THE North Star Monthly Every Small Town's Newspaper

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

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SEPTEMBER 2010 Volume 23, Number 4







Train Time

By Nat Tripp

o many, late summer and early fall means fair time, and years ago it was fair time for me, too, especially when we were showing horses. But it's train time for me now, and I'm busy selling tickets, putting up posters, and then welcoming the public for a day of scenic train rides.

I grew up with trains and loved them from the start. As a boy of 10 or 12, I had far more mobility than kids today. I could walk to the station and ride trains across New York and Connecticut visiting relatives. I took the train to Vermont every summer, in a chartered rail car full of rowdy campers, and I rode troop trains across the country when I joined the Army. Most kids around here have never been on a train. Neither have many of their parents. I welcome them aboard at the St. Johnsbury depot, where the grandeur of the

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'It's like liquid apple pie'



By Justin Lavely

ew things stimulate a Vermonters palette like apples and cheddar cheese. The combination can prompt raised eyebrows from visitors when they see someone with a slice of apple pie and a slice of cheddar, but it's as Vermont as maple syrup. And now, tucked in the hills of West Charleston, two new Vermonters have found a way to bottle half of that flavorful mixture into icy sweetness.

The state's variable climate is often a target for gripes. As it turns out, the large temperature swings are perfect for one thing: making ice cider, a concoction pioneered by our Canadian neighbors, which has now found its way into Northeast Kingdom stores. Thanks to Albert & Eleanor Léger.

The cider is made from 100 percent Vermont apples and concentrated naturally over the cold winter months, before being fermented in the Léger's basement.

According to the Légers, and corroborated by a quick taste test, the cider has a fresh apple aroma and an intense cider flavor with hints of honey, pear and citrus followed by a long finish. It's meant as a desert treat or as a sidekick to another Vermont treasure, sharp cheddar cheese.



"It's like liquid apple pie," Eleanor says while sitting at her kitchen table. "The name is a reference to the Garden of Eden and the apple."

The process of making ice cider is intriguing, but so is the Léger's history. Albert calls himself an Acadian, a decedent from French settlers in the maritime provinces of northern Canada. During the Great Expulsion of 1755, 14,000 settlers were exiled from their homeland. Many were deported back to France, while others resettled in Louisiana and eventually became known as Cajuns. Albert's ancestors were part of a small group that was able to relocate to small fishing villages on the coast of New Brunswick. After the

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FROM THE EDITOR

Absentee landlord?

entennial Field in Burlington is owned by the University of Vermont and is home to the Lake Monsters, a minor league baseball team. It used to be home to UVM's own baseball team before the university dropped the sport last year. Now, it appears as if the university is trying

I'm not sure what UVM's endgame is, but it appears as if they prefer to own the facility while their renter and the taxpayers foot the major bills.

to distance itself further from the facility, which first opened back in 1906.

Concerns over the stadium's structural integrity brought the situation to light. The Lake Monsters, UVM, a private donor and the City if Burlington have all pitched in to fund a \$50,000 study to determine the future of the field. Burlington officials have said they would consider building a new facility on site or elsewhere is if the study shows Centennial cannot be rehabbed or refurbished.

The dynamic of ownership is convoluted to the average eye. UVM owns Centennial Field, but leases it to the Lake Monsters and the city of Burlington also has a seat at the decision-making table.

Richard Cate, UVM president of finance, told WCAX that the university is willing to make safety repairs but they will not fund a major overhaul. As Cate put it, "We're not in the business of minor league baseball." Ignoring the ambiguities of what UVM will ultimately consider a safety repair or an overhaul, this is a curious statement considering UVM *owns* a minor league baseball stadium.

I'm sure there are a few Burlington taxpayers and Lake Monster fans across the state that wants to know why UVM is acting like an absentee landlord. From what I've read, the university owns the stadium and the Lake Monsters own the team, so where does the taxpayer responsibility come from?

The Lake Monsters, much like the Vermont E xpos before them, are a statewide attraction. A family trip to Centennial Field costs peanuts compared to seeing a Major League game. Lake Monster General Manager Nate Cloutier, a Northeast Kingdom native, says his organization employs upwards of 100 people during the season.

I'm not sure what UVM's endgame is, but it appears as if they prefer to own the facility while their renter and the taxpayers foot the major bills. That's not typically the way a rental agreement works. UVM either needs to pony up or turn over the stadium to someone who will. As Cate explained, "...the university does not need a baseball stadium." He's right. And that statement does not paint a rosy picture for the future of Centennial Field.

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ARTICLES: We don't have a big staff of writers. So we look forward to you sending your writing. If you have questions or ideas and want to ask us first, please call. We'll send our guidelines. No fiction, please. **PHOTOS:** We'd like to see your photos and

PHOTOS: We'd like to see your photos and welcome them with a story or without. They can be black-and-white or color, but they must be clear.

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St. Johnsbury police chief resigns after liquor raid, Danville woman celebrates a centennial milestone

The North Star

"WHERE LIBERTY DWELLS THERE IS MY COUNTRY"

1807-1889 Est. by Ebenezer Eaton Danville, Vermont



THE NORTH STAR

September 5, 1879 In the Jaws of a Lion - The following story is taken from a wo rk ca lled "A mong the Zulus." I was out after porcupines and was lying down one night near a porcupine's h ole waiting for him to come out. I had no gun and only my hunting kni fe w ith a l arge knob korrie w ith w hich to knoc k the porcupine in the nose; for that, as you know, kills him at once. I d id not hear a sound until I heard the grass near me move and a lion got his paw on me and lifted me up. The brute p ressed h is claws i nto me but luckily my leather belt prevented his teeth from damaging me. He carried me by holding onto my belt and coat. If either of these had given way I would have been laid hold of in a far more rough manner. A lion is like a cat in one thing, he likes to hold an animal in his mouth with out damaging

it, as I have seen a cat do with a mouse. I know the nature of lions well enough to know that if I struggled or put up a figh t I should have my neck broken or head smashed in an instant. So I did not struggle, but quietly drew my knife and tried to think of what was best to do. I thought first of striking him in the heart but I could not reach that part of him and his skin looked so loose that I thought I could not strike deep enough. I knew this was a matter of life and death in an instant so I turned slightly and gashed the lion's nose, cutting it through. The animal dropped me like a poisonous snake and j umped away r oaring i n p ain. H e stared at me for a moment and I did not move and he didn't seem like he wanted to carry me again. More than once he came within a few yards lick ing the blood as it dropped from his nose and I stood like a stone. I knew buffalo and ox are very sensitive of their nose, as are house cats, when you tap their noses they can't stand it. I thought a lion might be the same and so it is proved.

Prison - Our county jail is filling up again. Last week, it had no less than seven inmates.

Academy - The Fall term of St. Johnsbury Academy opened last week Tuesday with 150 students or more and two teachers – M r. Chas. W. Willa rd and Mr. Herbert J. Harriman, both graduates of Dar tmouth College.

Liquor Raid - Allthe parties la tely a rrested in St. Johnsbury for selling liquor have settled up and paid fines excepting Geo. B. Walker of the St. Joh nsbury House and James Higgins, express agent. Geo. War d h as r esigned as chief of poli ce. There were some t hings c onnected with the late liq uor raid that were unpleasant to perform, so on the whole George concluded to resign and let some new man try it. It is reported that one of the parties very promine nt in securing the arrest of the St. Johnsbury liquor d ealers had two cases of lager come to his house for his own use on the day the other parties were ar rested. A great many of these temperance oracles keep a "little suthin" in the house just for sickness, you know.

West Barnet - Last Tuesday, a party of about 100 men and boys assembled in search of Mos es H unter, an i nsane person, who h ad been miss ing for about a week previous, and was supposed to be hiding in the woods about Holmes Mountain. Hu nter se rved in the late war and became insane while part of the army. He has lived at the house of James Hunter, his brother, who takes care of him, and this is not the first time he has attempted to escape by r unning away and hiding in the woods. The party made a thorough search of the mountain, but with out result. The se arch continued for a

few days and he was eventually found exhausted near the railroad crossing in Groton.

September 19, 1879 Hen Hawk - M rs. John D. Harris of Nor th Danville caught a live hen h awk in her kitchen that measured two feet in length. The hawk had been praying on her chickens before being captured.

Lightning - A bolt of lightning struck the home of Hiram Russell's house in St. Johnsbury Wed nesday morn ing, se riously in juring an elderly lady name Mrs. Goss, whose recovery is considered doubtful. The house was protected by lightning rods.

Team Stolen - E mery Bemis of Lyndon had a brown mare, driving harness and express wagon st olen fr om h is barn about half past 8 o'clock Monday night. It is supposed the team was taken by the parties who recently escaped from the St. Johnsbury jail.

A Bee Tree - Levi Harris of So uth D anville cu t d own a a be e tre e on his la nd la st Monday and t ook therefrom something like 100 pounds of honey and got a swarm of bees. Stephen Morse and Harvey Nutting bagged the insects, although the y go t so mewhat warmed up in during the performance.

September 25, 1879 Sick Room - Nothing requires more care, judgment,

and circumspection than the simple act of visiting a sick room. A capitol book could be written on this subject, warning about the dangers of being brusque or stupid. There ought never to be m ore than one spare chair in a sick room, says an authority. The worse thing a person who calls on a sick person can do is refer back to an incident in the past, which in their imagination, is the cause of the illness, Religious admonitations, a delicate point, though they profess to save the soul, som etimes, hurt the

Centennial Birthday -Next Thursday will o ccur the birthday o f M rs. Su sannah Eaton of this village. She was born in Loudon, N.H. in 1779, and when six years of age, came to this place with her parents, and with the exception of one year, when the family lived in Peacham, has resided hear, living on the same piece of land she occupied when this to wn was little more than a forest.

West - Harv ey's excur sion train for the West left St. Johnsbury la st Tu esday, ha d some 80 passengers aboard. Among t hem w as Mr .J.O. Cowles of Peacham. These excursions are the cheapest way to reach the West, either for business or pleasure, and many people avail themselves of the chance to get a reduction in fare. Another tra in le aves sometime the last of October.

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Which barn is it anyway? Solving the mystery of Robin Rothman's sketch

By Sharon Lakey

his whole barn question started with Robin Rothman's Four Barns prints for the Danville Historical Society. During the 70's and 80's, Robin roamed the back roads of the area, sketching interesting looking things. At the time, she was an art student at Antioch College, and her mother had a house way back in North Danville. Forty or fifty years later, four of these sketches have been reproduced for the public in the form of limited prints and note cards.

It's funny how memory works. Of the four sketches, one of the barns has raised some eyebrows. Robin would write on the bottom of most of the drawings notes about where they were sketched. That is a good thing, because things change considerably in a landscape, and memories that we thought were crystal clear have somehow become distorted through time.

The barn in question had such a note: "Barn that stood across Rt. 2 from school in Danville." It is of a dilapidated looking building with all kinds of appendages—a square silo, a cupola, a long, slanted shed on the left, several doors askew on the front and a large tree growing up among surrounding foliage. It has a gambrel roof and a shed dormer, too. Also, the front treatment of the clapboards looks odd, because Robin has made the

tone of clapboards darker in patches on the front of the barn. When we printed the sketches, Robin said, "Oh, that barn got burnt or torn down."

When I showed the sketch to Dot (Ayer) Larrabee, she studied it a bit and said, "They used to have dances in that barn. But that isn't how I remember it. I'm not sure it is the right one." (Of course, Dot was living in West Danville as a young woman and had the benefit of the elegant Point Comfort dance hall.) Winona Gadapee dropped in, and her memory is almost always a sure thing.

"That was part of the Smith house," she said, holding the sketch in her hand. Things looked a little dim for identification as she began shaking her head in confusion. I got a phone call just then and Winona kept the

sketch in hand for quite a span. When I hung up, she said, "Don't throw the idea away, though," she said. "My parents took me to some dances in the barn on Route 2 and that may be where we came in," she said, her finger tracing the slanted shed. "And that looks like where we stood inside," she said, pointing this time to the shed dormer. There was a lot of room for dancing up there." She also informed me that it had burned in 1950 and that her husband, Arnie, had helped fight the fire.

I went back into the archives and brought out a 1929 all-class photo of Phillips Academy, and we looked at the Smith place, house and barn, which are in the background of that photo. The roof of that barn isn't gambrel. We know that Jane and Guil Kitchel own a barn now on that location, a nice newer-looking red one







The barn as it appears today. Guil Kitchel has taken the outbuildings and additions on the barn down, but if one compares this with Robin's sketch, the barn structure is the same. The high drive has been changed with the added pediment and the front door to an overhead. The back of the barn shows the scorched clapboards that were damaged in the fire of 1950. The story around town at the time of the fire was that the hay was set on fire by a disgruntled hired man. Although damaged, the barn was salvageable, because of good fire fighting.

right on Route 2. It has a gambrel roof, but it is a far cry from the barn in the sketch. Did Guil build a new one in the old one's

On my way home that evening, I happened to meet up with Robin; the note card was in my hand, and I explained that the barn was somewhat of a mystery. I was wondering if she may have been mistaken in her note taking. "I sat right across the road and sketched it!" she said without hesitation. I had to figure this one out.

First, I called Guil, who is very attentive to details when it comes to history. When I explained the conundrum, he said his barn (the red one) was built in 1941. He also said there was a fire in 1950, started by a disgruntled hired man in the hay loft, but the barn had been saved. "You can see where some of the clapboards have been scorched," he said.

With this new information, I went back with my camera the next morning. I still had

the sketch in hand and when Guil came out to visit about it, he held the note card in his hand and nodded. "This is how it looked when we got it in the 80's," he said. We looked at the red barn from all angles. He explained the different things he had done to it, including taking all the old appendages off and clearing the foliage. Even the tin cupola, popular and inexpensive in the 40's, was unstable and had to be taken down. "It's a good barn, though," he said, "great place for storage." On the back, he showed me the scorched clapboards. "I had to replace the front ones, because they were rotted, but I haven't replaced these yet."

Mystery solved.

I called Winona and told her all about it, asking for any stories she may have about the dances. "Oh my, I was just in junior high. My mom and dad took me to them. I remember thinking the Hale boy was pretty cute, and he was there. Mom and Dad didn't much like that, but they

took him home that night in the back of the pickup. They were clean dances," she said, "country style with a band." They did square and string dances. "The barn seems smaller, now. There was room for a lot of dancers," she said.

Talk about synchronicity. Glenn Badger from Danbury, CT, son of Geneva and Phil Badger, walked into Historical House the next day. His family was living in the Smith house during this period of time. He well remembers the dances held in the barn. His Aunt Maggie, who was in a wheelchair, took tickets and his parents set up a concession stand just inside the door at the top of the high drive. "Steamed hot dogs and that sort of thing," he said. "Danville was a dry town in those days,"

said Glenn. "People would keep alcohol in their cars and would go in and out for that." He said the Texas Ramblers, a country band from St. Johnsbury, played and remembered in particular a woman named Kay who played the piano and Judge, the leader of the band.

Arnie Gadapee was working at Marty's where I caught up with him to ask about the fire. It seems it was deer season and he and his buddies, Bob and Bill Beattie, had skipped school and gone deer hunting up at the camp behind Beattie's. "We could see the fire from up there," he said, "and we came back to help put it out. I remember getting onto a hose in the stable part of the barn, standing in my sneakers, water up to my knees. Poor Bob was up on the roof and someone

swung an axe and hit him in the head with it. I think they had to take him up to Dr. Paulsen for some stitches." When asked if he knew the story about the hired man starting the fire he said, "Now that you mention it, that rings a bell."

I called Kate Beattie to see what she remembered about the hired man, but she wasn't at home. Occie, her son, answered, and when I told him what I was calling about, he said he remembered sitting in school and watching the fire out the window. "Anything about the hired man?" I asked.

"Oh yeah, that's what people were saying," he replied.

To see this article and a link to the photo album go to www.danvillehistorical.blogspot.com

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Community Bulletin Board

Trick-or-Treat for the Food Shelf

On October 31, children of the Danville Congregational Church will work together to accomplish an incredible goal. These kids will be Trick-or-Treating with a new twist. Instead of just collecting candy, these kids will be collecting canned goods and money donations to benefit the local Food Shelf (Open Door) in Danville Vermont.

October 31, 2010



2:00pm/4:00pm

We will be accepting food and cash donations to benefit the Open Door Food Shelf f. If you wish to make a donation and we will not be in your area, donations can be dropped off at The Danville Green between 2:00-

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Restoring the soul

acations can be exciting and eventful -- opening the mind and body to new experiences -- but most of all they should rejuvenate, which the dictionary defines as, "to restore the youthful vigor or appearance of..." -- in this case, the body or soul. I am not sure that all vacations restore the youthful vigor of my body, but most, in some way, restore my soul.

I was born near the ocean, and for the first twenty years of my life lived in England, where no place is more than seventy miles from the sea. I have always loved the ocean, its sounds, smells, saltiness on my lips, and the feel of sand beneath my feet and around my toes.

I am not a good swimmer; I don't care for rough sailing or boating; but crabbing, beach combing, and observing the fascinating life of the tidal zone are favorite pastimes. Dipping a foot in the ocean whenever possible plays a significant role in restoring my soul.

When I graduated from college in England, I thought long and hard about accepting a research position with my zoology professor. But my interests in marine biology and embryology were not his fields of study, so I chose to become a science teacher instead. The denied choice of the untaken career path still haunts me from time to time, especially when I am by the

When I was married, my husband promised me a trip to the ocean each year and he has never failed me. On vacation this summer I discovered an aspect of the shore, the salt marsh, that opened up a new awareness of what the ocean means to my inner life. The salt marsh is a place that has a unique, almost primeval position between land and ocean and is a significant source of ocean life.

I have seen salt marshes before, kayaked along their channels, floated in their sun-warmed flumes as the out-going tide drains the marsh, and have delighted in their abundant wildlife. For some reason this year was different — maybe because of the news coverage of the Gulf oil spill and the plight of the marshes and bayous of the Gulf coast — I was drawn to the power of the marsh.

Sippewissett Marsh on Cape Cod seems to me to embody a deeply maternal quality of the ocean. It bustles with life like a busy mother, but unlike the swells and waves along the open shore, it is gentle and nurturing. The water channels wend their way in sinuous curves through the green, seagrass meadows, sedges and reed beds. The For some reason this year was different maybe because of the news coverage of the Gulf oil spill and the plight of the marshes and bayous of the Gulf coast — I was drawn to the power of the marsh.

water moves slowly even when the ocean may rage beyond the dunes. Large pools form at high tide in mud-rich depressions, disappearing as the tide ebbs, leaving muddy basins hopping and squirming with life. Ducks upend themselves in the pools, orange feet paddling the air while their bills are busy dabbling in the muddy water, reminding me of the poem, "Ducks' Ditty," from Wind in the Willows:

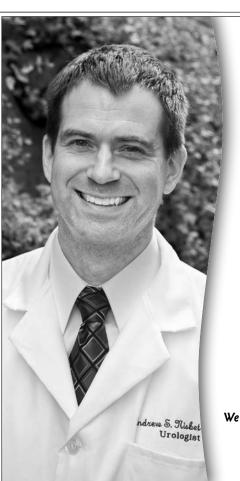
"Down along the back-water, through the rushes tall,

Ducks are a-dabbling, up tails all. Ducks' tails, drakes' tails yellow feet a-

Yellow bills out of sight, busy in the river."

