

National VOLUNTEER WEEK



Volunteers find fulfillment with Addison County's emergency services

Ripton's Mark Nelson and Bridport's Paul Miller, along with 10 others, play key roles in helping MREMS run smoothly

By JOHN S. McCRIGHT
MIDDLEBURY — Many people rightly think of Middlebury Regional Emergency Medical Resources as a professional organization that provides the highest level of first-response medical care to people across 10 towns in the heart of Addison County. But before the organization was called MREMS, it was founded in 1970 as Middlebury Volunteer Ambulance Association, or MVAA.

The 21 MVAA charter members included a collection of pharmacists, schoolteachers, foresters, butchers, college professors and others. Regular people who gave 12 hours a week and one weekend a month to help out their neighbors.

Today, MREMS has 49 dedicated members — paramedics, emergency medical technicians (EMTs), heavy rescue operators and other emergency medical responders — most of whom are hired on a professional basis. But a dozen MREMS staffers are volunteers. And they still play a key role in making Middlebury's ambulance service run.

"While volunteers make up a smaller portion of our first responders than when our agency was first established over 50 years ago, they still lead and inspire our organization with their dedication to service," said Kate Rothwell, executive director of MREMS.

Two of those volunteers are Paul Miller and Mark Nelson.

Paul Miller of Bridport had been volunteering in Emergency Medical Services since 2011. But his interest in helping people — particularly in the medical field — dates back to 1970, when he was a field medic in the Army National Guard in New York. Also, his father was devoted to public service as a career firefighter in New York.

For eight years he was also a volunteer on the Bridport Planning Commission.

"I like helping people," Miller said. "I was an Army National Guard medic, I enjoyed doing it, when I moved to Vermont and my son was grown I found it's hard to meet people."

"Volunteering I got to meet people and help them."

After a career as the founder and head of a computer systems consulting company, and then

a pharmaceutical consulting company, he retired. But it sounds like he wasn't ready to slow down too much.

"I lived on the road (working) for almost 10 years, so I retired in 2007," Miller recalls. "I went to EMT school, and then A-EMT school, then paramedic school. I'm currently pursuing a Critical Care Paramedic certification."

He initially used his skills as a volunteer EMT for Town Line First Response, which serves Addison and Bridport. Through his EMT training, Miller learned to do things like hook patients up to intravenous medication. He likes to be useful in that way, but found that the opportunities to use those skills were not very frequent.

"On Town Line I did one IV in six months," Miller recalled. "People (with whom I did my EMT training) said come over to Middlebury (Regional EMS) and you'll get a lot of IVs every day."

So he did add first response hours at MREMS, in addition to Town Line first response. Now he does a weekly 24-hour shift at MREMS — Friday 7 a.m. to Saturday 7 a.m. He gets a stipend for the hours he works at MREMS but is considered volunteer because of the limited number of hours and terms of service.

He found that the hours he put toward emergency response became even more valuable — and more appreciated — when the COVID pandemic struck in 2020.

"I knew we were going to be really busy," he recalls thinking.

He helped out where he could. Miller ended up giving a lot of COVID vaccinations.

"I never had people so happy to get vaccinations in their life," he said. Some gave him hugs.

With his 76th birthday coming up next month, Miller is one of the oldest paramedics working in Vermont — probably the oldest. And he understands that at some point he will not be able to keep up this pace. For now, his service continues.

"There's a lot of self-satisfaction," Miller said. "I really enjoy being with people and helping them."

"That's my motivation."

VOLUNTEERING IN RIPTON

Mark Nelson of Ripton has been volunteering in EMS since

2015 and currently volunteers for MREMS as an Advanced EMT two days a week (between 22 and 24 hours). He is the volunteer captain and head service for Ripton First Response. In Ripton he gets to use his skills as a Wilderness EMT and firefighter, as well.

Nelson said he volunteers so that he can help people, and do so for an emergency medical services agency allows him to serve people who have an immediate need — from dealing with minor medical problems to major trauma.

"Pre-hospital emergency medicine is very interesting and challenging," he said. "EMS agencies are short staffed across the state and can use more people interested in learning about pre-

hospital emergency medicine and helping their neighbors in a time of need."

He got into EMS after responding with his first aid knowledge to an accident involving injured cyclists on Route 116 shortly after moving to the area.

"I started volunteering at MREMS when I got my EMR (Emergency Medical Responder certification) and have stayed there as I progressed in my training," Nelson said. "MREMS was the closest full-time advanced life support and transport agency and they were welcoming to volunteers. We don't get very many EMS calls in Ripton and volunteering at MREMS affords me the opportunity to practice and learn more about pre-hospital

emergency medicine."

Nelson is a retired financial services executive who retired early to commit his time and energy to conservation, environmental, and social work.

Outside of EMS, he has a passion for forest protection and conservation and has been volunteering in this area for nearly 20 years. The chair for the Vermont Sierra Club Executive Committee from 2014 to 2018, Nelson currently chairs the non-profit Standing Trees board of directors; he is also a board member for the Association of Vermont Conservation Commissions.

Like Miller, Nelson is also an active person in town activities. He chairs the Ripton Conservation Commission.

You can also find Nelson spending time with his spouse, Barbara, hiking, biking in the forest, kayaking or taking part in any number of other outdoor activities.

Nelson and Miller are considered volunteers at MREMS, but they have the same responsibilities as the paid employees.

Rothwell, the MREMS chief, really appreciates the skills and perspectives that her organization's volunteers bring.

"Volunteers like Paul Miller and Mark Nelson bring with them decades of experience from outside EMS to our organization and with it share their different perspectives and skills with their patients and their colleagues," she said.



RIPTON'S MARK NELSON, left, and Bridport's Paul Miller are two of the 12 volunteers providing first response care at Middlebury Regional EMS. The two men get a lot of satisfaction out of helping people.

Photo courtesy of Spencer Chumbley

INSIDE:

Volunteer Spotlights	4-5, 8-11
Green Up	3
Thanks to these local Volunteers	6-7
Wellspring Volunteers	11
Volunteer News Briefs	12
UWAC Teen Scholarship	12
Red Cross Volunteers	12

Local farms get a boost from ACORN volunteers

By MARIN HOWELL

ADDISON COUNTY — Addison County residents need not look far for ways to support local farmers this spring.

Community members are invited to take part in several "working bee" brigades organized by the Addison County Relocalization Network in April and May. The volunteer groups will help tackle various projects on area farms, from onion planting to sheep shearing.

The events are part of an ongoing series of working bees, a program that kicked off in February as part of ACORN's new Farmer Climate Network.

So far, ACORN's working bees have helped farmers at Ferrisburgh's Boundbrook

Farm process soybeans and assisted with tomato planting at Singing Cedars Farmstead in Orwell.

"ACORN's two spring Working Bee Brigades have kicked off the project with a bang," said Lilah Krugman, ACORN's programs and outreach coordinator. "Our events at Boundbrook Farm and Singing Cedars Farmstead were filled with excitement, energy, and, of course, good food. The turnout and feedback from these events have been inspiring. We are excited to see where the project will go from here!"

The working bee brigades are inspired by similar farm work initiatives in South and Central America. Through the program, participants volunteer their time to complete

needed tasks on local farms.

The workshops typically last around seven hours and are open to local farmers, food producers and interested community members. Krugman said the first couple working bees brigades each attracted 8-15 volunteers.

"We have been delighted by the interest and excitement for our events. What a gift to live and work in a community that responds to a call for help so quickly and energetically," she said. "We are still trying to figure out what days and times work best to get farmers and farm workers more engaged with the events. As we plan for our next three events, we are trying to remain dynamic and flexible

(See ACORN, Page 2C)

ACORN

(Continued from Page 1C)
to the needs and interests of the participating farmers and food producers.”

In addition to giving local food producers a hand, the working bee groups are intended to encourage peer-to-peer learning and help more community members get out onto area farms.

“The Working Bee Brigades are a good opportunity for residents to get their hands dirty and work side-by-side with the climate heroes that are growing your food through mindful, ecologically-centered methods,” Krugman said. “Through helping farmers with essential tasks or projects, volunteers can foster a deeper connection with and understanding of where our food comes from.”

Krugman noted the ACORN team is grateful for the volunteers who have participated the program thus far.

“It warmed our hearts to see folks, young and old, enjoying the work,” she said. “Your interest in and commitment to engaging yourself with the local

food system makes a difference, and we’re grateful for each and every one of you!”

Community members have three more opportunities to take part in working bee brigades this spring. Upcoming sessions will tackle:

- Onion planting at New Leaf Organics in Monkton from 10 a.m.-2 p.m. on April 28.

- Flower planting, sheep shearing and wool skirting at Stone’s Throw Farmstead in Shrewsbury from 10 a.m.-2 p.m. on May 5.

- Prepping a high tunnel at Frog Hollow Farmstead in Hubbardton from 10 a.m.-3 p.m. on May 19.

More information about upcoming working bees can be found at tinyurl.com/workingbees.

And community members can stay tuned for more working bee opportunities. The ACORN team plans to pause the workshops during the busy summer months but is hoping to continue using the working bee model to help area growers tackle on-farm projects moving forward.



ACORN'S WORKING BEE brigades are intended to help area farmers tackle various tasks with support from a team of volunteers. Here, participants at a March working bee event plant tomatoes at Singing Cedars Farmstead in Orwell.

Photo courtesy of Lilah Krugman



VOLUNTEERS OF ALL ages helped plant tomatoes and prep garden beds during an ACORN Working Bee at Singing Cedars Farmstead in Orwell last month. ACORN will host three more of the on-farm workshops this spring to help local food producers complete needed projects.

Photo courtesy of Lilah Krugman

“Through helping farmers with essential tasks or projects, volunteers can foster a deeper connection with and understanding of where our food comes from.”

— Lilah Krugman



Since 1925, Porter Medical Center has relied on the kindness and support of its volunteers.



THE University of Vermont HEALTH NETWORK
Porter Medical Center

Thank you all for your service to our patients & staff and for making our community a better place to live.

UVMHealth.org/PMC  

VOLUNTEER WEEK



MIDDLEBURY YOUNGSTERS Innis Hohenschau, left, and Autumn Spritzer hold bags of trash they had cleared from along the Otter Creek on Green Up Day 2023 as part of their Grade 5 project at Mary Hogan Elementary School.

