

Make mentoring your New Year resolution



Above: Margaret Jackson and Hope Boutin when they were first paired up at Robinson Elementary in Starksboro's mentoring program. PHOTOS CONTRIBUTED

One in three kids will grow up without having a mentor in their lives, a caring adult outside of their family to turn to for support. Mobius, Vermont's Mentoring Partnership supports nearly 140 adult-to-youth mentoring programs statewide, expanding their capacity and ensuring their sustainability while also helping start new programs in underserved communities. One example of this work is the program Hope Boutin, daughter of the *Mountain Gazette* publisher Brenda Boutin, and her mentor Margaret are a part of. Their relationship has transitioned from elementary to middle school.

Mobius wanted to share with you a note they received recently

from Hope's mother Brenda: "My daughter Hope was just six when she entered into the Starksboro Mentoring Program. She was an outgoing child with few social skills. She was matched with Margaret, a worldly and educated woman. Through the years they have developed a relationship like no other that she has among her family and friends. Her mentor is a loving, caring, and guiding individual who holds a special place in her heart. Hope was anxious and fearful when she was transitioning from elementary to middle school. The thought of losing that mentoring relationship weighed heavy on her. She would have had a major hole in her heart if it had ended."

We were so pleased when Amy Johnston (the mentoring coordinator) asked if she would like to continue with Margaret in the mentoring program at Mt. Abraham Union Middle/High School. Margaret has been a blessing to us. Every child could use a mentor. Someone who has just the child's interest at heart. Someone who doesn't carry the family's baggage into the relationship. Someone fun. I highly recommend mentoring and am grateful to the men and women who step forward to be mentors."

Mobius cannot do this life-changing work without your help. Please consider making a donation to support Mobius and the youth in your community, because as Hope puts it, "every kid should have a mentor."

Contributions can be sent to: Mobius, Vermont's Mentoring Partnership, 19 Marble Avenue, Suite 4, Burlington, VT 05401. Please contact Chad Butt or Benji Thurber at 802-658-1888 if you want information about becoming a mentor. Or visit their website at www.mobiusmentors.org for more information about their program.



Above, Margaret and Hope's relationship grew into what has become a trusting friendship. Right, Hope's Mom, Brenda Boutin, Hope and Margaret pose for a photo. Hope's has transitioned to Mount Abraham Union Middle/High School.



News from Camel's Hump Middle School

By Mark Carbone, Principal
Camel's Hump Middle School

Did you know that one in seven Vermont children struggle with hunger? In October, Camel's Hump Middle School students spent time discussing what it means to be food insecure and ran a food drive to gather non-perishable food items for our school's backpack program. Four years ago CHMS established this program to address food insecurity here in our school community. We have been able to operate this program with the assistance of the high school's annual food drive, the local Lions Club, and many other community supporters. Congratulations to our students who collected well over 1700 items for the food drive, and thank you to those who gave so generously.

And many thanks again this year to Ralph and Rachel Towers, as well as Dennis Bolio and Susan Turcotte who own Industrial Four, Inc., for their generous support of the CHMS Pumpkin Chunkin' event. All proceeds from Pumpkin Chunkin' go directly to the PROSPER program, a family and student engagement program co-sponsored by the UVM Extension. PROSPER participants benefit by learning to prepare for their teen years, communicate effectively with their parents, deal with stress and peer pressure, and avoid alcohol and drug problems. Parents and caregivers enhance their parenting skills by learning to set limits, making house rules, encouraging positive behaviors, learning to handle stress, and helping their children understand the negative impact of risky behaviors. This fall's Pumpkin Chunkin' event had 10 teams competing – with the longest throw of the day being 236 feet!

Camel's Hump Middle School received a grant from the National Endowment for the Arts and Vermont Arts Council. Thanks to the support, seventh and eighth graders have the opportunity to participate in Vermont Young Playwrights. As part of this program, a professional playwright/teaching artist will visit CHMS three times. During these visits, students will be introduced to the fundamentals of playwriting, write short plays, offer feedback to one another, and revise their work with guidance from the visiting artist. One play from CHMS will be performed on stage by the Vermont Stage Company at the Flynn Center, and another play from CHMS will receive a public reading during the Vermont Young Playwrights Festival on Thursday, May 11.

For the past few weeks, Sequoia and Spark students have embarked on an exciting writing adventure. They are participating in the Young Writers Project (YWP) National Novel Writing Month (NaNoWriMo). NaNoWriMo is an online, creative writing program that takes place all over the world during the month of November. The overall goal is for a young person to write a complete novel in one month. Although each student selects their own level of challenge in the form of total word count (typically between 6200 and 20,000 words), the goal is the same: for each student to plan, write, revise, and edit a novel in 30 days! Students who complete their novel will have the opportunity to have it bound and possibly published. CHMS looks forward to having several young people be honored with published pieces.

Once again, we will host hundreds of middle-schoolers and their families over two nights in celebration of winter and the youths' progress since September. On Thursday, January 19, Open House for 7th and 8th grades will be from 6:00 – 8:00 PM, and on Thursday, January 26, Open House for 5th and 6th grades will also run from 6:00 – 8:00 PM. Open House attendees will be treated to choral and band

The pumpkins were donated by Ralph and Rachel Towers. Mark Carbone thanks them for their generous support of the Camel's Hump Middle School's Pumpkin Chunkin' event.



Left, A thank you to Dennis Bolio and Susan Turcotte who own Industrial Four, Inc. for their support.

Below, ready, set, let that pumpkin fly.

PHOTOS CONTRIBUTED



concerts as well as ice skating under the lights, weather permitting. Artwork from all grades will line the halls of the school. Student projects will be in abundance throughout classrooms and in display cases. Open House gives students an excellent opportunity to share their accomplishments with family and friends. We welcome any and all community members to our open house.

The next meeting of the Mount Mansfield Modified Union School District will be Monday, January 9, 2017, 6:00 PM at Mount Mansfield Union High School. The public is invited and encouraged to attend.

Bolton Gift Baskets – making the holidays brighter for seniors

By Phyl Newbeck, *Special to the Mountain Gazette*

Roughly a decade ago, Bolton Town Clerk Deb LaRivière started putting together gift baskets for seniors in town, which were distributed by the highway department and other volunteers. Since the baskets were not part of the job description for Town Clerk, the program might have fallen by the wayside when LaRivière retired, but Darlene Autery decided to step into the void.

This will be Autery's third year coordinating the program. "I thought it was a shame it was going to stop," she said. "I thought someone needed to do something so I got involved." Autery had to start from scratch, compiling a list of seniors in town. The first year she had 30 but the number has grown to 37 and Autery fears there may be some who have not been counted. All seniors get cards notifying them that they will be receiving baskets and they can let her know if they don't want to get one. Many of those who opt out ask that whatever would have been donated to them should be given to others.

Autery seeks donations of cash, checks, and food. The money is sent to the Town Office and then forwarded to her and the food is collected at the Smilie School. Autery and other volunteers spread the food out on the stage at Smilie and divide it into categories, like grains and canned food. If they are low in one category, they might use some of the cash donations to supplement that section, but their preference is to use the money for fresh food. In the past, Autery has shopped at Costco, Shaws, and Hannaford, with the latter two often providing some items free of charge. This year, she hopes to stay closer to home by getting products at the Waterbury or Richmond Market. She is being assisted by Meals on Wheels volunteer Doris Wheelock, who works at the Richmond Market.

Autery is thankful for the friends, neighbors, and organizations who are helping out. The Richmond Food Shelf has been a big supporter and the Vermont Youth Conservation Corps donates fresh vegetables from their surplus. This year, West Bolton resident Tucker Andrews is also supplying fresh produce. Ray Streeter Jr. will be making crates to hold the donations. Autery is also grateful to the owners of the Bolton Store who allow her to have a coin drop at their location and have provided support, as well as to Laura Andrews of Stargazer Gifts who has helped spread the word. Parents of children at the Smilie School have helped with bake sales to raise money for the baskets, and teachers and administrators have made sure the students are involved with the food collection.

