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The Charlotte News

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Tree-tment

Courtesy photo

Lilvia Bradbury with Teacher's Tree Service treats the white ash at the McGarghans' home on Lake Road for emerald ash borer. Teacher's is donating the treatment because this is the biggest white ash in Charlotte. The tree will need to be treated every two years which costs around \$600. So far, emerald ash borer hasn't been found in town, but the insect is getting closer and closer. Greg Ranallo of Teacher's Tree Service said the tree is about 200 years old which is the age of the McGarghans' home.

Graduates urged to seek passion and purpose

Scooter MacMillan
Editor

As people gathered in Patrick Gymnasium for the Champlain Valley Union High graduation, a jazz trio of students was playing “My Favorite Things.”

One favorite thing was that the trio’s version was more Coltrane and very little “The Sound of Music.”

The preferred female footwear at the Champlain Valley Union High School graduation was high heels. Or lace-up boots or sneakers. Males were mostly dressed in Hush Puppy knockoffs. Or sneakers. Birkenstocks were few and far between on everybody.

It’s good to be well-heeled when taking a major step like graduating.

As the crowd gathered and shuffled to their seats, most of which were in the bleachers that inspired many to reconsider their choice of footwear, it became apparent that one vestige of the pandemic is that the fist bump has replaced the handshake.

There were handshakes as old acquaintances or distant relatives who hadn’t seen each other in years greeted each other, but they were outnumbered by fist bumps.

Principal Adam Bunting led the members of the Champlain Valley School District board on stage to a smattering of applause. It was the half-hearted response typically received by opening acts. Those gathered had come to see the headlining act, the 350 students graduating. The loudest applause and cheers were saved for them.

Shortly after, the drone of bagpipes could be heard and the St. Andrew’s Pipeband of Vermont processed into the gym. The pipeband includes Ava Rohrbaugh as a member; who was also graduating that night.

Then a solemn and steady procession of students entered, wearing the red robes of CVU graduation. As the graduates walked in, ad hoc, individual cheering sections broke out as family and friends tried to get a wave or just a smile of acknowledgement from their favorite graduate. Most of the grads were immune to the audience shenanigans, remaining stoic, eyes straight ahead, ignoring the pleas of loved ones to join in their perpetual, pride-inspired foolishness.

Senior speaker Anders Erickson encouraged the audience to find the “chocolate chips” in life. Whether you’re happy or sad, just one chocolate chip will make you smile, he said, and to ensure that people were smiling, he pulled out a huge bag of chocolate kisses which he showered the seniors with.

“Although it seems like forever, high school comes to an end sooner than you may think,” said Ananya Rohatgi, another senior speaker.

She said there were a lot of things they may have once believed really mattered, but now she sees there is only



Photo by All Frey

Social studies and advanced placement economics teacher and soccer coach Christopher Smith gets ready to talk to the 350 graduates of Champlain Valley Union High.

one thing that truly matters: How do they “transition from familiarity and into the next chapter of our lives?”

Rohtagi urged her fellow graduates to not be afraid of change or worried about stepping away from what’s familiar “instead, keep your eyes open, buckle up and be ready to do something great.”

Emma Bosma, Sophie Bail-Dolan, Isabella Nash, Justine St. Martin and Dominik Tetreault announced that the senior class’ gifts to the school were a donation to the Friends of CVU and a pickleball court.

Kaitlyn Boget, Ella Polli and Zoe Zoller introduced the invited speaker for their graduation, social studies and advanced placement economics teacher Christopher Smith. The three said they had gotten to know Smith best as their soccer coach. They recalled the grueling workouts he put them through that they referred to as “Chris time.”

Smith said he was giving his speech exactly 50 years since he graduated from high school. He is graduating from high school for a second time because he is retiring after this year.

It is also his second retirement because he retired from a corporate career to go into education.

Smith said he has come to believe that happiness is achieved

through passion and purpose. Earlier in life he had jobs where he was comfortable, but he didn’t have passion or purpose.

“I challenge you to find a passion and to find a purpose and to allow that to drive your day-to-day actions,” Smith told the graduates and their supporters. “I believe fully, if you can do that, you can find happiness and your place in the world.”

Cameron Steele received the first ever acknowledgement of public service from Bunting.

Steele related the theme of taking care of yourself and others to his experience of being a high school student while also being a member of the Hinesburg Fire Department and Rescue Squad.

Then Bunting and board chair Angela Arsenault recited the dialogue that principals and school board chairs have performed for years at Champlain Valley Union graduations.

“I recommend that they be recognized as graduates of our high school, the class of 2023,” Bunting said.

And as the chair has traditionally said, Arsenault replied: “By virtue of the power and responsibility vested in the high school, and as chairperson of its board of directors, I wholeheartedly accept your recommendations. Congratulations!”

Charlotte Central Schoolers set on path to adulthood

Scooter MacMillan
Editor

In the presence of their community and peers a group of 39 adolescents took a big step onto the four-year path to adulthood. Right before the eyes of the audience in Charlotte Central School’s multi-purpose, community room, they transformed from middle schoolers to high schoolers.

Just like that, the Charlotte Central School class of 2023 became the Champlain Valley Union High School class of 2027.

Meredith Golek kicked off the transformation as the first student speaker at the eighth-grade graduation on Thursday night, June 15.

Golek said her classmates had been instrumental in shaping her into the person she became at Charlotte Central School.

“I’m excited to go into high school as a stronger, newer version of myself, which I couldn’t have done without you,” Golek said.

“As they prepare to go on their educational journey, we stand here, proud witnesses to their growth and readiness for what lies ahead,” said principal Jen Roth and assistant principal Courtney Krahn in a shared statement they read antiphonally.

This would be one of Krahn’s last official appearances at Charlotte Central as next school year she is taking a job closer to her home in the Addison Central School District.

“Charlotte Central School has been a place

of self-discovery, where you’ve explored your interests, discovered your talents and forged friendships that will endure for years to come. You’ve taken your first step towards independence, learning valuable lessons about responsibility, time management and the importance of teamwork,” Roth read, for the most part with a straight face and level diction. However, at the words “time management,” her eyebrows went up, seeming to indicate she thinks time management might still be a work in progress.

“Success is not measured solely by academic achievements, but by who you become along the way,” Krahn said. “Lift each other up, celebrate each other’s accomplishments and support one another during times of struggle.”

The teachers entered to “Lean on Me,” and music from Taylor Swift and Arianna Grande punctuated the ceremony.

After a group of students sung Bruno Mars “Count on Me,” Eloise Glasscoe said she would like to thank the teachers for not only teaching math, literature, science and language, but also respectfulness, honesty, pride and perseverance.

Amelie Fairweather started at Charlotte Central School in the third grade. Before that she’d been in many other schools, but she said, none of them welcomed her like Charlotte Central.

“I’ve been at this school for 2,227 days;



Photo by Scooter MacMillan

Treson Robert McEnaney pauses for a photo after getting his diploma at the Charlotte Central School graduation.

2,227 days with the same people every day,” Fairweather said, adding she began to number the days last year, not because she wanted to leave, but because she didn’t want to.

“On my first day, I had six years. Today, I have one hour,” Fairweather said. “Many things, I didn’t think would be so important, have now turned into things I wish I had the energy to write down.”

She thanked her teachers and her classmates, who she said “are all genuinely some of the funniest, sweetest, craziest people I’ve met, especially my lunch table.”

Then from Caleb Albertson to Bryant T. Yackel the graduates came up one at a time to receive their diploma and a handshake. Some of the 39 even remembered to pause and smile for a photo before stepping into the future.

Juneteenth celebration



Photo by Scooter MacMillan

Ismael Bangoura teaches African drumming on the djembe at the Clemmons Family Farm's celebration of Juneteenth. Bangoura moved to the United States from Guinea in West Africa when he was a teenager. He teaches and performs with Jeh Kulu Dance and Drum Theater at schools, dances, baby showers, weddings and other places that need a beat. Bangoura made all of the drums he plays or teaches on.



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To engage and inform Charlotte and nearby communities by:

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- Providing a home for stories from our neighbors and friends.
- Reporting on how other towns have addressed challenges similar to our own.

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- seek truth and report it
- minimize harm
- act independently
- be accountable and transparent.

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Send submissions, questions, photos, etcetera to scooter@thecharlottenews.org

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Veto session less dramatic than expected

Chea Waters Evans
 State Representative

Before I share my legislative update this week: this link connects to a Vermont Community Broadband Board survey. I know there are still significant issues with broadband access in our area, and completing this will help: tinyurl.com/hpcvw78j.



And now the fun stuff. We had a veto session last week that was set up to be a very long, dramatic and stressful time, but instead ended up being fairly short

and non-eventful, at least from a drama standpoint.

The House overrode a number of Governor Phil Scott's vetoes. The biggest one was H.494, the fiscal year 2024 budget bill. This wasn't a sure thing — the Progressive House members and a handful of Democrats held out on approving the budget during the regular session over concerns about the state's motel housing program, which is being terminated for several reasons, the biggest of which is that covid-related federal funding for the program is no longer available.

I didn't hold out on the budget; I voted for it both times. It wasn't an easy decision. The benefits of this program were undeniable, and the crisis of unhoused Vermonters is very real and quite dire. I also see the strain the program puts on local resources, and I know, as do those who work on housing and homelessness every day, that the program itself has its drawbacks. But Vermont doesn't have laws that keep the government running if there's no budget, and the potential fallout from stopping funding for other programs felt like too much of a risk to take.

A compromise was reached between the legislature and the administration, and the program has been extended until April 2024 with a plan in place to keep track of everyone affected and their progress toward more permanent housing in the hopes that this is enough time.

I could really get going on the circular nature of our state's challenges that contribute to the lack of affordable and available housing; I think our override of the governor's veto on H.217, the child care bill, is one great place to start. Access to affordable childcare is not only essential to attract and keep families in Vermont, but it's a good investment in the future and a great economic decision. Yes, there's a cost up front, but I'm confident

that helping families from the outset will avoid future costs that are both financial and societal.

We also overrode vetoes on a few other bills that I'll touch base on later in the summer.

Here's what I'm working on over the next six months before we go back to Montpelier:

Vermont doesn't have a good animal welfare/animal control policy. As some in Charlotte became aware of earlier this year, the responsibility to enact whatever statutes exist is split between towns; the Vermont State Police; the Vermont Department of Fish & Wildlife; the Vermont Agency of Agriculture, Food, & Markets; and in some counties the sheriff departments are involved. This makes it difficult for Vermonters to figure out who to call in an emergency and the lack of clarity often leads to these departments referring callers and complaints to other agencies.

