



## LAMOILLE NEIGHBORS

### **Upcoming Events**

#### **ATTENTION MEMBERS - A NEW OPPORTUNITY!**

Would you be interested in gathering with a few vaccinated people for conversation, and have an opportunity to see and talk to live people while getting out of your house?

We, at Lamoille Neighbors, would like to offer a coffee hour at Sterling View Community Center in Hyde Park for interested members. It is planned for Thursday, Sept. 2nd at 10AM, and we will provide transportation, if needed. Bonnie will host the meeting along with a volunteer. She'll introduce everyone and get the conversation started. Our only goal is to talk and laugh. If there's enough interest we're considering doing this monthly. If you would like to participate, please call Bonnie at 802-585-1233.

#### **September 18th, Plant Sale, Calling all Gardeners**

Lamoille Neighbors is planning our first ever plant sale and swap from 10 to 12 at Ellen Gib's home, 826 Trombley Hill Road, Hyde Park.

Do you have plants in your garden that have grown out of control this year? Please donate them to the sale. We will price them by the size of the pot.

Do you have empty spots in your garden that could use a little sprucing up with new plants? Come and shop for plants like daylilies or other unusual plants, or take plants that we are hoping someone will give a good home to.

Plants can be dropped off at Ellen's on September 17<sup>th</sup> from 10 to 12.

#### **September 20th, 2PM, Northern Harmony**

Northern Harmony, a collaboration of ten brilliant singers presenting harmony singing from across the world, presents a concert for Lamoille Neighbors at the Second Congregational Church in Hyde Park. Led by Larry Gordon, Northern Harmony is the highest level performing group under the umbrella of the world music organization Village Harmony, which sponsors singing camps and workshops in New England and many parts of the world. (see [www.villageharmony.org](http://www.villageharmony.org)) Touring Europe regularly since 1995, the group has won wide acclaim for their unique repertoire and sure command of widely diverse traditional singing styles. Most of the veteran singers in the present ensemble have studied traditional singing styles first hand with native teachers in South Africa, Corsica and Caucasus Georgia. Some are leaders of their own ensembles. The singers, all vaccinated, have been in residence for a week in Marshfield preparing this concert program.

The program presents a thrilling mix of world harmony traditions including South African songs and dances, traditional polyphony from Georgia, Bulgaria, Macedonia, and Corsica, contemporary American shape-note songs, and Renaissance Italian devotional songs. They will also include new songs by member of the group.

South Africa has a particularly powerful and appealing folk harmony singing tradition, with a rich, resonant vocal sound, and wonderfully syncopated rhythm. The singing is always accompanied by dancing, with the rhythm of the dance movements often in counterpoint to the song.

Georgia's ancient three-part harmony singing tradition features a dark, sonorous vocal quality, and startling harmonies, unlike anything in European music. Traditional Corsican singing, passed down through oral tradition, features two highly ornamented upper voices over a more sustained harmonic bass. The Balkan numbers feature the characteristic bright, "hard-voiced" vocal timbre, with dissonant harmonies frequently based on drones, and irregular dance meters in 7, 9 and 11. These pieces will also feature the Northern Harmony band of fiddle, penny whistle, accordion and percussion. The band will also play a medley of traditional dance tunes.

**This program will be a real treat and we welcome members and volunteers. There is plenty of room to maintain social distance. Members and volunteers attending need to be vaccinated and wear a mask. Please sign up on line or by calling 802-585-1233.**

**Slow Cooker Basil Chicken in Coconut Curry Sauce** (this is the delicious dish that Kathy Geiersbach brought to the annual meeting potluck).

6 bone-in chicken thighs, remove skin  
salt and pepper  
1 tsp oil  
2 cans coconut milk  
2 TBSP dried basil leaves  
2 tsp salt  
3/4 tsp pepper  
1 and 1/2 TBSP yellow curry powder

1/2 tsp chili powder  
1 large red onion chopped  
8 cloves garlic  
2 jalapeños, seeded and finely chopped  
1 TBSP cornstarch  
1 TBSP COLD water  
1 tsp grated or minced ginger  
1/3 to 1/2 cup cilantro chopped

Salt and pepper each thigh. Heat a large skillet to medium-high heat. Add tsp oil. Add 3 chicken thighs. Cook for about 2 minutes until nicely browned on the bottom. Flip the chicken to brown the other side for about 2-3 minutes. Remove to a plate. Repeat the searing process with the other 3 thighs. If there's not enough grease in the pan you may need to add a little oil.