On Friday, December 16, volunteers will get all the non-perishable items ready at the Smilie School, and on Saturday the 17th they head out to buy the rest of the supplies. This year five drivers, typically accompanied by their children, will be in charge of delivering the baskets, aided by a map prepared by a Bolton resident with GIS training. Autery purchased Santa hats for any delivery person who wants one. Each basket has a card that was made by one of the Smilie School students. "I really want the whole school involved," Autery said. "The seniors add a lot to the community and this keeps them connected to the kids."

When her son was young, Autery was impressed by those around her who volunteered for community projects and served on boards and commissions. "This is a great community to raise a son in," she said. "When this opportunity arose, it was something I really wanted to do." Autery admits she's not good at recruiting help for this project but she's grateful to those who have stepped in to provide assistance. "I really want to give back to this community," she said, "and this is one way I can help."

If you are a senior citizen in Bolton who has not received a card about the baskets and you would like one, please contact Darlene Autery at Darlene.autery@yahoo.com.

Keep Your Holiday Spirit out of the Landfill!

 <p>Bring unusable lights to the scrap metal bin at CSWD Drop-Off Centers, NOT your blue bin. Filmy plastic (like bags) and stringy items can damage our equipment.</p>	 <p>Throwing a party? Use reusable or recyclable plastic dishes. Paper cups are NOT recyclable.</p>	 <p>"Wrap" gifts in reusables like baskets, bags, tea towels, bandanas, etc.</p>	 <p>Choose a real tree that won't end up in the landfill.</p>
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Reduce

Use rechargeable batteries: 40% of battery sales occur during the holidays. Cut waste: Recharge!

Happy holidays from
 **CHITTENDEN**
 Solid Waste District
www.CSWD.net

COMING EVENTS



Stone wall workshops announced

A series of stone wall building workshops will take place this winter in Hinesburg. Participants in the one-day workshop learn basic techniques for building dry-laid stone walls, with special focus on stone native to Vermont. The hands-on workshops are held in warm greenhouses at Red Wagon Plants in Hinesburg, and are led by Vermont stonemasons trained through Britain's Dry Stone Walling Association. The workshops have been organized the past ten years by Charley MacMartin of Queen City Soil & Stone. Upcoming workshop dates include Saturday, January 21, with additional dates through March. Cost \$100; space limited. For complete schedule and registration information, contact Charley MacMartin, 802-318-2411 or www.queencitysoilandstone.com.

PHOTO CONTRIBUTED



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Did you know that damage to a gas pipeline may pose a hazard and has the potential to ignite?

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Questions? Visit VermontGas.com or call us at **800-639-8081**

Wishing you
a safe and happy
holiday season,
from your friends at
Vermont Gas!



Saturday-Sunday, December 17-18

Vermont Ice Wine & Cocktail Open House, 10:00 AM – 5:00 PM, Boyden Valley Winery, Cambridge. Free tastings and cocktail tasting. Make your own s'mores at the outdoor fire pit. For more information and updates on our event, see www.facebook.com/BoydeValleyWinery.

Saturday, December 10

DIY Bitters, 2:00 – 4:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Guido Masé and Jovial King, founders of Urban Moonshine, for a book signing and meet and greet featuring delicious samples from the pages of their new book, *DIY Bitters*. *DIY Bitters* is a how-to guide that explores the history and health benefits of bitters, and shows you how to make your own bitters at home, to be used alone or in cocktails, tonics, and even main meals. Free and open to all. Information: www.phoenixbooks.biz or 448-3350.

Saturday, December 31

Bird Monitoring Walk, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders for this monthly monitoring walk on the Museum property. Most fun for adults, older children; birding experience optional. Please bring your own binoculars. Free; please pre-register. 802-434-2167 or museum@birdsofvermont.org.

Wednesday, January 11

Walt Whitman and the Civil War, 7:00 PM, Brownell Library, Essex Junction. Whitman's Civil War writings give us a dual portrait, first the war as "a strange, unloosen'd wondrous time," and second the emergence of a new Whitman. UVM professor Huck Gutman examines some of the most remarkable poems about war ever published and looks at Whitman's remarkable development. Part of the VT Humanities Council's First Wednesdays program. Free and open to the public.

Saturday-Sunday, January 14-15

18th annual Broomball Tournament, Westford Ice Rink on the Common, Westford. Only 22 slots, first come, first served, team registration due Friday, January 6. Skates not needed, players wear their own boots. Broomsticks and balls provided. This is NOT ice hockey, but signed waiver required (parent must sign for under 18 player). \$15 per player (\$20 on tourney day additions), grade 9 and up, minimum five players per team; minimum \$75 non-refundable deposit required to reserve slot. Exact times and schedules, determined by the number of teams, will be emailed to team leaders one week before the tournament. Food and refreshments for sale at the Red Brick Meeting House. Proceeds benefit RBMH Restoration and Westford Rec programs and equipment programs. Information: Bekah Gwozdz, Westford Rec Coordinator, 802-662-1042.

COMMUNITY COLUMN

For happy, hazard-free holidays

By Lewis First, MD

Chief of Pediatrics at the UVM Children's Hospital

(To the tune of *The Twelve Days of Christmas*):

On the month with all the holidays,

I like to give some clues

So everyone stays safe,

And you don't sing the holiday blues!

Yes, it's the holiday season once again. What better time to remind everyone of some simple things you can do to keep you and your children safe and sound?

First, if you have a tree, secure it well to keep it from tipping. If it is a live tree, keep it well watered and away from heaters, fireplaces, or other heat sources. If it is an artificial tree, make sure it is fire resistant. Keep no more than three strands of lights linked together on an extension cord and never use electric lights on a metal tree – or you could be in for a shocking experience.

If there are children in the home, tinsel and small decorations and bulbs should not be at the bottom of the tree. It's important to prevent small children from reaching for them and then putting them into their mouths, where they become a choking hazard.

Avoid lit candles on trees and keep any lit candles out of reach of small children. You can also consider not lighting candles up at all with small children in the house.

Turn off all lights and blow out all candles when you leave the house or go to sleep. This will help avoid a potential fire hazard. And don't forget to make sure your smoke detector is working.

Most holiday plants are safe, but remember that mistletoe and holly berries eaten in excess can be dangerous. If your child does snack on a holiday plant, you can always call the Northern New England Poison Center at 1-800-222-1222.

Finally, if you are hosting a party in your home, don't forget to clean up the night of the party so your child doesn't discover left over alcoholic beverages or small snack foods that can be choking hazards the morning after.

So to wrap up for this year... (to the tune of *The Christmas Song*)

And so I'm wishing you safe holidays,

So no one has to flip their lids.

This is pediatrician Dr. Lewis First,

Hoping you'll first with kids.

BRIGHTEN A CHILD'S CHRISTMAS.

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COMMUNITY COLUMN

Christmas gone?

By Sue Kusserow, *Special to the Mountain Gazette*

I think I know where it went and who pushed it there. I think you know, too. So I won't take copy space to lament the metamorphosis of Merry Christmas into Happy Holidays. Santas are everywhere. Rudolph's "friends" sing a little jingle when bad changes to good due to climate warming at the North Pole. Winter Wonderlands are full of electrified deer. A special pair of earrings shaped as tiny trees; a sprig of holly on your jacket, are signs that we are all going along with the definition of Christmas we have been given. And we are sent bunches of cards with the unauthorized expectation that we will feel polite enough to send dollars to "Best Friends," "Sierra Club," "Project Hope," "Smile Train." Audubon Society sent a card of two chickadees cuddling placidly in a winterberry and balsam collage. Have you ever seen chickadees sitting that closely and peacefully? Another has a large selection of birds balancing on a single pine branch, from a querulous blue jay to a sharp-billed nuthatch, all in the same size. Then there are the Santas: red scarves around their snowy necks, and tasseled hats rakishly set on melting heads. Accuracy is sacrificed; advertising is painfully obvious. One company sent a lovely, saccharine-sweet painting of a church, slightly fuzzed-over to represent the bygone days. The tall elegant steeple rose above neatly-spaced white houses, with shapely balsams grouped around the front door. Tiny candles shone in every window. I actually found myself looking for the sleigh and hearing the sound of jingle bells! So the scene is set for the advertised version of Holiday Happiness: "Wishing you the cheers of the season, and the amazing offer of a faux emerald necklace, awaiting you at *Rumple's Jewelry Store*." I sometimes get this crazy idea... that I might be able to insert the following message:

