



## LAMOILLE NEIGHBORS

### **Upcoming Events for March**

If you need transportation or help registering for an event call Vanessa at 802-585-1233.

**Our monthly Coffee Hour, March 3rd, 10:00 a.m.** at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. If you would like to participate, please call Vanessa at 802-585-1233 or register on the website. **We are thrilled that Bonnie will continue to lead this group as a volunteer. Register [HERE](#).**

**Full Moon Snowshoe, March 6th, 7:00 p.m.** Location to be announced. Bring a headlamp or flashlight. Call Lisa 802-233-4179 with any questions. Register [HERE](#).

### **Weather Wise: The Science of Weatherlore- Presented by Mark Breen - Sponsored by Lamoille Neighbors, March 7, 2023, 4pm.**

Zoom from home or join the Zoom at the Morrisville library on a big screen. Join us as we explore if what old sayings about predicting the weather are true.

"Red at night, sailors' delight". Many people have heard, if not used, this or other phrases to forecast the weather. These weather sayings are collectively known as "weatherlore", and while most of us can use a smart phone, radio or TV for a weather forecast, these time-tested proverbs continue to delight, amuse, and inform people who depend on the weather for their enjoyment or livelihood. Mark Breen is the senior meteorologist at the Fairbanks Museum and Planetarium in St. Johnsbury, VT, and voice of Vermont Public's "Eye on the Sky" (for over 40 years!). Mark will share these sayings, and determine which ones are more reliable. He will examine how these sayings have evolved, and how most hold true to some very sound scientific principles. The talk is light and entertaining, and will be followed by questions, and the audience is welcomed to share their favorite weather sayings.

**Register [HERE](#).**



Mark Breen is also the author of the award-winning children's book, "The Kid's Book of Weather Forecasting". Along with weather forecasting for radio and newspapers, his work at the Museum involves teaching weather and science, as well as serving as the Planetarium Director for the Lyman Spitzer, Jr. Planetarium, Vermont's only public planetarium. Mark lives in St. Johnsbury with his wife Sandi. They enjoy golfing, gardening, working on their house, as well as performing with their singing quartet, WindRose.

## Ongoing Events

### **Article Discussion Group on Zoom, every other Wednesday from 9-10AM.**

We take turns choosing articles, and no matter the topic it's a lively discussion. We have space for 1 or 2 more participants. If interested e-mail [lisadimondstein@me.com](mailto:lisadimondstein@me.com).

### **Yoga for members and volunteers.** Weekly classes are Thursdays, 9-10 a.m. at River Arts.

Faith Bieler is an amazing teacher. All levels are welcome. Please e-mail

[lisadimondstein@me.com](mailto:lisadimondstein@me.com) if interested and not already registered.

**Office open house March 17th, 2-4pm. Join us for tea, goodies, conversation and to meet our new office manager Vanessa Tourangeau. 92 Lower Main St. Suite 3. There is a handicap ramp on the side of the building with handicap parking.**



New Resource Manager, Jessica Marcotte

Jessica, the new navigator hired by United Way, will meet with Lamoille County residents on Wednesdays from 10 a.m. to 2 p.m. at the Lanpher library in Hyde Park. The service is free.

If you need help reaching local or state services related to health, housing, transportation, food etc., contact Jessica in person at the library or email

[jessica@uwlamoille.org](mailto:jessica@uwlamoille.org) or call 802-888-3252.

Welcome to our new members: Etta Parker from Johnson and Pat Modzelewski from Morrisville. Pat has been an active volunteer for Lamoille Neighbors since July 2021.



Etta Parker



Pat Modzelewski



"Everyone Has a Story to Tell" is in full swing until March 1st.





For some winter fun.



### Tech Tip Corner by Kevin Bracey

Learning a few keyboard shortcuts can make you more efficient on your computer. All you have to do is hold down the keys sequentially for them to work. Here are a few of my favorites.

(Note - these shortcuts work on computers running a Microsoft Windows Operating System. They won't work on a Mac.)

Ctrl - A This combination selects all the text in your document or email message.

Ctrl - F Opens a search box so you can search for a word in your document.

Ctrl - Z Undo. If you accidentally delete something you didn't want to, press this combination to get it back!

Here are a couple using the "Windows" key. The Windows key is the one to the left of the "Alt" key.

Windows - D Minimizes all active windows to the status bar so you can see your desktop.

Windows - E Opens Microsoft Explorer so you can see where all your files are stored.

A shout out to photographer Shap Smith who did a fabulous presentation of his Vermont barns photos. He shared his work with about 25 participants. Thank you, Shap!



## March Birthdays

John Clark  
Larry Gibbs



## THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

 The Richard E. & Deborah L.  
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**Thank you to all the individual donors who help make Lamoille Neighbors successful.**