

# EAST MONTPELIER SIGNPOST

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January/February 2003

## THE GOODALLS AND THEIR GOOD WORKS

*Linda McSweeney*

Spending a snowy morning getting to know the Goodalls in their cozy home filled with plants and quilts, bikes and skis, pets, family photos and moving boxes was a delight. I thought what wonderful people I was privileged to get to know, but what makes the Goodalls special is their years of volunteer work for social causes, some not necessarily popular or easy projects to take on. The Goodalls live up to their name in every way. They really do good works.

Glen was born at home in Topsham and moved to Montpelier where he began first grade in 1925. Esther was born in Middlebury, attended elementary school in Brattleboro and moved to Montpelier for her high school years. During her junior year in high school, Esther and Glen became high school sweethearts and, with the exception of their three year separation during World War II, have been together ever since. They'll be celebrating their 61st anniversary this year.

In 1941, when they were 25 and Glen was in the army, Esther sent out invitations for a December 15th wedding. Pearl Harbor intervened and cancelled Glen's furlough, and plans were quickly changed. The Goodalls were married on Christmas Night. Esther reminisced that it was a bittersweet time — joy for their marriage, but terrible worry about what the future would hold.

Esther spent the first six months of her marriage traveling with Glen to several army bases in the south. What was it like for a young Vermont wife to be so far away from home? She said it was hot! She couldn't understand the race relations of the time in the south. Jim Crow laws in the 40s were alien to Vermonters. Once Glen shipped out, Esther moved to Connecticut with her sister where she rode her Victory bike to a defense plant job. Later during the war, Esther came back to Montpelier where she did secretarial work.

Glen spent the war years in the South Pacific as a Supply Sergeant. In October 1942, Glen was one of 5,000 soldiers traveling on the SS President Coolidge, a luxury liner con-

verted for troop and supply transport. As the ship pulled into the harbor on Espiritu Santo, one of the Solomon Islands, it struck several U.S. mines in the harbor. Ordered to abandon ship, Glen and most of the troops made it safely to shore, but Glen stood by helplessly watching the supplies they had carried from San Francisco sink to the bottom in less than an hour. The trained troops and much-needed supplies had been intended to reinforce the Marines at Guadalcanal. Esther said that when the Lord closes a door he opens a window somewhere else. As tragic as it was to lose the supplies, if the ship hadn't sunk, she could have lost Glen in the Battle of Guadalcanal.

After the war, Glen and Esther settled into their first home in Montpelier's meadow neighborhood where they lived for 35 years and raised two daughters, Nancy and Susan. Glen had a long and prosperous career as a paper salesman. He represented over 70 different paper mills and sold paper to many institutions and businesses in Vermont and New Hampshire, including the State of Vermont and National Life. Glen loved his job. He enjoyed the traveling, but was never too far from home. He made many life-long friends including three generations of owners at Capital City Press and Capitol Stationers. When he told me he didn't retire until he was 78, I agreed that he must really have loved his job. Esther returned to work when her daughters were older and served as the Secretary for Bethany Church for 20 years. She says she retired in 1958, but don't believe it! She became a crafter and ran a successful macramé business, quilted, took painting classes, and also attended CCV writing classes. Her father was the Vermont author, Charles Crane, and Esther says she grew up typing his manuscripts and always wanted to write herself. Lately she has been writing memoirs.



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## TOP OF THE SIGNPOST

The other day I read about a town not too far distant which celebrated a "Meet Your New Neighbors" potluck gathering. It was attended by nearly a hundred newcomers and old timers. Something clicked in my mind. Didn't I remember that the draft of our new Town Plan suggests that we have a "Welcome Coordinator" to "identify newcomers to town, distribute informational material, and extend an invitation to participate in town activities?" What a great idea! And what more inviting way to start the ball rolling than to hold a potluck party for everyone.

If you were ever a new resident in East Montpelier, you might remember your first question: "What is our new mailing address?" Then, what about the schools? Who might plow our driveway? Who are good doctors? Dentists? Plumbers? How do we vote in town? Is this a neighborly town? What activities take place here?

A year or two ago a small group of townspeople assem-

bled a booklet, "About East Montpelier," packed with answers to practical questions such as these. It was mailed to everyone in town as an insert in the *Signpost*. Copies are always available in the Town Office, but do they reach new folks in town?

Then I remembered how neighborly our Town Meeting potlucks have become. Why not hold such a gathering especially to meet and greet the new folks? As we share a meal, we could also share information about the town - a map, last year's Town Report, "About East Montpelier," back issues of the *Signpost*, the town trails system map, school newsletters and more. There are so many activities in this town to entice new residents. Wouldn't it be fun to share such an evening?

I have found East Montpelier to be an unusually neighborly town. I would like to see that spirit conveyed to newcomers early in their lives among us. What better reputation can a town have than to be called "a town of good neighbors?"

*Jean Cate*

"Thank you" to these loyal supporters.

The *Signpost* welcomes contributions. Any amount would be gratefully received, \$5, \$10, \$25, even \$50.

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### SUBSCRIPTIONS

Do you have a son or daughter going to college, a mom or dad who are now living in Florida? Would they like to stay in touch with what's happening in Town? Send the *Signpost*! Or maybe it's you who are headed elsewhere. Subscribe for yourself. New and renewal subscriptions are \$15.00 per year. Send a check, payable to East Montpelier *Signpost*, with recipient's name and address to: PO Box 184, East Montpelier, VT 05651. Contributions should go to the same address. And we thank you!

