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# The Charlotte News

THURSDAY, AUGUST 11, 2022 | VOLUME 65 NUMBER 04



Photo by Lee Krohn



## After 70 years, interstate train returns to northwest Vermont



Photo by Scooter MacMillan

Rich Ahrens records video of the first passenger train through Charlotte in 70 years and waves as the engineer waves back.

Scooter MacMillan  
Editor

On a day with an azure blue sky and clouds puffy white with the stuff dreams are made of, a small group gathered at what's left of the Charlotte train station.

They had come shortly after 10 a.m. on Friday, July 29, to watch as, what for many years was folklore from long ago, whizzed through town on its way to New York City.

Shortly after 10:30 a.m., the train aficionados' wait was rewarded when the long-held dream of a train through town became incarnate as the sleek, silver Ethan Allen Express sped by, just a bit louder than a stage whisper.

Reg and Janine Garen had come out to see the first train since 1953, or almost 70 years, to run through Charlotte.

The Ethan Allen Express has been running passenger train service between Rutland and

New York since 1996 and plans for extending service to Burlington have been in the works since then, the Agency of Transportation said in a release.

There was the Champlain Flyer, but that was just between Charlotte and Burlington. It ran for a bit more than two years, from December 2000 through February 2003. A project championed by Howard Dean when he was governor, the Champlain Flyer ran as a commuter train to help with travel while Route 7 was being built, Reg Garen said.

That train was discontinued on Feb. 28, 2003, just after Jim Douglas took over as Vermont governor, even though all of the contracts had been paid through the end of the year, according to Wikipedia.

Reg Garen said he had fond memories of taking grandchildren into Burlington on the Champlain Flyer — and of the cost — just a \$1 each way.

The Agency of Transportation Operation Lifesaver Vermont's warnings about how silent the train is have been right on target: Stay off the tracks because this train can be on you before you hear it.

The train is much quieter than trains of yore with no clickety-clack as the wheels hit different sections of the track. Now, rails are welded in solid sections that may be more than a quarter mile long with no segments.

The train left Burlington about 10:10 a.m. Friday after a big fanfare that started about 8:30 a.m. More than 15 Burlington and state luminaries from Vermont and New York were joined by "avant funk" band Soule Monde in sending off the Ethan Allen Express on its inaugural voyage with passengers.

"I am thrilled to welcome back train

SEE **TRAIN** PAGE 2

## Charlotte's primary results

### ARTICLE 1

Should the town build a town-owned garage for \$3 million?  
**YES 1,168 NO 327**

### ARTICLE 2

If Article 1 is approved, should the town apply for the garage's funding?  
**YES 1,173 NO 306**

### DEMOCRATIC PARTY ELECTION BALLOT

State Senator	Charlotte	Chittenden County
Virginia "Ginny" Lyons	801	12,591*
Kesha Ram Hinsdale	766	11,602*
Thomas Chittenden	644	11,081*
Lewis Mudge	830	4,693
Steve May	95	2,820

\* winners

### State Representative

Chea Waters Evans	701
Michael "Mike" Yantacka	640

### REPUBLICAN PARTY ELECTION BALLOT

There were no Republican candidates in local Charlotte races.

### PROGRESSIVE PARTY ELECTION BALLOT

There were no Progressive candidates in local Charlotte races.

## Tax rate lower than expected in the spring

Scooter MacMillan  
Editor

The Charlotte Selectboard held a blissfully short meeting during the afternoon last Wednesday, Aug. 2.

The meeting was short and sweet. Short because all the board members met to do was set the tax rate. Sweet because it was lower than had been predicted when the budget was being prepared for voters to approve on Town Meeting Day voting at the beginning of March.

At that time the estimated tax rate that would be required to meet the budget was .2475. It ended up being .2421 or just over .005 less than expected in the early spring.

Town administrator Dean Bloch said the tax rate for fiscal year 2023 is still about 4 cents more than the tax rate for 2022.

The tax rate the selectboard agreed to by a 4-0 vote, because board member Matt Krasnow was absent, will mean that property valued at \$300,000 will owe \$726.30 more in town property taxes.

Expenses were higher than expected in the 2022 budget, said town clerk Mary Mead, and this was primarily due to salary increases and the corresponding benefit increases.

The overage will take just over \$308,000 out of the town's fund balance, which is money saved when revenues exceeded expenses in previous years and which is kept on hand to take care of unforeseen emergencies or costs like this past year's increase in employee compensations.

This expense increase will reduce the fund budget from just over \$419,000 to just over \$110,000.

Mead said this is a lower fund balance than Charlotte usually has on hand, but not unheard of.

"It's a very low fund balance, although we've been there before," she said. "It is not a deficit; it's just lower than we usually have."

## Selectboard discusses forming new fire department behind closed doors

Scooter MacMillan  
Editor

The selectboard is on the precipice of possibly making a big decision that could have a major impact on Charlotte, but a recent discussion was in executive session behind closed doors away from town residents whose lives it could affect.

At a meeting on July 25, chair Jim Faulkner made a motion to go into executive session for a discussion about contracts and he cited V.S.A. § 313 a1A.

This section of Vermont's open meeting law says a public body can exclude the public from a session "after making a specific finding that premature general public knowledge would clearly place the public body or a person involved at a substantial disadvantage" to talk about contracts.

According to a letter to the editor from Jared Bomba, acting president of the fire and rescue department's board of directors (see page 3), the selectboard discussed starting



a municipal fire and rescue service in the executive session.

Part of the reason for deducing this was the subject of the executive session is the board's decision to include former fire and rescue employee Rob Mullin in the closed meeting. Another reason for coming to that conclusion is a letter of intent the selectboard reportedly sent the fire department, a letter this newspaper has been unable to obtain.

Mullin was removed as deputy fire chief in September 2021, but continued to be employed by the Charlotte Volunteer Fire and Rescue Department until March when

he was let go by the department's board of directors for undisclosed reasons.

By phone, both town administrator Dean Bloch and Faulkner declined to confirm the executive session was about starting a new fire and rescue department.

Town administrator Dean Bloch would not send the letter of intent to The Charlotte News, saying it was confidential information because it was part of an executive session. Although in his letter Bomba advocated for transparency in discussing forming a new fire and rescue department, he refused to share the letter of intent with the newspaper because it is a "draft" version.

The letter to the editor, which Bomba said was from all of the fire and rescue department's board, acknowledges that the town and the fire department's memorandum of agreement includes provisions for changing the department into a municipal-run department. Currently, the fire and rescue

SEE **FIRE DEPARTMENT** PAGE 2



FIRE DEPARTMENT

CONTINUED FROM PAGE 1

department is separate from the town and run by its own board of directors but funded by the town of Charlotte.

“Charlotte Volunteer Fire and Rescue Services acknowledges the right of the town to establish its own fire and rescue service. In fact, the increasing challenges of maintaining a volunteer-run organization means some form of organizational evolution is likely to be the best strategy going forward,” Bomba wrote.

But he said, “Charlotte Volunteer Fire and Rescue Services believes these discussions should be happening in open meetings within the town rather than in so-called executive sessions.”

Another reason for concluding the selectboard’s executive session concerned starting a new fire and rescue service is because of conversation during the public comment portion earlier during the July 25 meeting. Tony Kinson of Charlotte came to the microphone to ask who manages the Charlotte Volunteer Fire and Rescue Department since it is such a big part of the town’s budget.

When told that the fire and rescue department is managed by its own board of directors, Kinson asked, “How do we monitor and control what goes on there?”

“You asked the question that’s been at the center of a lot of conversations,” selectboard member Louise McCarren replied. “We’re changing it.”

Since it is a nonprofit organization managed by an autonomous board of directors, Faulkner said the selectboard’s only opportunity to manage the fire department is during budget season when it makes its funding request for the next year.

“So, right now you’re looking at a different management, or there’s something going on there between the selectboard and the fire and rescue organization?” Kinson asked.

“One of the options which is under consideration is to turn it into a municipal system,” McCarren said, but the selectboard hasn’t made that decision, yet.

“All the people on the selectboard have no idea what’s involved in running the fire department, and I hope in their endeavors to make it a municipal system, they don’t try

“Charlotte Volunteer Fire and Rescue Services believes these discussions should be happening in open meetings within the town rather than in so-called executive sessions.”

— Jared Bomba  
Acting president of the fire and rescue department’s board of directors

to go out and do it on their own,” said Fritz Tegatz, who was president of the Charlotte Volunteer Fire and Rescue board until July 1.

Tegatz and his wife moved to Utah in the spring. He was also on the selectboard for two terms for a total of six years. For five of those six years, Tegatz was the selectboard liaison to the fire department. And during his selectboard tenure, he was also a member of the fire and rescue department.

“As the liaison of the selectboard, I didn’t learn 75 percent of the stuff you need to know to run a fire department. Once I became the president of the fire department, I then learned how complicated it is with all the things that are involved with running an emergency service,” Tegatz said.

He worries that in an effort to change the fire department to a municipal system, the selectboard might throw out the baby with the bathwater, changing department personnel or operations so abruptly the fire and rescue department disappears.

Tegatz said the department has really improved in the last six months. During that time, Vergennes and other neighboring towns have had trouble getting enough members to respond to some calls, but Charlotte responded to every call it received. There needs to be at least two crew members to respond to a call with an emergency vehicle. When a department can’t get two crew members, it can’t respond.

Since December, no designated selectboard liaison or other selectboard member has attended any fire department meeting, he said.

Tegatz said misinformation has caused the selectboard’s dissatisfaction with the fire and rescue department.

The selectboard violated public meeting laws by going into executive session to

discuss a nonexistent contract, he said. “What contract? There is no contract. There’s a memorandum of agreement, which is a public document,” Tegatz said. “The public should know because they’re paying for it.”

This Monday, Aug. 8, the selectboard had a meeting scheduled with the Charlotte Volunteer Fire and Rescue Department that was postponed because of what Faulkner called “a misstep” on his part in notifying the department.

An over 10-minute discussion ensued as the board worked to reschedule the meeting to a time when all of the selectboard members could attend and after the fire department’s newly elected board of directors is installed Aug. 24.

But eventually, at the urging of Faulkner to have the meeting as soon as possible, the selectboard decided to begin the discussions with a special meeting at 7 p.m. next Monday, Aug. 15. The only item on the agenda will be the future of the fire and rescue department.

During this scheduling discussion, board member Lewis Mudge asked for Monday’s meeting to be a public meeting rather than an executive session.

Faulkner argued an executive session is needed “because we don’t want to get dirty laundry out.”

