

# EAST MONTPELIER Signpost

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Volume 35 / Number 3

NEWS OF OUR COMMUNITY

January-February 2025

## Gully Jumpers: Not Just for Snowmobilers

by Nona Estrin and Sandy Woodbeck

*Many folks in East Montpelier who are not “sledders” may not be familiar with the Gully Jumpers. The club is part of a statewide snowmobiling network—and snowmobiling is a big deal in Vermont. But in East Montpelier, it’s a little broader than that. Here are the memories of two early members of the Gully Jumpers.*

### Nona’s Perspective

In the beginning there was the Gully Jumpers. That’s what it looked like to me, moving from Washington DC to Plainfield and finally, in the early 1970s, to East Montpelier. As an outdoor person, working full time and raising two children, winter here was the most beautiful season, but also the most challenging. I had a pair of cross-country skis; but in those days of deep snows, getting out daily was impossible, as ski trails were necessary and many miles away.

About that time, a local club called the Gully Jumpers appeared and worked to gain annual landowner permission to groom trails for their Ski-Doos, using these first snowmobiles as trail groomers and for pleasure riding. Soon there was a trail in our neighborhood, connecting with other local trails, and those in nearby towns where the same process was underway. This changed everything. Snowmobile clubs were cropping up, and winter became the favorite season for thousands of otherwise house-bound Vermonters, both snowmobilers and skiers.

At the same time, there was beginning to be conflict between snowmobilers and skiers. I decided to try to join the local club and contribute as a skier. I went to a monthly meeting at the Elks Club, and after some months, they allowed me to pay the nominal membership fee and become their secretary, a position that was unfilled. I was the first

non-snowmobiling skier to do so; I followed up by getting Esther Salmi to join as a skier, and she became the club’s treasurer—another position which was vacant.

What I didn’t know at the time was that these clubs all over the state were initiated by Carmi Duso of East Montpelier, whom many of you may remember: a recreation

visionary, a passionate snowmobiler, and a consummate and energetic community and political talent. He also was a completely likable “older” gentleman (only a little younger than I am now!).

He and Sandy Woodbeck and others founded the Gully Jumpers, “taming” lawless riders who rode roughshod over the land without regard for permissions or fences, by using legislative action to create the powerful

statewide Vermont Association of Snow Travelers (VAST). That, in turn, spawned the town-by-town clubs that worked to gain temporary permissions and acceptability. It worked. In those early years, the expansion of VAST trails coincided with beautiful winters of deep, reliable snowpack, glorious for both “sled riders” and cross country skiers.

The rest is history. I envisioned a year-round trail network in our town, some for various uses, supported by all users. I asked at one of the Gully Jumpers meetings if the club would be in favor of this. Carmi eventually



photo provided by the Gully Jumpers

Great snowmobiling to be had in East Montpelier.

*Gully Jumpers, continued on p. 9*

Thanksgiving and December holidays: celebrated and survived. Check. New Year's Eve, same. But the most notable December event, for me, is celestial: the equinox, meaning that there's more light coming into our lives, bit by bit. Instead of dreading the long, long months of January and February, I am going to focus on light for the next few months. The sun is doing its part. How can I go about injecting more light into my own and others' lives? This issue includes some ideas. Kellogg-Hubbard Library not only has books and great programming, but now includes a free service to access movies. Grab a friend for a talk or arrange

a home movie night with popcorn and hot chocolate. Gully Jumpers create and maintain trails throughout our town. Join for a small fee (to help with maintenance costs) and explore all of them, to enjoy the bracing air and wonderful winter scenery. Come home to the easy, flavorful soup that Paulie Coburn has found for us. My hope for all of us is that we can find light that will help get us through long, gray days and, more importantly, figure out how to share that light with our friends and neighbors.

—Ann Stanton is the Signpost's Managing Editor.



## Help Available for Home Repairs



Have you heard of the Green Mountain Home Repair (GMHR) program through Downstreet Housing and Community Development? And did you know that some of their funds are targeted specifically for East Montpelier residents?

The GMHR program helps homeowners address the health, safety, and energy-efficiency of their homes. There are grants up to \$5,000 and low-cost loans with flexible terms up to \$20,000 for qualified homeowners in East Montpelier (as well as Washington, Orange, and Lamoille counties).