Independent file photo/Steve James

Green Up Day is on its way

Want to go for a walk on May 4 and help make Vermont an even more beautiful place?

Pick up some trash along the roads and streams of the Green Mountain State that Saturday and join your neighbors in a Vermont tradition: Green Up Day!

Every year thousands of Vermonters in towns throughout the state volunteer their time to making our world a nicer and better place. Since 1970, Vermonters have greened up 13,000 miles of roadside in the nation's largest and oldest statewide green up event.

"This annual effort demonstrates our commitment to keeping our state and natural resources clean and as litter-free as possible," Gov. Phil Scott said before he geared up for a recent Green Up Day. "I want to encourage all Vermonters to get involved in Green Up Day — it makes a real difference and it's an important part of who we are as Vermonters."

Green Up Vermont's mission is to keep environmental stewardship exciting and rewarding for all. This year's theme is teamwork.

"We are introducing some special campaigns this year that focus on big teams and working together. In addition to all city and town efforts we are running a special VT Top to Bottom Green Up campaign that runs from the

Canadian border to Massachusetts along the Route 100 Scenic Byway. With volunteers placed at every mile it is essentially a 208-person relay team." Green Up Vermont Executive Director Kate Alberghini said in a recent press release. "Everyone will start at 10 a.m. and have Vermont Route 100 cleaned in approximately an hour."

Additionally, Green Up Vermont has announced it will attempt to earn a Guinness World Records in the category "The Most Pledges Received for Trash Clean Up in 24 Hours."

"The goal is to include all Vermonters and visitors who want to make the pledge," Alberghini said. "We have timed it around Green Up Day so that people will act on their pledge and be inspired to clean up some litter. We want the world to see how mighty our little state of Vermont can be. We are making history here."

Anyone can join the Green Up Day efforts by spending some time in their neighborhood or by getting involved with the VT Top to Bottom team and pledge to be a part of the Guinness World Record attempt by visiting greenupvermont.org.

Alberghini recently offered these "litter" statistics to spur on volunteers:

- Litter clean-up costs the U.S. more than \$11.5 billion each year.

- 55% of realtors believe litter reduces property values by 9%.

- Plastics in the litter stream have increased by more than 165% over the past 40 years.

- Tobacco products comprise about 38% of all roadway litter followed by paper (22%) and plastic (19%).

- 85% of littering is the result of individual attitudes.

- A strong contributor to littering is the prevalence of existing litter.

- Communities that have ongoing clean-up efforts have lower rates of littering behavior.

- Changing a few simple habits can reduce our waste and our carbon footprint.

"For all of you who participate in Green Up Day and who live the Green Up way every day, the impact you are making for Vermont and our planet is great," Alberghini said. "Your influence on changing the mindsets of others is so important to our next generation. If you have never joined in on Green Up Day, please grab a green bag and participate — it's easy and extremely fulfilling. We need you."

You can download the Green Up Vermont app from the Apple App Store and Google Play. For more information, visit greenupvermont.org.



WHILE CLEANING UP downtown Middlebury on Green Up Day 2022, Eliana Canas Parra found this five-dollar bill. Volunteering pays off in mysterious ways.

Independent file photo/Steve James



Volunteer to Green Up Vermont on Saturday, May 4

Local Green Up Day details for all Addison County towns

TOWN	COORDINATOR	PHONE	EMAIL
Addison	Starr Phillips	759-2421	sandtphillips@gmavt.net
Call Starr beforehand to pick up bags. Drop off full bags behind the Addison Baptist Church, where a Town dump truck will be parked Friday evening to Monday early morning.			
Bridport	Julie Howlett	758-2483	bridporttown@gmavt.net
Bags available at the Town Clerk's Office. Please bring full bags back to the trucks parked at clerk's office.			
Bristol	Carolyn Dash	881-7341	thecarolyndash@gmail.com
Pick-up bags during the week before at the Town Office or on the Town Green the morning of Green-Up Day. Please leave your full green bags along roadsides no later than dusk on Sunday for the road crew.			
Cornwall	Sue Johnson, Kristin Bolton	462-2775	cornwallvt@shoreham.net
Bring full Green Up bags and other roadside trash to the Cornwall School, where town trucks will be parked Friday evening to Sunday midday. Do not leave bags along roads.			
Ferrisburgh	Deb Healey	475-2944	lumiere@gmavt.net
Bags available at Town Clerk's Office prior to and at the Ferrisburgh Central School 9-10 a.m. on Green Up Day. Drop off bags across from the Town Garage 10 a.m.-4 p.m. on Green Up Day only. Drop off site will be monitored.			
Goshen	Dave Sabatini	247-6350	dwsabatini1@gmail.com
Green Up Day BBQ for all volunteers 12 noon-2 p.m. Leave bags along roadsides for pickup.			
Granville	Cheryl Sargeant	767-4403	granvilletown@gmavt.net
Volunteers should check-in at the Moss Glen Grange Hall. Bring bags and items collected to the same location for collection by our local solid waste contractor.			
Hancock	Stacey Peters	770-0727	termagant@enivrez.com
Green Up Day bags and gloves will be ready for pickup at 8 a.m. in front of Town Hall.			
Leicester	Diane Benware	247-3786	dianembenware@gmail.com
We encourage pellet stove owners to reuse their pellet bags for Green Up Day. Leave bags on roadsides or bring to Town Garage on Fern Lake Rd. Cookout and raffle with prizes.			
Lincoln	Town Clerk		clerk@lincolnvermont.org
Bags available starting April 27 at the General Store, library and town office. Pick up bags & gloves at the firehouse 8 a.m.-noon; get a raffle ticket for each bag you drop off there by noon. Dumpster at the firehouse 7 a.m.-5 p.m. for Green Up trash only; don't leave full bags on the roadside.			
Middlebury	Liam Hickey, Jackson Moody, Elizabeth White	477-3247	liam@maltvt.org JacksonWMoody@gmail.com elizabeth@maltvt.org
Bags available at the Town Clerk's office. Filled bags can be dropped off 10 a.m.-3 p.m. at the town trucks located at 1) "New" park across from Twilight; 2) Town Public Works building on Route 7 South.			
Monkton	Deb Gaynor	425-2178	townclerk@monktonvt.com spilcher@monktonvt.com
Pick up bags at the Town Hall and Library the week before Green Up Day, and at the Town Hall 8 a.m. and 1 p.m. Leave green bags along roads or drop off at the Town Garage.			
New Haven	Suzy Roorda	453-5978	skroorda27@gmail.com
Pick up bags at Town Office/Library 9 a.m.-12 noon. Leave full bags along roads for the town crew to pick up Monday after Green Up Day.			
Orwell	Cindy Watrous Barbara Young	948-2751 948-2537	sawatfarm@gmail.com byoung@shoreham.net
Pick up bags at the Town Clerk's office, Buxton's and Orwell Gas & Co. prior to Green Up Day. Town crew will go around and pick full bags up on roadsides.			
Panton	Louise Giovannella Paula Moore	349-0347 989-4632	louise@gmavt.net pmmoorevt@gmail.com
Pick up bags at 1480 Hopkins Road. Bring full bags to the Town Garage or leave at the roadside in a place that is safe for pickup by road crew.			
Ripton	Steve Zwicky	388-2301	stevenzwicky@yahoo.com
Pick up bags at Town Office, Ripton Country Store, or the town shed on Green Up Day. Drop off bags through the following Saturday at town shed. Food at Town Shed on Green Up Day 11 a.m.-12 noon.			
Salisbury	Christine Turner	352-4778	geojewel@yahoo.com
Bags and pick up routes will be distributed to early bird email list beginning April 19. Remaining routes and bags distributed on Green Up Day, May 4, at Kampersville Store, Route 53, 8-10 a.m. Leave filled Green Up bags on main roads to be picked up Green Up Day by 3 p.m. by volunteer truck drivers. All bags will be counted and deposited in a town truck at the Town Highway Shed on Upper Plains Rd, not the Transfer Station. If bags are brought in by residents a tally slip must be filled out.			
Shoreham	Pauline Stevens	897-7031	greenupshoreham@gmail.com
Pick up bags during normal business hours at the Halfway House Restaurant, Platt Memorial Library, Shoreham Elementary School, Golden Russet Farm, Champlain Orchards, the Shoreham Post Office, town clerk's office, and Saturday morning at recycling. Drop off filled bags at the fire station May 4-10. Volunteers will be available from 8 a.m.-noon on Green Up Day to help you unload your bags and give out coupons for goodies donated by local businesses. Please do not leave bags on the roads! Refreshments and energy committee info available at the church in the morning.			
Starksboro	Becky Trombley	453-7350 H 377-0787 C	trombh@accessvt.com
Bags and gloves available the week before Green Up Day at the Town Clerk's Office, Starksboro Public Library, and the Jerusalem Store. On May 4, Green Up Day trash may be dropped off at the Town Garage between 9 a.m. and 3 p.m.			
Vergennes	Lowell Bertrand	458-1052	lowell.bertrand@utas.utc.com
Bags available a few days before Green Up Day at City Hall or on Green Up Day 7 a.m.-noon at City Park. Volunteers asked to leave bags near intersections of city streets.			
Waltham	Waltham Town Office, Linda Devino, Cookie Steponaitis	877-3641	walthamvtOfficers@gmail.com
Bags available at the Town Hall. Please bring full bags back to Town Hall.			
Weybridge	Peggy Lyons	545-5966	snowywool@gmail.com
Green Up bags, sign up map and information available at Town Recycling Center before Green Up Day. Leave collected items on roads to be picked up by the road crew.			
Whiting	Rebecca Bertrand	349-9468	whitingaries@yahoo.com
Bags available at the town hall. Call me (349-9468) with questions and route assignments. Leave full bags along roadsides. Ice cream social after at the town hall at 1 p.m. on Green Up Day.			



4-H Leaders Who Are Shaping Our Future

If you see them say Thank You!



The University of Vermont Extension wants to thank our 4-H leaders, volunteers and Addison 4-H Foundation directors who dedicate hours of time and energy to the 4-H Youth Program in Addison County. These volunteers are the core of the 4-H Youth Program: the very reason for over 100 years of success!

