

ALSO INCLUDES 9 PAGES OF
Community News!
STARTING ON PAGE 8

celebrating Our Achievements!

*** DO YOUR PART ***

VOTE!

MARCH 5, 2019

Voting Day Information

To help you get to know them a little better, candidates for School Board and City Council have provided details which we share on pages 9-11 for your information.

You are also invited to attend an information meeting **Monday March 4th, 2019** in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets and to meet the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues will begin at 7:30 p.m.

Please do your part and become informed, and vote on March 5, 2019 at the Senior Center, 123 Barlow Street, between 7 a.m. and 7 p.m.

Representing Winooski at the State Teacher of the Year Induction in California

By Thomas Payeur, Teacher of the Year

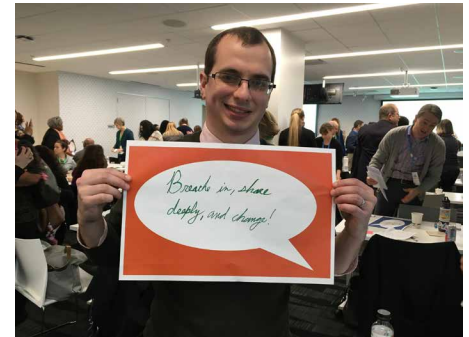
When asked to write a “six word story” that captured my experience at the National State Teacher of the Year Induction at Google Headquarters in San Jose, California, this is what I wrote: “Breath in, share deeply, and change.”

Over the course of five days in early February I had the opportunity to share with, learn from, and be inspired by 55 other teachers from across the nation and US territories. While we had our differences in location and size (imagine schools literally the size of our town!), the thing we all had in common was a passion to share our students’ stories. I can say with confidence that our school district is a valued source of pride in the nation at large.

One key takeaway from my time in California is that we need to continue having conversations in our community and the state as a whole about the ground-breaking work we have been doing to make 21st century skills the driving force in our schools.

We are leading a great change in education through our use of Graduation Proficiencies and Expectations, a change that is beginning to take root across our state. With intentional practice in these skills, our students will be able to successfully navigate a rapidly changing world and overcome all obstacles they encounter. They will be leaders among their peers, well versed in knowledge of their self, others, and the world at large. This change is challenging and complicated, but with shared understanding, we can succeed.

Thank you for allowing me this opportunity to share our powerful work with other top educators from around the country. There really is no other place like Winooski, and for that I am incredibly grateful!



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Register for City Updates

Stay informed! Register for **Emergency Updates** and **Winter Parking Ban Notifications** - text the word “WINOOSKI” to 888-777 or visit <https://local.nixle.com/register>.

Next time we have a parking ban or if traffic flow is interrupted because of an accident or fire, you will be alerted by text. Sign up today!



SAVE THE DATE:

**Monday, March 4th
Annual Meeting**

BUDGET PRESENTATIONS

6:00pm: City Budget

7:30pm: School Budget

LOCATION

**Performing Arts Center,
Winooski Educational Center**

CITY AND SCHOOL ANNOUNCEMENTS

Kindergarten Registration and Screening for 2019-2020 school year

Children who will be five years of age prior to September 1, 2019, should attend this screening. The registration and screening will be at John F. Kennedy Elementary School on Monday and Tuesday, May 6th-7th. Please call the J.F.K. office at 655-0411 to make an appointment, which will take 90 minutes.

Please be on time for your appointment, and come with your child, bringing their paperwork:

- birth certificate, (or I-94 if your child was born in a country that doesn't issue birth certificates)
- updated immunization record
- Social Security number
- proof of residency

Thank you.

Playgroup for families/ caregivers and young children (0-5years old)

Join our playgroups at the O'Brien Community Center (32 Malletts Bay Avenue) in Winooski:

- Tuesday: 9:30-11:30AM
- Thursday: 9:30-11:30AM



Why attend playgroup?

- Socialize with parents/ caregivers
- Learn about resources
- Children will learn to share, take turns, and to communicate

EVERYONE IS WELCOME

Please reach out to us, if you have questions or want more information: 655 1422 or mkerkering@howardcenter.org.



