

## Deep Roots in East Montpelier: Zoe Christiansen

by Benedict Koehler



Zoe Christiansen might well be regarded as a quintessential Vermonter. With forebears going back at least nine generations in East Montpelier and Calais, she attended EMES and U-32, serves on the East Montpelier selectboard and planning commission, and still lives in the farmhouse where she grew up and where four generations of her family have lived.

So why is this dyed-in-the-wool Vermonter spending four months in Albania? One reason is music. Zoe, a clarinetist of outstanding ability, has long been fascinated by the traditional music of Turkey and the Balkans.

Her parents, Andy and Jennifer, are both talented musicians, and Zoe credits their multi-cultural interests for starting her on her own musical journey. In conservatory, she studied Klezmer music, which is rooted in the Jewish communities of Eastern Europe; Klezmer, in turn, led her to immerse herself in the music of Greece, Turkey, and Albania.

Zoe loves the importance and function of music in these societies, where it serves as accompaniment for singing, a propellant for dancing, and, she feels, as a type of societal touchstone that connects people and affirms cultural identity.

Involving time signatures and scales seldom encountered

in the modern western world, this music is complex and challenging music. The instruments most often used include clarinet, fiddle, accordion, and a large tambourine-like drum called a Tepi. In recent times, modern drum kits and keyboards may be added, but the clarinet is still central and definitive, occupying the same place in this music as the electric guitar in rock and roll or the saxophone in jazz.

While staying with traditional musicians in Greece last summer, Zoe endured a fourteen-hour bus ride to Tirana, capitol of Albania, and managed to locate the street band whose music she had been following for five years via YouTube. Band members hospitably invited her to sit in with them and were astonished at the skill and feeling that this American woman brought to their music—so impressed, in fact, that they told her that she would be welcome to sit in with them during their busy summer season this year.

The other and more important reason for the trip is medical. Suffering from immune system issues and a connective tissue disease—Ehlers-Danlos Syndrome, that impairs her mobility—Zoe has reason to believe that in Albania she will be able to access treatment which is simply unavailable to her here in Vermont. Although traveling in compromised physical health is arduous, Zoe has concluded that the potential benefits outweigh the risks.

By the time this article goes to press, she will already be in Albania, pursuing both medical treatment and musical studies and, we hope, having some good adventures along the way. Friends, family, and colleagues will all miss her and will look forward to hearing her stories when she returns in the fall. In the meantime, her supporters are encouraged to visit her website at: [zoechristiansen.com](http://zoechristiansen.com) and her contribution page [connect.vestwell.com/gifting/stable/4xam4G6f70G7m9oWVoiMGA/start](http://connect.vestwell.com/gifting/stable/4xam4G6f70G7m9oWVoiMGA/start).

—Benedict Koehler is a noted maker of uilleann (Irish) bagpipes who lives and works in East Montpelier.

As I write this in mid-March, after a Vermont winter with the deepest snowpack ever on Mt. Mansfield, mud season is in full swing: redwing blackbirds calling, robins hopping about with cocked heads, deep ruts on dirt roads. So much change comes upon us in March. By May, when you receive this issue, roads will be dry, trees will be leafing out in lovely light green, and eggs in nests will be ready to hatch. What are you hatching for the warm days now upon us?

This issue has some suggestions. Learn about house sparrows and enjoy Susan Bull Riley's beautiful sparrow

portraits. Attend a party to celebrate Lafayette's visit to East Montpelier 200 years ago. Meet our new East Montpelier Eats columnist, Celina Moore Barton. Most of all, enjoy the long days, those last days of the school year, and new ways to connect with friends and neighbors.

And before I go, thank you for your enthusiastic support of the *Signpost* at Town Meeting. It was heartwarming to see all the hands raised in response to "Who reads the *Signpost* all the way through?" from the floor. What a town!

—Ann Stanton is managing editor of the *Signpost*.

# Early Travel Modes in Central Vermont

by Sandal Cate

photos courtesy of historical society



Transporting granite

In March, the East Montpelier and Calais Historical Societies went back in time to when other lanes of travel were laid upon the ground in our area. Manny Garcia of Barre Town has researched the Montpelier sites related to the train system of the Montpelier and Wells River Railroad. He shared amazing older photos of the train stations, junctions, turntables, and bridges that predominated in Montpelier and on the outskirts of that area. Some of the engines were large and impressive-looking steam locomotives. He also spoke about the train system used to bring large granite blocks down through Barre from the quarries. Nowadays, many of the old railroad beds are used for bicycling, walking, skiing, and snowmobiling.

