Write Ingredients
Susan Ohanian
Contributor

Come for Monday Munch at the Charlotte Senior Center and enjoy food from around the globe.

Cottage pie, also known as shepherd’s pie, is a savory dish of cooked minced or ground meat topped with mashed potatoes and baked. Wikipedia lists how this dish is known in other countries:

• Empadão: Portugal. Meat, often veal, stewed in a tomato-based gravy and layered several times between mashed potatoes. Poultry or fish is sometimes used instead of meat.
• Escondidinho: Brazil. The name, indicating “hidden,” describes the way sun-dried meat is covered with a layer of manioc purée. The dish often includes cheese and chicken; cod is sometimes used instead of beef.
• Pastel de carne: Uruguay. Sliced hard-boiled eggs are added to cottage pie.
• Pastel de papes: Argentina, Chile. Similar to cottage pie, may also contain peppers.
• Pastel tutup: Indonesia. Made with any of several meats, with vegetables such as carrots and green peas and eggs.
• Pate Chinois: Canada. A bottom layer of beef, a middle layer of creamed sweetcorn, topped with mashed potato.
• Shepherdless pie: a vegetarian version. Although it’s unlikely you’ll see the busy volunteer cooks dancing, the mashed potato dance has been around since the 1950s. Watch at youtube.com/watch?v=oVj0wIP_a1E.

Coleslaw comes from the Dutch term koolsla, meaning “cabbage salad.” Sherbet finds its origins in Turkish and Persian words that trace back to the Arabic word sharba, meaning “drink.”

Here’s your chance. In 2003, in Anzola dell’Emilia, near Bologna, Italy, Gelato University was established, with the aim of teaching students from around the world how to make gelato ice-cream, a second cousin to sherbet. Among many online offerings, an upcoming course offers instruction in the best teas to use in gelato recipes.

Monday, April 24
Register for Thursday’s Grab-&-Go Meal Register at meals@charlotteseniorcentervt.org or 802-425-6345.

Monday Munch
11:30 a.m.-12:30 p.m. or until the food is gone
Cottage pie, cole slaw, dinner rolls and rainbow sherbet.

Thursday, April 27
Grab-&-Go Meal Pickup time 10-11 a.m.
Chicken with gravy, mashed potatoes, sliced carrots with parsley, Texas toast with butter, pumpkin custard with cream and milk. You can find out all about Texas toast at Wikipedia.

Monday, May 1
Monday Munch
11:30 a.m.-12:30 p.m.
At press time, the volunteer cooks are still planning for a happy May Day. For a menu update, go to charlotteseniorcentervt.org/lunch/meals.

Thursday, May 4
Grab-&-Go Meal Pickup time 10-11 a.m.
Chicken with Marsala sauce with mushrooms, mashed potatoes, carrots, wheat bread with butter, blueberries and strawberries in yogurt and milk.

Thursday Grab-&-Go Meals are provided by Age Well. As with all meals at the senior center, a donation of $5 is suggested but not required. Pay what you can, when you can.
Dancing with history, standing up for justice

Scooter MacMillan
Editor

George Lakey didn’t realize he was doing anything wrong when, in the 1940s at the age of 12, he gave a sermon calling for racial equality. He had been picked by leaders of his “Bible-thumping,” evangelistic church who had expectations that he would become a boy preacher. Lakey had no idea that calling for racial justice was controversial. He just knew it was God’s will that the treatment of Blacks needed to improve.

He didn’t realize until after the service that it was not the church leaders’ will, nor that it would be the first and last time he would be asked to preach by that church.

“They didn’t want to hear any more,” Lakey said in a phone conversation. “My entire boy-preacher career was less than one day.”

But his career of speaking out for social justice was just beginning.

Lakey will be speaking at Middlebury College at 3 p.m. Afterward, his latest book, “Dancing with History: A Life for Peace and Justice,” which just came out this past December, will be for sale, and he will be available for book signing.

“A kid who has been praised by such prominent people as Senator George Aiken, we have a wonderful history. A visionary Charlotte farming venture that has drawn attention as a way Vermont might preserve natural lands,” Kelsy Raap said. “Our father George Lakey stands out for the sheer range of his contributions to peace and justice, especially in strategy and theory, organizing, innovative and risky actions, and teaching and training others. His upbeat, soul-driven spirit underlies it all, as you’ll catch in this revealing memoir.”

During his Vermont appearances, Lakey will be staying in Charlotte with Ruah Swennerfelt and Louis Cox, who have known him for years.

“He’s probably one of the best speakers that I’ve ever experienced. And partly, it’s because he’s engaging. He’s funny. He has the best laugh, the most wonderful smile.”

Swennerfelt said. “All of those things are because he’s engaging. He’s funny. He has the best laugh, the most wonderful smile.”

During the summer when he was 19, Lakey was arrested in 2013. Courtesy photo

Earthkeep Farmcommon searches for visionary buyer

Scooter MacMillan
Editor

A visionary Charlotte farming venture that has drawn attention as a way Vermont might rehabilitate agriculture off the bench and back into the economy’s starting lineup has come to a critical juncture.

Earthkeep Farmcommon has been put up for sale.

Will Raap bought the approximately 583-acre farm on Route 7 almost 2 miles north of Ferry Road in 2021. He turned the former Nordic Farm into a farming collective, which he saw as a way forward for agriculture in the state.

Raap died unexpectedly on Dec. 12 at 73. Family members are all involved with other businesses and have determined they don’t have the “bandwidth” to continue his vision.

“Some of the restrictions are really big, but “some of the restrictions are really tricky,” Raap died on Sunday, April 29. He’ll give an informal talk at 10:30 a.m. on Sunday, April 30, at a Middlebury Friends Meeting.

At 4:30 p.m. on Thursday, April 27, scenes from a forthcoming movie about Lakey’s life will be shown at Middlebury College’s Dana Hall.

Also, on Sunday, April 30, he will be talking at the Charlotte Library at 3 p.m. Afterward, his latest book, “Dancing with History: A Life for Peace and Justice,” which just came out this past December, will be for sale, and he will be available for book signing.

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“Dancing with History,” his 11th book, has been praised by such prominent activists and authors as Daniel Ellsberg and Bill McKibben.

Elliott, the former U.S. military analyst who released “The Pentagon Papers,” said, “George Lakey stands out for the sheer range of his contributions to peace and justice, especially in strategy and theory, organizing, innovative and risky actions, and teaching and training others. His upbeat, soul-driven spirit underlies it all, as you’ll catch in this revealing memoir.”

During his Vermont appearances, Lakey will be staying in Charlotte with Ruah Swennerfelt and Louis Cox, who have known him for years.

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During the summer when he was 19,
Volunteers make Girl Scout programs possible

The Editor
April is Volunteer Appreciation Month, and Girl Scouts of the Green and White Mountains wants to thank our volunteers for us to know that we appreciate them.

We have more than 4,000 volunteers across New Hampshire and Vermont who give generously of their time and talent to ensure that Girl Scout programs meet the needs of today’s young women and the needs of tomorrow. They are troop leaders, teachers, drivers, and Girl Scout Cookie program coordinators and accountants. We are grateful to the new troop leaders who stepped up in the last year to form new troops and create amazing opportunities for their Girl Scouts to make new friends, try new things and explore a world of possibilities. We could not provide the world of leadership program for girls without the many people who run our activities, take Girl Scouts new places and share their skills in fields like engineering, computers, the outdoors, entrepreneurship and more.

We know that volunteers wear many hats when they give the gift of Girl Scouts. No matter what hat you’re rocking, volunteers, thank you for stepping in and stepping up for Girl Scouts everywhere!

Patricia K. Melloer
President
Bedford, N.H.

(Patricia K. Melloer is CEO of the Girl Scouts of the Green and White Mountains.)

Who pays for that? We do!
The Editor:
Hospital executives make big, big salaries. Who pays them? We do.
Drug company executives make big, big salaries. Who pays them? We do.
Drug companies and insurance companies and private equity owners of healthcare facilities make big profits. Where does that money come from? Us.

The health care industry pays huge sums of money to lobby us. Where does that money come from? Us.

The health care industry contributes huge amounts of money to political candidates. Where does that money come from? Us.

The benefits from all that money come from us! Them.

Whether it’s premiums, taxes or the prices we pay directly, every dime these companies spend on themselves and their interests comes from us.

When they say universal health care “costs too much,” what they mean is that it costs them too much. And the reason it costs them more is because it costs us less. Please remember that when the opponents of universal health care claim “we can’t afford it”

Louise Bennington

Missoula, Mont.

(Barbara Lee is a retired legal editor who has written about insurance and health care, both in her work and since retiring.)

Letters to the Editor

Readers are invited to submit letters for possible publication.

To be considered for publication, letters must be typed, double-spaced, and not exceed 350 words. Letters must be signed and provide an address and a daytime telephone number.

Letters may be edited for length and clarity.

Letters to the Editor are limited to 350 words. The Charlotte News reserves the right to reject any submission that is deemed contrary to the paper’s standards.

Your opinions are important to us:
Letters to the Editor provide a forum for expressing opinions and may be subject to the following criteria:

• All submissions are subject to verification of authorship by the writer’s name and town of residence.

• Letters, Opinions and Obituaries are independent of all sources of financial support.

• The Charlotte News strives to stay clear of conflicts of interest. If an actual or perceived conflict arises, the editor reserves the right to reject any submission that is deemed contrary to the paper’s standards.

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• All submissions are subject to verification of authorship by the writer’s name and town of residence.

• Letters to the Editor, opinion pieces and obituary pieces must be submitted in Microsoft Word and must contain a cover sheet that discloses affiliation, relationship and not-for-profit status, as attachments in .doc format and must contain complete contact information, including fax number, telephone number, email address and website. All attachments must comply with the above requirements. (Images are for editorial purposes only.)

• Opinions and letters to the Editor will be clearly marked as such.