Here are directions on how to get to Rumple's Jewelry Store... Since you will be walking (the car timing belt blew up last week), try and get to the Elm Street Soup Kitchen in time to serve some macaroni and cheese to the old man who sits there waiting for you. Turn onto Maple Street to the homeless shelter; carrying some of the extra sheets that have sat for months in your attic closet. (Make sure you save enough time to change the sheets for the six cots in the dormitory.) Right next door is the Community Health Center, which is warm enough to harbor the young mother-to-be who just alighted from the cold belching bus. And finally, there is Rumple's. You pick up your faux emerald necklace. As you walk home, you stop by a church. The door is not locked. You have done your holiday obligation, so you feel noble, secure and magnanimous. You notice a small box into which you can drop your faux emerald necklace for someone who might substitute beauty for hunger for a moment or two... no waiting, no cold, no faces looking at you, no stamps to buy or a Fed Ex line to join. See how easy giving can be!

To be less sarcastic (although it was fun for a bit) I will mention a series of cards that showed the Nativity scene, in muted old-world colors, the crib lighted by the lanterns of visiting shepherds. The entourage of kings and servants was bringing in frankincense and myrrh... and themselves. I am not a Christian in the learn'ed sense. I don't know the author in the Bible who follows Isaiah. I don't know the ancient names on ancient maps that our minister pronounces so glibly. I do know the Apostles' Creed, the Lord's Prayer and Peace Be With You, an in-service exercise that turns us to greet our neighbors who are sitting next to us, to wish them well. And when I connect my yesterday of religion and my today of undirected spirituality, I know that there is still a tiny baby

somewhere who doesn't have swaddling clothes to wrap around his cold feet, or a mother who doesn't have enough food to make milk for him, or a father who fades into the darkness of defeat. The only sparks of the origin of Christmas I see are the Nativity crèche at the St. Thomas Church and the one person brave enough to stand facing the crush of shoppers heading for the open doors of Walmart: the Salvation Army bell ringer.

With the kindergarten group with whom I sing, I tell them a small story: "A long, long time ago, Mary with her husband Joseph had to take a long trip to a small town called Bethlehem, to pay the people there some money. They didn't have cars then, so Mary, who was going to have a baby soon, rode on a small horse called a donkey. When they got there, all the motels were full, so they found a little place to stay overnight, in a barn. That night Mary had her baby: a little son they named Jesus. The animals were all there, and they did a great many things to make the family comfy. Somehow, the animals could speak that night, and they made up a song that tells what they all did to help."

I said the donkey, shaggy and brown... I carried his mother to Bethlehem town.

I said the cow, all white and red... I gave him my hay to pillow his head.

I said the sheep, with the curly horn... I gave him my wool so he would be warm.

I said the dove from the rafters high... I sang him to sleep so he would not cry.

To me, this song is Christmas: kindness with closeness, love with deeds, being there and watching, presents of self without tinsel and wrappings, caring by doing, reaching without gloves on, stardust for money, celebration without clapping, sharing small joys, singing simple history lessons about a rose still blooming, a silent night, a joyful world, wonder paired with wander, a little town called Bethlehem.

Happy Holiday?
No, let's say: Merry Christmas!

"Like" the Mountain Gazette on Facebook.

Read news sent too late to publish in the current issue.

Cancer patients call Hope Lodge home for the holidays

For many cancer patients, the American Cancer Society Hope Lodge, Lois McClure-Bee Tabakin Building in Burlington will be home for the holidays. When the best option for lifesaving treatment is far away, Hope Lodge provides free lodging and services so patients can focus on getting well, regardless of the date on the calendar.

More than a place to stay, the 16-suite Hope Lodge on East Avenue offers help and hope to ease the cancer journey for patients and their caregivers. Nutritional home-cooked meals are provided by volunteers four mornings and five nights weekly, guests receive free transportation to the University of Vermont Medical Center, and support groups and classes such as yoga and *Touch, Caring & Cancer* are free to those who are interested.

Thanks to generous donors and volunteers the Lodge will be festive this holiday season, complete with decorations and traditional celebrations to lift spirits and distract guests from the burdens of cancer.

"Sometimes people can't go home for the holidays," said Hope Lodge Manager Angela Putnam. "Maybe they're in treatment or their loved ones are hospitalized, or the drive is too far or too taxing. With community support, we fill this Lodge with love and cheer."

Terry and Cathy Flinchum of Lewis, NY were among the Hope Lodge guests on Thanksgiving Day. Terry, in active treatment, needed to remain close to the hospital.

"We were so grateful the Hope Lodge welcomed us to stay and have Thanksgiving dinner with the staff, volunteers, and other guests," said Cathy Flinchum. "We felt very much at home. We are blessed to have experienced the Hope Lodge and all the remarkable people we have met during our stay."

The American Cancer Society Hope Lodge program relies solely on donations for funding its annual operating costs. Since opening in 2008, the Lois McClure-Bee Tabakin Building has provided 37,703 nights of free lodging to 3697 guests, saving them more than \$3 million in lodging expenses.

"At Hope Lodge you know the staff and volunteers will do their very best to make you as comfortable as if you were home, even giving you a holiday experience," said Carol Daggett, a caregiver for her mother, Mary.

Hope Lodge is need of personal necessities and household items to lessen the financial concerns of its guests this month. Donations from the Wish List can be delivered to Hope Lodge, 237 East Avenue, Burlington, Monday-Friday, 8:00 AM - 5:00 PM. For more information, please contact Hope Lodge Manager Angela Putnam at 802.658.0649 or angela.putnam@cancer.org.

Wish List: Bathmats (white), Batteries - 9V, AAA, Broom, dustpan, Can openers (manual), Digital photo frame, Dishwasher detergent, DVDs (recent), Gift cards (Hannaford, Bed Bath & Beyond, Costco), Gifts to local entertainment, Laundry detergent (perfume/dye free), Lysol wipes, Magic erasers, Maple syrup, Non-perishable foods: crackers, individual snacks, soups, bottled water, Paper products: tissues, toilet paper, paper towels, napkins, plates, Paper cups: for rooms and water cooler, Pillow protectors, Postage stamps, Queen sheets (Ivory), Shower curtain liners

Slippers (men's and women's), Storage: sandwich bags, freezer bags, foil, saran wrap (Costco size), Towels - bath, hand, wash, Twin duvet covers - Royal Palace, white.



Guests at the American Cancer Society Hope Lodge in Burlington who travelled far from home for cancer treatment during this holiday season enjoyed a community Thanksgiving feast. Hope Lodge is need of personal necessities and household items to lessen the financial concerns of its guests this month. Donations can be delivered to Hope Lodge, 237 East Ave., Burlington, Monday-Friday, 8:00 AM - 5:00 PM. For more information, please contact Hope Lodge Manager Angela Putnam, 658-0649 or angela.putnam@cancer.org.



Mountain High Pizza Pie

Monday - Thursday
11:00 AM - 8:30 PM
Friday
11:00 AM - 9:00 PM
Saturday
11:00 AM - 8:30 PM
Sunday
4:00 - 8:00 PM

899-3718

Route 15, Jeri-Hill Plaza
Jericho

College news

David Prior of Jericho, VT has graduated from Roger Williams University, Bristol, RI, with a B.S. in Construction Management.

Send us your news.

mtgazette@earthlink.net

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Must be signed for attribution with writer's address and phone number.