Nathan Phillips of North Montpelier has traced the original roads leading into what is now our town from Montpelier back in the late 1700s and early 1800s. The

*Early Travel, continued on p. 9*

EAST  
MONTPELIER

## East Montpelier Signpost

PO Box 184  
East Montpelier VT 05651

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### Signpost Volunteers

Terry J. Allen  
Photography  
tallen@igc.org

Celina Moore Barton  
EM Eats Coordinator  
celinamoorebarton@gmail.com

Lyn Blackwell  
Proofreader  
lyn.blackwell3@gmail.com

Jennifer Boyer  
Webmaster  
vtpots@gmail.com

Alex Brown  
Production, Mailing, Photography  
alexbrown802vt@gmail.com

Patty Connor  
Layout & Design  
pattyconnor@gmail.com

Hilari Farrington  
Features Co-editor  
benedictandhilari@gmail.com

Rachael Grossman  
Business Manager  
garlicmountain@gmail.com

Rosie Laquerre  
Town Records  
clerk@eastmontpeliervt.org

Eddie Miller  
Copy Coordinator  
Signposteam@comcast.net

Carolyn Pastore  
Copy Editor  
cwpas44@yahoo.com

Barbara Ploof  
Records Editor  
Signpostbcp@hotmail.com

Mary Redmond  
Copy Editor  
marycampbellvt@gmail.com

Merry Schmidt  
Copy Editor  
merrykschmidt@gmail.com

Rachel Senechal  
Features Co-Editor  
Rachel.senechal@gmail.com

Ann Stanton  
Managing Editor  
profstanton@aol.com

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# Route 2 Auto: A Tale of Many Good Fortunes

by Rachael Grossman and Paul Erlbaum



photos by Alex Brown

Although Joey Carriveau never intended to open an auto repair shop, today, he owns and operates Route 2 Auto, a busy shop in East Montpelier Village. During a delightful dinnertime interview with Joey and spouse, Samantha Knudsen, we learned a lot about them both.

Joey—“Joseph only when my mother is mad at me”—Carriveau grew up on the Calais side of Adamant Village. He has fond memories of riding his bicycle to the Adamant Coop to purchase penny candy and ice cream, swimming in the pond on the way there and back.

Joey learned about cars from his dad, Greg Carriveau, and Greg's buddy Dave Gallison. Joey's first word as a baby was “truck.” Showing a gift for car repair at an early age, he told us that when he was a toddler, he had a small, portable car jack to play with. He also had one of those plastic toy cars big enough to sit in. One day, he jacked up the toy car with the portable jack. His mother, who was straightening up the house, could not detach the car jack. Three-year-old Joey came to the rescue, successfully getting the toy car and small jack apart.

While in elementary school, Joey became intent on becoming a police officer. Upon graduating from U-32 High School in 2011, he took a job at a halfway house to bolster his resume for police work. After a year, Joey moved on to the Vermont Police Academy and worked as an officer for the Berlin Police Department.

Finding that police work was not what he thought it would be, Joey returned to his first love—cars—and took a leap of faith. He cut back to occasional work with the Berlin Police Department and purchased the old building across from Dudley's General Store, intending to create a used car business. He and Samantha (more about her later) spent months cleaning and renovating the space. From the start, Joey's used car business was a success.

But then the COVID pandemic hit in 2020. Along with the pandemic came inflated car prices and a depleted marketplace for used cars. At the same time, Joey started getting requests for car repairs. Route 2 Auto transformed

seamlessly from auto sales to auto repair. Two people currently work at Route 2 Auto—Joey and his stepbrother William. The two men clearly enjoy each other's company, chatting and bantering throughout the workday.

Today, Route 2 Auto is a thriving business. Dudley's Store and Fox Market provide perfect “waiting rooms,” where Joey's customers can grab a sandwich or a cup of coffee.

Samantha, who goes by “Sam,” also grew up in Adamant Village on Haggett Road. Her home was on the East Montpelier side of the village. They weren't friends as kids and didn't date in high school. The one time they were on a date, it was a double date—Joey and Sam with other partners.