• The views expressed in letters or opinion pieces are those of the authors and do not necessarily reflect those of the Charlotte News.

• All material is subject to review.

Priority will be given to letters submitted through our online system. Full names, addresses and telephone numbers of correspondents will be disclosed.

The Charlotte News strives to stay clear of conflicts of interest. If an actual or perceived conflict arises, the editor reserves the right to reject any submission that is deemed contrary to the paper’s standards.

The Charlotte News welcomes letters to the Editor. All letters will be edited for clarity and length. The editor reserves the right to reject any submission that is deemed contrary to the paper’s standards.

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Hunting for turkeys, gleaning gratitude

Bradley Carleton
Contributor

As I enter the 64th spring of my life, the contrast of age and youth is more apparent than ever. I have lost several good friends this past year and despite my own body in dire need of repair, my spirit soars with the youthful exuberance of spring.

The fragrant of the first lawns to be cut and the antiseptic fragrance of the lake releasing the detritus from the past fall draws me into a state of reverence for all that is recreated each year. The air is clearer. The grass is greener. Forsythia bushes burst with brilliant yellows. Daffodils and tulips thrust their crowns toward the sunlight and the sacred sun sets later each day.

Kelsy Raap said.

Federal funding via the Vermont Land Trust, to relocate, because the farm had received in Vermont this past October, Upstate Elevator Operations, putting things on hold while they involved farm and forestry real estate. The farm is offered for sale, said Raap was an amazing visionary who “really wanted to change the company toward employee ownership. In 1983 and four years later began moving the property including two large barns, two pastureland and the rest is forested land. Will Raap’s passing and the subsequent downsizing, said Raap was an amazing visionary who “really wanted to change the face of farming and agriculture.”

Although this is a very anxious time as the future of Earthkeep Farmcommon is unsettled, Jeffers said, “I’m personally very hopeful that a buyer will want to carry on Will’s vision.”
**Commentary**

**An examination of what we will pay in property taxes**

In January, I took on the task of addressing what I thought was a simple question: “What will we pay in property taxes this year?”

Then, as now, the short answer is: “We don’t know.”

However, the longer answer is that, if the selectboard’s revised budget is approved by the voters on May 2, the average increase in our fiscal year 2024 property taxes will be 6 percent. The key word in that sentence is “average.” Some of us will see larger increases in our property taxes; some will see smaller changes.

I’ve summarized the situation in the chart that accompanies this article. Here are the key points:

- The assessed value of our Charlotte homes — the Grand List — will change once the town-wide reappraisal process is completed later this summer. Expectations are for an average increase in property values of 22 percent.
- Both the tax rates that are used to calculate property taxes — the Municipal Tax rate and the Education Homestead Tax rate — will change once reapraisals have been completed. But the total amount to be raised by property taxes will not change (assuming voters approve the selectboard’s proposed fiscal year 2024 budget on May 2).
- After the reappraisal is completed, if your home is assessed at $500,000, your property taxes will be $7,571, a 6 percent increase.
- Charlotte’s share of the Champlain Valley School District’s fiscal year 2024 budget makes up 86 percent of our property taxes, so changes in the town budget, recently reduced by almost $166,000, have only a small impact on our total property tax bills.

Many thanks to the several town and Champlain Valley School District employees who helped me better understand how our property taxes are calculated.

(John Quinney is publisher of The Charlotte News and president of the board of directors. The opinions expressed here are his own and not necessarily those of the board or the paper.)

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**Table: Charlotte Property Taxes**

<table>
<thead>
<tr>
<th>Property Value</th>
<th>FY ‘23 ($)</th>
<th>Property Value</th>
<th>Revised FY ‘24 ($)</th>
<th>Increase over FY ‘23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grand List (1)</td>
<td>$9,408,480</td>
<td></td>
<td>$11,517,168</td>
<td>22%</td>
</tr>
<tr>
<td>Municipal Tax Rate (3)</td>
<td>$0.2422</td>
<td></td>
<td>$0.2424</td>
<td>-0.0002</td>
</tr>
<tr>
<td>Total to be raised by Municipal Taxes (4)</td>
<td>$2,278,651</td>
<td>$2,466,554</td>
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<tr>
<td>Homestead Education Tax Rate (3)</td>
<td>$1.5062</td>
<td></td>
<td>$1.3000</td>
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<tr>
<td>Total to be raised by Education Taxes</td>
<td>$14,171,022</td>
<td>$14,972,318</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>$350,000 Home</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Municipal Taxes</td>
<td>$289,000</td>
<td>$750</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Homestead Education Taxes</td>
<td>$418,100</td>
<td>$4,550</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Total Property Taxes</td>
<td>$5,000</td>
<td>$5,300</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>$500,000 Home</td>
<td></td>
<td></td>
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<tr>
<td>Municipal Taxes</td>
<td>$408,100</td>
<td>$1,071</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Homestead Education Taxes</td>
<td>$612,500</td>
<td>$9,750</td>
<td>6%</td>
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<tr>
<td>Total Property Taxes</td>
<td>$7,142</td>
<td>$7,571</td>
<td>6%</td>
<td></td>
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<tr>
<td>$750,000 Home</td>
<td></td>
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<td></td>
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<tr>
<td>Municipal Taxes</td>
<td>$612,100</td>
<td>$1,607</td>
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</tr>
<tr>
<td>Homestead Education Taxes</td>
<td>$922,500</td>
<td>$9,750</td>
<td>6%</td>
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</tr>
<tr>
<td>Total Property Taxes</td>
<td>$10,709</td>
<td>$11,357</td>
<td>6%</td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
1. Charlotte’s fiscal year runs from July 1 of one year until June 30 of the next year. FY ’23 ends June 30, 2023; FY ’24 starts July 1, 2023, and ends June 30, 2024.
2. Grand List is defined as the total value of all taxable properties in Charlotte divided by 100.
3. The municipal tax rate and the homestead education tax rate are estimates that assume the Grand List will increase by 22%.
4. The total to be raised in FY ’24 by municipal taxes (which includes the library and CVFRS budgets) is $165,885 less than the amount voted down on Town Meeting Day.
5. FY ’24 property values assume an average 22% increase in assessed values over current property values.

---

**HAPPY EARTH MONTH**

Want to save energy and reduce your carbon footprint at home?

For a limited time, get a **free energy savings kit** full of efficient lighting and water-saving devices:

- 10 LED bulbs (40 / 60 / 75 watt equivalents)
- 1 low-flow showerhead
- 1 faucet aerator
- PLUS a bonus smart bulb -or- wildflower seed packet

**Sign up today:** efficiencyvermont.com/kits
Historic Charlotte Grange Hall reopening in summer

Linda Hamilton
Charlotte Grange

After many months of being closed to public events due to not only COVID precautions but also some needed building repairs, Charlotte Grange anticipates resuming regular programs and gatherings in our historic hall this summer.

We are happy to welcome you back (or perhaps for the first time) to the charming over 150-year-old building at 2858 Spear Street in East Charlotte Village, home of the Grange for the past 65 years.

Our popular Grange on the Green summer music concerts will continue to be held ... well ... on the Charlotte Town Green. But if there is interest, we hope to resume the fun open mic musical gatherings in the hall this year, featuring budding and wannabe artists from the area. Let us know if you are interested.

We’re planning to offer a tour of the historic building to not only show off its significant architectural features but also to share some of its history and stories, including its many years as district school No. 10, also known as the Lyceum Schoolhouse.

Why Lyceum? There’s an interesting story about that, which you’ll hear on the Schoolhouse.

Charlotte’s burgeoning 4-H group is interested in using the Grange Hall for meetings and special events as the youngsters explore subjects related to agriculture and science. Let us know if you are interested.

We greatly appreciate the support we receive from the community as we strive to honor our agricultural roots and help build a resilient future for all. For more information about Charlotte Grange and how to become a member, see CharlotteGrange.org.

Note: In recognition of the role the Grange has played in Vermont communities and helped in raising agricultural awareness, Gov. Scott proclaimed April as Grange Month this year.

Stronger Together

This charming building in East Charlotte has been the home of the Charlotte Grange for 65 of its 150 years.
John Creech and Cobey Gatos: Fully in tune with one another

Cobey Gatos and John Creech met while playing basketball at Charlotte Central School. The two musicians hit it off and in 2009 they performed as a duo at the Charlotte Library. Almost 15 years later, their musical and personal connection remains strong as they record and perform as Greenbush, named for the road where they both live.

Creech grew up in North Carolina and his earliest musical memories are of sitting on the floor and feeling the vibrations from his mother’s piano playing. As a teenager, he picked up the guitar and formed a band with his older brother and he’s been part of musical collaborations ever since.

Gatos spent his childhood in Massachusetts. His father was an amateur musician, so he was expected to take piano lessons starting at age six. He also picked up the French horn in elementary school. Gatos quit lessons as soon as he was allowed to, but he continued to play, starting a rock band in fifth grade. Ironically, two of his childhood bandmates — Peter Moses and Ken French — are also now living in Charlotte. Recently, Gatos sat in with French’s band, the Doughboys, 53 years in Charlotte. Recently, Gatos moved to Vermont in 1989 and Creech arrived four years later. Although much of their music was written outside the state, they both feel that there is some sort of connection to one another. Creech describes their music as finding a middle ground between his guitar background and Gato’s keyboard roots. Despite growing up in different parts of the country, they both gravitated to the same music in their youth.

After college Gatos made part of his living as a musician, playing weddings and other events, but even when that wasn’t the case, music has always been a major part of his life. He works remotely as an improvisational group. “It’s about composition music on the spot, in the moment,” Creech said, noting that the improvisation can be based on a chord, a rhythm or even just a feeling. Gatos said that despite the improvisation, the cover tunes they play are always recognizable. “There are parts we play in a similar fashion, but we never play them the exact same way.”