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mtgazette@earthlink.net

Read us online at www.mountaingazetteofvermont.com

Area Worship Services

JERICO 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 Services at 8:00 AM & 11:00 AM
Nursery care provided
Sunday School at 9:30 AM for all ages
Fellowship at 10:30 AM
Youth group 6:15 PM Sundays in our Sunday school building
Dec. 18 - Lessons & Carols, 8 am & 11 am
Dec. 24 - Children's Christmas Pageant, 6 pm & Candlelight Service, 9 pm
Dec. 25 - Come to the Manger Service, 7:00 AM
& Christmas Morning Service, 9:00 AM
Signing for the deaf upon request
899-4911; officejcc@comcast.net; www.jccvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP
A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 [website www.mmuuf.org](http://www.mmuuf.org)
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Road)
All are welcome.

ST. THOMAS ROMAN CATHOLIC CHURCH
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899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,
[email: office@stthomasvt.com](mailto:office@stthomasvt.com), Website: www.stthomasvt.com

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At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

Happy Holidays from
MMCTV to
Jericho, Richmond & Underhill

We're turning 20 in 2017!

Thanks to all who have helped us fulfill our mission of providing a platform for free speech, a record of public meetings/events and a place for creativity and media education.



MMCTV is located on Channel 15 on Comcast Cable.

We have videos on demand and stream many local meetings live. We provide free gear use and editing, hold camps and workshops for kids and offer one-on-one training for all ages. We have production services too.

MMCTV is a 501(c)3 organization, accepting your tax deductible donations at P.O. Box 688, Richmond, VT 05477.

Visit our studio at 35 West Main Street, in Richmond.
For more info: www.mmctv15.org (802) 434-2550

Health workshops Northwestern Medical Center

Exercise
Cancer Exercise Rehab Group, ongoing every Tuesday and Thursday, 11:00 AM – 12:30 PM, NMC Rehab gym, Cobblestone Building. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Preregistration required; 524-1064 to register or for more information. Free

for the first eight weeks, then \$40 for open gym access.

Prenatal Fitness, Wednesdays, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program. Stephanie Freedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.freedom@gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

Support Groups

Healthy Weight Support Group, every Monday, 12:00 – 12:30 PM, Northwestern Medical Center, Grand Isle Room. This weekly support group for those working on weight management combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Speakers Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, Northwestern Medical Center. Free. No registration required, just drop in to attend.

Healing Circle Cancer Support Group. 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. Held the first Tuesday of every month, 5:00 – 6:30 PM, Northwestern Medical Center Conference Franklin Room. Please call 802-524-8479 with any questions or to RSVP (not required).

Have you lost a loved one to suicide? If 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 at 802-393-6503.

Chronic Disease Support Group Workshops, Healthier Living Workshop – held at various locations and dates. Are you or someone you know living with a chronic health condition? Then this 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. Pre-registration required; contact Deb Robertson, 524-1031 or drobotson@nmcinc.org. Free.

Grief and Recovery Support Group – Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 – 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information and to pre-register, contact Lori Wright, 527-7531.

Shadows Of The Moon Autism Support Group – for 1:1 phone support, please call Cheryl, 802-868-3658, or Laura, 802-849-2817.

Alzheimer's Support group – This group for those with Alzheimer's and caregivers, family members, and friends meets the last Tuesday of

each month at NMC in the Green Mountain Room from 6:00 – 7:00 PM. For information, contact Amanda Wilson, 527-7531.

Maternity

Free monthly events for pregnant and nursing moms: Breastfeeding Moms Group, first Wednesday of each month, 10:30 AM – 12:00 PM. Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts. Call 393-6591 for location and to pre-register. **Breastfeeding and Infant Massage Group**, second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting. No registration necessary. **Latch On! Discussion Group**, third Saturday of each month, 10:00 AM – 12:00 PM, Family Birth Center, Northwestern Medical Center. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms. No pre-registration necessary.

Baby Bumps Support Group for Mothers and Pregnant Women – 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 lead by an experienced pediatric registered nurse. This group is for both pregnant women and mothers. Second and fourth Tuesdays of the month from, 5:30 – 6:30 PM, Birthing Center, Northwestern Medical Center, St. Albans. For more information and to pre-register, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This free program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

Miscellaneous

Foot Clinics – 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. To schedule an appointment, please call our office at 802-527-7531. The cost for Foot Care Clinics is \$20.

Start the Conversation – 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. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for 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 on a new website for the Start the Conversation statewide initiative, www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website www.fchha.org.

Keep Your Holiday Spirit out of the Landfill!



Bring unusable lights to the scrap metal bin at CSWD Drop-Off Centers, **NOT** your blue bin. Filmy plastic (like bags) and stringy items can damage our equipment.



Throwing a party? Use reusable or recyclable plastic dishes. Paper cups are **NOT** recyclable.



"Wrap" gifts in reusables like baskets, bags, tea towels, bandanas, etc.



Choose a real tree that won't end up in the landfill.



Reuse
Art, utensils, appliances, clothing: Regift or bring to local reuse stores, charities, or CSWD's ReUse Zone

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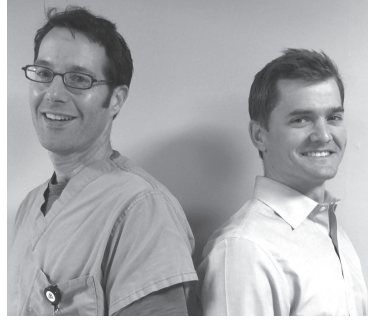
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Holiday stress

By Mary H. Kintner, D.C., R.N.
Chiropractor and
nutritional consultant

The holidays are upon us. They present us with occasions for fun and happiness, but they also have the potential to stress us by over-stimulating us. So what can be done?!

First, be realistic – you cannot please everyone. Don't try to buy or make gifts for everyone you know. Don't try to see everyone you know.

Live within your budget. Monetary concerns can stress you long after the holidays are over.

Eat healthfully but don't deprive yourself of an occasional, moderate treat. How you live "most" of the time determines your lifestyle's effect on your well-being. Drink in moderation or not at all; alcohol stresses the body. And don't forget your vitamins and nutritional supplements!

Be sure to rest and get adequate amounts of sleep. Cellular repair occurs during deep sleep (typically between 4:00 – 6:00 AM). You will be happier and better appreciated if you are not grumpy due to lack of sleep.

Another way to decrease stress is by getting sufficient exercise. The holidays can bring extra demands on our time and energy and frequently we cut out the time we give ourselves for regular exercise and relaxation time. Be consistent with your exercise routine.

Make time to genuinely relax. Enjoy your favorite rejuvenating activities: a good book, being with friends or family, seeing a movie, taking a hot bath, going for a walk, meditation, etc. Whatever relaxes you, incorporate into your schedule – especially during the holidays!

Don't expect yourself or others to be perfect – it won't / can't happen. Take care of yourself. You really have nothing to give others if you are exhausted.

The holidays are meant to bring us together and nurture us. By taking care of your body, mind, and spirit you can optimize the possibility of having healthy and gratifying holidays.

Chiropractic care can enhance relaxation and reduce stress.

Happy, healthy, holidays! Be well!

Grow your gardening knowledge with Master Gardener course

This winter get the real dirt on home horticulture by enrolling in the University of Vermont (UVM) Extension Master Gardener course.

This 13-week non-credit course will run Tuesdays, from February 7-May 16. It will be offered online through Zoom, giving students the option to participate in the interactive webinars each Tuesday night from 6:15 – 9:00 PM or watch the archived recordings at their convenience. UVM Extension Master Gardener volunteers will host optional group-viewing sessions on class nights at various locations around the state.

The weekly lectures by UVM and Vermont horticultural industry experts will cover a wide range of topics including backyard vegetable gardening, annuals and perennials, fruits and berries, composting, sustainable landscaping, pest and disease control, healthy lawn and weed management, entomology, and tree and shrub care, among others. A comprehensive online training manual is included in the registration fee.

Registrations will be accepted through Monday, January 23, with a \$15 discount off the \$440 fee if received by Monday, January 2. To register online, go to www.uvm.edu/mastergardener. A downloadable registration form is available on the website for those who prefer to pay by check.

To request a disability-related accommodation to participate, contact Lisa Chouinard at 802-656-9562 by Friday, January 6, or call Lisa with any questions about the course.

