

THE CABOT CHRONICLE

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Vol. 16, No. 12 ~ P.O. Box 245, Cabot, Vermont 05647 ~ December 2023

What Could Possibly Go Wrong? Plan to Attend: Monday, December 11, 2023 Cabot's Hazard Mitigation Plan, Getting Revived and Updated

by Peg Elmer Hough

"You don't know what you've got, until it's gone!"

A local Hazard Mitigation Plan (LHMP) is required by FEMA (the Federal Emergency Management Agency), in order to access substantial federal hazard mitigation funds made available after a disaster like the July 10 flood hits a community. Cabot had such a plan in place but it expired without a lot of notice, until we started looking into FEMA funding for some of the possible flood mitigation strategies Cabot could try.

The state offers grant funds to create or update the plan – it will only cost us time and effort. The Selectboard requested consultant proposals in October, received three, and awarded the contract to the Central Vermont Regional Planning Commission (CVRPC) to assist us in getting the plan back in place in time to apply for FEMA funds before the deadlines anticipated next summer. There's a small committee volunteering to back up CVRPC, including Mike Hogan, Jenn Miner, Dawn Andrews, Kerri Moll, Karen Deasy and myself.

Public participation is encouraged! This is going to be an expedited process so we'll be moving quickly. It's both interesting and important work to help prepare us all for future events, and we have to meet FEMA's requirements and approval. That includes getting your input to rate Cabot's vulnerability to any and all hazards (floods, forest fires, extended power outages, pandemics and more). We'll be asking for your input at a public meeting on December 11, and via a survey we'll circulate across social media.

After we settle on the top priority hazards for Cabot, research and describe them, there will be a second effort to gain your feedback, hopefully by this coming March. We'll be looking for your thoughts on choosing strategies that we can make viable progress on in the next five years, to mitigate the priority hazards, and assigning which volunteers in Cabot will be responsible. From there the draft plan goes to the state and FEMA for review and approval.

Please watch for your opportunity to give us your input! You can contact Keith Cubbon cubbon@cvregion.com for more information.

TOWN OFFICERS TO BE ELECTED AT TOWN MEETING MARCH 5, 2024

Position	Term	Incumbent
Selectboard	2 years	Walter (Skip) Bothfeld, Jr.
Selectboard	3 years	Mike Hogan
Cemetery Commission	3 years	Melvin Churchill
School Director	3 years	Frank Kampf
School Director	2 years	Erica Fucello
School Director	2 years	Jason Monaco
Library Trustees	3 years	Kurt Steinert
CCIF (Cabot Community Investment Fund)	3 years	Alex Underwood
Willey Building Committee	3 years	Fred Ducharme

Veteran Appreciation



Cabot Veterans gathered for lunch at the Willey Building on Veterans Day, Saturday, November 11, hosted by the *Cabot Chronicle* and Cabot Historical Society.

Veterans attending: Bill Wheeler, Donald Delacey, Charles White, Dave Creighton, Jacqueline Lumbr, Chip Taylor, Charles Knowlton, Wally Hood, Tom Turner and Jeanne Johnson.

"This is a Dream Job": Amy Hornblas Profile

Interview by Jeanne Johnson

Cabot Chronicle: Congratulations on your new position as Executive Director of Neighbors in Action. Please tell us about your vision for the organization and your decision to take on that responsibility.

Amy Hornblas: The dust is barely settling and I'm just beginning to see the landscape, wrapping my head around what-all we do. The Lyndonville office and Cabot location – understanding it, keeping it going and refining. But I am well-supported by Elizabeth (Vitale, former Executive Director) and the board, they are all such wonderful people. This is a dream job – I'm a health educator at heart, licensed in health education, and this is a great way to bring it to the community. When I was teaching health I had middle schoolers do a food journal – logging how much they were eating, what brand, nutritional value – overwhelmingly, no one was taking in all the nutrients they needed. They were deficient in supercritical vitamins and minerals,



Amy Hornblas wrote a book about the effects of media on young brains, and it won the International Media Safety Award in 2008.

even athletes, and regardless of home situation. It's a reflection of the American diet and lack of understanding. The food boxes really support nutritional balance and healthy eating. We received a special grant to bring in fresh food and vegetables which were purchased locally – financially helping out (see, 'Amy Hornblas', page 2)



FREE CABOT COMMUNITY CHRISTMAS DINNER

Monday, December 25, 2023 ~ 11:00 a.m. - 2:00 p.m.

Cabot School Cafeteria ~ See menu and details on page 8

Let's Talk About ART: Page 7
School News: Page 13

Local Recipes: Page 10
Obituaries: Page 4

Ruby Baker Interview: Page 12
Business Directory: Page 15

Amy Hornblas

(continued from page 1)

farmers, and they donate good fresh food as well. Most of our provisions come from the food bank, and they are very conscious of protein needs and sources, and providing all the ingredients needed to cook a meal.

Cabot Chronicle: How will you share time between the Lyndonville and Cabot offices? How do the two locations work together?

Amy Hornblas: Since I'm new, my time is heavily Cabot now, but I will need to achieve balance. It's about 40/60 Lyndon/Cabot, there's more going on in Cabot right now, but we're hoping to change that. It's a very nice space in Lyndonville, it would be great to use it more. There are some activities that only happen in Cabot – the toy share, community dinner, events. If contributors want their donation to go only to Cabot, it can be so directed – if not directed, it will go to where the needs is greatest. Neighbors in Action is minimally staffed, overwhelmingly run on volunteers and donations. The only employees are me - Executive Director, Sarah Spletzer - Program Coordinator, Dale Brown – Maintenance Director, and Gale Galvin - Lyndon Food Share. I am only 20 hours per week, everyone else is ten hours per week. It's amazing what we can pull off on a shoestring because neighbors help out.

Cabot Chronicle: We've known you since the early days of re-establishing the Cabot Chronicle, when you ran the storyboard before taking over the school Farm-to-Table program. Please tell us about the work you've done that prepared you for your current position.

Amy Hornblas: I've volunteered on nonprofit boards as a member since college and worked for several nonprofits over the years: AWARE in Hardwick for ten years, St. Johnsbury school district ten years, Cabot School and Washington County Mental Health. My experience has included writing grants to fund my own positions - completing reports and evaluations - and keeping a budget. As well as supervising others and working as a team to get the job done. Subjects I've taught about include food insecurity, importance of sleep, addiction and how it influences behavior, what kids and families are dealing with, as well as what supports are available. I've worked with kids and adults with disabilities in their own apartments, and elder care keeping folks in their own homes or supporting them in nursing homes.

Cabot Chronicle: What are your Cabot roots – tell us about your family. Where did you grow up? Do you have hobbies or crafts you enjoy?

Amy Hornblas: I moved here from Buffalo, NY – it's windy and cold, but not as cold as here! I came for Goddard College and met my husband through mutual friends from Goddard/Plainfield. We bought land in 1998, and have been building our own house since then. It's an Earthship*, using alternative building methods, on a southern facing hillside with a greenhouse and wood cookstove that heats water and the house. Good old-fashioned homesteading with a big garden.

My favorite hobby is bringing people together who don't normally come together – through Neighbors in Action food hub foodies, families, hunters, seniors, youth, students and others come together for the common good.

Cabot Chronicle: The end of the year is fast approaching, a time people often consider their end-of-year charitable donations. How can they help support the mission of Neighbors in Action?

Amy Hornblas: It's easy, and there's something for everyone! Just go to our website, www.neighborsinactionvt.org. There is a tab on volunteering – we could really use your talent, energy, compassion, knowledge – there is a place for you here. You could run a workshop, bag up dogfood, cook a meal, bring coats for kids – there are so many ways to help. And, of course, financial contributions go a really long way – fill in gaps, pay for heat, lights and rent. We expect to own our own building in the new year, purchased with 50% USDA grant and 50% private donations. Please come join us – either in an activity or event, or to help us in our mission. You are always welcome here.

*Wikipedia: “An *Earthship* is a style of architecture developed in the late 20th century to early 21st century by architect Michael Reynolds. Earthships are designed to behave as passive solar earth shelters made of both natural and upcycled materials such as earth-packed tires. Earthships may feature a variety of amenities and aesthetics, and are designed to withstand the extreme temperatures of a desert, managing to stay close to 70 °F (21 °C) regardless of outside weather conditions....”

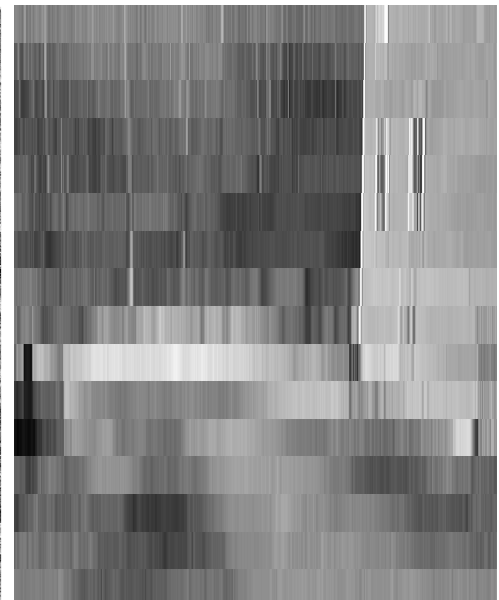
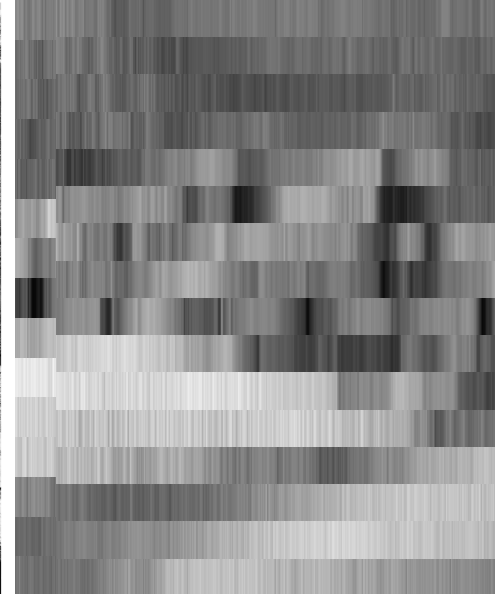
CABOT ARTS SHOW AND TELL

December 3, 2023

2 p.m.-4 p.m.