Creech grew up in North Carolina and his earliest musical memories are of sitting on the floor and feeling the vibrations from his mother’s piano playing. As a teenager, he picked up the guitar and formed a band with his older brother and he’s been part of musical collaborations ever since.

Creech and Gatos were performing regularly either as a duo or as a trio with a drummer. Lucas Adler was their first percussionist, but for the last five years they have worked with Dov Schiller. Greenbush has played at venues throughout Chittenden, Addison, Lamoille and Washington counties with some upcoming gigs scheduled for June.

Creech said Greenbush’s music is roughly 40 percent original pieces and 60 percent cover tunes. Even though most of their music comes from other sources, the men try to create a personal connection to each piece.

“We have a strong commitment to playing music by both known and lesser-known jazz masters,” Gatos said. “We make an effort to play them in a way that is accessible.”

Gatos and Creech describe themselves as an improvisational group. “It’s about composing music on the spot, in the moment,” Creech said, noting that the improvisation can be based on a chord, a rhythm or even just a feeling. Gatos said that despite the improvisation, the cover tunes they play are always recognizable. “There are parts we play in a similar fashion, but we never play them the exact same way.”

Creech used to own Burlington Guitar and Amp, but since the store closed, he has been focusing on tai chi and cooking, as well as music. He teaches private guitar lessons and has also taught the instrument at the Waldorf School, adult living communities, the Charlotte Senior Center and through the CVU ACCESS program. He teaches tai chi at many of the same locations and has done some private catering and cooking for the Waldorf School, as well as providing music therapy.

After college Gatos made part of his living as a musician, playing weddings and other events, but even when that wasn’t the case, music has always been a major part of his life. He works remotely as an improvisational group. “It’s about composition music on the spot, in the moment,” Creech said, noting that the improvisation can be based on a chord, a rhythm or even just a feeling. Gatos said that despite the improvisation, the cover tunes they play are always recognizable. “There are parts we play in a similar fashion, but we never play them the exact same way.”

Creech and Gatos have been making music together since 2009.

After so many years together, it’s not surprising that the two men feel a strong connection to one another. Creech describes their music as finding a middle ground between his guitar background and Gato’s keyboard roots. Despite growing up in different parts of the country, they both gravitated to the same music in their youth, listening to jazz composers who Creech described as being unheralded in their time but who may now be enjoying more acclaim. “There is a little bit of a mission to pay homage to our heroes who may not have gotten the recognition they deserved,” he said.

“We’re extremely comfortable with each other but there is always a different approach to the music,” Creech said. “Often, I can hear what Cobey’s doing but there will be a startling surprise which can be incredibly energizing.” Gatos noted that one important aspect to their music is their willingness to take risks.

Gatos moved to Vermont in 1989 and Creech arrived four years later. Although much of their music was written outside the state, they both feel that there is something local about what they play. Every Thursday, the two men head to Gato’s backyard for a jam session. “We play for a couple of hours and have a beer or two,” Gatos said. “We play old songs and new material, and it’s always the highlight of the week.”
This fine casting of professionals loves the outdoors, plants, animals, bugs, and especially you, our customers. We are all striving to grow the finest plants and deliver the finest services. Horsford Gardens and Nursery turns 130 years old this year. While our customers seek us out from farther and farther away, Charlotte remains the center of our universe. Thank you Charlotte.

Charlie Proutt

www.horsfordnursery.com for our complete catalog
Raising backyard chicks this spring? Know the health risks

Ben Truman
Vermont Department of Health

As more people start raising their own backyard chickens — whether to enjoy the ultimate in local eggs, or just for fun — it’s important to know the health risks associated with poultry so you can take basic steps to protect yourself, your family and your flock.

Any domesticated bird kept for producing eggs or meat can carry harmful bacteria, including Salmonella, Campylobacter and E. coli, that make people sick. Backyard flocks can also be breeding grounds for viruses, such as avian influenza, also known as bird flu.

"Raising baby poultry like chicks, ducklings and goslings in your backyard can offer many benefits, such as fresh eggs, opportunities to connect with nature and education for children and families,” said Dr. Natalie Kwit, Vermont’s public health veterinarian. “But it’s very important to take steps to help minimize the spread of disease.”

Dr. Kwit said that certain people are more likely to get severe sickness from the bacteria poultry can carry, such as children younger than 5 years old, older adults and people with weakened immune systems.

Viruses naturally spread among wild birds and can infect domestic poultry and other animals. Some strains of avian influenza can cause severe illness or death of infected domestic poultry flocks. While avian influenza viruses usually do not infect people, there have been rare cases of human infection.

Whether you are building your first coop or are a seasoned poultry owner, take precautions to protect yourself, your family, and your flock, including:

- Wash your hands with soap and water after touching live poultry or any objects in the area where they live or roam, including:
  - Supervise children around poultry, and make sure they wash their hands thoroughly afterwards.
  - Don’t kiss or snuggle backyard poultry and then touch your face or mouth.
  - Keep backyard poultry and items used to care for them outside of the house, and especially away from areas where food or drinks are prepared, served, stored, or where dishes are cleaned.
  - Don’t eat or drink in areas where poultry live or roam.
  - Set aside a pair of shoes to wear while taking care of poultry, and keep those shoes outside of the house.
  - Stay outdoors when cleaning any equipment or materials used to raise or care for poultry, such as cages or food and water containers.
  - Clean the coop, floor, nests and perches regularly.

Officials with the Agency of Agriculture, Food and Markets said the best thing you can do to protect your birds from getting avian influenza is to prevent contact with wild birds and waterfowl. Anyone involved with poultry production — from small backyard coops to large commercial producers — should review their biosecurity plans and activities to ensure the health of their birds.

Learn more about backyard poultry safety at cdc.gov/healthyphets/pets/farm-animal-backyard-poultry.html.

Agriculture

Proposed small-farm grant cut in legislative process

Abby Carroll
Community News Service

A bill to help small farmers diversify their products with a new grant program crossed over from the House to the Senate, but not without a significant cut in the money behind it.

The House Committee on Agriculture, Food Resiliency, and Forestry originally sought for a $500,000 appropriation for the program, which would be created through H.205. The committee wanted $250,000 of that to be in regular, general funding — or base funds — and the other half as a one-time appropriation.

But before the bill went to the Senate, the House Committee on Appropriations changed the funding to a one-time appropriation of $350,000.

Each grant would still be capped at $15,000, but the number of recipients could be affected by the reduction in funding for the program. Under the original plan, if all recipients received the max of $15,000, 33 farmers would receive grants. With the new version, that figure would go down to 22 farmers.

“Our concern was, putting it into base (funds), before the program had been piloted, it didn’t make sense to the majority (funds), before the program had been targeted at one particular problem, which is small producers who are having trouble diversifying, and making sure they feel they can meaningfully access these funds because Working Lands is so competitive,” said Rep. Tristan Toleno, D-Brattleboro, in an interview.

Committee members also cited similar programs already in place, such as the agriculture agency’s Working Lands Enterprise Initiative, in describing their hesitancy to fully fund the new program.

“The working lands program provides business grants to farms, but those grants are typically for larger sums of money and highly competitive, which presents challenges for small farmers.”

“As we know, the majority of grants are very oversubscribed, and likely this one would be as well,” said Rep. Heather Surprenant, D-Banard, during a meeting with the Senate Committee on Agriculture in March.

One of the goals of the new bill is to provide a less competitive avenue for small farms to access aid. Surprenant explained in that committee meeting that many other grant programs include financial match barriers and hyper-specific eligibility criteria. The bill’s program would forgo any financial match and be open to all small farmers in any sector of agriculture.

“This program is just a small piece targeted at one particular problem, which is small producers who are having trouble diversifying, and making sure they feel they can meaningfully access these funds because Working Lands is so competitive that a lot of small farmers are opting out of putting in applications,” said Toleno in an appropriations committee meeting in March.

Toleno also discussed in an interview how the committee has made similar decisions for other new programs this session to allow the Legislature to test-run initiatives before dedicating a larger sum of money to them. Toleno noted that legislators “softened the blow of cutting it” by raising the one-time fund from $250,000 to $350,000 to give the program a proper test run.

“Let’s get started, see what the impact is and then address it in future years,” he said.

(Community News Service works in a partnership with The Charlotte News and other local media outlets to provide opportunities to University of Vermont students.)

Spring chickens

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Looking for a fun summer community based job? Charlotte Recreation is seeking part-time beach attendants to work at the beach starting Memorial Day Weekend. The beach attendant will be responsible for the maintenance of the beach area and the facilities located near it. The shift schedule is completed at the beginning of the season allowing flexible hours and shifts. Depending on the shift, the attendant will be responsible for set-up or clean-up of the beach. During their shift, the beach attendant will supervise the parking area and manage the sale of all parking passes. There will be daily responsibilities to help maintain the cleanliness of the beach and its facilities.

This is a fun outside job meeting people and helping to coordinate our busy summer at the beach. Join the fun. All ages are encouraged to apply! Questions? Please contact the Recreation Director via email: Recreation@townofcharlotte.com

Town of Charlotte Beach Attendant

Proposed small-farm grant cut in legislative process

Philo Ridge Farm

Photo by Lee Krohn

Photo by Lee Krohn
CVU students direct and produce spring one-act plays

Anne Mollo
Contributor

The word theater has a long history, deriving from the ancient Greek word “theateria,” which means to behold.

The spring one-act plays at Champlain Valley Union High School have their own history and traditions, and the plays are definitely something to behold.

This year’s plays are a one-act comedy by Christopher Durang, “The Actor’s Nightmare,” and a truncated one-act version of William Shakespeare’s “Hamlet.”

In the spirit of collaboration, there are five student co-directors for the two plays, two stage managers, and an assistant stage manager who is also in charge of props and publicity. By CVU tradition, the spring plays are wholly produced by the students. They direct, act, operate the lighting and sound, make all the costumes, do hair and make-up, create publicity pieces, and design and build the sets.

