Celebrate Tell an Old Joke Day at senior center

The real problem with the fact that almost all our staple foods are informative and even amusing book detailing but with what we eat. He offers an interesting, doctor, isn’t concerned with how fast we eat

Tulleken, a practicing infectious diseases

Behind Food That Isn’t Food” Chris Van

In “Ultra-Processed People: The Science

gumbo, mutton sandwiches, pierogi, tamales,

years of his life. That’s just from hot dogs.

that by eating 19,200 hot dogs, he has lost 1.3

health but this article links to a study showing

Chestnut assures reporters he’s in good

needs for his kind of eating: wapo.st/3pz8sfB.

Chestnut gets lots of publicity for his bone-

dog. Around this time of year, Joey “Jaws”
**BETA taking electric to new heights**

Scooter MacMillan  
Editor

The first electric engine was developed in Vermont. It seems only right for the first electric commercial airplane engine to be developed here, too, if BETA Technologies has its way, that’s exactly what will happen.

A group of men who gather for breakfast at the Charlotte Senior Center were treated to a tour of the company where that magic is happening.

In 1834, Thomas Davenport, who lived near Brandon, invented the first electric motor. That first electric motor powered a small printing press.

The technology that BETA Technologies is working on is new and progress on the path to electric commercial flight is happening fast. In fact, just the day before the tour, the company had moved a critical step forward in the FAA’s long and exacting approval process for new aircraft.

That approval step was for a powered-lift category of aircraft, in other words, planes that can take off and land vertically and then fly horizontally. Tyler Seeholzer of BETA Technologies said these are called eVTOL, for electric vertical takeoff and landing.

Seeholzer said he uses the term electric magic to explain how spinning magnets generate electrical energy that can be converted into mechanical energy.

“People laugh and they smile when I say that, but nobody has yet to define magnetism to me in a way that I can fully understand,” he said.

Besides eVTOL, BETA has designed and is working on certification for commercial electric planes that take off and land horizontally. Vertical takeoff requires lots of energy and severely depletes battery storage. As it stands now, after a vertical takeoff, the BETA Technologies’ battery technology leaves the aircraft batteries with about 15 minutes of flight time.

But vertical takeoff is important to the company because one of its first customers is United Therapeutics, which develops life-extending technologies for lung disease and organ transplants. It would use these aircraft to deliver synthetic organs for transplants. Both planes are all electric with zero emissions while flying, and BETA is testing prototypes of both almost daily.

The company has flown a traditional landing prototype from Jamestown, N.Y., to Plattsburgh. At 386 miles, Seeholzer said they think this is the longest electric flight ever.

BETA Technologies’ goal is for the planes to have a range of around 250 miles when taking off and landing conventionally.

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**Charlotte dodges flooding**

Staff report

As of Tuesday morning, it was looking like Charlotte had dodged the flooding that so much of Vermont suffered from Monday.

Road commissioner Junior Lewis said all he had heard about was a few trees that had fallen.

No roads were closed, and he didn’t know of any flood damage.

The town only got 3 inches of rain when some areas, mostly to the south, had gotten 7-9 inches.

For the time being Lewis Creek appeared to be within its banks, Lewis said.

The rain ended later in the day, but the forecast said there was the possibility of some rain every day for the rest of the week with a 50 percent chance of heavy rain this Thursday afternoon, July 13.

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**Town pauses change to town-run rescue service**

Scooter MacMillan  
Editor

If falling metaphors made sounds, someone standing outside the Charlotte Town Hall on Monday, June 26, would have heard two figurative knocks.

Those two knocks would have come from two proverbial shoes being dropped, neither of which was on the agenda of the selectboard meeting that was happening inside.

The meeting began with chair Jim Faulkner announcing that he wanted to pause the transition to a town-run fire and rescue service.

The other shoe that dropped was the news that fire chief Justin Bliss has resigned.

In a phone call, Bliss said he was leaving to spend more time with family.

“I’m really sorry to go. It frustrates me because I feel like we were doing a lot,” Bliss said. “It frustrates me that I need to leave in the middle of that because I feel like there’s so much more I can do better, but we’ve got a saying in the emergency service world that it’s always family first.”

Faulkner said work on the transition to a municipal fire and rescue service should be paused because the board just doesn’t have enough information to make the change, nor enough time because of dealing with the issue of whether the town should switch to a town manager from a town administrator form of government.

“When we had the town manager issue pop up, that made it pretty difficult because it has an effect on almost everything we do,” Faulkner said.

He said the board has considered a lot of different dates for when the transition for the town to take over management of the Charlotte Volunteer Fire and Rescue Service would happen. Since its beginning, the fire and rescue service has been a nonprofit organization separate from the town but mostly funded by the town. At one time, the selectboard had thought the fire and rescue transition date would be July 1.

Although the selectboard has recently finished dealing with the budget after its first proposed budget was vetoed by voters on Town Meeting Day and a second amended budget was approved at a special election on May 2, it will soon be working on next year’s budget in early autumn.

The board discussed returning to the transition after they get through with next year’s budget in January or February.

“There’s a lot of issues in front of the selectboard right now, and we really need to get those finished before we make any kind of transition,” Faulkner said.

Board member Frank Tenney agreed.

“Getting the information, finding out what information is absolutely necessary in order for the changeover, there’s still a lot to be done,” Tenney said. “Time is ticking. We need to get things done, and we need to know what we’re doing.

The time that is ticking is the need to hire someone to take over for current town administrator Dean Bloch when he retires at the end of October, whether that new hire is a town administrator or town manager.

Dan Lyons of Gallagher, Flynn & Company was hired by the town to work as a consultant, helping the town take over management of the fire and rescue service.

The board decided to have Lyons pause in this work.

According to Tenney, a lot of Lyons’ work so far has been on such things as gathering information and finding out what the fire and rescue service’s assets are. Gathering information has been difficult because many of the people working at the fire and rescue service's assets are. Gathering information has been difficult because many of the people working at the fire and rescue service have been retired for some time.

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**65 years and still kicking in print**

Scooter MacMillan  
Editor

All together now: Happy birthday to The Charlotte News! Happy birthday to The Charlotte News! Happy birthday to this newspaper!

That’s right: This spunky compendium of what’s happening in town is celebrating its 65th birthday.

The first edition was printed on July 18, 1958.

The oft-told tale is that teenager Nancy Wood needed to sell her horse but didn’t know how to find a buyer.

At the end of summer, Wood would be headed back to her boarding school for her senior year of high school. With college on the horizon, it was time to find another home for her horse Socks.

Socks had an aversion to being loaded into a horse trailer. Wood hoped to find a buyer in Charlotte, close enough that she could ride him to his new home and forego the trailer.

At that time, the only newspaper where she could have taken out a classified ad was the Burlington Free Press.

Her father suggested she start a newspaper, so she and a group of other teenagers started a newspaper in the basement of the Charlotte Congregational Church. It was a project of the youth group.

As it happened, Wood found a buyer before the first issue of the newspaper came out, but by that time the train had left

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**SEE SELECTBOARD PAGE 2**

**SEE BIRTHDAY PAGE 5**

**SEE BETA TECH PAGE 5**
Selectboard appoints interview committee

Brett Yates  Contributor

Charlotte’s search for a new town administrator or town manager took one step forward on July 10, with the appointment of three volunteers to a committee that will help screen applicants for the position.

Assistant town clerk and treasurer Emily Tupper and two former selectboard chairs, Charles Russell and Moe Harvey, will join current selectboard members Louis Mudge and Kelly Devine on the interview committee.

A solicitation for candidates to fill the three spots reserved for members of the public yielded four responses over the course of two weeks. Devine, who did not attend the July 10 meeting, advocated in writing to give townpeople more time to throw their hats into the ring, but for the rest of the selectboard, an eagerness to keep the process moving prevailed.

