MOUNTAIN GAZETTE

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NEWS BRIEFS

VTrans seeks input on Transit Policy Plan

VTrans is updating the Vermont Public Transit Policy Plan, examining Vermont's transit needs and proposing strategies to address them. We've heard from Vermonters across the state and have identified public transit challenges, as well as potential strategies for addressing them.

Help us fine tune these items by taking the survey and letting us know what you think. Survey takers can register for a drawing for a $50 gift card!

You can take the online survey at *https://vtptpp.metroquest.com/*.

MMU school zone speed limit

The Jericho Selectboard has established a 25 mph school zone speed limit for MMU. The flashing light assemblies have been installed and will be functional soon.

On normal school days the 25 mph speed limit will be effect from 7:45 – 8:30 AM and 3:00 – 3:45 PM. The duration of school zone speed limits are set by the Agency of Transportation.

Be aware that using a portable electronic device in a school zone (and work zone) is a 4 point violation on the first offense. A second offense is 5 points.

Vacancy on the Jericho Underhill Park District Board

There is a vacancy on the Park District board from the Town of Jericho. If you live in Jericho, regularly enjoy Mills Riverside Park, and have an interest in becoming further involved in the management of this exceptional land, please call the Park District at 899-2693 or email us at *jupdistrict@gmail.com* to learn more. The Park District meets the first and third Wednesday of every month at 7:00 PM at the Deborah Rawson Memorial Library's project room. For general information about Mills Riverside Park, please visit *www.millsriversidepark.org*.

Political parties hold organizing meetings

All Republican voters of the town/city of Westford are invited to meet in caucus on Tuesday, September 17 at the Westford Town Office at 7:00 PM. The agenda is to elect a Town Committee and its officers, and county committee members. For information, contact Dennis Angiono, *ubiquitoushammer@gmail.com*.

The Underhill and Jericho town committees of the Vermont Progressive Party will meet in caucus on Tuesday, September 24, 6:00 PM in the classroom of the Deborah Rawson Memorial Library, River Rd., Jericho. This biannual meeting is necessary to maintain the party's major party status. There will be discussion of the party's priorities in the next legislative session.

The Bolton Town Democratic Party will hold an organizing caucus at the Smilie Memorial School on Tuesday, September 24, 6:00 – 7:00 PM. The purpose of the meeting is to elect Town Committee members, officers, and delegates to the County Committee. All are welcome. Registered voters may participate in the caucus (registration forms will be available). Voters may only participate in the organizing caucus of no more than ONE political party.

The Underhill Town Democratic Committee will meet on Tuesday, September 24 at the Underhill Town Hall at 5:00 PM. The purpose of the meeting is to reorganize the committee and select representatives for the county committee.

All Democratic voters of the town of Cambridge, county of Lamoille will meet in caucus on Tuesday, September 24, 6:30 PM at the Cambridge Town Clerk's office, to elect a Town Committee, which will elect officers, and election of county committee members. For information, contact William Sander, Cambridge Democratic Party chair, *sander@pshift.com*.

The Lamoille County Democrats welcome Democrats in Belvidere to create a Democratic town committee on Wednesday, September 25, 7:00 – 7:30 PM. For more information, contact Timothy Burgess, *timothy.r.burgess@gmail.com.*

The organizing meeting of the Jericho Democratic Committee will take place at 6:00 PM on Thursday, September 26 at the Community Center on Browns Trace in Jericho Center. For more information, contact current Chair Dan Dixon, *dandixon33@gmail.com* or Gaye Symington, *gsym@together.net*.

Caring for people, plants, and our planet

Registration is now open for the third annual UVM Extension Master Gardener State Conference on Saturday, November 2, 8:00 AM – 4:00 PM, at Shelburne Museum's Pizzagalli Center for Art and Education, 6000 Shelburne Rd., Shelburne. The event is open to the public, and you can attend in person or online.

Features speakers will include Charlie Nardozzi, Ann Hazelrigg, Victor, Izzo, Matthew Benson, Julie Moir Messervy, and Gary Oppenheimer.

Topics: Distinguishing Between Native Plants, Weeds, and Invasives; Identifying Plant Pests and Diseases; Growing Extraordinary Vegetables and Fruit; Creating Landscapes of Beauty and Meaning; Gardening to Help Reduce Hunger and Fight Climate Change.

For more information: *GO.UVM.EDU/EMGCONFERENCE* or *www.UVM.edu/extension/mastergardener/state-conference*.

Rebecca Davis Gallery

By Phyl Newbeck
Special to the Mountain Gazette

A new gallery has opened in Jericho just across from Chittenden Mills. Rebecca Davis has been doing illustrations for the last four years and started wood burning two years ago. After selling her artwork online, at craft fairs, and in other locations, she has opened the Rebecca Davis Gallery, which features her bowls, spoons, and other woodwork, as well as her wire-wrapped jewelry.

"I've always loved drawing, particularly nature themes," Davis said. In 2015 she decided to share her art with others and began selling cards and prints featuring her designs. While working at the Vermont Gift Barn in South Burlington, she purchased a wood burning kit with the thought of making a gift for her mother. She loved the results and was excited to find a new way to express her talents.

Works by Underhill native Rebecca Davis, and the gallery where she displays them and offers them for sale. PHOTOS CONTRIBUTED

Davis grew up in Underhill and attended Mount Mansfield Union High School in Jericho. She was living in Jericho when she began woodworking, but subsequently moved to Fairfax. As her artwork began to take up more and more space in her house, she saw that there was a vacant building on VT Rt. 15 in Jericho Corners and decided to move her business there. "I needed a place for production for wholesale and on-line sales," she said, "and having the storefront was a plus." Davis notes that walk-ins have been slower than anticipated but she expects that to pick up as the holidays approach. She is currently open from 11:00 AM – 6:00 PM, Thursday-Sunday, but will likely extend her hours during the prime holiday shopping season.

Davis' work is also on sale at *the Hive* in Middlebury, *Artists Mediums* in Cambridge, *Under the Dome* in Montpelier, *Vermont's Own* in Middlebury, *Truly Unique* in Rutland, the *New England Maple Museum* in Pittsford, and the *Vermont Gift Barn* in South Burlington. She continues to work three days a week at the latter and although that cuts into her creative time, it gives her the opportunity to see first-hand what designs sell the best. She would like to transition out of that job to spend more time doing creative work in the future. As it is, she said she is barely able to keep up with her orders. "Art is my priority," she said. "I'm trying to phase it into being more of a full-time job but it's hard to find the balance. I believe I'll get there."

Davis gets her wood products from a number of locations and uses different kinds of wood. In addition to wood burning, she does wire-wrapping of stones and jewelry-making but she regards that as more of a hobby and a "de-stressor." She takes some wood-burning commissions but generally cuts back on that during the holiday season. On her gallery days, Davis arrives at her store early to begin work in the back of the shop and continues to do so as visitors arrive.

At some point, Davis may add the work of other artists to her gallery but for now, she is happy with the look of her space. "I have a lot of artist friends and I would like to bring them in slowly as the business grows," she said, "but from now until the end of the year it will just be my thing."

Davis is partial to natural themes and she continues to find new designs to add to her inventory. "I find different things to try every single week," she said. "Nature is a constant inspiration for me. Vermont is gorgeous so if there's any way I can share that, I want to do so." In addition to the work that is for sale, Davis is responsible for the design on her arm. "I designed my tattoo to celebrate my committing to make my art something in my life," she said. "It has grown as my business has grown."

Community forums to set direction for the future of Westford

On Thursday, September 19, all members of the Westford community are invited to kick off a process to set direction for a vibrant, prosperous, and dynamic future. This process will engage the entire community in reviewing challenges and opportunities facing the community, identifying top priorities for action, and developing concrete actions plans and connecting to resources for the future of the town.

This first step in the Westford's Future process will feature a town-wide potluck dinner at 5:30 PM at the Westford School (146 Brookside Rd.), a brief showcase of news and info from community groups and organizations, and an evening of community forums to discuss assets, challenges, and opportunities for action. At 6:30 PM, everyone is invited to share ideas in forums on two different topics chosen by a steering committee of community representatives: Village Revitalization and Economic Development, or Gathering Spaces, Communications, and Events. Attend the forum most important to you. Free childcare will be provided by the Barn School during the forums.

Step 2 of Westford's Future will be a community meeting on Tuesday, October 22, when all residents will be invited to champion action ideas, set priorities, have the option to sign up for task forces, and build action plans with a visiting team of resource leaders to help identify key action steps and technical and financial resources.

The Vermont Council on Rural Development (VCRD) was invited by the Town of Westford to facilitate this process. VCRD is a non-profit, non-partisan organization dedicated to the advancement of Vermont communities. In the past 20 years, they have worked with over 65 communities throughout Vermont to bring residents together through their facilitated and structured process to share ideas and move toward common solutions. The Westford's Future process is funded with support from the Vermont Community Foundation, the Vermont Agency of Commerce and Community Development, and the Northern Borders Regional Commission.

Westford Selectboard member Julie Andrews invites all to attend, saying, "The town of Westford hums with activity because of the amazing spirit of volunteerism here. I'm so excited about working with VCRD to develop a cohesive plan based on the ideas of a wide array of people in town. It will give us the chance to channel people's activities toward what is most wanted and needed, making our town even stronger."

VCRD will bring with them a visiting team of Vermont state, federal, business, non-profit, and philanthropic leaders to listen to and reflect on the challenges and opportunities for action that residents identify. The visiting team members will include leaders from USDA Rural Development, VT Department of Housing and Community Development, VT Community Foundation, Senator Bernie Sanders' office, Chittenden County Regional Planning Commission, VT Arts Council, Preservation Trust of VT, and other key Vermont community, tourism, education, and economic development experts and leaders.

Jenna Koloski, VCRD's Community and Policy Manager, is excited to work in support of the Westford community. She says, "No one from outside of Westford knows what is best for the community – this is an opportunity to engage in a community discussion, as equals, and have a voice in deciding the best course of action for the future of the town. All are welcome to join in on forums to brainstorm ideas for the future."

ALL members of the community are invited to participate.

For more information, visit *www.vtrural.org* or contact VCRD, 802-225-6091 or *jenna@vtrural.org*, or visit the event Facebook page at *https://www.facebook.com/events/411072276428078/*.

Westford Contact: Melissa S. Manka

Westford Planning Coordinator, 1713 VT Rt. 128, Westford, VT 05494

802-878-4587, *planner@westfordvt.us*

Old Fashioned Harvest Market schedule and info on pages 5 & 6

4-H NEWS

4-H'ers participating in the beginner division at the 4-H Poultry Show on Sunday, August 25 at the Champlain Valley Fair in Essex Junction (from left): Miriam Lawson, Cambridge; Liam Gallagher, Fairfax; William Lawson, Cambridge; and Timothy Torraca, Fairfax.

PHOTO BY ROSE GARRITANO/UVM EXTENSION 4-H

Winners announced for 4-H Poultry Show

On Sunday, August 25, seven 4-H'ers competed with their fowl in the 4-H Poultry Show at the Champlain Valley Fair in Essex Junction.

Former Florida 4-H member and current Vermont 4-H volunteer leader Bonnie Lord of Milton served as the judge for the show. Judging was by the Danish system, where each exhibitor is evaluated against a set standard for that specific competition and not against the other participants. Entries judged excellent receive blue ribbons, with red ribbons for very good and white for good.

In fitting and showmanship the exhibitors were evaluated on how well they presented themselves and their birds as well as their poultry knowledge and handling skills. Capturing first place in their respective divisions in this competition were Miranda Gallagher, Fairfax (advanced beginner) and William Lawson, Cambridge (beginner).

The birds also were judged in comparison to the standard for that breed in conformation classes. In addition, the 4-H'ers took part in a general knowledge test, judging of a class of roosters and, just for fun, a poultry agility exhibition.

Awards were as follows:

ADVANCED BEGINNER:

Miranda Gallagher, Fairfax: blue ribbon in both fitting and showmanship and in conformation with her Golden Laced Wyandote, Aphrodite; red in both general knowledge and judging;

Adaline Ploof, Westford: blue in fitting and showmanship, red in conformation, with her Orpington, Honey; white in general knowledge, blue in judging;

Adrien Toneatti, Huntington: red in fitting and showmanship, blue in conformation, with his Crested Pekin duck, Toothpaste; red in judging (did not participate in general knowledge test).

BEGINNER:

Liam Gallagher, Fairfax: red in fitting and showmanship, blue in conformation, with his chicken, Pluto; red in general knowledge, blue in judging;

Miriam Lawson, Cambridge: blue in both fitting and showmanship and in conformation with her Golden Laced Wyandote, Florl; white in general knowledge, blue in judging;

William Lawson, Cambridge: blue in both fitting and showmanship and in conformation with his Golden Laced Wyandote, Chip; white in general knowledge, blue in judging;

Timothy Torraca, Fairfax: red in fitting and showmanship, blue in conformation, with his Isa Brown, Athena; white in general knowledge, blue in judging.

To learn more about the Vermont 4-H poultry program, contact the UVM Extension State 4-H Office at 802-651-8343 or 800-571-0668 (Vermont calls only).

COMING EVENTS

Forest walks and hunting workshops

Chittenden County Forester Ethan Tapper, in partnership with the Andrews Community Forest Committee, has drafted a new Forest Management Plan (FMP) for the Andrews Community Forest (ACF), a 428-acre Town Forest owned by the Town of Richmond. This FMP provides detailed recommendations on the stewardship of forests at the ACF, from invasive plant control to carbon sequestration and storage, wildlife habitat, and the management of the ACF as a source of local, renewable forest resources. This FMP will supplement the Management Plan developed by the Town of Richmond for the ACF in 2018. The focus of this FMP is both to encourage the growth and development of healthy, vibrant forests and to demonstrate responsible, modern forest stewardship. The public is invited to read and provide input on this FMP; you can read the draft FMP at *http://www.richmondvt.gov/boards-minutes/conservation-commission/richmond-town-forest/* and provide comments by email to *richmondtownforest@gmail.com* or in person at one of the events listed below.

Here are a couple opportunities in October to learn more about this FMP and ask questions about it:

Saturday, October 5, the public is invited to a walk with Chittenden County Forester Ethan Tapper and members of the Andrews Community Forest Committee. Meet at 1:00 PM at the ACF trailhead just east of Richmond Village on U.S. Rt. 2 (across from Maple Wind Farm), ready to walk on- and off-trail through variable terrain. Participants will tour the western section of the ACF from 1:00 – 3:00 PM and have an opportunity to talk about forests, forest management, the forest ecology at the ACF, and specific work prescribed in the FMP.

Monday, October 28 at 7:00 PM, the public is invited to attend a public meeting of the Andrews Community Forest Committee at the Richmond Town Hall, 203 Bridge St., Richmond. Chittenden County Forester Ethan Tapper will present the draft FMP, and answer questions about it.

Thursday October 3, 2019, 6:30 – 8:30 PM, Richmond Public Library: Having Hunters On Your Land. Hunting can be a great tool to help landowners who have too many deer munching their forest seedlings, landscape plants, and gardens. However, having hunters on your property can be intimidating, particularly if you are not familiar with hunting or have had problems with hunters in the past. Join other landowners and staff from Vermont Fish & Wildlife and VLT for an evening discussion at the Richmond Town Library about allowing hunting on your land. This event is co-sponsored by Vermont Coverts and Vermont Fish & Wildlife. (*https://www.vlt.org/event/having-hunters-chittenden)*

Saturday October 19, 9:00 AM – 1:00 PM, Richmond Public Library: See the Woods Through the Eyes of a Hunter. Spend time with veteran hunters and see the land in a new way. Hear about the history of wildlife conservation in the U.S. and the critical role hunters play in that conservation. A hunter's success is defined by the journey, not the harvest. We'll walk the woods and learn about habitat, the animals that use it, how to read wildlife signs, and the concept of fair chase. Co-sponsored by Backcountry Hunters and Anglers. (*https://www.vlt.org/event/eyes-of-hunter*)

Ongoing at the Jeff Church

There are a variety of ongoing events and activities at the Jeff Church (Second Congregational Church-UCC), 16 Church St., Jeffersonville.

