



LAMOILLE NEIGHBORS

Call 802-585-1233 if you need help registering for an event or need transportation.

Vanessa's last day is October 17th. We will miss Vanessa's kindness, thoughtfulness and her willingness to jump in with any task we threw her way. Thank you, Vanessa. We wish you well on your new adventure. You will be missed.

Joan and Lisa will be covering phone and e-mail requests until a new office manager is hired. Please be patient with us and try to give us at least one week notice if you need a service.

Our monthly Coffee Hour, November 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, Register [HERE](#) or call 802-585-1233.

Article discussion group November 1st, 15th and 29th. We meet every other week on Zoom. We limit this group to 10 participants, and currently we are full. If you'd like to know when an opening becomes available put yourself on a waiting list by calling 802-585-1233.

Hike November 6th, 9:30. Laraway Lookout, 4.3 miles out and back, 1,442 elevation gain and could take 4 hours. Please don't plan anything else until late afternoon if you plan to do this hike. We want to stay together and enjoy the beauty. This is a gorgeous hike with amazing cliffs we'll be hiking under before summing to the lookout. Bring poles, snacks or lunch and water. Register [HERE](#).

A hike/walk for all levels, November 13th 9:30, North Branch Cascade Trail. This is a beautiful 2 mile round trip trail along the Winooski River. This trail is an even dirt surface and is wheelchair accessible. There are numerous stone stairways that wind down to the river bank for those who choose to do that. We will start at the south parking lot (there are 3). It is 12 miles on route 12 from Morrisville heading to Montpelier. The parking lot is a sharp left turn, then left again down to the lower parking area. Register [HERE](#).

November 7th, 4-5 p.m. "Vermont Wild" storyteller, Eric Nuse shares humorous stories of his over 30 year career as a Vermont game warden.

Join Eric for an hour of true Vermont stories from his 30 plus years as a game warden. Many of Eric's humorous stories were chronicled in the "Vermont Wild" book series. Don't miss your chance

to hear the wild and funny tales from a gifted storyteller live and in person! This event will be held at the Morrisville Centennial Library and is open to the public. Click the below link to register.
<https://lamoille.helpfulvillage.com/events/1205-“vermont-wild”>

November 12th, 2 p.m. Cristina Escobedo will sing for Lamoille Neighbors on this Sunday afternoon at the Second Congregational Church of Hyde Park. She will be performing a variety of songs, from opera pieces to more familiar tunes. Cristina is a new Vermonter, having moved here from Lima, Peru where she was trained as an opera singer. She is continuing her training in opera as she pursues a career in music. Register [HERE](#).

Hike November 20th, 9:30. Mt Elmore. This hike we will go to Balance Rock and back. This will be approximately 5 miles with a 1300 foot elevation gain. You can make this a shorter hike by turning around at any point. The park gate will be closed, so go to Beach Rd. and park in the lot on the right across from the beach. Wear bright colors, bring poles, snacks and water. Register [HERE](#).

Weekly Yoga with Faith Bieler, Thursdays at River Arts at 9 a.m.. All levels welcome. E-mail lisadimondstein@me.com if interested and not already registered.

Back (We Hope) By Popular Demand

SAVE THE DATES!!

Lamoille Neighbors is applying for a new grant from the Vermont Arts Council to support “Celebrating Connections” this winter. This arts-based program is modeled after “Everyone Has a Story to Tell,” our series of workshops offered last year. It will begin on January 31, 2024 and run until March 6.

We will offer iPhone Photography, led by Nan Carle Beauregard; Clay, with Jude Prashaw; Writing, with Melanie Viets; and a new workshop, Songwriting, led by Jon Gailmor. The schedule we’re planning looks like this:

We all gather on Wednesday Jan 31 at 10 a.m. at River Arts

Songwriting and Writing: Mondays 10-noon beginning on Feb. 5, through Feb. 26

iPhone Photography: Tuesdays 1-3 p.m, beginning on Feb. 6, through Feb. 27

Clay: Wednesdays 10-12am beginning in Feb. 7, through Feb. 28

Final gathering at 10 a.m. on March 6

This was such fun for everyone who participated last year that we hope you’ll consider being part of our 2024 series. So mark your calendars now, and think about which of the workshops you would like to take. Classes will once again be limited to 10 participants. More details will follow once we hear about the grant by the end of December.



A thank you to Marc Roy and Brian Woods for a musical afternoon and to Sue Moore for hosting this at her beautiful home. Another shout out to volunteer Kevin Bracey who organized this event for Lamoille Neighbors.



Nine members had a gorgeous fall foliage hike on Mt. Pisgah by Willoughby Lake.



Hike up Elmore Mountain led by Nancy Banks.



Thank you volunteers! Without you, Lamoille Neighbors wouldn't be able to do what it does. You are an integral part of this organization and we are so grateful for your service and commitment to our members.

Lamoille Neighbors currently has 81 members! We have had 25 new members just since last September. Between September of 2022 to the beginning of September 2023 we have filled 897 service requests.

53.4% of those requests were drive requests

36.4% were friendly visits

3.6% were handy person requests

1.9% was help organizing

1.3% was grocery/meal delivery

1.2% was pet care

.7% was gardening

.7% was computer help

Lamoille Neighbors has 43 active volunteers who have helped fulfill at least 995 hours worth of service requests!



Tina Pearson with a porcini mushroom. Tina is a volunteer for Lamoille Neighbors and led a mushroom walk which 11 members attended. Everyone who attended was enthusiastic and many have asked to repeat this event next mushroom season. Thank you, Tina.



Almond Yogurt cake, submitted by Wiffy Brooks, from Gateau by Aleksandra Crapanzano

2 Large eggs at room temp.
1 cup yogurt
1 cup granulated sugar
1/3 cup vegetable oil or grapeseed oil
1 tsp vanilla or 2 tsp dark rum
Grated zest of 1 lemon, lime or orange
1 cup almond flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp sea salt
1 cup all-purpose flour

Preheat oven to 350. Butter and flour a 9 X 5 inch loaf pan.

In a large bowl whisk together the eggs, yogurt, sugar, vegetable oil, vanilla and lemon zest until smooth. Add the almond flour, baking powder, baking soda, and salt. Whisk until completely smooth. Sprinkle the all-purpose flour onto the batter. Fold it in with a rubber spatula until no streaks of flour remain.

Pour into the prepared pan and bake for 40 minutes, or until a knife inserted in the center comes out clean.

You can glaze it with 1/2 cup preserve, like apricot, heated with 1 tsp water, strained and brushed over the cake.



Five members participated in the foliage tour with drivers Kevin Bracey and Mary Miller. By all accounts it was a great time!

Welcome to our new members: Rita McCarty from Hyde Park, Louise Von Weise from Johnson, Elizabeth Durovich from Stowe and Michael Hendon from Morrisville.



Rita McCarty



Lousie Von Weise



Elizabeth Durovich



Michael Hendon



A gorgeous autumn hike at the Mt Mansfield X Country Ski Touring Center, complete with member Paula Ratchford reciting the *Road Not Taken* by Robert Frost.





Diversity is a source of strength, creativity, and innovation for Lamoille Neighbors. We commit to creating an environment that welcomes and values the contributions of each member, volunteer and staff person and respects their identity, culture, background, and abilities, thus enriching Lamoille Neighbors.

November Birthdays

Trudy Collins
Caren Goodhue
Judith Wrend
Gary Banks
Melissa Rose
Janet Mazzola
Judy Grosvenor

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

 The Richard E. & Deborah L.
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Howard Manosh



RIVER
ARTS



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