



LAMOILLE NEIGHBORS

We're *Still* Thinking of You

To both members and volunteers:

- ❖ We have delivered 30 masks. Another BIG thank you to our volunteer, Jan Gearhart, who made the masks for us. E-mail lamoilleneighbors@gmail.com or call 802-585-1233 if you need a mask.
- ❖ Join a Zoom yoga class, led by Faith Bieler, Thursdays 9AM. If you would like to join this class, "A Meditation in Movement", please email lisadimondstein@me.com .
- ❖ May 6th, 1 PM will be the next article/short story discussion group. We will send the link to the article/short story when available. Please e-mail Ellen Gibbs, esgibs@yahoo.com , if you would like to join or have an interesting story for discussion. Anyone with internet can access this group.

RIVER ARTS presents The Zoom Tapestry Project – everyone has a story to tell. A creative, community narrative of life in a pandemic. River Arts invites everyone to participate in creating a tapestry of how you are coping, surviving, experiencing, tolerating, nurturing, inspiring, creating, and adapting to life when the world around you has changed so much.

Are you an artist, a craftsperson, a sewer, a quilter, a teacher, a cook, a caregiver? This project is for all of us who are willing to explore our emotional connection to our experiences and then bring it further in a burst of creativity to share with others.

Search your imagination - use and re-use anything you have around you – fabric scraps, buttons, paint, embroidery, collage, knitting, weaving, photo transfer, writing, mixed media..... anything that inspires you to tell your story.

This project is to connect us all, to create a sense of community through the different paths we are all taking right now, and bring it all together later. We will share all contributions on the website.

Squares 10" finished with 1" border all around = 12" square unfinished - fabric, or strong paper/canvas – max. three pieces per person.

Email a picture of your finished square, with a few thoughts on what it means to you, to heidi@riverartsvt.org, Please do not send your actual artwork until River Arts is ready to put this whole project together. – then River Arts will contact you.



Samples of squares for the River Arts Tapestry

Saag Paneer from the Food of India

Recipe courtesy of Mary Miller

- 1 pound spinach
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp fenugreek seeds
- 1 TBSP oil
- 1 red onion thinly sliced
- 5 garlic cloves
- 7 oz can diced tomatoes
- 3/4 inch piece of ginger, grated
- 1 tsp garam masala
- 1/2 serving paneer

Blanch spinach leaves in boiling water for 2 min., then refresh in cold water, drain and very finely chop. Place a small frying pan over low heat and dry roast cumin until aromatic.

Remove and dry roast the coriander and fenugreek.

Heat the oil in a heavy bottomed frying pan over low heat and fry the onion, garlic, cumin, coriander, fenugreek until brown and aromatic.

Stir in the tomatoes, ginger, and garam masala and bring to a boil. Add the spinach and cook until the liquid is reduced. Fold in the paneer. Season with salt to taste.

Paneer

12 cups milk - it works better with raw milk

6 TBSP strained lemon juice

Pour milk into a heavy bottomed pan. Bring to a boil, stirring with a wooden spoon so the milk doesn't stick to the bottom of the pan. Reduce the heat and stir in lemon juice, keep over low heat for a few more seconds and turn off as the curd begins to form. Shake the saucepan slowly allowing the curds to form and release the yellow whey. Line a colander with cheese cloth (double) and pour off the whey, collecting the curd in the cheesecloth. Pull up the corners of the cheesecloth so it hangs like a bag. Hang the bag from the faucet for half an hour. Then press the bag under weights for an hour. For example, put the bag on a tray with another tray on top and put canned food on top. When the block is firm, cut it into cubes.

Hokusai Says by Roger Keyes

Hokusai says look carefully.
 He says pay attention, notice.
 He says keep looking, stay curious.
 He says there is no end to seeing.

He says look forward to getting old.
 He says keep changing,
 you just get more who you really are.
 He says get stuck, accept it, repeat yourself
 as long as it's interesting.
 He says keep doing what you love.
 He says keep praying.
 He says every one of us is a child,
 every one of us is ancient,
 every one of us has a body.
 He says every one of us is frightened.
 He says every one of us has to find a way to live with fear.