Sundays: AA meeting 7:00 PM.

Mondays: Bone Builders exercise class, 11:00 AM – 12:00 PM, contact Melody, 644-2409; Cambridge Food Shelf and Clothing Bank, 6:00 – 7:00 PM, contact Ruth Ann, 644-8911.

Tuesdays: Cambridge Food Shelf, 1:00 – 4:00 PM, contact Ruth Ann, 644-8911; Sermon Talk-Back, 9:00 – 10:30 AM, Q&A and discussions about weekly sermons, teachings, and lessons supported by the church and faith, all are welcome; AA meeting, 7:00 PM.

Second Tuesdays: Deacons' meeting 2:30 PM, followed by Board of Management meeting 3:30 PM.

Third Wednesdays: Free Community Lunch, 11:00 AM – 12:30 PM, in Community Room, organized by Cambridge Recreational Board, with schedule variable due to holidays or volunteer availability, donations at your discretion, contact Nancy Lepsic, 802-343-2372; Taizé Service, 7:00 – 8:00 PM, a time of prayer meditation consisting in scripture reading, verses chanting, candle lighting, and silence, contact Joan Nagy, *brookberwick@myfairpoint.net*.

Thursdays: Bone Builders exercise class, 11:00 AM – 12:00 PM, contact Melody, 644-2409.

Fridays: AA meeting 6:30 PM.

Last Fridays: Faith on Tap, 6:00 PM, all are welcome to this friendly discussion, usually at Jeffersonville Pizza Department but location may change, September topic "What of civil discourse and politeness?" presented by the churches of Bakersfield, Waterville, and Jeffersonville, hosted by Pastor Devon Thomas, Jeff Church, *devonleethms@gmail.com*.

Wednesday, September 18

Jericho Village Water Monthly & Annual Meeting, 7:00 PM, Village Office, Old Red Mill, 4B Old Red Mill Dr., Jericho. The regular meeting of the Village of Jericho will be followed by the Annual meeting. The legal voters of the Village of Jericho, Inc., were notified and warned of the meeting with a warning posted at the Merchants Bank, the Jericho Post Office, Town of Jericho, Chittenden Mills Beverage, and at the Village of Jericho office. For information, contact Donna Malinowski, Assistant Clerk, Jericho Village, *jerichovtvillage@comcast.net*.

LUHS Open House, 5:00 – 7:00 PM, Lamoille Union High School, 736 VT Rt. 15, Hyde Park. All Lamoille families are invited to the school's Open House, a flexible event where teachers will be in their classrooms, ready and waiting to welcome you! Snacks and coffee will be available.

ESWD School Safety Public Forum, 6:00 – 7:30 PM, Essex High School cafeteria, Essex. Families and community members are invited to attend an informational forum to learn more about the safety measures and practices that are taking place in the Essex Westford School District. For information about EWSD: *www.ewsd.org*.

Thursday, September 19

Racism in America Forum, potluck meal 6:30 PM, presentation 7:00 PM, Good Shepherd Lutheran Church, 273 VT Rt. 15, Jericho. What is Vermont doing to combat racism? Good Shepherd's *Racism Series* begins with speakers State Senator Debbie Ingram (Chittenden County), State Attorney General TJ Donovan, and Major Ingrid Jones, VT State Police. Recommended reading: Act 54, which relates to racial disparities in the criminal juvenile justice system. Each gathering begins with a potluck meal (bring a dish to share, if you are able), with presenters starting at 7:00 PM. Handicapped accessible.

Friday, September 20

Food Truck Night – last of the season, 5:00 – 8:00 PM, Moore Park (across from Town Hall), Underhill Center. There will be five food trucks and live music from *Red Hot Juba*! All are welcome!

Saturday, September 21

Travel storytelling and potluck, 5:00 PM, Storybarn, 480 Hogback Rd., Johnson. Mark Laxer hosts this free event, where you can share a story or just listen, Like the federal government, there will be no fact checking. For more information, contact Mark, 802-585-9888.

Introduction to DNA Testing, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. DNA testing can be a valuable tool when combined with solid genealogical research. Ed McGuire will discuss the types of DNA tests available, the companies that provide them, and the range of costs you will find. He'll also cover privacy issues, ethical considerations, and situations where DNA testing would add little value to traditional research. Ed will demonstrate what the results from each company look like and will provide a general explanation of how they are best utilized. A Q&A session will follow for more detailed questions. A detailed handout with links to additional resources is included. For more details: *www.vtgenlib.org* or 802-310-9285. Classes $10 for members; $15 for non-members. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

Monday, September 23

Living with Less: Getting From Here to There, 5:30 – 7:00 PM, Jericho Community Center, Browns Trace, Jericho Center. David Maynard of East Montpelier is a homesteader living off the grid. Global challenges are forcing us to face limited resources. How can we meet and address the many issues while maintaining a quality standard of living? For more information on David visit *lifecycling.net*. Hosted by Transition Town Jericho to bring neighbors together networking and building resiliency as a community. Free; refreshments provided. For more information: 802-829-8168 or *transitiontownjericho.net*.

Tuesday, September 24

Food for Thought potluck forum, 6:30 – 8:30 PM, Mount Mansfield Union High School (MMUHS) library, Browns Trace, Jericho. Three forums will focus on the upcoming 2020 presidential elections and the major challenges and issues we face. Guest speakers will include Lisa Holmes, professor of political science at the University of Vermont, former Republican governor Jim Douglas, and former Democratic governor Howard Dean. The free potluck gatherings are open to students and to residents of the surrounding communities, and are sponsored by Good Shepherd Lutheran Church in Jericho and by MMUHS. If you are able, please bring a salad, main dish, or dessert to share so that both bodies and minds may be fed!

Chittenden County Homeless Alliance (CCHA) Community Meeting, 8:00 – 10:00 AM, Delta by Marriott (formerly Trader Duke's), 117 Williston Rd., S. Burlington. Free community meeting to discuss racial disparities in homelessness; progress in providing homes for people experiencing homelessness; shared values in working as a community to address homelessness; and the inclusivity and transparency of the shelter system. CCHA will also elect officers and governing board members. Light breakfast served and all are welcome to attend. For more information, *http://www.cchavt.orgmeetings-events/*.

Wednesday, September 25

Craft Circle, 5:30 – 7:30 PM, District 5 Schoolhouse, corner of Pleasant Valley and Stevensville Rds., Underhill Center. The Craft Circle meets every second and fourth Wednesday of each month. All are welcome! For more information or with questions, contact Amy Tower, 355-9671 or *atowerinvt@gmail.com*.

Thursday, September 26

Jericho Democratic Committee organizing meeting, 6:00 PM, Community Center, Browns Trace, Jericho Center. For more information, contact Chair Dan Dixon, *dandixon33@gmail.com*, or Gaye Symington, *gsym@together.net*.

Saturday, September 28

Using *FamilySearch.org*, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. The Family History Library is the largest genealogical repository in the world and its free website, *FamilySearch.org*, is the way to access this collection online. You might have searched it before, but there's a lot more there than you think. In this talk Marcie Crocker will discuss both major and minor collections, search strategies, use of wildcards, and other techniques. She'll take a look at some of the not-so-obvious sources at *FamilySearch.org*, where to get assistance, and how to get the most out of the website. Marcie will also demonstrate how you can use our "FamilySearch Affliiate Library" status to access over 400 million additional records on our library computers that are not available to users on home computers. Seating will be limited. For more details: *www.vtgenlib.org* or 802-310-9285. Classes $10 for members; $15 for non-members. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

Wednesday, October 2

72nd Chicken Pie Supper, 4:30 – 7:30 PM, Richmond Congregational Church, 20 Church St., Richmond. This traditional supper celebrates the fall harvest and season. The fare features chicken pie, mashed potatoes, winter squash, cole slaw, and is topped off with apple or pumpkin pie. 145 guests are seated at each of three seatings: 5:00, 6:00, and 7:00 PM, with take-outs available for pickup at 4:30, 5:30, and 6:30 PM. Reservations are required! Tickets: $12 adults and takeout dinners ($13 at the door); $6 age 12 and under; preschoolers eat for free. Tickets available online at *www.rccucc.org*; for information, contact 802-434-2053 or *church@rccucc.org*.

Thursday, October 3

Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Serving a variety of hearty soups and breads, plus a sweet dessert. Stay at the church to enjoy your meal with friends and family, or pick up to take home. Donations welcome, but not expected. These free community meals are held the first Thursday of the month (next: November 7). For more information, call Pastor Jeannette Conver, 879-4313.

Saturday, October 5

Champlain College open house, 9:00 AM – 3:30 PM, Champlain College, Burlington. For high school students and their families interested in learning more about Champlain. To learn more and RSVP, visit *www.champlain.edu/fallopenhouse19*. On Friday, October 4, there will be a special event for students who may be interested in working in the video game industry. Learn more and register for this event at *www.champlain.edu/game-day*.

DNA Cousins: Mysteries Solved and Unsolved, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. DNA continues to revolutionize genealogical research. Michael Dwyer's ongoing personal exploration of DNA has resulted in amazing kinship finds, beguiling mysteries, and shocking secrets. Michael will present several case studies that fall into all three categories. He will also offer some examples of how predicted family relationship may not be accurate. Michael Dwyer, a member of the Vermont French-Canadian Society and past presenter, is a Fellow of the American Society of Genealogists. Editor of *Vermont Genealogy*, he has published dozens of scholarly articles and enjoys sharing stories from his forty years of experience. For more details: *www.vtgenlib.org* or 802-310-9285. Classes $10 for members; $15 for non-members. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

Saturday-Sunday, October 4-5

Rummage Sale, 3:00 – 7:00 PM Friday, 9:00 AM – 2:00 PM Sunday, Fairfax Community Center aka Baptist Building, Main St., Fairfax. Clean clothes, books, toys, and white elephant. Sale benefits the United Church of Fairfax missions. For information, 849-6313 or *ucffairfaxvt@gmail.com*.

COMMUNITY COLUMNS

11 ideas for connecting family with community and nature

By Bernie Paquette

Jericho resident Bernie Paquette had a dream about Jericho. Then another, and another, and they kept rolling out suggesting ways to develop community connection.

Here are a few ways to get to know your neighbors, connect your family with community, and help heal our natural environment in the process.

Which of the eleven ideas below strikes your fancy? Or, should we shoot for the stars? Together let's make it happen!

It all started when I began walking along the sidewalk to the Jericho Country Store three times a week to collect used coffee grounds for composting. (BTW the compost smells so good!) Though the posted speed limit is 25 mph, there is no curb and the greenbelt is narrow with minimal barrier between pedestrians and cars. The road traffic here seemed so obtrusive. I envied Burlington and some of the Jericho dirt roads, with their tree canopies hanging over the road giving a sense of tranquility while walking, running, biking, even driving – along the shaded, closed-in travel lanes. Thus, my first idea for a friendlier green curb took root.

1. Donate and install a GREEN CURB. In lieu of a cement curb, perhaps we can create a native perennial curb or green curb.

With approval from the Jericho town selectboard and a nominal grant to purchase 144 black-eyed Susan starter plants, vision number one was off the blackboard and into the soil of Jericho. Donations from residents have bolstered the initial plantings.

Growing native perennials on the greenbelt raises the visual barrier between auto and pedestrian and gives notice to travelers – we are community! Donations of native plants accepted thrufall.

2. CREATE A CANOPY. Branch out by promoting and facilitating more native tree plantings where they will create canopy over the road and sidewalk.

Why plant more trees? To combat climate change, for traffic calming, for town beautification, for shade, for increased home values, to attract birds, to reduce stress and anxiety, and to leave a gift for your children and grandchildren. In addition, trees maintain local water cycles, clean the soil and clean the air, slow storm water runoff. They help control noise, and create a sense of place.

We can do this and retain the beautiful mountain views and open vistas that we also enjoy in Jericho. We might follow Branch Out Burlington's model. Their tag line is "Branch Out Burlington promotes a vision of a city graced by a variety of beautiful and healthy trees, and a citizenry actively involved with the expansion and preservation of our urban forest."

3. GROW A MECCA OF NATIVE PLANTS. Grow additional native plants on public and private land in order to draw in major volumes of butterflies, hummingbirds, songbirds, dragonflies, native bees, and other exciting and beneficial insects. Check out the native flower plantings that Sabina Ernst and volunteers planted on the bank near the Jericho Country Store. In support, perhaps the town could plant native wildflower seed instead of grass seed on town property whenever soil is disturbed. Perhaps residents and the town might support planting wildflower seeds onto the Barber Farm Circle and adjacent plot.

4. INVEST IN QUIET. Develop an annual town wide "group discount sale" of electric lawn mowers (push and ride models). Work towards becoming the town with the least (monoculture) lawn acreage in the state with the most labor- or maintenance-free landscapes by replacing lawn with native trees, shrubs, and perennials. Think paths and scatter rugs instead of wall-to-wall outdoor carpets. Then, with time saved, enjoy the quiet and beauty of safe/healthy gardens, meadows, and diverse nature.

5. DISCOVER WHAT IS ALIVE in Jericho. Run a bioblitz: an event in which teams of volunteers work together to find and identify all living species in a short continuous period, usually 24 hours. A communal citizen-science event where naturalists and other specialists as well as any interested persons / volunteers attempt to record all living species in Jericho.

Another goal of the bioblitz is to get more residents interested in biodiversity and perhaps more aware of the services the various species provide. The event is meant to have an air of festivity, offer the opportunity for people to meet and ask questions of experts in the plant and animal world. Also, to identify rare and unique species, as well as common ones.

Inaturalist, *ebird*, *ebutterfly*, *Vermont Atlas of Life*, *Vermont Wild Bee Survey*, and *Bumble Bee Watch* are good online resources for citizen-scientists (and for recording living species year round).

6. GUIDE FAMILIES IN NATURE. What if parents, grandparents, and children in Jericho could meet with other families for guided walks along Jericho natural areas? What if this new form of social/nature networking were to occur on a regularly scheduled basis? We might influence a generation of nature loving people. All we need do is invite them.

7. Roll out an ANNUAL JERICHO KICKBALL EVENT. Fun for all ages, no skill required, cultivating the fearless, trusting, fun-loving spirit of Jericho community.

8. Rake up a COMMUNITY LEAF COMPOSTING PROGRAM. Leaf mold (created by leaving leaves in a pile for one to three years) is high in magnesium and calcium and retains three to five times its weight in water, rivaling peat moss. A town leaf composting program could provide residents with free or inexpensive compost.

9. Toss in a HORSESHOE TOURNAMENT with the objective of teaching the game through demonstrations, and a tournament for newbies as well as one for polished slingers.

10. "Scoop & Lick" a Jericho Center ICE CREAM SOCIAL. Offering ice cream along with a bubble making table, Frisbees, hand thrown balsam airplanes, and other summer time (or fall) games on the Jericho Town Green. Ice cream cones and sundaes, bobbing for apples, and other appetizing summer treats a must.

11. Share YOUR story. We each have a personal story we can share about life in Jericho, our lives; funny stories, sad stories, inspirational stories, stories from the distant past, stories about change, stories about kindness given, and kindness received... Sharing our stories brings us closer together, builds compassion and understanding. Shared laughter is healthy for all. I think a storytelling venture at the Community Center would draw many folks, friends, families. I hope someone gathers initiative and builds momentum to get one going. The art is not lost, the storytellers are here among us, and the ears of many would very much enjoy hearing enriching and personal stories. We would enjoy rides on tales of long ago and not so long ago, from those who tell them well.