In 2016, while driving in central Vermont, Sam came upon a seemingly abandoned car parked in the middle of the road. Knowing Joey worked for the Berlin Police Department, Sam texted to alert him to the situation. Some magic happened here; Sam and Joey continued communicating and then started dating. In 2023, while they were on vacation, Sam hinted broadly to Joey that this would be a fine occasion for him to propose to her. She bet him \$1000 this would not be the night, as she felt sure Joey wouldn't have a ring with him. When Joey proposed later that day, ring in hand, Sam exclaimed, “YES!” but then said, “I don't have \$1000!” Although Joey has threatened to summon a collection agency, the two married in 2024. Sam and Joey now live on County Road, in a house they built themselves, not far from where they grew up in Adamant.

In their spare time, Sam and Joey love hiking and snowshoeing our local trails and being on the water with their pontoon boat. They share a fondness for Ben & Jerry's ice cream, each with their own pint after dinner. As I sat around the dinner table with Sam and Joey, it was a pleasure observing their easy interactions. They seem a perfect fit for each other.

And Route 2 Auto seems a perfect fit for East Montpelier Village. The shop is a busy place today. Being on the main road, people passing through will stop in with a car problem. Joey never turns anyone away, and this has meant some nights working into the wee hours to finish that day's work.

We asked Joey, “What makes for the best days at Route 2 Auto?” He answered, “Warm days when we can open the bay doors or when all the parts we need are available to us. Sometimes, a customer will bring cookies.”

Joey's take on how he runs his business: “I always think to myself, ‘If this were my car, how would I want it to be treated?’”

—Rachael Grossman and Paul Erlbaum live on Brazier Road. They are regulars at Route 2 Auto.



# Lafayette Slept Here...

## The 200th Anniversary: June 28 & 29, 1825

By Tim Jerman

Lafayette 200 is a celebration of General Lafayette's visit to Vermont in 1825. As the last living general from the American Revolution, the Marquis de Lafayette was invited to visit the United States by President James Monroe in 1824. The visit expanded into a lavish celebration in the then-existing 24 states. Lafayette was celebrated by citizens, politicians, and veteran soldiers at every stop. Vermont was the last official destination.

The two-day tour will be celebrated exactly 200 years from the day Lafayette crossed into Vermont from New Hampshire, approximating the times and activities that took place in key stops on the journey. Planning has begun in key towns on the route. At each stop, the public will be encouraged to meet Lafayette (a knowledgeable actor in period dress). There will be re-enactments of speeches that were given in 1825. Fortunately, an extensive record of the trip exists, and much of what was said was recorded at the time. Mark your calendars for June 28. More information will be available as it develops.

Thanks to the wonderful research by Ellen Hill and Lyn

Blackwell, we know that at least 35 veterans lived in what is now East Montpelier, with another nine from what is now Montpelier. Surprisingly, the average age of those vets at death was almost 83—an anomaly since the average life expectancy of the general population at the time was only 38! Among war veterans it was 65. Of the 35 from East Montpelier, 23 were alive at the time of Lafayette's visit; many would have been on hand to greet the Marquis and then-Governor Cornelius Van Ness who accompanied Lafayette for the entire two-day visit.

Scattered around East Montpelier are the gravesites of soldiers and citizens who met the General on June 28, 1825. The Lafayette 200 events going on now are focusing on the values that he embodied: personal freedom (strongly anti-slavery), pro-women's rights, pro-native peoples' rights, public service to community, and personal courage. For more details of the tour, visit [Lafayette200.org](http://Lafayette200.org).

— Tim Jerman is a volunteer coordinator for Vermont's Lafayette 200 celebration. He lives with his partner Martha Allen in East Montpelier and is interested in Vermont history.

## EM Shows Up for a Resilient Future



Photo by Celina Moore Barton

Tommy Moore Barton and Andy Shapiro.

In March, our local community did what it does best—we showed up for each other. At the Northeast Sustainable Energy Association's (NESEA) Building Energy and Building a Movement conference in Boston, East Montpelier was not just represented, we were a force.

Neighbors, builders, planners, students, and visionaries gathered to share ideas, swap stories,

and, most importantly, commit to a future where our town and our region thrive together.

Andy Shapiro, a member of East Montpelier's Energy Committee, took the stage to present findings on the new electrified town garage—an inspiring example of how practical energy-efficient design can serve the needs of a rural town, while reducing costs and environmental impact. His work, grounded in real data and thoughtful engineering,

showed that even municipal projects can lead the way in sustainability.

The Collective Well Foundation's Greatwood Project also shared insights from the ongoing transformation of the Goddard College campus into a hub for bioregional resilience. The team highlighted how regenerative economics—rooted in local community trust ownership, shared wealth, circular systems, and long-term ecological health—can build a community that is not just surviving, but thriving. As a fiscal sponsor for community trusts, the Collective Well Foundation continues to lay the groundwork for a model of local wealth-building. It aims to ensure that resources stay in the hands of local rural communities and the people who live in, care for, and love them.