As members first of Bethany Church, and later on the Old Meeting House, the Goodalls became hands-on volunteers. Early on in their married lives, Glen and Esther decided to focus on housing and hunger for their volunteer efforts. I asked why these two causes were important to them, and they said because they were not popular causes. You had to do more than sit on a board and go to a meeting. You had to advocate for people who had no voice. The Goodalls were involved from the very beginning in the early 90s with renovating the Barrett Block on Elm St. in Montpelier. They said it took five years of very hard work, but eventually their efforts paid off by providing 120 people with newly renovated low-income housing. They helped start the Meals on Wheels program in Montpelier as well. They participated in a project begun by Governor Hoff to bring black teenagers from New York City to Montpelier for the summer months. When the mental hospital in Waterbury closed and formerly institutionalized people needed homes, the Goodalls were there helping with halfway homes and three-quarter way homes. Glen said this was their most challenging project of all, because people were afraid of the mentally-challenged and it was difficult placing them into neighborhoods. The list of their good works goes on and on. Esther spent five years volunteering at Heaton House. They have also worked at the Food Bank. Glen is on the RSVP board and served with the Vermont Community Loan Fund. He has also been lay minister at various Congregational churches in the area.

Somewhere in between raising their daughters and their active volunteer lives, the Goodalls have had time for what Esther calls their "flying years." When he turned 55, Glen decided to take up bicycling. As you can see from his volunteer work, Glen doesn't do anything lightly. At the age when most people begin to slow down, Glen and Esther speeded up. In 27 years (Glen quit riding at 82, Esther at 80), Glen put 70,000 miles on his bike in over 23 states. Esther modestly adds that she did only half of that. As life long tent campers, they have bicycled in many places. Martha's Vineyard is one of their favorites, but Vermont is their top choice for bicycling. You can still see Glen's bike in Montpelier where he donated it to be one of the brightly painted yellow bikes provided by the city for free use. At 85, both Goodalls still cross-country ski, and you just might run into them on the U-32 course this winter.

This Christmas, Glen and Esther's 61st anniversary will be celebrated with all 18 of the Goodalls: daughters and husbands, grandchildren and spouses, and even two great-grandchildren. It will be a bit like their first bittersweet Christmas together after Pearl Harbor. This holiday finds them surrounded by their family, but on the brink of a move to a new home, only their third move in 61 years. Fortunately they are moving just two houses down the road on Maplewood Drive to the former home of Ken and Ann Smith. The Goodalls are looking forward to living all on one level and are thrilled to remain in their beloved neighborhood where they have lived for 23 years. Those of us who live in town are fortunate to still have the Goodalls as our neighbors.

*Linda McSweeney, a librarian, lives with her husband Tom, a teacher, and their 10 year old daughter Mary on Cherry Tree Hill Road.*

## LOOKING AHEAD TO TOWN MEETING MARCH 4, 2003

### ELECTED POSITIONS

Number of openings for this year are shown in ( ).

To run for any of the following offices, a candidate must be on the Voter Checklist and secure signatures on a petition for office of at least 1% of the legally qualified voters. Petition forms are available at the Town Clerk's Office.

Moderator (1)	Town Clerk (1) - 3 yrs.
Town Treasurer (1) - 3 yrs.	Selectboard (1) - 3 yrs.
Lister (1) - 3 yrs.	Auditor (1) - 3 yrs.
Planning Commissioner (3) - 3 yrs.	Town Law Agent (1)
First Constable (1)	Second Constable (1)
Trustee of Public Funds (1) - 3 yrs.	Town Grand Juror (1)
Cemetery Commissioner (1) - 5 yrs.	
EMES School Director (1) - 3 yrs.	
EMES School Director (1) - 2 yrs	

To submit an article to appear on the Town/School Warning a voter can request the Selectboard/School Board to include the Article on the Town/School Warning or have a petition signed by a least 5% of the legally qualified voters.

All signed petitions are due at the Town Office by 5 pm on the dates indicated under "2003 Town Meeting Deadlines."

**General Election 2002** - Justices of the Peace elected for terms running from Feb.1, 2003, to Jan. 31, 2005, (alphabetically, not by votes received, letter shows party affiliation). Approval of Article 15 at Town Meeting 2001 allowed us to go from seven to ten justices, since our population now exceeds 2500.

Jan Aldrich (R)	Theresa Goslant (R)
Dennis Carver (R)	David Grundy (P)
Rob Chickering (I)	Harry Burr Morse (R)
Sue Clayton (D)	Becky Reed (D)
Ruth Farnham (D)	Janice Waterman (D)

The winner of the Washington District 7 Legislative race was Anthony "Tony" Klein who received 741 votes in East Montpelier and 500 votes in Middlesex.

A total of 1300 voters cast their vote at the General Election on November 5, 2002. This was a 64% participation for East Montpelier out of a total of 2029 on the Nov. 5 Voter Checklist. This compares with a 50% participation in Vermont as a whole.

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## THOSE WHO SERVE US

### THE ONION RIVER FOOD SHELF

by *Diana Fielder*

The Onion River Food Shelf is a non-profit agency located in the Old Schoolhouse Common in Marshfield. It serves as an emergency source of food for families or individuals from East Montpelier, Plainfield, Marshfield, Calais and Cabot.

On average, 56 families are assisted each month. This assistance consists of enough food to feed each family member three meals a day for three days. Altogether some 1572 meals are distributed each month; hunger knows no boundaries. Large families, small families, seniors and other individuals turn to the Onion River Food Shelf when they find themselves in need.

Most of the food comes from the Vermont Foodbank where our volunteers shop each month. Several local businesses such as Legare's, Price Chopper, Ben & Jerry's, Bouyea-Fassetts and Cabot Creamery as well as area churches donate food regularly. Whatever food supplies we need and don't get from the suppliers mentioned here, we must buy.

This program is staffed entirely by volunteers who buy, oftentimes cook and then distribute the food. The food from the Vermont Foodbank is purchased, so it is necessary for the volunteers to raise money to keep this valuable program afloat. All of the local churches, a few clubs and organizations, and all of the participating towns make annual donations. Individual donations are always welcomed.

