

EAST MONTPELIER Signpost

Volume XIII, No. 4

March/April 2003

ANSWERING THE CALL

Fran Weinbaum

Franne Whitney Nelson does work that few know about or understand. Those that do - law enforcement officers who have stood beside her as she speaks to the family of someone who has just died suddenly, tragically and often horrifically - are still incredulous that she - that anyone - can do it with such grace and caring. The families are not incredulous. They are deeply grateful to have someone who gives them the permission and space to express their deep and often uncontrollable grief, rage and confusion in the face of the news that their loved one has died.

Franne is a sudden death trauma specialist. She responds to sudden unexpected death not as a medical first responder, but as the person who makes notifications, does on-scene crisis intervention and provides short term follow-up for families and friends of the person who has died.



Her work is different from hospice work in very specific ways. Sudden unexpected death involves such deep trauma for families and friends of the person who died that long term emotional damage can result if survivors don't know what to expect both physically and emotionally. Franne initially gives people space to just emote. Later she explains to them what reactions to expect both short term and weeks or months after the death. One of the key messages is that you never get over it (though people will expect you to do so), but you are eventually able to

get on with your life, albeit in a changed form.

Her contact with a family is deep but brief, often just two or three visits. If a family member is interested in on-going counseling, she encourages them to find someone who works with post traumatic stress since that is what they are often experiencing.

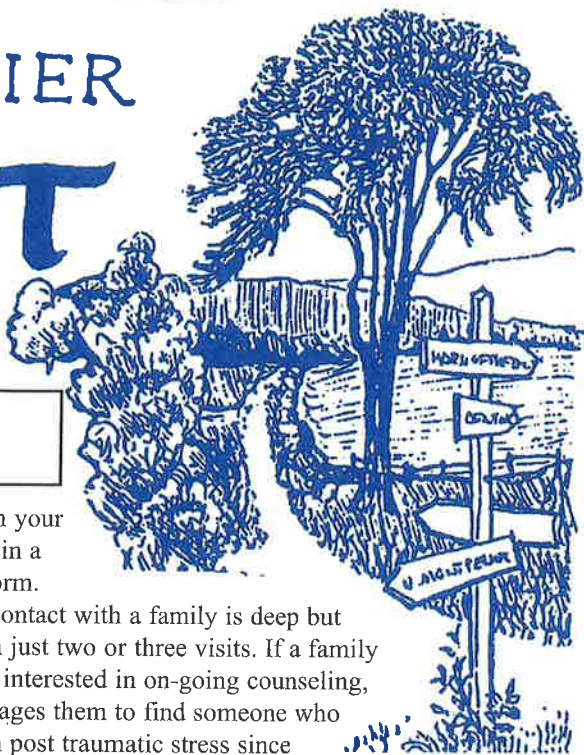
In 1970, Franne was reading an article on the first hospice program while flying from London to New York. The article gave her goose bumps and brought her to tears. As anyone who has had a similar experience knows, there is no refuting the message. Franne had been called into service.

It was not until 1987, after years of death and grief study, that Franne actually answered the call. With a \$5000 donation, she left a well paying position to start a free hospice in Virginia. Five years later she decided to return to her native Montpelier to be close to her son and family. It was here, in Central Vermont, that she founded Death Education Consulting. Her work took her across the country as well as throughout Vermont, teaching about death, dying and grief.

For seven years, Franne was on call 24 hours a day for the Vermont State Police. She is now planning to return to national lecturing and training with health care, death care and law enforcement personnel.

And when she is not traveling, Franne spends much of her time with her amazing array of animals (at this writing, she has three dogs; six miniature horses; her saddlehorse, Casey; Hoover, the Pot-Bellied pig; Dudley, the llama; her lamb, Blueberry Muffin; and goats Winifred and Wilhemina).

Not to underestimate the importance of pets, but these animals are much more. They are an integral part of Legacy Hill, Franne's free animal therapy program for grieving children who have experienced the loss of a loved one from homicide, suicide or accident. Children who have not spoken a word to anyone have spoken first to one of the animals - and then to Franne. It is in these seemingly casual exchanges that Franne can give important messages: that it is okay to ask questions; it is okay to be



TOP OF THE SIGNPOST

It's Town Meeting season again - as much a special season in Vermont as the usual four seasons plus Mud. I'm pleased that there will be some contests for town offices this year. It says that we're concerned about the town's future and willing to take part.

It's only human nature that we don't tend to think much about town affairs until a month before March. This sometimes means there are no candidates for office when the filing deadline is only weeks away. This January, a group of townspeople met to scout out good candidates, and the result is evident in the slate of officers we find on the ballot. They are to be congratulated for their efforts. The problem was that the meeting wasn't publicized, and many people who might like to have been a part of it weren't there. Wouldn't it be a good idea another year to expand that effort and plan a public meeting early in January to alert folks to which offices might be vacant, to explain the petition process and in general to get the process moving earlier?

Holding such a public meeting would supplement the Elementary School Board's open forum held early each January

in which we discuss town offices, their requirements and how to run for office. This meeting has been well attended and very productive in past years. This January it was not. The School Board concluded that the meeting wasn't announced early enough, although the idea was certainly worth doing. They, too, should be congratulated for their efforts.

Now let's take the next step. Let's schedule an open meeting about a week after the EMES candidates meeting. Its purpose would be twofold. Townspeople considering a run might announce their interest. Others might suggest potential candidates and invite them to run. Such an open meeting might provide a better thought-out nominating system for the town.