But the real takeaway from the conference? The future is local. We cannot wait for the governments or corporations to save us. What we need—what we have—are communities with the courage to care, to show up for each other, and to co-create and build the future we know is possible. East Montpelier has always been that kind of place. And the conference confirmed: together we can do hard things.

—Celina Moore Barton is the newest Signpost volunteer and East Montpelier Eats editor.

## 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  
Jez Harrington  
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

Ben McCall, co2negative@yahoo.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

# Green Up Day: May 3



Has spring arrived? It is time to start thinking about Vermont's beloved tradition of Green Up Day to clear our scenic roads of a winter's buildup of trash. This year collections will happen on Saturday, May 3, at East Montpelier Elementary School (EMES) from 9 am to 1 pm. Please drop off during this time.

The iconic green trash bags will be available starting the last week in April at locations across East Montpelier, including the Town Office, Dudley's Store, Bragg Farm, Morse Farm, Fox Market, and others. Look for updates on East Montpelier's Front Porch Forum.

If collecting trash is not for you, there are other ways to participate. We welcome additional volunteers (thank you to those who have already reached out) at the collection site at EMES. Tasks may include sorting recyclables and deposit bottles and moving trash from residents' vehicles to trash trucks supplied by the town. Thank you DPW staff!

Refer to this Google Drive link to keep track of locations: [docs.google.com/document/d/1L2TSwIjsdl2vArrN4tFWiV1NQGy1U17fVEiNqL3HuHg/edit?usp=drive\\_link](https://docs.google.com/document/d/1L2TSwIjsdl2vArrN4tFWiV1NQGy1U17fVEiNqL3HuHg/edit?usp=drive_link)

If you have questions or ideas contact Chris at [csbeling@gmail.com](mailto:csbeling@gmail.com).

—Chris Beling is Green Up Day Coordinator for East Montpelier.

## Tradition Continued!

Town Meeting Potluck was a special delight with a delicious assortment of food and goodwill. Thank you, one and all, for bringing in such a wide range of vegetarian, vegan, and non-vegetarian entrees.

Special thanks to the volunteers who helped set-up, cook, serve, and clean during the potluck: Martha Allen, Paul Cate, Paul Erlbaum, Rachael Grossman, Renee Kievit Kylar, Doug Kylar, Carolyn Pastore, Chris and Sue Racanelli, Duncan Schrader, and Ken Valentine.

Thank you to the businesses whose thoughtful contributions added to our buffet: Hunger Mountain Coop, Red Hen, Market 32, and Shaw's. We were able to provide a variety of salads, bread, apple cider, and pastries.

And, finally, a loud thank you to principal Alicia Lyford, Annie Finnegan, and Todd Hill at East Montpelier Elementary School who graciously allowed us the use of their premises and made it easy for us.

If anyone is interested in helping to coordinate next year's potluck—likely by tracking reservations by email or coordinating donations—you can contact me by email: [ebclark23@hotmail.com](mailto:ebclark23@hotmail.com).

—Erin Clark, Town Meeting Potluck Coordinator

# House Sparrow

by Merry Schmidt with watercolors by Susan Bull Riley

**What? A creature feature about the ubiquitous, common house sparrow? How boring!**

I might have thought that, until I read Trish O’Kane’s marvelous recent book, *Birding to Change the World*. Her bird stories are still flying around in my brain. While I learned myriad facts about many birds—their habits, their sensitivities, their instincts, their communication—I was astounded when reading about the multi-faceted house sparrow. Who knew? O’Kane devotes an entire chapter of her book to the house sparrow, and she refers to it as her “portal” bird, meaning “one that opens your eyes to a world governed by curiosity, daily surprises, and sudden intimate glimpses into feathered lives.” She further describes them as “adorable little puff balls.”