Who qualifies? In order to participate in GMHR, the total income of your household must be less than 80% of the area's median income for your county. Please call to

verify your eligibility.

These grants and loans can be used for:

- Reimbursements for materials
- Replacement of hot water heaters, boilers, and electrical systems
- Repairs to plumbing and roofing
- Accessibility modifications
- Energy upgrades

Special exceptions may apply to historic homes and/or homes that may contain lead paint or hazardous building materials.

The home must be your primary residence, have no more than four units, and must be located in Washington, Orange, or Lamoille County.

For questions or for more information call (802) 477-1343 or email [Vsmith@downstreet.org](mailto:Vsmith@downstreet.org)

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### East Montpelier Signpost

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[www.emSignpost.com](http://www.emSignpost.com)

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*Printed by L. Brown & Sons Printing 476-3164*

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# Not Just Books Anymore: Our Kellogg-Hubbard Library

by Sarah Swift

photo by Terry Allen



Sarah Swift at Kellogg-Hubbard Library.

I became a trustee of the Kellogg-Hubbard Library (KHL) in January 2023, having just retired after decades of practicing medicine as a hospital-based Internal Medicine physician. After entering practice during the AIDS epidemic in Philadelphia and finishing up with the COVID pandemic in Central Vermont, I had a rejuvenating post-retirement summer of gardening, family

time, and, of course, reading in the hammock. Then, an opportunity came up to serve as a KHL trustee from East Montpelier, and I jumped at the chance. I have always been a very curious person, a book lover, and a frequenter of libraries. What better place to support than the Kellogg-Hubbard Library—a vibrant place of exploration and discovery.

When asked to do this article for the *Signpost*, I was intrigued. It seems timely in the stick season of November to reinvestigate the library's offerings, some of them just now becoming available, and to communicate this to our community in light of the upcoming long Vermont winter.

KHL serves 17,000 patrons in the city of Montpelier and the surrounding supporting towns of Berlin, East Montpelier, Middlesex, Calais, and Worcester. You can get a library card if you live, pay taxes, or attend school in one of our supporting towns. There are two ways to obtain your library card. You can go online to the Kellogg-Hubbard Library website [kellogg-hubbard.org](http://kellogg-hubbard.org) and get temporary privileges until you are able (within 90 days) to drop in with ID and proof of address. You can also get a card on the spot at the circulation desk if you stop by with your documents.

There is a lot to be said for carving out some time for an outing to the welcoming, comfortable, friendly space at KHL. We have made so much progress on renovations after the flood, albeit more slowly than we had hoped due to the supply chain delays. We anticipate that the elevator will be up and running soon. At the library, there are, of course, printed books, but also free wi-fi, computers for

public use, and a printer service. There are rooms available to reserve for community meetings. We host multiple events and programs of interest for all ages. These events are listed on the KHL website, updated every two weeks on Front Porch Forum, and are on our Facebook page. The library comes alive in the afternoon from 3:30 to 5:00 with daily weekday structured children's events. Kids walk over from the Montpelier schools, and buses come from Middlesex and East Montpelier schools. KHL also has a free delivery service of printed books for those who are homebound for eight weeks or more and satellite libraries at Adamant Coop and the food bank in Worcester.

During the winter weather, consider a digital visit to the library. Biblio+ has replaced Kanopy for video streaming services. Kanopy offered only four plays per patron per month, whereas biblio+ offers an unlimited streaming experience. You can sign up with your library card at [biblioplus.com](http://biblioplus.com) to start streaming films and TV series today. The biblio+ app is available for download on Apple devices (iPhone, iPad, Apple TV), Android phone and tablet, Amazon Fire TV, and Roku, or you can stream directly from [biblioplus.com](http://biblioplus.com). Please call the library staff for assistance as needed, and they will walk you through it.

Other offerings are free eBooks, audiobooks, and magazines through Libby—an online service through the Green Mountain Library Consortium. Ebooks from Libby can be directly downloaded to your Kindle, if you are a fan of this reading mode. The magazine service through Libby will be replacing the old online service of Flipster; it offers more titles.