Ideas are easy. Implementation is do-able if we are interested in taking co-ownership of making it happen.

Visualization + Participation = community. *#JerichoVolunteer*?

September garden

By Sue Kusserow

Special to the Mountain Gazette

Our garden is a glorious mess. The leftover string beans lie covered with moldy leaves. The squash and zucchini are above and beyond edible, both in size and in undiscovered numbers rotting happily in the shade of their gargantuan leaves. If they were just slightly longer, they would be perfect baseball bats! I often wonder why we seem to raise so many of them, when dozens of cookbooks have already been written about how to boil, bake, roast, grill, and garnish with bread crumbs, rosemary, cheese bits, hard-boiled egg (pick two) to make a "hearty veggie accompaniment to… (pick again)." The beets, now in culinary fashion, wait cozily below-ground, hoping they will get remembered, chosen for… (use the same choices as above). The lettuce looks delightful – still bright green, and bitter enough to pucker a salad. Some grape vines, which seemed to like our sagging fence, have hopeful fruit. And the gooseberries and black currants add a delicious old-fashioned flair to most anything, if we can remember to pick them before the birds do.

Robert, our resident gardener, has always planted plenty of flowers… the useful are made more so by contrast with the 'useless' non-edible crops… It is the delightful mix of peas and petunias. They stretch in long ragged lines, reaching for the last of the hot sun. A new variety of composite, much like a small Queen Anne's lace, is helpful as a pairing with zinnias to diffuse their brilliant colors: the oranges of an October pumpkin, the yellow miniatures like a solar catcher, a creamy white with golden stamens forming an inner halo to attract goldfinch and sulfur-yellow butterflies. It is a vivid raggle-taggle plebian version of a rose garden. The juncture of a leaf and long flower stem makes a satisfying snap, and I leave with hands full of riotous color.

Gone now are the bachelor buttons, snapdragons, lupine, poppies, calendula. And even the hardy black eyed Susan, which grow better in the poor soil along the edges of the garden, are starting to fade. But here is a captivating color, not planted by Robert, but which quietly adorns the sagging rails: purple morning glory. I take time from my meandering tour through the old beds to look deeply into the depth of a few of these. A half-inch trumpet starts from green sepals and holds five petals, which are royal purple as they flare outwards, and fade into a reddish blue as they go into the center, which is pure white. As they die, the five petals turn inwards and curl into intricate shells, losing purple to the beginning black of decay. I think that such description is necessary; we need the practical maps for orientation. To predict where we're going, where we've been, and what we need to retain to configure our mental maps; we can go from the linear to the magical. Yet, no matter how one buffs words in an attempt to go from a tightly-monitored box of descriptors, to looser concentric circles which allow a variety of interpretations. My little morning glory is only what I/eye see. You are invited to form your own visual interpretations of your favorites as we wander through this garden.

Rising above all the rest are the delinquents of the garden, spread last spring by some sloppy blue jays at the feeder, or more likely by the ancestors of this crop… who dropped thousands of seeds. Thus, these hearty sunflowers have no borders. They are scattered among the dahlias, drooping hollyhocks, echinacea, indigo bush, rising to ten feet tall, the cheeriest of this September finale. Their faces are full of bait for flocks of chatty goldfinch, families of chipmunks and raccoons. Some of the newer varieties are streaked with copper or dipped in chocolate at the petals' edge… or both! Since they are heliotropic, we can sit on our porch in the late afternoon and see their heads turning to the west, which is behind us. In the morning, they will be dancing east, up the mountain again. This is a jubilant joining of worlds: flowers with only a few days left of display… and a mountain that has spent thousands of years being worn down from a huge peak to a long cirque of granite. Occasionally, when rain is scarce and the soil is crumbly, a huge blast of wind whips up Pleasant Valley and uproots some of the sunflowers' thick hairy stalks, so we then hang these corpses on the fence for winter feeders. I will see them next year: unplanted, untended, entirely fetching with no help from us. Nature does that to us, sometimes.

As I am leaving, with my arms full of zinnias, I spot the last of the tiny orange tomatoes. The minute I touch them, they drop. But I go after them, knowing that their ripeness has loosened them enough to fall, and I need only to find this sweet mouthful just between ripeness and rot, brush it off, pop it into my mouth. These are the last glorious vibrant days of festivities for this garden, before the frosts of October. Soon I will need to put on shoes to walk this straw path. Thank you, Robert, for all your hard work. It has truly been a joy to be here!

Food for Thought potluck forums to be held at MMUHS

This fall's Food for Thought potluck forums at Mount Mansfield Union High School (MMUHS), Browns Trace, Jericho will focus on the upcoming 2020 presidential elections and the major challenges and issues we face. Guest speakers will include Lisa Holmes, professor of political science at the University of Vermont, former Republican governor Jim Douglas, and former Democratic governor Howard Dean.

The forums will be held on Tuesdays, September 24, October 8, and November 5, from 6:30 – 8:30 PM in the MMUHS library.

The free potluck gatherings are open to students and to residents of the surrounding communities, and are sponsored by Good Shepherd Lutheran Church in Jericho and by MMUHS. If you are able, please bring a salad, main dish, or dessert to share so that both bodies and minds may be fed!

Send your news to the *Mountain Gazette* at *mtngazette@gmavt.net*

Mountain High Pizza Pie
Monday 4:00 - 8:30 PM
Tuesday - Thursday 11:00 AM - 8:30 PM
Friday - 11:00 AM - 9:00 PM
Saturday 11:00 AM - 8:30 PM
Sunday 4:00 - 8:30 PM
899-3718
Route 15, Jeri-Hill Plaza Jericho

Fall

By Melody Tobin
Jeffersonville

Can you believe it
Fall is almost here
And these people laughing
Like there was nothing to fear
Don't they know what's
Going to happen
Haven't they been here before
The leaves will turn colors and
Then fall upon the snow
The snow, oh how I dread it
It messes up my drive
And the cold how it infringes
On my fading time of pride
The flowers will all die out
And the green will disappear
And all I can think of is
Not another year
Of course, it will look pretty
Like a Norman Rockwell print
And the grandkids will make
Snow angels and sled into the pit
And yes a white Christmas is
Always on my list
And then an early Spring
Is a hope that still exists
I guess it's not so bad
If you give it some more thought
But let me have my summer
A little longer, please
I still have gardens to harvest
Before the ground does freeze
And so much more to accomplish
While I still feel the summer breeze

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Send your news to *mtngazette@gmavt.net* • *www.mtngazettevt.com*

Area Worship Services

COVENANT COMMUNITY CHURCH
"Come As You Are"
1 Whitcomb Meadows Lane, Essex, VT 05452
(across from John Leos on Route 15)
Pastor: Rev. Jeannette Conver
email: *cccpastorjeannette@gmail.com*
Phone: (802) 879-4313
facebook: *https://www.facebook.com/Covenant-Community-Church-125345080830320*
Adult Bible Class: Sunday 9:00 AM
Worship Service: Sunday 10:00 AM
Fellowship: immediately after service
Child care (infant through pre-K) is provided during the worship service

JERICHO CONGREGATIONAL CHURCH
"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Senior Pastor David Coons and Youth Pastor Glenn Carter
Sunday Service throughout the Summer (Jun. 9th – Sept. 8th) at 9 am
Nursery care provided
Fellowship at 10:30 am
Youth group at 6:15 pm Sundays in our Sunday school building
Signing for the deaf upon request
899-4911; officejcc@comcast.net; www.jccvt.org

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A liberal faith community standing on the side of love,
as we explore truth and meaning, and work for social justice.
All are welcome.
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Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,
899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,
email: *office@stthomasvt.com,* Website: *www.stthomasvt.com*

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HEALTH PROGRAMS AND CLASSES AT NORTHWESTERN MEDICAL CENTER

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our support group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

Cancer Exercise Sessions – Tuesdays and Thursdays, flexible times, NMC Rehab gym, Cobblestone Health Commons. Featuring Wendy Lawrence, Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then $40. Designed for cancer survivors; helps improve strength and balance while fighting fatigue to bring back optimal function. You'll get started with an individualized physical therapy evaluation and customized treatment if needed – both services are billable to insurance. After these first two or three visits, participants move on to a free, 8-week open gym program that is supervised by one of NMC's Athletic Trainers to continue work on strength and conditioning. Exercise with others can be fun and supportive, especially in the comfortable atmosphere of the rehab gym. After the eight week free open gym program, participants can choose to continue their workouts at the gym for a monthly fee of $40. Start the program at any time, and use the gym when it is convenient for you. Simply call our Physical Therapy team to get started and find out what hours the gym is open.

Program now enrolling First Time Mothers: Franklin County Home Health Agency's Nurse Family Partnership Program (NFP) helps first time mothers in Franklin, Lamoille, and Grand Isle counties. NFP is an evidenced based program that enrolls mothers during pregnancy and provides them with regular nurse visits until their child's second birthday. Nurses provide support, education and counseling on health, behavioral, and self-sufficiency issues. Interested women and their healthcare providers can call 802-527-7531 for more information.

Vermont Quit Partners Fresh Start Tobacco Cessation Class, Wednesdays, 11:00 AM – 12:00 PM, NMC Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration not required; free. A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration not required; free. If the answer to the question is "yes," please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

Chronic Disease Support Group Workshops: Various times and locations. Pre-registration required; contact Deana Chase, LICSW, 802-370-5626. Free. Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

Shadows of the Moon Autism Support Group: for one-on-one phone support, please call Cheryl at 802-868-7745 or Laura at 802-849-2817.

Alzheimer's Support Group: last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Franklin Room. Pre-registration not required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit *alz.org/Vermont* to confirm details.

Parkinson's Support Group: second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible.

Breastfeeding Moms Group: first Wednesday of each month, 10:30 AM – 12:00 PM. Please call 527-5586 to find location of next group. Pre-registration required; call 527-5586. Free. This group meets once a month for snacks, crafting activities, making baby blankets, and information from the experts.

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

Latch On! Discussion Group: third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. No pre-registration required. Free. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Monday of the month, 4:00 – 5:00 PM, Northwestern Medical Center Family Birthing Center. Pre-registration required; contact Rhonda Desrochers, 802-527-7531. Free. Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: $20. Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg.

Who's Your Person, What's Your Plan? (End of Life Planning): We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at *http://www.fchha.org/healthcareagent/* as well as *www.starttheconversationvt.org*. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

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Copley Board of Trustees announces new president and CEO

The Copley Health Systems, Inc. Board of Trustees is pleased to announce that, following a thoughtful national search, Joseph "Joe" Woodin has been selected to serve as Copley Hospital's next president and Chief Executive Officer. Mr. Woodin will take over leadership of the hospital in mid-October (exact start date currently being finalized), replacing Interim CEO Jeffrey White, who has led the hospital since the departure of Copley's previous president and CEO Art Mathisen in May.

Mr. Woodin has a distinguished career in hospital leadership and administration, most recently serving as president and CEO of South Peninsula Hospital in Homer, Alaska. Homer is approximately a four-hour drive south of Anchorage, and South Peninsula Hospital, like Copley, is an independent Critical Access Hospital serving a rural community.

"I am very excited, and thankful, for the opportunity to work with the leadership team at Copley Hospital," said Mr. Woodin. "I have known Copley for years, and have always been impressed with its great nursing staff and providers. I am hopeful to carry on that success, and help them navigate some of the uncertainty of health care reform, both nationally and in Vermont."

To those who know Vermont's healthcare systems, Mr. Woodin is a familiar name thanks to his 17-year tenure at Gifford Health Care and Gifford Medical Center in Randolph, where he served as president and CEO for 16 of those years. During his time with Gifford, Mr. Woodin helped increase gross revenue by approximately 600%, created a Federally Qualified Health Center to oversee the hospital and its affiliates, spearheaded the acquisition of seven clinical sites in neighboring communities, and introduced several new service lines that allowed Gifford to better address the healthcare needs of its community. Prior to Gifford, Mr. Woodin held leadership roles with Central Vermont Medical Center and the University of Vermont Medical Center.

"We are pleased that Joe has agreed to join Copley," said Carl Szlachetka, chair of the Copley Health Systems Board of Trustees. "We were fortunate to have received interest from a large and talented pool of candidates. However, what really set Joe apart from the very beginning was his impressive history of helping hospitals achieve solid financial performance; his willingness to embrace innovative approaches to the healthcare challenges facing smaller, rural hospitals; and his depth of leadership experience working within Vermont's unique regulatory environment."

"As with all of the small, rural hospitals in Vermont, it is important to balance the needs of the community with insuring financial stability and continued success. I think Copley can continue to do that, given their exceptional foundation for both clinical quality and patient satisfaction," added Mr. Woodin.

Outside of his professional life, Mr. Woodin is the father of a son and two daughters and is a doting grandfather to one (soon to be two) grandchildren. In his spare time, Mr. Woodin enjoys hiking, cross-country skiing, and antiquing. He is currently in the process of relocating from his home in Alaska and is excited to be returning to Vermont where he and his family lived for the majority of the last four decades.

Please join the Copley Board of Trustees, leadership, providers, and staff in welcoming Joe Woodin to the Copley community.

MANSFIELD ORTHOPAEDICS

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If your future Rapinoe or Krieger gets injured...

Our fellowship-trained surgeons have the expertise to help get them back in the game!

Mansfield Orthopaedics introduces NAVIO Surgical System

Robotic-assisted knee surgery provides another way to achieve technical accuracy and precision for partial and total knee replacement procedures.

The surgical team at Mansfield Orthopaedics, a specialty practice of Copley Hospital, is known across the region for their commitment to innovation and the delivery of exceptional care. Dr. John Macy, MD, Chief of Orthopaedics at Copley, states, "Our goal at Mansfield Orthopaedics is to provide high value, cost effective, and patient-centric care that produces excellent outcomes that are meaningful to patients. This technology is a strategy that moves us towards that goal." Two of the Mansfield Orthopaedic fellowship-trained orthopaedic surgeons, Dr. Brian Aros and Dr. Nicholas Antell, are introducing robotic-assisted surgery to Mansfield's knee replacement program.

Total knee arthroplasty is one of the most common procedures performed in the United States, and Copley's orthopaedic surgeons perform greater than 500 joint replacements per year, of which more than 300 are knee replacements. Copley Hospital has acquired the Navio Surgical System, a robotics-assisted platform that will support Dr. Aros and Dr. Antell when performing knee arthroplasty surgeries. This system is used to prepare bone, size, and position knee implants, all factors that contribute to the outcome of the procedure. The Navio system does not require a pre-operative image (i.e. MRI or CT scan), but will allow the surgeons to collect patient specific data during the procedure that works in concert with their skilled hands to achieve accurate positioning of the knee implant based on each patient's unique anatomy.

Dr. Antell remarks, "Our goal at Mansfield Orthopaedics and

NAVIO continued on page 5

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

All events are free and some activities require advance registration.

The library will be closed Saturday-Sunday, September 28-29 for Harvest Market; please join us at the Big Red Barn next to Mills Riverside Park on those days to support our annual book sale! The sale will run 10:00 AM – 4:00 PM on Saturday, September 28 and 10:00 AM – 3:00 PM on Sunday, September 29. We could also use some additional help those days; stop by the library to sign up!

Youth Programs

Story Hour with Beth and David London — Friday, September 27, 10:30 AM. Beth and David London, formerly of Poker Hill School, will return to share songs and stories with young children and their families Fridays at 10:30 AM. Snack will follow.

Movie and Popcorn Afternoon! — Friday, September 27, 3:30 PM. DRML after school movies will be shown once per month beginning in September! We will provide popcorn and lemonade just after the movie starts. Title TBA.

