Rich Ahrens records video of the first passenger train through Charlotte in 70 years and waves as the engineer waves back. According to a letter to the editor from Scooter MacMillan, there was a session “after making a stage whisper.”

At a meeting on July 25, Chair Jim Mullin was removed as deputy fire chief because it is a “draft” version. The letter to the editor, which Bomba reportedly sent the fire department, a letter sharing the letter of intent with the newspaper because it was part of an executive session.

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 department’s board, acknowledges that 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 expenses. This expense increase will reduce the fund budget from just over $419,000 to just over $410,000.

The overage will take just over $308,000 out of the town’s fund balance, which is not a deficit; it’s just lower than we usually have. 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 .0005 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 owners have more.

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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 department. 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 Kinison 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, Kinison asked, "How do we monitor and the town goes out on these things?"

"You asked the question that's been at the center of a lot of conversations," selectboard member Louis Carmcarr 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 every time it makes its funding request for the next year.

"So, right now you're looking at a discussion, management, or there’s something going on there between the selectboard and the fire and rescue organization?" Kinison asked.

"One of the options which is under consideration is to turn it into a municipal system," Faulkner explained. "What goes on the selectboard hasn't made that decision yet."

"All the people on the selectboard have no idea what's involved in running the fire and rescue department, and I hope in their endeavors 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 bathing water, changing department personnel or operations 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, the designated selectboard liaison or other selectboard member has attended any fire department meetings, 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 mistake" 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 attend to the first 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 executive.

Faulkner argued an executive session is needed "because we don't want to get dirty laundry out."

Krautwies 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.

"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

Correction

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

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TRAINS

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 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 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 Camden.

But 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 but without passenger service. He is thankful that Burlington’s Union Station survived seven decades but without passenger service.

He is particular excited at the prospect of continuing the rail service up to Montreal and now my wife and I would take advantage of both its convenience and scenic enjoyment when it comes to going to get 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 Ulah 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 bathing water, changing department personnel or operations abruptly the fire and rescue department disappears.

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

Photo courtesy of VT Agency of Transportation

The Charlotte News is a forum for the free exchange of ideas, and the opinions of writers and contributors do not necessarily reflect those of the owners, editorial staff or other contributors.

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Before publishing any obituary, we will need signatures of all who reside in the Charlotte residence. Subscriptions are available for delivery in Vermont at a flat rate. Want a subscription? Subscribe on our website, charlottenewsvt.org.

Mission Statement
The mission of The Charlotte News is:

• to publish rigorous, in-depth, fact-based reporting on issues that affect

• to serve stories of interest from our neighbors and friends.

The Charlotte News is a forum for the free exchange of ideas, and the opinions of writers and contributors do not necessarily reflect those of the owners, editorial staff or other contributors.
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.

Charlotte Fire and Rescue Services is committed fully to:

• Conducting all negotiations in good faith;
• 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.)
Condolences
Genevieve “Gert” Latz

Genevieve Porter Latz 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 Matson Porter and Dwight Porter Sr., Gert lived most of her childhood with her mother and younger brother, Dwight Jr., in Lowellville, 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.

Congratulatiosn
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 Vermonters 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.

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.

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From Emerge Vermont

Emerge Vermont accepting applications for class of 2023

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 signature training 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 alumni 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.

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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.
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.
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 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 Eight22 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.

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

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 unitedwayvt1.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 Islands Vine 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 rundiscover.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.

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.

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.

Excel geek special — Local Motion needs someone with knowledge of Excel to work remotely doing complex data analysis using data exported from their database. An ability to create 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.

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 sandbox and more. Flexible scheduling. Contact Maria McGrath at mcgrath@theschoolhousevt.org.

New reason to smile: One appointment = One new crown

If you need a crown, there’s no need for two or three appointments and a week or two of waiting. Shelburne Dental now has CEREC® digital technology, which measures your mouth’s need for the highest level of precision and efficiency for impeccable and immediate results!

