



LAMOILLE NEIGHBORS

Covid-19 Update

The board of Lamoille Neighbors has made the decision to be more cautious than the state or national guidelines due to our members being in a vulnerable age group. All attendees at events must be vaccinated. If you are unable to be vaccinated due to a medical condition that is a contraindication to inoculation, please contact Bonnie at 802-585-1233 for further guidance. Thank you for taking care of each other.

We still have mugs available and they are beautiful. 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 deliver a kit for you to paint at home 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.

- **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 will be ready to pick up and be delivered back to you (these will be dishwasher and microwave safe).

June 29th, From Jazz to Classical and Way Beyond. Carrie has graciously agreed to play for Lamoille Neighbors again this year. 7PM at Carrie's home in Hyde Park.

D Davis & Carrie Cook, aka Cookie, have been lifetime musicians who love all styles of music. They play together in "Cookie's Hot Club", a cosmic, sultry, swingin' & sometimes irreverent gypsy jazz band. And thus, carry that mix into their diverse repertoire of genres, including some originals, jazz standards, classical, Americana and country.

D & Cookie sometimes add unexpected, surprise instruments too... a choice on the menu you may not have tried, yet!

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

Lamoille Neighbors will now be welcoming members from Wolcott and Elmore. If you know anyone who might be interested in becoming a member, a volunteer or both have them contact Bonnie at 802-595-1233. We particularly need volunteers who can do transportation.

Ongoing Groups:

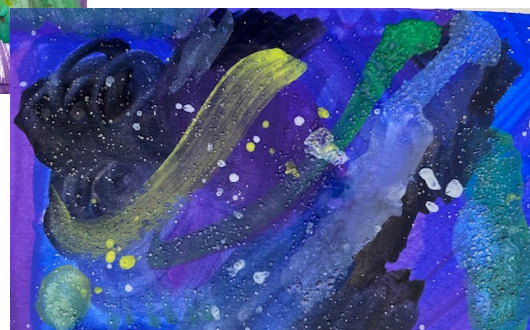
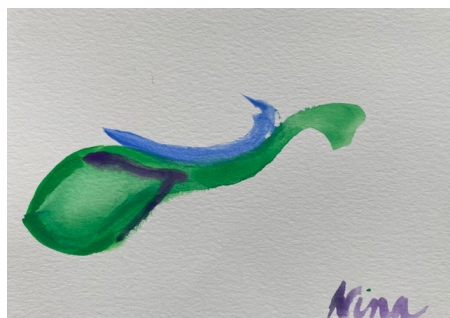
- ❖ **Yoga** Thursdays 9 AM with Faith Bieler. E-mail lisadiamondstein@me.com if interested.
- ❖ **Article discussion group** every other Wednesday. E-mail esgibs@yahoo.com if interested in joining the group.
- ❖ Interested in the **knitting group**? Contact Ellen at esgibs@yahoo.com or call Lamoille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



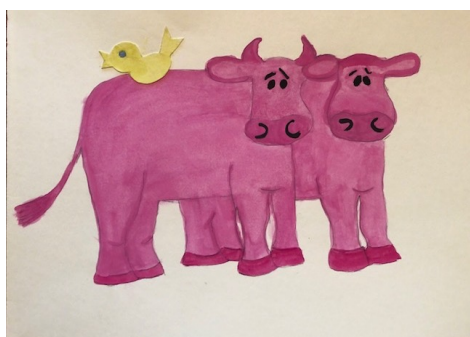
Nancy Banks



Joan Greene



Some of our members took advantage of the Creative Care Art Kits that Central Vermont Council on Aging provided last fall. Page 6 also has a poem from Maggie Stewart, inspired by one of the art exercises.



Maggie Stewart



BANANA PANCAKES submitted by Kathy Geiersbach

These are a delicious way to use overripe bananas and they are easy and quick to make.

Combine 1 cup flour, 2 tsp. baking powder, 1 Tb sugar, and 1/4 tsp salt.

In a separate bowl combine 1 beaten egg, 1 cup milk, 2 Tb vegetable oil, and 2 ripe mashed bananas.

Stir flour mixture into liquid; the batter will be somewhat lumpy.

Cook on a greased griddle on medium-high heat, about 1/4 C. batter for each pancake, until brown on both sides.

Serve hot.

Layers of Lemony Love Submitted by Barbara Percy (these were at soup Sunday)

Bake 25 min. Serves 12

1 1/2 cups all-purpose flour

3/4 cup butter, softened

1 8 -ounce package cream cheese

1 cup powdered sugar

1 22 -ounce can Lucky Leaf Premium Lemon Filling

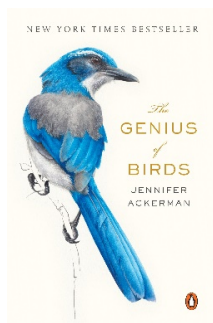
1 Teaspoon vanilla

1 8 -ounce container frozen whipped dessert topping, thawed.

