

# the marlboro mixer

Vol. 12 No. 3 | May • June 2015

A FREE newsletter for the  
town of Marlboro, Vermont

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### Also available by email if requested

(save paper,  
save money!)

For submissions or to  
receive the Mixer,  
please contact  
Meg McCarthy  
802-275-7212  
meg@megmccarthy.com

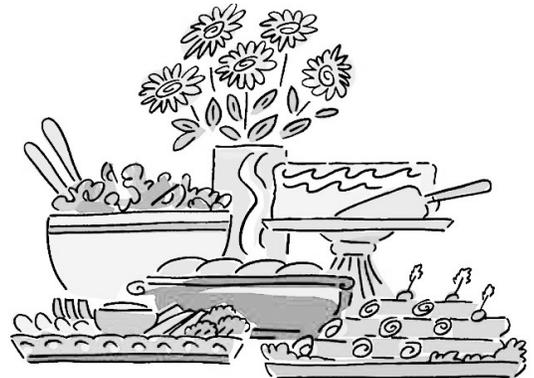
### We're online, too.

See us at:  
marlborovt.us

## The annual Community Potluck Supper and Raffle

June 30, 6:00 PM  
at Marlboro Meeting House

Please bring food to share that you would love to prepare and eat. Beverages will be provided. Wonderful raffle items will be on hand. Tickets are available at the door for \$1 or six tickets for \$5. Suggested donation for the potluck supper is \$3 and \$1 for children ages 5-10. One free raffle ticket is included for each donation. Proceeds benefit Marlboro Meeting House building fund.



## May 2nd is Green Up day!

Come join your community in this very special Vermont tradition. What a lovely day when we can all come together to make our communities more beautiful. Please visit the Post Office for your Green Up bags and to highlight your chosen area in town to Green up! If your children go to Marlboro School, bags will go home with your children the week of Green Up day.



### Come join your community May 2nd to Green Up!

In addition Mt Snow engages the youth of our community in projects like **Choose Snow!**

Green Up's mission is to promote the stewardship of our state's natural landscape and waterways and the livability of our communities by involving people in Green Up Day and raising public awareness about the benefits of a litter-free environment.

## Choose sNOw

Mount Snow's program for area youth to earn a season's pass by performing community service (participation in their towns Green-Up Day).

Participants in the Choose Snow program can contact me directly via email [themama4peace@yahoo.com](mailto:themama4peace@yahoo.com) for more information.

## Select Board Report

The Select Board meets at 5:00 PM every second and fourth Thursday at the Town Office, unless otherwise warned.

The Select Board met at its reorganizational meeting, the first meeting after Town Meeting, and elected Andy Reichsman, Chair, and Pieter van Loon, Vice Chair. The Board adopted a new Select Board Rules of Procedure to reflect the changes that have been made by the Legislature to the Open Meeting Law. It also adopted a Conflict of Interest policy. The documents may be found on the Town website at marlborovt.us under Documents/List of Documents. The Board designated the Brattleboro Reformer as the official newspaper for publications and notices and the Marlboro website as the official website for posting agendas and minutes of all Town boards, committees and commissions.

Position	Available	Term
Conservation Commission	Charlie Schneeweis	4 years to 2019
Conservation Commission	Jim Irish	4 years to 2019
Development Review Board Member	Jean Boardman	3 years to 2018
Development Review Board Member	Anthony Gordon	3 years to 2018
Development Review Board Member	Gail MacArthur	Term Expires 2017
Development Review Board Alternate	Steven John	1 year to 2016
Development Review Board Alternate	Patti Smith	1 year to 2016
Development Review Board Alternate	Bennett Grout	1 year to 2016
Development Review Board Alternate	Alice Herrick	1 year to 2016
E911 Coordinator	Allan McLane	1 year to 2016
Town Communication Coordinator	Allan McLane	1 year to 2016
Inspector of Lumber, Shingles, Wood	Robert Anderson	1 year to 2016
Hogback Preservation Commission	Hal Himmelstein	3 years to 2018
Hogback Preservation Commission	David Elliott	3 years to 2018
Planning Commission	Staley McDermet	4 years to 2019
Rescue Inc. Representative	Daniel Garcia-Galili	No Term Limit
Senior Solutions Representative	Emily Kunreuther	1 year to 2016
Senior Solutions Representative	Lucy Gratwick	1 year to 2016
Service Officer	Robin White	1 year Apr 15-Apr 14
Tree Warden	Pieter van Loon	1 year to 2016
Weigher of Coal	Hugh Whitney	1 year to 2016
Windham Regional Commissioner	Edith Mas	1 year to 2016
Windham Solid Waste Management District	Anthony Gordon	1 year to 2016
Windham Solid Waste Management District	Stillman Vonderhorst	1 year to 2016