THE WINOOSKI HISTORICAL SOCIETY PRESENTS:

Levi Allen: Ethan's Black Sheep Brother

Levi Allen was an outsider within his own family. Though he supported his brother



Ethan at the taking of Ticonderoga, the two fell out during the American Revolution: Levi was a Loyalist. When the war ended, Ethan and Ira Allen recruited Levi as independent Vermont's liaison with the authorities in British North America. In the end, Levi lost the support of his family and friends, dying a pauper in Burlington. Levi's life presents a vivid picture of the turmoil that a prominent American family experienced during the formative years of Vermont and the American Republic. Levi's brother Ira Allen was one of the earliest Yankee settlers of the region in the 18th c., building a sawmill at Winooski Falls, and his home on the site currently occupied by the Winooski Block.

SPEAKER: Vincent Feeney

Vincent is the author of numerous books and articles on Vermont history and a former professor of history at the University of Vermont.

WHERE: Museum in Champlain Mill

WHEN: Sunday, March 24, 2019

TIME: 1:30 p.m.



Free and open to the public
Handicap accessible
FREE PARKING

Dollars for Scholars Update

By Linda Gregoire

Remember, Winooski students:

YOU ALONE ARE ENOUGH.
**YOU HAVE NOTHING TO
PROVE TO ANYBODY."**

—MAYA ANGELOU

Contact us at winooskidfs@gmail.com with questions about scholarships and programs.

Winooski
**Dollars for
SCHOLARS**
A Program of Scholarship America®

Miss a School Board Meeting? Watch it Online!



Did you know you can watch Winooski School Board meetings on the internet on your own schedule? Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

Panel on Human Trafficking

By Sr. Pat McKittrick

In March at the O'Brien Community Center, there will be a panel discussion on various aspects of Human Trafficking- (overview, role of law enforcement, community awareness, next steps) presented by members of the collaborative "UNITE" (Understand, Network, Innovate, Teach, Eradicate.) Details to be announced.

Join us at the Knights of Columbus Sunday Breakfast

By Greg Clairmont

The Knights of Columbus St. Stephen's Council #2284's world famous breakfast returns on **Sunday, March 10** from 8:00-11:00am, at the Winooski Senior Center (123 Barlow Street). The price is \$6.00 per person, maximum \$20.00 per family, children under 5 years of age complimentary.

Mark your calendars! Our next Sunday breakfast date will be April 14.

Winooski Little League Baseball/ Softball & Babe Ruth

By Jeff Brosseau

We will take registrations on Wednesday March 6th, from 6:30-7:30 pm in the Winooski School Cafeteria, and on Friday, March 15th, 3:00-6:00 pm in the School Library.

Proof of age is required for all new players, who must be within the age limits: August 31st 4-12 year olds is the cutoff date for Baseball, and December 31st is the cutoff date for Softball. Little League is for ages 4-12, Babe Ruth for ages 13-18.

Little League fees are \$45 for one player, and \$80 for a family. Late fee is \$10 after 3/31. Babe Ruth fee is \$55.00 per player. Important to register on one of the dates mentioned above.

Info or register earlier: Jeff Brosseau at 233-5530.

Friday Coffee Hour at the OCC

By Sr. Pat McKittrick

Please join us at the O'Brien Community Center, every Friday from 9AM - 11 AM. Neighbors join together to share coffee and pastries from Starbucks. We also provide tea, hot chocolate, oatmeal, fruit and juice. This is a free event to allow us to come together and enjoy a break from daily activities, an opportunity to make new friends.

Free blood pressure screening offered at the Coffee Hour on the 3rd Friday of each month.

For more information contact Sr. Pat at 847-6534 or pat.mckittrick@uvmhealth.org

Present the voucher at right and the Ninety Nine Restaurants will donate 15% of your check total to the Winooski PTO.

WSD PTO presents

Celebrating Winooski's Talent 2019!

Community Talent Show



Performance at Winooski School Performing Arts Center
Friday, March 29, 2019, 6:30pm

Free Admission. Donations welcome to support PTO of WSD.