Wind-swept trees and bushes have taken root on small, firm islands. There, Ospreys build ragged twiggy nests. Their young seem as demanding as newborn human infants, crying loudly for food. The parent birds soar and call over the marsh, fishing to satisfy their youngsters' appetites.

Gazing across almost a mile of marsh from the bike path toward Buzzards Bay, on a summer day green merges into blue almost at infinity. Just at that point is the flash of white where the line of sheltering dunes gleams in the summer sun. Though the marsh teems with the young life of the oceanic nursery, for me it is a place of nurturing tranquility, a true source of rejuvenation. I believe we all need such a place, where Nature can touch us in a restorative



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Follow the Money

'OUR LABOR, OUR SELVES'

BY RACHEL SIEGEL



They sit on one side of a long table. They sit on the other side of a facing table. We propose and they propose. We caucus and they caucus. We discuss the easier issues to clear the way for the harder ones, the ones that create not only financial but hallowed ground into which we can dig our heels or they theirs. They counter; we counter. Everyone speaks softly so as to be infallibly polite. There is the rare and shared chuckle. There is a voice that becomes tighter as pride is pricked by an accidental or intended arrogance. There is boredom and fascination with the posturing we all know as such.

This is collective bargaining, a theatrical work of non-fiction. It is performed live but without an audience. The actors are its collaborative auteurs. For all its plot twists, in the end, we will all live and work with one set of compromises.

Modern labor unions were created as part of the backlash against the development of modern capitalism and especially against the commoditization of labor that it made so obvious. There were artisan and trade guilds in earlier economies, but they were organized by independent agents uninvolved in the major economic activity of the time, producing food. Modern labor unions evolved after mechanization, industrialization, and migration had created global, unskilled, and competitive labor markets—all to the worker's disadvantage.

Labor has always been a commodity, of course, the only question was ownership: whether an individual owned his/her own labor—the right to choose where and how to sell and profit from it—or whether that right could belong to another, master or sovereign, estate or state.

Slavery had existed for millennia because it provided an answer to basic economic questions of how resources are used and goods distributed. In economies, indeed a world, where survival depended on producing agricultural commodities in the risky context of uncontrollable weathers and predators, control of resources, such as labor, was thought to be crucial for organizing production, and for protecting the resource itself. Order and control were valued as critical for economic success.

Markets, on the other hand, rely on chaos, rather than control. They work because there are common incentives—perhaps instincts—that mitigate the conflicts implicit in chaos. While a collection of individual decisions is apt to be less harmonious than a master plan, we assume that those decisions are driven by common enough values to make the economy work, and that whatever frictions remain also push us forward.

When the idea of an entirely market-based economy was young, in the 17th and 18th cen-

turies, when "organized labor" meant slavery and machinery had no engines, the idea of a free market in labor was revelatory, as seductive as the idea of democracy. It would allow unimagined participation and opportunity in the shaping of the economy, in production and in consumption. It would create freedom, economic freedom, and with it a more materially comfortable life and ultimately, the possibility for a more spiritually comfortable life. We could each pursue property and hap-

So when working conditions deteriorated as machines trumped skills and labor markets became globally competitive, workers created labor unions as a way to impose order and control in order to protect their resource, their selves. There would be safety in numbers, and at best monopoly power to balance the advantages enjoyed by employers backed by extraordinary profits. There would be some constraint of individual freedom, but at least it would be self-imposed.

Collective bargaining is not efficient. It is not freeing. It protects workers from each other, from the inefficiency and ugliness of excessive competition where cooperation and collaboration produce better goods. It protects workers and employers from each other by giving everyone, on both sides, a primer on exactly how to behave. Like any rule book, it is both protective and restrictive. Like any collective effort, it is a compromise, satisfying no one. It is an imperfect solution born of disappointment with a free labor market that hasn't kept its promise.

The recent decades' erosion of union influence and the evolution of the individual worker from employee to independent contractor have yet to create a better labor market for labor, especially for the one in ten among us who currently cannot find work at all. And so we will continue re-casting our roles, with markets—and their promise and disappointment—our muse.

Rachel S. Siegel, CFA, consults on investment portfolio performance and strategy. She is a professor in the business administration department at Lyndon State College.

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Countdown Departure

By Bill Amos



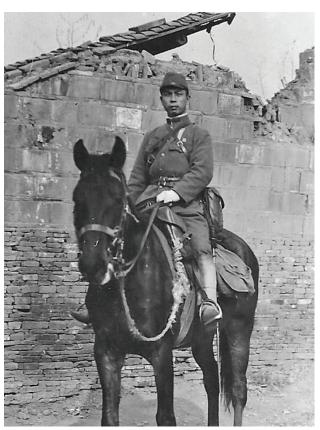
Lake Nojiri photographed in 1935 by Harold Amos with an early experimental infra-red camera.

s the 1930s drew to a close, Americans living in Japan felt the effects of government scrutiny more than ever. We began encountering restrictions that affected even simple things we had been doing for years.

Travels around the country—school trips and informal explorations with family and friends—lessened in frequency and extent, in part due to increasing difficulties making arrangements, in part because we felt less welcome wherever we went. Hyped-up nationalism in public media warned against foreign intrigues. Posters in public places alerted citizens to watch out for grim figures of Caucasian mien. Even ordinary shopping trips elicited taunts from neighborhood children when they yelled, "Spy! Spy! American spy!" But returning a friendly greeting in colloquial Japanese, in effect saying "Hiya, kids," evoked happy grins. No deep-seated hard feelings there.

As each academic year wound down I waited impatiently for summer vacation away from the city. This meant getting back to the American summer colony at Nojiri-ko, a lake in north-central Honshu nestled between two large mountains, Kurohime ("Black Princess") and the volcano Myoko ("Beautiful Child"). Except for servants and tradesmen, our community was an outpost of the West. Storm clouds gathering on the international horizon were almost imperceptible for the three months of summer.

To get to Nojiri we traveled north by train to Nagano (site of the 1998 Winter Olympics), then made a transfer to reach the local stop of Kashiwabara. A bus or one of the town's few taxis took us through the tiny settlement of Furuma to the lakeside where several dozen cottages nestled in tiers on a woody hillside. A comfortable enclave different from anything we knew in the city, it couldn't have been a better place for Western teenagers to revel in summertime fun.



Edward H. Kanno, previously Harold Amos's office assistant, shown in this April 1940 photo as a warrant officer in Japan's Kwantung Army during the brutal China War that began three years earlier. Kanno's heart was not in the killing.

With a small beach and pier directly in front of our house, water activities were the rule of the day. Kayaks, rowboats, sampans, sailboats were always available. I took pride learning to scull a sturdy sampan with its single, long stern oar with as much skill as one born to the task. I wish I could again feel the sweep and precise control of that heavy tethered oar, so efficient and so different from anything in the West.

I sometimes went over to a small, unpopulated island a mile across the lake where a tiny Shinto shrine was tucked away in an ancient cryptomeria forest. I took pleasure resting there in the deep shade of the towering trees.

With no thought to what the future might hold, a curious circumstance involving two men and a boy began in our little summer colony of Nojiri.

Teenage activities occupied much of my time, but sailing was a serious pursuit. My first boat, Shiro-kumo, ("White Cloud"), a cranky sort, taught me everything I needed to know about staying afloat and reaching a destination. My new boat Frolic, a National One-Design (an American racing class, built in Kobe), for three years proved to be a winner in the annual Yacht Club regatta.

Two of my closest competitors were adults. Kai Rasmussen, an American Army captain, was attached to the embassy in Tokyo to learn the language. His boat, Missy, another National One-Design, never beat us, to his unconcealed frustration. Years later at the start of WWII Rasmussen, by then a colonel and CO of the Military Intelligence Service Language School in Minnesota, wanted to enroll me, but I had already signed up



with the Navy. It's just as well, because I suspected Kai might not have fond memories of a young man who had beaten him repeatedly.

Glen W. Shaw, an older and much better yachtsman, writer, scholar, and outstanding student of Japanese literature, spoke the language like a native. He skippered Dragonfly, an openhulled boat rated equivalent to the National One-Designs. We had it out back and forth each season in friendly fashion, but Frolic and I, with crew Buzz Horn and Eugene Clark, won the 1938 class cup.

Several years later and a world away, Glen Shaw questioned me in February 1942 at the Hotel New Yorker in the presence of Commander Albert E. Hindmarsh, USN. I was being interviewed for enrollment in the Navy Japanese Language School in Boulder, Colorado. It was a program similar to that of Rasmussen's in the Army, but more intensive. We were to undergo rigorous training to become officers in Naval Intelligence.

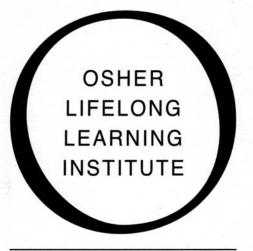
Shaw and Rasmussen, summertime sailing competitors, both destined for top jobs in U.S. Intelligence during WWII, both racing in the same boat class on a remote Japanese lake against an American teenager who later would begin his naval career with one of them—now that's curious.

Our summer community provided other young American and Canadian men and women to the Allied cause in the Pacific War that was ahead. Some served as translators and interrogators in the Marine Corps, Navy and Army, often in combat. One was killed by a sniper, another lost a leg on Iwo Jima. Young women served in the U.S. Women's Army Corps and Canadian Women's Army Corps. Two of us from Nojiri became involved in cryptography during the early stages of the war. Well represented in WWII, our small group of summertime teenagers from the 1930s served in ways few other young Americans could.

During the decade's last few years rumblings from afar drew closer. Constantly harangued by government propagandists and increasingly biased news from Europe, perspectives among the Japanese citizenry began changing. The Japan Times and Advertiser revealed discernible political and international bias. In glowing terms the paper described advances made by Germany's resurgence under Adolph Hitler after the Weimar Republic failed. Representatives of the new Germany arriving in Japan were feted, honored and admired. Swastika street banners were hung to welcome eminent visitors from the Third

Another more objective English language paper, Japan News-Week, owned, edited, and written by Americans, ran parallel columns of war dispatches from England and Ger-

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>> Page 9

many. Reading the few copies I have today makes for a fascinating comparison.

Aware of the country's trend but not alarmed at first, I took it as simply another development in international relations. We were relieved when on September 30, 1938, British Prime Minister Neville Chamberlain and Chancellor Adolph Hitler signed a non-aggression pact. I still have a reproduction of the document cut from The Japan Times and Advertiser that same week, on the back of which I wrote with teenage naiveté, "The piece of paper that prevented the World War of 1938."

But swastikas began appearing as decorations in posters, although the notices did not trumpet the advantages of National Socialism. Nevertheless a faction in the government wanted the country to head in that direction.

German-owned Lohmeyer's Restaurant, a favorite of my father's (who loved good weinerschnitzel and took me there often) turned unfriendly in the last years. German diners paused to look at us coldly and Japanese waiters took the clue. We stopped going late in 1938.

Tokyo's climate was cold and damp in winter, its latitude and conditions similar to those of Washington, D.C. I contracted a head cold and sinus infection that required medical attention. The otolaryngologist everyone recommended was a German national who

provided expert care in relieving my symptoms. He seemed a gentle man, uttering a reassuring "Ach, so, so..." as he probed congested sinus cavities with long flexible instruments. I sat there confident I was getting the best care—while gazing at a huge portrait on the wall: Adolf Hitler looked out from an ornate frame surrounded by little swastika flags that obviously had been placed there in tribute.

During our years of residence, Japan's invasion of the mainland in 1937 finally erupted into the full-fledged China War. Japan at first seemed to steamroll over defenses in that vast country, but Chinese forces, uncomfortably united under Generalissimo Chiang Kai-Shek and Communist leader Mao Tse-Tung, offered stiffening resistance.

Almost everything we heard about the conflict was filtered through Domei, Japan's national news service. News accounts from the West were suppressed or severely censored, although information about certain happenings penetrated government censorship. The news that concerned us most was the effect upon Americans and American property in China.

Hearing little at first from Japanese media other than rationalization for the war and overwhelming success in "liberating" Chinese citizens from a "decadent" system, the brutality of the China War nevertheless seeped into our awareness and conversations.

Late in 1936 we learned from friends in Shanghai that the city's large Wing On Department store had been destroyed in a bombing, probably by the fledgling Chinese air arm. Our friends were unhurt, but I remembered how on an earlier visit I had bought a leather jacket in that store. (The jacket is now in the possession of a grandson.)

Our perception of American involvement in China, still uncertain, escalated to genuine alarm. Two brothers who had graduated from the American School in Japan before we arrived were already well known in both Asia and the United States. Both visited their Tokyo alma mater to speak to us about international relations having to do with Asia. The younger, Edwin O. Reischauer became an eminent figure in the post-war world, eventually U.S. Ambassador to Japan. The older brother, Robert K. Reischauer, Princeton University professor, was in Shanghai in August, 1937, when he was killed in the Cathay Hotel by a bomb dropped accidentally by one of the few planes the Chinese were able to put in the air. His death had an immediate impact upon the American community in Tokyo.

Subsequent intentional bombings of Shanghai by Japanese Mitsubishi Type 96 "Nell" bombers destroyed blocks of the city's largest buildings, causing heavy casualties among the Chinese and harm to Western-



Bill Amos in "Frolic" leading Glen Shaw in "Dragonfly" in the 1937 Nojiri Yacht Club Regatta. They would meet again five years later in New York City when Shaw inducted Amos into U.S. Naval Intelligence.

ers. It was a dangerous time for

My father, President of the American Association of Japan (an unpaid, non-political, elective office), convened an unofficial discussion group of worried Americans in Tokyo. What was going on over on the mainland? What did this mean for the immediate (and long term) future? Would we living in Japan be affected?

The American Association was a valuable forum with membership consisting of most residents except those in an official capacity at the American Embassy. It was essential that my father have close ties with Ambassador Joseph C. Grew. As friends, their far-ranging conversations were always off the record, but at least my father was privy to matters he could not disclose. Without revealing U.S. governmental affairs and intentions, he could help members of the Association chart their own course-whether to be wary, make preparations and stay on, take a sabbatical and leave temporarily, or relax and hope for the best.

A couple of weeks before Christmas, 1937, we were further alarmed to learn that an American patrol vessel, Yangtze River Gunboat USS Panay (PG-45) while at anchor in Nanking (Nanjing) had been deliberately attacked and sunk by Japanese naval planes. Numerous deaths and injuries resulted. Japanese authorities claimed the pilots had not seen American flags or markings on the ship, but they apologized anyway and offered over a million dollars in repara-

The reaction among civilians in Japan was surprising. They immediately offered heart-felt sympathy and apologies to Ambassador Grew and the injured parties. My father in

his unofficial role as the head of the American Association received notes and calls from concerned Japanese expressing their condolences. The attack clearly lacked support from citizens who thought it a grievous unintentional error. Despite doubts held in the United States, Americans in Japan thought the possibility of armed conflict between the two countries was distant and unlikely.

The six-week horror beginning in December, 1937, that came to be known in Western nations as the Rape of Nanking, we in Tokyo were told was a measured response to Chinese aggression by Japan's "heroic" Kwantung Army. Japanese media reported many of the happenings, suggesting that atrocities (which could not be hidden from the Western press) were the result of Chinese forces running amok, therefore further reason for Japanese forces to bring order and peace to the situation. But even The Japan Times and Advertiser mentioned the weekly count of beheadings of enemy soldiers and civilians by Japanese officers. It was taken for granted that Chinese were inferior people for whom harsh treatment was justified. Historians today recognize the Nanking massacre as "the single worst atrocity during the World War II era in either the European or Pacific theaters of war." As factual details of this horrifying event crept into Western awareness in Tokyo, discussion took place only in the greatest privacy. We students in the American School were advised not to bring up the subject when we gathered in public.

Yet not every Japanese soldier was at ease with what was taking place. Edward Kanno, one of my father's young Tokyo office assistants, was drafted

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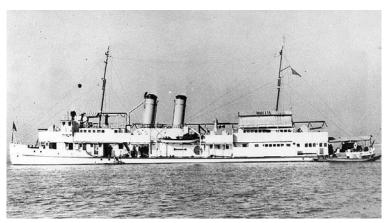
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River Gunboat USS Panay (PR-5) was attacked and sunk on December 12, 1937 by Japanese naval planes while anchored at Nanking. The pilots claimed they did not see markings or the American flag

and sent to China as a warrant officer. On July 5, 1940 he mailed a poignant letter to my father, enclosing a photograph of himself on horseback. It read in part:

"We are still fighting. Japanese troops are pushing forward firing guns day and night. I do not wish to commit murder, but if it's an order, (it) cannot be helped. "War" let me do it. I just hate to think that the one wish to make peace is the one that (is) making the trouble. In Europe the same murdering is going on. I hope some day Mankind (will) become more clever and sensible enough not to have any more silly fighting."

In view of the Kwantung Army General Staff's ghastly tactics, it was courageous and foolhardy for Kanno to write, but his letter was heartfelt.

As war with China continued and relations with Western powers deteriorated, wartime measures in Japan were put in place. There never was genuine fear of Tokyo being bombed by Chinese planes, but that is what we were told by government-controlled news media.

By 1939 aspects of everyday life seemed to change every month heading toward what we could neither know nor prepare for

Rationing of one kind or another affected our everyday lives, but blackout curtains were unwelcome. City lights continued to blaze, yet if ever a sliver of light escaped our many windows, we would receive a visit from a neighborhood air raid warden. The black cloth shades, difficult to store in daytime, were dust collectors and with every shake emitted clouds of particles our housekeeper was never able to keep at bay.

Signs of wartime were seen increasingly. Americans began drifting away from the country if their livelihood permitted. Enrollment at the American School dropped each term as children left with their families for a homeland, the U.S., or elsewhere.

From today's perspective the slide toward total war seems inexorable and inevitable. Yet for a time moderate voices attempted to find a solution.

