The Times Ink!
OF RICHMOND & HUNTINGTON
The Newspaper of Richmond & Huntington
Volume 38 **April 2021 Bonus Issue** Number 4

Huntington Town Buys a Forest

Community Land Purchased with Help of Conservation Groups, Grants

On March 25, the Town of Huntington along with the Trust for Public Land and the Vermont Land Trust signed final papers to create and protect the Huntington Community Forest in perpetuity.

Huntington's Town Plan has long called for balancing municipal conservation efforts with the need for increased, easily accessible, recreational opportunities throughout the seasons for residents of all ages and capabilities. In 2018, the Huntington community participated in a robust year-long planning process, and identified the acquisition of a new town forest, with good public access, as one of six top priorities for the town. The community also concluded there was a lack of public trails near the village centers, limited access to the Huntington River, and limited opportunities for forest recreation and education in town.

With the 245 acres of mixed forest adjacent to Brewster-Pierce Memorial School and along Trapp Road, along with a generous donation by Dan Carhart and Krin Barberi of 2.8 acres of riverside property, the land encompassed the many attributes sought for by community members.

For those who are looking to avoid the steep terrain and crowds of Camel's Hump, this community forest provides close-to-home access to low-angle hiking that can be enjoyed by anyone. The land's rich and diverse habitat is also home to black bear, fisher, otter, and bobcat. Black-throated blue warblers and brown creepers can be heard within the forested landscape and wildflowers will reward a late spring hiker.

Aaron Worthley, chair of the Community Forest Stewardship Committee shared the following: "Having grown up at the edge of the new Community Forest, I've seen firsthand how special it is for a long time. From dairy farm to hay fields and sugar woods, fishing and swimming in the river, and building "forts" along its banks, catching frogs in the wet meadows, rambling across the woods, cross-country skiing and sledding, and so much more."

He enthused, "I'm so excited that we can all continue to enjoy and learn from this landscape."

A hiker enjoying the trails within Huntington's new forest. Courtesy photo

Conservation Reserve Fund In 2000, an article was proposed at Town Meeting for the creation of a Huntington Conservation Reserve Fund. Since implementation, the funds have been able to provide the basis for additional funding from other groups for several conservation projects such as historical curtain restoration for the Union Meeting House, restoration of the Beaver Pond Overlook trail at the Audubon Nature Center, conservation of Rich/Clark Field, and most recently the vital role in acquisition of the Community Forest.

Wally Jenkins, former Conservation Commissioner, stated,"The Huntington Community Forest is a dream come true. First and foremost, many thanks to the dedicated community members who worked so effectively to make this happen, and to the organizations that collaborated in this effort. "

He expressed appreciation to the former owners who were "invested enough in the project to be patient with the complicated process."

Conservation Fund According to historical evidence gathered over the past twenty years, the Conservation Funds have leveraged over six times additional funding towards support of conservation efforts. The $140,000 of the Conservation Funds allocated

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Why a Bonus Issue?

Due to two technology issues with the paper produced and delivered the week of March 22, the last four pages were not attached to the final document and therefore, not printed. It wasn't noticed until after the paper was delivered from the post offices.

Making an enormous lemon into lemonade, here is a tiny paper with the MIA four pages, plus some new information (the printer can only print a minimum of eight pages). It also gives us a chance to put our loyal and supportive advertisers in print again. Please support them!

The next issue will be out at the end of April, as planned.

Richmond Rejects Retail Cannabis

Submitted by Emily Shedd
Community News Service

On March 2, 2020, Richmond was one of just three Vermont communities to reject retail cannabis operations in their town, voting down Article 6 with a final tally of 674 to 611.

The same day, 23 other Vermont communities approved similar measures. The margins of all three communities who voted against cannabis retail sales were slim, and opinions in Richmond remain divided.

Since the Richmond Select Board voted to put Article 6 on the ballot, community members have expressed concerns about the health effects of cannabis, impacts on youth, and the possibility of increased drug use, Selectboard Vice Chair Bard Hill wrote in an emailed statement. Many Richmond Community members also took to Front Porch Forum to air opinions prior to the vote.

"One of the biggest drivers that increases substance use is access to that substance," wrote Margo Austin in a February 20 Front Porch Forum post. A Richmond resident who has worked in drug and alcohol prevention for 20 years at middle and high schools, Austin opposed Article 6.

"As a proud resident of Richmond, who takes great pride in the positive strides Richmond takes to encourage citizens to make healthy lifestyle choices, [Article 6] works in direct opposition to this goal," she wrote. Austin testified several times in the Vermont legislature as an expert prevention witness and believes that "when a product is legal, accessible and normalized in the culture use is going to be high," Austin explained in an email. "We do not need another commercialized drug — period."

But "Vermonters currently have ready access to cannabis — minors included — through the black market," asserted Richmond community member Jake Marin, also on Front Porch Forum. Article 6 would have likely replaced "much of the black-market with more controlled access," he argued.

In Marin's view, Article 6 would have provided an "opportunity for Richmond… and an equitable system for all adults who want to access cannabis." Additionally, the article offered "licensing fees and the potential for a 1% retail tax option that could result in some much needed funding for the town," Marin wrote in an email.

"The concern about normalizing leading to increase consumption is ludicrous, in my opinion," Marin wrote, "So many people are conflating concerns about substance abuse with a retail license in our town." Instead, "the vast majority of people who use cannabis, do so responsibly and really enjoy it," Marin argued.

Much of the discussion in Richmond centered around "not in my back yard statements," Marin thinks. "Many of the NO folks were picturing it being in the heart of the village where it is right in your face, taking up valuable retail shop space," he wrote. "A zoning discussion could have allayed those fears, but it didn't really come up, at least not in a practical way."

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Town Forest Purchase

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toward the community forest provided the immediate funding necessary to indicate the town's support towards purchase of the property.

Outdoor and Forest-Based Recreation Plan In 2016, a grant from Vermont Urban and Community Forestry aided the Conservation Commission and the Huntington community in development of the Outdoor and Forest-Based Recreation Plan. Guided by Conservation Commission member Jenna Koloski and a volunteer steering committee, the results of public sessions and surveys provided the Conservation Commission with information to ascertain what community members wanted within a community forest. Top priorities identified were wildlife/natural resource protection, recreation, and accessibility.

