



LAMOILLE NEIGHBORS

WISHING EVERYONE HOPE AND PEACE IN 2021
LOOKING FORWARD TO A TIME WHEN WE CAN GATHER IN PERSON

Our monthly Zoom speaker series is open to members and volunteers.

- ❖ **Wednesday, January 13th, 7PM Gary S. Moak M.D. Loneliness, Stress, and the Pandemic: Impact on Older Adults.** Gary is the Director of the Geriatric Psychiatry Fellowship Program at Dartmouth-Hitchcock Medical Center and Chief of Geriatric Psychiatry, New Hampshire Hospitals. He is board certified in Psychiatry, neurology and Geriatric Psychiatry and wrote **Beat Depression to Stay Healthier and Live Longer**. Gary is an engaging speaker and is upbeat.



- ❖ **Save the date. Wednesday February 10th, 7 PM Zacheriah Cota-Weaver, from the North Branch Nature Center, will be talking about local birds** His presentation will include: how to identify birds through sight and calls, looking at their habitat and migration habits and plants to have around your home that attract birds.



- ❖ **Yoga** Thursdays 9 AM with Faith Bieler. E-mail lisadiamondstein@me.com if interested.
- ❖ **Ongoing discussion group** every other Wednesday. E-mail esgibs@yahoo.com if interested in joining the group.
- ❖ The Climate Crisis: Where do we stand, with Bill McKibben, January 27th. **Click Here** to register for the Osher Life Long Learning lecture. \$10/lecture or \$30 for 7 lectures.

Polenta-stuffed Kabocha Squash submitted by Kathy GeiersbachIngredients

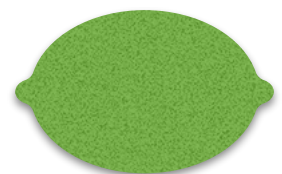
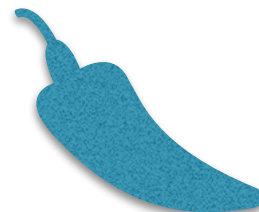
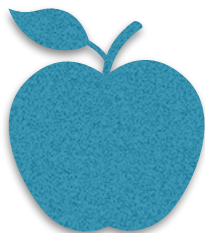
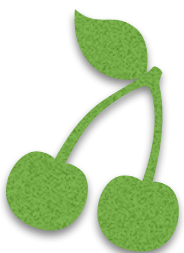
1 kabocha squash, 2 ½- 3 pounds
Olive oil
3 cloves garlic, sliced
6 oz havarti cheese, cubed
½ C. freshly grated parmesan cheese
1 C. cornmeal
2 T butter
2 C. chopped onions
¼ C. Minced fresh sage
1 TB minced fresh thyme
¾ tsp each salt and pepper
3 C. chicken or vegetable broth

Directions

Cut the top off the squash and scoop out the seeds. Rub olive oil inside and out and scatter the sliced garlic inside. Roast the squash in a roasting pan for about 30-40 minutes in a 400F oven. The squash should be tender but not collapsed.

Meanwhile, heat butter and 2T oil. In a large saucepan over medium-high heat. Add onions, sage, and thyme and cook, stirring frequently, until the onions start to brown, about 5-7 minutes. Add salt and pepper and the cornmeal and whisk in the broth. Bring to a boil, then reduce heat, cover and simmer for 10- 15 minutes, stirring frequently, until the polenta is soft.

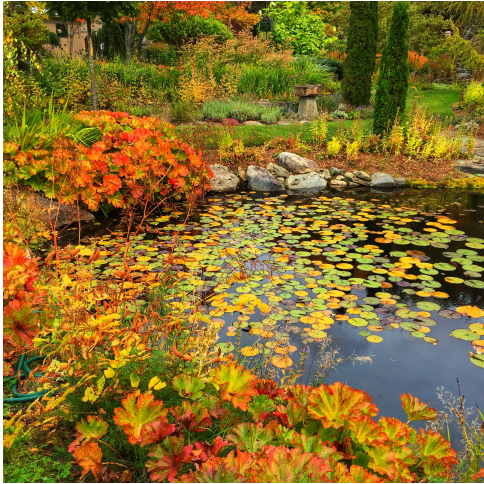
When cool enough, scrape and mash about 1 C. of flesh out of the squash and mix with the polenta. Add the havarti and parmesan and fill the shell with the mixture. Bake the stuffed squash in the 400F oven for about 20 minutes. Garnish with minced sage.



Some more coloring fun.



7 members have been attending the i phone photography class, led by Nan Carle Beauregard. We are learning about composition and light as well as how to edit our photographs with our i phones.