After a round of brief public interviews and a short executive session, the board appointed the three candidates who had shown up to make their case. It didn’t hear from the fourth, Kim Kantis, who, per town administrator Dean Bloch, could not make it to the meeting that night.

Tupper, Russell and Harvey all reported experience in hiring. Harvey, in particular, emphasized that, as a business owner for nearly half a century, he’d found “some great employees that have been with us for 30, 35 years, so I do know how to hire people.”

The actual task of hiring in this case, however, will belong to the selectboard. The interview committee will play an advisory role, examining resumes and talking to applicants before bringing finalists for the selectboard’s consideration.

Tupper expressed a belief that involving Charlotte’s existing principal workforce in the decision “right from the start” would help ensure a good fit and would lay the groundwork for a collaborative atmosphere in town hall.

The selectboard hired Tupper last year, and he thinks it’s critical to have employee perspective and employee voice,” she said. “Employees individually bring so much to their role, not just experience and skill in that they do, but they’ve got the boots on the ground, and when they work together, that’s when success can happen.”

Tupper stressed her neutrality on the question of whether Charlotte should maintain its existing system of government, with a town administrator, or make the switch to a town manager. Harvey, on the other hand, acknowledged skepticism about the potential changover.

“Historically, being run by the selectboard and having a town administrator has worked pretty well,” he opined.

Russell seemed to represent the opposite side of issue, owing his place within “that original committee for the town manager,” as selectboard chair Jim Faulkner put it, referring to the group of residents who’d gathered signatures to hold a vote on the matter. But Russell clarified that he wanted now only to “hire the best person for the job,” regardless of which job it might ultimately be.

“In terms of the town manager, the most important point from my point of view was that it be considered in a timely manner, which you guys are doing now,” Russell said.

As of July 10, Charlotte had heard from eight job seekers. The town will continue to accept applications until 4 p.m. this Friday, July 14.

Charlotte joins Champlain Valley Conservation Partnership

Brett Yates  Contributor

There are five Champlain County towns — South Burlington, Williston, Shelburne, Hinesburg and St. George — formed the Champlain Valley Conservation Partnership for the purpose of managing land and protecting natural resources “at a regional scale.”

On Monday night, Charlotte joined the effort, which so far has focused on preserving the continuity of a swath of forests and waterways that transverses municipal borders across much of southern Chittenden County, hosting “a diversity of perspectives and employee voice,” she said. “Employees individually bring so much to their role, not just experience and skill in

SELECTBOARD CONTINUED FROM PAGE 1

service now were not involved with getting the service’s licensing, he said.

“What’s our obligation to the voters and the citizens?” member Kelly Devine asked.

Tenny replied that there had never been a selectboard vote on the transition would happen, just a vote that it would happen. The board does have a fiduciary responsibility to the town, and this is why it has been working towards a transition to a town-run fire and rescue service.

All the board has been getting from the fire and rescue service is quarterly reports, which show what the budget is, how much has been spent and the percentage that’s been spent, Tenny said.

The town has a verbal agreement with the fire and rescue service board that they would go forward with the goal of getting the service with the town. Tenny attended the fire and rescue board’s most recent meeting and shared the news that there was a possibility of putting the transition on hold.

Tanna Kelton commented from the audience that she was uncomfortable with the amount of turnover there has been at the “fire and rescue department” and she was worried about the strength of the service.

Tenny said that it exists now the fire and rescue service is not a town department, and worries about the strength of the service should be addressed to the fire and rescue board.

He has said it has been difficult getting information needed to make the transition and part of the trouble in getting information is because most of the members of the fire and rescue service have never accessed this information.

“Most of the people over there have never filled out this information, so they don’t know right off hand what information is necessary that we need to do this,” Tenny said. “It would be nice to have a copy of the current license, which should have all the information on it.”

Other Vermont towns have gone through a transition from a privately run fire and rescue service to a municipal service.

Faulkner said, “These transitions are very difficult. There are towns that went through a transition, and it didn’t quite work out the way they expected, and the towns ended up paying out a bit more money than they expected.”

Devine said she was concerned because sometimes elected volunteer governmental bodies “pores become passive” she pushed for setting a date to take up the transition again when the board could get a written report from Lyons about what he’s learned and what information he’s looking for.

The board decided to have an update on the transition at its first meeting in August after all its members have had a chance to read Lyons’ notes on the project and the memorandum of agreement the town has with the fire and rescue service. The first regular meeting the board is scheduled for Monday, Aug. 14.

NEXT PUBLICATION DATES

August 10  Copy Deadline: August, 4  Ads Deadline: Friday, Aug. 4
TO ADVERTISE CONTACT:  ads@thecharlottenews.org
SEND YOUR CHARLOTTE NEWS TO:  news@thecharlottenews.org

Celebrating 65 years!

Selectboard appoints interview committee

Charlotte joins Champlain Valley Conservation Partnership

SELECTBOARD CONTINUED FROM PAGE 1

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When we asked entrants in our photo contest to tell us what Charlotte means to them, we received a wide range of responses. Many referred to Charlotte’s beautiful, diverse landscape and the wildlife that lives here:

- Frances Foster wrote, “Part of what I love about Charlotte is its rural nature and the knowledge that much of its beautiful land will be preserved.”
- Jonathan Silverman said, “An everyday reflective walk in Charlotte ignites wonder and wander, daring and delight, inviting us to follow paths buoyed by rays, nature’s guidance, and community support.”

Other mentions included family, church, school, neighbors, year-round swims in Lake Champlain, where kids can be kids, community music, people and animals living together, volunteerism and agriculture.

Here are the winners with comments from our contest judge, Lee Krohn:

**First prize:** Tanna Kelton. A late afternoon Lake Champlain cruise on the Albin 28 trawler “Cloud Nine.” To include cocktails and enticing snacks. Offered by Glen Findholt and Frances Foster.

Krohn wrote, “Living in Charlotte means being able to use the lake in all seasons, but the winter season is our favorite time of the year to be in the lake for our cold-water swimmers.”

Krohn said, “I just really like this one... perfect focus, the colors of swimwear contrasting with the more monochrome ice and sky, the swimmer’s wonderful expression. I also like that it’s a tight enough image to focus the viewer’s eyes on the subject, yet with enough background to provide a balanced perspective and sense of place.”

**Second prize:** Heather Morse. A two-hour Charlotte outing to share photography tips and techniques from Krohn.

Morse wrote, “Charlotte is our home where my kids can be kids.”

Krohn wrote, “A wonderful, amazing, serendipitous, unusual perspective communicating the general joy of childhood. Indeed, I find that this works so well because it does not focus on nor identify the child’s face. Who can’t simply smile at this image?”

**Third prize:** Sarah Thompson. A $100 gift certificate for organic vegetables, flowers and herbs produced by Head Over Fields.

Krohn said, “Although it would benefit from tighter cropping, we all learn as we go. I love the expression captured on the little one’s face, and perfectly in focus, standing out from the rest of the image. Well done.”

**Winners!**

**Adult Category - First Place**

Tanna Kelton

Kid Category - First Place

Caden Asher Anderson, 11 years old

**Second Place**

Heather Morse

Second Place

Sarah Thompson

**Third Place**

Caden wrote, “I love Charlotte because it is filled with hundreds of birds and I love bird watching. Another reason I love Charlotte is it’s not a city and it’s filled with wildlife.”

Krohn’s perspective: “Owls are magical creatures that often keep to themselves and are somewhat reticent to allow human interaction, even though I’ve been fortunate to have my own, as well. Tight image, in focus, nicely done.”

**Third prize:** Walter Armell, 4 years old. A $50 gift certificate from Stones Throw Pizza.

Krohn wrote, “A wonderful, amusing, love bird watching. Another reason I love Charlotte is it’s not a city and it’s filled with wildlife.”