Many students have an opportunity to contribute in a multitude of ways, with a focus on inclusivity and commitment to creative collaboration. Gabbie LindenMeyr, Ian Story and Eric Carroll are co-directors for “The Actor’s Nightmare.” Carroll suggested Durang’s play, and the others agreed. “It’s a wonderful show. I’ve always wanted to direct a one-act play,” said Carroll. Story nodded and smiled in agreement.

Rory McDermott and Francesca Krol share directorial responsibilities for “Hamlet.” Hamlet works as a one-act play, McDermott said, “We still have all the important contextual bits that tell the original story.”

Krol added, “We’re putting a lot of trust in the actors, particularly in Clark Clark who plays Hamlet, to emphasize the aspects of the play that aren’t included. I’ve always viewed directing as a very inclusive process with the actors, so it’s been a team effort.”

Asked for any personal insights about the experience, LindenMeyr said, “Everything is different than I thought it would be. Blocking, for instance. Blocking is harder than acting.”

“I’ve worked with adult and student directors for various productions, and working with student directors is always really fun — especially when you know them. The collaboration tends to be more fun from a tech point of view,” said Will Richardson, assistant stage manager. “Also, the student directors don’t tend to ask for quite as much, technically.”

“I’m really impressed with the entire tech team,” said Izora Hart, one of the stage managers.

The entire set for “Hamlet” was assembled in less than a month. Performances are at 7 p.m. on Friday, May 5, and Saturday, May 6, and 1 p.m. on Sunday, May 7, at the CVU High School theater. Purchase tickets at ticketsource.us/cvttheater at the door. (Check the ticket site first to ensure the show is not sold out.) Online tickets are $10 for adults; $8 for students, children, and faculty; and $11 and $9 at the door.

Casey Biesemeyer
Contributor

The Charlotte News  •  April 20, 2023  •  10

The Vermont universal school meals bill looks to boost local farm food

As lawmakers aim to make universal school meals a permanent measure, they are also looking to make sure more of those meals are made with local food.

The state would be able to do that by combining a local food grant program for schools created in 2021 (legislature.vermont.gov/bill/111/H.165) with the proposed universal meals fund. The Agency of Education already distributes those grants to schools based on the percent of Vermont-produced foods they use in their meals, but current law only allows public schools to apply. The proposed arrangement would open up the grants to approved private schools too.

The goal of the program is to have at least 20 percent of all foods purchased by schools be locally produced by this year. When the universal school meals bill, H.165 (legislature.vermont.gov/bill/status/2022/H.165) was originally drafted, it did not contain any information pertaining to local foods. But House Committee on Agriculture, Food Resiliency and Forestry members added the local food measure to the bill before it passed from the House to the Senate.

These programs are “part of a larger conversation about making sure we’re providing access to food, to breakfast and lunch, to all of our students. And then also, how do we make that food as nutritious as it can be, as exciting as it can be, as sort of connected to community as it can be?” said Rep. Mike Rice, D-Dorset, member of that House committee.

Schools need to meet certain qualifications to receive the grants. They must have a local purchasing plan that they developed a process for tracking the purchase of local foods and designate a person to coordinate those purchases. The first year a school applies for the grants, it doesn’t need to prove the amount of local foods purchased; the first year of funding is just to help them develop the program. If accepted, a school will receive $0.15 for every school lunch.

After the first year, both the reimbursement rates and the grant money are based on the percent of food that comes from Vermont. Schools need to demonstrate that, during that first year, at least 15 percent of their food bill went to Vermont producers. Proving that allows a school to apply for funding every year after that, with funding based on the school’s percentage.

There are three reimbursement tiers. If the school purchases at least 15 percent of the food locally, it receives $0.15 for every school lunch. If the school purchases at least 20 percent of the food locally, it receives $0.20 for every lunch. At 25 percent a school gets $0.25 per lunch, and that’s the highest the rates go.

“We heard a lot of testimony about how universal school meals in itself already is making it more possible for schools to be more thoughtful with their purchasing and turn more toward locally grown food to serve in school meals,” Rice said. “We really want the conversations about access to food and where food comes from and sort of the educational pieces that can really grow out of what is served in the cafeteria.”

Combining the two programs will make it so that approved independent schools eligible for the universal school meals supplement can participate in the local food grant program.

“We just wanted to make sure that all of the schools that were qualifying for the universal school meal reimbursement would also qualify for the local food purchase incentive so that we were really making sure to maximize both things,” Rice said. Lawmakers say combining these programs would also encourage a consistent relationship between schools and farmers, which is beneficial for both groups. Farmers could have a more stable income while children could access local food.

“The universal aspect of this program including students from all economic backgrounds — creates the scale necessary for farmers to conduct reasonable business at a profitable volume while lowering the cost-per-plate for the school,” said sponsor Rep. Eisme Cole, D-White River Junction, in an April 6 meeting with the Senate Committee on Education.

The grant program has been a boon to Green Mountain Farm-to-School, a group that works to get local foods to businesses, hospitals and schools in Vermont. The group makes it easier for farmers to get their products to schools, and the grant program makes it easier for schools to buy the farmers’ food, the organization’s leaders say.

“School sales have shot back up in the past couple of years,” said Becca Perrin, the group’s food hub account manager. “So, if there’s incentives and extra money that allows them to purchase local, that’s always going to be beneficial to the producers that we work with.”

(Cambridge News Service works in a partnership with The Charlotte News and other local media outlets to provide opportunities to University of Vermont students.)
Spring assessment tests on the school calendars

If you are able to help, the recording will take approximately 2 minutes. Please send an email with the language you could record to spellman@cvbsdvt.org or dhalpin@cvbsdvt.org. The second graders will then email you directions on how to record or make an appointment for you to be recorded.

At this time, French, German and Japanese have already been recorded. If you speak a language that is not included on the top 20 list, we would also be grateful to include your greeting in our language journey.

Spring concert

The fifth, sixth and seventh-eighth grade bands, jazz band and chorus are excited to present a spring concert on Wednesday, May 17. The event will be at 6:30 p.m. in the Multi-Purpose Room. The concert is free and open to the public.

Lake Monsters game

The bands and choresses will perform the national anthem at the May 24 Lake Monsters game at Centennial Field in Burlington. The Lake Monsters will provide tickets to musicians who want to stay to see the game.

Baseball fans should keep an eye on the weather. If the game is canceled due to rain, that call may not be until the last minute. Fans should check the Lake Monsters website before heading out.

Please do not hesitate to reach out with any questions at asmith@cvbsdvt.org or 802-425-6653.

2023 summer camps

This list of summer camps is provided as a convenience to Charlotte families. Charlotte Community School does not endorse any particular camp but provides the list as informational only.

- Champlain Valley School District Band Camp (Aug. 14-18) — For more information please contact Tim Backingham at tbackingham@cvbsdvt.org.

Censorship essay finalists

Parker Wildey (second from left) of Charlotte, an eighth grader at Vermont Day School, was one of four finalists for the state Lincoln Essay contest. Other finalists, from left, were Jesse Kim (Burlington), Onaagh Guyer (South Burlington) and Margot Dater (Shelburne). The topic of the essay, hosted by Hildene, President Lincoln’s family’s estate near Manchester, was censorship and the rise of book bans in the United States.

Shelburne Museum launches statewide initiative to locate and document samplers

Kristen Levesque
Shelburne Museum

The Vermont Sampler Initiative has launched a statewide effort to locate, photograph and document all American schoolgirl samplers and the Sampler Archive (samplerarchive.org), with an online searchable database of American schoolgirl needlework called the Sampler Archive (samplerarchive.org), with all samplers documented in Vermont included. In addition, future programs will include an exhibition and a book about Vermont schoolgirl samplers and early female education in the state.

Shelburne Museum’s founder Electra Webb collected many European and American needlework samplers and the collection has grown over the years with purchases and donations.

American schoolgirl samplers are vital artifacts of early female education, providing insight into family dynamics, local history and community values. They are made by daughters from all socio-economic levels, all racial and ethnic populations, all religions and all geographic regions of the nation. Unfortunately, samplers made by girls and young women living in Vermont are less well known and less frequently studied than those of any other New England state.

Additional Sampler Days will be held at the Vermont Historical Society in Barre on May 12 and 13, 10 a.m.-4 p.m. Anyone interested in participating or learning more about the initiative can contact Vermont Sampler Initiative at samplervt@gmail.com.
Farm Stand Together gets nonprofit status

Farm Stand Together, a Charlotte-based nonprofit organization that provides mutual food aid to food insecure households throughout the state, has received 501c3 status from the government, marking a significant milestone in the organization’s growth and development.

With this new charitable status, Farm Stand Together can now receive donations to support its mission of creating a more equitable food system in Vermont through sustainable farming practices.

Founded in 2022 as a pilot program by Justin Reidy and Meaghin Kennedy, Farm Stand Together was created as an experiment in a new way of addressing food insecurity. The organization realized that small farms throughout Vermont had adopted digital point-of-sale systems as a result of the COVID pandemic, which could be used to purchase gift cards to give directly to people in need.

In its first year, Farm Stand Together invested about $10,000 to support families from 125 households across the state, with positive feedback from farmers and recipients.

Now, as a nonprofit corporation with 501c3 status, Farm Stand Together is expanding from six to nine farms and plans to provide up to five times as much funding to food insecure households.

The organization supports organic farming practices, particularly small-scale organic vegetable farms with an emphasis on soil health. Participating farms include Bread and Butter Farm in Shelburne, Sweet Roots Farm in Charlotte, Hudak Farm in Swanton and Jericho Settlers Farm in Jericho.

Recipients of Farm Stand Together gift cards can use them at these farms’ full-service farmstands to purchase not just produce and meat, but also value-added goods like cider and frozen meals.

