



Our monthly Zoom speaker series is open to members and volunteers. We are also welcoming members of the Mt. Mansfield Village to join our speaker series. MMV is similar to Lamoille Neighbors but serves the towns of Cambridge, Jericho and Underhill.

- ❖ **Wednesday February 10th, 7 PM Zacheriah Cota-Weaver, from the North Branch Nature Center, will be talking about local birds. Sign up on the website or by calling Bonnie at 802-585-1233.**



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. Zac has a fun bio on the North Branch Nature Center website so I'm including it here: Zac's journey into the environmental field started with a male Hooded Merganser. Captured by its quirky charm, he snapped a picture and uploaded it to the iNaturalist Vermont project. Hooked on birds and community science ever since, he finds his motivation in sharing the marvels of the natural world with others. Having previously interned and volunteered with NBNC, Zac returned in 2017 as an AmeriCorps Member. His new role with NBNC includes work with ECO, Forest Preschool, camps, and community science programs. When not at NBNC, Zac volunteers as a Firefighter/EMT, leads youth programs with Outright Vermont, and serves on the Planning Commission in Hyde Park. He enjoys card games, musical theater, and is on a quest to find the perfect tuna melt.

- ❖ **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.**
- ❖ **Full moon snow shoe February 27th, 7PM.** This outing will be for any skill level, even to those who are new to snow shoes. If you need to borrow snow shoes please email lisadiamondstein@me.com. Sign up on the website or call Bonnie at 802-585-1233.
- ❖ **Eric Nuse** will do a Zoom presentation on ice fishing. Date to be announced. Eric is a great storyteller so he's sure to entertain us as well as giving us a sense of the how and why of ice fishing.



9 members attended the full moon snowshoe January 28th. Headlamps guided our way into the magic of the night, as the moon stayed hidden.



Vaccinations have begun and we all are beginning to feel a glimmer of hope. Bonnie signed up 6 members for their vaccination and helped others with navigating the website. Thank you, Bonnie!

Page 8 has a personal account from Olea Smith-Kaland of receiving the coronavirus vaccination.

The social/education committee is collating all the wonderful responses/ideas we received from the questionnaire and the phone calls we made. It was great talking with each of you. We know we can't do "it all" but we can do a lot. If you would like to take the lead on a hobby group let us know, and if you think of other ideas as time goes on please share them. We love hearing from you.

Judy Clark, John Clark, Olea Smith-Kaland, Sue Moore, Ellen Gibs, Lisa Dimondstein

For those interested in **saving seeds** for gardening, here is a You Tube link for a webinar that Kathryn Adams (board member Maxine Adam's sister) did with other master gardeners as part of an effort by Cornell Cooperative Extensions of Albany, Rensselaer and Schenectady Counties, N.Y.. The first part of the webinar discusses saving native perennial seed, followed by a presentation of saving vegetable seed, and then woody seed propagation.

https://youtu.be/evldFnjh_S0

And for those interested in **cooking classes**, check out the on line class at River Arts. Join Kait and Hannah from Sustainable Kitchen for an evening of food and community cooking! Pick up a box of locally sourced ingredients and cook through dinner together with your neighbors and friends! Enjoy an evening of community connection and learn how to make some delicious dishes. <https://www.riverartsvt.org/2021-classes/online-cooking-class-with-sustainable-kitchen>, \$60 for a 2 person dinner.

The Mud Room

If you're family or friends and you're coming to stay,
Please use the mud room door.
There's a place to hang your coat and hat,
And put your boots upon the floor.

The mud room has a variety of things,
To look at and discover.
So take your time, but hurry along.
And we'll visit with one another.

There's also a place to warm yourself,
And tea and cookies to eat,
So come on in to join us,
We'll find you something good and sweet.

My kitchen is open to all those who come in,
The back porch suns us all.
The conversation will be a jumble of things
Whatever we recall.

If comfort you want than join us inside,
The living room has seating for you.
We'll sit in our chairs, you take the couch,
And the rest will take care of it self.

And then when you leave, there the mud room awaits,
With your coat and boots inside.
They'll be warm and cozy and waiting for you,
When you're ready to go outside.

