

4-H'ers horse around at winter overnight camp



High Hopes 4-H Club members had fun while learning about horses at 4-H Winter Horse Camp Friday-Saturday, January 3-4 in Essex Junction. They included (from left): Catherine Baker, Milton; Lilyana Peet, Bakersfield; Aubri Richards, Westford; Claire Romano, Fairfax; Julie Merlo, Mason Medor, and Lochlan Bertrand, all from Swanton; and Ian Kascha-Hare, Milton.
PHOTO BY MARY FAY



The Whispering Pines 4-H Club of Westford was well-represented at the 4-H Winter Horse Camp Friday-Saturday, January 3-4 in Essex Junction. Among the members taking part in camp were: Front row: (from left): Grace Peterson, Essex, and Fiona Adams, Milton. Back row: Aubrey Olsaver, Colchester; Saige Prisco and Callan Knapp, both from Milton; Nora Kidder, Cambridge; Avery Halverson, Milton; Graham Robinson, Underhill; Kinzi Grindle, St. Albans; and Avery Minor, Fairfax.
PHOTO BY MARY FAY

Vermont 4-H horse members kicked off the new year with 4-H Winter Horse Camp at the Champlain Valley Exposition in Essex Junction.

The event, billed as “winter horse fun without the horses,” was hosted by Chittenden County 4-H and open to 4-H’ers from throughout the state. Thirty-one horse enthusiasts from five counties attended the Friday-Saturday, January 3-4 event.

Friday evening activities included a pizza party and get-acquainted game. The 4-H’ers also took part in two craft workshops, one on leatherwork to make key chains, bracelets, and other leather crafts, and the other to create wind chimes from recycled stirrups, spurs, bits, and other horse-related objects.

The evening concluded with a horseless horse show with the 4-H’ers as the horses. In the Gambler’s Choice Jumping class, executed by Kate Stone of St. Johnsbury, participants were scored on the number of jumps they made in 30 seconds. The jumps varied in size, type, and point value. In the Egg and Spoon class, led by Jean Fay, Essex, and Maddie Langlois, Westford, participants followed commands such as walk, trot, canter, halt, and back as they carried a golf ball on a spoon. The winner was the last person not to drop their “egg.”

Mary Fay, Westford, led the Driving Trail class. Working in

teams of two, the “driver” steered the blindfolded “horse” by using “reins” (a rope) and teamster’s commands such as walk, gee, haw, whoa, back, and trot.

The following morning, the 4-H’ers learned about the 4-H hippology competition. Amanda Gifford, Fairfax, described the stations phase, while University of Vermont (UVM) Extension 4-H Educator Martha Manning talked about the slides phase.

Afterwards, participants rotated through skill-a-thon stations. Abbie Dattilio, Essex, and Kate Stone conducted the Parts of a Horse game, a relay race to correctly label the parts of a horse. Another skill-a-thon event was knot-tying with Graham and Deb Robinson, Underhill. They also learned about the new scoring system for 4-H fitting and showmanship from Mary Fay.

The final winter camp activity was the Tack Grab Relay, where members of each team competed to be the first to find a specific item in a pile of tack and equipment. Once the pile was empty, each team had to identify each claimed item and explain its purpose.

Participating in winter horse camp, by county, were:
CALEDONIA: Devin Davidson, Barnet; Kaylee Demars and Thea Ross, both from St. Johnsbury; Adriana Holbrook, Hardwick; Averill Scott, Lyndonville

CHITTENDEN: Fiona Adams, Catherine Baker, Avery Halverson, Ian Kascha-Hare, Callan Knapp and Saige Prisco, all from Milton; Hallee Dixon and Aubrey Olsaver, both from Colchester; Maeva LaBossiere, Anna Minor and Aubri Richards, all from Westford; Grace Peterson, Essex; Graham Robinson, Underhill

ESSEX: Alexis and Madeline Cotter, Concord; Breana Garcia, Woodsville, New Hampshire; Jacqueline Lear, Bath, New Hampshire. (Breana and Jacqueline are members of an Essex County 4-H club)

FRANKLIN: Lochlan Bertrand, Mason Medor and Julie Merlo, all from Swanton; Kinzi Grindle, St. Albans; Avery Minor and Claire Romano, both from Fairfax; Lilyana Peet, Bakersfield

LAMOILLE: LeighAnn Judd, Wolcott; Nora Kidder, Cambridge

The Champlain Valley Exposition generously offered use of its facilities at no charge for the event, which was coordinated by Mary Fay, leader of the Whispering Pines 4-H Club in Westford. Two of her club’s members, Milton 4-H teens Lillian Kascha-Hare and Silje Kruse, assisted with the pizza party and ice breaker activity. Julie Thommes, Fairfax, prepared the Saturday morning pancake breakfast.

Dominique Barrows named finalist for 2025 John Lewis Leadership Award



Vermont’s 2025 Legislative session began on Wednesday, January 8. On Friday, January 10, my constituent, Dominique Barrows of Westford, was recognized in chambers for being one of ten finalists to receive the 2025 John Lewis Leadership Award. This award “celebrates young, talented, and civic-minded individuals under 25 in each state, with the chance to recognize recipients twice a year.” VT Secretary of State Sarah Copeland Hanzas invited all the finalists and awardees to a press conference in the Cedar Room to receive their awards. There happened to be an evacuation of the building at the same time and the recipients ended up receiving their awards in front of the Capital. After the building could be entered again, the youth were invited to take a tour of the Capital with their families and have lunch in the Capital cafeteria. I felt proud to have one of my constituents be recognized at the State House my first week as a representative. Westford community, please join me in congratulating Dominique Barrows!

PHOTO COURTESY OF VT REPRESENTATIVE BRENDA STEADY, CHITTENDEN 25

NEWS BRIEFS

MMUUSD winter road policy

By Stephen Diglio, Bolton

School Board Representative, MMUUSD

At the Mount Mansfield Unified Union School District (MMUUSD) School Board meeting on Tuesday, January 14, the recent winter road conditions were discussed as well as how the road crew for the Town of Bolton is currently short staffed.

Please note that if any parent/caregiver believes that the roads are not safe to travel due to winter weather conditions and school has not been cancelled, you may keep your children home from school that day and the absence should be excused. You will still need to call the school to inform them of the student’s absence, and state that you are keeping them home because of safety concerns over the roads.

If anyone has any issues getting such an absence excused, the Superintendent was clear that he would help out if needed.

Please feel free to reach out to me at Stephen.Diglio@mmuUSD.org with any questions, comments, or concerns.

Jericho draft budget discussion January 23

Jericho’s Draft Budget Discussion will be held on Thursday, January 23 (January 27 backup date), starting at 6:00 PM in the auditorium of Mount Mansfield Union High School (Browns Trace, Jericho).

Co-chair of the taskforce and Town Moderator, David Barrington explains, “The January 23 meeting will look very familiar to people who have attended past Town Meetings. We will go through each section of the draft budget, hold discussion, and then vote on suggested changes. The meeting will be hybrid, thanks to MMCTV, so people who are participating from their homes via Zoom can participate and vote.”

In the week after the January 23 meeting, the Selectboard will post the budget to be printed in the Town Report and voted by

Australian Ballot on March 4.

A spaghetti dinner will be available starting at 5:00 PM, for a suggested donation of \$10 (\$5 for kids under 12), thanks to the Masons and the Jericho-Underhill Lions Club.

Please sign up ahead of time for dinner, the on-line meeting, or the in-person meeting at <http://bit.ly/jerichobudget25>. You’ll also find FAQs there. Advance registration isn’t required, but will greatly help us plan logistics and food. If you prefer, you can sign up for dinner by calling the Jericho Town Clerk at 802-899-4936, x1.

The Zoom link will be found in the agenda once it is posted. The Australian Ballot vote on the final budget will be Tuesday, March 4, 2025 at the high school. The polls will be open for Australian ballot voting from 7:00 AM – 7:00 PM.

Join the Underhill Selectboard; petitions due January 27

By Jennifer Silpe, Underhill Finance Officer and Human Resource Administrator

In March of 2024 the Town of Underhill voted to increase the size of the Selectboard and we have several openings, for varied terms, for election this March, 2025. It’s a great way to get involved in your community, make decisions about the future of our town, immerse yourself in local community, and learn about how municipalities operate. The board meets two evenings a month; usually 6:00 – 8:00 PM at the Town Hall, and there is always a virtual option. There may be a project or an additional committee that you choose to get involved with, or you may be asked to assist with a side project. Get as involved as you choose. Also, there is a \$5000 stipend you receive for your service.

To whet your appetite, here are some roles of the Selectboard:

- enact ordinances, policies, and rules and govern the Town business;

COMING EVENTS



Westford Winter Festival February 8

By Carol Winfield, Westford

Come One, Come All! to the Westford Village Common on Saturday, February 8, 11:30 AM – 4:00 PM, to enjoy our lovely winter! There is plenty of room to park at Westford Elementary School on Brookside Road, with free horse-drawn trolley rides from the Common to the School.

Winter Festival events, activities, and attractions include:

- 14th Star Brewery — beer, cider, wine, soft drinks, water;
- The Westford Chili Cook-off on the Common;
- Cocoa at the Gazebo;
- Wired Coffee hot coffee and tea;
- Winter Market — New this year! At the Brick Meeting House, with burgers, hot dogs, bake sale, and free cotton candy;
- Free concerts at the Westford Common Hall (aka: the White Church), with Rockin' Ron the Friendly Pirate at 12:30 PM, and at 2:00 PM music by *The Bent Nail Band* with Carrie Cook;
- Visit the Library to begin your Passport Adventure — keep track of your fun adventures with a Westford Winter Festival Passport;
- Walk/snowshoe Tour of Maple Shade Forest at 1:00 PM with Westford's own Will Dunkley;
- X-C Skiing and snowshoeing lesson by Dale Rogers by the Westford Elementary School;
- Skiing and snowshoeing in the Misty Meadows and Maple Shade town forests;
- Sledding across from the school on Brookside Road (special thanks to Don and Dale Pouliot);
- Warm up at the camp fires on the Common with marshmallows to toast, or at the bonfire (on Brookside);
- Get your Girl Scout cookies at the Red Brick Meeting House;
- Tour the Westford Historical Society building and pick up a handout for a self-guided Historical Tour of Westford Village;
- Silent Raffle — proceeds to benefit the Westford Common Hall, with ticket sales 11:30 AM – 3:00 PM ticket sales; drawings at 4:00 PM; you don't need to be present at drawing to win; come to the Westford Common Hall to see the great assortment of items, activities, and services available for raffle, and put your tickets in the cups to win;

For more information contact Westfordwinterfest@gmail.com.