The application period is now open until mid-May. To apply for a farm stand gift card, please visit farmstandtogethervt.org. To donate to Farm Stand Together, visit givebutter.com/farmstandtogether2023.

Ascension Lutheran named Cool Congregation for energy saving efforts

The Ascension Lutheran Church of South Burlington was awarded the Cool Congregation Energy Saver award from Interfaith Power & Light.

The award comes with a $5,000 prize that the congregation, which includes a number of Charlotteans among its members, plans to use on additional action to address the climate crisis, said Sam Swanson, the chair of the church’s Caring for Creation Committee.

Swanson said the church has engaged in a 17-year effort to address the congregation’s contribution to climate change.

Since 2000, Interfaith Power & Light of San Francisco has partnered with thousands of congregations and has 40 state affiliates working to get Interfaith Power & Light programs in every state.

Ascension Lutheran Church’s almost two decades of effort has reduced its carbon footprint by 60 percent through energy-saving measures — upgrading lighting, heating and cooling; and ventilation systems, insulating the buildings, and purchasing solar from a community solar farm. These modifications have prevented 40 tons of carbon emissions annually, the church said in a release.

Mast, Lyman join Charlotte-based communications firm Junapr

Junapr, a Vermont-based communications and public relations firm, announces the addition of two new team members in newly created positions. Charlotte Lyman joins as senior communications manager and Debbie Mast as operations and marketing manager.

Lyman brings nearly 11 years of experience to Junapr, most recently working in the publishing industry and, before that, in an agency setting. Her work at Junapr will focus on team members’ development, national media relations and leading the implementation of clients’ communications plans.

Before joining Junapr, Mast owned and operated Green Mountain Mini Baked and Cookie Doe of Vermont. Both companies had clients in all 50 states — Green Mountain Mini Baked was featured on The Today Show, and Ellen DeGeneres was a client, serving Mast’s baked goods at her holiday party. Mast was also active in marketing and operations in her family business, Bond Auto Parts. She will oversee Junapr’s marketing and help manage the operational challenges that go hand in hand with growth.

“I have had the pleasure of working with Charlotte previously and I have known her to be a thoughtful and action-oriented publicist,” Nicole Janus Ravelin, president of Junapr, said. “Charlotte’s depth of experience will round out our team’s national and regional media relations and client service.”

“In the short time since Debbie joined Junapr, she has made a big impact,” Janus Ravelin said. “Junapr’s growth over the past year necessitated adding to our internal operations and marketing team — with Debbie’s prior experience running her own business, it was a natural fit.”

Mast is based in the Vermont office and Lyman works from Massachusetts.

‘Missing middle’ house photo could win $50 gift card

AARP Vermont, the Vermont Department of Housing and Community Development, and Vermont Natural Resources Council are asking Vermonters to snap a photo of a “missing middle” house or property and submit it for a chance to win a $50 gift card, with the goal of raising awareness of this type of housing.

“Missing middle housing types with multifamily dwellings are one of the more affordable forms of housing in Vermont — though currently in short supply,” said Department of Housing and Community Development commissioner Josh Hanford.

“The Great Housing Hunt photo challenge will highlight the diverse style and various types of ‘missing middle’ housing and will spread awareness of this key part of the housing sector.”

Such midsize, often moderately priced homes, are referred to as “missing” because very few have been built in the U.S. since the early 1940s. The shortage is largely due to zoning constraints, the shift to car-centric patterns of development and the challenges of financing multiunit dwellings.

These housing options are particularly suitable for residents 55-plus because they allow family members to live together near each other while still maintaining their own space, says Kelly Stockard Poor, AARP Vermont’s associate state director. But it “doesn’t really exist for a lot of people.”

If you spot this type of housing, snap a photo for the Great Housing Hunt photo challenge and submit it to vnrc.org/greathousinghunt. Those who enter will have a chance to win a $50 gift certificate. All entries must be made by May 31. Six winners will be awarded.
Tomatoes (Solanum lycopersicum) have been on our tables and in our gardens for so long, it’s nearly impossible to think of them as growing in the wild. Once upon a time they did just that.

That’s not to say that a typical supermarket tomato or a tasty, red mortgage lifter or big boy could be enjoyed back then. Tomatoes have undergone centuries of cultivation and hybridization and have changed much during that time. Today, there are more than 10,000 varieties of tomatoes.

Hundreds of years ago, long before Europeans had set foot in the New World, tomatoes grew wild in the Andes of western South America. The indigenous people cultivated them, eventually bringing the plant northward through Central America and into Mexico.

When the Spanish arrived in the early 16th century, they found the inhabitants growing a food crop called “tomatl” in the native language.

Tomato seeds were brought from Mexico to Spain by those early explorers. From there the plant spread to Italy by the mid-1500s where it began to be incorporated into regional cuisine. Over the following decades, tomato plants were cultivated throughout Europe, but primarily as an ornamental plant.

Along the way, the tomato was known by a number of names, including wolf peach and gold apple. In France, it was called a love apple (pomme d’amour) and thought to be an aphrodisiac. Because the tomato was mistakenly considered to be poisonous by many, it was referred to as the “poison apple.”

It’s a fact that the leaves, stems and roots of the tomato contain solanine, a neurotoxin, and thus should not be eaten. The tomato also is a relative of deadly nightshade (Atropa belladonna). The apparent proof of the tomato’s poisonous nature was based on a false assumption. While it was true that upper-class Europeans did die after consuming tomatoes, the fault was not with the tomato but with the pewter dinnerware used. The high level of acidity in tomatoes leached lead from the pewter, and those wealthy enough to afford to dine on pewter dinnerware died from lead poisoning after consuming tomato-based dishes.

In the early 1700s, the tomato returned to the Americas with European colonists. At that time it was still grown primarily as an ornamental plant in the northern colonies but grown for its fruit in southern regions. Its popularity continued to increase. Thomas Jefferson reportedly grew tomatoes in his vegetable garden at Monticello and enjoyed eating the fruit. It wasn’t until the early 1900s that tomatoes’ popularity became widespread throughout the United States.

Today, tomatoes are grown around the world and are a star of international cuisine. They are grown in home gardens and on commercial farms.

They are eaten raw, served cooked in a variety of dishes and processed into products that line our supermarket shelves. Tomatoes are the most popular home-grown vegetable crop in the country.

However, are tomatoes really a vegetable?

While botanically a fruit (actually a berry), due to their sugar content being well below that of other fruits, tomatoes are used as, and popularly considered, a vegetable.

In addition, legally speaking, as a result of the case of Nix v. Hedden, which was decided by the U.S. Supreme Court in 1893, tomatoes are considered a vegetable according to the Tariff Act of March 3, 1883.

The real question isn’t whether it’s a fruit or vegetable. The question is, with so many choices, what type of tomato will you choose to grow in your garden this year?

For more information on the history of tomatoes, see go.uvm.edu/tomato-history.
Spring pruning important for highbush blueberries

Vern Grubinger
University of Vermont Extension

Blueberries are a popular backyard fruit. Once established, they will provide lots of delicious, healthy berries for many decades with proper care. To succeed with blueberries, plant winter-hardy varieties and maintain soil pH between 4.5 and 5.5. Mulch every few years with several inches of wood chips or sawdust. Apply a non-nitrate source of nitrogen fertilizer in early spring, irrigate as needed and use netting to exclude birds. What’s also important, and frequently overlooked, is annual pruning. Late winter to early spring is a good time to prune.

Pruning is essential to maintain the vigor and yield of blueberry bushes. It promotes larger fruit, shapes the bush so it is easier to harvest and helps avoid insect and disease problems. Pruning may be overlooked because the benefits are in the future. You don’t see them quickly. Another reason is that bushes with lots of leaves and quite a few berries may seem just fine, but without a well-pruned blueberry bush for comparison, it’s hard to see the benefits of pruning.

Early in life, blueberries don’t need much pruning. In years one and two, remove all flower buds by rubbing them off or cutting off the shoot tips. This directs the plant’s energy into cane growth. Annual pruning is needed to maintain high yields of large blueberry fruit.

Starting in year three, remove all twiggy or low-growing canes, and leave only two or three of the newest canes produced, leaving only upright, strong canes with space between them. Different varieties produce different numbers of canes each year, so they vary in how much pruning they require. When a blueberry bush has reached full size in about eight years, it ideally will have 15 to 20 canes of all different ages. Old bushes should not have a lot of old canes. These reduce yield because thick, older canes need more leaves to support fruit growth than they did when they were young. They also make it difficult for new canes to emerge and thrive, which is needed for sustained production.

Annual pruning is needed to maintain high yields of large blueberry fruit. If you don’t know the age of the canes, a rule of thumb is to remove canes before they reach one inch in diameter. These are usually gray with lichen growing on them. If you’ve fallen behind in pruning, it’s time to remove several “dinosaur” canes per plant to create space for younger canes. Up to one fifth of all canes can be removed per year without yield loss. Berry numbers will be reduced, but fruit will be larger on younger canes and more space and light will benefit new canes that emerge. Regardless of their age, it’s always good to remove dead, damaged or diseased canes, along with any that stick out too far sideways or grow very low to the ground. If two canes are growing very close together, one should be removed, so they don’t compete.

Try to open up the plant canopy. If it’s dense in the middle then air and light can’t get in, leading to high humidity. That promotes diseases and also provides comfort for the insect pest called spotted wing drosophila. Use by-pass pruners to cut canes off as close to the ground as possible. High pruning cuts do not stimulate new canes to emerge from the crown. Instead, weaker side shoots will grow. Try not to leave any stubs.

Pruning every year, or every other year, really pays off in the long run. Your blueberry bushes will thank you — with plentiful berries.

(Vern Grubinger is a vegetable and berry specialist with the University of Vermont Extension.)

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You’ll be glad you did.