The recent expansion of our interlibrary loan system has been made possible by the Catamount Library Consortium which includes 30 libraries in Vermont. If you request a printed copy of a book from any available collection in the consortium, that book can be sent by the participating library and picked up at KHL. This will effectively expand our collection from 70,000 to 650,000 books.

Again, if you need any assistance navigating the website, online services, or accessing materials, please call the library and speak with a staff person who will be happy to help you.

Many thanks to Carolyn Picazio, Director of Library Services, and our wonderful staff at KHL for their assistance in preparing this article.

—Sarah Swift lives on North Street with her family and represents East Montpelier on the board of the KHL.



# Early North Montpelier: A Presentation to the EM & Calais Historical Societies

by Andy Christiansen

A few summers ago, while sitting on the back porch, I noticed someone emerging from our field. Upon closer inspection, I discovered it was our highly-esteemed neighbor Nathan Phillips. For many years we have shared a passion for local history, and he was in the middle of a new project. He had been following the brook up the hill to try to find the place where Colonel Davis had “turned” it to flow towards a dam which powered the town’s first sawmill.

Nathan’s “boots on the ground” research, combined with meticulous study of historical records and maps, offered a rare treat to members of the East Montpelier and Calais Historical Societies recently. Nathan took us on a trip through time and space to an unfamiliar North Montpelier. Coming out the other end of this portal, one finds entire roads have disappeared. Where’s Route 14? And Route 214 to Plainfield? All gone. And what is this new road which goes further north before bending down to Plainfield? And where did this covered bridge leaving North Montpelier come from? A trip to the 1800s allows one to become quite lost in the area we think we know.

At age 19, Nathaniel Davis came up and settled the area in the 1790s, establishing himself in 1792. Within a year, he had surveyed the land, built a 32’ by 80’ barn, and by 1795, completed a large colonial-style house which in recent years has morphed into Ken Trask’s and



Covered bridge going north from North Montpelier.

Photo courtesy of Nathan Phillips

Karen Kane’s more modest house on Hammett Hill Road. Dams and waterpower spawned many mills and a large factory, bringing more people to the area. If you are interested, you can take this journey also by going to [eastmontpelierhistoricalsociety.org/index.php/programs/](http://eastmontpelierhistoricalsociety.org/index.php/programs/) and click on the Video Recording link (the presentation starts fifteen minutes in). Nathan will give you a tour of the backroads, the church, the schools, stores, and all the other folks in the neighborhood.

—Andy Christiansen is an 8th generation Vermonter and 6th generation East Montpelierite living on the family farm on Hammett Hill Road next to the old Nathaniel Davis property.

## Gifts for Giving

Photo by Jillian Zeilenga



by Jillian Zeilenga

East Montpelier Students participated in their annual Gifts for Giving tradition. During this time students made handmade gifts for their loved ones. Later that evening families were treated to a Soup for

the Soul dinner. Proceeds from the Monster Mash funded the dinner, so it was free of charge to all families. It was a wonderful day of giving and connection.

## The Parish House Cafe

by Barb Ploof

The holidays are over, and winter has set in. For some of us that means staying home more and not seeing friends and neighbors as often. That’s why the Old Meeting House provides a lunchtime gathering once a month on Wednesdays through April, so you can chat with friends and neighbors. Lunch is at noon, usually on the first Wednesday of each month. However, this month we’ll have lunch the second Wednesday on January 8. Delicious hot soup, salad, bread, and dessert are provided. Children are welcome, too. The meal is by donation. Call Al Ploof at 802-223-6934 if you have any questions.

## Town Offices

PO Box 157, East Montpelier, VT 05651  
Phone: 802-223-3313  
Office Hours: Mon–Thurs 9 AM–5 PM  
Fri 9 AM –12 PM

### Town Clerk

Rosie Laquerre  
clerk@eastmontpeliervt.org

### Town Treasurer

Michele Pallas  
treasurer@eastmontpeliervt.org

### Town Administrator

Jennifer Devine  
manager@eastmontpeliervt.org

### Fire Permits

Ty Rolland 793-8532

### First Constable

Jon Boucher 917-4855

### Animal Control Officers

Lead: Amber Perry 498-5140  
Assistant: Jon Boucher 917-4855

### Listers

Deborah Fillion  
Ross Hazel  
Chris Racanelli  
223-3313 x206  
listers@eastmontpeliervt.org

