



LAMOILLE NEIGHBORS

We will pause our monthly Zoom speaker series as we can begin to gather outside again.

May Events

May 15th 8-10 AM and May 22nd 5-7 PM, join Zac Cota of North Branch Nature Center for a bird walk. During our leisurely walk down the Lamoille Valley Rail Trail, we will practice identifying local birds and migrants by sight and song, and will learn all about their amazing lives. Binoculars and field guides will be available to borrow with advance notice (when you register please let us know if you need either). Each walk will be limited to 15 participants.

Sign up ASAP for either or both. If you have limited mobility we can accommodate you, so please let us know.

Sign up on our website [HERE](#) or call 802-585-1233.

May 16th Soup Sunday at Sue Moore's home. Food will be provided and tables and chairs will be outdoors. Come enjoy this social gathering! Call 802-585-1233 to sign up or click [HERE](#) to sign up on the website.

If you haven't signed up for a paint your mug kit please do that as soon as possible.

River Arts is collaborating with Lamoille Neighbors to provide 25 Paint-Your-Own Pottery Kits. Every kit contains two hand-thrown mugs and a colored underglaze to decorate with. Write your favorite poem or paint a pattern that repeats. **Sign up for a kit on our website [HERE](#) or call 802-585-1233.**

We can pick up your kit and deliver it to you OR we are going to have a **paint your mug outdoor party on June 5th** so we can enjoy each other's company while we paint. Click [HERE](#) to sign up for the paint party.

Dates for mugs.

- May 15th: Kits are available for pickup
- As soon as mugs are painted, folks can return them to River Arts for the last firing
- **June 5th 10 AM Paint Your Mug Party at Ellen Gib's yard. Join the fun!**
- June 15th: Last day to return the pottery to River Arts.
- River Arts will clear glaze every mug for you!
- July 1st: Final glazed pieces ready for pickup (these will be dishwasher and microwave safe!)

Ongoing Groups:

- ❖ **Yoga** Thursdays 9 AM with Faith Bieler. E-mail lisadiamondstein@me.com if interested.
- ❖ **Article discussion group** every other Wednesday. E-mail esgibs@yahoo.com if interested in joining the group.
- ❖ Interested in the **knitting group**? Contact Ellen at esgibs@yahoo.com or call Lamoille Neighbors at 802-585-1233.

River Arts is waiving the tuition for all community members over 65 for the month of May. Take a free class or only pay for materials. Click [HERE](#) to view classes and sign up.



Bob Malbon
Helen McIver
Sue Moore
Michael Wickenden

A BIG thank you to our dedicated volunteers who have jumped back into helping our members again. In March we completed 10 services and in April, 15 services. Things are slowly starting to feel more "normal"! One of our beloved members, Betty Polow, has finally made it home after not being able to return from California for a year due to Covid. Welcome home Betty.

Volunteer and members, we love putting your creative endeavors in the newsletters. Send art work of all kinds, poems, recipes, short stories, etc.. You can e-mail to lisadiamondstein@me.com or mail to Lamoille Neighbors P.O. Box 404, Hyde Park, Vt. 05655. In this issue we have paintings by member Carmen Campbell and an interview with Nancy Trella with a family recipe.

Word Play

A backward poet writes inverse.

No matter how hard you push the envelope, it's still stationery.

To write with a broken pencil is pointless.

A boiled egg is hard to beat.

If you boil a funny bone it becomes a laughing stock. That's humerus.

I bet the butcher the other day that he couldn't reach the meat that was on the top shelf. He refused to take the bet, saying that the steaks were too high.

Old bikes should be retired.

Santa Clause-patron saint of grammar.

One podiatrist is a sole healer.

I nearly bought a clock today but it wasn't the right time.

The invention of the wheel created a revolution.

Member Portrait: Nancy Trella by Olea Smith-Kaland

What do risotto Milanese and ham radio parts have to do with each other?

They have both been part of Nancy Trella's colorful life. She learned to make this delicious dish (see her recipe in this newsletter) from her mother who used saffron grown by her father to both flavor and color the dish. Both of her husbands were ham radio enthusiasts, and Nancy spent hours on the road selling ham radio paraphernalia, driving a hard bargain, and meeting people from all over the world.

Nancy was born in August, 1927, in Hartford, Connecticut. She and her parents and four year older brother lived in a mixed neighborhood of first generation Americans. Both her parents were born in the same town in northern Italy and moved to the U.S. separately as young adults. They nurtured their relationship while living in a boarding house in Windsor Locks. Nancy's mother worked in a factory, her father delivered ice. They started off with "nothing" when they married in 1922, but they were near his parents and siblings as well as her sister.



Nancy as a baby

Nancy spoke only Italian as a child but learned English when she started school. Her parents had completed the obligatory fifth grade education in Italy, and her father went to night school in Connecticut. He had wanted to be a teacher, but the Depression quenched that dream. Nancy and her family often only ate soup every night or just shell beans during this time. After two years of not working, her father eventually drove a truck for a trap rock company and delivered all over the country. The rock was needed to make "electrocution rooms" in prisons. Her mother was home after her marriage until she went to work in the tobacco fields in the summer and fall and the tobacco warehouses in the winter sizing tobacco. Later she worked as a chambermaid in a hotel and in a dress factory.

Nancy's brother had a lot of responsibility for her although she also went to her aunt's. However, Nancy didn't like being called "chickenfeet" and being bullied by her boy cousins. She learned to love and respect older people and had a lot of contact with her extended family although most of her family on her mother's side still lived in Italy.

