

TALES OF TINMOUTH

June 2017
Vol. 31 Number 6

Tinmouth
Vermont

Editors' Notes: The deadline for submissions is the 20th of the month, for publication on the 1st of the following month. Please email your information to *Tales of Tinmouth* (tinmouthtales@gmail.com) or drop it off at the Town Office. Any submissions missing the cutoff date may be included in the following month.

Pat Psholka, Helen Mango, Sherry Johnson

Advertisers: To continue your ad for the next six months, please contact Tales.

Spoon Mountain Singers Summer Concert at the Old Firehouse Saturday, June 10, 7:30 p.m.

The Spoon Mountain Singers presents a concert of music from the Renaissance to barbershop and spirituals and everything in between on **Saturday, June 10**, at 7:30 p.m. at the Old Firehouse. The Spoon Mountain Singers, led by Bob and Sue Lloyd, is comprised of singers from Tinmouth, Wallingford, Pawlet, Poultney and Rutland. Join them for music both serious and silly, with madrigals, sacred music, spoofs, and a scandalous round by Mozart that he wrote for his *mother*...

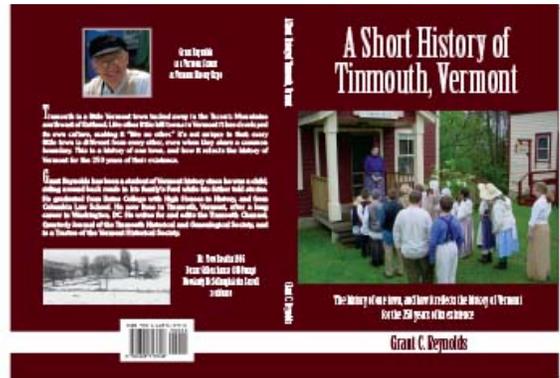
Tinmouth Historical and Genealogical Society News

The THGS is proud to present an interesting evening, **Thursday, June 29, 2017**, beginning at 7:00 p.m. in the Old Fire House. Former Road Commissioner Hollis Squier will be interviewed regarding his nearly 36 years of experiences taking care of Tinmouth's roads (his roads). There are many tales, trials, tribulations and happy times to be told. Please come and listen, and bring your own story to share. Refreshments will be provided.



Chat and Knit or Hook or Crochet Group

We meet each Monday from 3 p.m. – 5 p.m. at the Tinmouth Library. We welcome everyone, and if you can only come for an hour that is great. You do not need to commit to coming each week, just when you can. Hope to see you there. For more information see Ruth Drachman or email Sherry Johnson at vtsjohnson@icloud.com.



New History of Tinmouth published

Copies of *A Short History of Tinmouth, Vermont* have just been received from the printer. It is published by Shire Press and written by Grant Reynolds.

This book was written for the students at Tinmouth Elementary School. It has relatively large type and a picture on (almost) every page. Adults should find it interesting and even entertaining. Want to know why it's called the Channel? Or who bought "The Purchase"? Did you know Tinmouth was once an industrial town, with iron mining, three big blast furnaces, and several smaller "bloomeries" or forges (the difference is explained, with pictures)? While we are the fastest-growing town in Rutland County today, our peak population was 1069 in 1820. There were 300 more people here in 1791 – the end of the 18th Century – than there are today.

There is no Tinmouth town history written for our kids – in fact, few if any towns have histories written with grade school students in mind. Mildred Allen's valuable "Reflections of Tinmouth," now out of print, is the only book-length town history. Before that Obadiah Noble, Jr., wrote a long article for Abby Maria Hemenway's 1871 collection of town histories. So it was time for a new slant on the town's past.

The book was written as a contribution to remembering the town's history. It is sold for the cost of printing, which is \$13. Copies are available from the town office or from Grant Reynolds.



Old Creamery Porch Celebration
Saturday July 15th 1:00 – 3:00 pm

Calendar of Events

JUNE



Fire Department	Thursday 1st	7:00 p.m.	Fire House
Sky Blue Boys and More	Friday 2nd	7:00 p.m.	Old Fire House
Library Open	Saturday 3rd	9-noon	Library
Select Board	Thursday 8th	7:00 p.m.	Town Office
2x2 Concert	Friday 9nd	7:30 p.m.	Old Fire House
Spoon Mountain Singers	Saturday 10th	7:30 p.m.	Old Fire House
Writing Group	Sunday 11th	1:30	Library
Fire Department Training	Tuesday 13th	7:00 p.m.	Fire House
Planning Commission	Thursday 15th	7:30 p.m.	Town Office
TES Graduation	Friday 16th	6:00 p.m.	Community Center
Book Discussion	Sunday 18th	3:00	Library
<i>Tales of Tinmouth</i> Deadline	Tuesday 20th		Don't Miss It!
Waxwing Four	Thursday 22nd	7:30 p.m.	Old Fire House
THGS Program (Hollis Squier)	Thursday 29th	7:00 p.m.	Old Fire House

JULY



TownOffice/Library	Monday 3rd		CLOSED FOR 4th of July
Fire Department	Thursday 6th	7:00 p.m.	Fire House
Town Week at the Lake	Saturday 8th (after 2:00 p.m.)		Pavilion at Tinmouth Pond
	thru the 15th (until 10 a.m.)		
Town Picnic	Sunday 9th	Noon – 3:00	Pavilion at Tinmouth Pond
Fire Department Training	Tuesday 11th	7:00 p.m.	Fire House
Select Board (Location Change)	Thursday 13th	7:00 p.m.	Pavilion at Tinmouth Pond
Planning Commission	Thursday 20th	7:30	Town Office
<i>Tales of Tinmouth</i> Deadline	Thursday 20th		Don't Miss It!
Conservation Commission	Monday 17th	7:30 p.m.	Town Office (Upstairs)

Sunday Church Service 9:00 a.m. ~ All are welcome!

Transfer Station hours are Wednesday 4:00 - 7:00 pm & Saturday 8:00 am - noon.

Library Hours ~ Monday 9:30-noon & 1-5 and Thursday 9:30-noon

Special Saturday Library Hours June 3rd (first Saturday of the month)

Fun “non-competitive” Volleyball on Tuesday evenings at 7:00 pm.

Kripalu Yoga, Monday 5:30-7:00 p.m. \$10 per class Bess Lewis, Instructor, Old Fire House

Chat and Knit or ? Mondays 3 p.m. – 5 p.m. Library

Congratulations



Congratulations to Tinmouth Elementary 6th grade graduates: **Jimmy Barrett, Sierra Bryant, Jermaine Buffum, Torlief Majorell,**

Taylor Patch, and **Lilly Sheldon.** Best Wishes at Mill River!!