Krasnow said the conversation with the fire and rescue department will cross into many topics like personnel issues or contractual negotiations that should be discussed in executive session, but “my preference as well as many other people’s is to have as many conversations in open meeting as possible.”

Executive sessions should be used sparingly but appropriately, he said.

TRAIN

CONTINUED FROM PAGE 1

service from New York to Burlington’s downtown train station for the first time since 1953,” Mayor Miro Weinberger told the celebrants in the Queen City. “This new Amtrak service fills a 70-year-old city void, will give a boost to our economic recovery at a critical time and will give travelers a lower-carbon connection to New York and the rest of the Amtrak system.”

“Expanding and improving reliable, affordable public transportation is absolutely critical to addressing the existential threat of climate change,” said Sen. Bernie Sanders. “To my mind, our state and federal governments can and must do even more to improve public transportation for all.”

Rep. Peter Welch called the occasion “a historic and exciting moment for Vermont.”

Officials from the Vermont Agency of Transportation said there were at least 300 people at the celebration in Burlington. The train was celebrated by 200 in Vergennes, 150 in Middlebury, 75 in Rutland and 25 in Castleton.

Not to mention the seven in Charlotte. Among whom was Rich Ahrens, who said he grew up an avid model railroader and has always loved the nostalgia surrounding trains. He is thankful that Burlington’s Union Station survived seven decades without passenger service.

He said it is unfortunate that rail service is so efficient around the world but has been shunned in the United States.

“I’m particularly excited at the prospect of continuing the rail service up to Montreal and know my wife and I would take advantage of both its convenience and scenic enjoyment when it comes to



Photo courtesy of VT Agency of Transportation

A drone shot of Amtrak’s Ethan Allen Express leaving Union Station in Burlington on Friday morning.

fruition,” Ahrens said. “Meantime, hearing the two additional distant train horns daily in Charlotte shall suffice.”

The new route did hit one snag in Albany, N.Y., where Amtrak officials learned the day before service started there was a danger from a crumbling warehouse next to the tracks. Passengers were bused around this hazard, but it didn’t seem to mess up the schedule. This problem was fixed a few days later.

On Wednesday, the train was predicted to arrive in New York 11 minutes ahead of schedule.

The Ethan Allen Express leaves Burlington at 10:10 a.m. and is scheduled to

arrive to New York’s Penn Station at 5:45 p.m. It leaves New York at 2:20 p.m. and is back at its Union Station terminus at 9:55 p.m., a total trip time of 7 hours, 34 minutes. The train costs \$75 each way and tickets can be booked at [amtrak.com/ethan-allen-express-train](https://amtrak.com/ethan-allen-express-train).

Correction

In the Food Shelf News in the July 28 edition of the newspaper, Maj Eisinger’s name was misspelled, and she is a volunteer, not the director, of the organization.



**Mission Statement**  
The mission of The Charlotte News is:

- to publish rigorous, in-depth, fair reporting on town affairs, and,
- to source stories of interest from our neighbors and friends.

The Charlotte News is a forum for the free exchange of the views of Charlotte residents and community volunteers on matters related to the town and the people who live here.

**Editorial independence**  
The editor makes final decisions on stories that are published in The Charlotte News. While we are funded by advertising revenue and donor contributions, our news judgments are made in accordance with our mission and are independent of all sources of financial support.

**Letters, Opinions and Obituaries**  
Consistent with our mission The Charlotte News publishes letters to the editor, opinion pieces and obituaries submitted by our readers. All such materials are subject to review and approval by the editor in accordance with the following standards and requirements:

- The views expressed in letters or opinion pieces are those of the author, and are not endorsed by either the board or the editorial staff of the paper. Opinion pieces and letters to the editor will be clearly labelled as such.
- The Charlotte News strives to stay clear of conflicts of interest. If an actual or perceived conflict arises or becomes known at a later date, it will be fully disclosed.
- While letters or opinion pieces may endorse political positions or candidates for public office, the paper always remains objective and impartial in such matters.
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- Efforts will be made to publish submissions in their entirety and to preserve the original intent and wording, but minor editing may nonetheless be necessary. Contributors will be notified before publishing, if in the editor’s judgment, significant changes are required, or the submission is rejected.
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- Letters to the editor, opinion pieces and obituaries should be emailed to [news@thecharlottenews.org](mailto:news@thecharlottenews.org) as attachments in .doc format and must contain the writer’s full name, town of residence and, for editing purposes only, contact phone number.
- Letters may not exceed 300 words, obituaries 500 words and opinion pieces 750 words.
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- Before publishing any obituary, we will need proper verification of death.

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# News from The News

## ‘The Charlotte News’ delivers; won’t you deliver, too?



Claudia Marshall  
Fundraising  
Committee Chair

Maybe it’s just me, but summer in Vermont is beyond compare. And summer in Charlotte just takes the cake. The trick seems to be slowing down enough to enjoy it, while still attending every picnic, barbeque, concert and county fair. It’s a balancing act, right? And, of course, when it’s really hot, you can’t help but slow down.

Our traditional summer fund drive has been anything but slow. Why are we raising money? Read on!

First, I’ll pause to tell you — in case you don’t know ... The Charlotte News is an independent, nonprofit, local news source. It costs about \$4,000 to produce the paper every two weeks, and we distribute it as a public service to every household in town — free of charge. By any measure, our budget would be described as “modest.” Advertising covers about half of the paper’s expenses, but we count on donations from town residents for the rest — readers like you who value reliable, local news coverage from Vermont’s oldest nonprofit, community newspaper. More than 900 subscribers read our weekly email newsletter (sign up on our website) and many now read the “paper” entirely online. Still others read the “hard copy” religiously, while some simply scan. Whatever your style happens to be, you know The Charlotte News delivers, no matter what.

Many of our supporters are “delivering,” too. In the three weeks since we launched our summer fundraising campaign, we’ve received gifts that move us to within \$2,500 of our goal. Can you help us close the gap?

It’s important to stop right here and thank those who have donated so far. The donations we’ve received have helped us hire more writers, including Steve Goldstein, Juliann Phelps, Brett Yates and Rachel Stearns.

It is not too late to support this hyper-local news service. It’s really easy to do. And, I’d venture to add, it’s rewarding to support the paper (and website). We work hard on both to connect this community. These days, it may be more important than ever to be connected and to understand and appreciate our neighbors.

**Please donate now — here’s how:**

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- Visit our website at [charlottenewsvt.org](http://charlottenewsvt.org) and click on the blue “Give Now” link at the top of the page
- Send your check to The Charlotte News, P.O. Box 251, Charlotte, VT 05445.

Many thanks!

### Charlotte Fire and Rescue seeks public talk on department future

To the Editor:

Since 1950, Charlotte Volunteer Fire and Rescue Services, Inc., has provided emergency response services for the Charlotte community. Supported by a combination of public and private funding, Charlotte Volunteer Fire and Rescue Services has established a service level of high availability and high skill with a total focus on delivering service to the community in which we live. Charlotte Volunteer Fire and Rescue Services is a non-profit organization run by a volunteer board of directors and is composed of volunteers, staff and community members. Charlotte Volunteer Fire and Rescue Services provides its services to the town of Charlotte under a memorandum of agreement with the town, the most recent revision of which was executed in 2019.

Charlotte Volunteer Fire and Rescue Services has recently learned that the Charlotte Selectboard intends to establish a municipal fire and rescue department under direct town control. The memorandum of agreement makes provisions for such an eventuality and Charlotte Volunteer Fire and Rescue Services acknowledges the right of the town to establish its own fire and rescue service. In fact, the increasing challenges of maintaining a volunteer-run organization means some form of organizational evolution is likely to be the best strategy going forward. While we are understandably proud of our more than seven decades of service to Charlotte as a non-political organization, we know that times change and our organization must change with it.

Charlotte Volunteer Fire and Rescue Services believes, however, that this is not a decision to be taken lightly. To sustain the high quality of services currently in place, such a change requires substantial research, planning and, most importantly,

a thorough town discussion to be certain that all parties understand the difficulties of maintaining a fire and rescue service, the potential for increased costs and the risk of interrupted service. To this end, Charlotte Volunteer Fire and Rescue Services believes these discussions should be happening in open meetings within the town rather than in so-called executive sessions.

To be clear, Charlotte Volunteer Fire and Rescue Services does not object to the idea of a municipal department to assume the responsibilities of fire and rescue services. Rather, we believe such a transition should be the subject of a detailed plan implemented over the course of 12-24 months in order to retain staff and maintain uninterrupted service.

Specifically, Charlotte Volunteer Fire and Rescue Services calls upon the town of Charlotte to:

- Hold all meetings in public;
- Conduct meaningful research on the issue of managing a Fire and Rescue service;
- Develop a detailed plan for implementation;
- Provide assurances to the people of Charlotte of a commitment to maintain current service levels;

- Continue to negotiate with our designated committee in good faith. Meanwhile, Charlotte Volunteer Fire and Rescue Services is committed fully to:
- Ensuring the continuity of high quality services to the residents of Charlotte;
- Ensuring the maintenance of a good working environment for our employees;
- Conducting all negotiations in good faith.

To this end, Charlotte Volunteer Fire and Rescue Services has designated a working committee to facilitate communication with the selectboard regarding these negotiations. The residents of Charlotte, and the services we provide to you, have always been and will always be our highest priority. Charlotte Volunteer Fire and Rescue Services commits to use its resources and best efforts to ensure a safe and successful transition to whatever form of service organization the people of Charlotte may choose.

Jared Bomba  
*(Jared Bomba is acting president of the Charlotte Volunteer Fire and Rescue Services Board of Directors.)*



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# Around Town

## Condolences

### Genevieve “Gert” Lotz

Genevieve Porter Lotz of Charlotte and Shelburne, who was known to all as Gert, passed away peacefully from natural causes on July 19, 2022.

Born in Boston on June 14, 1927, to Hazel Mattson Porter and Dwight Porter Sr., Gert lived most of her childhood with her mother and younger brother, Dwight Jr., in Lowville, N.Y. She encountered challenges in her young life, including caring for her brother while her mom was at work during his battle with polio. This introduction to caregiving undoubtedly contributed to her decision later in life to pursue a career in nursing.

Gert graduated from the University of Rochester with a degree in nursing.

While living in Rochester, she met the love of her life, Charlie, a World War II veteran who was an engineering student there. They married on Sept. 20, 1952, and moved to Burlington, VT, where they started a new life and family. With son Steven and daughters Wendy and Patti, they eventually moved to Charlotte to enjoy life in the country.