Would you consider donating pizza coupons? If you keep your coupons for free pizza at Mountain High Pizza in Jericho, please consider donating your coupons to the DRML children's program. The library is gathering coupons toward Teen-Movie-and-Pizza nights beginning in October. There will be a bucket at the circulation desk to deposit donated pizza coupons. Thank you!

Adult Programs

Tai Chi at the library will start in October — Sign up now for a spot! Centers for Disease Control and Injury Prevention (CDC) report this program reduces falls by 55% and recurrent falls by 70%. *Age Well* offers these free programs for adults 50+. Donations are always appreciated and accepted. Registration is closed after Thursday, October 10. Call the library to register, 802-899-4962.

• Basic Standing Tai Chi – Tuesdays and Thursdays beginning Tuesday, October 1, 9:00 – 9:50 AM. During 16 class sessions over eight weeks you will learn the basic forms of Sun Style Tai Chi. The benefits of this fall prevention program include increased balance and agility, upper and lower body strength, mindfulness of our body movements in time and space, and learning stress relief techniques.

You can support the arts and the Varnum Memorial Library in Jeffersonville by purchasing a calendar of 13 Vermont authors and poets in tasteful art nude photos. Each month features an author or poet with a short bio and introduction to their work. The calendar is available at the Varnum for a $20 donation, or online (*http://www.varnumlibrary.org/writersuncovered*) for $23, which includes shipping. PHOTO CONTRIBUTED

• Seated Tai Chi – Tuesdays and Thursdays beginning Tuesday, October 1, 10:00 – 10:55 AM. During 16 class sessions over eight weeks you will learn the form of Sun Style Tai Chi in its seated version. This fall prevention joint safe activity over time can help reduce symptoms for people with Parkinson's, fibromyalgia, diabetes, lower back pain, arthritis, and depression while you are seated in a chair.

Pamela MacPherson presents *Vigil: The Poetry of Presence*, Thursday, September 19, 6:30 PM. Join us for a presentation of a collection of poems focused on "holding space" with the dying. These poems, taken unedited from Pam's personal journal, are her means of processing experiences sitting vigil with individuals who are in the last days and hours of life. Hear her stories, read her poems, and feel more empowered when your presence is meaningful for those close to you who are dying. Pam's inspiration comes from over there decades of involvement with hospice, as well as her involvement with the VNA's Madison-Deane Initiative, a program working to "change the face of dying" through education of the general public and healthcare professionals about quality care at the end of life.

Cook the Book, Monday, September 23, 12:15 PM. After the summer off, *Cook the Book* will be returning in September and we hope you'll be joining us. For the month of September our selected cookbook is From the Cook's Garden by Vermont author Ellen Ecker Ogden. The book will be available the beginning of September and will remain at the front desk. We are requesting that you make two copies of your selected recipe, one for you to take home and the other to leave at the front desk of the library. On Monday, September 23, 12:15 PM, bring your prepared dish and a serving utensil to the program room where you and other participants will have the opportunity to sample each other's creation. The library staff will assist you in signing up for the event and provide you with a form to avoid duplication of recipes. Advanced registration required, please call 899-4962 or visit the circulation deck to register.

Mystery Book Club, Tuesday, September 24, 7:00 PM. Join us for a discussion of The Dry by Jane Harper. All are welcome to attend this monthly book discussion group.

Knitting with Neighbors — Thursday, September 26, 6:00 PM. New to knitting and looking for support to get past the first row, or remember how to cast on? This is the group for you. Experienced knitter just looking for inspiration to try something new or share your knitting wisdom? This is the group for you. Not new to knitting, but new to Jericho or Underhill? You will find some friendly faces here. If you would like help picking a first time project, please feel free to contact Julie Hehir, *juliehhehir@comcast.net*.

VT Humanities Council Presents: *That The People May Live: The Life and Legacy of Nicholas Black Elk, Holy Man of the Lakota*, Monday, September 30, 6:30 PM. This lecture explores the life and legacy of Nicholas Black Elk (1866-1950), the Lakota holy man made famous by the book Black Elk Speaks. Presenter Damian Costello begins with Black Elk's Great Vision and his struggle to discern his calling during the events of the Great Sioux War. During his long life, Black Elk lived out his vision in three overlapping roles: as a traditional healer, a Catholic teacher, and a revivalist of Indigenous traditions. In the midst of great tragedy, Black Elk wove these three strands into one beautiful life exemplifying survival, hope, and reconciliation. The talk is based on extensive historical research, extended residency in Indian country, and continuing conversation with Lakota elders. Damian Costello specializes in the intersection of Catholic theology, indigenous spiritual traditions, and colonial history. He is an international expert on the life and legacy of Nicholas Black Elk.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

For information on any of the library's programs, call 899-4962. DRML is located at 8 River Rd., Jericho; *www.drml.org*.

JERICHO TOWN LIBRARY

Story Time – Wednesdays, 10:30 – 11:30 AM. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa! There's a ukulele – maybe even two! Recommended ages: 0-5 years.

JTL Board meetings are held the second Monday of every month (October 14) at 5:30 PM. All are welcome to attend.

Jericho Town Library has new, expanded library hours: Mondays 2:00 – 5:00 PM; Tuesdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; Thursdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM; Fridays 2:00 – 5:00 PM; Saturdays 10:00 AM – 12:00 PM.

For more information on programs and library services, please visit our website at *www.jerichotownlibraryvt.org* or call 899-4686.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Varnum Reads, an adult book club that exclusively reads young adult literature, is returning this fall. The first book is the Stonewall Book Award winner Little & Lion by Brandy Colbert, a coming-of-age story about two people falling in love with the same person. The library has a copy of the book and can order multiple copies as needed. Open to all adults. The first meeting is Thursday, October 24, 7:00 – 8:00 PM.

The Roald Dahl Youth Book Club began this month on Monday, September 16, reading Charlie and the Chocolate Factory in

Library news continued on page 8

FIRST WITH KIDS

Heading off concussion concerns

Parents of children playing contact sports have been heading me off at the pass, asking me if they need to worry after their child has had a concussion.

What is a concussion?

A concussion is a temporary loss of brain function due to a direct injury to the head and a shifting of the brain contents inside the skull. It's important to know that it's possible your child can experience a mild concussion but not lose consciousness.

Symptoms, which may occur hours to weeks after the injury, can include feeling dizzy or dazed, having trouble remembering things, a decline in school performance, nausea, vomiting, headache, blurred vision, feeling overly tired, or trouble with coordination and balance.

Head injuries always need medical attention

It is very important to seek medical attention after any head injury occurs, in a practice or competition, to determine if a concussion has occurred. In fact, when in doubt, sit them out and have your child medically evaluated!

Treatment for a concussion includes physical and mental rest. This means removing the child from play, and while symptomatic, limiting physical activity to no more than walking. This is necessary until your child's symptoms stop. While home recovering, brain activities should be adjusted to what can be tolerated without worsening of symptoms. For example, limiting overall screen time is a smart idea.

Getting back in the classroom

So, when can a child return to school or play a sport? New guidelines suggest that someone who has had a concussion should go through a set of steps that will progressively increase both physical and mental activity, while monitoring for recurrence or worsening of symptoms. Your child's health care professional will provide recommendations for both a gradual return to play and a return to the classroom.

For example, a child should be symptom-free for at least 35-40 minutes (the length of a class period) before returning to school. This can take a few days. Then, as your child's symptom-free time increases, they can increase their school work time.

Getting back in the game

A child should be symptom-free for at least a week and fully back in the classroom before attempting to play sports. Remember, getting back on the field requires a step-wise process, just like the classroom. An increase in physical activity will be recommended by your child's health care professional.

Is prevention possible?

Prevention is possible! There are a couple ways to increase safety, like wearing appropriate headgear and safety equipment when playing a sport. Additionally, knowing the proper rules and techniques to play the game will keep your child safer. Doing these things will reduce the risk of concussion by 85%.

Hopefully tips like this will allow you and your child to use your head before your child rushes back into the game after experiencing any signs suggestive of a concussion.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at UVM College of Medicine

NAVIO continued from page 4

Copley Hospital has always been to give our patients the best possible surgical outcomes. Adding this type of technology, which can improve the precision of our joint replacement procedures, has the potential to do just that."

Dr. Aros states, "Copley's joint replacement program is committed to creating the best experience and outcomes for our patients. The introduction of robotic-assisted surgery gives our program the opportunity to improve the value-based care it delivers to patients undergoing knee replacement surgery. Our program has a fantastic team of clinical and non-clinical providers, and staff focused on delivering high quality care. This is what makes Copley, Copley."

The introduction of the Navio system to Mansfield's joint replacement program will be an addition to the numerous benefits a patient already receives when having knee replacement performed at Copley.

To learn more about knee replacement surgery visit the Mansfield Orthopaedics website at *www.mansfieldorthopaedics.com* or call their office at 802-888-8405.

LETTERS TO THE EDITOR

Circle of Support & Accountability volunteers needed

To the Editor,

The Essex Community Justice Center (ECJC) is looking for volunteers (once weekly) for the Circles of Support and Accountability Program. Ideally, volunteers would be from Essex, Colchester, Milton, Jericho, Underhill, or Westford, but it's not required. As a volunteer at the ECJC in their Restorative Justice panel myself, I highly recommend this experience. The folks at ECJC are wonderful people, the work has a big impact on our communities, and the training is excellent and free.

What is a Circle of Support and Accountability?

The Circle of Support and Accountability (COSA) is an evidence-based model of engaging with someone who is coming out of incarceration, who wants to change and be a law-abiding citizen and who is at risk to re-offend because of a lack of support from friends, family, and their community. A CoSA is a team of three to four community volunteers and a Reentry Coordinator who works at the Essex Community Justice Center. The team meets weekly with the person who was formerly incarcerated (called a "core member". CoSAs help the "core members" develop pro-social associates and internal accountability, and is also there for support, coaching, mentoring, and even some fun. Conversations in CoSA circles may include talking about daily struggles, anticipating challenges, and providing role modeling of behavior and positive activities. Volunteers, over time and after building trust, may choose to engage in one-on-one mentoring and/or social activities with a core member. Often, people reentering their communities from prison are marginalized and have few, if any, natural social supports. CoSAs can be the key to a successful reentry for many. At the core of the CoSA Program is the mantra "No More Victims." Staff at the Essex Community Justice Center provide training and support for CoSA Volunteers.

Contact Jill Evans, 802-662-0001, *jevans@essex.org*, or *http://essexcjc.org*.

Ann O'Shaughnessy
Underhill

Senate hearings on housing affordability

To the Editor,

Three years ago, the legislature and governor collaborated to enact a $35 million bond to promote the development of thousands of affordable and workforce housing units throughout Vermont.

By all accounts, using low interest bonding for additional housing was a resounding success, with the additional benefit of promoting economic development and job creation.

As such, last session I promoted doubling down on the idea with a second housing bond of upwards of $50 million. My committee voted to pass the bond, but it stalled in other committees. What passed was a charge to the state treasurer to recommend a financing source by next January for a large boost to address housing needs statewide.

In part to help inform financing and other solutions to promote affordable housing, my committee will be meeting around Vermont to hear from the public, stakeholders, and experts, with a special emphasis on how housing needs interplay with jobs and the economy.

Three hearings have been set so far: in Windsor County, September 18, 10:30 AM – 12:30 PM, room 2 Hartland Town Hall; in Rutland, Tuesday, September 24, 1:30 – 3:30 PM, Fox Room, Rutland Library; and in St. Albans, Tuesday, October 29, 10:30 AM – 12:30 PM, St. Albans City Hall. Further hearings will be in December in Windham County, and in early January in Chittenden County, with specific times and locations to be determined.

Written comments can also be submitted to my committee by writing David Hall Esq., *DHall@leg.state.VT.us*.

Michael Sirotkin, State Senator, Chittenden
sirotkin.senate@gmail.com

How lucky are we to live here?

To the Editor,

On Monday, July 1, the Underhill-Jericho Fire Department launched its new Emergency Medical First Responders program to further serve and protect our great community. The program has two career staff firefighter/EMTs and ten volunteer members who were given Vermont state mandated equipment to have in their personally-owned cars when responding to calls. However, only five of these first responders would also have an automatic external defibrillator (AED), as there was not enough budget to purchase all ten. That's when the Underhill-Jericho business community showed what we're all about.

Randy Clark championed a campaign asking Jericho businesses for donations to purchase the five additional AEDs for all the members and was able to raise the $7500 needed. Community Bank N.A. is honored to be included in the list of donors who made this possible, alongside customers and neighbors alike: Autosmith, Clark's Truck Center, Dunkling & Penny Dentistry, Farrell Chiropractic, First Step Print Shop, Jericho Mini Storage, Spafford & Sons, and the Hugh Griffith family.

I know I speak for all of us when I express a huge thank you to the Underhill-Jericho Fire Department for always ensuring we're safe and protected. To say that we're lucky to live in this community would be an understatement. The Jericho Community Bank team is proud to serve the Underhill-Jericho area and we're incredibly grateful for the opportunity to give back to our great community.

Kelly Kimball
Manager, Community Bank N.A. Jericho Branch

LUHS thanks voters

To the Editor,

Lamoille Union High School wishes to extend our heartfelt gratitude to our voters for approving the school bond. We understand financial pressures and take our stewardship seriously. We love hosting community events in our fine facility and can't wait to showcase the improvements to all of our children, families, and guests.

The official bond vote was 387 in favor, and 253 opposed.

Thank you to all of our communities for your continued support of our students and our schools!

For more information on this school bond, and to see design plans, check out: *https://lnsu.org/blog/2019-2020-luhs-gymnasium-bond.php*.

Brian SchafferPrincipal, Lamoille Union High School
bschaffer@luhs18.org

45th Annual Old Fashioned Harvest Market

Sponsored by the United Church of Underhill

September 28 & 29th

9:00AM to 5:00PM 10:30AM to 4:00PM

With a special worship service 9:30 on Sunday. ALL ARE WELCOME!

This family-oriented community fair is centered at the United Church of Underhill, at the intersection of Route 15 and Park Street in Underhill, and features two days of entertainment, food, Local Artisans Shopping and Fun

Music

Hannaford Fyfe and Drum
Spencer Lewis
Williston Town Band
Essex Town Players
Fairfax, Fletcher, Westfield Band
Buddy Dubai
Abi Sandy

Duncan McLeod Trio
Bob Gagnon
Andrew Albright
Matt Belfield
Jeff Lloyd Band
Robin Gottfried

Kids' Activities

All kids' activities are held in the Children's Games Area unless otherwise noted

BOTH DAYS:
10-4 bounce house
All day fun old-fashioned games (stilt walking, ring toss, penny pitch, hoops, nail drive, bowling, dunking booth)
11-5 free hayrides
1-3 organized children's games
1:30 judging of zucchini competition
3:00 sawdust candy scramble

SUNDAY:
Noon pet presentations

Shopping

Over 100 vendors will be displaying their wares at this year's Harvest Market. Make sure to check out both the indoor AND outdoor vendor spaces for:

- Vermont crafters
- artisans
- antiques dealers
- community organizations
- ...and much more!

Check out the wide variety of items available at the Silent Auction – get your bids in by 2:00 on Sunday! ...and of course, make sure to stop by the Clutter Barn for an eclectic mix of clothing, books, toys, games, puzzles, small appliances and electronics, sports equipment, kitchen items, linens, towels, curtains AND MORE!

