



LAMOILLE NEIGHBORS

Upcoming Events

Our monthly Coffee Hour, February 3rd, 10:30 a.m. at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are required. If you would like to participate, please call Bonnie at 802-585-1233.

Stories of Isaac Bashevis Singer with Rabbi David Fainsilber Feb. 14 at 7 PM, on Zoom

Want to find out why Yiddish is one of the funniest, most poignant languages that has ever graced this world? Come learn yourself from the translated stories of Isaac Bashevis Singer, the Polish-born Jewish-American writer who won the Nobel Prize for Literature in 1978. We are so excited that Rabbi David Fainsilber, a fantastic story teller, will tell us more stories from this beloved author. Be prepared to laugh and to cry. Register

[**HERE**](#) .

Rabbi David serves as spiritual leader at the Jewish Community of Greater Stowe (JCOGS). He is multi-talented. Not only a Rabbi but he is also an amazing musician (maybe he will also sing a little with the group) and a wonderful storyteller and a devoted father of three wonderful boys. What more could a congregation want?



Full Moon Snowshoe, February 16th, 7 p.m. Register on-line

[**HERE**](#) or call Bonnie at 585-1233. We will be doing the loop at the end of Davis Hill Rd. in Hyde Park. This is an easy loop and we'll be out for about 1 hour.

Monthly Zoom Gathering for Conversation, February 22nd, 5-6 p.m. Join us for a view of smiling, mask less faces and witty conversation! It will be better than a radio and more interactive than TV. We look forward to a good old friendly chat. Register [**HERE**](#) .



Ongoing Events

Article Discussion Group on Zoom every other Wednesday from 9-10 a.m.. We take turns choosing articles and no matter the topic it's a lively discussion. This group has currently reached its maximum of 10 people. If we have enough interested people we can help facilitate starting a second group.

Yoga with Faith Bieler Thursdays, 9 a.m. Open to members and volunteers. The first Thursday of each month will be in person at River Arts (when safe to do so) and the other Thursdays of the month will be on Zoom. Lamoille Neighbors' Yoga is an all levels class. Beginners to seasoned practitioners are welcome. Faith chooses poses to flex, stretch, strengthen the whole body and also incorporate participants' requests (re: their own body's needs). Movement will be done seated, kneeling, standing. Register [HERE](#) if you're joining for the first time.

Zoom Arthritis Friendly Bone Building, Tuesdays 1-2 p.m with Maxine Adams. Sponsored by Lamoille Neighbors and a grant from the Humanities Council. Email maxineladams@gmail.com

Covid Update: The Lamoille Neighbors Board require that members and volunteers maintain the highest level of vaccination protection.

We recommend that you wear the most protective mask available. Lamoille Neighbors has some N95 masks left for members and volunteers.

Call Bonnie at 802-585-1233 if you need a few masks.



Lamoille Neighbors has a new system for all of our Zoom events. You must register for the event, or ask Bonnie to help you, in order to receive the Zoom link.

1. On the website log into your personal profile. If you don't know how to do that please contact Bonnie at 802-585-1233.
2. Click Events on the top bar and open the event you want to register for.
3. Click the red bar that says **Register For This Event**.
4. Scroll to the bottom and click on the box that says "I Accept the Village terms and Privacy Policy".
5. Below that click on **Register For This Event**.
6. If you scroll up it will say you've successfully registered for this event.
7. You will get an e-mail within a few minutes confirming your registration and if you scroll down it will have a red bar that says **Join This Meeting Now**. That is the Zoom link you will click on when it's time to join the event. You will also get an e-mail the day before the event as a reminder with the link again.
8. If for some reason you can not find the e-mail with the link, and you have registered, you can log into the website with your personal profile, go to that event and click the red button that says **Join This Meeting Now**. If you haven't registered and you click that button it may put you into a Zoom waiting room. If Bonnie or Lisa are on the Zoom they can let you in but if they are not you won't be able to join the meeting. So register ahead!



Six members had a gorgeous nighttime snowshoe, a few days after the full moon, due to weather.