Ongoing Events

It Takes a Village Women's Circle meets on the last Tuesday of the month (January 28 theme: Tea Talk), 6:00 – 7:30 PM at the Waterville Town Hall, 544 VT Rt. 109, Waterville. We will have a pot-luck, so if you can bring something to share; if not, whatever the reason, just bring yourself! Also bring a journal and pen. Donation based; suggested donation \$5 goes to the upkeep of the Waterville Town Hall. But all are welcome, always! <https://www.facebook.com/events/1071704021631117?ref=newsfeed>

Come help Wood4Good help the community stay warm — Please join us weekly on Saturdays, 9:00 AM – 12:00 PM, through January 25, 2025. We process wood at the end of the Davis Farm on Cilley Hill Rd in Jericho. If you want to put it in your phone, use 151 Cilley Hill — which is the address just beyond the land we use to process the wood. Park on the opposite side of the street, off the road as far as you can and tight to the car in front of you. Wear boots, gloves, and hearing protection. Come join the fun! Also, we need help with grant writing and project management as well as community outreach — if anyone would like to help us with a non-physical job. Please contact Eric Axelrod, Wood4Good, 802-310-1949.

Square Dancing — Tuesdays, September-May, 6:00 – 8:00 PM, Tuttle Middle School, S. Burlington. Tuttle Middle School, S. Burlington. If you can walk to music, you can learn to square dance! Join the Lake Champlain Squares to exercise bodies and minds through square dancing. All ages and experience levels are welcome.

Burlington Literature Group — a weekly virtual book group that meets weekly, Tuesdays at 6:30 PM, on Zoom. We welcome new committed readers to our sessions. The group has been in existence for years meeting in a physical space but, since the

Come to the St. Thomas Calcutta April 5

Looking for the perfect way to welcome spring? Gather your friends and join us at the Mansfield Barn in Jericho for a Calcutta, hosted by St Thomas Church in Underhill Center on Saturday, April 5.

A "Calcutta" is an elimination jackpot game coupled with dinner and entertainment. There will only be 100 "balls" sold for a chance to win the \$2000 cash Grand Prize. The event also features multiple prizes during the evening, raffles, a silent auction, and a cash bar.

The cost is \$130 per ball, which includes a buffet dinner for two — or buy one dinner/one ball for \$90 (email stthomasvtcalcutta@gmail.com first for assistance). Dinner will be catered by Jericho Café and Tavern. Doors open at 4:30 PM, with dinner served at 5:45 PM.

Buy your tickets online at <https://www.zeffy.com/ticketing/2025-st-thomas-catholic-church-calcutta>, email stthomasvtcalcutta@gmail.com, or visit the St. Thomas website www.stthomasvt.com.

pandemic, has changed to online Zoom sessions. We break down interesting, challenging books into weekly segments of 60 to 100 pages, discuss form, content, and our impressions in a friendly online forum. Details can be found at <https://nereadersandwriters.com/> or by emailing info@nereadersandwriters.com. Our next two books are **Henderson the Rain King** and **Herzog** by Nobel Laureate Saul Bellow. Our schedule: **Henderson the Rain King** — January 14, beginning — Chapter 7; January 21, Chapters 8 – 12; January 28, Chapters 13 – 17; February 4, Chapter 18. **Herzog** — February 11, beginning — "As for me, I was your patient..."; February 18, chapter beginning "Dear Governor Stevenson, Herzog wrote" — " — she too must be in the cemetery."; February 25, chapter beginning "The telephone rang — five, eight, then peals." — "No, entirely mortal, but human."; March 4, section beginning "As he was putting on his shirt he made plans" — "They shook hands."; March 11, chapter beginning "At last he embraced his daughter" — end.

SongFarmers is a music jam for people of all ages who want to play folk, Americana, blues, bluegrass, Celtic, and more on acoustic instruments; no electronics except for keyboard and bass. It's a circle gathering where everyone who wants to will have a chance to lead songs. Common tunes with simple chord progressions are encouraged so that everyone can play along. If you plan to lead, please choose a song that you can play at a steady rhythm and bring a chord chart for your song. Both songs and instrumentals are great. Novice or advanced, you can have fun in a music circle. Please note this is not a performance, open mic, or lesson. Folks who want to sing or just come and enjoy the gathering are welcome too. No alcohol. It's okay to come late if you can't make the start time. Free! Third Wednesdays (January 17, February 19), 6:00 – 8:00 PM at the Community Center in Jericho, Browns Trace, Jericho Center. Registration is appreciated; email CommunityJamJUVT@gmail.com.

The Underhill-Jericho Walking Club meets Mondays, Wednesdays, and Fridays, 5:30 PM, at the United Church of Underhill on Park St., Underhill. We walk for 30-45 minutes; we don't walk if it is raining or snowing. Please bring yak tracks and a headlamp. Join us whenever you like!

The Jericho Historical Society meets at the Old Red Mill, VT Rt. 15, Jericho on the second Thursday of each month (February 13) at 6:00 PM. Visit our website for more information or to request a zoom invitation: <https://www.jerichohistoricalsociety.org/events.html>.

The Underhill Historical Society meets at the Old Schoolhouse, 32 Pleasant Valley Road, Underhill Center, but is now closed for the season. Visit our website for more information about the Underhill Historical Society: <https://underhillhistoricalsociety.org/>.

Craft Group: meets twice a month on Thursdays (January 23, February 6, 20), 6:00 – 8:00 PM, Deborah Rawson Memorial Library, 8 River Rd., Jericho. Open to anyone interested in coming with any craft they like: crocheting, rug hooking, knitting, needlepoint, watercolors, jewelry making, macramé... you name it! If you have any questions please contact Amy Tower, 802-355-9671 or atowerinvt@gmail.com, or Julie Hehir, 802-899-3199 or juliehhehir@comcast.net.

Waterville Country Church hosts a Community Meal the first Thursday of each month (February 6). Come enjoy a relaxing homemade meal with neighbors at the church or pick up meal(s) to go. Donations accepted. All donations will be given to a local nonprofit, charity, or community service organization. For information contact Susan Schill or Kim Pitt, watervillecountrychurch@gmail.com. Ask about delivery to shut-ins!

Bone Builders Class: at the Jeffersonville Church (Second Congregational Church of Christ, 16 Church St., Jeffersonville) from 11:00 AM – 12:15 PM on Mondays and Thursdays. It is a drop-in class, but first-timers have a couple of pages to fill out and sign. It is free, but a donation bucket is available for those wishing to reimburse the church for the use of the space. All are

Rotary Pie for Breakfast January 25

Pie time again!

Please join us Saturday, January 25, 8:00 – 11:00 AM at the Cambridge Elementary School cafeteria, School Rd., Jeffersonville. Enjoy the pie selections made by our Cambridge Area Rotary members and our community!

The doors open early so there's even time to come before you hit the slopes, basketball, the transfer station, or whatever your Saturday plans are!

If you would like to donate a pie or two, we would welcome your donation! Please bring them in as early as you can that day or reach out to Anita Lotto, 802-793-0856. Anita will coordinate pick up and drop off!

The minimum donation for all the pie you can eat and coffee/hot chocolate you can drink: \$10 for adults, \$5 for seniors and children. No family will pay more than \$25!

See you there!

welcome. We have a good time — be prepared for some laughter as well as improving your strength and balance. Call Melody Tobin (802-644-2409) to discuss, or just show up.

Bone Builders Class: at St. Thomas Catholic Church, Underhill Center, on Mondays/Wednesdays/most Fridays, 9:00 – 10:15 AM; first Friday of the month, 9:45 AM. Sponsored by the United Way of Northwest VT, RSVP Bone Builders is a free exercise program for men and women, designed to prevent the negative effects of osteoporosis. For more information contact Danielle Schwer, 802-861-7821 or danielle@unitedwaynwvt.org.

RSVP Bone Builders program, Westford Common Hall, Wednesdays and Fridays, 10:30 – 11:30 AM. Free! Please wear comfortable clothing and bring water. This program focuses on balance and light weight training to protect against fractures caused by osteoporosis. Per studies by Tufts University published in the *New England Journal of Medicine*, those who participated in the program just twice a week, gained muscular strength, balance, and increased bone density. Contact Jocelyn Chauvin, 802-999-6387.

Coming Events

Saturday, January 25

January Bird Monitoring Walk, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join our monthly outdoor monitoring walk to record birds at the Museum's trails, forest, and meadow. All birders — current, experienced, newbie, and would-be — are welcome! Most fun for adults, older children. Please bring your own binoculars and dress for the weather. We recommend bringing tick repellent (seasonally) and a water bottle. Maximum 12 people per walk; if the walk fills, we'll have a waitlist, call to be added! We offer these bird monitoring walks the last Saturday of every month. Free, suggested donation \$10; for tickets and to register: <https://sevendaystickets.com/events/january-bird-monitoring-walk-1-25-2025>; or call the museum at 802-434-2167.

Sunday, January 26

Banner Painting Workshops in Underhill, 2:00 – 4:00 PM, Underhill Town Hall, Pleasant Valley Rd., Underhill Center. Volunteers are needed to freshen up old and create new banners for the Underhill Banner Project. We have some banners that need to be refreshed and we have new banners that need to be primed to get ready for new designs. Two other workshops will be held on Wednesday, February 26, 10:00 AM – 12:00 PM and Sunday, March 23, 2:00 – 4:00 PM. No artistic ability is required to participate, just a willingness to be a part of this great community project. All materials are provided. Please respond to Barbara Yerrick, byerrick@antiochne.edu, if you can join us so we can have a sense of how many volunteers to expect.

Monday, January 27

Why a changing climate matters to our health, 6:00 – 7:30 PM, Community Center in Jericho, Browns Trace, Jericho Center. At this Transition Town Jericho event, Rosemary Rochford will present a brief background on climate science and how CO₂ level rise leads to global warming. A warming planet will have impacts on our health, both direct and indirect. A broad overview of these health effects will be given, followed by a discussion focused on food, food waste, and nutrition. Finally, thoughts on opportunities for adaptation and the hope in the future we can choose through our collective efforts. Rockford is Professor Emerita at the University of Colorado, Co-Director of the Colorado Consortium on Climate Change and Health, and founding director of the University of Colorado Climate and Health Program. RSVP requested, send an email to TTJericho.VT@gmail.com.

Saturday, January 25

Rotary Pie for Breakfast, 8:00 – 11:00 AM, Cambridge Elementary School cafeteria, School Rd., Jeffersonville. Enjoy the pie selections made by our Cambridge Area Rotary members and our community! Doors open early so there's time to come before whatever your Saturday plans are! Want to donate a pie or two? Please bring them in as early as you can that day, or contact Anita Lotto, 802-793-0856, to coordinate pick up and drop off. Minimum donation for all the pie you can eat and coffee/hot chocolate you can drink: \$10 for adults, \$5 for seniors and children. No family will pay more than \$25!

