



LAMOILLE NEIGHBORS



CHEERS TO ALL OF YOU, THE
LAMOILLE NEIGHBORS COMMUNITY

Upcoming Events for January

If you need transportation or help registering for an event call Bonnie at 802-585-1233

Owls of New England. January 10th, 7 pm on Zoom from home or at the Lanpher Memorial Library on a big screen.

With eleven different species of owls found in the New England, there's plenty to hoot about! This group of birds will capture your imagination and your heart, whether it's with their adorable size, their booming voices, or incredible hunting skills. Join Bird Diva Bridget Butler for a lively online presentation on these charismatic birds.

You'll learn where and when to look for owls

as well as how to recognize the calls of our most common owls - Bridget will have you hooting, literally, by the end of the show. Find out why these birds are so amazing and what you can do to keep owls a part of the landscape! Register [HERE](#) through the Lanpher Library.



Zoom Gathering for Conversation, January 31st, 5-6 pm. Come chat and get to know each other better. There is always a lot of laughter during this hour. [HERE](#)

Full Moon Snowshoe, January 6th, 7:00 p.m. We'll meet at the end of Davis Hill Rd. This is an easy nighttime loop. We will be organizing a more moderate daytime snowshoe also but will be watching the weather for a good date. [HERE](#)

Ongoing Events

Article Discussion Group on Zoom, every other Wednesday from 9-10AM.

We take turns choosing articles, and no matter the topic it's a lively discussion. We are at our maximum amount of participants, but let us know if you're interested and we can start a second group or put you on a list for when there's an opening.

Our monthly Coffee Hour, January 6th, 10:00 a.m. at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are strongly recommended. If you would like to participate, please call Bonnie at 802-585-1233 or register .

Yoga for members and volunteers. Weekly classes are Thursdays, 9-10 a.m. at River Arts. Faith Bieler is an amazing teacher. All levels are welcome. Please e-mail lisadimondstein@me.com if interested and not already registered.

Thanks to the generous support of the Vermont Arts Council and the National Endowment for the Arts, Lamoille Neighbors is excited to announce a new program, "Everyone Has a Story to Tell." Its aim is to help seniors create a story that they would like to tell and share it through art. The program will offer 3 modes of expression: photography, led by Nan Carle Beauregard; clay work, spearheaded by Jude Prashaw; and writing, under the direction of Melanie Viets. Participants will choose one of the modes in which to work. The participants will meet once a week for a 2 hour session over a 6 week period. We expect you to attend all 6 sessions.

The program begins on January 25, 2023, with a gathering of all participants and teachers at River Arts in Morrisville, and will consist of an introduction to storytelling, including: how to approach developing your story, what tools you have available, determining what your central message is, what the components of the story should include, who your audience is, finding the proper scope, and how to develop a clear structure.

We will then split up for the next 4 sessions into workshops for the mode you have chosen, which will be your mode for the entire program. Each group will work on developing their story with guidance from the teaching artists. We will gather again as a full group for the 6th session on March 1st and share our stories, and what we have learned in the process of creating them, as well as what we might do to share them more broadly.

We can provide transportation for those who need it. **If you are homebound, our teacher artists are willing to make house calls so you can take advantage of this program.**

Each of the groups will be limited to 10. We are asking all who are interested to sign up as soon as possible, indicating a first choice and second choice for the mode in which you would like to participate. **E-mail Wiffy at vbrooms68@gmail.com and sign up today!!**

Wednesday January 25th, everyone will meet from 10-12 at River Arts
February 1, 8, 15, 22:

Clay group will meet Wednesdays at River Arts from 10-12

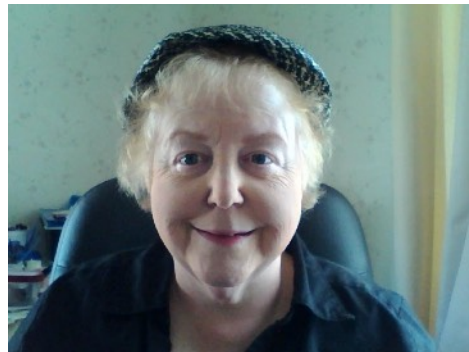
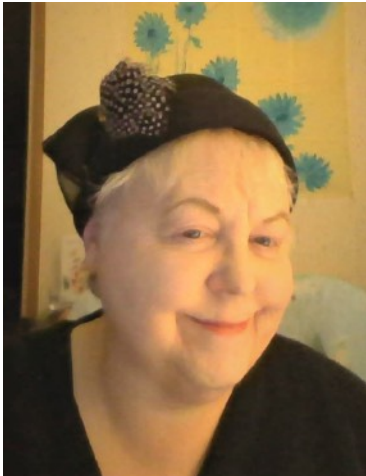
Writing group will meet Wednesdays at Lanpher Memorial Library, Hyde Park, from 10-12