Gert served her community in many ways. She was a staff nurse at the then Mary Fletcher Hospital in Burlington, also serving as a nursing instructor. She was a member of the Burlington Visiting Nurses Association and served on the UVM Family Associates Executive Committee. She was also a member of the South Burlington and Champlain Valley League of Women Voters and was heavily involved with the Red Hat Society in the local community. For many years she volunteered at the Replays retail outlet in South Burlington. Her many interests included tennis, golf, photography, bridge, gardening and cooking. She loved flowers, always having a beautiful bouquet on the dining room and kitchen tables.

Gert’s devoted husband of 69 years, Charlie, passed away last October. She is survived by their three children and two grandchildren, Van and Wyatt Burnheim, who live in Australia with their mother, Patti. A joint celebration of Gert and Charlie’s lives will be held at the Charlotte Congregational Church, where they were active long-time members, this Saturday, Aug. 13, at 10 a.m.

## Congratulations

The Snelling Center for Government is pleased to announce that **Alicia Cooper** of Charlotte has graduated from the Vermont Leadership Institute. The class of 2022 celebrated with family members, colleagues and friends in attendance at graduation on June 4 at Basin Harbor in Vergennes.

Cooper is the director of managed care operations at the Department of Vermont Health Access in Waterbury. As a participant in the Vermont Leadership Institute, Cooper joined 22 other leaders from around the state for a unique series of eight overnight sessions designed to foster meaningful relationships and explore some of the most important issues facing Vermont.

The class of 2022 is the 27th graduating class and Cooper now joins a professional network of over 1,000 Vermont Leadership alumni, including more than 650 graduates who are influencing Vermont’s future in business, public policy, education, community development and a wide range of volunteer and non-profit sector roles.

To learn more about the Vermont Leadership Institute and the Snelling Center’s other professional development programs, visit [snellingcenter.org](http://snellingcenter.org) or call 802-859-3090.

## Bruin sign



Photo by Jim Squires

Bear sightings are up all over town including this one on Pease Mountain who’s found a perch that is just right.

# Emerge Vermont accepting applications for class of 2023

From Emerge Vermont

Emerge Vermont, the state’s premier organization for recruiting and training Democratic women to run for office, announced today that it will be accepting applications for its 2023 signature training program.

Applications will be accepted through Nov. 1 with the five-month program expected to begin on January 21, 2022.

“We are excited to launch our application so we can train another class of powerful Democratic women from communities across Vermont,” said Elaine Haney, executive director of Emerge Vermont. “The effectiveness of our training is clear. There are 62 women on the primary ballot who are either alums of our signature training program or have received other training from us. Our alums are staffing campaigns at every level.”

Emerge Vermont’s training program offers Democratic women who want to run for public office a unique opportunity. Women who are accepted will receive over 70 hours of in-depth education intended to inspire them to run for office and give them the tools to win.



Haney said the program’s trainers are an elite team of campaign consultants, advisors and staff from all over the country who have been involved in some of the most successful campaigns and initiatives seen in recent election cycles. Participants study such things as public speaking, fundraising, campaign strategy, voter contact, and media and messaging. They also meet an array of women who hold elected and appointed office and become a part of a supportive network, which includes a national association of Emerge alums serving at nearly every level of public office.

Over a third of alums have gone on to run for political office or been appointed to local boards or commissions. Currently, 55 alums serve in elected office throughout the state, 25 of whom serve in the Legislature or statewide office. For more information, visit [vt.emergeamerica.org/application-process](http://vt.emergeamerica.org/application-process).

## CHARLOTTE PROPERTY TRANSFERS JUNE 2022

**June 1,** Linda S. Hamilton Trustee of Hamilton Living Trust to Kathleen Fleming & Mark Francischetti, 4 acres, 342 Bittersweet Lane, \$16,000 Land

**June 3,** Dean & Nicole Ridgway to Rebecca Celine Carvalho, 2.69 acres +/-, 2529 Ferry Rd., with dwelling, \$690,000

**June 6, Brandt D. & Sara M.Nelson** to Stephen Reighley & Caroline Perry, 1.14 acres, 191 Partridge Lane, with dwelling, \$795,000

**June 17,** Jerry Pieneman & Danne Elbers to Nathan Caress& Martha Ramsburg, 4.28 acres +/-, 7981 Spear St., with dwelling, \$625,000

**June 21,** Matthew Weston & Amy Shore to Peter Machia & Jolene Koo, 5.20 acres +/-, 577 One Mile Rd., with dwelling, \$760,000

**June 22,** Frederick & Betsy Tegatz to Bingham Brook LLC, 194.85 acres +/-, 100 Guinea Rd., with dwelling, \$3,300,000

**June 28,** estate of Andy Mansfield to Milkbox Properties Inc., .25 acres +/-, 175 Church Hill Rd., open land, \$2,000

*This information was supplied by Jay Strausser and Nancy Warren, Four Seasons Sothebys International Real Estate.*





# Town

## Savoring harmony at Charlotte Town Beach

Right: The turnout for the Wednesday, Aug. 3, concert in Charlotte's Music at the Beach series was the biggest ever for a Vermont String Quartet performance, said Bill Fraser-Harris, chair of the recreation commission.

Bottom left: Fraser-Harris expects a big crowd also for this year's season finale with the Green Mountain Chorus this Wednesday, Aug. 17. The Green Mountain Chorus is celebrating its 75th year of singing throughout New England. Close, four-part harmony, combined with hints of vaudeville, and with quartets from the chorus, the Green Mountain Chorus mixes it up with comedy, audience participation, and of course, that beautiful barbershop sound.

Bottom right: The 24-person group will also split up into smaller groups, one of which is the aptly named Chordination, an a cappella quartet that is two-time winners of the Barbershop Harmony Society's Mountain Division.



Photo by Bill Fraser-Harris




Courtesy photos

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## Hi Neighbor!

# Ken French: Creating community at home and work



Phyl Newbeck  
Contributor

Ken French has come a long way from his early days doing corporate work in Boston as a recording and sound engineer.

These days, the musician and filmmaker prefers a collaborative approach, both in his work at the Media Factory and in his personal life as a resident of the Ten Stones cohousing community.

French is the municipal services manager for the Media Factory, and in that position, he is responsible for filming municipal meetings in Charlotte, Hinesburg, Shelburne and Vergennes, and school board meetings in districts ranging geographically from Addison to Winooski, amounting to roughly 30 meetings each month.

“I started five or six years ago working in the field,” he said, “and then I moved into a management role. I’m still on the ground if I have to fill in or train new people.”

French enjoys the training part of the job because it involves entry-level staff who get to learn all about camera and audio placement and live production.

“It’s a steppingstone to get new skills,” he said. “We’re big on diversity and intentionally looking to hire women and new Americans; people who may not



Ken French

always be represented in technical fields.”

French admits that, when he films meetings, he is less focused on the substance and more on the technical aspect, which he finds a bit ironic.

“It’s a complicated set-up,” he said. “We try to set a high standard for the production of the video stream using multiple cameras and microphones and graphics inserted live.”

Before his Media Factory job, French ran Ken French Media, creating videos and films, including one project traveling with the Vermont band Eight02 to Russia.

These days, he doesn’t have much time for outside work but believes that when he retires, he’ll do a bit more traveling and return to more community-based projects. That said, he has been involved in several community projects through the Media Factory, including videos of the band A2VT which is comprised of African-born Vermonters.

He also takes part in a project called Crowdsourced Cinema VT. “We take a blockbuster film that people know,” he said. “We slice it up into five-minute scenes and hand them out to people to recreate. This year we’re doing Star Wars and last year was Jurassic Park. People use Media Factory equipment to create their version of the scenes and then we stitch them together.”

French started his career as a musician but has been scaling back in that field. He’s currently part of a Middlebury band called the Doughboys which plays R&B, Motown, dance and other party music.

“We play half a dozen times a year,” he said. “We play a lot of Middlebury college events and private parties. It’s not like when I was full time in music and felt I needed to promote and be aggressive. Now, I can just play and sing.”

In 1996, French was one of the first residents of Ten Stones and describes the battle to get clustered housing in Charlotte as an uphill one in which the residents finally prevailed, thanks in part to working with Vermont Land Trust. These days, there are 13 house lots on 90 acres of land.

“It’s been an interesting journey,” French said. “It was bootstrapped. A

bunch of people who had very little experience with development and housing decided to make a co-housing community.”

French said the first ten years at Ten Stones were spent figuring out essential services, followed by things like legal agreements and insurance.

“The second phase was more about collaborating and working together to build community with people. including our governance structure and how we make decisions by consensus,” he said.

The most recent stage has dealt with land-management issues such as creating a pollinator meadow and removing invasive species like buckthorn, honeysuckle and wild parsnip.

If there is one theme to French’s life it is community.

“I was part of a community of musicians,” he said, “and now I’m part of an intentional community at Ten Stones and a community resource in the Media Factory. It’s a place where I can work with someone who grew up in Connecticut and just graduated college and someone who just came from Africa.”

Although French recognizes that Media Factory has more of a traditional top-down decision-making process, unlike the flat structure of Ten Stones, he believes the organization is good at connecting people.

“It’s letting other people know the diversity we have around us,” he said, “respecting other people’s perspectives and backgrounds and trying to learn from people who are different.”

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## United Way organizations have many opportunities for volunteering

Lend a hand and volunteer with the United Way. The organization’s Volunteer Connection site is set up to help connect agencies and volunteers at [unitedwaynwvt.galaxydigital.com](http://unitedwaynwvt.galaxydigital.com).

There are even opportunities to volunteer from your computer in the comfort of your home.

**On the run** – Run Vermont is holding its ninth annual Island Vines 5K/10K road race at Snow Farm Vineyard in South Hero on Sunday, Sept. 18 and needs volunteers to help support participants. Tasks include parking, handing out race bibs, monitoring intersections to keep runners safe, handing out water and recording runners at the finish. Contact [runsignup.com/islandvines/volunteer](http://runsignup.com/islandvines/volunteer).

**On the board** — Franklin County Animal Rescue is seeking volunteers for its board of directors. Responsibilities include governance, policy setting and financial health. Volunteers attend a monthly one-hour meeting and an

annual meeting and can also volunteer for fundraising events, community engagement, marketing and IT roles. Contact: 802-524-9650 or email [info@fcarpets.org](mailto:info@fcarpets.org).

