



## LAMOILLE NEIGHBORS

Call Vanessa at 802-585-1233 if you need help registering for an event or need transportation. Office hours are Monday and Friday from 12-4 and Wednesday 9-1.

**Our monthly Coffee Hour, June 2nd, 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 [HERE](#).

**Sunset Walk and Full Moon Rising, June 4th, 7:30 pm** at Lisa and Mary's house, 130 Davis Hill Rd. Hyde Park. This will be an easy 1 plus mile walk on Davis Hill. We will gather at our gazebo after the walk for some snacks and conversation. No dogs. Register [HERE](#).

**Creative Aging celebration, sponsored by Central Vermont Council on Aging, June 2nd, 2:30-7:30 at Vermont College of Fine Arts in Montpelier.** *Everyone Has a Story to Tell* will have a table displaying some of our work. There will be live workshops throughout the day offered by CVCOA.

- Participatory live collage project with Ellen Urman from 3:00 p.m. to 5:00 p.m. (room 103)
- Painting Workshop with Pauline Nolte (the Vault) from 3:00 p.m.
- Seeds of Writing with Polly Giantonio at 5:00 p.m. (the Vault)
- Ageless Grace\* with Barb Asen, CVCOA's Director of Family Caregiver Support, at 5:30 p.m. (main gallery)
- Sing along with the Green Mountain Strummers at 6:30 p.m. (main gallery)
- Aging is Living interactive tree project (entrance to main gallery)
- Recording activity and digital artmaking activity to take home available throughout the event (pick up in south gallery)

**Aging Well: Mediterranean Style**, sponsored by Lamoille Neighbors and the Second Congregational Church of Hyde Park. June 6th, 4-5:15 pm. Location: Congregational Church of Hyde Park. Presentation by Mary Val Palumbo DNP, Geriatric Nurse Practitioner, and Amy Nickerson MS, Registered Dietitian Nutritionist. Come hear about their recent visit to Sicily where they explored the culture that supports healthy aging. Learn about what makes a community "age friendly" and consider your personal plan for healthy aging. This event is free and open to the public.

**Outdoor Potluck Lunch**, June 17th, 12 p.m. at Caren Goodhue's home at 1401 West Hill Rd., Stowe. These gatherings of friends and the sharing of delicious food is always a treat. Rain date June 18th. If you're unable to bring food, come anyway. We always have plenty. 1401 West Hill Rd. Stowe. This is a member event, but if you are a volunteer driving a member please stay and enjoy the company and the food. Register [HERE](#).



**Outdoor Music Event , D Davis & Carrie Cook**, aka Cookie, have been lifetime musicians who love all styles of music. They play together in "Cookie's Hot Club", a cosmic, sultry, swingin' & sometimes irreverent gypsy jazz band. They carry that mix into their diverse repertoire of genres, including some originals, jazz standards, classical, Americana and country! D & Cookie sometimes add unexpected, surprise instruments too! **The Event will be held at Carrie Cook's home at 141 W. Main St. Hyde Park, VT.** Bring your own chair if you can. We'll have a few available. **Register [HERE](#).**

This has become a treasured annual event for Lamoille Neighbors.

**Hiking Group, June 5th, 9:30.** This hike will be a 4 mile loop on the long trail and Babcock trail. There is one steep rocky downhill section. Bring poles if you think you will need them and we can take our time and help each other. For those who don't want to do the steep section you can turn around at this point. Take Rt 118 north from Eden 4.7 miles and you will see the Long trail parking on the right. Register [HERE](#).

**June 19th, 9:30.** We will meet at the Stowe Cross Country Ski Touring Center and walk some of their beautiful trails. This will be a 4-5 mile loop and there are many options to shorten the route. Take Rt 108 north in Stowe (Mountain Rd.) for 5.4 miles and the center will be on the left. (5281 Mountain Rd.) Register [HERE](#).

### Ongoing Events

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

We take turns choosing articles, and no matter the topic it's a lively discussion. We have space for a few 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. Our last class before the summer break will be June 8th.



Our new Lamoille Neighbors hiking group is meeting every other Monday at 9:30. It's been wonderful to spend time together on the trails.







Eight hardy crew thoroughly enjoyed themselves for the first monthly sunset walk. A few drizzles didn't stop the fun. Yummy snacks were provided by Pixie Loomis.



Lamoille Neighbors member Barbara Scribner of Stowe, died on April 6th. Our condolences to her family and friends.

IN LOVING MEMORY  
OF




*Barbara A  
Scribner*

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AUGUST 31, 1933 -  
APRIL 6, 2023

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Beloved wife of Cedric  
Mother of David and Suzan  
Grandmother to Five  
Great Grandmother to Three



Welcome to our new members: Andrea Fournier of Morrisville, Carol and Dan Young of Hyde Park and Janet Larson of Morrisville.



Andrea Fournier



Dan and Carol Young



Janet Larson

### **Typing on the Fast Track, by member and volunteer Bonnie McDermott**

Once, the words in my mind flowed so quickly that my fingers had to fly over the keyboard to keep up. It was a beautiful thing to see. I used to be a fast typist and writing was a pleasure because my fingers could keep up with the speed of ideas bursting into my head. Thoughts and deeds were aligned perfectly. I was taught how to type in a high school typing class. The methodology was designed to line up my hands so that every finger did its job. Slowly, over time, my traditional hand positions have been altered. My ring finger does not bend as well as it once did. My right hand leans to the left, my left hand can't make the stretch to the top right. My joints complain when I hit the keys with too much force in my haste to hit the right letters. Sometimes, my index finger does a little dance of its own, independent of my intentions, and I am left with a "t, t, t" when one "t" would have done nicely. My arthritic hands take longer to perform the tasks my brain sends to them. Hunt and peck is my typing style today, like a disabled chicken looking for food. My left hand has two compliant fingers, and my right hand has an overworked index finger. That finger jumps in wherever it is needed. It has been a long time since the express train of perfectly formed words was streaming on my paper. Now my mind is at its destination before my fingers have left the station.





Photo by Olea Smith-Kaland of the special “H” tree on the LN hike in Brownsville.



## June Birthdays

John Dudley  
Pixie Loomis

## THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

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Peter Bourne



THANK YOU TO ALL THE INDIVIDUAL DONORS WHO HELP MAKE LAMOILLE NEIGHBORS SUCCESSFUL