Tuesday, January 28

Stories of the Land: Documenting Memories of Places that Matter, 7:00 – 8:30 PM, on Zoom. Free. Everyone has a place that is special to them. We develop a connection to place through our own experiences and memories of our time there, and through stories from other people who also care about that place. In this online workshop, VLT is partnering with Vermont Folklife to give attendees tools to seek out and record oral histories that document your relationship to important places in your life and community, with a focus on finding people to talk to and inviting them to participate, options for audio recording, eliciting rich responses through engaged listening and thoughtful questions, preserving and sharing the recordings, next steps for those who are motivated to continue. The workshop will include

Coming events continued on page 3

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HEALTH NEWS



Please join UVM Health Network - Home Health & Hospice's McClure Miller Respite House and Community Hospice programs for our Third Annual Remembrance Ceremony to honor our loved ones on Saturday, February 8, 10:00 – 11:00 AM, First Unitarian Universalist Society, 152 Pearl St., Burlington. RSVP by Wednesday, January 29 online at <https://bit.ly/4fXyxcl>. Please make sure to include your loved one's name if you would like it read aloud during the ceremony. The service will also be live streamed; if you are interested in joining virtually, please contact remember@uvhomehealth.org to receive a link via email; or call 802-860-4497, ext. 3405 with any questions.

PHOTO CONTRIBUTED

Lions Club blood drive February 6

From the Jericho-Underhill Lions Club

The Jericho-Underhill Lions Club will be hosting a blood drive on Thursday, February 6, 1:00 – 6:00 PM at the Catalyst Church, Raceway Rd., Jericho. Please consider giving a gift from

the heart in time for Valentine's Day — donate a pint of blood. The club will once again be serving slices of pie after you have donated!

To schedule an appointment, go online to <http://redcrossblood.org> and type in 05465 for a zip code or JULIONS in the search bar.

Fitness classes at CCJ

Everyone can do it! No matter what your goal, these classes are designed to be fun first. You'll giggle your way to whatever "shape" you'd like to be in.

Come to the Community Center in Jericho (Browns Trace, Jericho Center) Mondays from 9:00 – 10:00 AM, Tuesdays and Thursdays from 6:00 – 7:00 PM, for an hour of fun with fat burning moves and exercises that build muscular strength, endurance, and suppleness to make everything you do easier, and finishing with Pilates and yoga relaxation poses to get your perspective back.

Purchase a virtual punch pass that's good for any of the three classes offered throughout the season, now through Tuesday, April 29: six classes for \$48; 12 classes for \$80; and single class drop-in \$10. Use whenever you like through April 29.

The classes are offered by Trish Densham, personal trainer and long-time fitness professional. To sign up or get more information email tdmover@gmail.com or text/call 802-999-1265.

News from VT 211

If you are pregnant or have children birth through age 8 and need assistance connecting with community resources and supports, please contact Help Me Grow, available Monday-Friday, 8:00 AM – 5:00 PM.

You can reach us by texting HMGVT to 898211; or go online to <https://www.helpmegrowvt.org/home>.

Lamoille Home Health and Hospice joins NECHN

The New England Collaborative Health Network (NECHN) is pleased to announce that Lamoille Home Health and Hospice in Morrisville has joined their network. The Collaborative is a collection of independent and rural Vermont, New York, and New Hampshire hospitals, founded in May 2024. It is providing the structure for both hospitals and their community care partners to achieve cost savings related to group purchasing and shared administrative functions that have historically been out of reach without giving up control and ownership to another organization.

"Lamoille Home Health & Hospice's (LHHH) membership brings Copley Hospital and our local healthcare partners another step closer to working together in terms of reducing costs, sharing resources, and possibly retaining services for our communities," said Joseph Woodin, CEO of Copley Hospital and Chair of the NE-CHN Board of Directors.

Kathy Demars is the CEO of LHHH. "As a small organization we wear many administrative hats and have limited access to group purchasing agreements. We are fortunate to join the Collaborative and can envision many opportunities not only to save costs but share resources and knowledge, especially in highly skilled administrative areas," states Kathy.

The New England collaborative is now seven members strong, including five hospitals and two community care partners: Adirondack Health and Medical Center, Brattleboro Memorial Hospital, Copley Hospital, Cottage Hospital, Northwestern Medical Center, Northern Tier Center for Health (NOTCH), and Lamoille Home Health and Hospice.

For more information, visit <https://nechnetwork.com/>.

LEGISLATIVE REPORTS

VT House update

By Theresa Wood, State Representative,
Washington-Chittenden House District

Sunday, January 19

The 2025 legislative session officially began last week. Most of the week was taken up with the ceremonial swearing in of constitutional officers (Governor, Secretary of State, etc.). The Legislature also officially voted to confirm the election of the Lt. Governor. This was necessary because no candidate received more than 50% of the vote; therefore, the Vermont constitution calls for the Legislature to elect. Also, in a contested race, the House voted to retain last session's Speaker of the House.

All representatives and senators received their committee assignments as well. I was reappointed as Chair of the House Human Services Committee. I have six new members on my committee, so significant time will be spent orienting the committee to the legislative processes, etc.

There is a wealth of information on the Legislature's web page, which can be found here: <https://legislature.vermont.gov>.

Please note on that web page that there is a public hearing regarding the Governor's fiscal year 2025 budget adjustment. Advance registration is required.

And finally, I had the opportunity to view the art exhibit in the Supreme Court Gallery by Huntington artist Renee Greenlee. I hope you get a chance to visit. More information can be found online at <https://curator.vermont.gov/vermont-supreme-court-gallery>.

I can be reached at twood@leg.state.vt.us.

Update from the VT House

By Thomas Stevens, State Representative
Washington-Chittenden House District

Sunday, January 19

The 2025-26 Biennium kicked off on Wednesday, January 8 with the usual pomp followed by the usual circumstance. In the House, we re-elected Speaker Krowinski, we certified the elections of the statewide officers, and heard the inaugural speech from Governor Scott.

We also received our committee assignments, and after 16 years on the General & Housing Committee, including the last six as chair, I've been assigned to the Appropriations Committee. This is a big change for me, and it will allow me to work on this all-important funding committee on issues that affect all Vermonters, and especially to my constituents here in the Washington-Chittenden district as funding for housing and direct assistance for those damaged in the recent flooding. I look forward to bringing my experience of the many policy issues that I dealt with in General & Housing to the Appropriations Committee over the coming biennium.

As of this weekend, 40 bills had been introduced in the House, with dozens if not hundreds more to come. In the Appropriations

Committee, we have taken on the midyear Budget Adjustment, where we will reconcile budgetary needs for programs that need adjustments in their allocation for this fiscal year. We have heard primarily from the Administration, and will hear from advocates in the days to come. Our work on this budget will ramp up and we expect to have it done by the end of the month, at which time we'll pass it the Senate and then begin work on the Big Bill — the budget for fiscal year 2026.

Priorities to watch over the coming weeks are the same as what carried us through the election season. We'll focus on education finance, the incredible increases in health insurance and the loss of certain services of hospitals across the state, and, as we've focused on recently, more funding for affordable housing and some relaxation of statewide zoning regulations in order to hasten private development in parts of the state that have the necessary infrastructure. There are many other issues important to you that will be considered as well, and we'll see what bills will be introduced as the weeks go by.

We are just getting started on what promises to be a difficult year, and we'll do our best to keep you informed...

Please stay in touch with your questions — tom@stevensvermont.com.

Catch 22 donates nonprofit \$3333 to Howard Center



On Friday, November 22 Jericho residents Gail and Tim McKenna, pictured above, continued their tradition of generosity by contributing \$3333 to Howard Center from their Catch 22 nonprofit. Catch 22 began managing football for the area and now continues fundraising to provide charitable support to organizations that are important to them. The McKennas have supported Howard Center for ten consecutive years, with their contribution amount and the date they give reflecting significant numbers in their lives. Their ongoing commitment strengthens Howard Center's ability to provide essential

services in mental health, substance use, and developmental support for individuals and families. Catch 22 was established by the McKennas over twenty years ago. Since then, it has provided support to numerous community organizations, including Shriners Hospital and the Vermont Children's Hospital. Howard Center helps people and communities thrive by providing supports and services to address mental health, substance use, and developmental needs. To access services, call 802-488-6000. For more information, please contact pdetzer@howardcenter.org.

PHOTO CONTRIBUTED

LETTER TO THE EDITOR

Introducing Underhill's new Town Planner

To the Editor,

I'm writing to introduce myself in my new role as your interim Town Planner for Underhill. I'm Larry Lewack, a long-time resident of Burlington. I started working here on Jan. 1, so: still very new here.

That said, I bring over 16 years of experience in land use planning to this role. For the past 4.5 years, I was Town Planner for Charlotte. Before that, I was the Town Planner and Zoning Administrator for Bolton for 2.5 years. Before that, I served (as a volunteer) on the Planning Commissions and Zoning Board in Winooski and in Burlington for 8 years. I also served on VT Gov. Howard Dean's Council of Environmental Advisors for 10 years. I got involved in planning because I enjoy the opportunity to influence and shape the built environment. I also enjoy working with community members to help them translate their values into policy statements (plans) and rules (zoning bylaws) that reflect how they want to see their town evolve.

I've lived in the area since 1982 and have two adult children, one of whom lives in Jericho. Planning is my third career; I made my living in the nonprofit human services for over 25 years, mostly providing direct support to people with disabilities. More recently, I've been a management consultant to nonprofit leaders in VT and nationally. Outside of work, I'm an avid swimmer, skier, hiker, cyclist, and musician (I perform with the Afro-Brazilian percussion band *Sambatucada*).

My office hours at Town Hall will vary week to week. I'll be in town to staff meetings of the Underhill Planning Commission on the first and third Thursdays of each month. If you'd like to chat, or set up a time to meet, I can be reached at 802-899-4434 ext. 5, or via this email (pcadmin@underhillvt.gov). I look forward to getting to know the town and its residents, and to hearing your ideas about how we can update and rationalize the permitting rules to better reflect community values.

Larry Lewack
Town Planner
Planning and Zoning, Underhill

WORSHIP SERVICES

Calvary Episcopal Church

Calvary Episcopal is a welcoming, caring, Christian community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors. Calvary is located at 370 VT Rt. 15 in Jericho. The parish administrator can be reached at calvarychurchjericho@gmail.com or 802-899-0453. The Spirit is stirring in this little church. Come be a part of it!

Mount Mansfield Unitarian Universalist Fellowship

Sunday services at MMUUF are held at 9:30 AM on the second and fourth Sundays (January 26, February 9, 23) of each month, September-June. Services are led by members of the fellowship and by invited guest speakers, including visiting UU ministers and leaders of other faiths. Each service explores a different topic. Worship, reflect, and sustain one another, within an inclusive spiritual community, built on values of honoring and affirming the worth of every person, striving for justice, participating in the world community, and respecting the natural web of existence. Services will be held at our Barn, located opposite Packard Road at 195 VT Rt. 15, Jericho, and also over Zoom; please contact info@mmuuf.org or 802-899-2558 for how to join virtually. Learn more at <https://mmuuf.org/> and www.uua.org.