**Tutors needed** — Mercy Connections needs volunteers to tutor adults in their Academic Tutoring Program in subjects ranging from basic math (for students enrolled at local colleges), English reading and writing, English language learning and citizenship preparation. If you have tutoring or teaching experience, consider spending an hour or two a week one-on-one with a student. Tutoring times are available on Monday afternoons, Tuesday and Thursday mornings and Wednesday evenings. Contact Melissa Lang at 802-846-7084 or email [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).

**Fill-in cooks needed** — Dismas House on Buell Street is looking for volunteer individuals, families or groups to purchase and prepare dinner for up to

10 residents and one staff member once a month. Volunteers are invited to join the group for dinner and share some great conversation. Weeknights, 5-7 p.m. Cooks also have the option of dropping off dinner. Contact Katie Montagne at 802-658-0381 or email [Katie@dismasofvt.org](mailto:Katie@dismasofvt.org).

**Excel geek special** – Local Motion needs an Excel geek to work remotely doing complex data analysis using data exported from their database. An ability to create complex pivot tables and charts is needed. Work occurs June-July and January-February each year following fundraising appeals. Contact Laurie Keve at [laurie@localmotion.org](mailto:laurie@localmotion.org).

**Spruce it up** — The Schoolhouse Learning Center needs a volunteer help to spruce up its outdoor spaces, including garden beds and playgrounds. Tasks may include weeding, spreading mulch, adding sand to sandboxes and more. Flexible scheduling. Contact Maria McGrath at [mcgrath@theschoolhouservt.org](mailto:mcgrath@theschoolhouservt.org).

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# Charlotte Recreation

## Rec department announces cornucopia of stuff to do

### Fall soccer signups

Early soccer registration fee is \$45 until Aug. 26. After Aug. 26 the fee will increase to \$60 per child.

The recreation department will be ordering dri-fit rec T-shirts this season which can be purchased while registering for \$8.

Final registration deadline: Friday, Sept. 2. The season starts the week of Sept. 5.

Soccer practices will be set by the coaches based on their availability. Please make a note if there are certain days or times your child is unavailable to practice.

Volunteer coaches needed. Call recreation director Nicole Conley if you’re interested.

### Afterschool piano lessons

**Tuesdays, Sept. 6-Dec. 20, 3-5:30 p.m.**  
**Wednesdays, Sept. 7-Dec. 21, 2-5 p.m.**

The recreation department will offer afterschool piano lessons at Charlotte Central School this fall for second-eighth grade students taught by Julie Holmes. The 30-minute private lessons are \$351.



### Safe Sitter course

**Saturday, May 20, 9 a.m.-3 p.m.**

Safe Sitter prepares teens to be safe when they’re home alone, watching siblings or babysitting. The course offers four main content areas: safety skills, child care skills, first aid and rescue skills and life and business skills.

Lessons are filled with fun activities and role-playing exercises for sixth-eighth grades. Teens will practice choking rescue and diapering.

Register for one date that works best for your child. Fee: \$60

### Tennis lessons

**Sept. 12-29**

The tennis program is open to first-sixth graders. Lessons will be at the tennis courts at the Charlotte Town Beach for \$75.

Mondays: First-third grades, 3:30- 4:30 p.m., and fourth-sixth grades, 4:30-5:30 p.m.

Wednesdays: First-third grades, 2:30- 3:30 p.m., and fourth-sixth grades, 3:30- 4:30 p.m.

Tuesdays and Thursdays: First-third grades, 3:30-4:30p.m., and fourth-sixth grades, 4:30-5:30 p.m.

### Martial arts

**3-4 p.m., Fridays**

Most children and teens will receive some benefit from Villari’s martial arts after training for just a few short months. But the real benefit comes from long-term training. Martial arts help children be more confident, respectful, focused, healthy, hardworking and optimistic. For grades kindergarten-eighth grade at Charlotte Central School. Cost: \$85.

Session 1: Sept. 9-Oct. 7, session 2: Oct. 14-Nov. 11, session 3: Nov. 18-Jan. 6.

### Driver’s education

Two driver education classes will be offered by the 802 Driving School taught by Joe Barch, who has over 15 years of experience teaching in the public schools: Aug. 15-Sept. 28 and Sept. 26-Nov. 2. Classes will be at Charlotte Central School and cost \$725. Visit charlottetec.com for exact dates and times.



### Charlotte recreation basketball

The Charlotte recreation basketball program provides a venue for athletes to learn and master basketball skills in a



fun and positive environment. Winning is not the primary objective but rather development of sportsmanship, teamwork, respect for others and discipline.

The season starts the week of Dec. 5 and ends Feb. 11. Practice will take place on weeknights between 6-7:30 p.m. and/or Saturday 8 a.m.-noon. Times will be posted as coaches determine their availability.

Mini hoops (K-second grade) — Teams will practice once a week. Junior hoops (first-second grades) — Teams will practice twice a week. Third-fifth grades – Teams will practice twice a week with games on Saturdays.

All teams are dependent on roster size and volunteer coaches.

Early registration is \$65 Sept. 16-Nov. 18. Late registration is \$80 after Nov. 18. The registration deadline is Dec. 2.

### Adult Programs

#### Pickleball

Pickleball in Charlotte will take place on Mondays and Thursdays beginning at 5:30 p.m. through the summer and early fall. Contact the recreation department to be placed on an email distribution list.

#### Intro to pickleball

Join Greg Smith of the recreation commission for free pickleball instruction on Saturday mornings at 10 a.m. at the Charlotte Beach Courts. Contact the recreation department to be placed on an email distribution list.

#### Beach yoga

Join Eva for Sunday morning “Yoga at the Beach,” 9:30-10:30 a.m. This class is by donation with all proceeds going to provide new beachfront stone meditation benches. Breathe in the beauty and quiet of Charlotte Town Beach as you flow through vinyasa yoga to awaken your body, mind and heart. This class is appropriate for all levels, though some experience with yoga is helpful. In the event of inclement weather notification will be provided via email, Facebook and Recreation website, one hour prior to class.



#### Pick-up basketball (coming soon)

Join the basketball fanatics on Mondays and Wednesdays at 7 p.m. at Charlotte Central School starting in the fall. All levels and ages are welcome to join. Keep a lookout for official start dates. Full and partial scholarships are available for all youth recreation activities. To register visit charlottetec.com. Questions? Contact Nicole Conley by email recreation@townofcharlotte.com.

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# Gardening

## Master the magic of composting

Deb Heleba  
University of Vermont Extension Office

Become a wizard at turning your kitchen scraps and yard waste into gardening gold.

Registration is now open for the University of Vermont Extension’s Vermont Master Composter course, designed to teach the basics of backyard composting.

The online course opens on Sept. 2. It runs for eight weeks. Course materials, including weekly learning modules, two online manuals, quizzes, a final exam and additional course materials, will be available to participants until Dec. 2.

Live discussion sessions with instructors will be offered via Zoom on six consecutive Thursdays from 6-7 p.m., beginning Sept. 8. These will be archived for later viewing.

The course is sponsored by the University of Vermont Extension Community Horticulture Program with financial support from the Vermont Agency of Natural Resources. The cost is \$50 for Vermonters and \$150 for out-of-state residents.

To register or learn more, visit [go.uvm.edu/mastercomposter](http://go.uvm.edu/mastercomposter). To request a disability-related accommodation to participate, contact Deb Heleba at [debra.heleba@uvm.edu](mailto:debra.heleba@uvm.edu) or 802-656-1777 by Aug. 26.

Topics to be covered include the biology of composting, soil and decomposition ecology, site and container selection,

compost “recipes,” the compost process, troubleshooting, disease control, worm composting and Vermont’s Universal Recycling Law (Act 148).

Two tracks are offered to meet participant needs.

The volunteer track is designed for individuals interested in becoming certified as a Vermont Master Composter to teach others about composting through educational workshops and demonstrations, newspaper articles or assistance with a University of Vermont Extension volunteer composting project. This track requires participation in one hands-on session on either Sept. 24 in Ludlow or Oct. 1 in St. Albans.

To earn certification, 10 hours of volunteer service must be completed within two years of completion of the course. To maintain active status as a certified Vermont Master Composter volunteer, five hours or more of community outreach are required every year in subsequent years.

Anyone who does not have the time or interest in volunteering may register for a second, learn-at-your-own-pace track, which covers the same course materials. A Vermont Certificate of Home Composting will be awarded upon the completion of the course, including the final exam.

Contact the University of Vermont Extension Master Gardener program office at 802-656-9562 or [master.gardener@uvm.edu](mailto:master.gardener@uvm.edu).

## Things to do in the garden in August

Deb Heleba  
University of Vermont Extension Office

Ah, August. Summer is in full swing, but autumn is already peeking around the corner. The rewards of gardening are everywhere.

Fruits and berries are ripening, as are vegetable crops. It’s time to begin harvesting and enjoying that fresh, home-grown flavor. Is there anything better than the taste of a just-picked tomato while you’re still in the garden?

If your garden includes herbs, August is a good time to dry some for use this winter in cooking or for tea. Many herbs can be air-dried.

Bundle clean cuttings of herbs such as parsley or rosemary. Hang them upside down in a well-ventilated area out of direct sunlight until well-dried.

Or a food dehydrator can be used on a low temperature setting according to the manufacturer’s instructions. Store dried herbs in an airtight container for enjoyment long after the garden has been put to bed for the winter.

To keep your garden productive, be sure to keep plants well watered. If you haven’t already done so, add a layer of mulch to help insulate the roots from extreme temperatures, retain water and keep down weeds. If you’ve been ignoring weeds that popped up during July, now’s the time to remove them, along with any plants that have stopped producing and have died back.

While you’re doing so, watch out for pests or disease, particularly if your plants are stressed due to heat or lack of rainfall. If you find yourself with questions, you can contact the University of Vermont Extension master gardener helpline by phone at 802-656-5421 from 9 a.m.-noon, Thursdays through Oct. 27 or online any time at [go.uvm.edu/gardenquestion](http://go.uvm.edu/gardenquestion).

If you have the space — or perhaps a bed you’ve cleared of annuals that have completed their life cycle — consider a fall garden for a second harvest. Quick-growing crops such as spinach, lettuce and radishes can be sown in August to be harvested before colder weather sets in.

If you’ve never grown your own garlic, why not give it a try? Now is the time to order garlic for planting this fall. It will grow underground until the ground freezes, and in the spring, it will continue to grow to harvest in summer. By planting garlic this fall, your



Photo by Deborah J. Benoit

Blackberries are ripe for picking in August, whether from a backyard berry patch or a pick-your-own operation.

crop will have a big head start on those planted in the spring.

