



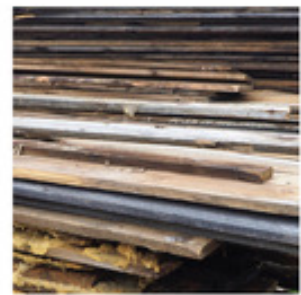
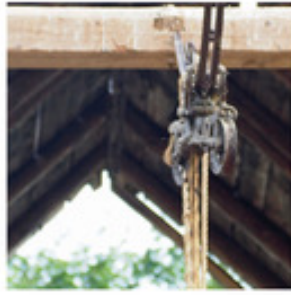
LAMOILLE NEIGHBORS

We Hope You Are All Staying Healthy and Safe

- ❖ *We are not transporting members during this period of the pandemic to keep both our members and volunteers safe. We **are** offering for both members and volunteers:*
 - Shopping delivered to your door
 - Delivering library books
 - Zoom discussion group every other week
 - Zoom yoga every week
 - Outdoor help where we can keep social distancing, ex. Yard clean up
 - Weekly newsletter to help keep us all connected
 - Friendly visit telephone calls
 - Food Share delivery to your door
- ❖ Slate Magazine has posted a very interesting article featuring [stories of survivors of other pandemics](#) Click on link.
- ❖ San Francisco Symphony short performances, <https://www.sfsymphony.org/Calendar/MusicConnects>
- ❖ [Armchair Travel](#)
The Hidden Worlds of National Parks. Google Arts and Culture has teamed up with national parks for virtual tours. [Check them all out with this link](#)
- ❖ **Courses, Talks, Podcasts, Games** [Book Passage's Live Interviews with authors—](#) Saturdays and Sundays at 4. Free but registration required. Recordings of prior interviews are also available on the Book Passage web page.

Weekly brainteasers-answers on last page

1. How can you add (addition only) 8s to get to the number 1000?
2. You throw me away to use me and bring me back when you are done. What am I?
3. A man left home running. He ran a while then turned left and ran the same distance, and then turned left and ran the same distance again. He did the same one more time. When he arrived home, two masked men were waiting for him. Who were they?
4. Always old, sometimes new; never sad, sometimes blue; never empty, sometimes full; never pushes, always pulls. What am I?
5. The more you take of these, the more you leave behind. What are they?



I moved to Morrisville 6 years ago from the Boston area having been introduced to this area by my daughter Molly who attended what was then Johnson State College. As my husband Gary and I visited her, we increasingly fell in love with the area. Once the decision was made, it took four short months to buy a home in Morrisville and begin anew. My first interest was community and I quickly joined several community groups. But moving is also a chance to reorient your life. For me that meant setting aside time to focus on artistic exploration – not an easy task for someone with a strong analytical bent.

Since then I have used photography to tell stories, explore my new hometown and simply discover the range of ways you can capture the beauty around you. -Nancy Banks, Lamoille Neighbors member and volunteer.



Article on Pandemics by Board Member Maxine Adams

COVID-19 has us all thinking about the pandemics our parents told us stories about, and the past pandemics we ourselves have experienced. This helps us to know that we have been in this situation before and prevailed. Together we will win!

Smallpox killed between 300-500 million people over its 12,000 year existence. Most of us have a scar on our upper arm from being inoculated against this disease but it has been declared conquered and inoculations were discontinued in 1971.

Spanish Flu in 1918-19 caused an estimated 50–100 million deaths. Previously, influenzas mostly killed juveniles and the elderly, but this one struck down healthy young adults as well. Public gathering places were closed to prevent the spread but the vaccines that were developed targeted the wrong influenza strain.

Polio from 1916 onward, was an epidemic that appeared each summer but the most serious occurrences were in the 1940s and 1950s. In 1952, polio cases in the U.S. peaked at 57,879, resulting in 3,145 deaths. Polio predominantly affected children under 5 years of age. Many of us can remember swimming pools and movie theaters closing in the summer to prevent the spread. In 1955 Dr. Jonas Salk developed an effective vaccine and to this day a polio vaccination is part of a recommended inoculation schedule.

Asian Flu killed 2 million people from 1956 to 1958, 69,800 of which were in the US. And Hong Kong Flu in 1968 caused 1 million deaths throughout the world. Every year countries forecast what type of influenza will be coming our way in preparation for the annual Fall “flu shot.”

HIV/AIDS reached a peak between 2005 and 2012 and has caused 36 million deaths since 1981. Although there is no vaccine yet, awareness and new treatments have made the virus more manageable.

COVID-19 began appearing in humans in December 2019. This new virus spreads fast since no one on earth has an immunity to it. By mid May the world saw more than 4.5 million people infected and over 300,000 deaths. Right now the only preventive tool we have is to observe best practices - lots of hand-washing, wearing masks, keeping our distance, and staying at home as much as possible. COVID-19 has had a devastating effect on the economy and a vaccine is being researched.

See if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

No, it is not that they all have at least 2 double letters

Answer on page 5

Recipe submitted by Maxine Adams

Sometimes it is fun to taste dishes that bring back memories. Here's one from the 40's but was much more popular in the 60's. It is sometimes called the "Depression Cake" because it doesn't use milk, butter or eggs which were luxuries in the Great Depression.

ORIGINAL WACKIE CAKE

Ingredients:

- 1 1/2 cups unbleached all-purpose flour
- 1 cup sugar
- 3 tablespoons unsweetened cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon vinegar
- 5 tablespoons vegetable oil
- 1 cup cold water

Preparation:

In a large mixing bowl, mix flour, sugar, cocoa, soda and salt. Make three wells in the flour mixture. In one put vanilla; in another the vinegar, and in the third the oil. Pour the cold water over the mixture and stir until moistened. Pour into 8 x 8-inch pan. Bake at 350°F. oven for 25 to 30 minutes, or until it springs back when touched lightly.



Photo by Lisa Dimondstein

Lentil and Vegetable Stew from The Eat-Clean diet Recharged, submitted by Ellen Gibbs

This vegetarian is hearty enough to convert any carnivore! Flavorful exotic spices are paired with Puy lentils (which conveniently don't break down and turn to mush during cooking like other kinds of lentils).

- 3 TBS of olive oil
- 1 cup chopped onions
- 3 cloves minced garlic
- 3 carrots peeled and chopped
- 3 parsnips peeled and chopped
- 6-8 Brussels sprouts end cut off and chopped
- 4 fist size potatoes peeled and chopped
- 1 tsp. cumin
- Pinch cayenne pepper
- 1 tsp. coriander
- 1 tsp. turmeric
- 1 tsp. ginger
- ½ tsp. allspice
- 4 cups of chicken or vegetable stock
- 1 cup dry Puy lentils
- 2 tsp. sea salt
- 3 bay leaves

Method:

1. Heat oil in large Dutch oven over medium heat. Add all chopped vegetables and cook until soft.
2. Add all spices (except the salt) and continue cooking until fragrant.
3. Reduce heat and add stock, lentils, sea salt and bay leaves.
4. Cover and reduce heat to simmer. Cook for 45 to 60 minutes. Stew is done when lentils are completely cooked.
5. Serve with cooked brown rice.

Note. I sometimes add ½ c. barley. This makes the stew a bit thicker but also make it a complete protein.

Answers to the brainteasers from page 1

- #1. $888+88+8+8+8=1000$
- #2. An anchor
- #3. The umpire and the catcher
- #4. The moon
- #5. Footsteps

Answer to what the 7 words have in common from page 3

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC



Lanpher Memorial Library

Howard Manosh

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.