Of course it would need to be widely announced. If no more than six people showed up, it might feel strangely like political caucuses of yore, without the political alignment. That's OK. I believe that ideas die if they aren't worthy in the first place, but they grow if they're good. Shall we give it a try?

Jean Cate

SUBSCRIPTIONS TO THE *SIGNPOST*

The *Signpost*, mailed free of charge to all East Montpelier residents six times a year, is funded entirely by the Rally Day auction, our contributors and our advertisers. It is published by an all-volunteer staff.

We always appreciate your contributions in any amount and we thank the recent supporters:

Bradford & Ruth Lane
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Contributions in any amount may be sent to **East Montpelier Signpost, P.O. Box 184, East Montpelier, VT 05651**. If you would like a reminder to contribute again periodically, please indicate "Remind me in 6 months, 1 year, etc." on your check and we will send you a postcard at that time. Subscriptions for college students, retirees who have moved away, and those just not fortunate enough to be living in East Montpelier are \$15 per year. Send to above address with an indication that it is a subscription. Be sure to include the recipient's name and address.

And thank you for your support of the *Signpost*.

Charlotte MacLeay

EAST MONTPELIER FIREWORKS FUND

Many thanks to the following donors to "The Sky's the Limit" campaign to support fireworks at this year's Rally Day.

Royal and Jane Bartrum
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Donor forms are available at the Town Clerk's Office. See the January/February *Signpost* for the particulars.

Rally Day Committee

EAST MONTPELIER *SIGNPOST*

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angry; it is okay to know age-appropriate details of a loved one's death; it is okay to send a good-bye message, such as sending a note aloft in a balloon, surrounded by warm, little animals.

The requirements of taking care of the animals could seem overwhelming to some, but to Franne the routine is part of her self-care. Routine, says Franne, is one of the ways we cope with reality. Part of being in a constant state of on-call readiness - emergencies can come at any time and sometimes more than once a day - is being able to take care of oneself physically, mentally, socially and spiritually. Franne treasures her privacy and is careful who she says yes to. This makes her honest and perhaps blunt to friends as well as others seeking her time, but she will not compromise her availability for her true life's work. Franne lightly calls it "paying rent for being on earth." Some would call it a ministry.

When asked what she has learned from all of her work with the families of people who have died suddenly, Franne does not hesitate. Don't take for granted anyone you love, and don't take for granted that they will be there tomorrow. Say "yes" to those

you love whenever you can. She would rather have regrets for things she did than for things she did not do. Plan as if you are going to live forever and live as if you are going to die tomorrow.

Stop putting things off.

And, when the call comes, listen. And find a way, your way, to respond.



Fran Weinbaum lives on Bliss Road with her husband Peter and their children David and Tomasen who are students at U-32.

WHERE OH WHERE DID THE ADDRESSES GO?



Did you notice that the *Signpost* was a bit late last time? Did you wonder if it was ever going to come? Well let me explain what happened — what, not how, since I don't know how.

About 40% of the names on the mailing list fell off (or more likely, never got put on) the floppy disk that delivered them to the printer. This was not discovered until Jean picked up the extra issues at the Town Office and found over 300 more than she expected. Then when Charlotte got the bill for the mailing and it was for only about 700 addresses rather than the 950 or so on our list we knew we were in trouble. The question was which addresses were not on the list.

Fortunately, the mail list technician at L. Brown's still had the disk. When this was compared to the full list in my computer we were able to determine that the list stopped in mid stream. The rest of the list was delivered to L. Brown and they put these issues in the mail the same day. Two weeks late but the *Signpost* finally went out.

Another thing to watch out for! We learn something new every issue.

Dave Coburn



Waterfall at Adamant Green

An Exhibition
of
Recent Paintings
by
Janet MacLeod

at the Kellogg-Hubbard Library
Montpelier, Vermont
February 3-28, 2003

Don't miss it!

CHURCH BELLS

Old Brick Church

Angelo Tillas, Pastor

Sunday Services at 10:00 am

Phone: 223-1232



Old Meeting House

Rev. Susan Cooke Kittredge, Pastor

Rev. David W. Connor, Associate Pastor

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



TOWN MEETING — TUESDAY, MARCH 4

IMPORTANT DATES

After **Feb. 12**—Absentee Voting available at Town Office, in person or by phone call.

Feb. 22—Last day to register to vote for Town Meeting - 10 am-12 noon. Town Office.

Feb. 22—Town/School Forum 9:30 am. EMES

March 4—TOWN MEETING DAY 9:30 am - Voting 7 am to 7 pm. EMES

April 1—Last Day to Register Dogs - Town Office.

9 am-5 pm Mon. thru Thurs. 9 am to Noon on Fridays.

March 13— Rabies Clinic - from 6:30 pm to 8:30 pm. Village Fire Station (across from Washington Electric on VT14).