Jericho United Methodist Church

Jericho United Methodist Church welcomes you to grow in Christ with us. We hold dear the United Methodist Church's motto: "Open doors. Open Hearts. Open Minds." We recognize that our faith journeys are all unique, just as we as individuals are all unique. Know that whoever you are, whatever you do, you are welcome here. We believe that we grow together or not at all. All are welcome! Join us Sundays at 10:00 AM. There will be music, prayer and message from our pastor, Rev. Taeseob Cho. Please contact Rev. Cho at the church phone number, 802-899-4288, or his email, umccho@gmail.com. Located next to the Jericho Town Hall on VT Rt. 15.

United Church of Underhill

The United Church of Underhill is an active, vibrant community. We are young and old; straight and LGBTQIA; singles, couples, and families; believers, questioners, and questioning believers. We are an Open and Affirming and Reconciling church, which means all ARE truly welcome. We are the Old Fashioned Harvest Market Church, the Clutter Barn Church, and a church of fellowship, mission, and service. We gather to worship together virtually and in-person every Sunday morning at 10:00 AM for a traditional but lively service with music, and Sunday School and nursery for the children. We welcome you to join us for worship or just come in, be still, and contemplate your faith. Located at 7 Park St., Underhill. Pastor's office (with voicemail) 802-899-1722; church secretary email secretary@ucu.church. For instructions on joining worship from home, please see <https://unitedchurchofunderhill.com/joining-worship-from-home/>.

Second Congregational Church, Jeffersonville

The Second Congregational Church in Jeffersonville would like to invite all who feel called to join us for our online church services, Sundays at 10:00 – 11:00 AM, in person or on Zoom. Know that no matter who you are or where you are in life's journey, you are welcome at our church; or in this case, our webpage! <https://www.facebook.com/SecondCongregationalUCC>

Jericho Congregational Church

"An Historic Church Proclaiming an Eternal Message"

On the Green in Jericho Center, VT
Senior Pastor, David Coons and Youth Pastor, Pete Anderson
Sunday School at 8:30 AM for all ages
Fellowship time at 9:30 AM
Worship Service at 10:00 AM
Nursery care provided
Youth group 6:15 PM Sundays in our Sunday school building
802-899-4911; officejcc@comcast.net; www.jccvt.org

All are welcome at Good Shepherd, Jericho

You are invited to worship at Good Shepherd Lutheran Church on VT Rt. 15 at 9:00 AM every Sunday. The building is accessible — all are welcome! There are varied musical styles in worship services, including Folk, Contemporary, Celtic, Latin American, and traditional. Weekday online offerings include Centering Prayer. We are an open-minded Christian community with a focus on social justice issues, where people from different faith traditions, along with those who aren't sure where they belong or what they believe, seek the support of a spiritual home. We welcome you in the name and love of Christ. More information is at www.goodshepherdjericho.org.

St. Thomas Catholic Church

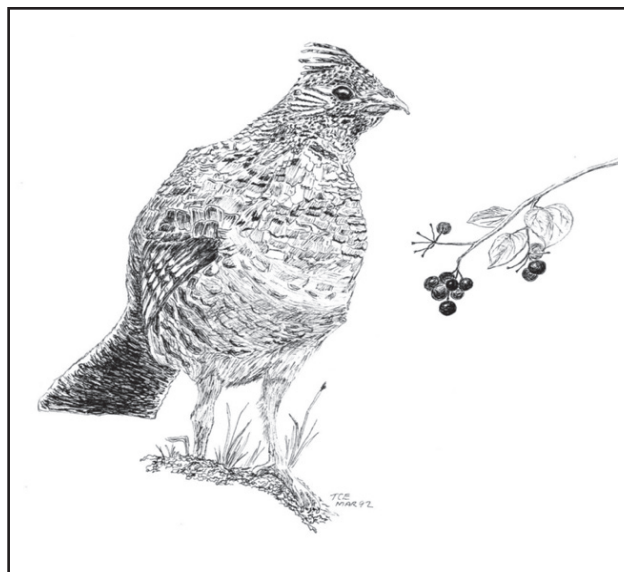
"Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass"

On Green Street in Underhill Center
Weekend Masses: Saturday 4:00 PM, Sunday 8:30 AM
Weekday Masses: Wednesday 6:30 PM, Friday 8:00 AM
Pastor: Rev. Domenico Pizzonia; Deacon: Peter Brooks
Religious Ed. Coordinator: Laura Lynch Wells, 802-899-4770
Parish Secretary: Theresa Gingras, 802-899-4632
email: office@stthomasvt.com; website: www.stthomasvt.com

Waterville Union Church

We meet in person at 9:30 AM at the church; masks recommended. Zoom is only available when there is bad weather or illness of a speaker. We do not post our recorded services to Facebook. But information can be found at <https://www.facebook.com/watervilleunionchurch>, watervilleunionchurchvt@gmail.com; 32 Church St., Waterville.

LIBRARY NEWS



Love and nature win again

Jericho author and bird-lover Maeve Kim has announced the second book in the series *Love Stories of the Burlington Bird Club*. The series combines the author's passion for writing, knowledge of birds, familiarity with Vermont birding locations, and her love of romance stories — books in which no one is evil

and everyone ends up happy!

A *First for Ivy Pritchard* has been selling well, mostly as e-books. *Beck's Grouse* will be released on Monday, January 27, in both digital and paperback formats. Here's a brief description:

Beck had to get away. Away from relentless cold and snow and ice. Away from worry, fear, guilt. Away from memories of violence and pain. And away from foolish grieving for a lopsided grouse. She needed to walk on sandy beaches and feel hot sun on her face and see birds she'd only read about. So she was going to call a man she barely knew and ask him to take her along on his southern camping trip.

Well, sure, Charlie thought. Why not? Beck was a dignified professional woman. She wouldn't chatter and drive him nuts. And she'd be sleeping outside the camper, in her own tent. And he knew the last few months had been hard on her. He knew about that day in the woods.

The friendship was expected. The desire was a gift.

DEBORAH RAWSON MEMORIAL LIBRARY

Hours: Tuesday and Thursday 10:00 AM – 8:00 PM; Wednesday and Friday 10:00 AM – 6:00 PM; Saturday 10:00 AM – 2:00 PM; Sunday 1:00 – 4:00 PM.

The Library is seeking chess sets to support our upcoming youth chess club program. Please contact youth_librarian@drml.org if you are interested in donating a complete chess set. Please note, sets that are just dropped off at the library will not be accepted. Thank you!

All programs are held at the library and open to all, unless otherwise noted.

Adult programs

Tuesdays, January 21-March 18, 9:30 – 11:30 AM: A Matter of Balance: Managing Concerns About Falls. Developed at the Boston Roybal Center for Active Lifestyle Interventions, this award-winning free course for people aged 60+ emphasizes practical strategies to manage fear of falling and to help increase activity level. Age Well instructor Susan Murray-Grage will teach this class for older adults who are concerned about falling or who have fallen in the past, who are interested in improving balance, strength, and flexibility, and who have restricted activities because of falling concerns. During the eight-session course, students will learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; exercise to increase strength and balance. Limited class size; registration required. For more information and to register contact instructor Susan Murray-Grage, susan.murray.grage@gmail.com or 802-310-6451.

Third Tuesdays, through April, 6:30 – 8:00 PM, Deborah Rawson Memorial Library Fireplace Room: book discussion series on *The Anxious Generation, How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Haidt. ReConnect is a growing group of families from the Mount Mansfield Unified Union School District (MMUUSD) working to build community around the impacts of smartphones and social media on our kids. In the spirit of fostering in-person connections and conversations on the topic, we will be hosting a four-part discussion series focused on the book *The Anxious Generation* by Jonathan Haidt. Please join us for one or all of the gatherings as we discuss what these topics mean for us in our

Library news continued on page 7

Community columns continued from page 3

mac'n'cheese, beef and lamb shepherds' pies, Tuscan bean and vegetable soup, a fresh salad, and a delicious apple crisp for dessert. Local bread, provided by Mountain Rise Bakery, was also served to accompany the meal. Gluten-free and dairy-free options were available.

The local farms and bakery that contributed to the meal included Moose Mountain Farm, Underhill; Settlement Farm, Underhill; The Farm Upstream, Jericho; 2GALS Farm Works, Underhill; Bone Mountain Farm, Jericho; Jericho Settlers Farm, Jericho; Chapin Orchards, Essex; Mountain Rise Bakery, Underhill; and Davis Farm, Organic Valley, Jericho.

The generous donations of root vegetables, beef, lamb, salad greens, microgreens, apples, squash, dairy, and bread allowed the meal to showcase the flavors of the region, reinforcing the importance of supporting local agriculture.

The evening featured a demonstration on how to grow microgreens, with attendees having the opportunity to take home a microgreens growing kit. Special thanks go to Gail Saseen and Leigh Girouard from 2GALS Farm Works for guiding people through the process, and to the UVM Medical Center Culinary Medicine Team for providing the kits for people to take home.

The evening was full of praise from community members. Livy Strong shared, "What a meal! All was eaten with the camaraderie of our great community, eager to enjoy each other's company." Laura Seman said, "Thank you so much for the delicious meal last evening! I appreciate the work, and exposing the community to the wonderful local food." Angelike Contis reflected, "That dinner was great. The food was so amazing! It was fun, felt almost like going back in time being in the school cafeteria with friends and neighbors."

The Jericho/Underhill Food Hub and the Community Meal Committee extends a heartfelt thank you to the many volunteers who helped prepare the meal. These dedicated individuals spent hours peeling, chopping, roasting, cutting, coring, cooking, and setting up to ensure the success of the event.

"This evening is a testament to the power of community," agreed the Community Meal Committee of the Jericho/Underhill Food Hub. "We are so grateful for the support from local farmers, bakers, and volunteers who made this event possible. It's heartwarming to see so many people come together to celebrate good food and community."

The Jericho/Underhill Food Hub is grateful for the use of the BRMS facility, which was perfect for the dinner. A big thank you goes to Billi Whitehill, from BRMS Food Services, who worked

tirelessly to help make this event a success.

The Food Hub looks forward to more opportunities to host such events, bringing people together around locally sourced ingredients. For more information on upcoming events or to get involved, please email jufoodhub@gmail.com or join the Facebook group at <https://www.facebook.com/share/g/15Umv4rF4s/>.

It's Girl Scout Cookie Season!

By Amber Walsh, Westford

Hello, Westford Community! I am happy to announce that Girl Scout Cookie Season has officially kicked off! Place orders now for cookie deliveries in February. You may order online at <https://digitalcookie.girlscouts.org/scout/lyra571705#openDonate> or reach out to your favorite Girl Scout! Cookie sales support our troop's activities and community service projects.

This year, we have all the classic favorites including Thin Mints, Samoas, and even a gluten-free option Toffee-tastic — there's something for everyone! Sadly, it will be the last year for our family favorite, S'mores.

If you'd like to donate boxes to the Westford Food Shelf, please email amber.d.walsh@gmail.com for more information.

Thank you for your support — and happy snacking.