In a crockpot combine coconut milk, basil, 2 tsp. salt, 3/4 tsp pepper, yellow curry, and chili powder. Stir to combine. Add the chopped onion, garlic and jalapeños. Add the browned chicken and stir to combine. Cook for 4-5 hours on high or 6-8 on low.

Remove the chicken from the cooker and let it cool a little.

Add the ginger to the slow cooker. Combine the cornstarch and 1 TBSP of COLD water. Stir until it is not lumpy. Add this to the crock pot and stir.

Shred the chicken, removing the bones. It should be falling apart.

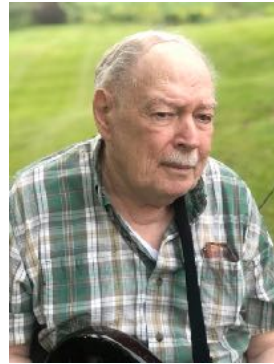
Return the meat to the slow cooker and stir. Put the lid on and cook for another 10 minutes.

Season with salt and pepper to taste. Stir in cilantro.

Serve with rice.



On August 4th Debbie Yacovone, Ted Lambert, Tony Washburn and Carrie Cook (Cookie) donated their time and amazing musical talent to the 26 Lamoille Neighbors participants. Thank you, Sue Moore, for hosting us in such a wonderful setting.



Lamoille Neighbors partnered with River Arts and Wednesday Night Live for a **Celebration of the Arts** at the Oxbow on August 11th. This was made possible through a grant from the Vermont Humanities Council. We had 3 members participate on stage. Joan Greene introduced Lamoille Neighbors and read a poem that Maggie Stewart had written. John Clark wrote and read a poem about Lamoille Neighbors. John Dudley sang 3 songs, including our theme song. They each made us proud of what Lamoille Neighbors has accomplished. We also had an “elder arts” tent, though many young ones joined in the fun of painting magnets. Thanks to Joan, Kris, Maxine, Ellen, Mary and Carmen for helping with either set up or clean up.





**On August 22nd we had our 3rd annual meeting and potluck. 28 members and volunteers attended. Good music, food, entertainment and friends and a little bit of rain**



A big thank you, Ellen and Larry, for hosting us at your home.



Bonnie, our office manager and "the voice of Lamoille Neighbors".



John Dudley member, volunteer, and "our" Lamoille Neighbors musician.



Sonja Bracey won the ice breaker organized by Judy and John Clark and received a box of veggies from their garden.



John Clark, member and volunteer who entertains us with his poetry.



**A big thank you to the board and all the committee members who make Lamoille Neighbors run, to all our volunteers who are the heart of our organization and to Bonnie, our program manager who keeps it all together.**

Bonnie presented data for the annual meeting and here's a summary for the past fiscal year, August 2020-August 2021.

Members – Total 59

Over the last year we gained 17 new members (8/21)

Covid – Over last 8 months of Covid– gained 6 members

Since vaccines – April-Aug, last 4 months – gained 10 members

47% Members are also volunteers

Volunteers – Total 53, with 7 on committees, 46 provide services

Number of volunteers by service: 25 drivers, 20 handy persons,

28 friendly visitors, 24 grocery deliverers, 15 gardeners, 14 computer helpers

#1 Most Active Volunteer – performed 20% of requests or 49 services!

Service Requests - Total 245

During Covid we averaged 12-25 services/mth. Once our volunteers and members were vaccinated we averaged 30/mth. with a peak of 40 services in June.

Most Requested- #1 Driving at 40% (98 rides), #2 Friendly Visits at 33% (81 visits or calls), #3 Handy Person at 13% (14 services) and #4 Deliveries/groceries/meals at 8% (8 services).

Members Using Services - 33% of membership (19) use services.