Congratulations to Mill River 12th grade graduates: **Seamus Nauton** and **Kaelob Smith**

Congratulations to Tinmouth students on the Mill River Union High School honor roll!

High Honors: Grade 7: **Alexander Eaton;** Grade 9: **Jaron Rochon**

Honors: Grade 7: **Julia Deppert, Morgan Predom;** Grade 10: **Addison Czar;** Grade 12: **Seamus Nauton**



Congratulations to **Leonard (Gunner)** and **Rose Morris,** who recently celebrated their 60th wedding anniversary!! Well done!

Get Well Wishes



Get Well Wishes are sent to **Penny Jaderlund** and **Bob Johnson.**

Sympathy

Heartfelt Sympathies are sent to **Barry Cohen,** who recently lost his father.

You are in our thoughts and prayers.



~Library News~
Ruth Drachman

Come to the library to KNIT and CHAT, or just chat, or crochet, or whatever handwork you enjoy...on Monday afternoons at 3 p.m. until about 5 p.m.

Writing group will meet on **Sunday, June 11** at 1:30 at the Library.

Our book discussion group will meet on **Sunday, June 18th** at 3 p.m. at the Library. Our book this month will be *Lyddie* by Katherine Paterson. The discussion leader is Gene Usher. All are welcome!

New for adults in June:

Books on CD: (for listening)

› *My grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman, another tale by the man who wrote *A*

Man Called Ove. "It is the a story about life and death and one of the most important human rights: the right to be different."

› *Nemesis* by Agatha Christie, the queen of mystery. "She is the most widely published author of all time, outsold only by the Bible and Shakespeare. Her books have sold more than a billion copies in English and another billion in a hundred foreign languages."

› *Death of a Ghost* by M.C. Beaton; Hamish MacBeth has another case to solve, and Graeme Malcolm is once more the capable reader.

› *The Case of the Perjured Parrot,* by Erle Stanley Gardner, a Perry Mason whodunit!

› *The Chilbury Ladies' Choir* by Jennifer Ryan; "through letters and journals," this story "unfolds the struggles, affairs, deceptions, and triumphs of a village choir during World War II."

DVD Sets:

› *Baseball, from the 1840's until 2009,* the Emmy-award-winning story of America's National pastime from master storyteller Ken Burns. We also have a two-part follow-up that brings the series up to the current date.

› *The Roosevelts,* an intimate history that chronicles the lives of Theodore Roosevelt, Franklin Roosevelt, and Eleanor Roosevelt. Paul Giamatti plays Theodore, Edward Herrmann plays Franklin, and Meryl Streep is Eleanor. This is also an outstanding Ken Burns production.

And look for new books for adults: *My Italian Bulldozer* by Alexander McCall Smith and *The Women in the Castle* by Jessica Shattuck, coming soon!

The library is open on Monday and Thursday, from 10:00 a.m. until Noon, and from 1:00 until 5:00 p.m. The library will be open on the FIRST Saturday of every month from 9:00 a.m. until noon.



TINMOUTH
CHURCH

Everyone Is Welcome in This
Community of Worship and Faith

**TINMOUTH COMMUNITY
CHURCH**

Sunday Service – 9:00 a.m.
Rev. Shirley Oskamp, Pastor

Open Minds, Open Hearts, Open Doors



Tinmouth School News

May 26, 2017

Dear Tinmouth Community,

It's hard to believe school is almost over for the 2016-2017 school year. The teachers as well as the students are ready for a well-deserved break. There are still a few activities scheduled in the upcoming weeks that I'd like to share.

There is no school on Monday, May 29th in celebration of Memorial Day. (To honor our deceased veterans, the students placed flags today on the graves of veterans in the Tinmouth cemetery.)

June 1st is the Tinmouth School Concert. All are invited. Please come and support our students at 6:00 PM in the Community Center.

Open House for PreK is on June 8th from 2:30 to 3:30. Please remind friends and neighbors with 3 and 4 year old children, of this event.

Our school picnic will be held at Lake St. Catherine on June 15th. PTO is providing burgers and hot dogs. Parents will provide additional items such as condiments, chips, and salads. Children should bring bathing suits and towels for swimming.

The Tinmouth community is also invited to celebrate sixth grade graduation on June 16th at 6:00 PM in the Community Center.

The last day of school is June 19th. Dismissal is at 12:00 PM.

Our field trip to Shelburne Farms went well. Children were greeted and driven from the parking lot to the farm by tractor and then had the opportunity to take care of several animals. The highlight was the hike to view Lake Champlain. Our older students guided the younger students throughout the program and hike.

Our garden is getting a facelift thanks to Meadow Squier, Marshall Squier, and Doug Fontein. By fall we will have boxes, ground cover, and a fence to ward off visiting chickens. Meadow will hold a summer gardening class once the garden is re-constructed.

Gardening and hiking is where many pick up ticks. This year the ticks are out in force. Please see the attached information sheet on how to address concerns you may have about these pests.

Until next time...

Warm regards,
Maureen Fitzgerald-Riker
Principal



TINMOUTH
CHURCH

~Tinmouth Community Church~

Dear Friends,

This past Sunday I told a story about a young monk (Christian or Buddhist – could be either) who wanted to find the peace and contentment that he saw the other, older monks had. In essence, he wanted to find God. To this end, he prayed, he read scriptures, he worked

hard at every task, but still felt empty.

Feeling incredibly frustrated, the young monk found an older monk whom he respected sitting in the garden. He joined him in the shade, and as was the custom, waited for the older monk to speak to him first. Finally, after what felt like a long, long wait, the older monk spoke calmly and quietly asking, “what is it you are running after so hard?”

The young man wasn't sure what to make of this question, but it struck a chord with him, as it tends to with so many of us who spend our time running after one thing or another. The young monk eventually recognized that he had actually felt the beginnings of the peace he had been seeking as he waited for the older man to speak. He felt peace as he sat quietly, listening to the sounds of nature, letting his mind and body relax for a while. His wise friend told him that when we rush around too much, peace cannot find us. God cannot find us.

It is pretty common human behavior to chase after the things we want, doing everything we can to track them down and claim them. But there are some things that can't really be tracked down. There are some things that take time and we just have to be available to watch them unfold. There are some things that are elusive and defy our efforts to pin them down. Often these are the most valuable aspects of life.

When Gary & I returned home after a recent trip, I was surprised to see that the lilacs had not yet bloomed. When we left they were just about ready, or so I thought, but obviously warmth, sun and rain had not yet combined in quite the right way to bring out the blossoms. Today, the lilacs are full and fragrant and beautiful. They are a perfect reminder that everything has its own time, and that often our best course of action is preparing as best we can, and then settling in to watch and wait. It is often in the watching and waiting that we experience peace, that we experience the Holy.