Lyra Dubuque, Brownie Troop #51841

Town Meeting tidbits: who's the "Robert" in Robert's Rules

By Cathy Paris, Jericho

Jericho's upcoming Thursday, January 23 Draft Budget Discussion — the second step in this year's Town Meeting Reimagined — will be moderated by Jericho's elected Moderator, David Barrington. As he has when moderating Town Meeting for the past 25 years, Dave will rely on "Robert's Rules of Order" to guide the process of recognizing those who wish to speak and propose action.

According to state law, Vermont Town Meetings are governed by Robert's Rules of Order, unless the town has specifically adopted other procedures. But who was Robert, and why does he make the rules?

Just after the Civil War, more and more Americans became involved in civic groups, and all heck was breaking loose. People

realized they needed a clear process for running meetings. Army Corps of Engineers Brigadier General Henry Robert developed "Robert's Rules" in an effort to standardize and demystify democratic decision making, first using them to guide the order of a church meeting over which he was asked to preside. His Rules were based loosely on procedures then in use in the U.S. House of Representatives. Though Robert's Rules may at times seem unnecessarily rigid, those who have experienced chaotic meetings that use no parliamentary system credit General Robert with ensuring that "majority rules" while minority viewpoints are also respected.

Town moderators are trained to make Robert's Rules work for you. And under those rules, it is always okay to raise your hand and ask questions — General Robert would be the first to agree! At the January 23 meeting, you'll be able to raise your hand either in person at the MMUHS auditorium, or over Zoom. You will find detailed information about the meeting, including a link to pre-register, on the Town Meeting Reimagined page of the Join in Jericho website: <https://jerichovt.org/jericho-town-meeting-2-0>. The draft budget should have been posted there by January 17.

"Town Meeting Tidbits" are drawn in part from work by the Middlesex Town Meeting Solutions Committee, and are coming to you from your neighbors on Jericho's Town Meeting Reimagined Taskforce.

Vermont history note: winter, 1816

From Vermont, a guide to the Green Mountain State, published in 1937

The year 1816, 'the famine year,' or 'eighteen hundred and froze to death,' brought the greatest physical hardships that the inhabitants of this State as a whole have ever known. On June 8, a foot of snow fell and blew into drifts two and three feet high. There was a little snow in July and August and a heavy frost on September 10. Almost no crops were harvested that fall. Much of the livestock in the State perished, the hay crop having failed. Nettles, wild turnips, hedgehogs, and other crude substitutes for ordinary fare kept all but a few of the human inhabitants from starvation, but the suffering was so intense that the year proved a vital factor in greatly increasing the emigration from Vermont to the lands of promise in the West, particularly Ohio — an exodus that was duplicated in all the New England States.

MISCELLANEOUS NEWS

CSWD winter webinars

From the CSWD Board

CSWD's Winter Webinar Series has started — tune in on the second Thursday of every month at 6:00 PM to learn about different waste-related topics, from recycling and reuse to food waste prevention and composting. Register online at https://us02web.zoom.us/join/register/WN_4sVCzqVeSj-6bbJHkOhCmw#/registration:

- February 13: Reducing Wasted Food;
- March 13: Methods to Manage Food Waste;
- April 19: Composting.

Lamoille County
Legislative Breakfasts

By Pat Ripley

Lamoille Economic Development Corporation

With the start of the 2025 legislative session, Lamoille Economic Development Corporation (LEDC) and Lamoille Chamber of Commerce are sponsoring our 2025 Legislative Breakfast Series, which began on Monday, January 6 in Hyde Park.

The legislative breakfasts offer an opportunity to hear from our Lamoille County representatives and learn about what they are working on at the Statehouse. Attendees will also be allowed a chance to ask questions about the topics on their minds. These breakfasts have proven to be popular with Lamoille County residents and we expect good interest again this year. Be sure to register early!

Next in the breakfast series is Monday, February 3, 8:00 – 9:30 AM at the Akeley Memorial Building, 67 Main St., Stowe; cost: \$8. The breakfast series continues Monday, March 3 in Johnson; and in April (date and location TBA). Each event begins with a light breakfast and coffee from local restaurants, followed by a short briefing by the legislators and an audience Q&A.

Register online at <http://www.lamoilleconomy.org/breakfast>.

United Way volunteer opportunities

MAKE VOLUNTEERING A NEW YEAR'S RESOLUTION — United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Go online to the link for the Volunteer Connection — <https://unitedwaynwvt.galaxydigital.com/> — to learn more about these and other opportunities.

BE THERE FOR THE CHILDREN — Vermont Guardian Ad Litem Program (GAL) provides volunteers to be there for thousands of Vermont children who are part of proceedings in family courts. Many of these children are victims of abuse or neglect, have been accused of delinquent acts, or are simply lost. GAL volunteers ensure that every court has trained volunteers to serve as caring, independent child advocates so that no child feels unheard, lost, helpless or alone. GALs make recommendations to the court and advocate for the child's best interests. A GAL typically meets with the child at least once a month, gathers information from parents, foster parents, and others close to the child, communicates with Vermont's Department for Children and Families and the child's lawyer, and more. Volunteers receive a three-day training before they begin and then shadow an experienced GAL before being appointed to their own cases. For more information and to volunteer, complete an application at: <https://vt-gal.evintosolutions.com/VolunteerApplication>

ADRIVING NEED — Age Well needs drivers to deliver Meals on Wheels to seniors and the homebound. Drivers provide more than a nutritious meal; it may be a quick hello or a conversation, but the impact lasts a lifetime for both the recipient and the volunteer driver. There is a need for drivers for regular routes (every week or every other week on the same day), substitute drivers for openings throughout the month, and on-call volunteers who can step in when there are last minute cancellations.

Delivery is typically between 9:30 – 11:30 AM. Contact Erica Marks, emarks@agewellvt.org, or call 802-662-5249.

LET'S DO LUNCH – COTS is looking for volunteers, age 18 and older, to provide lunch to guests at their Daystation drop-in shelter for adults at 95 North Avenue in Burlington, open seven days a week, 365 days a year. Staff is on hand to help navigate prepping and/or serving lunch. Meals should be well-balanced such as pasta with a meat and vegetarian sauce option, a salad and cookies or a variety of sandwiches, etc. Contact Romy Theisen, volunteer@cotsonline.org, or call 802-864-7402.

Richmond I-89 bridge update

Richmond - U.S. Route 2 Bridge #29 Replacement
Completion date: September 2025

Project type: complete bridge replacement

Thursday, January 2

Project update: Happy New Year! No work for the past two weeks during the holidays.

Traffic impacts:

- U.S. Rt. 2, Monday-Friday, 6:30 AM – 4:30 PM: traffic control will be present near the Richmond Fire Station, allowing for intermittent stops to let trucks in/out of the project site.
- I-89: no traffic impacts.

Construction activities: the following was the anticipated work schedule for the week that began Monday, January 6.

- Monday-Friday, 6:30 AM – 4:30 PM: resume the removal of the old U.S. Rt. 2 roadway across from the Richmond Fire Department.

Please use caution while traveling through the construction zone and follow the posted speed limits!

Please email sbarrett@coisinc.com, reference Bridge#29, Richmond, if you would like to receive weekly project updates via email.

New training video for public officials on VT Open Meeting Law

Vermont Secretary of State Sarah Copeland Hanzas announced the release of a new training video for public officials about the Open Meeting Law. Under updates to the law from the 2024 legislative session (Act 133, online at <https://legislature.vermont.gov/bill/status/2024/S.55>), the Secretary of State's training video will be mandatory viewing for certain public officials serving on public bodies in Vermont, such as selectboard chairs, town managers, mayors, and chairs of state-level decision-making bodies. While it is required for some, Secretary Copeland Hanzas recommended the video as a great resource for any public official, citizen, member of the media, or anyone who wants a refresher on the Open Meeting Law in general or the 2024 legislative updates.

"From school boards and town selectboards to statewide public commissions, a lot of government activity in Vermont takes place in meetings in which the public has a right to participate. As we explain in this training video, the spirit and purpose of the Open Meeting Law is to increase the transparency and accessibility of government in Vermont," said Copeland Hanzas.

The Open Meeting Law declares that all meetings of governmental public bodies must be open to the public at all times, with rare exceptions. The Act 133 updates, which included a call for the Secretary of State's Office to create a training video, codified some of the best practices that emerged from the COVID pandemic, such as hybrid meetings that allow the public to participate both in-person or remotely.

"We're glad to be able to support folks who have stepped up to serve in public roles with this training video. While following the tenets of the Open Meeting Law requires some intention and effort, we believe it's ultimately in the best interest of everyone involved, as transparency, accessibility, and trust lead to better decisions and outcomes," said Deputy Secretary of State Lauren Hibbert.

The video is available to the public on the Secretary of State's YouTube page, posted on their Open Meetings webpage (<https://sos.vermont.gov/municipal-division/open-meetings/>), and will be distributed to public bodies in collaboration with partners including the Vermont League of Cities and Towns, the Vermont School Board Association, and the Vermont Superintendent's Association. An accompanying FAQ sheet compiled by this group can be found online at https://sos.vermont.gov/media/kpfdjdl/joint_vlct_vsba_sos_act133_s-55_final_v1-2_07-26-24.pdf.

Link to the video here: <https://www.youtube.com/watch?v=5O5Pj4NHjbw>

VEC seeking candidates for board of directors

From Vermont Electric Co-op

Are you interested in making a direct contribution to a bright energy future for our region?

Vermont Electric Co-op is accepting petitions from eligible candidates for four board of directors' seats that are up for election in May.

Directors, who are elected to serve four-year terms, receive a stipend and mileage reimbursement for attending meetings and have training opportunities to learn more about the dynamic energy sector and the cooperative utility model.

To be eligible, a candidate must be a VEC member and have a principal residence within VEC service territory and in the district or zone they seek to represent. The board generally meets in the afternoon on the last Tuesday of each month at VEC's main office in Johnson.

More information, including the specific districts and zones in which seats are up for election, can be found online at <https://vermontelectric.coop/latest-news/vec-seeking-candidates-for-board-of-directors-01-15-25>.

Save with 2025 rebates

From Efficiency Vermont

How many New Year's resolutions did you keep last year? If you're thinking "zero," don't worry. No one else kept theirs, either.

Maybe it's time to try something new, like cutting some carbon with Efficiency Vermont.

Thanks to new funding available for low- and moderate-income Vermonters, we're offering our (biggest-ever) incentives for all sorts of projects, like qualifying:

- weatherization and home repair projects: up to \$24,500 back;
- heat pump water heaters: up to \$5000 back;
- electric panel upgrades: up to \$10,000 back;
- central wood pellet furnaces and boilers: up to \$6000 back;
- wood and pellet stoves: up to \$400 off;
- smart thermostats: \$100 back;
- free LEDs for renters, and special offers for rental property owners;

- appliance voucher for low-income Vermonters: \$1200 voucher to replace a qualifying existing appliance.

In some instances, these incentives can cover 90% of project costs... but act now — these offers are only available while funding lasts.

