



## LAMOILLE NEIGHBORS

We are celebrating our two year anniversary on April 1st! Lamoille Neighbors feels like an integral part of my life now. I've made new friends and feel connected to this community we are creating together. I feel grateful to know that Lamoille Neighbors is there for me as I age and that we're making positive steps in changing the culture of aging. As we partner further with other local non-profits in Lamoille County, I also feel a connection to the larger community. Despite the pandemic we have tried to stay as connected as possible but I know it's been a difficult year for so many of you. I hope you are feeling a little more lightness as spring is arriving, we're able to get vaccinated and we will be able to gather again, at least outside, if not inside.

I can't wait to see you all in person. We are opening for more services, see page 2 for more information. Lisa Dimondstein

- ❖ **Join us for another Zoom Gathering for Conversation Saturday April 3rd, 4-5 PM.** Judy and John Clark have more riddles to share with us. Click [HERE](#) to register or call Bonnie at 802-585-1233.
  - ❖ **Zoom Speaker Series, Tuesday April 13th, 7PM, "Vermont's Forests: Past, Present & Future", program by Emily Potter.** Emily Potter, who grew up in Rutland, is the Lamoille County Forester. She attended the University of Vermont where she received a BS in Forestry. She has worked with the Department of Forests, Parks & Recreation in various forester positions off and on since 2012. Emily enjoys spending time in the woods and observing all of the life within it. When Emily is not working she enjoys swimming, running, hiking, boating, fishing, xc skiing, walking in the woods with her dog, and spending time with family and friends. She lives in East Calais, Vermont. Click [HERE](#) to register or call Bonnie at 802-585-1233.
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- ❖ **Yoga Thursdays 9 AM** with Faith Bieler. E-mail [lisadimondstein@me.com](mailto:lisadimondstein@me.com) if interested.
  - ❖ **Ongoing article discussion group** every other Wednesday. E-mail [esgibs@yahoo.com](mailto:esgibs@yahoo.com) if interested in joining the group.
  - ❖ Interested in the **knitting group**? Contact Ellen at [esgibs@yahoo.com](mailto:esgibs@yahoo.com) or call Lamoille Neighbors at 802-585-1233.

### **An Evening of Poetry With Madeleine Kunin April 22nd , 7PM**

In concert with Poetry Month, Phoenix Books presents an evening of poetry with Madeleine May Kunin, former Vermont governor, to celebrate the release of her debut collection of poetry, *Red Kite, Blue Sky*. Sign up for the Zoom link by clicking on the red text.

### Some exciting May events you can register for now.

**Lamoille Neighbors is excited to be joined by Zac Cota of North Branch Nature Center for two bird walks during the peak spring migration this May.** During our leisurely walk down the Lamoille Valley Rail Trail, we will practice identifying local birds and migrants by sight and song, and will learn all about their amazing lives. Binoculars and field guides will be available to borrow with advance notice (when you register please let us know if you need either). Each walk will be limited to 15 participants.

Saturday May 15th from 8-10am. Meet at the Lamoille Valley Rail Trail trailhead on Depot Street Extension in Hyde Park.

Saturday May 22nd from 5-7pm. Meet at the Lamoille Valley Rail Trail trailhead on Railroad Street in Morrisville.

Sign up on our website [HERE](#) or call 802-585-1233

**River Arts is collaborating with Lamoille Neighbors to provide 25 Paint-Your-Own Pottery Kits.** Every kit contains two hand-thrown mugs and a colored underglaze to decorate with. Write your favorite poem or paint a pattern that repeats. Sign up for a kit on our website [HERE](#) or call 802-585-1233.

- May 15th: Kits are available for pickup
- As soon as mugs are painted, folks can return them to River Arts for the last firing
- June 15th: Last day to return the pottery to River Arts.
- River Arts will clear glaze every mug for you!
- July 1st: Final glazed pieces ready for pickup (these will be dishwasher and microwave safe!)

**River Arts is waiving the tuition for all community members over 65 for the month of May. Take a free class or only pay for materials. Click [HERE](#) to view classes and sign up.**

### We are happy to offer more services again for many of our members.

Lamoille Neighbors will provide full services to our members who are 2 weeks past their final Covid-19 vaccinations. These include handy-person, gardening services and friendly visits indoor and outside. This means that transportation can be requested for rides that are not medical, such as going to the grocery store and beauty salons.