Participants have the option of enrolling in the home horticulture course only or pursuing certification as an Extension Master Gardener by completing a 40-hour internship once they finish the course. These volunteers are recognized gardening experts who provide locally relevant, research-based gardening information to the public. Interns have until December 31, 2018 to complete their 40 hours.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

The library is open on Sundays from 1:00 – 4:00 PM. Stop in for an afternoon of library enjoyment. And on the first Sunday of each month, we offer our music programs, offering a range of musical venues.

Mah Jongg is at DRML twice a month! We play Mah Jongg on the first Monday evening and on the third Monday afternoon of the month. We will be playing on Monday, December 19 at 1:00 PM. Whether you have never played before, would like to sharpen your skills, or just join a bunch of folks ready for a fun time, please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

Homeschoolers Forum – Wednesday, December 14, 6:30 PM. Whether you are new to homeschooling or a homeschool veteran of many years, please join us. Leave the kids at home for this one so we can relax together, meet other homeschooling parents, and share our thoughts and concerns in the cozy fireside environment of the library. Let's meet to discuss and support one another in our homeschooling adventures. Light refreshments will be served.

December StoryHour, Wednesdays and Thursdays at 10:30 AM on December 14 and 15. Drop in for stories, songs, projects, and a nutritious snack! No registration required.

Deborah Rawson Memorial Library After-School Program Survey – Parents and children in communities served by DRML are encouraged to fill out the survey on the library's website about after school program interests.

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.

JERICHO TOWN LIBRARY COMMUNITY PROGRAMS & EVENTS AT JTL

Tai Chi for all ages and all levels: Wednesdays, 10:00 – 11:00 AM. Join instructor Shaina Levee at the Jericho Community Center to learn and practice Tai Chi, a powerful healing art, moving meditation, and martial art all in one. This series is open to all ages and all levels. Wear loose, comfortable clothes. Free and open to the public.

YOUTH PROGRAMMING AT JTL

Little One & Me Circle Time (ages 0-5): Wednesday, December 21, 10:00 – 11:00

AM. Join Katie Coons for interactive circle time with movement, free play, songs, craft, and healthy snack.

DUNGEONS & DRAGONS: Wednesdays, 4:30 – 6:30 PM. Players ages 10 and up. No experience necessary but a commitment to the group is needed in order to follow the on-going story line.

All library programs are free and open to the public.

NEWS FROM THE JTL BOARD OF DIRECTORS

Board meetings are now held the second Monday of every month at 7:15 PM at Jericho Town Library. Everyone is welcome to attend.

PLEASE NOTE that the library will be CLOSED on December 24, 25, and 31, and January 2. There will also be no inter-library loan services from December 24 to January 6. Thank you for understanding and happy holidays!

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

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM. Come hear stories from a gifted and talented storyteller, and she does a craft with kids!

Weekly Crafting Circle, Mondays, 5:00 – 7:00 PM. Come and enjoy fiber and fabric with craft novices, as well as folks who have enjoyed handwork arts for their lifetimes! Have a project you're already working on? Bring it in and share your expertise and enthusiasm.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com. Please visit Varnum Library's website, <http://thevarnum.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

Early Literacy Storytime for birth to preschool age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

Playgroup every Monday, 9:30 AM!

Tai Chi 2, every Tuesday and Thursday, 9:00 – 9:45 AM.

Library Hours: 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 www.westfordpubliclibrary.wordpress.com; email westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

Knit Night, Wednesdays, 6:30 – 8:00 PM. Bring your knitting project and join other knitters in the Mezzanine Lounge. Don't knit? Then bring your tatting, crochet, embroidery, needlepoint, quilting, or whatever is keeping your hands busy!

Lego Club: Come join other Lego enthusiasts. We have lots of Legos to build with and our collection is growing thanks to donations from the community. Lego Club is appropriate for youth age 5-10. No registration is required, just come play on Wednesdays from 3:00 – 4:00 PM.

Early Bird Math is an interactive math literacy story time for young children and their caregivers. Through books, songs and games, children are exposed to numbers, counting, shapes, measurements, and many other early math concepts, and will enjoy a chance to play with their peers. Join Wendy in the Community Room on Fridays at 11:00 AM.

And, of course, browse www.rfl.kohavt.org to discover new audiobooks, movies, and books for all ages! The catalog will also search downloadable ebook and audiobook titles from ListenUp Vermont.

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

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.

FAIRFAX COMMUNITY LIBRARY

The Library will be closed Saturday, December 24 and Monday, December 26, and Saturday, December 31 and Monday, January 2.

All events are free unless noted. Pre-registration encouraged. Call or email libraryprograms@fwsu.org.

Tuesdays, December 13 and 20, 9:30 – 10:30 AM, Preschool Story Hour. December 13: Penguins. December 20: Winter & Snow. Join us for themed

stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, December 21, 3:15 – 4:15 PM, READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursdays, December 15 and 22, 3:15 – 4:30 PM, Chess Club continues for those registered.

Tuesday, December 13, 6:00 – 8:00 PM, Drop-in Rock Painting. Free and fun, this drop-in program for adults is a relaxing way to spend a few minutes (or the evening). Chat with friends as you paint wonderful designs on smooth rocks to take home and decorate with or give as gifts. All materials provided.

Wednesday, December 14, 3:00 – 4:00 PM, LEGO Club. Ages 6+ enjoy themed Lego play after school. Please register.

Saturday, December 17, 9:00 – 11:00 AM, Tech Help: How to back up data onto the cloud. Come at 9:00 AM for small group learning about backing up data onto the cloud securely, and/or stay for individual tech questions from 10:00 –

Libraries continued on page 6

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Libraries continued from page 5

11:00 AM. You can ask any tech question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah.

Monday, December 19, 3:00 – 4:00 PM, Crafternoon: Winter Lanterns. Kids 6+ will make beautiful lanterns using ball jars, decorations, and battery operated candles. Must register.

Wednesday, December 21, 3:00 – 4:00 PM, STEM club: Kids age 6+ will build hovercrafts. Must pre-register.

Tuesday, December 27, no Preschool Story Hour

Thursday-Friday, December 29-30: Stuffed Animal Sleepover. Drop off stuffed animals Thursday between 5:00 – 7:00 PM, hear a story and do a craft. Pick up stuffed animals Friday morning at 9:30 AM for a kids' pancake breakfast and slideshow of all the fun the stuffies had.

The library is open Monday and Wednesday 8:30 AM – 5:30 PM, Tuesday and Thursday 8:30 AM – 8:00 PM, Friday 8:30 AM – 3:15 PM, Saturday 9:00 AM – 1:00 PM.

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.

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 with Peter Alsen (except December 26), and Thursdays, 10:30 AM with Marcie Hernandez. (Thursday, December 29: Spanish Music with Constanca. No music on December 22). For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family. Free.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM. (December 22 at 10:30 AM). Preschoolers and their caregivers are invited for an informal play time following our Preschool Music program. For children birth to age 5. Sponsored with Building Bright Futures. Free.

Preschool Story Time: Tuesdays, 10:30 AM. Includes a simple craft activity. December 6: Hooray for Grandparents with Victoria Francis; December 13: Fairy Tales; December 20: Get Ready for Winter. (No story time December 27.) Ages 3-5. Free.

Coding Club: Tuesdays, December 6 and 13, 4:30 – 5:30 PM. Design your own video game in Scratch. Play your game with a custom controller created using Makey Makey. 8th Grade Challenge.

Grades 3-4. Pre-register. Space is limited. Free. Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Thursdays, December 15, 22, 3:15 – 4:00 PM: Read to Archie. Archie loves to listen to kids read. He is certified by Therapy Dogs of Vermont. Archie's owner is Christine Packard, Chair of Brownell Library Trustees. For all ages.

Friday, December 16, 10:00 – 10:45 AM: Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. Funded by the Brownell Library Foundation. For all ages.

Friday, December 16, 6:30 – 8:30 PM: Maggie's Fiber Friday for Adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. If you wish to contact Maggie: 6maggie2@myfairpoint.net.

Mondays, December 19, 28, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Tuesdays, December 13, 20, 9:10 – 9:30AM: Story Time for Babies and Toddlers. Picture books, songs, rhymes, and puppets for babies and toddlers with an adult.