With this information in hand, the Conservation Commission and several residents began the search for a property which provided the attributes and a landowner willing to sell such a parcel to the Town. Huntington resident Eric Palola contacted landowners Ted and Susan Blood, who were amenable to selling their property to the town for use as a community forest.

Public Forums In January 2020, the Conservation Commission with assistance from Kate Wanner of the Trust for Public Land (TPL) held a Public Forum to determine interest in pursuing purchase of the Blood Property. Purchase would entail spending the entire balance of $140,000 of the Conservation Funds. Community members shared their enthusiasm for the project which resulted in a unanimous vote by the Conservation Commission to spend the Conservation Funds which would lead to additional funding for the purchase of a new accessible town forest.

The Selectboard agreed with the Conservation Commission's recommendation and in January 2020 the Selectboard signed an application to apply for federal funds to assist with purchase and voted to approve the spending of Conservation Funds towards purchase of the Community Forest.

Dori Barton, Chair of the Huntington Selectboard, said "The location of this property, which interconnects with our elementary school and the Town's recreation field, couldn't be more perfect. The wetlands, open meadows and agricultural fields, and areas of young, middle and mature forest provide remarkable educational and recreational opportunities."

In late January of 2020, a walk of the property was led by County Forester Ethan Tapper with over 45 residents participating in the three-mile informational session.

Forest Stewardship Committee The Huntington Community Forest Stewardship Committee (HCFSC) held five public forums and utilized surveys to assist with the ongoing development of a Management Plan. The committee has the assistance (at no cost to the Town) of six graduate students from the UVM Field Naturalist program. The students, under the guidance of Walter Poleman, co-director of the Field Naturalist Ecological Planning Graduate Program, are conducting a landscape inventory and assessment of the forest. Research includes cultural and human land-use history and ecological characteristics.

The UVM students will hold a public forum with community and Stewardship Committee members to share their findings. The committee will utilize the information to aid in the planning process. A draft of the management plan will be shared with the community, with the Selectboard providing final approval.

Outdoor Education Brewster-Pierce Memorial School, having a shared boundary with the community forest, is in an ideal situation. The school is recognized as a leader in Vermont in outdoor education. Brewster-Pierce is one of the first schools in the state where all students are given the opportunity to go out into nature during the school day.

Conservation Commission member Jeannette Segale explained, "Permanent protection of this outdoor natural area for students in the community is so vital, especially when data shows children today are spending 50% less time outside than kids in 1980. According to the nonprofit group, Come Alive Outside, despite regular activity being an important part of physical and mental health, only 24% of today's kids are getting outdoors the recommended time."

The Commission plans future partnerships with the nearby Audubon Nature Center and Birds of Vermont Museum for informational walks. There will be multiple opportunities for outdoor educational-based programs in the years to come.

Funding The Trust for Public Land worked with the community, including a committee of energetic local volunteers, to secure funds from private and grassroots entities, as well as multiple federal and state sources to deliver the property to the town.

The project was funded by the federal Community Forest and Open Space Fund, the Vermont Housing and Conservation Board, the Huntington Conservation Fund, Lintilhac Foundation, Fieldstone Foundation, Davis Conservation Foundation, Oakland Foundation, RiseVT and many private donors.

Notably, it is the first municipal land acquisition to benefit from the Vermont Clean Water State Revolving Fund's Interim Financing, which provided $309,000 to protect natural infrastructure--the wetlands, riparian areas and headwater streams that directly benefit water quality and flood resiliency in the Winooski Basin and Lake Champlain.

A significant grant from L.L. Bean's Community Impact Fund supported expansion of the outdoor education program at Brewster-Pierce, and improvements in infrastructure (trails, bridges and signage) on the property. Conservation of the property will be permanently secured by an easement co-held by Vermont Land Trust and Vermont Housing and Conservation Board.

Wanner, TPL's Senior Project Manager and the individual most responsible for assisting the town in this acquisition, declared, "It has been my absolute pleasure to work with the Huntington community on this project over the last year and a half. " She explained, "In a particularly tough and unusual year, the town spent time working towards something bigger, something that will outlast all of us.

The commitment to working together to do the right thing for the land and for the community is truly remarkable. This is what community truly means."

Wanner went on to recognize the groups and individual contributors to this huge project. She said, "I look forward to celebrating with the community this summer when it is safe to gather."

Added Jenkins, "Last but not least, thanks go to the taxpayers who have consistently supported the Conservation Fund in the hopes that just such an opportunity might eventually come along to benefit us in so many ways."

Celebration Plans are just beginning for an outdoor celebration to take place at Huntington's new forest. The event is tentatively planned for July. This will be an opportunity for the community to come together to recognize the work of the many people who made this project happen, and to mark the creation of this place where people can enjoy being out in nature, and where nature can thrive into the future.

—Information submitted by
Huntington Conservation Commission members
Jeannette Segale, Jennifer Esser and Barrett Grimm

Cannabis Rejected

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Selectboard Vice Chair Bard Hill agreed that a more detailed article could achieve different results. "Separate but related issues of 'operations' e.g. cultivation, processing/manufacturing, retail, and dispensaries are sometimes a bit conflated and it is difficult to clarify this in a simply worded article," Hill noted, adding that the item "might have been improved by defining 'operations' within the article to more clearly specify the scope of the article and vote."

Still, Hill takes the Richmond cannabis debate as a positive sign. "Different towns can and should be expected to make different decision on specific issues," Hill wrote. In his view, the contested vote is "evidence that democracy and TMD (Town Meeting Day) seem to remain healthy in Vermont."

Richmond Blood Drawing April 7

The next local blood drawing will be held on April 7 at the Richmond Congregational Church from noon to 6 pm. Please consider donating blood as one of your Spring priorities. As you might expect, blood demands remain very high.