May this springtime with new beauty every day remind us of the simple power of being present to the unfolding of the world around us. May we experience peace and contentment. May God, however we understand the divine, find us.

Have a lovely day!

- Shirley

** Tinmouth Community Church invites you to join us on Sunday mornings at 9 a.m. as we contemplate our place in this amazing world, slowing down to let God catch up with us.



Leo

(by Bob Lloyd)

We tramped the fence line, you in one direction,
I in the other,
Hoping for heifers.

"We'll meet at the water tank," we said,
Since water makes mud, and mud carries tracks.

I got there first. You slowed,
Looking for the smallest, most pregnant heifer.

Finally, there you were: white beard, white hair,
And in between, your cheering face:

"I found her!"

"With a calf?" I wanted to know.

"A fine heifer calf," you answered.

Wary of weakness, you got the truck,
And we loaded both mother and baby:

Pride of the herd.



~Ads Policy for Tales~

We would like to clarify and update the ad policy for *Tales of Tinmouth*. Ads must be submitted by the 20th of the month. We would prefer either a Jpeg, scan-able image or text. It is best if your ad has a light background, as it will copy better. In order to keep ads current, starting with the **July 2017** issue, ads will be run six months at a time. So ads received in time for the July 2017 issue will run through the December 2017 issue. If you then wish to continue the ad for January 2018 through June 2018, you will need to email the editors at **tinmouthtales@gmail.com** or drop the scan-able image off at the Town Office. If you want an ad to run for less than six months, just let us know. We can help you lay out your ad, but in that case would need to have the ad by the 10th of the month. While we carry ads without charge, donations are greatly appreciated. We do not invoice or bill for ads.

☞ **It is time for you to contact us if you would like your ad to continue to run July 2017 through December 2017.** ☞

From the Solid Waste and Recycling Committee (SWARC)



It is difficult to keep track of what can and cannot be recycled. Some materials are always recyclable (e.g. metal), and some are recyclable some years but not others (e.g. different kinds of plastic). Often, a particular material becomes non-recyclable to us simply because there is no market for it, even if it is technically a recyclable material. The SWARC will try to keep everyone updated on current rules, publishing tips and reminders in *Tales*.

This month's reminder: Stiff plastic foam (like the trays meat is packaged in and some packing materials; commercial name Styrofoam) is NOT recyclable in Tinmouth, even though it may have the recycling triangle on it. There just isn't a market for the recycled product. Similarly, we cannot recycle plastic bags of any kind (grocery bags, feed bags, etc.) or plastic film (e.g. Saran wrap). Please put these materials in the trash.

Remember: any non-recyclable materials that go into the Zero-Sort roll-off have to be removed by hand by the Transfer Station attendants. This is not fun for them.

Solid Waste Alliance Communities Receive Grant

The Vermont Department of Environmental Conservation (DEC) defines Household Hazardous Waste (HHW) as "common household products that exhibit the characteristics (toxic, corrosive, reactive, explosive, and

flammable/ignitable) of hazardous waste. As a result, these products may be harmful to human health and/or the environment. Many of these products are very common and are usually purchased from local hardware, automotive, and grocery stores. These products are so common and easy to purchase, many people forget that these products can be extremely harmful to their health or the environment.

(www.anr.state.vt.us/dec/wastediv/HHW/HHW.htm).

The Solid Waste Alliance Communities (SWAC) has received a grant from the Vermont Agency of Natural Resources to assist with Household Hazardous Waste collection events. The funds from this grant help to offset the cost of collection, removal, and proper disposal of items that would otherwise cause, air, ground, and water pollution if disposed of improperly. For more information on scheduled events, visit the SWAC website at www.rutlandcountyswac.org.

Funds were also received to distribute a Spring Newsletter and provide environmental assessments at six schools in the SWAC geographic area. Businesses will also receive outreach assistance to better understand their obligations under Act 148, the State's Universal Recycling and Composting Law.

Editor's note: Tinmouth residents can drop off household hazardous waste at the following locations:

September 16, 2017, 11:00 a.m. – 3:00 p.m. – Fair Haven Transfer Station, Fair Haven Avenue, Fair Haven
September 23, 2017, 8:00 a.m. -11:30 a.m. – Rutland Town Transfer Station, in Northwood Park, off Post Road Extension, Rutland

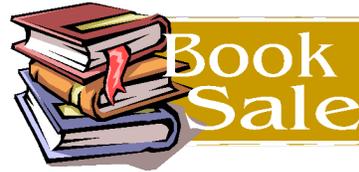


~Bone Builders~

We are working on reactivating the Tinmouth Bone Builders group. Bone Builders is a program to help people halt bone loss due to aging. The program is open to everyone, free of charge. Our plans are to meet twice a week, Tuesdays from 10 – 11 a.m., and Fridays 9 – 10 a.m. Please note the different times depending on the day. We will be meeting at the Tinmouth Library.

We hope to start at the beginning of July and want to give everyone a chance to fill out the necessary form before starting. If you have participated before, you still need to have your physician complete a form that gives you the OK to participate with weights. The forms are available at the Tinmouth Library. The completion of this form should not involve an office visit. If you do not have the

form completed, you can participate, but without weights. There will be a Front Porch Forum Post when we start. If you have questions, please ask Ruth Drachman or email Sherry Johnson vtsjohnson@icloud.com.



~Middletown Springs Library Book Sale ~ June 3 & 4

Stock up on summer reading at the Middletown Springs Public Library Book Sale, June 3 & 4. Wide selection and great bargains on gently read books, movies, puzzles, and games. Fiction, biographies, history, nature, children's books and more. Saturday, June 3, 8 a.m. – 3 p.m. and Sunday, June 4, 10 a.m. – 3 p.m. Sale takes place under tents on the Library's front lawn, 39 West Street, rain or shine. For more information, contact the Library at 802-235-2435.



Take Tinmouth to the Lake: July 8th – July 15th

The Tinmouth Community Fund awarded a grant to enable the Town to rent the Tinmouth Pavilion property on Tinmouth Pond for a week in the summer to be open to Tinmouth residents.

We will have volunteers at the Pavilion for the week to oversee use, log in visitors and make sure they are from Tinmouth, inspecting boats for invasives and to be a presence on the site.

If you would like to be one of the volunteers (free lakefront vacation opportunity!) please contact Cathy Reynolds at 446-2928 or eworks@vermontel.net.

This grant gives everyone in town a place to swim and recreate (boat and fish) at no charge right here in town. Open daily 8:30 a.m. – 8:30 p.m., beginning Saturday, July 8, at 2 p.m. and ending Saturday, July 15, at 10 a.m. Mark your calendars for a week of swimming after a hot day at work, taking a day off to hang out at the lake, or otherwise enjoying this first ever opportunity.

