



LAMOILLE NEIGHBORS

Upcoming Events

Coffee Hour will be October 7th, 10 a.m. at Sterling View Community Center in Hyde Park. (Our first coffee hour was a success!). Our only goal is to talk and laugh. If you would like to participate, please call Bonnie at 802-585-1233.

Take Five Jazz Ensemble October 10th, 2-3:30 P.M. on the lawn at Ellen and Larry Gibbs. 826 Trombley Hill Rd. Hyde Park. Take Five hails from Lamoille County and has been playing together for 6 years with Larry Gibbs on drums, Roy Gilbert on guitar, Dave Tisdell on keyboard, Charlie Yerrick on bass and Rachel Funk on vocals. The band plays standards, bossa nova, blues, show tunes, and more, and has performed at many venues throughout Lamoille County including at Trapp Family Lodge, Wednesday Night Live and for private events. This event is weather dependent. Please sign up [HERE](#) or call 802-585-1233.

Hand building pottery class taught by Jude Pradshaw at River Arts, October 20th, November 3rd and November 17th from 10AM -12PM. We have 2 more openings for this series. This event will be in the large upstairs room so there will be plenty of space to spread out to maintain distance. Wearing a mask is required. Sign up [HERE](#) .

Article Discussion Group on Zoom every other Wednesday from 9-10AM. Next group October 6th. We take turns choosing articles and no matter the topic it's a lively discussion. E-mail Ellen Gibbs at esgibs@yahoo.com if you'd like to participate.

Yoga with Faith Bieler will begin again weekly November 4th from 9-10 AM. The first Thursday of each month will be in person at River Arts and the other Thursdays of the month will be on Zoom. We have added the in person day so that Faith can better tailor the class to our personal needs. Lamoille Neighbors' Yoga is an all levels class. Beginners to seasoned practitioners are welcome. We begin with seated breath focused meditation to bring body, mind and spirit together. Class continues with slow flowing sequences which Faith calls "Meditation in Motion". Practitioners are invited to warm up their joints and muscles slowly, exploring their body's edge of comfort /their best range of motion. No pain no gain is not this class's motto! Nor is One size fits all! Faith chooses poses to flex, stretch, strengthen the whole body and also incorporate participants' requests (re: their own body's needs). E-mail lisadimondstein@me.com if interested.

Cheese Ring or Puffs, Recipe from Olea Smith-Kaland

1 ¼ cups water
 7 ½ tablespoons of butter
 1 teaspoon of salt
 lots of freshly ground pepper
 1 ¼ cups flour
 5 jumbo eggs
 1 ¼ cups finely cubed cheese
 Seriously Sharp Cabot cheddar, or Gruyere with perhaps some
 freshly grated Parmigiano Reggiano, or any hard cheese or mixture
 of cheeses you have around

Boil together rapidly the water, butter, salt and pepper until the butter melts. Add the flour all at once, and stir rapidly until the mixture forms a ball and comes away from the sides.

Then, off the heat, add the eggs, one at a time, incorporating well each time.

Then add a cup of the cheese and mix well.

Butter lightly some parchment paper and put it on a heavy cookie sheet. Drop the mixture on the paper the size you want. Use the rest of the cheese to sprinkle on the top. Or, you can make a ring of it so that it is one large oval.

For the ring, bake it about 20 – 30 minutes at 425 F or 390 F convection.

For the puffs, bake them about 12 minutes or so at the same temperature. Make sure the ring or puffs are done. They should be somewhat browned, and some of the cheese may have browned around the sides.

These measurements make about 30 puffs or a good sized ring. The recipe is easy to reduce or increase.



Kudos to Ellen Gibbs and Sue Moore who organized our first ever plant sale. We raised \$760 for Lamoille Neighbors and had fun doing it.

A big thank you to the gardeners who spent time dividing plants in their gardens.



25 participants had the pleasure of listening to Northern Harmony and being transported to other countries through music and the group's gorgeous harmonies. Thank you to John and Judy Clark for arranging this concert and to the Second Congregational Church for the fabulous music venue.

Fun Links

Matt connecting through dance [Dancing Around the World](#).

[Photographs Made Through Microscope Reveal Hidden Beauty of Science](#)

[Tuba Skinny Street Performance](#)

Central Vermont Council On Aging is offering art kits again. There are two kit options available this year: Sign up no later than October 10th.

1. Storytelling through Drawing, Illustration, and Cartoons with an additional Life Path Exercise activity - this kit option is great if you want to build your drawing, illustration, storytelling, and coloring skills.
2. Poetry, Poetry and Writing Inspired by Visual Arts, with an additional Bookmaking activity - this kit option is great if you want to work on your poetry/writing skills and if you're interested in collage and hands on bookmaking.

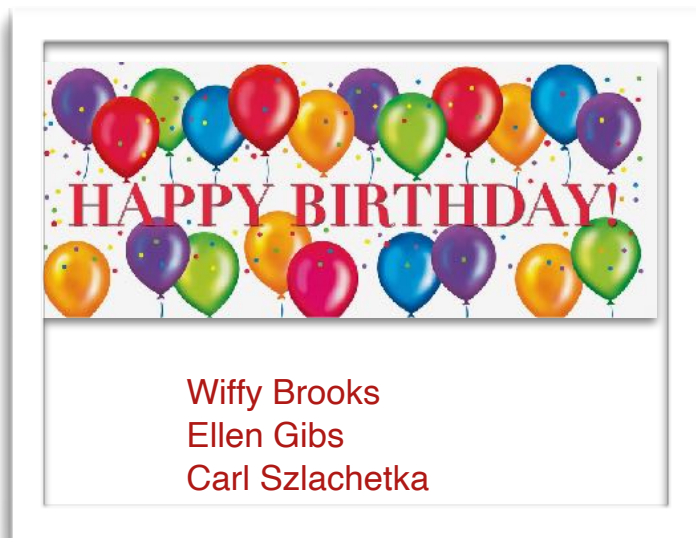
Go to this link to complete the sign-up form! - www.tiny.cc/creativecarekits

This year, you can also receive an iPad, internet connection support, and individualized tech training with your kit if needed and desired. If you are not interested in the technology aspect, you can answer the first question in that section and skip the rest.

In the sign-up form, you also have the option of being connected with a Creative Companion volunteer, participating in group Zoom learning opportunities with the teaching artists, and/or completing the activities on your own and sharing with your friends and family.

We are currently finalizing the kit and activity design with the teaching artists. The kits will be delivered late October-mid-November.

The board and social committee has made the decision to not have indoor events at this time due to increasing Covid cases. We will continue to offer indoor small classes and our coffee hour where we can maintain distance and wear masks. We will restart our monthly Zoom speaker series in November. We are following this situation closely and will notify you as we make further changes.



Two examples from the iPhone photography show: Olea Smith-Kaland with a snow drift and Mary Miller with her love of rocks.

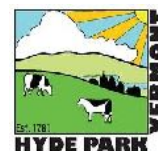
The Lamoille Neighbors iPhone class has a show at the Morrisville Post Office from October 1st-November 29th. The photographs in this show represent the culmination of our efforts over the past year to master the iPhone as a camera. Nan Carle Beauregard has been a fabulous teacher, continually challenging us to grow in our technique and our creativity. We have studied composition, perspective, portrait and landscape techniques as well as editing, always trying to remember what it is we want to say with our photos. We could not have asked for a better teacher and guide in this process, and we are immensely grateful for her patience, her ability to mentor and her wonderful sense of humor.

Hope you can stop by to see our work anytime the post office is open.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Lanpher Memorial Library



Park Street Collective



Howard Manosh



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