Eligible donors can call 1-800-RED CROSS (1-800-733-2767) or go online to redcrossblood.org for more information and to make a blood donation appointment. Use RAPIDPASS (http://www.redcrossblood.org/rapidpass), a pre-donation & health history questionnaire, to reduce the wait time. Complete it on line on April 7 before you arrive to donate.

There is new FDA blood donation eligibility guidance for those who receive a COVID-19 vaccination. The good news, there's no deferral time for Pfizer, Moderna or Johnson & Johnson vaccine. All blood donations are currently being tested for COVID-19 antibodies.

A Lifetime of Experience Repairing Small Engines

Jim Young received a gift of a new hardwood log from his neighbor Mark Moultroup. The ash log will be used to test the chainsaws after Young repairs them. Below, the well-used, soon-to-be replaced maple test log. Right photo: Smaller tools waiting for new parts. Photos: Heidi Racht

by Heidi Racht

Consider this.

It's May. The grass, brown only a few days ago, is now growing right in front of you. It's time for the lawnmower to come out. If experience is any indicator, it will not start – the same story for the tiller a few weeks later. Welcome to spring.

Much like the winter snow tires put on weeks before the first snow all, a quick tune-up now will get your yard maintenance season off to a flying start. You will beat the crowds and be ready

For decades, the locals have gone to Jim Young to get their lawnmowers, chainsaws, tillers, snow blowers, garden tractors, generators - all types of small engines running for the season or repaired quickly. Young has done this business on the side with a shop converted from the garage next to his house on Dugway Road. Now Young's Small Engine Repair will be working during the week. He has made the change to working for himself.

The tidy yard has a modest sign at the end of the driveway. Young explains that he keeps all the machinery in the front bay of the garage where it is protected from the elements while it waits for repair.

Jim Young describes his business as more like a "hobby I enjoy. It doesn't seem like work." It is a one-person business with Young doing the repair, ordering of parts, pick up and delivery, and billing. He is affably engaged with his customers and obviously enjoys the work, describing himself as "an early person" getting an early start to his day. And, he enjoys the challenges that come with a variety of different projects. Sometimes he can do the repair in a day; other times, he has to wait for parts.

Young grew up on Jericho Road and learned about engines from his father, who he described as a "tinkerer." He remembers watching his father take apart cars and other machinery just for the fun of it and the challenge of putting it back together. Young knew from his early days that he found his avocation.

Young is careful to explain that he doesn't fix motors – washing machines, dishwashers. His is a business of combustion engines. And, now, in addition to figuring out the individual problems with each repair, he is constantly learning as the industry changes. And, there are many changes, starting with the EPA's regulation of emission levels for carburetors to new green Legislation at the state level. Young speculated that soon small combustion engines will be hybrids. In the quickly changing world of personal equipment, computerized systems are beginning to emerge.

And then there's ethanol fuel. Ethyl alcohol, which is made from corn, sugarcane or other grains, is a biofuel additive for gasoline, whic is derived from oil. The problem is the additive has affected the shelf life of gas and the settlement of gas. He pointed out that filling up the tank with untreated fuel before storing a piece of equipment for the winter almost always means that it won't start in the spring.

Young also sees a fair amount of repairs needed due to the wrong fuel blends. The wrong mix of ethanol fuel can damage lawnmowers, chainsaws, trimmers, and other similar tools. Too much ethanol in these tools can cause corrosion and damage from overheating. Small-engine equipment is not designed to handle high ethanol-based gasoline as it burns hotter and may cause small engines to overheat. Most outdoor power tools will come with warnings that let purchasers know that no more than 10% ethanol gas blends should be used. Some engines also require an oil additive to the gasoline. In order to properly care for their machinery, Young explains, the owners must pay attention to the information in the instruction manual. The wrong fuel could mean an expensive repair or even require replacing the piece of equipment.

Young offers pick up and delivery. His is not a mobile unit operation. All work is done at the small shop on Dugway Road. Young explained that his business is limited to small engine repair and mentioned Jed Randall in Huntington, about five miles away, for onsite and in shop repair of tractors, trucks and other large pieces of equipment. The two local business owners refer customers to the other and, as Young says, "we complement each other."

Each piece of equipment is tested before it leaves the shop. Behind the shop is a well-used maple log that is used to test chainsaws. Recently, his neighbor, Mark Moultroup, dropped off a new ash test log. Young and Moultroup are close in age and friends since in school. In fact, Moultroup was the best man at Jim and Ellen Young's wedding in 1982.

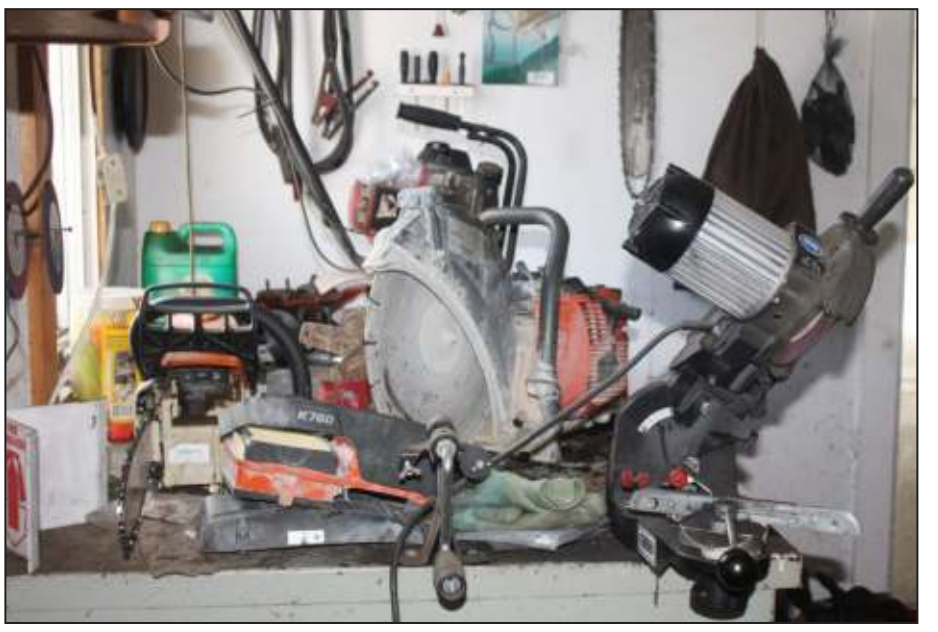
Attending the Richmond school from grades 1-6, Young then went to MMU from grades 7-12 before the middle schools were built. He has tons of fun stories about the town and many of its characters back then.