The food shelf is open every Wednesday from 10:00 - 4:00 pm. Take the scenic ride out to Marshfield and see for yourself what this organization is all about. And while you're there be sure to give a big thank you to the longtime volunteers who make this program work: Joan Pfeifer, Allen Vohden, Ruth Fowler, Winnie Munding, Mary Harris and Diana Fielder.

### WHAT IS RSVP

*J. Guy Isabelle, Director*

Retired Senior Volunteer Program (RSVP) is part of a national movement to involve volunteers in their communities to help solve problems. There are six RSVP projects covering the State of Vermont. RSVP for Central Vermont and Northeast Kingdom and the Volunteer Center cover the counties of Caledonia, Essex, Lamoille, Orange, Orleans and Washington. The project has offices at the Woodridge Nursing home in Berlin, at the Lamoille Housing in Morrisville, the Darling Inn Apartments in Lyndonville, the Governors Mansion in Newport and the Senior Center in Bradford. In FY2002, there were 1240 volunteers who were members of the RSVP project. These volunteers gave 105,728 hours of service to over 150 different organizations in the above mentioned counties.

**What are the benefits to being an RSVP Volunteer?** All individuals who wish to join have their talents, skills and interests to use as a volunteer to a variety of non-profits who are partners with RSVP. All RSVP members receive coverage by Excess Liability insurance while performing volunteer duties,

driving to and from a worksite, or if an accidental death should occur while performing a volunteer activity. All members get an opportunity to receive training in the service of their choice, meet new people and experience new friends. All members are recognized for their efforts in the community and receive a free subscription to the agency newsletter, *The Silver Voice*.

**What have East Montpelier RSVP members done?** In FY2002, there were 22 residents who were members of RSVP. Collectively, they donated 3,002 hours of service to 22 area non-profit organizations. Some of these organizations included the American Red Cross, Central Vermont Medical Center, area schools, the Montpelier Senior Center, Wheels, Woodbury College, area libraries and area arts centers. The amount of time donated equaled a dollar amount of \$43,078 of additional services to these mentioned non-profits.

**How do I get in touch with RSVP?** You can call 828-4770 at our Berlin Office, visit our new website at [volunteervt.com](http://volunteervt.com) or write to us at PO Box 433, Barre, VT 05641 to become an RSVP volunteer or receive the services of an RSVP volunteer.

We are grateful for the efforts put forth by the East Montpelier community to promote the ethic of service and volunteerism.

### VOLUNTEER FIRE DEPARTMENT

*Robin Copping, Chaplain, Firefighter, and EMTD*

The EMFD hosted a well-attended open house this fall at Station One on Templeton Road. Refreshments were provided as well as tours of all the fire trucks and rescue vehicle. A history of the department was presented by Assistant Chief Elliot Morse. Two demonstrations were presented. One was on the use of air bags which was done by inflating them and lifting one of the trucks off the ground using only five PSI of pressure. The other involved setting a woodpile on fire to show how Class A foam is used to cool down the sides of buildings adjacent to those burning.

In November, as part of National Fire Prevention Week, the EMFD did fire prevention demonstrations for the Calais and East Montpelier Elementary Schools. Coloring books, stickers and fire hats were handed out to the students. On November 9, an EMT presented a talk at the Four Corners Schoolhouse on cold weather emergencies, frostbite and hypothermia to a large group of youngsters taking a snowmobile safety course.

Many good questions were raised including whether or not the fire department teaches CPR courses to school age children here in town. It should be noted that the department itself does not teach CPR but does have two certified instructors who could teach a class if there were enough interest. The recommended minimum age for students to take the course is sixth grade. Anyone interested in learning CPR is encouraged to contact one of the following for more information: Robin Copping at 223-7026, Jay Copping at 229-4973 or Joyce Copping at 454-7802. There would be a small fee to cover the costs of materials and the instructor.

## WINTER VIEWING AND THINGS FOR THE CHILDREN

### KELLOGG-HUBBARD LIBRARY NEWS

Hilari Farrington

#### Videos on Vermont

One of the nice things about the Kellogg-Hubbard's popular new video collection is that the library is able to provide videos that are less likely to be found in local video stores. The Vermont video collection is a perfect example of this. Here are some of the new arrivals:

*Barns: Legacy of Wood and Stone*, produced by Vt. Public Television, tours some of Vermont's most interesting barns. See how barns evolved in the 1800's and how they are being preserved today.

*In Days Gone By: Vermont Country Ways*, "If we didn't have it, we didn't miss it; we made do with what we had." In this video, Vermonters share memories of bygone times, woven together with historic film footage and photos.

*Vermonters at War: World War II: From Home Front to Front Lines*. No town, farm or family was sheltered from the turmoil of this global crisis. In this compelling video, historic film footage illustrates the personal memories of those who lived through these turbulent times. Videos can be borrowed for one week at no charge

#### Visit us Day or Night from Your Computer

Now you don't have to come into the Kellogg-Hubbard Library to see whether we have the book that you want to read. You can now look at our catalogue on the Web. Just go to our website at: [www.kellogghubbard.lib.vt.us/](http://www.kellogghubbard.lib.vt.us/).



#### Children's Corner

Visit the Children's Library at Kellogg-Hubbard and see the great art being produced by children in East Montpelier. Under the guidance of art educator, Heidemarie Holmes-Heiss, 3rd graders from Mrs.

Giammusso's and Mrs. Christy's classes in East Montpelier Elementary School created the art show, "Butterflies Come Alive" for the Kellogg-Hubbard, which was on display through November 15th. Congratulations to Erin Connor, Ali Houghton, Jordan Jewett, Alexander Nicholson, Chad Ward, Cole Cacicio, Alex Ferno, Benjamin King, Sean Sinclair and Claudia Smith on their beautiful artwork!