One appointment. One crown. One beautiful smile.

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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 30-minute private lessons are $35. 1.

Safe Sitter course
Sunday, May 29, 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 30-minute private lessons are $35.

Fall soccer signings
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 offering dry 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.
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 $35.

Martial arts
3-4 p.m., Fridays
Most children and teens will receive some benefit from Villar’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.


Driver’s education
Two driver education classes will be offered by the 802 Driving School taught by Joe Barch, who has over 15 years 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 charlotterec.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 6:30 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 twice a week.

Junior hoops (first-second grade) — Teams will practice once 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 charlotterec.com. Questions? Contact Nicole Conley by email recreation@townofcharlotte.com.
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 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. To request a disability-related accommodation to participate, contact Deb Heleba at 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.

The rewards of gardening are everywhere. Become a wizard at turning your kitchen scraps and yard waste into gardening gold.

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? Enjoy this fruit and vegetable harvest season.

The occasional bad-weather day may get up and get back to work because even though it’s August, there’s still plenty to do in the garden.

So, pull up a chair, grab a cool drink and take it all in, for a few more weeks. The occasional bad-weather day may 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.)
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 by is by the light levels under which they are more competitive. Shade-intolerant species like white birch and aspen (poplar) require very large openings, such as those caused by catastrophic disturbances, whereas shade-tolerant species like beech, sugar maple and hemlock can grow in near complete shade. Mid-tolerant species like white ash, red oak and yellow birch compete best in mid-sized openings, too small for large-scale or catastrophic disturbances. Forests are resilient at different intensity levels — 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 inverteous 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 in 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.

(From Ethan Tapper, 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)

International expert on suicide prevention to address symposium

Kirk Postlewaite
Vermont Suicide Prevention Center

An internationally known expert in suicide prevention will be the keynote speaker at the Vermont Suicide Prevention Center’s suicide prevention symposium.

Kelly Posner, a psychiatry professor from Columbia University who has worked in saving lives all over the globe, will speak at the Sept. 29 online event.

The U.S. Department of Defense said that Posner’s work is “nothing short of a miracle” and that “her effective model of improving the world will help propel us closer to a world without suicide.”

Her work has been noted in a keynote speech at the White House and cited in congressional hearings. She gave the lead presentation in a U.S. Senate forum on school safety.

An Israeli government official said her work “is not only saving millions of lives, but in Israel, it is literally changing the way we live our lives.”

The cost to access the symposium is $50 and is recommended for Vermont Suicide Prevention Coalition members, health care providers, school staff, other social services 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 vermontsuicidepreventionposium.org for tickets or more information.

Among topics to be covered:
- Trauma-informed care approach to suicide prevention
- Stoppping 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.

Philo Ridge Farm
2766 Mt. Philo Road
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www.philoridgefarm.com
(802) 539-2912

Kirk Postlewaite
Vermont Suicide Prevention Center

International expert on suicide prevention to address symposium

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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

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You should realize that animals are running the world

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.

For the foxes, we have watched them sprint into the barn in the late afternoon and 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 black 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.

Breediing 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 omnivorous, 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 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 infiltrates laceations 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 microorganisms 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 your summer days.
play and a picnic through Sunday, Aug. 21
Vermont Stage, northern Vermont’s source of contemporary theater, performs “Women in Jeparthy,” a comedy about a suspicious boyfriend. Bring seating and picnic to Isannah Farm Family Farm in Williston. Show options. For more info, see vermontstage.org.

Bird migration monitoring Friday, Aug. 12, 7-9 a.m.
Learn about which birds are heading south and watch for migrating migrants. 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.

Art and garden events Friday, Aug. 12, noon-1 p.m.
Insect illustration is the topic of a webinar offered by The Henry Sheldon Museum in Middlebury. Featuring speaker is community member at the Fairbanks Museum in St. Johnsbury, which has an extensive collection of bug art, including pieces made by 19th century mosquito John Hampson. Talk is free and requires pre-registration at tinyurl.com/m7strzk.