- | | | | | | |
|-----------------|-------------------|-------------------|--------------------|-----------------|------------------|
| Becky Allen | Kelsey Bradford | Scott Gordon | Laura Lalumiere | Becky Plouffe | Shelly Smith |
| Joe Allen | John Chamberlin | Melanie Harrison | Heather Layn | Michael Plouffe | Wendy Smith |
| Janelle Ashley | Jacqueline Chase | Jeanette Hill | Bailee Layn-Gordon | Susan Quesnel | Samantha |
| Ashley Audet | Kylie Chittenden | Kendra Hutchins | Jeff Lester | Abby Reen | Sturtevant |
| Nancy Audet | Makayla Davis | Jake Jacobs | Dawn Livingston | Kristina Reen | Siri Swanson |
| Courtney Banach | AnneMarie Deering | Brian Kayhart | Karissa Livingston | Patrick Reen | Wendy Swanson |
| Sonya Barber | Elaine Desforges | Cindy Kayhart | Sadie Moulton | Abby Roleau | Brittany Trudo |
| Tara Barber | Tina Evens-Wright | Cassandra Kennett | Kathy Nisun | Martha Seifert | Jill Wade |
| Laurie Bertrand | Lise Fifield | Jennifer Kennett | Diane Norris | Robin Severy | Kristy Whipple |
| Victor Bolduc | Tricia Foster | Kathy Kennett | Barbara Palmer | Ashley | Cady White |
| Louise Bowdish | Pam Gevry | Renee LaCoss | Rebekah Parent | Severy-Audet | Maureen Whitney |
| | | | Sharlena Payne | Colin Siegmund | Stephanie Wilbur |
| | | | Michelle Perlee | Melinda Siel | Anna Willenbaker |
| | | | Janet Piper | Karri Smith | |



THE UNIVERSITY OF VERMONT
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VOLUNTEER WEEK



VOLUNTEERS ARE THE GLUE THAT KEEP US TOGETHER

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Erica Andrus Addison County Readers

Erica Andrus, a resident of Ferrisburgh, has dedicated a year to volunteering with Addison County Readers, the local Dolly Parton's Imagination Library affiliate. Her role involves promoting the Imagination Library by collaborating with local preschools, libraries, town offices, and other organizations. She also assists in organizing events such as book readings by local children's authors like Ashley Wolff to encourage children to sign up for the program, which provides free books to Addison County



children monthly until they reach five years old. Having experienced the joy of the program with her own children, Erica finds fulfillment in giving back to her community and nurturing a love for reading among its children. Additionally, she has served on the ANWSD school board for two years.

Elizabeth Arms & Jerry Henderson Age Well

Ferrisburgh residents **Elizabeth Arms and Jerry Henderson** have been Age Well Tai Chi Instructors and Respite Volunteers for 10 and 7 years, respectively. When asked what they most enjoy about their volunteer roles, they responded "Without a question what we most



enjoy about volunteering is meeting new people and making new friends!"

Norman Beerman Porter Medical Center

Norman Beerman, a resident of Salisbury, has been volunteering at Porter Medical Center for 5 years. His volunteer role primarily involves working in the mailroom, where he assists in sorting mail and resolving any issues with addresses. Additionally, Norman occasionally helps out as a part-time greeter and takes on various odd jobs around the facility. He finds great enjoyment in volunteering, particularly in the satisfaction of



helping others and interacting with a variety of people. Norman's background as a retired postal worker allows him to bring valuable expertise to his role, aiding the Porter staff.

Bobbie Jean Booth Porter Medical Center

Manchester Center's **Bobbie Jean Booth** and her therapy dog, Calvin, have been volunteering at Porter Medical Center as part of the Pet Therapy program for 2 months. In their role, they visit with patients, staff, and hospital visitors, providing comfort and companionship with Calvin, who is a certified therapy dog. Bobbie Jean finds great joy in volunteering, particularly in witnessing Calvin bring smiles to people's faces.



In addition to her work at Porter Medical Center, Bobbie Jean also volunteers for Therapy Dogs of Vermont (6 months) and at Vermont Center for Ecostudies (10 years).

Sid Bosworth Age Well

Sid Bosworth, a resident of Vergennes, has volunteered with Age Well as a Meals On Wheels Volunteer for 2 years. He delivers meals each week on one of the routes out of Vergennes and occasionally substitutes for other drivers. Since retiring in 2020, Sid has found volunteering to be a way to become more engaged with his community. He has met wonderful people, both fellow volunteers and the constituents he serves.



Sid believes that "Addison County has many great folks that really care about their community". He has also volunteered with the Vergennes Food Shelf and Bixby Memorial Free Library for 3 years.

Wylie Cate HOPE

Wylie Cate, of Salisbury, has been volunteering with HOPE as an Egg Delivery Driver for 3 years. In her role, she picks up 60 dozen donated eggs from Maple Meadows Farm and delivers them to HOPE once a week. Wylie loves interacting with the staff and volunteers at both HOPE and Maple Meadows. Additionally, she



volunteers for events at her children's schools and organizations whenever possible.

Karri Crossman Evergreen Preschool

Karri Crossman, of Vergennes, has served on the Evergreen Preschool Board of Directors for 5 years. "As a member of the Evergreen Board of Directors, Karri has gone above and beyond to support and move the school forward", says Program Director Ashley Bessette. Karri has served as the diligent secretary, been the lead on many



successful fundraising events, and supported much of the public relations for the preschool during her time.

Glenna Densman Porter Medical Center

Glenna Densman, a resident of Vergennes, has been volunteering at Porter Medical Center as a Greeter for 1 year. In her role, Glenna warmly welcomes individuals entering the hospital, directs them to the Registration desk, and addresses any questions they may have. She finds great joy in volunteering, describing it as her "happy place". Glenna



loves interacting with people and finds everyone to be pleasant, enjoying the opportunity to talk with them.





VOLUNTEER WEEK

Maria Farnsworth Porter Medical Center

Maria Farnsworth, of Middlebury, has been volunteering at Porter Medical Center as a Greeter for 1 year. She enjoys the opportunity to chat with people and assist them with their needs, aiming to be a calming presence and a friendly face. In addition to her work at Porter Medical Center, Maria volunteers at Homeward Bound, where she offers Reiki to the animals, assists with



events, and serves as the Secretary on the Board of Directors. She has been volunteering at Homeward Bound for 7.5 years, with 2.5 years spent in her current role as Secretary.

Alem Hadzic Porter Medical Center

Alem Hadzic, a resident of Middlebury, has been volunteering at Porter Medical Center as a Care Support for the Emergency Department for 7 months. In his role, Alem provides emotional support and care to patients, families, and loved ones in the emergency department, especially during stressful circumstances. Additionally, he assists with tasks such as making beds, running blood work to the laboratory, and organizing and restocking supplies. He shares, "It is



truly a privilege to be able to positively impact the lives of so many different people and help make their experiences in the hospital easier." Alem also finds fulfillment in witnessing patients leave the emergency department in improved health.

Ellen Flight HomeShare Vermont

Middlebury's Ellen Flight has been a Staff Volunteer with HomeShare Vermont for 1 year. In her role, she interviews potential home-share hosts and guests, facilitating introductions and matches. Ellen says, "I like meeting new people, both hosts and guests, and helping arrange a positive experience for each person. It feels good knowing that I am helping someone and that we are doing our part to help with the housing situation in



Addison County." Ellen also volunteers at the Champlain Valley Unitarian Universalist Society by serving on several ministries, a commitment she has maintained for more than 25 years.

Edwina Ho HOPE

Edwina Ho, a resident of Shoreham, has volunteered with HOPE for 6 years as a Produce Grower and Gleaner. She grows produce for the food shelf, provides organic eggs when available, and participates in gleaning at local farms. Edwina finds fulfillment in meeting like-minded individuals and making a difference



by providing nutrient-rich foods for the underserved population.

Jill Fraga Bristol Family Center

Lincoln's Jill Fraga has been the Board Treasurer for Bristol Family Center for 8 years. She loves being part of something so important to the community.



Fred Hoff Porter Medical Center

Fred Hoff, of Bristol, has been volunteering at Porter Medical Center as a Greeter for 6 years. In his role, Fred welcomes people entering the hospital, chats with them, and assists them in finding their way to their destinations. Additionally, he takes on tasks such as wiping down the front desk and wheelchairs. Fred enjoys interacting with a



diverse range of people as they enter the hospital.

Donald Guptill Porter Medical Center

Cornwall's Donald Guptill has been volunteering at Porter Medical Center and Helen Porter for 1.5 years. In his role as a Patient Companion, Donald spends time visiting with residents at Helen Porter. Additionally, he serves as a Greeter at Porter Medical Center, where he welcomes and offers guidance to patients and visitors. Donald enjoys volunteering because it allows him to interact with a variety of people, including



those he knows or has worked with. He believes that a friendly greeting can significantly reduce any anxiety patients may have during their hospital experience.

Mary Anne Hoff Porter Medical Center

Bristol resident Mary Anne Hoff has been volunteering at Porter Medical Center as a Greeter for 6 years. Mary Anne welcomes individuals entering the hospital, engages in conversation with them, and assists them in finding their way to their destinations. Mary Anne shares, "I like interfacing with patients and employees as they enter the hospital,



maybe put a smile on their faces when they may need it".

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HEROES

are ALL who give their time and energy to helping others and the community around them.



We are especially thankful for our board members and for our agency volunteers who visit our patients and provide warmth and comfort.

Want to join our community of volunteers?

Our in-depth comprehensive volunteer training is remote, online, and self-paced. If you are a trained volunteer or a new volunteer, we would love to meet you!

To learn more about our growing volunteer program please contact Kristen Wilson, Human Resources Director and Volunteer Coordinator at kwilson@achhh.org.