Sheriffs and their possibly unethical behavior have been in the news a lot lately; I'm working on some legislation to loop them in to the current code of ethics that state employees and lawmakers adhere to when they're on the job or in office.

I'm interested in media literacy — the state of Pennsylvania just passed a law adding it to school curriculum, and I think Vermont could benefit from the same education for our students.

Government transparency is important to me. I'm hoping to work on some legislation updating current open meeting laws to ensure that from local to state government, meetings are as available as possible.

I'll be around town all summer and hope to see as many of you as possible while I'm out and about. If you need anything, my email is cevans@leg.state.vt.us and my phone is 917-887-8231.

Vermont Public radio interview with our editor

As part of their popular Vermont Edition program, Vermont Public recently launched a new radio series. As described on the Vermont Public website, once a month, they check in with editors from community newspapers all over Vermont to hear what stories the papers have been covering.

This hyperlocal focus provides listeners with a look at the news and cultural events of a particular area, and information about how the newspapers are faring in often challenging circumstances.

On Tuesday, June 20, their guest was editor Scooter MacMillan, talking about recent stories

from The Charlotte News, as well as some of this paper's history and prospects for the future.

Hear the interview at tinyurl.com/y56e4xp5.



The Charlotte News

Around Town

Condolences

Laureanne F. Plouffe

Laureanne F. Plouffe of Charlotte died Monday, June 19, at Northwest Medical Center in St. Albans surrounded by her family

Laureanne was born in St. Jude, Quebec, Canada, on Jan. 21, 1936, the daughter of Romeo and Deliose (Lambert) Plouffe. She moved with her family in 1956 to their farm in Charlotte. She remained at home until 1998, and since has lived with her sister and brother-in-law Agnes and Renald Lussier.

A humble woman of quiet means, she loved her cats and rabbits, and was a devout Catholic who prayed every day for her extended family with amazing ferocity. She was content with the simplest of pleasures — maple syrup, chocolate and oreo cookies — and had a sweet tooth that rivaled any of her brothers-in-law or nephews.

Laureanne was predeceased by her parents, her sisters Denise and Constance of Quebec, her brothers Bertrand and Cyril of Quebec and Yvan of Charlotte. She is survived by her brother Norman (Evelyn) of Quebec; and sisters Agnes (Renald) of Charlotte, Edith (Jim) of Isle LaMotte, and Danielle of Virginia.

A Mass of Christian Burial will be held Friday, July 7, at 11 a.m. at St. Catherine of Siena Church in Shelburne.

Our thanks to the Howard Center, but especially to Agnes and Renald for their dedicated care of Laureanne for the last 25 years. It certainly is not easy to be “parents” to an older sister. Special thanks also to her sister Edie and niece France for their help in the care of Laureanne in the past year, and to the caring staff at Northwest Medical Center in the last week of her life.

James A. Spadaccini

A celebration of life, in loving memory for James A. Spadaccini will be held at the Charlotte Congregational Church in Charlotte on Saturday, July 15, at 11 a.m. Please join to honor Jim’s life with stories and memories.



Congratulations

Anna Stevens of Charlotte earned a master’s of social work from Widener University’s College of Health and Human Services for the spring semester.

Mason Otley of Charlotte was named to the dean’s list at Lehigh University for the spring semester.

Sophie Pidgeon and **Jasmin Townsend-Ng** of Charlotte were both named to the dean’s list for the spring semester at the University of New England.

Two Charlotters joined former **Senator Patrick Leahy** to complete a trio of Vermonters receiving honors from the American Society of Landscape Architects.

Patricia O’Donnell, founder of Heritage Landscapes of Charlotte, received the American Society of Landscape Architects Medal.

Jim Donovan, of Broadreach Planning & Design, received the American Society of Landscape Architects Community Service Award.

Leahy, longtime senator from Vermont, was named an honorary member of the American Society of Landscape Architects

at the organization’s 2023 Honor Recipients.

The **Charlotte Library** also got some props from the Vermont Chapter of the American Society of Landscape Architects. The library received a Vermont Public Places merit award for its rain garden. A release about the awards noted how much “homegrown” community volunteer effort was involved in the design and installation of more than 1,500 plants in the library’s rain garden.

The purpose of the rain garden is to make visible the library’s stormwater management plan for both education and public enjoyment. As part of the Ahead of the Storm program, it also provides info on good stormwater management practices for homeowners through signs and placards, the release said.

“The Sweet Tooth Dilemma” by **Andrea Grayson** of Charlotte is scheduled to be published July 18.

“Most people know that eating too much sugar can lead to weight gain, but it also can lead to inflammation, which is associated with every chronic disease, including heart disease, dementia and depression,” Grayson said in an email.



The book is based on a course she teaches to help people break free from sugar.

Correction



In the June 15 edition of the newspaper the wrong photo ran with the obituary of the Rev. Anne Melendy Hancock. This is the photo that should have run.

This photo should have run with the obituary of Donna Elizabeth Wark (McVetty).



NEXT PUBLICATION DATES

July 13

Copy Deadline: Friday, July 7
Ads Deadline: Friday, July 7

July 27

Copy Deadline: Friday, July 21
Ads Deadline: Friday, July 21

August 10

Copy Deadline: Friday, Aug. 4
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Charlotte Central School gets new assistant principal

From Champlain Valley School District

Amanda Riggleman is joining Charlotte Central School as assistant principal on July 1.

“From serving as a science teacher leader and curriculum writer to serving as an administrator for student behavior and support, her past experiences have prepared her well to immediately contribute to our team.” Superintendent Rene Sanchez said.

Riggleman will be filling the position made vacant by Courtney Krahn’s departure for the Addison Central School District, where she will be director of teaching and learning and which is where she lives.

Riggleman joins the Champlain Valley School District from Manassas, Virginia, where she has been a special assignment

administrator, implementing individualized restorative practices, carrying out district policies, supporting educators and performing many administrative functions expected of an assistant principal. Before that, she was a science lead teacher and developed science curriculum with the Prince William County Schools.

Riggleman earned a Bachelor of Science from Longwood College and a Master of Education from Western Governors University.

“I am really looking forward to getting to know Amanda and showing her how special Charlotte Central School is,” principal Jen Roth said. “Her instructional background is based in the sciences. I am hoping together we can create learning and foster stewardship for our campus and surrounding natural resources.”

Summer Antique Warehouse Sale

10 Green Street, Vergennes, Vermont

Thurs-Sat, June 29-July 1, 8am-5pm

Check, Cash, Venmo, Cards.

Furniture, Art, Tractor Toys, Rugs, + More

twin canopy beds, scale model and pedal tractors, bureaus, toolbox, bookcases, sets of chairs + dining tables, corner cupboards, dropleafs, paintings, works on paper, Vermont artists Demong + Wissler + Sargent, PA dry sink, oriental rugs, vintage clothing, jewelry, 11’ country table, antique bobsled + more

FREE FIRST FRIDAY EVE

5–7:30 p.m. | Bands start at 6 p.m.

Celebrate summer at Shelburne Museum and join us for **Free First Friday Eve** events this season. Enjoy an evening of live music, lawn games, food trucks, and special exhibitions—the entire Museum campus will be open and **FREE** to all!

July 7: Sabouyouma

August 4: Barika

September 1: The Grippio Funk Band



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People

At Tacos Doña Alejandra, a migrant cooks up community

Camila Van Order Gonzalez
Community News Service

(Editor's note: Quotes from Perez and Verduzco have been translated from Spanish by the author, who is fluent.)

When Alejandra Perez arrived from Mexico in Vermont 14 years ago, she found it difficult to engage with her new community. Migrant women like her can feel lost, alone and in need of support so far from home.

So in 2010 she decided to build her own community — by cooking and selling authentic Mexican food outside her home. She's open for guests every Sunday for breakfast and lunch.

She spoke about her business, Tacos Doña Alejandra, on a recent afternoon over a bowl of pozole and two chicken tacos, dressed with homemade spicy sauce and fresh vegetables. There were children everywhere, playing with each other in English and Spanish. Two women who work for Perez chatted while looking through a bin of donated clothes. Perez asked if one of them would take care of new customers while she recounted the story of her shop.

The idea for her business began several years ago when she noticed migrant farmworkers in the area had no time to cook after working long shifts. Over the years, the workers, Middlebury College students and people from all over Addison County have learned about her business through word of mouth and become regulars. Her recipes take inspiration from her family back in Mexico and the farmworkers who

encouraged her to start the business in the first place.

Mari Verduzco, another Mexican cook from Salisbury and good friend of Perez, gushes about how much comfort her space has brought to the migrant community. "It feels like a taquería in Mexico," she said emphatically. "You get there, introduce yourself and get to know new friends, just like in Mexico. You can sit next to a total stranger and by the time you leave, you feel like cousins."

To Perez, it means a lot to feed Mexican-American students in particular: "It's amazing to stand at this door and watch people arrive from the college, and they all give me a hug ... I always do it from the heart. I hope that one day my children, wherever they end up, find someone who speaks Spanish or can cook Mexican food."

Despite the language barrier — Perez speaks Spanish — the majority of her customers are Vermont natives. She can offer them a relatively rare culinary experience in Bridport, a town of about 1,200 residents, complete with imported drinks, snacks and desserts.

"A piece of Mexico in Bridport" was how Fernanda Canales, a retired principal who works as the multilingual liaison for Addison County School District, described Tacos Doña Alejandra. She met Perez when the latter volunteered for the school district's Strategic Planning Advisory Committee, and Canales translated for her.

Canales, a fellow Latina immigrant, said she relates to the feeling of isolation that can come with trying to assimilate into U.S. culture. Canales' work at the



Photo by Camila Van Order Gonzalez

Tamales and carne al pastor cooking on a flattop grill at Tacos Doña Alejandra.

school district for immigrant families felt to her like "a homecoming." Perez describes something similar about her work: The community she feeds has become a family, she said, substituting for the one she misses in Mexico.

Oftentimes the migrant community can seem invisible to outsiders, and representation in the school district is crucial, the three women said. "The fact that she wanted to participate was huge," Canales said of Perez. "And she did, faithfully, (go) to all the meetings. At the very last meeting she cooked for everybody."

