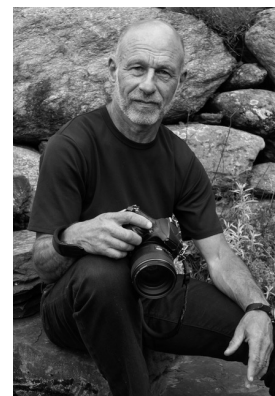




LAMOILLE NEIGHBORS

- ❖ **Zoom Speaker Series, Thursday March 11th, 7 PM, "Heart and Eye" Photography Presentation by Elliot Burg, from Middlesex, Vermont.** The subjects of his photographic portraits from around the world include Bolivian villagers; senior track-and-field athletes; and Cuban musicians and dancers. In his online presentation "Heart and Eye," Elliot will discuss and illustrate the methods, artistic values, and stories behind his work. His photographs can be viewed at elliottburgphoto.com. Register on the website under events, e-mail lamoilleneighbors@gmail.com or call 802-585-1233.



- ❖ **Bonfire March 22nd, 6:30 at Lisa and Mary's field. We are limiting this event to 10 people. if there is more interest we'll schedule a second event. Click [Bonfire](#) to register or call Bonnie at 802-585-1233, if you don't have internet.**
- ❖ **Full moon snow shoe March 28th, 7:30 PM.** If you need to borrow snow shoes or poles please email lisadimondstein@me.com. Click [Full Moon Snowshoe](#) or if you don't have internet call Bonnie at 802-585-1233.
- ❖ **Yoga Thursdays 9 AM with Faith Bieler.** E-mail lisadimondstein@me.com if interested.
- ❖ **Ongoing article discussion group** every other Wednesday. E-mail esgibs@yahoo.com if interested in joining the group.

Welcome fellow knitters. Are you interested in joining a group of your neighbors to sit together and share your knitting skills. We are hoping to contract with a teacher online for 3 sessions (no charge for members). Right now we are a group of four but hope we can entice more folks to join us. Don't worry if you are a novice knitter, all are welcome. If you're interested please call Ellen Gibbs, 978-621-3807.

Beet Salad recipe from Sharon Anderson

1 package Gefen Organic Red Beets (available at Costco)
 1/4 cup thinly sliced onion
 1/4 cup sugar
 1 tsp. mustard
 1/4 tsp white wine vinegar

Directions: Remove beets from packaging and reserve liquid. Slice beets or cut into wedges. Add onion and toss. In a saucepan over medium heat, cook sugar, mustard and reserved liquid until combined. Add vinegar and bring to a boil. Remove from heat and allow to cool. Pour over beets and onions, toss and refrigerate for 4 to 6 hours. Remove from refrigerator and serve at room temperature.

Kale Chips, recipe from Lisa Dimondstein (this is my new favorite addictive snack).

10 oz chopped kale leaves (washed, thoroughly dried and stems removed)
 2 TBSP grape seed, olive or avocado oil
 1/4 Cup raw cashews
 5-6 TBSP nutritional yeast
 1/4 tsp salt
 1/4 tsp pepper
 1 tsp garlic powder

Preheat oven to 300

Add kale to a large bowl and drizzle with oil. Use hands to massage the kale to soften it's texture. Set aside.

Add cashews, 4 TBSP nutritional yeast, salt, pepper and garlic to a food processor and pulse until a fine meal.

Add this to the kale and toss with your hands, working it into the grooves so it's thoroughly coated.

Divide the kale between 2 large baking sheets and spread them out so the pieces are aren't overlapping.

Sprinkle the kale with the remaining 1-2 TBSP of nutritional yeast.



Kevin Bracey is one of Lamoille Neighbor's busiest volunteers. A retired government worker from Morrisville, Kevin has volunteered with us since August 2020. His many services include driving members to appointments and shopping. He is also a member of the snow shoveling crew. His latest "job" was helping a member with phone and computer issues. He says he "misses contact with one of our oldest members he used to take shopping" before the recent pandemic lockdown.

THANK YOU, KEVIN!

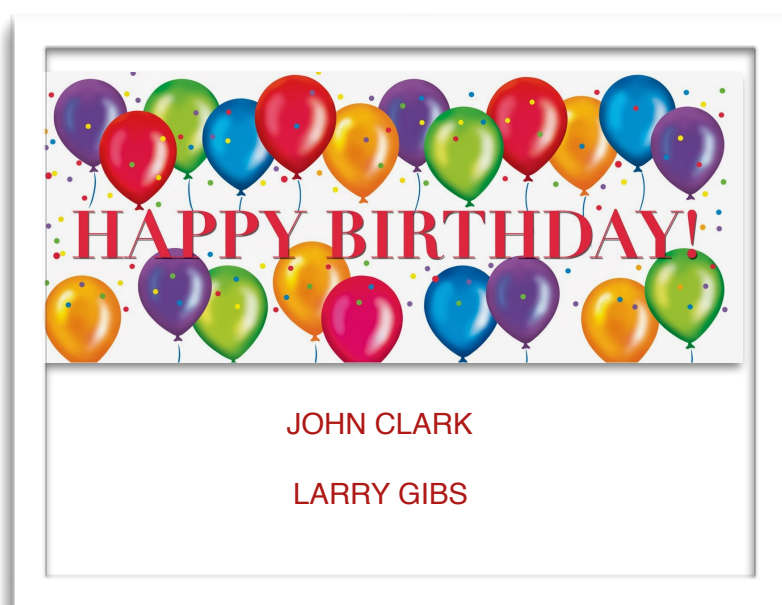
12 members attended the Zoom gathering for conversation on February 20th. We started with flower riddles presented by Judy and John Clark. They were enjoyed by all.