The public is always welcome to attend Select Board meetings and we value your input. There is always a ten-minute period at the beginning of every meeting for unscheduled open public comment. Contact the board by email at marlboroselectboard@gmail.com or by post at Select Board, PO Box 518, Marlboro, VT 05344. Visit the website: marlborovt.us.

## South Pond 2015

Clean-up day is Saturday May 30th,  
10am- noon (Rain or shine)

Attending both the May and September clean-up days entitles you to a "working membership." Coffee, juice and donuts will be provided. Please bring baked goods for a potluck breakfast!

Clean-up day tasks this year include:

- Cleaning up the parking lot
- Splitting and stacking wood from felled trees
- Putting out the docks
- Mowing grass
- Sweeping and cleaning the bathhouses
- Setting up swings and tetherball
- Raking beaches

Please bring boots and gloves. Especially needed are: mowers, rakes, shovels and wheelbarrows.

**Annual Meeting** to take place among members present after clean-up. Issues include membership limits and the institution of a wait list. We'll continue to clear out unused boats.

**Fees** are the same as last year:

\$84 for families, \$48 for working families

\$48 for individual, \$24 for working individual.

Working members must attend both May and September clean-up. **Family membership:** More than one person in a household using the pond. This includes: a couple, parent(s) and child/children living together. Can include adult children living at home. Adult children living elsewhere may be the guest of a member but must be accompanied by the member. At least one person in the household must be a registered voter in the town of Marlboro. **Individual membership:** A single person using the pond. The individual must be a registered voter in the town of Marlboro.

### **Pond Committee**

- Mimi Brill, President
- David Rountree, Vice President
- Carol Brook de-Bock, Secretary
- Julianne Mills, Treasurer

## News from Marlboro Cares

### PERS and Are You OK? Two Services for Elders Who Want to Stay at Home

Marlboro Cares wants to remind everyone about these two services that can help us stay safer and longer in our homes as we get older.

**Personal Emergency Response Systems (PERS)** provide a wearable device and a base unit. If you fall or are stung by wasps or have some other crisis and cannot get to a phone, just press the button and help is on the way. The base unit automatically calls a center which contacts a family member, neighbor, or friend that you have named. You must, of course, wear the device! It comes as a bracelet or a necklace. There is a monthly fee for the service. (This service is not the same as the Lifeline program that helps reduce telephone bills for low income Vermonters.) There are several different companies that offer these services

**Are You OK?** is a program offered by the Windham County Sheriff's Department. Participants must fill out a simple application. Every day the dispatcher at the WCSD will call you at a pre-arranged time. If you cannot be reached, the dispatcher will call a family member, neighbor, or friend, that you have named, to check on you. This program has been running since 1997 and is designed to compliment, not replace, a PERS.

If you would like help enrolling in Are You OK? or in finding a PERS that works for you, call Marlboro Cares at 258-3030, leave a message, and someone will get back to you.



## 2015 Marlboro Alliance Scholarships

The Marlboro Alliance is offering scholarships to students whose main residence is the town of Marlboro, Vermont. These Scholarships are made possible by the community's generous donations to the Marlboro Alliance Scholarship Fund.