Thinking ahead to spring, begin planning additions to your collection of spring-blooming flower bulbs. Daffodils, tulips, crocus, fritillaria and snowdrops, among others, will be a welcome sight after a long winter and will help feed the early pollinators in your garden. Bulbs ordered in August will be shipped in time for planting this fall.

If you only visit your local nursery during the spring planting season, consider checking out its offerings now. Often, you’ll find perennials on sale that will make a great addition to your garden. Perennials (including berry bushes and fruit trees) can be planted through fall. Just be sure to provide plenty of water so they can get a good, healthy start before temperatures drop below freezing.

The occasional bad-weather day may keep you from working outside, but these offer an opportunity. Take some notes about how this year’s garden is faring, what’s growing well, problems encountered and things you would do differently.

If you don’t keep a garden journal, this is a good time to start one. If recordkeeping seems too bothersome, consider taking pictures of your garden periodically as a record for future reference.

So, pull up a chair, grab a cool drink and take it all in, for a few minutes at least. Then get up and get back to work because even though it’s August, there’s still plenty to do in the garden.

*(Deborah J. Benoit is a University of Vermont Extension Master Gardener from North Adams, Mass., who is part of the Bennington County Chapter.)*



# Into the Woods

## Disturbances are a critical part of forest regeneration

Ethan Tapper

The aftermath of a disturbance, whether natural or human-caused, can be a very stressful time for forest stewards and forest lovers, leaving a forest seeming ugly, empty, hopeless.

However, if we allow ourselves to look beyond the “mess” and to consider a more holistic understanding of what forests are and how they work, we can see that these moments are opportunities — chances for the forest to showcase the miracle of regeneration and the many benefits that come with it.

Forests are resilient. When light and space are made available in the forest, it is inevitably filled with regeneration: the growth of new trees and plants. Disturbances are more than something that forests endure. Ever since there have been forests, there have been fires, windstorms, ice storms, insect and disease outbreaks. Forests, and the thousands of species that comprise them, have adapted to these disturbances for thousands of years. As jarring as they may be to us, forests need disturbances; they are a critical part of how forests change over time, how they become diverse and complex, how they provide habitat for wildlife.

The miracle of regeneration is the evolutionary response of the forest community to a dynamic world. Light — the currency of the forest — is usually controlled by trees, their broad canopies casting the understory in shade. Through the death of trees, a disturbance allows some of this precious light to reach the forest floor, offering an opportunity for new trees to establish and to grow towards the riches of the canopy.

Like wildlife, each tree and plant species occupies a complex ecological niche. One of the ways that trees’ niches are defined is by the light levels under which they are most competitive. Shade-intolerant species like white birch and aspen (poplar) require very large openings, such as those caused by a large-scale or catastrophic disturbances, whereas shade-tolerant species like beech, sugar maple and hemlock can grow in near or complete shade. Mid-tolerant species like white ash, red oak and yellow birch compete best in mid-sized openings, too small for shade-intolerants and too big for slow-growing shade-tolerants to be competitive in.

Trees are also adapted to a variety of other conditions — different tree species are competitive on different soil types and

depths, on different slopes and aspects. Yellow birch and hemlock seedlings often grow on rotting “nurse logs,” or on the upturned roots of fallen trees. White pine seedlings colonize scarified (disturbed) soils, whereas sugar maple does best with a deep layer of decomposing leaves. Red oak and white ash establish advance regeneration — seedlings which may wait in the understory for a decade or more, ready to shoot upwards in the event of a disturbance. Cherries, raspberries and blackberries produce seeds that can remain viable but ungerminated in forest soils for decades, only sprouting following a disturbance.

While it is intuitive to think of regeneration as a means to an end — the process by which dead trees are replaced by living trees — the process itself has tremendous value to the forest community. As a forest regenerates, it passes through many different stages, each of which provides unique habitat, used by wildlife from the insectivorous birds that hunt in canopy gaps to the pollinators that visit the diversity of herbaceous plants in flower. Each step in this continuum of change is normal, natural and important to a wide range of living things.

Understanding the miracle of regeneration, and the benefits it brings, can change the way that we think about disturbances in the forest — whether it’s a windstorm or a forest management project. Forests are built on change: Every old growth forest was once a young forest and will be one again, and every tree in the woods is the legacy of the death of a tree, the memory of a disturbance.

While it is incredible to witness the resilience of a forest, how it responds to adversity with regeneration and renewal, this resilience isn’t limitless. The miracle of regeneration is threatened by invasive plants, pests and pathogens, by deer overpopulations, by climate change, by forest fragmentation and by deforestation. In this moment it is critical that we take action not just to protect forests but also to protect their ability to regenerate, to adapt, to change, to remake themselves for the world of the future.

*(Ethan Tapper is the Chittenden County Forester for the Vermont Department of Forests, Parks and Recreation. See what he’s been up to, check out his YouTube channel, sign up for his eNews and read articles he’s written at [linktr.ee/chittendencountyforester](http://linktr.ee/chittendencountyforester).)*

providers, individuals with lived experience and anyone who has an interest in learning more to help prevent suicide.

Each ticket enables one user to access all the symposium virtual content during the live event, and the recorded content after the event. There are student and bulk discounts. Visit [vermontsuicidepreventionsymposium.org](http://vermontsuicidepreventionsymposium.org) for tickets or more information.

Among topics to be covered:

- Trauma-informed care approach to suicide prevention
- Stopping stigma in school: bringing mental health awareness education & suicide prevention to schools
- Preparing the peer support workforce to support people in crisis
- Youth suicide prevention in primary care
- Suicide prevention in high-risk work environments
- Suicide prevention programming for children and adolescents in K-12 schools
- The impact of suicide on mental health clinicians: what we know, what we can do.

This day-long symposium is a public-private partnership of Center for Health and Learning and the Vermont Agency of Human Services.



# Outdoors

## You should realize that animals are running the world



Elizabeth Bassett  
Contributor

If you don't think that animals are in charge, you are not paying attention. Or perhaps you are just lucky.

Consider your tulip bulbs being eaten by chipmunks, or your garden that is demolished by woodchucks. Perhaps bears have ravaged your garbage or bird feeders. Or your oak trees were denuded in June by spongy moths. What's next?

Hardly a week goes by without a sighting of black bear, *Ursus americanus*, in our town. Consider the stunning photo by Nancy Wood in The Charlotte News earlier this summer of a mother and three cubs.

During mating season, between June and July, males cover territory 10-15 miles in diameter where up to 15 females may live. The Vermont Center for Ecostudies tells us, that because of the huge area they must explore, males have little time for foraging and lose up to 20 percent of their body weight in addition to the 20 percent they lose each winter.

Females reach sexual maturity between 2-8 years of age and will give birth to from one to four cubs every other year. Delayed implantation of the fertilized eggs, six months after mating, protects the female's health. If she is unwell or does not have enough body weight to support cubs, the eggs do not implant and she will not have cubs that year. Thus, cubs are born after two months of gestation, about eight months after summer mating.

If for any reason you have not taken down bird feeders, please do it now. Bears attracted to feeders, homes, garages, barns and garbage cans can inflict serious injury and must be euthanized.



Red fox photo by Monika from Pixabay

### Red foxes

We're on a speedy learning curve with our 2022 crop of woodchucks now dispatched and a family of red foxes currently denning in the barn. The good news is that bunnies are not devouring our surviving veggies.

As for the foxes, we have watched them sprint into the barn in the late afternoon and they have chosen a patch of barn floor as their outhouse. What have we learned?

Red foxes, *Vulpes vulpes*, are not native to Vermont although native to other parts of this country. They were introduced by colonials who imported them for fox hunting. At 8-15 pounds, they are slightly larger than the grey fox and also occupy a wider range of habitats.

Vermont Department of Fish and Wildlife tells us that red foxes phase through several colors including black, yellow, a deep

reddish brown, silver and grey. As a result, they are sometimes mistaken for the grey fox. The distinguishing characteristics of the red fox are long, pointed, black-tipped ears; black cheek patches; black leg "stockings;" and a long, bushy, white-tipped tail.

Breeding takes place once a year in late January through February. After about 50 days of gestation, the female gives birth to between one and 13 pups. She will remain with the litter until they reach sexual maturity at about 10 months.

The red fox is an omnivore, devouring small mammals, birds, woodchucks, insects, eggs and carrion, in addition to fruits and berries. They are an occasional nuisance, preying on domestic cats, poultry, lambs and young pigs and goats. Primarily they consume rodents, which is good news at our house.

### Loons

Loons in Vermont have made a comeback in recent decades, slowly increasing their numbers. While they thrive on quiet bodies of water, a pair is nonetheless chortling and diving in Converse Bay this summer.

Each July, volunteers count loons on 165 bodies of water across the state, observing nesting pairs, chick survival and general health of the population. Loons are territorial and small lakes cannot host more than one breeding pair. If a single male threatens a loon couple, they may spend so much energy



Loon photo by PublicDomainImages from Pixabay

defending their territory that they fail to reproduce.

As of June 30 this year, volunteers had confirmed 96 loon nests, of which 34 were successful in producing 47 chicks.

### Not zebra mussels

Any visitor to Lake Champlain is well acquainted with tiny zebra mussels, an invasive that reproduces vigorously, clogs water intake pipes and inflicts lacerations on those who come too near. It may be surprising to learn that Vermont is home to 17 different species of native mussels, making the state the most diverse mussel region in New England.

Mussels spend the majority of their lives in one spot, glued to an underwater surface. Most mussels use a host fish to disperse in their larval stage, growing in the fish's gills until they drop off to spend the remainder of their lives wherever they land.

Since they are sedentary, mussels are good indicators of water quality. They are highly sensitive to pollutants, such as increased amounts of sediment in the water column and runoff from agricultural fields. Mussels improve water quality by filtering, feeding on micronutrients and algae that pass through them. Keep your eyes open — I have spotted mussels while kayaking in clear, shallow water.

May the animals that cross your path be benign. Enjoy our summer days.

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# Calendar of Events

Calendar by Mary Landon.

Please send event listings to [calendar@thecharlottenews.org](mailto:calendar@thecharlottenews.org) at least three weeks in advance.