Additional flower riddles supplied by Judy and John Clark. Answers on page 6.

- #1. What flower is a country with lots of motor transportation?
- #2. What flower is a sweetheart's farewell?
- #3. What flower is a man's name and what he writes with?
- #4. What flower is a bird and a riding accessory?
- #5. What flower is a way for a woman to get rich quick?
- #6. What flower is neat ranks?
- #7. What flower is a vegetable that doesn't need sugar?



Seven members broke a snowshoe trail in Olea's fields in anticipation of the full moon snowshoe on February 27th.



**Poem by member Maggie Stewart
Vermont Town Meeting**

Today was town meeting.
A great place to be.
If you like friendly faces,
One's you don't often see.

It's a place for discussion
Of our town budget and plans,
Where democracy rules,
While some sit and some stand.

We wonder why this neighbor
Or that one's not here.
They've always turned out.
What's the matter this year?

Good coffee and goodies,
Sustain us, as we ,
Get ready to listen,
To the process with glee!

There are those who bring knitting.
And other's who spoke
Of their belief's and opinions,
Or an accidental joke!

The town fathers' are sitting.
(No disrespect to the mothers'),
Up front on display.
To answer our questions,
And reject all hearsay!

We get stuck on some article.
Perhaps ten, five or four.
It takes half an hour
To settle the score.

The amendment to the amended article's,
Are kept track of by the clerk.
The moderator keeps peace,
So we don't all go berserk!

As the articles move
And are votes yes or no,
We move down the page (if we're lucky)
In a couple hours, or so.

Changes are good.
But not too many we'll plan.
For we all know it's true,
Things were better, back then.

When the meeting adjourns,
We must then say hello,
And discuss winter weather, our health,
Or the town meeting show.

There's one thing I wish
As I walk out the door.
That next year they will LISTEN!
When I have the floor.

Moving on out
To our cars that await,
There is just one more person,
We haven't talked to of late.

When the silence overcomes us,
On the drive to our home,
We hope for some changes,
In next years beastly moans!!

Thank you Maggie.

This year we won't be gathering, in person, for town meeting. Has this ever happened before? It's a reminder to continue reaching out to friends and neighbors with calls and cards. It's been a long YEAR.

Lamoille Neighbors now has a database of Preferred Providers for our members' convenience. We currently have 26 providers listed.

Providers are businesses, people, services, or organizations who provide paid services to the community.

Lamoille Neighbors' providers have been used by at least two of our members who are very satisfied with the work performed for them. Lamoille Neighbors is also screening each provider with an interview phone call and some of the providers are offering discounts to our members.

To find Lamoille Neighbors' Providers you will need to go to the computer website. (If you don't have internet call Lamoille Neighbors at 802-585-1233).

1. Sign into the website using your password.
2. Under the Members tab, click on the title Preferred Providers

THEN:

3. Look for the Providers Category that applies to your need.
4. Click on the appropriate listing.
5. You will find a provider's name and number. To get to the full profile, click on SHOW.

OR, another way is to:

3. Look to the right side of the screen for SEARCH and put in the provider's name.

OR you can:

3. Just click on SEARCH without entering anything and all the providers will come up alphabetically.

We need your help. Members and volunteers, please look through the list of providers and send recommendations. Also, if you use or have used one of these providers please write a review. Send recommendations to lamoilleneighbors@gmail.com or call Bonnie at 802-585-1233.

Click [HERE](#) to view the page. If you don't have internet you can call Bonnie at 802-585-1233 to see who is recommended for a specific service that you are needing.



Want to paint a birdhouse that will result in a vibrant installation of public art along the Rail Trail in downtown Morrisville? **River Arts** in Morrisville is looking for community members to help design and paint wooden birdhouses and feeders. You don't need to be a master painter- all levels of creativity are encouraged to participate!

Sign up is required since there are a limited number of wooden birdhouses and bird feeders. You can pick up your birdhouse on April 1st. You have until April 30th, 2021 to return your creative and decorated birdhouses to River Arts.

[SIGN UP TO RESERVE A BIRDHOUSE](#)

Want some ideas to get creative with your birdhouse and feel comfortable attending a micro-class?

