

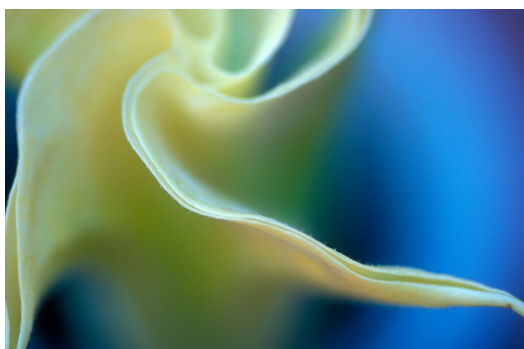


LAMOILLE NEIGHBORS

We're Thinking of You

To both members and volunteers;

- ❖ Don't hesitate to ask for a grocery delivery to your doorstep. We have some new younger volunteers who are ready to help.
- ❖ If you are eligible for free government food from Food Share and would like a delivery to your doorstep, call Lamoille Neighbors at 802-585-1233, leave a message and Joan will deliver food for you. Joan is a member, volunteer, and the vice president of Lamoille Neighbors. She also is a volunteer with Food Share.
- ❖ Keep sending musings, poems, recipes, photos of art work, tips for surviving this stressful time. E-mail lamoilleneighbors@gmail.com or send by mail to Lisa Dimondstein, 130 Davis Hill Rd., Hyde Park, Vt 05655
- ❖ Board member, Maxine Adams, teaches classes at the Civic Center. Her Bone Builders class is now on Zoom Tuesday and Thursdays at 1-2PM. E-mail Maxine if you would like to participate: maxineladams@gmail.com
- ❖ Join a Zoom yoga class, Thursdays 9AM. Faith Bieler has generously offered a class to Lamoille Neighbors members and volunteers. If you would like to join this class, "A Meditation in Movement", please email lisadimondstein@me.com and I will add you to our Zoom link.



Datura by Lisa Dimondstein

Beer bread submitted by Wiffy Brooks

Ingredients

3 cups flour sifted
 3 tsp. baking powder
 1 tsp salt
 1/4 cup sugar
 12 oz. can beer
 1/2 cup melted butter (1/4 cup will do just fine)

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- Preheat oven to 375 degrees.
- Mix dry ingredients and beer.
- Pour into a greased loaf pan.
- Pour melted butter over mixture.
- Bake 1 hour, remove from pan and cool for at least 15 minutes.
- UPDATED NOTES: This recipe makes a very hearty bread with a crunchy, buttery crust. If you prefer a softer crust (like a traditional bread) mix the butter into the batter instead of pouring it over the top.
- Sifting flour for bread recipes is a must-do. Most people just scoop the 1 cup measure in the flour canister and level it off. That compacts the flour and will turn your bread into a "hard biscuit" as some have described. That's because they aren't sifting their flour! If you do not have a sifter, use a spoon to spoon the flour into the 1 cup measure. Try it once the "correct" way and you will see an amazing difference in the end product.
- I have had many emails from you kind folks about using non-alcoholic beverages instead of beer. That is fine to do but I highly recommend adding a packet of Dry Active Yeast or 2 teaspoons of Bread (Machine) Yeast so that you get a proper rise.
- The final result should be a thick, hearty and very tasteful bread, NOT A BRICK! ;).

Asian Chicken Recipe, submitted by Paula Ratchford

Ingredients:

1/4 cup soy sauce
 3 Tbsp orange juice
 2 Tbsp honey or maple syrup
 1/8 cup vegetable oil
 1/2 tsp (toasted) sesame oil
 1 tsp cilantro leaves
 1/4 tsp garlic powder
 1/4 tsp ground ginger
 1 lb boneless, skinless chicken breasts

Mix the marinade ingredients in an oven safe pan.
 Put the chicken in it for about 1/2 hour on each side.
 Bake at 350 for 30-35 minutes.



Crocuses by Mary Miller



Lamoille Neighbor's Grant Committee, led by Jack Anderson and Joan Greene, submitted an application for a grant from AARP to "help make communities livable for people of all ages". If the funds are granted, Lamoille Neighbors and community volunteers hope to create a community garden at the French House Park on Main and Commonwealth in the Village of Hyde Park. With Jack and Peter Gallo, Master Gardener, leading, we plan to organize volunteers to create a permanent public park with new plantings including raised beds, a walkway, bushes and trees. The ultimate goal is to see the French House renovated and its space available to the community.