Wiffy Brooks



Marilyn May



Olea Smith-Kaland



Sue Moore



Lisa Dimondstein



Marv Miller



Ellen Gibbs

A number of Lamoille Neighbors members participated in the creative care kits, provided by the Central Vermont Council on Aging. Please send along some of the art you have created to lisadiamondstein@me.com for the newsletter. Below is a card that Carmen Campbell painted. Beautiful!



HAPPY BIRTHDAY

OLEA SMITH-KALAND
KRIS GREENE
DEBORAH WHEELER
BARBARA PERCY

Interesting or fun links: Just click on the red text

Le Petit Chef

Submitted by Olea Smith-Kaland. The French restaurant "Le Petit Chef"(Little Chef) came up with an original way to entertain guests while waiting for their order by using an overhead projector on the ceiling. The animation is on the table and your plate. Enjoy this, it's really fun.

Model Railroad

The largest model railroad in the world. This is way beyond the train set I had for my son when he was young!

Smithsonian 2020 Ocean Stories Top 10 ocean stories in 2020

Longest Time-Quarantine Edition from the Phoenix Chamber Choir Submitted by Sue Moore

Beethoven 250th Anniversary An 11/2 hour video concert.

Some post holiday humor

#1. What do you call a broke Santa? St. Nickel-less

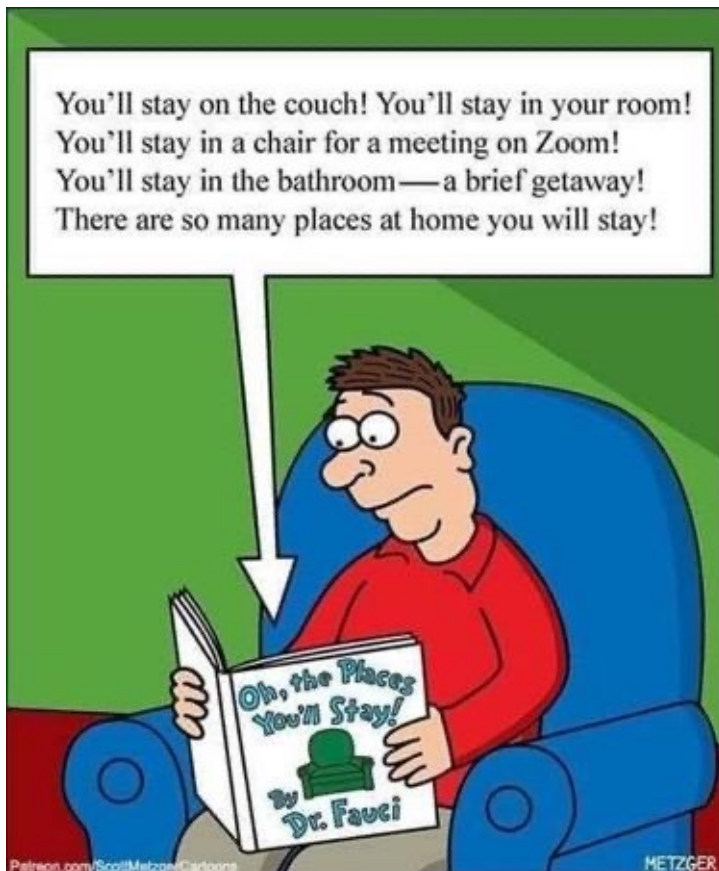
#2. What do you call a kid that refuses to believe in Santa? A rebel without a Claus

#3. What's the best Christmas present ever? A broken drum-you just can't beat it.

#4. Why did the scarecrow get a big Christmas bonus? He's outstanding in his field.

#5. What did the bald man say when he got a comb for Christmas? I'll never part with it.

#6. What do you call a bunch of chess masters bragging about their games in the hotel lobby? Chess nuts boasting in an open foyer.





Photograph by Bob Malbon, member and volunteer, of the snowy owl at the Morrisville airport.

Brain teaser

There is a pair of words and the goal is to find a third word that is connected or associated with both these words. Example: Lock and Piano and the third word that ties them together is Key. Answers are on page 8.

- 1.Ship—Card
2. Tree—Car
- 3.School—Eye
4. Pillow—Court
5. River— Money
6. Bed—Paper
7. Tennis—Noise
8. Egyptian—Mother
9. Smoker— Plumber



Lamoille Neighbors organized gift giving to its members. Bakers made cookies, Debbie and Mike purchased the fixings for the bags (Mike also harvested the honey and the syrup) and filled the bags, and drivers delivered the gifts. Several additional presents were organized by Maxine through a senior project of United Way. Neighbors giving to neighbor.

Hope the bags were a little bit of sunshine in this difficult holiday season. We had fun organizing it!

Answers to brain teaser on page 7.

#1. Deck #2. Trunk #3 Pupil #4. Case #5. Bank
#6. Sheet #7. Racket #8. Mummy #9 Pipe

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC

Lanpher Memorial Library

Howard Manosh