Check out the eligibility details on these and other 2025 rebates: <https://www.efficiencyvermont.com/rebates>.

There's never been a better time to tackle a home project that can save you money and energy all year long.

Have questions? Not sure where to start? Contact our Energy Advisors over the phone at 888-921-5990 or consider signing up online for a FREE Virtual Home Energy Visit at www.efficiencyvermont.com/visit.

PEOPLE

OBITUARY



Joan Carolyn Danforth (née Garrett) of Underhill, VT passed away on Monday, September 9, 2024 at McClure Miller Respite House, Colchester, VT at age 94. Her rich creativity, playful humor, and inimitable joie de vivre will be deeply missed by her surviving children: Kimberly Helen Danforth (Kurt R. Kimmel), Noel Danforth (William R. Hubner), and Peter Elliot Danforth (Larisa Parsley); and grandchildren: Margot Ellen Danforth Kimmel, Sylvia Otille Danforth Kimmel, and Rhys Lawson Danforth. Born May 8, 1931 in Cohoes, NY and a graduate of Albany (NY) Medical School of Physiotherapy ('56), Joan met the love of her life, Elliot Danforth Jr., in his last year of medical school. The pair married in December 1959, leaving Albany shortly afterward to launch careers and a family life that took them to Hanover, NH, San Antonio, TX, Washington D.C., and Vermont where they settled in Underhill. Here, surrounded by natural beauty and her beloved wildlife, Joan pursued her long-held passion for the arts. She studied diverse media at the Truro Center for the Arts, Anderson Ranch, and Haystack Mountain School, eventually establishing Beartown Pottery and Mixed Media Arts. Her watercolor impressions on majolica clay bowls and plates were widely admired and sold at Frog Hollow Craft Galleries throughout Vermont. In the late 1990s, she began firing in saggars, using grasses, salt hay, mineral salts, and copper wire to produce rich earthy designs on pottery forms. Joan's saggar-fired pottery was exhibited at juried galleries, including the Bryant Memorial Gallery and Visions of Vermont in Jeffersonville, VT and the Helen Day Art Gallery in Stowe, VT. Later in life, Joan turned to collage and gel plate printmaking. Combined with her love of poetry, she produced witty and vibrant creations into her 90s. Joan's life of artmaking was punctuated by extensive travel with Elliot. From sailing off the coast of Cape Cod to camping on the Olympic Peninsula to gallery-hopping in France and Italy to sabbatical years spent in Switzerland and Arizona, Joan shared her free spirit with everyone lucky to know her. A celebration of life is planned for May 2025.

COLLEGE NEWS

Angela Bellizzi of Cambridge, VT has been named to the Fall 2024 President's List at Southern New Hampshire University, Manchester, NH.

William Bourgeois of Underhill, VT has been named to the Dean's List for the Fall 2024 semester at Clarkson University, Potsdam, NY.

Juliette Boyden of Cambridge, VT has been named to the Fall 2024 President's List at Southern New Hampshire University, Manchester, NH.

Melina Brooks of Cambridge, VT has been named to the President's List for the Spring 2024 semester of the 2023-2024 academic year at Husson University, Bangor, ME. Brooks is studying toward a degree in BS Psychology at Husson.

Evan Chicoine of Jericho, VT has been named to the Dean's List for the Fall 2024 semester at Clarkson University, Potsdam, NY.

Reilly Finn of Westford, VT has been named to the fall 2024 Dean's List at Nazareth University, Rochester, VT.

Sebastian Lindsey Krueger of Jeffersonville, VT, a freshman majoring in university studies, was named a Presidential Scholar for the Fall 2024 semester at Clarkson University, Potsdam, NY.

Evelyn McAdoo of Cambridge, VT has been named to the Fall 2024 Dean's List at Roger Williams University, Bristol, RI.

Jack Messier of Jeffersonville, VT has been named to the Fall 2024 Dean's List at Roger Williams University, Bristol, RI.

Aidan Poulin of Waterbury, VT has been named to the Fall 2024 President's List at Southern New Hampshire University, Manchester, NH.

Emily Pool of Waterbury, VT has been named to the Fall 2024 President's List at Southern New Hampshire University, Manchester, NH.

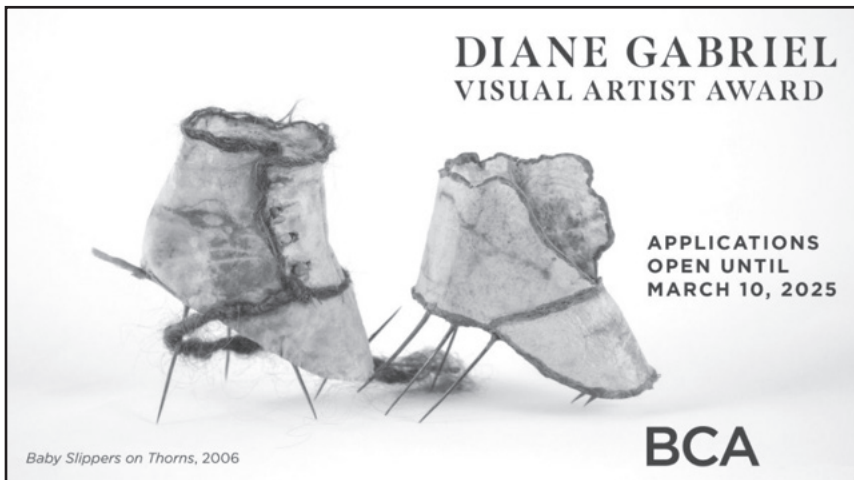
Elizabeth Walko of Jericho, VT has been named to the Fall 2024 President's List at Southern New Hampshire University, Manchester, NH.



The White House has named Heather Morley, a teacher in Hinesburg, a recipient of the Presidential Awards for Excellence in Mathematics and Science Teaching (PAEMST), the nation's highest honors for teachers of science, technology, engineering, and mathematics. With this award teachers receive \$10,000 from the National Science Foundation, a certificate signed by the President, and a trip to Washington, D.C. to celebrate their accomplishments; and they join a prestigious cadre of more than 5200 teacher-alumni from across the nation. Morley has been a teacher for more than 19 years and has spent 12 years at Champlain Valley Union High School, where she currently teaches grades 10-12 students in Advanced Placement (AP) Environmental Science, Science of Climate Change, Integrated Biology, and Field & Forest. She taught at Mount Mansfield Union High School, Jericho for her first year as a teacher. In addition to teaching high school science Heather is also a lecturer at The University of Vermont, teaching Alternative Energy in Community Development and Applied Economics. In recent years, Morley, along with a small team of colleagues and a partnership with Shelburne Farms, developed a place-based, full-day interdisciplinary course that allows students to learn about the intersection of people, agriculture, and natural communities. Heather is a national facilitator for NGSX, a professional learning pathway that supports teachers making the shift in teaching and learning advanced in NGSS. She is also a board member of the Vermont Science Teaching Association. Heather earned a B.S. in forestry and an M.Ed. from The University of Vermont. She is a certified 7-12 science educational professional.

PHOTO CONTRIBUTED

ART / MUSIC / THEATER



This award was established in 2021 by the family of Diane Gabriel (1947-2017), one of Vermont's most celebrated artists and educators. This award is given on an annual basis to emerging Vermont-based artists. The award encourages experimentation and supports an artist's creative development, especially those artists interested in initiating innovative ideas, exploring new media, or better establishing their art-making practice. The award is valued at \$6000 and includes a cash stipend, complimentary class registration, and/or use of the BCA Studios. Apply at <https://burlingtoncityarts.awardsplatform.com/dashboard> by Monday, March 10. PHOTO CONTRIBUTED

Underhill Art Show — The Underhill Art Show is up and running. This fine collection of local art is in the grand hall of the Underhill Town Hall, Pleasant Valley Rd., Underhill Center. The show is free and open during Town Hall hours. All Underhill artists are welcome to show their creations. Please contact Julianne Nickerson, jdnicker@gmail.com, for additional information.

Art for DRML Jericho — Deborah Rawson Memorial Library is once again seeking art for the Library. We love hosting local artists, and are presently featuring lovely work by Carolyn Subin and Barbara Frankowski. We have lovely walls for displaying work and a secure display case. Artists can request one or two months; presently March is open, April is taken; the rest of spring and summer available - feel free to contact Susan Adams, sadams15@comcast.net, with any questions.

Mount Mansfield Union High School's 2024 Art Exhibition will be on display at the Jericho Town Hall throughout the month of January. The art show will showcase a variety of over 40 students and will feature a curated selection of artworks ranging from darkroom photography, digital photography, graphite drawing, acrylic painting, pottery, fine metals, and mixed media pieces that span a diversity of themes and styles.

The Emile A Gruppe Gallery's current show *The Night Sky* features the photography of Bernahrd Wunder of Westford. There are starry landscapes, galaxies, nebulae, our own Milky Way, Vermont's famous solar eclipse, star trails, and firefly trails — all in the vibrant colors of the universe. Bernhard will offer two workshops (free; no registration required). On Sunday, January 26, 1:00 – 3:00 PM, Night Sky Photography will introduce the topic with D-SLRs and mirrorless cameras. He will talk about equipment, exposure settings and the post-processing flow to create Milky Way and Star Trail images. On Sunday, February 2, 1:00 – 3:00 PM, Bernhard will explore the field of Astrophotography with telescopes and learn how to capture distant nebulae and galaxies, with a demonstration on equipment and discussion of the capture and post-processing workflow. The show will hang through Sunday, February 9. Find more information at <https://www.emilegruppegallery.com/>. The Gallery is located at 22 Barber Farm Rd. Jericho; open 10:00 AM – 3:00 PM, Thursday-Sunday, or by appointment by calling 802-899-3211.

The lineup of Burlington City Arts' (BCA's) 2025 summer camps is live online at <https://bit.ly/4fZmACP>. At BCA's award-winning camps, students work closely with professional teaching artists for a full week of in-depth studio arts experience. Every camp includes high-quality art materials and a final celebration. Come for a half-day, or pair a morning and afternoon camp together at BCA Studios to make a full-day experience. Camps at the BCA Center run for the full day. Registration for all opens on Monday, February 10 at 12:00 PM. Class waitlists will be activated on February 10. Browse the digital guide online at https://issuu.com/bvcityarts/docs/bca_summercamp_catalog_2025_mech_single-pages. Scholarship applications (online at <https://www.burlingtoncityarts.org/form/apply-for-a-youth-scholarship>) should be submitted by Wednesday, January 29.

Join us at the BCA Center on Friday, January 24 at 5:00 PM for a special opening reception (<https://www.burlingtoncityarts.org/event/opening-reception-becoming-vermont>) celebrating the artists and local students behind *Becoming/Vermont*. Enjoy the company of your arts community with light refreshments and words from select BCA staff and artists. *Becoming/Vermont* features approximately 40 works by teen artists from the greater Burlington area. It is the culmination of Burlington City Arts' Fall 2024 Artist-in-Residence project with current and previous exhibiting BCA artists including ArtLords, Michelle Im, and Sarah Stefana Smith. Through a series of three brief residencies, high school students explored processes such as hand-building, weaving, and mural painting. This brief exhibition closes Saturday, February 1.