No motorboats will be allowed; canoes or kayaks only. No glass bottles please, and plan to carry out your own trash. Restrooms and changing area are available on site.

Mark your Calendars - Town Picnic! **Sunday, July 9th**

from noon on there will be a Town Picnic at the Tinmouth Pond Pavilion. Please bring a dish to share. Please no glass bottles. Bring your suit and towel, small boats (no motor boats), games and fun.

Horseshoes anyone?



~Tinmouth Old Firehouse Spring Concert Series~



Sky Blue Boys and More

The Sky Blue Boys, long-time favorites of the enthusiastic crowds at the Old Firehouse, have revived the tradition of

“brothers duets.” Two fellows with a mandolin and guitar, a musical teamwork built of habit, their voices fused in the special blend produced by kinship. During the 1930s and ’40s brothers duets were the predominant format in country music.

Willy and Dan have built up a large repertoire of wonderful old ballads, parlor songs, heart songs, songs about Vermont history, and sacred numbers. Heeding their own musical instincts they have expanded the accompaniment to include a variety of acoustic instruments and added many newer songs including several of their own compositions. Willy and Dan have played together for decades. They formed the celebrated Vermont bluegrass band Banjo Dan and the Mid-Nite Plowboys in 1972. But never far from their hearts were the sounds they learned to love long ago – the simple moving sounds of the early “brothers duets.”

The Sky Blue Boys will be the final concert in the Old Firehouse Concerts Spring Series, at 7:30 p.m. on June 2.

There will be a bonus concert by 2 x 2, a terrific a capella quartet singing folk songs from many traditions, at the Firehouse the following week, June 9, also at 7:30 p.m. It’s a benefit for the restoration of Tinmouth’s Old Creamery. And Fall at the Firehouse is already in the works.

The Old Firehouse is at Mountain View Road and Vt. 140 in downtown Tinmouth, between the current firehouse and the Town Office building. Doors will open at 7 p.m. There is a suggested donation of \$10 to \$15, 90% of which goes to the performers. Homemade desserts, coffee and tea will be available. Donations for them will help support community activities.

2 x 2 at the Old Firehouse June 9



Tinmouth’s Old Firehouse Stage presents 2 x 2 on Friday June 9 at 7:30 p.m. This group brings to the stage rich harmony, both a cappella and accompanied, from a variety of folk traditions. This concert will offer songs of life, love, and hope in many styles and languages. Two couples who met through music, 2 x 2 is Valerie Kosednar, Mark Grieco, and Betsy and Lee Rybeck Lynd, all veteran singers and performers in their own right. This magical merging of voices will make you smile! Join us for the last concert of the season at the Old Firehouse.

This concert is a benefit for the renovation of the Tinmouth Creamery. \$10 donation at the door. The Old Firehouse is located on the Tinmouth green next to the Town Office in beautiful downtown Tinmouth. Doors open at 7:00 p.m. For more information contact eworks@vermontel.net or 446-2928.



~ Front Porch Forum ~ Connect with your Tinmouth Neighbors

Need to say something to your neighbors between the publication of Tales issues? or to send out a timely announcement? Agendas for meetings are usually posted as well as changes to meeting dates and times. You can use Front Porch Forum. Announcements are sent out the next day to everyone who has signed up.

To sign up, go to <http://FrontPorchForum.com>. Or stop by the town office to sign up!! 200+ households have signed to date! Good way to discuss community issues, sell a canoe, give away a kitten, etc.. If you are a second homeowner you can use your 911 address.

Just another way to stay connected.

The Waxwing Four at the Old Firehouse June 22

The Waxwing Four is a jubilee quartet, singing rollicking radio gospel from, the 1930s and '40s as well as bluegrass quartets, shape note hymns, and Appalachian ballads. With their infectious rhythm and tight harmony, the boys have delighted audiences throughout New England and were the darlings of the stage at last year's Old Songs Festival. The Waxwing Four is Wheaton Squier, Brendan Taaffe, Adam Simon, and Stefan Amidon. \$10-15 suggested donation
Listen at thewaxwingfour.bandcamp.com

NOBLE ACE HARDWARE

261 NORTH MAIN STREET
RUTLAND, VT 05701
(802) 773-2758

OPEN: 7:00 AM – 8:00 PM MON.-FRI.
7:00 AM – 7:00 PM SAT.
8:00 AM – 5:00 PM SUN **HARDWARE WITH A
HOMETOWN FEELING**



Picture is not a Tinmouth Bear!

From VT Fish and Wildlife: Bears are on the Prowl in Vermont

Black bears have arisen from their winter slumber and are once again roaming the landscape looking for food. Vermont Fish & Wildlife staff are gearing up for what will likely be another record year for bear conflicts. They are asking the public to help keep Vermont's bears wild by removing any potential food sources that would cause them to associate people with food.

Forrest Hammond, Vermont's lead bear biologist, offers a few simple tips to avoid attracting bears:

- Remove food sources that might attract hungry bears. These include pet food, dirty barbecue grills, garbage, compost, and campsites with accessible food and food wastes. Birdfeeders are one of the most common bear attractants, so remove all birdfeeders and clean up seeds beneath them.
- Store garbage containers in a garage, shed or basement, and put your garbage out the morning of pickup rather than the night before. Remove the garbage as often as possible.
- Consider installing electric fencing, a cheap and effective deterrent to bears, around dumpsters, chicken coops, berry gardens, beehives, or other potential food sources.
- Maintain a compost bin that is as scent-free as possible by adding three parts carbon-rich 'brown' materials like dry leaves, straw, or ripped up paper for every one part food scraps or 'green' materials. Turn the pile every couple of weeks and bury fresh food scraps down in the pile to reduce their attractiveness. In backyard composters, avoid composting meat, dairy, or overly smelly foods.
- Keep a respectful distance from any bears you encounter. If a bear is up a tree near your home, bring your children and pets inside. Never approach bear cubs or attempt to 'rescue' them if you find them alone. If you see a bear in a residential area or you encounter an aggressive bear, please contact your local warden or report the bear at vtfishandwildlife.com.

Residents are required by law to remove bear attractants and are prohibited from killing problem bears without first taking extensive nonlethal measures.

(Note – attached is a photo from Fish and Wildlife of a problem bear. Picture NOT from Tinmouth.)

From VNA and Hospice of the Southwest Region Community Health Clinics – June 2017

June Blood Pressure/Foot Care Clinics

Thursday, 06/01/2017, Rutland, Parker House, 10 a.m.

Thursday, 06/01/2017, Rutland, Bardwell House, 12:30 a.m.

Friday, 06/02/2017, Poultney, Young at Heart Senior Center, 9:30 a.m.