PUBLIC NOTICE

The East Montpelier Selectboard is seeking citizens to serve in the following Town offices. *Incumbent officers are invited to apply for re-appointment.*

Collector of Lease Land Rent

Town Health Officer

Town Service Officer

Pound Keeper

Collector of Delinquent Taxes

Fence Viewers (3)

Tree Warden

Inspector of Coal, Wood and Shingles

Wrightsville Beach Representative

Regional Planning Commission Representative & Alternate

Transportation Advisory Committee Representative

Solid Waste Management Dist. Representative & Alternate

Sewage Officer

Emergency Management Coordinator

Zoning Board of Adjustment (3)

Conservation Fund Advisory Committee (3)

Funding Request Study Committee (5)

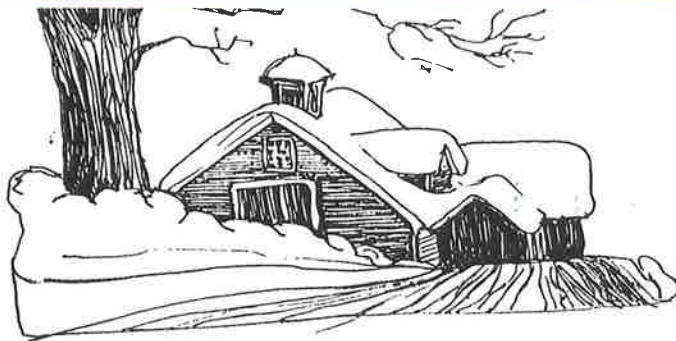
East Montpelier Revolving Loan Fund Committee (2)

Recreation Board

Forest Committee (3)

Rally Day Committee

For further information, contact Town Administrator Marlene Betit — 223-3313 or eastmontpe@adelphia.net.



TOWN MEETING POTLUCK

As you think about Town Meeting Day, don't forget the potluck lunch. This has become a wonderful tradition in East Montpelier. Here's how it works: bring a dish to share - salad, main dish, bread or dessert. Bring enough food for four times the number of people in your group. For example, if two people in your family will be eating lunch, bring a dish that will serve eight people. If you can't bring a dish to share, \$3.00 will buy you the best lunch you'll eat all year! You can drop your dish off in the kitchen in the morning.

If you would like to volunteer to help out, or if you have any questions, call Rachael Grossman at 223-3177. Join us for lunch and catch up with old friends and new neighbors!

WELCOME TO TOWNSPEOPLE NEW TO OUR TOWN MEETING!

The *Signpost* is hosting a welcome gathering on Town Meeting Day for those people who are attending their first East Montpelier Town Meeting. You may be new residents, long-time residents who haven't attended before or young people newly of age to vote. This is for all of you.

Our *Signpost* Welcome Table will be set up in the hallway from 9 am (the official meeting starts at 9:30). Come meet your neighbors, learn a bit about the town, ask questions and give us your address to receive the *Signpost*. You may also pick up back issues of the paper to help orient you to what goes on in town. We hope that when you leave the meeting later in the day you will feel better acquainted with our town and its people. SEE YOU ON THE 4TH.

FOOD DRIVE

The Recreation Board is sponsoring a food collection for the Onion River Food Shelf at Town Meeting and again at November elections. You'll remember this is the food shelf that serves East Montpelier, as we discussed in our last issue. Please help our neighbors by bringing canned goods or any non-perishable food items when you come to vote at Town Meeting. Boxes will be set up in the hall in the school for your donations. Thank you for helping with this year-round need.

Zoning Administrator Position Open

Responsible for administration and enforcement of the zoning bylaws of East Montpelier. 15 hours per week. Send letter of interest to Planning Commission, c/o Town Office, Box 157, East Montpelier, VT 05651 by March 15th.

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YOUNG PEOPLE HAVE THEIR SAY

CHRIS KANE

I'd always been a soccer guy at heart. I would say I enjoyed hockey just as much, but honestly, I would have rather been playing soccer. I was always a better soccer player. Anyway, hockey was my second sport. Then I played high school hockey. The players were bigger, the shots were faster, the hits were harder and the game was quicker. The adrenaline rush after a fast-paced, hard-hitting shift was enough to leave me breathless for minutes. Since I was a freshman playing third line, the responsibility of preventing and providing goals did not fall directly to me. I was free to enjoy the intensity of the shifts I



Chris (r.) and friend

would get. They were few and far between, but it was the thrill of the fast-paced game that got me addicted. All through practice, I worked hard and improved.

Eventually, I gained some respect from my peers and coaches, but most importantly from the older players. By the end of the year, my best friend and I were alternating games as a second line player. It didn't seem we would be playing together that year.

My sophomore year saw me on second line along with another sophomore and a freshman. We were an up and coming line with a lot of potential. The burden of scoring still fell heavily on our first line, so we were high and dry. Then my line mate and best friend broke his hand. With him out, our once solid line of youngsters was not so solid. We went through a great many new wingers, but none could work with us like he could have. Finally recovered, he came back. Two games later, he broke the other hand. He was out until our semifinal game. That game went into four overtimes, and then we pulled off the most dramatic victory I have ever seen. My right-winger, the one with the broken hand, scored the winning goal in the 4th overtime to send us to the finals. We lost in the finals, but I won't forget the thrill of winning that semi-final game.

This year, with virtually half of last year's team graduating and losing three other players, much of the responsibility now falls to a select few. For one of those few, the pressure to produce is sometimes a little much to handle. The season hasn't been going so well. Our lines have changed frequently, and it's been hard to gain any momentum or confidence. Lately we have reverted back to our old line, still a solid dependable line that plays well together, and the freshmen and other new players are really starting to come around. Hopefully, that will boost us to a few more wins this season and a good season next year. And yes, I still get that rush after a fast-paced shift; it's what hockey is all about.

Chris Kane is a junior at U-32. He is the son of Dennis Kane and Joy Wilcox and lives on Barnes Road.