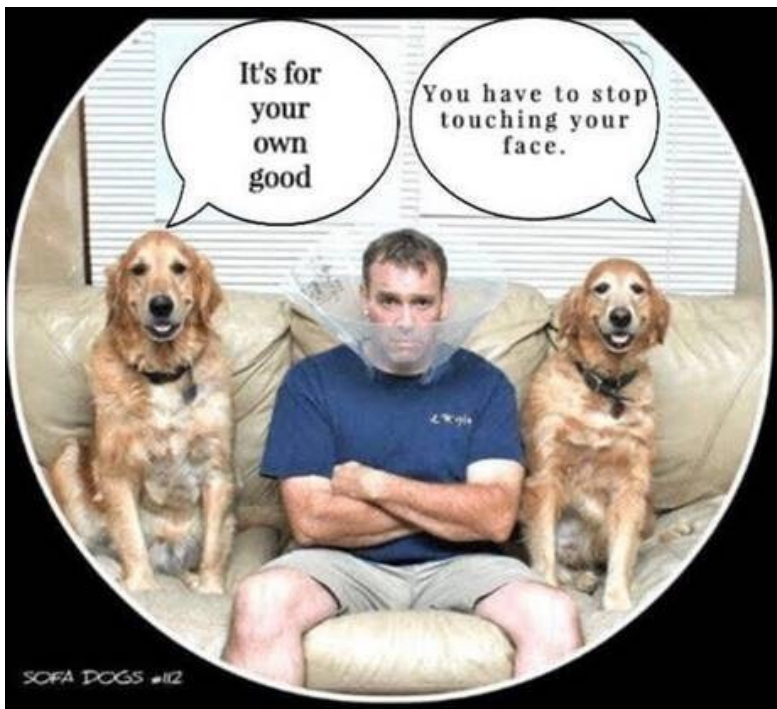
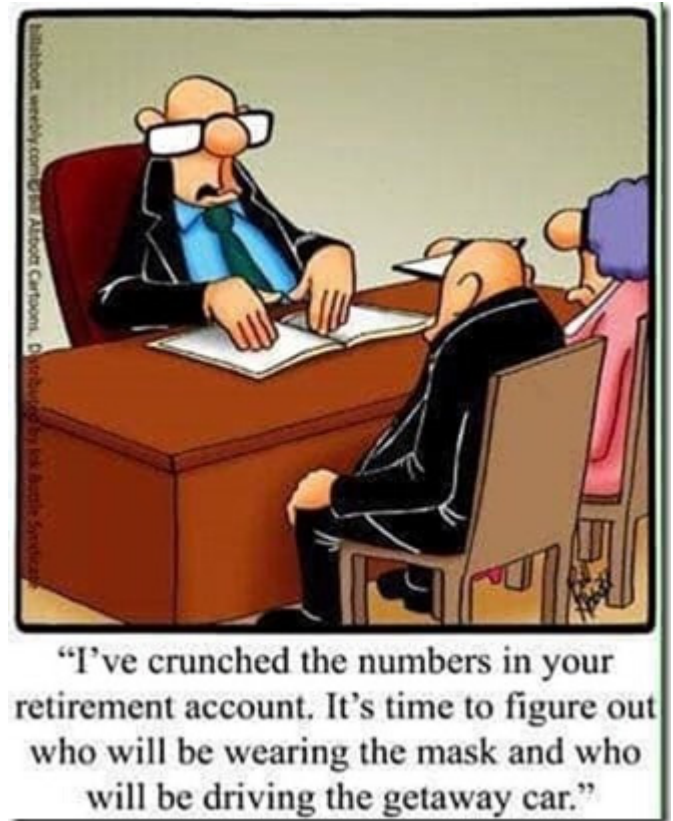
We are all needing humor in our lives right now.

10 Reasons English is Weird

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he could get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.

**Dear Lord,
Please don't let Brussel Sprouts
be a part of the cure of Covid-19 Virus.**





Just picked up my social distance support animal.



Really Easy Eggplant Parmesan

24 oz tomato sauce
 1 medium eggplant
 3 TBS olive oil
 1/4 cup Panko
 1/2 cup parmesan
 salt and pepper
 8 oz. Mozzarella

Spread 1 1/2 cup tomato sauce over the bottom of a 9X12 baking dish.

Top with eggplant, sliced in 1/2 inch slices.

Baste eggplant with olive oil.

Sprinkle Panko crumbs evenly over eggplant.

Add 1/4 cup of grated Parmesan cheese.

Sprinkle with salt and pepper.

Top with the rest of the tomato sauce and the remaining 1/4 cup grated Parmesan cheese.

Cover with foil and in preheated 400 degree oven for 30 min.

Coarsely grate Mozzarella cheese and evenly scatter over the top.

Return to oven, uncovered, and bake until the cheese is melted.

Crustless Spinach Quiche

Olive Oil
 1 cup of chopped mushrooms
 1 10 ounce package of frozen chopped spinach - thawed and drained
 5 eggs beaten
 3 cups of shredded sharp cheddar cheese
 1/3 cup sun dried tomatoes in oil
 1/4 tsp salt
 1/8 tsp ground black pepper

Preheat oven to 350 degrees.

Heat olive oil in large skillet over med-high heat.

Add mushrooms and saute , stirring occasionally till browned.

Stir in spinach and cook til excess moisture has evaporated.

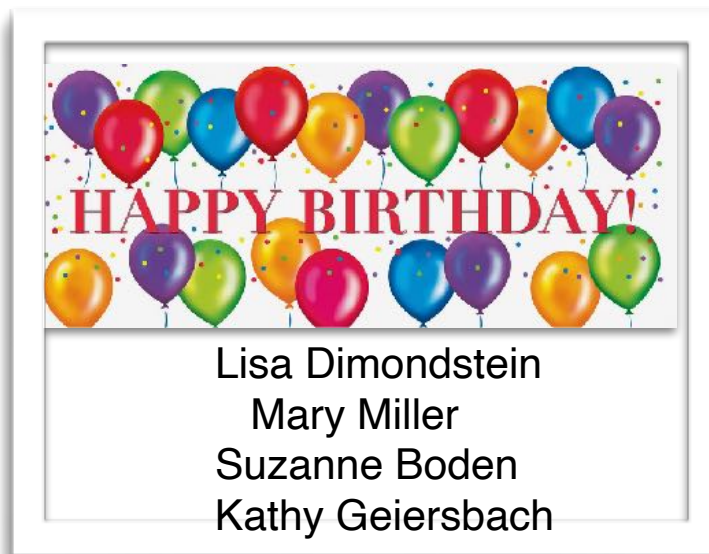
In large bowl combine the eggs, cheese salt and pepper.

Chop the tomatoes into small pieces - dry with a paper towel to squeeze out the oil.

Add spinach mixture to the egg, cheese mixture - stir together - add tomatoes and mix in, add salt & pepper - mix again.

Scoop into 9 inch pie plate that has been lightly oiled.

Bake in preheated oven until eggs are set (30- 32 minutes) - remove from oven and let set for 10-15 minutes before cutting .



Fun/Interesting Links (Click on the red to open the links)

Hand synchronicity Keep watching this is really fun

Landfill Harmonics Inspiring

Morning has Broken by Cat Stevens A favorite

Snow Images by Simon Beck what you can do with a pair of snowshoes!

A Gift From the 92nd St. Y gorgeous

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Howard Manosh



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