Verduzco, the Mexican cook and regular at the food spot, said that Perez' meals allow for people from different cultures to connect. "It's very important that Mexicans and English-speaking Americans come together to understand how each other live," she said.

Perez became a mother shortly after moving to the United States, first to North Carolina, then to Vermont soon after. She needed to work to support her family, she said, but could not afford child care. After having sold tacos to farmworkers, she realized the freedom she could have working for herself at home. "I can cook, go to events, make money and always have my children by my side," she said. She decided to keep her business running outside her house on Lover's Lane in Bridport.

She also now works alongside other migrant women in a culinary collective called Viva el Sabor, which acts as something of a support group between food business workers.

Perez' space has grown from a converted shed to include a tent with picnic tables and brightly colored decorations. She cooks right in front of customers after greeting them individually.

"It has such a flavor of México," Canales said. "The music, the decorations, all the food ... even the chickens!"

That's exactly the kind of space Perez wants. She said that if she were to host her business in a more traditional restaurant setting, it might lose the accessibility of her outdoor eating space.

"It's nice to go out to eat in a place with air conditioning, but I don't want that," she said. "I want an appropriate space to receive my customers, not a place where someone might say, 'Oh, that's so fancy, our boots are too dirty to go in.' People come here straight from their jobs at the cow farms just to eat."

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

Community Roundup

Grab & Go meal at St. Catherine's in Shelburne

Age Well and St. Catherine's of Siena Parish in Shelburne are teaming up to provide a meal to go for anyone age 60 and older on Tuesday July 11. The meal will be available for pick up in the parking lot at 72 Church Street from 11 a.m.-noon.

The menu is cheese tortellini with Alfredo sauce, peas & carrots, spinach, wheat bread, watermelon and milk.

To order a meal email agewellstcath@gmail.com or call 802-503-1107 by Wednesday, July 5. If this is a first-time order, please provide: name, address, phone number and birthdate.

If you haven't yet filled out a 2022 congregate meal registration, please bring a completed registration form with you or send one to: Age Well; 875 Roosevelt Highway, Suite 210; Colchester, VT 05446. There will be forms on hand for you to fill out at meal pick up.

An Age Well representative will be available to obtain the suggested \$5 donation for restaurant tickets to dine at one of the participating restaurants. More information on this program can be located on the Age Well site at agewellvt.org.

Get connected to volunteering

United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Agencies are working hard to navigate volunteering during this time, but opportunities are increasing. Link to Volunteer Connection to learn more about these and other opportunities at tinyurl.com/nhhe6zt5:

- **Snack time** — The Family Room on Allen Street in Burlington needs kitchen volunteers to help prepare nutritious kid-friendly snacks and lunches for their playgroups and preschool. Shifts are

available Tuesdays-Fridays from 9 a.m.-1 p.m. Contact Dayva Savio at dayva@thefamilyroomvt.org or call 02-862-2121.

- **Volunteer as a group** — King Street Center would welcome families and businesses to help with seasonal events, campus clean-up and special facility needs. Contact Gabriella Tufo Strouse at 802-862-6736, Ext. 105 or email gabriella@kingstreetcenter.org.

- **On the board** — Cancer Patient Support Foundation is seeking dedicated volunteers to serve on their local board in support of Vermont cancer patients and their families. The organization provides financial support to help patients and families meet basic needs and to remove barriers to treatment. Their emergency fund helps with the cost of food, housing utilities, childcare, transportation and other costs not covered by insurance. Interested volunteers should submit a resume to Sarah Lemnah at slemnah@cpsfvt.org.

- **Reaching out** — The National Alliance on Mental Illness (NAMI) Vermont is looking for volunteers to help spread the word about its programs and events by helping to staff exhibit tables, walking in a parade or distributing NAMI materials to those who need them. To receive a volunteer form, go to namivt.org/et-inoled/volunteer/form.

Clemmons Family Farm announces two, two-year grants

Clemmons Family Farm is launching a two-year, artist-in-residence program "UnderWATER, UnderGROUND: Black/Indigenous Creatives Historize Charlotte, Vermont's Sea Change."

Clemmons Family Farm will give two artists from African diasporic or Afro-indigenous cultures \$7,500 each, along with logistical support, art supplies, transportation assistance and occasional lodging and studio space on the historic Clemmons farm. This

support will facilitate the artists' research and creative work to develop multi-genre art about the Lake Champlain basin's ecological, geological and cultural histories and to engage with visitors to the farm and with surrounding communities.

The Clemmons farm was established in the late 1700s by the McNeil family — white settlers who founded the Charlotte-Essex ferry and were conductors on the Underground Railroad.

The elders Jackson and Lydia Clemmons, an African-American couple, moved to Vermont from the Midwest during the tail end of the Great Migration and purchased the farm in 1962. The 138-acre farm is now owned and stewarded by Clemmons Family Farm, Inc., a Vermont African-American led 501c3 nonprofit organization.

One of the subjects of the artists' research will be the 11,500-year-old skeleton of a Beluga whale, which was discovered in 1849, 10 feet underground and just 2 miles south of what is now known as the Clemmons farm.

The artists will also research the history of the Underground Railroad in the Lake Champlain Basin area by visiting the historic McNeil homesteads in Charlotte, Rokeby Museum in Ferrisburgh, and the North Star Underground Railroad Museum in Ausable Chasm, New York. The two artists will explore more contemporary stories of Black Vermonters who moved to make their homes in the state during the Great Migration and over the past several decades.

Clemmons Family Farm will issue a competitive, state-wide call to artists for the residency opportunity within the next two weeks. Artists, who are the bearers of African diasporic or Afro-indigenous cultures and who are either Vermont residents or residents of the greater Lake Champlain region, will be prioritized in the juried selection. The artist residency is slated to begin at the end of

August.

Summer critical season for Big Brothers Big Sisters of Vermont

School is out for summer. For some parents, the end of school signifies worries about childcare and scrambles to find suitable enrichment activities for their school-aged children.

Summer is when the need for the programs at Big Brothers Big Sisters of Vermont become the most critical. If you have ever thought about becoming a mentor to a youth in Vermont, you are most needed now. It is a one-hour-per-week commitment, and it will reward you greatly.

There are 150 children on the waiting list. They are Vermont's children waiting for you.

You can help the youth of Vermont forge meaningful relationships with adults in their community, and, in turn, provide their parents with priceless peace of mind. To become a Big, please send an email to info@bbbsvt.org or call 802-689-0092.

Learn about wind power, see turbines up close

Free tickets are now available to tour Kingdom Community Wind in Lowell. Each summer, experts from Green Mountain Power have hosted dozens of visitors looking to learn more about wind energy that's produced in Vermont.

The next tour will be at 10 a.m., July 19. The 21 turbines in Lowell have been producing clean energy since 2012, and visitors get to see two of them up close and learn about how they work.

Tours typically take about 90 minutes. Space is limited, so you have to pre-register. You can sign up for free tickets at tinyurl.com/9crx5bb7.

Community

Meet some of Charlotte's volunteers

Volunteer opportunities



EMT/Drivers and Firefighters: If you need an ambulance, or help putting out a fire, Charlotte Fire and Rescue will be there. But they are in urgent need of new volunteers.

Emergency Medical Technicians/Drivers run 12-hour shifts assigned as a driver or an attendant on the Charlotte ambulance and must become certified in CPR and EMT Basic (a 180-hour class). Firefighters run fire calls as needed, drive fire apparatus and attend weekly trainings - once they have achieved a certification.

Time Commitment: Two, 12-hour shifts a month plus certification.

Interested? Contact Chief Justin Bliss, chief@cvfrs.org, 802-425-3111.

Charlotte Senior Center

Kitchen and hospitality: The Charlotte Senior Center has several

opportunities available. Hosts greet people coming into the center, answer the phones and help people register for programs. Cooking teams help cook the weekly Monday meals. Dishwashers help clean up after meals on Mondays and sometimes on other days. Program leaders head up most of the offerings at the Senior Center and many new programs are led by volunteers, with new programs often coming about by volunteers.

Time commitment: From two to six hours a week.

Interested? Contact Lori York, lyork@charlotteseniorcentervt.org, 802-425-6345.



Mentoring: Mentoring promotes one-to-one relationships between students and caring adult volunteers at Charlotte Central

School and Champlain Valley Union High School. CCS students meet with their mentors on school grounds; CVU students take part in a wide variety of activities in the community. These programs are especially in need of men who are willing to volunteer.

Time Commitment: at least one hour a week.

Interested?: At CCS contact Kate Rooney, krooney@cvsdvt.org; at CVU contact Alison Duback, aduback@cvsdvt.org.



Calendar maven:

The Charlotte News is looking for a volunteer (or two) to assemble listings for our calendar of events which is

published in our paper every two weeks. This opportunity would be a good match for someone who is adventurous and curious about the many fun and interesting activities taking place in Charlotte and beyond. Guidance and training is available.

Time commitment: Up to four hours a week - you decide.

Interested? Contact Scooter MacMillan, scooter@thecharlottenews.org, 802-881-4728.

Newspaper deliveries: The Charlotte News is looking for two or three volunteers to drive to Elizabethtown, NY and back once every four weeks, late on a Wednesday night or very early on the Thursday morning. The task is to pick up 2,050 papers at our printers, and to drop them at the Shelburne post office and the Senior Center. The papers will fit in a mid-sized car. The round trip is about 120 miles and we will be happy to reimburse you for mileage, the cost of gas or electricity (if you own an EV).

Time commitment: four hours, once every four weeks.

Interested? Contact John Quinney, john@thecharlottenews.org, 802-318-7189.

John Quinney
Publisher and President

Some years ago, when I was a member of the town's energy committee, I accepted an invitation from the selectboard for pizza and refreshments at town hall. When I arrived on a cold January night, the room was packed with people, dozens of volunteers who were giving of their time and talents to help make this town the special place it is. We were all members of a vitally important community.

These days, volunteer opportunities abound in Charlotte. We've included a few elsewhere on this page. We hope to showcase volunteer opportunities in the paper on a regular basis, for which we'll need — you guessed it — a volunteer, someone willing to put in a couple of hours a month. Interested? Contact Scooter MacMillan at scooter@thecharlottenews.org or 802-881-4728.

In their own words, here's what several Charlotte volunteers have to say about the work they do, why it's important, and the rewards they experience from volunteering.