DINING FOR A CAUSE

The Ninety Nine Restaurants
Invites You to a
Fundraiser to Benefit:
Winooski PTO

Date: Tuesday, March 19th
Time: 4:00pm - 10:30pm
Location: Ninety Nine Restaurants
Williston, VT

Support the Winooski PTO as we help to enrich our students experience!

Present the voucher below at this fundraiser and the Ninety Nine Restaurants will donate 15%* of your Guest check to the organization.

clip this voucher

DINING FOR A CAUSE

BENEFITING: Winooski PTO
DATE: Tues., March 19th **TIME:** 4:00pm - 10:30pm
LOCATION: Ninety Nine Restaurants
Williston, VT



Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. *Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.



March News

*By Sara Raabe,
JFK Principal*

This year, JFK has been fortunate to be the recipient of the CLiF Year of The Book Grant. This amazing grant brings literacy opportunities to our students in the forms of guest speakers and events. Students also get new books to take home, as does the WSD library and the Winooski library.

In January, Natalie Kinsey Warnock came to work with our K-3 students. She came to school five times during the month. She presented to the students about genealogy, family trees, photography, artifacts, and researching a family member. Students loved the experiences and had wonderful things to say every day she came.

We have a few more fantastic opportunities for our students for the rest of the school year. It has been such an exciting year of literacy opportunities.



Crazy 8s

By Mag Thomas

This session of Afterschool we are running two different age groups of Bedtime Math's Crazy 8s. One group is for grades 3rd to 5th and the other group is for grades Kindergarten to 2nd. Crazy 8s is a recreational after-school math group that helps kids enjoy the math by taking part in fun activities. It offers unique, high-energy math activities that appeal to kids of all math abilities. You can find kids jumping over "laser" beams and chasing pirates! Even the names of the activities are fun, such as Planet Party, Ninja Training, Glow-in-the-Dark Geometry, Bouncy Dice, and Toilet Paper Olympics. They also get to take home some of the materials that are used during the activity. Kids enjoy this program because it is the perfect mix of fun and academics in an after-school program!





Recognitions To Warm the Cold

By Leon Wheeler, Co-Principal

“In like a lion, out like a lamb.” Winter is drawing to a close, as we’re reminded by this old proverb. I think it’s time. Even with the school closings this winter, great things are happening, highlighted by the following exciting recognitions of students and staff.

Two Winooski students received educational awards from Next Gen Personal Finance (NGPF) for their submission to the 2nd Annual Payback Challenge: Michaela Parris received \$500 for honorable mention; and Khellmar (OJ) Daring received \$5000 for being a National Grand Prize winner!! What an amazing honor for both of these 2nd year students!

Andy Siki was recognized as a finalist in Senator Sander’s 9th Annual State of the Union essay contest. Andy, whose essay was chosen from 590, joined Senator Sanders and the 20 finalists and families at a roundtable discussion at the Statehouse in Montpelier on Saturday, February 16. The Senator will also enter the essays of the finalists into the Congressional Record, the official archive of the U.S. Senate and House of Representatives.

2019 ‘Vermont Teacher of the Year’, our own Tom Payeur, officially kicked off his tenure representing our state at the national level with the induction ceremony for each state’s Teacher of the Year at the Google Headquarters, Mountain View, CA, February 6-10. This is a really big deal, and says a lot about our school community!

ELL teacher Bill Clark was accompanied by ELL Director Kirsten Kollgaard to attend the Global Education Symposium in Washington, DC, February 21-23. Bill was awarded a 2018-19 Fulbright Teacher for Global Classroom grant. He’s already completed a 10 week intensive program, and this summer will spend three weeks overseas teaching and learning with other awardees.

Business educator Courtney Poquette was selected to attend NGPF’s 2nd annual Summit in San Francisco, California, from March 15-17, reflecting her commitment to teacher program development. The Changemaker Summit brings together 100 personal finance educators from high schools in 36 states who are passionate and motivated to improve financial education in their community in the next 18 months. The full cost of the trip and conference is underwritten by NGPF.

It is truly an honor to be part of this inspiring community! Have a great March!