**First prize:** Andrea Grayson’s winter rainbow: “Andrea Grayson’s winter rainbow: ‘The last words belong to Krohn: “Thanks to everyone who submitted photos. You never know if you don’t try. Best wishes to all. Keep at it! Be glad to answer questions about these or other images, and how we can all continue to learn and improve in our image making.”

You can email him at leekrohn1@gmail.com.

We have published all 47 photo contest entries on our website at charlottenewsvt.org/ category/news-from-the-news/
What has more than 600 legs? And more than 150 chickens, 200 burgers, 150 hot dogs, 36 veggie burgers, not to mention a wide assortment of potluck dishes?

Why the Charlotte Town Party, of course. The party last Saturday afternoon was a rousing success and 300 people (or 600 legs) is probably a profound underestimation of the number of Charlotters who showed up to feast, converse, swim and just generally celebrate their joy in the town where they live.

Bill Fraser-Harris, the prime mover behind the annual municipal revelry at the town beach, said it was the largest attendance yet, thanks to the contributions of Fat Cow Farm (burgers), Misty Knoll (chicken), Stoney Loam (greens), Backyard Bistro and Elizabeth Moore/Ridgeline Real Estate (gelato), Adams Berry Farm (popsicles) and Stones Throw (pizza).

The Hokum Bros. underscored the merriment with their jaunty and lighthearted music.

Brian, Melissa and Kevin Fortin deftly tended a large grill and kept the food coming so the only holdup was the wait for people to fill their plates.

“The Fortins grilled almost as well as they mow,” Fraser-Harris said. The Fortin family has had the town contract for mowing for a couple of years.

The newspaper had some fun with a headline raffle at the Charlotte Town Party.

The raffle had no guidelines but was intended to encourage creativity by having people who stopped by The Charlotte News’ table at the party and to submit their original fictional headline for the newspaper.

More than 30 creative headline entries were received including, “Floating pickleball barge moors off Charlotte Town Beach,” “Taylor Swift plays free concert at Old Lanterns” and “Turtle causes biggest car crash in history.”

The four winners picked by the paper’s Not Ready for Olympic Judging Judges were:

• Carol Haag, “Epic event happened that three old men could not explain.”
• Janet Yantachka, “Charlotte has the best town party in Vermont.”
• Josie Kaehtner, “Sighting of Champ off Charlotte Beach at town party.”
• Saval Crow, “Selectboard votes yes on fighting climate change in Charlotte.”

The winners received gift certificates from Backyard Bistro, Charlotte Country Store and Pelkey’s Blueberries, and an inflatable river raft donated by Meredith Moses.

Thanks for the donations and to everyone who participated.
A traditional commercial aircraft will burn at least 500 pounds of fuel in a single hour. The average flight will weigh around 30,000 pounds when it takes off and about 15,000 pounds when it reaches its destination, he said.

“No one ever asks where that 15,000 pounds of stuff goes,” Seeholzer said. “If I took a swimming pool full of gas, and I filled it up with the same amount of fuel that you put in that plane and lit it on fire, you couldn’t find the one person that wouldn’t be outraged.”

That’s an environmental disaster that’s repeated over and over again every single day, he said. The electrified plane weighs the same when it takes off and when it lands.

With just three moving parts — a stationary stator with wound magnets, a rotating rotor and a shaft that ultimately connects to the aircraft’s propeller — the life of an electric plane engine will be much longer than conventional aircraft engines.

Electric engines weigh so much less, Seeholzer said that, if they were to develop a traditional combustion engine for vertical lift, it would have to weigh thousands of pounds, while the electric engines the company is developing weigh less than a third of pounds each.

The eVTOL has five of those engines, four that provide vertical lift and a fifth that pushes the plane horizontally once it’s reached height, for a total engine weight of around 750 pounds. The conventional horizontal takeoff and landing plane they are testing has just one 150-pound pusher engine.

The batteries come from other sources, but BETA Technologies packages them. Each of these battery packs is a rectangular box a bit larger than a laptop and stuffed inside a suitcase. Each pack goes to a different propeller engine and they are not connected, so a problem with one does not affect the others. These battery packs are filled with lots of independent batteries instead of being one giant battery. The advantages to this include not losing power if one battery cell is worn out and in getting approval from the Federal Aviation Administration for their groundbreaking aircraft.

“Milwaukee’s been doing it for years. That cell technology has such a track record with some science behind it,” Seeholzer said. “Today, our chief focus is certifying a plane, so we take reliable, predictable technology.”

That’s not to say they won’t change battery technology in the future. In fact, BETA Technologies has a battery research facility in the old Duracell facility in St. Albans. It takes about 45 minutes to recharge the batteries on the planes, but if a plane is needed faster than that, the battery pack can just be pulled out and replaced with a charged battery pack.

The researchers of BETA Technologies took test flights to Bentonville, Ark., in a conventional aircraft and in one of their electric planes. The flight was not direct and done in legs. Each leg of the flight cost an average of $50 per leg for the conventional plane while it cost about $17 for their electric plane.

In a race to be first, BETA Technologies is feeling confident because all of their largest competitors are just flying remote-controlled test electric planes with no humans on board, not even the pilot. “Yet Kyle Clark, our CEO, flies test flights two or three times a week inside our aircraft,” Seeholzer said.

In order to keep weight down and have the potential to carry the most cargo, the planes the company is working on now are planned for just one person, not even the pilot. “Yet Kyle Clark, our CEO, flies test flights two or three times a week inside our aircraft,” Seeholzer said.

The more recent fire was a tractor-trailer hauling diesel headed north when it caught fire. Charlotte fire chief Justin Bliss said fire fighters were on the scene in just three minutes after getting the call.

“The fire was under control in 20 minutes and crews observed the tanker for another 30 minutes to verify the fire was out. No other vehicles were involved, and no injuries were reported,” Bliss said. He applauded the Charlotte Fire and Rescue Service for its quick response, saying that it is a great achievement to have gotten there that quickly with a volunteer fire department.

The incident started with the 68-year-old driver noticing smoke come from the rear of his truck and leaving it. He then stepped on the breaks to stop the vehicle and stepped out of the cab.

The driver was able to detach the trailer from the truck, avoiding worse damage.
Selectboard meeting demonstrates need for town manager

At the outset of the June 26 selectboard meeting, the selectboard agreed to chair Jim Faulkner’s request to change the agenda by adding an update concerning the transition of the Charlotte Volunteer Fire and Rescue Service to a municipal department.

Although changes to the agenda are at the discretion of the selectboard, it was surprising that such an important issue to Chaffoters was not tabled by the selectboard for a future meeting to accommodate input from the public. It begs the question as to why this wasn’t put on a future agenda.

I contacted Jim Faulkner about this and he emailed me and said, “The selectboard is well aware of the importance of the transition of Charlotte Volunteer Fire and Rescue Service. The board has simply put the transition on pause due to the significant other issues facing the town at this time. We are also approaching the next budget discussions and wanted to make sure that Charlotte Volunteer Fire and Rescue Service had the opportunity to present their budget as they have done in the past. The selectboard will continue the discussions once [they] have replacement for Dean Bloch [and] the next budget has been finalized. This is an important issue and needs a through [sic] analysis.”

At this meeting, Faulkner said that the transition of Charlotte Volunteer Fire and Rescue Service be put on pause because the selectboard has “lots of issues in front of them” and added that the town manager could not do anything to replace Dean Bloch. He said, “If we didn’t have the town manager/town administrator in front of us, we would probably continue to work on the MOA” (the town’s memorandum of agreement with Charlotte Volunteer Fire and Rescue Service). He proposed getting back on track with Charlotte Volunteer Fire and Rescue Service at the end of February 2024. The selectboard also agreed to provide some kind of an update in mid-August.

Faulkner repeatedly made it clear that he had all the information he needed to make the decision. He said, “We’ve tried all kinds of angles to get the information, but can’t seem to get it.”