Tuesdays, December 13, 20, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Tuesdays, December 13, 20, 3:15 – 4:00 PM: Read to Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy's owner is Maddie Nash, retired school counselor. For all ages.

Tuesday, December 13, 3:30 – 4:30 PM: Fourth and Fifth Grade Special. After school special event for 4th and 5th grade only. Make Rice Krispie Treats and play Minute to Win It games.

Wednesday, December 14, 9:00 – 10:00 AM: Red Clover Group for Homeschooled Students. Each month, students in grades K-3 read two titles and do activities with one of the on the list for this year's Red Clover Award. Voting takes place in April.

Wednesday, December 14, 9:00 – 10:00 AM: Dorothy's List Group for Homeschooled Students. Each month, students in grades 4-8 hear book talks from this year's Dorothy's List. Students keep a log and vote for their favorite to win the Dorothy's List Book Award in the spring. Group discussion is encouraged.

Wednesday, December 14, 9:00 – 10:00 AM: GMBA Book Discussion for Homeschooled Students. High school students who home school will gather monthly to discuss the books on the Green Mountain Book Award list and make a book trailer of their favorite. Voting in May. For grades 9-12.

Thursday, December 15, 9:00 AM – 10:00 AM: Library closed for staff inservice.

Friday, December 16, 3:30 – 5:00 PM: LARP. Live Action Role Play with Sydney is open to all middle and high school students who want to have adventures in a mythical land.

Friday, December 16, 6:30 – 8:30 PM: Family Movie. Free popcorn and drink. All ages.

Monday, December 19, 4:30 – 5:30 PM: Star Wars Club. Our Library Trustee Max Holzman leads the Star Wars Club. For all ages. Popcorn and drink!

Monday, December 19, 6:00 – 7:30 PM: Wellness Talk: Integrative Pain Management with Dr. Moreau. Integrative management of injuries includes a synergistic approach to patient care focusing on treating the physical structure to re-establish a proper function. Dr. Moreau uses specific manual musculoskeletal examination and diagnosis, adjustments, and skilled maneuvers along with treatment options such as injections (prolotherapy, steroidal, NSAIDS), dry needling (use of acupuncture needles), electric stimulation, and pain management as needed.

OBITUARY

John Raymond Kunkel, D.V.M., passed away on Monday, November 21, 2016 after a valiant battle with Alzheimer's in Mesa, AZ. He is survived by his loving wife and best friend of 41 years, Donna, his children Angela (Marijke), Daniel, Amy, Lynn (Joe), Bonnie, Michael (Linda), and his 10 grandchildren Killian, Liam, Joshua, Jenna, Jessica, Conor, Samantha, Bridget, Jordan, and Luke. John and Donna raised each other's children as their own. John is survived by his brothers Andy and Dick, sisters Lorraine, Sylvia, and Donna, as well as many loving and supportive extended family and friends. John was preceded in death by parents Rose and John Sr., sisters Virginia and Wally, and brothers Alvin and Al. John was born on January 4, 1940 in Pearl Lake, MN. He grew up on the family farm where he developed a deep connection and appreciation for the land and animals. In 1963, he graduated from the University of Minnesota as a Doctor of Veterinary Medicine; and was in practice for over 13 years in St. Michael, MN, his primary interest being bovine veterinary medicine. In 1975 John married Donna, and the next year moved to Jericho, VT to join the faculty of the University of Vermont, working in the Animal Health Lab and the Extension service. He was the Associate Extension Professor of Animal Science and taught Animal Health Courses. John was appreciated for his initiative and enthusiasm for developing, researching, and imparting his knowledge and expertise to students, farmers, and veterinarians, as well as to his associates at UVM. He organized, developed, and presented courses

Tuesday, December 20, 7:00 – 9:00 PM: Brownell Library Trustees Meeting.

Wednesday, December 21, 3:30 – 4:30 PM: Winter Solstice Craft. Bridget Meyer will help students create a winter solstice craft. For students grades 1 and up.

Wednesday, December 21, 7:00 – 8:30 PM: TED^BBrownellLibrary: Imagine That. Brownell will be hosting TED^B Events will occur the third Wednesday of the month, November through March. Ted Talk videos around the theme of imagination will be viewed and reflected upon. This is a great opportunity to connect with others!

Friday, December 23-Monday, December 26: Library closed for the holidays.

Tuesday, December 27, 10:30 – 11:30 AM: Castle Building Fun. Build a castle out of paper tubes. All ages.

Wednesday, December 28, 3:00 – 4:30 PM: Lego Fun. Participate in fun and friendly building with LEGO. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision.)

Thursday, December 29, 3:00 – 4:00 PM: Chess Club. Come play! Teen chess players help you discover new moves. All ages and skill levels are welcome. Kids 8 and under must be accompanied by an adult. Chess sets funded by the Brownell Library Foundation.

Friday, December 30, 2:30 – 4:30 PM: Vacation Movie. Free popcorn and drink. All ages.

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.

of veterinary importance to college students, as well as organizing and imparting information to veterinarians in meetings to update them on new developments. The final phase of his professional career was concluded at WVU Animal and Veterinary Science Department in Morgantown, WV. John developed programs in lambing and calving for farmers at WVU, teaching classes and doing many hands-on demonstrations. After retirement, he assisted students and colleagues at Massey University in New Zealand, mostly working with sheep and lambs by doing field work with the students. He did this for four years during our winters in Vermont. Whether it was at the local farm, across the United States, or around the world – including Kenya, England, Uganda, Honduras, and New Zealand – John had an easy manner and never met a stranger. He loved to meet new people and learn new things, and he freely shared his knowledge and laughter with all. A walk in the woods with John quickly became an expert lesson in botany and bird song. His infectious laugh made people smile. He often had a story to share about his many escapades as a vet. He willingly tackled any difficult project, many times using one of his tractors to do things such as constructing extensive rock walls surrounding our house. He had two green thumbs and was thought of as a master gardener! He loved his land in Vermont, particularly the high meadow and woods. John loved life and loved to sing, joyfully and loudly, especially in church, even if he was off key! Memorial services were held in Mesa, AZ on Monday, December 5, 2016 and in MN on Saturday, December 10, 2016. A Mass of Christian Burial and interment service will be held at St. Thomas Church, Underhill Center, VT on July 15, 2017 at 11:00 AM. In lieu of flowers, memorial donations may be made to St. Thomas Church; or to Alzheimer's Association of VT, 300 Cornerstone Dr., Williston, VT 05495; or to UVM Extension, 23 Mansfield Ave., Burlington, VT 05401.

Phoenix Books begins year-long partnership with VT Foodbank

Phoenix Books is taking a stand against hunger this holiday season by matching customer donations – up to \$5000 – to the Vermont Foodbank between Thanksgiving and December 24. The company, which has locations in Essex, Burlington, Rutland and Chester, has embarked on a year-long partnership with the Vermont Foodbank to raise at least \$25,000 through a series of fundraisers. This matching program for December is the first of multiple events planned in partnership with Phoenix Books and Vermont Foodbank. The match is dollar-for-dollar so the more the community donates through Phoenix Books, the more money is raised for the Vermont Foodbank.

Customers at all four locations are invited to donate to the Vermont Foodbank by purchasing ornamental coupons off of a giving tree located near or at the cash registers of the stores. The coupons are simply added to the purchase or can be handled as a separate sale and contribution. The coupons come in denominations \$1, \$3, \$5, \$10, or \$25, but any amount can be donated through the registers. "Giving is simple and easy. All you need to say is, 'I'd like to donate to the Foodbank,' and our staff will take care of everything from there," said DeSanto.