At first Premier Prince Fumimaro Konoye, the Emperor's brother, was in tune with democratic ideals, and only later grew critical of the United States' influence in the Far East. My father, who met Konoye several times, was impressed by the man's resolve to maintain good relations within the family of nations, especially the United States. But Kanoye influence was undermined by militarist General Hideki Tojo, who forced him from office and became premier in his place. As the U.S.-led oil embargo took effect on naval and military needs, Konoye became an outspoken advocate of the Greater East Asia Co-prosperity Sphere and opposed American pres-

The China War, mainland "incidents," and imperialist expansion were depleting Japan's resources, especially oil and rubber available only from foreign sources. In those days the United States was the world's largest supplier of oil and Japan received over 80% of her oil from the U.S. alone;

in and

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continuation of that supply was being debated in Congress.

By 1939 military demands for oil forced civilian operations to seek innovative means of reducing consumption. Since our house was heated by coal, the most obvious cutbacks were in transportation: taxis and buses were converted to burning charcoal to produce combustible gas. The apparatus on each vehicle consisted of a large, ugly burner that stuck out to the rear on a metal frame. As a result of the added weight a car seemed to sit back on its haunches. At best the technology barely kept a vehicle moving forward amid clouds of dark smoke billowing from the rear.

From the start of the China War in 1937 Japan had been casting covetous eyes on the oil fields of Indo-China. By mid-1940, with only a year and a half of oil supplies on hand, the situation was desperate. Japan managed to maneuver worried European nations, especially France, into allowing entry and management of Indo-China's oil production. Great Britain, facing the Nazi juggernaut in Europe, could do little to stand up against the threat of a Japanese take-over. The Dutch East Indies did not capitulate, however, and it wasn't until World War II began that the Netherlands declared war on Japan—and were promptly defeated, as were all other European holdings and forces in Southeast Asia.

After several warnings, the United States' concern over the brutality of the war in China led to an ultimatum in July 1941: a complete embargo unless Japan ceased hostilities and withdrew its armies from the Chinese mainland.

Faced with but two choices, withdrawal or preservation of vital sources in Southeast Asia by force, Japan's decision at the end of the year resulted in attacks on Pearl Harbor, the Philippines and elsewhere.

Why Pearl Harbor? The December 7, 1941, attack was to cripple the American fleet and prevent it from interfering with Japan's conquest of oil fields and rubber plantations in Indo-China, Borneo and the Philippines.

The country, its imperialist and militaristic tendencies growing stronger every day, had a perplexing duality. On one hand the beauty of its ancient culture was preserved and even embellished in the first decades of the 20th Century. The arts flourished throughout the 1930s and the

best of modern technology made life easier in metropolitan areas. Trains ran on time so dependably you could set your clocks by their arrival and departure.

Out in the country, towns and farmlands remained much the same as they had over the centuries. When I visited the tiny hamlet of Furuma in north-central Honshu I was in the same feudal Japan that Hiroshige had pictured in his ukiyoe woodblock prints a century earlier.

I came to respect and love many aspects of the country where in my youth I felt comfortable and at home. It may have been the resilience of a young man, but even when the shock of Pearl Harbor made it impossible to reconcile what I had known with the world-shaking cataclysm of war, affection remained.

You can't go home again, said Thomas Wolfe, nor did I try. And I would not be comfortable in today's Japan, much as I no longer understand today's America with its texting, twittering, Facebook-ing, blogging, everybody-prying-into-everything society. Entire districts of Tokyo vanished in the firestorm of incendiary carpet-bombing during the last year of the war. It was my home no longer and nothing familiar remained.

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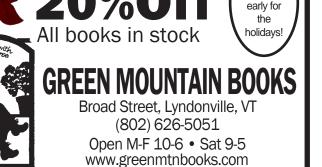
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Preserving the tastes of summer as fall approaches

No Small Potatoes with Vanna Guldenschuh

ast week I picked up a red and yellow leaf from the sidewalk, noticed my hanging fuchsia plant's decline and almost turned on the heat one night. Yes, the end of summer is approaching at an alarming rate. I realize I am going to miss the many culinary and visual treats I have come to take for granted during this wonderful summer - delicious, fresh local produce and colorful flowers blooming non-stop. Luckily we can preserve many of these memories in jars and freezer containers. Pickling, canning, freezing and drying are all techniques that can give us a taste of the summer days. There are even many flowers that can be dried successfully and provide colorful winter bouquets.

I know the fall is a busy time, but there are some simple ways to put many foods away for later use. I will give you a few of the easiest with advice to do more complicated preserving if you get the chance. It is really a rewarding enterprise and will make you feel good all winter long whenever you open up those jars or packages of your saved summer bounty.

The Best Bread and Butter Pickles Ever

I make many jars of these classic pickles every year. I use them not only as a condiment on my table but also as an ingredient in many recipes that I make including Russian dressing, tartar sauce and my mother in law's potato salad. I can honestly say I have never tasted a better version of this classic American pickle. This recipe make 4 pints – feel free to double it.

8 cups sliced cucumbers – thinly sliced

4 cups sliced onions – thinly

sliced
¹/₄ cup salt

2 cups white vinegar

2 cups sugar

1 teaspoon celery seed

1 tablespoon mustard seed

1 ½ teaspoon ground ginger 1 ½ teaspoon ground turmeric

8 cups ice

Put the cucumbers in a large non-reactive bowl and stir in the salt. Cover the cukes with the ice. Toss the ice and the cucumbers and let them sit for about 2 hours. Don't skip this ice bath it is a very important for a good crispy pickle. Drain the cucumbers and add the onions. Mix the vinegar, sugar, celery seed, mustard seed, turmeric and ginger in a large non-reactive cooking pot and boil for about 10 minutes. Add the cucumber and onions and bring back to boiling. Pack into jars when very hot and process (see processing below).

Pickling has long been a way to preserve food and thank goodness there are places – like the Northeast Kingdom – where we still enjoy the simple pleasures of making pickles and the satisfaction of seeing the jars of food we have processed for winter use on a shelf in the pantry. There are a huge variety of pickles to be made. I gave you the recipe for my favorite, but invite you to make your favorite recipe to use all year long.

Blueberries

These magnificent berries, easily cultivated in the Northeast Kingdom are the most effortless of all to preserve for the coming months. I either freeze them or make blueberry jam. Both methods are simple and each has a special technique to preserve them without losing most of the fresh flavor.

Freezing Blueberries

You basically just put them in plastic freezer bags and put them in the freezer. I have found a little trick that keeps them from forming ice crystals and makes them look like the real thing right from the freezer. Before putting them in the bags, lay them out on a tray and put them in the refrigerator until they are nice and cold. This eliminates the condensation that forms in the bags when room temperature berries are put in a super cold environment. Make sure to put them in the bags when they are cold and freeze immediately. Just imagine pieces of Blueberry French Toast or Blueberry Pancakes dripping with warm maple syrup on a cold January morning or a piece of Blueberry Sour Cream Coffee Cake in a school lunch box. There is still time to pick or buy those berries if you don't have your own – so hurry up and don't miss out.

Blueberry Jam

You don't need to use pectin with blueberries to make jam. They have a lot of natural pectin in them and the thing you have to watch out for is not to make the jam too thick. It is a simple procedure to make the jam but I like to process the jars for a short time in a hot water bath to insure they seal properly (See processing). This makes the chore a slight bit more complicated but will seem well worth it when you spread this jam on homemade toast or use it as topping for ice cream when fruit is at a premium this winter.

12 cups fresh blueberries

2 cups sugar (I don't like this jam too sweet, but feel free to use more)

Juice of one lemon

Small pinch cinnamon (optional)

Discard all the stems and leaves from the berries. Put the berries in a large sauce pan and add the sugar, lemon juice and cinnamon. Put about 1/8 cup water in the pan. This is just so the berries will not scorch when they first heat up. Don't use a lot of water – the blueberries will very quickly release juice and provide



acquainted.

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liquid for the cooking process. Cook the mix, stirring constantly for about 10 minutes. At this point check for thickness. Put a spoon into the jam sideways and let it drip off the edge. When it begins to sheet off the spoon rather than dripping off of it the jam is ready. Some berries will take longer than others but the real secret is not letting it cook too long. Gluey jam is not good. Better that you make it more like a sauce and still have a good product. A candy thermometer is not a help with blueberries so do not use one.

Pack the hot jam immediately into jars and process according to the directions below.

Rose Hips Jam

I have seen a lot of rose hips both in the wild and on friend's properties. They seem to be extra big and colorful this year inspiring me to pass on this delicious way to use them. They have a completely unique flavor that makes the jam a perfect accompaniment to not only morning toast but to many game meats as well. It is a real treat next to a piece of Venison.

Pick the rose hips after a few cold nights in September for optimum flavor.

8 cups prepared rose hips (see below)

3 cups of water

6 cups of sugar (they need a lot of sugar)

Juice of one lemon

After picking large bright red fruits and wash any leaves and twigs away. Cut the green top away and cut in half. Separate the

seeds and the outside skin and pulp. Place the seeds in a small sauce pan and add the water. Cover and cook over low heat for about 10 minutes. Meanwhile put the prepared rose hips in a large heavy saucepan with the sugar. Strain the liquid from the seeds into the rose hips and cook over moderate heat until it boils. Reduce the heat and cook over low heat until the fruit is transparent and the mixture is thick. Use the sideways spoon technique in the blueberry jam recipe. There is a lot of pectin in rose hips – so be careful not to thicken it too much. Pack the hot jam immediately into jars and process according to the directions below.

Processing: Because the pickles and jam in these three recipes are truly impregnated with either vinegar or sugar, they are relatively easy to process and basically safe (bacteriawise) to store. These instructions also assume that you have a knowledge of food processing. If you have never done this I would advise reading up on it before attempting to put food away.

Pack your pickles or jam into sterile jars when the mix is very hot. Wipe the lip of the jar and adjust the lids. Process the jars in a boiling hot water bath for 15 minutes for pints and 30 minutes for quarts.

Take the jars out of the water, using a lifter, and let cool on the counter until you are sure the vacuum seal has formed. I usually leave them out to admire for a few days before putting them away for the months to come.

>> Page 1

railroad age lives on.

The bell rings, the conductor calls "all aboard," and the three thousand horsepower diesel begins to pull us forward. These days we go south, down the Connecticut River line, crossing and re-crossing the Passumpsic River while one of the most beautiful landscapes in New England rolls past. But years ago, at the south edge of town, we would take a switch to the right and begin our journey on the magical and improbable St. Johnsbury and Lake Champlain. Climbing steadily, weaving back and forth, we worked our way towards Danville. After a while, the White Mountains would come into view on the left. Then they would come into view on the right, and then the left again. It took more than a half an hour to reach Danville.

The St. Jay and L.C. was always scenic, mostly loved, but severely hampered by the fact that its 96 miles never really went anywhere, and took a long time getting there. A classic tale is of a passenger, almost alone in the car, who grew impatient when the train stopped moving yet again amidst the rolling farmland. "What is wrong this time," asked the passenger as the con-

ductor passed by. "Cow standing on the track," replied the conductor. Finally, the train got underway again but about 15 minutes later it again came to a grinding halt. "Don't tell me there's another cow on the track," grumbled the passenger. "Nope," replied the conductor, "same cow."

This was not exactly what Horace Fairbanks had in mind when he chartered the railroad and began its construction in the 1870s. This line across northern Vermont was to be a part of the great Portland and Ogdensburg, an east-west link which would conquer the heights of the White Mountains and connect the Great Lakes to the Atlantic. But it never really worked out that way, the best routes had already been built and other things began to go wrong almost from the start. Fairbanks family bankrolled the effort by buying three hundred thousand dollars in shares. The town of St. Johnsbury bought an equal amount, and towns along the line such as Danville and Concord bought hundreds of thousands more, but it proved to be not nearly enough.

The great curving trestle approaching Pumpkin Hill, which was later filled with earth, was but one example of the construction challenges the railroad faced. The cut

through rock ledge at Badger Gap was another. The breaching of Crawford Notch was the most spectacular achievement of all, but it cost many times what had been estimated. More and more money was borrowed as the delays continued, and by the time the line was finally completed in 1877, the untreated hemlock ties which had been laid seven years before had already rotted. The decline in power of the Fairbanks family was due at least in part to their investment in this unlikely railroad. It was during the line's construction that Charlie Morse began "helping out" his friends and mentors by buying shares in their scale company, and before much longer "Fairbanks Scale" had become "Fairbanks Morse."

And yet the railroad survived through almost all of the next century, staggering from the blows of frequent bankruptcies and derailments, supported by loyal employees, fans, and shippers. Unlike the big railroads it connected with at each end, it never lost its small town friendliness. It was rural railroading at its very best, even with an occasional deer hanging in the caboose vestibule during hunting season. Snowmobilers take note: there is quite a pile of history beneath your trail, well loved, if not entirely well conceived.



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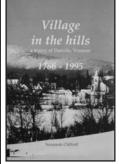


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William Everard Balch: Observer Extraordinary

By ISOBEL P. SWARTZ

Chance encounters sometimes lead to meaningful relationships. Some people call it coincidence; others fate. But I view my first encounter with William Everard Balch as destiny. Forty plus years ago on a snowy January day, my 18 month old daughter and I made our first, slow way along St. Johnsbury's Main Street from the St. Johnsbury House Hotel to the Fairbanks Museum. My husband was interviewing for a teaching position at St. Johnsbury Academy, and we were free to explore. What we found was Mr. Balch's Moose! We also found many other delights that morning, but the moose remained a destination for our daily morning walks for many years.

Over the next forty years, my relationship with the Museum took many forms, but in 2009 William Balch finally grabbed my full attention. Through a grant from the National Endowment for the Humanities' "We the People" project, and my work with the Museum's archival collections, I had the opportunity to work with a special collection of Balch's work. This experience has made me appreciate his incredible qualities as an observer of

William Balch was born in 1854 and lived most of his life in Lunenburg, Vermont. As a boy he spent a lot of time in the woods and fields around Lunenburg where he became familiar with the local plants and animals of the area. He was a skilled hunter and enjoyed camping and fishing trips with his brothers.



Above: Balch (2nd from right) and his brothers on a fishing trip in 1899. Below left, large purple fringed orchid-one stem. Below right, large purple fringed orchid -studio group.



pher, taking advantage of new improvements in cameras that were developed in the late 1880's. Photography was not the kind of quick "point and shoot" activity that most of us are familiar with today. The cameras used heavy glass plate negatives to capture the image. It was a slow process, taking several minutes, even with good studio light conditions. In the woods it could take 10 minutes or more to take a photograph. The camera was very heavy, and, because it took so long to take the photograph, a tripod was necessary. Such a camera and equipment, currently on display at the Fairbanks Museum, weighs over 23 lbs.

After he returned to Vermont from a two year stay out west, William Balch took up taxidermy. He had a workshop and a small museum of his work at his home in Lunenburg. His taxidermy work was well known statewide, in fact he was the Vermont State taxidermist, a position that probably no longer exists. He prepared a mounted collection of representative Vermont birds and animals for display at the 1884 New Orleans Industrial and Cotton Centennial Exposition, later known as the World's Fair. His taxidermy work is what is most familiar to Fairbanks Museum visitors.

The collection of Balch's work that I have worked with most recently, his last major work, is a collection of glass plate negatives and photographic prints made from them, of the orchids native to Vermont in his day. Some of the negatives were made where the orchids grew, but, because of the physical difficulties asso-

Balch was also an expert photogra-Come See the possibilities

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From left, Balch as hunter, the buffalo diorama, originally without its glass case and Balch's moose as it originally appeared in 1898.

ciated with the photographic process, Balch often collected specimens along with companion plants to assemble what I would call mini-dioramas in his photographic studio. The result of his work is a series of stunning glass plate negatives of these lovely flowers, now archivally re-housed in the Museum's collections. Prints from some of these plates are on display in a new balcony exhibit at the Fairbanks Museum entitled William Everard Balch: Celebrating the Art of the Observer. Examples of Balch's photographs show exquisite details of the flowers that he photographed. Note the difference in shape, tone, and contrast of these scanned but untouched photos, prints made by Balch himself.

Balch shared his photographs with the general public through exhibitions in Boston, the St. Johnsbury Athenaeum, and finally, in April 1918, at the Fairbanks Museum, to which he donated his glass plate negatives. He also created prints, (including postcards), sized and framed to order, for sale through the Museum's Nature shop. Many Museum visitors of his day must have displayed these treasures in their homes.

In Balch's time there were no state laws banning the taking of wild plants. Today gathering rare plants in Vermont is illegal. The updated Endangered Species Act of 2003 states in summary, "...Violation of the provisions against taking [endangered species] incur penalties ranging

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from \$500 - \$1,000 for the first offense. ... there is a provision that provides for the location of listed endangered species to be kept 'confidential in perpetuity' except to landowners and bona fide purchasers of relevant land." Most careful observers would suggest that when photographing rare plants, be careful not to damage or trample them. Guided field trips are the best way to enjoy them safely.

It should be said that Balch and his field companion, Museum educator Inez Addie Howe, used the specimens that they gathered in many ways, but especially to educate school-children about their natural heritage. They produced photographic prints and lantern slides for classroom use; specimens were placed on the Museum's popular flower table started in 1903; rare specimens were added to the Museum's herbarium. In fact, while preparing the Museum exhibit, I found herbarium sheets ascribed to both of them as collectors. This was an exciting contact for me with those naturalists of the past.

Balch's talents as taxidermist and observer of nature came to the fore in his creation of bird mounts and dioramas for the Fairbanks Museum, the University of Vermont and the museum of Westfield, Vermont. The most loved of these is surely the moose that attracted my daughter and me on our first visit.

The Museum archives include a letter from Balch to a friend that describes his capture of the moose on a hunting trip to Nova Scotia. He proudly states, in describing the results of his hunting trip, "...one large whole moose which I had the fortune to shoot myself...it stands 6ft 8ins high at the shoulder, weighs over 1000lbs...a spread of 48ins, with 21 points, it will go into the Museum at St. Johnsbury when I get it finished."

He tracked, shot, and skinned the moose and brought the skin, rack, and other necessary parts back to St. Johnsbury. It was so large that it had to be mounted in the Museum and not at his workshop! A scanned copy of this letter is also on display in the Museum's balcony exhibit.

Some of his subject specimens, such as the muskrats, were collected by him and prepared in his Lunenburg workshop and small museum. The muskrat diorama is an exact replica of a portion of the Connecticut River bank where he trapped his specimens. In designing realistic dioramas he included plant specimens typical of the environment of the main subject. These plants were also "created" by Balch in an age long before the invention of synthetic materials that have taken fake vegetation to exotic extremes!

Balch photographed all of his dioramas as they were completed. They were not originally in glass cases, so his photographs give us a concept of what they looked like to the Museum visitor of the early 1900's. Here is a photograph by Balch of the buffalo mount as it was originally installed in 1902, with a comment from a local paper about it.

The St. Johnsbury Republican, Dec. 10, 1902, "Buffalo in St. Johnsbury." "As visitors walk down the nave [Main Hall], they are surprised, perhaps startled, to see a shaggy, lowered head thrust out at them, and ...look around to see if escape is easy." These photographic glass plate negatives are also part of the Museum's collections.

