



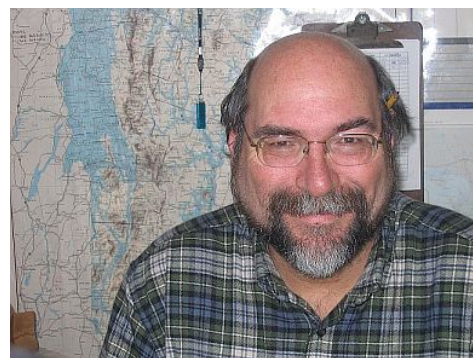
LAMOILLE NEIGHBORS

Due to the increasing cases of Covid-19 in Vermont we are postponing the bonfire on December 5th. We will keep you posted about the scheduled snowshoe but it likely will also be postponed.

- ❖ **Zoom gathering for conversation Saturday December 12th 4-5PM.** Let's connect! Sign up on the website or call 802-585-1233.
- ❖ **Yoga Thursdays 9 AM** with Faith Bieler. E-mail lisadimondstein@me.com if interested.
- ❖ **Ongoing discussion group** every other Wednesday. E-mail esgibs@yahoo.com if interested in joining the group.

Our monthly speaker series is open to members and volunteers.

- ❖ **December 8th, 7PM, Roger Hill, will be our Zoom speaker for December.** Topic will be **Weather Mechanics of a Warming Climate.** Roger has been awed and amazed by the weather. He learned his trade in the Army in Hawaii and worked for the National Weather Service in diverse stations. Since 2000, Roger has been forecasting the weather for the listeners of Radio Vermont (WDEV, WLVB, WCVT, and 101 The One). Register on our website or e-mail lamoilleneighbors@gmail.com.



- ❖ **Save the Date: Monthly Speaker Series Wednesday, January 13th, 7PM Gary S. Moak M.D.. Loneliness, Stress, and the Pandemic: Impact on Older Adults.** Gary is the Director of the Geriatric Psychiatry Fellowship Program at Dartmouth-Hitchcock Medical Center and Chief of Geriatric Psychiatry, New Hampshire Hospitals. He is board certified in Psychiatry, neurology and Geriatric Psychiatry and wrote **Beat Depression to Stay Healthier and Live Longer.**

The board of Lamoille Neighbors is thinking about our members and volunteers as we enter a time of increasing concerns with Covid-19. We currently are doing transportation for medical appointments only. We are monitoring the situation closely and will make changes as needed. We encourage everyone to stay home as much as possible, wear a mask when going out and maintain at least 6 ft. of distance from other people. We are all tired but we need to do this for each other.

APPLE CAKE recipe from Kathleen Gieresbach

This is an easy and delicious cake!

Ingredients:

- 2 C flour
- 1C oil
- 2 eggs
- 4C chopped peeled apples
- 2 C sugar
- 2 tsp cinnamon
- ½ tsp salt
- 1 tsp vanilla extract
- 1 tsp baking soda

Directions:

Preheat oven to 350F.
 Grease and flour a 9 x 13" pan
 Beat oil and eggs until creamy
 Add sugar and vanilla. Beat well
 Mix flour, cinnamon, baking soda and salt and add to the egg mixture. Mix until combined. It will be very thick.
 Fold in the apples with a wooden spoon.
 Spread the batter in the prepared pan.
 Bake at 350 45 minutes until done.
 Let cool on a rack and sprinkle with powdered sugar before serving.

Happy Birthday Wishes To:

Sharon Anderson
 Dusty Boynton
 Carmen Campbell
 Joan Greene
 Claire Hancock
 Betty Polow
 Nancy Banks
 Beth Springston
 Maggie Stewart

Send recipes, your art,
 interesting links and
 educational events for the
 newsletter to,
Lisadiamondstein@me.com

Riddles and brainteasers, answers on page 5.

#1. What type of music do rabbits listen to?

#2. What animal keeps the best time?

#3. What is cut on a table but never eaten?