Attend River Arts free workshop on Friday, April 16th from 5:30 to 6:30PM

[LEARN MORE](#)

Interesting or fun links: Just click on the red text

Birds Can Dance

Ballet Dancers Connect During Lockdown -Dutch National Ballet

Be the Light Song by Lea Morris inspired by Amanda Gorman's Inaugural Poem

Everyone Needs a Best Friend Nora Jones singing and wonderful illustrations.

The Great Migration and the Power of a Single Decision TED talk from Isabel Wilkerson from 2017 (You may need to sign in to view the TED talk).

Harry Belafonte Banana Boat Song 1997. A fantastic performance.

A World Through a Lens On Horseback Among the Eagle Hunters and Herders of the Mongolian Altai.

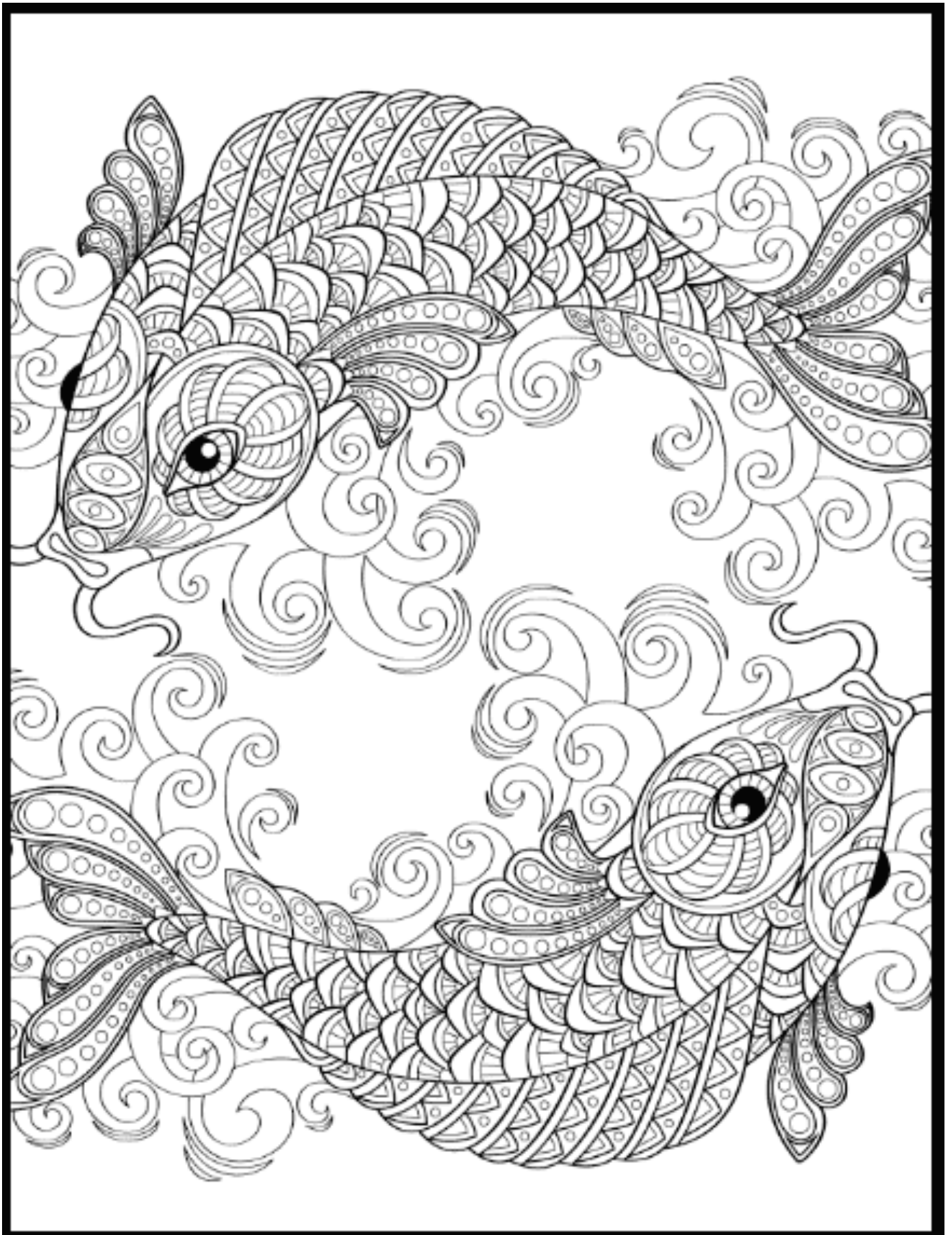
Do you have friends or neighbors who would benefit from Lamoille Neighbors? Feel free to call Ellen Gibs, 1-978-621-3807, Olea Smith-Kaland, 802-888-5258 or any other person on the board you know. We do have financial assistance available, when needed.



Answers to flower riddles on page 3.

- #1. Carnation
- #2. For Get-Me-Not
- #3. Jonquil
- #4. Larkspur
- #5. Marigold
- #6. Primrose
- #7. Sweet Pea

Have fun coloring



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.