If you haven't yet taken your children to the library, come and see how much fun it is for the whole family. All children over six may get their own library cards, complete with key-chain that they can fasten to a backpack. It's the best gift you can give your child.

**Library Hours** Monday through Thursday: 10 am- 8 pm. (Children's Library is open until 8 pm on Thursday only) Friday and Saturday 10 am - 5:30 pm.

The library is wheelchair accessible. To get a free library card, just show proof of your home address (license, mail, checkbook, etc.) For more information, call 223-3338.



#### KINDERGARTEN REGISTRATION

##### EAST MONTPELIER ELEMENTARY SCHOOL

The parents of a child who will be five years old before September 1, 2003, should register the child for next year's kindergarten. This is important for the planning of the 2003-2004 school budget. A Kindergarten Parent Night will be held in May 2003, date and time to be announced.

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# THE TOWN WEATHERVANE



## Selectboard

*Tim Meehan, Chair  
Tom Brazier, Edie Miller*

### September 23, 2002

- > Discussed proposed animal control ordinance.
- > Ms. Betit presented request of Jim Shea to reduce speed limit in the school area to 25 mph. Tim Meehan said it's inappropriate to reduce speed limits on any Town road until better enforcement is in place. Betit researching cost of State Trooper assistance.
- > Discussed Porter Road Access permit. Two options: an 18' traveled way private road that is not part of the Town system - Town provide no maintenance, or a 24' wide traveled public road built to A-76 standards. Would be a Town road and receive maintenance.

### October 7, 2002

- > Selectboard member Tim Meehan presented Road Foreman Mike Garand with a framed certificate designating Mr. Garand as a Vermont Equipment Scholar. Garand attended five core and three elective daylong workshops sponsored by the Vermont Local Roads Program. Also awarded a monetary bonus in recognition of his achievement.
- > Discussed the animal control ordinance to clarify language.

### October 21, 2002

- > Approved access permit and development road for proposed Porter subdivision. Intention to build road and request Town acceptance once three residences present.
- > General discussion relating to law enforcement in East Montpelier. Lt. Harrington of the State Police presented suggestions and costs.

### October 26, 2002

- > Site visit to Jourdan Road. Agreed to accept road into East Montpelier Highway System as a Class 3 road with understanding legal title to lot #2 will be resolved within 60 days.
- > East Montpelier Fire Department Board members Greg Pelchuck and Toby Talbot spoke of plans to purchase new

fire engine. Selectboard will support article for purchase.

- > Public Hearing on Animal Control Ordinance. Heard from residents concerning need for such an ordinance. Decided to provide copies of ordinance at Town Meeting and when dog licenses are renewed.

### November 4, 2002

- > Agreed that garage of Mr. and Mrs. Sancibrian on Clark Road must be removed since it does not conform to plans submitted nor meet minimum setbacks.
- > Appointed David Grundy East Montpelier's representative to Wheels Board of Directors.
- > Appointed Bill Merrylees Green-up Coordinator.

### November 18, 2002

- > Hilari Farrington present to discuss request for increase in Kellogg-Hubbard Library funding from East Montpelier. Stock market downturn means deficit for library with current figures.
- > Mike Garand discussed cost of new salt shed. \$30,000 is allocated in Capital Reserve Fund. Agreed additional \$15,000 be added to the capital fund.

## Planning Commission

*Carol Welch, Chair*

### September 19, 2002

- > Ken Senecal presented proposal to build a 15-unit housing project on 13.62 acres currently owned by Arsene LaPerle Estate on US2 near intersection with VT14N.
- > Advised Senecal to consult with VTrans regarding proximity of his proposed road to the planned intersection of US2

and VT14.

### October 3, 2002

- > Approved application of Kim Vincent to operate a daycare at her home on VT14N for four part-time and six full-time children.
- > Approved preliminary plat for a revised six-lot subdivision on Cherry Tree Hill Road by William and Mary Porter.
- > Will hold public hearing on Town Plan on October 24.

### October 17, 2002

- > Public Hearing on Recertification of Hawkins Subdivision. Approved.

## Board of Adjustment

*Claudia Bristow, Chair*

### September 23, 2002

- > Tom Brazier present to discuss status of report due from Mark Hutchins regarding proposed tower. Will need more time. Tower proposed is similar to tower constructed at First in Fitness in Berlin.

### October 7, 2002

- > Reviewed request from Mark and Nicole Sancibrian for a dimensional variance for house and garage on Clark Road. Denied.

### October 21, 2002

- > Continuation of ATC Hearing, recessed 9/23/02. Tom Brazier discussed status of plans to build cell tower. Recessed to November 11, 2002.

### October 28, 2002

- > David Blosser, draftsman, presented proposal from Mr. Noyes to remove an older shed at the East Montpelier Home Center and add on to an existing shed. Approved with same conditions on new building as on previous building.

## 2003 Town Plan Update

The Planning Commission conducted a hearing on October 24, 2002, for a public discussion of the draft Town Plan. Based on comments received there and at other public meetings, as well as those submitted in writing, the PC made changes to the plan. The revised draft (available at Town Clerk's Office or [www.madriver.com/~fillion](http://www.madriver.com/~fillion)) was submitted to the Selectboard on December 11. The Selectboard will hold at least two public hearings before adopting the plan, dates and times to be announced later.



# THE TOWN WEATHERVANE



## Elementary School

*Jan Aldrich, Chair  
Lucy Ferrada, Bob Riggen  
Anna Saxman, Nancy Thomas*

### September 3, 2002

- > Reviewed budget timeline.
- > Approved EMES Technology Plan.
- > Discussed ways to enhance communication. Board members will take turns attending staff meetings to get suggestions from staff.