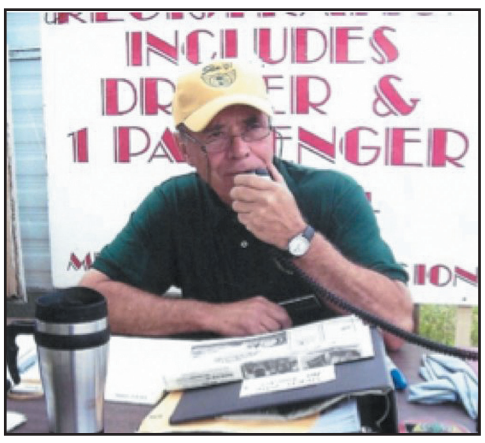
More information on these events, along with a printable schedule & map, can be found at underhillharvestmarket.com or pick up a schedule at the Harvest Market Info Booth. To sign up to volunteer at one of our venues, you can sign up directly using the QR code or URL listed here.

45th Annual

Parade Marshal, Community Citizen named for 45th UCU Old-Fashioned Harvest Market

The Steering Committee of the United Church of Underhill Old-Fashioned Harvest Market, an event highly anticipated by the citizens of Underhill, Jericho, and the surrounding communities each year, owns the privilege of naming a Parade Marshal and a Community Citizen. Scheduled for Saturday-Sunday, September 28-29, the Market preparations are in place and the opening day parade will feature and honor this year's Parade Marshal, Mary Jane Neale; and Community Citizen, Gael Boardman, who, sadly, passed away on June 26 this year. His wife Judy and members of his family will proudly represent Gael in the Parade.

It is the pleasure of the Steering Committee to honor Gael Boardman, in memoriam, as the 2019 Community Citizen. A native Vermonter, Gael was loved by all who knew him. He was



born in Underhill and attended school at the #5 Schoolhouse in Underhill Center. The family moved to St. Albans when he was in fifth grade and he attended school through his high school graduation there. He attended Michigan Tech in Houghton, MI, then came back to Vermont where he later received his BA from Goddard College, and his Master's Degree in Counseling from St. Michael's College in 1981. In 1960 he married Judith Leslie Johnson, and in 1961 the couple moved permanently to Underhill. They later purchased the present property of their homestead in English Settlement and began collecting rocks from the property to build their beautiful home, taking residence there in 1970.

Judy, his wife of 59 years, relates that Gael was an avid collector of old things: tools, automobiles, tractors, etc. His pride and joy was his 1918 Locomobile that still sits in his barn today right next to the 1929 Chevrolet and the 1973 VW Thing! During his high school years, he did some radio announcing and continued this practice in other venues over the years. Antique cars being his true love, he was a member of the Vermont Automobile Enthusiasts Club and was their key announcer when they held shows in various locations.

During his childhood years, Gael was a member of the children's choir at the UCU when it was still the Congregational Church. In later years, as a talented upholsterer he reupholstered the altar chairs at the church that are still in use today, leaving a note inside to be found by future members. For many years, Gael was involved in the automobile business. He founded the Jericho-Underhill Boy Scout Troop #627, an accomplishment of which he was very proud.

An active member of the community, Gael was a member of the Underhill Planning Commission, the Board of Civil Authority, the Underhill Historical Society, and the Underhill Cemetery Association. He was Zoning Administrator in the 1960s and served as Justice of the Peace for many years. He was an Adjunct Professor for both Champlain College and St. Michael's College, passing on his knowledge of public speaking and interpersonal communication to his students. He was known to state: "Teaching's the easiest job I ever had!" Indeed, his life was full of abundant lessons shared with his family, his friends, and

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BUY LOCAL!

Saxon Hill School Barn Sale at Harvest Market

The Saxon Hill Barn Sale is coming up during the Harvest Market, 8:00 AM – 4:00 PM, Saturday-Sunday, September 28-29! This sale benefits the children at Saxon Hill School, a parent-cooperative preschool that has been serving the community since 1964. Please consider donating gently-used items such as toys, games, baby gear, books, electronics, household goods, and clothing (sizes newborn-7 years). Donations will be accepted Friday, September 27, 4:00 – 8:00 PM at the Damkot Barn. For more information on what we will/will not accept, please contact Amy Flick (*flickamy@hotmail.com*), Matt Rauer (*matthew.rauer@gmail.com*) or visit *http://www.saxonhillschool.org/calendars/barn-sale*. Also, be sure to visit the sale itself and expect to find some great deals!

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Old Fashioned Harvest Market

his neighbors. The Harvest Market Steering Committee is blessed to have the privilege of honoring Gael Boardman as Community Citizen for 2019.

Mary Jane Neale resides in Essex Junction with her husband, Mike Munson. They have a daughter, Amanda, who lives in Colchester. Mary Jane comes to us originally from Houston, TX, taking teaching positions along the way. She and Mike purchased their home on Park Street in Essex Junction in 1979. Mary Jane gained employment at Mount Mansfield Union High School as their first full-time arts teacher, setting the stage for the arts program that featured five teachers at the time she retired in 2010. She is now active in the Essex Arts League and other

community activities, including the UCU Clutter Barn and the Silent Auction, favorite venues of the Harvest Market.

In the 1980s Mary Jane joined the United Church of Underhill, where she taught Sunday School for several years and has served on the Membership and Evangelism Ministry. Her artistic talents are visible at the church, most currently in the lovely wreaths that adorn the entrances, carefully chosen (or handmade) for each season. "I first connected with UCU through my students at MMU, as many of their parents were active there," she relates; further sincerely and cleverly remarking: "I consider the United Church of Underhill to be similar to a pizza with many toppings – the members of the congregation being the toppings – each adding its own flavor as they come together to fill the crust! I enjoy the diversity of interests, expertise, and willingness to 'give back' to the community through the support of local, national, and international interests." Through her work at the Clutter Barn and the Silent Auction, she finds satisfaction with "working with people who are all different in knowledge and skills, and repurposing items of art that are donated and need someone to love them." The United Church of Underhill is proud to have Mary Jane represent the church as Parade Marshal.

Mary Jane is also the Chairperson for the Silent Auction, working many hours through the summer with her volunteer team members to receive appropriate items, catalog them, and be ready to display them for bidding. Follow the foot traffic to the Silent Auction tent located just outside of the rear door of the church to view the 125-150 items offered for selective bidding beginning right after the Opening Day Parade on Saturday, September 28, closing at 5:00 PM; and following morning worship, until 1:00 PM on Sunday. Donations arrive from local businesses, Market vendors, church members and friends, local artists, and the Clutter Barn. There are many gifts from private donors as well. Pictures, vintage pottery, and other precious articles come from grandma and grandpa's homes – old, well-preserved, and beautiful. The Silent Auction should definitely be on the list of places to visit during Harvest Market.

Winners of articles at the Silent Auction will be called after 1:00 PM on Sunday. Items must be picked up between 1:30 – 5:00 PM that same day or may be claimed on Monday, September 30, at a time specified by the winner. For those bidding, a place is provided on the bid form to name a surrogate person for pick-up. All items unclaimed by the following Sunday will be offered to interested parties for a reasonable donation. Cash, local checks, or credit cards will be honored. Mary Jane and the Silent Auction volunteers look forward to serving those seeking a delightful treasure to carry home as a souvenir from an exciting weekend at the 45th United Church of Underhill Old-Fashioned Harvest Market.

Note that there is always opportunity for volunteer assistance in the various venues the week prior to opening day, during the Market weekend, and for "clean-up" at least a couple days following the event. This call is open to ALL! To find out when and where there are openings for service, go to *http://www.underhillharvestmarket.com/2019-harvest-market-volunteer-sign-up/*.

Sunrise Physical Therapy

Look for Brian, Katie, and Emily serving up sausage and soup at the Harvest Market!

Brian, Katie, Pam, Kat, Emily and Olivia & Joanne

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Library news continued from page 5

anticipation of Halloween. The club is recommended for ages 8-12 but is open to all ages (age 7 and under should bring an adult). Weekly meetings on Mondays, September 23, 30, 5:00 – 5:45 PM, will feature a discussion and craft or activity, with snacks provided. Copies of the book will be provided. To sign up, call 644-2117, stop into the library, or email Youth Services Librarian Cari Varner, *cjvarner@gmail.com*.

If you love the Varnum's 4th of July book sale you will love the new year-round book sale – with all proceeds to benefit the library. The book sale in the former Vermont Room features books for all at bargain prices – hard covers are $2, soft covers are $1. The library will accept donations year round (reviewed by a librarian, by appointment, 644-2117). Books must be in good condition with minimal wear, no smells or water damage, and should be current (so no old travel guides, computer instruction manuals, or text books). Proceeds will support the library's programming, collections, and staff.

Baby Got Books, Tuesdays, 9:30 – 10:30 AM. A new story time for the littlest library visitors – join Cari for nursery rhymes, movement activities, songs, stories, and finger plays proven to promote early literacy, language, and communication skills.

Children's Story Time and Crafts with LN, 10:00 – 11:00 AM, Thursdays. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good books and a craft, too.

Adult Game Night, 7:00 – 9:00 PM, Wednesday, September 18. A fun night of tabletop games: card, role playing, and board, for players experienced and newbie alike.

Varnum LEGO Club, 3:30 – 5:00 PM, Wednesday, September 25. Themed and free build time, team exercises, opportunities for collaboration, creativity, and imagination. Duplos and LEGOs provided. Open to all ages.

Spanish Conversational Hour, 6:00 – 7:00 PM, Friday, September 27. The Varnum is excited to begin Spanish Conversational Hour on Fridays. Join native Spanish speaker Milagro as she guides the group, helps with pronunciation, and plays a few games to help with vocabulary!

Crescendo Club Library Association meeting – Tuesday, September 24, 7:00 – 8:30 PM. If you enjoy the Varnum's collection and programming, we would enjoy having you on our board! Join us for just a few hours each month and support the library.

Varnum Memorial Library is deeply grateful for the funding that is received from the Town of Cambridge. This amount does not, however, fully fund the library's expenses and your tax-deductible donations are always most appreciated. Donations can be made at the Library or sent via mail to Varnum Memorial Library, P.O. Box 198, Jeffersonville, VT 05464. Thank you!

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; *thevarnum@gmail.com; www.varnumlibrary.org*. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

WANTED: Artists and Travelers – We are seeking artists to display their art at the library as well as people willing to talk about their travels (abroad or domestic) for our Travel Talk Series.

Thursdays, 6:30 – 8:00 PM: Fiber Arts Group. Knit, crochet, and stitch with a vibrant group. All levels welcome, help given to beginners. Questions? Contact Marianne, *mfishcar@together.net*

Thursdays, September 19, 26, 11:00 AM: Early Literacy Storytime. For birth to preschool, this storytime consists of several stories around a theme, and a theme-based craft. All ages and levels of attention are welcome. Don't worry if they fidget – they are still getting a lot out of it! No registration needed. September 19: Pirates. September 26: Fall.

Wednesday, September 18, 7:00 – 8:00 PM: Adult Book Club. The Library Book by Susan Orlean.

Thursday, September 19 – Library closes at 5:00 PM for the community forum *Westford's Future*, 5:30 – 8:00 PM at the Westford School. Facilitated by the VT Council on Rural Development. Potluck 5:30 PM; forums 6:30 PM.

Sunday-Saturday, September 22 – September 28: Banned Books Week: "Censorship leaves us in the dark: keep the light on!"

Wednesday, September 25, 7:00 – 9:00 PM: Compost Alive! Presented by master composter Laurie DiCesare. Learn what to include/exclude, mix in, accelerators, and what to do with it once you make it. Plan for hands-on activities, and bring scraps to add. Sign-up appreciated.

Friday, September 27 – Banned Books Week Read-In. Drop in anytime between 1:00 – 7:00 PM to read a banned book. Snacks provided.

Coming in October: Crazy 8's Math Club will meet Thursdays for grades 3-4, Fridays for K-2. Kids will ride Bus 3; pickup by 5:00 PM.

Library Hours: Closing early Thursday, September 19 at 5:00 PM. Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 7:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website http://*westfordpubliclibrary.org*; email *westfordpubliclibrary@gmail.com*. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

Salmon Windsocks – Did you know it is the International Year of the Salmon? It's about time these extraordinary fish got their own year. Help celebrate by visiting the trail along the river at Volunteers' Green during the month of September and appreciating the colorful salmon-shaped windsocks that are hanging along the full length of the trail. Besides their beautiful painted designs, each windsock features an original poem inspired by salmon, fish, rivers, or nature in general. Windsocks and poems were created over the summer by area youth participating in workshops hosted jointly by the library and *Radiate Art*. They will be on display through Saturday, October 5 when the Lake Champlain Fish and Wildlife Conservation Office will be hosting a salmon festival at the Volunteers' Green and at the Library.

Wild Cousins of our Best Friends – Susan Morse, a highly regarded expert in natural history and one of North America's top wildlife trackers, will present a slideshow with her vivid photographs of wolves, coyote, red fox, and gray fox, and fascinating research into their behavior and their importance to our ecosystem. Co-sponsored with *Protect Our Wildlife*. Donations to POW appreciated. Tuesday, September 17, 7:00 PM.

We're celebrating Vermont's second annual "Exploring Food in Your Backyard," held Monday, September 30-Sunday, October 6 with the following two programs. In *Gourmet Wild Mushrooms of Vermont*, The Mushroom Forager (Ari Rockland-Miller and Jenna Antonino DiMare) will describe the various mushrooms in Vermont and their place in local ecology. Tastings to follow the presentation. RSVP requested to ensure adequate samples. Monday, September 30, 7:00 PM. In *Having Hunters on Your Land*, learn that hunting can be a great tool to help landowners who have too many deer munching their forest seedlings, landscape plants, and gardens. However, having hunters on your property can be intimidating, particularly if you are not familiar with hunting or have had problems with hunters in the past. Come learn the benefits of a good relationship between landowners and hunters, how to make sure it is a partnership that works for both, and how to manage hunter access. You will get an introduction to what hunting is and is not, review laws and regulations, and address concerns. Join other landowners and staff from Vermont Fish & Wildlife, *Vermont Coverts*, and the Vermont Land Trust for an evening discussion. We'll address many of the facts and myths about hunting and hunters. Thursday, October 3, 6:30 – 8:30 PM.

International Year of the Salmon Festival The Lake Champlain Fish and Wildlife Conservation Office will be celebrating with events, displays and speakers at the Richmond Free Library and at Volunteers' Green, Saturday, October 5, 9:00 AM – 4:00 PM.

Button Up Vermont – We Green Up in the spring, and we Button Up in the fall! Join the Richmond Climate Action Committee and an expert from Efficiency Vermont to learn how to make your home more comfortable, healthy, and affordable for the winter ahead. You'll leave prepared to take on quick, low-cost DIY projects, plus we'll share info about cash-back incentives and 0% financing currently available for larger weatherization jobs. Wednesday, October 16, 6:30 PM.

See the Woods Through the Eyes of a Hunter – Spend time with veteran hunters and see the land in a new way. Learn about the critical role hunters play in conservation. Success is defined by the journey, not the harvest. Walk the woods with experienced hunters and learn about habitat, the animals in it, how to read wildlife signs, and the concept of a fair chase. Co-sponsored by the Vermont Land Trust and *Backcountry Hunters and Anglers*. Saturday, October 19, 9:00 AM.

Fall Youth Programs: Our regularly scheduled programs are underway; details are below. Weekly children's programs at the Library run September-May and follow the MMUUSD schedule for vacation days and weather closure days.

Baby Laptime: This short, active storytime is for our youngest little book lovers and their grown ups. We'll look at picture books, sing simple songs, do some rhyming and bouncing, and sometimes get out the shakers and scarves. Designed for infants and early toddlers. Join us on Mondays at 10:30 AM.

Playgroup with Stories and Songs: The good times kick off with songs and shakers around the colorful alphabet rug. Next up is storytime and snacks (bring your own). Then, the toys and art supplies come out for free play and crafts. Co-sponsored by the Lund Center. Kids from infant to age 5 and their caregivers are invited to join us in the community room on Wednesdays from 10:00 AM – 12:00 PM.