### Health Officer

Zoe Christiansen 261-1978

### Service Officer

Rachael Grossman 223-3177

### Selectboard

Seth Gardner, Chair  
sethbgardner@hotmail.com  
Zoe Christiansen Carl Etnier  
Scott Hess Tom Brazier

### Planning Commission

Zach Sullivan, Chair, zsullivan@gmail.com

### Development Review Board

Steve Kappel, Chair  
sjkappel@gmail.com

### WCUUSD Board

Amelia Contrada, acontrada@u32.org  
Flor Diaz Smith, fdiazsmith@u32.org  
Zach Sullivan, zsullivan@u32.org

### State Representative

Ela Chapin, 552-0242  
echapin@leg.state.vt.us

# Town Meeting 2025

by Edie Miller

Mark your calendar: Town Meeting is Tuesday, March 4, 2025. It is a day full of tradition, meeting old friends and making new, and, yes, conducting the business of our town.

In our town we elect officers and decide on expenditures over \$25,000 by Australian (written) ballot. These votes may be cast prior to or on Town Meeting Day, and the results are tabulated after the polls close at 7 pm.

Right now, our town and school officials are deep into the work of budget development. It's very easy to add your thoughts and ideas to the mix. And that's much better than complaining about the end result afterwards. Their meeting schedules are readily available, and most meetings include the ability to join online.

Simultaneously, the selectboard is planning for Town Meeting. Here, too, you have the opportunity to get involved. Deadlines are approaching for taking action that will be considered on March 4 at Town Meeting. We will be electing the following officers:

Moderator: a 1-year term

Selectboard: a 3-year term and a 2-year term

Lister: a 3-year term

Auditor: a 3-year term

Planning Commission: three 3-year terms; one 2 years of a 3-year term

Please consider running for one of these roles and have the benefit of meeting and talking with friends and neighbors as you collect the signatures necessary to put your name on the ballot. The number of signatures needed is set by state law as 1% of the town's registered voters. Our Town Clerk suggests a minimum of 22 signatures to cover any issues that may arise. The petitions to run for local offices are due at the Town Office no later than **Monday, January 27 by 5:00 pm.**

You also have the opportunity to influence the agenda (the Warning) of Town Meeting. If you have an issue you think should be brought before the meeting, you may collect signatures from 5% of the town's registered voters (the town clerk suggests getting 115 signatures) and petition the board to include your item on the Warning. The deadline for petitions to put articles on the Town Warning is **Thursday, January 16, 2025 at 5:00 pm.**

Australian ballots will be available no later than February 12. Check in with the Town Clerk after January 2 if you wish to have ballots sent to you. There is a possibility that town ballots will be mailed with WCUUSD school ballots, but that information isn't available at the time this issue goes to press.

**THE BAD NEWS:** It looks like a favorite part of Town Meeting Day—TM Potluck, the “best lunch in town”—will not happen this year. Despite longtime coordinator Sue Racanelli giving plenty of notice, no one has stepped up to take her place. So, the call is still out for a new coordinator to organize this town favorite. And that person will be guaranteed “extensive help and support” from Sue and her predecessor, Rachael Grossman. It would be a shame to lose this long-standing and delicious tradition.



Engrossed in the town's business.