Here are a few interesting things I didn’t know about the common house sparrow:

- Only 200 years ago, there were no house sparrows on the entire continent of North America. Today, it is estimated that there are over 150 million.
- House sparrows live everywhere except Antarctica. You’ll find them at “1,400 feet below sea level in the Dead Sea and at 14,763 feet in the Himalayas”—and everywhere in between.
- The house sparrow can swim when it needs to for survival. They have even been observed swimming underwater when threatened.
- In many cultures, sparrows are seen as symbols of protection and good fortune. Their presence is believed to bring blessings and ward off evil spirits. Their ability to navigate challenging environments and adapt to changing circumstances offers hope and reassurance.
- Yet they’re among the most hated species, rivaling pigeons and starlings, and are one of the few bird species not protected by federal law; it is legal to trap them and kill them.
- They do have some bad habits and aren’t always well-mannered. They compete with some species, especially bluebirds, which they will kill in order to take over their nests.
- The birds in the movie *Birdman of Alcatraz* were house sparrows. The real birdman, a prisoner named Robert Stroud (played by Burt Lancaster in the film), trained the sparrows to do tricks, including lying down on their backs and playing dead.

Smart, feisty, and resourceful, the house sparrow is a fascinating species—anything but boring.

—Merry Schmidt is a Signpost editor and enjoys bird watching and nature around her home on DeRonde Road.



# East Montpelier Trails, Inc.

We are excited about this upcoming season on the trails and hope to see you out there enjoying all 13 miles (and growing) of our beautiful network.

We will be dedicating a lovely new bench in memory of Austin Cleaves this summer on the Dodge Road Trail. The date for this event will be announced later this spring on Front Porch Forum. Stay tuned.

We are looking for more volunteers and funding support for these upcoming projects:

- May/June: Working with Montpelier Area Mountain Biking Association and White Pines Cohousing community to rebuild the 550-foot-long Sparrow Farm boardwalk. If you have any 2x8 or 2x10 pressure treated lumber that you'd like to donate, we are always looking to reuse material and lower project costs. We are happy to pick up new and lightly used material.
- Summer: Continuing construction of the Sparrow Farm North Trail. We also expect to do maintenance work on the boardwalk near U-32 and on the numerous wooden bridges on Sparrow Farm South headed down to Montpelier.
- Spring: Our dedicated trail stewards will be checking out how things fared through the winter; there is always plenty of cleanup to do.

National Trails Day is Saturday, June 7, and we expect to be working on several trail segments. To be added to the volunteer list and to hear about upcoming opportunities, contact Allan Serrano at [allanserrano@gmail.com](mailto:allanserrano@gmail.com).

Tax-deductible donations can be made via Venmo (@EastMontpelierTrailsInc), PayPal (@EastMontpelierTrailsIncorporated), or by check. As a 501(c)(3) non-profit, we can also be part of your charitable giving plans, helping reduce your taxes by accepting excess RMDs.

If you would like to voice your opinions or concerns about the trails, feel free to talk to any board member or Bill Heigis (802-498-4424 or [bheigis@comcast.net](mailto:bheigis@comcast.net)). Note that anybody is welcome to attend the monthly board meetings.

Visit [emtrails.org](http://emtrails.org) for information, maps, and contact info for the board members. Follow us on Facebook at East Montpelier Trails. Looking forward to a flood-free summer on the trails!

—Bill Heigis is the new president of EMTI.



photo by Sue Chickering

EMTI work crew



Pictured, above and below, trails waiting to be repaired.



photos of trails by Alan Serrano

# TOWN WEATHERVANE

## BIRTHS

- Luellen Browning was born in January to Quinn McDonagh & Mark Browning, Jr.
- Sophia Codling was born in February to Erica Estiville & Brandon Codling
- Levi Dodge was born in February to Ashley Weston and Shawn Dodge
- Jaxson Lamotte was born in February to Jazmyne Walker & Justin Lamotte

## DEATHS - survivors living in East Montpelier are listed when known

- Robert Chickering, husband of Rhoda, died in February
- Doreen Cliché died in January
- Peter Duncan, Jr. died in February
- Hugh Hawkins, husband of Susan, died in February
- Sandra Jacek, wife of Frederick, died in January
- Leonora Light, wife of Bob and mother of Greg (Paula), died in March
- Amy Lincoln Moore, partner of William McCreedy, died in February
- Norma Raymond died in February
- Meredith Tredeau, died in February
- David Tucker, husband to Julie, died in March
- Doris Washburn died in February

## LAND TRANSFERS

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

- Estate of Jeffrey Biron to Angela Biron, commercial property on 3.70 acres on US2
- Estate of Jeffrey Biron to Celine Biron, 10.5 acres of open land off Quaker Rd.
- Tina Desmarais to Cheng Huang, a dwelling and 7.12 acres on Gray Rd.
- Peter & Valerie Dietz to Joseph & Myrrh Brooks, a dwelling and 2.3 acres on VT14
- Mark D'Angelo to Hayden Bass & Paul Padian, a dwelling and 10.11 acres on Jourdan Rd.