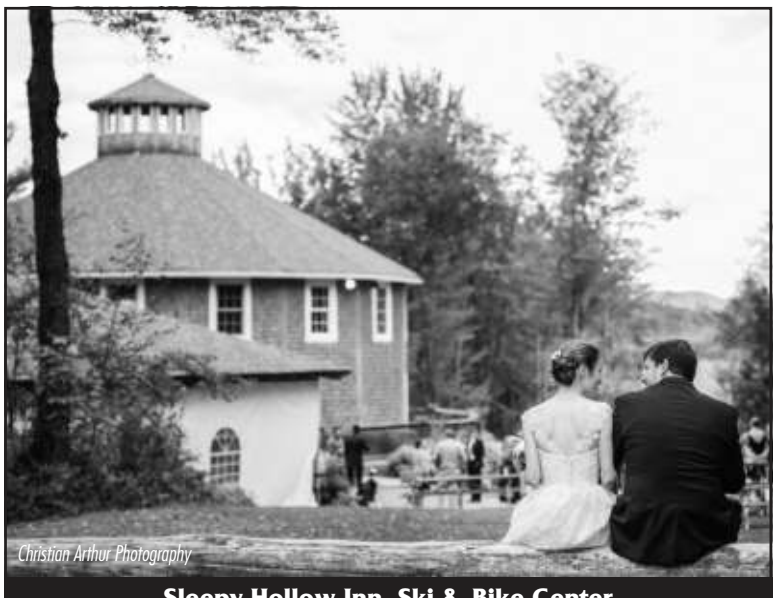
He went to work for Sumner Farr, one of Richmond great characters, right out of high school. He was a "general" helper and the position grew into ordering and other responsibilities. Xen Wheeler, another great character and a man with many business interests, saw his potential and was another early employer. Young worked as a sales rep for Wheeler's feed business, travelling throughout Vermont and spending lots of time visiting with the farmers and helping them to buy the right mix of feed for the animals on their farms. He did this for 30 years. Sales suited his friendly personality and, as is to be expected, many considered him a friend.

Young was on the road in sales for 30 years, then started working for Pomerleau Real Estate in property management and has worked there for 12 years. He will be leaving the job startingApril 3 to do this small engine business full time here in Richmond. The plan is to make the switch to more Monday-Friday daytime work, leaving evenings and weekends for spending time with his grandchildren and the rest of the family. He will still be available other times for the occasional dropoff or pickup, but will be trying to free up more of his family time.

While right now there is still snow on the ground and plenty of spring skiing, the warm weather will come along pretty quickly. Jim Young is ready right now for the spring rush. The shop has a few pieces of equipment in for repair, so why put it off!

Young's Small Engine Repair, 434-3993.





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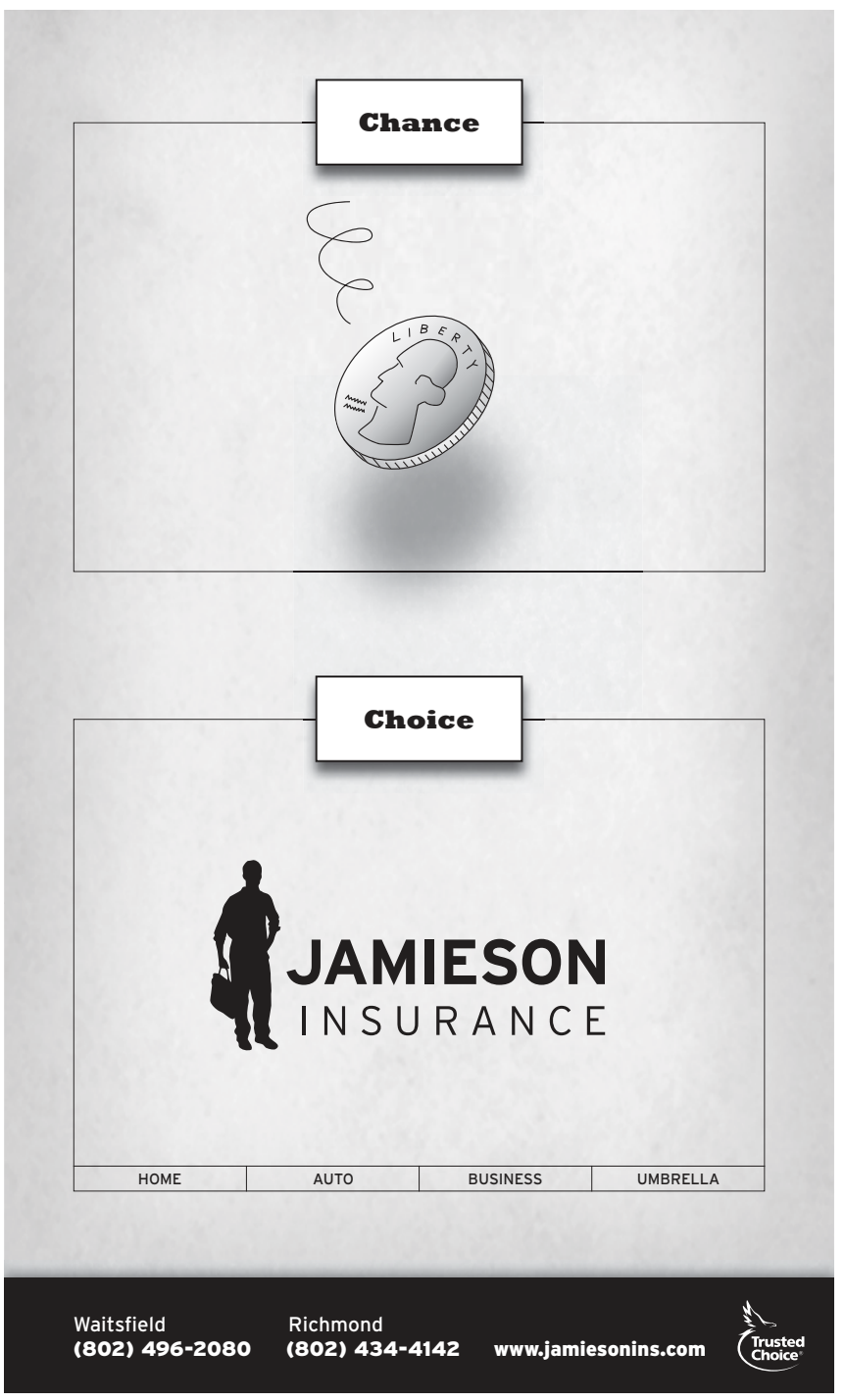