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, call The Vermont Audubon at 802-247-4666. Toure also performs at Shelburne Vineyard on Saturday, Aug. 13, 6-9 p.m.

Northeast storytellers Friday, Aug. 12, 7 p.m.
Listening to tales takes you back in time from some of the best storytellers in the Northeast, as they gather at the Old Round Church in Richmond. Music by The BrevityThing. 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 techniques passing game birds. Hunting guidance, processing techniques and cooking are included. Course location is at Williston; register at tinyurl.com/44yatsja.

Tell me your story Saturday, Aug. 13, 1-2:30 p.m.
Charlotte’s Clemmons Farm Family Farms welcomes Vermont artist Christie Rawlings-Jackson for ancestral and personal stories about life in Ghana, West Africa. Participants create quilt collages with arts and crafts, while sharing (optional) their own ancestral stories. For family members age 5 and older. Also, marking is open to all, no registration; see tinyurl.com/rddbzsk.

Pie and ice cream social Sunday, Aug. 14, 1-4 p.m.
Stop by Roxety Museum in Ferrisburgh for this annual event, in addition to the usual Thursday evening vendors. The site is the former Nordic Farm on Route 7. Food and beverages available, plus ice cream sales support Roxety programs. For more info, see roxety.org.

Creative writing workshop Monday, Aug. 15, 11 a.m.-2 p.m.
Vineyard authors and three-milers 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 kelly@hedgehognow.com.

Salsa canning Tuesday, Aug. 16, 5-7 p.m.
Join owner Julie Rubeaud 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 preserves, and take home your own garden bounty. Leave the class with salsa and canning enthusiasm. For more info, or to register, see redwagonplants.com.

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 participants 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 ice cream sales support Roxety programs. For more info, see earthkeepfarmcommon.com.

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. 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.

Watershed wildlife day Saturday, Aug. 20, 10:30-11:30 a.m.
Join a Vermont Institute of Natural Science environmental educator at the Baby 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 bixibibliary.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/mr3dv4y.

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.

Youth outdoor concert Saturday, Aug. 21, 4 p.m.
The Vermont Youth Orchestr plays entertainment with some pieces from their upcoming season, on the green by the pavilion in Bristol village. Family event; bring your seating. For more info, see 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 Farm Family Farm in Williston. Fanning has taught piano for over 40 years at Middlebury College. Seated show.

For more info or tickets, see tinyurl.com/246t7pa.

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.

Bach in church Thursday, Aug. 25, noon
Concerto for Violin and Orchestra, 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/7m3u4v.

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 short films, all with Vermont themes. An Afternoon at the Movies is at the Mahaney Arts Center at Middlebury College. To learn more, or purchase tickets, see tinyurl.com/2pbr5gr. 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 icmcm.org to secure a space for this event.

Farther afield: Bread and Puppet Theater Fridays, Aug. 12, 19 and 26
The larger-than-little 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 Donut & the Vultures with traditional folk music starting at 5 p.m. Bring chairs or blankets. More info at henrysheldonmuseum.org.

Poetry en pleine 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/yrn5md7.

Historic engines on display Saturday, Aug. 20, 10 a.m.-3 p.m.
At the Bixby Library Historic Sites in Addison, members of the Vermont Gas and Steam Engine Association gather and display a variety of historic engines. Volunteers tell how they work and what they were used for. Free event. For more info, see tinyurl.com/bpffn524 or call 802-759-2412.

Blues in the vineyard Thursday, Aug. 25, 6-9 p.m.
The Snow Farm Vineyard in South Hero presents the Champlain Valley’s only 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.
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 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 Bravogyles) 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, 1959). “I was shaped to the earth like a seagull 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 off-drunk 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 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, Beverly-Whitemore, 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.”