At the
Willey Building

Snowmobile Bridge Reconstruction work done the week before Thanksgiving behind Headwaters Restaurant & Pub and Harry's Hardware/The Den



THE CABOT CHRONICLE

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





AGENCY OF AGRICULTURE, FOOD & MARKETS

\$12 Million Infusion Bolsters Northeast Regional Dairy Processing



Substantial Funding from the Northeast Dairy Business Innovation Center Is a Catalyst for Dairy Sector Resiliency

Dairy processors across the Northeast are receiving an important investment intended to build resiliency and spur industry growth in our region. The Northeast Dairy Business Innovation Center (NE-DBIC) announced today 35 businesses have been selected for over \$12 million in awards through the Existing Dairy Processor Expansion Grant.

With total funding of \$12,287,001 across eight states, individual awards range from \$25,852 to \$1 million. Those selected for awards represent processors of all sizes: from farmstead creameries to multi-state businesses and co-ops.

In Vermont, ten processors have been awarded grants:

- Agri-Mark Inc.-Cabot Coop. Creamery
- Cellars at Jasper Hill
- Maplebrook Farm
- VT Farm & Cheese Collaborative
- VT Farmstead Cheese Company
- Wilcox Ice Cream
- Ice House Farm
- Larson Farm
- lulu Artisan Ice Cream
- Parish Hill Creamery

This one-time infusion of funding is a direct result of the Northeast Dairy Taskforce, convened by the Vermont Agency of Agriculture, Food and Markets (VAAFAM), at the request of USDA Secretary Tom Vilsack. Charged to provide an actionable response to Danone/Horizon cutting milk contracts with Northeast dairy farmers, the regional taskforce recommended investing "catalytic levels of funding into existing successful track-record processors positioned to scale production quickly."

The USDA subsequently awarded the NE-DBIC an additional \$20 million to address the stability and viability of Northeast regional dairy. The Existing Dairy Processor Expansion Grant does just that, funding specialized equipment to help processors increase the use of regionally sourced milk and expand regional dairy processing capacity.

"USDA is proud to be a partner with Vermont Agency of Agriculture, Food and Markets in their ongoing efforts to support the region's dairy businesses through the Northeast Dairy Business Initiative," said USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt. "This funding will expand markets for dairy producers, ensure a steady supply of dairy products to consumers, and make significant contributions to the region's economy."

Over 3,200 dairy farmers will benefit from this processing expansion, stabilizing and expanding options for their milk and increasing the amount of local dairy on store shelves through the Northeast.

"The funding will have significant impacts for Vermont's producers, helping bolster and stabilize production," said Vermont Governor Phil Scott. "This will help Vermont's world-renowned dairy industry grow and prosper and continue making Vermont proud."

Selected recipients include processors in Massachusetts, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

Find the full list of recipients and their planned expansion project details by visiting the NE-DBIC website here: <https://nedairyinnovation.com/processor-expansion-awards/#Recipients>.

CABOT VERMONT ANNUAL EVENTS 2023

Sunday, December 10, 2023

CABOT COMMUNITY MEMORIAL TREE

Saturday, December 16, 2023

CABOT HOLIDAY FESTIVAL & OUTDOOR MARKET

11am-3pm, live music until 9pm

Monday, December 25, 2023

FREE CABOT COMMUNITY CHRISTMAS DINNER

11am - 12pm

Friday-Saturday, January 5-6, 2024

CABOT VILLAGE TWELFTH NIGHT

Neighbors in Action December Updates

**by Amy Hornblas,
Executive Director**

Your *Neighbors* have been *in Action* non-stop as winter settles into our beautiful village! NiA's Cabot location has been receiving deliveries almost every day to be sure we have everything we need to support our community through the holiday season. What has been arriving at our doors? Fresh vegetables, food staples and pantry supplies, meat and eggs, hygiene and cleaning products, dog and cat food, and lots of toys and warm clothes to help families celebrate the holidays again this year.

It is clear that families of all sizes are struggling under the increasing economic stress. Our bi-weekly food share program has continued to grow, with over 300 food boxes loaded into cars at a time, and a record number of new sign-ups in November, largely consisting of one and two person households. We are grateful that we are able to help our neighbors through these tough times, and thankful to the *Cabot Chronicle* and other supporters who have helped us spread the word about our resources.

How do we manage to provide so much support to so many people? Neighbors, like you! *Neighbors in Action* is a hub of generosity, with neighbors coming in our doors every day to help. Rodney helps pick up the produce, stock the freezers, and break down the boxes. The Montpelier Agway donates bags of pet food, and Lindsey

comes in to break it up into smaller bags for distribution. Laurie welcomes each car that arrives on food share days and helps keep us all organized. A dedicated team of homeschool students and their parents help to deliver the boxes to the cars, carefully "driving" the carts down the ramp. Walter loads the heavy boxes into the cars with grace and charm. High school students from Cabot School visit every week to help with inside and outside chores around the building. Cabot's own family farms, such as the Burt's, have donated crates of winter squash for our Thanksgiving food share boxes. Last, but not least, financial contributions also arrive at our door in the form of grants and private donations, which help our programs stay afloat and available at both of our locations (Cabot and Lyndonville). Thank you everyone who helps us do this important work- many hands make a happy community!

Feel free to join us in December for the following NiA activities:

- Food Share boxes are available on Wednesdays 12/6 & 12/20 from 12- 2
- Senior Adventures on Tuesday 12/12 from 10:30 - 1:00
- Holiday Craft Morning on Saturday 12/9 from 10:00 - 11:30
- Toy & Warm Clothing Share on 12/1 & 12/2 from 10: - 5, & 12/4 from 11 - 8.

All of our events are free and open to the public. For more information, check out our website at www.neighborsinactionvt.org or call 802-563-3322.



OBITUARIES & MEMORIALS

Ida Heath Sanborn

Ida Heath Sanborn, 86, of Cabot, Barre Town, and finally Northfield, passed away on Thursday, October 26, 2023, at Mayo Residential Care in Northfield.

Born on June 1, 1937, in Saint Johnsbury, she was the first of three children of Herbert Bernard and Marion Mabel (Hatch) Heath.

Ida was a life-long Vermonter. She grew up in the town of Cabot and remained close to her grandparents and other relatives in nearby Walden. She graduated from Cabot High School in 1955, where she was a member of the high school band, with her younger sister and brother, and the women's basketball team – serving as a defensive stalwart in an era when offensive and defensive players were each restricted to playing on their respective halves of the court. Growing up, Ida loved to spend her time with friends and bicycling around the area. Very recently, she had pleasant dreams of bicycle riding as a youth. We can imagine her in heaven, bicycling with all the friends she loved while on earth.

After high school, Ida attended Vermont Junior College in Montpelier and graduated with an associate of science degree in 1957. Upon completion of her time in college, she married her husband and life-long companion, Mayo Elwin Sanborn of Barre, on September 1, 1957, in the chapel of Bethany Congregational

Church of Montpelier. This union produced two very loved children, Jeffrey and Scott. Ida was a wonderful homemaker who deeply loved and cared for her husband and sons.

Ida pursued outside employment when her children began to "leave the nest." She worked as an administrative assistant with University Associates in Psychiatry and later documented court depositions. Ida and Mayo purchased the Barre location of Capitol Stationers, Incorporated, in 1988. This store became Mayo's Capitol Stationers of Barre, which specialized in cards and gifts, office products, and book sales; the store was a well-loved fixture of Barre's downtown area. Ida served in multiple roles at the store, to include Clerk of the Corporation, bookkeeper, assistant manager, sales representative, and a multitude of other roles that are often unseen but were vital to being a business owner. Ida and Mayo retired and closed the store in 2002. Of all the jobs in her lifetime, Ida's favorite was working as a telephone operator in Cabot, using manual intervention to operate switchboards to connect communicating parties. During that time, it's possible that she was one of the town's most informed residents.

She used her passions and experience to build a thriving business and serve her community. Ida served with the Greater Barre Jaycee Anns (including a term as President) to promote civic and cultural improvement of the area, the Salvation Army, the Cub Scouts as a Den Mother, the Barre Merchant's Bureau (serving as President in 1997), and

in the church through numerous support roles.