It is important to note the ecological value of Balch's work, particularly the orchid photographs. These photographs are a significant documentation of the Vermont flora of the early 20th century. This record is important because of subsequent land use changes, modern accessibility of remote areas to the public, and the potential effects of changes in weather and climate. Of the orchid species that Balch photographed, 11 are threatened, 3 are endangered and 3 are uncommon to rare, based on the State of Vermont's non-game Natural Heritage program. The message that was given to school children in the Museum's education program in Balch's time still stands for all of us today, "Love them and leave them."

One last connection that I had with William Balch is that he died on July 23, which happens to be my birthday! I have to admit that when I realized this I felt a small shiver down my spine! His death in 1919, after a long illness, was mourned by the local community, who turned out in great numbers for his memorial service held, very fittingly, at the Fairbanks Museum. He was a man of great talents, a respected botanist and ornithologist, a photographic artist, and a taxidermist of great technical skill. Most of all, he was an extraordinary observer and lover of the natural environment.





Letters from the Past

When writing was a necessity and an art

By Lynn A. Bonfield



Dustan Walbridge (1832-64) wrote with the news of his first weeks in the Union army to his sister in San Francisco, Clara Walbridge Rogers (1830-1917). Although educated in the fine district schools of Peacham and having attended a few terms at the Academy, Dustan still did not spell well. This shortcoming, however, does not dull his detailed and vivid descriptions of his activities.

Soldiers worried about their family at home and Dustan was no exception. He expressed concern about his mother, Roxana Walbridge Watts, whose health had deteriorated in recent weeks. She died soon after he wrote this letter, and sadly, Dustan was not among the family members at her bedside in the last hours; nor was he able to attend her funeral.

As a husband and father, Dustan admitted that he had thought long about joining Lincoln's army. He commented on "the hard times" the new soldiers saw although he was not new to difficulty. When not quite three, his father died, leaving a pregnant wife with five children; Dustan the youngest and only boy. After



Dustan Walbridge in Civil War uniform, ca. 1864.

completing an apprenticeship as a wheelwright, Dustan at age eighteen went to California to try his luck at gold mining, but after five unsuccessful months standing in cold water with the heat of the sun pounding his head and back, he left the mines without getting his "pile." He returned to San Francisco where he competed for work at his trade with the many men coming daily from the States. Yes, Dustan was well acquainted with hard times. And now he was prepared to live, and eventually die "in defence of free government."

My Dear Sister,

Camp Near Fort Lincoln, D.C. Sep 15 [1862]

I wrote to Augustus while in camp at Brattleboro, and told him I should write to you as soon as I arrived at the Seat of War. This place is not at present the Theatre of the great struggle that is going on at this time in defence of free government but may be at any day. We left Brattleboro about a week ago and are now encamped about 8 miles from Washington near Fort Lincoln which is one of the chain of forts that has been built for the defince of Washington.

I am Well and hearty.—I have not hird from home since I arrived here but have hird indirectly that Mother was better. I have no home news to write you so I shall have to write you about things here-camp life &c and can give you no great insight into that as I am but a green hand at this business yet. We came here most of the way by rail.-were greeted on Every side with cheers, and waving of flags & handkerchiefs, many of the places in New England-the little girls would want to be boosted up to the car windows to give the soldiers an apple or shake hands with them.-After arriving at Washington we had a pretty hard time for a day or two-pretty hard marching for green hands-and not enough to eat,-on account of so many soldiers arriving there at this time, averaging about 8000 pr day-but are now getting enough to eat, and plenty of hard work to give us an apetite for our hard bread & Salt Horse-they are expecting an attack upon this place soon if [Thomas "Stonewall"] Jackson is successful in his plans and our Regiment was set at digging Rifle Pits. as soon as we arrived here—and have been at it ever since with a prospect of the Jobb holding out for some time-we are called out at 4 oclock-for Roll Call-then drill an hour-then have breakfast,-and then at half past 7-fall in for fatigue duty which is at present in the rifle pits-a rifle pit is simply a ditch about five ft wide on the top.—the dirt thrown up on the side of the expected attack so that the dirtch & dirt may be high enough to cover a man standing in it then there is a place to put your knee upon and raise yourself sufficient to get a good aim at the enemy-and then fire and fall back-There are 10 forts in sight of our camp-and the dome of the capitol building is also in sight about 5 miles distant-the dome is not yet finished and the workmen are engaged upon it at present the forts are earthworks but are strongly built and would stand a hard fight.—there are plenty of Rebel spies about here learning the disposicion of the new forces—and every day a number of such gentlemen are captured,-We have just hird good news if true.-all last night and this morning we could here distant canonading-and-just now we have hird by telegraph that [General George] McClellan has had a fight with Jackson and had driven him with great slaughter.—and as it was telegraphed to the fort-I think it is true-if it is so-as Jacksons force was the one threatening Washington-and if he is defeated I presume we shall have marching orders for Dixie soon—we are encamped on the line of the railroad—and day and night troops are pouring in here by the thousands.—We are going in to it man fashion this time. It is hard for a free spirit to be subject to the petty tyranny of officers sudenly raised to posicions of power, as a soldier is subject to but it is something that does not fall to the lot of a every generation to take part in such a contest as this-I meditated, a long while before I concluded to enlist but I have never been sorry for it yet.—I see I have filled my sheet and have written nothing.—but you will here from me again—give my love to all and be shure and write to me, Good By for the present, Your Brother

D. S. Walbridge [written upside down in the top margin of the first page:]

Write to me & Direct to Co. A 11th Regt. VT Volunteers, Washington D.C-and it well be sure to find me wherever I am.
-Dustan

The original of this letter and photograph are preserved in a private collection. Letters in this series are transcribed as written with no changes to spelling, punctuation, or capitalization. Brackets indicate information added by the editor.

David Toll, M.D.

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Best Historical Costume: William & Catherine Lam

Best Theme Costume: Lila & Penny Webster

Best Bike/Scooter: Cameron Somers

Best Tricycle/Wheels: Madison James Beattie

Best Float: Sylvia Brownlow, Benjamin Brownlow, Maggie & Tommie Zschua, Henry Griffin, Waverly Griffin, Havah & Fern Patton, Adin & Marin Nitsche

Best Group: Harwant Sethi, Alix Remick, Tara Sethi,Logan DeShone, Haley DeShone, Gregory Mrosek and Jenny Mrosek

Most Effort: Ethan Adron, Carissa and Alena Brittain

Best Lawn Tractor Drawn Float: Kyriah Kenzleigh, Korina Henderson

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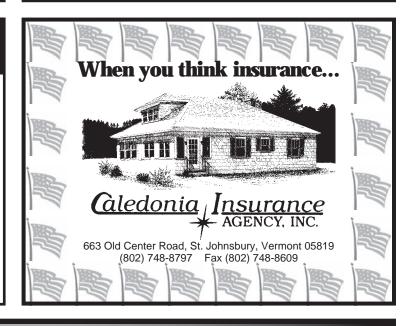
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By Donna M. Garfield

am in the middle of a western B-movie. Crackshot Bev, Spirit Warrior, Ike Shotgun McCoy, and members of the Dalton Gang are moving around me. Outfits are western wear, including cowboy hats, badges, chaps, and spurs, with long skirts of striking colors for the women. But no, I am not on a movie set but rather at a cowboy shoot at the Caledonia Forest and Stream Club (the Club).

The group is called the Verdant Mountain Vigilantes and they are part of Single Action Shooting Society. They hold three two-day shoots in May, August, and September. I meet Crackshot Bev who is really Beverly Petersen of Milan, N.H. Her husband sparked her interest in shooting, and she began with long-range.

"I was getting bored because it took too long," she says. So she moved to cowboy action. I can see why as I watch her shoot. She moves quickly from station to station shooting two pistols, then a rifle, and finally a shotgun while aiming at metal cutouts that resound with a clang every time she hits them, all the while being timed by a person with a stopwatch. Excitement fills the air as each participant shoots to see who has the best score. I introduce myself to Spirit Warrior who is really Bruce Parizo of Underhill.

"This is an excellent Club", he remarks. Later I meet Ike Shotgun McCoy, who is really Ernie Hazard, a director of the Club. He says, "Cowboy action is the fastest growing shooting sport in the world." At 73 years old, his category in the cowboy shoot is that of elder statesman.

Ken Alger another club director and also vice president of Verdant Mountain Vigilantes, explains some of the rules for cowboy shooting. "People

are dressed in outfits that reflect what actors would wear in a B-western movie. Holsters are low-slung with handles below the waist. If you miss a target while shooting, it costs you five seconds. If you shoot out of sequence, it costs you ten seconds." Everyone has a good time and at the end of the day, people stay in their campers parked at the Club because in the morning they begin day two of the shoot.

The Forest and Stream Club has been in existence for 100 years. It originally was located on South Main Street in St. Johnsbury and is currently located off Pierce Road near the former Lydall building in St. Johnsbury. Andy Fisher has organized the Club's "Wabanaki Run" for the past 11 years. This is a biathlon on snow shoes using flint-lock muzzle loaders or rifled bore percussion rifles. Andy has been a member of the Club for around 30 years. He feels the Club has a lot to offer the public.

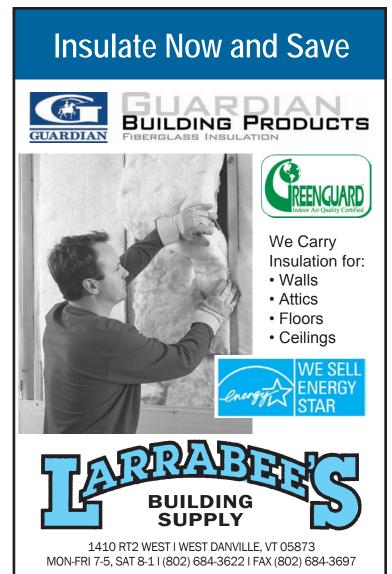
"We have so many events that occur about once a month. We hope to include more archery. It is a social organization that promotes safety in all sports events and can train people in the proper use of firearms." Safety is the number one issue in the handling of firearms. "We instill in a shooter a respect for the firearm and



Crackshot Bev, above, at the Cowboy Shoot and Hannah Bunker, below, at the International Benchrest Shoot.









Dale LaValley, horseshoe champion, above left, and the organization's new club house.

proper handling to avoid mistakes." Your mindset should be that "all guns are loaded" when you pick up a gun.

Dwayne Garfield joined the Club in 1958. He is a past president and was a director for 25-30 years. Dwayne says he "believes Claude Arnold was the first president of the Club and that the land was bought around 1954." A granite marker dated September 1972 near the clubhouse reads "Claude Arnold Field - Dedicated by the officers and members of the Caledonia Forest and Stream Club to him in memory of his many years of devoted service." Arnold was also St. Johnsbury Fire Chief from 1957-1964.

There are many events offered such as cowboy action, bullseye pistol shoots, International Benchrest Shooting, high power rifle and bolt-action matches, trap shooting, archery, Annual Field Day, conservation efforts, Wabanaki Run, egg shoots, hunting sight-in day, and hunter education safety courses.

Once a month, the 24 directors meet and renew their conservation pledge: "I give my pledge as an American to save and faithfully defend from waste the natural resources of my country, its soil and minerals, its forests, waters, and wildlife." The president is Tom Moore, first vice president is Dwight Stahler, and second vice president is Arthur Wood. The co-secretaries are Steve and Tracy Jeffrey, and Reed Garfield is the treasurer.

Larry Tighe joined the Club in 1993 because he was interested in the conservation aspects. He was president of the Club from 1998-2008. He remembers in the 1990s that the Club took part in a fish stocking program.

"Fry were picked up from state hatcheries in bags of 1,000. Volunteers would cut holes in the ice in ponds in early spring and stock them with the small trout. Now the State of Vermont has taken over the stocking program."

The members "also planted thousands of trees in St. Johnsbury, mostly red pine and white pine. Members planted 2,500 trees on Club property."

Thanks in part to their efforts; the Town of St. Johnsbury won the Tree City USA® award sponsored by the Arbor Day Foundation.

Bullseye pistol shoots are held the first and third Wednesday evenings during the summer. Tom Benoit travels from Bolton to attend. They shoot from 25 yards and 50 yards. He is also a high-power and benchrest shooter. In 2009, he was the top shooter in the .22 rimfire class at the Club. He has been a member of the Club for 8 years.

The Club joined the International Benchrest Shooting organization in 2004. Allie Euber of Orwell is one of the distinguished members of the group. He was on the American team that won the Gold Medal in the world championships in 2005 and has traveled all over the United States and Canada attending shoots. Benchrest shooting involves targets at 100 yards and 200 yards. Hannah Bunker, a 17-yearold high school graduate, has been shooting with her father, Orland, since she was about 12 years old. They are from Bowdoinham, Maine and travel three and one-half hours to attend the IBS match. Denis Thibeault travels from Quebec every month. "I love this place," he says. Bill Sargent, a local doctor, is the Match Director and a national officer of IBS. He has one world record at the Club and has won two Nationals.

There are also high-power rifle and bolt-action matches run by Bill Koptis and Andy Fisher. Milt Elliott is in charge of range safety and targets. No scopes are allowed in bolt action. There are four stages of shooting at 200 yards: 10 rounds single loading in 10 minutes, sitting or kneeling for 60 seconds, prone rapid, and prone slow. A perfect score is 10 Xs. In the most recent match, Rafael Contreras was there for his first time. Everyone was very friendly and helpful in answering his questions. Milt summed up the match by saying it was all about "safety and sportsmanship and having a good time."

Steve Jeffrey is an NRA instructor. He has given classes at the Club and trains new



"We instill in a shooter a respect for the firearm and proper handling to avoid mistakes. Your mindset should be that 'all guns are loaded' when you pick up a gun.

instructors, teaches personal protection, basic rifle, pistol, and shotgun, and is a range instructor. Three years ago Steve and his wife, Tracy, held a "Women on Target" class to teach women how to shoot safely. He competes in the high power, pistol shoots, and has started benchrest shooting. Steve and Tracy are also volunteers in the kitchen and he also helps with scoring when needed. Steve will be leaving for Iraq in September with the National Guard for a year and will give communication support to a Medivac unit.

Trap shooting with a shotgun is held every Sunday morning. Jean and Jeff Levy organize this event. Participants shoot clay pigeons which are fourinch diameter circles. There are five stations and you shoot five times at each station. The most hits win and the best score is 25 out of 25.

Arthur Wood, second vice president of the Club, is interested in pistol shooting. He commented that people "hear a lot about the bad side of firearms. They do not hear about the times when firearms protect people from harm." Arthur says it can be fun to shoot "when it's done safely."

Annual Field Day is usually held in September but this year was held August 15. There were balloon shoots for kids, paper running deer targets at 100 yards, a cowboy exhibition, a horseshoe tournament, pistol shoot, trap shoot, milk jug shoot, and archery shoot.

The Vermont National Guard was also present with

>> Page 20

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>> Page 19

two humvees which are high mobility multi-purpose work vehicles. Ted Marcotte, Supply Sergeant for the Lyndonville Armory under Bravo Company Task Force Warrior, explained the use of the humvees. One was an "armored humvee that carries four troops along with a gunner. It has various missions such as training, transportation, and delivering supplies. It weighs 10,000 pounds." The other humvee was not armored and weighed 5,000 pounds.

Tom Moore has been president of the Club for the last four years. "It's good to have a place where people can go in a safe environment." Tom runs the milk jug shoot at Field Day. Jugs are filled with water, hung up, and then shot at from 100 yards by high-powered rifles. He has been organizing this event for the past five years.

Arthur "Midge" Lavely has organized horseshoe matches for Field Day for many years. The scorer is Judy Fisher and there were 30 teams this year. Dale LaValley from North

Haverhill, N.H., was there to play horseshoes after having just won the New Hampshire state championship on Aug. 14. She also placed 13th in the world horseshoe pitching tournament held in Cedar Rapids, Iowa. There was a large crowd for the horseshoe event with everyone cheering for their favorite person or team.

Dwight Stahler is in charge of the archery range. This involves a trail through the woods with 20 3D targets to shoot. Dwight grew up hunting with guns but about 11 years ago a friend got him interested in bow and arrow. Dwight has been a member of the Club for over 30 years and a director since 1999. Although there are not many souvenirs from 100 years ago, Dwight is fortunate enough to have in his possession a green ribbon with gold lettering that belonged to Charlie Palmer's grandfather, that reads "Annual Outing, Caledonia Forest and Stream Club, 1911." Palmer is a resident of Danville.

Dwayne Garfield comments that "One of the main purposes the Club started was fishing. The



Club had a hatchery at Emerson Falls." In 1958, the Club started feeding fish in the brook across from the Sheffield Potato Sheds in Lyndonville. Fish were supplied by the state. Jimmy Chamberlain took care of the fish for many years, and then Dwayne took over the job for about 15 years. They raise around 20,000 brook trout a year.

Dick McGinnis joined the Club in 1960. He volunteered a great deal of time as the secretary and treasurer of the Club for over 20 years. He was also instrumental in organizing fishing derbies held for children.

Omlah Smith believes he joined the Club back in the 1940s. He used to shoot at the Club, work on different field events, and work at the food concession. He also remembers when the Club raised trout, and in the fall the members would take the trout and stock local brooks. At 85 years old, he is currently a director.

Ken Keach, 88 years old, is probably the oldest member and is a director. He believes he has been a member well over 30 years and enjoyed hunting and fishing in his younger days. His father was also a member.

Volunteers are necessary for any organization to run smoothly. Although there are many who should be recognized, Dick and Beulah McGinnis and Jack and Betty Weston have been consistent over the years in volunteering to help with the kitchen and many other activities. Both Dick and Jack are directors, and their wives have always pitched in to help at a moment's notice.

Through Larry Tighe's experience as a surveyor and with Jim Wood, they designed and rebuilt the ranges in 1996. "The guys in the Club are good people and have ethics. Everyone is a hard worker. We get things done," Larry says.

In 2010, the Club razed the

old Clubhouse and built a new one with a modern kitchen and plenty of room for meetings, places for scoring, and areas to display plaques and other awards.

Steve Jeffrey says Caledonia Forest and Stream Club is "...a great place to shoot. We put a lot of work into the Club in recent years. It's one of the better ranges in northern New England. As the NRA field representative for two years I was all over Vermont, New Hampshire, and Maine, and this is one of the top ones around. As an instructor to encourage the growth of the sport, I would like to see more women and kids get involved."

It is a place for social interaction and for those who like outdoor sports. Steve sums it all up when he says, "It's a good day. I'm at the range."

The website for Caledonia Forest and Stream Club is www.vermontana. com/cfsc.html.