Not all our volunteers are vaccinated yet, so if you don't want a volunteer who is not vaccinated please let us know when you schedule your service. We can't guarantee that we can fill that service with a vaccinated volunteer, but we will try.

For members who have **NOT** had their second vaccinations 2 weeks or more ago, we will only provide transportation for medical appointments, as we did previously.

We will be adhering to the same precautions and established protocols and waivers for members and volunteers. Maintain distance and wear a mask.

Volunteers, if you are not comfortable, do not take a service request.

## QUICK CHICKEN TIKKA MASALA

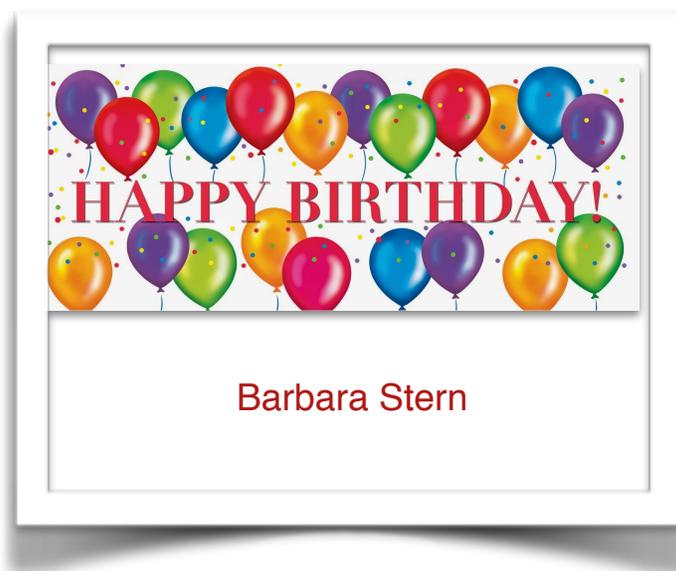
Recipe from Eating Well Magazine, submitted by Kathleen Geiersbach

### Ingredients:

1 pound chicken tenders  
 Canola oil  
 4 tsp garam masala  
 ½ tsp salt  
 ¼ tsp turmeric  
 ½ c. flour  
 1 large onion, diced  
 6 cloves garlic, minced  
 4 tsp minced fresh ginger  
 1 28-oz can plum tomatoes, undrained  
 ⅓ c. whipping or heavy cream  
 ½ c. chopped fresh cilantro

### Directions:

Mix salt, garam masala, and turmeric and sprinkle ½ tsp. over chicken. Reserve the remaining spice mix. Dredge chicken in flour. Set aside 1 T of the remaining flour. Heat 2 tsp. oil in a large skillet over medium-high heat. Cook the chicken until browned on all sides. Transfer to a plate. Heat 2 tsp. oil over medium-low heat. Add garlic, onion, and ginger and saute for 5-7 minutes until starting to brown. Add the spice mix and cook until fragrant, about 30 seconds. Sprinkle with the reserved flour. Add the tomatoes and their juice. Bring to a simmer and cook, stirring and breaking up the tomatoes, until the onions are tender and the sauce is thickened. Stir in the cream. Add the chicken with any juices and cook until the chicken is cooked through, about 4 minutes. Garnish with the cilantro and serve over basmati rice.



### **Word Play**

An invisible man married an invisible woman.  
 The kids were nothing to look at, either.

I didn't think the chiropractor would improve my posture. But I stand corrected.

What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.

Did you know that a raven has 17 rigid feathers called pinions, while a crow has only 16. The difference between a raven and a crow is just a matter of a pinion.

I told my carpenter I didn't want carpeted steps. He gave me a blank stair.

Dad, are we pyromaniacs? Yes, we arson.

Just so everyone's clear, I'm going to put my glasses on.

I lost my job as a stage designer. I left without making a scene.

I'm trying to organize a hide and seek tournament, but good players are really hard to find.

Have fun coloring



Interesting or fun links: Just click on the red text

[125 Women Who Change the World](#)

[Jerusalema Africana Kids Best dance Contest](#)

[Virtual Museum Tours](#)

[Chorus Line, One](#)



8 members attended our last full moon snowshoe, in February, on a gorgeous night.

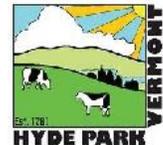


Our outdoor gathering, around the bonfire, allowed us a sense of connection and a feeling of hope.

**THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS**



**Lanpher Memorial Library**



**Park Street Collective, LLC**

**Howard Manosh**



**Thank you to all the individual donors who help make Lamoille Neighbors successful.**