DYLAN CATE

There are many aspects of growing up. Some are joyful, others dreary. Fear, however, does not occur very often. Unless, of course, you have just gotten your license. Having a driver's license can cause angst and even fear, because you are beginning to drive on your own for the very first time, in the middle of winter, with ice and snow and deer and little kids plastering your car with snowballs from their snow fort on the side of the road. As you may have guessed, I just got my license, and I am very nervous. I've never been responsible for anything before, except maybe doing my laundry and homework, and now I'm supposed to be responsible for a car and possibly my life and the lives of others? And furthermore, the general driving population is supposed to trust me with their lives? This is kind of scary. I, a kid barely 16 years old (with a tendency to stall out at a stop

signs and shift into second gear when I mean to shift into 4th) have the trust of thousands of people. I pass people in my car every day, and am totally amazed that they just trust me not to accidentally veer into their lane, or skid through an icy patch in front of a stop sign. Heck, you could probably drive right by me without realizing that your life was in immediate danger.

You probably didn't even know you passed me, unless you were there when I accidentally skidded off the road into the snow bank. So I warn you to be wary....the roads (and snow banks) of East Montpelier have just become slightly less safe. And if you wake up to find your mailbox at the side of the road crumpled, I apologize ahead of time.

Dylan Cate is a junior at U-32. He is the son of Tom Cate and Nancy Disenhaus and lives on DeRonde Road.

A POEM AND WATERCOLOR BY SYDNEY

Ice hangs off the house
It's so wonderful to watch
Transparent water
Glistening in the sunshine
Shivering in the day light

Sydney is twelve years old and attends EMES. She loves to play soccer and enjoys downhill skiing! She loves shopping. Watercolors are one of her favorite things to do.





THE TOWN WEATHERVANE



Selectboard

Tim Meehan, Chair
Tom Brazier, Edie Miller

December 2, 2002

- > Kim Gauthier of Vermont League of Cities and Towns reviewed and discussed current health plan and possibilities for the next year. Will return in February to talk with employees and spouses.
- > Voted to accept donations made out to the Town Treasurer for Rally Day fireworks.

December 16, 2002

- > Voted to support recommendation of Funding Request Committee for \$7,498 support for Kellogg Hubbard library.
- > Draft Town Plan has been brought to the Selectboard. Will hold two public meetings.

December 30, 2002

- > Board of Adjustment members were present to discuss fine imposed on Sancibrians for building garage in unapproved space. Selectboard members feel Sancibrians made a mistake and will pay for it rather than move the building. Voted to accept settlement.
- > Zoning Administrator presented plan for an assistant for eight hours a week to do paperwork and meet with applicants. Would give Mr. Troia more time for on site inspections and reviews.
- > Voted to increase employee salaries by 2%.

January 6, 2003

- > Discussed budget requests from

Planning Commission and Board of Adjustment.

- > Discussed other budget requests.

January 11, 2003

- > Discussed budget requests.

Planning Commission

Carol Welch, Chair

November 7, 2002

- > Reviewed the revised final map for William and Mary Porter's subdivision. Road width will be 24 feet. Mr. Porter will maintain road until Town approval. Approved.
- > Discussed suggestions and comments to Town Plan.
- > Discussed budget of FY03. Voted to submit budget of \$2,900 to Selectboard. This covers secretary, hearing notification fees and advertising, training and seminars, mailing/postage and miscellaneous.
- > Zoning Administrator, Gene Troia, presented report. Voted to recommend increased hours and hire assistant for the office.

November 21, 2002

- > Reviewed revised town plan.

December 5, 2002

- > Discussion with Conservation Fund Advisory Committee about its role and suggestions for town plan.
- > Discussed scenic resources section of proposed town plan.
- > Distributed materials Ed Blackwell

received regarding recently enacted on-site wastewater regulations.

Board of Adjustment

Claudia Bristow, Chair

November 11, 2002

- > Reviewed East Montpelier Wireless Facility Analysis from Mark Hutchins regarding Devon tower application.
- > Authorized Claudia Bristow to draft conditional use outline with various affirmative findings to review at a later date.

November 25, 2002

- > Brian Kimball discussed his project to place a 20' high windmill 17' from the rear boundary of his land. Approved.

December 9, 2002

- > Discussed proposed ATC Realty-Communication tower.

Elementary School

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

November 6, 2002

- > Part-time foreign language teacher, Emma Waldo, presented her Spanish program.
- > Kathy Christy and Ellen Knoedler presented updates needed in the computer system.
- > Tracy Storey, head custodian, presented his budget.

SELECTBOARD TOWN PLAN HEARINGS

Saturday, March 22nd, 9:30 am at the East Montpelier Elementary School
Wednesday, April 2nd, at 7:00 pm at the Municipal Building

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THE TOWN WEATHERVANE



- > Reviewed format for Community Forum Nov. 12. Will celebrate improvements to building, foreign language program, use of school as community center for learning, Responsive Classroom. Lisa Gariboldi will be recognized for completion of VT Mathematics Initiative and Masters Degree in Math.

November 19, 2002

- > Hired Christina George for fourth grade long-term substitute position.
- > Approved resignation of Alan Jackman for health reasons.
- > Established small committee to propose revisions to Interscholastic Activities Policy.
- > Discussed School Community Forum held Nov. 12, with suggestions for improvements next year.