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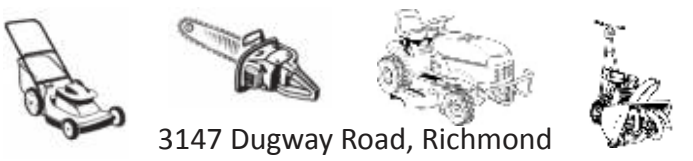

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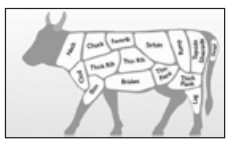

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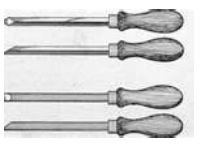

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WANTED: Vermont collector will pay cash for old wooden bird carvings: goose, duck and shorebird decoys. 802-238-1465. [06/21]

Excavating / Mowing

Weddings

ROUND CHURCH WEDDING? Visit the Richmond Historical Society website or contact Mary Ann Barnes 434-3220. 2021 dates available!

HAVE YOUR DREAM WEDDING at the Sleepy Hollow Round Barn in Huntington. A beautiful 17-sided barn that can seat up to 165. Let your family and friends enjoy over 800 acres of true Vermont. Two nights in our Eight bedroom Inn is included. Dates still available for next summer and fall. Please visit www.skisleepyhollow.com for more information or call 434-2283.

FLOWERS FOR YOUR WEDDING Natural-looking, graceful wedding flowers: bouquets, table arrangements; planted arrangements in urns and pots. Colorful Vermont-grown flowers also used in season. Pleasant Mount Farm, Huntington. 434-2690 [11/21]

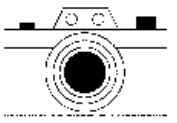
INTERESTED IN A SERVICE DIRECTORY LISTING?

If you would like to purchase space in the Service Directory or if your current listing expires soon (check the date at the end of your listing), write to the address for Classified Ads. Cost is $25 for 3 months, $40 for 6 months, $60 per year, .20/word for listings over 20 words. We reserve the right to edit for content, spelling and grammar.

Photography

MARY CLAIRE CARROLL PHOTOGRAPHY I love taking photographic portraits that transform the way you see yourself. Call me for individual,family, business,or high school senior portraits. www.carrollphotos.com 434-2312

PENNIE RAND PHOTOGRAPHY Outdoor portraits (family, individual, children), Weddings, Special Events, Sporting Events, Art Projects. 434-6047



Wellness

ADVANCEDWELLNESSVT.COM to schedule: Medical, shiatsu and therapeutic massage, craniosacral,acupressure, chinese medicine, cupping. Heather Chadwick and Kate Bentley. 65 Huntington Rd., Richmond. 318-1423

INTERFAITH SPIRITUAL DIRECTION with a certified spiritual director. Enjoy the benefits of a deepened connection between faith and everyday life. Sliding scale. Call Tess Starecheski, 434-7005, or e-mail at tessstar@gmavt.net to arrange free introductory session.

PSYCHOTHERAPIST Are you confused and out of balance? Are you looking for meaning instead of stuff? Over 30 years experience. Demaris Tisdale, M.S.W. H: 434-3941 O: 229-2770

All ads must be Prepaid! No phone call, please.

Rates: $4 for first 20 words. 25¢ each additional word

Deadline: See dates on page 2

***Personal, NOT BUSINESS ADS. Business ads must appear a minimum of 3 mos in the Service Directory.**

The Times Ink!

Advertise with us in the Service Directory!

Contact Meg Howard at advertising@timesinkvt.org

Your ad. This page. $25.

3 mos minimum / prepaid

1.375" high x 3.25" wide

Arts Update

Clap your HANDS Benefit

Clap Your HANDS showcases an online concert by Dwight & Nicole and Kat Wright & Brett Hughes on Sunday, April 4, at 7 pm, followed by a week long music-themed auction. Proceeds will benefit HANDS, a nonprofit dedicated to getting food to low-income older adults in Chittenden County.

"When COVID hit last March, we started SUPPORT BUDDIES, a partnership with Heineberg Community Senior Center. The new program created connections with volunteers and isolated seniors via buddy phone calls and food delivery," explained Holly Cluse, HANDS Board President. "Clap Your HANDS, our spring fundraiser, will help us continue SUPPORT BUDDIES and the other programs we provide."

Dwight & Nicole. Photo: Shervin Lainez . Below, Kat Wright takes a selfie with Brett Hughes

The online auction includes an autographed vintage Phish poster, dance party with Dan Cahill aka DJ Brunch, a Matthew Thorsen photograph, and artwork by Shepard Fairey among many items. Cameo "singing telegrams" will also be available by A2VT, Darlingside's Auyon Mukharji, Rusty Dewees, Myra Flynn, Chad Hollister, Brett Hughes, Amber Lemay, Dr. Mark Levine, Charlie Nardozzi, Robert Resnik, Lowell Thompson, Mitch Wertlieb, and lots of other people well known in Vermont will be available to winning bidders.

The cost of the concert is $10. Tickets can be purchased at https://sevendaystickets.com/events/clap-your-hands-a-fundraising-concert-4-4-2021.