Ida's commitment to her Lord and Savior grew significantly over the past 30 years. She was a devoted member of the Seventh-day Adventist Church in Berlin and served the Lord faithfully. Her thirst for learning about God's Word was never quenched. She loved the members of the church, who provided a warm fellowship and enduring support during tough times. Additionally, she led a Bible study group at Mayo Residential Care and worked diligently to spread the gospel of the truth.

Many of Ida's most cherished memories were of time spent with grandchildren. She cared for her two oldest grandchildren, William and Jane, during numerous extended summer and holiday trips. They spent time together exploring, learning, and helping at Mayo's Capitol Stationers of Barre, building tree houses, riding the lawn mower, playing in the snow, completing crossword puzzles, and simply having fun. With her two younger

grandchildren, Anna and Elsa, she loved to cook and read together. Her four grandchildren provided many joys over the years.

Survivors include Ida's first son Jeffrey of Morrisville; her second son and daughter-in-law Scott and Chong Kyu of Gainesville, VA; four grandchildren and spouses William and his wife, Diana and Jane and her husband, Rainier from Scott and Chong Kyu and Anna and Elsa from Jeffrey and former wife, Jen Watkins; two great-grandchildren Desmond and Blanca from William and Diana; her sister Bernardine Haslam of Essex Junction, Vermont; her brother Herb Heath and wife, Tina of Barre, Vermont; and her sister-in-law Martha Sanborn of Barre Town, Vermont as well as many cousins, nieces, and nephews. Ida will be missed.

For a memorial guestbook, please visit www.hookerwhitcomb.com. The family thanks the staff at Mayo Healthcare in Northfield for their care and support to Ida.

Robert A. Lamphear, Sr.

Robert A. "Bob" Lamphear, Sr., 84, of Williamstown passed away on Friday, October 13, 2023, at Dartmouth Hitchcock Medical Center. Born on May 17, 1939, in Cabot, he was the son of Harold and

Mable (Barnett) Lamphear.

Robert attended Cabot Schools. On August 30, 1958, he married Ina Hanna in Barre. Following their wedding they lived in Cabot, Hardwick, Middlesex, Montpelier, Barre City and Williamstown. Bob held various jobs throughout his life including Cabot Creamery,

Celenti & Bianchi Stone Shed, Huntington Homes, and ended his career as a painter. He was a member of New Life Assembly Church where he served on the board of Deacons. In his younger days he had also been a member of the Elks Club and Moose Lodge, both in Barre. In his spare time, Bob enjoyed family vacations, especially those in Florida, visiting with friends and family, marshmallow fights, putting around the house, and going to yard sales and with a twinkle in his eye would say "that will be worth something someday."

Arrangements are by Hooker Whitcomb Funeral Home, 7 Academy Street, Barre. For a memorial guestbook and complete obituary, please visit www.hookerwhitcomb.com.

Doris E. Marsha

Doris E. Marsha, 95, a long-time resident, was gently placed into the arms of the angels while surrounded by family on Monday, September 25, 2023. Born on January 16, 1928, in

Marshfield, she was the daughter of Merton and Pearl (Cotton) Potter. Doris

grew up on a farm on Maple Hill in Plainfield and attended local schools.

In August of 1945, she married Edwin (Joe) Hedding and together they had six children. Doris remarried in October of 1963 to Richard Marsha and together they had two children. Survivors include her children, grandchildren, and great-grandchildren and extended family.

For a memorial guestbook, please visit www.hookerwhitcomb.com.



Cabot Community Memorial Tree Lighting on the Common

**Sunday, December 10, 2023
6:00 p.m. Tree Lighting**

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

You can have names listed by filling out a form found at the Cabot Store (payment may be made at the store, or sent to Cabot United Church, PO Box 127, Cabot, VT 05647), or downloaded from the following link: <https://tinyurl.com/25sb98sw>.

Names to be read (use back of page for extra names):

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

Your name and phone number _____

Sponsored by Cabot United Church
<https://tinyurl.com/25sb98sw>

Cabot Community Theater Mumming at Twelfth Night

by Karen Mueller-Harder

If you'd like to be part of some foolishness and rollicking fun at the turn of the year, with only a small-time commitment, Cabot Community Theater will be performing a mummies' play at Cabot's Twelfth Night Celebration, and we'd love you to be involved! A mummies' play is a type of comedic skit from English roots, with stylized characters full of bravado and gumption, often performed at solstice, Christmas, or Twelfth Night celebrations. CCT will be performing our own version of this traditional fare in the afternoon of January 6.

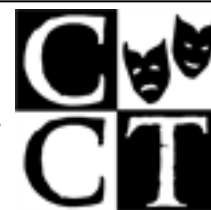
We need people of all ages for the cast: we have parts both large and small, for actors who have a lot of energy! We will have just a few rehearsals in late December/early January. If you'd like to join

our merry band of performers, please let us know by mid-December at

karen@praxisworks.org (or email with any questions). This show is a perfect fit for a parent and child who'd like to act together!

And watch the January Chronicle and Front Porch Forum for the title and audition information for our spring play, which will be performed in early May in CSPAC!

Cabot Community Theater welcomes participants of all ages and levels of experience, and we include folks from Cabot as well as other towns. We always have flexibility in our casting in terms of age and gender, to offer performing opportunities to as many participants as possible.



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."

Budgeting Discussions Started

by Frank Kampf, Staff Writer

The selectboard kicked off their budget discussion at a special meeting on November 7, where Sid Griggs presented budget projections for the highway department. Mike Hogan started the discussion talking about the budget process and noting the current \$153,159 fund balance, but added that the audit is currently underway. He reminded everyone that the discussion was about the fiscal year that starts next July 1 and ends on June 30, 2025.

Mike went on to talk about how the new fire department building and the temporary building is going to increase costs, and that they need to consider what expenses FEMA will not be covering. Mike noted that to date, the town has spent 1.3 million dollars related to the July flood. He is assuming FEMA will cover 90%, which leaves about \$130,000. He speculated that the state will pay for some of the uncovered expenses. Mike went on to say that there will be expenses for the temporary firehouse, which will be 10% of 1.1 million dollars.

Mike then turned to the highway budget, which he said was 1.6 million dollars last year. He then asked Sid to go over his expected increases. Sid started with equipment repairs, and said that due to inflation, he felt it should be increased from \$25,000 to \$30,000. He told the board that the dip stick in the transmission on Aldo's truck rotted off and fell into the transmission. He explained that it eventually cost \$3600. He went on to describe other repairs that were underway and how much they cost.

Sid then suggested increasing the gravel line item from \$80,000 to \$90,000 because gravel prices are going up all across the board. Sid also asked to increase sand from \$35,000 to \$50,000 or \$60,000. He said that when they haul sand, it takes a month, but if they pay someone else to haul it, it is done in two days. He suggested that even though it costs more, it saves a lot of wear and tear on the town's trucks and frees the road crew up for other work.

Sid also asked to increase the garage surplus, which is used for small tools, from \$3,000 to \$6,000. Then Sid talked about ditching, and noted that they are way behind. He suggested they put in more money for hired equipment, and if they did that for three or four years, then they'd be caught up. He mentioned that if the ditching is maintained, then when something like the flood happens, it would not be as bad.

The board then discussed the open position on the road crew. Sid talked about how the previous job offer was declined. R.D. Eno asked why, and Sid mentioned it was probably related to benefits and that Calais offered more. Karen Larsen said it was not ideal only having two on the road crew.

The board then discussed the age of the equipment and when it might need to be replaced. They mulled over leasing versus buying as an option, and discussed the sinking fund. Sid said Marshfield buys their truck and gets a seven-year extended warranty. He added that when the warranty is up, the truck is sold. Sid added that generally trucks last 7 to 10 years, and graders last 15 to 20 years. R.D. suggested that the board have a plan to compare leasing and borrowing costs before the board completes the budget.

The board continued its budget discussions at another special meeting on November 11. At that meeting the Listers, the Zoning Administrator, the Cemetery Commission, the Conservation Committee, and the Trails Committee presented their budget requests.

Jeanne Johnson presented the listers budget and said it was pretty much the same stuff as in the past. R.D. Eno pointed out that it was \$1,000 less, and Jeanne explained that was because they are not asking for a new computer in the fiscal year.

Then Brittany Butler, the zoning administrator, spoke and said that zoning has never had a budget. She noted that since she is a lister too, she is using the lister's computer for zoning work.

Responding to a question from the board, Brittany said she used her cell phone when she has to take pictures as the zoning administrator, and Michelle Leclerc suggested she should get the \$40 a month stipend for her cell phone.

R.D. asked if they were level funding the zoning budget. Mike said if they add \$40 a month for the phone, it should be increased to \$1,000. The discussion with the board then turned to the zoning map, and how it is currently not maintainable and she can't get help from the state.

Melvin Churchill then presented the Cemetery Commission budget. He said that he had been through it a thousand times and was just going to ask for the \$20,000 appropriation. He went on to say that when he came on the board 15 years ago, they got a \$20,000 appropriation.

Melvin then noted that the town has seven cemeteries. He added that many people don't know the town has a cemetery at the old town center, from the revolutionary war period. He said that the commission cannot continue to operate with just a \$20,000 appropriation.

The board asked about the project list and Melvin rattled off a number of tasks they wanted to accomplish. Fred Ducharme asked what he thought would really be needed and Melvin answered \$30,000.

The conservation committee was next and Gary Gulka requested to be level funded, along with a \$1,000 article. He also brought up the ARPA funding request the board had approved last year,

but they didn't get due to a clerical error.