photo by Alex Brown



# Monster Collaboration: U-32 and EMES

by Adrian Wade-Keeney

All photos provided by Adrian Wade-Keeney



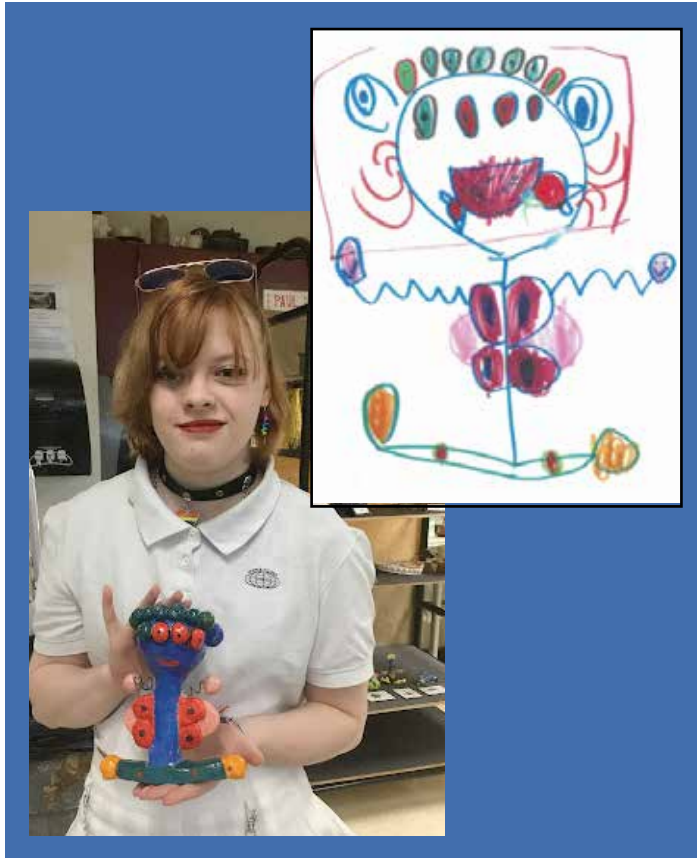
This project was created when Ms. Zeilenga, our East Montpelier kindergarten teacher, asked the U-32 Pottery I class if they would like to be a part of a monster collaboration. She wanted to send over drawings from her kindergarten students so that we could build them in clay! The high school students made their own monsters as practice and then got to transform their elementary pals' drawings into “real-life” monsters. Well, clay monsters at least.

Most of the monsters were created by Pottery I students, but we had some Pottery II students, and a couple of middle school students help out, too. It has been a fabulous collaboration, and I am so proud of what all of our potters have created.

The artwork was displayed in the U-32 Spring Art Show so that everyone could come see it! Jillian kindly brought her kindergarten class to U-32 at the end of the year to meet their collaborators. The high school artists gifted their monsters to the elementary students and threw them a party. We had snacks, time to chat, and a tour around the U-32 building. Our U-32 students were true role models and provided their elementary pals with forever memories of a new U-32 friend.

—Adrian Wade-Keeney is an art teacher at U-32 and collaborator on this project with EMES kindergarten teacher Jillian Zeilenga.







# TOWN WEATHERVANE

## BIRTHS

- Lucy Goodwin was born in October to Hannah Phillips & Gustave Goodwin
- Kiera Nagel was born in October to Laura Henderson & George Nagel

## MARRIAGES

- Joseph Carriveau & Samantha Knudsen married in October
- Brian Jollota & Kiera Pardillo married in November
- Logan Wells & Alexis Dexter married in October

## • DEATHS—survivors living in East Montpelier are listed when known

- Sandra Flannery, wife of John Flannery, died in November
- Sandra Holt, wife of Larry Holt died in October

## LAND TRANSFERS

*Transfers relative to estate planning or corrective deeds are not included in this listing. For further information, please contact the Town Clerk.*

- Julie & Robert Brown to Emily & Benjamin Merrill, 1.64 acres & dwelling on Barnes Rd.
- Donald & Cynthia Drinkwine to Benjamin Drinkwine, 3.39 acres of open land off Coburn Rd.
- Wayne Foran to Debra Walker, a mobile home on Sandy Pines Rd.
- Victoria Mansuri to Andrew & Sarah Gribbin, 1.62 acre & dwelling on Johnson Rd.
- Andrew & Marianne Perchlik to Danielle Houston, a mobile home on 2.47 acres located off VT14N
- Leslie Porreca and North Thomson to North Thomson, 0.76 acre & dwelling on Barnes Rd.
- Jason Rowell to Evergreen Properties, 1.1 acre and dwelling on US2

*The following are excerpts from minutes of EM's and WCUUSD's governing boards. Complete minutes are on the town and school websites. Unless otherwise noted, all meetings were held in person with a remote participation option available.*

## SELECTBOARD

### October 7, 2024

- Agreed to have a camera on the ballot box and a fire truck at the school Nov. 4, Election Day
- Approved the purchase of a new ambulance
- Amended the grand list by \$50,000—taking off value of burned property
- Approved ROW permit for 1680 North St