The week-long auction runs from April 4-11 and will be at 32auctions.com/ClapYourHANDS2021. For more information about the concert and the auction, go to https://handsvt.org.

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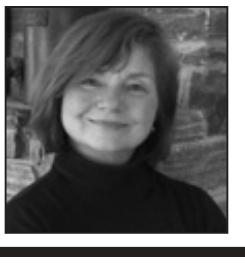

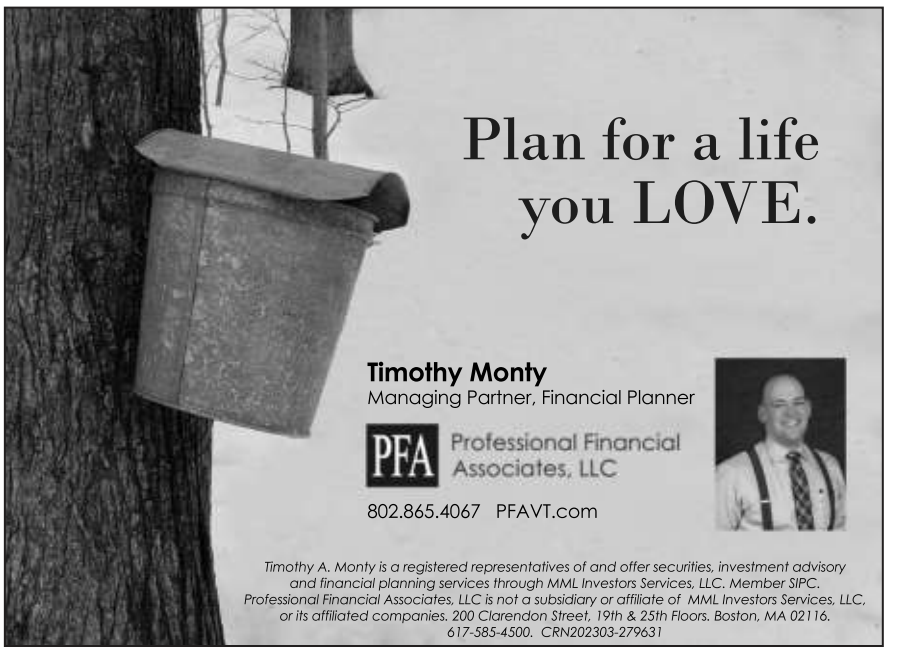

Calendar of Events

Please note: Due to the changing meeting venues and cancellation of events, this section has been suspended and will resume when appropriate.

Regular Meetings Held Remotely during COVID

Go to the town's website for the meeting link.

SELECTBOARD:
Huntington: 1st & 3rd Mondays, 6:30 pm, Town Office (downstairs).
Richmond: 1st & 3rd Mondays, 6:30 pm, Town Center

SCHOOL BOARD:
MMMUSD: 1st & 3rd Monday of the Month, 6:30 pm, Meetings will rotate amoung the MMMUSD schools. Check the website for specifics: www.cesu.k12.vt.us.

PLANNING COMMISSION
Huntington: 2nd & 4th Mon., 7 pm, Town Clerk's Office.
Richmond: 1st & 3rd Wed, 7 pm, Town Center

DEVELOPMENT REVIEW BOARD
Huntington: 2nd Tues., 7 pm, Town Office
Richmond: 2nd & 4th Wed., 7 pm, Town Center.

WATER & SEWER COMMISSION
Richmond: 1st Mon., Town Center

CONSERVATION COMMISSION
Richmond: 2nd Tues, 7 pm, Town Ctr
Huntington: 2nd Thursday, 7 pm, Huntington Public Library.

RECREATION COMMITTEE
Richmond: 1st Tues, 7-9 pm, Town Center Mtg Room
Huntington: as needed, Town Clerk's Office.

RICHMOND TRAILS COMMITTEE
Richmond: 3rd Tues, 7 pm, Town Center Meeting Room

RICHMOND LAND TRUST First Thursday. Monitor Barn Annex. All are welcome. Dan Martin, (4231).

TOWN HALL COMMITTEE
Huntington: 4th Thursday, 7 pm, Huntington Town Hall.

LIBRARY
Richmond: Trustees, 1st Thursday in January, March, April, June, September & November, 6:30 pm. 434-3036.
Huntington: Library Board, Huntington Public Library, 434-4583

HUNTINGTON ENERGY COMMITTEE 3rd Wed, 7 pm, Town Office (downstairs)

Hale and Hearty Seniors Club: 2nd Wed. Holy Rosary Parish Hall, 6 pm., Sept.-May.

HHCT (Huntington Historic and Community Trust): 1st Thurs, Huntington Public Library, 7:30 pm. All are welcome to attend.

Howl Women's Land Monthly Business Meeting, 2nd Sunday of each month. 10 am. All women welcome 434-3953.

Prostate Cancer Support Group: Meeting Location: Hope Lodge, 237 East Ave, Burlington, second Tues each month, 6 pm to 8 pm.General discussion and sharing among survivors and those beginning or rejoining the battle. Mary L. Guyette RN, MS, ACNS-BC. 802-274-4990.

Worship

May be Meeting Remotely. Call for information.

Community Church of Huntington: Sunday morning Worship & Sunday School, 9 am. Communion:1st Sunday. Senior Luncheon 3rd Tuesday (434-3155).

Richmond Congregational Church, United Church of Christ: 20 Church Street., 434-2053. Sunday Worship and Sunday School, 10 am.

Our Lady of the Holy Rosary Roman Catholic Church: Religious Education Classes: Sat. 9-10:15 am, CHMS, Richmond. Sacrament of Reconciliation: Sat. 3:15 pm. Masses: Sat.4 pm,Sun.8:30 am.

Community Alliance Church: 190 Pond Road (overlooking CVU), Hinesburg. Sunday, 9 am, Sunday school for all ages, with adults and teen electives; Scott Mansfield, 482-2132, www.hinesburgcma.org

Jericho United Methodist Church: Rte. 15 in Jericho Corners. Sunday Worship and Church School 9 am winter and summer; Bible/Prayer Study Tues 7:30 pm. Rev. Kirk Thompson, 899-4288.