- Fairmont Dairy, LLC to Charles Whittaker & Amy Wan, a dwelling and 6.09 acres on Lyle Haven Rd.
- Daniel & Katie Goldsbury to Peter Duncan, a dwelling and 7 acres on Jourdan Rd.
- Estate of David Rogers to 2978 Vermont Route 14, LLC, a multi-family dwelling and 5.88 acres on VT14N
- Estate of David Rogers to 1307 Vermont Route 214, LLC, a dwelling and 10.48 acres on VT214
- Estate of David Rogers to River Bend Outfitters, LLC, 73.84 acres of open land off VT214
- Estate of David Rogers to Pink Studebaker, LLC, 5.20 acres of open land off VT214
- Bradley Witham to Mariah Klusmire and Benjamin Shapiro, a dwelling on 8.9 acres on County Rd.

*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

### February 3, 2025

- Authorized Emergency Preparedness Committee to recruit a Director of Emergency Management with a stipend set at \$1,500
- Authorized the SB chair to sign a Letter of Intent with Connor Contracting to conduct the work agreed upon
- Accepted the auction bids on the excess town equipment
- Approved bid from Waters Excavation in the amount of \$281,849 to perform the Sodom Pond culvert replacement
- Authorized SB chair to accept Neddo offer to straighten out issue with the Hudson house property boundary lines

### February 17, 2025

- Approved contract for CAI Tax Map maintenance
- Resolved to borrow \$4,950,000 for town garage financing from the

Vermont Bond Bank and authorized town officials to sign all necessary documents

- Approved Joanie Smith as new member of the Recreation Board
- Authorized the SB chair or the TA to sign lease for the temporary town garage

### March 3, 2025

- Appointed Maggie Ferron town rep to Wrightsville Beach Committee
- Authorized SB chair to sign letter on behalf of SB to the Vermont Congressional Delegation related to the governmental situation in Washington DC

### March 17, 2025

- Elected Seth Gardner, chair; Scott Hess, vice chair
- Authorized the TA to sign and submit the Municipal Planning Grant Application for North Montpelier with 10% of the funding coming from residents
- Approved Emilie Connor as Recreation Board member
- Authorized SB chair to sign EMFD Interlocal Contract
- Suggested \$150,000 sell price for Hudson House

## PLANNING COMMISSION

### January 16, 2025

- Met with two from the CVRPC. Asked for assistance with housing info and survey
- Lead group presented Chapter 4 (Community Resources). It will go forward to the review group
- Tabled Chapter 5 AB (Social Services) following discussion

### February 6, 2025

- Agreed Chapter 3 (Town Government and Finance) is complete, pending a couple of numerical changes
- Discussed Chapter 9A-D (Natural and Scenic Resources)
- Reviewed Chapter 2 (About East Montpelier)
- Lead group presented Chapter 7 (Economic Development)

### February 20, 2025

- Approved Chapter 2



## TOWN WEATHERVANE

- Reviewed chapters 5 AB, 4 AB, 4 CDE and 9 EF and decided next steps
- Thanked Zachary Sullivan for his work on the PC over the past six years

### March 20, 2025

- Elected Clarice Cutler to serve as vice chair until reorganizational meeting
- Planned for the tabulation of the 153 survey results
- Discussed chapters 4 CDE, 4 AB, 5 CD, and 9 A-D and decided next steps

### DEVELOPMENT REVIEW BOARD

#### February 4, 2025

- Approved application 25-003 by the East Montpelier Recreation Board to construct a 25x35' shelter at the recreation field property located at 555 Vincent Flats Road
- Approved application 24-048 by John Benjamins for a lot subdivision at 139 Daggett Road and VT14N

### WCUUSB

#### February 5, 2025

##### Discussion

- Presented budget for public comment
- Accepted resignation of Nicole Mintken, U-32 School Nurse, with appreciation
- Accepted superintendent's recommendation to grant residency to student discussed in executive session

#### February 19, 2025

##### Discussion

- Authorized the superintendent to sign contract with WF Project Inspections for services as Owner Project Manager and of the Works through 2/9/26, not to exceed \$57,287
- Adopted a Sanctuary School Policy to ensure there is something in place and put it on our agenda for our next meeting for additional consideration
- Approved Board of Education Resolution broadly covering topics such as inclusivity of students and learning materials
- Approved hiring Jennifer Stanworth as U-32 Nurse. Approved the resignation of Lydia Fasey, East Montpelier Nurse, with appreciation. Approved extended leave of absence for Annalissa Kirby, special educator at Berlin, through end of the 2024-25 school year.
- Approved job description for WCUUSD Community School Coordinator as presented