### October 21, 2024

- Discussed USDA Rural Development bond option for Town Garage
- Discussion with owners of 1495 Coburn Rd property destroyed by flood. SB supports buyout process.
- Cell phone donated to listers for photographing
- Approved preliminary RFP for reappraisal with changes, to be emailed to vendors for bids

### November 4, 2024

#### Actions Taken

- Appointed Mark Lane as Deputy Assistant Tree Warden
  - Discussed municipal building interior painting and flooring project
- ### November 18, 2024
- Agreed to provide a dumb EV charger that does not rely on any network and asked TA to contract with Dan Cowan to do this
  - Approved Winter Roads Policy
  - Authorized the town to place a minimum bid for two houses equal to the taxes owed at time of tax sale in January
  - Appointed Birgit McCall to Emergency Preparedness Committee

## PLANNING COMMISSION

### September 17, 2024

- Discussed Town Plan, Chapter 3 (Governance and Finance) revisions
- Debriefed meeting with CVRPC on housing

### October 3, 2024

- Discussed Town Plan, Chapter 3 revisions

### October 17, 2024

- Advise the SB not to take any actions in selling the Hudson House property yet so that the PC has more time to reflect on this
- Discussed Town Plan, Chapter 8 (Housing) revisions. Suggested further information is needed plus another meeting on new edits.

### November 7, 2024

- Discussed Town Plan, Chapter 5 (Public Services) sections on education and social services. Edits for final version will be presented at the next meeting.

## DEVELOPMENT REVIEW BOARD

### October 1, 2024

- Approved application #24-028 by Dass Enterprises to construct a 36'x72' duplex on parcel 10-077.600, adjacent to 4239 US2 as presented
- Elected officers: Kim Watson, chair; Clarice Cutler, vice chair; Norman Hill, recording secretary
- Discussed the long-term vacancy on the DRB and asked that it be brought up by the SB

## WCUUSD

### October 1, 2024

- Voted down the following motion (5 to 8): that the WCUUSB formally adopt the configuration model of closure of Calais Elementary School and Doty Memorial School, and moving 6th grade to U-32
- Approved long-term substitute: John Dube – U-32 Social Studies (.6 FTE)

### October 16, 2024

- Decided to add two community members to the Configuration/Finance Committee. Interested people should provide letters of interest to Board
- Adopted the Educational Philosophy statement
- Adopted policy about "Creating Learning Environments to Engage in Civil Discourse"
- Accepted the resignation of Brian Fischer, Food service Director at U-32

### November 6, 2024

- Began the budget development process for FY26



*Town Weathervane (cont.)*

- Accepted the resignation of Maria Melekos
- Went into executive session to discuss a personnel issue

**November 20, 2024**

**Discussion:**

- Following executive session, agreed with the recommendation of the administration to enter into a settlement agreement permitting the resignation of an employee, and authorized the superintendent to complete the settlement agreement
- Heard public comments on the importance of libraries
- Heard public comments and Board members' comments related to Budget Draft #1 including questions on specific staff cuts, transportation costs, district-wide food service director, school counselors, school nurses, after school programs, federal funding
- Authorized the reduction in capital reserve funds from \$1,561,749 to \$932,066 for the completion of the projects as identified in the 11-15-24 memo
- Approved budgeted change of \$500,000 from the general fund to the capital reserve fund in FY25-26

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## New & Improved EM Trails

East Montpelier Trails presents the new and improved Dodge Road to Center Road trail. A crew of board members and volunteers erected a split-rail fence at the end of the legal trail (old class 4 road) to guide trail users to the left to follow the newly constructed path along the Fairmont property fence line. This moves the trail away from the tractor road which is often wet and overgrown. The split-rail fence was installed to prevent trail users from venturing onto private land which is not part of the agreed upon trail corridor.

*Gully Jumpers, continued from p. 1*



endorsed the idea and suggested Sandy Woodbeck as a liaison between the Gully Jumpers and the newly-formed East Montpelier Trails, Inc (EMTI). In fact, Sandy was president of the newer group for its first years. Sandy was president of Gully Jumpers for 27 years and is still a member. Dave Guilmette grooms the trails and keeps machinery in good condition. Check out their website: [gullyjumpers.com](http://gullyjumpers.com).