Jim Hyde

For the past eight years I have been a volunteer mentor at the Charlotte Central School and at Champlain Valley Union High School. Our role is not to be tutors or to serve as homework



police but rather to be a friend and companion. In the time we spend together we might work on projects, play games, cook or just hang out.

Over time mentors and mentees get to know each other pretty well, and that is when the magic happens. As someone in my 70s, it's incredibly rewarding to learn about what interests and motivates young people, and even more rewarding to revisit adolescence and not have to relive it. There is nothing more exciting than seeing how a small investment in time can make such a difference in a young person's life. I hope that anyone with at least an hour a week to spare will consider becoming a mentor.

Rebecca Foster

The Charlotte Energy Committee has long had a tight-knit group of volunteers who enjoy working together. We're all motivated to help



our town reduce its carbon impact and become resilient in the face of climate change. Little by little we take actions that move the town in that direction — a bike rack and solar panel here, a grant opportunity and town project consultation there. Town committees come with administrative duties which, to be honest, are not the rewarding part of the job. But a rich and exciting assortment of improvements await being tackled, and we invite Charlotters to join us.

Susan Crockenberg

Tuesday afternoons I head for the Charlotte Library. For two hours, I return books to their place on the shelves. There's such a sense of satisfaction when a book slides neatly into the right spot. It's a cinch if you know your alphabet.



The cart's empty. I wheel it back to the main desk. I think I'm done, but Margaret Woodruff's left a list of books to pull for her Book Chat group the next day. I'm a kid again amongst the volumes, discovering classics I read years ago, new titles I text to myself for future reference.

The task's a solitary one, the library peaceful, though warmly welcoming. Old friends come to search for a good read. We catch up and chat about what we've read recently. I meet new folks, a father with his 18-month-old ... they read together, but the trucks and the miniature grocery cart are infinitely more attractive.

Chris Davis

Since 1983, I have held a variety of volunteer positions with Charlotte Volunteer Fire and Rescue that included serving as an EMT for 15 years and as fire chief for 20.



I have found this volunteer work to be physically, mentally, and at times, emotionally challenging, but it is incredibly rewarding assisting neighbors or strangers in dealing with often less than ideal circumstances. The men and women who I have served with at fire and rescue are some of the best people on the planet, and our town is fortunate to have them.

It has been a privilege to serve this community, and I hope I can continue to contribute for years to come.

Bill Fraser-Harris

There doesn't seem to be a simple answer to why I volunteer. Like exercise or trying to eat appropriately, I feel better when I do it. Personally, my niche seems to be parties, gatherings around food, music and appreciation of how lucky we are to live in this community. See you at the town party and music at the beach.



John Pane

Soon after retiring, I asked a friend about volunteering. His response was "join the Rotary" and I soon became a member of the Charlotte-Shelburne-Hinesburg Rotary Club. Over the years, I've also chopped vegetables at the Charlotte and Shelburne school kitchens, directed traffic and runners at road races in our area and worked at the Snack Shack at Shelburne's Little League field.



I recently attended my 55th college reunion during which my class held a panel discussion on how best to navigate the changes we encounter as we age. I was very encouraged to see that volunteering with Rotary met two of the major criteria for aging successfully: regular social engagement and having a feeling of purpose.

Susan Hyde

When we moved to Charlotte as a retired couple, we knew no one in town. Then as now, the senior center was a great place to meet people with similar interests. I volunteered at Monday lunches and was soon making soups and then heading up a Monday lunch team. The thanks I receive when making a good meal or introducing a new dish that people enjoy, motivates me to do it again the next month. Seeing the same people return for every meal means this is an important social time for them.



Although I have also enjoyed volunteering at Shelburne Farms, the Congregational Church and the Clemmons Family Farm, the senior center has been my focus. As both a volunteer and member of the board, I want to make sure the center remains a welcoming place for seniors in our town.



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Weed's in the Garden

Keep herbs close and diverse

Joan Weed
Contributor

Through the years I've always placed my herb garden as near to the kitchen door as possible. If it isn't close you won't tend to use what you've lovingly grown.

This year, my usual spot was being repaired as it was atop a stone wall. So, I planted my new herbs in pots with friable and nutritious soil. The idea was to move them back to their homesite when repairs were finished.

Well, they are growing so well I am reluctant to mess things up. So, by the front door they will remain for now.

Some of my established plants got destroyed in the repair so most are new this season. I grow perennial and annual herbs and find lots of uses for both. The perennials are tarragon, sage, thyme, oregano, sweet woodruff, rosemary, spearmint, winter savory and chives. As for annuals, I have basil (a must have), flat-leaved parsley, chervil, dill and summer savory. Notice no cilantro in the mix, but it's easy to grow.

Within these species there are further definitions such as German thyme or curly parsley. Many sorts of mint are available. The best local spot to purchase ready-made plants is Red Wagon Plants just over the line in Hinesburg. Julie Rubaud began her nursery career specializing in herbs. Other local nurseries have herb starts as well.

The annual herbs are the best bet for those who like to start with seeds. I have always found that perennial herbs are more apt to thrive here if you begin with starts in pots. They take a long time to become transplantable and summer moves quickly by. All the perennials will overwinter outdoors, except rosemary which needs to be dug and brought inside.

Think a Mediterranean atmosphere — so a warm but humid environment. The air must be humid not the soil. This is best achieved by setting your pot on pebbles in its saucer and adding water often to the dish. An occasional watering of the plant is necessary too.

Most of the Mediterranean herbs go for lean soil, that is not loaded with nutrients. Herbs such as thyme, rosemary and oregano grow like this. Because we mostly use the leaves for cooking, here it is wise to have a nitrogen-rich fertilizer if you use any. Basil should have any clusters of nascent flowers pinched out as soon as visible. Once basil flowers, the plant's job is done and it begins to fade.

The early freshest leaves are usually the most aromatic on all herbs so keep snipping your plants and using the fragrant leaves for seasoning.

If you are blessed with a plethora of herbs, think of ways to preserve them. Some can be dried but I prefer chopping and freezing in bags or containers. I make an exception for sage and dry it in bundles.

Another way to save the fragrance is to make herb salts, with combined herbs or a single variety. Chop your herb of choice finely and mix into a container of plenty of salt. The salt will dry the herbs and preserve them.

Another delicious way to save summer's seasoning is to make compound butter. Again, with one herb or a mix of your favorites. Add finely chopped herbs and stir into room temperature butter. Roll into a log shape and wrap tightly in waxed paper or parchment. Add one more layer of protection such as a zip-bag to prevent freezer burn and picking up odors. Freeze for later use by cutting off as much as you need for your recipe.

Herbal vinegars are a simple and safe way to preserve your bounty. Tarragon makes a wonderful fragrant blend for salads. I also like chive or mint vinegar. Simply stuff the bruised leaves into a bottle with white wine vinegar.

Speaking of mint, making a simple syrup with the leaves and storing in the refrigerator gives you a useful addition to fruit salad, iced tea or cocktails. I have found the way to extract the most flavor for mint is to make the simple syrup first, turn off heat and add plenty of chopped or bruised leaves as it cools. Later strain the concoction and bottle it. Store in the refrigerator.

For those trying to cut back on sodium, herbs are

the answer to up the flavors of your dish. Experiment. Even something simple like a pasta sauce, noodle casseroles, potato dishes benefit from the addition of fresh herbs.

A roast chicken moves up to gourmet status with rosemary sprigs snuggled under the skin or placed in the cavity with a cut lemon and garlic. Roasted lamb just calls for rosemary in my book.

Here's my riff on Julia Child's herb-stuffed lamb:

Roast lamb with herb stuffing

One boneless leg of lamb
3 tablespoons finely chopped garlic
2 tablespoons finely chopped rosemary
2 tablespoons chopped chives
1/2 cup finely chopped parsley
Salt and pepper to taste

Cut the lamb roast down one side to lay flat unless the butcher has done this already. Liberally season with salt and pepper.

In a small bowl mix the chopped herbs and garlic and spread over opened meat. Roll the roast and secure with butcher's twine. Rub the surface with extra virgin olive oil.

Place in an oiled baking pan and roast for about 20 minutes per pound at 350 degrees. Cook more or less depending on your likes.

The amounts of stuffing herbs can also vary to your liking and other favorites substituted as well. I have done this in advance because of scheduling and found the flavors permeated the roast even better. Store in the refrigerator if you do. This has become our Easter dinner favorite.

Boursin

One 8-ounce block of cream cheese
Mix of finely chopped fresh herbs such as dill, sage, thyme, savory (about 2 tablespoons)
One large clove of garlic finely minced or pressed

Bring the cheese to room temperature and mix the herbs and garlic in with a fork. Set in the refrigerator in a covered container to bring out the flavors. This is useful for snacking on crackers or celery sticks. Use in place of mayo on a tomato or cucumber sandwich. Add to steamed vegetables in place of butter.

Sweet basil pesto

2 cups fresh basil leaves
2 large cloves garlic
2 tablespoons pine nuts (or walnuts)
3 tablespoons grated parmesan or pecorino cheese
Extra virgin olive oil as needed (about 1/2 cup)

In food processor or blender, puree basil, nuts and garlic. Slowly add oil until desired consistency is reached. Should be thick but smooth. Don't over blend as oil will take on a harsh flavor. Stir in cheese. Place in storage containers and freeze.

I like tarragon with fish and egg dishes. It is delicately flavored and has a somewhat anise-like taste.

Basil is a basic for me and many containers of pesto are stored for future sauces. Pesto can be a sauce unto itself or added to tomato or other pasta sauces. It's a fine addition to ratatouille, minestrone and diluted with olive oil as a salad dressing. Great on caprese salad.

Store in the freezer in small containers. Using a sturdy knife chip off the amount you'll need; or some cooks store as cubes using an ice cube tray to form the cubes.

Extending the flavors of summer is the goal here. I hope you'll experiment with your lovely garden produce.

Keep them handy, but I fear the windowsill method rarely works well. I have used the aero garden and found that a good off-season method for growing but it's small scale so preserving is best.

Here's to a delicious summer.



Into the Woods

We should just let forest symbiosis be without judging

Ethan Tapper
Contributor

Forests are natural communities, thousands of species engaged in the vital, and often brutal, practice of life. Forests are defined not just by the organisms that inhabit them but also by the relationships between these organisms, the many forms of symbiosis.