Northern flicker with the downy woodpecker sitting and watching. The northern (or common) flicker is a medium-sized bird of the woodpecker family. It is native to most of North America, parts of Central America, Cuba and the Cayman Islands. It is one of the few woodpecker species that migrate.
Invasion of the nutrient-depleting jumping worms

Deborah J. Benoit
University of Vermont Extension

May you have heard of jumping worms, sometimes referred to as “snake worms”? Worm castings that resemble coffee grounds on the soil’s surface are likely the first thing you’ll notice. Jumping worms (Amynthas agrestis, Amynthas tokiosiensis and Metaphire hilgendorfi) pose a threat to home gardens, agriculture and woodland areas. Their presence disrupts the soil structure and chemical, depletes nutrients in the soil and can result in loss of plant vigor or death.

Jumping worms exhibit violent thrashing when touched. An adult can be up to 8 inches long and 1 1/2- to 3 inches wide. Their most distinctive feature is the clitellum, the pale, flat band that entirely encircles its body. By contrast, the clitellum of common earthworms does not extend completely around the body and is darker and slightly raised.

Adult jumping worms don’t overwinter in Vermont, but their cocoons (eggs) do. Because they’re so small, it’s difficult to see them. The cocoons hatch in spring when temperatures average above 50 degrees Fahrenheit. Adults will be present in summer, producing more cocoons. As temperatures drop in the fall, adult worms die.

As we add plants, expand garden beds and tidy things up with fresh mulch, jumping worms, in their various stages of life, can arrive in soil, compost, mulch and manure that we bring into our gardens. They also hide in the soil of potted plants. The cocoons can easily be moved on the soles of garden shoes.

Unfortunately, there are currently no approved pesticides or other treatment to prevent or eradicate jumping worms. Research is ongoing by Josef Gorres, a University of Vermont Department of Plant and Soil Science professor, and others around the U.S. Prevention is the most effective action, and there are several things you can do to limit their presence in your garden.

Any organic materials should be solarized prior to being introduced into the garden. To do so, make a pile 6-8 inches high of organic material on a clear plastic sheet, allowing plenty of uncovered plastic on the outer edges. Cover with another piece of plastic, pulling up the edges from the bottom and tucking the upper piece below the bottom to prevent worms from escaping.

Leave the enclosed pile in the sun for two-three days. The internal temperature needs to exceed 105 degrees Fahrenheit to kill the jumping worms and their cocoons. Materials purchased in plastic bags can be solarized right in the bags.

When ordering plants, shrubs and trees, consider ordering them bare root. If purchasing potted plants, jumping worms or cocoons may be in the soil. Even when purchasing plants at annual plant sales of local organizations where the plants are grown nearby, jumping worms and cocoons may be present.

To avoid introducing them into your home garden, remove the plant from its pot and wash its roots. Fill two buckets with water. Remove as much soil as possible, and then submerge the roots in the first bucket of water, gently swirling.

When most of the soil has been removed, inspect the roots for worms or cocoons. Rinse the roots in the second bucket to remove any remaining bits of soil. Report in fresh soil that has been solarized.

Solarize any soil removed from incoming plants before adding it to your compost or garden. For more information on preventing jumping worms, see go.uvm.edu/jumping-worms.

If you do find jumping worms in your yard, you can hand pick and destroy them by dropping them in a bucket of soapy water. While hand picking worms won’t eliminate the problem, it can reduce the number of adult worms present, which will in turn reduce the number of cocoons and future generations of jumping worms.

For more information on jumping worms, see vtmissaves.org/invasive-jumping-worms.

(Deborah J. Benoit is a University of Vermont Extension master gardener from North Adams, Massachusetts, who is part of the Bennington County Chapter.)

Calendar of Events

Solarize campaign kickoff
Saturday, April 22, 10 a.m.-1 p.m.

The Charlotte Energy Committee is celebrating Earth Day this year by kicking off their 2023 Solarize Campaign with Green Mountain Solar with a celebration at the Charlotte Library. To achieve this, partnering solar companies offer discounted rates, depending on how many Charlotte residents and businesses decide to go solar. Green Mountain Solar will have representatives at the kickoff explaining the basics of solar, answering questions and scheduling property assessments with their team’s solar experts.

Teach others to fish
Saturday, April 22, 9 a.m.-3 p.m.

The Vermont Department of Fish and Wildlife offers a free instructor training program to become certified Lk’s Go Fishing instructors. If you desire to introduce the sport to others at clinics around the state, consider signing up for the training. Training takes place in Essex Junction. More info is at tinyurl.com/yurbw866.

Teach others to fish
Saturday, April 22, 1-3 p.m.

This is the first movie to be directed by a Saudi Arabian woman. Wadjda is the story of an independent Saudi girl who wants to ride a bike. Presented at the Pierson Library in Shelburne, the film is appropriate for ages 8+.

Jazz at the Vineyard
Saturday, April 22, 6-8:30 p.m.

Bob Gagnon and his Jazz Trio offer up a fresh mix of originals and standard tunes in the jazz and blues repertoire with guitar, bass and saxophone at the Shelburne Vineyard. The trio has collaborated for over 30 years. To read more, see tinyurl.com/2pyyva7.

Space-tacular
Saturday-Sunday, April 22-23, 10 a.m.-5 p.m.

The ECHO Leahy Center in Burlington kicks off a week-long celebration of Earth Day called Earth and Space-tacular. Each day, visitors learn about our planet, participate in science activities and have out-of-this-world fun. Event is free with admission or membership. To learn more, see tinyurl.com/4ppysyba.

Visual art film
Sunday, April 23, 11 a.m.-12:15 p.m.

The Fletcher Free Library in Burlington screens the film “Black is the Color,” which presents a history of Black contributions to the world of visual art. In particular, it surveys the contributions to gathering for music, games, food, ice cream, information booths and hands-on activities centered around responsible care of the Earth. For more info, see tinyurl.com/34yvzvy or call 802-863-1648.

Wadjda
Saturday, April 22, 1-3 p.m.

The Echo Leahy Center in Burlington kicks off a week-long celebration of Earth Day called Earth and Space-tacular. Each day, visitors learn about our planet, participate in science activities and have out-of-this-world fun. Event is free with admission or membership. To learn more, see tinyurl.com/yz2t7hv.

Draft horse driving clinic
Saturday, April 22, 9 a.m.-4 .p.m., Sunday, April 23, 9:30 a.m.-2 p.m.

This is a hands-on clinic for adults wishing to learn from experienced horse driving clinicians. Organized by the Green Mountain Draft Horse Association and held at Shelburne Farms’ historic Breeding Barn, the two-day clinic is geared toward instruction for beginners, but experienced horse people can brush up on skills. For more info and to register, see tinyurl.com/yozth7y.

Photo by Josef Gorres
the art world by some long-uncelebrated black artists. Film is free and appropriate for all ages. For more info, see tinyurl.com/mr2xc7sf.

**The Absence of Light**

Sunday, April 23, 12:30-2:15 p.m.  
“Black Art: In the Absence of Light” is a documentary that shines a light on the contributions of some of today’s foremost African-American contemporary artists. Shown at Burlington Free Library, the film is free and appropriate for all ages. More info at tinyurl.com/3uy6iu7.

**Antiques Roadshow airs**

Monday, April 24, 8 p.m.  
Three episodes of this popular PBS show were filmed at Shelburne Museum last summer. Each episode is scheduled to be shown on local PBS stations on three Mondays: April 24, May 1 and May 8. Shelburne Museum says that thousands of people showed up with their items to be appraised. More info at tinyurl.com/mr2xc7sf.

**The techniques of braising**

Tuesday, April 25, 3-5 p.m.  
Attend a how-to class at Bread and Butter Farm in Shelburne on proper braising techniques. Learn how to make delicious dishes where the meat virtually falls apart, surrounded with flavors. For more info and to sign up, see tinyurl.com/yya436c or call 802-985-9200.

**Pasture science and soil health**

Thursday, April 27, 1:30-4:30 p.m.  
Join Allen Williams for a pasture walk in Shelburne. He shares methods of pasture assessment, determining soil health and improving yields with practical and applied science. Events are outdoors; dress appropriately and bring what you need to be comfortable and protected for this walk. For more info and to register, see tinyurl.com/3ybhym75.

**Wild about wildlife**

Thursday, April 27, 7-8:30 p.m.  
Wildlife biologist and researcher Susan Morse speaks online about the need for wild habitats that our Vermont species require. Her focus is on the Champlain Valley. For more info about her free presentation and to register, see familyforests.org/wild-about-wild-habitat/.

**World percussion sounds**

Thursday, April 27, 7:30-8:30 p.m.  
The University of Vermont Percussion Ensemble performs a free recital of music from around the world. Event is held in the UVM Recital Hall, South Prospect Street in Burlington. More info on all UVM Music Department recitals is at tinyurl.com/mr2xc7sf.

Express your creativity

Friday, April 28, 9 a.m.-noon  
Author and pastoral psychotherapist Nancy Kilgore leads a mini-retreat called Writing with Spirit at All Souls Interfaith Gathering in Shelburne. Take time to slow down, quiet your mind, share and access your creative voice. For more info and to register, see tinyurl.com/y5s4ghyj.

**Wit and wine**

Friday, April 28, 7-30 p.m.  
Shelburne Museum presents an evening of comedy with four of Vermont’s top stand-up comedians. Group show is for ages 21+. Doors open 7 p.m.; for more info and tickets for shows, see tinyurl.com/yyc53wz6.

**Grounds clean-up**

Saturday, April 29, 9 a.m.  
Join Out at Rokeby Museum in Ferrisburgh for an hour or more of volunteer grounds clean-up, opening buildings and preparing for the season. Rokeby officially opens Saturday, May 13. Check in when you arrive and spend as long as you want. Drinks and snacks provided. Dress comfortably; bug spray, hats and sunscreen recommended. More info at rokeby.org.