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OFFICIAL WARNING

ANNUAL MEETING

JERICHO UNDERHILL LIBRARY DISTRICT

The legal voters of the towns of Jericho and Underhill in the County of Chittenden and the State of Vermont are hereby warned and notified meet at the Deborah Rawson Memorial Library in Jericho, Vermont on Thursday January 19, 2017 at 7:00 p.m. to act on the following articles:

- Article 1. Election of a Moderator
- Article 2. Act of the Report of Trustees
- Article 3. Shall the District authorize the Trustees to borrow money for the temporary needs of the District?
- Article 4. Adoption of the budget
- Article 5. Other business thought proper when met

Dated at Jericho, Vermont, November 17, 2016

Joann Osborne, Chair *Joann Osborne*

Ann Broekhuizen *Ann Broekhuizen*

Anne Exler *Anne Exler*

Ann Messier *Ann Messier*

Bev Frank *Bev Frank*

Connell Gallagher *Connell Gallagher*

Bill McMains *Bill McMains*

Laura Wolf *Laura Wolf*

Lauren Montgomery-Rinehart *Lauren Montgomery-Rinehart*

The Board of Trustees, Jericho Underhill Library District

OFFICIAL WARNING

ANNUAL MEETING

JERICHO UNDERHILL PARK DISTRICT

The legal voters of the towns of Jericho and Underhill in the County of Chittenden and the State of Vermont are hereby warned and notified to meet at the Deborah Rawson Memorial Library (project room) in Jericho, Vermont on Wednesday, January 18, 2017 at 7:00 PM to act on the following articles:

- Article 1. Election of a Moderator
- Article 2. Act on Report of Trustees
- Article 3. Shall the District authorize the Trustees to borrow money for the temporary needs of the District?
- Article 4. Adoption of a budget
- Article 5. Other business thought proper when met.

Proposed budget is \$45,965

Dated at Jericho, Vermont, December 5, 2016

Livy Strong, Chair
 Marie Lynch, Vice-Chair
 Carol Smith, Treasurer
 James Massingham, Secretary
 Andrew French
 Judie Jones

ART / MUSIC

ART/PHOTOGRAPHY

Emile A Gruppe Gallery presents Harald Aksdal in a new exhibition titled Landscape Portraits and Other Things. The show will hang through December 2016. This is Harald's philosophy, which reflects his work: "I first remember really seeing a tree when I was eight or nine years old. The need to draw it was so strong I can still see the deep texture of the bark and the seemingly endless crisscrossing branches and twigs. Through detailed landscapes, I attempt to demonstrate my admiration for our natural world. Each piece begins with an on location sketch and is then completed in my studio, where I try to move beyond my architect's critical eye to incorporate touches of the abstract in an effort to convey a sense of presence and substance." And here is another thought from Harald: "Each blade of grass is an individual and is to be treated with respect as any individual deserves." The gallery is open Thursday-Sunday, 10:00 AM - 3:00 PM, and is located at 22 Barber Farm Road in Jericho. For more information, go online to www.emilegruppegallery.com. "Out-of-doors, into the fields and woods, into the kaleidoscope of color and light." (Carlson, John F. Carlson's Guide to Landscape Painting. ©1929 & 1934 by JF Carlson, NA; 1953 & 1958 by Sterling Publishing Co., Inc. & reprinted by Dover Publications, Inc., New York, NY, in 1973.) Established and emerging artists are invited to submit one or two pieces of two-dimensional artwork in any medium (including photography) for Kaleidoscope, an exhibit scheduled for January through March 2017 at the Jericho Town Hall. The only two requirements: The work must reflect whatever kaleidoscope means to you, and it must be able to be hung on a wall. Register by Friday, December 16; for information and registration, 878-8887 or blgreene@myfairpoint.net. The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town

of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander. The Birds of Vermont Museum has issued a call to artists to submit works for Birding by the Numbers, seeking bird-focused art that incorporates a feeling for number with artistic expression, in any media. The show will run May 1-October 31 in the Museum's multi-purpose room, halls, and foyer. Most art will be hung on the walls, with shelf space for three-dimensional works and some ceiling space. Feel free to visit and scope out the options! In choosing works for a show, we strive to integrate variety into a harmonious whole. Both new and returning artists are invited to submit up to 3 works, by sending no more than three .jpgs showing your work to museum@birdsofvermont.org. Please put "Submission for Birding by the Numbers" in the email subject. If you do not have email, you may send up to three prints to the Museum, attention Birding by the Numbers. Please include your contact information and a description of work (media, artwork size, when made, etc.). Entries are due by Tuesday, March 21, 2017. Museum staff will select pieces by March 29 and will let artists know by email if possible. The Museum asks for permission to reproduce images of the selected works in print and online as part of publicity for the exhibit; if you prefer partial or cropped images for this, or have preferred images, please tell us or supply them. Selected pieces should arrive at the Museum during the first weeks of April and be ready to hang (if applicable). Artists are responsible for shipping, or drop-off/pick-up. Pick-up should occur by November 30, 2017. Artists who show their work here are invited to sell originals, prints, and/or cards through us on consignment. Details are available on request. Please contact Kir Talmage or Allison Gergely with any questions, 802-434-2167 or museum@birdsofvermont.org.

On exhibit at River Arts in Morrisville: One of a Kind, an exhibit of pastel monoprints by Mickey Meyers, through January 2; and The Old Neighborhood by Robert Brunelle, Jr., which also runs until January 2. Mickey Meyers is known for her multiple series monoprints. One of a Kind is a combination of earlier and re-imagined pieces from Meyers' print studio. Brunelle's exhibit of paintings draws inspiration from old photographs collected through his lifetime. In his work, Brunelle contemplates the mystery of how, as the years pass, some things remain and some things do not. For more information, go to RiverArtsVT.org or call 802-888-1261. Essex Art League meets the first Thursday of the month, September-June, from 9:00 - 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting agenda includes a business and social time followed by a guest artist presentation. A detailed calendar of meetings, speakers, and online gallery of members works can be found at the League's website, <http://www.essexartleague.com/>. **MUSIC**

On Sunday, December 18, the Burlington Chamber Orchestra with the BCO Messiah Festival Chorus will be presenting The Messiah, Handel's most beloved piece of music, at the Elley-Long Music Center, 223 Ethan Allen Blvd., St. Michael's College, Colchester at 7:00 PM, conducted by Maestro David Neiwem, Professor and director of choirs and vocal studies at the University of Vermont. Tickets are \$25 for adults and \$10 students 18 and under, and can be purchased at www.flynntix.org. A silent auction will be held with proceeds to benefit the Burlington Chamber Orchestra. Light refreshments will be served following the concert. Soloists for this performance will include Sarah Cullins, soprano; Erin Grainger, mezzo soprano; Bruce Barger, tenor; Brian Lyman, baritone. The Messiah is an English-language oratorio composed in 1741 by George Frideric Handel, with a scriptural text compiled by Charles Jennens from the King James Bible and from the version of the Psalms included with the Book of Common Prayer. It was first performed in Dublin on April 13, 1742 and received its London premiere nearly a year later. After an initially modest public reception, the oratorio gained in popularity, eventually becoming one of the best-known and most frequently performed choral works in Western music. The musicians in the Burlington Chamber Orchestra are talented Vermont performers who are responsible for the music education of hundreds of students in Burlington and the surrounding areas. For more information, www.bcovt.org or 802-893-4082.

United Way Volunteer Connection listings

By Sue Alenick, United Way Volunteer Columnist
Give the gift of time! United Way of Northwest Vermont's mobile-friendly Volunteer Connection search platform connects you to hundreds of volunteer needs with local nonprofits. Search by age, date, county, or interest; find nonprofits by causes that are important to you. Now volunteers have even more ways to stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us at volctr@unitedwaynwvt.org or 860-1677.

WARMING SHELTER MEAL TRAIN - Community Health Centers of Burlington runs the Winter Warming Shelter to provide a safe space for single homeless adults during Vermont's harsh winters. Each night they need hearty meals to feed up to 35 guests. To sign up for a meal, go to www.mealtrain.com/trains/o24n24. For information contact Janine Fleri, 864-6309 or jfleri@chcb.org.

DOCUMENTARY VIDEO - Big Heavy World seeks volunteers to help transcribe interviews for a documentary film about Burlington's historic teen center, 242 Main. Transcriptions will help the filmmaker edit the film and will be archived as part of the history of America's longest running all-ages punk rock venue. Transcribing needs to be done before the New Year. Contact Jim Lockridge, 865-1140 or info@bigheavyworld.org.