VOLUNTEER WEEK



THANK YOU TO THESE LOCAL VOLUNTEERS

- | | | | | | |
|------------------------|--------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Steve Alexander | Dan Bagley | Margie Bekoff | Nick Causton | Mary Dodge | Diana Gerasim |
| Tricia Allen | Dinah Bain | Beth Bemis | Laurie Celik | Bob Donaghey | Sue Gervais |
| Becky Allen | Priscilla Baker | Sandy Bemis | John Chamberlin | Kara & Sophie Doner | Pam Gevry |
| Joe Allen | Martha Baldwin | Dick Bemis | Natasha Chang | Brooks Donnelly | Amanda Giard |
| Greta, Jessica, & Jeff | Megan Balparda | David Bennett | Emily Chaplin | Lynn Donnelly | Ann Gibbons |
| Allen-Buettner | Anita Bamert | Will Benson | Randall (Randy) | Levi Doria | Dee Gilbert |
| Courtney Allenson | Courtney Banach | Erin Bent | Charboneau | Suzanne Douglas | Phil Gilbert |
| Amy Alvrado | Ray Bapp | Art Berenbaum | Charlotte Chase | Lee Dowgiewicz | Ruth Gilbert |
| Pat Anderson | Marilyn Barbato | Jennifer Bergevin | Jacqueline Chase | Laura Doyle | Carolyn Gillis |
| Glenn Andres | Sonya Barber | John Berninghausen | Tricia Chatary | Jessica Dudley | Chelsey Giuliani |
| David Andrews | Tara Barber | Laurie Bertrand | Martha Chesley | Judith Dugan | Richard Glidden |
| Kris Andrews | Ellen Barbera | Debra Bessette | Ronnie Chirnoff | Frankie Dunleavy | Rita Glidden |
| Erica Andrus | Janet Bark | Taylor Betourney | Caleb Chisamore | Frankie Dunleavy Yeaton | Suzanna Goldblatt Clark |
| Peter Antos Ketcham | Charlotte Barrett | Anna Betz | Kylie Chittenden | Milagros (Blaze) Dunn | Lynn Goldsmith |
| Mary Apgar | Ted Barrett | Michole Biancosino | Andrew Christensen | Nancie Dunn | Silvia Gonzalez |
| Jackie Arel | Dana Barrow | Deb Bird | David Clark | Judy Dunning | Scott Gordon |
| Jeannette Armell | Carrie Barrows | David Bishop | Margaret Clerkin | Margaret & Jim Eagan | Margo Grace |
| Sydney Armor | Bethany Barry | Robert Black | Lynn Coale | Chris Eberly | Charlotte Graham |
| Brad Armstrong | John Barstow | Cameron Blais | Lucinda Cockrell | Kelsey Eberly | Peter Grant |
| Jenesis Artis | Kristen & Caleb Bartlett | Beverly Blakeney | Tia Colangelo | John Ebert | Mike Greenwood |
| Sarah Ashe | Stacy Bartlett | Gail Blasius | Maria Collette | Carter Emilio | Dwight Griesman |
| Janelle Ashley | Wendy Beach | Ed Blechner | Rick Collins | Erica, Kevin, & Logan | Sarah Grunwell |
| David Atkinson | David Bearor | Victoria Blewer | Brandy Companion | Emilio | Helen Haerle |
| Ashley Audet | Eileen Bearor | Thomas Blum | Bella Conety | Tristan Emmet | Jamie Hand |
| Nancy Audet | Karly Beavers | Lynne Boie | Sue Conley | Hannah Ennis | Linda Hanf |
| Charlie Ayers | Ruth Beecher | Victor Bolduc | Mary Conlon | Nikki Escalada | Anna Hardway |
| | | Gail Bordan | Peter Conlon | Barry Estabrook | Ed Harris |
| | | Dan Borden | Geoff Conrad | Deb Evans | Sue Harris |
| | | Renee & Rafaela Botti | Maureen Conrad | Tina Evens-Wright | Melanie Harrison |
| | | Clement Bourgon | JoAnne Conroy | John Fallon | William Hart |
| | | Louise Bowdish | Amy & Garrett Coogler | Maria Farnsworth | Lindsay Hart |
| | | Shelbey Brace | Elaine Coon | Delsie Farnsworth | Chris Haskell |
| | | Kelsey Bradford | Brandi, Caden, & Harper | Lillian Feldhusen | Julie Hathaway |
| | | Megan Brakeley | Corbett | Irina, Victor, & Sole | Bridget Hauman |
| | | Kate Brewer | Diane Cousino | Feldman | Kevin Hayes |
| | | Kendra & Whitney | Wendy Covey | Lise Fifield | Ada & Jill Hellier |
| | | Bristol | George Crane | Frank Finnerty | David Henderson |
| | | Steve Brodeur | Vanda Crook | Peggy Fischel | Renee Hendricks |
| | | Pieter Broucke | Rebekah Crossman | Martin & Annika Fjeld | Michael Hennessy |
| | | Margo Brown | Kelsey Cummings | Michele Fleming | Robin Hewitt |
| | | Stacey Brown | Tammy Curler | Randy Fleming | Ed Hilbert |
| | | Mei Mei Brown | Elizabeth, Richard, & | Kelly Flynn | Jeanette Hill |
| | | Betty Brown | Helen Curran | Ned Flynn | Deb Hillman |
| | | Linda Brown | Cearra Cutsinger | Sandy Fogg | Lily Hinrichsen |
| | | Nicole Brown | Dan D'avignon | Barbara Foote- | Edwina Ho |
| | | Steven Brown | Karen Danyow | Hennessy | Sally Holland |
| | | Lisa Brunet | Beverly Darling | Nancy Foster | Judy Holmes |
| | | Wendy Bruso | Scott Darling | Tricia Foster | Christine Homer |
| | | Larry Buck | Polly Darnell | Ellery Foutch | Linda Horn |
| | | Arabella & Amelie Bull- | James Calvin Davis | Jill Fraga | Bill Hosley |
| | | Stewart | Carolyn Davis | Lee Francis | Heidi & Val Hotmer |
| | | Susan Buonincontro | Bob Davis | Bill Frank | Bob House |
| | | Sheila Burlock | Craig Davis | Janet Franklin | Art Howard |
| | | Jamaica Burns | Rick Davis | Aven Frankovic | Evelyn Howard |
| | | Julie Bushey | Makayla Davis | Chris Frappier | Jordan Hubbell |
| | | Diana Butler | Carolyn Days | Janet Fredericks | Sheila Huestis |
| | | Jake Butler-Jancose | Alison Dayton | Suki Fredericks | Robin Huestis |
| | | Katy Butterly | Courtney DeBisschop | Alicia & Jack Frizzell | Jenna Hunsinger |
| | | Ken Button | AnneMarie Deering | Kathy Fuller | Patti Hunt |
| | | Carol Buzby | Lyn DeGraff | Peter Fuller | Rachel Hunter |
| | | Sue Byers | Annette Delphia | Ben Fuller | Gale Hurd |
| | | Bruce Byers | Val Demong | Glenn Fulop | Lynda Hutchins |
| | | Kim Callahan | Eliza Desautels | Christina Gage | Kendra H. Hutchins |
| | | KC Carr | Travis Desautels | Scott Gaines | Maude Irwin |
| | | Cindy Carswell | Elaine Desforges | Jacki Galenkamp | Nancy Iwanicki |
| | | Joanna Carter | Sandy Desorda | Cotey Gallagher | David, Marek, & Amanda |
| | | Erica & Finn Castle | Mike Dever | Middlebury Garden Club | Jablonski |
| | | Wylie Cate | Lara Dickson | Peter Garon | Summer Jack |
| | | Holly Catlin | Evva Dicovitsky | John Garworecki | Ingrid Jackson |

Thanks for the miles and smiles!

TVT's Volunteer Drivers are on the road nearly every day in every town in the county.

They provide rides to vital services and companionship along the way.

Thank you Volunteers - you make our community great!



If you have a car and a little spare time you can be a hometown hero, too! Call 802-388-2287.



Thank You to all the Volunteers Making a Difference in Our Community



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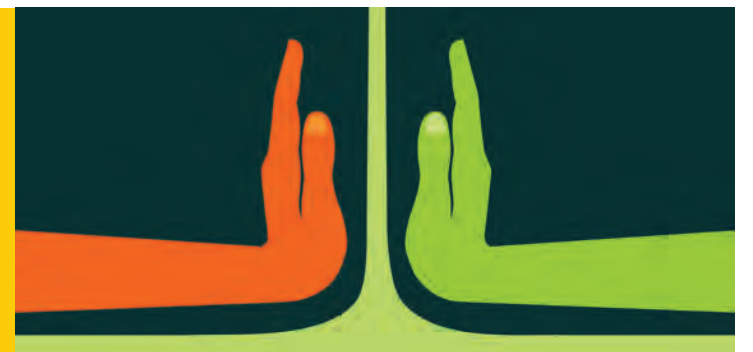
VOLUNTEER WEEK