### Sandy's View

In the early days of snowmobiling, I was a teenage participant in the "Hatfield & McCoy" snowmobile era. This was during the early '60s when lots of snow came early and provided unlimited opportunities to roam far and wide on those early snow machines. This freedom caused big problems with landowners.

In the late '60s, the explosion in snowmobile sales resulted in there being over 100 manufacturers adding to the growing problem. You can just imagine how the problem between landowner and snowmobilers was growing by leaps and bounds.

Then along came Carmi Duso. Carmi was a visionary who saw the situation as a growing problem in need of a solution. With untiring determination, he spent many, many days at the State House terrorizing members of the House and Senate until they finally passed the "Snowmobile Law." This didn't solve the landowner problem, but it did get control of the snowmobiles.

With Carmi living in East Montpelier, the residents with snowmobiles got the full treatment. I'm not sure if we were the first club created, but we were definitely close. Carmi never held a club office, but he was always involved—making sure we didn't slow down or lose interest.

The early years of the club's existence was a major struggle trying to cure the "Hatfield & McCoy" problem. Major trail relocation was required yearly by landowners fed up with family members being yelled at by snowmobilers. As club president, I spent years before finally getting the two sides to stop fighting.

Today, the East Montpelier Gully Jumpers Snowmobile Club is alive and well and praying hard for a good season with great snow conditions. I'm sure the skiers are hoping we get our wish.

Remember, when you are out on the trails, always "Smile and Wave" when meeting another user.

*—Nona Estrin and Sandy Woodbeck, both avid outdoor people, have been instrumental in creating and maintaining East Montpelier's multi-use trails through their leadership in Gully Jumpers and EMTI.*

# Vegetable Garden Memories

This past summer I grew a few Lungo Blanco (LB) plants, a zucchini variety that is new to me. LB is an enormous plant with long, whitish-green fruit that is incredibly difficult to distinguish from its numerous thick branches. Between the LB's and the sweet yellow Gentry Crooknecks, my supply of summer squash was so unrelenting that I began combing the internet and harassing my friends for new recipes.



Our freezer is now full of zucchini pies, zucchini fritters, zucchini lasagna, chocolate zucchini bread, and my old zucchini bread standby.

Altoon Sultan's Kousa b'Jibn (zucchini pie) is my summer go-to because an 8x8 pan calls for two pounds of sliced zucchinis! Sauté one big, sweet onion in three tablespoons of olive or avocado oil, add the sliced zucchinis on top and cook down on medium heat, stirring occasionally until they soften and caramelize. While they're cooking, mix three eggs with 1-2 cups of any grated hard cheese (I use cheddar), salt and pepper. Stir in the vegetables and pour the mixture into an 8x8 tin. Bake at 350 degrees for about 45 minutes.

Zucchini fritters may be my new favorites! This recipe calls for one pound grated and squeezed zucchini, two large eggs, ½ cup flour, 1/3 cup parmesan, ½ cup sliced green onions (I use whatever onion is to hand), 1 minced garlic clove, salt and pepper. Mix it all together and fry the patties in 2-4 tablespoons avocado oil. I do it in 2 batches.

Both recipes freeze handily. The Kousa b'Jibn releases a lot of juice when thawed. Just pour that off unless you are like my husband and food juices just add to the pleasure!

Finally, here's the recipe for the Zucchini Lasagna or Zucchini Parmesan: [thebrookcook.wordpress.com/2015/07/21/roasted-zucchini-parmesan-with-fresh-tomato-sauce](http://thebrookcook.wordpress.com/2015/07/21/roasted-zucchini-parmesan-with-fresh-tomato-sauce)

—Miriam Hansen and husband David live on Sparrow Farm Road where they grow most of their own veggies in addition to spectacular flower gardens in a park-like setting complete with benches and gates.



## Paulie's Recipe African Peanut Stew

*Paulie's comments: This soup is fantastic and easy to make. Most of the ingredients may already be in your pantry. (I substituted carrots for sweet potatoes once.) Adding more or less broth makes it soup or stew. Rice and beans together add up to a complete protein, but you could also add leftover chicken or pork. Chopped peanuts make a nice garnish on top.*

Choose your favorite thick and chunky salsa in a spiciness you like; then add the other ingredients to create the flavors of Africa in a hearty and good-for-you soup or stew.