December 2, 2002

- > Tim Flynn, Curriculum Director of WCSU, presented student assessment data for 2002.
- > Voted to hire Gary Gilman as evening/summer custodian.
- > Asked Carol Randall to develop schedule to reflect focus on fundamental skills.

December 17, 2002

- > Reviewed draft #3 for proposed budget FY04.
- > Informational meeting will probably be Saturday, Feb. 22.
- > Jim Shea presented estimate from landscaping company to level upper field for soccer.
- > Established small committee to propose revisions to Interscholastic Activities Policy.

U-32 Jr. Sr. High School

*Tony Klein, Chair
Ginny Burley
East Montpelier Members*

November 20, 2002

- > Initial FY2004 budget presented.
- > Trimester system will be evaluated. A survey will be developed for students, faculty and parents.
- > Voted to approve permanent trail easement to East Montpelier Trails, Inc.
- > Voted to reauthorize the U-32/MHS School Choice Agreement for 2003-2004 school year.

December 4, 2002

- > Dot Blake reported on the work being performed for NEASC accreditation visit.
- > Technology workshops have been running for faculty and staff on using the technological resources in the classroom.
- > Jon Winston gave building project update. Athletic field lighting situation resolved by adding visors to several of the existing lights. About 1/5 of punch list awaiting completion.
- > Board retreat to discuss budget scheduled for Dec. 10.
- > Agreed to consider request to relocate central office to U-32.

December 18, 2002

- > Jon Winston presented list of repairs/items not completed or were deferred in original budget.
- > Approved Civilizations field trip to New York City in May 2003.
- > Reviewed budget draft #3.
- > Accepted with regret resignation of Elaine Watson as Associate Principal

at end of current year and resignation of Susan Scribner as Academic Coordinator in the Planning Room.

January 8, 2003

- > Trimester survey for parents has been mailed. Student version available next week. Results of surveys will be reported in February.
- > Voted approval of FY2004 budget of \$9,419,087 to be voted on in March.
- > Approved final District Warning for March 4, 2003, including above budget figures.
- > Approved winter intramural coaches.

MILESTONES

Births

- > Tien Marie Connor, born July 25, 2000, adoptive daughter of Steven & Janet Connor, brought here to her new parents on March 14, 2002.
- > Carmen Elizabeth Gallagher, born November 28, 2002, daughter to Vanessa Jean and Brian James Gallagher.
- > Keegan Charles Bedell, born January 7, 2003, son of Michelle Marie & Bryan Robert Bedell.

Deaths

- > Sidney W. Nelson Jr., died October 27, 2002, son of Marilyn Morey.
- > Irma T. Hodgeman, died December 1, 2002, widow of late Marshall Hodgeman.
- > Robert E. Johnson, died Sept. 5, 2002; Margaret Johnson, died Sept. 17, father and mother of Charles Johnson.
- > Gladys Brock, died January 5, 2003, widow of James Brock and mother of Richard Brock.

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THE TOWN WEATHERVANE

Property Transfers

- > Mary Lovely to Peter & Monica Yeamans, mobile home, Sandy Pines.
- > Betty Fortin to Regina Effrick, mobile home, Sandy Pines MHP.
- > Daniel H. & Paulette Guyette, 12.37 acres & dwelling, Sanders Circle.
- > Gerald C. Jourdan Jr. & Jill E. Jourdan to Town of East Montpelier, also Steven A. & Joanne L. Chadwick to Town of East Montpelier, a new town road to be Jourdan Rd.
- > Irma T. Hodgeman to Wesley H. Guyette Jr. & Michelle M. Guyette, 1.05 acres, VT14.
- > Gregory J. MacDonald & Wendy D. Soliday to Wendy D. Soliday, 19.17 acres & dwelling, Murray Rd.
- > Wayne & Gladys Johnson to Darryl A. Johnson, 29.8 acres, Johnson Rd.
- > Margaret Jean Ormsbee & Linda J. Ormsbee to Margaret Jean Ormsbee & Linda J. Ormsbee, corrective deed, 11.51 acres & dwelling, Center Rd.
- > Barbara LaPlant to Gregory & Kim Farnum, 3.82 acres, Brazier Rd.
- > Nona Estrin to Patricia Hersey & Harriet Borland, boundary correction, Towne Hill & Schoolhouse Rd.
- > Patricia Hersey & Harriet Borland to Nona Estrin, boundary correction, Towne Hill & Schoolhouse Rd.
- > Miriam & Robert G. Averill to Rickey & Deborah Gordon, 14 acres & dwelling, County Rd.
- > Tanya J. Campbell to Frank E. Campbell Jr., 0.98 acres & dwelling, Quaker Hill Rd.
- > Paul Haynes to Paul Haynes & Julia Haynes, 3 acres & dwelling, Quaker Hill Rd.
- > James L. & Theresa M. Goslant to Daniel & Lise Couture, 5 acres & dwelling, US2.

RECREATION BOARD

Ginger Hopkins, Chair

The Second Annual Easter Egg Hunt will be held on April 12 at EMES at 10 am for children up through grade four. Older kids are invited to help and encourage the younger kids. Dress for the weather, bring a basket or bag and be ready to find lots of eggs. Promises to be bigger and better than last year!

SPRING CLEAN UP DAY

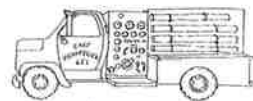
The annual Green Up Day, which is also Clean Up Day will occur at the recreation field on Saturday, May 3rd from 9 am until about 2 pm. There is lots to do, so please come help make our recreation area ready for spring events! Call 229-4375.