THANK YOU TO THESE LOCAL VOLUNTEERS

Janice Jackson	Deborah Lewis	Michael New	Autumn Rakowitz	Kaylee Shum	Ellen Thompson
Jake Jacobs	Liam Liberty	Patricia New	Ophelia, Owen, & Chloe	Carolyn Siccama	Lance Thompson
Melissa Jarmel	Sue Liberty	Sadie Nezin	Ralph	Ben Siegfried	Carly Thomsen
Mark Jensen	Maddy Lieblein	Tom Nicholson	Truett Ramsey	Colin Siegmund	Val Tilford
Mary Jerome	Eliza Ligon	Helena Nicolay	Yvonne Rathbun	Melinda Siel	Lorraine Tobias
Lorri Jerry	Cheryl Liu	Kathy Nisun	David Rathburn	Joey Siesholtz	Jim Tobin
Bill Jesdale	Dawn Livingston	MaryHeather Noble	Melanie Redel	Chloe Silverman	Barbara Tomb
Marie Jewett	Karissa Livingston	Jeffrey Noel	Abby Reen	Doug Sinclair	Kathryn Torres
Brenda Jimmo	Melissa Lourie	Marcia Nop	Kristina Reen	Julie Skarha	Richard Tremblay
Shelbey Jimmo	Linda Lucia	Diane Norris	Patrick Reen	Kristie Skor	Brittany Trudo
Carol "Skilty" Johnson	Ted Lylis	Dave, Camila, & Natalia	Steve Reigle	Gerry Slager	Walter Vaillancourt
Carol Johnson Collins	Jeff Mack	Nulsen	Alice Reynolds	Mike Small	Josh Valentine
Christina Johnston	Paula Mack	Donna Oliver	Sheila Rheame	Paul Smith	Amanda & Hazel Van
Susan Jones	Kathy Mackey	Ginie Olson	Gabriela Rhodes	Tom Smith	Dellen
Jennifer Jurasen	Neil Mackey	Isabel Olson	Llyn Rice	Laura, Aaron & Zeld	Cynsy Van Santen
Dan Kane	Sue Mackey	Deina & Elliot Olstad	Dennille & Rowan	Smith	Jeremy Van Santen
Ellen Kavanagh	Jill Madden	Rebecca & Elizabeth	Richard	Greg Smith	Carolyn Van Vleck
Brian Kayhart	Larry Maier	Otey	Pearl Riney	Jerry Smith	Ginny VanHazinga
Cindy Kayhart	Mariah Malloy	PAHCC Construction	Joanie Roberge	Tom Smith	Carolyn Vanty
David Kearns	Dorothy Mammen	Technology Class	Amy Roberts	Karri Smith	Stephanie Volk
Maggie Keith Gerakos	Joyce Mao	Barbara Palmer	Liz Robinson	Shelly Smith	Midd Volunteers
Mandy & William Keller	Donn Marcus	Ashley Paquette	Chanda Rochon	Wendy Smith	Jill Wade
Crystal, Michael, &	Conor Marrinan	Chelsey Paquin	Abby Roleau	Pam Spatafora	Christina Wadsworth
Kaitlyn Kelley	Rux Martin	Janet Paquin	Nancy Rooney	Tristan Spaulding Joseph	Connie Wagner
Carolyn Kelley	Donna Masterson	Rebekah Parent	David Rosenberg	Nancy Spears	Kim Walker
Linda Kelton	Nancy Maxwell	Elsie & Ida Parini	James Ross	Paula Spellacy	Anne Wallace
Judith Kennedy	Chip Mayer	Faith Parkins	Middlebury Rotary Club	Sue Spitzner	Delores Walton
Cassandra Kennett	Erin Mazur	Linda Paskiewicz	Marielle Rousseau	Cynthia Stacey	Nancy Ward
Jennifer Kennett	Virginia Mazzoni	Sharlena Payne	Nancy Rowe	Randall Stacey	Sarah, Noah, & Silas
Kathy Kennett	Stuart McAninch	Jim Peabody	Ron Rucker	Heather Stafford	Warner
Buzz Kernan	Patty McCormick	Nancy Pecca	Nancy Rucker	Sarah Stahl	Judy Werner
Darren Kerr	Darci McDonald	Joanna Peckham	Paige Russell	David Stameshkin	Eliza West
Mary Ann Kittinger	Steve McElroy	Sarah Peluso	Elaine Russell	Beth Stanway	Deborah Wetmore
Iris Knowles	Amy McGill	Sue Perine	Amey Ryan	Darlene Stark	Kristy Whipple
Linda Knutson	Sarah McGrath	Michelle Perlee	Rebecca Ryan	Susan Stasny	Owen White
Barb Kohler	Ed McGuire	Bruce Perreault	Cheryl Ryder	Rebecca Stearns	Cady White
Jenny Koopman	Richard McKerr	Merrie Perron	Janice Sabatt	Will Stenzel	Edgar Whitney
Jill Kopler	Candy McLaughlin	Wells Peterson	Louise Sandberg	Judy Stevens	Maureen Whitney
Mike Korkuc	John Melanson	Carl Petri	David Sandler	Pauline Stevens	Richard Wien
Max Kraus	Lucy Menard	Pam Pezzulo	Lena Sandler	Pat Stevenson	Stephanie Wilbur
Cate Kreutzen	Gardner Merriam	Terri Phelps	Santo Santoriello	Sara Stevers	Mark Wilch
Sonia & Liam Kulhowick	Barbara Merz	Peggy Phelps	Gary Sarachan	Amy Stockman	Tracey Wilhelm
Sarah Kurtz	John Metcalfe	Lance Phelps	Lisa Sargent	Robie Stoner	Anna Willenbaker
Renee LaCoss	Rick Miller	Annette Picher	Mary Saudade	Victoria Stowell	Rhonda & Jing Williams
Jeffrey Ladd	Adam Miller	Lorraine Pierce	Molly Saunders	Walt Stowell	Kate Williams
Ernest LaFramboise	Cece Mills	Heather Pierce Post	Chris Schaner	Karen Straim	Allen Wilson
Laura Lalumiere	Ethan Mitchell	Stephen Pilcher	Monica Schaner	Samantha Sturtevant	Nancy Wilson
Evelyn Landis	Cathy Molloy	Deb Pinkerton	Lilo Scheeler	Willa Sullivan	Paula Wilson
Margaret Lane	Chris Monje	Shawn Pinsley	Peter Schenck	Christie Sumner	Wendy Wilson
Erica Langston	Ron Monroe	Janet Piper	Ted Scheu	Cindy Sumner	Mimi Wlodarczyk
Edna LaPerle	Ellyn Montgomery	Penny Ploof	Marita Schine	Peter Sutherland	Arlette Woods
Yvette LaPete	Essa Moodie	Nikhil Plouffe	Kathryn Schloff	Siri Swanson	Jaclynne Wootten
Kati Larocque	David Moore	Becky Plouffe	Jaime Schneider	Wendy Swanson	Lauren Wright
Erin & Ella LaRose	Sophie Moore	Michael Plouffe	Richard Schneider	Stephanie Sweeney	Vijaya Wunnava
Gina Larrow	Alan Moore	Bob Poirier	Addison Schnoor	Rose & Lily Swinton	Beth Wyer
Nancy Larrow	Emmet Moseley	Tosha, Ella, & Case Pope	James Scott	Elizabeth, Jude, Franklin,	Skip Wyer
Tulip Larson	Janet Mosurick	Sarah Pope	Hileia Seeger	& Hendrix Sylvia	Max Xia
NC Lathrop	Sadie Moulton	Chuck Post	Jon Seeley	Adele Szilardi	Dana Yeaton
Matt LaValley	Gayle Muenchow	Heather Post	Martha Seifert	Nikky Sztachelski	Bruce Yelton
Sarah & Hazel Lawrence	Jennifer Murphy	Suzanne Potente	Kerry & Kiera Sell	"T" Tall	Amy Young
Larry Lawson	Marie Murphy	Ben Powers	Jazzlynn Senecal	Libby TenBarge	Deborah Young
Dianne Lawson	Jan Murray	Linda Punderson	Abi Sessions	Alex&Travis	John Zahn
Heather Layn	Caitlin Myers	Spence Putnam	William Sessions	Tenenbaum-Pigman	Pat Zeliff
Bailee Layn-Gordon	Scott Myrick	Will Pyle	Robin Severy	John Tenney	Kai Zhang
Candie Leavitt	Anne Myrick	David Quesnel	Ashley Severy-Audet	Bern Terry	Lance Zimmerman
Irene Lederer LaCroix	Mike Nason	Susan Quesnel	Maggi Shadroui	Marie Theberge	
Michelle Leftheris	Marilyn Needham	Diane Quiet	Pam Shafer	Andie Thompson	
Susie Leonard	Ruby Neustadt	Justine & Vivienne	Linda Shandrow	Karisa & Myla Thompson	
Jeff Lester	Marybeth Nevins	Rafferty	Bobbie Shinehouse	Casey Sue Thompson	



VOLUNTEER WEEK

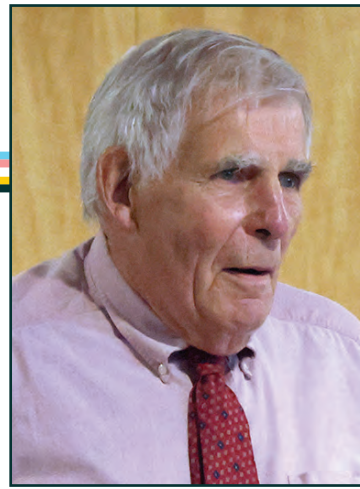


Thank you, volunteers,
for helping to keep
the wheels turning!

www.hope-vt.org

Bill Jesdale Vermont Adult Learning

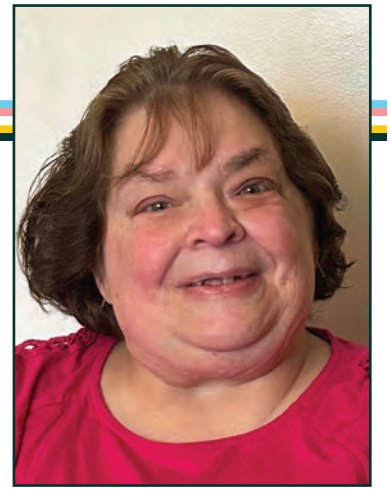
Lincoln's **Bill Jesdale** has devoted 10 years to volunteering as a Math Tutor with Vermont Adult Learning. Bill works with students on mathematics one morning each week. Each student is working toward his or her high school diploma or a GED. He not only focuses on math content but also assists students with test-taking skills. He finds joy in volunteering because it allows him to work with unique individuals, helping them succeed and gain confidence. Bill emphasizes, "My challenge



is to understand what each person understands, how he or she understands it, and how best to help each student gain new insights and confidence." Apart from Vermont Adult Learning, he has also volunteered at the Lincoln Community School and provided assistance to individual students in the five-town area.

Marie Lennon Porter Medical Center

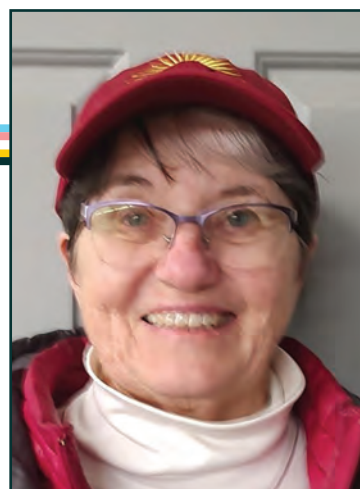
Marie Lennon, a resident of Middlebury, has been volunteering at Porter Medical Center as a Greeter for 1 year. Marie warmly welcomes individuals entering through the Emergency Department, directing them to various departments within the hospital. She finds fulfillment in volunteering, expressing, "I was a nurse for 22 years and I really missed it. Seeing everyone that comes into Porter Medical Center and helping them kind of gives that



back to me. I wish I had started volunteering a lot sooner. Also, when I am able to make someone smile, it makes my day!". Apart from her work at Porter Medical Center, Marie has also volunteered at the Charter House Coalition.