### September 25, 2002

- > Met as EMES board after WCSU full board carousel meeting at U-32.
- > Granted Lisa Gariboldi maternity leave from Jan. 3, 2003, through March 4.
- > Michael Berry granted extended leave of three days in addition to three personal days. Being married in November.
- > Approved unpaid sick leave request for Christine Royer.
- > David Angolano, auditor, reported on draft of financial statements as of June 30, 2002, with some suggestions. Board accepted draft.
- > Dennis Beloin, Technology Director at U-32, reported that a one year technology plan is in place for EMES.

### October 15, 2002

- > Heard presentation on budgets for 2003-04 school year from Ellen Knoedler, librarian; Steve Towne for physical education; Heidemarie Holmes-Heiss for art budget; Carol Randall on behalf of Pam Dunkling for music program; and several classroom teachers.
- > Accepted The Grass Man's bid for plowing and sanding of school grounds and Four Corners School.
- > Approved hiring Robert Lynde for long-term substitute cook position.

## U-32 Jr. Sr. High School

*Tony Klein, Chair  
Ginny Burley  
East Montpelier Members*

### September 4, 2002

- > Dot Blake reported beginning of school went very well. Current enrollment is

837 students. Of the 152 members of the class of 2002, 103 are continuing their education, 4 entered military service, 6 plan to attend college in the future.

### September 25, 2002

- > Jon Winston gave building update.
- > David Angolano gave audit reports. Accepted.
- > Trip to France April 15-24 would involve about twenty students.
- > Reviewed budget timeline.
- > Dylan Cate and Kyle Magida, student representatives to the Board, addressed concerns relative to dress code. Many students feel the way they dress is a manner of self-expression. Community Liaison Committee will address this issue.

### October 2, 2002

- > Heard from Bruce Butler of Brazier Rd. concerning light spillage from field lights.
- > Official ribbon cutting for new facility held earlier in the day. Community open house scheduled for October 16.
- > Committee established to look into community use policies.

### October 16, 2002

- > Jon Winston reported on progress made to alleviate light spillage for the Butlers. Shields and light bulb conversion will cost about \$2,200.
- > Dot Blake reviewed curriculum of Bio/Spanish trip to Costa Rica during April vacation.
- > Voted to spend up to \$700 from fund balance for facilities-scheduling software.
- > There are three students who are 18 years of age and not residing in this district. Voted to approve residency waiver for Sarah Farnham and Michael Johnson through senior year, and Lee Braden for trimester one 2002.

### October 28, 2002

- > Held an executive session. Voted to approve administration recommendation for student disciplinary action.

### November 6, 2002

- > Jon Winston reported punch list is being completed. Warranty terms are also being addressed. Light shields are installed and water pressure system has

been installed. Climbing wall is being painted and auditorium seating scheduled for Nov. 18. Act 250 permit limits school at occupancy of 850 students.

- > Appointed Stuart Savage Board Clerk.
- > Approved winter coaches and co-curricular advisors as presented.

## Revolving Loan Fund Committee

*David Coburn, Chair*

### October 9

- > Completed work on the draft policies for economic development and plans for the public forum on November 6. The principal provisions of the Economic Development policies are:
  - The funds would be used to make loans - no limit is set on the amount of the loan and the interest and terms would be negotiable.
  - Any resident of East Montpelier can apply for a loan to support a business anywhere in Washington County.
  - Any business in East Montpelier can apply for a loan, irrespective of the residence of the owner.
  - Loan proceeds can be used for almost any business expense; eg. operating capital, inventory, purchase of equipment or real estate, improvements to business property, work to remedy code defects, etc.

### November 6

- > Public Forum at EMES. Good turnout considering the weather.

### November 13

- > Discussed comments made at the public forum.
- > Began work on draft policies for rental housing rehabilitation.



# TOWN DOINGS

## MILESTONES

### LAND TRANSFERS

- Helen Dwyer, Estate of, to Kevin Rand, Mobile Home, Sandy Pines Tr. Park.
- East Montpelier Delinquent Tax Collector, Norma Raymond, to Michelle McFadden, Tax Sale, 0.41 acres and mobile home, Clark Rd.
- George F. Sibley Jr. and Bonnie L. Sibley to George F. Sibley Jr. and Bonnie L. Sibley, Trustees, 169.8 acres & farm, Sibley Rd.
- George F. Sibley Jr. and Bonnie L. Sibley to George F. Sibley Jr. and Bonnie L. Sibley, Trustees, 0.77 acres & dwelling, Sodom Pond Rd.
- Darrell E. Sprague to Monica W. Kulp, 13.59 acres & dwelling, Snow Hill Rd.
- John P. Wardle and Anne L. Unangst to Anne L. Unangst, 13.1 acres & dwelling, County Rd.
- Karl H. & Harriet Johnson to Charles & Lauren Andrews, 3.15 acres & dwelling, Barnes Rd.
- John P. Perrotte to Vicki G. Culver, Mobile Home, Sandy Pines Tr. Park.
- Lawrence C. & Diane C. Brown to Lawrence C. & Diane C. Brown, Trustees, 31.96 acres & dwelling, VT14N.
- Douglas J. Bressette to Crossroads Christian Church, 4.6 acres & building, VT14S.
- Edwin P. Clark, Estate of, to Milton B. Hemingway, 0.3 acres & dwelling, Quaker Hill Rd.
- G. William Martin & Dorothy Allard to Chad E. & Amy B. Scribner, Easement/ROW, VT14N.
- Chad E. & Amy B. Scribner to Janet Allen, Easement/ROW, VT14N.
- Allen & Debora Freund to Chad E. & Amy B. Scribner, Easement/ROW, VT14N.
- Mary Frances Trow to Frank R. Pratt, Corrective Deed, 2.08 acres & dwelling, Cummings Rd.
- Thomas E. Brown & Mary Rose Dougherty to Susan M. Batchelder and Joel R. Page, 1 acre & dwelling, Horn of the Moon Rd.
- Richard G. Casavant to John W. Anderson, 3.8 acres, VT14S.
- Maurice C. & Sue C. Cerutti to Carl B. Davis, 0.55 acre & apartment dwelling, VT14N.
- Gaynor L. Sargent, Estate of, to Barbara J. LaPlant, 85.82 acres & dwelling, Towne Hill Rd.