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Up on the Farm Early

BOOKS — AND THEN SOME

BY LORNA QUIMBY

isplays in the Peacham Historical House celebrate the Library's bicentennial. One of the cases exhibits children's books, from the ones Agnes Shaw received as a girl (Agnes was born in 1909) to those belonging to my grandson, Steven, who was born in 1989. Some belonged to my husband and his brother Jim, some were mine, and others came from Dart Thalman's collection.

Some of Dart's books he collected as an adult. Most, if not all, of the others were given to a child. Dick and Jim's Aunt Marion gave Robert Louis Stevenson's A Child's Garden of Verses to both boys. During the thirties giving to both of them was a sensible way to spread her gift budget.

It may have been sensible, but how I hated a gift that had to be shared. Half the fun was having something that belonged to me, and books were no exception. I would lend a book but no conscientious librarian watched her books more carefully than I did.

The books I had in the small bookcase in my room at the farm were given to me, either at a birthday or at Christmas. Harriet and Elizabeth Jennison provided me with Alcott books, as did Uncle Charlie and Aunt Bea. Many gems in that bookcase didn't survive. They were not printed on quality paper, and the bindings were poor. Only the better books survived. Some are in this year's exhibit.

Many of the adult books in our display, novels of the 1900s and through the 30s, were also gifts to the original recipient. One Christmas, Gar and Alvin gave

Maw the Girl of the Golden West. In this group we find books that the owners purchased for their own pleasure. And what a pleasure it was when you could afford to buy a book for yourself.

In the 50s, Maw joined a book club and bought books she wanted to read. The book clubs were a boon for rural readers. In the thirties, trips to St. Johnsbury were rare, and books were the last things on Maw's mind. But years later, when we girls were mostly grown up, money was not so tight. Maw didn't join the Book-of-the-Month Club. Her club provided the light romances she enjoyed—what Christobel Schoolcraft described as "a nice love story."

The first books I bought for myself were used. I was working in Keene and, for the first time in my life, I had a salary. It took me a while to realize how meager my salary was. But at first having my own money opened vistas of things I'd longed for and now might possible get. I'd stopped into a second-hand store. In a dusty back room were stacks of books. Sneezing from the dust, I browsed through the stacks. I finally weeded the pile I'd set aside to a couple of books I still have today, a leather-bound book of Whittier's poems and Tristram Shandy. I'd never heard of Sterne's book but I thought it looked like something I'd enjoy.

Ever since that time I've picked up books here and there. There's a delightful old chicken barn on the way to Ellsworth, Maine, where I've spent a lot of time, looking for authors I collect. The best buy I ever found was here in Vermont. We'd gone to a wedding in East Burke, I think it was. On the way home we went by a house where there was an auction. The best things were gone, but I bought a trunk full of books. It was Christmas in July. The owner, a Mr. Goding, had not only read his books but he also wrote in them. You knew where he'd bought it and when and how much he'd paid. You also knew his opinion of some of them. I wish I'd been acquainted with the man, but I had the next best thing. I had his books.

I hope some Sunday afternoon you'll visit the Historical House. The books in our display show you the changes in book-publishing, from the earliest ones, not produced for a mass market, to the Little Golden Books. With embossed covers, with artists' illustrations, some of these books are still good after nearly 100 years. Not so the paperbacks of today. Publishers change book format in response to many demands other than those of "the gentle reader." And who can guess what the electronic age will do to the books we love so well!



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Manning, Biddle bring exhibits to Catamount Arts in Sept.

Ith the coming of the fall season, many people's thoughts turn to school and books, and artists are no exception.

Two local artists and retired teachers, Bob Manning and Sharon Kenney Biddle, have turned those thoughts into exhibits that will be featured during September in the main gallery at Catamount Arts.

"Miss Steinheimer's Room" is an exhibit of paintings by Bob Manning that pays homage to one of his favorite elementary teachers. And "Myth, Book and Stone." A multi-media presentation by Sharon Kenny Biddle, uses images connected with learning to envelop the viewer in the realm of the imagination.

A special artists' reception honoring both Manning and Biddle will be held at Catamount from 5 p.m. to 7 p.m. Friday, Sept. 10. The reception is free and open to the public. Refreshments will be served.

Many artists have used themes and imagery from their early childhood and Bob Manning does so in his most recent work created for his portion of



this exhibit.

"I loved first grade in Miss Steinheimer's room in the Washington Street School in Hartford, CT. She had large boxes of building blocks, those very smooth hardwood blocks you could place on one another and build castles or forts," Manning said recently. "She also had a large collection of alphabet blocks with letters and animals painted on each side. We kept a rug in our desk that we used to take a nap on the floor in the afternoon. I loved it all."

In Manning's paintings and watercolors, memories of first

grade have been grouped with other memories, especially those of WWII, each subjected to a process of stylization governed by a lifetime of image making.

Bob Manning is a retired professor of Fine Arts, a fourteenyear member of Catamount Arts Board of Directors and, since 2001, a member of the Speaker's Bureau of the Vermont Humanities Council. He lives in Ryegate with his wife, Libby Hillhouse.

Biddle's portion of the shared exhibit is a collection of pieces: drawings, paintings, and prints, hand-made books and felt stones.



The artist uses a wide range of media in the works to illuminate myths from various cultures by creating Australian aboriginalstyle dot painting, printed Aztec images, and depictions of Celtic heroes.

Intrigued with the potential that hand-made books have for telling a story in shapes and textures as much as words, the artist will present books in diverse forms and materials. Some of Biddle's recent work, which entails slowly building felt roving into the likeness of granite and schist, restates her long-time fascination with stones.

As a special feature of the

shared exhibit, these two artists and members of Catamount's Board of Directors will hold a special Gallery Talk and discussion of their work at 3 p.m. Saturday, Sept. 25, in the main gallery at Catamount Arts. The public is invited to attend the talk free of charge. Refreshments will be served.

Both "Miss Steinheimer's Room" and "Myth, Book and Stone" will be on view at Catamount through September. The gallery is open to the public free on charge from 1 p.m. to 6 p.m. Monday through Saturday and before and after each film screening.





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To make ticket sales faster and easier, we ask families to complete the following order form. The tickets will be held at the ticket booth in the center of the staff parking lot reserved under the family name. Tickets can also be purchased throughout the event.

The dinner offered will be hotdog or hamburger, corn, salad and drink at a price of 10 tickets (or \$5). Raffles and games will cost between 2 and 10 tickets (or \$1 to \$5). Some of the raffle items included: 1 month use of a parking space, 2 season passes to Danville basketball games, DeadRiver fuel give-a-way and a cord of unsplit wood (8, 8 foot logs, delivered)!

The dinner planning committee will also use the pre-sale ticket order form to gauge the amount of food needed for the evening. Please fill in the number of family members you think will be eating dinner at the Carnival.

Please make checks payable to the Danville PTG and return the bottom slip with your check to the school office by

Sincerely,

Carnival Planning Committee

Number of tickets:

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|--|

Ticket Price: 2 tickets/\$1	or	22 tickets/\$10	or	44 tickets/\$20 or	88 tickets/\$40
Name:					

Check amount: Number of dinner guests:

Green Cheese with Peter Dannenberg

Chicken Pie Suppers

In September and October Vermont's maples, sumacs and tamaracks gussy up in orange, red and gold. Hints of frigid winter bring urges to put the garden to bed, stack the woodpile and savor harvest suppers. It's time to raise money fill the church's oil tank, pay the mortgage on the fraternal hall, build up the fund for next June's scholarships or paint the historical society's one-room school-house next summer.

Community dinners are Vermont's Oktoberfest without lederhosen, yodeling and beer. Chicken pie is the archetypal Vermont harvest dinner. It reigns supreme over ham and baked beans; New England boiled dinners; roast pork; meat loaf; turkey with dressing; red flannel hash; game suppers and rare nouvelle cuisine dinners served on linen tablecloths. That other Vermont forte, sugar on snow with sour pickles and raised donuts, is a chilly springtime dessert that springs up with crocuses and town meeting, not a proper sup-

At a real harvest supper, you leave room for dessert—preferably home-baked pie—after filling up on the main course. Save your fork. Dessert forks are rare in firehouses, municipal buildings, church basements and lodge halls. If the pie table is self-serve, veteran diners snag favorites early. They carry off the tastiest pastries before digging into the main course.

The varieties on the dessert table often rival another country fund-raiser, a pie breakfast. Slices of old-fashioned two-crust apple pies made with local fruit abut blueberry, cherry, blackberry, raspberry, peach, rhubarb, strawberry, lemon meringue, banana cream, coconut custard, pumpkin, mince and Boston cream. Sometimes, exotic species—Nesselrode pudding, boysenberry,

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35 South Main Hardwick, VT gooseberry, cranberry-apple nut, ricotta, French silk, quiches, key lime, pecan, sawdust and sweet potato migrate to the brimming dessert table from warmer climes. These flatland pastries are strange birds, gawked at, but not invited to dinner until the old familiars have flown the coop. In the end, every crumb finds its place next to someone's dinner plate.

Vermont chicken pie is not chicken potpie. Potpie is a deepdish poultry pie with peas, carrots and gravy sealed up in a pie shell. There are good homemade potpies, but most are puny pastries that shiver in foil bowls in supermarket freezers. Potpies are as rare as escargot and brie on the trestle tables of Vermont's school cafeterias and lodge halls.

Vermont chicken pie has no piecrust. It's chunks of boneless poultry cooked in its own gravy, topped with fluffy biscuits and may be drenched in more white gravy after it's dished out. There are local variations but, typically, chicken pie is surrounded by mashed potatoes; winter squash;

coleslaw; homemade tongue pickles; cranberry sauce; relishes; coffee, tea or milk and—of course—pie for dessert.

Chicken pie started as a way to use available resources. Egg production waned when chilly weather set in. Farmers culled older birds. The Vermont tradition of, "use it up, wear it out, make it do, do without" frowned on waste. Tough worn-out old hens poached in their own juices and thickened with flour became hearty meals.

Renowned chicken pie suppers serve close to one thousand diners in shifts and require reservations months in advance. The Jericho Congregational Church, in Jericho Center, east of Burlington, started their tradition in 1900. The Groton chicken pie supper, held on a Saturday, as part of the weeklong Northeast Kingdom Fall Foliage Festival, starts selling tickets in July. Tickets vanish long before leaves turn color.

Waiting on hard pews in the church sanctuary, as alluring aromas, muffled voices and the sound of clattering dishes drift up from the grotto sharpens appetites. Then the maitre d'hôtel for a day admits small flocks to the sanctum sanctorum by ticket number. Some fluttering ensues as diners ask to be seated cheek by jowl with friends and neighbors. The ticket taker shuffles seats and solves minor glitches. Those left in the nave prayerfully await their summons, enticed by visions of bliss below.

Volunteers set up for days and then, after the climax, clean for hours. Some jobs, like cutting up bushels of Hubbard, acorn and butternut squash, are grueling. Servers need speed and agility to carry loaded plates down narrow aisles, especially when ticketholders for the next sitting impatiently line up.

Most makeshift dining halls are crowded. A running little boy bumps into an adolescent server who has a stainless steel pitcher of steaming coffee in her right hand and a crockery pitcher of hot gravy in her left. As graceful as a ballerina, she pirouettes, and resumes her delivery without spilling a drop.

Culinary wizards guard their time-honored recipes for special relishes and pickles with a ferocity that would shame Homeland

>> Page 25



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Athletic Events ~ Fall 2010

VARSITY FOOTBALL

Sat. 9/4	(H) MIDDLEBURY	1:00
Fri. 9/10	at U-32	7:00
Sat. 9/18	(H) BURLINGTON	1:00
Sat. 9/25	(H) NORTH COUNTRY	1:00
Fri. 10/1	at Colchester	7:00
Sat. 10/9	at Mt. Mansfield	2:30
Sat. 10/16	at Otter Valley	1:00
Sat. 10/23	(H) RICE	1:00
Sat. 10/30	at St. Johnsbury	1:00

JUNIOR VARSITY FOOTBALL

Mon. 9/13	(H) U-32	4:00
Mon. 9/27	(H) NORTH COUNTRY	4:00
Mon. 10/11	at St. Johnsbury	4:00
Mon. 10/25	at Hartford	4:00

FROSHMAN FOOTBALL

Wed. 9/8	at Brattleboro	4:00
Wed. 9/22	(H) ST. JOHNSBURY	4:00
Wed. 10/6	at North Country	6:00
Wed. 10/20	(H) NORTH COUNTRY	4:00

CROSS COUNTRY

Tues. 9/7	at St. Johnsbury	4:30
Tues. 9/14	(H) KINGDOM TRAILS	4:30
Tues. 9/21	at Stowe	4:30
Sat. 9/25	at U-32 Invite	11:00
Wed. 9/29	at Lake Region	4:30
Sat. 10/2	at Thetford Invite	10:00
Tues. 10/5	at Harwood	4:30
Sat. 10/9	at Peoples Invite	10:00
Wed. 10/13	at North Country	4:30
Sat. 10/16	at Harwood Invite	10:00
Mon. 10/18	at Lake Region Relays	4:30
Sat. 10/23 at Harwood (League)		11:00
Sat. 10/30	at Thetford (States)	10:00

GOOD LUCK VIKINGS

Sat. 9/11	(H) MILTON	10:00
Wed. 9/15	at St. Johnsbury	4:00
Fri. 9/17	at North Country	4:00
Tues. 9/21	(H) STOWE	4:00
Thurs. 9/23	(H) ST. JOHNSBURY	4:00
Fri. 10/1	at Harwood	3:45
Tues. 10/5	at Rice	3:45
Thurs. 10/7	(H) U-32	3:45
Sat. 10/9	(H) MISSISQUOI	10:00
Wed. 10/13	at Montpelier	3:45
Fri. 10/15	(H) NORTH COUNTRY	3:45
Tues. 10/19	(H) SPAULDING	3:45
Thurs 10/21	at Milton	3:45

VARSITY & JV GIRLS SOCCER Wed. 9/8 (H) LAKE REGION 4:30

Fri. 9/10	at Oxbow	4:30
Tues. 9/14	at St. Johnsbury	4:00
Thurs. 9/16	at Randolph	4:30
Wed. 9/22	(H) U-32	4:30
Fri. 9/24	at North Country	7:00
Tues. 9/28	(H) STOWE	4:30
Sat. 10/2	at Harwood	11:00
Wed. 10/6	(H) MONTPELIER	4:00
Fri. 10/8	(H) PEOPLES	4:00
Tues. 10/12	(H) ST. JOHNSBURY	4:00
Thurs. 10/14	at Northfield	4:00
Wed. 10/20	(H) SPAULDING	4:00
Fri. 10/22	at Thetford	4:00

VARSITY & JV BOYS SOCCER Tues. 9/7 at Lamoille 4:30

Thurs. 9/9	at Oxbow	4:30
Wed. 9/15	at North Country	7:00
Fri. 9/17	(H) ST. JOHNSBURY	4:30
Tues. 9/21	at Montpelier	6:00
Wed. 9/29	at Randolph	4:30
Fri. 10/1	(H) U-32	4:00
Tues. 10/5	(H) NORTHFIELD	4:00
Thurs. 10/7	(H) PEOPLES	4:00
Sat. 10/9	at Lake Region	12:00
Wed. 10/13	at Stowe	4:00
Fri. 10/15	at Harwood	4:00
Tues. 10/19	(H) SPAULDING	4:00
Sat. 10/23	(H) THETFORD	11:00

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>> Page 1

expulsion, the British renamed what was Acadia as Nova Scotia. Albert came to the United States as a competitive crosscountry skier and eventually made his way to Harvard University, where he met Eleanor. He earned degrees in geology and Eleanor spent years working as a corporate executive in New York City. After staying in the New York area for 15 years, Albert was offered the opportunity to teach chemistry at the prestigious Exeter Academy in southern New Hampshire.

Eleanor's family has roots in Glover and Barton and she made occasional visits to the Northeast Kingdom as a child. The couple made the decision a few years back to buy an abandoned dairy farm in West Charleston. Albert still travels to Exeter to teach and stays on campus for the entire school year. Eleanor stays behind and manages the business with the orchard manager, who is appropriately named Ben Applegate.

Eleanor and Ben met at a tree pruning workshop he was offering and the Léger's offered him a job on the spot.

In 2006, the couple tasted ice cider for the first time during a trip to Montreal. The Quebecois are the masters of ice cider production.

"We immediately wondered why no one was making this on the other side of the border," says Eleanor. The couple had always dreamed of farming in Northern Vermont, but they had not yet decided on a crop. After that first taste, it was set-

The Process

The apples are picked ripe and stored cold at an orchard in Shelburne. The Légers are three years into building their own 5-acre orchard, which should be ready for production in two years. In late November, the apples are pressed and the juice is stored in large plastic tanks. An 18-wheeler brings dozens of these tanks to the Légers home, where they are left outside in late fall to freeze naturally.

"It takes three to four weeks of real cold weather for them to freeze solid, which really concentrates the flavor," Albert says while standing amongst several empty tanks in his back yard. The natural freezing process could be replicated he said with a large freezer, but the Légers are striving for a natural and organic process. They use only organic fertilizer and compost in their operation.

After the juice filled tanks freeze solid, Albert uses a forklift to move them into his newly constructed barn, which is kept at 38 degrees all winter. Slowly, the concentrated juice seeps out of the ice and into the bottom of the holding tank where it is slowly collected over the winter months. Nearly 75 percent of the original juice is lost during this process. When spring arrives, all that's left is a big block of ice in the tank, mostly made up of water.

The Légers transport the concentrate into their basement and into several stainless steel fermentation tanks for two more months where it is warmed to 55 degrees and yeast is added. During that time, the concentrate is pumped back outside to kill the yeast and returned to its fermenta-

tion tank to complete the two month process.

The Flavors

The Légers currently have one flavor, Calville Blend, in mass production. It boasts 11 varieties of apples, including some familiar names to apple aficionados like Roxbury Russet, Esopus Spitzenburg, Calville Blanc d'Hiver and MacIntosh. Since apple trees require cross pollination, flavors are often combined during the growing process. When a new flavor is created, growers name it and "patent" is so the seeds can be sold to new orchards. For instance, the Roxbury Russet, created in 1640 in Roxbury, Mass., according to Albert, was the first American apple.

The couple plans to release a second vintage called Northern Spy in November. This single-varietal ice cider is aged on a much smaller scale in French oak barrels. Northern Spy is an antique variety of apple that was one of the three most popular in America at the end of the 19th century.

Where is it?

Eden Ice Cider is distributed nationally, but here in Vermont, the product can be found in stores from Bennington to Lyndonville, including local sellers like Diamond Hill Store in Danville, and The Freighthouse Restaurant in Lyndonville.