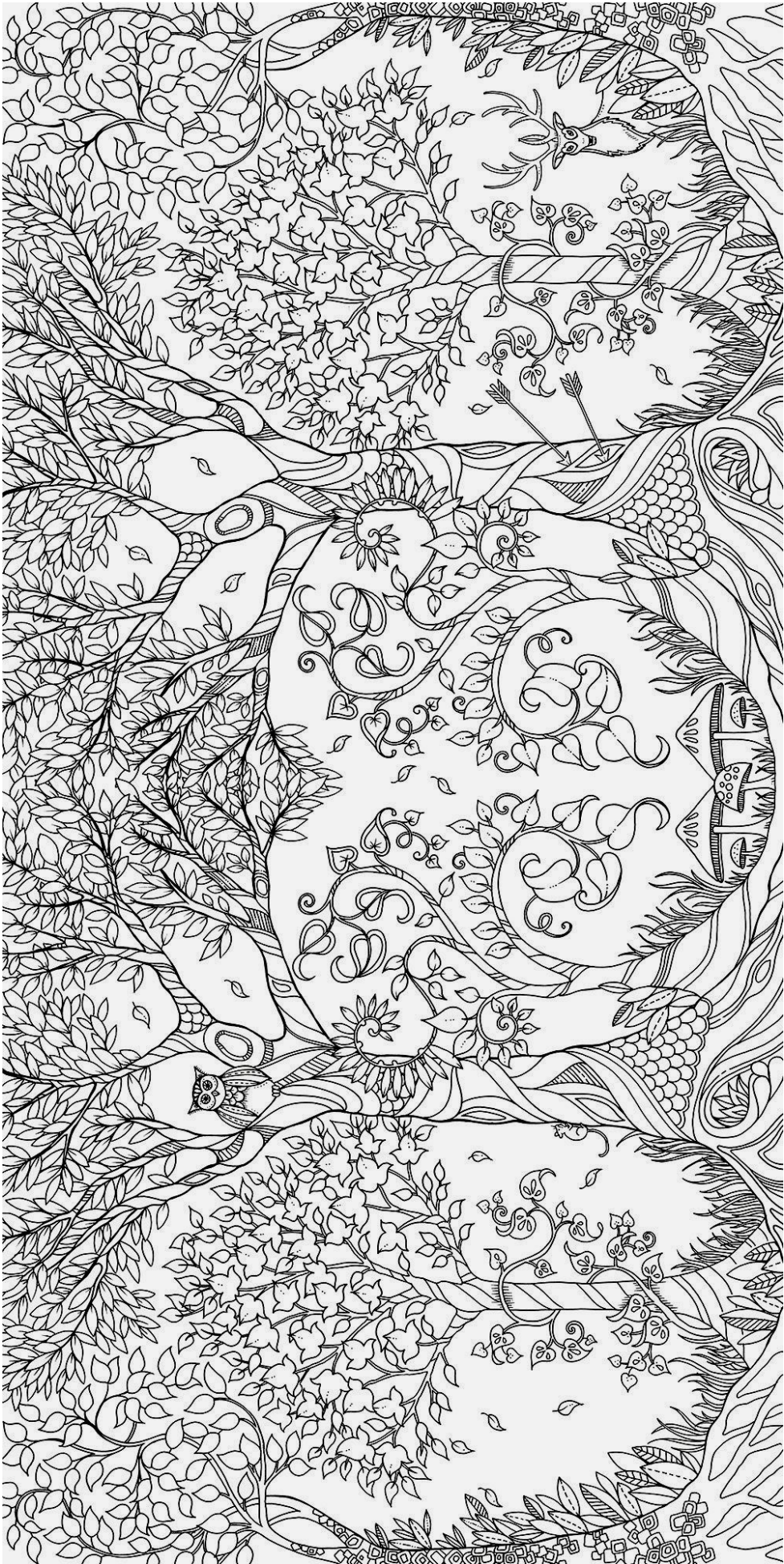
#4. What is special about these words: job, polish, herb?

#5 What is harder to catch the faster you run?



We know this holiday season, however you usually celebrate, will be different. Giving the gift of connecting and supporting each other with phone calls and cards can bring joy to the giver as well as the receiver. I hope you can all find ways to reach out to family, friends and those you don't know as well.

I included a coloring page. If you need colored pencils let us know. Coloring helps to calm us.



Answers to Riddles and brainteasers on page 3

- #1. Hip Hop
- #2. A watchdog
- #3. A deck of cards
- #4. They are pronounced differently when the first letter is capitalized
- #5. Your breath

Interesting or fun links: Just click on the red text

[International Landscape Photography Contest](#)

[Elders and an Artist Bring a Social Sculpture to Life](#)

[The Fabled Honey Forest in Northeastern Turkey](#)

[Vivaldi-Four Seasons, Alexandra Conunova, Orchestre International de Geneve](#)

[Shower the People](#) For those of us who love James Taylor and it's the right message for these times.

[10 Bookstores Worth Traveling For](#) We can't travel right now but the photos will draw you in.

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](#)