Friday, 06/02/2017, West Rutland, Ira Town Hall, 12:30 p.m.

Wednesday, 06/07/2017, Wallingford, Wallingford House, 10:30 a.m.

Thursday, 06/08/2017, Castleton, Castleton Meadows, 12:30 p.m.

Friday, 06/09/2017, West Rupert, Rupert Firehouse, 8:30 a.m.

Thursday, 06/15/2017, Rutland, Maple Village, 10 a.m.

Wednesday, 06/28/2017, Rutland, Godnick Adult Center, 12:30 p.m.

The cost of the foot clinic is \$10. No appointment necessary. Please call 770-1536 for more information.

VNAHSR also offers Cholesterol Screenings for \$30 every month:

Clinics held at the Rutland Office are the 1st Wednesday of every month. Call 775-0568 for an appointment.

Clinics held at the Dorset Office are the 3rd Wednesday of every month. Call 802-362-1200 for an appointment.

Biometric readings can now be billed to Blue Cross Blue Shield. Call Cathleen at 770-1536 for more details!

Travel Well with VNAHSR's Travel Health Clinic

VNAHSR is the region's resource for comprehensive and safe travel health services including vaccines and individualized disease prevention plans to international travelers. For more information call Cathleen at 770-1536 for a personal appointment or email gohealth@ravnah.org.

Bereavement Group

VNAHSR's monthly bereavement group is held Tuesdays at 6 p.m. at Grace Congregational Church in Rutland with Rutland office chaplain, Andrew Carlson, facilitating. The group is free and open to the public. For more, please contact Andrew at 770-1613.

~Marion's Musings~

By Marion Hambly

I know spring is here. I saw my first hummingbird a few days ago. I have quite a few birds outside my kitchen window now. So far a bear hasn't visited yet. I have one birdhouse that two species of birds have been battling over for a while now. It is a bluebird house and there is pair of them in it. Then along comes another pair of birds who want it. The second pair is a sort of indigo color and every day the two couples fight over it. So far the original bluebirds have won. I also have cardinals, yellow finches, three kinds of woodpeckers, swallows, ruby-throated grosbeaks, red winged blackbirds, one chipmunk, and two squirrels. Makes for fun viewing.

Up the road at grandson Michael's there are a few cows, three darling calves, a couple of pigs, and a dog. Across the road at Tyler and Theresa's are a couple of young

cattle, big pigs and a bunch of little pigs. It looks like a farm around here. Oh yes, further up the road, my granddaughter Beth has three horses and son John has cows. Hope I got everything.

You know over the past few years, I have traveled around the USA and seen a lot. I really enjoyed it and would still be going, only my get up and go has gone up and gone. Anyways, I have a lot of wonderful memories. You know I can't always find my keys or glasses but I sure can remember where I've been.

I've been blessed with good health until the past few years, have a wonderful family, which has grown huge and is still growing. I live in a great town with great people. I know they have changed over the years, but there are a few of us ole timers left. I can still be my own boss. I have a great passel of kids, whom I let wait on me, when necessary.

My get up and go has informed it is time to stop this rambling. (I always did like to talk. Still do.) See you next time.

Meeting Minutes (summary)

Minutes of the Tinmouth Community Fund Annual Meeting - March 4, 2017

Helen Mango

Present: Cathy Reynolds (Chair), Jan Krantz (Vice Chair), Ray Pratt (Treasurer), Jo Reynolds, Patti Macaluso, Melody Squier, Helen Mango (Secretary), interested citizens of the Town of Tinmouth

Cathy Reynolds called the meeting to order at 11:35 a.m. Cathy wasn't feeling well, so Jan stepped in to run the meeting.

Melody moved to approve the minutes of the annual meeting of Feb. 27, 2016, seconded by Cathy. Motion passed.

Ray gave a report on the fund's finances: We began year with \$5,300 in the checkbook, and ended with almost \$11,000.

Interest revenue: \$382; Donations: \$13,000 (including one \$10,000 anonymous donation); Transfer from school tax stabilization fund: \$75,000.

Community Fund grants given out: \$5,000; Scholarships \$9,600; Camp Scholarships: ~ \$700

Transferred \$69,000 to Vermont Community Foundation for the TCF endowment.

Endowment: almost \$272,805.

Total assets: approximately \$281,000.

Doug thanked the TCF for the awards.

Jan reviewed the grants awarded in 2016 – There were nine grants, for a total of \$4,500.

Helen handed out the awards for 2017 (\$500 each unless otherwise noted):

- Tinmouth Gardeners
- Climbing Wall Boosters
- Tinmouth Contra Dance
- Tinmouth Elementary School Garden Program (PreK/K garden)
- Tinmouth Historical and Genealogical Society
- Tinmouth Blooms
- Tinmouth Milfoil Project
- Tinmouth Handbell Ensemble
- Tinmouth Community Oven Project
- Tinmouth Old Creamery Committee
- Tales of Tinmouth
- Tinmouth Elementary School (upkeep/improvements to school garden)
- Town of Tinmouth (“Take Tinmouth to the Lake”)
- Tinmouth Conservation Commission (\$400)
- Old Firehouse Concerts (\$450)

Doug noted that some of the Contra Dance grant funds are used to support free admission to people who might not be able to afford the entry fee. Gail noted that the Old Firehouse Concert grant is to subsidize free tickets to concerts for community members who might not be able to afford the entry fee.

Cathy reported from the Scholarship Committee: In 2015, nine scholarships were awarded, totaling \$9,600. Thanks to infusion of cash from school tax stabilization fund the balance has increased. Cathy thanked the community for the donations made to the scholarship fund. She described what the scholarship committee members do. Last year’s committee was composed of Bob Lloyd, Ruth Drachman, Rene Wilbur, Annie Robbins, Tess McGinley, Nelson Jaquay and Caleb Scott.

Cathy called for volunteers for the 2017 committee: Tess McGinley, Rene Wilbur, Nelson Jaquay and Jan Krantz volunteered. Cathy will contact Ruth, Caleb and Annie and see if they are still interested in serving on the committee.

Melody reported from the camp scholarship committee: Scholarships are for day camps, on a sliding scale (families contribute something, depending on need).

In 2016, three families were awarded scholarships, totaling \$706.25.

Melody encouraged more people to apply for camp scholarships. Ramsey added that he highly recommends the conservation camp.

Elections to TCF committee:

Helen nominated Ray Pratt, seconded by Melody. Jo nominated Asha Carroll, seconded by Helen; Jo nominated Arne Majorell for the one-year term (vacancy due to resignation of Annie) seconded by Gail; Gail nominated Patti, seconded by Jo. No further nominations. Motion carried.