Linda Kelton HOPE

Middlebury's **Linda Kelton** has volunteered at HOPE as a textile mender for a little over a year. She sews on missing buttons and does minor mending to donated textiles. Linda says, "I like volunteering at HOPE, mending clothes for their Resale Shop. There are great people there to work with and I get a lot of



satisfaction helping them and in turn, helping our community."

Anne Lindert Porter Medical Center

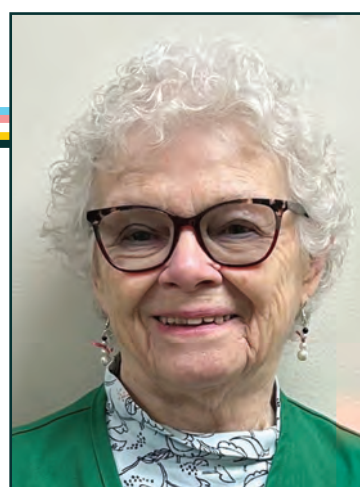
Anne Lindert, of Vergennes, has been volunteering at Porter Medical Center as a Greeter for 1 year. In her role, Anne's primary responsibilities include greeting people and offering assistance as needed while maintaining awareness of those present. Reflecting on her volunteer experience, Anne



shares, "Meeting people – I enjoy the patients and the co-volunteers! I have made beautiful friendships!"

Rosie Kemp Porter Medical Center

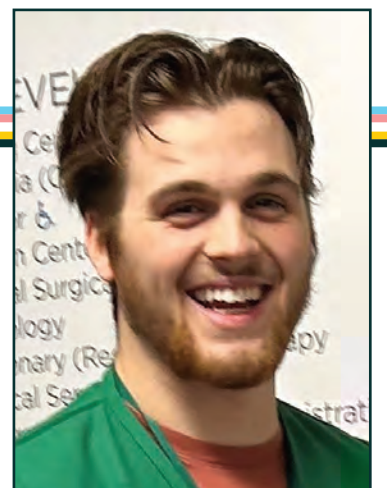
Middlebury's **Rosie Kemp** has been volunteering at Porter Medical Center as a Greeter for two decades! Rosie's duties include greeting people, assisting with meal deliveries for staff, escorting patients to appointments, mailing projects, and handling various odd jobs as needed. Rosie finds great enjoyment in volunteering, especially



being able to socialize with both familiar and new people while helping those in need.

Jake Lyons Porter Medical Center

Middlebury's **Jake Lyons** has been volunteering at Porter Medical Center for 1 year as a Greeter and Med/Surg Care Assistant. In his role as a greeter, Jake assists individuals around the hospital, provides companionship to family members awaiting procedures, runs errands for hospital staff, and offers a friendly presence at the front. As a Care Assistant, he helps streamline operations for the staff by stocking gowns, preparing patient bags, and maintaining patient comfort. Jake's most rewarding aspect of volunteering is helping individuals navigate the often challenging circumstances encountered



in a hospital setting. He shares, "The most rewarding part of the job is helping people cope with the often-difficult scenarios faced by patients in a hospital." Jake believes that simple acts of kindness, such as conversing with patients, listening to their stories, and assisting with basic needs, greatly enhance the patient experience by providing a human touch during stressful times.

Connie Kenna HomeShare Vermont

Middlebury's **Connie Kenna** has been a HomeShare Vermont Staff Volunteer for an impressive 19 years! Connie interviews potential home-share hosts and guests, facilitates introductions and matches, and provides ongoing support. She loves hearing the life stories of so many different types of people, getting to know Addison County, and contributing in a small way to the current



and ongoing housing crisis. Connie has volunteered extensively over the years but currently HomeShare Vermont is her focus.

Kathy Mackey HOPE

Middlebury's **Kathy Mackey** has volunteered in HOPE's warehouse for 9 years. She assists in pricing the items donated by the community for resale. She loves working with the HOPE employees and sharing a common purpose of assisting others. Kathy also



volunteers as a guardian ad litem.



We are grateful
for all volunteers
who help our
community grow strong!



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VOLUNTEER WEEK

Chip Mayer Porter Medical Center

Chip Mayer, a resident of Middlebury, has been volunteering at Porter Medical Center for 13 years as a Care Support Volunteer in the Emergency Department.

Chip provides extra care and attention to patients and their loved ones, offering comfort through actions such as providing blankets, lending a listening ear, and ensuring they feel remembered amidst the busyness of the emergency department. Chip also acts as a communication bridge between patients and medical staff. "Knowing that my caring presence can turn



a fearful event into a less stressful experience", she states.

Chip also volunteers with Wellspring, a singing group providing music for Palliative and Hospice patients, for about 16 years, and at Homeward Bound, providing Animal Reiki for shelter cats, for about 6 years.

Reyna Morgan-Richer Porter Medical Center

Middlebury's **Reyna Morgan-Richer** has been volunteering as a Bereavement Companion with Porter Medical Center's Palliative Support Services for two years. In her role, she co-facilitates Death Café discussions, provides companionship to individuals experiencing grief, is involved in an 8-week grief support group, and visits patients in palliative care at the hospital and Helen Porter. Additionally, she participates in bi-weekly meditation sessions for volunteers over Zoom.

Reyna finds the discussions surrounding dying, death, and the



grief process to be deeply meaningful. "Grief and death are undeniably a part of life, and oftentimes it is hard to find words to express the feelings, emotions, and thoughts many of us have around this topic," she claims. Reyna's goal is to create a safe space for these conversations, break the stigma around discussing death, and normalize the topic within the community.

Elizabeth T. Oettinger Porter Medical Center

Elizabeth T. Oettinger, of Middlebury, has dedicated 14 years of service as a palliative support volunteer and a member of the Wellspring Singers at Palliative Support Services at Porter Medical Center. In her role, she sits vigil with patients in their final moments and lends her voice to the Wellspring Singers, providing comforting music to those nearing



the end of life. To further support her community, Elizabeth also extends her volunteer efforts to Addison County Restorative Justice and St. Stephen's Church.

Autumn Rakowitz Homeward Bound

Shelburne's **Autumn Rakowitz** has been providing a foster home for cats and kittens through Homeward Bound for 1 year. She opens her home to these animals, providing them with care, love, cuddles, and playtime. Autumn finds joy in watching them thrive, grow, and develop confidence, as



well as the laughter and love they bring into her life.

Steve Reigle HOPE

Weybridge resident **Steve Reigle** has helped with HOPE's food delivery services for 8 years. He delivers monthly food boxes to folks who cannot go to HOPE and pick them up. Steve's favorite aspect of volunteering is visiting with the people when he drops



off their delivery.

Sadie Sadler Page One Literacy

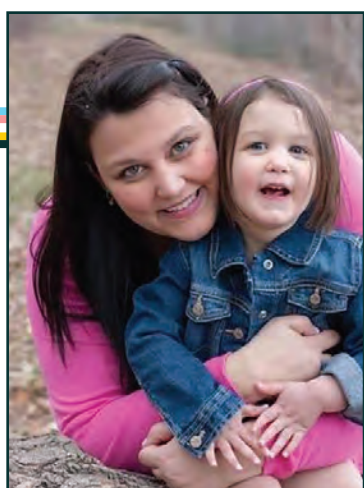
Sadie Sadler, from Middlebury, currently serves as the president of Middlebury College's Page One Literacy Project and Middlebury College's Sibling to Sibling Program, where she has been involved for 2 years. In her role, she coordinates volunteer opportunities and events with community partners, oversees groups of Middlebury College student volunteers, and engages with children in Addison County. This involves activities such as reading books with children weekly at elementary schools (Page One) or leading



identity summits with middle school students (Sibling to Sibling). Sadie finds joy in being around children and assisting them in their learning process. Building close relationships with them and witnessing their growth is particularly rewarding for her, aligning with her passion for working with children as a future teacher.

Jena Santa Maria Evergreen Preschool

Jena Santa Maria, of Vergennes, has volunteered on the Evergreen Preschool Board of Directors for 6 years. Jena's ambition and foresight have been a valued quality of her work as a Board member at Evergreen Preschool. With a law background, Jena's education and experience have been most valuable, especially during the pandemic. She has spent



endless hours reviewing documents, helping with fundraising efforts, and moving the preschool through its strategic planning process.




The Middlebury Knights of Columbus Council 642 contributes/volunteers at a significant level for its parishes needs and causes. Additionally, the Knights have made the worthy causes of the greater Middlebury community a central focus of its volunteerism and financial contributions on a regular basis. These include Addison County Special Olympics, HOPE food shelf, Charter House daily and Friday night meals and cold month shelter for those in need, student scholarship grants, Bishop's Fund, Camp Takumta, Christain Service committee, family and youth ministry, Middlebury Amateur Hockey, The Yellow House and The Women's Center.

We extend our sincere thanks to all of you who contribute to and support our fundraisers in order that we can continue our mission of charitable efforts in the greater community.

MIDDLEBURY KNIGHTS OF COLUMBUS
FATHER DALEY COUNCIL 642



Thank you,
Addison County
Volunteers
for working so hard
for our community!

United Way  United Way
of Addison County

UnitedWayAddisonCounty.org
PO Box 555 • Middlebury, VT, 05753 • 802-388-7189

Homeward Bound Addison County's Humane Society

Homeward Bound wants all our volunteers – our board members, our dedicated dog walkers and cat socializers, our dynamic community outreach ambassadors, our tireless foster care families, our clerical and customer service folks, and everyone in the community who steps up when asked for help – to know how very grateful we are for your support and commitment!



Homeward Bound Addison County's Humane Society



Please visit our website
www.homewardboundanimals.org
for information on our
volunteer and foster programs.

236 Boardman St. • Middlebury • 388-1100



VOLUNTEER WEEK




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Vermont Adult Learning extends a heartfelt thank you to our dedicated volunteers in Addison County.


Your support is invaluable to our staff and students. We couldn't do it without you!



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Please visit www.vtadullearning.org or call (802) 388-4392 to learn more.



A big THANK YOU to all the volunteers who contribute so much to the quality of so many lives.