Maggie Stewart, member of LN

Smoked Cheddar Dip, Recipe from Shelburne Farms

Ingredients

- ¼ lb smoked cheddar, finely grated
- ½ lb sour cream
- 1 lb cream cheese
- 1 lb caramelized onions (about 4 medium onions onions cooked with 3 Tbsp unsalted butter)
- 1 Tbsp smoked paprika
- 1 qt milk
- 1 ⅓ oz butter
- 1 ⅓ oz all purpose flour
- Salt to taste

Process

1. Warm milk in a medium saucepan just before boiling point. Reserve. In another medium saucepan, heat butter over medium heat and whisk in the flour. Once the flour has been incorporated, add the warm milk a little at a time, being sure to whisk out the lumps. Continue to cook over low heat for another 20 minutes. Remove the pot from the stove, and stir in the smoked cheddar cheese. Transfer cheese sauce to a non-reactive container and allow to **fully** cool.
2. Once the cheese sauce has cooled, transfer to a mixing bowl. Fold in the cream cheese a little at a time (a mixer with a paddle attachment works great for this). Once the cream cheese has fully incorporated, add the sour cream and the caramelized onions. Season to taste with kosher salt. Dust the top with a little smoked paprika. We use sweet smoked paprika, but the hot smoked variety is also great if you want a little kick.

Everything you wanted to know about this tax season – Beth Springston, Jan. 29, 2021-member and volunteer

For those of you who don't have a tax accountant giving you updates, here's what's happening in the tax world.

Slow Start - The IRS and the state of Vermont aren't accepting any filings before February 12. That's slower than normal and due to COVID, of course. When Congress passes legislation at the very end of the year, it takes time to get forms revised and instructions re-written.

Same Due Dates - Unlike last year, tax agencies are sticking with the April 15 deadline. Make sure you get an extension if you won't be able to file by then, but if you owe money you still need to make a tax deposit if you want to avoid interest being charged.

Refund timelines - the IRS says they will still be able to get refunds out within 3 weeks for electronic filers. If you mail a return, it's hard to tell. They still have returns stacked up from last year that haven't been processed yet.

Free Resources:

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

<https://tax.vermont.gov/individuals/free-file>

Free Local Site - if your income is below \$55,000, you are eligible to have your taxes prepared by VITA, staffed by volunteers trained by the IRS and sponsored by Capstone. Due to COVID, the procedure is different this year. You will be sent an information form in the mail, then call for an appointment to drop off all your documents in person. Volunteers will prepare them offsite, then call so you can return to sign them and pick up copies. You can call Capstone at 802-477-5148 to start the process.

if your Adjusted Gross Income is below \$72,000 you can use IRS partners to get your taxes prepared online and filed for free. Some will also file the state return for free. The sites above provide information on authorized providers.

IRS Free File Fillable Forms - Anyone can use IRS electronic forms on their site, fill them in yourself, and send them in. These are only the federal forms.



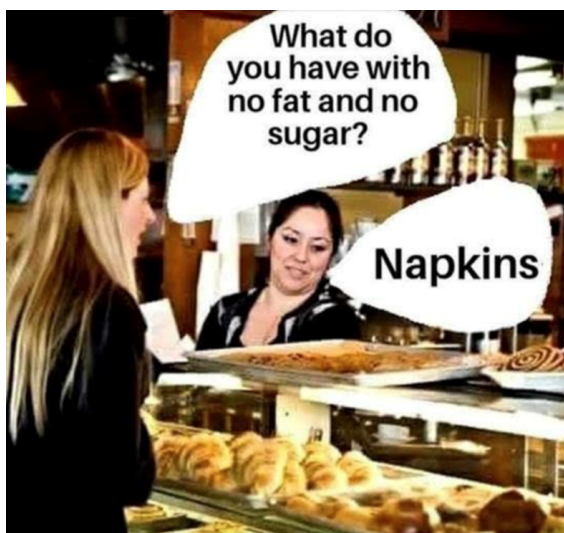
Happy Birthday
Wishes To:
Kathleen Geiersbach
Suzanne Boden
Mary Miller
Lisa Dimondstein



Cartoon submitted by Judy Clark

Riddles, answers on page 6

- #1. What occurs once in a minute, twice in every moment, yet never in a thousand years?
- #2. What has an eye but can not see?
- #3. What gets broken without being held?
- #4. I'm tall when I'm young and I'm short when I'm old. What am I?
- #5. What goes through cities and fields but never moves?