### BIRTHS

- Seth Harold Deuso, born August 1, 2002, son to Constance Anne & Todd Allan Deuso.
- Caleb Richard Tousignant-Brown, born September 22, 2002, son to Jessica Marie Tousignant.
- Brooke Elizabeth Forrend, born September 25, 2002, daughter to Jamie Lynn & Jamie Allen Forrend.

### MARRIAGES

- Shawn Gregory Chase to Dawn Marie Seguin, married September 21, 2002.
- Spencer Tate Pryce to Sara Elizabeth Guilmette, married September 28.

### CIVIL UNION

- Melissa Mary Capers and Brunilda Hernandez, established October 16.

## RECREATION COMMITTEE

*Ginger Hopkins, Chair*

Fabulous new East Montpelier tee shirts debuted at Rally Day and are now available at the Town Clerk's office during regular business hours. The shirts come in a variety of fun colors and most sizes. They make great birthday gifts for only \$10.00.

The Recreation Field area is available for a variety of uses year round. The fall sports are over now, and the quiet season is upon us. Please feel free to use the fields throughout the winter for walking, running, cross country skiing and snowshoeing. As always please respect others, and take any garbage with you. Parking is along the fence in the designated area.

The Recreation Board seldom meets during the winter months, but things pick up again in the spring with the advent of baseball and spring soccer. We're already planning the 2nd Annual Easter Egg Hunt to be held in April. More on that later.

For additional information about our recreational activities or to join our group, please call Ginger Hopkins at 229-4375. All are welcome!



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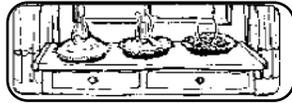
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## THINGS OF INTEREST



### FISH CHOWDER

*Jennie Lamphere*

Boil in water to barely cover about 2 or 3 lbs. fish. Take from water as soon as done. Cool and remove bones. Fry a few pieces of pork and then add the water from fish, onions and some sliced potato. When onions and potatoes are cooked add the fish, some split crackers, and about 1 qt. milk. If preferred thicken a little. Season to taste.

*Jennie Lamphere was the daughter of Edwin and Mary McKnight and was born at the farm on Snow Hill Rd. where Seth Gardner lives. She and Archie Lamphere lived in Calais at the intersection of VT14 and Max Gray Road. Her granddaughter Ann Wheelock works at U-32.*

The Community Cook Book was "sponsored" in the early 1940s by The Friendly Circle.

It also featured some helpful hints. For instance:

- \* Sift a little flour over the top of the cake before icing it and the icing will not run off.
- \* Onion juice will remove rust from tableware.

### RECIPES FROM THE COMMUNITY COOK BOOK

"Taste-Tested" with hints and up-date as needed  
by *Paulie Coburn*

#### Paulie's Comments

The pork referred to is salt pork. Bacon can be substituted. Jennie knew the crackers as "Montpelier" or "Cross" crackers. Smaller crackers are made now by the Vermont Country Store and are called "Vermont Crackers." They usually are available in local grocery stores; ask if you can't find them.

### Historical Society

*by Anne Ormsbee, Treasurer*

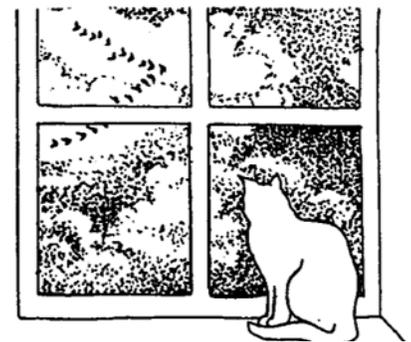
Look for an exhibit entitled "Whatsits" in the lobby window at the Town Office and try to identify each item without peeking at its label. Some items are well-known such as a nail puller-hammer tool, old sap spouts, a spoon mold, a pie lifter, a canning jar opener, a mortar & pestle and yarn winder. We can guess at others and there are a few items about which we haven't a clue. You're invited to record your guesses in a book on the Clerk's counter.

In October, the Society heard about ghost stories, tragedies and horrors in East Montpelier. The Calais and East Montpelier Societies held a joint meeting in November. Senator Bill Doyle spoke about early Vermont history. All are welcome to attend the January program on "Cellar Holes & Thrown Up Roads" at the Four Corners Schoolhouse at 7 pm, January 20, 2003.

### FOUR CORNERS SCHOOLHOUSE

*Rachel Senechal, President*

- > Refinishing of classroom floor and kitchen area completed. Refinishing of stage and bathroom floors delayed until summer of 2003.
- > Voted not to rent out chairs and/or tables.
- > Elaine Manghi, scheduler, reported on reservations for use of schoolhouse, including the Irish Group, Gully Jumpers, Echo Valley Community Arts and return of Mankind Project group.
- > School buses find it difficult to use driveway to deliver children to schoolhouse door. Decided to make driveway one way. Sign will be purchased and installed.