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www.woodwarevt.com Mon-Sat 9-5, Closed Sundays

Molly Saunders
Homeward Bound

Molly Saunders, a volunteer at Homeward Bound, has been dedicating her time to Cat Land for 6 months, along with some additional time before Covid. Her primary role involves socializing cats and small animals by giving them attention. She particularly enjoys spending time with shy and fearful animals, believing that one person's effort can help them feel safe and start trusting people. Molly also assists with feeding and cleaning when needed and aims to train as a dog volunteer in the future. Molly shares, "My favorite part of volunteering at Homeward Bound is watching the animals progress from the time they come in to the time they



are adopted." She notes the transformation some animals undergo, from being traumatized and scared to finding loving homes. Molly expresses a desire to spend all her time at Homeward Bound and speaks highly of the staff, whom she describes as "a really special group of people". Molly has previously volunteered at Neat Repeats, United Way of Addison County, Art from the Heart, Camp Daybreak, and the DREAM program.

Darla Senecal
Bristol Family Center

Darla Senecal, a Bristol resident, has been a Board Member of the Bristol Family Center for 5 years. Her role involves supporting the BFC Director, participating in decision-making, and ensuring adherence to written policies. Darla finds satisfaction in contributing to high-quality early care and learning opportunities for children and families in the town, guiding and supporting leadership to create a nurturing environment. She loves



helping create a caring and exciting place for children to learn about the world around them. Darla has also volunteered with the Early Care and Learning Partnership for 5 years. She just completed two 2-year terms on the Bristol Selectboard.

Abigail Sessions
HomeShare Vermont

Abigail Sessions, a resident of Weybridge, has volunteered with HomeShare Vermont as a Staff Volunteer for 1 year. In her role, she interviews potential home-share hosts and guests, facilitates introductions and matches, and offers ongoing support. Abigail says, "What I enjoy is helping to make a small dent in the housing shortage and seeing people who really appreciate the



companionship of living together." Additionally, she volunteers at Gather and through the Champlain Valley Unitarian Universalist Society.



Kristin Swartzentruber
Beeman Elementary

New Haven's Kristin Swartzentruber has been a Four Winds Nature Institute School Coordinator and School Garden Educator at Beeman Elementary for 6 years.



Kristin's love for the natural world helped her find a pathway into Beeman Elementary where she is supporting and teaching nature-based learning for all children grades K-6. Kristin started as a Four Winds Science Teacher through the school's volunteer program and then moved in to take over full coordination of the program.

Additionally, Kristin has moved into the 'Garden Queen' role at Beeman. During garden season, she comes to recess weekly and invites children to work in the school garden with

her to plant, prune, and harvest food that is used in the cafeteria. She also helps children maintain the school's pollinator garden. Kristin is an active member of Bee Friends (Beeman PTO) where she is instrumental in fundraising, community building, and helping to bring fun learning experiences to the school.

Beeman is grateful to Kristin for bringing access to the natural world to all of its children and staff. Kristin is also a New Haven Town Library Trustee (Vice Chair).

Val Tilford
HOPE

Val Tilford, a Middlebury resident, has volunteered as a receptionist at HOPE for 6 years. In her role, she meets clients, records visits, and answers the phone. When asked what she most enjoys about her position Val responded, "Everything! Meeting, helping, and working".



Susan Torncello
Evergreen Preschool

Shelburne's Susan Torncello has served on the Evergreen Preschool Board of Directors for 10 years. Susan was a co-founder of Evergreen in the early 80s and has held the school close to her heart ever since! After taking a hiatus, she decided to join the Board of Directors and has been instrumental in the preschool's work around mission, vision, and strategic planning over the



last decade. Susan's deep understanding of early childhood and commitment to quality have made Evergreen the amazing place it is today.

Steve Webb
Porter Medical Center

Steve Webb, a resident of Middlebury, has been volunteering at Porter Medical Center as a Greeter for a whopping 22 years. In his role, he warmly welcomes individuals at the upstairs entrance and offers assistance as required. Steve expresses his enjoyment of volunteering, stating, "The people – patients, visitors,



and staff. It is a pleasure to provide support however it is helpful!"



VOLUNTEER WEEK

Wellspring Singers Palliative Support Services at Porter Medical Center



Addison County's **Wellspring Singers** have volunteered with Palliative Support Services at Porter Medical Center for over two decades.

The Wellspring Singers offer music to patients,

family members, caregivers, and friends of those associated with Palliative Support Services and beyond. They say the most enjoyable piece of volunteering in this way is offering music to comfort

the soul, build connections, invite reflection, rekindle memories, and promote overall well-being. "We sing from our hearts, bringing to bedsides, and elsewhere, the gift of music to soothe and comfort."

The Wellspring Singers volunteer in this capacity throughout Addison County; including Porter Medical Center, local Residential Care Facilities, and in people's homes.

Deborah Wetmore Vermont Adult Learning

Middlebury's **Deborah Wetmore** has been a tutor with Vermont Adult Learning for 2.5 years. Her volunteer role at VAL is to work one-on-one with a student who wishes to improve their academic skills to complete a high school graduation program, acquire a GED, or master information that will be helpful in their employment.

Deborah says, "Meeting the students where they are and working together to plan what will be most useful and helpful is satisfying and fun. For instance, a chance to enjoy books together like *The Old Man and the Sea* or *A River Runs Through It* and know the possibilities are limitless is a joy".

Deborah values the diverse strengths, goals, and stories of the Vermont Adult Learners she works



with. She fondly recalls the collective satisfaction of a Waterbury participant achieving her GED. Before relocating to Middlebury, Deborah volunteered for many years at the Warren Library, where she appreciated collaborating with the directors, engaging in various programs, and serving a diverse audience. It was "the best portrait of a community at work and play". She also volunteered at Warren Elementary School, cherishing the community connections. On volunteering, Deborah says, "The prize is the people".

Barbara Whitney Porter Medical Center

Barbara Whitney, from North Ferrisburgh, has volunteered at Porter Medical Center as a Greeter for an impressive 19 years. In her role, she greets patients and assists them by directing and escorting them to various appointments within the hospital. Barbara finds great joy in volunteering, stating, "Meeting old friends and



patients, and developing new friendships with other volunteers. It is a great experience! Wonderful memories!"



Porter is a great option for those wanting to help Volunteer support is particularly meaningful to end of life patients

MIDDLEBURY — Porter Medical Center in Middlebury welcomes all volunteers who dedicate their time serving Porter's patients and residents. Your work is meaningful to our community.

There are many ways to volunteer, both at the hospital and/or from your own home.

If you do choose to volunteer onsite, please make sure you are comfortable volunteering with a mask, in accordance with our current COVID-19 restrictions. You can read Porter's welcoming policy online at tinyurl.com/PorterWelcome to learn more about current visitor restrictions.

Volunteers at Porter provide support in a variety of ways, including as:

- Greeters
- Wayfinders
- Companionship to patients
- Clerical support
- Vigil sitters

Porter would love to talk to you about volunteer opportunities. Call or email Kelly Walters, manager of Porter's volunteer & student services, at PMC-Volunteers@portermmedical.org or 802-382-3444.

Download and submit an application to be a Porter volunteer by going online to tinyurl.com/PorterVolApp. Student volunteers have a different application: tinyurl.com/PorterStudentVol.

Email your completed application to PMC-Volunteers@portermmedical.org.

END OF LIFE VOLUNTEERS

Palliative Support Services at Porter welcomes all volunteers who dedicate their time serving Porter Medical Center's patients and residents. Your work is meaningful to our community and we are grateful for your support.

Porter's Palliative Support Services has over 200 trained volunteers that provide practical and emotional support to hospice patients and their families facing the last year of life. Volunteers complete a 10-week, 30-hour training and become certified for hospice patient care. End of Life Services volunteers respond to a wide variety of requests for assistance and become an important part of the circle of care for patients and caregivers.

If you are considering becoming

a Palliative Support Services volunteer, reach out at 802-388-4701.

Palliative Support volunteers provide support in a variety of ways, such as vigil sitting, bereavement support, Wellspring Singers, musicians and spiritual care.

Porter's Wellspring Singers is a particularly rewarding opportunity for the right volunteer. Wellspring is a group of singers who offer music to patients, family members, caregivers and friends of those nearing the end of their lives.

With a diverse repertoire of songs, they strive to offer music that is meaningful to each person for whom they sing. In addition to singing a-cappella, they also offer instrumental accompaniment on harp, recorder, piano, guitar and flute.

These volunteers believe in the power of music to comfort the soul, build connections among people, invite reflection, kindle memories and promote a sense of wellbeing. Understanding that every person has different needs and responds to different types of music we personalize each singing experience

to the people in the room with us.

Music can have a profound effect. Among its many benefits, music promotes a sense of relaxation and inner calm, decreases anxiety and fearfulness, reduces pain and general discomfort and provides a sense of community and connectedness through a shared experience.

Wellspring volunteers are not professional performers but community members who sing from their hearts, bringing to bedsides, and elsewhere, the gift of music to soothe and comfort. They hope and believe it stimulates communication among patient, family and friends.

Porter Palliative Support Services Manager Louella Richer is at 802-388-4744 or lricher@portermmedical.org.



Emilo Real Estate
Let Us Sell or Find Your Roost!

Saluting the Thousands of Volunteers who make our Community the Special Place it is!

173 Court Street, Middlebury, VT
EmiloVTRealEstate.com | 802.388.4440-office

Roxanna Emilo, Broker/Realtor/Owner | 802.349.9837
emilovtrealestate@gmail.com
Christine Fraioli, Realtor | 802.989.2234
cfvt@gmavt.net

WE APPRECIATE OUR VOLUNTEERS!

Atria Collective would like to thank our 60 dedicated volunteers who donated 6,817 hours of their time during the 2023 fiscal year by:

- Staffing our 24/7 hotline
- Assisting people in court
- Co-facilitating support groups
- Performing administrative tasks
- Serving on our Board of Directors

Atria Collective could not do our work without the dedication and commitment of our volunteers. Advocacy, education, & social change to end gender-based violence

24 Hour Hotline: 802-388-4205 • info@atriavt.org

THANK YOU, VOLUNTEERS!

RSVP wishes to thank all the volunteers who contribute to the quality of our lives in Addison County. We are inspired by the many ways you support our community.

RSVP of Addison County
79 Court Street, Suite 7 Middlebury, Vermont 05753
802.388.7044 | volunteersinvt.org



Page One Literacy Project volunteers join Middlebury's Spooktacular every October, dressing up and handing out books and candy to kids in the local community.

THANK YOU!

Students, Faculty, Staff, and Community Partners for your continued dedication to strengthening communities around the globe.