The board discussed the current balance of the ARPA fund with Michelle, and she noted that there was currently a balance of about \$26,000. Mike concluded there was enough to provide the money the board had previously allocated, and that no action was needed by the board since they had previously approved the allocation.

The board discussed the need for a \$1,000 article for the conservation committee, and Gary said it was for money that could be carried over. Michelle

noted that wasn't necessary because the board could approve a "carry forward" for the conservation committee budget.

Gary then discussed that the Flood Resilience Task Force needed to spend some money in the future, and the board concluded the discussion by designating \$1,500 for the conservation committee, and another \$1,500 for the task force.

Gary also spoke for the trails committee, and asked for level funding of \$2,000. There was no lengthy discussion regarding trails and the meeting concluded soon thereafter.

Fire Trucks

by Frank Kampf, Staff Writer

At the November 7 Selectboard meeting, Dean Deasy, fire chief, told the board that two pieces of the fire department's apparatus were still parked outside. He mentioned that the tanker was full of water, but the wrecker was of higher concern since the jaws of life should be kept at room temperature.

Mike asked Dean if Sid Griggs had talked to him about Jim Abbott's place. Dean responded that they had been playing phone tag. Dean also said that Connor Contracting is well aware of the situation and said that they should be able to move into the temporary building by February 20. He mentioned it might be as much as two weeks earlier.

Dean went on to say they are looking for places that are warm and centrally located. Karen Larsen said that it seems to her that fundamental to fire trucks is that they need to be ready to go in five minutes. She expressed that this is a time of prioritization over inconvenience, and added that she would prefer to see a dump truck parked outside rather than a rescue truck.

Mike Hogan speculated that they might be able to fit more things in the town garage, but said things are tight and things might get in the way. Karen added that if it were her house on fire, protecting the grader seemed less important than the tanker.

Dean said that Sid told him the town trucks with the plows attached are 43 feet long. Mike asked Dean the size of the two fire trucks, and Dean said the rescue vehicle is 26 feet long, and the tanker is 29 feet long. Karen asked if the grader could be stored in an unheated place somewhere else in town, which sparked a lengthy discussion about possibilities of which piece of equipment could be stored where.

The board decided to talk to Jim Abbott and Larry Gochey about available space. Mike noted that it would cost money, and storage is needed for three months. Karen asked Sid if everything in the town garage is needed this winter, and needs to be in a heated space. Sid said yes, aside from the chipper which doesn't take up enough space for a truck.

Later in the meeting, Mike mentioned that at the last meeting Dean was get-

ting ready a bid for razing the old firehouse. He noted that the building had been red flagged and FEMA wanted it down.

Dean said he had conversations with FEMA about getting this done and presented the board with a draft. Referring to his draft, he noted that he made it clear that the bank behind the building is unstable and if there is any damage it needs to be repaired at no expense. He added that everything needs to be demolished from the front apron to avoid the bank. Dean also said that testing for hazardous materials has to be done.

Dean went on to describe the plans for the site, after demolition. He said that they will erect a fence to keep people away from the bank. He added that eventually a pole would be installed to hold the siren.

According to FEMA, Dean said, it has to be returned to a natural state. He explained that is why it will be all grass. But the plan is to put gravel under the grass so it can be used for extra parking. He said that the site is going to be a public parking area, and the existing parking will be left mostly intact. Only the building footprint will be grass. Mike added that the town will never be able to build anything on that site. The board approved the bid proposal.

Prior to the next Selectboard meeting, Karen posted on Cabot Connects Facebook page "all of our fire and rescue vehicles are now housed, warm, and positioned for uninterrupted and immediate emergency response." But added "We would still, however, like to rehouse the tanker so if you have a warm (45+ degrees) and accessible space, please contact the Town Clerk's office...."

**TOWN
OFFICE
CLOSED**



**Mondays
December 25, 2023
& January 1, 2024**

Reappraisal Process

by Frank Kampf, Staff Writer

Mike Hogan asked Jeanne Johnson, head lister, to update the board on the statistical reappraisal that is underway. Jeanne said that they had completed their site visits and that the state standard was between 2% and 5% of the properties. She explained that they were targeting 4%, but went a little over because the state will also require a distribution of properties that were sold versus not sold, homesteads vs non-homesteads, and a good geographical distribution.

Jeanne went on to explain that they had initially tried to visit every 17th property on the grand list, but discovered they had trouble reaching people. She said they sent letters to all of the identified properties, but many did not respond. So they started reaching out to people they knew, and who would probably say yes. Then they looked for a few more properties to cover the geographical holes and variations.

Jeanne reminded everyone that this had to happen because the town got a reappraisal order from the state only three years after the last reappraisal. She explained that at that time they knew it was going to happen because

they could see what COVID was doing to housing prices.

She went on to say how it resulted in a common level of appraisal (CLA) that was “out of whack.” She also noted that two thirds of the state was in the same condition, and noted that a bad CLA causes a lot of negative impacts on the property taxes of the town.

Jeanne then said that with the data collected and analysis, it will be presented to the Department of Taxes, and they will determine if it meets their standards. She added that when it passes, the data will be used to change the underlying appraisal tables and bring the CLA back to 100%.

Mike asked if Jeanne was comfortable with the data, and Jeanne responded affirmatively. Karen Larsen asked how this would affect everyone’s property value. Jeanne said that everyone’s property value should become more inline with the market value. She said that theoretically, if ever everyone’s property value goes up, no one should see a tax impact because taxes are based upon the total value of the grand list. She added that utility taxes should go up, which should help bring everyone else’s taxes down.

Mistletoe: Way More than Just a Holiday Decoration!

by Susan Socks of Garden Goddess Consulting and Gardening

Mistletoes are a large group of plants that are parasitic on aboveground parts of other plants. Most commonly, mistletoes live on deciduous trees like oak and poplar, but there are species that live on grasses, cactus, and evergreen trees. Their specialized roots penetrate the host plant, drawing water and nutrients. Some mistletoe species have chlorophyll, and are capable of making some of their own food. Other species lack chlorophyll, and are fully parasitic. Altogether, there are several hundred species of mistletoe, from the familiar leafy-and-white-berry type of holiday decor, to a leafless South American species that lives inside cactus, periodically erupting large flashy flowers through the skin of the cactus, with fruits eaten by Chilean mockingbirds.

“Parasite” evokes negative feelings, but don’t worry; most mistletoe do little or no damage to their host. They actually fertilize the forest floor and help other plants to thrive, by tapping into the host tree’s nutrients, and “spreading the wealth” when they drop their berries and leaves (thus spreading the tree’s nutrients). A study in Zimbabwe showed that mistletoe is responsible for fertilizing the savannah, and allowing a greater number of grass species to flourish. In another study in Australia, areas with a robust mistletoe population had 33% more birds than neighboring areas where mistletoe was removed.

Mistletoe provide food and shelter for all kinds of animals. Insects live in the dense leafy clumps of mistletoe, and lizards and birds hunt the insects. Birds, squirrels, and other small mammals nest in the clumps; an Australian study found 245 species of birds using mistletoe for



nesting. Butterflies gather nectar. Birds (and occasionally fish) eat the berries. Mammals as diverse as porcupine, rhinoceros, and caterpillars eat mistletoe foliage.

The name “mistletoe” comes from the Anglo-Saxon words “mistel” and “tan”, meaning “dung twig”. It was believed that when birds left droppings on a tree, a mistletoe was created. They weren’t far off; it is the mistletoe seeds in bird droppings, rather than the droppings themselves. Because the mistletoe was believed to sprout magically from bird poo, ancient European cultures ascribed life-giving powers to the mistletoe plant, believing it could increase fertility, act as an aphrodisiac, cure ills, and ward off evil spirits. It was gathered as part of winter and summer solstice celebrations. In time, the European traditions migrated to the New World, and became part of Western holiday tradition.

Next time you stand under the mistletoe, you can share these fascinating facts...or just enjoy the kiss.

This garden article is brought to you by Susan Socks, aka The Garden Goddess. Stay tuned for upcoming articles on green lawn care, pruning, garden tools, edible landscapes, and more. For gardening help, visit www.SocksFamilyFarm.weebly.com or call 802.498.7785.

Flood Task Force Update

by Frank Kampf, Staff Writer

Gary Gulka is leading the Flood Task Force, and he attended the November 7 Selectboard meeting to give a presentation of their physical survey of the tributaries that flooded the Village of Cabot. Chris Tormey, also on the Task Force, was present to explain where they had gone and what they had seen.

Gary had many photos to share, and started by explaining they had walked over six miles of stream and tributaries to see the lay of the land. Gary and Chris had joined the high school science class that is doing a project on the Waters of the Winooski, taught by Thomas Dunbar. They mentioned that the class has been visiting and studying the watersheds throughout the fall.

Gary described the initial slides, which showed with different colors the individual watersheds that lie in Cabot. He noted that the Winooski watershed is the largest in the state, and pointed to the Cabot portion that is at the headwaters. He also noted that most of the eastern side of Cabot drains into Molly’s Brook and Molly’s Falls Pond, which ultimately drain into the Winooski. He also noted that the upper corners of Cabot drain into either the Lamoille or the Connecticut Rivers.