Scholarship grants will be available for students grades K through 8 attending summer 2015 educational programs.

Summer Activity Scholarships are also available for high school students grades 9-12 attending summer 2015 educational programs.

Scholarships for Marlboro's graduating High School seniors, or college students pursuing continuing undergraduate education in the 2015-16 academic year, are also available. Students who have already received a Marlboro Alliance Scholarships may re-apply.

Full Guidelines and information for all scholarship applications are available online the Marlboro Alliance Website, [marlboroalliance.com](http://marlboroalliance.com) and at the Marlboro Elementary School website. Scroll down the homepage at <http://marlboroschool.net/>.

Printed guidelines are also available at the Parent's bulletin board at the Marlboro School and at the Marlboro Town Clerk's Office.

The Marlboro Alliance is a 501(c)(3) charitable non-profit community organization. Since 2007, the Scholarship Fund has raised over \$27,000 and made grants to dozens of Marlboro's Elementary and High School students for summer programs and for higher education. The Marlboro Alliance is an all-volunteer charitable non-profit organization that includes Marlboro Cares, The Marlboro Fair and the Marlboro Mixer. Our EIN registered with the IRS is: 87-0766177.



## Meeting House School Open House Events!

The Meeting House School, a preschool for 3-5 year olds located in the center of Marlboro, will have several open house events this spring. If you have a preschool age child (or know one), we hope you will come visit our school!

Meeting House School is a small, play-based and nature-based preschool program. Our mission is to ensure the program is affordable and inclusive for all families; to offer a play-based, nature-based, age-appropriate curriculum that will prepare children for Kindergarten; and to give our students the social skills that will enable them to live, work and play together in cooperation and harmony.

**Our May open house dates are May 5th, May 11th and May 20th from 8:30-11am.**

May Please contact our Director, Patti Donnelly, at 257-0801 or [luvlyluna2008@gmail.com](mailto:luvlyluna2008@gmail.com), to schedule a visit during one of these open house dates. We recommend visiting without your child during your first visit, so that you can ask questions and observe the classroom unhindered. We look forward to meeting you!

### Friday Morning Playgroup

During the school year the Meeting House School also hosts a free, parent-run playgroup for babies and toddlers (and their care givers) on Friday mornings from 9:00-11:00. Stop by sometime to meet other parents and children in the area and explore the school!

You can also visit our (new!) website to find out more at: [www.meetinghouseschool.com](http://www.meetinghouseschool.com)

## News from Marlboro Elementary School

MES is diving into spring with field research in New York City and in Costa Rica. David Holzapfel will be taking his last amazing trip to NYC, April 14-17. This trip combines a study of immigration by the whole class and individual projects by each student. Here's a list of this year's topics:

- Ben - Rockefeller Center
- Broden - Fashion Institute
- Camilla - Broadway Theater
- Cyrus - Geology of NYC
- Forrest - Empire State Building
- Jeremiah - Waterways of Manhattan
- Jordan - Subway system
- Madison - Statue of Liberty
- Makenna - VanGogh
- Merou - The New Yorker
- Nieve - Garment District
- Samantha - Set design on Broadway
- Sloan - Street fashion vs "high" fashion as seen at the Institute of Fashion

Whenever possible, David arranges for each student to interview a professional in the field. For example, this year Merou will speak with someone at the New Yorker.

As you may already know, David will be retiring at the end of this school year. Pam Burke will move into the 5th-6th grade position. She is accompanying the class to NYC this spring so that she can get the lowdown on how to put together this trip.

Meanwhile, Rachel Boyden, Tim Hayes, Gail Greenleaf, Spanish teacher, and the Junior High

students are busily preparing for field research in Costa Rica. This is the focus of their social studies, science, and language arts studies - and they're also needing to spend a lot of time on fundraising. The trip expenses have increased and the trip is now a day longer than we'd planned (so more expensive, too!) as our airline announced that they are not flying on the day we'd originally planned to leave. Parents and students are taking on this challenge and you can help, too!