HOLIDAY GIVING - A number of local groups are providing holiday giving programs to provide gifts to those who might otherwise go without: **Howard Center** - Donations of gift and food certificates, new toys and games, and now warm clothing will be appreciated by community members who receive services every year. Contact Denise Vignoe, 488-6912 or dvignoe@howardcenter.org. **Lund** - Help support their holiday giving program with gift cards to grocery stores, gas stations, and Wal-Mart, self care items, towels and sheets, children's books, and children's winter coats and boots. Contact Jamie Tourangeau, 864-7467 or jamiet@lundvt.org. **Steps to End Domestic Violence** - Sponsor a child (age and gender provided) affected by domestic violence by providing four gifts not to exceed \$100. Businesses or organizations might consider sponsoring a whole family! Contact Kim Jordan, 658-3131 or kimj@stepsvt.org. **Vermont Housing Finance Agency** - Help keep children warm during the winter by knitting (or buying) mittens and gloves to be filled with candy canes for children in programs at the King Street Center. Drop off at VHFA or contact Steve Gronlund, 864-5743 or sgronlund@vhfa.org.

CHRISTMAS KETTLES - The Salvation Army needs volunteers to staff their red kettles at various locations throughout the area. Flexible scheduling Monday-Saturday through Saturday, December 24; shifts between 10:00 AM - 8:00 PM. Contact Scott Murray at 864-6991 or scott.murray@use.salvationarmy.org.

WRAP IT UP - Vermont CARES needs volunteers for its gift wrapping fundraiser at the Burlington Town Center through Saturday, December 24. Three shifts: 11:00 AM - 2:00 PM, 2:00 - 5:00 PM, and 5:00 - 8:00 PM. Volunteer and bring your friends to help! Contact Christian Pinillos, 863-2437 or Christian@vtcares.org.

A TAXING TIME - Volunteers are needed to help as tax preparers for low- to moderate-income families in the community. **United Way of**

Northwest Vermont - Working Bridges Mobile Tax Preparers provide free tax help for low-wage workers at workplaces and some community sites. Two to four hours a week from mid-February through mid-March. Contact Connie Beal, 881-4218 or connie@unitedwaynwvt.org. **Champlain Valley Office of Economic Opportunity** - Volunteer as a tax preparer through VITA. No accounting experience needed. Flexible scheduling, four hours per week from February through April 15. Greeters are also needed. Contact Mike McClintock, 863-6248, Ext. 731, or mmcclintock@cvoeo.org. IRS training is provided either online or in the classroom for both programs, and volunteers must pass an online IRS test.

REACHING OUT - Samaritan House, Inc. is looking for volunteers to provide community outreach to members of the homeless community in St. Albans. After training, volunteers are paired with an experienced individual to provide outreach and education to the chronically homeless to help them secure sustainable housing. Contact Joe LeClair, 527-0847, Ext. 201 or joe.leclair@samaritan-house.com.

A BASKET OF HAPPINESS - Operation Happiness provides over 1000 Franklin and Grand Isle County families in need with food baskets and toys for the holiday season. Volunteers may donate items such as gift and food certificates, new toys or games, and new warm clothing. Monetary donations will be used to buy gifts as well. To volunteer, contact Paul, 527-7418, Ext. 11, or Sally, tuukas12@gmail.com.

HOLIDAY GIFTS - A NEW Place is seeking volunteers to donate holiday gifts for homeless men and women who are rewriting their stories. Items may include shaving cream, a small flashlight, book of stamps, deodorant, umbrella, movie pass, journal/notebook, CCTA bus pass, etc. Contact Hannah Anderson, 862-9879 or hannah@anewplacevt.org.

GIFTS FOR YOUNG FAMILIES - Help brighten the holidays for a single parent family through Champlain College's Holiday Sponsorship Program. Volunteers are matched with single parents and their children to provide them with gifts from their wish list. Contact Hilary Watson, 860-2723 or hwatson@champlain.edu.

BUILD A DREAM - The DREAM Program is seeking volunteers with experience in carpentry, building trades, and other skilled labors to help with maintenance and new construction projects at their rustic 54-acre Camp DREAM property in Fletcher. The Camp offers free summer programs to youth and winter adventures when schools are out of session. Contact Matt Karkut, 338-8979 or matt@dreamprogram.org.

COACH NEEDED - City of Winooski is looking for youth basketball coaches to help teach kids in grades K-5 basketball fundamentals and to promote good sportsmanship, positive attitudes, and love of the game. Weekly sessions Saturday mornings January 7-February 25 from 9:15 - 11:15 AM and include ball handling, shooting skills, drills, and mini-games. A background check is required. Contact Paul Sarne, 655-6410 or vista@winooski.vt.gov.

LITERATURE GROUP - St. Joseph's Residential Care Home is seeking a "group reader" to choose engaging literature to share with a dynamic group of seniors. Contact Kristie Daigneault, 864-0264 or kdaignault@vermontcatholic.org.

ON THE SHELF - St. Albans Free Library is looking for volunteers to help put books, DVDs and CDs back on the shelf. Volunteers should

Volunteer continued on page 8

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Views out over the valley to Mt Mansfield. Your home site is in the high meadows with a fringe of trees for your privacy. Sit on your front porch and enjoy the sun. This large L-shaped two story Colonial has a great floor plan. Four bedrooms and two and a half baths make this home easy to enjoy.

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Volunteer continued from page 7

have good alphabetization skills and be able to stand, reach, bend, and push book carts. Contact Angela Peck, 524-1507 or stalbansfreelibrary@gmail.com.

SNACKS AND DRINKS – Burlington Dismas House needs a few volunteers to drop off drinks and snacks for their Christmas dinner. Items can be dropped off ahead of time. Contact Zoe Bishop, 658-0381 or zoe@dismasofvermont.org.

CHILDCARE NEEDED – Prevent Child Abuse Vermont invites volunteers who love to read, sing, play, dance, and just be silly with kids of all ages to provide childcare while parents and caregivers participate in Nurturing Parenting Programs and Support groups in St. Albans. Tuesdays, 5:30 – 7:30 PM, including a family style meal that volunteers and families share together. Background check required. Contact Heather Niquette, 229-5724 or hniquette@pcavt.org.

RING IN THE NEW – First Night Burlington needs volunteers to help make this annual celebration happen. Choose from the tasks that most appeal to you: Site Assistants, Button Sellers, Art Assistants, Dancing Dragon, Office Assistants, and Shuttle Assistants. Shifts are about three hours long. Volunteers receive a free First Night button. Pre-event volunteers are also needed. Contact Muffie Milens, 863-6005 or muffie@firstnightburlington.com.

FIRST RUN – RunVermont needs volunteers to help with the 29th Annual First Run 5k and Youth Fun Run on New Year's Day, presented by the UVM Medical Center. Volunteers can staff the registration table, help with children's activities, provide support on the course and at the finish line, set up/clean up, or help with food. Contact Chuck Spear, 863-8412 or volunteer@runvermont.org.

BOOKKEEPER AND OTHERS NEEDED – Ethan Allen Homestead Museum has need of a bookkeeper to spend a few hours a month with the Treasurer to keep reporting up to date in QuickBooks. They are also looking for museum aides to help at lectures and events throughout the year by planning, setting up, providing refreshments, or helping with promotion. Volunteers can also serve by helping to catalogue and maintain museum collections. Flexible scheduling. Contact Phyllis Drury, 865-4556 or eahmboardchair@gmail.com.

Howard Center names Trevor Squirrell to Board

Howard Center in Burlington, VT recently appointed Underhill resident Trevor J. Squirrell to its Board of Trustees for a three-year term.



Keep Your Holiday Spirit out of the Landfill!



Bring unusable lights to the scrap metal bin at CSWD Drop-Off Centers. **NOT** your blue bin. Filmy plastic (like bags) and stringy items can damage our equipment.



Throwing a party? Use reusable or recyclable plastic dishes. Paper cups are **NOT** recyclable.



"Wrap" gifts in reusables like baskets, bags, tea towels, bandanas, etc.



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