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>> Page 23

Security. Does beet relish or cranberry relish have richer color? Debates rage about the merits of using shortening or chicken fat in the biscuit dough. Do we bake separate biscuits or cover each pan with a seamless crust of biscuit dough? Do we serve at tables or have a buffet?

Sometimes progress gets a foot in the door. Church crockery and flatware give way to sturdy paper plates, foam cups and throwaway plastic ware. Some radicals throw tradition to the winds and offer frozen whipped topping for your pie.

However, usually the timetested local technique handed down for generations wins out. Year after year, cooks trot out proven pots and pans, including oversized enameled metal dishpans, so each basement banquet can recreate that special ambience and taste that makes their chicken pie supper Vermont's

The hum of conversation mingles with the clatter of serving spoons against bowls. Chatter at table and in the kitchen is the real secret ingredient. Community seasons the food and makes days of hard work worth it. Togetherness makes each meal memorable.

Servers ask if you prefer two or one outsized warm biscuits. Diners pass bowls of potatoes and squash, baskets of rolls, and plates of butter patties. Sugar

packets and shakers of salt flow from hand to hand around long tables. Teenagers take away empty platters and return, asking if you want more. "No, but it's all so good," echoes off the walls.

Almost always, it is good. Out of dozens of harvest suppers, I can recall only one exception. A community group advertised their first chicken pie supper. The first time is often the worst time. An annual feast, like Thanksgiving dinner at home, relies on collective memory, timeworn rituals and tasks performed in the old way. When you have one chance to get it right, experience counts.

That night, peas and carrots afloat in lukewarm gravy told me a surprise was on the menu. The uniform, almost cubical, biscuits were from a plastic package. Mashed potatoes were off somewhere, cavorting with the missing butter, no doubt. Coffee from the insulated container at a side table included plenty of grounds. The main course was tasty, but potpie, not chicken pie.

But even when the meal is only fair, supping with neighbors and visiting leaf peepers, sharing local news and hearing bulletins from away feeds both spirit and body. A 1901 letter writer to the "New York Times" commented, "To arouse the average American . . . nothing is needed but to place before him the attractions of a church supper, whether it is turkey at 50 cents a head or corned-beef hash and beans at 10 cents, and ice cream 10 cents extra."

More than a century of inflation upped prices. Today 10 to 12 dollars per adult and half that for small children satisfies the hungriest trenchermen at a community feed. As harvest red and gold darken to brown, Vermonters and friends pause for food and fellowship and make ready field, forest and farm to sleep under a white blanket until the sap flows again.

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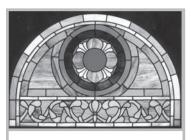
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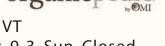




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BY SHARON LAKEY, DIRECTOR

unny weather, good company, and Danville Fair — how could one beat that? After serious planning by Historical Society President, Paul Chouinard, and gracious people in our community saying "yes" to his proposed itinerary, quite a day was in store for our return visitors from Danville, QC. And the group's willingness and good humor throughout the whole experience made it a pleasure to carry out the plans laid out by Paul and his Danville hosts and hostesses.

At around 9:30, the Canadian group met with our Select Board and Town Administrator, as well as Kate Beattie and Betty Calkins, for coffee, juice, and

the Historical House. While the two groups got to know one another, Paul excused himself to decorate the Sugar Ridge campground wagon upon which members of a merged contingent would shortly ride in the parade.

When he returned, Paul gathered those who would ride in the wagon, and the rest of us walked to the parade site. The Fair Committee had gone all out to welcome our French Canadian guests. The Town Hall was decorated with both national flags and the streets were lined with fairgoers. The six-hitch Sugar Ridge team carrying the contingent waited with patience and power in front of Diamond Hill store as our guests were

warm muffins (à la Kate) at welcomed by our national anthem, followed by the Canadian anthem, in both English and French.

> Pierre Grimard, president of the large art symposium that is hosted in Danville, QC, was visibly moved and asked, "Who was that?"

> "Toby Balivet," answered, "He is our Town attorney and a member of our recent delegation to Danville, QC."

"Perfect," said Pierre. "Perfect."

After the parade, the group moved to Alice Hafner's house on Danville Green, where she hosted a luncheon for the group and a mixture of other Danville guests in her lovely great room. Adding ambiance to the lunch, she had set a fire,



After our busy day seeing some important sites of Danville, Paul Chouinard accepted a gift for Danville's Town Hall from Mayor Hemond.

which was most welcome. A chill wind, hinting that summer doesn't last forever, was blowing. Making a special effort to pay a visit to the

Canadians were Danville, VT, artists Jeff Gold and Nancy Diefenbach, who have attended the art symposium in Danville, QC.

After lunch, the group moved in two cars to Greenbank's Hollow, where David Houston and Hollis Prior, leaders of that site renovation, gave a short tour and a talk about the mill site. Packets provided to the group included photos of the former huge textile mill located there. David and Hollis are experts at explaining where the mill sat and how the water was directed through the huge stonework walls to provide the power for the mill. One could almost see the mill working.

Then it was off to Joe's Pond along the Harvey's Hollow, Keiser Pond, and Oneida roads, then along the winding pond roads to Jane Milne's camp. Chip, her son, was there waiting for us as captain of Jane's comfortable pontoon boat. "We're going on the water?" exclaimed Robert Lemire, an English speaking historian. "I don't like the water much." But he was encouraged by all and was a good sport. We loaded the boat. By previous arrangement Chip headed to Priest's Island. Just a week before, North Star readers

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Above, the front of the chapel on Priest's Island, owned by Abel and Kitty Toll. Right, on the boat with Chip Milne, captain.

read Jane Brown's article about the very islands we were to see. Chip drove us by Sam Whittier's man made island and then he headed to Priest's Island, where we were greeted graciously by a surprised Abel Toll. We were pleased to go into the little temple there. It is beautifully kept and quiet, the columns giving it an air of grandeur for its small size. On the way back to shore, the loons made their appearance, not at all fearful as the boat slipped right by them. Robert was glad to be back on "terra firma," and we said goodbye to Chip and Joe's Pond.

Coming back through Danville, it was onto Hill Street and out to North Danville where Molly Newell was hosting a tea for our guests at the elegant and historical Broadview Farm bed and breakfast. After a guided tour of the house by Molly's friend Carol Ottinger, Molly poured tea and coffee into china cups and guests were invited to partake of an assortment of delicious items from the table. The late afternoon sun and breeze made the large porch a relaxing respite for quiet

conversation.

After tea, it was off with Sue and Dick Strifert leading the way to the Old North Church. Sue and Dick are directing the most recent renovations to the building. Dick led the tour through the building, explaining the work that is being accomplished now in renovating the windows and plaster walls as well as the history of the earlier renovation and care that the Old North Church committee has carried on for so many years. Some of the group climbed the stairs to the balcony where Dick pointed out

the unusual slightly bowed timbers that create the great strength of the span across the building.

The group returned to Danville around 6 pm. It had been a wonderfully busy day, full of learning and camaraderie. Before departing, Maier Hemond presented Paul a gift to the Town. Like the George Cahoon photo that now graces the Town offices in Danville, QC, we now have a 150-year celebration token of our sister town hanging in our Town Hall. It depicts their clock tower. Like ours, it still keeps good time.

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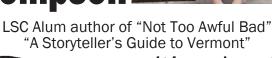
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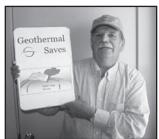
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Century 21 Quatrini Real Estate

Susan S. Quatrini, GRI, Broker-Owner. 1111 Main Street. St. Johnsbury, VT 05819. (802) 748-9543 or (802) 748-3873. c21qre@sover.net

David A. Lussier Real Estate

Farms, Acreage, Homes and Investment Properties. 540 Main Street, PO Box 872, Lyndonville, VT 05851. (802) 626-9541 or (802) 626-8482. Lussier@kingcon.com, www. lussierrealestateagency.com

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Nicholas Maclure, managing broker. Derby, VT Office: (802) 334-1200, Cell: (802) 673-8876, nick@farmandforest.com and Annette Dalley, managing broker, East Burke, VT, Office: (802) 626-4222, Cell: (802) 467-3939, annette@farmandforest.com. Our goal is to help you find your "peace" of the Kingdom. www. farmandforest.com.

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Danville Animal Hospital

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By John Downs

hen I finished Part One last month, I indicated I would write more about NVRH, its dedicated staff, and health care in general. Unfortunately, there is so much more about medical care that needs careful explaining and exploring, but alas, there is no time here to do more than touch the surface.

I understand more clearly now why health care is so expensive. Here is one example in particular close to home. Virtually every time a doctor or nurse touched any part of my body, they put on a new pair of rubber gloves for sanitary reasons before doing so. Before the Chinese preempted the medical glove industry, and forced many small manufacturers out of business, the Tillotson family of Colebrook, New Hampshire employed over 100 people who made only rubber gloves. Put your imagination to work and think of the costs involved in the annual production and use by many thousands of doctors and nurses of millions of pairs of gloves in thousands of hospitals around the world. And this is only one item involved in providing good health care!

After 15 days of hospitalization, with three days remaining before my discharge, it seemed to me that there may be too many people involved in providing what may prove to be more or better health care than we need or can afford. And with this statement I do not mean to criticize any individuals involved.

Frank Hovey

Lead Technician

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It is the way the system has evolved over the years.

In any event, the costs of unlimited health care have to contribute substantially to our burdensome national and state deficits. No one knows for sure about the costs that will be associated with the new health care law. Oh that we could have been smart enough years ago to enact universal health coverage as did so many industrialized nations. Presumably we would have developed programs and processes with manageable and predictable costs that would have helped us avoid the mess we are in today.

But enough of that – there will always be people among us who will require varying degrees of medical care. In my judgment, the best way to develop an effective and manageable health care system today would be to extend the existing Medicare and Medicaid programs to cover more people. These programs are effective and their costs have been manageable. However, my real preference would be to adopt universal coverage as

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other nations have done, but it is not politically possible to do so at this time. In the meantime, we must learn to bake better medical cakes so that the expression "a piece of cake" will apply more broadly.

Several impressions of my life in the hospital remain in my mind almost two months after my surgery. I will never again be embarrassed by or ashamed of my naked body. Many female nurses saw me with no clothes on during one procedure or another, and they always made me feel comfortable.

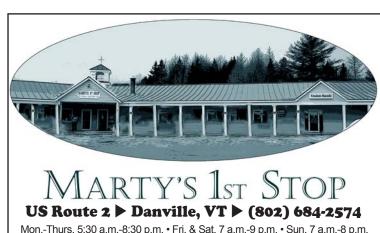
During the first week that I was in the hospital, doctors and nurses were concerned about my mental acuity. I said "John Downs, November 12, 1919" countless times when asked to state my name and date of birth.

I was most impressed with the ability of so many talented nurses to use the computer system to receive instructions and make reports about what they found and did. There was no paper trail.

On Wednesday, July 14, the day before I was to be discharged, my good friend Dr. Edgar Miller came to visit me. He is an 80-year-old retired surgeon who summers in St. Johnsbury and practiced much of his life in Wilmington, Delaware. His practice over 50 years took him to several countries. I was delighted when he told my wife that NVRH is an exceptionally fine hospital and that it would have been a privilege and pleasure to operate here.

In closing, I am delighted to put my stamp of approval on NVRH and the way the staff runs it. Welltrained nurses are thoughtful and caring. It would appear that the expensive equipment necessary for the well being of its patients is available. We folks here in the Kingdom, and our visitors, are blessed by the hospital's presence.

And so ends the story of "a piece of cake" that I hope and believe will be the last hospitalization of my long life.



MonThurs. 5:30 a.m8:30 p.m. • Fri. & Sat. 7 a.m9 p.m. • Sun. 7 a.m8 p.m.				
Danville School 2010 Schedule				
		Athletic Director: Merlyn Courser CA	A	
Boys '	Varsity So			
	1	@ Lamoille Union	4:30 PM	
	4	Blue Mountain	11 AM	
September	9	@ Twinfield	4:30 PM	
sm]	15	@ Cabot	4:30 PM	
pte	17	@ Blue Mountain	4:30 PM	
Se	21	Twinfield	4:30 PM	
	25	Richford	11 AM	
	29	@ Lake Region	4:30 PM	
	1	@ BFA Fairfax	4:30PM	
	5	Enosburg Falls	4:30PM	
er	7	@ Winooski	4:30PM	
October	13	Hazen Union	4:30PM	
Oc	15	Oxbow	4:30PM	
	19	Lake Region	4:30PM	
	23	@ Richford	11AM	
Girls '	Varsity So	ccer		
GIIIS	varsity 50	@ Twinfield	11 AM	
	8	@ Oxbow	4:30 PM	
r	14	@ Hazen Union	4:30 PM	
ıpe				
September	16	Lake Region	4 PM	
eb	18	Twinfield	11 AM	
S	22	@ BFA Fairfax	4:30 PM	
	24	Winooski	4:30 PM	
	28	@ Richford	4:30 PM	
	6	@ BFA Fairfax	4:30PM	
ber	8	Enosburg Falls	4:30PM	
qo	12	@ Winooski	4:30PM	
Octol	14	Hazen Union	4:30PM	
•	20	Oxbow	4:30PM	
	22	Lake Region	4:30PM	
Boys l	Middle Sc	hool Soccer		
'n	15	@ Lyndon Town School	4:30 PM	
September	22	Lyndon Town School	5:15 PM	
em	24	@ Twinfield	4:30 PM	
ept	27	@ Hazen Union	4:30 PM	
S	30	St. Johnsbury	5:15 PM	
	5	@ Cabot	4 PM	
er	7	Twinfield	4:30 PM	
qo	11	Hazen Union	4:30 PM	
October	14	@ St. Johsnbury	5:15 PM	
0	18	Cabot	4:30 PM	
Girle l	Middle Sc	hool Soccer		
	15	@ Lyndon Town School	4:30 PM	
er	20	Concord	4:30 PM	
September	22	Lyndon Town School	4:15 PM	
pte	24	@ Twinfield	4:30 PM	
Se	27	@ Hazen Union	4:30 PM	
L	30	St. Johsnbury	4 PM	
October	4	@ Concord	4:30 PM	
2	7	Twinfield	4:30 PM	
7		II II Cabaal	4:30 PM	
Oct	11	Hazen Union School @ St. Johnsbury	4:30 PM	



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Community wellness spreads in the NEK

By Virginia Downs

the Northeast Kingdom is rapidly putting Vermont on the map for programs boosting the health of children as well as seniors. Danville is a prime example of the Kingdom's community gardens which are growing in numbers and linking youths with older people.

she explains. "He said, 'Let's get involved in sustainable agriculture to help our Vermont farmers and improve nutrition. Food safety issues, e coli in spinach and all that is worrisome to a lot of people. Buying local vegetables is not only safer but more nutritious. It's also helping the local farmers."'

Jenny and others working for



The flourishing garden behind the Grandview Apartments for senior citizens was planted by seventh graders from the Danville School. Social studies teacher Jim Shea organized the willing workers, who he says "had a blast planning and planting the garden. On April 14, we took an afternoon to go to the Apartments and ask the senior citizens what vegetables and flowers they would like. The kids loved working on this community service project. In fact, they asked me if they could keep working on this project next year and while they are in high school."

"The kids know the great farming tradition Danville has, and the value of good nutritious food," he added. "This community project tied all of that together."

The success of this and many other programs focused on better health and community awareness in the Kingdom have brought great satisfaction to Jenny Patoine, a major in human services at the University of Vermont, graduating in 1974. An employee of the Area Agency on Aging in St. Johnsbury, she explains that Ken Gordon, the head of the Agency, "calls me a community wellness specialist." I highly agree with that, being among the elderly who have benefitted from exercise programs she has started. There are 25 of us in Lyndonville's "Living Strong" program two mornings a week which she started seven years ago and now there are seventeen throughout the Kingdom. We work out with leg weights and do special exercises to improve balance, a major problem for aging people. In each exercise group she has prepared leaders to take over as leaders. A growing number of us are doing Tai Chi in the town's Bandstand Park two mornings a week with instructors. Another Tai Chi group, with the same instructors, Sal DeMaio, Joanne Post, and Patricia Anderson, meets in St. Johnsbury on the former playground for St Johnsbury Graded School.

Jenny's work throughout the Northeast Kingdom includes a new local foods focus. "This was Ken's idea a little over a year ago,"

community wellness attended a meeting in Montpelier a year ago with Roger Albee, Commissioner of Agriculture. "We talked about how we can help create a program and be part of the local foods movement, which is helped by state and federal money. A Food Bank comes out of Barre, and many meal sites are connected to it, getting a lot more fresh produce that's local." The word was passed on in Caledonia County and meal sites are now part of the local foods movement.

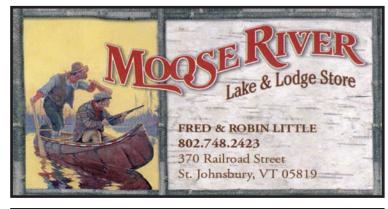
Helping senior meal sites to prepare community gardens has been an activity Jenny has especially enjoyed. "We've helped four centers build raised beds. They are easier for seniors to garden. Barton has a huge garden. All the food is used in the meal site. It's wheelchair-accessible and down below the library by the river. Kids love it. They do all kinds of projects around science and art."

Jenny urged me to interview NVRH's dietitian Sharon Anderson to get an idea of how the hospital has been affected by the local foods movement. A graduate of the University of Vermont in 1992, Sharon became the hospital dietitian in

"We have team meetings every day, keeping in touch with doctors and nurses daily about patients' needs," she told me. "Harvest Hill Farm in Walden is our source for fresh vegetables and some fruits. The owner, Bill Half, brings produce twice a week to the hospital and he also sells to the St. Johnsbury House and two White Markets. His carrots are the best I've ever tasted! Bill uses organic fertilizer in his fields as does Eric Paris in Lyndonville, whose meats we use - turkeys, chickens and beef. How lucky we are with these healthy choices! I wonder how many other hospitals live by the healthy foods rule."

I asked if the large vegetable garden next to the hospital was tended to by NVRH staff and the answer was, "Oh no, that was prepared as gardening space for people in the community."

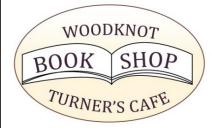
Jenny speaks very highly of the work being done by Katherine Sims, Founder and Executive Director of the Green Mountain Farm-to-School program in Newport. Under her leadership, the Kingdom's





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Orleans County has surged ahead in many directions of making good foods available to families. Students are taken on field trips to farms and community gardens throughout the county. She works with 15 schools in the Northeast Kingdom. Her goal is "Together we can create healthy communities and build strong local food systems in Vermont."

