



## LAMOILLE NEIGHBORS

Call Janice at 802-585-1233 if you need help registering for an event or need transportation. **Office hours are Monday, Wednesday and Friday from 8:30-1:00.** You're welcome to stop in and say hello.

**Additional April event: Hiking group will be starting every other Monday beginning April 29th at 9:30.** We will start this year with Cottonbrook in Stowe. Take the Moscow Rd. 2 miles. There will be a sharp right at a bridge, go straight onto Cottonbrook Rd. Park in the first lot. We plan to do 5 miles but folks can turn around at any point to make it shorter. Approximate elevation gain is 256 ft. and footing is easy. Register [HERE](#). The hikes in May will be the 13th and 27th at 9:30 and the details will be sent out in a future e-mail.

Reminder to sign up for **Nourishing Traditions with Kim Lipinski** April 29th, 2PM, at the 2nd Congregational Church in Hyde Park. Click [HERE](#) or call the office.

**Our monthly Coffee Hour, May 3rd, 11:00-12:30** at the Second Congregational Church in Hyde Park. Our only goal is to talk and laugh. If you would like to participate, call 802-585-1233 or register [HERE](#).

**Geology Field Trip, May 6th, 2-4pm.** Join geologist, Jon Kim, for a three stop field trip that looks at the geology of Lamoille County. We will drive to each location so walking will be minimal. The first stop will be at the Morrisville Power and Light dam on Feline Loop to look at the bedrock formation underlying the town. The second stop will be a gravel pit to see glacial deposits and the final stop will be the Morrisville town field, next to the bike path, to talk about the source of the groundwater. Meet up outside the Lamoille Neighbors office building, 92 Lower Main St. Morrisville, and we'll carpool together. Rain Date May 9th. Register [HERE](#).

**Sunset Walk May 10th at 7:15.** Meet at 130 Davis Hill Rd. We'll walk one mile and come back for some light refreshments and conversation as we watch the sunset. Register [HERE](#).

**Aging Together Discussion/support group at the Morrisville Centennial Library meets the third Friday of every month. May 17th 1PM.** As we age, we need to adapt to many changes in our bodies, abilities and lifestyle. Join Maxine Adams, facilitator, who is a trained social worker and caregiver as well as a member and volunteer with Lamoille Neighbors, as you talk and support each other through this process. Lamoille Home Health and Hospice has offered to do a series of programs for *Aging Together* on various aspects and issues of aging and how to get the help you may need as you age. This program is co-sponsored by Lamoille Neighbors and the Morrisville Centennial Library.

**Music In The Morning, May 7th and 21st, 10-11 AM.** Join Betty Polow and John Dudley for a music get together singing songs we all know. John will bring his guitar and Betty will accompany on the piano. Feel free to bring an instrument or just come and sing along. 423 Magoon Rd. Morrisville. There is a handicap ramp through the garage around the back of the house. Let us know if you'll need to access the ramp. Register [HERE](#).



5 Year Anniversary Celebration



**Lamoille Neighbors launched April 1st, 2019. Come celebrate our five year anniversary on May 18th from 2-4pm at River Arts. There will be time to visit with each other as well as hear stories and music from our members and volunteers. Delicious refreshments will be provided. Open to all members and volunteers. Registration is necessary. Register [HERE](#) or call the office.**

**Bird Walk May 11th, 8:30 AM with Lisa Zinn. We will meet at the Oxbow Park in Morrisville and walk on the rail trail.** Lisa Zinn has spent her career doing field studies and teaching about nature to all ages. She has begun a bird banding research project at the Babcock Nature Preserve and is also conducting Owl Banding research on the NVU-Johnson campus. There will be binoculars available if you don't have your own. Register [HERE](#) . Registration open to 12 participants. See page 6 for an opportunity to get close with birds.



### **On-going Groups:**

**Article discussion group:** We meet every other week on Zoom and limit this group to 8 participants. The group is currently full. Let Janice know if you're interested in being on a waiting list.

**Weekly Chess group for beginners, Tuesdays 1-3** with instruction by member Ted Zilius. The group started March 26th. If you are interested in joining, call Janice at 802-585-1233 to register and get information on the meeting place.

**Weekly Yoga with Faith Bieler, Thursdays at River Arts from 9-10 a.m.** All levels welcome. Faith is an extraordinary instructor. We hope you'll give the class a try. If interested, call the office at 802-585-1233.

**Knitting Group is now meeting the second Friday of the month from 2-4 at the Lanpher Memorial Library in Hyde Park.** Currently there are two slots available for a member to join this group. Call Janice at 802-585-1233.