Symbiosis is a commonly used and commonly misunderstood term. While most people confuse symbiosis with mutualism — a mutually beneficial relationship between organisms — symbiosis is actually any close relationship between organisms. The forms of symbiosis include mutualism, commensalism (a relationship where one organism benefits and the other is unaffected), parasitism (one benefits and the other is harmed), competition and predation. While some forms of symbiosis are more charismatic than others, each is foundational to the function of our forests.

As much as we would love to believe that all the relationships in forests are mutualistic, they aren't. While mutualisms exist and are undoubtedly important, our bias towards them can lead to misunderstandings about how forests work and what it means to care for them. Nowhere is this more apparent than in the public fascination with the relationship between trees and mycorrhizal fungi (the "Wood Wide Web").

While we know that trees and mycorrhizal fungi can, and often do, have mutualistic relationships, the public excitement surrounding these relationships has outpaced the research, largely fueled by the book "The Hidden Life of Trees" by Peter Wohlleben. While we know that trees benefit from relationships with some types of mycorrhizae, and that mycorrhizal networks



Courtesy photo

This Northern harrier is an example of predatory symbiosis which is just as valid and necessary as other types of symbiosis.

can facilitate the movement of resources from one tree to another, a vision of forests as entirely connected, entirely altruistic, entirely cooperative communities is not supported by science.

When we look closely at the mutualisms in our forests, we often find that one species or another is getting the better part of the deal. Myrmecochory (the dispersal of plant seeds by ants, as we see with many of our spring ephemeral wildflowers) has long been considered a mutualism, but some ecologists have suggested that it is actually a subtle parasitism, that some plants are exploiting ants, distracting them from more valuable foraging elsewhere.

There are also conditional mutualisms: relationships which are mutualistic

sometimes, depending on conditions. For instance, a mutualism between trees and some types of mycorrhizal fungi may become pathogenic or parasitic in certain circumstances.

Another example of this is synzoochory: the dispersal of tree seeds (like acorns) by seed-caching animals (like squirrels). While squirrels and oaks both benefit from this relationship when acorns are abundant — squirrels receive the nourishment of acorns and oaks receive the benefits of acorn dispersal — when acorns are scarce squirrels simply eat them all.

While parasitism and predation might be less easy to appreciate than mutualism, they are equally essential to forest ecology. Insects, which are the foundation of the

forest's food web, are often parasites, feeding on trees and plants. Predation of insects by creatures like songbirds and bats is vital to suppressing insect populations, keeping them from causing undue harm to trees and plants. When predation is removed or suppressed insect populations explode, and these relatively innocuous parasitic relationships can become harmful.

While we are quick to label a symbiosis between two species as one type or another, these relationships are fluid, dynamic and complex. An insect which is the pollinator of a tree (mutualistic) may also be a defoliator of the same tree (parasitic). Many of the species of invertebrates, bacteria and fungi which are pathogenic to trees (parasitic) also help break down organic material, which enriches soils and ultimately benefits trees (mutualistic). The closer we look at these symbioses, the more difficult they are to define and to categorize, and the less important naming them becomes.

As much as we would love to believe that forests are built on mutualism, the truth is that they are built on symbiosis: relationships which take many different forms.

If we can leave our judgements at the door, we can see that forests are as parasitic as they are mutualistic, that competition is as important as cooperation, that the death of a tree can be as beautiful as the birth of an animal. Our job as forest stewards is to care for forests as they are, not to place any form of symbiosis above the others.

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

Gardening

Uncut lawns best for bees

Bonnie Kirn Donahue
University of Vermont Extension

Much of landscape maintenance in summer is devoted to mowing lawns.

Traditional lawns in the Northeast are typically made up of a mix of turfgrasses such as Kentucky bluegrass, perennial rye and fine fescues. Seed mixes often include a mix of species to provide full lawn cover in spite of changing conditions like heat and moisture.

Turfgrass lawns provide many environmental benefits such as erosion control, as well as caching and filtering water. They also have an appealing, carpet-like appearance that many of us in the Northeast have grown accustomed to seeing in the summer.

What these grasses do not provide is food for pollinators. Flowering plants produce nectar and pollen, which are food for pollinators including bees, butterflies, flies and beetles.

Pollinators are a critical part of earth's ecological systems. They pollinate fruit, vegetable and nut crops so that we can have food to eat. They also provide food for creatures big and small, being eaten by birds, bats, reptiles, fish and other insects.

Unfortunately, pollinator habitat is dwindling as land becomes more developed. Lawns are one area where we can rethink our practices and reduce our environmental impacts while building habitat for pollinators.

One simple way to build pollinator habitat into your lawn is to avoid mowing areas that are flowering. Leave the blooms alone until they turn brown, and then mow them. If you take a moment to watch these flower patches, you will see multiple

species of insects visiting the flowers.

If you are starting a new lawn, or reestablishing an old one, consider adding low-growing flowering species into your lawn.

Dutch white clover (*Trifolium repens*) grows 3 to 6 inches tall and has sweet white flowers that are attractive to bees. The rounded leaves in clusters of three creates a lovely textural contrast to thin blades of grass. Flowers bloom between May and September, providing season-long food for pollinators.

Lance self-heal (*Prunella vulgaris* ssp. *lanceolata*) has cones of lavender-purple flowers that attract bees and butterflies. Self-heal grows 6 to 12 inches tall with flowers that bloom from June to August.

Ask your local native plant nursery or seed supplier for ideas for other species that will do well in a lawn setting. Other options to try include alsike clover (*Trifolium hybridum*), wild strawberry (*Fragaria virginiana*), common violet (*Viola sororius*) or creeping thyme (*Thymus praecox* ssp. *arcticus*).

To overseed an existing lawn with pollinator seeds for lawns, make sure that the seed will have good seed-to-soil contact. Patchy, thin lawns with open soil will receive seed better than a thick, lush lawn. Scarify the soil gently to relieve any compaction, moisten the soil and spread the seed per the manufacturer's recommended seed rate.

Lightly cover the seed with weed-free hay or straw, and keep the area watered as the seedlings establish. The best time of year to seed is the fall, but seeding also can be done in late spring to mid-June if the seeds are kept watered.

Bee lawns should be mowed higher,



Photo by Bonnie Kirn Donahue

By not mowing lawn areas when flowering, homeowners can create a healthy habitat for bees, butterflies and other pollinators that depend on flowering plants for nectar and pollen.

and kept to about a 3- to 4-inch height. A benefit of bee lawns is that they will not grow as tall or fast as turfgrass, and they can be mowed less frequently (depending on site conditions, once every three to four weeks).

For more detailed information, check out "Planting and Maintaining a Bee Lawn" by University of Minnesota Extension at go.uvm.edu/bee-lawn.

Ironically, flowers are often what we want to remove from lawns for

their appearance. It just takes a shift in perspectives and priorities to see the beauty and purpose of these flowering species and their crucial role in the greater ecosystem. Give a bee lawn a try.

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

Outdoors & Environment

Charlotte holds meeting on saving roads and beavers

Susan Smith
Charlotte Park and Wildlife Refuge
Oversight Committee

The Charlotte Park and Wildlife Refuge Oversight Committee hosted a meeting of road commissioners and a couple of town managers in early June at the Charlotte Town Hall to talk about ways of protecting road culverts while protecting beavers.

Traditionally, when a culvert was clogged by beaver dams and the road began to flood, a trapper was called to kill the offending beavers. Then, the road commissioner would unclog the culvert.

Since there aren't many suitable sites for beavers, eventually other beavers would come to the site and do their own dam building.

Again, the road crew and the trapper would be called to unplug the culvert and kill the culvert culprits. Especially if the culvert is long and machinery can't be used to remove the dam material, it can mean a lot of work. This can be a very labor-intensive and beaver-insensitive project.

At the gathering of almost 20 interested road maintainers from Charlotte and around the state, Skip Lisle, an expert on beaver co-existence strategies, gave a talk on how to build exclusion and dam-leveling devices and the value of wetland habitat. Lisle understands that roads must be maintained and ponds have to be kept at levels that don't flood roads, homes or other human structures.

He has been interested in beavers for at least three decades. During his master's work in wildlife management, Lisle worked on beaver baffles and flow-control devices to deal with beaver dam building on Penobscot lands. Out of his research, Lisle invented the Beaver Deceiver and started manufacturing the devices in 1995.

The Beaver Deceiver is an exclusion device of wood, wire and pipe that allows water to flow through the middle of a

beaver dam. Beavers are able to build their dams, but aren't able to plug them. Beavers are probably not even aware that water is flowing through their dam when a Beaver Deceiver is installed in it.

Every site is unique and requires its own structural design to meet the needs of the site, Lisle said.

A maintenance crew from the Rutland area described a huge beaver-created wetland with roads crossing it that they were happily surprised to find prevented flooding during Hurricane Irene. The series of beaver dams and ponds in these wetlands slowed the flow of water, expanded the pond area, allowed time for the water to be absorbed into the underground water. This road crew wants to keep the beavers but would like Beaver Deceivers to keep their culverts open.

Charlotte road commissioner, Hugh Junior Lewis worked with the Charlotte Park and Wildlife Refuge Oversight Committee when beavers started clogging a culvert on Greenbush Road three years ago. He cleared the culvert and gave the group time to work out a plan.

Lisle helped Charlotte by building an exclusion device to protect the culvert, allowing Holmes Creek to continue to flow. This has been working very well.

At the Charlotte Park and Wildlife Refuge he's also showed how to fence trees you don't want the beavers to fell. Now, there are three major dams on Holmes Creek in the refuge and about seven smaller ones.

The Vermont Land Trust has been to the site and done drone photography of the wetland complex. The organization wants to replicate the wetland restoration work done in the park to conserve other damaged wetlands.

It is a great thing to restore a wetland by letting the beaver do the work.

(Susan Smith is co-chair of the Charlotte Park and Wildlife Refuge Oversight Committee.)



Courtesy photos

Skip Lisle, the inventor of the Beaver Deceiver, at work on a site in the Green Mountains.



The Beaver Deceiver offers beavers an inviting place to build a dam, but water still flows through so wetlands are preserved but property and roads are not flooded.

Grant to help with golden-winged warbler habitat

Lucie Lehmann
Contributor

The Vermont Land Trust, in partnership with the Charlotte Park and Wildlife Refuge in Chittenden County, won a \$25,000 grant from Cornell University's Land Trust Small Grant Program to increase habitat

connectivity and shrubland breeding habitat for golden-winged warblers.