Faulkner said that the lack of information was not the fault of Dan Lyons, the consultant from Gallagher, Flynn and Company, but was the fault of Dan Lyons, the town manager for Charlotte Volunteer Fire and Rescue Service. He began in February 2023. As of July 7, the town had paid Gallagher, Flynn, and Company $14,175.

I contacted John Snow, Charlotte Volunteer Fire and Rescue Service corporate board president, and asked him if he knew about missing information. He said, “I have confirmed with Dan that he had all the information he needed from Charlotte Volunteer Fire and Rescue Service to do his assignment he also needed quite a bit of information from the town and various third parties. I do not know where that stands.”

So what information is lacking? It was evident at the meeting that, what appeared to be at the outset an agreement by the selectboard to transition Charlotte Volunteer Fire and Rescue Service to a municipal entity (also agreed to by Charlotte Volunteer Fire and Rescue Service), was never voted on by the selectboard, nor was a letter of intent written. At this meeting there was no consensus by the selectboard as to whether Charlotte Volunteer Fire and Rescue Service should continue the transition to a municipal department, abandon it entirely, leave the current memorandum of agreement in place or amend the agreement.

Later in the meeting, while discussing a different agenda item, Dean Bloch, town administrator, spoke to all the issues in front of the selectboard: compensation, town garage, town garage solar, traffic calming, cannabis land-use regulations, road paving, website update and affordable housing. Frank Tenney, vice chair, said there are “lots of issues in front of the selectboard now.”

Jim Faulkner repeatedly made it clear that in his opinion there are a lot of issues in front of the selectboard right now and that the fact that the town manager option popped up was preventing the selectboard from continuing with the Charlotte Volunteer Fire and Rescue Service transition.

Having watched the recording of the meeting, it was clear that the selectboard is often unable to address significant policy issues in a timely manner. They stated they are too busy and over-burdened and are therefore compromised addressing significant policy issues at hand.

On July 8, Lee Krohn, hired by the selectboard to analyze the pros and cons of a town manager versus a town administrator will present his findings. Equally critical is the need for the selectboard to take stock of their tenure to date and how they plan to meet the many challenges of the future.

A candid review of the June 26 meeting would be worthy of their time. It points to the need of a town manager.

(Peter Joslin is a former chair of the planning commission and a member of The Charlotte News board of directors. The opinions expressed here are his own and not necessarily those of the board.)

Celebrating 65 years!

Charlotte Community School work underway

An excavator digs up the parking area in front of Charlotte Central School so that five 4000 gallon water tanks that will feed the new fire suppression system can be installed.

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Community Roundup

Here are some links to help with flood recovery

With so many communities battered by flooding, the Vermont Community Foundation has established the Vermont Flood Response & Recovery Fund to coordinate and distribute support to where it is most needed in the days, weeks and months to come. To help, access the fund at tinyurl.com/nedw5s8x.

In addition to the fund at the Community Foundation, here are some additional early giving recommendations.

The American Red Cross of Northern New England is a trusted partner in the early stages of a disaster and can be reached at tinyurl.com/3jwvz2et.

Community action agencies throughout the state are all addressing issues such as temporary housing, food, clothing, case management to help people access state or federal assistance, clean up and much more:

- Capstone Community Action at capstonevt.org
- Champlain Valley Office of Economic Opportunity at cvoo.org
- Northeast Kingdom Community Action at nkcapvt.org
- Southeastern Vermont Community Action at sevca.org.

Vermont Fresh Network’s 25th annual dinner at Shelburne Farms

The Vermont Fresh Network’s 25th annual Forum Dinner is Sunday, Aug. 6, at the Coach Barn at Shelburne Farms.

The dinner celebrates local food on the shores of Lake Champlain with Vermont Fresh Network’s chefs, farmers and specialty food and beverage makers.

The evening begins at 5 p.m. with cocktails in the courtyard filled with local food producers offering food and beverage samples and tastings with live music provided by jazz band The Cordials.

At 6 p.m. the doors to the Coach Barn open for diners to enjoy a menu of small dishes prepared by Vermont Fresh Network chefs from across the state, including Cara Tobin of Honey Road in Burlington, chef Christian Kruse of Black Flannel Brewing & Distilling in Essex, chef Justin Wright of The Tillerman in Bristol and chef Sean Blomgren of the Lodge at Spruce Peak in Stowe.

The evening will end with an ice cream social on the lawn overlooking the sunset on Lake Champlain with entertainment by Vermont fire performance troupe Cirque de Fuego.

All proceeds from this event provide funding for Vermont Fresh Networks’ work to have a greater impact on the health of the rural economy and the sustainability of Vermont’s restaurants.

Tickets are $150. For tickets and more information, visit vermontfresh.net. Diners are asked to pre-purchase their tickets; there are no ticket sales at the door.

Funds available for Vermont organic dairy farmers

Vermont organic dairy farmers are encouraged by the Vermont Agency of Agriculture, Food and Markets to apply for relief funding.

This grant funding is designed to mitigate the extreme market challenges in 2022, including high feed and input costs for which the state budget allocates $6.9 million.

Eligible dairy farmers who apply will receive a single payment of $5 per hundredweight of organic milk produced in 2022.

All documents must be correct and complete before payment can be issued. This includes receipt of your 2022 production information, a W-9, and a submitted application.

The application period for this relief program closes at noon, Friday, Oct. 20. More program information can be found at tinyurl.com/4wefijtr.

PHILO RIDGE FARM
2766 Mt. Philo Road, Charlotte, Vermont, 05445
www.philoridgefarm.com
(802) 539-2912
Enjoy music, connect with community at town green concerts

Linda Hamilton and Lynn Fox, Charlotte Grange

If something like a music concert is good, it’s worth paying for, right? And those who go to the concert should be the ones who pay, right? Well, maybe. Many parts of our current society press us to value the worth of everything in terms of money. The assumption behind this is often that if something is free, it’s either not worth anything, part of a gimmick to get you to spend money later, or the donor is just foolish. But upon reflection we know that there are many things in our lives whose value cannot and should not be judged in terms of money because they are gifts from the heart.

Underwriting free community events which bring pleasure and strengthen community ties through people having fun together is a gift from the heart. Businesses and individuals who step up to sponsor such events make it possible for more families to participate, regardless of how tight their budgets are. This provides an opportunity for more Charlotters to meet, get to know each other, and very often, discover some common interests. It’s connecting threads like these that help hold a community together.

With this in mind, for the last few summers the Charlotte Grange in cooperation with the Charlotte Library, has organized a series of family friendly music concerts featuring some of the region’s talent in the region, held on one of the town’s beautiful public spaces, the town green. Called Grange on the Green, this event is more than a picnic and music on the Green; it’s a way to keep family and friends to dance, sing and celebrate life.

With a good-sized crowd turned out for a previous Grange on the Green concert, Charlotte community that has long been supportive of the business.

• Sponsoring for the second year, Cumbancha (cumbancha.com) is a Charlotte-based record label, booking agency and music publisher founded by Jacob Edgar, an ethnomusicologist and music producer. Edgar explains cumbancha is a Cuban word of West African derivation that refers to an impromptu party or musical jam session and implies an opportunity to get together with family and friends to dance, sing and celebrate life.

Because of these sponsors and donations from individual Charlotters, we will do exactly that during this season’s Grange on the Green. Bring your chair, blanket and picnic to the Charlotte Town Green each Thursday in July for music 5:30-7 p.m., and Adam’s Berry Farm all-fruit popsicles will be on sale while they last.

See charlottegrange.org for information about each concert’s music.

Around Town

Congratulations

Hannah Cleveland of Charlotte graduated from the University of Tampa on May 6 with a Bachelor of Arts in applied sociology. Wiley Simard of Charlotte was recently named to the Castleton University president’s list for the spring semester.