Cathy nominated Jan as Chair, Ray as Vice Chair, Cathy as Treasurer, Helen as Secretary. Seconded by Betti Jaquay. No further nominations. Motion carried.

Cathy reflected on 1988-89; Town Meeting met in the actual firehouse (full of diesel fumes), and then a donation came in and eventually turned into an amazing community center. The leftover money (\$85,000) was turned into yearly grants and scholarships, and over \$200,000 at the Vermont community fund.

No new business.

Tinmouth Community Fund meeting - May 20, 2017

Helen Mango

Present: Jan Krantz (Chair), Ray Pratt (Vice Chair), Cathy Reynolds (Treasurer), Ramsey Yoder, Melody Squier, Helen Mango (Secretary) and new member Arne Majorell. Also in attendance were Jo Reynolds and Gail Fallar (former TCF board members) and Grant Reynolds.

Jan welcomed new member Arne Majorell and said that new member Asha Carroll was out of town and couldn’t attend.

Jan gave an overview of the Tinmouth Community Fund. It was begun in December of 1999, as a result of funds leftover from the building of the Tinmouth Community Center (about \$85,000). It is run through the Vermont Community Foundation, which manages the funds. We solicit money twice a year for the TCF and the scholarship fund. A big fundraiser is also the annual Plant Sale. There are three parts to the fund – community grants (usually \$500) to individuals and groups to benefit the community, scholarships for post-high-school education (begun in 2012), and K-12 camp scholarships (begun in 2014) (this is a cost share between the family and the fund). The TCF meets three times during the year (including the annual meeting on Town Meeting Day).

Ramsey added that we used to have “the ugliest firehouse in the state,” and efforts to make it look better got the whole Community Center and Community Fund ideas rolling.

Cathy explained that the VCF manages money for individuals and groups who want to manage funds in perpetuity. It is a charitable foundation, and recommends that we spend 5% of our balance each year for grants. It began as a “donor-advised” fund, and is now a “non-profit” fund managed under the auspices of the Town of Tinmouth. The VCF keeps 1% (rather than 2% when it was a donor-advised fund). The Endowed fund contains 75% of our funds (but we can only get 5% out per year), and the reserved fund contains the remaining 25%, which can be used for big projects that need more than what 5% would be. The Endowed Fund contains \$235,342, the Reserve Fund contains \$45,193, and the checkbook balance is \$12,906 (some of this is currently encumbered). Of the total (\$293,441), the scholarship portion contains \$134,863 and the Community Fund portion contains \$158,578.

Cathy recommends that we take 5% of the scholarship funds (\$6,743) plus the Plant Sale money, which comes to about \$10,500, and use this for scholarships (post high school).

We will award post-high-school scholarships in June, and write a report and attach it to a solicitation letter to the community requesting donations.

Last year \$14,252 was raised through solicitations for donations. This includes an annual anonymous \$10,000 donation that goes straight to the VCF. We put the total in the VCF, and we’ll spend 5% of the total, plus the Plant Sale.

The overall goal is to grow the fund in a sustainable manner so that this can continue as long as possible (forever would be nice). Cathy added that we have not yet approached community members with the idea of leaving money to the TCF in their wills.

Cathy moved that we allocate \$10,500 to the post-high-school scholarship fund, seconded by Melody. Motion carried.

Cathy moved that we allocate \$1000 every year to the K-12 scholarship from the Community Fund portion. Seconded by Ramsey. Motion carried.

Through the VCF we made about \$10,000 in dividends last year, and the same in the *first quarter* of this year. The stock market is improving.

Motion to direct the treasurer to withdraw \$4000 from the endowed fund at the VCF for scholarships made by Cathy, seconded by Ray. Motion carried.

Cathy moved to accept the minutes of the March 4, 2017, annual meeting (as amended by Gail and Melody). Seconded by Melody. Motion carried.

Jan discussed the summer donation appeal letter. This needs to be sent to Tales by June 20. Cathy will send Jan a template of the letter and Jan will update it. The scholarship award ceremony will be later in June (at a date still to be determined). The letter will be run off before June 26. A group will meet at the Town Office on June 26 at 7:00 p.m. to put labels on envelopes and attach them to the solicitation letter to be incorporated in the July issues of *Tales of Tinmouth*.

Melody reported that there are two applicants for summer camp, one for basketball camp and one for a general summer camp, and these have been awarded funds.

Jan moved, seconded by Cathy, to adjourn. Motion passed. The meeting was adjourned at 9:20 a.m.

Solid Waste and Recycling Committee (SWARC) meeting, May 15, 2017

Present: Gail Fallar, Wheaton Squier (chairman), Rick LaCroix, Jonathan Czar, Helen Mango (secretary). (Alan Held was unable to attend.)

Wheaton called the meeting to order at 6:22 p.m.

Jonathan was welcomed to the committee.

Motion by Gail nominating Wheaton as chairman, seconded by Rick. Motion carried. Helen volunteered to continue as secretary.

Gail moved, and Wheaton seconded, to approve the minutes of February 16, 2017. Motion carried.

Gail brought a copy of the Tinmouth “Ordinance Regulating Solid Waste” (from 1994) for review by the committee. This can be used to enforce clean-up of solid waste that is not being properly disposed of. The SWARC should review the Ordinance before the next meeting and make any recommendations for changes to the Select Board.

Gail reported that Gunner is back as Transfer Station attendant.

The Select Board is going out to bid for an RFP for a master plan for the Town Garage and Transfer Station site. The Select Board is hoping to have proposals at their June 8 meeting. Once they have selected a contractor, they will set up a plan and a schedule.

Wheaton reports that his composting facility continues to progress.

Rick reported that some plastic items that we cannot recycle are still showing up in the Zero-Sort roll-off. Helen will put periodic notes in Tales that reminds people of individual items that cannot go in the recycle bin. e.g. No bags, no Styrofoam.

We could also make a magnetic sign to put on the Zero-Sort roll-off to remind people of what is and is not recyclable. Wheaton will look into the cost of such a sign.

Gail explained the SWAC (Solid Waste Alliance Communities) to Jonathan.

Next meeting of the SWARC is scheduled for Thursday, August 25, 2017, at 5:00 p.m.

~Meeting Highlights~

(Complete minutes are available at the town office.)

Select Board ~ 5/10/17

Present were members Frank Sears, Matt Patry, and Cathy Reynolds, as well as Tom & Zak Fuller (Fuller Sand & Gravel); Mike Mullin (Pike Industries); Eric Buffum – Road Commissioner, Sherry Johnson, Grant Reynolds, Stan Wilbur, Jan & Ken Krantz, Laurie Phillips, Doug Fontein, Kim Harbaugh at 8:30, and Gail Fallar – Board Assistant.