The award, which will be supplemented with \$15,000 from local donors in Charlotte and an in-kind contribution from the Fish and Wildlife Foundation, complements similar work done in 2020 on an adjacent Charlotte property, the former Nordic Farms which

also was funded by Cornell.

Vermont's land trust and conservation community has a long history of collaboration to support bird conservation, particularly for declining shrubland and grassland species like golden-winged and blue-winged warblers, and bobolinks and eastern meadowlarks.

Western Vermont, with the largest golden-winged warbler population in New England and as the northeastern reach of the golden-winged warbler breeding range, has a critical role to play in the species' survival regionally. The Western Vermont Golden-chain Collaborative, (tinyurl.com/2v3x6jdk) a coalition of Audubon Vermont, Vermont Land Trust, other land trusts, regional conservation partnerships, other conservation organizations and Cornell, works to increase connectivity for golden-winged warblers in this area.

The funds will be used to clear 11-14 acres of invasives species in the park and replant native trees, shrubs and forbs on land that abuts a parcel already being managed and monitored for the critically endangered golden-winged warblers. Vermont Land Maintenance, a firm specializing in land restoration efforts, will implement the invasive removal. Vermont Land Maintenance has worked with Audubon Vermont on a number of golden-winged warblers habitat restoration projects, including with Vermont Land Trust at Nordic Farms.

The grant offers the first opportunity for the park to work directly with Vermont Land Trust, which is expanding ecological restoration efforts on conserved properties throughout the state. The award will allow the park to advance the goals of the Western Vermont Golden-chain Collaborative by increasing connectivity and expanding the



winged-warbler habitat. The park hopes to have the work done by the end of this calendar year.

The expansion area is abandoned pastureland and is currently densely overgrown with tree-sized bush honeysuckle and European buckthorn. Removing these invasive species will allow existing native trees and shrubs, including gray dogwood and nannyberry, to thrive; and it will open the area to reestablishing native forbs like goldenrod and joe pye weed, as well as sedges and grasses. It will complete another major, contiguous segment of managed restoration in the park.

As part of the conditions governing the award, Audubon Vermont will conduct pre- and post-monitoring on the site. Vermont Land Trust and the Charlotte Park and Wildlife Refuge Oversight Committee will hold two workshops, one in August of this year and the next in 2024, to educate the public and local conservation organizations about the grant and report on the monitored changes once the work has been performed. The park will also erect signage to enlist birders to record on eBird any observations related to their sightings of golden-winged warblers in the park.

Outdoors & Environment

Avoid uglynest caterpillar

Ann Hazelrigg
University of Vermont Extension

If you spot any trees or shrubs that appear to be covered in fake spider webs, those aren't early Halloween decorations, but rather the work of the uglynest caterpillar (*Archips cerasivorana*), which can be found throughout Vermont.

This pest feeds on several types of hardwood trees and shrubs and is often found on chokecherries, pin cherry and black cherry. The caterpillar's eggs hatch when the leaves flush although, thankfully, there is only one generation of the pest per year.

The larvae feed from May to September in unsightly webbed nests made up of bits of foliage, frass and silk, hence the name uglynest caterpillar. The yellow caterpillars have a black head capsule and are fully grown at about three-fourths inch when they pupate in the nest.

Adult moths emerge and are active from

the end of June to September, when eggs are laid on the bark of host plants. Although ugly, these nests and pests cause minimal permanent damage.

The caterpillars are best controlled when small if you spot them early. If you are able, and there are only a few nests, removal of the nests and caterpillars by hand and then dropped into soapy water would reduce the damage.

Once they have approached three-fourth inch in size, they are tough to control as they are protected within the nests. At this point, they are likely to be getting ready to pupate and will not cause further damage.

If the tree has been decimated by the pest, anything you can do to remove further stress in the tree, such as thorough watering during drought conditions, will help it withstand the attack. There should be no long-term health issues for the tree, but you may want to watch for the pests next year when the leaves flush to try to manage any infestations.



Photo by Lynette Elliott/bugguide.net

Uglynest caterpillars are yellow with a black head capsule and are fully grown at about three-fourths inch when they pupate in the nest.

(Ann Hazelrigg is the University of Vermont Extension plant pathologist and director of the university's plant diagnostic clinic.)

Where's Charlotte rank in state's conservation goals?

Elizabeth Bassett
Contributor

Governor Phil Scott recently allowed H.125, a land conservation bill, to pass into law without his signature. Its goal is to permanently conserve 30 percent of Vermont's total land area by 2030 and 50 percent by 2050.

How does Charlotte look in the face of these ambitious goals?

Kate Lampton of the Charlotte Land Trust confirms that 28 percent of the land in Charlotte is protected by one of several mechanisms: conservation easement, town open-space agreements, town or state ownership, or land trust ownership.

"This number reflects that Charlotte is ahead of the curve on its way to those goals," Lampton said.

In Charlotte, the more pertinent number is actually 19 percent of total land acreage protected rather than 28 percent. That lower number is conserved or owned by several entities, including The Nature Conservancy, Charlotte Land Trust and Vermont Land Trust.

"Conservation easements are much stronger than open-space agreements, which is what we have with the town and state," Lampton said.

VTDigger explains that the conserved land falls into three categories: ecological reserve areas, where land would be managed passively to become wild; biodiversity conservation areas, where land would be managed actively to improve biodiversity for certain species and habitats; and natural resources management areas, where long-term, sustainable logging could take place. In all of these categories, conversion of large areas — for housing development, for example — would not be allowed.

"The voter-approved Conservation Fund in Charlotte has made a huge difference in protecting land as it has become available. This fund validates our conservation history as a town," Lampton said.

Farmscape

Photo by Lee Krohn



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In the Outdoors

Keep eyes and ears open for uncommon common loon

Elizabeth Bassett
Contributor

Anyone who has spent time near a lake and heard the haunting call of the common loon likely has some love for this unusual waterfowl. In June, Vermont's oldest loon, estimated to be at least 31 years old, died of apparent old age.

The Newark Pond Male has been followed by researchers from Vermont Center for Ecostudies and Vermont Fish & Wildlife Department for much of his adult life.

In 1998, Eric Hanson, then a visiting biologist at Vermont Institute of Nature Science, banded the loon, making it possible over a quarter century to track his movements.

"That bird could show up in Long Island or Massachusetts and someone could report that to the U.S. Fish and Wildlife Service lab," Hanson said. "They would be able to look at that band and tell exactly where the bird was banded."

It is estimated that Newark Pond Male flew more than 15,000 miles in his lifetime, most often wintering in salt water off Cape Cod.

Hanson now heads the Loon Conservation Project. The project works in partnership with Vermont Fish & Wildlife Department and has supported the common loon's return to lakes across the state through education, research, and advocacy.

Until 2005, the loon was on Vermont's endangered species list. In 1998, researchers knew of 40 territorial pairs, of which 30

nested. In 2022, territorial pairs numbered 139 with 106 of them nesting.

The 32 loons the team banded between 1998 and 2003 have added to research that has provided key insights about the species. Banding has provided a way of tracking loons as they compete for territory and

migrate in the winter months. Researchers have also learned through banding that loons don't mate for life.

With its heavy body and huge feet, a loon can dive to great depths for long stretches in search of fish, which make up most of its diet. Because of their build, the birds need a long runway before flight. And yet, once airborne they can cover some distance.

Newark Pond Male's mate disappeared sometime in the early 2000s.

"It's possible she died or was challenged by another female and lost her place in the lake," Hanson said.

Loons are site-specific, rather than mate-specific. For about a decade, no one spotted Newark Pond Male.

Hansen said, "He may have been kicked out of the territory for a few years."

In time, Newark Pond Male won his way back and returned to Newark Pond where he mated with another female.

"To me, it's so cool that these birds are vying for territory," Hansen said. "They're always checking each other out."

Non-breeders assess the situation and then may challenge residents. They may have a dispute that results in a change of mates.



Photo by PublicDomain Images

Keep your eyes and ears open for the common loon. Just yesterday I spotted one

(still hoping to see its mate) on Converse Bay. Oh, joy!

Tree hugger



A cub climbs a tree on Saturday night on Greenbush Road.

Photo by Lee Krohn

Calendar of Events

Please send event listings to calendar@thecharlottenews.org at least three weeks in advance.

'Willy Wonka'

Thursdays-Sundays, June 29-July 16
The Valley Players will present the family-friendly musical Roald Dahl's "Willy Wonka" June 29-July 16 at the Valley Players Theater in Waitsfield. Performances will be on Thursdays-Saturdays at 7:30 p.m. and Sundays, July 2 and 16, at 4 p.m. Roald Dahl's "Willy Wonka" follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. To purchase tickets or more information, go to valleyplayers.com.

Mushroom meander

Thursday, June 29, 5-7:30 p.m.
The Birds of Vermont Museum in Huntington hosts local author and mycologist Meg Madden for an observation walk around the museum's property. Learn identification tips and the important roles fungi play in a forest habitat. Registration required and includes a signed copy of Madden's new book on mushrooms. Note: This is not a foraging program. To read more and register, see tinyurl.com/25xue2k8.

Paddling the canoe trail

Thursday, June 29, 6-7 p.m.
Teacher, canoeist and musician Peter Macfarlane presents his story about paddling the Northern Forest Canoe Trail. Program is at Vergennes' Bixby Library and is free and open to all.

Women in music

Friday, June 30, 6 p.m.
Lincoln Peak Vineyard in New Haven presents a Women in Music series of concerts in June, July and August. Concerts are free but require registration. Food and drinks available for purchase. Sarah King opens the series with her thought-provoking Americana music. Bring blankets and the family; no outside alcohol allowed. To read more and reserve spots, see tinyurl.com/3dkm6n64.

Celebrate Coolidge and July 4

Tuesday, July 4, 9 a.m.-5 p.m.
President Calvin Coolidge is the only U.S. president to be born on Independence Day. The President Calvin Coolidge State Historic Site in Plymouth Notch will host a day of festivities and events on July 4 from 9 a.m. to 5 p.m. Start the day in the Union Christian Church at 9 a.m. for a reading of the Declaration of Independence and at 11:30 a.m. members of the Coolidge family will judge the "Grace Coolidge's Icebox Cookie Baking Competition" on the porch of the Cilley General Store, listen to an old-time string band, explore the historic village, see cheesemaking in John Coolidge's 1890 factory and watch The Coolidge Cup, a national invitational speech and debate tournament. Find more info about the day's events at tinyurl.com/5n73zrvv.