Preschool Storytime: This special storytime is for children ages 3-5. We will share picture books, songs, and activities with a focus on the six pre-reading skills that form a child's early literacy experience and help set them up for a lifelong love of books and reading. Join us on Fridays at 10:30 AM.

Storytime Outreach: Visits to Richmond Childcare Providers. This outreach program brings storytime out into the community. Children and caregivers enjoy stories and music making with a focus on the early literacy skills necessary for strong reading readiness. A bin of library books is dropped off and picked up every few weeks. If you offer childcare in a facility or in your home in Richmond and you have not participated in this program in the past, contact Wendy at the Library for more details.

Fiber Art Show in September: After 30 years as a traditional quilter, many of them as a professional quilt restorer, Marya Lowe flung herself into the contemporary art quilt world. As a textile artist, she began by making pieces that reflected known entities: chickens, birds, birdhouses, fish, flowers. She quickly found herself dissolving the connection with realism and moving to purely abstract compositions which visualized mystery, questioning, pure emotion, and personal response. Come see her work on our walls and in the display case for the month of September.

Book Discussions: All are welcome to join monthly book groups at the Library. Books are available approximately one month before the discussion date.

Mostly Fiction Book Group will discuss My Mutual Friend by Charles Dickens. A satirical masterpiece about the allure and peril of money, Our Mutual Friend revolves around the inheritance of a dust-heap where the rich throw their trash. Tuesday, October 15, 6:00 PM, Mezzanine.

Mystery Book Group will discuss The Various Haunts of Men by Susan Hill (first in the *Simon Serrailler* series). Having transferred to the small cathedral town of Lafferton from London's "Met," police detective Freya Graffham explores her new community and becomes fascinated by Chief Inspector Simon Serrailler, her enigmatic superior. Thursday, October 17, 7:00 PM, Mezzanine.

Open Monday and Wednesday, 10:00 AM – 8:00 PM; Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM; closed Sunday.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); *www.richmondfreelibraryvt.org.*

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events free. Children 8 and younger must be accompanied by an adult while at the library.

Preschool Music: Mondays, 11:00 AM and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Summer Story Time: Tuesday, 10:30 AM: Moon & Stars. Stories and a simple craft activity. All ages.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, *www.williston.lib.vt.us.*

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged. *www.fairfaxvtlibrary.org,* 802-849-2420. Call or email *libraryprograms@fwsu.org*.

Saturday, September 21, 10:00 AM – 4:00 PM: VT Fairy Tale Festival. Young and old will enjoy stepping back into their favorite storybook tales at this enchanted event! Local Vermont libraries will be bringing their stories to life, the old stories, the folk and fairy tales of yore, at Vermont's fairytale festival. This is an outdoor event at the Sherburne Memorial Library in Killington, featuring storytellers, vendors, crafts, and activities. Come spend the day using your imagination, being creative, and embracing the magic of fairy tales at this fun, interactive event! This event is FREE, but please bring canned goods to donate to the local food bank! For information: *www.sherburnelibrary.org* or *Vtfairytale@gmail.com*.

Youth events

Tuesdays, September 17, 24, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary.

Tuesday, September 17, 3:15 – 4:15 PM: LEGO Wind Racers. Build your own Lego speedsters, and race them with wind power! Ages 6+ Please register.

Tuesday, September 24, 3:15 – 4:15 PM: Straw Weaving Bracelets. Learn how to make a pretty bracelet out of plastic straws and colorful yarn. For ages 6+. Please register.

Adult events

Throughout September: Library Card Sign-Up Month. Newcomers to the library are encouraged to sign up for a library card this month. Each new patron will receive a chocolate, as well as an entry into a drawing for a prize. This year, the prizes will match our game-night theme!

Saturday, September 21, by appointment: Tech Help with Josiah. Need help with technology? Come to the library to ask Josiah Witt your technology questions. Schedule your free appointment today at *go.jwitt.me/techhelp* or ask a librarian.

Saturday, September 28, 10:00 AM – 12:00 PM: Fall Perennial Swap. Swap the extra seeds and plants you have left after your fall harvest. Bring something to swap something!

For up-to-date info about programs, visit our website: *www.fairfaxvtlibrary.org*, where you can also find a link to the interactive Google calendar.

Hours: Monday, Wednesday 8:30 AM – 5:30 PM; Tuesday, Thursday 8:30 AM – 8:00 PM; Friday 8:30 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.

BROWNELL LIBRARY, ESSEX JUNCTION

Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday (July until after Labor Day, closed Saturdays): 9:00 AM – 5:00 PM. Call Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or email *frontdesk@brownelllibrary.org*.

MORE NEWS BRIEFS

Love cats and dogs? Board member search

Franklin County Animal Rescue is engaged in its annual board member renewal and outreach effort. Franklin County Animal Rescue is the humane shelter serving more than 900 square miles of northwestern Vermont. Board members attend a monthly meeting and perform "other duties as required." For more information, please contact Alice Astarita, *aastarita1274@comcast.net* or 879-3659.

Jericho Community Center calendars available

The Community Center in Jericho is now offering its 2020 calendar – and proceeds from its sale will benefit the Community Center and will support programming and keeping the building open and functioning for the benefit of all in Jericho and surrounding communities.

The calendar of photos submitted by residents is available for $15 at the Emile A Gruppe Gallery, the Jericho Center Country Store, the Old Red Mill Craft Shop, Jericho Town Hall, and ACE (JeriHill) Hardware

Vendors wanted for annual Pumpkin Yard Sale! Waterville Green, Saturday, Oct. 5

Seeking vendors and announcing the upcoming Waterville grade 6 (trip fundraiser) annual Pumpkin Yard Sale! The sale will be held on Saturday, October 5 on the Waterville Town Green. We will have (as always) pumpkins for sale, and delicious home cooked food including chili and baked goods. Lots of vendors will be showcasing local goods and art, plus some great yard sale deals from the sixth grade families.

Please contact Chrissy Wade, 802-730-4642 or *wadingbearvt@gmail.com* to confirm your vending space; if you've already confirmed with another sixth grade parent you should be all set!

Backyard Woods course

The Vermont Backyard Woods program is six-week online course designed for homeowners with less than 25 acres who want to learn more about the woods in their backyard: what's in it, who (wildlife) uses it, and how they can become better caretakers of it. This is an introductory level course, designed to give homeowners basic tools and skills, will be offered September 30-November 8. The cost is $30 per family registered by September 22, or $40 after that date.

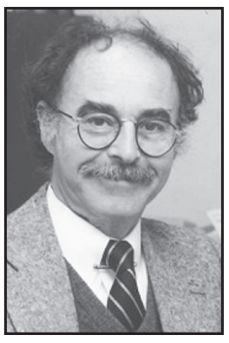
To learn more and to register: *go.UVM.edu/woods19*.

To request a disability-related accommodation to participate in this program, please contact Gwen, *gwen.kozlowski@UVM.edu*, 802-651-8343, or 1-800-571-0668.

Thursday knitting at Westford library

The temperatures are getting a bit cooler, so it feels like time to get the knitting and crocheting out again. Join us at the Westford Public Library on Thursday evenings, 6:30 – 8:00 PM for knitting, crocheting, and chatting. Don't know how to knit? Drop a note about your interest to learn to Martha McClintock, *Martha.bill@yahoo.com*. If there is enough interest, we will start a class in October. See you this Thursday.

OBITUARIES



Robert E. Sheridan III died on Wednesday, August 21, 2019 at Birchwood Terrace Healthcare Facility in Burlington, VT, ten days after his 84th birthday. Born in Morristown, NJ on August 11, 1935, Bob was the first-born son to Robert E. Sheridan II and Rosalie Averill Monahan Sheridan. He grew up on his grandmother Monahan's dairy farm with an extended family in Mt. Fern, NJ, where – despite the fact that his early childhood encompassed the lean, Great Depression years – he often spoke of fun-filled, active days spent tending the farm animals, playing in the various outbuildings, and exploring nature in the fields and woods with his dog Beau-Geste. He described a home filled with warmth, affectionate banter, hijinks, and a crowd around the dinner table. He lived on the farm until his high school years with his parents, four sisters, a younger brother, his paternal grandfather, two grandmothers, and the seemingly-ever-present visiting uncles and aunts. At age 16 a life-altering tragedy struck, when a gallon can of antifreeze exploded on Bob, causing second and third degree burns over much of his body and nearly costing him his life. He often stated that he owed his survival to his sound physical condition at the time of the fire, having spent his early teens climbing trees assisting his father with his tree surgery business. Nevertheless, he endured a yearlong painful recovery, delaying high school graduation. Very soon after enrolling in Seton Hall University he answered a spiritual calling, entering a seminary in pursuit of a life as a Carmelite Priest. During his fifth year as a monk at Mt. Carmel College in Niagara Falls, Ontario, Canada, he decided that, while most aspects of the life fulfilled him, celibacy did not. He returned to South Orange, NJ, completing a B.A. in history from Seton Hall University, and immediately entered the field of public education. In 1967, he received his M.Ed. in Personnel and Guidance from Seton Hall University. During the 1960s Bob taught high school history, elementary school, and served as a guidance counselor in New Jersey. In 1969 a former boss, Robert Dikon, recruited Bob to serve as his Assistant Superintendent of Schools for Orange East Supervisory Union in Bradford, VT, beginning a lifelong journey as a school administrator. During the next 30 years he served as Superintendent of Schools in Orange East and Chittenden Central Supervisory Unions, Coordinator of Extension Services and Graduate Lecturer in Educational Administration at Johnson State College, Director of Guidance and then Principal at Milton Junior-Senior High School, and guidance counselor at Bakersfield and Berkshire Elementary Schools. He retired in 1997 as Principal of Bakersfield Elementary School. An admirable leader, Bob possessed those qualities that earned the enduring respect of students, teachers, and colleagues. He was extremely kind and generous. When things went well on the job, he shared the credit with colleagues and subordinates; in contrast, when mistakes were made, he graciously shouldered the blame. He found particular delight in praising individuals in the presence of others. He truly loved helping people actualize their talents, be they students, teachers, or other staff members. Bob was mentor to many. He had an entertaining sense of humor with the ability to laugh at himself. With his keen perception and understanding of human behavior, coupled with a strong sense of justice, he strove – each and every day – to perform ethically in all situations, holding himself to high moral standards. He expected the same of students, staff, and superiors alike. Bob had the courage to expose and fight unethical behavior or actions when he encountered an abuse of power from those in high places. Refusing to be seduced by the comfort of job security inherent in staying silent or "turning a blind eye," he chose the more difficult, risky path of speaking truth to power. He was particularly intrepid and strong-willed when an injustice harmed the least powerful within his custody – the students. He felt duty-bound not only to protect but also to inspire them by setting the right example. He did not always prevail in his battles and in several instances, he resigned his position rather than abandon his values. People and principles were always more important to Bob than titles, prestige, or money. No matter the challenges, he brought his eternal optimism, bias for action, and enthusiasm to every endeavor. Throughout his career, Bob served on various boards and commissions, and was often recognized for his contributions in the field of public education. He was particularly proud of having been honored by the Vermont Council on the Arts as a 1978 recipient of the "Award of Merit for Distinguished Services to the Arts," and his "Certificate of Appreciation" awarded by the Vermont Alliance for Arts Education in 1979. Bob firmly believed in the value of the arts in childhood development. He was an unwavering advocate for funding of music, dance, theater, and visual arts even in times of austere budgets. Of the recognition Bob received from his life's work, he cherished most of all the admiration and expressions of gratitude he received from students. Such a tribute was made by the Milton High School Senior Class of 1989 when it dedicated its yearbook to Bob with the inscription: "You are an inspiration to us and when we look back at our senior high school years, you'll be the one we remember. Thank you for making our years something to be proud of!" Bob enjoyed his retirement years in the Mount Mansfield area. If Bob was not abroad visiting his wife, who was still working in Russia until 2005, he could usually be found engaged in some form of social interaction. It might be at the side of the road, smiling and chatting with neighbors as he walked one of his adored Scottish Deerhounds, or high above the ground on a friend's property, helping remove ice dams or wielding a pruning saw to save an injured maple tree. Bob was generally a modest person, not given to bragging, but he so enjoyed showing off his lack of fear of heights and the arborist skills he gained working for his Dad. Although he had many intellectual pursuits – quietly pondering and reading about the cosmos or trying to comprehend Steven Hawking or Einstein's theories – he was rarely at home for long unless he was executing one of his massive landscaping projects or entertaining friends. Bob often invented reasons for a surprise celebration for someone. He delighted in treating friends at local restaurants, never forgetting to compliment the chef or leave a large tip. Above all, Bob was a "people person." With child-like innocence, he simply loved people – old/young, rich/poor – it mattered not. He always had good wishes or a sincere compliment to give to acquaintances and strangers alike. Bob was loved in return and will be missed by many. Bob leaves his wife of more than 39 years, Doreen J. (Boyle) Sheridan; a daughter and son from his first marriage, Lauretta Sheridan of S. Burlington, VT and Robert E. Sheridan IV of Hinesburg, VT; grandchildren Robert E. Sheridan V, of Hinesburg, Gerald Sheridan of St. Albans, VT, Angela Simpson of Atlanta, GA, and one granddaughter, Nevaeh Sheridan of St. Albans. He is also survived by his siblings: sister Rosalie Guest, of Torrington, CT, brother David Sheridan and sister-in-law Karen Sheridan of Somerville, NJ, and sister Judy Meyer and brother-in-law James Meyer, of Raleigh, NC; and by brother-in-law Dennis J. Boyle of Orchard Park, NY. He was predeceased by his sister Marie Drew of Clermont, FL. His eldest sister, Jeanne Knowles of Bushnell, FL, passed away on Friday, August 23, 2019, two days after Bob's passing. He also leaves a multitude of beloved nieces and nephews, their children and grandchildren, as well as many cousins, all totaling numbers far too great to mention each by name. His wife would like to thank his caregiver, Monica Morano, not only for the loving care she provided Bob, but also for lessening her own heartache through the gentle guidance so selflessly given during Bob's illness. Doreen would also like to express her gratitude to the devoted caregivers at Birchwood Terrace and Bayada Hospice for the joy and comfort given Bob, and the peace of mind the Birchwood family provided her over the past difficult eight months. Donations in Bob's memory may be made to the Birchwood Terrace Residents' Activities Fund, 43 Starr Farm Rd., Burlington, VT 05401. Friends and family will be invited to share memories at a celebration of Bob's life to be announced at a later date. Condolences may be sent to *Lavignefuneralhome.com*.

Dora Herman, 93, of Jericho, VT passed away on Thursday, August 29, 2019 at Memory Care at Allen Brook, Williston, VT. Dora was born December 26, 1925 in Woonsocket, RI to the late Arthur and Etudienne (Plante) Gamache. She leaves her children Donna Pires and husband Larry; Gail Agostinelli, Domenic Agostinelli and wife Kim, five grandchildren and three great-grandchildren. She was predeceased by her husband Morris Herman, her son Roger Beaudoin, and daughter Joanne Walsh. Per Dora's wishes, services will be private at the convenience of the family. Memorial contributions in Dora's memory can be made to: Donation for Memory Care at Allen Brook, C/O Cathedral Square, 412 Farrell St., Suite 100, S. Burlington, VT 05403. The family invites you to share your memories and condolences by visiting *www.awrfh.com*.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Bryan Memorial Gallery presents its 2019 *Land and Light and Water and Air* through Sunday, November 3. For more information, *http://www.bryangallery.org/pdfs/2019LandandLight.pdf*. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; *www.bryangallery.org*. Gallery hours: Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Established and emerging artists present art work in any medium for *Beyond the Seed*, an exhibit running September-December in the Jericho Town Hall. The show is open during regular Town Hall hours. Enjoy a snack and stop by, on your way home or on your way to work, and see the show.