CALLING ALL SENIOR CITIZENS

East Montpelier Community Connections would really like to establish a meaningful relationship between the children at EMES and the senior citizens of our community. We want to foster an inter-generational sharing of ideas, talents, and helpful assistance going in both directions. If you are (or know of) a senior citizen who has a talent you would like to share with students (sewing, carving, card games, farming, bird identification, etc.) OR if you would like to come have kids read to you or play a math game or cook something together OR you need help around the house (snow shoveling, stacking wood, pet care, organizing things, etc.). then please let us know. Call Guy Viens at 229-0553 x 318, and we'll set things up and make this important community connection happen!

EAST MONTPELIER FIRE DEPARTMENT

The EMFD responded to 253 calls in 2002. Our call volume continues to increase each year. As of February 1, 2003, we have already responded to 23 calls!



Every Tuesday night, fire and EMS training is held at our Templeton Road station. For recertification, EMTs are required to have a specified number of hours training in various areas including medical and trauma assessment, neck and spinal immobilization, airway management, IV therapy, CPR, cardiac monitoring and defibrillation, OB and pediatric emergencies. Fire response training includes use of SCBA (self-contained breathing apparatus), vehicle extraction using the jaws of life, airbags for lifting vehicles, hose and fire hydrant testing. We also do routine maintenance and truck checks on all our trucks and the equipment they carry. As you can see, we are a busy department.

We now have an infrared thermal imaging camera that is used at fires to detect hot spots, fire not visible to the naked eye and anyone trapped in a fire in complete darkness. This camera has already been used at two chimney fires and was very helpful in locating problem areas when we first arrived, significantly improving the final outcome. It is a valuable and true asset to our department.

Robin J. Copping, EMFD

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



MORSE FARM
MAPLE SUGARWORKS

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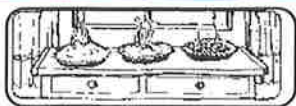
The Riverbend
Country Store

A Convenience Store & Gift Shop
Grocery - Videos - Gifts - Crafts
Maurice and Sue Cerutti - Owners

(802) 454-7101

2040 VT Route 214 - N. Montpelier, VT 05666

THINGS OF INTEREST



MAPLE SYRUP PIE - BEATRICE CATE

3 tablespoons flour 1 egg (well beaten)
1 cup maple syrup 3 tablespoons butter
1 teaspoon vanilla.

(That is all this recipe said!)

RECIPES FROM THE COMMUNITY COOK BOOK

"Taste-Tested" with hints and up-date as needed

by *Paulie Coburn*

Paulie's Comments

Mix all of the ingredients in a saucepan and stir and cook slowly over low heat until thickened. Pour into an unbaked eight inch pie-shell. For a two-crust pie, cover with a top crust. Bake in a 425 degree oven for 15 minutes, then reduce heat to 350 and cook for another 20 to 25 minutes. When an inserted knife comes out clean, it's done. The one-crust pie can be topped with whipped cream or meringue. Or ice cream!

Beatrice Tremblay was married to Richard Henry Cate about 1930. Richard was the second of four children born to Henry William Cate and Azubah Anna Slayton. They lived in North Village.

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

Historical Society

by *Anne Ormsbee, Treasurer*

What can you buy for 10 cents these days? Here are some items folks came up with at the Historical Society's Ten Cent Party held in December: a maple candy stick, shoe laces, a few tea bags, paper coasters and a tiny party favor compass.

At the January meeting old roads and long-gone buildings and other sites were located on an East Montpelier map. It's a work in progress.

Upcoming Historical Society programs include the history of Dudley's Store on March 17, old letters, diaries and Bibles on April 21, and the story of the Nye Organ that is in the Old Brick Church on May 19. All events will be held at the Four Corners School at 7 pm and everyone is welcome. And by the way, it's not too early to put the Vermont History Expo on your calendar: June 21 and 22 at the Tunbridge Fairgrounds.



ALDRICH PUBLIC LIBRARY

The Aldrich Public Library is located at 6 Washington Street in downtown Barre facing City Hall Park. Our library was established in 1908, and its purpose is to serve the needs of the 16,893 residents of Barre City and Barre Town. We also serve non-resident patrons from all the towns surrounding Barre, including many from East Montpelier. We welcome everyone.

Patrons who do not reside in Barre City or Barre Town contribute \$7.50 per family per year - the equivalent of what Barre taxpayers pay. In return for this contribution, we issue borrowers' cards good for 12 months for two adult family members plus cards for all children in the immediate family at no extra cost.

Aldrich Library offers high-speed internet access on 17 public computers, and we have an automated circulation system and a collection of over 45,000 books and 1600 books-on-tape. We are currently adding many books on CD as well as videos and DVDs. Our annual circulation is over 60,000 items.

When registering, new patrons are invited to sign up for our quarterly news letter which brings you news of our programs and services, including the following:

- 📖 Senior Day program each month
- 📖 Story hours each week for infants, toddlers & preschool
- 📖 Family film night every other week (with popcorn!)
- 📖 Summer reading program for young people
- 📖 After school and vacation programs for children
- 📖 Young adult room and activities
- 📖 Large Vermont collection
- 📖 Barre newspapers & vital records on microfilm
- 📖 East Barre Branch Library
- 📖 Art exhibits and historical displays
- 📖 Book discussion group monthly
- 📖 Reference and interlibrary loan services
- 📖 Archives of Barre History (by appointment)
- 📖 and much, much more . . .