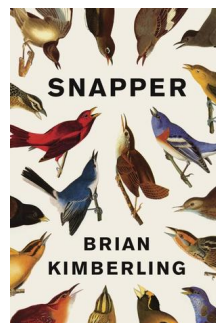
Preheat oven to 350. Grease bottom of a 9X13 inch pan. Mix flour and butter, spread in pan. Bake for 20-25 minutes or until golden. Let crust cool. Mix cream cheese, powdered sugar, lemon filling, vanilla and half of the whipped topping together. Spread over crust. Spread remaining whipped topping over lemon filling mixture. Cover and chill until ready to serve.



John Dudley
Pixie Loomis



This spring some of us have been birding with Lamoille Neighbors. The Lanpher Library has birding guides and librarian, Amy Olsen, put together a list of books about birds that are at the library. Below is the list she compiled.



Nonfiction Titles:

“The Genius of Birds”, by Jennifer Ackerman

“The Living Bird: 100 Years of Listening to Nature”, by Cornell Lab of Ornithology, intro by Barbara Kingsolver

“Songs of Love and War: The Dark Heart of Bird Behavior”, by Dominic Couzen

“One Wild Bird at a Time”, by Bernd Heinrich

“Birding in Babylon: A Soldier’s Journal from Iraq”, by Jonathan Trouern-Trend

“Lost Among the Birds: Accidentally Finding Myself in one Very Big Year”, by Neil Hayward

“Nature’s Best Hope: A New Approach to Conservation that Starts in your Backyard”, by Douglas W. Tallamy

“Peterson Guide to Bird Behavior”, by John Kricher

“H is for Hawk”, by Helen Macdonald

“The House of Owls”, by Tony Angell

“Wesley the Owl: the Remarkable Story of an Owl and his Girl”, by Stacey O’Brien

“What the Robin Knows: How Birds Reveal the Secrets of the Natural World”, by Jon Young

“Gifts of the Crow: How Perception, Emotion, and Thought Allow Smart Birds to Behave like Humans”, by John Marzluff and Tony Angell

“The Singing Life of Birds: The Art and Science of Listening to Birdsong”, by Donald Kroodsma (with CD)

“The Thing With Feathers: The Surprising Lives of Birds and what they Reveal About Being Human”, by Noah Strycker

“Birding Without Borders: An Obsession, a Quest, and the Biggest Year in the World”, by Noah Strycker

“Mozart’s Starling”, by Lyanda Lynn Haupt

“Bird Cloud”, by Annie Proulx

“Featherhood: a memoir of 2 Fathers and a Magpie”, by Charlie Gilmour (on CD)

Fiction Titles

“Snapper”, by Brian Kimberling

“Hollow Kingdom”, by Kira Jane Buxton

“Ellie and the Harpmaker”, by Hazel Prior

“Books of a Feather”, by Kate Carlisle

“A Catalog of Birds”, by Laura Harrington

It is wonderful to be able to be gathering again as well as to provide full services for our members. In May our amazing volunteers accepted 29 service requests! To see you in person has been a pleasure, and we are looking forward to a number of opportunities for us to gather this summer. Luncheons, music events and a garden tour are all being planned by the social committee. If you're interested in organizing an event let us know.



Some members of the iPhone photography class viewing instructor Nan Carle Beauregard exhibition, Vision 2020: "The Granite Industry, Then and Now", at the GRACE Gallery in Hardwick. Nan shared history, stories and photographic techniques.



26 members attended Soup Sunday. Great food and company. Thank you, Sue, for hosting us. No masks!



Two bird walks in May led by Zac Cota. Zac's knowledge was extraordinary, and his enthusiasm was contagious.



Lamoille Neighbors Seniors Interact with Hazen Students



Six Lamoille Neighbor seniors participated in a “Listening Project” organized by teachers Jen Olsen and Kelly Robinson at Hazen Union High School in Hardwick. Students were guided by prompts from their instructors in an effort to help them gain insight from active listening to the seniors’ life stories. Both students and seniors enjoyed multiple conversations. One quote from a student was: “I always thought old people were grumpy.” However, the overall impression the students shared was that they learned from the project and were glad they participated. Lamoille Neighbor members expressed enjoyment at their interaction with the students and were glad that some of their advice was appreciated. A student was left with one quote which was: “If it is to be, it’s up to me.”



The Fading Colors of Family by Maggie Stewart

The fading of colors.
The boldness is gone.
Like older generations
Slowly moving a long.

Watching the colors
mixing with others,
Is like middle age people
Bringing generations together.

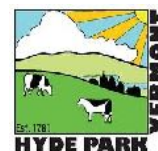
The brushed paint is moving,
The colors awake.
Like the boldness of youth,
the blending of colors is great.

Remembering the colors,
Each new shade alive.
Like the newness of babies
Colors with thrive!

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Lanpher Memorial Library



Park Street Collective,



Howard Manosh



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