**Emergence and connect**

Saturday, April 29, 9-4:45 a.m.-p.m.  
Gather with a small group of women for a day of joy and play, water color by your book, mind and soul as spring unfolds with possibilities and discoveries. Some tickets remain for this special day at All Souls Interfaith Gathering in Shelburne. More info and registration at tinyurl.com/w2bznwbd.

**Vernal pool residents**

Saturday, April 29, 10 a.m.-noon  
The Middlebury Area Land Trust invites families for some hands-on exploration of the inhabitants of your special pool near the Otter Creek Gorge in Middlebury. See what you find in the way of spring critters as the pool wakes up. The free event is great for all ages; dress for woods walking and bring whatever you need to be comfortable outside. Pre-registration is required. For details on this and future events, see maitvt.org/events.

**Music and community**

Saturday, April 29, 10 a.m.-4 p.m.  
The Vermont Folklife Center presents a workshop for those interested in using digital media and community interviewing to create published audio stories. The focus is on the role of music in our lives. Discover ways of connecting your voices and subjects to promote social engagement and change at the Old North End Community Center in Burlington. For more info and registration, see tinyurl.com/yjnhk69p.

**Fruitful foraging**

Saturday, April 29, 1-5 p.m.  
In this practical workshop, learn to recognize edible plants and responsibly forage for home use at North Branch Nature Center in Montpelier. The walk covers a mile; dress and bring with you anything you need to be comfortable outside. For more info and to register, see tinyurl.com/ms8e2bup.

**Focus on the stars**

Saturday, April 29, 6-8 p.m.  
Families are invited to build a telescope at Catamount Outdoor Family Center in Williston. Learn about telescope history and engineering, then head out for a stargazing adventure. No experience necessary. Class is led by Cheryl Ovens of Adventure Box. Read more and register at tinyurl.com/2tztzb9h.

**Pink Talking Fish**

Saturday, April 29, 8 p.m.  
Pink Talking Fish calls themselves a “hybrid tribute fusion act.” Their show at the Essex Experience in Essex Junction celebrates the musical phenomenon that are Pink Floyd, The Talking Heads and Phish. Expect to be transported into the rich musical past with the lights and songs you love. More info and tickets at tinyurl.com/msmn5x76c.

**Intervale nature day**

Saturday, April 30, 1-3 p.m.-1 p.m.  
Burlington’s Intervale comes alive with families and activities on this day organized by City Market. Learn about local climate initiatives, flora and fauna, foraging, conservation efforts and help plant some ferns to establish and reclaim habitat. Dogs welcome when on leash. Free event requires pre-registration at tinyurl.com/2jfrfzd.

**Steel-string Americana**

Sunday, April 30, 3-4:30 p.m.  
Locally known blues guitarist Paul Asbell brings his variety of bluesy jazz and roots music to the First Congregational Church in Essex. More info and tickets are at tinyurl.com/4nmbbfh6u.

**Play with the orchestra**

Sunday, April 30, 4-5:15 p.m.  
A community along with members of the Vermont Youth Orchestra takes place at the Elley-Long Music Center at St. Michael’s College in Colchester. Event includes a rehearsal and program run-through. Please RSVP by Friday, April 21. More info and access to all music parts through. Please RSVP by Friday, April 21.

**Focus on the orchestra**

Sunday, April 30, 4-5:15 p.m.  
A community along with members of the Vermont Youth Orchestra takes place at the Elley-Long Music Center at St. Michael’s College in Colchester. Event includes a rehearsal and program run-through. Please RSVP by Friday, April 21. More info and access to all music parts through. Please RSVP by Friday, April 21.

**Farm to Ballet tickets**

Monday, May 1  
Locals know that tickets for the popular Farm to Ballet productions go fast. This year, performances are held at several Vermont locations in July. Tickets for all shows, including one at Shelburne Farms, go on sale Monday, May 1. More info at tinyurl.com/4ivjv3m3.

**Chamber music ensembles**

Monday, May 1, 7-30-8:30 p.m.  
University of Vermont music department students perform together as community musicians in this program for strings and piano. Performance is at the South Prospect Street in Burlington and is free. More info and calendar of future events, see tinyurl.com/mr2xc7sf.

**Grab-and-go meal**

Wednesday, May 3  
Deadline to order Age Well and St. Catherine’s of Siena Parish in Shelburne provide a to-go meal order to pick up between 11 a.m. and noon on Tuesday, May 9, for anyone aged 60 and older. To order a meal, please contact Kathleen, by Wednesday, May 3, by emailing agewellstcath@gmail. (preferred) or calling 802-503-1107. Meal pick up is in parking lot at 72 Church St. in Shelburne.

**Cookbook author shares passion**

Thursday, May 4, 6-7:30 p.m.  
Vermont transplant and chef Gesine Bullock-Prado has her new cookbook “My Vermont Table” at the South Burlington Public Library on Montpelier Road. Bullock-Prado shares the Vermont products she loves to use in her recipes. Learn more about this free event at tinyurl.com/dpmn9buu.

**Tree planting event**

Thursday, May 4, 8 a.m.-9 a.m.-1 p.m.  
Help plant small trees along the Lewis Crossett Memorial Trail to prevent erosion and promote clean water. This Vermont Land Trust event is free, but you must pre-register for matching and satisfaction for your efforts. Suggested to bring: shovels, gloves, bug spray, water, sunscreen, hats, snacks and waterproof shoes. For more info and to register, see tinyurl.com/yckz49th.

**Old cemetery spring meeting**

Saturday, May 6, 9 a.m.  
The Charlotte Cemetery Association will hold its spring meeting social and luncheon with a social hour 9-10 a.m. with coffee, beer, wine, cider, iced tea, hot water, quick breads or coffee cake, and lunch at noon with tossed salad, mac n cheese, chili, cornbread, fruit, and assorted beverages at St. Peter’s Parish Hall, 83 South Maple Street, Vergennes. After the meeting there will be a grab-and-go meal for $15 payable to St. Peter’s Church (cemetery). Mail to: Jeanne Jackson, 420 Jackson Road, Panton, VT 05491-9734. Please let us know if you have any food allergies. The speaker will be Gary Devlin, operator of the Burlington History Tours. He has written three books including “A View from the Balcony” and more recently his autobiography “My Way.”

**Traditional music festival**

Thursday-Sunday, May 4-7  
Young Tradition Vermont, part of the Vermont Folklife Center, presents numerous concerts showcasing young musicians who play dance to traditional music. Most events are at Contois Auditorium in downtown Burlington. For all the info and tickets, see tinyurl.com/rnjdgsbdk.

**Famous burger nights**

Friday beginning May 19  
Friday burger nights 4-7 p.m. at Bread and Butter Farm in Shelburne sell out fast, so check the website at tinyurl.com/fm36pzsf sign up. Six dinners are held during the summer with homegrown food and live music.
Help with this spring’s edition of library garden

Margaret Woodruff
Contributor

Spring has sprung. The daffodils are up and the garden is emerging from winter’s chill. If you’d like to help out at the library garden, email sean@charlottepubliclibrary.org to join the Garden Circle.

Seed Library requests are coming in fast and furious. If you’re looking to add to your vegetable garden with tried and tested seeds, from local gardens, check out the 2023 seed library catalog at bit.ly/387TSDJ.

New programs include “Mending Matters”-hands-on workshop with Colleen Brady on May 1, as well as a three-part webinar series on Sustainable Fashion and Textiles on Wednesdays beginning April 26.

Children's programs

Young children’s story times

Tuesdays, 3 p.m.

Please contact youth services librarian Cheryl Skram for information about this session at youth@charlottepubliclibrary.org.

Preschool free play

Wednesdays, 10 a.m.

Exploring the sensory table, sorting, playing with blocks, play dough — these are a few of the open-ended projects planned for Wednesday morning play-based learning at the Charlotte Library. Ages 2-4. No registration required.

Project Micro

Monday, April 24, 2 p.m.

Jan Schwarz will bring microscopes, hand lenses and lots of spring material to study. Registration required. Ages 7 and up. This is a live event on the Charlotte Library porch. Registration required. Please email youth@charlottepubliclibrary.org

Programs for adults

Book Chat

Wednesdays, 3 p.m.

Meet each week to discuss new books, old books and books we might have missed. Each week, Woodruff selects a theme and highlights related titles from the library collection. No registration necessary. Note: No Book Chat on April 19.

Crochet & Knit Night

Wednesdays, 6 p.m.

Claudia Marshall is your host for a casual weekly session of crocheting and chatting, knitting and catching up. Bring your project or start a new one with yarn and needles available at the library, along with plenty of books to instruct and inspire. For teens and adults.

Book discussion: TreeLine

Mondays, 7 p.m., April 17-May 22

“The TreeLine: The Last Forest and the Future of Life on Earth” has been called a nature-lover’s book that powerfully challenges us to confront the elephant in the room. This will be a six-part discussion of this landmark book. Join us in-person (tinyurl.com/2pRZxS6) or via Zoom. (bit.ly/32PVWvH)

Book discussion: Tomorrow, and Tomorrow, and Tomorrow

Thursday, April 20, 7:30 p.m.

Spanning 30 years, from Cambridge, Mass., to Venice Beach, Calif., and lands in between and far beyond, Gabrielle Zevin’s “Tomorrow, and Tomorrow, and Tomorrow” is a dazzling and intricately imagined novel that examines the multifarious nature of identity, disability, failure, the Redemptive possibilities in play, and above all, our need to connect: to be loved and to love. Yes, it is a love story. But it is not one you have read before. Register in advance at tinyurl.com/2pRZxS6.

Landscape History with Samantha Ford

Sunday, April 23, 2 p.m.

