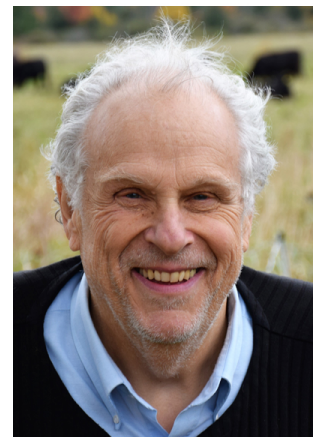




LAMOILLE NEIGHBORS

- ❖ **October 13th, Second Tuesday speaker series on Zoom from 7-8 PM. “Where Are All the Great Women Artists?”** August Burns will give a surprising and thought-provoking take on Art History. Inspired by the #metoo movement, it’s time to challenge our assumptions and reclaim women’s place in the tradition of great Western art. August Burns is an award-winning portrait and figurative painter who seeks to capture the character and essence of her subjects through her art. Her paintings and drawings have been exhibited in galleries and shows throughout the United States. In 2016, she was selected to paint the official portrait of Governor Peter Shumlin which now hangs in the Vermont State House in Montpelier. August works out of her studio in Middlesex, Vermont. Sign up on the website under events or e-mail lamoilleneighbors@gmail.com.
- ❖ **To all Lamoille Neighbors Members:** Join us for our annual meeting on Zoom, October 21st, 2020 from 5 to 6 p.m. These are unusual times, but we will try to make this a fun hour to be together. This will include music by John Dudley, a slide show of our events and our annual reports. **Get out your popcorn and we’ll see you at the ANNUAL MEETING.** Sign up on the website under events or e-mail lamoilleneighbors@gmail.com.
- ❖ **Article discussion group on Zoom, every other week. Wednesdays at 9AM.** This is an open group. If you’d like to join email esgibs@yahoo.com.
- ❖ Ever want to belong to a **walking group** but afraid you’re too slow? Beth and I have been walking on Fridays at 10:15. We take things slow and easy trying to build our strength and stamina to eventually climb Mount Elmore. We’d love to have others join us even if Elmore is not in your future. Please email Ellen Gibbs if you would like to join us. esgibs@yahoo.com. Hope to see you on Friday. Beth and Ellen
- ❖ **November 10th, Second Tuesday speaker series on Zoom from 7-8. Entertaining storytelling by well known Vermont fiction writer Bill Schubart.** Bill has written six books of literary fiction, including the Lamoille Stories. He has also written many short stories, poems and over 300 opinion pieces published widely on Vt Public Radio and local and national news outlets. Bill grew up in Morrisville and now lives in Hinesburg Vt. You will be entertained and filled with laughter after this evening’s event. Sign up on line or e-mail lamoilleneighbors@gmail.com.





On September 19th, 20 people braved the cold and got the pleasure of listening to Debbie Yacovone sing. Thank you, Debbie, and thank you, Sue Moore, for hosting us.



DREAM POEM By Bonnie McDermott

I awoke from a dream,

And I was beautiful, and I danced, and I was loved!

I could do everything I wanted to do, I could see a problem,

and I knew what needed to be done.

I was joyful and happy, carefree, and confident!

I could handle anything I put my mind to.

Quick, brilliant, humble, and clever, and

I was Amazing!

I wish I were everything I was in the dream.

Then I heard a voice, and she said, "You are."

Roasted Brussels Sprouts- recipe from Paula Ratchford

11/2 pounds Brussels sprouts

3 TBSP good olive oil

3/4 tsp kosher salt

1/2 tsp freshly ground black pepper

Directions

1. Preheat oven to 400 degrees F.
2. Cut off the brown ends of the **Brussels sprouts** and pull off any yellow outer leaves. Mix them **in a** bowl with the olive oil, salt and pepper. Pour them on a sheet pan and **roast** for 35 to 40 minutes, until crisp on the outside and tender on the inside.

Vegetable side dish from Paula Ratchford **Sautéed Squash, Peppers, Mushroom, Onion**

Saute sliced summer squash, zucchini, mushrooms, small red pepper chunks and diced onion in olive oil. Sprinkle with garlic and Herb Mrs. Dash. Start with the peppers, mushrooms and onion on medium or slightly lower heat, then add the squash. Stir. Lower the heat and cover the pan to allow steam to soften and cook the veggies. Stir as needed, but don't take the cover off a lot so the veggies have a chance to soften. Yum.

Happy Birthday

Charlie Aronovici

Wiffy Brooks

Ellen Gibbs

Carl Szlachetka

Interesting or fun links: Just click on the red text.

[Van Gogh in Paris](#) – Beautiful exhibition at the Atelier des Lumieres that brings Van Gogh work to life

[Met Opera Online](#) – The Met continues its free nightly streaming of previous opera productions.

[We Are The World](#) During the pandemic and racial inequalities it's good to remember this song.

[Dancers and dances from around the world](#) – High energy!

[PEM Podcasts for the Culturally Curious](#) – Peabody Essex Museum

[The Most Colorful Places in the World](#) Armchair Travel with beautiful photography. (Ignore the ads).

[The Power of Narrative](#) – A conversation with Whoopi Goldberg and Bryan Stevenson on Hollywood and film narratives that have shaped views on race.

Our awesome volunteers have done 21 services in September and are already scheduled for 19 in October. Those services range from: transport to medical appointments and shopping, library book deliveries, respite, transport to outdoor events, friendly visits and phone calls.

We offered 5 events in September, some in person and some on Zoom. As the weather is getting colder we are concerned about how to stay connected. We'd love to have your ideas of what might help you feel less isolated during the winter months while we are in the midst of a pandemic. Please call Bonnie at 802-585-1233 or email lamoilleneighbors@gmail.com with any suggestions.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Howard Manosh

Park Street Collective, LLC

Lanpher Memorial Library

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.