Board opened Paving and Road Reconstruction bids. Four bids were sent out, two firms were present with their proposals. Fuller bid \$167,474 on the reconstruction on Route 140 and \$57 per ton for paving further along Route 140. Pike bid \$159,944 for the re-construction and \$64 per ton for paving. Board reviewed bids; tonnage for gravel and paving differed (were not specified in the bid documents), and neither totaled the \$275,000 budgeted. (Gail reported the Agency of Transportation has given preliminary approval of the \$175,000 paving grant.) Board calculated the remainder for paving. After much discussion, Board voted to accept the Fuller bid, based on overall total cost as it was more economical for the town.

Jan presented photos of more bake ovens and more information regarding their construction, and asked permission to build it just north of the Old Creamery, and bring in fill (it is already there – Gail and Cathy arranged for it). Matt noted it needed to be aesthetically pleasing as it was being built in the center of town. After more discussion about the oven, and the need for a pitched roof over it, Board voted to allow Jan and her crew to proceed and to allocate up to \$1,000 if needed, beyond the \$500 TCF grant.

Eric reported grading has started, still filling in pot holes, will start ditching soon. Ronnie left to fight forest fires in Georgia and Florida for a week, Michael Buffum did not show up for any volunteer work.

Stan reviewed draft RFP (request for proposals) regarding the town garage and property, will provide a list of engineering firms to send it to. He advised the Board to consider the qualifications of the proposing firms and then consider the cost. Grant mentioned the Planning Commission would like to have a community solar array considered for the property. There has been talk over the years of using the back 8 or 9 acres for public recreation, so access for that will need to be considered as well. Board added provisions for water and septic to the scope of work, and approved it to be sent out.

Eric reported that Earle's Trucking would not negotiate in regards to the damage done to the big truck when the lug nuts loosened after brake repairs. It is hard to prove whose fault it was. The truck did have chains on driving on pavement for snow plowing. Laurie suggested using another repair shop – noting others have had troubles with Earle's. Board does not want to micromanage the road commissioner – Eric advised he will give them one more chance.

Board reviewed the Personnel Policy Addendum C, making a few edits for clarification. It seems ready to send to VLCT for review.

Gail reported clean-up of trash on Mountain View Road has been promised, should have taken place before the meeting this evening.

Board discussed website support, updates are needed (Zoning Regulations for instance need its index fixed), getting a new computer, etc.

Board discussed whether to ask the School to assume plowing the Church and School parking areas. Grant was adamantly opposed. Road crew has a hard time now getting it done as well as the roads plowed for the bus routes. School will be starting 20 minutes earlier next

year. Also discussed was having them pay for trash disposal and summer mowing of the ball field. After much discussion and the need for more information, the issues were tabled until the next meeting. It was mentioned that many years ago, the Church agreed to parents and others using their parking lot in exchange for the plowing.

Board signed Warrant for Unlicensed Dogs. Constables will now be able to pick them up if the owners do not get the dogs registered/licensed.

Board reviewed financial reports, questions were answered.

Sherry again requested action regarding the right of way on East Road being used by a business. Gail reported she has spoken with the County Sheriff's office, Board would like them to attend the June meeting.

Board signed and sealed the 2016 Grand List. There is no appeal or suit pending.

Board decided to hold its July 13th meeting at the Pavilion on Tinmouth Pond – Town is renting the property for a week through a grant from the Tinmouth Community Fund.

Laurie inquired about Neighborworks and its efforts to build another house at the October Hill affordable housing development. Hadn't their permit expired? Gail will research.

Planning Commission ~ 5/6/17 ~ Special Meeting

Present were members Grant Reynolds, Bob Lloyd, Denise (Tess) McGinley, Kim Harbaugh, and Vito Macaluso, as well as Gail Fallar – Secretary.

Bob presented new renewable energy maps he had made – one in detail and one that is a two-tone version of that map, which is easier to read and not as “busy.” Members reviewed, suggested adding the Zoning Regulation's Protection Zone and the Flood Hazard Overlay shown on the Zoning Map.

Members decided that this map also needs to contain a statement that the solar suitability was based on information provided by the state; the areas shown as suitable are from that information, not a choice made by the Planning Commission. It also needs to clarify that landowners have to allow such use. Vito offered to take photographs of current solar arrays in Tinmouth for inclusion in the town plan – he will send them to Bob.

Members reviewed a plan mark-up done by Grant – up to page 45. Editing was done for typos, old information, etc. Bob has undertaken the huge task of converting the current town plan into a Word document (thank you VERY much). He will be in charge of all editing and keeping the master copy. He added an outdoor recreation section – members approved.

Grant volunteered to re-write the Affordable Housing section, as well as continue through the plan looking for other areas needing correcting/updating.

A note – the fiber optic system requires back-up batteries – this may need to be addressed in the new plan in the Emergency Preparedness section.

Planning Commission ~ 5/18/17

Present were Michael Fallar, Grant Reynolds, Kim Harbaugh, Vito Macaluso, and Bob Lloyd, as well as Sherry Johnson and Gail Fallar – Secretary.

Members continued review of updates to the town plan. Bob reported he now has it in editable form, has all changes/suggestions made to date and is ready to add them. Grant had reviewed the Plan page by page, making suggestions, deletions (outdated information), additions of new information, etc. The PC reviewed pages 1-45 at its May 6th meeting, and continued the review to the end at this meeting.

The section on PUD's (planned unit development) was discussed – should it be left in the plan but not promoted? Does it really have a place in Tinmouth's planning needs? – Most folks want to move to Tinmouth to have elbow room, not be close to neighbors – that was one of the assumptions gathered from the recent community survey. Members decided to remove it from the Town Plan. There have been only three in town, all dealt with affordable housing and protecting remaining land in the parcel, all leave something to be desired. Affordable housing is better located in larger communities with access to bus routes, shopping and medical care. Members also decided to eliminate the term “smart growth” as it was not defined in the Plan and seems to be widely meant to create a village area to concentrate growth in and around. Tinmouth has not developed that way, and is not likely to in the future. Bob will connect with RRPC regarding finalizing maps for the updated town plan.

Bob will now incorporate all for the next meeting; hopefully it will be ready to be accepted and proceed to public hearing by the Planning Commission. It will then

go to the Select Board and they will have a hearing; they can propose changes and/or adopt it as presented.