"We've hooked up with Green Mountain Farm-to-School, creating a sub program, "Green Mountain Farm Direct," under their umbrella,"Jenny explains. "Their system involves many small farms in Orleans and some outside. Meal sites can order from farmers, and there is an ordering sheet put out in summer once a week with information for families. Meal sites can order from farmers. Katherine goes around the meal sites regularly. She is a wonderful example to follow."

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St. Johnsbury Academy Fall 2010 Sports Schedule

Athletic Director: Tom Conte - CAA **Headmaster: Tom Lovett**

Boys Soccer

Varsity and Junior Varsity				
9/7	Essex	(NL) (A)	4:30	
9/9	North Country	(H) (NL)	4:30	
9/15	Burlington	(NL) (A)	4:30	
9/17	Lyndon	(A)	4:30	
9/21	Randolph	(H)	4:30	
9/23	U-32	(A)	4:30	
9/25	South Burlington	(H) (NL)	11:00	
9/29	Northfield	(H)	4:00	
9/29	Northfield Stowe	(H) (A)	4:00	
		<u> </u>		
10/1	Stowe	(A)	4:00	
10/1	Stowe Peoples	(A) (H)	4:00 4:00	
10/1 10/5 10/7	Stowe Peoples Harwood	(A) (H) (H)	4:00 4:00 4:00	

Coaches: Richard McCarthy JV - Adam Kennedy

Cross Country

9/7	All Mt. Schools @ St.J	(H)	4:30
9/14	Haz, LR, Lam, NC, Ox, Peoples	(H)	4:30
9/18	Burlington Invite	(A)	9:30
9/21	All Mt. Teams @ Stowe	(A)	4:30
9/25	Manchester	(A)	9:30
9/29	Har, Haz, Lam, Ran, Stowe @ Lake Region	(A)	4:30
10/2	Thetford Invita- tional	(A)	10:00
10/5	All Mt. Teams @ Harwood	(A)	4:30
10/9	Peoples Invite	(A)	10:00
10/13	LR, Lam, LI @ NC	(A)	4:30
10/23	N.V.A.C. Mt. Div. Championships @ Harwood	(A)	10:00

Coaches: Chip Langmaid, Tara Hemond and Richard Boisseau

Girls Field Hockey Varsity and Junior Varsity

All JV Games Follow varsity Games			
9/9	North Country	(NL) (A)	4:00
9/11	Bellows Falls	(NL) (A)	10:00
9/15	Lyndon	(NL) (H)	4:00
9/17	Milton	(L) (A)	4:00
9/21	U-32	(A)	4:00
9/23	Lyndon	(A)	4:00
9/25	Hartford	(NL) (H)	10:00
9/29	North Country	(H)	4:00
10/1	Stowe	(H)	3:45
10/5	Spaulding	(A)	3:45
10/7	Montpelier	(H)	3:45
10/13	Missisquoi	(A)	3:45
10/19	Harwood	(H)	3:45
10/21	Rice	(H)	3:45

Coach: Fran Cone, JV - Paula Bystrzycki

Girls Soccer Varsity and Junior Varsity

			•
9/8	Spaulding	(NL) (A)	4:30
9/10	North Country	(L)(H)	4:00
9/14	Lyndon	(NL) (H)	4:00
9/16	Spaulding	(H)	4:30
9/22	Thetford	(A)	4:30
9/24	U-32	(H)	4:30
9/28	Northfield	(H)	4:00
10/2	Peoples	(A)	11:00
10/6	Harwood	(H)	4:00
10/8	North Country	(NL) (A)	4:00
10/12	Lyndon	(A)	4:00
10/14	Montpelier	(A)	4/6:00
10/20	Stowe	(A)	4:00
10/22	Randolph	(H)	4:00

Coaches: Tracy Verge, Frank Leafe, Craig Weston JV - Greg Roberts

Football Varsity

9/3	North Country	(A)	7:00
9/10	Rutland	(A)	7:00
9/18	Spaulding	(H)	1:00
9/25	South Burlington	(H)	1:00
10/1	Hartford	(A)	7:00
10/9	B.F.A.	(H)	1:00
10/16	Essex	(H)	1:00
10/22	Burlington	(A)	7:30
10/30	Lyndon	(H)	1:00

Coaches: Shawn Murphy, Craig Racenet & Hank Van Orman

Junior Varsity

9/7	B.F.A.	(A)	5:00
9/14	Spaulding	(A)	4:00
9/20	North Country	(H)	4:00
9/28	Spaulding	(H)	4:00
10/4	Hartford	(A)	4:00
10/11	Lyndon	(H)	4:00
10/18	U-32	(H)	4:00
10/26	North Country	(A)	6:00

Coaches: Mike Bugbee, Frank Trebilcock

Froshman

9/8	Spaulding	(H)	4:00
9/22	Lyndon	(A)	4:00
9/29	MMU	(H)	4:00
10/6	Essex	(A)	5:00
10/13	MMU	(A)	4:00
10/20	Essex	(H)	4:00
10/27	North Country	(H)	4:00

Coaches: James Bentley & Joe Tomaselli

What's Happening at Town Hall

Barnet

Town Clerk: Benjamin Heisholt Selectboard: Ted Faris, Gary Bunnell and Jeremy Roberts

August 9, 2010 Transfer Station - The Board reviewed email and addressed several concerns raised therein. FairPoint Communications was contacted by the Town several months ago regarding telephone service at the Transfer Station. The Town is still awaiting installation of this service. The Recycling Center addition project is to commence upon the conclusion of the Town Highway Department's gravel-crushing project. The Highway Department will move the propane tank at the Recycling Center to the other end of the building. The concrete pad in front of the Recycling Center will be replaced by the Highway Department at the same time as they build the addition to the Recycling Center. The small roof covering the propane tank at the Recycling Center has already been moved to the other end of the building by the Highway Department.

September 2010 Menu

West Barnet Senior Meal Site

Meals served at West Barnet Church. All meals served with a beverage. Reservations not required. Suggested donation of \$3.00 per meal is appreciated. Phone (802) 633-4068.

Sept. 1 - Chop suey, grated cheese, tossed salad, Italian bread and mixed fruit cup.

Sept. 3 - Buffet

Sept. 8 - Meat loaf, mashed potatoes, copper penny salad, rolls and brownies.

Sept. 10 - Baked fish, tartar sauce, mashed potatoes, peas, carrots, dark bread and rice pudding.

Sept. 15 - Salisbury steak, mashed potatoes, green beans, rolls and peaches and cream.

Sept. 17 - Baked beans, hot dogs, cole slaw, jello, fruit and garlic bread.

Sept. 22 - Beef stew, tossed salad, biscuits, pudding and topping.

Sept. 24 - Chicken, biscuits, mashed potatoes, fresh carrots, cranberry sauce and tropical fruit cup.

Sept. 29 - Spaghetti, meatballs, garlic bread, tossed salad and cake with frosting. The Board agreed to pay for signage to deter after-hours use of the Transfer Station.

Harvey's Lake – The Board discussed several matters related to the Harvey's Lake Dam. Faris has recently reviewed the 2010 report from the University of Vermont Department of Civil and Environmental Engineering (UVM). Faris determined that the funds pledged by the

Lake Harvey Association for upgrades to the dam will be adequate to pay for the upgrades recommended in the report. After brief discussion, the Board agreed to pursue upgrading the dam per the recommendations of UVM.

Danville

Town Clerk: Wendy Somers Town Administrator: Merton Leonard

Selectboard: Steve Larrabee, Denise Briggs, Doug Pastula, Marvin Withers and Michael Walsh

August 19, 2010

Animal Shelter - Joyce Littlefield of the Kingdom Animal
Shelter was present to inform
the Board of a cat problem at
or near a Route 2 residence.
The Shelter is not prepared
to remove, house and doctor
the large number of cats there,
as she estimates it would take
\$6,000 just for the Veterinarian services. She requested
help from the Board to work
with them and try to solve this

problem. While the Town does have a dog account from selling dog licenses, it is primarily used for stray and needy dogs. Jo Guertin felt that it might be a bad precedent to spend money from the dog account on cats, as it could become a continuing problem. The Board will investigate what they will be able to offer for any assistance.

Road Agent - Road Agent Kevin Gadapee reported that he has invited Stewart Engineering of Barnet to review replacing or modifying the present roof with a new or additional truss design. They will meet at the garage with Jason Larrabee and the rafter representative. Anyone wishing to attend can contact him the first of the week for the time and date. Ruggles engineering has completed the engineering on the Kittridge Road project and has sent them out to the bidders list established on the Wightman Road Project. As part of the Hill Street Park skating rink, Kevin and Mark Joncas are planning on leveling the rink area to the high spot. Kevin plans to use donated material and equipment for most of the work and will be advised to keep the drainage in mind. Kevin also plans to begin the work on the Joes Brook Road, following past practice he will do the work as time and money permit, and hiring only an excavator. The general consensus of the Board was in agreement with Kevin's plans, and they noted the wood dump needed a little attention as well.

Administrator's Report had excerpts from a book written by Vermonters about Town Meetings and the Australian ballot. It answers many questions asked at the informational meeting. Merton has received the revised plans on the front porch of the Town Hall. He recommended that one of the experienced builders on the Board be hired to lead the renovation of the front porch as it is such an important part of the Town Hall renovation. After some discussion, it was the general consensus to put the porch project out to bid and use one of the Board members as clerk of the works. Merton presented an updated building rental agreement from the North Danville School Association. Changes included charging \$5 a session for use of the gym for instructional use for profit. This would result in \$40 a month to \$480 for the year. While the Board would have liked to seen this higher, they will go along with the Associations recommendation.

Fire Dept. - Bob Briggs, representing the Fire Department, requested that the department be allowed to use some of the Capitol Equipment Fund to purchase Jaws of Life equipment that the department does not have,

but could have used on two recent accidents. After some discussion the general consensus of the Board would be to grant the Fire Departments request.

Lyndon

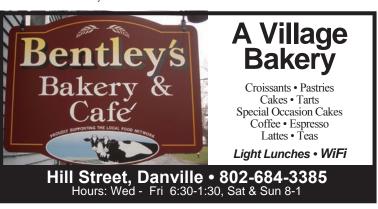
Town Clerk: Lisa Barrett Administrative Assistant: Dan Hill

Selectmen: Martha Feltus, Kevin Calkins and Kermit Fisher

August 2, 2010 Festival Permits - Kevin moved to authorize Lisa to sign Festival Permits (liquor licenses) for Shane Switzer (The Pizza Man) to serve alcohol at the Caledonia Fair Aug. 24 through Aug. 29 providing there is proper security at the site. Approved 3-0.

Conference Room - The Board reviewed the various preliminary options for the first floor renovations and toured the areas involved. Dan stated that the first step is to deal with any asbestos issues and that should be done within the month. Next is to get an inspection by the State Fire Marshall's office to ensure we meet code in all areas. The Board preferred option B with some changes to the plans. Dan will review with the Listers and with the architect for making changes and getting cost estimates.

Fire Station Trees - Dan explained that Greg Hopkins







Archer Mayor Tuesday, Sept. 28, 7 p.m.

Archer Mayor returns to discuss and sign copies of his

21st Joe Gunther adventure, Red Herring.

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Monica and Raymond Vincent are among the many grower/vendors at the Danville Farmers' Market held Wednesday mornings and at the St. Johnsbury Farmers' Market held Saturday mornings. Their vegetables are grown in Barnet. Both markets feature a great selection of freshly picked vegetables and fruits in season, as well as maple products, cut flowers, plants, wood products, meats and eggs, baked goods, wool and crafts.

felt it was time to either severely prune or remove the red maples along the side of the Public Safety Facility. The Board asked Dan to get more detail as to why they need to be removed at this time.

August 16, 2010 2010 Tax Rates - A motion was made by Martha Feltus, seconded by Kermit Fisher, to set the 2010 tax rates as follows:

General Fund: \$.3328 Highway Fund: \$.3992 Local Agreement: \$.0038

Peacham

Town Clerk: Bruce Lafferty Selectmen: Richard Browne, Tim McKay and Andy Cochran.

August 4, 2010 Community Workshop -McKay reported that the Peacham Collaborators group is sponsoring a community workshop on Aug. 24 at the school (time to be announced) to encourage public involvement in planning for the Town's future. The workshop will use a format developed by UVM Extension called "Re-Charge." A copy of the "Re-charge Program" is available at the Town Clerk's office.

Town Plan - A letter from the Commission was received by the Board recommending that the Board take steps to re-adopt the existing Town Plan as soon as possible while the planning commis-

sion works on revisions to the Town Plan to be ready for adoption in 2011. VLCT was consulted and they confirmed that the re-adoption of the existing plan was allowable under State Statutes. Hearing notices for re-adoption of the Town Plan will be posted no later than September 2, 2010. Brown moved that the Board hold a hearing to discuss readopting the current Town Plan on Monday, Sept. 13 at 7 p.m. in the Town Gym. Unanimously approved. The new Planning Commission Chair, Les Morrison, personally recommended that, although Chuck Gallagher resigned his Chairmanship, he remain as a member of the commission. A letter of resignation from the Planning Commission was received from Karen Fitzhugh. Browne moved that the Board accept her resignation with regret and thanked Karen for her excellent efforts on behalf of the Town. Unanimously approved. Clerk to the Board was asked to post notices for residents interested in serving on the Planning Commission. Commission member, Paul Evans, asked the Board about the qualifications and expectations for future applicants. Paul Evans announced that the Planning Commission has agreed to re-schedule its future monthly meeting date to Tuesdays at 7 p.m. in the Town Office.

Garage Furnace - A review of the two proposals for a purchase of a new waste oil Town Garage furnace was held. Browne moved to purchase the Reznor RA 250 furnace from Arrow Equipment for the Town Garage. Unanimously approved. The purchase price will be \$8,895 with one half of the chimney installation cost being covered by the Town's Energy Efficiency Community Block

St. Johnsbury

Town Manager: Ralph Nel-

Town Clerk: Sandy Grenier Selectboard: Bryon Quatrini, Daniel Kimbell, Jim Rust, Rodney Lamotte and Bernard Timson.

August 9, 2010 Liquor License - Allyn Briggs addressed the Board about obtaining a liquor license and re-opening the Front Row Tavern under the new name of "The Chill Zone." The Board stated conditions that must be met by the new owner, and reviewed the occupancy limits. Briggs assured the Board he would maintain a "no tolerance" policy and not allow anyone under 21 years of age access to the premises. On a motion by Bernie Timson and seconded by Rod Lamotte, the Board voted unanimously to approve his application for a liquor license providing Mr. Briggs adheres to all conditions.

Community Center Donna Reed presented her proposal for the use of the Community Center as a Gymnastics facility. General discussion centered around the question of future uses for the building if the Board entered into a long-term lease agreement; the engineering report and integrity of the structure's roof and flooring, asbestos removal, and historic significance of the building for future renovations. Several people spoke in support of Donna's project. The Board decided to appoint a committee to do a more complete feasibility study.

Healthy Coalition - Daniel Kimbell reported that Laural Ruggles from NVRH has funding for bike racks to go with the proposed bike path through a Healthy Coalition grant. On a motion by Daniel Kimbell, seconded by Rod Lamotte, the Board voted unanimously to accept the racks.

Zoning Administrator – Jim Rust reported that he will be meeting with Martha Hanson and Tim Angell from the Planning Commission, Alan Ruggles and Rich Lyon from the Development Review Board to develop advertising for the Zoning Administrator. Rust also indicated the Board may

be looking at hiring an interim administrator.

Belknap Lien – On a motion by Bryon Quatrini, seconded by Daniel Kimbell, the Board voted unanimously to place lien on the property at 881 Concord Avenue to recoup cost of town clean up and any legal fees incurred with said lien.

Public Works - Rust stated the purpose of the committee is to evaluate the department and set up a five-year plan to consolidate. Danny Scott indicated it would be much easier for him to oversee the combined public works department if it was located in one place. Currently Danny said he did not anticipate cross training the entire crew from both departments. Rust indicated that, in order to consolidate at the Highway Garage, the EPA issue had to be resolved. Bill Vermeulen questioned how much the water garage could be sold for, which is an unknown amount. On a motion by Bernie Timson, seconded by Rod Lamotte, the Board voted unanimously to put together a citizens' committee with Dan Scott, the town manager, two board members and three citizens. The town manager will advertise for volunteers.

September 2010 Menu

Danville Senior **Action Center**

Meals at Danville Methodist Church. All meals served with a beverage, homemade breads and desserts. Reservations are appreciated by calling (802) 684-3903 before 9:30 a.m. on day of the meal. A donation of \$4 for guests 60+ (others \$5) is appreciated.

Sept. 2 - Chipped beef, gravy, mashed potatoes, broccoli, carrots, rolls and oatmeal bars.

Sept. 7 - Crab cakes, penne with lobster sauce, tomato salad, sauteed greens and birthday

Sept. 9 - Sloppy Joes, cole slaw, blueberry muffins and canteloupe.

Sept. 14 - Chicken, broccoli and ziti alfredo, roasted veggies, tomato juice and garlic bread.

Sept. 16 - Cream of broccoli soup with saltines, chicken salad on a roll with lettuce and tomato, carrot cake.

Sept. 21 - Lasagna, garlic bread, tossed salad, peas, carrots and bread pudding.

Sept. 28 - Sweet and sour meatballs, brown rice, broccoli, carrots and fruit cobbler.

Sept. 30 - Oven BBQ chicken, rice pilaf, tomato juice, kale and rolls.



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Barnet Tradepost Wellness Center Check website for schedule



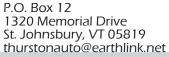
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OngoingEvents

Mondays: Story Time, St. Johnsbury Athenaeum Youth Library, 10:30 a.m. (802) 748-8291.

Mondays: Story Time, Pope Library, Danville, 10 a.m. (802) 684-

Mondays: Just Parents meet with concerns for drugs and kids, Parent Child Center, St. Johnsbury, 7 p.m. (802) 748-6040.

1st Monday: North Danville Community Club, Meeting, 6 p.m. North Danville Community Center. (802) 748-9415.

1st & 3rd Mondays: "Six O'clock Prompt," Writers' Support Group, 6:30 p.m. Catamount Arts. (802)

2nd Monday: Cancer Support Group, NVRH Conference Room A, 4 p.m. (802) 748-8116.

Last Monday: Alzheimer's Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury. 7 p.m. (802) 748-8116.

Tuesdays: Baby & Toddler Story Hour, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.

Tuesdays: Cribbage Tournaments, 6 p.m. Lake View Grange Hall, West Barnet. (802) 684-3386.

Tuesdays: Argentine Tango, 4:30-5:30 p.m. (beginners) 5:30-6:30 p.m. (intermediate) Teacher: Isabel Costà (603) 823-8163.

2nd Tuesdays: Caledonia Right to Life will meet at St John's Catholic Church Parish Hall, 1375 Main St, St Johnsbury, VT at 7:30 pm. All are welcome.