### CHURCH BELLS



#### Old Brick Church

*Angelo Tillas, Pastor*  
Sunday Services at 10:00 am  
Phone: 223-1232



#### Old Meeting House

*Rev. David W. Connor*  
*Rev. Susan Cooke Kittredge*  
Co-Pastors  
Worship, Church School  
and Child Care - 9:30 am  
Phone: 229-9593



#### Crossroads Christian Church

*Rev. Bob Walton, Pastor*  
Worship and Sunday School - 9:30 am  
Phone: 476-4843 & 229-9389

Maple Syrup • Vermont Products • Country Store  
Corporate Gifts • Woodshed Theatre • Folk Art



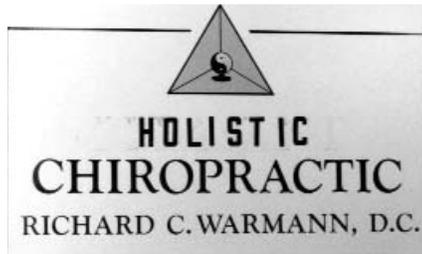
**Thanks for a great season, neighbors**

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## DR. WARMANN — “TREAT THE DIS-EASE”

Wayne Hamilton

So how did a young chiropractor from Missouri happen to land in East Montpelier, Vermont? Dr. Warmann explains that



after completing his chiropractic studies he wanted to study at the New England School of Acupuncture in Massachusetts and he also planned to take his chiropractic board exam in Massachusetts. He

had heard that Vermont had a reputation for having a very rigorous board exam so he thought it would be a good warm up to take the Vermont exam before sitting for the Massachusetts exam. He came to Vermont, took the exam, was offered a job in central Vermont and has been practicing here since 1987.

When asked how he was initially drawn to his profession, Dr. Warmann explains that he was a pre-med student in college and envisioned himself becoming an M.D. when he had an experience that caused him to reconsider his career path. A friend who suffered chronic headaches was unable to find a successful therapy even after consulting a highly regarded physician who was a member of the university faculty. The friend was then referred to a chiropractor by another friend, and with manipulation and some dietary changes, the headaches were cured. Dr. Warmann admits that prior to this experience he had little first-hand knowledge of chiropractic medicine, but his curiosity was aroused and he began to investigate the field more closely. Soon he was convinced that this was the direction in which he wanted to take his own career.

*Only Choice Health* sees patients with a wide range of health problems. Dr. Warmann suggests that the idea of a chiropractor only doing spinal adjustments to relieve pain is not an accurate reflection of his practice. He sees patients dealing with a wide range of conditions, not just those suffering from back problems or chronic pain. Dr. Warmann states that he treats "dis-ease", not "disease", and that many health problems can be attributed to the body's inability to use its natural defense mechanisms to ward off illness.

"Enzymes run biochemistry" states Dr. Warmann. As the body loses its ability to produce enzymes through the aging process or because it is compromised by toxins or pollutants, it becomes more susceptible to damage or irritation.

He says that it is this damage that is at the root of disease or illness and that his practice is geared toward understanding

how to prevent the breakdown of the body's natural disease-resisting capabilities and to restore them when they have been broken.

Dr. Warmann cites his use of acupuncture as an example of therapy to alleviate damage to the body. He states that when used within twelve to twenty-four hours of an injury, acupuncture can reduce healing time by as much as fifty percent. By stimulating blood flow in the area of injury, acupuncture uses the concept of "surrounding the dragon" to assist the body in utilizing its own healing abilities. Additionally, Dr. Warmann points out that modern acupuncture incorporates technology that allows a practitioner to perform broad-spectrum testing that is capable of identifying a wide range of toxins or pollutants in the body. As an example, he refers to a German-eav designed system that he employs in his practice to perform this type of testing.

With all the attention given to diet and acupuncture, I asked Dr. Warmann about the role of manipulation of the spine in his practice. He replied that manipulation is a common therapy, although most back problems are not due to alignment of the spine. He states that he most often uses muscle therapies in manipulation, rather than spine itself. He likens the spine to a fuse box in a house. Because the central nervous system connects all parts of the body with the spine, stresses in any area can result in an increased load on the back and associated back pain. Dr. Warmann characterizes treating the back pain without treating the root cause of this pain as replacing fuses in the fuse box without finding and correcting the cause for a circuit to be overloaded. In medicine, Dr. Warmann sees this approach resulting in too much attention being given to treating symptoms, and too little to maintaining the body's natural ability to resist disease.

Currently, *Only Choice Health* maintains office hours Monday through Wednesday. Dr. Warmann stresses that an important aspect of his practice is that he devotes more than fifty percent of his work week to study and research that includes

attending conferences and meetings around the country. He also mentions a 1998 trip he took to the Amazon to study medicinal plants. "There is much that they understand that we don't", Dr. Warmann states of the native healers of that region. It is clear from speaking with Dr. Warmann that he is willing to seek a better understanding of health from a variety of sources

of knowledge, and that he does health as the Only Choice.

*Wayne Hamilton is the Dean of Administration at Lyndon State College. He and his wife Rachel Senechal and their children Hannah and Tom live on McKnight Road.*



# The Sky's the Limit

RALLY DAY 2003

**What happens when you take a paper shell about the size of your head, fill it up with red bees and silver flying fish, and then ignite it 700 feet above an East Montpelier corn field?**

As most of us have seen for ourselves, the result is just one of the thousands of spectacular fireworks that make up the grand finale for our annual Rally Day celebration each September — thanks to Northstar Fireworks. A tremendous amount of planning and work go into the show each year — from cutting the corn in the field to picking up debris the day after the show, and we're looking for people who want to help make next year's show possible.

For the last five years, Northstar owners David and Deedee Swenson have generously donated the entire fireworks show to the citizens of our town. Recently, the Rally Day Committee met with Dave to talk about how townspeople could help pay some of the out-of-pocket costs of the show, which can run as high as \$15,000. Dave is willing to continue to donate most of the display, but would be pleased to receive some help from the community. This help could come as donations of meals, labor, money, or equipment in order to help offset part of the expense of set-up and clean-up.