Stowe Performing Arts has free concerts every Wednesday in May from 12-1 at the Stowe Community Church. If you'd like to attend and need transport let Janice know.

May 1st, Champlain Trio - violin, cello and piano

May 8th, Duo Sonidos - violin and classical guitar

May 15th, Youth Opera Company

May 22nd, Renana Guzman - piano

May 29th Joshua Stafford - organ

Lamoille Neighbors has 95 members! Due to the capacity of our volunteers, office manager and board we have made the decision to stop accepting new members when we reach 100. We will keep a waiting list for when a membership opens up.

Success is a wonderful thing, but we now need to take care of all those who are running the organization. We look forward to building on the first five years and creating a sustainable community of members and volunteers. It is a wonderful adventure.

## Welcome To New Members and Volunteers



Dave Goodlin, Morrisville:  
Member and Volunteer



Mariette Fournier,  
Morrisville: Member



Jon Gregg, Johnson:  
Member



Evelyn Berger-Throne,  
Morrisville: Member and  
Volunteer

A big welcome to Kevin Bracey who has joined the board of Lamoille Neighbors. Kevin has been an active volunteer for us since 9/2020 and has served on the social committee helping to organize our events and activities.



Kevin grew up in Chittenden County attending public schools first in Burlington and later in Colchester. About a year after graduating from Colchester High School in 1980, he enlisted in the U.S. Army and soon found himself in Schwaebisch Gmuend, Germany where he worked in public affairs. Kevin has many fond memories of his two years in Germany and still keeps in touch with some of the people he met there. After his initial enlistment was completed he joined the Army Reserve and later the Army National Guard where he completed 20 years of service as a part time soldier.

At age 27 Kevin studied journalism at Johnson State College and fully embraced college life, participating in student government, the student newspaper, and co-hosting a talk show on the college's radio station. Upon graduating from JSC in 1992 Kevin did some freelance journalism, but eventually began work as a Vermont state employee in the Agency of Natural Resources (ANR). Kevin's first job with ANR was working in the Air Pollution Control Division where he did a variety of things including: press releases, demonstrating electric cars, maintaining a website, publishing brochures and newsletters, etc. His second job with ANR was working in the Information Technology (IT) Division where he worked in computer user support. His favorite part of this job was giving classes on how to use various software packages and helping people better understand how computers work.

Kevin has numerous hobbies to occupy his time. He is a health and fitness enthusiast and in the warm weather months you can find him hiking and biking. In the winter he lives to ski and can be found on the trails of Trapp Family Lodge on most days. He likes to take pictures and short video clips of his adventures and make them into YouTube videos.

Kevin and his wife, Sonja, live in Morristown where they enjoy country living with their dog, Greta, and cat, Luna.





Good food, music and company at our ethnic potluck.



25 folks participated in the Soup to Nuts presentation by Rebecca Rupp at the Lanpher Memorial Library.

We had 8-15 people attend the Netflix film series on **Blue Zones**. Dan Buettner collaborated with National Geographic to look at communities where people live much longer than average. In the four part documentary we traveled to Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, California. The world's longest living people have much in common. Here are a few theories.

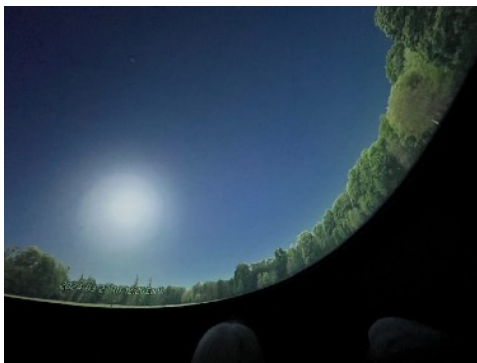
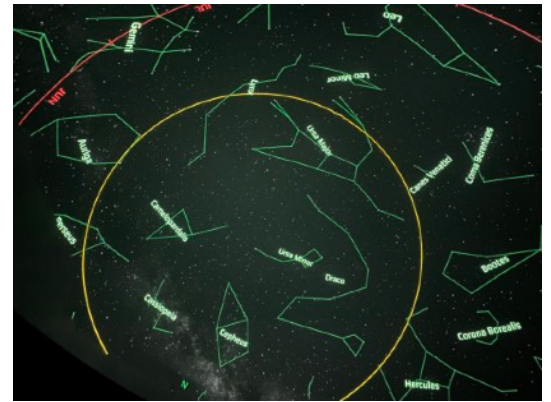
- #1. Move naturally - they do not exercise but in their daily lives they are constantly moving. They walk everywhere and garden on a regular basis.
- #2. Purpose - The Okinawans in Japan call it "**ikigai**," and the Nicoyans in Costa Rica call it "**plan de vida**." Both translate to "why I wake up in the morning."
- #3. Downshift - have routines that shed stress.
- #4. 80% rule - they stop eating when they are 80% full. Plant based diets are the cornerstone of most Blue Zones.
- #5. Find the "right tribe" - find a supportive social circle. Okinawans create Moais which are groups of five friends who commit to each other for life.
- #6. Put loved ones first - aging parents or grandparents are taken care of within the community.