Nancy says she's proud to be Italian. Her brother hit a classmate who called him a derogatory term. Her parents both became American citizens. She recalls the immigration judge complimenting her mother on her reading skill and asking her where she'd learned to read so well. Her mother said she had learned to read English along with her children. Nancy's mother taught her to cook many Italian dishes.



Nancy with her brother.

Nancy graduated from high school in three and a half years. She met her husband, Edmund, at a Knights of Columbus dance during the war and married him at 19 in 1946. He'd left school at 16 and been in the Navy where he had seen battle in Africa, Sicily, Anzio, Cassino, and Normandy. She liked that he was "a Hartford boy", courteous, good to his mother and sisters, thoughtful, and good to her. They lived in Washington, D.C., for a year, and both worked at the Pentagon. Then they moved back to Connecticut where both became IBM operators.



Nancy with husband Edmund, son Tom as a toddler.

They moved to Meriden, Connecticut and bought a house there. After more than ten years, her son, Tom, was born. Nine years later, she had an ectopic pregnancy. It wasn't an easy life. Her husband got sick and died of pancreatic cancer within five weeks at the age of 46. She was left with a 14 year old son but also a paid off house, due to the mortgage insurance they had bought with foresight. She ended up living in that house for 58 years.

Edmund had been an avid amateur radio operator and had a friend, Edward, who was also very interested in the same. Ten years after her first husband died, Nancy married Edward. He was a mechanic by trade and owned a machine shop. Nancy worked until 1980 when she was replaced by a computer. By that time, Edward had had several strokes. The last one was massive, and he died in 2004 at age 90 at home cared for by Nancy. Nancy stayed there surrounded by lots of friends and family. She sometimes hosted family gatherings with up to 29 people.

She moved to Vermont in 2015, first to Milton, and in 2017 to Morrisville to be near her son in Elmore. While still in Connecticut, she prevailed over uterine cancer and had a knee replacement. She knew she had macular degeneration when she moved and thought it better to do so while she could still see. Nancy thinks things over for a long time before she makes a decision, but then she thinks she makes good ones.

Nancy feels as if the best period in her life was while she was growing up. However, she also says that both husbands "spoiled me".

Some of Nancy's words of wisdom? To have a happy life as a couple, she says you have to work together, not pull in separate directions. You shouldn't worry about the color of a person's skin. "There's good and bad in every one of us." She says she was very perplexed at her first experience of segregation on the bus when she was in Norfolk. She wishes that young people knew that life is difficult, and that you never know how long you'll live. "You shouldn't waste it." She never thought she would live as long as she has and doesn't fear death: "when it comes, it comes".

She had prayed she wouldn't lose her eyesight but has. She also has some trouble hearing. Not being able to drive has meant a loss of freedom. Of course, she misses that, but she is very happy that her son visits her often. Their closeness means a lot to her. Nancy, a cheerful woman with a bubbling sense of humor, feels she's lived a life well lived and still does.

Member Carmen Campbell has been creating wonderful paintings and has been sharing them with us.



Nancy Trella's Risotto alla Milanese

4-5 pieces of pancetta (may find it already diced) or bacon, diced (pancetta preferable)
 1 lb sweet Italian sausage (Perri, if you can get it), take off the casing
 1 lb dried Porcini mushrooms, soaked in warm water until soft or
 1 lb. sliced fresh Portobello mushrooms
 2 ½ - 3 cups Arborio rice
 64 ounces homemade chicken broth or College Inn stock, half unsalted, half salted
 2 capsules of saffron threads, Morton & Bassett (available at Hannaford's), or similar.
 3 handfuls or so of freshly grated Italian Parmesan cheese

Warm the broth to almost boiling, and keep it at that temperature. Put the pancetta or bacon in a Dutch oven on medium heat until browned. Crumble the sausage, and add to the pan. Brown it all, stirring frequently. Add the rice and the mushrooms, and stir it for about five minutes.

Add three scoops of the boiling broth from a good sized soup ladle to the mixture, stirring it until the broth is fully absorbed. Then add another three scoops. Continue doing that until the rice is completely cooked, at least 20 minutes.

In the meantime, pour a little broth in a small bowl. Crush the saffron threads in a mortar with a pestle or crush them with your fingers. Add the saffron until it's completely dissolved.

During the last five minutes or so of cooking the rice, add the saffron broth. If you run out of broth, add hot water. Serve the risotto with lots of grated Parmesan as people wish.

This will serve 12-14 people.

Lamoille Neighbors signs on as a Community Partner to 3-4-50 Program

Lamoille Neighbors recently committed to Vermont's Health Department Wellness Goals. We are dedicated to reducing the burden of chronic disease and improving the health and wellness of our members and volunteers and community. Our Wellness Goals specifically address smoking, exercise and healthy nutrition. In the future we plan to continue to prevent smoking at our events, to prohibit smoking in volunteers' cars when they are transporting members, to refer our members to exercise classes and walks on the rail trail and hold cooking/nutrition classes.

3 BEHAVIORS: NO PHYSICAL ACTIVITY, POOR DIET, TOBACCO USE...LEAD TO

4 DISEASES: CANCER, HEART DISEASE & STROKE, TYPE 2 DIABETES, LUNG DISEASE...

RESULT IN MORE THAN

50 PERCENT OF DEATHS IN VERMONT





Member Eleanor Ahlers showing off her Grandpad to board member Joan Greene. We are still exploring and assessing the use of Grandpads to help elders stay connected to their community and families.



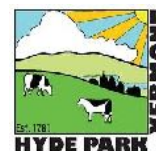
More paintings from Carmen Campbell



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Lanpher Memorial Library



Park Street Collective,



Howard Manosh



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