Join Radiate Art Space for its first annual free outdoor Richmond Art Crawl along Bridge Street in downtown Richmond on Sunday, October 6, 10:00 AM – 3:00 PM. Come celebrate fall with local artists and craftspeople. The Richmond Art Crawl is a stop for Open Studio Weekend! Start in front of the Richmond Town Hall and visit the vendor booths, plus enjoy art activities for children at the Radiate Art Space booth. The event is sponsored by Radiate Art Space, a non-profit, 100% volunteer-run art space encouraging and providing creative inspiration for all ages. There will be kids' activities, and the event will be held rain or shine. Free parking is available. Vendors include: Alexandra Haselton, Dee Christie-Paint Storms Studio, Jessica LaBonte-Cedar Tree Pottery, Libby Davidson-Starflower Studio, Martin Dessau, Mollie German-Mountain High Ceramics, Polly Wellford-Wellford Pottery, Virginia Diambou-Wink of Africa, Sherry Daniels-Quadri, Alyson Chase. For more information: *richmondartcrawl@gmail.com*.

River Arts has several exhibits on display at its Morrisville gallery through Wednesday, September 25. *Undercover: Figuative Work by Open Studio Figure Drawing*, in the Common Space Gallery, is a selection of artwork created by members of the group, which meets twice a month and working from a live model, produce beautiful artwork in a variety of media. *Morrisville Mosaics* is the culmination of a community collaborative project. *A Life In Art – Catherine "Catchi" Childs* is on exhibit at the Morrisville Town Offices. Childs was born on Long Island, NY in 1920. One of her favorite childhood memories and early artistic influences was when she posed as a model for the "Oz" children for the *Wizard of Oz* book series being illustrated by John R. Neill, who lived next door. River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, *http://www.riverartsvt.org*.

Burlington City Arts (BCA) will be running an Artist Market every through October 12 on Saturdays, 9:30 AM – 3:30 PM on lower Church St., Burlington, in front of City Hall and the BCA Center. This outdoor market offers unique handmade items by Vermont artists – ceramics, jewelry, games, clothing, accessories, and more. At the BCA Center through Sunday, October 6: are *Sara Amos: Unique Multiples* and *Job Site: Alisa Dworsky and Bill Ferehawk*. For information, *https://www.burlingtoncityarts.org/exhibitions*. Burlington City Arts, 135 Church St., Burlington; *https://www.burlingtoncityarts.org/*.

At the Shelburne Museum through Thursday, October 31: *In Their Element: Jonathan D. Ebinger, Rodrigo Nava, Dan Snow* – an outdoor installation featuring sculptures that complement and amplify one another through their shared engagement with fire, wind, and earth, pushing the boundaries of their respective materials and processes. Through October 20 at the Pizzagalli Center for Arts and Education's Murphy Gallery, the Museum presents *William Wegman: Outside In*, a comprehensive exhibition exploring over four decades of the renowned artist's ongoing fascination with the natural world showcasing over 60 works of art from his collection in a variety of media. For information, 802-985-3346 or *www.shelburnemuseum.org.*

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit *www.VisionsofVermont.com.*

Dianne Shullenberger Gallery, 228 Nashville Rd., Jericho, VT 05465; 899-4993 or *vtdianne@hotmail.com*.

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; *Emilegruppegallery.com*, 802-899-3211.

Helen Day Art Center, 90 Pond St., Stowe; gallery hours: Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment; 802-253-8359, *www.helenday.com*.

Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton; open Wednesday-Saturday, 10:00 AM – 6:00 PM and Sundays, 11:00 AM – 3:00 PM (closed Monday and Tuesday); *https://www.miltonartistsguild.org*.

HAVOC Gallery, 27 Sears Lane, Burlington; *www.HAVOCGallery.com*; *HAVOC@havocgallery.com* or 800-639-1868. The gallery is easily accessed from downtown Burlington, just a three-minute drive south on Pine Street from the center of town. Hours: Wednesdays, Thursdays, and Fridays, 9:00 AM – 5:00 PM and every first Friday, 5:00 – 8:00 PM.

MUSIC

Gather round the tables at the Jeff Church for a good home cooked potluck harvest supper and live music by Trevor Contois and Friends and Annie Singer & DJ. Trevor is the owner of Soli Music School in Essex Junction and will be performing a variety of contemporary music that will rewind time for many. Annie Singer is a natural entertainer and her joy is contagious. Music (free will offering would be welcome and appreciated) begins at 6:30 PM at the Second Congregational Church-UCC, 16 Church St., Jeffersonville; dinner (adults $10; kids 6-12 $6; under 6 free) is at 7:30 PM.

The Jericho Café and Tavern will present live music on Fridays and Saturdays, 7:00 – 10:00 PM: September 20: *The Jeff Salisbury Band*. For more information and a full listing of music offered each month, see *www.jerichocafeandtavern.com*.

A Concert in the Park will be held at the Cambridge Christian Fellowship on Sunday, September 22, with ice cream provided free at 5:30 PM and music beginning at 6:00 PM. The theme will be *An Oasis of Hope*, with a medley of songs by the CCF music ministry featuring singer Lloyd Alcon of Johnson and Suzanne Hoeppner of Jeffersonville. This is not a fundraiser and donations will not be requested – it is intended to build community. Bring a chair or blanket to sit outside; if it rains, it will move inside.

Dana and Susan Robinson will be at River Arts on Friday, October 18 at 7:00 PM (doors open 6:30 PM) sharing their vivid songwriting and storytelling with fiddle tunes, banjo grooves, elegant melodies, and rich harmony singing. Their compositions have been featured in Ken Burns' *The National Parks, America's Best Idea* and *The Dust Bowl*. Since 2003 Dana and Susan have performed hundreds of concerts across the U.S., Great Britain, and Canada. Tickets are $15; seniors and students $10. River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, *http://www.riverartsvt.org*.

THEATER/FILM

It's time to get stoked for winter! Join Smugglers' Notch Distillery in Jeffersonville for the premier of *Winterland*, a ski/snowboard movie. Tickets are $10 adults, $5 kids 12 and under; adult tickets include two cocktails. Doors open at 6:00 PM; the movie begins at 7:00 PM. Tickets are available at *https://www.brownpapertickets.com/event/4360377*.

Performance dates Shelburne Players' fall play *The Secret Garden* are Friday-Sunday, November 15-17 and Thursday-Saturday, November 21-23. For more information, contact Sue Martin, *suemartin455@yahoo.com* or Director Beth Curtis, *bcurtis5440@yahoo.com*; and check the website – *www.shelburneplayers.com* – for more details, sides, and updates.

FamilySearch Library affiliation expands genealogy resources

The Vermont French-Canadian Genealogical Society (VT-FCGS) is pleased to announce that its library, the Vermont Genealogy Library, has expanded its offerings by becoming a FamilySearch Affiliate Library. *FamilySearch.org*, the FamilySearch website, has amassed the world's largest genealogical repository, with billions of records. *FamilySearch* is owned by the Church of Jesus Christ of Latter-day Saints.

In the past some *FamilySearch* information was only available by ordering microfilms from your local Family History Center. *FamilySearch* has discontinued the loan of these microfilms as they work to digitize the content by the end of 2020. The information on many of these microfilms is now only available on computers at affiliated libraries. For local genealogists this means that by coming to the VT Genealogy Library, they have access to records that are not available using *FamilySearch.org* on their home computers.

Users of the *Familysearch.org* website will notice some records have an icon of a camera and a key. These locked records can now be viewed at the VT Genealogy Library at no cost. Researchers at the library can access these records using their own computer with our wi-fi network or our computers. Researchers must use their own Family Search accounts. If they do not have one, our volunteers will show them how to create one.

Access to the many other resources at the Vermont Genealogy Library is available with annual membership, or a $10 visitor's fee.

We are excited about the new information this affiliation will make available to our members and guests. This affiliation also improves the work we can do for those who hire VT-FCGS researchers to find missing ancestors for them.

Our library is open on Tuesdays from 3:00 – 9:30 PM and on Saturdays from 10:00 AM – 4:00 PM. We are located on Hegeman Avenue in Fort Ethan Allen, Colchester. Please see our websites *www.vtgenlib.org* and *www.vt-fcgs.org*, or call 802-350-1333 to learn more.

SPORTS NEWS

GMBC Day Touring Rides

The Green Mountain Bicycle Club (GMBC) organizes touring rides for riders in northwest Vermont. All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable. Riders below the age of 18 must have a signed waiver from a parent.

E indicates an easy ride, M is for moderate, and S is for strenuous. Rides begin promptly 15 minutes after the meeting time. Social Rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place.

Additional local Social Rides will be scheduled as weather permits in the Champlain Valley. Please email *lightspd@comcast.net* to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.

Sunday, September 22: *Venice en Québec*. Ride 40 (E/M) miles from Alburgh across the border through farmland to *Venice en Québec*, a summer resort on Missisquoi Bay. We will stop for lunch in Venice. There are stores and restaurants there, or you can bring your own lunch. The return is through the Alburgh Springs border crossing. Bring your passport or the required customs documents. Meet at 9:45 AM, Alburgh Community Education Center. Leader: John Bertelsen, 864-0101/ *jo.bertel@gmail.com*; co-leader: Karla Ferrelli, 864-0101/ *karla.ferrelli@gmail.com*.

Sunday, September 29: East of Eden. Ride 50 or 60 (M/S) miles through the rolling hills around Eden, with your choice of a long, gradual climb up VT Rt. 105 or a shorter, steeper route on VT Rt. 242 up to Jay Peak. Meet at 9:45 AM, Eden Elementary School on VT Rt. 100, about half a mile south of VT Rt. 118. Leader: Brian Howard – 505-1148 / *bjhowd@gmail.com*; co-leader: Matt Kuivinen - 881-9045 / *mattkui@earthlink.net*.

Send us your stories... we print engagements, weddings, births, obituaries and family milestones at no charge. Send you information and photos to *bboutin @gmavt.net*

Mini Metro Basketball for girls and boys grades 5-8

We encourage all boys and girls in grades 5-8 who are interested in playing competitive basketball against neighboring towns to try out. Everyone in these age groups is welcome to come to the tryouts, whether you've played before or not. The date for tryouts is Sunday, September 22 at Mount Mansfield Union High School, Browns Trace, Jericho:

Girls (grades 5-6): 10:00 AM – 11:15 PM
Girls (grades 7-8): 11:30 AM – 12:45 PM
Boys (grades 5-6): 4:00 – 5:15 PM
Boys (grades 7-8): 5:30 – 6:45 PM

To find out more about the league, please visit *http://www.mmybl.org* and feel free to contact us if you have any specific questions not answered by the information on the website. If you cannot make the tryout date and have interest in the MiniMetro League, please let us know as well:

Brad Klein and Doug Philbrick, MMYBL Mini-Metro Coordinators
kleinb42@gmail.com
dphilbrick1@yahoo.com

MISCELLANEOUS NEWS

Forests and forestry events in Chittenden County

Here are some upcoming opportunities to learn about forests and forestry in Chittenden County:

LaPlatte Headwaters Town Forest Public Walk to Showcase Restoration Projects, Invasive Plant Control, Saturday, September 28, 10:00 AM – 2:00 PM. The Hinesburg Town Forest Committee and the Chittenden County Forester will host a public walk on the LaPlatte Headwaters Town Forest (LHTF), a 301-acre conserved municipal forest owned by the Town of Hinesburg. The purpose of this walk is two-fold: to seek input on the upcoming Management Plan for the LHTF and to raise awareness of current restoration and management efforts there. Meet at 10:00 AM at the LHTF parking area on Gilman Rd., Hinesburg, ready to spend a day outdoors in any weather. Participants will tour the southern section of the LHTF from 10:00 AM – 12:00 PM, have a picnic lunch (please bring your own), and then join Chittenden County Forester Ethan Tapper and Will Dunkley of Trout Lily Forestry Services to discuss invasive species control on the LHTF until 2:00 PM. The walk is free and open to all. The 2009 Management Plan for the LHTF, and a draft of the 2019 Management Plan, can be found at *http://www.hinesburg.org/lhtf/*. Comments on the plan can be given via email at *townforest@hinesburg.org*, or in person at a Hinesburg Town Forest Committee meeting, the second Thursday of each month at 7:00 PM at the Hinesburg Town Hall.

New Forest Management Plan for Andrews Community Forest (Richmond): Chittenden County Forester Ethan Tapper, in partnership with the Andrews Community Forest Committee, has drafted a new Forest Management Plan for the Andrews Community Forest (ACF), a 428-acre Town Forest owned by the Town of Richmond. This FMP provides detailed recommendations on the stewardship of forests at the ACF, from invasive plant control to carbon sequestration and storage, wildlife habitat and the management of the ACF as a source of local, renewable forest resources. This FMP will supplement the Management Plan developed by the Town of Richmond for the ACF in 2018. The focus of this FMP is both to encourage the growth and development of healthy, vibrant forests and to demonstrate responsible, modern forest stewardship. The public is invited to read and provide input on this FMP; you can read the draft FMP at http://www.richmondvt.gov/boards-minutes/conservation-commission/richmond-town-forest/ and provide comments by email to *richmondtownforest@gmail.com* or in person at one of the events listed below. Here are a couple opportunities in October to learn more about this FMP and ask questions about it: Saturday, October 5, the public is invited to a walk with Chittenden County Forester Ethan Tapper and members of the Andrews Community Forest Committee. Meet at 1:00 PM at the ACF trailhead just east of Richmond Village on U.S. Rt. 2 (across from Maple Wind Farm), ready to walk on and off trail through variable terrain. Participants will tour the western section of the ACF from 1:00 – 3:00 PM and have an opportunity to talk about forests, forest management, the forest ecology at the ACF, and specific work prescribed in the FMP. On Monday, October 28 at 7:00 PM, the public is invited to attend a public meeting of the Andrews Community Forest Committee at the Richmond Town Hall, 203 Bridge St., Richmond. Chittenden County Forester Ethan Tapper will present the draft FMP, and answer questions about it.

The following two events are part of The Vermont Land Trust (VLT) Land Restoration Event Series. VLT has been focusing on recognizing the ecological impacts of over-populations of white-tailed deer in our forests, which is increasingly an issue in Chittenden County and throughout the state. Both of the following events are free and open to the public, but registration is required. For more information on either of these events, contact Pieter van Loon, *pieter@vlt.org*, or 802-246-1502. Having Hunters On Your Land: 6:30 – 8:30 PM, Thursday October 3, Richmond Public Library. Hunting can be a great tool to help landowners who have too many deer munching their forest seedlings, landscape plants, and gardens. However, having hunters on your property can be intimidating, particularly if you are not familiar with hunting or have had problems with hunters in the past. Join other landowners and staff from Vermont Fish & Wildlife and VLT for an evening discussion at the Richmond Town Library about allowing hunting on your land. Co-sponsored by Vermont Coverts and Vermont Fish & Wildlife. *https://www.vlt.org/event/having-hunters-chittenden*. Saturday, October 19: See the Woods Through the Eyes of a Hunter, 9:00 am – 1:00 PM, Richmond Public Library. Spend time with veteran hunters and see the land in a new way.

Hire your neighbors!
Shop Locally!

United Way of Northwest Vermont – Volunteer Connection Listings

By Sue Alenick
United Way Volunteer Columnist

United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to *www.unitedwaynwvt.galaxydigital.com* or contact us, *volctr@unitedwaynwvt.org* or 860-1677.

