



LAMOILLE NEIGHBORS

- ❖ **We are thrilled to be offering an outdoor safe music event for our members with Cookie and the Sky Blue Boys. Tuesday August 11th, 7-8 PM in Hyde Park.** Banjo Dan, Willie Lindner and Carrie Cook are all dynamic musicians and will play a mix of bluegrass, blues, jazz and folk music. Everyone will be over 6 feet apart with a minimum of 30 feet from the musicians. Masks are required until you are seated. Please sign up by August 4th on lamoilleneighbors.org under events or call 802-585-1233. We are limiting this event to 25 participants for safety.
- ❖ **Zoom yoga** with Faith Bieler is continuing every Thursday at 9am. If you'd like to participate e-mail lisadimondstein@me.com
- ❖ **Zoom book discussion, *The Hate U Give*, August 12th at 9AM.** *The Hate U Give* is a 2017 young adult debut novel by Angie Thomas. It is this year's Vermont Reads picked by the Vermont Humanities Council. The novel, *The Hate U Give*, presents the challenges that young black kids face in a world that doesn't value their bodies or respect their voices. Yet it's a universal story about a young girl making the choice to speak out. Amy Olsen, the librarian at the Lanpher Memorial Library in Hyde Park, will facilitate the discussion. Books will be provided and we will limit the group to 10 participants (we still have a few slots available). We will offer a second session if we have more than ten people sign up. Please email lisadimondstein@me.com if interested and you haven't already signed up.
- ❖ **Zoom discussion group** every other Wednesday at 9 AM. E-mail Ellen Gibbs if interested, esgibs@yahoo.com
- ❖ **We are back doing services and supporting our members.** Thank you to all our great volunteers. In July we have 27 service requests, which included friendly phone calls or visits, transportation to medical and hair appointments, delivery of library books and help with meal delivery for the SASH program.

Italian Wedding Soup

Submitted by member Nancy Trella

Meat Balls:

1 egg lightly beaten
 1/2 cup finely chopped medium onion
 3 TBSP fine bread crumbs
 3 TBSP grated parmesan cheese
 2 TBSP chopped fresh parsley
 3/4 tsp salt
 1/2 tsp black pepper
 1 pound ground beef (lean)

Mix well and shape into 1 inch balls. Cover and chill until needed. (You can make a day ahead).

Broth:

8 cups chicken broth
 2 large carrots chopped
 1 small head escarole or baby spinach, cut into 1/2 inch pieces (8oz)
 2 TBSP fresh oregano or 1 1/2 tsp dried
 A handful of grated parmesan cheese.

When broth is made add meat balls 1 at a time so they don't fall apart and cook 1 1/2-2 hours on simmer. If desired you can use a crock pot. Cook on low for 6 hours.

The last 20 minutes of cooking add 1/2-3/4 cup asinine pepe pasta.

TEX-MEX SUMMER SQUASH CASSEROLE, submitted by Kathleen Geiersbach

This is one of our favorite summer main dishes, and a great way to use that abundance of squash we always seem to have at this time of year. You can adjust the recipe to make it less spicy by swapping the jalapenos for a second can of chiles

Ingredients:

about 10 cups summer squash, quartered and sliced thinly
 2/3 cup diced yellow onion
 4 oz. can of chopped green chiles
 4 1/2 oz. can of chopped jalapenos, drained
 1/4 cup diced red onion
 4 scallions, thinly sliced
 3/4 cup mild salsa
 1/4 cup flour
 1/2 teaspoon salt, or to taste
 2 1/4 cups grated sharp cheddar cheese

Directions:

spray a 9-by-13 inch casserole dish with cooking spray and preheat the oven to 400F.

In a large bowl, mix the squash, onion, chiles, 3/4 cup cheese, salsa, salt and jalapenos. Toss to coat with the flour and spread the mixture in the baking dish and cover with foil. Bake for 45 minutes. Uncover and spoon the salsa over the mixture. Sprinkle with the remaining 1 1/2 cups cheese and bake uncovered for another 20-30 minutes, until the casserole is golden and hot. Garnish with the scallions and red onion before serving.