My Stamp Story by Bonnie McDermott, Program Manager

I just bought stamps online and enjoyed picking out a design. I chose Let's Celebrate! It was bright and fun and made me think that this is what everyone needs now. I know I need to appreciate beauty, nature, and light now that my world has narrowed to my home. I live alone with my cat and although I do enjoy solitude at times, it can also be challenging. I have enjoyed the sloppiness of isolation. Why comb my hair or get dressed? However, I still insist on keeping the ritual of brushing my teeth. I have some standards. My cat is good company and I appreciate having another living being around. Although, I do not enjoy it when she tries to bite me whenever I sing.

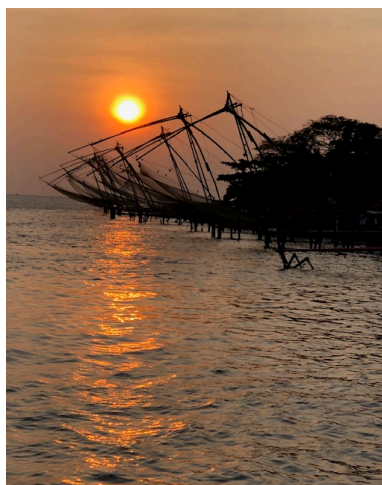
Gratitude is my focus of late. I am thankful that Spring is here when there is imposed social isolation. I can go outside, breathe fresh air, take a walk and chat with neighbors from a safe distance. Soon it will be warm enough to sit on the porch and check the garden for growth.

I recently had cataract surgery before the shut-down. I am grateful that I can now see bright colors and details and have been given the gift of clear sight. After months of darkness, it is like a bright light has been turned on and I am celebrating like the new stamps I bought.

I am very grateful that I have the Internet for entertainment, education, and connection in this time of talking heads and remote family gatherings. Television is important to me, but I am thankful that I can also turn it off when the news is overwhelming. Their enthusiasm for reporting disastrous events is like the enthusiasm of a weatherman with a big storm coming.

When I can focus on being positive these days, I have the strength to face the unknown and celebrate the gifts I have. I hope you find some gifts during these unusual times.

Arm Chair Traveler with Ellen Gibbs



Fishing nets at sunset.

Before Larry and I visited India we had no idea of the depth and breadth of the country. Our image of India was the north. The Taj Mahal, poverty and animals roaming the streets. All of those things exist in India but it is only a small segment of this huge diverse country. India is a visual country full of color, music and noise. It is hard to put into words our experiences.



The children in India are beautiful. Big brown eyes and beautiful smiles. This little boy lives on the street in Varanasi near the Ganges.

We traveled from New Delhi across the north to Rajasthan, (the pink city) to Rathambore to a tiger preserve and a local elementary school. In Agra we visited the Taj and local markets. In Vernasi we cruised the Ganges at night and observed the funeral pyres and in the morning visited the river again to observe people bathing. In Chochin we visited a Jewish community that was established by traders during the time of King Solomon. We experienced a country that is spiritually rich from the most observant to the Hindu's in the North to Hindu's in the south who eat beef. On the way we fed cows as to achieve good karma for the day.



Woman making Rope

According to our guides there are over 33 million Hindu

Gods. Aside from the trilogy of major gods Krishna, Brahma and Vishnu it was difficult to figure out how folks chose the other Gods to honor. Aside from Ganesh (the elephant god) the god of beginnings, who seemed to be everywhere.



Women preparing to bathe in the Ganges

We visited the laundry and the slum in Mumbai. The children in India are beautiful with huge brown eyes and impish grins. In one village we visited in Kerala a family of 4 boys wanted to practice their English and convinced their mother to let 6 strangers tromp through their house.

There is so much more to say. Rather than words I have included some photos. I hope you enjoy them.

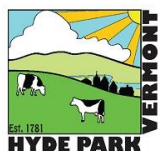


Children in a small village in Karrala practicing their English with Larry. Their father works in Dubai and comes home to visit two weeks every two years.

Thank You to Our Community Partners and Supporters



Park Street Collective, LLC



Lanpher Memorial Library

Join this exciting movement as a Lamoille Neighbors member, click [HERE](#)
As a volunteer, click [HERE](#)
As a donor, click [HERE](#)

Or any combination of the above! Volunteers can be members and members can be volunteers and anyone can be a donor.