Here's our posting on the Marlboro Front Porch Forum: Every single student, regardless of ability to pay, will go on this amazing trip where they will be immersed in a new culture and new ecosystems. We are fundraising for the trip and hope you can help.

1) Buy a raffle ticket for a student made rustic bench or for a calendar raffle with a different item for each day in May. Students will be selling these tickets at the Marlboro Post Office and at the Brattleboro Food Co-op every Saturday morning until they leave for Costa Rica on April 29.

2) Go online to Indiegogo to The Little School that Could [www.indiegogo.com/projects/the-little-school-that-could/x/693828](http://www.indiegogo.com/projects/the-little-school-that-could/x/693828)

Thanks for your support!

Here are some important end of year dates for Marlboro School:

- May 20 . . . . . Hogback Day
- June 2, 6:30pm . Spring Concert and Art Show
- June 11, 7pm . . . Consortium
- June 15, 7pm . . . Graduation



## May + June Calendar

Through May 6

Marlboro College Campus Store Hosting Alumni  
Craft Shop

May 1- May 30

Exhibit at River Garden Gallery: "Creative Visions:  
Poetry, Art and Beautiful Handmade Books by  
Young People from The Poetry Studio"

May 2

Green-Up Day

May 5th, May 11th and May 20th from 8:30-11am

Open House at Meeting House School

May 20

MES Hogback Day

May 30, 12-3pm

Vermont Performance Lab: Open Lab

Presented by Vermont Performance Lab in association  
with Marlboro College

Contact Vermont Performance Lab at 802-257-3361 or  
visit [www.vermontperformancelab.org/events](http://www.vermontperformancelab.org/events)

May 30, 10-noon

South Pond clean-up day

June 2

MES Spring Concert and Art Show, 6:30pm

June 11, 7pm

MES Consortium

June 15, 7pm

MES Graduation

June 19 - 21

Pride Weekend in Vermont!

Film, artist talk and workshop. See [www.cineslam.com](http://www.cineslam.com)  
and [vermontperformancelab.org](http://vermontperformancelab.org) for information

June 30, 6:00pm

Community Potluck and Raffle,  
Marlboro Meeting House

## From the Poetry Studio

by Ann Gengareilly

Exhibit at The River Garden Gallery,  
May 1- May 30

**Creative Visions: Poetry, Art and Beautiful  
Handmade Books by Young People from  
The Poetry Studio**

This year is the 20th anniversary of the opening of The Poetry Studio where so many young people in Marlboro have attended after-school programs or summer workshops that combine Poetry and Bookmaking.

For many years my husband, Tony, and I have dreamt of an exhibit that features the extraordinary creativity that unfolds in the studio. We are excited to be having an exhibit at The River Garden Gallery during the entire month of May--**Creative Visions: Poetry, Art and Beautiful handmade books by Young People from The Poetry Studio**. Students from the past two years, ranging in age from six to sixteen, will have their work displayed.

The exhibit demonstrates the marriage between word and image: sometimes a painting or collage accompanies a poem. Other times the students' art stands on its own as a visual statement. The handcrafted books on display introduce yet another form of artistic expression, the beautiful books becoming a vessel for the extraordinary poetry and art.

We can't imagine a richer way to share the students' exceptional creativity with a larger community. Mary Oliver, in a recent interview, spoke about how poetry is *old...sacred... a community ritual*. She stressed how poetry has been *communal for years and years. A poem is for anyone or everybody; it's a giving. ...a gift*.

We hope that you will pause in your busy lives, stop by The River Garden Gallery during May and receive the *gifts* of these students. It is a privilege to have the opportunity to celebrate not only the wisdom that unfolds in so many of the poems, but also the beauty of the art.