The Winooski Hang-Out: A Proposal

By Nancy Keller

Winooski students, Eric Buker, Thera Neilson, Alia Ross and Savion Thibou, recently submitted a proposal to the Vermont Youth Council for a Youth4Youth Grant to fund the Winooski Hang-Out, a school-based drop-in center for Winooski’s middle and high school students.



Alia, Savion, Eric and Thera noticed that if students have a basketball practice at 4pm, for example, there are limited options for these athletes after school and, oftentimes, this means that they need to leave campus only to return an hour later. If accepted, their proposal would fund two student-directed pilot projects - one in May and one in September. These projects would create a flexible and supportive place after school so that students could “hang-out” until their sports practice begins or until they can get a ride home. This will also give our grant-writers the opportunity to collect data about The Winooski Hang-Out, in an effort to persuade others for its need and for continued funding.

Grant recipients will be announced in April with an award ceremony at the State House on April 12, 2019, and our students hope to be there!

Athletics/Physical Education Department Receives Donation

By Dennis Barcomb, Kyle Blindow and Sue Messier, WSD Physical Education teachers and Athletic Coaches

The Winooski Athletic and Physical Education department recently received a donation of \$3,000 from a grant the Winooski PTO worked out with Walmart. These funds will be used to support Athletic and Physical education. We would like to thank the Winooski PTO and Walmart for this generous donation.



March 5th: "Choose Your World"

An Art Installation by the WHS Creativity Capstone students

By Heather Win, Creativity Capstone/Theatre Arts teacher



WINOOSKI SCHOOLS
We are the future.

Three Winooski High School juniors, Alex LaClair, Azee Zar, and Sara Schmoll completed a seven-day residency with renowned Vermont artist Gowri Savor, to create a captivating multi-media installation that will challenge students and community members to think about our earth.

This student-designed installation is the first part of the students' Creativity GX (Graduate Expectation) Capstone Class, the course co-created by Winooski teachers Heather Win, Jessica Bruce, and Matt Webb, along with the arts integration professionals from Summer Teacher Institute of the Community Engagement Lab.

On Tuesday, March 5th from 11 am to noon, the community is invited to experience the PAC stage reinvented by the class to include with 20 lighted, suspended handcrafted lanterns -- some as tall as a person, video projections, a "Fortune Teller" who will guide visitors to experience earth's destiny, and a call to action that challenges visitors to do their part to save our planet.

To begin the project, the students participated in a full-day at Generator in Burlington with instructor, Rachel Hooper, where they used the design-thinking process to come up with a unified idea for this installation, stemming from the first question-- "What Do We Love?"

"Proficiency-based learning can take on so many forms, and we're especially excited about this Capstone experience for our



Azee Zar foreground. Sara Schmoll background. Building globe style lanterns.

students. Creativity is a transferable skill that reaches far beyond classrooms. When students practice ideation, collaborative planning, experimentation, and understand the way that exciting ideas evolve, they gain confidence in doing creative work in any context they may experience in their adult lives--from planning community projects to strategizing in the boardroom," says Creativity Capstone/Theatre Arts teacher, Heather Win.

"We couldn't be prouder of the creative risks our students in this class took. They were able to have their unique point-of-view shared with the community in a beautiful, engaging way through their work on this project," says Jessica Bruce, Creativity Capstone/Visual Arts Teacher.

The next step for students in the course is to take their learning about the creative process during this project and embark on individual projects in their selected discipline of Visual Art, Theatre Arts or STEM Design. Stay tuned for more fascinating work from these creative students this spring!



Alex LaClair at work



Teaching artist, Gowri Savor, with lantern frames made of willow branches. www.gowrisavor.com

FriWri...a writing club

Introduction by Amy Sherrer; writings by WMHS students

FriWri is a middle school writing club that meets diligently every Friday after school with facilitator Amy Sherrer. Writers use prompts, student-chosen criteria, and new creative skills to explore narrative writing and poetry. FriWri works toward student proficiency in the GX of Communication: *I am skillful at comprehending and expressing complex ideas in speech and writing.*

I screamed. I felt something crawling up my throat. I tried to yell for help. There were vines tangled around my neck. They were growing into the tubes that were stuck in my arms. The vines began growing up my arms and through my veins. The crawling feeling in my throat had reached my mouth. The vines grew in my mouth. I tried to scream. I tasted blood tried to spit it out. I couldn't. The vines squeezed around my neck. They were strangling me. Nothing.