“Punky 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. It becomes the latter when a much older Hadley’s parents die and their 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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Celebrate summer with the easiest book club around

University of Vermont Extension Service

Teens have a chance to become HEROES

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 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 will be 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 until 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 build skills to make nutritious choices, 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 Woodruff at mwoodru@uvm.edu. To request a disability-related accommodation to participate, please contact her at Sept. 2.

Garden Circle

Wednesday, Aug. 17, 4:30 p.m.

A group of volunteer garden caretakers meet on the first and third Wednesdays 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@charlottепubliclibrary.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/3MFkKXb.

Free Little Art Gallery

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

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

Tournesol plays French, Latin and Italian songs from the ‘70s, 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 Mosher 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/3xRKmdR.

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 pepped up in a campground lean-to, as if resting from a long walk.

Copies of the book are available at the library available at the library circulation desk. Join the discussion at the library.

Library chat with Margaret Woodruff

Wednesday, Aug. 24, 7:30 p.m.

Join Woodruff as she discusses the new book in July’s reading list and other books of interest. Copies available at the library.

Mystery book group: Welcome to the Northland Monday, Aug. 29, 10 a.m.

Join library director Margaret Woodruff to 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.

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 Slan, youth services librarian
Susanna Kahn, tech librarian
Phone: 802-425-3864
Email: info@charlottепubliclibrary.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.

Library News Classifieds

Reach your friends and neighbors for only $12 per issue. (Payment must be sent before issue date.) Please limit your ad to 35 words or fewer and send it to The Charlotte News Classifieds, P.O. Box 251, Charlotte, VT 05445 or email ads@thecharlottenews.org.

Need a fresh start to 2022? Let Lafayette Painting give your home a beautiful new look. Our painters can do a lot in a day. LafayettePaintingInc.com or call 802-863-5397 to hear about our winter discount.

The Town of Charlotte MEETINGS

Visit charlottevt.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, 7:30 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.
Experience a new kind of Medicare Advantage plan.

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If you’re turning 65 or retiring soon, there’s a lot to like about UVM Health Advantage. UVM Health Advantage was inspired by what people across Vermont and northern New York told us they want in a Medicare plan.

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MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. For accommodations of persons with special needs at meetings call, 1-800-324-3899 (TTY 711). MVP virtual care services through Gia are available at no cost-share for most members. In-person visits and referrals are subject to cost-share per plan. Every year, Medicare evaluates plans based on a 5-star rating system. MVP Health Care is proud to be named a Best Insurance Company for Medicare Advantage plans in 2022 by U.S. News & World Report. Other physicians/providers are available in the MVP Health Care network.
Senior Center News

Balance inside and outside time at the Charlotte Senior Center

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.

Coffee & Canvas: By the water
Friday, Aug. 19, 10:30 a.m.-noon
Unlike traditional paint and sip, 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 and older.

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.

Weekly Age Well Grab & Go meals
Pick up on Thursdays 10-11 a.m. at The Charlotte Senior Center.

Senior center contact info:
Lori York, director, lyork@charlotteseniorcentervt.org
Kerrie Pughe, coordinator, kpughe@charlotteseniorcentervt.org
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.

Menu

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

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.

As the beginning of the 1900s, the ice cream sundae became a popular soda fountain choice. The Ice Cream Trade Journal of 1909 listed some unique varieties: Robin Hood, cocoa caramel, black hawk, angel cake, cherry dip, cinnamon peak, opera, fleur d’orange, knickerbocker, taffy-blo, 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 the event 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.

Chef A. 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-pouched 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, cran and date cookies, and milk.

Menu

Wednesday, Aug. 17, noon-1 p.m.
Lunch special
Chef A. and his team from the Residence at Shelburne Bay are returning to provide one of their special Wednesday lunches at the Charlotte Senior Center.

Individual pizza, tossed salad, ice cream sundae

Suggested lunch donation: $5.

Wednesday lunch
Aug. 17, 9 a.m.-noon
Chef A. from the Residence at Shelburne Bay will provide lunch at the senior center on Wednesday, Aug. 17 at noon. Suggested lunch donation: $5.

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:
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