2nd & 4th Tuesday: Bereavement Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury. 5:30 p.m. (802) 748-8116.

2nd & 4th Tuesday: Drop-in quilting at 1 p.m. at the Cobleigh Public Library, (802) 626-5475.

Wednesdays: Read 'n' Stuff, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.

Wednesdays: Lyndon Town Band concerts in Bandstand Park, 7 p.m.

Wednesdays: Danville Farmers Market on the green from 9 a.m. to

Wednesdays: Ordinary Magic. Meditation for Life, St. Johnsbury Shambhala Center, 17 Eastern Avenue, 6-7 p.m.

Wednesdays: Lunenburg Farmers Market, 2 p.m. to 6 p.m., on the common in Lunenburg.

3rd Wednesday: Cardiac Support Group, NVRH, 6:30 p.m. (802) 748-

Thursdays: Introduction to Computers, Cobleigh Library, Lyndonville. 10 a.m. (802) 626-5475.

Thursdays: Live Music at Parker Pie in Glover. Call (802) 525-3366 for

2nd Thursday: Film discussion following 7 p.m. film at Catamount Arts, St. Johnsbury. (802) 748-8813.

3rd Thursday: Caregivers Support Group, Riverside Life Enrichment Center, 10 a.m. (802) 626-3900.

Thursdays: Read and Weed Book Club, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.

Thursdays: Tutoring for GED and Adult Learning Programs, 1 p.m. to 3 p.m., Cobleigh Public Library.

Thursdays: Farmers Market in Peacham, 3-6 p.m., across from the Peacham Library, 656 Bayley Hazen Rd. Peacham, VT.

Fridays: Hardwick Farmers Market, 3-6 p.m., Rte 14 & 15 between Aubuchon's and Greensboro Garage.

Fridays: Island Pond Farmers Market, noon to 4 p.m., 640 Charleston Rd, across from the Grace Brethren Church.

1st Fridays: Contra Dance, 8 p.m. at Danville Town Hall. All levels welcome. (802) 563-3225 or samlyman@myfairpoint.net.

4th Fridays: Public readings at Green Mountain Books in Lyndonville. Call (802) 626-5051 or E-mail greenmountainbooks@ myfairpoint.net.

Saturday & Sunday: Planetarium Show 1:30 p.m. Fairbanks Museum, St. Johnsbury. (802) 748-2372.

Saturdays: Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 12:30 p.m. (802) 626-

Saturdays: Farmers Market in Lyndonville at Bandstand Park from 10 a.m. to 2 p.m.

Saturdays: Farmers Market in Groton at Veterans Memorial Park from 9 a.m. to noon.

Saturdays: Farmers Market in Newport, 9 a.m. to 2 p.m., between the end of the I-91 access road, next to the Welcome Center.

Saturdays: Farmers Market in Derby, 10 a.m. to 3 p.m., next to the Elks Lodge.

1st Saturday: Men's Ecumenical Breakfast, Methodist Church, Danville, 7 a.m. (802) 684-3666.

Saturdays: St. Johnsbury Farmers Market behind TD Bank from 9 a.m.

Saturdays: Willoughby Gap Farmstand, 11 a.m. to 5 p.m., Route 5A in West Burke.

1st Saturday: Scrabble Club, St. Johnsbury Athenaeum, Noon - 4 p.m. (802) 748-8291.

1st & 2nd Saturdays: Dance in the Kingdom at the Good School - Latin & Ballroom dance: Lessons at 7 p.m. followed by open dance, 8 to 10 p.m. (802) 748-3044

2nd Saturdays: West Barnet Grange community breakfasts from 8-10 a.m.

3rd Saturday: Breast Cancer Support Group, Caledonia Home Health, Sherman Drive, St. Johnsbury, 10 a.m. (802) 748-8116.

Sundays: Concerts on the green in Danville, sponsored by the Pope Memorial Library, 7 p.m.

Residential Real Estate Appraisals



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Waterford: This house has 3 bdrms,

surrounding the fireplace also a wood

stove w/marble hearth and VT slate

heated storage. High School Choice.

floors.Detached garage w/ above

1 bath, sunken LR w/ cherry floors

and a wall of built-in bookshelves



>MLS # N4015079

Lyndon: this property has a gorgeous view of Burke Mtn and is walking distance to Lyndon State College & Lyndon Institute. It has 4 bdrms, 2.75 baths and 1+ Acres so there is space for all! \$259,500



Right around the corner from St Johnsbury

Academy, this Queen Ann Victorian awaits your

big family. All the Victorian stuff, hardwood

floors, fancy woodwork, bay windows, a foyer

with sweeping staircase. There is a guest suite

for Grannie or the teenagers. 4 bedrooms,

three baths. Attached barn and a big bonus

room out back, was once a bottling plant.

≺MLS # N2829095

St. Johnsbury: Well maintained ranch home on large open 4+ Acres. It has a paved drive, attached garage and open floor plan. Convenient location and High School Choice.









MLS#4015685 Upcountry mini farm, for your pleasure. The

small house can be your vacation home. Gorgeoud patio and sun deck. Apartment over the garage with long term tenant and all state permits. Barn, machine shed, old sugar house. Open land with great views and some woods. Rural area and on a dead end road.

New to the market at \$189,000



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Just as neat as a pin. This small bungalov

just may be a Sears house. It was built around

1940. It enjoys hardwood floors, fancy wood-

work, a walkup attic and two closed in porches.

Many upgrades, new hot air furnace, replace-

ment windows. There's a barn for your rig and

your stuff. The yard is picture perfect with lots

of lawn and flowers. Even a granite bluff and a

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Pope Notes

with Dee Palmer, Library Director

the lucky winners of our 2010 raffle! Bonnie Jenks is the new owner of "Between a Rock and a Hard Place" a watercolor by Barbara Matsinger, John Haygood won Sheri Pearl's block print "Sunflowers, Jenny Green's watercolor "Spring Fling" now belongs to David Coburn of St. Johnsbury, and Ray Richer's loon photograph was won by Rob Brown of Burlington. Congratulations to all the winners and huge thanks to the four artists who donated their work.

We also thank everyone who supported the library by purchasing tickets and eating ice cream! Our book sale was the most successful yet! We are very grateful to everyone who donated books, bought books and especially to our book sale workers. It's not an easy job. All

Send your events to the North Star Monthly

E-mail us at: info@northstarmonthly.com Submit them at: northstarmonthly.com Call us at: 802.684.1056

We are happy to announce in all, Danville Fair was a very good day for the Pope.

> The final band concert of the summer is on Sunday, September 5, featuring the Danville Town Band. The concert begins at 6:30. This is a wonderful family event. Bring a blanket or a chair and enjoy the music! Donations are much appreciated. There will also be a pie sale at this final concert

to benefit the Danville Senior Meal site. Even more reason to attend! Take home a delicious home-baked pie!

Our new book acquisitions are: The Forgotten Garden by Morton, The Search by Roberts, Ice Cold by Gerritsen, Cutting for Stone by Verghese, Hotel on the Corner of Bitter and Sweet by Ford, Little Bee by Cleave, Fly Away Home by Weiner, Spoken from the Heart by Bush and Fifth Avenue 5am by Wasson. Come in and check them out!

From the Children's Room

Story hour will resume on Wednesday, Sept. 15 at 10 a.m. - please note the change. I hope that this new day will work well for all. Please join us for books, stories, songs, snack and activities - and lots of fun. Call the library for details: 684-2256.



Lyndon

MLS #2816367 The perfect home for the young family! Very well maintained, featuring 3 bedrooms and 1 1/2 baths, new hardwood floors in the living room and new tile in the kitchen and mudroom. The property also features a detached garage with electricity. Home is close to schools, skiing, biking and snowmobiling and just minutes from downtown. Priced affordably at \$159,900



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CEDAR LOG HOME

ML4010630 Here's the opportunity you have been waiting for...cape style log home on 1.75+/- acres offering outstanding views of the surrounding hills and valleys. 3BRs, 2 baths, open living concept with vaulted ceilings, walkout basement, radiant heat, stone hearth. Home in excellent



ENERGY-EFFICIENT CUSTOM HOME ML4010709 Magnificent views of Joe's Pond from the multi-level decks, balcony & windows. Jatoba mahogany floors throughout plus 2 beautiful porcelain-tiled bathrooms & slate tiled mud room all w/radiant heat. Cherry kitchen cabinets, Corian countertops, 3BRs, 2 baths and 1200 square feet of unfinished basement. 3+ acres and over 1000 sq ft of deck to enjoy!

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309 Portland Street St. Johnsbury, VT 05819 (802) 748-2045



WATERFRONT LOT ON PEACHAM POND ML2801952 100 feet of frontage, no buildings to tear down, utilities nearby. Priced below assessment at \$175,000. A rare find - a great opportunity.



CAMP/CONDO

ML4017670 Three-bedroom camp/condo with kitchen and full bath. Exclusive use of 58 feet of frontage on Joe's Pond. Lawn care, maintenance and snow plowing included in the amenities.



ML#4004258

Fully furnished year round home with 150 feet of frontage on beautiful Harvey's Lake. This well maintained three bedroom, 1 1/2 bath home features a full basement, a one car detached garage, a spacious, well maintained level lot, a sandy beach and a stunning view of the lake and Roy Mountain. \$450,000.



You'll love relaxing in your 4 seasons sunroom at this 20 year old year round home right on the water at Joe's Pond. The house has a full walkout basement with workshop and family room space along with a big laundry room. You have all the necessities on the first floor with the kitchen, open dining room and living room, master bedroom, spacious bathroom, and the solarium. There are two bedrooms and a 1/4 bath upstairs for kids or guests. The terraced lot offers a nice campfire area and good water frontage with a convenient aluminum dock. With a detached garage on the 1/4 acre lot, this home is priced at \$399,999.



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Barnet

Sitting at the top of a hill is this historic stone cape known as a Scottish Croftor cottage. The 5 bedroom, 2 1/2 bath main house offers original features such as 5 fireplaces, wainscoting, exposed hand hewn beams, built-ins, wide board floors &tall ceilings. 19.7 acres with a great country view, stone walls and several outbuildings. 2 car garage with apt. above. MLS# 2816255

Reduced from \$595,000 to \$450,000



Peacham

Vermont farmhouse on a lovely in-town lot that has views, apple trees, stone walls and room for a garden. 3 bedroom, 2 bath home has large open rooms, a country kitchen, wood floors throughout, a recent furnace and a great rear porch perfect for dining al fresco. Lots of charm. MLS # 2832387

Reduced from \$185,000 to \$165,000



(802) 748-9543

September events in the NEK

Wed, September 1, 2010

Oil Paintings and Drawings by Curtis Hale on exhibit at the NEK Artisans Guild, 10:30 a.m. - 5 p.m. NEK Artisans Guild, 430 Railroad St. St., Johnsbury, VT. Web: www.nekartisansquild.com

GRACE community workshop, children, elders and community members work side by side in an open studio format. GRACE workshop facilitators promote self-teaching and emphasize individual exploration. 1-3 p.m. Phone: 802-472-6857. GRACE, Old Firehouse Gallery, 13 Mill St. Hardwick, VT. Web: www.graceart.org

Sat, September 4, 2010

Burke Mountain Bike Race. A road race to the summit of Burke Mountain from the toll road and is just one stop in the popular hill climb BUMPS series. Phone: 802-626-7300. Burke Mountain Ski Resort, 223 Sherburne Lodge Rd. East Burke, VT. Web: www.skiburke.com

Sun, September 5, 2010

Exhibit of Paintings by Edward Kadunc at the St. Johnsbury Athenaeum in August and September. Phone: 802-748-8291. St. Johnsbury Athenaeum, Main St. St. Johnsbury, VT. Email: inform@stjathenaeum.org Web: www.stjathenaeum.org

Volunteer Work Day at Kingdom Trails, 9 a.m. - 1 p.m., at the Darling Memorial Park at 9 a.m. for a day of trail maintenance. Phone: 802-626-0737. Kingdom Trails, East Burke, VT. Web: www.kingdomtrails.org

Sat, September 11, 2010

Household Categorical Waste Day at the Danville Stump Dump from 9-noon. Acceptable household bulky items include furniture, rugs, painted wood, scrap metal tires, electronics, propane cylinders, appliances, waste oil, light hulbs "Financial Peace University," sponsored by Danville Congregational United Church of Christ. FPU is a Biblically based, 13-week video-driven study that teaches families how to beat debt, build wealth, and give like never before. This course is open to the public. The classes will begin at 9 a.m. A free class preview is set for August 29, 2010 at 9 a.m. Contact Jen Larrabee at (802) 748-9486 for more information or to register.

NEK Audubon trip to Conte Wildlife Refuge: There's just too much to see up here and the fall is spectacular. Bring your cameras and Binos. Call Tom at (802) 626-9071 or email blackpoll@ myfairpoint.net to register.

Sun, September 12, 2010

Fall Foliage Run - sponsored by the Old Stone House Museum. Phone: 802-754-2022. Old Stone House Museum, 109 Old Stone House Road, Brownington, VT. Web: www.oldstonehousemuseum.

4th Annual Burke Mountain Music Festival. Enjoy live music from local and nationally known bands in the setting of Burke Mountain. Phone: 802-626-7300. Burke Mountain Ski Resort, 223 Sherburne Lodge Rd. East Burke, VT. Web: www.skiburke.com

Autumn Wonders Festival at the Fairbanks Museum. Part of the community-wide Colors of the Kingdom festival. Phone: 802-748-2372. The Fairbanks Museum, 1302 Main St. St Johnsbury, VT. Web: www. fairbanksmuseum.org.

Sun, September 19, 2010

NEK Audubon trip to Victory Basin in autumn: Heck let's just hike around. Who cares what we see? Call Tom at 626-9071 or email blackpoll@ myfairpoint.net to register.

Tue, September 21, 2010

Fall Harvest Day at the Old Stone House Museum. Phone: 802-754-2022. Old Stone House Museum, 109 Old Stone House Road, Brownington, VT. Web: www.oldstonehousemuseum.org

Sat, September 25, 2010

Fall Foliage Festival in East Burke, 9 a.m. - 3 p.m. The days' events include: Parade, Rubber Duck Race, Live Music, Kids Area with a Jump House, face painting, Craft Show, Beer and Wine Tent and more! East Burke, VT. Web: www.burkevermont.com

Annual Chicken Pie Supper at the Newark Street School. Serving from 5 p.m. to 7 p.m. Reservations not required. Benefits the Newark Volunteer Fire Department. For more information, call (802)-467-3615.

Concord Historical Society Open House. Museum featuring life the way it used to be, accessible displays in the town hall below, pie sale and bake sale, music and more! Phone: 802-695-1104 or 802-695-3330. Concord Town Hall, 500 Main St. Concord, VT. Email: nrivers@myfairpoint.net

Hayrides at Willoughby Gap
Farmstand, 11 a.m. - 5 p.m. Hayrides
and pumpkin picking every Saturday
during the fall. There's more than just
fruits and veggies here - try their new
Maple creamies, Homemade Pies and
homemade pies to order, Homemade
breads and homemade breads to
order, their own beef cuts, New Story
Walk and more fun things for the
children. Visit the goats, the lambs, the
calves, and chickens, too. Phone: 802467-3921. Willoughby Gap Farmstand,
3 Route 5A, West Burke, VT. Web:
www.willoughbygap.com

Sun, September 26, 2010

The Roots Rendezvous is a several day primitive skills gathering that begins on Friday morning and ends on Sunday. Throughout the course of the weekend participants will be able to choose from a wide variety of workshops. The schedule is posted on their site and includes hide tanning, archery, mushroom walks, bird awareness, and more. Phone: 802-456-1253. At ROOTS School, East Calais, VT. Email: info@rootsvt.com Web: www.rootsvt.com

Old North Church Fall Foliage Lamplight Service and Hymn Sing, 7 p.m.. Host Pastor, the Rev. Paul Powers, Union Baptist Church.

Fall Foliage Festival - Week-long event hosted by seven Northeast Kingdom towns. Local history, entertainment, photo ops, church suppers, crafts and tours in Walden, Cabot, Plainfield, Peacham, Barnet, Groton and St. Johnsbury. Each has special historic and cultural background and the local volunteer hosts are pleasant and informative. Plenty of places to stay only a few miles to each town. Experience the Northeast aglow with color. Email: nekinfo@nekchamber.com. Web: www.nekchamber.com

Tue, September 28, 2010

Cabot Fall Foliage Festival. Crafts in gym 8:30 a.m. - 3 p.m., Tours of old school houses, craft shops, Public Library, Cabot Creamery and Historical Building. Beef stew lunch at Cabot Church. In afternoon hayride to sugarhouse and hike to Nichols Ledge. Turkey dinner (reservations call 563-2457).

Thurs, September 30, 2010

Peacham Fall Foliage Festival. Arts & crafts Peacham Town Hall 9 a.m. - 3 p.m. Exhibits at Blacksmith Shop and Historical House. Peacham Corner Guild open from 10 a.m. - 5 p.m. Peacham Library Book Sale 9 a.m. - 4 p.m. Scenic bus tour 10:15 a.m. Lunch at Elementary School 11 a.m. and 1 p.m. Ghost Walk at 2 p.m. Harp music at Church 4-6 p.m. Dinner at church 5 and 6:30 p.m. (no reservations needed).

Fri, October 1, 2010

Dead North - Farmland of Terror - at the Great Vermont Corn Maze. This is a very popular event and does sell out quickly! This years haunt will include wagon rides, a ½ mile walk of terror through a haunted cornfield and buildings including animatronics, the mostly live residents of DEAD NORTH and special effects. Occurs Rain or Shine - so dress appropriately. Phone: 802-748-1399. The Great Vermont Corn Maze, 1404 Wheelock Road, Danville, VT. Email: info@vermontcornmaze.com Web: www.vermontcornmaze.com

Sun. October 3, 2010

Autumn on the Green is an awardwinning showcase for artisans, crafters, cottage industries and businesses amidst the spectacular views and color of autumn in Danville. Over 100 vendors offer items from whimsical to practical and feature Vermont specialty products and foods. Begins at 10 am. and concludes at 4 pm.

Dead North - Farmland of Terror - at the Great Vermont Corn Maze. This is a very popular event and does sell out quickly! Not recommended for young children or persons with health concerns. Occurs Rain or Shine - so dress appropriately. Phone: 802-748-1399. The Great Vermont Corn Maze, 1404 Wheelock Road, Danville, VT. Email: info@vermontcornmaze.com Web: www.vermontcornmaze.com



Local woman, Logan Chapin Pearl, of Danville, was pinned in May 2010 with an Associate's Degree in Nursing from Castleton State College at the Lyndon site while her son, Axel, praises God and says..."Finally!" Congratulations Logan!













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