After each episode we had a discussion about what changes we could make individually. We also questioned whether there were changes that could be implemented in our broader communities to foster these concepts.

We mused about the possibility of Lamoille Neighbors becoming a Blue Zone?



23 people attended our excursion to the Fairbanks museum and had a lovely lunch at the Hilltopper, which is run by culinary students from the high school. A big thank you to all the drivers and to Janice who was the organizer extraordinaire.



Road Scholar has some free on-line lectures. Check them out [HERE](#) .

Sue Moore shared a NYT's article [\*\*\*Working With Your Hands Is Good For Your Brain.\*\*\*](#) Click [HERE](#) to read.

# BIRD BANDING

COME JOIN US FOR A  
PUBLIC BIRD BANDING  
DAY!

*Come learn about our local birds and  
the chance to see your favorite birds  
up close!*





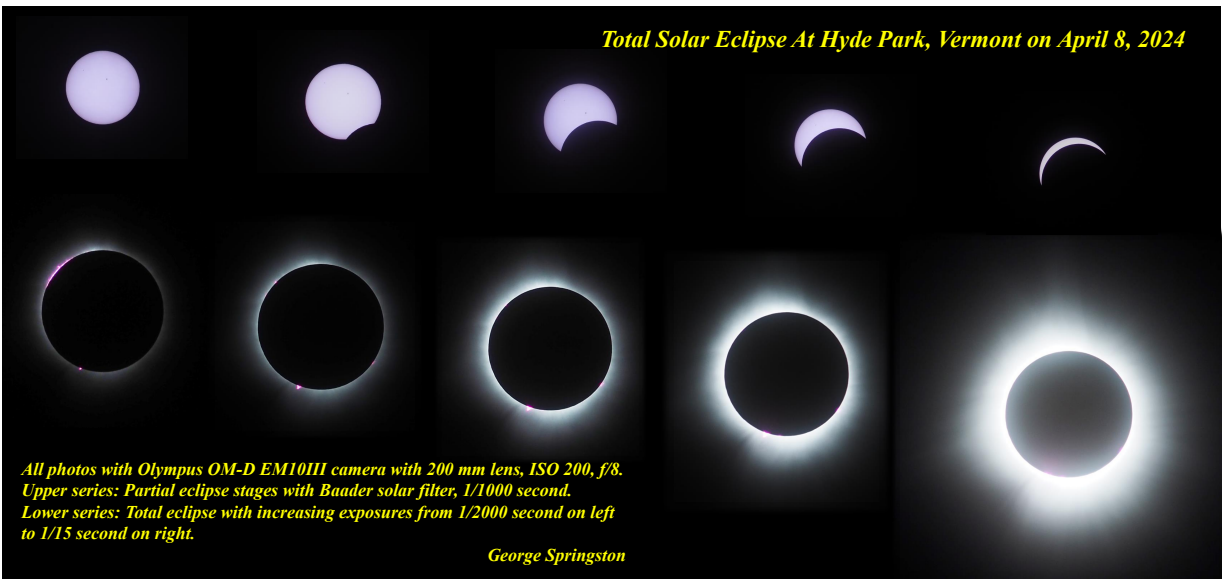


Photo of solar eclipse totality by member and volunteer Bob Malbon.







We couldn't have asked for a more spectacular day and location to watch the solar eclipse. Thank you, Olea, for hosting and to George Springston (Beth's brother) who brought a pinhole camera and shared his knowledge as the eclipse was taking place. Truly an awesome experience.

George Springston



*Diversity is a source of strength, creativity, and innovation for Lamoille Neighbors. We commit to creating an environment that welcomes and values the contributions of each member, volunteer and staff person and respects their identity, culture, background, and abilities, thus enriching Lamoille Neighbors.*

## Happy Birthday

Dian Willams  
Jan Roy  
Carol Young  
Sue Moore  
Bob Malbon  
Donna Owens  
Etta Parker  
Michael Wickenden  
Amey Witherbee  
Sue Aikman  
Riki French

## THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

 The Richard E. & Deborah L.  
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Howard Manosh



Peter Bourne



THANK YOU TO ALL THE INDIVIDUAL DONORS WHO HELP MAKE LAMOILLE NEIGHBORS SUCCESSFUL