ROAD RACE – RunVermont is looking for runner support for the Island Vines 10K Road Race in South Hero on Sunday, September 22. Tasks include course monitoring, helping with parking, packet pick-up, food serving, clean-up, and more. The race will take place in any reasonable weather! Please click this link to volunteer: *https://runsignup.com/islandvines/volunteer*.

REMOVE THE INVADERS – The Nature Conservancy of Vermont invites volunteers to help remove invasive plants and do some needed trail work at any of the following areas: Williams Woods in Charlotte on Wednesday, October 2 and Friday, October 25; Raven Ridge in Monkton on Tuesday, September 24; LaPlatte River Marsh in Shelburne on Monday, September 30 and October 14 and Wednesday, October 30; and Butternut Hill in North Hero on Friday, November 1, 9:30 AM – 1:30 PM. Some heavy lifting required for trail work. Contact Jack Markoski, 229-4425, ext. 106, or *volunteervt@tnc.org*.

ON THE FARM – Vermont Youth Conservation Corps maintains 400 beautiful acres of land in Richmond to help increase food security for all Vermonters and provide area youth with employment, leadership, and agricultural skills. They donate food to more than 400 families through November. To volunteer to help in these efforts, contact Claire Londagin, 434-3969, ext. 211, or *volunteer@vycc.org*.

LOVE CATS & DOGS? – Franklin County Animal Rescue is engaged in its annual board member renewal and outreach effort. Franklin County Animal Rescue is the humane shelter serving more than 900 square miles of northwestern Vermont. We impact about 1000 animals annually and exceeded the national no kill standard with a 99% live save rate in 2018. Board members attend a monthly meeting and perform "other duties as required." For more information contact the shelter, *info@fcarpets.org* or call 524-9650.

BUILD A RAMP – Cathedral Square is looking for volunteers to help build a small entrance ramp, paint porch decking and interior windows, and fix a rain gutter. Flexible scheduling. Contact Beth Alpert, 859-8819 or *alpert@cathedralsquare.org*.

BE A LIFELINE – Age-Well Meals on Wheels is in need of volunteers in Chittenden, Franklin, and Grand Isle Counties to deliver meals and provide friendly visits and safety checks for seniors between 9:30 – 11:30 AM on weekdays. Flexible scheduling once a week, once a month, whatever works best for you. Contact Laura Need, 662-5254 or *lneed@agewellvt.org*.

TECH BUDDIES NEEDED – City of Winooski is seeking Tech Buddies of all ages with proficiency in technology to help seniors navigate technology through hands-on teaching and assistance. Contact Olivia Miller, 655-6410, ext. 12, or *volunteer@winooskivt.org*.

DRIVE AND SERVE – Heineberg Community Senior Center invites volunteers to drive participants to and from the Center and/or help set tables, serve, and clean up after their congregate meals. Contact Beth Hammond, 863-3982 or *hammond@heinebergsc.org*.

GLEANERS NEEDED – Healthy Roots Collaborative is in need of gleaners from to help reduce food waste by rescuing surplus food from local farms and delivering it to area food shelves and meal sites. Contact Peter Jenkins, 735-4551 or *healthyrootsgleans@gmail.com*.

Vermont passport day Saturday, September 21

Planning to travel? Need a passport? The Vermont Passport Agency is hosting a special event Saturday, September 21, 9:00 AM – 1:00 PM, at the Vermont Passport Agency, 50 South Main St., St. Albans to accept applications for U.S. passports. Please bring the following:

- citizenship evidence (birth certificate, naturalization certificate, previous U.S. passport);
- recent passport photo (see examples on *travel.state.gov*);
- valid photo identification (driver's license, military or government I.D.).

Save time by completing your application online at *travel.state.gov/passports* and bringing it to the event. Do not pre-sign the application. Acceptable payment: credit card, personal check, or money order only.

Applicants under age 16: Both parents/legal guardians must apply in-person with their child. If one parent or guardian cannot attend the event, go to our website *travel.state.gov/passports/children* to learn more.

SCHOOL NEWS

Wrapping your head around homework

With school back in session, I am frequently asked what parents should be doing to ensure that homework gets done. Let me take on that assignment and provide a few tips.

More than just homework

Homework, though perhaps not your child's favorite after school activity, is not just about a specific assignment. Homework also teaches your children how to manage and budget time, follow directions independently, develop a sense of responsibility, and take pride in the work they do. When a homework routine is adhered to by your child or teen, it can result in a work ethic that carries way beyond the classroom.

Learning valuable lessons from homework

To help your child learn these lifelong values from doing homework, it's important to create a daily routine for doing homework early in a child's school career.

How can you do this? First, don't over schedule your children. Leave them free time in addition to homework time so that their every minute is not structured.

It's important to remember children are most alert in the late afternoon and early evening. Children are not very alert during the time just before going to bed.

Keep other things going on at home quiet during homework time so your child is free from distractions. Parents, you might use homework time as your time, too, to read, pay bills, and do other quiet activities.

Involving the Internet

If the Internet is going to be used, a good idea is to keep the home computer in a common space, perhaps at the kitchen or dining room table. This way you can make sure they are actually doing the homework and not texting, emailing, or surfing the Internet.

Nights without homework

On nights when there is no homework, keep the routine intact by encouraging reading time instead. A great idea is to build relevance into an assignment. Show them how the new skills they're learning can be applied to everyday activities. A good example of this is applying math skills to calculate the savings from coupons for groceries.

Positive feedback

Comment frequently and positively on your child's efforts doing homework. You should certainly comment on things such as neatness and accuracy, too, if and when you are asked to review it.

Finally, while you can and should model a positive attitude toward school and learning, don't do the homework for your child. As your child gets older, if you're like me, this may not be an issue. Our kids, and now my granddaughter, are often learning things that are beyond what I can understand or help them with.

Hopefully tips like these will work in your home when it comes to making homework an enjoyable and family-centered learning activity.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at UVM College of Medicine

Student music programs at VYOA

The Vermont Youth Orchestra Association (VYOA) offers ensemble and lessons programs for beginning and intermediate string, woodwind, and brass students. Financial aid is available. Visit *www.vyo.org* to learn more.

Prelude! is a year-long program for students entering grades 1-5 who are interested in learning to play a string instrument (violin, viola, cello, and double bass). Classes meet Sundays, 12:30 – 1:30 PM, at the Elley-Long Music Center at Fort Ethan Allen. Tuition includes your instrument rental and materials. Learn more at *https://www.vyo.org/prelude/*.

New this season, the VYOA Lesson Program offers group lessons in oboe, clarinet, trombone, and French horn. This is the perfect setting for students in grades 4-6 who are starting a woodwind or brass instrument. Learn more at *http://www.vyo.org/lessons*.

Calling all middle school woodwind and brass students! *Da Capo* meets for seven weeks and is a great supplement to your school music program. Make new friends and play great music! Visit *http://www.vyo.org/dacapo* to learn more.

Champlain College open houses in October

Champlain College will host two fall open houses for high school students and their families interested in learning more about Champlain on Saturdays, October 5 and 26, 9:00 AM – 3:30 PM. To learn more and RSVP, visit *www.champlain.edu/fallopenhouse19*.

On Friday, October 4 before the first open house, there will be a special event for students who may be interested in working in the video game industry. Learn more and register for this event at *www.champlain.edu/game-day*.

Send us your announcements, birthday wishes, graduations, engagements, weddings, births, and deaths. We will print them free. Email them to *mtngazette@earthlink.net*

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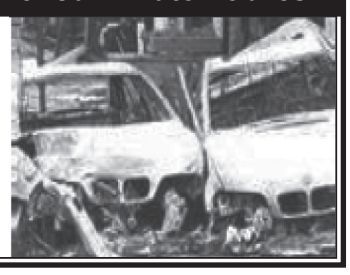

Enjoy the weekend - come to the 45th annual Old Fashioned Harvest Market September 28 & 29 Route 15 Underhilll, VT. Bring the whole family to enjoy the music, food, games, and bargains.

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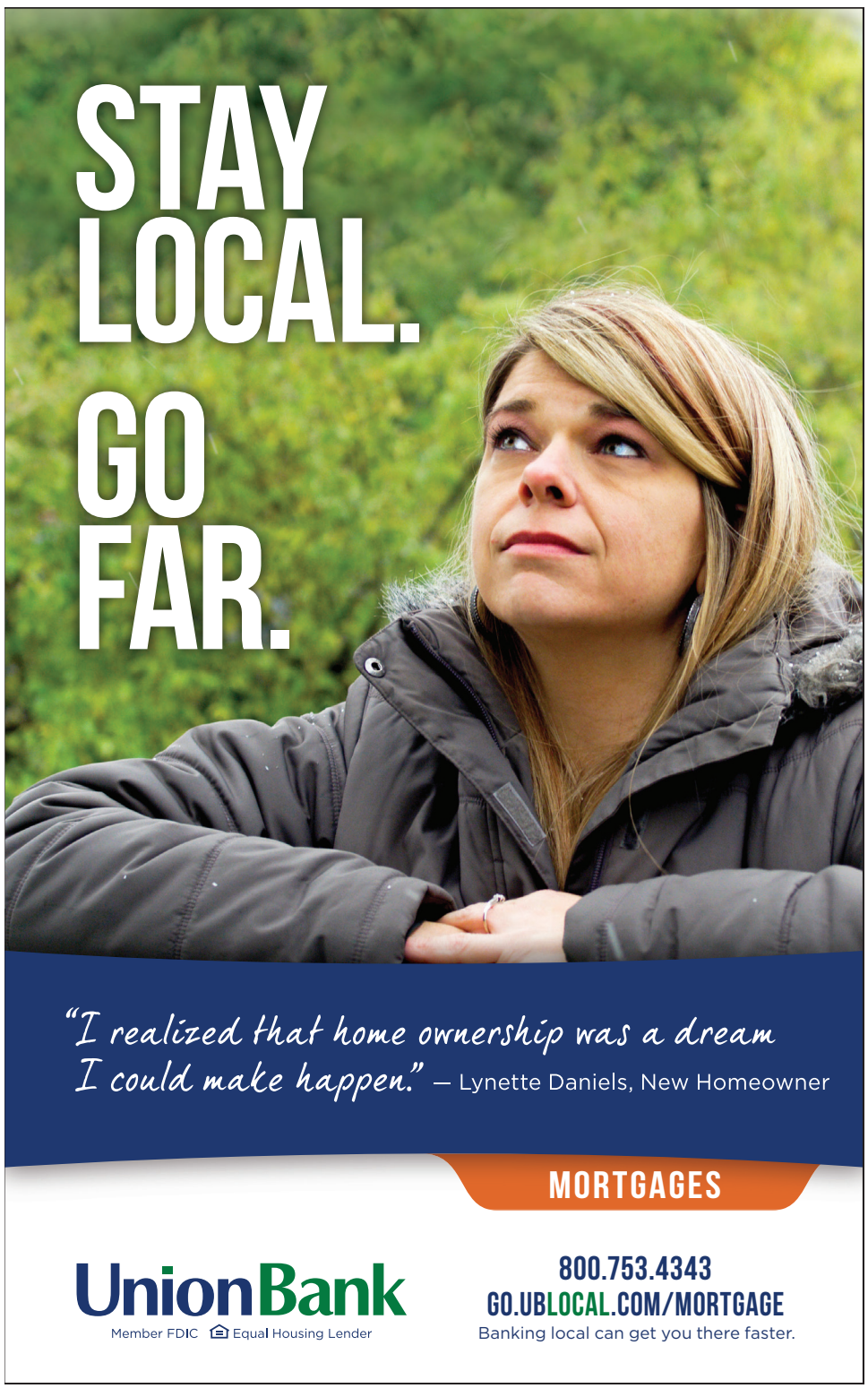
Email: *mtngazette@gmavt.net for more information.*

New exhibit at the Emile Gruppe Gallery

Wonderful examples of Vermont landscapes grace the walls of the Jericho Center gallery. Two featured works of art are *Autumn on Belvidere Pond* by Mylissa Kowalski Davis, top right and *Southtown Fields* by Fiona Cooper Fenwick, bottom right.

Take a few minutes to stop in and surround yourself with beauty.



COMMUNITY COLUMN

Rehabilitation

By Sue Kusserow
Special to the Mountain Gazette

I am in a special world. Like many medical/restorative units, it can be viewed from the outside: a five-floor brick building with a wide entrance of gliding doors. But to be correctly informed, it must be seen from the inside.

I am here to get balance, motion, strength, rehabilitation issues straightened out due to a fracture of the left femur, possibly due to the degeneration of an artificial hip put in five years ago.

This unit and its long-term care units are run by a polyglot of diverse workers who somehow put it together. To name some categories: social work, occupational therapy, physical therapy, food service, billing and business, cleaning, admissions, security, maintenance, nursing (aides, LNAs, LPNs, RNs, BSNs, NPs, PAs), and MD supervision. The administrative body that runs this building, and many others, is not in situ. And all these units must somehow overlap to provide care to both long-term "residents" (not called patients anymore) and rehab. I can't imagine it all running smoothly. Like many care facilities, it is a swarm of good days and bad days, staffing shortages (traveling nurses usually don't like Vermont in the winter), varying care loads, and a great many employees who try and put forward their ideas of efficiency mixed with kindness… most especially in small doses, since this is all the time that a shift will allow.

The skilled nurse can fit in warmth and compassion, connecting quickly and briefly. It is not a question of degree of education, but a personal dedication to human connection. An aide pushes a wheelchair into a room, making train noises as she chugs in. An LPN briskly walks to a room, but stops to hug an old man clinging to the wall and watching morning workers buzzing by. Ellen is wheeled into place for breakfast, asking repeatedly: "Where's my doctor?" Today she is refusing meds and no amount of cajoling can change her mind.

The day begins. Divisions are not by outside time but broken up by meals, meds, and activities both therapeutic and amusing. TVs blare all over, but are seldom viewed. A nurse takes a routine blood pressure. She slows her pace, calms her voice, touches bare skin, leans close, with the illusion that she has nothing else to do. I will remember that tableau: briskness can be dropped as a convenient cover-up for efficiency; the structure of the day can be bent to include small homilies.

The day ticks on… breakfast trays move in and then out, burying their loads somewhere beneath us. The morning system demands palliative procedures… progress for some, a holding pattern for others. Outside a fire engine screams, pushing its way through the bustle of cars.

Lunch features Ellen again: she is inadvertently humorous and verbally entertaining, due to a twist in thinking that connects her with staff. The other entrant for lunch is an old man pushing his wheel chair with his feet over the juncture of a carpet and wooden floor. He is positioned, draped in napkins, his food cut up. He sits in solitude, with very little output… nothing that would make the staff stop and visit. He scoots back to his room.

The clock time of 4:00 – 7:00 PM is here, called sundowner syndrome by long-time staff. I remember it particularly as a nurse-surveyor, part of a team hired by the state, to investigate a unit, checking records, watching for white-outs, comparing staff hours with payroll records, joining patients for dinner to see how the food is presented, served, and accepted. I remember the restlessness of darkness and winter hours… especially anxious for many residents… getting to bed, hoping to get to sleep.

A nurse comes in with medications and stays briefly to chat, drooping her body into a chair. She is young and clever and wants to preserve her instincts of kindness against the ever-increasing symptoms of details and data.

The evening limps on. Like the rest of the health care system, it has a wide range of expectations and rewards, for a panoply of givers and receivers. I take my walker down the hall to try and urge ancient muscles into better shape and ease the pain in my hip. My thanks to all who have helped!

Ellen relaxes in her chair and starts to sing *God Bless America*. An aide joins her. Pretty soon, I'm there, too. It is a golden moment.

Send us your stories... we print engagements, weddings, births, obituaries and family milestones at no charge. Send you information and photos to *mtngazette@gmavt.net*