**CHARLOTTE**

**Storytelling with Quilt-making and Poetry Workshop**

**Saturday, August 13, 1 - 2:30 p.m.**  
Adults and families 5 & up. All materials (cool textiles, paper cards, scissors, glue, what have you) will be provided. All you have to bring is yourself and a face mask in case we need to move indoors. Learn more and register at [eventbrite.ca/e/i-tell-you-my-story-you-tell-me-yours-stories-quilts-poetry-workshop-tickets-393171776367](https://eventbrite.ca/e/i-tell-you-my-story-you-tell-me-yours-stories-quilts-poetry-workshop-tickets-393171776367)

**Play and a picnic through Sunday, Aug. 21**

Vermont Stage, northern Vermont’s source of contemporary theater, performs “Women in Jeopardy!,” a comedy about a suspicious boyfriend. Bring seating and picnics to Isham Family Farm in Williston. Many show options. For more info, see [vermontstage.org](https://vermontstage.org).

**Bird migration monitoring Friday, Aug. 12, 7-9 a.m.**

Learn about which birds are heading south and watch for migrating raptors. Listen for warblers passing through the area. The Audubon Center in Huntington hosts this free program for anyone interested in bird life. More info is at [vt.audubon.org](https://vt.audubon.org).

**Bug art and collections Friday, Aug. 12, noon- 1 p.m.**

Insect illustration is the topic of a webinar offered by The Henry Sheldon Museum in Middlebury. Featured speaker is collections manager at the Fairbanks Museum in St. Johnsbury, which has an extensive collection of bug art, including pieces made by 19th century mosaicist John Hampson. Talk is free and requires pre-registration at [tinyurl.com/mt7strzk](https://tinyurl.com/mt7strzk).

**Music of Mali Friday, Aug. 12, 6-8 p.m.**

Daby Toure of Mali brings his spirited original music to the Lincoln Peak Vineyard in New Haven, with roots in jazz and African rhythms. Grounds open at 5 p.m. for picnicking. For tickets or more info, see [tinyurl.com/2p8ua95b](https://tinyurl.com/2p8ua95b). Toure also performs at Shelburne Vineyard on Saturday, Aug. 13, 6-9 p.m.

**Northeast storytellers Friday, Aug. 12, 7 p.m.**

Listen to tales about summertime from some of the best storytellers in the Northeast, as they gather at the Old Round Church in Richmond. Music by The Brevity Thing. Appropriate for ages 12 and older. Event is free, but donations to the Richmond Historical Society are welcome.

**Hunting course Saturday, Aug. 13, 8 a.m.- 4 p.m.**

Instructors and staff from Vermont Fish and Wildlife Department lead new adult hunters and families in a course focused on hunting waterfowl and game birds. Hunting guidance, processing techniques and cooking are included. Course location is Williston; register at [tinyurl.com/4aytasjp](https://tinyurl.com/4aytasjp).

**Tell me your story Saturday, Aug. 13, 1-2:30 p.m.**

Charlotte’s Clemmons Family Farm welcomes Vermont artist Christie Rawlins-Jackson for ancestral and personal stories about life in Ghana, West Africa. Participants create quilt collage cards or write poems, while sharing (optional) their own ancestral

## Charlotte farmers market

**Thursday, Aug. 18, 4:30-7:30 p.m.**

The Charlotte Land Trust and Earthkeep Farmcommon host a special farmers market at Earthkeep Farmcommon in Charlotte. Various Charlotte-based farmers and producers participate in this special event, in addition to the usual Thursday evening vendors. The site is the former Nordic Farm on Route 7. Food and beverages available, plus views and outdoor seating. For more info, see [earthkeepfarmcommon.com](https://earthkeepfarmcommon.com).



stories. For family members age 5 and older. To learn more, or register, see [tinyurl.com/rddzbrsk](https://tinyurl.com/rddzbrsk).

**Pie and ice cream social Sunday, Aug. 14, 1-4 p.m.**

Stop by Rokeby Museum in Ferrisburgh for this anticipated event, featuring homemade pies, with or without ice cream. Listen to the bluegrass sounds of Interstate Express, enjoy some lawn games, enter a raffle. Limited tours available for the historic Robinson home. Admission to Rokeby buildings and exhibits is free today from 1-4; pie and ice cream sales support Rokeby programs. For more info, see [rokeby.org](https://rokeby.org).

**Creative writing wordshop Monday, Aug. 15, 11 a.m.-2 p.m.**

Vine Lines is a workshop for all levels of writers, held in the tranquil spaces at Horsford Gardens and Nursery. Reveal your voice through self-discovery and personal narrative. For more info or to register, email the instructor Kelly at [kellyhedglinbowen@gmail.com](mailto:kellyhedglinbowen@gmail.com).

**Salsa canning Tuesday, Aug. 16, 5-7 p.m.**

Join owner Julie Rubaud of Red Wagon Plants in Hinesburg for a make-and-take Tuesday class on fresh salsa. Learn methods, tools and recipes for delicious and shelf-stable products from your own garden bounty. Leave the class with salsa and canning enthusiasm. For more info, or to register, see [redwagonplants.com](https://redwagonplants.com).

**CHARLOTTE**

**Chorus at town beach**

**Wednesday, Aug. 17, 6:30 p.m.**  
For the final musical offering of the summer season in Charlotte, the Green Mountain Chorus brings its unique sound to the beach. The group is celebrating 75 years as Vermont’s premiere barbershop-style chorus, featuring members from Vermont and Quebec. Their a cappella four-part harmonies are combined with some vaudeville, comedy and audience participation. Bring the family and a picnic (no dogs) starting at 5 p.m. Free with season or day parking pass; donations encouraged. Weather permitting: call 802-343-4350 for updates.

**Music in the barn Thursday, Aug. 18, 7:30 p.m.**

Popular folk duo Cricket Blue, plus Trio Arco, play at the West Monitor Barn in Richmond. Show is indoors; cash bar available. Doors open 7 p.m. For more info, or tickets, see [musicinthebarn.com](https://musicinthebarn.com).

**Afro-Latino beats Friday, Aug. 19, 6-8 p.m.**

Burlington-based Mal Maiz and the Afro-Latino Orchestra bring a global dance party to the Lincoln Peak Vineyard in New Haven. Food available from A Taste of Abyssinia food truck. Doors open at 5 p.m. Tickets and more info at [tinyurl.com/5n6hxyw4](https://tinyurl.com/5n6hxyw4).

**Shelburne Day Saturday, Aug. 20, 9 a.m.-2 p.m.**

This is an annual opportunity for members of Shelburne Business and Professional Association to meet the public, in conjunction with the Shelburne Farmer’s Market activities. Businesses set up tables and make connections with visitors. More info at [sbpavt.org](https://sbpavt.org). Come support the farmer’s market vendors and learn about Shelburne businesses that help make it a special town.

**Making home remedies Saturday, Aug. 20, 10 a.m.-1 p.m.**

Harvest herbs at Red Wagon Plants in Hinesburg and learn about the many ways to preserve and use plant medicine. Led by herbalist Sophie Cassel, this workshop explores plant qualities, benefits and uses in salves, tinctures and other home uses. Leave with some plant preparations and resources. For more info or to register, see [redwagonplants.com](https://redwagonplants.com).

**Watershed wildlife Saturday, Aug. 20, 10:30-11:30 a.m.**

Join a Vermont Institute of Natural Science environmental educator at the Bixby Memorial Library in Vergennes to talk about the water cycle in our geographical area. Meet some wildlife that depends on that water and how we can help keep our watershed clean. Free program. More info at [bixbylibrary.org](https://bixbylibrary.org).

**Ivy + Bean Saturday, Aug. 20, 3 p.m.**

Lyric Theater Company presents Ivy + Bean: The Musical at the Shelburne Museum. The story, drawn from a popular book series, is perfect for family audiences. In this production, adult actors bring life to the second-grade friends and their adventures. Outdoor performance; blankets, lawn chairs and picnics encouraged. Food also available at the museum cafe. Show is free, but registration required at [tinyurl.com/mr3dv4vj](https://tinyurl.com/mr3dv4vj).

**Sunflower Sunday Sunday, Aug. 21, noon- 4 p.m.**

Visit Farm Craft Vermont in Shelburne for pick-your-own sunflowers, honey and tea tastings and lots of herbal products and walking among the crops. Free family event but please register at [farmcraftvt.com/events](https://farmcraftvt.com/events).

**Youth outdoor concert Sunday, Aug. 21, 4 p.m.**

The Vermont Youth Orchestra entertains with some pieces from their upcoming season, on the green by the pavilion in Bristol village. Free family event; bring your seating. For more info, see [vyo.org](https://vyo.org).

**Piano virtuoso Wednesday, Aug. 24, 7 p.m.**

Esteemed pianist Diana Fanning performs Schubert, Chopin, Boulanger and more at a solo concert in the Isham Family Farm barn in Williston. Fanning has taught piano for over 40 years at Middlebury College. Seated show.

For more info or tickets, see [tinyurl.com/24fdz7js](https://tinyurl.com/24fdz7js).

**Film festival Wednesday-Sunday, Aug. 24-28**

The Middlebury New Filmmakers Festival screens a variety of films, with feature films, shorts and documentaries, as well as special guests and gatherings. For more info, or to buy tickets, see [middfilmfest.org](https://middfilmfest.org).

**Bach in church Thursday, Aug. 25, noon**

Cathedral Arts presents its popular annual event featuring works by Bach, Vivaldi and Florence Price, a pioneering African American composer. Part of the Lake Champlain Chamber Music Festival, this is a free event at the Cathedral Church of St. Paul in Burlington. For more info, see [tinyurl.com/7nv73n47](https://tinyurl.com/7nv73n47).

**Coming up: Vermont Symphony Orchestra Friday, Aug. 26, 4 p.m.**

In conjunction with the Middlebury New Filmmakers Festival, a 22-piece VSO Chamber Orchestra accompanies the screening of seven documentary and animated films, all with Vermont ties. An Afternoon at the Movies is at the Mahaney Arts Center at Middlebury College. To learn more, or purchase tickets, see [tinyurl.com/2p8hr55r](https://tinyurl.com/2p8hr55r).

**Lake Champlain race Saturday, Aug. 27**

A challenge for all human-powered vessels as they compete to be the fastest time in a three-mile triangular course. Race is at the Lake Champlain Maritime Museum in Vergennes. See [lcmm.org](https://lcmm.org) to secure a space for this event.

**Farther afield: Bread and Puppet Theater Fridays, Aug. 12, 19 and 26**

The larger-than-life puppets of Bread and Puppet Theater in Glover present “The Theory of Our Needs,” a story about music and simple outdoor life as a way to avoid consumer culture. For info, call 802-525-3031.

**Night at the museum Friday, Aug. 19, 4-7 p.m.**

The Henry Sheldon Museum in Middlebury is open with free admission this evening. The Vermont trio DaddyLongLegs performs traditional folk music starting at 5 p.m. Bring chairs or blankets. More info at [henrysheldonmuseum.org](https://henrysheldonmuseum.org).