Dave described some of what went into preparing for this year's display: twenty-two workers (including some members of the U-32 football team), the week-long rentals of two trucks and a bucket loader, three truckloads of sand, a dozen rolls of aluminum foil as well as tarps to cover the shells before the big event. The show is fired electronically, so miles of cables and wires are hooked up to firing panels and fuses, including about 2,000 "electric matches" (at \$1.50 each!) which can be fired only once. Workers get hot, thirsty, and hungry, so Dave buys cases of water and food enough to feed everyone for the week spent setting up and cleaning up. And we haven't even touched on the abundance and outstanding variety of Northstar's shells that are discharged for each display.

We're looking for donations and fund-raising ideas, too. Would you like to be involved, as a donor, a volunteer, a brain-stormer, a Rally Day Fireworks Committee member, or a business sponsor? We're kicking off our "The Sky's the Limit" campaign — join in!



## Green Pearls to

**The names are as exotic as the fireworks:**

**Coconut Tree with Golden Tail**

**Plum Flowers and Black Peach**

**Golden Time Rain**

**Purple Crown Chrysanthemum**

**Crackling Silver Willow**

**Golden Spiders and Red Bees Comet**

**Silver Flying Fish and Dragon Flowers**

**Serpents and Stars**

**Which is your favorite?**

**Yes, I love the fireworks at Rally Day and want to help out in one or more of the ways listed below:**

- |   |  |
|---|--|
| <input type="checkbox"/> Make a donation to help pay expenses —>          | <input type="checkbox"/> \$ 5.50 for a small "Blue Peony"                        |
| <input type="checkbox"/> Help to set-up the show                          | <input type="checkbox"/> \$ 13.95 for "Dragon Eggs with Salute"                  |
| <input type="checkbox"/> Donate meals for the hungry crew                 | <input type="checkbox"/> \$ 21.80 for "Golden Spider with Red Pistil"            |
| <input type="checkbox"/> Donate equipment (box truck, bucket loader)      | <input type="checkbox"/> \$ 36.45 for "Strobing Willow with Whistles"            |
| <input type="checkbox"/> Help to clean-up the day after the show          | <input type="checkbox"/> \$ 47.75 for "Purple Crown Chrysanthemum"               |
| <input type="checkbox"/> Serve on the Rally Day Fireworks Committee       | <input type="checkbox"/> \$ 59.20 for "Coconut Tree with Golden Tail"            |
| <input type="checkbox"/> Other ideas or questions about how you can help? | <input type="checkbox"/> \$ _____ to help buy food for those hungry volunteers   |
| Call Dave Swenson at 229-9690. Thanks!                                    | <input type="checkbox"/> \$ _____ to be listed as a Business Sponsor (\$75 + up) |

Name \_\_\_\_\_ Telephone \_\_\_\_\_ Email \_\_\_\_\_

**Please mail this form to: Town Clerk's Office, PO Box 157, East Montpelier, VT 05651**

**Make checks out to "East Montpelier Fireworks Fund" — Donations are tax deductible**

## COMMITTEE MEETING CALENDAR

Selectboard	1st & 3rd Monday	6:30	Town Office
Planning Commission (PC)	1st & 3rd Tuesday	7:30	Town Office
Zoning Board of Adjustment (ZBA)	2nd & 4th Monday	7:30	Town Office
Conservation Fund Advisory Comm.	2nd Thursday	7:30	Town Office
U-32 Board	1st & 3rd Wednesday	6:30	U-32 High School
Elementary School Board (EMES)	1st Thursday	6:30	Elementary School
Recreation Board	3rd Monday	7:00	Town Office
Revolving Loan Committee	2nd Wednesday	6:30	Town Office
Volunteer Fire Department	Every Tuesday	7:00	Fire Station, Templeton Rd.
Four Corners School House Assoc.	2nd Wednesday	7:00	Four Corners Schoolhouse

## EAST MONTPELIER TOWN OFFICE

PO Box 157, East Montpelier, VT 05651  
Office Hours: M-Th 9:00-5:00 F 9:00-Noon  
Phone: 802-223-3313

**Clerk-Treasurer - Sylvia Tosi**

email: eastmont1@adelphia.net

**Asst. Clerk-Treasurer - Terri Conti**

email: eastmont2@adelphia.net

**Asst. Clerk - Ginger Hopkins**

**Town Administrator - Marlene Betit**

email: eastmontp@adelphia.net

(M-Tu 9:00-5:00, W 9:00-12:00)

**Chief Lister - Rosie Cueto**

(M-F 9:00-11:30)

**Zoning Administrator - Gene Troia**

(Tu & Th 3:30-5:00)

email: eastmont3@adelphia.net

## EVENTS CALENDAR

- January 3 Dessert and Discussion of FY04 EMES Budget Call for times EMES
- January 20 Historical Society 7:00 pm Four Corners Schoolhouse
- January 23 Last day to submit petitions signed by at least 5% of registered voters for articles to be included in Town Warning.
- January 27 (Sixth Monday before election) 5:00 pm deadline for filing nominating petitions for town offices to be filled by Australian Ballot with the Town Clerk.
- February 2 Last day to post warning and notice of Town Meeting.
- February 13 Last day to file applications for adding names to Checklist. Town Clerk's Office open 10 am to 12 noon.
- February 22 Sample Ballots posted.
- Date to be set Town Forum and Australian Ballot information meeting at EMES at 9:30 am for both town and school.
- March 4 TOWN MEETING DAY, EMES, 9:30 am. Polls open 7 am to 7 pm. To vote by Australian Ballot.
- Every Wednesday — Parish House Cafe 12:00 noon at the Old Meeting House.

Deadline for next issue: February 1, 2003, to Dave & Darlene Grundy, 1630 Clark Rd. East Montpelier, VT 05651

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Volume XIII, No. 3  
January/February 2003

Inside: The Good People  
and the Good Doctor

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