#### March 12, 2025

##### Discussion

- Elected Flor Diaz Smith as board chair, Ursula Stanley as board vice chair, Diane Nichols-Fleming as board clerk
- Approved appointments for the following committees: Steering Committee, Policy Committee, Negotiations Committee, Education Quality Committee, Finance

Committee, Transportation Committee, Communications Committee

- Appointed Patrick Whelley, Central Vermont Career Center representative
- Accepted truancy officers for each school: Berlin, Celia Guggemos; Calais, Jarrod Weiss; Worcester, Gillian Fuqua; Middlesex, Karoline May; East Montpelier, Alicia Lyford; U-32, JB Hilferty
- Designated for posting agendas: each school, WCUUSD website, town offices, Front Porch Forum. Posting of minutes: WCUUSD Website
- Designated Times Argus as newspaper of record
- Appointed Flor Diaz Smith board-voting delegate for statewide health insurance

#### March 19, 2025

##### Discussion

- Agreed to move forward with seeking bids from outside agencies to do feasibility study with the Montpelier-Roxbury School District regarding sharing resources
- Approved the Berlin Volunteer Fire Department's request regarding tenancy for the lease of land on Berlin Elementary School property
- Approved the Sanctuary School Policy and Policy C71 Emergency Medication
- Repealed Policy C30 Student Medication

photos courtesy of historical society



East Montpelier Railroad Station

*Early Travel, continued from p. 2*

Jacob Davis family, including nephew Parley and his brothers, helped to survey and lay out a few key roads to the east and north of the new village of Montpelier. Nowadays, some roads are shorter than those original paths, and many others have taken over priority use across our town.

Photos provided by Manny Garcia of the engines bringing granite down a hill in Barre and the East Montpelier Fairmont Railroad station on tracks going to Wells River.

—Sandal Cate is president of the EM Historical Society

# The Sourdough Drop at Fox Market

There are some secrets so closely guarded, so sacred, that we only whisper them to our dearest friends: the phone numbers of the best babysitters; the exact second you need to register for the Covered Bridges Half Marathon before it sells out and you are stuck running as a bandito; the hidden stash of playoff tickets your cousin's friend's coworker always seems to have just enough to be cool. But here in East Montpelier, there is one secret that rises above all others — literally.

Yes, I am talking about the great Fox Market sourdough drop. The moment when carbohydrate destiny arrives; and if you are not paying attention, you will miss your shot at the loaf. Thanks to Doni's diplomacy (seriously, give this person an East Montpelier cabinet position), the bakery has agreed to not one, not two, but three deliveries of East Montpelier's most sought-after sourdough. But don't get too confident — if you waltz in at noon expecting to snag a loaf, you might as well be asking for a unicorn riding a bicycle.

Despite tripling the supply, the demand for this tangy, crusty, airy perfection remains sky-high. Why? Because this isn't just bread— it's an experience. A flavor explosion that dances on your taste buds like a perfectly choreographed Baryshnikov number. A textural masterpiece that balances crunch, chew, and tang with the precision of the Berlin Philharmonic performing Beethoven's Ode to Joy, where every note builds toward the symphony's powerful crescendo, letting us savor each moment.

So, consider this your *Signpost* service announcement: set an alarm, clear your morning, and get in line. Because in this town, carbohydrate bliss waits for no one. Dets: Tuesday, Thursday, and Saturday, 7:30 am drop from Heyday Farm & Bakery

—*Celina Moore Barton lives in North Montpelier and is a new Signpost volunteer.*



## Paulie's Recipe Porcupines

### INGREDIENTS

1 lb. hamburger (or Beyond Meat)  
¼ cup uncooked rice  
½ cup bread crumbs  
1 small onion, finely chopped  
1 can tomato soup  
1 soup can of water  
Salt and pepper

### DIRECTIONS

Mix meat, rice, onion and bread crumbs together, add salt and pepper, and form mixture into balls about the size of ping pong balls (tip: use ice cream scoop). Layer in ovenproof container and pour soup and water over the meatballs. Bake covered at 350 for one hour.