**Poetry en plein aire Saturday, Aug. 20, 10 a.m.**

As part of the Vermont Humanities Words in the Woods series, poet Carol Potter reads from her works at Wilgus State Park in Springfield. Free program for all ages; pre-registration required at [tinyurl.com/ynrx5md7](https://tinyurl.com/ynrx5md7).

**Historic engines on display Saturday, Aug. 20, 10 a.m.- 3 p.m.**

At Chimney Point State Historic Site in Addison, members of the Vermont Gas and Steam Engine Association gather and display a variety of historic engines. Visitors learn how they work and what they were used for. Free event. For more info, see [tinyurl.com/bp6m92x4](https://tinyurl.com/bp6m92x4) or call 802-759-2412.

**Blues in the vineyard Thursday, Aug. 25, 6-8 p.m.**

The Snow Farm Vineyard in South Hero presents the Champlain Valley’s own Blues for Breakfast. Bring picnics and seating; beverages available to purchase (no outside alcohol permitted). Concert is free and a donation is encouraged at the door. For more info, see [snowfarm.com](https://snowfarm.com).



On Books

Page-turners about planes, cults and vanishing acts

Katherine Arthaud  
Contributor

Born in 1983, American novelist Maggie Shipstead is author of a few books — Seating Arrangements, Astonish Me, Great Circle, and You Have a Friend in 10A (a recent collection of short stories). All are excellent.

Seating Arrangements is about a family wedding on what seemed to me a thinly disguised Nantucket Island. (I wrote about it in a prior article.) It won the Dylan Thomas Prize and the Art Seidenbaum Award for First Fiction in 2012. Great Circle, Shipstead’s third novel, was shortlisted for the 2021 Booker Prize and for the 2022 Women’s Prize for Fiction.

When she isn’t writing, or perhaps even when she is, Shipstead can often be found traveling the world. She is a frequent contributor to the magazines Condé Nast Traveler and Departures (which I regularly receive in the mail and typically hurl straight into the Charlotte Post Office recycling bin —



but now that I know Shipstead is a contributor, I might not be so quick to fling). Great Circle takes place in two time frames, 100 years apart. In one, we find Marian and her brother growing up in Montana in the home of their artistic, well-intentioned and frequently inebriated uncle.

Where are their parents? Good

question. Their mother Annabel disappeared from her stateroom on a sinking ship and their father is incarcerated because he failed to go down with it. It’s a long story, but basically, young Marian becomes obsessed with flying after a pair of barnstormers (The Flying Brayfogles) pass through town and show their stuff in the sky overhead.

Over the years, she hustles her way to becoming a pilot herself — not an easy journey back in the day. We follow her story as she pursues her dream of circumnavigating the earth by flying over the North and South poles.

“I was born to be a wanderer,” reads her logbook (Little America III, Ross Ice Shelf, Antarctica, March 4, 1950). “I was shaped to the earth like a seabird to a wave. Some birds fly until they die. I have made a promise to myself: My last descent won’t be the tumbling helpless kind but a sharp gannet plunge — a dive with intent, aimed at something deep in the sea. I’m about to depart. I will try to pull the circle up from below, bringing the end to meet the beginning.”

And then, fast forward to a century later, to Hadley Baxter, an actress with a problematic wild streak and some major scandals orbiting her name, chosen to play Marian in a movie about Marian’s mysterious disappearance somewhere off the coast of Antarctica, one leg short of completing her voyage. Rather ironically, Hadley’s parents died in a small plane crash when she was a toddler, and she was also raised by an oft-drunken uncle.

Over 600 pages, this is a long book. Full of complex characters, adventure, drama, a good deal of well-researched information about female aviation, with a theme running throughout of women pushing out into new realms, expanding outward rather than contracting to fit sexist stereotypes and expectations.

Beautifully written, thoughtful, dynamic and utterly unique. Bring it with you on a trip. That’s what I did.

“Poetic and precise,” says the San Diego Union-Tribune; “grounded and glorious.”

I preferred the parts about the past over the more contemporary sections. But I highly, highly recommend this, along with everything else Maggie Shipstead has written.

Fierce Little Thing is by a Vermonter — Miranda Beverly-Whittemore, recipient of the Crazyhorse Prize in Fiction — and is another excellent read for summer, or any season. A tad creepy, but maybe that’s just me — cults have always given me the willies.



Like Great Circle, this novel is extremely well written and hard to put down. It begins on a rooftop. Picture two children. The little boy is making his sister promise to tell him a story.

“I promised 50 times already,” says the older girl. “As soon as we get on the highway, I’ll tell you the longest, weirdest story.”

“Pinky promise,” says the little boy. “You lifted your tiny finger in front of me,” the book goes on. “You wobbled on the banister, then dropped your hand to steady yourself. Below your feet lay four stories of air.”

And so begins — well, kind of “the longest, weirdest story,” certainly one unlike any I have read before. As in Great Circle, we again find children navigating a world without parents, or with highly eccentric parents, or with highly eccentric (and sometimes temporary) caregivers, forging relationships with an array of adults and other children, some benevolent, some not so much.

Saskia, the girl we meet in the beginning of the book on the roof with her little brother, ends up as a teenager at a Maine commune called Home. I don’t want to give too much away here, but ultimately Home becomes a place Saskia is compelled to be, despite some pretty eerie dysfunction and general weirdness

going on. This is a drama and also a mystery. It becomes the latter when a much older Saskia is living apart from her old friends, walled off in an old house from society and life in general, and is rather precipitously wrested from premature retirement by some mysterious missives, which make it necessary to reconnect with old pals and revisit Home and some dark, secret deeds of the past. I loved this book. Highly recommend.

I’ll leave you with a final page-turner. The Last Thing He Told Me is a New York Times bestseller and recent Reese Witherspoon Book Club pick, but don’t let any of that impede you from picking up this short, fast-paced mystery about a missing husband and father and his wife’s desperate quest to find out what the heck happened to him. Clearly the guy wasn’t who he said he was, but she still loves him. Wherever he went and



whoever he truly is, he left behind his 16-year-old daughter Bailey, who basically wants nothing to do with her well-intentioned (and fortunately quite resourceful) stepmother.

Trust me: You are not going to be able to put this one down. Everyone to whom I have recommended it has agreed: It’s a great read. My son’s girlfriend recently brought it along with her on a family trip and was told by her sister that her obsession with whatever it was she was reading was downright annoying. So, read at your risk.

Besides a gripping plotline, the evolving relationship between the doubly abandoned stepmother and daughter is touching and very well-rendered.

Happy August! Happy reading!

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# Library News

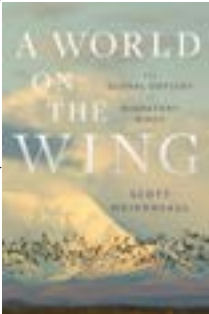
## Celebrate summer with the easiest book club around



Margaret Woodruff  
Director

The Charlotte Library is reviving the easiest book club around and the month of August is the perfect time to indulge. The idea is to celebrate reading during the summertime without any obligation to meet, discuss or even finish the book.

To take part, stop by the library to pick up a copy of the library's Hammock Napper selections for August. For fiction readers, we're offering Leeway Cottage by Beth Gutcheon, and for non-fiction enthusiasts, A World on the Wing: the Global Odyssey of Migratory Birds by Scott Weidensaul.



### Book bingo

It's not too late to participate. Stop by the library and pick up a bingo card. Fill a line to be eligible for prizes from The Flying Pig and Cookie Love.



**Grange on the Green: Tournesol**  
**Thursday, Aug. 11, 5:30 p.m.**

Tournesol plays French, Latin and Italian songs from the '30s, swing standards, musette waltzes and on the town green. Bring a picnic supper or grab a take-out dinner from Stone's Throw or Backyard Bistro to enjoy on the lawn. Blankets recommended. In partnership with the Charlotte Grange.

**Book discussion: Waiting for Teddy Williams**  
**Thursday, Aug. 11, 7:30 p.m.**

In "one of the funniest and most heartfelt baseball stories in recent memory" (Publishers Weekly), Howard Frank Moshier returns to Kingdom Common, Vermont, to spin a touching coming-of-age tale in an America that has almost disappeared. Copies available at the library circulation desk. Register for the Zoom link: <https://bit.ly/3z8KmdR>.

**Mystery book group: The Inland Sea**  
**Monday, Aug. 15, 10 a.m.**

Set in a sequestered part of Lake Champlain known as the Inland Sea, this book is about the people and families who have spent their lives there. Paul Brearley, part owner of Osprey Island, is a handsome, athletic, successful young minister with a beautiful wife and son. In 1990, he suddenly disappears, presumed drowned. Eighteen years later, in 2008, his body, shot dead, is found nearby propped up in a campground lean-to, as if resting from a long walk. Copies of the book available at the library circulation desk. Join the discussion at the library.

**Garden Circle**  
**Wednesday, Aug. 17, 4:30-6 p.m.**

A group of volunteer garden caretakers meet on the first and third Wednesday of each month. Led by Karen Tuininga and Linda Hamilton, they provide tender loving care and maintenance to the educational gardens surrounding the library. To join the Garden Circle, write to [seed@charlottepubliclibrary.org](mailto:seed@charlottepubliclibrary.org). Come every time or as your schedule allows. No particular skills necessary — just an interest in gardens and willingness to get down and a little dirty when needed. Exchange garden experiences and tips while working and supporting the library. No registration.

**Book chat**  
**Wednesday, Aug. 17, 3 p.m.**

Join Woodruff on the library porch to discuss new books, old books and books we might have missed. Each week, Margaret selects a theme and highlights related titles from the library collection.

**Short story selections**  
**Thursday, Aug. 18, 1 p.m.**

Join library director Margaret Woodruff to share and discuss short stories old and new. The reading list will include a variety of authors, and one or two stories will be featured each session. Copies of the stories are available at the library circulation desk or via email. Register to join the Zoom discussion: <https://bit.ly/3Ma6KXb>.

**Free Little Art Gallery**

The smallest art gallery in Charlotte. Come by the circulation desk for a visit.



Feel free to take a piece that you like, add a piece of your own artwork or both. All media is welcome as long as it fits inside. Use your own materials or pick up the April Take & Make for supplies to make your own masterpiece.