Photography group will meet at the Centennial Library, Morrisville 1:30-3:30

Wednesday March 1st, everyone will meet at River Arts from 10-12

Bonnie began working for Lamoille Neighbors in June of 2019. Our organization was only a few months old, and we were in an early learning stage. Bonnie quickly became “the voice” of Lamoille Neighbors. She understood our mission and what we were trying to accomplish. She juggled many hats: connecting members and volunteers, doing data entry, developing office systems, answering e-mails and phone calls as well as doing the many tasks that the board threw her way. She took the initiative and started the monthly coffee hour after seeing a particular need for our oldest members to be able to get together. For the past year she has chaired the social committee and kept us organized!

Bonnie will be retiring January 31st, and we'd like to express our deep appreciation for the dedication and hard work she put into helping us to be successful these past 3.5 years. Thank you, Bonnie. You will be missed.



Bonnie and her many hats!!

Tina and Rich Pearson have been volunteering for Lamoille Neighbors since July 2022. We are happy to have them in our LN's family.

We have been coming up to northern Vermont to ski for several decades and we fell in love with this little state. We purchased our home in Hyde Park in 2015 and moved up full time, from Connecticut, in 2019. Tina is originally from Colorado, so is a mountain gal at heart and Rich, raised in Westchester county, NY, has always had a strong love of nature and the beauty it offers us.



We are both retired. Rich was a civil engineer and Tina was a garden designer & garden maintenance consultant, primarily working for golf courses. We are trying to keep busy here in Vermont. We are avid skiers and dabble in mountain biking, kayaking and hiking. Tina still keeps her hands in the soil, gardening here for fun instead of for work. Rich loves to fish and is getting better as a frustrated golfer. We both love working on our property, playing with our dogs and prefer to be outside, if at all possible. We have traveled a lot and believe this part of Vermont to be one of the most beautiful places on earth.

We also think it is important to be part of the community. Rich has volunteered for town and county commissions, and hopes to use his professional experience to help the area navigate through this period of rapid growth. We are also involved in 'Knot in Hyde Park' a group formed to help stop the spread of invasive knotweed in our area. We both hope to keep getting more involved wherever we can help people out.

Joining Lamoille Neighbors as volunteers has been a great way to meet new people. We have always respected our elders and the conversations we have had with these wise folks is continually enriching and educational. We know we will likely need the same services at some point in the future, so it is wonderful to be helping out while we can.





A HUGE shout out to Suzanne Boden for hosting a tea party for Lamoille Neighbors! Twenty-two people attended this event on December 14th at the Governor's House in Hyde Park. Thank you, Suzanne.



On November 18th we continued having fun during our second and final class in intuitive painting with Megan Bisbee. We each worked on the same painting we did in the first class and completely transformed it by looking for symbols, objects and/or feelings.



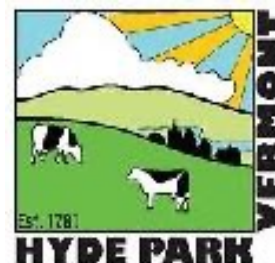
Five members participated in the full moon walk on December 8th at Cricket Hill. These once a month night outings are a great way to extend our time outdoors during the winter months and bring those who attend a lot of joy.

TECH TIP CORNER**By Kevin Bracey, Volunteer**

Does your computer seem unusually slow? When was the last time you restarted it? Believe it or not, restarting your computer on a regular basis can solve a lot of problems. Over time, opening and closing programs leaves unused processes running on your computer which take up your system's resources. It is a good practice to restart your computer on a regular basis. The same holds true for your smartphone.

**January Birthdays**

***Kris Greene
Deborah Wheeler
Barbara Percy
Averil Loh
Olea Smith-Kaland
Joanne Harrison
Claire Hancock***

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS**Howard Manosh****Lanpher Memorial Library****Peter Bourne**

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