Gary then discussed the Winooski tributary that comes to the village behind the Willey building. He started a slideshow of photos they had taken when they walked the stream, starting on the Hourihan property. Chris noted that the tributary starts up on the Birmingham property, and said that as they walked downhill, they observed a gradual widening and deepening of the channel. He noted that the channel is full of boulders that were likely carried there during the flood.

Chris went on to explain that there are some places where it is clear the river is trying to get rid of some water, but added that as they got down further, the chute got deeper and it would be more difficult for the water to overflow the banks.

In the photos, there appeared to be some hillsides along the channel that looked like slate, but Chris explained that it was all hard-packed clay. He said that the trees would have a hard time putting roots into it, and there were likely slides that exposed the clay.

Chris went on to explain that on the Glinka property they saw more trees down along the stream, and that just above the village there is a woody debris

pile blocking the stream. Gary added that the debris is blocking the channel and slowing down the water, but in a real heavy storm it would probably wash down. Gary said that this would be good further upstream, but probably isn’t beneficial where it is located.

Chris added that the stream comes down through a 70-foot gorge on the Glinka property, spreads out and slows down. He speculated that is probably the reason the woody debris is piled there.

Gary then moved onto the tributary that starts on Taylor Way. He explained that it flows down to Dubray Road, where they saw significant erosion. They also found clay there too, and noted that the tree roots were not very deep. As they moved further downstream, they said they saw more wood and trees that sloughed off the banks and into the stream. Gary also mentioned they saw significant erosion above Menard Road. Chris said that in most of the landscape, there is a good riparian buffer.

Gary then spoke about how the stream widened below Menard Road, but added that there were signs of erosion there, too. He showed a photo of an area along the stream where there weren’t many trees along the bank, and it seemed like there might be a pasture along the edge of the bank. He also showed photos of many trees down across the stream near the confluences of two tributaries. They talked about the lack of woody buffers and heavy erosion as they neared the village and the recreation field.

Chris explained to the board that they wanted to share some next steps. He mentioned one next step is to define the goals of the task force. He said they were going to contact a stream ecologist and find out what we can do to reduce the flow. He said, even though they don’t have funding, they feel it is necessary. He said they could talk to experts without spending a great deal of money and find out what the town could do in these streams. Then they could bring forward a proposal for work next spring or summer.

Gary noted they need to have clear goals and objectives to apply for grants. He said that he hoped by working with engineers and river consultants we can figure out a scope of work. In the meantime, they can also look for funding sources. Gary added that they are going to rely on the consultants to tell them what is the biggest bang for the buck.

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LET'S TALK ABOUT ART

by Janet Van Fleet

Janet Van Fleet will be writing a regular column about the arts and artists in Cabot.

Compared to other states, Vermont has the most working artists *per capita* and the second-most working writers (Washington Post, August 18, 2023). Cabot has had its share of these artists and writers, as well as musicians, actors, and photographers. I'll start this column with some personal stories about artists I met when my husband, RD Eno, and I moved to Cabot in 1976.

We had gotten a tip from Tony Klein that the house we bought on Thistle Hill was for sale. Tony was married to an artist, Jennifer Boyer, who ran a successful pottery studio called Thistle Hill Pottery on the other side of our hill. They moved to East Montpelier in 1986, where the studio kept the same name and Tony served in the Vermont House of Representatives from 2003-2015.



Georgia Landau with seniors holding the portrait dolls she created: L-R: Georgia, Adele Dawson, Earle Curtis, Zula Mears, Gene Curtis, John Lamberton, Paulene Welsh. An article about this project was published in Vermont Life Magazine in the Autumn, 1975 issue.

Ken Klingler is also a neighbor on our hill (which seems to have been rich with artists). He and his wife Diana were both schoolteachers in Hardwick. Ken taught art, but retired in 1985 to take care of their homestead and their children. He built a studio in 1988 and became a successful carver of both large and small pieces featuring animals, rural scenes, and Native Americans. You can see one of his new sculptures, "Bottle Quilt", made with repurposed glass, outside near the Westervelt's house in the village.

An artist who contributed greatly to the cultural life of Cabot was a dear friend, Wilma Lovely. In addition to her participation in local organizations and the Cabot Ambulance Service, Wilma made intricate mosaics out of found materials. She started with electrical components from televisions and other appliances salvaged by her husband Lloyd, and later worked mostly with electrical wire, broken glass, and costume jewelry. People in town decades ago will remember the large satellite dish at the top of her driveway on Elm Street, collaged with flowers made from colored plastic



Jennifer Boyer's Thistle Hill Pottery in 1976.

canvas. Wilma died in 2012, but you can still see examples of her work at Cabot Commons senior housing.

Luella Schroeder was an accomplished jeweler who operated the Craft Shop at Molly's Pond with her partner Martha Price from 1967-2000. She was the first woman to be awarded Vermont's Businessman of the Year Award, in 1996!

Other artists from that time period (though I didn't know them personally) were brothers Ed and Henry Menard, both of whom carved birds, though in very different styles.

This first column has focused on visual artists from many years past, but in future columns I hope to write about (and interview) artists who are working here in town now, and also writers, musicians, and others.

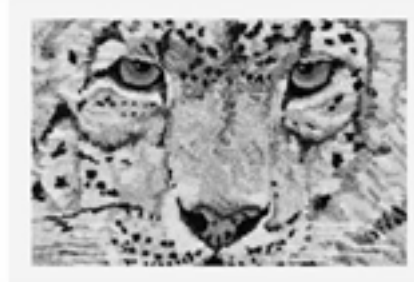


A woodcut print by Mary Azarian, who made many wonderful images of rural life.

When we moved in, we discovered that well-known woodcut artist Mary Azarian and musician Banjo Tom Azarian lived next door. Many years later, Mary was honored with a Caldecott Medal for her illustrations of a book about Snowflake Bentley. Mary was producing her prints in a house shared by other artists on Last Road. Later, she built a studio across the road from their house on Whittier Hill Road that is currently used for the Yasodhararam Buddhist Meditation Center, established by Mary's daughter-in-law, Wilaiwan Phonjan-Azarian.

Among those artists in the Last Road studio was Terry J. Allen, who studied porcelain pottery in Japan. Terry made lamp bases, serving vessels (including a very popular bowl featuring fish swimming around the rim, one of which used to be found in the kitchen at the Town Hall), and wind bells. She later became a journalist and photographer, and now publishes a free online series of paired and related photographs called OPPOSABLE (often with commentary) at <https://terryjallen.substack.com/> that I highly recommend.

Also in that group studio was Georgia Landau, who was fabricating soft sculptures, including a project with seniors in Marshfield. She took photographs and used those images to make portrait faces of stuffed, stitched, and painted nylon stockings, attached to bodies of sewed and wired cloth. Georgia now creates figurative sculptures in a clay studio at Studio Place Arts (SPA), an arts center that she and I helped to create on Main Street in Barre.



Open House and Hooked Rug Show

Vermont Rug Hooking Studio

Saturday, December 16th, 2023

10:00 - 3:00 at The Cabot Town Hall

Help us celebrate re-opening of the studio with a beautiful Hooked Rug Show by "The Sisters Rug Hooking Group", hooking supplies, silk scarves, hand-knit wool hats, and snacks!

The studio's new location will be at

849 Ducharme Road, Cabot

Sandy Ducharme

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HONKY-TONK HOLIDAY DANCE WITH THE QUEEN CITY CUT-UPS SATURDAY, DEC. 16TH 7PM



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FREE CABOT COMMUNITY CHRISTMAS DINNER

Monday, December 25, 2023

11:00 a.m. – 2:00 p.m.

Cabot School Cafeteria

- 1. Dine In With Your Neighbors**
- 2. Drive Up Take Out - *Stay in your car, we'll bring it to you.***
- 3. Meal Delivery Available - *By calling Amanda Legare at 426-3783***

All Local Bothfeld Turkeys Purchased This Year
Meal delivery available by calling Amanda Legare at 426-3783

TVSC will transport meals to all Cabot Meals on Wheels recipients for Christmas
Any leftovers will be available at TVSC the following Wednesday

Requesting Individual Desserts Donated Friday, Saturday, or Sunday Morning
(whenever cars are there, someone will be inside cooking)

MENU:

Turkey, stuffing, and gravy
Squash
Cranberry sauce
Mashed potatoes
Dessert

Donations are welcome but absolutely not necessary
(Mail to PO Box 245, Cabot, VT 05647, marked "Christmas Dinner" or drop off Christmas Day)

Christmas Dinner Questions: 802-563-2102

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The Cabot Village 12th Night Celebration

January 5th & 6th 2024

ALL 12TH NIGHT EVENTS ARE FREE!

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EVAN PREMO AND MICHAEL "LAUGHING FOX CHARETTE
THE MIDNIGHT CAPERS - CABOT COMMUNITY THEATER
ARTS AND CRAFTS FOR KIDS - SUNSET LANTERN PARADE
HOT COCOA STATION - CABOT SCHOOL CHAMBER SINGERS
WASSAILING - NEIGHBORS IN ACTION COMMUNITY MEAL
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THE 12TH NIGHT CELEBRATION IS SUPPORTED BY THE VERMONT COMMUNITY FOUNDATION,
THE CABOT COMMUNITY ASSOCIATION, LOCAL BUSINESS SPONSORS, AND YOU!



