



LAMOILLE NEIGHBORS

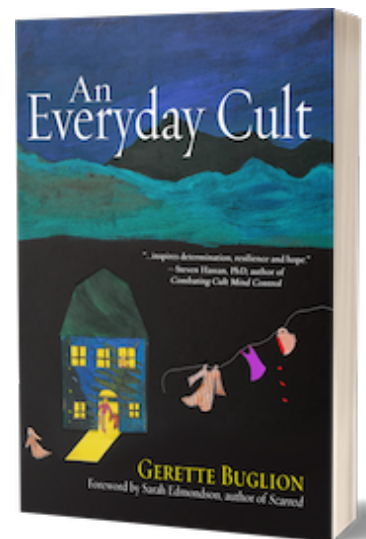
Wishing you all a peaceful 2022 and let's hope that in 2022 we can gather, visit family and friends safely and HUG again.

Upcoming Events

Reflections on An Everyday Cult. Book discussion with local author Gerette Buglion January 7th, 7p.m. on Zoom

Gerette Buglion, cult education and recovery consultant since 2016, is the author of *An Everyday Cult*, a memoir. Gerette emerged from a cultic group on May 28, 2014 after being devoted to a charismatic teacher for 18 years. Once out, she wondered, How did I, an educated, caring mother, wife and business owner, become that lost and for that long? She began studying cultic dynamics and mind control while reclaiming her autonomy.

Her goals center around providing support to people who have left high-control groups, promoting widespread understanding of coercive control, and dispelling the notion that anyone intentionally joins a destructive cult. Register [HERE](#) or call 802-585-1233.



If you're interested in purchasing the book you can e-mail Gerette directly, gerette@gerettebuglion.com. Price is \$17.96. including tax.

Aging Gardens, Aging Gardeners, Zoom Speaker Series January 12th, 7 p.m., with Ann McEntee, Ph.D, MLA. Sponsored by the Lanpher Memorial Library and :Lamoille Neighbors.

Do you look forward to your gardens and the beauty they produce, but not the endless maintenance they need? This talk will present strategies for caring for ourselves and our gardens so that we can enjoy their beauty with much less work. To register for this free zoom program, and for more information, please visit lanpherlibrary.org or call the Lanpher Library: 802-888-4628. Click [HERE](#) to register.



Ann McEntee is a former Communications and Theatre professor. She left teaching to earn a Master of Landscape Architecture from the University of New Mexico. While living in Santa Fe, she earned her certification as a Master Gardener, and more recently, her Advanced Master Gardener certification.

Ann currently teaches architectural and landscape history for Keene State College's CALL (Cheshire Academy for Lifelong Learning) program and works part-time as a landscape consultant. The former lead gardener at the Cathedral of the Pines, she presents garden talks to area townships and organizations.

Full Moon Snowshoe, January 17th, 7 p.m. Register on-line [HERE](#) call Bonnie at 585-1233. Location will be decided depending on the weather.

Our monthly **Coffee Hour will be January 20th, 10:30 a.m.** at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are required. If you would like to participate, please call Bonnie at 802-585-1233. We are being cautious with the holidays and the surge of Omicron so we are delaying our regular first Thursday of the month until the 3rd Thursday for January.

Monthly Zoom Gathering for Conversation, January 25th, 5-6 p.m. Join us for a view of smiling, mask less faces and witty conversation! It will be better than a radio and more interactive than TV. We look forward to a good old friendly chat. Register [HERE](#).

Ongoing Events

Article Discussion Group on Zoom every other Wednesday from 9-10 a.m.. We take turns choosing articles and no matter the topic it's a lively discussion. E-mail Ellen Gibbs at esgibs@yahoo.com if you'd like to participate.

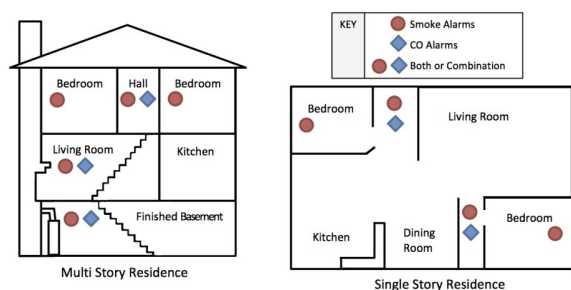
Yoga with Faith Bieler Thursdays, 9 a.m. Open to members and volunteers. The first Thursday of each month will be in person at River Arts and the other Thursdays of the month will be on Zoom. (We will not meet in person in January due to increasing Covid cases). Lamoille Neighbors' Yoga is an all levels class. Beginners to seasoned practitioners are welcome. Faith chooses poses to flex, stretch, strengthen the whole body and also incorporate participants' requests (re: their own body's needs). Movement will be done seated, kneeling, standing. E-mail lisadiamondstein@me.com if interested.