-The Center for Community Engagement

Middlebury College

VOLUNTEER WEEK



Want to volunteer? The Red Cross needs you

BURLINGTON — It's National Volunteer Week (April 21-27) and the American Red Cross of Northern New England is recognizing the work of the selfless individuals here in Vermont who generously give their valuable time to support people in need.

Across the country, more than 275,000 Red Cross volunteers serve their communities by responding to disasters of all sizes; supporting the collection of blood to help patients receive the critical care they need; supporting members of the military and their families; helping communities prepare for emergencies around the globe and much more.

In 2022, Red Cross volunteers in Vermont responded to 142 local disasters and assisted 481 Vermonters who faced emergency situations. That same year, they

trained 6,662 people in lifesaving skills, installed 342 free smoke alarms and provided 664 services to military members, veterans and their families.

In July 2023, flooding devastated Vermont and hundreds of homes were destroyed. Red Cross deployed 300 to support those affected. Together with partners, the agency and many of its volunteers delivered 28,000 meals, 34,000 relief items and provided 986 overnight stays for 200 residents in 4 shelter.

"National Volunteer Week is time to honor these community heroes for their constant service and support," said Eric Gagnon, Regional Volunteer Services Officer, Northern New England Region. "They are the true heart of the Red Cross."

VOLUNTEERS NEEDED

Volunteers are more critical than ever as the climate crisis worsens and the need for shelter, hot meals, health services, emotional support grows. The Red Cross is now launching nearly twice as many relief operations for major disasters than it did a decade ago, and with hurricane and wildfire seasons on the horizon, there's a critical need to fill volunteer positions.

Disaster Action Team Member: As a Disaster Action Team volunteer, be a source of refuge and support when it's needed most. From home fires to storms, unexpected emergencies happen every day, but you can help as a Red Cross volunteer.

Shelter Services: Support the day-to-day activities within an emergency shelter by helping with reception, registration, feeding, dormitory,

information or other areas within a shelter. Free online training will be provided.

Disaster Health Services: Use your professional skills as licensed healthcare providers to deliver hands-on care to people in shelters. There is also a need for Mental Health Services volunteers.

Visit redcross.org/VolunteerNNE to get started today. Training is free, but the hope you provide as a Red Cross volunteer to people in need is priceless.

The Red Cross also invites the public to sign up to become a volunteer blood or platelet donor. To schedule an appointment to donate blood or platelets, people can download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).



CAMILA BLANCO, a 2023 Middlebury Union High School graduate, was a recipient of a United Way of Addison County scholarship for high schoolers who volunteer. The organization is seeking applicants for this year's Live United Volunteer Scholarship. *Independent file photo*

Volunteer News Briefs

Helping amphibians draws a crowd

SALISBURY — Each year the Otter Creek Audubon Society and the Salisbury Conservation Commission invite the public to join them on a handful of warm, wet, early spring nights counting salamanders and frogs and helping them safely cross the road to their breeding grounds. It's the annual amphibian escort night!

This spring the first one was in March, and there was another on Friday, April 12. Herpetologist Jim Andrews operated a little field station from the trunk of his car. He had collected one of each of the species we were likely to see that night and put each in its own little shallow pool at the bottom of a Tupperware container. He showed us how to identify them — wood frog, spring peeper, Eastern red-backed salamander, blue-spotted salamander, four-toed salamander, and red eph — then sent us off into the night to find more.

In early March, volunteers counted 900 amphibians in one evening.

According to Andrews, the April event drew 74 volunteers of all ages, who tallied 575 amphibians of nine species over the course of two and a half hours. Many, if not most, of the citizens who ventured out on this damp evening agreed they'll be back next spring.

4-H volunteers essential to Quiz Bowls

VERMONT — The 4-H organization accomplishes a lot with kids thanks in large part to volunteers.

When 4-H horse members from throughout the state traveled to the University of Vermont in Burlington on April 7 for the 2024 State 4-H Horse Quiz Bowl, many volunteers worked hard to make the day a success.

The annual contest is designed to test their equine knowledge through a series of buzzer rounds where points were scored for knowing answers to questions on anatomy, feeds, coat colors, gait, tack and other topics. The top 10 finishers in each age group received a rosette ribbon with the first-place winners also awarded a 4-H backpack.

Wendy Sorrell, the UVM Extension 4-H livestock educator who organized the event, was assisted by a number of volunteers from throughout Vermont. Volunteers who helped with scoring, registration and other tasks included Alexa Buskey of North Ferrisburgh and Shyanne Wedge of Shoreham.

Go on a 'Workcation' for VTF&W

VERMONT — The Vermont Fish and Wildlife Department is looking for volunteers to join them for fun-filled weekends to get two state-run Green Mountain Conservation Camps ready for the 2024 season. This year, the GMCC Kehoe "workcation" weekend will be May 11-12, and the GMCC Buck Lake workcation weekend will be May 18-19.

"We look forward to workcation weekend all winter long," said Education Specialist Hannah Phelps. "With the help of local volunteers, we spruce up both camps in preparation for the summer and enjoy being

outdoors knowing it's for a good cause — environmental education for today's youth."

Volunteers can participate for as long as they are able to — one hour, one day, or both days. They are welcome to stay overnight in onsite cabins or they can bring their own tents. Lunch and dinner will be provided.

The Buck Lake camp is in Woodbury, and the Kehoe camp is on Lake Bomoseen in Castleton. This is an excellent community service opportunity for Boy Scout and Girl Scout groups, as well as high school and college clubs. The Conservation Camps are looking for help with general repairs, construction, landscaping, painting, cleaning, firewood, and gardening. Participants are encouraged to bring their own tools, but the camps will have some available.

For more information and to register as a volunteer for one of these weekends, please email Hannah.Phelps@vermont.gov or call 802-249-4199.

Vermont's conservation camp program is unique because it is sponsored and directed by the Fish and Wildlife Department professionals who conserve Vermont's fish and wildlife species. Working biologists, foresters, wardens, and conservation educators teach young people about their role with Vermont's forests, wetlands, wildlife, and fish through interactive activities.

Take a break for a volunteer fair

LINCOLN — While folks are at the Lincoln firehouse for Green Up Day festivities on May 4, they are invited to check out the volunteer fair from 10 a.m. to noon. Community organizations will have tables set up with information about who they are, what they do and how you can get involved.

The hope is for this day to be a win-win for Green Up Day and raising awareness and volunteerism in the community.

Volunteer for a grant-funded project

ADDISON COUNTY — Through its Small Grant Program, Addison County Regional Planning Commission supports local municipal volunteers with in-state training opportunities. In the past few months the agency has provided \$60,000 through this program to support planning projects across the region.

These towns will receive this funding to support their volunteer planners:

- Cornwall: \$10,000 towards the Cornwall Outdoor Recreation Area (CORA) project.
- Orwell: \$10,000 towards updating zoning regulations.
- Pantton & Vergennes: \$10,000 to each towards surveying town boundaries.
- Ripton: \$10,000 towards a capital improvement plan.
- Monkton: \$10,000 towards the new town forest.
- Ferrisburgh: \$10,000 towards water system capacity planning.

United Way offers scholarships for teen volunteers

ADDISON COUNTY — United Way of Addison County fosters community service in all community members, especially our youth. On behalf of a generous donor, one Addison County student will be chosen annually for the Youth Volunteer Scholarship, recognizing a student who volunteers in their community and is interested in advancing their education.

This scholarship comes with a \$3,000 cash award for post-graduation education (college, trade school, Adult Education, etc.).

Last year, the LIVE UNITED Volunteer Scholarship Award was bestowed on Camila Blanco of Salisbury. Fluent in both Spanish and English, Blanco served as a volunteer at Open Door Clinic as their receptionist. She said it was a privilege to be a friendly face that welcomed patients into the clinic and communicated with them in a way that put them at ease in an unfamiliar setting.

Blanco graduated from Middlebury Union High School in June 2023. Julia Doucet, Outreach Nurse and Case Manager at Open Door Clinic, said that Blanco's presence at the clinic brightened many of their patients' days.

"At the end of a long work day, showing up to a warm welcome and a familiar accent is like a warm blanket," Doucet said. "Camila would engage in brief conversations with each patient, knowing the cultural expectation of asking about their families. She is a valuable member of our clinic team."

United Way of Addison County is seeking a high school volunteer to recognize this spring. The organization is now accepting applications for the 2023-2024 school year. Applications for the 2023 LIVE UNITED Volunteer Scholarship Award can be submitted to United Way of Addison County if the nominee meets the following criteria:

1. Senior in high school or equivalent.
2. 21 years old or younger.
3. Has volunteered in Addison County anytime within their high school years (grades 9-12).
4. The volunteer service has made an impact on the community, and their own personal learning.
5. Must be applying to or enrolled in an accredited post-graduation site (minimum 6-credit semester or the equivalent).
6. Participation in this scholarship award shall be on a voluntary basis.
7. Applicant must not be employed by UWAC or be a dependent of UWAC staff or board members.

Requirements

1. Completed Scholarship Application, which includes answers to the "Questions for Student" document.
2. A student resume of all applicable high school activities (sports, student government, activities, jobs, etc.).
3. Letter of reference from the organization or individual impacted by your service that answers the "Questions for Reference."
4. The scholarship funds will be made available to the educational institution in which the student is enrolled.
5. Payment will be issued by United Way of Addison County.

Interested students can go to the UWAC website to apply for this scholarship, or head online to unitedwayaddisoncounty.org/youth-volunteer-scholarship. Applicants must fill out and submit the application there or send it along with the "questions for students," student resume and letter of reference to: amyh@unitedwayaddisoncounty.org or via U.S. Mail to: Amy Hoekstra, United Way of Addison County, PO Box 555, Middlebury, VT 05753.

All application documents are due to United Way of Addison County by May 6. Winners will be notified later in the month.

Download an application online at tinyurl.com/ScholarshipVol.



VOLUNTEERS NEEDED IN ADDISON COUNTY

Give back to those who once took care of us!
Your older neighbors need your help.
Join as volunteer today as an individual or business.

Volunteers needed across Addison County to deliver Meals on Wheels and be Friendly Visitors!

Contact the Volunteer Department:
802-662-5249 or volunteer@agewellvt.org



Since 1974, we have provided Northwestern Vermonters with essential services to help them age well.

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To learn more visit agewellvt.org