PHOTO BY MARC DOLBIER

Dear Friends and Neighbors,

The 4th annual Cabot Village 12th Night Celebration is coming up on January 5th and 6th. We are so excited to offer a brilliant lineup of talent to grace our town and usher in the New Year with joy and community spirit! For the last two years we have offered the festival free-of-charge and will be doing so again this January. Making 12th Night a free festival not only makes it possible for all people to attend regardless of income, it's a great way to welcome visitors to town!

The budget for the 12th Night Celebration is more than \$10,000. Paying artists, marketing, graphics, printing, insurance, supplies, and administration does not come cheap. Happily, grants cover about half the festival's cost. This year we still need to raise another \$4000 from business sponsorships and donations. *This is where you come in!*

If you have enjoyed the 12th Night Celebration in years past and would like to directly support this upcoming festival, please consider making a donation to Cabot Arts. Cabot Arts is a 501(c)3 non-profit organization, so your contributions are tax deductible.

Please send a check c/o Cabot Arts PO Box 201 Cabot, VT 05647 or, visit: <https://www.cabotarts.org/donate>

Thank you for your support, and see you at 12th Night!

Gratefully yours,
Dana Robinson
Executive Director, Cabot Arts, Inc.



Photo courtesy Marc Dolbier

Plainfield Arts Presents:

HELIAND CONSORT



'When the Snows Fall'

PLAINFIELD OPERA HOUSE

SUNDAY, DECEMBER 3

Traverse the Americas with Heliland in this imaginative hour of chamber music. Featuring a musical travelogue by William Grant Still, infectious rhythms by Astor Piazzolla and Chick Corea, and other favorites from their catalog.

4:00PM Concert \$20 suggested donation

Reserve your seat online! A limited number of tickets will be available for sale at the door.

PLAINFIELDARTSVT.ORG

Plainfield Arts is supported in part by a generous grant from Vermont Arts Council

Local Cabot Recipes Home for the Holidays



Apricot Strudel

Shared by Beth Wade

This is a recipe my grandmother gave me. But no stretching German strudel dough around the kitchen table (tried that only once!) No, Grandma got the recipe at a cooking class she went to when she was in her 90s. (The food processor instructions are mine.)

For the dough:

- 2 sticks butter
- 2 c. flour
- 1 c. sour cream

Food processor instructions:

Cut butter into pats and freeze if possible. Pulse for about 15 seconds with 2 c. flour until mixture is cut in with a few small lumps left (about the size of grains of rice). Pulse with sour cream just until dough begins to leave the sides of the bowl. Divide dough into 4 slightly flattened disks and chill for at least 4 hours.

If not using a food processor, cut in butter and flour as if you were making pie crust, then add sour cream, proceed as above.

Roll out each section of dough on a floured pastry cloth (old pillowcase works fine) to about 12 x 15 inches.

Spread with:

- Apricot jam (I used an 18 oz. jar for the whole recipe)
- Finely chopped nuts (about 1 lb. for the whole recipe)
- Coconut (about a 12 oz. bag for the whole recipe)

Roll up by picking up end of pastry cloth. Transfer to foil or parchment lined cookie sheets. Try to center racks/pans in oven.

Bake at 450 degrees for 10 minutes, then reduce to 325 degrees for an additional 20-25 minutes. (If you can't center the racks in the oven, then swap upper and lower pans when you turn down the temperature.)

Slice diagonally after cooling.

Notes: I've made this with things other than apricot jam. For a savory version, you can use ham, nuts and grated cheese. I've used apples and other fruit, but cook the filling first and make sure it's not too juicy. Any other variety of jam works, too, of course. If you're anti-coconut, buttered bread crumbs will work, or add more nuts

Buckeye Balls

Shared by Deb Maxwell

Buckeye Balls are a favorite with my daughters & granddaughters. I used to love trying out the recipes from the Burlington Free Press Ask it Basket.

1 1/2 cup margarine, softened	1 6-ounce package chocolate chips
1 teaspoon vanilla	2 tablespoons vegetable shortening
1 16-ounce package confectioner's sugar	

Mix peanut butter, margarine, vanilla and sugar. Shape dough into balls using 2 teaspoons for each. Place on waxed paper and refrigerate.

In top of double boiler melt chocolate chips and shortening.

When smooth, pour into small bowl. Remove peanut butter balls from refrigerator and insert wooden toothpick into each to "dunk" into slightly cooled chocolate.

Put on wax paper and refrigerate.

Pumpkin Pancakes

Reprinted with permission from October 2023 Agriview, a publication of Vermont Agency of Agriculture, Food & Markets

Makes 12 pancakes

1½ cups flour	½ cup canned pumpkin (not pie filling!)
2 teaspoons baking powder	3 tablespoons unsalted butter, melted
¼ teaspoon baking soda	1 cup milk
1½ teaspoons ground cinnamon	2 large eggs
1 teaspoon ground allspice (optional)	3 tablespoons maple syrup, plus more for serving
¼ teaspoon ground ginger (optional)	
½ teaspoon salt	

In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, allspice, ginger, and salt. Set aside.

In a large bowl, whisk together the pumpkin and melted butter. Whisk in the milk, followed by the eggs and maple syrup. Add the flour mixture and whisk until smooth. If the batter seems too thick, add 1 to 2 more tablespoons of milk. Do not over-mix.

Heat a griddle or nonstick pan over medium heat and grease lightly (with butter, shortening or vegetable oil). Drop about ¼ cup batter from a small ladle or large spoon and cook until the puffy and bubbling on top and golden and crisp on the bottom, about 2 minutes. Flip and cook until the bottom is golden, about 30 seconds. Serve immediately with maple syrup.

Make a batch ahead of time! Freezer-Friendly Instructions: After the pancakes have cooled, place a sheet of parchment or wax paper between each pancake and stack together. Wrap the stack of pancakes tightly in aluminum foil or place inside a heavy-duty freezer bag. To reheat, place them in a single layer on a baking sheet and cover with foil. Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

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SATURDAY, DECEMBER 2ND, 10AM-5PM

MONDAY, DECEMBER 4TH, 11AM-8PM

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Upcoming Events at the Jaquith Library

All events are free and held at the library (unless noted otherwise)

Submissions Wanted for Children's Art Show at the Jaquith

Please submit three framed pieces per child by December 1, 2023 (No frames? We will frame it for you!) The show will be up from December 10, 2023, through March 1, 2024.

Wreath Making with Sarah Graves Saturday, December 2 from 2 to 4 p.m.

For people ages 10 and up. Younger children need to be supervised by an adult. Please pre-register by Friday, December 1. Sign up early, because space is limited!

Sarah Graves owns and operates The Magic Bean Farm, a tiny flower farm in Marshfield Village, and this is her tenth year making holiday wreaths! Sarah loves to use natural ingredients such as grasses, pinecones, feathers, dried herbs and flowers in her wreaths. For this workshop, you are encouraged to bring something special to add to your wreath - a special feather, milkweed pods, or whatever sparks your imagination. We will be hand-tying wreaths which can be messy work, so be sure to wear clothes that you can get a little dirty. We'll have plenty of tools, greens and decorations on hand to create a beautiful, one-of-a-kind wreath for you to take home.

Sourdough Bread from Starter to Finish

Saturday, December 9 at 1 p.m. Join Erin Ruddell and Brad Woelfle of Heyday Farm and learn all about sourdough bread making and take home a jar of starter.

Art Opening of Local Children's Art at the Jaquith Public Library Saturday, December 16 from 2 p.m. to 4 p.m.

2 p.m. View the art and enjoy yummy refreshments

3 p.m. Reading by local children's authors:

Victoria Mansuri and Leda Schubert.

Victoria Mansuri will be reading from the book she edited: *Yocliwihc and the Garden of Dreams* by Alejandra Lorenzo-Chang, a charming fairy tale that transports children and adults to the land of dreams.

Leda Schubert will read her recent book, *Dogs Love Cars*. Leda fulfilled her early dreams after working as a teacher, librarian, and faculty member at VCFA and has now published 13 picture books.

Wednesday Movie Night Second Wednesday of the Month at 7 p.m.

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. These science, art, and nature-based programs will encourage creativity, exploration and time for parents and caregivers to share child rearing practices and challenges. We will start with outside programming and move inside if needed.

Yay!! It is not too late to:

Read and Win a 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!

We have extended the challenge until the end of DECEMBER! We have plenty of t-shirts, prizes and books left. Here's how:

1. Come to the library and sign up to read! We will give you a reading log and stickers so you can keep track of your own progress.
2. For every 15 minutes you read, or you are read to, put a sticker on your reading log. Jot down the title of your book.
3. Earn 25 stickers--**WIN** an "All Together Now" t-shirt and a prize of your choice.

Just Food Hub Fundraiser for the Jaquith Library

The Jaquith Library is raising money by collaborating with Just Food Hub, a profit-free, volunteer-run coop in Marshfield that helps raise funds for organizations and groups. When you go to jaquithlibrary.justfoodhub.us to order, the Jaquith gets 30% of all purchases.

Congo Coffee Project: For every bag of Organic Congo Coffee purchased, Equal Exchange donates \$1 to the Panzi Foundation to support survivors of sexual violence in the war-torn Democratic Republic of the Congo, raising over \$100,000!

Wood Moisture Meter is available to borrow at the Jaquith Library

The Vermont DEC's Air Quality & Climate Division (AQCD) and the Department of Libraries have co-sponsored the state-wide wood moisture meter loan program. Hand-held wood moisture meters are available at 63 public libraries for patrons to borrow for free to check the moisture content of their firewood. Wood burning is an economical way to heat homes. However, proper burning practices are necessary to prevent poor air quality and protect public health.