Fredrick Douglass commemoration

Wednesday, July 5, 11 a.m. & 1 p.m.
Rokeby Museum and the Friends of Union Meeting Hall are holding two family-friendly, free events honoring Frederick Douglass. At 11 a.m., Union Meeting Hall will host a morning reflection about Douglass' legacy and his historic visit to Ferrisburgh in 1843. Rokeby Museum staff will lead a history talk and community reflection on the site where Douglass spoke. Union Meeting Hall will be open for touring. At 1 p.m., Rokeby Museum will hold its annual reading of Douglass' 1852 speech "What to the Slave is the Fourth of July." Fredrick Douglass gave this speech at an Independence Day celebration in Rochester, New York, on July 5, 1852. In his speech, Douglass reminded the crowd that not all people celebrated freedom on the Fourth of July: "The blessings in which you, this day, rejoice, are not enjoyed in common."

Grange on the Green

Thursday, July 6, 5:30-7 p.m.
Patti Casey and Tom MacKenzie are the first performers in the Grange on the Green series of music on the town green. They will be kicking things off on July 6, bringing their original music and everything from French Canadian dance tunes to old time country. On the following Tuesdays in July, Grange on the Green performers will be July 13, Will Patton Quartet; July 20, Nick Carter; and July 27, Minced Oats.

Youth Farm Safety Day

Tuesday, July 11, 9:30 a.m.-3 p.m.
Kids, ages 10-16, who are interested in learning about farm safety through fun, hands-on activities, may want to check out this free event, which includes lunch, at Newmont Farm, a large Holstein dairy and pumpkin farm in Bradford. It is open to both farm and non-farm kids from Vermont and neighboring states. Workshops will cover safe handling of livestock, proper operation of a fire extinguisher, tractor and farm equipment safety and basic farm first aid. To register, go to go.uvm.edu/farmsafety23. For more info, call Martha Manning at (802) 656-7621 or email her at martha.manning@uvm.edu by July 3. The Youth Farm Safety Day is sponsored by University of Vermont Extension 4-H.

Charlotte walks

Thursday, July 13, 8:30-9:30 a.m.
Want to get more familiar with Charlotte's public trails or meet and chat with other Charlotters? Join us for Charlotte Walks this week at Charlotte Park and Wildlife Refuge at 1489 Greenbush Road. Every second Thursday meet at a different trailhead at 8:30 a.m. Walks will generally last about an hour and will be led at an adult walking pace. Note: Dogs are not permitted at the Charlotte Park and Wildlife Refuge.

Grange on the Green:

The Will Patton Quartet
Thursday, July 13, 5:30-7 p.m.
The Will Patton Quartet will play gypsy jazz and Brazilian styles as well as straight up

bebop and many original compositions. Sponsored by Cumbancha Music, ReArch Company and Otter Creek Awnings.

Grange on the Green: Nick Carter

Thursday July 20, 5:30-7pm, Charlotte Town Green
Nick Carter will play original music as well as well-known folk music. Sponsored by ReArch Company and Otter Creek Awnings.

Extended exhibition

Through Friday, July 21
Rokeby Museum in Ferrisburgh is currently exhibiting 15 pictorial hooked rugs that chronicle significant African American women and events. The rugs are reproductions of a 1947 series of linocuts from artist Elizabeth Catlett's I am the Black Woman series. The exhibition has been extended through July 21. Rokeby is open 10-5 daily.

Grange on the Green: Minced Oats

Thursday July 27, 5:30-7 p.m.
Minced Oats will play neo-traditionalist Americana, bluegrass and folk music on the Charlotte Town Green. Sponsored by Point Bay Marina, ReArch Company and Otter Creek Awnings.

Charlotte walks

Thursday, Aug. 10, 8:30-9:30 a.m.
Join for Thompson's Point and Whiskey Bay walk at 8:30 a.m. at the parking lot for Whiskey Bay at 1000 North Shore Road (parking lot is on the non-lake side of road ... drive slowly, it can be tricky to spot. We'll have someone standing visibly by the road to help you find us.). We'll be walking a loop of dirt roads and trails around Thompson's Point including North Shore Road and Flat Rock Road. The loop is approximately 3 miles. Bring your bathing suit and towel for a dip in the lake afterwards. Whiskey Bay is a free public access to Lake Champlain in Charlotte.

Growing young gardeners

Thursdays through Aug. 17, 10 a.m.-noon
Every Thursday, young people are invited to participate in a free gardening program at the Vermont Garden Park on Dorset Street in South Burlington. A program of the Burlington Garden Club, kids and their accompanying adults learn about different subjects related to gardening. It is not required to attend each week. Best for ages 4-10 with a grown-up (or two). Each session is free; snack time and a craft project is included. To read more and see what to bring, see bgcvt.org/events.html and scroll down a bit.

Vergennes Day

Saturday, Aug. 26, 10 a.m.-3 p.m.
Head to the Vergennes City Park for the 41st annual Vergennes Day on Saturday, Aug. 26. With over 60 vendor booths in city park, there is fun for all ages. Come check out live music on the bandstand, pancake breakfast and bubble pit at the fire station, horse and wagon rides, Little City Road Race, Lions Club chicken barbecue, merchant sales and more.



Do you love the calendar of events?
Of course, you do. You are reading this calendar, so you must find it useful in keeping up with what is happening in and around Charlotte.

Mary Landon has been producing it for nearly a year and a half. Now, she's moving on, and we need a volunteer (or two) to take over.

This is a labor of love, and a good match for someone who is adventurous, curious about all the many happenings in Charlotte and beyond — and is up for a chance to give back to your community.

Mary Landon has kindly offered to pass along what she's learned and how she gathers and organizes the events calendar (every two weeks).

To find out more, please contact Scooter MacMillan at 802-881-4728 or scooter@thecharlottenews.org.



Town of Charlotte MEETINGS

Visit charlottetv.org for more information.

Planning Commission: Special meeting
Thursday, June 29, 7-9 p.m.

Town Clerk and Planning & Zoning Offices closed
July 3 & 4

Planning Commission: Regular meeting (CANCELLED)
Thursday, July 6,

Selectboard
Monday, July 10, 6:30 p.m.

Trails Committee Monthly Meeting
Tuesday, July 11, 6:30-8 p.m.

Development Review Board Regular Meeting
Wednesday, July 12, 7-9:30 p.m.

FREE!

LIVE MUSIC!
by Woody Keppel and The Hokum Bros

CHARLOTTE BEACH PARTY
POTLUCK & BBQ

Saturday, July 8 at 5 p.m.
Dinner served at 6 p.m.
Rain Date: Sunday, July 9
Please bring an item to share, your own utensils & beverages.

Local food served courtesy of:
Fat Cow Farm: Burgers
Misty Knoll: Chicken
Stony Loam: Salad
Adam's Berry Farm: Dessert
Gelato by Backyard Bistro courtesy of Elizabeth Moore with Ridgeline Real Estate
Grilling by Fortin's Lawncare

Send questions to billandeva@gmavt.net

The Charlotte News is proud to support this event.

GRANGE ON THE GREEN

Thursdays in July
5:30 – 7:00pm
Town Green
(rain location: Senior Center)

July 6: Patti Casey and Tom MacKenzie
July 13: Will Patton Quartet
July 20: Nick Carter
July 27: Minced Oats

Hosted by the Charlotte Library and the Charlotte Grange with thanks to our Concert Series Sponsors: ReArch Company and Otter Creek Awnings

The Charlotte News is proud to support these events

Arts & Entertainment

Circus Smirkus takes 36th tour of New England

The 36th Circus Smirkus Big Top Tour opens this Saturday, July 1, in Greensboro with opening weekend performances at 1 and 6 p.m., the first two performances of the 63-show tour that will visit five states and 14 towns over 50 days this summer.

Upcoming area shows include five shows at Farr's Field in Waterbury July 4-6, five shows at Bombardier Park West in Milton July 11-13, then back in Greensboro Aug. 18 & 19.

Tickets and show information are available at smirkus.org.

The 30 budding circus stars in the 2023 troupe are ages 11-18 from regions across the United States.

Celebrating its 36th year, Circus Smirkus is the only traveling tented youth circus in the United States. Its shows are among the most beloved arts events of the New England summer. Performing under a traditional

European-style circus tent, Circus Smirkus troupers delight and inspire audiences of all ages. (Note: there are no animal acts in these performances.)

This year's tour continues the tradition of Smirkus' annual theme-based shows with The 2023 Big Top Tour: A Midsummer Night's Circus. The show will feature a vast array of circus arts — including aerials, acrobatics, juggling and clowning — a dazzling display of brilliant costumes and many other surprises. The award-winning circus company performs across New England to approximately 40,000 patrons each summer.

Located in Greensboro, Vt., Circus Smirkus is a nonprofit arts and education organization whose mission is to promote the skills, culture and traditions of the traveling circus.



Photo by Marvin Wang

Circus Smirkus features awe-inspiring acrobatics by a troupe of thirty 11-18 year-old budding circus stars.

Library News

Make Music Day runs harmoniously smooth

Margaret Woodruff
Director

Make Music VT was a wonderful afternoon and evening of entertainment on the library porch. Thank you to Nick Carter for organizing and acting as emcee and to Ted LeBlanc for managing the sound system and helping everything run smoothly.

Friends of the Library book sale Sunday, July 16, 10 a.m.-2 p.m.

Donation dates: Friday, Saturday, Tuesday, July 7, 8, 11, 11 a.m. to 2 p.m., and Wednesday, July 12, 4-7 p.m.

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.

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

'Winnie the Pooh' Tuesday, July 4, noon

"Winnie the Pooh" will be presented on the Charlotte Town Green by The Very Merry Theatre. Bring low lawn chairs or blankets, water and sunscreen. The

Charlotte Library will be closed on July 4. There will be limited bathroom access only.

Make-it Monday Mondays, July 10-31, 1 p.m.

Monday afternoons in July are the perfect time for craft projects. We'll 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.

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.



Courtesy photo

People enjoy music played on the library's porch at Make Music Day.

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 merry 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/bdhhn86f.

Grange on the Green Thursday, July 6, 5:30-7 p.m.