In partnership with the Lymington Foundation, Samantha Ford “peels back the layers of time” in this talk to interpret 100 years of land-use history in Vermont through cultural clues left in our wooded hillsides. Stone walls, cellar holes and forgotten ornamental plantings help to piece together the history of these old farms, which are often hiding in plain sight. Learn how to recognize these clues and piece together the story of the land. Co-sponsored by the Chittenden County Historical Society, the Charlotte Library and the Charlotte Senior Center. This program takes place at the Charlotte Senior Center.

Sustainable Fashion Innovations

Wednesday, April 26, May 3 and 10, noon

Sustainable fashion, or eco-fashion, is the movement towards more “responsible” methods throughout apparel production, consumption and more. This follow-up webinar will highlight sustainable solutions to combat fashion’s unethical practices. We will learn what being more “responsible” means at this series of workshops for stakeholders. As an expert in sustainable fashion, Kelly McDowell will provide solutions for you to be more conscious and ethical consumer. Register at tinyurl.com/37kaawk.

Transition

Wednesday, April 26, 27 p.m.

Feature-length documentary film by Sas Carey about a young woman doctor whose life shifts from a routine-bending settlement in the taiga to Mongolia’s capital Ulaanbaatar. Discussion with Carey. Co-sponsored with Sustainable Charlotte.

Men’s Book Discussion: Empire Falls

Wednesday, April 26, 7:30 p.m.

Copies available at the library circulation desk.

Walk & Talk Book Club: Changes in the Land

Saturday, April 29, 11 a.m.


George Lakey: Dancing with History

Sunday, April 30, 3-3.5 p.m.

George Lakey, activist and author, will speak in Charlotte about his newest, “Dancing With History: A Life For Peace And Justice,” about a whole range of issues he has embraced. Lakey has been active in direct action campaigns for seven decades and was first arrested at a Civil Rights demonstration in March 1963. His most recent arrest was in June 2021, during a climate justice march. A Quaker, he has been named Peace Education Officer of the Year and was given the Paul Robeson Social Justice Award and the Martin Luther King Jr. Peace Award. His previous books include “Viking Economies: How the Scandinavians Got It Right — and How We Can, Too” and “How We Win: A Guide to Nonviolent Direct Action Campaigning.” Registration required at tinyurl.com/2pkuhshh.

Mending matters

Monday, May 1, 6-7 p.m.

Give life to your old clothes. Learn how to mend parts, repair a hole in a sock and more. Bring in your old favorite (clean) clothes in need of mending to take part in this hands-on workshop with Colleen Brady. For ages from tweens to adults.

Edward Hitchcock: America’s First Dinosaur Expert

Sunday, April 30, 3-5 p.m.

Landscape historian Samantha Ford examines the multifarious nature of Vermont through cultural clues left in our landscape. Which are often hiding in plain sight. Learn to recognize these clues and piece together the history of these old farms, and forgotten ornamental plantings help to

Library contact information:

Margaret Woodruff, director
Cheryl Skram, youth services librarian
Susanna Kahn, tech librarian
Phone: 802-425-3864
Email: info@charlottepubliclibrary.org

For the latest information about programs, books and activity kits, sign up for our monthly newsletter: Charlotte Library Newsletter.

The Charlotte Library Board of Trustees meets regularly on the first Thursday of the month at 6 p.m. The next meeting takes place this Thursday, April 6, online and in-person. Please contact the library or visit the library website at charlottepubliclibrary.org for more information.
Get to know your Medicare options.

Discover UVM Health Advantage

Created with You. Guided by Doctors.

Join us for a FREE Medicare Products Seminar near you. In-person and Online options available.

Learn what UVM Health Advantage plans have to offer—from plans starting at **$0 per month** to dental, vision and hearing benefits, all in one plan.

Our Medicare Product Seminars are live events hosted by a licensed UVM Health Advantage Plan Guide.

Visit UVMHealthAdvantage.com/seminars to learn more and register for an event.

Call **1-833-368-4598** (TTY 711)
October 1–March 31, seven days a week, 8 a.m. – 8 p.m.
April 1–September 30, call Monday–Friday, 8 a.m. – 8 p.m.

In-Person Medicare Products Seminars

**Monday, April 24**
2:00 p.m.
Core Burlington Senior Center
20 Allen Street
Burlington

**Thursday, May 25**
10:00 a.m.
MVP Health Care
62 Merchants Row
Williston

Online Medicare Products Seminars

**Thursday, May 11**
2:00 p.m.

**Thursday, May 18**
1:00 p.m.

Dates and times are subject to change.
Celebrate spring by birding, kayaking, paddling or perusing plant sale

Women’s kayak trips planning meeting Friday, May 12, 11 a.m.

It is time to plan the kayak trip season. Please email Susan Hyde at susanfosterhyde@gmail.com if you are interested in leading or finding out more about becoming a leader.

New Paddling Group forming!

There is interest in starting a new paddling group at the senior center. Open to all skill levels. To find out more contact Dean Tuninga at dean.tuninga@gmail.com.

Segel Family piano concert

Wednesday, May 10, 3 p.m.

The Segel children will play piano at the Charlotte Senior Center. Juna (15), Jack (13), Hannah (8) and Ada (6) will be playing pieces from all different genres, including both classical and sacred music. The music they will be playing includes a trio, a violin duet and the Tarantella by Pieczonka. Cost: Free. Registration recommended.

Pilates fitness

Tuesdays & Thursdays, 8:30-9:30 a.m.

Join Phyllis Bartling in this Pilates class, for folks 55 and over. The workout includes upper-body strength work with hand weights and mat exercises. The exercises will work core muscles to improve balance, strength and posture. Cost: $8 a class. No registration required.

Yoga strength building practice

Wednesdays, 11 a.m.-noon.

Heidi Kvasnak leads an integrative practice that builds strength and stability, while maintaining a sense of ease and spaciousness in both body and mind. Practice longer-held postures that strengthen muscles, bones and core, as well as breath-led flowing movement, including sun salutations. Prerequisite: Must be able to easily get down to and up from the floor with or without props. Cost: $10 a class. No registration required.

Meals

Menus are posted on the website at charlotteseniorcentervt.org.

Thank you

A heartfelt thank you to Fat Cow Farm in Charlotte for their donation of humanely-raised, antibiotic and hormone free meat for the Monday lunches. The volunteer cooking teams and participants greatly appreciate this generous gift.

Monday Lunches

Served weekly. Lunch is served 11:30 a.m.-12:30 p.m., or until the food runs out. Suggested lunch donation $5. No registration required.

Weekly Age Well Grab-Go meals

Pick up on Thursdays 10-11 a.m. at the Charlotte Senior Center. Registration is required by Monday for the Thursday meal. $5 suggested meal donation but not required. To register, contact Carol Pepin at 802-425-6345 at meals@charlotteseniorcentervt.org.

Senior Center contact info

Lori York, director, lyork@charlotteseniorcentervt.org
212 Ferry Road, Charlotte
802-425-6345
charlotteseniorcentervt.org

Follow the senior center on Facebook or Instagram at charlotteseniorcentervt.
Travel world of shepherd’s pies at senior center

Susan Ohanian
Contributor

Come for Monday Munch at the Charlotte Senior Center and enjoy food from around the globe.

Cottage pie, also known as shepherd’s pie, is a savory dish of cooked minced or ground meat topped with mashed potatoes and baked.

Wikipedia lists how this dish is known in other countries:

• Empadão: Portugal. Meat, often veal, stewed in a tomato-based gravy and layered several times between mashed potatoes. Poultry or fish is sometimes used instead of meat.

• Escondidinho: Brazil. The name, indicating “hidden,” describes the way sun-dried meat is covered with a layer of manioc purée. The dish often includes cheese and chicken; cod is sometimes used instead of beef.

• Pastel de carne: Uruguay. Sliced hard-boiled eggs are added to cottage pie.

• Pastel de papas: Argentina, Chile. Similar to cottage pie, may also contain peppers.

• Pastel tutup: Indonesia. Made with any of several meats, with vegetables such as carrots and green peas and eggs.

• Pate Chinois: Canada. A bottom layer of beef, a middle layer of creamed sweetcorn, topped with mashed potato.

• Shepherdless pie: a vegetarian version.

Although it’s unlikely you’ll see the busy volunteer cooks dancing, the mashed potato dance has been around since the 1950s. Watch at youtube.com/watch?v=0Vj0wIP_ a1E.

Coleslaw comes from the Dutch term koolsla, meaning “cabbage salad.”

Sherbet finds its origins in Turkish and Persian words that trace back to the Arabic word sharba, meaning “drink.”

Here’s your chance. In 2003, in Anzola dell’Emilia, near Bologna, Italy, Gelato University was established, with the aim of teaching students from around the world how to make gelato ice-cream, a second cousin to sherbet. Among many online offerings, an upcoming course offers instruction in the best teas to use in gelato recipes.

Monday, April 24
Register for Thursday’s Grab-&-Go Meal
Register at meals@charlotteseniorcentervt.org or 802-425-6345.

Monday Munch
11:30 a.m.-12:30 p.m. or until the food is gone
Cottage pie, cole slaw, dinner rolls and rainbow sherbet.

Thursday, April 27
Grab-&-Go Meal Pickup time 10-11 a.m.
Chicken with gravy, mashed potatoes, sliced carrots with parsley, Texas toast with butter, pumpkin custard with cream and milk. You can find out all about Texas toast at Wikipedia.

Monday, May 1
Monday Munch
11:30 a.m.-12:30 p.m.
At press time, the volunteer cooks are still planning for a happy May Day. For a menu update, go to charlotteseniorcentervt.org/lunch/meals.

Thursday, May 4
Grab-&-Go Meal Pickup time 10-11 a.m.
Chicken with Marsala sauce with mushrooms, mashed potatoes, carrots, wheat bread with butter, blueberries and strawberries in yogurt and milk.

Thursday Grab-&-Go Meals are provided by Age Well. As with all meals at the senior center, a donation of $5 is suggested but not required. Pay what you can, when you can.