**Library contact information**  
Margaret Woodruff, director  
Cheryl Sloan, youth services librarian  
Susanna Kahn, tech librarian  
Phone: 802-425-3864  
Email: [info@charlottepubliclibrary.org](mailto:info@charlottepubliclibrary.org)  
The Charlotte Library Board of Trustees does not meet during August. The September meeting has been rescheduled to Tuesday, Sept., 6 at 6 p.m. For information about agenda and Zoom access, please contact the library director.

## Teens have a chance to become HEROES

University of Vermont Extension Service

Teens with an interest in mental health and wellbeing may apply to become a teen health and wellness ambassador.

The University of Vermont Extension 4-H Health HEROES (health education resources for outreach, engagement and service) program will provide free training for 20 Vermont teens, ages 14-18, to help them promote healthy living in their community. Among the topics to be covered are the importance of food and nourishment, physical movement, stress management, sleep and rest, relationships, school-life balance and self-compassion.

Applications will be accepted at [go.uvm.edu/health-heroes](http://go.uvm.edu/health-heroes) until Sept. 9 with notification of acceptance by Sept. 13. Enrollment in 4-H is not required. Ambassadors must be available to

attend in-person training sessions on Sept. 24 and Oct. 15. These will take place from 9:30 a.m.-3 p.m. at Living Well at the Dudley H. Davis Center on the University of Vermont campus in Burlington.

During these sessions, participants will learn and practice mindfulness techniques, different forms of movement and motivational interviewing, as well as learn to make nutritious snacks, with the end goal being the creation of a customized

program to deliver to groups in their community. Guest speakers include staff from University of Vermont's integrative health and wellness coaching and its mindfulness programs.

For more information, contact University of Vermont Extension 4-H educator Margaret Coan at [mcoan@uvm.edu](mailto:mcoan@uvm.edu). To request a disability-related accommodation to participate, please contact her by Sept. 2.

### Classifieds

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**The Town of Charlotte**  
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Visit [charlottetvt.org](http://charlottetvt.org) for more information.

**Recreation Commission Meeting**  
Tuesday, August 16, 5:30 p.m. to 7 p.m.

**Planning Commission: Regular Meeting**  
Thursday, August 18, 7 p.m. to 8:30 p.m.

**Selectboard**  
Monday, August 22, at 6:30 p.m.

**Development Review Board Regularly Scheduled Meeting**  
Wednesday, August 24, 7:00 p.m. to 9 p.m.





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# Senior Center News

## Balance inside and outside time at the Charlotte Senior Center



Lori York  
DIRECTOR

If you are looking for a creative outlet or an opportunity to spend time outdoors, there is something for everyone at the Charlotte Senior Center.

The summer months continue to be a balancing act between spending as much time outside and finding reprieve from the heat. Remember, when the heat becomes unbearable, both the Charlotte Library and Senior Center are dedicated cooling stations.

And what better way to cool off than enjoying lunch with friends, watching a movie, or playing games at the senior center.

Interested in receiving a weekly reminder about what is happening at the senior center? Sign up for the email newsletters at charlotteseniorcentervt.org. The “Week Ahead” email is sent out on Friday mornings with activities, lunch menus, and special programming for the upcoming week.

### 40 x 2030 Mural Project

The community mural has moved to the senior center for the month of August. Vermont state statute calls for a nearly 40 percent reduction of greenhouse gas emissions by 2030. What does this mean for Charlotte and what positive impacts can this bring to our community? Stop by and share your ideas for a sustainable Charlotte.

### Accepting submissions for the Senior Art Show

The 2022 Senior Art Show is open to all artists and skill levels, ages 50 and older. Entry submissions must be received by Friday, Aug. 19. For information and a registration form, stop by the senior center or the information is on the website at charlotteseniorcentervt.org/events-2/art-exhibits. For questions, contact Judy Tuttle by email at jtuttle@gmavt.net or by telephone at 802-425-2864.

### Activities

#### Movie afternoons

##### Wednesdays, August, 1 p.m.

The listing of movies for the month is posted at the Charlotte Senior Center. Sign up to receive the Week Ahead email newsletter at charlotteseniorcentervt.org to receive notification on Fridays for the upcoming movie.

### Kayak trips for women

#### Aug. 12: Kayak Lake Eden

Kayak trips for active women who share a love for exploring local lakes, ponds and rivers. Weather permitting, the kayak trips will happen on the second and fourth Friday mornings throughout the summer and early fall. To register, email Susan Hyde at susanfosterhyde@gmail.com to be placed on a master list of paddlers. An email will be sent to the list regarding the details of the specific kayak trips. The kayak trips are free but registration is required.

### Birding expedition

#### Wednesday, Aug. 17, 9 a.m.

Please meet at the center 10 minutes prior to our 9 a.m. departure so we can carpool to the location for spectacular bird watching. Group size is limited. To register for the birding trip, email cscbirding@gmavt.net and include your name and phone number. No cost but registration required.

### Coffee & Canvas: By the water

#### Friday, Aug. 19, 10:30 a.m.-noon

Unlike traditional paint and sips, Coffee & Canvas will allow you to explore and create your own unique painting. But don't worry — there will be plenty of water inspiration including images with boats and landscapes with the lake and ocean. No prior painting experience needed. The class costs \$25 and all materials are included. Registration is required and class size is limited.

### Community health

#### COVID-19 vaccine clinic

##### Tuesday, Aug. 23, 9:30 a.m.-3:30 p.m.

Free Garnet Healthcare walk-in COVID-19 vaccine clinic — no appointments necessary. Vaccines and boosters are available for Moderna (18+); Pediatric Pfizer (ages 5-11); and Adult Pfizer (12+). The Moderna child vaccine is also available for children ages 6 months-5 years.

### Cooling centers

The Charlotte Senior Center and Charlotte Library are designated cooling centers with air-conditioned facilities to cool down during hot weather. Community cooling centers help provide temporary relief and are especially helpful when the National Weather Service issues a heat advisory or excessive heat warning. During these alerts, notices will be placed in Front Porch Forum in addition to notices on social media and the senior center and library websites.



Photo by Lori York

From left, Raymonde Mayhew, Sue Mills, Laura Cahners-Ford and Diane Leary resting during a Charlotte Senior Center kayaking trip on Dead Creek.

### Exercise classes

The senior center offers daily exercise programs for a wide range of fitness and activity levels. A complete list of exercise programs and class descriptions is on the website at charlotteseniorcentervt.org.

### Volunteer opportunities

The Charlotte Senior Center would not be able to provide the wide variety of programming without the support of dedicated volunteers. There are many opportunities to volunteer at the senior center, ranging from welcoming and registering visitors as a reception desk host to helping out with the weekly lunch teams. If you are interested in volunteering, please contact Kerrie Pughe at kpughe@charlotteseniorcentervt.org.

### Meals

Menus are posted on the website: charlotteseniorcentervt.org.

### Monday lunches

Served weekly. Lunch is served 11:30 a.m.-12:30 p.m. No registration required.

Suggested lunch donation: \$5.

### Wednesday lunch

#### Aug. 17, noon

Chef Arnd from the Residence at Shelburne Bay will provide lunch at the senior center on Wednesday, Aug. 17 at noon. Suggested lunch donation: \$5. Registration required by noon on Monday, Aug. 15.

### Weekly Age Well Grab & Go meals

Pick up on Thursdays 10-11 a.m. at the Charlotte Senior Center. The meals are free but registration is required by Monday for the Thursday meal. To register, contact Kerrie Pughe at 802-425-6345 at kpughe@charlotteseniorcentervt.org.

### Senior center contact info:

Lori York, director, lyork@CharlotteSeniorCenterVT.org  
Kerrie Pughe, coordinator, kpughe@charlotteseniorcentervt.org  
212 Ferry Road, Charlotte  
802-425-6345  
charlotteseniorcentervt.org

## We’ve all been screaming for ice cream for over 2,500 years

Susan Ohanian  
Contributor

Ice cream is an ancient treat. By 550 BC, frozen desserts made of ice, honey, saffron and fruits were part of the ancient Iranian culture. The first use of the term “ice cream” in the English language appears in a court document of King Charles II.

American colonials ate it. George Washington’s account books show him spending \$200 on ice cream the summer of 1790, and Thomas Jefferson arranged for the installation of an ice house at the President’s House so people could enjoy the dessert year round. Dolley Madison served ice cream at her husband’s inaugural ball in 1813.

At the beginning of the 1900s, the ice cream sundae became a popular soda fountain choice. The Ice Cream Trade Journal for 1909 listed some unique varieties: Robin Hood, cocoa caramel, black hawk, angel cake, cherry dip, cinnamon



peak, opera, fleur d’orange, knickerbocker, tally-ho, Bismarck and George Washington. On July 15, 1984, President Ronald Reagan signed a proclamation declaring July National Ice Cream Month and called upon the people of the United States “to observe these events with appropriate ceremonies and activities.”

Three decades later, NPR hosts Bob

Boilen and Robin Hilton fulfilled their civic duty, devoting an entire show to musical ice cream. You can enjoy cuts from Louis Prima and Jonathan Richman to Van Halen, Syd Barrett and plenty of novelty songs at npr.org/sections/allsongs/2016/07/12/485537014/a-lot-of-songs-about-ice-cream.

### Monday, Aug. 15, 11:30 a.m.-12:30 p.m., or until the food is gone. Monday Munch

Individual pizza, tossed salad, ice cream sundae

### Wednesday, Aug. 17, noon-1 p.m. Lunch special

Chef Arnd and his team from the Residence at Shelburne Bay are returning to provide one of their special Wednesday lunches at the Charlotte Senior Center.

Chilled banana and strawberry soup, lemon and dill-poached salmon with Caesar salad, turkey salad over greens with roasted peaches and sliced watermelon with rainbow sherbet.

Registration is required by calling 802-425-6345 or stopping by the reception desk at the senior center by noon Aug. 15.

### Thursday, Aug. 18 Grab-&-Go Meal, pick up: 10-11 a.m.

Cavatappi with cheddar cheese and Canadian bacon, beets, broccoli florets, raisin and date cookies, and milk. Registration required by the prior Monday.

### Monday, Aug. 22, 11:30 a.m.-12:30 p.m. Monday Munch

Hot dogs, baked beans, watermelon salad and chocolate cake.

### Thursday, Aug. 25 Grab-&-Go Meal, pick up: 10-11 a.m.

Turkey burger with carrots, onion and celery sauce, rice pilaf with lentils, Brussels sprouts, fresh fruit salad and milk.

A \$5 contribution is appreciated for the Monday and Wednesday meals. Age Well provides the Thursday Grab-&-Go meals.





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