Patti Casey and Tom MacKenzie play everything from French Canadian dance tunes to Tin Pan Alley, old-time country and a healthy dose of originals. Thanks to sponsors Philo Ridge Farm, ReArch Company and Otter Creek Awnings.

Library contact information:

Margaret Woodruff, director
Cheryl Sloan, 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 on the first Thursday of the month at 6 p.m. The next meeting takes place on Thursday, July 6, at 6 p.m. online and in person. Please contact the library or visit the library website at charlottepubliclibrary.org for more information.

Senior Center News

Alzheimer's Caregivers Support Group forming in July

Lori York
Director

Thank you to all the talented musicians who played as part of Make Music VT, with a special thank you to Nick Carter who coordinated the line-up of musicians performing at the senior center and library as part of World Make Music Day.

As the senior center transitions to a summer schedule, there are several outdoor activities to consider such as gentle walks, birding, kayaking and canoeing trips.

In July, there will be a monthly Alzheimer's Caregivers Support Group starting at the senior center.

There are always opportunities to gather inside for board and card games, exercise programs and art activities. 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 newsletters 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

Birding expedition Wednesday, July 12, 9 a.m.

There are a wide range of birding habitats in Chittenden County. Join avid bird watcher Hank Kaestner and learn to identify the various bird species and habitats right here in Vermont. Free. Registration required and group size is limited. Register online at charlotteseniorcentervt.org/registration, in-person or by calling 802-425-6345.

Recreational paddling trip Sunday, July 9, 9:30 a.m.

The June paddling trip was canceled due to the weather. Please join Karen & Dean Tuininga for a rescheduled paddling trip, Sunday morning, July 9, on Lewis Creek. The group will meet at 9:30 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.tuininga@gmail.com. Registration required through the senior center. Details will be sent to registered paddlers the evening before the trip. Free.

Walking and gentle hiking group Thursday, June 29, Charlotte Park & Wildlife Refuge

Enjoy the beauty of nature. Come walk at a gentle pace with other seniors. The group will meet on the last Thursday of each month for a congenial non-strenuous walk. Meet at 9 a.m. in the parking lot at Charlotte Senior Center. Please bring sunscreen, bug spray and water. Questions? Contact Penny Burman at 916-753-7279. Registration required. Free.

Women's kayak trips Second & fourth Friday mornings

These kayak trips are for active women who share a love for exploring the many local lakes, ponds and rivers. To register your interest, please respond by email directly to Susan Hyde at susanfosterhyde@gmail.com to be placed on a master list of paddlers. Registration required. Free.

Programs

Charlotte Alzheimer's Caregiver Support Group Thursday, July 13, 5-6 p.m.

Are you caring for someone with Alzheimer's? Do you know someone

who is? Please join the first monthly caregiver support group on Thursday, July 13. The meetings provide a safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system. The group will meet on the second Thursday of each month from 5-6 p.m. For further information or questions please contact: Susan Cartwright: scartwrightasg@gmail.com

"Locally Yours" CSA program Thursdays, 10-11 a.m.

The senior center is participating in the "Locally Yours" program, sponsored by Sen. Bernie Sanders' 2023 Earmark 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. You do not need to register to participate in this program. 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 only take what they will use. No registration required. Free.

Board and card games

Backgammon league Tuesdays, 6-8:30 p.m.

Backgammon is a tactical table game with a 5,000-year history. Interested in joining the Tuesday evening backgammon league? Contact Jonathan at jonathanhart1@gmail.com.

Brain games Fridays, 3-5:30 p.m.

There are many ways adults can stimulate their brains to increase mental health, improve memory skills and contribute to overall well-being. Research finds that positive interaction with others and engagement in stimulating group activities sharpens cognition and increases memory ability. Join to play a variety of games, share laughter and enjoy one another's company. Questions? Please call Lin Kalson at 608-345-9321 or email linkalson7@gmail.com.

Canasta Mondays, 12:30 p.m.

Canasta is a form of rummy using two full decks in which players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for seven-card melds. If you are interested in joining this group or if you have questions, please call Sandy Armel 802-425-3248. No registration required. Free.

Duplicate Bridge Mondays, 12:30-4 p.m.

The group plays an intermediate level of duplicate bridge using the basic American Contract Bridge League conventions. Names are drawn for partners, and friendly games ensue. Those unfamiliar with duplicate bridge are welcome and paired with an experienced player to help for a few weeks of open-dialogue training. The group is always looking for new players who have basic bridge knowledge.

Samba Tuesdays & Fridays, 12 p.m.

Samba is a variation of canasta. Players form five clean canastas, one dirty canasta (with a wild card) a canasta of wild cards, a canasta of sevens and at least one samba which is a run of seven cards in a sequence of the same suite. If you are interested in joining this group call Sandy Armel at 802-425-3245 or Mary Mazur at 802-373-1074 or email at memazur@comcast.net. No registration required. Free.

Shanghai mahjong Tuesdays, 12:45-3:45 p.m.

New to or experienced in the Shanghai style of mahjong, you are welcome to join



Photos by Lori York

From left, Shane Bowley and Janice Russotti perform Americana covers and originals.



Story Holmes on cello with Julie Holmes playing piano.

this informal get-together. For questions email Nan Mason: anne.mason@uvm.edu.

Meals

Menus are posted on the website: charlotteseniorcentervt.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.

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 Lin Kalson 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.



Kathryn Blume performs spiritual feminist blues-rock.



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Write Ingredients

Official or not, it's already mustard season

Susan Ohanian
Contributor

Although National Mustard Day isn't until the first Saturday in August, July 4 is coming soon, and surely that brings mustard to mind. One of the most widely used condiments in the world, the French eat 2.2 pounds of mustard a year. A jar of Grey Poupon weighs only 8 ounces. That's a lot of mustard.

Maurice Grey received a Royal Appointment for developing a machine that increased the speed of mustard production. He obtained financing from Auguste Poupon, another mustard manufacturer. The factory where the two men started production has become a shrine to mustard lovers in Dijon.

Grey Poupon is still produced in France for the European markets. The mustard seeds come from Canada, which is why, when Canada suffered a drought, France went into a panic over the absence of mustard.

In her semi-autobiographical 1983 novel "Heartburn," Nora Ephron's protagonist describes the recipe for an ideal vinaigrette: "Mix two tablespoons of Grey Poupon mustard with two tablespoons good red wine vinegar. Then, whisking constantly with a fork, slowly add six tablespoons olive oil, until the vinaigrette is thick and creamy; this makes a very strong vinaigrette that is perfect for salad greens like arugula and watercress and endive."

In 1992, Brooklyn hip-hop duo Das EFX's song "East Coast" had what's probably the first Grey Poupon reference in hip-hop history. They did it with this verse:

"He's the don, have you seen my Grey Poupon?"

Bust this, we roll more spliffs than Cheech and Chong."

French's Mustard, the best-known brand in the U.S., has, as its makers insisted during the Iraq war, strictly nothing to do with France. French is a family name, and the mustard originated in 1904 with George J. French, who called it cream salad mustard. It gets its vivid, yellow color from the addition of turmeric.

When newspaper magnate William Randolph Hearst entertained guests at San Simeon, his castle on the California coast, table settings in the Renaissance banquet hall always included French's Mustard,



Hearst's favorite.

When traveling, King Louis XI of France always carried his mustard pot. After tasting Dijon while serving as ambassador to France, Thomas Jefferson planted mustard seeds in his gardens at Monticello.

Dijon mustard recently became contraband in Colombia. Earlier this month, The New York Times reported, "Desperate consumers are sneaking it in suitcases from abroad, hoarding it in their homes, paying outrageous prices online and lining up at clandestine locations to buy it."

The government is trying to protect Colombians' health. Inspired by a push by the Pan American Health Organization to reduce high rates of cardiovascular disease, Colombia's Health Ministry imposed limits on high sodium products. Mustard must have less than 817 milligrams of sodium per 199 grams. A jar of Grey Poupon Dijon mustard has nearly three times that ratio.

You can visit the National Mustard Museum in Middleton, Wisconsin, and see more than 6,300 mustards from all 50 states and more than 70 countries.

Founded by Barry Levenson, former assistant attorney general of Wisconsin, it features a mustard collection he began 1986. Despondent over the Boston Red Sox losing in the 1986 World Series, he started the museum. NPR ran a feature you can hear at tinyurl.com/4t2f646n.

Here's some information about the museum and a good picture of the variety of mustards there: gonomad.com/198526-mustard-museum-in-middleton.

French's Mustard was first sold in 1904, the same year that hot dogs were introduced at the St. Louis World's Fair. Dan Barry's "Ambassador Hot Dog" is a delightful piece on how hotdogs are used in the formal language of U.S. diplomacy, suggesting that, perhaps, the presentation of a hot dog may say, "On behalf of the United States of America, may we offer you this tubular delight of meat, meat byproducts, curing agents and spices?" But what it really says is: "How ya doin'? Wanna beer?"

Such is the dramatic charm of the hot dog: tinyurl.com/58vrfp8k.

And here's a golden oldie by Russell Baker, who complains about all the mustard that's come to live in his ice box: English mustard, French mustard, hot mustard, cold mustard, lukewarm mustard, hot-dog mustard, cold-dog mustard and designer mustard for dropping on neckties: tinyurl.com/4smwjfxu.

He who must not be re-elected prefers catsup and hamburgers.

Monday July 3, senior center closed
Enjoy the holiday.

Age Well; Meal Pickup
Thursday, July 6, 10-11 a.m.

Remember to register the previous week by email at meals@charlotteseniorcentervt.org or by phone at 802-425-6345. Barbecue chicken, baked beans and strawberry shortcake.

Monday Munch,
July 10, 11:30 a.m.-12:30 p.m.

Menu to come. Check the Charlotte Senior Center website at charlotteseniorcentervt.org/lunch/meals.

Men's Breakfast
Thursday, July 13, 7-9 a.m.

Once a month, men gather for breakfast and conversation. Everyone pitches in to prepare the meal and do the cleanup. Please register by the previous Tuesday. Contact Tim McCullough: cubnut5@aol.com. The July 13 breakfast features a talk by Stephen Hale who will describe a trip he and his wife took to the Falklands and the South Georgia Islands. They are both marine biologists.

Age Well; Meal Pickup
Thursday, July 13, 10-11 a.m.

Cheese tortellini with alfredo, peas and carrots, spinach, watermelon. Suggested Age Well donation is \$5, but not required to receive a meal. Pay what you can, when you can.

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