Jericho Congregational Church: on the green in Jericho Center Circle; Senior Pastor Dave Coons; Youth Paster Pete Anderson; Sunday services 10 am livestream on our Facebook page. Sunday Youth Group: 6:15 pm. 899-4911 / www.jccvt.org

Good Shepherd Lutheran Church: 273 Vt Rte 15 (near Browns Trace) Jericho, 899-3932, Rev. Arnold Thomas, pastor. Worship Service: 9 am (nursery care provided), Sunday School & Bible Study: 10:30 am. www.goodshepherd-jericho.org

Gardening Series for Kids

A free, six-part series for youths, ages 8-18, will focus on resources and skills to grow and eat healthy food.

The biweekly program, offered through University of Vermont (UVM) Extension 4-H, will take place via Zoom on Tuesdays from 3:30-4:30 pm. Sessions are planned for April 6 and 20, May 4 and 18 and June 1 and 15.

Both new and experienced gardeners and cooks are encouraged to attend. Youths are welcome to participate as individuals or as a class, club or other group. Membership in 4-H is not required. To register, go to https://go.uvm.edu/4-h-gardening.

Presenters include UVM Extension Master Gardeners, nutrition educators and 4-H staff. The series is interactive, and participants are encouraged to share their gardening experiences and ask questions.

Among the topics covered will be tips for growing vegetables, pollinator-friendly and edible flowers, seed saving, edible and inedible wild plants, animals in the garden and nutrition, including recipes and information to make healthy dietary choices. Each session is designed to increase awareness of the wider natural environment and will include a take-home activity.

These activities include paper towel planting, growing sprouts in a Mason jar, seed starting, direct-sowing of edible flowers and finding a "sit spot" to observe the natural world, among others. Book recommendations and other resources also will be shared so participants can explore topics in depth on their own.

Visit www.uvm.edu/extension/youth/announcements for information. To request a disability-related accommodation, contact Liz Kenton at liz.kenton@uvm.edu or (802) 257-7967, ext. 308.

American Red Cross
GIVE BLOOD IN RICHMOND
April 7

BOLTON • RICHMOND • HUNTINGTON
Community Senior Center

Senior Center Sets Donations Goal for Post-COVID Activities

Weekly Coffee Time in Richmond, one of many popular senior activities to be supported through the CSC's $17,000 fund-raising drive. Courtesy photo.

The Community Senior Center has announced the level of funding it needs from donors in 2021 to support in-person activities and programs once they can be resumed safely. Its fund- raising drive begins this month.

Last year, the CSC formed committees to coordinate its growing list of wellness, learning and social opportunities for seniors, and to define the financial goals to make them possible. Its 2021 budget calls for just over $17,000 that must be raised from individual donations. The non-profit relies on personal contributions and does not request support from the towns' tax revenues.

The CSC's regular programming serves a wide range of abilities and interests. "In pre-COVID times, hundreds of seniors from Bolton, Huntington and Richmond participated in our 25 or so different activities each week," according to Martha Nye, CSC Development Director. "Nearly 2,900 volunteer hours over the course of a year made it possible. Our seniors look forward to getting back to it all, and we have to raise the money to be ready when health guidelines allow it."

Nearly 75% of the CSC's budget goes directly to activities and programs. Among them are Bone Builders, pickle ball, conversational French, memoir writing, coffee hours, travelogues, and a variety of other indoor and outdoor activities that help seniors connect with others, learn new things and stay well.

All in-person activities have been on hold since February of last year. Also, the CSC did not conduct a 2020 fund-raising drive due to economic constraints for area families. Its Board of Directors hopes to resume regular activities this summer, contingent on meeting health guidelines.

During COVID self-isolation, the CSC switched to an on-line platform. It continues to offer 15-20 opportunities each week for seniors to meet on-line for health and wellness activities learning programs, travelogues, group discussions and a cooking group.

"We are delighted with the diverse on-line sessions we offer our seniors, thanks to the creative energy of our volunteers," said Jane Vossler, CSC Board Chair. "Many seniors have internet access and the on-line format caught on quickly. Volunteers also help coach those unfamiliar with linking up by computer," she added. "But we're all looking forward to joining our friends for our regular outdoor and indoor activities as soon as we can do so safely."

Tax-deductible contributions can be made by check sent to The Community Senior Center, P.O. Box 508, Richmond, Vermont 505477. Donors can also contribute through the website's DONATE tab at cscvt.org.

Advanced Wellness
MASSAGE AND BODYWORK
Schedule your appointment now at:
www.advancedwellnessvt.com
65 Huntington Road, Richmond
Ph: 318-1423

MMCTV
WATCH local meetings LIVE on Comcast cable Channel 1086 or online at www.youtube.com/user/MMCTV15/live
VIDEO + PODCAST LINKS: MtMansfieldCtv.org

Aldrich Tree Farm
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802.434.4760 • john@restinglion.com

Learn new things. Have fun. Join us on-line* for activities and programs every week!

Mondays: Meditation; Needle Arts; Memoir Writing Class
Tuesdays: Senior Learning Network - *Topics Vary*; Recipe Club
Wednesdays: Bolton Coffee & Chat; Richmond BoneBuilders Chat
Thursdays: State of World Discussion; Richmond Coffee & Chat
Senior Learning Network - *Topics Vary*
Fridays: French Conversation; Story Circle - *Sharing Our Stories*

New programs! Mark your calendar. All at 1:30 PM

3/31: Travelogue - Monhegan Island with Maeve Kim

4/5: Travelogue - All Around Europe by Tom Rogers

4/14: Tour the Midnight Goat Farm with Huntington's Yves Gonnet

4/21: Book Chat with Librarians Rebecca and Stacey

***Details, links:** See Activities Calendar in our Weekly Newsletter or click "Newsletter" tab at *www.cscvt.org*
-- or call Martha Nye at (802) 503-8155.

New to on-line programs?
Volunteer coaches available! Email *jane@cscvt.org*

BOLTON • RICHMOND • HUNTINGTON
Community Senior Center

You are not alone
We are here to help

Call a COVID Support Counselor at 2-1-1, option #2.