## What Is This Reiki I Keep Hearing About?

by Megan MacArthur Littlehales

Reiki as a healing concept has been rising to the surface more and more recently and curiosity is growing as to what exactly it is. Reiki is an ancient hands on healing art from Japan that is used for restoring balance and health to whoever receives it. Reiki utilizes the universal life force energy that flows through all things. As a healing modality this was re-discovered by Buddhist monk Mikau Usui in the 1920s; during a 21 day fast on a mountain side in Japan he became attuned to the energy, how it flowed around and through him, and out his hands. When he left the mountain he started sending the energy to people he met and discovered they were being healed. He began to teach and spread the information, and from his disciples it came to the west.

An attuned Reiki master acts as a conduit for this healing energy to flow through them and out of their hands. The Reiki then flows into the recipient's body/mind/spirit, wherever it is needed, releasing energy blockages and increasing life force, and offering deep relaxation, relief of stress and anxiety, and general increased well-being. The end result of this change in energy can be very effective in healing illness, boosting the immune system, lowering blood pressure, preparing for or recovering from surgery, pain relief and more.

In a typical session the client lies comfortably on a massage table, or sits in a chair, while hands are placed in various positions to allow the energy to flow and work its magic. The receiver may experience sensations of warmth, coolness, tingling, all of which will be soothing and gentle.

Generally a Reiki treatment will last about an hour, and a recipient can expect to feel very relaxed and peaceful at the end. They should plan on drinking a lot of water for the rest of the day to continue the flushing of energy blockages, and pay attention to any shifts that may be noticeable within the body/mind/spirit.

Reiki is also offered to animals for all the same reasons- emotional concerns, stress release, illness, injury, pre- and post-surgery, general well-being, etc. Things may proceed differently in an animal Reiki session. Animals are much more sensitive to energy so often they are not comfortable receiving it directly through touch. In this situation a little distance is needed. This is just as effective however, as Reiki follows intention, so the practitioner will sit at whatever distance feels appropriate to the animal and offer Reiki. In most cases they will come closer, stand or lie at the practitioner's feet or nearby, and fall into a deep Reiki nap. The gratitude shown when the session is finished can be quite profound, as can the subtle and not so subtle shifts within their being as they go on about their lives.

Our day to day lives are so busy and stressful that it may seem challenging to make the time to try something new, but Reiki is worth the effort. Every being deserves that gentle, healing, goodness in their life.

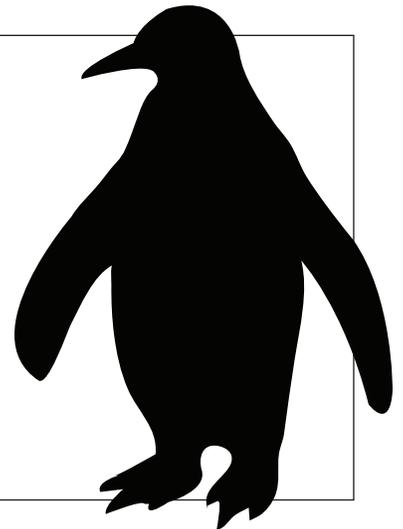
*Megan MacArthur Littlehales is the sole proprietor of Lady Moon Holistic Health in Marlboro, VT. Her website is [ladymoonreiki.blogspot.com](http://ladymoonreiki.blogspot.com)*

## Galapagos Islands Lecture

**at the Meeting House in Marlboro center on Wednesday, April 29 at 7 P.M**

Marlboro Cares will present a lecture by Bob Engel about the Galapagos Islands, including recent, ground-breaking research. The talk will include slides that show the islands' dramatic landscapes as well as the spectacular marine and terrestrial life that calls the islands home.

If you need a ride, call 258-3030 and leave a message.



