybody is open to all, suggested donation \$10/person. Some mats and props will be available, but bring your own mat, cushion, and blanket if you are able.

Holiday Baking with Brock Miller - Thursday, December 8 - 6:30 - 8:30 p.m. All are welcome!

Come learn how to make Holiday Stollen with Cabot Food Service Director, Brock Miller. Stollen is a cake-like fruit bread made with yeast and flour and although it is sweet it does not have to include a lot of sugar. The sweetness comes from the orange and lemon zest, the dried fruits and raisins. **Please sign up in advance** by emailing or calling the Cabot Library (cabotlibrary@yahoo.com or 802-563-2721).

Thanks so much to the Library Trustees for their hard work and support to the library: Grace Hoffman, Niall McCallum, Angela Ogle, Kurt Steinert and Beth Wade and our student representative, Ila Steinert. See you at the library! Kathleen Hoyne - Library Director Amanda Otto - Youth Librarian

us "see" like an x-ray machine, into the wall for any fire extension and what the interior of the wall temperature is. We will also remove the fire within the stove or fireplace and sweep the chimney with a specially designed chimney sweeper that will not burn so the fire can be knocked down and the chimney can start to cool.

Again, YES all this can be prevented. Please take a moment and contact a certified chimney sweeper. (Sorry, Cabot Fire Department does not clean / inspect chimneys). Have your chimney inspected and cleaned by a certified company, especially **if you have not done so for this heating season** and avoid a "3 a.m. wake-up call."

If you have any questions, please feel free to contact me at Chief@Cabotfiredept.com.

Be safe,
Dean Deasy, Chief
Cabot Fire Department

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Cabot Senior Housing



Cabot Senior Housing on Glinka Road offers:

- Eight apartments: seven affordable, one market rate.
- Full kitchen, living room, bath, dining area, one or two bedrooms, deck or porch.
- Solarium, large common area with deck, laundry, bathroom, kitchen, function area.
- Mail delivery and trash and recycling pickup.
- Free parking, garden plot and storage unit.
- Support services in Central Vermont help residents maintain independent living.

Cabot Commons is managed by the Downstreet Housing & Community Development. Applications are available at www.downstreet.org or call 802-476-4493.

Cabot Senior Housing is fully occupied but maintains a wait list. Approved applicants are not committed to moving in when an apartment is available. Applicants maintain their wait list position through three offers of open apartments.

Feel free to contact local board members, Judy Pransky at 563-2730 or Susan Carpenter at 426-3331 for more information.



2022 Cabot Community Christmas Dinner

Sunday, December 25, 2022

11:00 a.m. to 2:00 p.m.

Drive Up and Take Out Dinners

*Seeking donations of fresh-baked individual desserts
Christmas Dinner Donations: to P.O. Box 254, Cabot, VT*

*Cabot Christmas Dinner Ads Sponsored By Hazel M. Greaves (still doing taxes!)
Income Tax and Bookkeeping Service, LLC ~ hazelgreavestaxservice@gmail.com*



Peacham Corner Guild Christmas Show

Friday 11/4, 10 am- 7 pm

Saturday 11/5, 10 am—3 pm

Upstairs, Peacham Town Hall

Don't forget our Christmas Shop at the Guild

Friday—Sun, 10 am—4 pm

Nov 25th- Dec 24th (closing at 1 pm)



Harvest Hub?

(continued from page 13)

stories: Retired surgeon Clare who now grows rare fruit varieties in her homestead garden, or our youngest producer Ezra who runs E.N.D.'s (Tea) Blends - with a little help from his grandma Stephanie and the support of the Abenaki community.

It's made with love and attention.

Most of our producers are small business owners and chose their line of work, which means: they love what they are doing! Whether it's the small batch honey from Bull Shed Farm, the hand-made cards from Blackberry Mountain Cards and Prints by Z, the certified organic hemp grown here in Cabot, or the

free-range and beyond-organic eggs from Elysium Valley's homestead - you can see, taste and feel the love and attention that goes into our products.

To sign up as a member and place your first order go to www.cabotharvesthub.org. For this month we offer a free six-week membership to everyone! Just use the discount code FALL22 when you sign up.

If you are interested in becoming a producer for the Cabot Harvest Hub or have any other questions, please email Sarah Spletzer-Welters at cabotharvesthub@gmail.com.

With appreciation for this community, Sarah Spletzer-Welters

Divide and Conquer (Your Perennials, That Is)

by Susan Socks Of Garden Goddess Consulting and Gardening

WHY #1: Maintain healthy space in your garden. Perennials grow and spread year after year, and left untended, they will intergrow with neighboring plants. Every so often, it's good to rein them in, and create some space between plants.

WHY #2: Rejuvenate plants. Many perennials, especially iris and daylily, will grow so dense that they start to choke themselves. Dividing will give them much-needed space, to continue healthy growth.

WHY #3: Make new plants to fill empty garden spaces, start new gardens, or share with neighbors. It's fun (and economical) to turn one plant into 2 or 3 plants, and use these new plants in your garden. It's also great to share with neighbors, with caution: DO NOT offer divisions if you have invasive plants or animals. If your garden contains bishop's weed, creeping bellflower, or snakeworms, DO NOT send your perennials to other gardeners... they will not thank you for these problems.

WHEN: Late fall is the best time for Vermont gardeners to divide their perennials. The cool temperatures and ample rain are great for helping newly divided plants settle in. Further, plants are removing resources from their leafy tops, and concentrating

their resources in their roots in preparation for winter. It is far less stressful for plants to be divided when they are not working to support their above-ground growth.

HOW: Make sure your perennial plant can be divided; most perennials have a fibrous root system and do fine with division, but a few have taproot systems, and are better left alone. Cut the aboveground part of the plant to about 2" in height. Use a sharp shovel or trowel to cut down the center of the plant's roots. If your plant has a lot of roots, you can divide it into 3, or even more plants. Dig up the divided section, and soak it in a bucket of water for a few minutes while you dig a hole for its new home. Immediately after planting, soak the soil and new plant generously.

If you don't need your divisions, and won't be passing them on to another gardener, it's fine to compost them. Don't worry about "wasting" divisions; your original plants will be happier and healthier, and honestly you probably don't need another dozen day-lilies...just let them go!

This garden article is brought to you by Susan Socks, aka the Garden Goddess. Stay tuned for upcoming articles on gardening and homesteading in Vermont. For help with your growing spaces, including design, installation, and maintenance, visit SocksFamilyFarm.weebly.com or call 802.498.7785.