My mind is like my internet browser.
19 tabs open,
3 of them are frozen
and I have no idea
where the music is coming
from.

Interesting or fun links: Just click on the red text

[Shearing Sheep and Hewing to Tradition, on an Island in Maine](#)

[bird songs](#) interactive illustration to identify and listen to 24 birds.

[Beethoven Violin Concerto with Itchak Perlman](#)

[25 Creative Sculptures From Around the World](#)

[Dancing Through Harlem](#)

[Shalom Alechem Barcelona Gipsy Klezmer Orchestra](#)

[Sundance Film Festival-3 short documentaries](#)

Do you have friends or neighbors who would benefit from Lamoille Neighbors? Feel free to call Ellen Gibs, 1-978-621-3807, Olea Smith-Kaland, 802-888-5258 or any other person on the board you know. We do have financial assistance available, when needed.



The Grandpad is a simple, secure tablet for seniors and we are piloting this technology with one of our members. No internet is needed and it's a way to stay engaged and connected with family and friends. It has Zoom capacity which will help seniors during the pandemic as well as those who are more housebound. We were able to pilot this with support from the Lanpher Memorial Library.

Answers to riddles on page 5

- #1. The letter m
- #2. A needle
- #3. A promise
- #4. A candle
- #5. A road

Have fun coloring



Wondering what getting vaccinated is like? Here is one member's account of it.

The Jab by Olea Smith-Kaland

I wasn't at all sure this day would come although I'd been waiting more than ten months for it. And when it did, it was bitter cold outside. Was I lucky to be able to get an appointment in the first week open to those of us 75 and over? Yes. Would my car start? Yes. Would I have to wait outside? No. Would there be snafus? Another no.

The day was off to an odd start. I was pretty sure I knew where the Community Center in Jeff was, but, just in case, I turned on my GPS. I'd even coddled it overnight, bringing it into the house as the thermometer went below zero and the wind howled. Maybe it couldn't take the temperature change, but it began to babble that I was on Rt. 100 rather than 15 and that I should turn at every side road which presented itself, left or right, dead end or not. I ignored it even though it was a bit of company on the half hour jaunt from Hyde Park.

And there it was – the Covid 19 vaccination site. I rolled into the last parking spot. Inside was a hub of activity. First was “triage” (which surprised me as my immediate association was with disasters). My temperature was tested, and I was asked a lot of questions about present symptoms. The pleasant helper laughed when I said I had been breathing fine until I double masked for coming there. Next was a check in where I answered the same questions I had when signing up for the vaccine. I got a vaccination card and was told to sit in a distanced waiting area while I filled out the paperwork and read about the Moderna vaccine. Valerie Valcour, former Lamoille Neighbors member, and coordinator of the Lamoille Department of Health vaccination sites, came by with some friendly words.

As I was sitting there, my mind began to wander to the beginning of my awareness of the severity of this new Coronavirus in the second week of March last year. I had cancelled a trip to Europe right before travel was shut down. Little did I (or any of us) realize how rapidly life was going to radically change and how physically isolated we were going to be. Like so many of us, I had found ways to cope and even thrive during this time, but it had taken more of a toll than I thought. As I sat there observing the four vaccination sites, I was surprised at how anxious I felt. I even had to consciously calm my breathing down. I was so close to being on the way to a more normal life again. After all these months, it didn't seem possible.

Then it was my turn, and I had no more anxiety. The vaccinator asked more questions, particularly about previous vaccine reactions (I had had none), and then the jab came. Immediately, I felt relieved. It had actually happened, and now all I had to do was wait again, this time for fifteen minutes. After that, there was an exit interview which ended in a new appointment for the second dose. I felt such gratefulness and even joy. A slightly sore arm is a small price to pay for being on the way toward life with others again.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC



Lanpher Memorial Library



Howard Manosh



Thank you to all the individual donors who help make Lamoille Neighbors successful.