- **Emotional support and a listening ear**
- **All supports are confidential and free**
- **Available Monday–Friday, 8am–8pm**
- **Connections to community resources**
- **Interpreter services and a Spanish-speaking counselor are available**

FREE Wellness Workshops! covidsupportvt.org/workshops/

WITH SUPPORT FROM VERMONT CARE PARTNERS · VERMONT AGENCY OF HUMAN SERVICES Department of Mental Health

@COVIDSupportVT | COVIDSupportVT.org

COVID SUPPORT VT
Promoting mental health and wellness for all

All Things Human

by Demaris Tisdale

Building Resilience

"Resilience is the rule, not the exception. We are designed to overcome, not to succumb... Resilience is in our nature."

— Noam Shpancer, PhD

Resilience (L resiliens "leap back")

Dorla, the fourth of six children, grew up in an abusive and chaotic family. Though both parents were educated, the father was cruel and the mother was an alcoholic. Dorla married young, and her husband was more interested in porn and pot than her. When she started therapy, she engaged in the hard work of addressing the harm she'd endured. She established a positive therapeutic relationship and was able to work through the long history of abuse and maltreatment. After several years she relocated to Maine.

Over the many years, I had heard from her only once when she called to tell me that her father had died. Then last week, out of the blue, I got a letter from her. She said she wanted to tell me that, despite the "CRAZY times," she is keeping her head above water. By relying on the "strengths and sanity gained thru all the things you have taught me," she said, she is able to carry on with what needs to be done. She gave me her address and invited me to contact her.

Dorla is a good example of resilience. In spite of a severely damaging childhood and early adulthood, Dorla has moved on with her life. Although it has been a hard struggle, she is carrying on. Availing herself of the internal strength she found in the positive therapeutic connection, she has gained a resilience which enables her to learn from experience. She is able to adapt to changing situations and shifting expectations.

We have recently passed the one year mark since the pandemic struck. The coronavirus has increased our sense of vulnerability and heightened our awareness of how fragile our jobs, our institutions, and our way of life are. Facing difficulties, uncertainty, and untold changes and challenges, we have carried on. We have experienced stress and boredom. We have felt lonely and isolated. Everything about normal life has been disrupted. Drastic changes in our routines have had negative effects on our mood and psychology. Especially hard hit are families with young children as they have had to arrange work at home at the same time they are trying to educate their children. They have endured tough times and displayed a resilience they didn't think was possible.

The disruption to the status quo, in almost all aspects of our lives, has required internal resources we didn't know we had. Despite our fear and anxiety, we rallied. We found the resilience required to get through the tough times, developing coping skills and finding inner strengths that were lying dormant. Many of us learned that we have a resilience we never expected to need. The pandemic has enabled us to appreciate abilities in ourselves and find new ways to adapt to extraordinary circumstances. We face the future with realistic expectations and new strengths.

Perhaps we have gained a greater appreciation of our need for each other and how we care for one another. The Mount Mansfield Union Unified School District report noted that "the resilience demonstrated by our students, families, staff members and communities has shown our strength and notable assets."

When people are faced with disruption of the status quo, they have the chance to change and grow. They can learn to adapt to challenges and find new paths to recovery. Adversity enables us to develop improved ways of coping. Those folks who are better at maintaining structure and balance in their lives are more likely to ride out the tough times.

Boomer Funk

Submitted by Scott Funk

Preparing for a Kitten

We recently got a kitten, which is of course the wrong way to phrase it. More accurately, a kitten recently got us. He came into a house of fools who were totally unprepared for all that was to be required of them. Not that we didn't try to get ready. Googling bringing a new kitten home offered us a nearly unlimited supply of cat gurus who provided endless hours of advice.

But it was deficient in a most remarkable way. Yes, there was much about kitty litter, proper toys, cat trees, whether to bathe your cat, how to clip kitten nails, the fun of walking your cat, and the great controversy over dry kibble vs. wet food, or raw. There was even one on how to prepare fresh cat food while living off the grid in a trailer in the wilds of Idaho. Yet, the most important ingredient for living successfully with a cat was completely missing.

No, I'm not talking about humility, but of course that is essential to turning one's home over to a feline. After all, you don't have a kitten, the kitten has you. If anyone is going to be trained it is not the semi-wild obligate carnivore. It's like having a sharp-toothed toddler who can claw its way to the highest shelf. While you might pretend it is being trained, what is really happening is you are learning to adapt, adjust, and put away all the nice things you used to cherish around the house.

Just then I glossed over my point: sharp teeth, sharp claws. Our cuddly kitten totally fails to appreciate their potential for damage. Yes, it means ruined furniture, but we knew about that. It's all over YouTube – kittens and cats rip things up. But not just things.

Fortunately, we had a box of band-aids on hand. Foolish us. Only one box. We weren't ready. We hadn't been warned. Which is why I'm now warning you. When you bring your new kitten home, among the items you will need is an abundant supply of band-aids. Very specifically, you will need the small ones. No, not as part of a mixed assortment. Pay the few cents extra and get the small bandages; the semi-invisible ones are preferable because you will be using a lot of them. Not just one box either. Plan on having several -- at least one in each bathroom, the kitchen, and the room where you'll be interacting with the kitten most.

Don't misunderstand here. I'm not suggesting you need all these bandages because you are crazy enough to offer your kitten your bare hand as a cat toy. Oh, no. They are necessary because of the multiple times your little darling is going to inadvertently snag you with a claw or tag you with a tooth. Not in anger, not in play, just a little oops and off you go to stop the bleeding.

Please don't misunderstand me here. None of this should dissuade you from getting a kitten. We love having our new kitten, Daniel Striped Tiger. He is a delight and offers us endless entertainment and wonderfully affectionate companionship. We are trying to keep up with him and having those extra boxes of bandages helps.

(Former Richmond resident Scott Funk lives, works, and writes (and gardens) in central Vermont. His Boomer Funk columns are available at www.VermontFunk.com, as are his blogs and archived Aging in Place columns.)