Best wishes,
Susan Green

The Jaquith Library is open on Mondays through Fridays from 10 a.m. to 1 p.m. & 3 to 6 p.m. (Wednesdays until 7 p.m.), Saturdays from 10 a.m. to 1 p.m.

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Ruby Baker



Family photo 2023

Just after the November edition of the Cabot Chronicle arrived in mailboxes, we received a press release from COVE (Community of Vermont Elders) that their Executive Director, Ruby Baker, was stepping down after almost six years to join her husband, executive chef Stephen “Shane” Baker of Headwaters Restaurant in Cabot, returning to her roots in the culinary industry. Among COVE accomplishments are introduction of the first elder advocate for victims of crime (exploitation, abuse and scams), advocating legislative policies including hearing aid insurance benefits, updating statutes addressing rights of protection for older and vulnerable adults and facilitating the work of providers of long-term care services to help stabilize supports that allow older adults to age in community.

So, we had nothing but questions:

Cabot Chronicle: We met you over chicken wings in the Fireside Lounge, and you said you graduated from Cabot High School. Please tell us about your family and Cabot history.

Ruby Baker: My dad moved to Cabot in 1981. The child of true hippies, I grew up running around in the woods around our house. Our household centered around music and theater and exploring the natural world around us. It was pretty idyl-



Charles, Shane & Max Baker

lic. I went to Cabot School straight on up, Pre-K through 12th grade.

Cabot Chronicle: Tell us about your career path after high school. How did you get interested in culinary pursuits, and how did that lead you to COVE advocacy?

Ruby Baker: I actually started gaining interest in the world of culinary much earlier in my life. As a child, my mom taught me how to grow and preserve our own food. We would make jams and jellies and pickles and all sorts of delicious home grown, home made foods. I learned young how to cook and bake from scratch. My senior project in High School was to explore French cuisine. I took classes at NECI, traveled to France, and worked with Dave Hale and other cooking mentors. It just seemed natural to keep working at NECI after that. I would work summers for the off-site catering team. The pace and environment of restaurant service is so much fun! My path to advocacy at COVE is a little more convoluted. After college and such I continued working in some of the best restaurants in the Berkshires and Stowe. After my husband and I started building our own homestead in Cabot, I decided to shift my focus and took a job as the Executive Director of the Hardwick Area Food Pantry. That drew me into non-profits. So six years later, when the position opened up at COVE, I was interested to expand that skill set. I didn’t know much about advocacy, but so many people helped guide me, and I figured it out.

Cabot Chronicle: Now that you are established at Headwaters, what is it like working with your husband? How has this transition from COVE changed your working and personal lives? What vision do you share? What role(s) do you fill at the restaurant?

Ruby Baker: Ha! Shane and I worked together for years when we first met, so it wasn’t too much of a shock to

the system. We love working together and we get into a good rhythm. The hardest part is that we have kids now, so juggling their needs and the late night nature of our work is tricky. We are so fortunate to have my parents nearby, a fleet of wonderful sitters, and the support of the community. We couldn’t do this otherwise.

It has always been our dream to open a cool restaurant that we could bring our collective knowledge to. This opportunity feels custom made. We are working with a great team and really excited to see Headwaters continue to grown and flourish. My role is multi-faceted, but my main responsibilities are marketing and special events and managing the bar. I also help with the business management and am part of the management team. This is truly one of the best restaurant teams I have ever worked with and I am so inspired by the level of commitment we see, tip-to-tail.

Cabot Chronicle: We understand you and Shane have established a homestead in Cabot. Please tell us how you met and your vision for your home.

Ruby Baker: Shane and I met while working together at the Stowehof in Stowe. He was the Garde Manger chef at the time and would make spe-



Max and Charles Baker at Headwaters 2023

cial desserts with beautiful plating just for me (think gourmet s’mores with chocolate ganache and gourmet marshmallows). Soon after we met I hired him to help me build the tiny cabin I was constructing on my parents land in Cabot...and the rest is history. □ We have been gardening and homesteading while raising two young boys and working full time jobs ever since. Needless to say, we’re busy. But we love this community and we are having so much fun at Headwaters!

Cabot Chronicle: Welcome back to Cabot, and thank you for sharing your story with us. We look forward to seeing you at the restaurant and around town.

MY HEALTHY VERMONT
HIGH BLOOD PRESSURE WORKSHOPS

High Blood Pressure Management

A self-management workshop to help you learn the basics of controlling your high blood pressure through eating healthier, becoming more active, relieving stress and more!

1 in 4 Vermont adults has been told they have high blood pressure.

High blood pressure means the force of blood flowing through your blood vessels is consistently too high. If left untreated, it can damage your circulatory system and lead to serious problems, such as **heart attack, stroke, kidney damage or brain health complications**, such as memory loss and confusion.

The Workshop
High Blood Pressure Management

WHAT THE PROGRAM OFFERS
This small-group workshop is led by a trained health coach and designed to provide support and skills to help people take control of their blood pressure. Participants learn the basics of managing high blood pressure, including help with medications, quitting tobacco, healthy eating, physical activity and stress management.

TIMING
This workshop meets weekly for 1.5 hours, for 8 weeks.

WHO IT'S FOR
Vermonters aged 45 and older who've been diagnosed with high blood pressure or hypertension. A support person, such as a spouse or friend, is welcome to attend the workshop as well.

Upcoming High Blood Pressure Workshops

Online/Zoom

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January 30-March 26 2024

11:30 AM-1:00 PM

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802-225-5680

Viki.Delmas@CVMC.org

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Playground Update

by Rebecca Tatistcheff, Ed.D.,
Cabot School Principal

It has been nearly two years since we began fundraising and planning for our playground. As with so many big projects, the best laid plans and all that. These best laid plans were to have the playground installed this summer and fall. Flooding and materials shortages severely damaged our ability to do this work. But the work is continuing and the funds raised for the playground are being used to continue its building.

We are excited to be working with a landscape and construction firm who is going to continue work in the spring and that the materials and equipment have finally arrived! While it's just in time for winter, we are thrilled just the same. The climbing materials, slide, and all the large items will be stored for the winter and we will finish the project in the spring. Thank you for your continued support as a community and we look forward to announcing a grand opening in the spring!

Cabot School Facilities Update December 2023

by Chris Tormey,
Cabot School Board

At the October meeting of the Cabot School Board, much of the discussion focused on options for dealing with the presence of a hazardous chemical (PCB's, or "polychlorinated biphenyls") in the painted ceiling of the school's gymnasium.

PCB's are now classified as "probable human carcinogens" by the U.S. Environmental Protection Agency, and have been linked to a range of immune, neurological and reproductive health problems in humans. However, during much of the 20th century they were commonly added to products like insulation, paint and caulking to improve their qualities. The Federal government banned the production and use of PCBs in 1978.

In Vermont, discovery of high levels of PCBs in Burlington High School led the State to begin airborne testing for it in all Vermont schools last year. Because most of its buildings were built prior to the 1978 ban on PCBs, Cabot School was one of the first schools tested.

Last August, testing of the air in all of the school's buildings detected levels of airborne PCBs requiring a response in two of them: the art classroom and the gymnasium.

There are two airborne PCB levels that require some action by a school: PCB's above the Immediate Action Level (IAL) require that the space no longer be used by students until some form of remediation is done to reduce the level, while a building or classroom with PCBs at lower levels but above a set School Action Level (SAL) can be used by students, but the PCB level must be reduced ("remediated") eventually.

Testing of the gym's air in August 2022 found levels of PCBs above the Immediate Action Level, and as a result, the gym was closed to student use for the start of the 2022-23 school year. However, airborne PCB testing done there in October, when the gym's and the rest of the school's ventilation system was operating (it hadn't been in August) came back with levels below the IAL but above the SAL, so the gym was reopened for student use on October 25.

"Source testing" to determine where the airborne PCBs in the gym were com-

ing from was done in February of this year. The engineers responsible for the testing (Harper Environmental Associates of Hartland, VT) found that the source was the white paint that had been applied back in 1971 to the tongue-in-groove, 4" x 6" planks that comprise the gym's ceiling. The engineers took 0.5 inch core samples of the planking beneath the paint to determine whether the PCBs had permeated the wood, and of the 15 samples taken, all but one were below the level that would require removal of the roof itself, strongly suggesting that the gym's PCB problem is confined mainly to the ceiling paint itself.

At that point, the solution proposed by the engineering firm for "remediating" the gym's PCB level was to scrape away the PCB-laden paint and then to repaint the ceiling with several coats of high-quality latex paint. Further conversations about the gym's remediation between the VT Department of Environmental Conservation (DEC) and staff at the U.S. Environmental Protection Agency this spring made it clear that re-testing the gym's air annually for the next two decades would be a required addition to this solution- to verify that the PCBs had indeed been removed.

Throughout the spring and summer, the engineers at Harper Environmental continued their conversations with the VT DEC and building contractors to develop a document laying out the various options to remediate the PCB levels in the gym ceiling. At the School Board meeting on October 23, we received the draft "ECAA" (Evaluation of Corrective Action Alternatives) and discussed the pros and cons of those options.