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We also do handyman work and repairs!
As slime molds age, they fade from bright yellow to a crusty dull tan and release spores that can stay dormant until the next bout of rainy weather.

**Wet weather brings slime mold**

Ann Hazelrigg  
University of Vermont Extension

With all the recent wet weather, conspicuous neon yellow masses have appeared on bark mulches and lawns. These brightly colored blobs, called plasmodia, are unique organisms called slime molds. The harmless, yellow, foamy slime molds (Fuligo septica), often called the dog vomit slime mold, were originally classified as fungi. They are now in the kingdom Protista since they more closely resemble amoeba.

The size of slime molds can vary from a few inches to several feet in diameter. They are not pathogenic to plants although some can grow over plants and briefly decrease their access to sunlight. The plasmodium is the feeding stage of the organism, engulfing bacteria, fungi and other microorganisms as it grows.

The plasmodial stage can appear to "creep" and can move several feet in a day, alarming homeowners and gardeners. However, slime molds are beneficial since they contribute to the decomposition of dead vegetation.

As the bright yellow slime molds age, they fade from bright yellow to a crusty dull tan and release spores that can stay dormant until the next round of rainy weather. No control is necessary for slime molds. They will disappear as soon as the weather dries. To hasten their breakdown, you can break apart the blob with a rake.

For more information, visit go.uvm.edu/slime-mold.

(Ann Hazelrigg is the University of Vermont Extension plant pathologist and director of the Plant Diagnostic Clinic.)
Avoiding cedar apple rust
Ann Hazelrigg
University of Vermont Extension

With our recent rainy weather, you may have noticed bright orange orbs with gelatinous tendrils on our native eastern red cedar and ornamental cedars (Juniperus spp.). These are the galls of the cedar apple rust disease pathogen, Gymnosporangium juniperi-virginianae Schwein. This unique fungus disease requires two hosts within a couple of miles of each other to complete its lifecycle, a juniper species and an apple, crabapple, serviceberry, hawthorn or quince host. The pathogen overwinters on the evergreen host as a 1- to 2-inch knotty brown gall or swelling.

When the weather warms in May and conditions are rainy, orange gelatinous "spore horns" are produced. The gall functions as a fruiting body, releasing spores that are carried on wind currents to the alternate host. These fruiting bodies can dry down between rains and then become active again five to seven times following rainy weather through May and June. When the fungus infects the alternate host, it causes a leaf spot that initially appears on the foliage as small yellow spots. These gradually enlarge and turn bright yellow-orange, often with a dark orange border.

The leaf spot stage on apples and crabapples can impact the health and vigor of the apple host and has probably contributed to some of the early defoliation we have noted in the past few years. On the leaf underside another kind of fruiting body is apparent, releasing spores in summer that are carried back to the juniper host completing the lifecycle. Although this disease rarely kills either host, you should try to avoid growing susceptible junipers near crabapples and apples. When planting new apples or crabapples, select rust-resistant cultivars.

Even if the fruits on your apple trees show symptoms of the disease, the apples are safe to eat. However, you may want to remove the blemished area first. Pruning apples and crabapples yearly includes diagrams that illustrate pruning concepts. Sour cherries make spectacular pies and jams. The tartness of the cherries is tamed when made into jams, jellies, syrups, ice creams and baked goods. Sour cherry season is here.

Sour cherry season is here
Bonnie Kirn Donahue
University of Vermont Extension

The beginning of July means that sour cherry season is almost here. Sour cherries are bright red, jeweled fruits that are exceptionally tart and acidic, yet delicious when made into jams, jellies, syrups, ice creams and baked goods.

When ripe, the juicy fruit practically falls off the tree into your hand, making it easy to fill many pints without making a dent in the tree's crop. The most difficult part is finding a stable raised surface to reach these stone fruits.

Sour cherries are self-fruitful, so if you are interested in growing one, you only need one tree to start. Pick a site with sun for 6 to 8 hours that is well-drained and has good airflow. The best time to plant is in the spring before budbreak. Varieties that grow well in Vermont include Montmorency, North Star and Meteor. If planting more than one tree, space them 15 to 25 feet apart, depending on the variety size.

As the cherry trees get older, they should be pruned in early spring while they are still dormant. Pruning helps the tree maintain a healthy branching structure and helps allow light to reach the fruit. Pruning is one of the key techniques of pruning can be tricky to learn at first. The Cornell Guide to Growing Fruit at Home (go.uvm.edu/growing-fruit) is a great place to learn more about pruning fruit trees and includes diagrams that illustrate pruning concepts.

For sour cherry trees to thrive, they require a well-drained site that has good airflow and sun for 6 to 8 hours daily. This task will take the bulk of your time working with sour cherries, but it is worth it in the end. The cherries can be used immediately or frozen for up to a year.

Many orchards in Vermont offer u-pick sour cherries. This is a great way to get to know the fruit and see how you like it. Farmers markets may have pints of sour cherries for sale as well.

Interested in growing your own sour cherry tree? Check out local fruit nurseries for these and other unique fruiting trees and shrubs, many of them native.

A unique fungal disease
Vermont Extension plant pathologist and director of the plant diagnostic clinic.

Bonnie Kirn Donahue is a University of Vermont extension master gardener and landscape architect from central Vermont.

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Containers may be a way to release inner gardener

Jodi Larison
University of Vermont Extension

Container gardening is a good option if you have limited space or want to be able to alter your environment by moving pots around. You will have fewer plant diseases and weeds and less physical stress as containers can be placed at a height requiring less bending.

Before deciding to start a container vegetable or herb garden, assess your growing conditions. Most veggies and herbs require a minimum of six hours per day of direct sunlight, but many salad greens may be fine with a minimum of four hours of direct sunlight daily.

When choosing containers, be creative or practical. For example, you can cut the top off a plastic gallon milk jug or purchase a stylish pot of the same size.

Another thing to consider when choosing containers is the material. They may be made of clay or terracotta that’s glazed or unglazed, metal, plastic or wood. You also can plant in grow bags. All have advantages and disadvantages.

For example, clay may be more attractive, but plastic is lighter, making the pots easier to move. Plastic also has better water retention. Any containers used for planting must have good drainage. Avoid anything that once held something toxic. When re-using any container, always sanitize it first with a mix of 10 percent bleach and 90 percent water.

When deciding what to plant, choose vegetables and herbs that you and your family like. Consider a theme garden. A pizza garden might include tomato, oregano and basil plants, while a salad garden could have lettuce, arugula, chervil and endive. After determining what to grow, research the plants’ requirements. Choose plant varieties labeled bush, patio, dwarf or compact as well as disease-resistant cultivars developed for containers.

Next, determine the size of container needed. For example, a single tomato plant will require a five-gallon pot while basil, which grows well with tomatoes, only needs a soil depth of eight inches. I prefer to select a container based on the size of the full-grown plant rather than having to re-pot.

Before planting, determine the last and first freeze dates for your specific U.S. Department of Agriculture Plant Hardiness Zone. This information can be found at garden.org/zipzone. Through this link, you also will find recommended timing for planting specific vegetables. You can plant in containers at the same time you would plant in-ground.

To plant, line the base of the pot with coffee filters, newspaper or paper towels to prevent soil loss. Drill holes for drainage first, if needed.

Fill the container with potting mix to 1/2- to 1-inch below the top. Finish by soaking the potting mix with water.

Use a potting mix labeled for container gardening. Read the label as so many have added nutrients while others are formulated for better water retention. You will need to replenish the potting mix every growing season. As to watering, the rule of thumb is not to let the soil dry out. It is best to water in the morning and near the base of the plant, applying water until it drains out the bottom.

Plants in containers may require daily and possibly even twice daily watering, but do not overwater. For nutrition, use a water-soluble fertilizer such as 10-20-10. Be sure to follow all label directions carefully.