Our first outdoor gathering since the beginning of the pandemic was wonderful. Ten members gathered for lively conversation and a game called *teakettle* taught to us by John and Judy Clark.



We were each given a card that had 2 to 3 words on it that sounded the same but had different meanings. We had to make a sentence using those words and substituting the word “teakettle” for the words on our card. We read the sentence out loud and the group had to guess the words.

Here are some that we did at our gathering. The answers will be on page 5.

1. My beloved teakettle saw the tiniest teakettles in the sugar bowl.
2. The woman can teakettle while the farmer can teakettle.
3. The dogs teakettle nose tickled the teakettles ears.
4. Suzanne liked to teakettle outside the window but checked her teakettle and had to run.
5. Please teakettle the teakettle way to the site of the teakettles.
6. I found a teakettle of teakettles and teakettle both.

Links that might be of interest:

Art

- ❖ **The Frick Museum in NYC** - [Virtual Exhibition Tours and Online Exhibitions.](#)

Music

- ❖ **The Sun Valley Music Festival.** Maestro Alasdair Neale is in his 26th year as musical director of the wonderful Sun Valley Music Festival. (click the green) **14 free concerts will be live streaming from the festival website** through Wednesday, August 19 at 5:30 Pacific Time on the following dates: Tuesday-July 28, Thursday-July 30, Friday-July 31, Monday-August 3, Tuesday-August 4, Thursday-August 6, Saturday-August 8, Sunday-August 9, Tuesday-August 11, Friday-August 14, Saturday-August 15, Sunday-August 16, and Wednesday-August 19.
- ❖ Watch an inspiring performance, Bolero Juilliard “What can we do together even while we are alone?” With 100+ Juilliard students and alumni, at home together.
[**https://www.youtube.com/watch?v=rqzkn-jX-JU**](https://www.youtube.com/watch?v=rqzkn-jX-JU)

Exercises when you wake up in the morning offered by Maxine Adams

Many of us wake up “hurting” thanks to Arthritis (literally “joint inflammation”) – why not try the below exercises before sitting up and getting out of bed? They get the synovial fluid in the joints moving which nourishes the joint tissue and they stretch the muscles. Less pain and greater mobility of the joints helps prevent falls.

1. Lie on your back with your left knee bent and your left foot flat on the bed. Bend your right leg and place your hands behind your right thigh. Lift your right leg into the air and straighten it. Repeat with the other leg.
2. Lie on your back and bend both knees. Feet flat on the bed. Take hold of your right knee with both hands and gently pull the knee toward your chest. Repeat with the other leg.
3. Lie on your back with both knees bent and your feet flat on the bed. Cross your right ankle on top of your left knee. Wrap your hands behind your left knee and gently pull your knee toward your chest. Other leg.
4. Lie on your back with legs outstretched, lift one leg off the bed, bending the knee. Swing the leg with the bent knee back and forth. Repeat with the other leg.
5. Lie on your back, plant your feet near your buttocks approximately hip-width apart. Place your hands near your sides, then raise your bottom off the bed.
6. Lie on your back with your head on a pillow. Bend your knees if this feels better. Raise both arms in the air stretching toward the ceiling.



July Birthdays

Maxine Adams

Answers from page 3

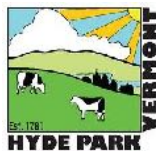
- #1. My aunt saw the tiniest ants in the sugar bowl.
- #2. The woman can sew while the farmer can sow.
- #3. The dog's bare nose tickled the bear's ears.
- #4. Suzanne liked to watch outside the window but checked her watch and had to run.
- #5. Please write the right way to the site of the rite.
- #6. I found a pair of pears and pared them both.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC

Lanpher Memorial Library



Howard Manosh

Join this exciting movement as a Lamoille Neighbors member, click [HERE](#)
As a volunteer, click [HERE](#)
As a donor, click [HERE](#)

Or any combination of the above! Volunteers can be members and members can be volunteers and anyone can be a donor.