



LAMOILLE NEIGHBORS

- ❖ Small outdoor **gathering for conversation**, August 27th, 4-5 PM on Olea's shady lawn. We had so much fun at the last gathering that we decided to meet again while the weather is still nice. We will set up chairs over 6 feet apart and ask that you wear masks until you are seated. To register go to the website under events and sign up, call 802-585-1233 or e-mail lamoilleneighbors@gmail.com.
- ❖ Outdoor safe music event, Saturday September 19th, 2PM with local talented musician, **Debbie Yacovone**. Debbie has been playing the guitar since she was twelve years old! She loves to sing Americana and folk songs. She has been bringing music to long term care homes for many years and it's her favorite thing to do! She picked up the Autoharp about 15 years ago and tries to channel Mother Maybelle Carter! She lives in Morrisville with her husband, Dave and she gets great inspiration from him and their two sons, Seth and Evan! This will be a safe event and chairs will be set up more than 6 feet apart. Please wear your mask until seated. Sign up on the website, e-mail lamoilleneighbors@gmail.com or call 802-585-1233.
- ❖ **i Phone Photography** - Capturing the Beauty of Autumn. Wednesday September 23rd and 30th 1-2:30 via Zoom with instructor Nan Carle Beauregard. This Fall is an excellent time to take great photos at home and around Vermont. The iPhone camera is a powerful tool with which **YOU** can take excellent photos! This short course is an opportunity to discover the power of iPhone photography and how you can take photos that make you say 'wow I took that!' And, it's a great opportunity to capture this moment in time in Vermont.
In this interactive workshop participants will take photos and learn to improve their iPhone photos over two sessions. Come and focus your "iPhone eye" as a photographer! All levels of skill and experience are welcomed. This will be a Zoom experience and we will be sharing photos for feedback.

Topics of discussion will include:

The basics of the iPhone camera

Focus and exposure

Composition

Hints on landscape and portrait photography

Easy editing tips for exploring your own style

Bio for iPhone instructor, **Nan Carle Beauregard**

I am an iPhone Photographer. My iPhone 11+ is the one camera that is always with me and it means I can be in the moment with my experience of the world.

I want my photography to be spontaneous in capturing the spirit of time and place. In particular, I want to share the beauty of life as I see it. This might be in seeing repeating patterns, reflections or moments that matter. I am too well aware that there is an ugliness that swirls around us but my quest is to see and share the beauty that weaves the tapestry of our life experience. My journey takes me to cities, streams and towns across the globe. Come Join Me!



Please sign up on the website, email lamoilleneighbors@gmail.com or call 802-585-1233 if you're interested in attending this class.

A big thank you to Cookie and the Sky Blue Boys for giving us a wonderful concert on August 11th. It was so refreshing to be enjoying a safe outdoor event together . The music was fabulous and the weather cooperated.



Creative Care Kits
offered by Central
Vermont Council on
Aging.

This is a great
opportunity as we all
consider going into the
winter months still
having to navigate the
pandemic.

This is a free program
open to anyone over
60. No experience in
the arts or creativity is
needed. Your kit will
arrive in October and
will have materials,
instructions and
resources. A volunteer
will call once a month
from October-January
to check in with you.

*Would you like to participate in
creative arts activities?*
**Signup today to receive a
Creative Care Kit!**

Free program for anyone age 60+



**Learn a new skill while engaging in creative arts activities
and connecting with a volunteer over the phone!**

Example activities include: watercolor painting, writing poems,
map drawing, coloring, creating handmade greeting cards,
listening to music, designing photo journals, and more.

*For more information and to receive a free Creative Care Kit, please contact Luke Rackers,
RSVP Coordinator at the Central Vermont Council on Aging (CVCOA):*

802-479-1953 or lrackers@cvcoa.org



The first Creative Care Kit will be delivered in early October!