*Paulie's Tips: I used leftover rice, omitting the water. I also used leftover homemade tomato soup (from last month's soup recipe) instead of the canned variety. Campbell's condensed tomato soup is about 1 ¼ cups, so I experimented with how much to add.*

From *Cooking Favorites of Adamant Cookbook* by Methodist Church Women's Society - recipe from Marian F. Anderson

## TVSC Class Offerings

### Are You Being Scammed?

Scammers are persistent and do not discriminate! Although anyone of any age can be scammed, fraudsters will target those in their senior years more frequently. Join Jean McDermott from the federally funded nonprofit program Senior Medicare Patrol, who will lead a discussion on May 7 at Twin Valley Senior Center on how to stay safe from common scams targeting older adults, especially scams through the internet, phone, and text message.

### Advanced Gelli Plate Printmaking

On May 24 from 10:30 am - 2:30 pm, jump into an exciting day of gelli plate printmaking. Enjoy the feelings of fun and success as you experiment with various methods of this trendy and easy printmaking technique which allows you to make monoprints without the need for a large, expensive press. The workshop is by donation of \$25 to Twin Valley Senior Center. All supplies included. Space limited to 10 people. Register here: [director@twinvalleyseiors.org](mailto:director@twinvalleyseiors.org).



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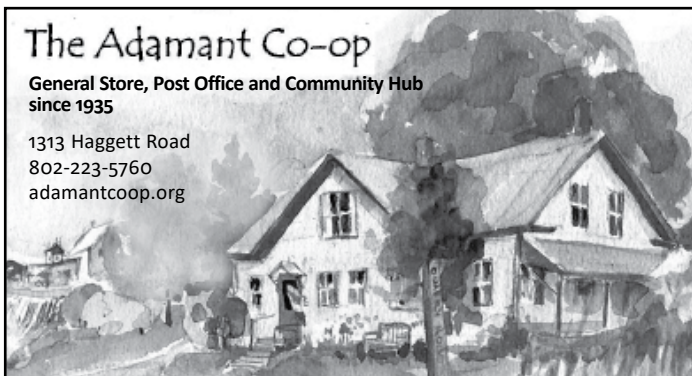
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## EV Charger Update

The EV charger at the East Montpelier Park & Ride has been replaced and is now functional



**JULY-AUGUST SIGNPOST  
SUBMISSIONS DUE: MAY 28, 2025**

*Thank you for your support*

HARRIET HAGGETT

KEN HERTZ AND KATE RADER

CYNTHIA TOMASZEWICZ

## CALENDAR

**Sat. May 3, 9 am – 1 pm, Green Up Day, EMES**

**Wed. May 7, 12:30 pm, Presentation and discussion on avoiding scammers,** Twin Valley Senior Center, Rte. 2, EM. For more information: [info@twinvalleyseniors.org](mailto:info@twinvalleyseniors.org)

**Mon. May 19, 6 pm, Meeting of the EM & Calais Historical Societies, "A History of Adamant"** Adamant Community Center, Martin Rd. Potluck supper-bring a dish and place setting, beverages provided. Free and open to the public, readily accessible. For information: [sandal.cate@gmail.com](mailto:sandal.cate@gmail.com)

**Sat. May 24, 10:30 am-2:30 pm, Advanced Gelli Print Workshop,** Twin Valley Senior Center, Rte. 2, EM. For information and to register: [director@twinvalleyseniors.org](mailto:director@twinvalleyseniors.org)

**Sat. June 7, National Trails Day,** for information on how to be involved contact: [allanjerrano@gmail.com](mailto:allanjerrano@gmail.com)

**Mon. June 16, 5 pm, Meeting of the EM & Calais Historical Societies,** Meet at EM Village Cemetery off Rtes. 2 & 14 for tour. Proceed to Old Brick Church for potluck supper, bring a dish and place setting, lemonade provided. If rainy, look for FPF or email notice for alternate program at church. For information: [sandal.cate@gmail.com](mailto:sandal.cate@gmail.com)

**Sat.-Sun. June 28-29, Commemoration of Lafayette's visit to East Montpelier,** For details: [lafayette200.org](http://lafayette200.org)

## 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. 6:30 pm  
2nd Mon. 7:15 pm  
1st & 3rd Mon. 6:30 pm  
1st & 3rd Wed. 6:15 pm  
3rd Mon. 6 pm

Town Office Building  
EMFD Community Room  
Four Corners Schoolhouse  
Town Office Building  
Elementary School  
Town Office Building  
Rotating Locations (check website)  
Old Brick Church/E. Calais