At the end of the outdoor growing season, consider moving your herb containers inside as it might be possible to maintain them year-round. I have done this with rosemary. This works best if you have a sunny south-facing window.

(Jodi Larison is a University of Vermont Extension master gardener intern from West Dover.)
Reflections on how flooding may change our streams

Bradley Carleton
Contributor

As I write this column tonight, we are witnessing another epic natural crisis by way of a deluge of rain that is rivaling the wrath of Irene in 2011. Pictures are flooding the internet (pun intended, but not sarcastically) of rivers flowing through towns and cities in our state, washing cars, bridges, and roadways toward their largest depositories, ours being Lake Champlain.

I had booked a charter fishing tour for tomorrow with a couple of business contacts, and upon hearing our governor declare a state of emergency, one of the more sensible gentlemen opted to try to protect his house in Corinth near a stream that had turned into a class IV rapid section.

For those of us who are intimately familiar with trout streams, it is a sight unlike any other. Our favorite streams and deep pools that have brought us the joy of connecting to the wild native brook trout will likely be rearranged beyond recognition. All the riparian repairs we have made over the last decade and a half will be undone.

I remember visiting the Neshobe River in Brandon in 2012, the year after Irene, and not even being able to recognize my favorite pools.

If you are still a climate change denier, you might rationalize that Mother Nature does this on a regular cycle. And that the smoke from the Canadian wildfires is part of a larger cycle. All I know is that those of us who love to hike into the mountain headwaters of Vermont, Middlebury and Otter will not be able to deny the damage done to our alpine Winooski, Missisquoi, and Lamoille rivers like no other.

As an avid fan of the native brook trout, (Salvelinus fontinalis) which has been around through all the dramatic climatic variations of this planet and has still managed to procreate and flourish while glaciers receded from the interior ocean that is now our beloved state, we can only hope that this current crisis will not extirpate the major population of our state fish. They are not really an adaptable species and require cold, very clean water that still perks out of the springs high up in the Green Mountains.

Memories of deep dark pools surrounded by a canopy of pines with a smattering of chanterelles gracing the banks will undoubtedly be transformed into boulder-laden streams with trees and root balls thrown haphazardly across the newly created pools, some with deeper and some with shallower pools. But, if the colorful char-family trout can survive not being swept downstream, they will hopefully recover and find new pools to continue to bring joy to the angler.

We will be the ones who will struggle to adjust. We will have to employ new methods and patterns of approach and scouting to locate these new denizens of the riffles and tailouts.

This storm may change more than just the riverscape. It may reshape the roads and bridges that have contained the water within its shorelines. We will likely find that many of the trees we use at this time of the year have been scourched from the bottom of rocky streams.

Will there still be a Hendrickson hatch? Will we be able to raise any remaining brookies to the surface with dry flies? Will we be able to imitate minnows with streamers? Or will those be washed away as well? What will Vermont’s favorite swimming holes look like after this?

I pray that no one will be foolish enough to try to wade into streams for the next few days. Many of us enjoy a good challenge, but this is not the time to prove your invincibility. Leave the cape at home. Hopefully brook trout and other native char-family trout will survive the flooding and find new pools where they can thrive.

Tonight, I am sure that all the members of the local Trout Unlimited chapters are gathering in their homes and communicating with one another, making plans to get out once the waters recede to assess the damage. They will, once again, begin to assist Mother Nature in healing the precious resource that such a fraternity worships.

Tonight, I am thinking of all my friends who are guides and charter captains, and the many Trout Unlimited members who share a true love of our sacred places. Next to our spouses, these wonderful and extremely green backs have been around longer than we have.

Maybe there is something we can learn from them? How about we start with being more proactive about the health of our water and doing a better job managing stormwater?

(Bradley Carleton is executive director of Sacred Hunter.org, a privately owned limited liability corporation that seeks to educate the public on the spiritual connection of man to nature through hunting, fishing, and foraging.)
Chasing Light exhibit has been extended through July 21. The Fletcher Free Library celebrates its 150th birthday with a parade, performances, music, community art, birthday cake and more. The celebration will begin with a costumed parade down Church Street at noon. Performance include a 12:30 p.m. musical program by Mikeahley, a 1:30 p.m. magic show with Marks the Magician, and a 2:30 p.m. music and dance performance by ADYQ. Throughout the day there will be an iced tattoo booth from Little Artsy Faces, a photo booth, Cyanotypes Community Art with Renee Greenlee, a scavenger hunt, Bubble with Phineas and birthday cake. Burlington library birthday Saturday, July 15, noon-3:30 p.m. The Fletcher Free Library celebrates its 150th birthday with a parade, performances, music, community art, birthday cake and more. The celebration will begin with a costumed parade down Church Street at noon. Performances include a 12:30 p.m. musical program by Mikeahley, a 1:30 p.m. magic show with Marks the Magician, and a 2:30 p.m. music and dance performance by ADYQ. Throughout the day there will be an iced tattoo booth from Little Artsy Faces, a photo booth, Cyanotypes Community Art with Renee Greenlee, a scavenger hunt, Bubbles with Phineas and birthday cake. Burlington library birthday Saturday, July 15, noon-3:30 p.m. The Fletcher Free Library celebrates its 150th birthday with a parade, performances, music, community art, birthday cake and more. The celebration will begin with a costumed parade down Church Street at noon. Performances include a 12:30 p.m. musical program by Mikeahley, a 1:30 p.m. magic show with Marks the Magician, and a 2:30 p.m. music and dance performance by ADYQ. Throughout the day there will be an iced tattoo booth from Little Artsy Faces, a photo booth, Cyanotypes Community Art with Renee Greenlee, a scavenger hunt, Bubbles with Phineas and birthday cake. Burlington library birthday Saturday, July 15, noon-3:30 p.m. The Fletcher Free Library celebrates its 150th birthday with a parade, performances, music, community art, birthday cake and more. The celebration will begin with a costumed parade down Church Street at noon. Performances include a 12:30 p.m. musical program by Mikeahley, a 1:30 p.m. magic show with Marks the Magician, and a 2:30 p.m. music and dance performance by ADYQ. Throughout the day there will be an iced tattoo booth from Little Artsy Faces, a photo booth, Cyanotypes Community Art with Renee Greenlee, a scavenger hunt, Bubbles with Phineas and birthday cake. Burlington library birthday Saturday, July 15, noon-3:30 p.m. The Fletcher Free Library celebrates its 150th birthday with a parade, performances, music, community art, birthday cake and more. The celebration will begin with a costumed parade down Church Street at noon. Performances include a 12:30 p.m. musical program by Mikeahley, a 1:30 p.m. magic show with Marks the Magician, and a 2:30 p.m. music and dance performance by ADYQ. Throughout the day there will be an iced tattoo booth from Little Artsy Faces, a photo booth, Cyanotypes Community Art with Renee Greenlee, a scavenger hunt, Bubbles with Phineas and birthday cake.
Take time to smell the roses — and talk about books

Margaret Woodruff
Director

The library gardens are glorious. Take time to stop and smell the roses (and the other flowers that grow in the pollinator garden) as you walk up to the library porch.

And, be on the lookout for herbs growing in the raised beds behind the Quinlan Schoolhouse. A big thank you to Linda Hamilton, Karen Tuininga and the Library Garden Circle for taking good care of these beautiful spaces.

Book groups also abound this summer. If you’re looking for lively discussion about a variety of literary topics, consider joining one of the groups listed below.


Friends of the Library Book Sale
Sunday, July 16, 10 a.m.-3 p.m.
High quality books at bargain prices. Browse books and enjoy lu.lu Ice Cream.

Children’s programs

Summer reading program begins
Create your own packet with the fun options for pick-up in the children’s area of the library.