## Marlboro Town Services Want to list your business or skills here? Call or email

**Lance C. Shader**, 464-5676, Attorney at Law

**Malcolm Moore**, 254-5664, surveygmls@gmail.com Green Mountain Land Surveying

**Boat building**, repair, maintenance & woodwork for the home. jmark@sover.net, 254-6955

**Mountain Meadow Farm**: 348-7344  
Organic Beef; Composted manure

**Kevin Hamilton**: 257-5666  
Softwood shavings; maple syrup; cordwood

**Russell Horton** 254-2651, Drum repair and lessons

**Applewoods Studio and Gallery**, 254-2908  
Turned vessels and wood furniture

**Wylie Carlisle** 579-8311 Landscaping and lawn services

**Rob Shapiro**, chipping services 254-2570

**Absolute Computer Solutions**, 413-388-8041 (in Marlboro)

**Jerry Lundsted** 254-6512. Earthwork, excavating

**Whetstone Ledges Farm** 257-7328  
Maple syrup, seasonal produce, berries

**Green Power**, 2063 Route 9, Small engine sales and repair

**John May**: lawn care, landscaping, excavator work and more. 579-8890

**Lucy Gratwick Fine Handweaving** 257-0181  
Functional hand-woven apparel

**Donald Sherefkin, AIA** 254-9736.  
Architectural Services, sherefkin@gmail.com

**Yoga & Yoga Dance** 254-7724 kel@sover.net  
Kripalu Instructors Casey Deane & Kelly Salasin

**Nat Waring Woodworking** 257-4100, custom furniture, built-in cabinets, corian countertops

**Brian McNeice—Bonvue Farm**. Pastured poultry & 100% grass-fed beef. 258-2296

**Greg Burnell** 257-0796 Guitar Lessons. All ages all styles. gregsbues18@yahoo.com

**Walt's Chain Saw Carvings**, Walter F. Ridel, 1947 Auger Hole Rd. 348-7162

**Theo's Handyman Services** (802) 254-4738

**Bob Kreitzer** Custom hardwood frames & more, 464-5992 whoframedbob@myfairpoint.net

**Alcan power equip**: lawn equipment, chainsaws, generators-sales & service 348-7898

**Dave Matt**: firewood, hay, maple syrup 464- 9788

**Brent Seabrook**: Carpentry: Design, Build, Restore, Refinish. 464-5169

**A&J Heating LLC**, Aaron Diamondstone 254-2246. solar hot water and all heating systems

**Green Mtn. Floral Arts**; weddings & special events. Carie Kowalski, 380-2832

**David Johnson**, lawn mowing & odd jobs. 464- 5891

**Skunk's Tree Service** 802.598.4434.

The Poetry Studio- 257-8972 Poetry classes for young people and adults

**Whetstone CiderWorks**, Artisan Hard Cider whetstoneciderworks@gmail.com, 254-5306

**Kate Tarlow Morgan** 257 0855 or katetarlowmorgan@gmail.com Editorial Skills, Stretch Coach/Prevention

**Gary MacArthur**, 257-7026, Solar PV & hot water systems, gwmaca@gmail.com

**Refilling Your Well Counseling**, Robin White 802-254-2246 www.refillingyourwell.com

**Jorge Romo**, Renovation, New Construction, Painting, Roofing, Drywall, Tile 251-0214

**Malcolm Wright**, The Turnpike Road Pottery theturnpikeroad.com, 254-2168

**Sunrise House Painting and Landscaping**. 257-7184 SunrisePaintersVT.com

**Allen Warner** - 464-2099 Painting, Small Carpentry, Pressure Washing, Lawn Mowing & small snow removal

**Ames Hill Storage**, LLC Heated winter storage 802-254-2501

**Lavigne Photography**: 257.6918 lavignephotography.blogspot.com

**Pork, seasonal produce, firewood**, 258-0409 orRob@RamblingBrookFarmVermont.com

**Fred Bisbee** Adirondack Chairs, Picnic Tables, Trellises, etc., made to order, 464-0297

**Photography**, Pet Portaiture & Animal REIKI 860-716-1049, rebeccawhitney8@yahoo.com.

**Meg McCarthy Design** 275-7212, graphic design, web design in Wordpress and Joomla

MARLBORO MIXER  
c/o Meg McCarthy  
PO Box 1768  
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Next Deadline  
June 15 for  
the July / August Mixer