### INGREDIENTS

- 1 Tablespoon canola, grapeseed, or sunflower oil
- 1 medium onion, diced
- 1 medium sweet potato/yam, peeled and diced
- 2 cloves garlic
- 1 small zucchini, diced
- 6 cups vegetable broth
- ¾ teaspoons dried thyme or scant tablespoon fresh thyme
- ½ teaspoon cumin powder
- ¾ cup white or brown rice (if using brown, precook for 15 min. in ¾ cup of water)
- 16 ounces salsa
- 4 cups cooked or 2 (16 ounce) cans garbanzo beans, rinsed and drained
- 1/3 cup creamy peanut butter

### DIRECTIONS

In a large saucepan or soup pot, heat the oil to medium high and sauté the onion, sweet potato, garlic, and zucchini about 5 minutes. Add broth, thyme, cumin, and rice. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Add the salsa and beans and bring to a boil. Add the peanut butter and stir until combined. Serve hot. Serves 6.

Recipe contributed by Laura Brown to *Gather Around the Table: Recipes and Stories from the Old Meeting House*, 2020



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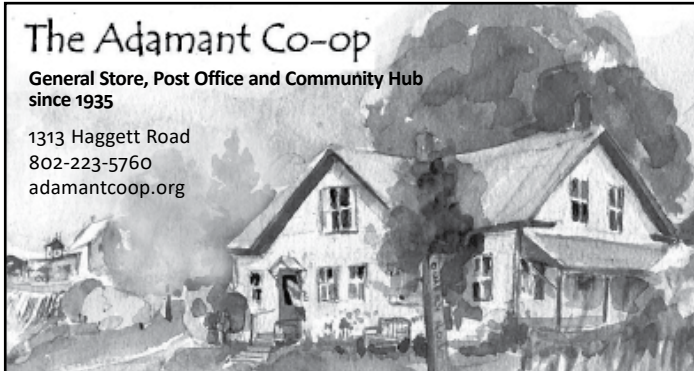
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## IMPORTANT DATES

**Wed. Jan. 1, 2025, Town Office closed for New Year's Day**

**Mon. Jan. 16, Petitions to include articles on Town Meeting Warning Due** at the Town Office by 5 pm

**Mon. Jan. 20, Town Office closed for Martin Luther King Day**

**Mon. Jan. 27, Candidate petitions to run for local offices due** at the Town Office by 5 pm

**Wed. Feb. 12, Town Meeting Australian Ballots available** at Town Office

## CALENDAR

**Sat. Mar. 15, 2025, 9 am-12 pm, Rabies Clinic,** at the EM Emergency Services Facility

**SUBMISSIONS FOR  
MARCH-APRIL SIGNPOST  
DUE: Monday, January 27, 2025**



## Vaccines for Dogs & Cats

**Saturday, March 15, 2025**

**9 am – 12 Noon**

\$20 per animal, cash or check

EM Emergency Services Facility  
54 Village Acres, East Montpelier

Please bring cats in a carrier and leash all dogs.

East Montpelier residents can license their dogs at the same time: \$11 per spayed/neutered animal or \$17 for unaltered dogs.

Due to legislation approved last year, the price of dog licenses increased \$2 effective January 1, 2025. Spayed and neutered animals will cost \$11 and non-altered animals will be \$17. Please remember to license your dog at the Town Clerk's office between January 2 and April 1 to avoid late fees and be eligible for the #1 dog drawing. Proof of valid rabies vaccine is required.

## COMMITTEE MEETINGS

Development Review Board (DRB)  
East Montpelier Fire Department (EMFD)  
Four Corners Schoolhouse Assn  
Planning Commission (PC)  
Recreation Board  
Selectboard  
WCUUSD Board Meeting  
East Montpelier Historical Society

1st Tues. 7 pm  
every Tues. 7 pm  
2nd Wed. 7 pm  
1st & 3rd Thurs. 7 pm  
2nd Mon. 7:15 pm  
1st & 3rd Mon. 6:30 pm  
3rd Wed. 5:30 pm  
TBD

Town Office Building  
EMFD Community Room  
Four Corners Schoolhouse  
Town Office Building  
Elementary School  
Town Office Building  
one of the district elementary schools  
Old Brick Church/E. Calais