Here are the three options laid out in the ECAA document for remediating the current PCB levels in the gym ceiling:

1. Sandblasting and Encapsulation: The original paint and 0.5 inch of the underlying planking would be removed and safely disposed of. A two-part epoxy paint would then be applied to the sandblasted ceiling. Total projected cost: \$544,000 (including a total of \$128,000 for annual air testing in the gym for the next twenty years to verify that the PCB levels had been sufficiently reduced.)
2. Remove and replace the entire roof. This would remediate PCB levels by re-

moving all of the ceiling planking, and contractors consulted by the engineering firm concluded that it would be difficult/impossible to salvage any of the existing insulation, roof sheathing or standing-seam metal roof, so an entirely new roof would have to be installed if this option was chosen. Total projected cost: \$1,748,000.

Demolish the existing gym and re-build an entirely new gymnasium. As with option #2, this option would remediate the PCB levels by removing the ceiling planking- and in this case the rest of the 52 year-old gym as well. Total projected cost: \$4,700,000, including \$866,000 for demolition and removal of the existing gym, and \$3,500,000 for construction of a new gym of the same size.

The ECAA document ranked option #3 ("demolish and rebuild") as the best option, citing its entire removal of the roof planking as a benefit. It ranked option #1 ("Sandblast and Encapsulate") as less desirable, due to the cost of annual airborne sampling and the risk that some of the PCBs in the planking might remain in the wood after sandblasting and cause safety/cost issues in the future.

A crucial (and still partially open) question at this point in this lengthy research process is "Who pays for all of this?" Our superintendent Mark Tucker has taken the lead in trying to get an answer (conferring with state officials in the Agency of Education as well as the Department of Environmental Conservation, testifying before House and Senate committees, etc.). At this point the Cabot School District has spent upwards of \$50,000 on airborne and source testing of

the school campus alone- and according to State officials we will (eventually) get reimbursed for these costs. Also totally reimbursable are the costs associated with remediation (the projected \$544,000 cost of "Sandblasting and Encapsulation" for example).

It is decidedly less clear now whether and to what extent the State will pay for re-building the gym if the "Demolish and Rebuild" option is chosen. After a recent meeting with VT DEC officials and our Superintendent and our consulting engineers, it seems that the path to a clear answer to that question may require several additional months of back and forth reviewing and revising: a long, deliberate process for sure.

Though we will likely not have a complete idea of the costs/benefits of these various options for dealing with the gym's PCB's until the spring or summer of next year, we are still working as a board this fall to incorporate several major infrastructure projects in other parts of our campus into the proposed budget for the 2024-25 school year that voters will consider on Town Meeting Day. We plan to hold at least one special meeting in December or early January to inform and get feedback from community members on these proposed projects and the overall budget- stay tuned for date/time.

In the meantime, our regular School Board meetings are held on the 4th Monday of each month at 6:00 PM in the school library, with a Zoom connection available. Please join us with any questions, suggestions or concerns that you may have.

December Community Dance

by Karen Mueller-Harder

Do join us for the second Friday Cabot Community Contra Dance on December 8, featuring the calling of Don Stratton, of Bristol, VT! The dance is 7:30-10 p.m., with a short intro session for new folks at 7:15. Live music is provided by a great group of local musicians- feel free to just come and listen if you like! The dance is held in the wonderful third floor space in

the Willey Building (Cabot Town Hall, 3084 Main Street).

Everyone is welcome, all ages and genders, and anyone can dance with anyone, generally changing partners with each dance. You can come alone, or with a friend or your family! All dances are taught and are easily learned, even if you've never danced before! Admission is on a sliding scale, \$5-10, masks are welcomed but not required.

Hope to see you at the dance!

Super Senior: Wally Hood



On Thursday, November 9, Joe Carroll of WCAX-TV aired his interview in Cabot with Wally Hood on the 6:00 p.m. news. He talked to Wally about his love of reading, military service, hunting and fishing, and how he managed to lose his

license seven times, not to mention his 23 remembered girlfriends before marrying Rachel, his wife of over six decades. You can read or listen to the whole interview at <https://www.wcax.com/2023/11/09/super-senior-wally-hood/>.



CABOT PUBLIC LIBRARY NEWS

LIBRARY HOURS: Monday noon - 6 pm, Tuesday 10 am - 6 pm, Wednesday 2 - 6 pm, Thursday noon - 6 pm, and Saturday 9 am-noon. Curbside library service is still available during regular library hours.

Youth Programming - Be sure to visit our website: cabotlibrary.com and check FPF for updates, registration information and added programming.

Dungeons and Dragons (ages 9-13) - Ongoing - Tuesdays, 3:30 - 5:00 pm -

Join Losada Stoddard as DM for our newest D&D campaign. Learn how to build a Dungeons and Dragons character, and then set out on your Adventures. No experience necessary! Come for the mysteries and magic, tails and talons, puzzles, and prophecies! Snacks provided. New members are welcome anytime!

Story and Activity Time - Wednesdays 10:30 - 11:30 am - (ages birth - 6) **3rd Floor of the Willey Building** Join youth librarian Amanda Otto for stories, songs, snacks, crafts and open play. All are welcome!

DIY Crafts for Kids - Wednesday, December 6 and Wednesday, December 20th - 2:30 - 4:30 pm - (ages 11 - 18). Join Youth Librarian, Amanda Otto to make poured beeswax candles, natural lip balms, salves and other holiday inspired crafts and gifts. Snacks provided! Pre-registration is appreciated. Email amandaotto.cabotlibrary@gmail.com.

Decorate Holiday Cookies with Beth Wade, Mary Rogerson and Jen Tidd - Wednesday, December 13th 2:30 - 4:30 pm - (ages 8 - 18) - Join us for this fun and tasty program - decorate cookies using pipe designs, sprinkles and sugar art!

Holiday Workshop - Saturday, December 16th from Noon - 2 pm - (all ages welcome) Stop in the library to warm up with a cup of hot cocoa or tea and stay to make simple holiday crafts or a gingerbread house! **Stations include Felted Scandinavian Hearts with Amanda Otto** - using felt, learn how to make these classic Swedish holiday ornaments; **Fidget Toy with Sandy Atkins** - using magazine paper, learn how to fold and attach papers together to make this fun and mesmerizing infinity

card; **Gingerbread Houses with Mary Rogerson and Jen Tidd** - decorate a graham cracker gingerbread house to eat or bring home.

Many thanks to the Cabot Village Store, Burt's Apple Orchard and Cabot Smith Farm for their generous donations to our youth programs and to Losada Stoddard for facilitating our D&D Program and to Mary Rogerson and Jen Tidd for facilitating our Pony Bead Workshops! If you have a skill that you would like to share with youth, please contact us. We would love to have community members facilitate or assist with programs throughout the year.

Adult Programming

Holiday Galettes - Thursday, December 7 - 8:30 pm - Learn to make pie pastry and fruit galettes with **Heyday Farm and Bakery**. We'll share ideas for the holidays and beyond. Participants will make the pastry and assemble two large galettes to be baked at home. Limited space is available. Please bring a medium sized mixing bowl, liquid measuring cup, pastry cutter, rolling pin and one large or two small sheet pans.

Yoga for Everybody is back! Sunday's 10:30-11:45 am

How would it be to offer your body the commitment of attention on a regular basis? Let's find out together! Join local yoga teacher, Christyn King on Sunday mornings to feel, breathe, expand, balance, strengthen, and energize yourself. All are welcome - beginners enthusiastically encouraged! Mats and props provided. Donation based (suggested donation \$10). Sundays 10:30-11:45am.

Huge thanks to Rebecca Wallick for doing a fantastic job organizing our fall Author Talks series - we had five Vermont authors sharing their works and many donated their books to the library - come in and check them out! Thanks also to the Library Trustees who spend many hours each month working on behalf of the library: Grace Hoffman, Niall McCallum, Angela Ogle, Kurt Steinert and Erin Ruddell and our student representative, Ila Steinert.

See you at the library!
Kathleen Hoyne - Library Director
Amanda Otto - Youth Librarian

Can you Name This Vegetable?

Neighbors in Action received several bags of this vegetable. Can you name it? Better yet: do you have an easy and yummy recipe for using it?

Email Inbox@CabotVermont.org with your answer or recipe, and we'll print it in the January issue.



Twin Valley Senior Center

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802-223-3322
director@twinvalleyseniors.org

TWIN VALLEY SENIORS UPDATES



by Denise Wheeler, Board Chair

TVSC held a Free Veteran's Day lunch on Monday, November 13, honoring those who serve or have served our country. Thank you to all who attended.

"Our debt to the heroic men and valiant women in the service of our country

can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." — Harry Truman.

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CABOT TRAILS COMMITTEE

We appreciate the Cabot landowners who allow Access to their land for the Cabot Trails network.

Most of Cabot Trails are on private land and greatly enhance the outdoor recreation opportunities in Cabot, including hiking, biking, bird watching, skiing and other non-motorized activity.

Thank You, Cabot Landowners!

You are the foundation of our efforts. Your generosity provides a place for people to spend time together, helps create memories and promotes a love of the outdoors with new generations.

By sharing land, you contribute to the health and wellness, quality of life and business prosperity of Cabot residents and visitors.



Thank you,
Cabot Trails Committee,
Monique Gerbex, Dana Glazier, Gary Gulka,
Kris Schmidt, Michael Socks, Chuck Talbert, Paul Wade

For more information about Cabot Trails
or to become a Cabot Trails Landowner, please contact
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