—RAS

broken

holding the silver locket
it tears me up well inside
it makes me want to lock it
but, since now there's no upside...

i can not take this anymore
but, i shall not give up, no
while it's hard now to ignore
it, i trudge through the faint snow

the locket quickly thuds down
right into winter's pocket
then, it feels as if i might drown
picking up the small locket

— Quizzio / Campbell
January 4, 2019

Secret Doors

"What the...?" I stared at the gaping hole which only moments before, was my bookshelf.

"Awesome! A secret door!" exclaimed my little sister, dashing for the entrance.

I put a hand out to stop her. "No. Not awesome!" I scolded. "Besides, you have no idea what's in there why the heck would you want to go in?"

"Cause it's cool. Duh!" She said this like it was the most obvious thing in the world.

"You know what? Let's just forget this ever happened," I said, pulling the plain blue book in between the books *The World's Best Paintbrushes* and *Torture Chambers of The Medieval Days*. I thought that it would make the shelf close just like it had opened it.

"Hey! This is just like Scooby-Doo!"

I sighed. "Phoenix, Scooby-Doo is just a TV show. It's not real. In fact, this is just a coincidence." I tugged again and this time the book flew across the room as I fell backwards, landing on my butt.

She crossed her arms, stepped over me and gave me a look saying: What planet are you from?

"Oh, sure a bookcase just opened from a *AHEM* book being pulled out and revealed a secret cave thingy which seems very mysterious and probably has tons of monsters and stuff hiding gold and treasure!" she took a deep breath. "Yup, definitely a coincidence."

My sister was only seven, but boy, she had sass.

"So let's go!" she ran into the purple haze. And this time I couldn't catch her,

"Phoenix!" I yelled. "Fiona!" After saying her real name I hoped she would storm out and beat me to a pulp for calling her that, but she didn't return.

As I stood there, I thought I should call my parents. But, what good would it do? And what would I tell them? "Oh, I just lost my only sister and your pride and joy into a giant hole in the wall that opened from pulling a book on the bookshelf. And she's probably eaten by monsters now.

— Samantha Galle



WINOOSKI SCHOOLS
We are the future.

Like many times before
I have done this many many times before
I have done this before and yet this time
feels different
This time It's glowing
It glows a radiant blue
I didn't think rings could glow
My ring heats up my finger
My finger then goes cold
The ring stops glowing

—AB

Artist of the Month

By Jessica Bruce, Visual Arts Teacher



Winooski Middle High School
Artist of the Month | February, 2019
Heritier Mampuya, Class of 2022



Please join me in recognizing our artist of the month: Heritier Mampuya! Heritier has shown a great effort in art class, is always eager to come to class, and is very willing to jump into an assignment even not knowing where we are headed! His feedback for others is thoughtful and he always strives to make his work better. Congrats, Heritier!

COMMUNITY NEWS

Town Meeting Day Budget and Ballot Items

By Nicole Mace, Mayor



After two months of budget and ballot deliberations by the City Council, I'm excited to share with you the City of Winooski's ballot items for Town Meeting Day. These items, taken together, allow us to fully realize the planning work the community has completed over the last five to ten years. We have spent years talking about our infrastructure goals, our housing needs, our economic development future, and how we best provide safe opportunities to connect with one another. The items before you on Town Meeting Day move these community conversations from planning to action. I'll be proud to cast four yes votes on Town Meeting Day in order to realize the vision our neighbors have set out for us!