Member and Volunteer, **Bob Malbon**, is sharing valuable information on smoke alarms and carbon monoxide detectors, see below. Volunteers at Lamoille Neighbors can help you with testing, dating and battery changing. Let Bonnie know if you'd like help. 802-585-1233

Smoke Alarms & Carbon Monoxide (CO) Detectors are each an integral part of home safety. They are arguably two of the most important home safety inventions of the last 50 years. Smoke Alarms & CO Detectors alert you with enough time to exit safely. Ensuring the alarms are working is one of the most important parts of household safety planning.

Q: Where should Smoke Alarms be installed?

A: Per the Vermont State Fire Marshal, **“install smoke alarms inside each bedroom, outside each sleeping area and on every level of the home, including the basement.** This applies to all single-family dwellings, multi-unit dwellings, and rental units.



Q: Where should Carbon Monoxide (CO) detectors be installed?

A: For each individual dwelling unit (house, apartment, rental unit, etc.) **CO detectors shall be installed in a central location outside each sleeping area and on every occupiable level of the home, including the basement.**

Q: How do I know if my alarm is working?

A: **Smoke Alarms and CO detectors should be tested every month.** Simply press the button and listen. (Protect your hearing, the alarm will be loud!)

Q: How do I know if my alarm is detecting these dangers effectively?

A: Smoke Alarms and CO detector components will deteriorate over time. **Smoke Alarms can only be expected to work effectively within 10 years of their Date of Manufacture (DOM).** **Carbon Monoxide detectors can only be expected to work effectively within 7 years of their DOM.** The DOM can be found printed or stamped on the back of the device itself. If the device is a smoke alarm more than 10 years old or a CO detector more than 7 years old, it must be replaced. Devices should also be clean of dust or cobwebs, and they should never be painted or covered with anything: cloth, plastic, stickers, etc. – this could defeat their functionality.

Q: What type of Detectors are best?

A: Photoelectric smoke alarms are the rule in Vermont. Hardwired interconnected are best and the new 10 year Combination Smoke & CO with a 10 Year sealed battery.



Those who participated enjoyed the hand building pottery class with Jude Pradshaw at River Arts. Here's a few of the final pieces.



Our first full moon walk December 18th was at Cricket Hill in Hyde Park. 4 hardy souls braved the snow covered roads.

After two negative covid tests the board gathered for an all day retreat. It was wonderful to be together and to have the time to delve deeper into the workings of Lamoille Neighbors and the role of the board. We will be developing a strategic plan over the next few months.

The board members had fun delivering some holiday cheer to our members. Thank you to all who contributed to the holiday bags.



Recipe from Kathy Geiersbach (Holiday Brittle is delicious anytime of the year).

HOLIDAY BRITTLE: Put 1 cup chopped pecans on a large cutting board

In a large saucepan, melt 1/2 cup butter and 3/4 cup packed brown sugar. Bring to a boil and stir constantly for 7 minutes over medium heat. Mixture should boil constantly, but the temperature should not be so high that the mixture scorches, which it does easily.

Immediately pour the contents of the pan over pecans on the cutting board.

Cover the mixture with a sheet of parchment paper and use a rolling pin to make an even, flat layer. Remove the parchment paper and pour 1/2 cup chocolate chips on the warm brittle. As the chocolate melts, spread the chocolate over the surface of the brittle. Cut in squares while the brittle is still slightly warm.

In January 2022, Beacon Hill Village (BHV) will celebrate its 20th anniversary. What started as an innovative concept among a group of friends in the Beacon Hill neighborhood of Boston has turned into a movement. Today there are 19 operating Villages in Massachusetts alone, and over 285 operating and over 40 in development in the U.S. and around the world.

Lamoille Neighbors is part of this movement. We belong to the national organization, the Village to Village Network, and we receive support and learn from other Villages around the country. Every Village has its own unique character. Rural or urban, small or large, service oriented or social, etc. but we all have the same goals. Lamoille Neighbors sums it up in our tag line, "Changing the Culture of Aging".

How did we start Lamoille Neighbors? After attending a discussion series in Montpelier on Successful Aging, Lisa Dimondstein and Mary Miller realized that if they wanted to stay in their own home, in rural Hyde Park, that they would need to find more support and community connection as they aged or they would need to move to a more urban area. Different models were explored. The Village model seemed most attainable. Lisa sent an e-mail to seven people in the area and scheduled a meeting at the Hyde Park Library to explore this idea. Thirteen people showed up to the first meeting and from that Lamoille Neighbors was born. We met for five months before making a commitment and then another seven months putting all the many pieces in place and learning about Villages. The list is long of what we accomplished together in a short time. Thirteen people became founding members. They gave us the seed money we needed to purchase Village software, incorporate and become a non-profit. We launched April 1st 2019. What an amazing journey it has been.



Kris Greene
Deborah Wheeler
Andy Leonard

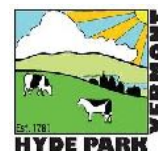
Barbara Percy
Averill Loh
Olea Smith-Kaland



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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.