*Becoming/Vermont: Get creative and make art together at Family Art Saturday! Join BCA on Saturday, January 25, 11:00 AM – 1:00 PM at the BCA Center for a drop-in artmaking activity inspired by the ceramics of *Passages* artist Michelle Im and Burlington High School students who worked with the artist as part of BCA's fall residency program, *Becoming/Vermont*. Participants will hand-build and adorn their vessel by carving designs on air-dry clay. Family Art Saturday is free and open to the public.*

Art from the Heart is currently seeking volunteers to visit patients and family members at UVM Medical Center and Children's Hospital to help make the hospital a more comfortable and creative place through the arts. Volunteers in this program visit patient rooms and waiting areas, working one-on-one and in small groups. A visit with a patient or family members can start as simply as talking about favorite TV shows and music. If interested, please contact Art from the Heart coordinator Rebecca Schwarz, rschwarz@burlingtoncityarts.org.

Call to Artists — Birds and Myth: meanings, metaphors, and guides — from the Birds of Vermont Museum. We seek to understand the world. Birds are teachers, not only through our senses and observations, but also our stories about them — factual accounts, broader myths, or in between. A myth might be a traditional legend, a widely-held-but-false belief, or a (mis)-representation of something true; can offer insight into who we are, offer us ways to behave and ideals to live by. What understanding of birds and humans have you gained through myths you have heard, told, or invented? The Birds of Vermont Museum's 2025 art show is centered on these ideas. We invite art submissions that bring birds and their meanings into art to retell an old story, weave several together, represent your beliefs, and/or create a myth for the future. Submit up to three works using the online form at <https://tinyurl.com/bovm-art-2025> in one of these file formats: .jpg (visual art); .mp3/.mp4 (music/video); .pdf or .txt (stories, poems). Apple users, please use the "compatible" option if uploading an image, as we may not be able to view Apple's default .heic file type. Artists of all ages and all professions (or none) are invited to submit. No work using generative AI will be accepted. All traditional media and other digital media are allowed. Visual, textual, and/or audio works are welcome. Include your name, email, town, and a brief description of each work (size, media, when made) with your submission(s). Include a sentence or two about the story, belief, or myth you drew upon/created. We can also accept submissions by email: send files (same formats) to museum@birdsofvermont.org. Please put "Submission for Birds and Myth art show from

Assets for Artists' Winter/Spring 2025 workshop season is now live and registration is open for all workshops! This season includes some of the most popular workshops, some that haven't been offered the past couple of seasons, and multiple brand-new offerings. As always these workshops are completely free and are open to artists of all disciplines and career stages in New England. This season's workshops are all online and include topics such as project management, personal finances, digital marketing, and more. A program of the Massachusetts Museum of Contemporary Art (MASS MoCA), *Assets for Artists* (A4A) is an artist-led and artist-centered program that provides an ever-evolving selection of free online and in-person workshops to address the most urgent needs, challenges, and opportunities facing artists in New England. The Vermont Arts Council entered into a partnership with A4A last fall and was able to offer workshops starting then for the first time. Space is limited, so don't delay — register today online at <https://www.assetsforartists.org/workshops/>.

Spruce Peak upcoming events: Sunday, January 26, 3:30 PM: Doktor Kaboom: Under Pressure! brings equal parts interactive science, comedy, and personal empowerment messages with a show that illustrates physical science concepts — which are also metaphors for real-life mental and emotional pressures; Saturday, February 8, 7:00 PM: Brooklyn Rider, an innovative string quartet known for their adventurous spirit and captivating performances, redefines the boundaries of chamber music; Friday, February 14, 7:00 PM: Celebrate Valentine's Day with the romantic melodies of pianist, composer, and recording artist Robin Spielberg, known for her expressive, lyrical performances that bring traditional, classic, original, and popular music to life. For more information and tickets, go online to <https://www.sprucepeakarts.org/events/>.

<your name>" as the email subject. If you do not have email, you may send up to three prints or photos (not originals) to Birds of Vermont Museum, attention: Birds and Myth art show, 900 Sherman Hollow Rd., Huntington, VT 05462. Visual, written, and multi-media works will be considered. In addition to walls, we have shelves for smaller three-dimensional pieces, room outdoors for weather-impervious works, and some ceiling area. We may need to work together to display audio or multi-media works. You are welcome to visit to consider the potential. Entries are due by Monday, March 24, 2025, 11:59 PM. In choosing works for a show, we strive to create a cohesive exhibit that illustrates the year's theme. Jurors will select pieces by early April and will let artists know soon after, by email. Accepted pieces should arrive at the Museum by April 20 and be ready to hang or display (all hanging hardware already attached). The art show runs May 1-October 31 at the Birds of Vermont Museum. Artists are wholly responsible for shipping or drop-off/pick-up. Pick-up should occur by December 30, 2025, 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; this is not required. If you prefer that we use partial or cropped images, or have preferred images, please tell us or supply them after acceptance. Artists who show their work here are invited to sell accepted work, cards, stickers, or related gift items on consignment through our gift shop. We are always thrilled to arrange artist workshops at the Museum with our exhibitors. Please tell us if you are interested in these. Please call or email Kir Talmage or Allison Gergely with any questions. We can be reached at 802-434-2167 or museum@birdsofvermont.org. We look forward to seeing your work!

The weekly virtual Burlington Literature Group welcomes new committed readers to our sessions. The group has been in existence for years meeting in a physical space but, since the pandemic, has changed to online Zoom sessions occurring every Tuesday at 6:30 PM. We break down interesting, challenging books into weekly segments of 60-100 pages, discuss form, content and our impressions in a friendly online forum. Details can be found at <https://nereadersandwriters.com/> or by emailing info@nereadersandwriters.com.

Artists and AI Survey — The unprecedented growth of generative artificial intelligence (AI) presents both transformative opportunities and significant challenges for artists. Generative AI is capable of producing original content (text, photos, audio, video) based on inputs. The Vermont Arts Council would like to know how artists feel about AI. Please take the survey, online at <https://bit.ly/4gDO6XF> (short for https://docs.google.com/forms/d/e/1FAIpQLSeVssX8cXiXriE9TU1ZOAYShhhRrpxIGLCOVVuEU0JNPCT_oQ/viewform). Only five questions!

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Only You

By Kimberly Madura

For Francis Eli

You who I trust completely,
who told me no lies,
kept no secrets.
The only one
who knows me
and who I know.
You,
who I can depend on,
who protected me,
who cared about me,
spends time with me,
visits me,
has never forsaken me,
who is there for me,
who chose me,
who is on my side,
the only one,
only you.
My best buddy,
my biggest support,
my protector,
my hero,
my favorite person.
The most wonderful and
honorable person I know
and I get to be your daughter.

Unfinished Business

By Kimberly Madura

Fauci a man who thought
he was a god
tried to control nature
but nature, she is a formidable force
and not so easily manipulated

Instead of letting it be,
survival of the fittest
Is Darwin still taught?
You said we all need to suffer.

Long after the "problem"
has mysteriously gone away
the incalculable and profound costs
linger

And now nature will have
her revenge in other ways
You forced her hand
And that basic truth remains
We all die from mortality.

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for your ad.

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at

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for more
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or email

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SENIOR NEWS

Age Well class for family caregivers

Feeling stretched as a caregiver? Age Well is offering a Powerful Tools for Caregivers class beginning this February. This free class will be held at Age Well's Colchester office, February 4-March 18, from 1:00 — 2:30 PM.

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

The class consists of six sessions held once a week for 90 minutes. Two experienced Class Leaders conduct the series, with interactive lessons, discussions, and brainstorming to help you take the "tools" you choose and put them into action for your life.

For more information or to register, contact Becky Claytor and Lauren Hemond at ptc@agewellvt.org.

You can also call Age Well's Helpline at 1-800-642-5119 and ask to speak with someone about the upcoming Powerful Tools for Caregivers class. Class size is limited, and pre-registration is required.

A Matter of Balance: Managing Concerns About Falls

From Susan Larson, Program Assistant
Deborah Rawson Memorial Library

A Matter of Balance: Managing Concerns About Falls, developed at the Boston Roybal Center for Active Lifestyle Interventions, is an award-winning course for people aged 60+ that emphasizes practical strategies to manage their fear of falling and to help increase their activity level. Age Well instructor Susan Murray-Grage will teach this free course from 9:30 – 11:30 AM every Tuesday, January 21-March 18 at Deborah Rawson Memorial Library, 8 River Rd., Jericho. Class size is limited, and registration is required.

This is a perfect class for older adults who are concerned about falling or who have fallen in the past; who are interested

in improving balance, strength, and flexibility; and who have restricted activities because of falling concerns. During the eight-session course, students will learn to:

- view falls as controllable;
- set goals for increasing activity;
- make changes to reduce fall risks at home;
- exercise to increase strength and balance.

For more information and to register for this free course, contact instructor Susan Murray-Grage at susan.murray.grage@gmail.com or 802-310-6451.

Upcoming Age Well Grab-and-Go Meals in Richmond

Age Well Grab-and-Go Meals in Richmond are scheduled for the first Thursday of the month (February 6, March 6) and are open to anyone age 60 and over who completes a yearly registration form, and their spouse of any age, at the Richmond Congregational Church, 20 Church St., Richmond. Meals must be picked up between 11:00 AM – 12:00 PM. Please arrive just before pick-up time to ensure meals go out quickly.

Suggested donation of \$5 per meal.

Forms are updated each fiscal year, which begins on October 1. Please call 802-434-2053, to register.

Activities in Cambridge for seniors and their neighbors

By Nanci Lepsic, Cambridge Recreation Board Clerk

LET'S DO LUNCH! at the Second Congregational Church in Jeffersonville on Friday, February 21 for an 11:30 AM lunch with chili, salads, and breads, followed at 12:15 PM by prize bingo!

Come to these Lunch & Learn sessions at the Varnum Library! All sessions meet from 11:00 AM – 12:00 PM on the Thursday dates listed: February 6 — HomeShare Vermont; March 6 — Wills, Trusts, and other stuff; and April 3 — UVMMC Dementia Family Caregiver Center.

Questions? Please call or text Nanci Lepsic, 802-343-2372.

Your older neighbors need your support this winter

By Leanne Hoppe, Central Vermont Council on Aging

This month, Central Vermont Council on Aging looks to you to help sustain our diverse selection of free services for older adults. Donations are crucial, allowing us to offer innovative programming we wouldn't otherwise be able to support, such as our *Creative Aging* and *Helping Paws* programs.

One of our *Creative Aging* participants recently told us, "I don't have much energy, but I do love my art... it makes me forget all my issues, makes me cheerful. I can see why it's good for seniors, it gives them something to look forward to. I think it's just the most wonderful program."