Make-it Monday
Mondays, July 30-31, 1 p.m.
Monday afternoons in July are the perfect time for craft projects. Dabble in art, make sun catchers and dinosaur gardens, weave friendship bracelets and create rain sticks. Age 6 and up.

Young children’s story time
Tuesdays, July 11-25, 10 a.m.
No registration required.

Preschool free play
Wednesdays, July 12-26, 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.

You can find a complete listing of all summer reading activities here: bit.ly/3qvavRQ.

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, library director Margaret Woodruff selects a theme and highlights related titles from the library collection. No registration necessary.

Garden Circle
Wednesdays, 4:30-6 p.m.
Join the Garden Circle of volunteers who will tend the educational gardens around the library this year. Contact Garden Stewards Karen Tuininga and Linda Hamilton at seed@charlottepubliclibrary.org to sign up and join in the many group work sessions this growing season.

Crochet & Knit Night
Wednesdays, 5:30-7 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.

Short story selections
First and third Wednesdays, 1 p.m.
Join 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 in advance for the Zoom link at tinyurl.com/bdhnh8f6.

Grange on the Green
Thursday, July 13, 5:30-7 p.m.
Will Patton Quartet plays Roma jazz and Brazilian styles as well as straight up bebop and many original compositions on the town green. Sponsored by Cambancha Music, ReArch Company and Otter Creek Awnings.

Mystery Book Group
Monday, July 17, 10 a.m.
Join us to discuss the debut of Detective Matthew Venn in “The Long Call” by Ann Cleeves. Copies available at the circulation desk.

Better Together Book Club: The School for Good Mothers
Wednesday, July 19 at 7 p.m.
You’re invited to join this open group that reads and discusses books related to parenthood. In “The School for Good Mothers” by Jessamine Chen, one lapse in judgement lands a young mother in a government reform program. The custody of her child hangs in the balance. Books are available at the circulation desk. Registration is appreciated by emailing susannna@charlottepubliclibrary.org.

Library book discussion group
Thursday, July 20, 7:30 p.m.
Join discussion of “Lillian Boxfish Takes a Walk” by Kathleen Rooney via zoom at tinyurl.com/4ch2xzap. It’s the last day of 1984, and 85-year-old Lillian Boxfish is about to take a walk. As she traverses a grittier Manhattan, a city anxious after an attack by a still-at-large subway vigilante, she encounters babysitters, bodega clerks, chauffeurs, security guards, bohemians, criminals, children, parents, and parents-to-be. While she strollis, Lillian recalls a long and eventful life that included a brief reign as the highest-paid advertising woman in America. Copies available at the library circulation desk.

Grange on the Green
Thursday, July 20, 5:30-7 p.m.
Nick Carter will play original music as well as well-known folk music on the town green. Concert sponsored by ReArch Company and Otter Creek Awnings.

What’s going well and what’s not
Friday, July 28 at 11:30 a.m.
Join fellow gardeners to share the good news and the not-so-good news from your garden so far this year. Any surprises or discoveries? What are the implications for next year? Celebrate the good things and hopefully hear some suggestions for problems. Facilitated by seed library coordinators Karen Tuininga and Linda Hamilton. Register in advance for Zoom link at tinyurl.com/ycknez2s.

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

The Charlotte Library Board of Trustees meets regularly on the first Thursday of the month at 6 p.m. The next meeting takes place on Thursday, Sept. 7, at 6 p.m. online and in person. Please contact the library or visit the library website (charlottepubliclibrary.org) for more information.

Poohth of July
Photo by Scooter MacMillan
Around 100 Charlotters kicked off their Fourth of July celebrating that morning on the library porch and town green watching the Very Merry Theatre’s production of Winnie The Pooh.
The senior center is cool place to be in summer heat

Lori York
Director

The heat and humidity of summer have arrived. If the temperature feels overwhelming, the senior center is the perfect way to spend time inside with cool air conditioning. You can take art classes, play board and card games, engage in conversations, or exercise indoors. Alternatively, if summer is the time to soak up as much outdoor space, there are activities ranging from gentle walks, birding, kayaking and canoeing trips. The senior center offers programs for adults 50 and older from Charlotte and surrounding communities. Priority is given to seniors, but programs are open to adults of all ages.

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

Outdoor activities

Paddling on the Laplatte River
Wednesdays, July 18, 9:30 a.m.
Join Karen and Dean Tuininga for a paddling trip, Wednesday morning, July 18, on the Laplatte River. The group will meet at 9:30 a.m. and plan to spend a couple of hours on the water. This trip is open to everyone 18 and older, but space is limited to 10 boats plus leaders, so be sure to sign up early. Questions? Contact Dean Tuininga at dean.tuinenga@gmail.com. Registration required. Free. Details will be sent to registered paddlers the evening before the trip.

Walking and gentle hiking group
Thursday, July 20, Rokeby Museum Nature Trail
Enjoy the beauty of nature. Come walk at a gentle pace with other seniors. Meet at 9:30 a.m. in the parking lot at Charlotte Senior Center. Please bring sunscreen, bug spray and water! Questions? Contact Penny Bunnell at 802-675-7279. Registration required. Free.

Missisquoi Bay and Rock River kayaking July 28
The July 28 trip will be paddling the Missisquoi Bay and Rock River in Highgate Spring. These kayak trips are second and fourth Friday mornings. The trips are for active women who share a love for exploring the many local lakes, ponds and rivers. Details about the trip will be sent out the week prior. For questions, contact Susan Hyde at susanosterhyde@gmail.com. Registration is required through the Charlotte Senior Center database or by calling the senior center. Free.

Programs

“Locally Yours” CSA program
Thursdays, 10-11 a.m.
The Senior Center is participating in the “Locally Yours” program, sponsored by Senator Sanders 2023 Farmark Grant. Produce from Full Moon Farm in Hinesburg will be dropped at the senior center weekly and participants (age 60 and over) will have access to fresh fruit and vegetables at no charge. The program is a first come, first serve situation, with the intention that one or two people do not take all of the delivered produce each week and that people only take what they will use. No registration required. Free.

Red Cross Blood Drive
Thursday, Aug. 3, 3-7 p.m.
Please consider donating blood. The Red Cross is experiencing the worst blood shortage in over a decade. Call 1-800-RED-CROSS or visit RedCrossBlood.org and enter: CHARLOTTE to schedule an appointment.

Weekly Ago Weil 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, call 802-425-6345 or email meals@charloteseniorcentervt.org.

Art classes

Drawing for those who think they can’t draw.
Friday, July 21, 12:30-2 p.m.
Learn that you can draw if you simply look at things differently. Plan to have fun sharing in this supportive, nonjudgmental class. Local artist Mickey Davis enjoys bringing out the innate hidden artist in others. Cost: By donation. Registration required.

Make and Take Garden Art
Tuesday, July 11, 1-3 p.m. & Thursday, July 20, 2-4 p.m.
Make a ceramic and glass art flower for your garden. All supplies will be provided. The studio is at 2257 Fuller Mountain Road in North Ferrisburgh. No previous art background is necessary. This floral flower will need no watering or weeding and can stay outdoors in Vermont winters. Ages 6 and all the way up will have fun – a perfect intergenerational activity with your adult child or grandchild. Cost: $40. Registration required.

Exercise classes

Bone Builders
Tuesdays, 10:30-11:30 a.m. & Fridays, 11-noon
Bone Builders, a program of United Way of Northwest Vermont, is a no-impact, weight-training program designed to prevent and even reverse the negative effects of osteoporosis in older adults. Bone Builders consists of a warm-up, balance exercises, arm and leg exercises and a cool down with stretching. Free. No registration required however there is paperwork to complete for the Bone Builders program.

Essentrics
Mondays & Wednesdays, 8:30-9:20 a.m. & Fridays, 9:30-10:20 a.m.
An Essentics session with Sherry Senior provides a full-body, weight-free workout with a dynamic combination of stretching and strengthening that works through all joints and releases tight muscles. Promotes improvement in flexibility, mobility and posture, as well as relief of pain. Please bring a mat. Cost: $8 a class. No registration required.