Aldrich Public Library is open Monday, Tuesday & Wednesday noon - 8 pm, Thursday 10 am - 6 pm, Friday noon - 6 pm and Saturday 10 am - 4 pm. We welcome your questions and suggestions and we invite you to visit us anytime. (802) 476-7550 ext 307

aldrich@helicon.net

Karen Lane, Library Director

MARK CATLIN AND THE COMFORTABLE COW

by Joanna Day

To large-animal veterinarian Mark Catlin, it's all about cow comfort. "Cow comfort has surpassed any other advancement," he remarked. His practice is based on his theory, in short, that cows that are comfortable are cows that produce.

Mark shared his thoughts about his profession and its advances as we sat in his sun-filled living room on Minister Road, just off Brazier Road in East Montpelier Center. A veterinarian since graduating from the University of Pennsylvania in 1981, Mark classifies his practice today as "cows only, basically ruminants with the odd sheep or goat and an emergency horse here and there." Mark has seen big changes in dairy farming in

the 20 years since he began his current practice in 1983.

It was an interesting route Mark took from his days in 1968 in Vietnam as a Navy Seabee to his days as a veterinarian.

Vietnam



made him, as he remarked, "get real." He worked for himself as a carpenter and then went to the University of Denver for a few years, paying his way by building spec homes.

He and his wife Charlie moved to southern Vermont in 1972 where they were enthusiasts of Helen and Scott Nearing and their book, "Living the Good Life," which was one of the earliest discussions of an environmentally friendly lifestyle. They built and lived in a stone house which required four cords of wood to heat in the winter. During that time, they read to each other in the evenings. All Creatures Great and Small propelled Mark (as it did many others) into the field of veterinary medicine.

The state of Vermont participated in veterinary programs with The University of Pennsylvania and Cornell. Each institution reserved two seats for Vermont students in veterinary medicine, with the state paying part of the tuition. Mark was fortunate enough to be able to participate in the program. He enrolled in the University of Pennsylvania after finishing his undergraduate work in medicine at the University of Vermont.

After graduation, he worked for a second-generation vet in Manchester. It was a mixed practice, and Mark found himself mending canaries with legs on backwards after a tangle with a cat or caring for an unfortunate horse whose nostril was caught in a thumb clip. Although it was a good introduction to veterinary medicine, it wasn't what he wanted to do for the rest of his career.

The Catlins moved to Towne Hill Road in Montpelier in 1983, and Mark took over the large-animal practice from the South Barre Animal Hospital and started Maple Leaf Large Animal Clinic. Mark's trade is mostly in the Cabot/East Montpelier area. Checking cows to determine breeding times and health is a large part of the practice, with vaccines and medications making up most of the rest. A typical day is a herd check in the morning and one in the afternoon. It's during those herd checks that he has time for conversations about dairy farming with his clients.

A herd check is usually a 45-minute to two-hour visit. During his visits, Mark gives advice on ventilation, stall construction and the importance of a healthy environment. His clientele, he says, are intelligent with their use of money. "The value of each cow to the farmer's business success is clearly evident," noting the importance of disease prevention. Prevention can come in the form of vaccines for problems such as winter pneumonia. It can also come in other forms, and here's where the comfort theory comes in. The environment in the barn is just as important as the vaccines. For instance, a well-ventilated barn provides an adequate air flow which reduces respiratory tract infections. Modern-day free stalls with their easy access and soft bedding of dry sand or rubber-filled mattress are vastly more comfortable than the old-style tie stalls in which the cow's movement is restricted, and she is bedded on a concrete slab covered with a sprinkling of sawdust. Clean, clear water and today's feed of "total mixed ration" (the proper ingredients in proper proportions) also add to the formula for success.

Think we're talking bovine spa days? Not according to the numbers. Twenty years ago, the top ten percent per-cow milk production was about 18,000 pounds a year. Today that number can be as high as 28,000 pounds. Genetic advances alone haven't caused that increase. According to Mark, it is the holistic approach he favors which includes management, education, environment and disease prevention. Twenty years ago, he was routinely treating cows with milk fever, mastitis or metabolic infections. Because of better education, farmers are now doing this themselves. This results in a better use of Mark's time for herd checks, education and surgery.

When Mark started his practice in 1983, there were 3,600 dairy farms in Vermont. Today there are approximately 1,200. His average herd in 1983 was 50 head. Today's average is 130 head. In 1983, he drove about 40,000 miles a year visiting farms. Today that number is down to 25,000. And as he had about 50 clients in 1983, today he has about 20. The numbers are interesting, and they point to a growing trend in dairy farming: more cows plus fewer farms equals consolidation. With more cows on fewer farms, herd health is especially important to the industry.

Today, with their three children grown and flying with their own wings, Mark and Charlie have settled in East Montpelier. They moved into their Minister Road house in 1999. The house, designed for and with them by Montpelier architects Gossens and Bachman, is off the electric grid, lying one-half mile from

the power lines. Large solar panels completely power the house which sits about 16 degrees off true south in a clearing in the middle of their 10-plus acre lot. "It's our retirement home."