Events- In our fiscal year 2020-2021 we had approximately 100 events/offerings. We average 12-30 in attendance.

Until we have more information about the risk of covid 19 with people who are vaccinated, we are asking members and volunteers to wear a mask during services. Lamoille Neighbors serves a vulnerable age group. We want to do everything we can to protect each other.

When we have indoor events we will all wear masks and maintain social distance.

We are following this situation closely and will notify you if we make further changes.

We are all in this together and want to support each other through this next challenge.



Testimony to Lamoille Neighbors by John Clark

I'm just an old retired farmer who's finally been set free.

I'll tell you what Lamoille Neighbors has meant to me.

The most important thing is the friendships that I've found.

Didn't know there were so many nice people all around.

If you like to be in the woods and do easy, gentle hikes.

We've done bird walks and snow shoes in the full moon light.

There's been local garden tours so lovely and serene

Followed by a picnic of tasty gourmet cuisine.

There's cookouts, feast Fridays and Soup Sundays too

If you like great food, these are meant for you!

We've had local musicians playing great, fun tunes;

As we relax in the yard and listen to them croon.

There's been crafts, movies, games and discussion groups.

Speakers including Bob Kinzel, Madeleine Kunin, and Eric Nuse.

There are volunteers available to meet your many needs

Like Rides, Shopping, Meals, they'll even pull your weeds.

And finally, I would like our leader, Lisa Dimondstein to stand.

She pulled this all together – let's give her a great big hand!



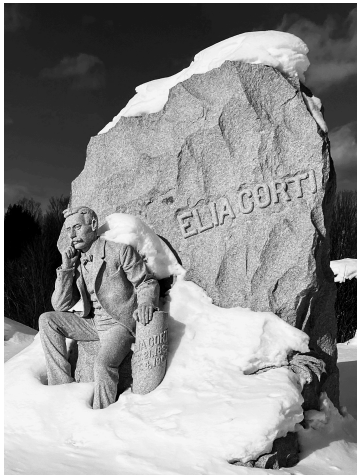
**Nan Carle Beauregard  
Photographer**

**Notable Sculptors  
of Barre Gray Granite**

**Vermont Granite Museum  
Barre, Vermont**

**August 5 - October 30, 2021**

Nan is showcasing her photography at the Vermont Granite Museum. This exhibit starts with a nod to the history of the Granite Industry in Vermont. The railway extension to Barre in 1875 followed by a stall for Barre Gray Granite at the Chicago World's Fair of 1893, put Barre on the international map. Highly trained and educated sculptors were recruited from Italy and Scotland and the Golden Age of Barre Gray Granite came alive. Their skills, their passion, and their pain set the stage for modern day sculptors. Nan's photographs of the Quarry at Millstone Hill and the monuments carved for Elia Corti and the Bursa family at Hope Cemetery are meant to show the standards set for the generations of sculptors to follow.

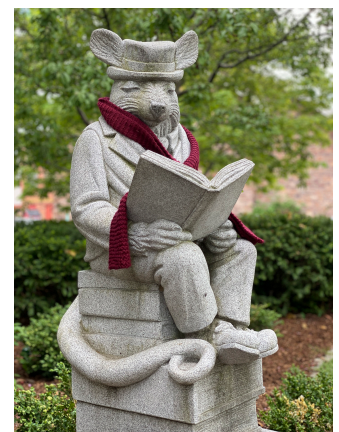


The Photography Exhibit continues with the work of 6 Notable Sculptors who are both keeping the traditions alive and moving the work forward in innovative ways. Public Art, Monument Art and Installations continue to flourish - though in different ways to the 20th Century.

These photographs are offered to bring attention to the story and heartbeat of each of these sculptors. They bring life to the hard inanimate rock of Barre Gray Granite.