A participant who accessed free veterinary care through our *Helping Paws* partnership with the Mitzvah Fund said, "They performed \$2200 worth of services on my 13-year-old cat, including a partial thyroidectomy, the removal of four teeth, and all the mats on her coat... She's 13 years old and without the Mitzvah Fund, I don't know what would have happened."

Another client told us what her *Good Neighbor* volunteer means to her. "I don't have any help except for my fabulous friend here from Council on Aging, who helps me with little things and big things, mental things and physical things... whatever I need, if I have questions or problems, this person is here to help."

Public support for our programs connects thousands of older Vermonters to services that enable them to live and thrive in the communities they love. Help us to meet our fundraising goals!

Watch this video to hear more about what our services mean to our clients: <https://youtu.be/JGPBIGwxifs>.

To make an impact today, visit <https://cvcoa.networkforgood.com/> or email us at volunteer@cvcoa.org to join a community that cares.

2025 Rebates for Your Home

Efficiency
Vermont

If you're planning on **improving the efficiency of your home or apartment** this year, take a look at Efficiency Vermont's residential offers, including:

**Air Sealing and Insulation**

- Up to \$9,500 off weatherization projects with an Efficiency Excellence Network contractor (depending on household income)
- Up to \$15,000 for home repairs (for income-eligible households) that are necessary before weatherization
- DIY weatherization: \$100 back on select do-it-yourself projects

**Heating, Cooling, and Water Heating**

- Air-source heat pumps: discounts starting at \$350 + income bonus
- Ground source heat pump: up to \$2,100/ton + \$500 income bonus
- Smart thermostats: \$100 rebate for select ENERGY STAR models
- Water heaters: up to \$5000 for select heat pump water heaters
- Window air conditioners: \$100 rebate for select ENERGY STAR models
- Wood pellet furnaces & boilers: \$6,000 rebate
- Wood and pellet stoves: \$400 discount at select retailers

**Electric Vehicles**

- Up to a \$7,500 federal tax credit

**ENERGY STAR® Appliances**

- \$25-\$40 for dehumidifiers
- \$200-\$400 rebate on heat pump clothes dryers
- \$400 for heat pump dryer/washer combination units

**Lighting and Electrical**

- Up to \$10,000 for electric panel upgrades (for income-eligible households)
- \$100 rebate for qualifying LED fixtures for indoor growing.

**Income-based Assistance**

- Free lighting, appliances, energy consultations, weatherization, and more — visit efficiencyvermont.com/free-products to see if you are eligible.

Financing options
available starting
at 0% interest

Additional rebates may also be available from your electric or gas utility.

**Not sure where to start?**

Sign up for a **FREE** Virtual Home Energy Visit!
Call **888-921-5990** to learn more
(Translation services are available)

All rebates are subject to availability and eligibility.
For the most up-to-date information, visit:
www.efficiencyvermont.com/rebates



SPORTS NEWS

JES skating rink is open

From Glenn Steinman, Jericho

The JES skating rink is now open! Big thanks to the volunteers and UJFD for making this happen! We couldn't have done it without you!

Jericho Elementary School is a closed campus during school hours. The rink will be closed to the public during school hours: Monday-Friday, 7:15 AM – 2:30 PM, excluding school holidays and school closings. The rink will be open all other times until 9:00 PM, weather permitting.

A few rules and expectations:

- Help us take care of our rink by shoveling excess snow/ice after use.
- Leave nothing on the ice. Remove goals, pucks, and milk crates after use. (Leaving items on the ice will destroy it and result in possible rink closure for repair.)
- *Helmets are required.*
- Share the rink and be respectful to all skaters.
- State law prohibits alcohol on school grounds.
- JES is a smoke free zone.

Any JES student who does not have access to skates and a helmet may borrow equipment from the JES physical Education Department.

If you are interested in helping with snow removal on snow days, please contact Glenn Steinman, Glenn.Steinman@mmuusd.org.

Chittenden County Soccer School 2025

By Eric Barker, Underhill

Registration is open for Chittenden County Soccer School (CCSS) 2025, to be held Monday-Friday, July 14-18, 9:00 AM – 3:30 PM at Mills Riverside Park in Jericho. There are half- and full-day camp options; age groups range from 5 to 16+!

All players receive a camp tee and team award. We have a dedicated and experienced coaching staff returning again this summer to bring the "love of the game" to all our players. Individual ball skills, teamwork, game tactics, full-sided and small-sided games, and goalkeeper training are all part of our daily plan!

Please email barkereric15@gmail.com with any questions, or visit our website at <http://chittendencountysoccerschool.org>.

Pick-up volleyball at Cambridge Community Center

Adult Pick-Up Volleyball has gotten up and running at the Cambridge Community Center on Friday nights, as of Friday, January 10.

Come play volleyball on Friday nights, 6:30 – 9:00 PM at the Cambridge Community Center, 22 Old Main St., Jeffersonville. The cost is \$5 per session.

Bring indoor shoes and your water bottle!



On Saturday, January 11, a group of folks from three local organizations worked together to fill the ice rink that is behind the Jericho Elementary School. The rink is set up and maintained by the Parents and PE teachers at Jericho Elementary School. The Jericho PIE (parent teacher organization) helps to fund and maintain the rink as well. Amanda Cowan (Physical Education teacher) and Glenn Steinman (Jericho Elementary School) coordinated efforts between the Underhill Jericho Fire Department and BSA Underhill Jericho Troop 627 scouts to fill the rink in record time. The rink is open to the public after school until 9:00 PM and on weekends. PHOTO COURTESY OF NICOLE STONE, TROOP 627 COMMITTEE MEMBER AND PARENT

Browns River Little League registration open

By Casey Knudsen, Browns River Little League

Registration is open for the 2025 Browns River Little League season for both boys and girls aged 4-12 in Jericho and Underhill, including both Baseball and Softball! Register online (only) at <http://www.brownsriverlittleleague.com>.

Registration is open until Friday, January 31 for 9-12 year old Baseball and Softball minor and major league players, and through Saturday, February 15 for 4-8 year old farm league

baseball players (both girls and boys). Early registration is important for league planning, so don't delay.

We also need lots of help from you all to make this season a success! If you're interested in being part of our excellent youth sports program in any capacity (especially as a farm league coach), please reach out to us at brownsriverll@gmail.com, or send league president Casey Knudsen an email at caseyknudsen@gmail.com. The Board of Directors is also specifically looking for someone to help out by taking the lead on field maintenance.

Thank you everyone and go BRLL!

SUMMER CAMPS

Summer camps 2025

Summer Fairy Camp, Underhill — Registration for Poker Hill Arts summer Fairy Camps is open. These usually fill fast — find information, pictures, videos, and dates at our website <https://www.pokerhillarts.com/magical-fairy-camp>.

The lineup of Burlington City Arts' (BCA's) 2025 summer camps is live online at <https://bit.ly/4fZmACP>. At BCA's award-winning camps, students work closely with professional teaching artists for a full week of in-depth studio arts experience. Every camp includes high-quality art materials and a final celebration. Come for a half-day, or pair a morning and afternoon camp together at BCA Studios to make a full-day experience. Camps at the BCA Center run for the full day. Registration for all opens on Monday, February 10 at 12:00 PM. Class waitlists will be activated on February 10. Browse the digital guide online at https://issuu.com/bvcityarts/docs/bca_summercamp_catalog_2025_mech_single-pages. Scholarship applications (online at <https://www.burlingtoncityarts.org/form/apply-for-a-youth-scholarship>) should be submitted by Wednesday, January 29.

BUSINESS DIRECTORY ADS

DIRECTORY AD -

3 1/4" WIDE X 1 1/2" TALL - \$18.00
MUST PURCHASE 5 NO CHANGE
PREPAID ADS

3 1/4" WIDE X 3 1/2" TALL - \$25.00
MUST PURCHASE 5 NO CHANGE
PREPAID ADS

3 1/4" WIDE X 4" TALL - \$35.00
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MOUNTAIN GAZETTE RATE SHEET 2025

6558 VT RTE 116, STARKSBORO, VT 05487
802-453-6354 mtngazette@gmavt.net
www.mountaingazetteofvermont.com

The *Mountain Gazette* is the hometown newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill and Westford, Vermont.

We store deliver copies of the paper in Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Hinesburg, Huntington, Richmond, Fairfax, Essex and Essex Junction.

TOTAL REGULAR CIRCULATION - 3500

About the Mountain Gazette

The Mountain Gazette is a hometown newspaper serving Bolton, Cambridge, Jeffersonville, Jericho, and Westford; it has been doing so for the past twenty-four years.

The newspaper works to deliver information of interest to a wide variety of readers including but not limited to news and news briefs, health information, legislative reports, letters to the editor, library news, obituaries, art/music/theater, senior citizens, schools, and sports. We present columns written by community members and others.

The paper is a vehicle where readers can submit poems, short stories, and photos for publication. Another column features college new and notes.

We would like to invite you to join our advertising community.

Your ad would appear in our printed paper. We store and businesses drop 3500 papers in our core communities of Bolton, Cambridge, Jeffersonville, Jericho, and Westford as well as Essex, Essex Junction, Hinesburg, Huntington, Richmond, and Fairfax.

The Mountain Gazette information appears on our Facebook page and td

hose of surrounding communities each publication date as well as well on our website at www.mountaingazetteofvermont.com where we post the entire paper including advertisers since 2008.

Please contact Brenda Boutin, publisher and advertising manager, at 802-453-6354 or mtngazette@gmavt.net.

Thank you

OPEN RATE

\$8.25 COLUMN INCH
Column width 1 7/16"

Listings below are measured width x height

Business card - \$33.00
3 1/4" x 2"

1/16 page - \$49.50
3 1/4" x 3"

1/12 page - \$66.00
3 1/4" x 4"

1/8 page
3 1/4" x 6" or 5" x 4 - \$99.00

1/4 page - \$170.00
3 1/4" x 12"
5" x 8"
6 1/2" x 6"

1/2 page - \$290.00
10 1/4" x 8" or 5" x 15 1/2"

Full page - \$390.00
10 1/4" x 15 1/2"

Business directory ads: \$18 each, must buy 5 consecutive issues (\$90.00 pre-paid)
No changes. Size 3 1/4" x 1 1/2"

Classified ads: \$6.50 for 25 words, 10 cents for each additional word

Prepaid contracts available - Save up to 20%.
Purchase six ads of any size and run within 12 months.
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Subscriptions \$35.00 per year - 24 issues

Inserts 1-4 pages, 8 1/2" x 11" Cost \$45.00 prepaid per 1000
Must purchase full circulation

Publication: First and Third Thursday/Month
Deadlines: Thursday before publication
Copy - 12:00 Noon
Advertising 5:00 PM

The Mountain Gazette, 6558 VT RTE 116, Starksboro, VT 05487
Phone: 802-453-6354 mtngazette@gmavt.net
www.mountaingazetteofvermont.com

Friday
February 14



Surprise your
VALENTINE
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