But it's not retirement yet by any means. The fewer clients and fewer miles driven in a year allow Mark to coach varsity hockey and girls lacrosse at Montpelier High School. Mark and Charlie (a retired Main Street Middle School teacher) enjoy canoeing in Canada in the summer and cross country skiing on

trails near and around their house in the winter. Mark also builds cedar strip canoes and furniture in his basement workshop.

Mark Catlin watches out for the comfort and therefore good health of dairy cows. It is evident from his warm and comfortable home he watches out for his family's comfort and good health as well.

Joanna Day lives on the corner of Brazier and Center Roads in East Montpelier Center.

EAST MONTPELIER GULLY JUMPERS

East Montpelier Gully Jumpers Snowmobile Club is a non-profit volunteer organization which has served the wintertime recreational needs of the East Montpelier Community for the past 30 years. Our trail system has grown and evolved over the years through a mutual respect and cooperation with the landowners. In acknowledgment of landowners' rights, every fall the club asks each landowner for permission to cross their property with the trail. It should be noted that permission is requested only for the winter period from Dec. 15 to Apr. 15. After April 15, the trail does not exist.

In fostering the "Vermont Way", if you ask permission and use something, always say thank you. The club does this every spring with a thank you letter and a gift certificate to the Wayside Restaurant.

Club membership is open to everyone who enjoys the well groomed and marked system we have here in town. By requesting a club map, users can easily find their way around the 40 miles of trail the club maintains. The trail system consists of connected circles which allow users to wander and explore, finding such gems as the Chickering Bog or the many scenic vistas that provide a panoramic view of the mountains. Always carry a camera. You never know what you are going to discover.

Club memberships are available at monthly meetings held at the Four Corners School on the Tuesday following the second Sunday at 7:30 pm or by mailing your name, address and \$10.00 yearly membership to Gully Jumpers, PO Box 75, East Montpelier, VT 05651. VAST (Vermont Association of Snow Travelers) TMA's (Trail Maintenance Assessments) can be picked up at Dudley's Store, Laquerre's Marine, Parker's Quick Stop or S&L Auto. An application can also be downloaded from our web site: www.gullyjumpers.com.

Enjoy this beautiful winter. Remember, it only takes a moment when you see a landowner to smile, wave and say thank you.

Sandy Woodbeck, President



PRUNING FRUIT TREES AND SHRUBS

I have just returned home from a workshop on pruning trees and shrubs that was held at Elaine & Paul Manghi's home, and I got so much out of the workshop that I was volunteered to write about it! The workshop was led by Paul Cate and Jean Vissering and was attended by about 17 people of varying degrees of knowledge. I personally had very little knowledge, though not through lack of trying. I have read various articles on pruning and have contacted the UVM extension service and been sent their pamphlets on pruning, but nothing that I have read made any of it terribly

clear to me. Paul and Jean, on the other hand, were so clear and so knowledgeable that I came home ready to sharpen my saw and shape up those trees! The session was held outdoors, complete with pruners and chainsaw. Paul began the session by climbing up into one of the



Manghi's apple trees and showing us step by step which branches should be taken and why. Jean, with her landscape and architectural knowledge, had much to offer. We learned how to give a tree balance and which trees were beneficial as opposed to opportunistic and invasive. We were also given helpful hints about when to prune, how much of the tree to take in one pruning session, where to cut the branch, which branches would be safe to take and why taking others might place too much stress on the tree. We covered apple trees, plum trees, lilacs and raspberries. We spoke about fungi, lichen, mice, lawn mowers and deer. Those of us who were there now know about beneficial juvenile pruning and problem crotch angles. We know not to spread mulch up to the trunk of your tree and why you probably shouldn't mow down your entire raspberry patch in the spring.

To say you missed an excellent workshop would be putting it mildly. I feel so very, very fortunate to live in a town where I can attend a workshop of this caliber. Free! And just around the corner from my house. Huge thanks to the Four Corners School Association for sponsoring this great workshop, Paul and Elaine for hosting it and to Jean Vissering and Paul Cate for taking the time to share their knowledge with us.

Michelle Gardner, participant

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	6:30	Town Office
Revolving Loan Committee	2nd Wednesday	6:30	Town Office
Volunteer Fire Department	Every Tuesday	7:00	Fire Station, Templeton Rd.
Four Corners Schoolhouse 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: eastmontpe@adelphia.net

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

Chief Lister - Rosie Cueto

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

Acting Zoning Administrator - Deborah Fillion

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

email: eastmont3@adelphia.net

EVENTS CALENDAR

February 22	Last day to register to vote in Town Meeting	10:00 am - noon	Town Office
February 22	Pre Town/School Meeting Forum	9:30 am	EMES
March 4	Town Meeting Day - (voting 7 am - 7 pm)	meeting begins at: 9:30 am	EMES
March 13	Rabies Clinic	6:30 pm - 8:30 pm	Fire Station, East Village
March 17	Historical Society meeting - History of Dudley's Store	7:00 pm	Four Corners Schoolhouse
March 22	Selectboard hearing on the town plan	9:30 am	EMES
April 1	Last day to register dogs without penalty	9:00 am - 5:00 pm	Town Office
April 1	Deadline for items for the next issue of the <i>Signpost</i>	9:00 am - 5:00 pm	Town Office
April 2	Selectboard hearing on the town plan	7:00 pm	Town Office
April 12	Easter Egg Hunt	10:00 am	EMES
April 21	Historical Society Meeting - old letters, diaries and Bibles	7:00 pm	Four Corners Schoolhouse

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

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Inside:
Offering comfort is
their job.

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