Gail advised that someone from Sudbury has called to inquire about electrical usage in Tinnmouth – figures provided to the Rutland Regional Planning Commission and distributed by them seem outrageously high. Sudbury and Tinnmouth are similar in size; this person had challenged Sudbury's and the supposed electrical usage was reduced tremendously, but he wanted to inquire about Tinnmouth (did we have a huge warehouse using tons of electricity?) before he questioned our data at the RRPC. Members raised concerns with the data being used by RRPC, Kim reported that at the energy meeting he attended at RRPC, he was advised that the total energy requirement for the county was going to be divided by 27 (the number of towns in the county) and each town was going to have to make plans for that much renewable energy. Bob urged members not to be concerned about the regional energy plan – a town can't make a landowner install a commercial energy facility – it would take care of itself.

Next regular meeting was scheduled for June 15, 2017.

Old Creamery Committee ~ 5/20/17

Present were members Stan Wilbur, Vito Macaluso, Alan Held, Grant Reynolds, and Doug Fontein, as well as Jan Krantz, Jo Reynolds, and Gail Fallar.

Jan reported the Select Board had approved a site for the community bake oven, north of the creamery; some fill has already been brought in. There will be a small roof built to protect it from the weather. There was discussion about the exact location, OCC members felt it should be five feet behind the main building's west face and at least 10 feet from the building. This will enable the porch to be used when the oven is in operation. Once the fill has been spread it might be easier to locate; also need to consider snow plowing requirements for the parking lot.

Members opened the only bid received for work repairing and replacing the roof. It was sent to eight local contractors. Ken Krantz was awarded the contract with a bid of \$7950. Indications are that the work will be done by July 15th.

Alan reported on his effort to round up volunteers for repairing the south wall foundation. His plan was to remove loose stones, build a grade beam on top of the boulders currently at the bottom and then replace the removed stones, mortaring them in place. Members discussed replacing the top of the wall with a concrete wall. Doug felt that it was more than volunteers could be

expected to do and that a contractor should be hired. Members took a brief site visit before deciding by consensus to wait until next year to tackle that project and perhaps include replacing clapboards on the south wall as well.

Members then discussed the porch roof celebration scheduled for July 15th – noting the new roof on the building may be in place as well. Stan volunteered to be the master of ceremonies; his uncle, Roland Wilbur, who once worked in the creamery, will be guest speaker. There will be music provided by the Better Than Nothing Band, refreshments – perhaps the pizza oven will be in operation by then, perhaps home ice cream can be made, or maple creamies. There is a list of farms that brought milk to the creamery – families of those will be invited as well as folks living on farms that are no longer in operation.

The next meeting will be held at the call of the Chair.



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Recipe Corner – Raspberry Oatmeal Bars (gluten-free)

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 2 tsp. vanilla, divided
 1 cup gluten-free Oat Flour (e.g. Bob's Red Mill brand)
 1 cup gluten-free Rolled Oats (e.g. Bob's Red Mill brand)
 1/2 cup sugar
 1-1/2 tsp xanthan or guar gum
 1 tsp. baking powder
 1 tsp. grated lemon zest
 1/2 tsp. sea salt
 2/3 cup raspberry jam or preserves (apricot jam or orange marmalade is also good)

Preheat oven to 375 degrees F. Generously grease 8 by 8 inch pan. In medium bowl, combine melted butter and 1 tsp. vanilla. Stir in all dry ingredients until thoroughly blended. Press 1 cup of oat mixture firmly on bottom of pan. Stir remaining vanilla into jam/preserves, then spread evenly on top. Sprinkle remaining oat mixture over jam, and pat firmly to make a top layer. Bake 20-25 minutes or until top is lightly browned and firm. Cool bars in pan for 30 minutes on wire rack. Cut into 16 squares and serve at room temperature. Makes 16 bars.

–Recipe submitted by Beth Eaton

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The Ticks Are Out. Here's How to Be Tick Smart

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May is Tickborne Disease Awareness Month

BURLINGTON – Tick season has arrived, but the Health Department says Vermonters can enjoy being outside in our beautiful state by knowing how to avoid ticks and their bite.

Visitors to the healthvermont.gov/BeTickSmart website will find information and resources about how to avoid ticks and what to do if you find one. The department has also updated its crowd-sourced [Tick Tracker](#), where people can share information about ticks they find around the state.

Reports of tickborne diseases in Vermont are up, in part, because of the greater awareness of symptoms and illness by the public and health care providers. In 2015, Vermont had the highest incidence of Lyme disease in the country. The number of reported cases of anaplasmosis quadrupled since 2012, and last year saw the first Vermont cases of a newly recognized tickborne disease caused by *Borrelia miyamotoi*. Health officials have also been on the watch for Powassan virus, which has been reported in surrounding states.

“Vermonters can get ill with a tickborne diseases at any time of year, but ticks are very active right now, so most people get sick in June and July,” said Bradley Tompkins, infectious disease epidemiologist at the Health Department. “Absolutely, we all should be out enjoying what Vermont has to offer – whether a walk in the woods, gardening or outdoor sports,” said Tompkins. “Just make it a priority before you go out the door to know the basic precautions for preventing tick bites.”

Health Department offers these tips to Be Tick Smart:

Protect

- Use an EPA-registered [tick repellent](#) on skin
- Apply permethrin to clothing
- Wear light-colored pants and long sleeves

Check

- Perform daily tick checks on yourself, children and pets
- Shower soon after spending time outdoors

Remove

- Use tweezers to grab the tick up close to skin
- Pull the tick straight up, do not twist
- Wash hands and bite area with soap and water
- Put clothing into the dryer for 10 minutes on high heat

Watch

- Symptoms may include fever, headache, joint pain, muscle aches, fatigue or a rash soon after a tick bite. Not all people with Lyme disease report a rash
- Symptoms may begin as soon as three days after a tick bite, but can appear as long as 30 days after a bite
- Contact your health care provider if you develop any of these symptoms

Go to healthvermont.gov/BeTickSmart for facts about tickborne diseases in Vermont, to see a video to learn how to safely remove a tick, and to order educational and awareness materials like booklets, cards and stickers. The Health Department's Tick Tracker allows people to go online and report where they encounter ticks. This crowd sourced tool provides a way to collect and share anecdotal information about where, and what kind of ticks people find. Launch the Tick Tracker at healthvermont.gov/tracking/tick-tracker.

For health news, alerts and information, visit healthvermont.gov



Photo Donated by Emmet Francois

2017 Plant Sale

Tinmouth Plant Sale Thank You!

Many thanks to all the diggers, potters, sign makers, plant movers, plant sale workers and plant purchasers. \$4137 was raised to support the Tinmouth Scholarship Fund. See you next year at the sale on the day before Mother's Day for the 34th Annual Plant Sale.

Tinmouth Scholarship Awards

Join the Tinmouth Community Fund on **Monday June 19** at 7:30 at the Old Firehouse for the awarding of \$10,500 in scholarships to Tinmouth scholars. Ice Cream Cake will be served, and all are welcome to join in the celebration of Tinmouth's scholars.

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