Piates Fitness
Tuesdays & Thursdays, 8:30-9:30 a.m.
This Pilates class with Phyllis Bartling, for folks 55+, is designed to be challenging and safe. It includes upper-body strength work with hand weights and mat exercises while working core muscles to improve balance, strength and posture. Cost: $8 a class. No registration required.

Tai Chi practice
Thursdays, 11 a.m.-noon
Tai Chi is an exercise program for mind and body training to help improve balance, flexibility, stability and overall health. This is a class with instruction, but rather a practice for students familiar with the form. Free. No registration required.

Gentle yoga
Mondays, 11 a.m.-noon
A gentle yoga class with Heidi Kvannek that focuses on breath-led movement, building bone strength and improving mobility, balance and flexibility. Suggestions are given for adapting the practice. Please bring a blanket or pillow to sit on. Suitable for all levels. Cost: $10 a class. No registration required.

Yoga strength building practice
Wednesdays, 11 a.m.-noon
An integrative practice with Heidi Kvannek that builds strength and stability, while maintaining a sense of ease and spaciousness in both body and mind. The class will practice longer-held postures that strengthen muscles, bones and core, as well as braggling flow movement, includes sun salutations. Prerequisite: Must be able to easily get down to and up from the floor with or without assistance. Cost: $10 class. No registration required.

Meals

Menus are posted on the website at charloteseniorcentervt.org.

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.

Senior center contact info
Lori York, director, loriyork@charloteseniorcentervt.org
212 Ferry Road, Charlotte
802-425-6345
charloteseniorcentervt.org
Follow the senior center on Facebook or Instagram at charloteseniorcentervt.

From left, Ron Ulmer, Gerri Bloomberg, Katie Franklin, Mary Donnelly and Mickie Davis practice drawing in a Drawing For Those Who Think They Can’t classes at the senior center.

Photos by Lori York

Senior Center News Celebrating 65 years!
Celebrate Tell an Old Joke Day at senior center

Susan Ohanian
Contributor

The Charlotte Senior Center isn’t open on July 15, so you’ll have to celebrate Gummy Worm Day somewhere else.

And we can rest easy that on July 24 the center is going with American flag Jell-O, even though it’s Tequila Day. After all, some bottles of this beverage are sold “with worm,” but very different worms from the gummy kind.

The senior center suggests you can have great fun honoring July 24, which is also Tell an Old Joke Day, as you eat your chicken salad on croissant.

Let bygones be bygones on Sunday, July 23, Hot Dog Day.

“I devoured hot-dogs in Baltimore way back in 1886 and they … contained precisely the same rubber, indigestible pseudo sausages that millions of Americans now eat, and they leaked the same flabby puerile mustard,” said H. L. Mencken.

Nathan Handwerker, the founder of Nathan’s Famous Hot Dogs, hired young men wearing white coats and stethoscopes to gather around his cart and eat his “dogs,” to create an impression of purity and cleanliness.

With Monday Munch at the Charlotte Senior Center, come eat chicken salad. There’s no need to speculate on how long it would take your tablemates to eat a hot dog. Around this time of year, Joey “Jaws” Chestnut gets lots of publicity for his bone-jarring, stomach-wrenching food feats. Here’s a gift article explaining the body type one needs for his kind of eating: wapo.st/3pz8sfB.

Chestnut assures reporters he’s in good health but this article links to a study showing that by eating 19,200 hot dogs, he has lost 1.3 years of his life. That’s just from hot dogs. He also holds records for eating Twinkies, pastrami sandwiches, potato salad, and bread pudding.

In “Ultra-Processed People: The Science Behind Food That Isn’t Food” Chris Van Tulleken, a practicing infectious diseases doctor, isn’t concerned with how fast we eat but with what we eat. He offers an interesting, informative and even amusing book detailing the fact that almost all our staple foods are ultra-processed with contents not found in any kitchen. The real problem with the many thousands of additives is that they are specifically engineered to be addictive so that we will eat more. And more.

In 1897, a LeRoy, N.Y., carpenter and cough syrup manufacturer and his wife added strawberry, raspberry, orange and lemon to granulated gelatin and sugar and trademarked a gelatin dessert called “Jell-O.” You can visit The Jell-O Gallery Museum at jellogallery.org.

Not surprisingly, Jell-O does not appear in “The Escoffier Cook Book.” But there, you’ll find English bread pudding, French bread pudding, German bread pudding and Scotch bread pudding with cheese. I’m guessing that the Charlotte Senior Center kitchen won’t be dishing up the German version (rye bread in Rhine wine, Moselle or beer).

An Egyptian dessert called “Om Ali” (Mother of Ali) is made with bread, milk or cream, raisins and almonds. An Indian dessert, “Shahi tukra” is made with bread fried in ghee, dipped in syrup flavored with saffron and rosewater, and covered with a cream sauce embedded with decorative slices of almond. In Cuba, the pudding is often served with guava marmalade and in Hungary, “máglyarakás” (bonfire) is baked with whipped egg white on top.

The Pudding Club in England was formed to preserve the great British pudding. There, they eat a light main course, followed by a Parade of Seven Traditional Puddings. Then, over coffee, they vote on their favorite pudding of the night. This club is located on the northern edge of the Cotswalds, a 15-minute drive from Stratford-Upon-Avon, so you can take in a play and then stuff yourself with pudding.

Looking for a song about a food connected with an upcoming meal at the Charlotte Senior Center, I tried to watch “Chicken.” After a few seconds of watching a fowl dancing, I knew I needed to look further. Here’s a golden oldie featuring another solo dancer from 1935: youtube.com/watch?v=-Cm0O18Dulew.

Saturday, July 29, 11:30 a.m.-12:30 a.m.

Locally Yours
Thursday, July 27, 10-11 a.m.

Locally Yours
Thursday, July 20, 10-11 a.m.

Locally Yours
Thursday, July 13, 10-11 a.m.

Locally Yours
Thursday, July 6, 10-11 a.m.

Locally Yours
Thursday, June 29, 10-11 a.m.

Locally Yours
Thursday, June 22, 10-11 a.m.

Locally Yours
Thursday, June 15, 10-11 a.m.

Locally Yours
Thursday, June 8, 10-11 a.m.

Locally Yours
Thursday, June 1, 10-11 a.m.

Locally Yours
Thursday, May 25, 10-11 a.m.

Locally Yours
Thursday, May 18, 10-11 a.m.

Locally Yours
Thursday, May 11, 10-11 a.m.

Locally Yours
Thursday, May 4, 10-11 a.m.

Locally Yours
Thursday, May 25, 10-11 a.m.

Locally Yours
Thursday, May 18, 10-11 a.m.

Locally Yours
Thursday, May 11, 10-11 a.m.

Locally Yours
Thursday, May 4, 10-11 a.m.

Locally Yours
Thursday, May 1, 10-11 a.m.

Locally Yours
Thursday, April 25, 10-11 a.m.

Locally Yours
Thursday, April 18, 10-11 a.m.

Locally Yours
Thursday, April 11, 10-11 a.m.

Locally Yours
Thursday, April 4, 10-11 a.m.

Locally Yours
Thursday, March 28, 10-11 a.m.

Locally Yours
Thursday, March 21, 10-11 a.m.

Locally Yours
Thursday, March 14, 10-11 a.m.

Locally Yours
Thursday, March 7, 10-11 a.m.

Locally Yours
Thursday, February 28, 10-11 a.m.

Locally Yours
Thursday, February 21, 10-11 a.m.

Locally Yours
Thursday, February 14, 10-11 a.m.

Locally Yours
Thursday, February 7, 10-11 a.m.

Locally Yours
Thursday, January 31, 10-11 a.m.