Chef John Patterson's Tomato Gazpacho Soup from Shelburne Farms

Yield: 3 quarts

INGREDIENTS

- 4 lb ripe slicing tomatoes
- 1 lb cherry tomatoes
- ½ lb sweet onion
- ½ lb fennel
- 1 lb cucumber
- ½ lb shishito pepper
- 3 cloves garlic
- 1/2 C kosher salt
- 1/8 t cayenne pepper
- 1 Tbs sweet paprika
- 1 tsp sweet smoked paprika
- 6 large basil leaves
- 20 flat leaf parsley leaves
- 1/4 C sherry vinegar
- 1 C extra virgin olive oil

PREPARATION

1. Roughly chop the fennel, onion, cucumber, peppers and garlic. Combine in a large, non-reactive mixing bowl and season with kosher salt, paprika, sherry vinegar and olive oil. Massage the seasoning into the vegetables.
2. Roughly chop the tomatoes and add to the previously marinated vegetables. Tear the basil and parsley leaves in half and add to vegetable mix.
3. Cover bowl with plastic wrap and allow to marinate for a minimum 3 hours, or up to 24 hours at room temperature.
4. Working in small batches, process the marinated vegetable mix in a blender to desired consistency.



One of our wonderful volunteers, Beth Springston, bringing food to a homebound member. This is one of the many services that members receive.

- ❖ Member, volunteer and musician John Dudley would like to share his YouTube recorded videos. When John first joined Lamoille Neighbors the first activity he attended was Music in the Morning at Betty Polow's home. Enjoy these and more to come in the next newsletter:

You've Got a Friend - Carole King / James Taylor

<https://youtu.be/3Pz5aA-AFmk>

Shine on Harvest Moon - Leon Redbone

<https://youtu.be/sBYLKMPnRuw>

Puff the Magic Dragon - Peter, Paul and Mary

<https://youtu.be/dEntE2cgllw>

Morning has Broken - Cat Stevens

<https://youtu.be/rz3U6YofimA>

Moonshadow - Cat Stevens

<https://youtu.be/x6I3UJDgoM4>

Moonlight in Vermont - Margaret Whiting and Willie Nelson

<https://youtu.be/g1RRuNSQQAc>

Interesting Links

- ❖ **Art From Home** 10 of the best virtual museum experiences in Europe.
- ❖ **Dorothea Lange** Oakland Museum Exhibition of famous American documentary photographer whose portraits of displaced farmers during the Great Depression greatly influenced later documentary and journalistic photography.
- ❖ **Turning Shadows Into Sketches** This is cool and fun, don't miss this one.
- ❖ **Black Culture Virtual Lecture Series** lectures from August 28 to November 20. African-American Studies Program, Prince George's Community College, Maryland. Free.
- ❖ **7 Videos to explain Racism and How to be an Anti-Racist**
- ❖ **Photographer matching visitors to artwork** Stefan Draschan's photo series is called "People matching artworks," and seeing it at first you might get an impression that it's all staged. But the artist reassures that these perfect shots are actually achieved using patience, and a ton of it. These are really fun. Laugh and enjoy!

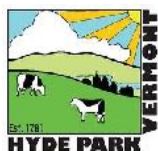
REACH OUT: Fighting Isolation Among Aging Vermonters

Lamoille Neighbors has been reaching out to our housebound members during this COVID-19 pandemic. As many of our social and cultural activities are presented online via "Zoom", members without internet service cannot participate. Through frequent phone calls, mailed cards and newsletters, pickup and delivery of library books and groceries, more contact with Bonnie at the office, and outside socially-distanced visits, we try to engage those who are more isolated and lonely. We plan to continue this project indefinitely. If you would like to help, please contact Bonnie at 802-585-1233 or lamoilleneighbors@gmail.com.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC



Howard Manosh

Lanpher Memorial Library

Join this exciting movement as a Lamoille Neighbors member, click [HERE](#)
 As a volunteer, click [HERE](#)
 As a donor, click [HERE](#)

Or any combination of the above! Volunteers can be members and members can be volunteers and anyone can be a donor.