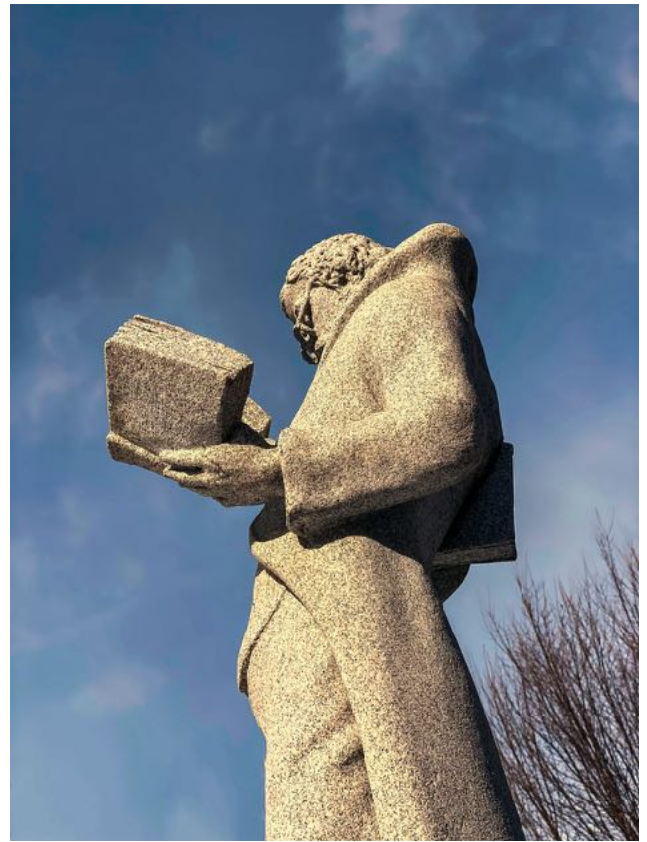
The Notable Sculptors include: Guiliano Cecchinelli, Gary Sassi, George Kurjanowicz, Heather Milne Ritchie, Ryan Mays, and Chris Miller. Enjoy exploring their work. Ask questions about what you see and what the sculptors see. What does it mean to make stone come alive? Nan has a Zine available that is specific to the photographs in this exhibit as well as a Photo Book that documents a range of work for each of the artists plus photographs that highlight monuments at Hope Cemetery.

Nan is specifically an iPhone Photographer and used her iPhone 11 Pro for this exhibit. She has been a long time Cannon photographer, but wanted to take spontaneous photographs in a non-threatening manner. She found that her iPhone is the camera that is always with her and is ready in an instant to capture an image that attracts her photographer's eye. She prefers to work on long term projects, so this photo essay on the Notable Sculptors of Barre Gray Granite captured her attention – and her heart. She also teaches iPhone Photography and has been working with a group of photographers from the Lamoille Neighbors. An exhibit of their work will be at the Morristown Post Office in October and November.





Nan is an iPhone instructor and a member of Lamoille Neighbors. If anyone is interested in buying Nan's book and/or Zine they are available through the Vermont Granite Museum or contact Nan [nancarle@me.com](mailto:nancarle@me.com) or call 520-401-5690.  
<http://www.nancarlebeauregard.com>  
<http://www.vtgranitemuseum.org>







Judy Clark                      Simone Cormier  
Kenneth Geiersbach      Donna Stafford  
Diane Szlachetka          Steve Young

### Humorous Signs

#### A sign in a shoe repair store

We will heel you  
We will save your sole  
We will even dye for you.

#### At an Optometrist's office

If you don't see what you're looking for,  
you've come to the right place.

#### On a maternity room door.

Push. Push. Push.

#### In a Veterinarian's waiting room

Be back in 5 minutes. Sit! Stay!

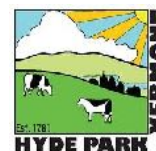
### I Want to Age Like Sea Glass by Bernadette Noll. Submitted by Judy Clark

I want to age like sea glass.  
Smoothed by tides, not broken.  
I want to ride the waves,  
go with the flow and  
feel the impact of the surging tides.  
When I am caught between the  
rocks and a hard place. I will rest.  
And when I am ready,  
I will catch a wave and let it  
carry me where I belong.  
I want to be picked up and  
held gently by those who  
delight in my well-earned patina,  
and appreciate the changes I  
went through to achieve the luster.  
I want to enjoy the journey and let  
my preciousness be, not in spite of  
the impacts, but because of them.

## 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.**