He says everything is alive—
 shells, buildings, people, fish, mountains, trees.
 Wood is alive.
 Water is alive.
 Everything has its own life.
 Everything lives inside us.
 He says live with the world inside you.
 He says it doesn't matter if you draw, or write books.
 It doesn't matter if you saw wood, or catch fish.
 It doesn't matter if you sit at home
 and stare at the ants on your verandah or the shadows of
 the trees
 and grasses in your garden.
 It matters that you care.
 It matters that you feel.
 It matters that you notice.
 It matters that life lives through you.
 Contentment is life living through you.
 Joy is life living through you.
 Satisfaction and strength
 are life living through you.
 Peace is life living through you.
 He says don't be afraid.
 Don't be afraid.
 Look, feel, let life take you by the hand.
 Let life live through you.

Olea's Lemon Pudding Cake

This is a comforting old
 fashioned treat

1 cup sugar
 1/8 tsp salt
 1/4 cup all purpose flour
 4 tbs melted butter
 juice of 2 lemons (at least 1/3
 cup, fine with more)
 3 good sized eggs, separated
 1 1/2 cups milk (best with whole,
 2% ok)

Stir together 3/4 cup of the sugar,
 the salt and flour. Add the melted
 butter, lemon juice, and egg
 yolks. Stir until thoroughly
 blended. Stir in the milk.

In a separate bowl, beat the egg
 whites with the rest of the sugar
 until they're stiff but moist (or
 use whatever mechanical aids
 you have). Fold the beaten whites
 into the lemon mixture. Then
 pour it into a buttered 1 1/2 quart
 baking dish.

If you have a convection oven,
 bake at 325 about 35-40 minutes
 or until the top is slightly
 browned. If you have a regular
 oven, place the baking dish in a
 slightly larger pan at least 2
 inches deep. Pour hot water into
 the larger pan to come halfway
 up the sides of the baking dish.
 Bake at 350 for 40-45 minutes.
 It's really good served warm (not
 hot) but also good cold.

Olea Smith-Kaland

Member and Volunteer, Peggy Smith, Mixed Media

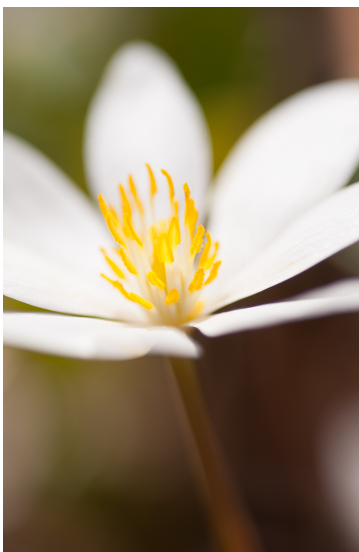


All my life I have created art. In the seventies I got my dream job of teaching three-dimensional high school art but after two years decided to move to Vermont. Throughout the child rearing years my creative efforts went into activities for the kids. But slowly I began sculpting again, then photographing, and back to fiber arts. I became bored with realistic photographs and began to search for a use for all of my photos. This is when I discovered encaustic. The process I use is photo encaustics.

Encaustics can be accomplished by a hot method or cold. I use melted wax. I take my photo and print it on tissue paper. I then embed it into the clear wax. Each layer of wax needs to be heated with a heat gun as you add layers of wax and oil pastels etc. It is very interesting to see how each layer creates a completely different look than what you started with. Details can be brought out, textures can be added, and even items can be added. You may have an idea to start with, but the end results can be completely different.

I have included pictures of my work. One of them is a three-dimensional form. Using my love of sculpture, I created this sculpture out of clay and then proceeded to add photos onto the surface through the encaustic process. I love to find new avenues of expression and encaustics is just that.





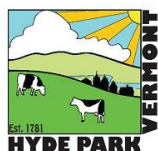
Spring is coming, Photo by Lisa Dimondstein

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC

Lanpher Memorial Library



Howard Manosh

Join this exciting movement as a Lamoille Neighbors member, click [HERE](#)
As a volunteer, click [HERE](#)
As a donor, click [HERE](#)

Or any combination of the above! Volunteers can be members and members can be volunteers and anyone can be a donor.