On March 5th at the Senior Center at 123 Barlow Street (or earlier at City Hall) you will have the opportunity to vote on the following items:

- **The overall general fund budget:** This budget maintains the current level of services offered by the City AND funds initial costs for the Main Street Revitalization project and the reconstruction of the Myers Memorial Pool. With grant awards and new revenues identified (see below) this community vision is achieved with a six cent (or 6%) increase to the tax rate. This represents a \$130 increase for the average property tax payer, or \$10.90 a month. As you know, Council has kept increases around or below the 2% threshold for many years in anticipation of these large projects impacting the rate. The budget is available here: www.winooskivt.org/city-budgets/.
- **Authorization to enact a 1% Sales and Rooms, Meals, and Alcohol Tax:** With voter authorization, this will bring about \$277,000 of new revenue to the City. If property tax payers needed to generate this revenue it would add

another 5.5 cents to the tax rate. This new revenue will be applied directly to the debt associated with Main Street Revitalization. Council believes this is a way to ensure that business activity that benefits from our infrastructure investments is sharing the debt costs so we are not solely looking to residents to bear the tax burden for that debt.

- **Bond authorization for Water Project on Hickok Street:** This project will replace the 100+ year old water lines along Hickok Street and repave the street. This will be done out of existing budgeted dollars and will have no tax rate impact.
- **Bond authorization for the construction of new parking infrastructure on Abenaki Way:** The proposed Abenaki Parking Garage implements the recommendations of the 2017 Parking Study, provides new downtown parking infrastructure for residents, allows for the full buildout of the Tax Increment Financing District and the planned retirement of the TIF debt, secures the vibrancy of Downtown, and allows for a hotel to be developed on a preferred location at the corner of Abenaki Way and Winooski Falls Way. This project will be funded by non-property tax revenues will have no tax rate impact.

Please remember that this budget is a set of puzzle pieces that fit together to fully implement the community's vision, and we need yes votes on all four items to realize that vision.

For more information, please join us on Monday, March 4th at the Winooski Educational Center for the budget presentation, which begins at 6:00 p.m.

Once again, this year you can register to vote online, at the City Clerk's office, or at the polls on Town Meeting Day. Town Meeting voting will take place from 7:00 am to 7:00 pm at the Senior Center (123 Barlow Street) on Tuesday, March 5th. We look forward to seeing you at the polls! Call City Hall at 802-655-6410 if you have any questions about voting.

Your City Officials	Email addresses	Telephone
Mayor Nicole Mace	nmace@winooskivt.org	802-363-7777
Councilor Hal Colston	hcolston@winooskivt.org	802-655-6410
Councilor Eric Covey	ecovey@winooskivt.org	802-825-8789
Councilor Corey Mack	cmack@winooskivt.org	858-231-2322
City Manager Jessie Baker	jbaker@winooskivt.org	802-655-6410

Visit the city website at winooskivt.org or call 802-655-6410.

Keep up to date with announcements and news:

LIKE US ON FACEBOOK We are "City of Winooski - Government"
FOLLOW US ON TWITTER We are @winooskivt

Library's 5th Annual Seed Share!

By Amanda Perry, Library Director

On Saturday March 30 from 10am to 12pm the Winooski Memorial Library invites you to the 5th Annual Winooski Grows! Seed Share!

Participants can pick up free seeds to bring home or share with others.

This event is free and open to all ages. Contact the Winooski Memorial Library at winooskilibrary@winooskivt.org or 802 655 6424 for more information.

We are located at 32 Malletts Bay Avenue. Hope to see you Saturday March 30th!



Meet the Candidates

Here is information submitted by the candidates to help you get to know them better. **You are also invited to attend a meeting Monday March 4th, 2019** in the Performing Arts Center at the Winooski Educational Center, for a full review of the city and school budgets, in addition to meeting the candidates, beginning at 6:00 p.m with a discussion about city issues. Discussion about school issues is scheduled to begin at 7:30.

Please do your part and become informed, and vote on March 5, 2019 at the Senior Center, 123 Barlow Street between 7 a.m. and 7 p.m.

MARGARET BASS

Running for: School Board, 3 year term

Contact: nbass@winooskipolice.com

Work: Restorative Justice Panel Manager for the Winooski Community Justice Center.

Education: B.A., Wilmington College; M.Ed., University of Mississippi; Ph.D., Louisiana State University.

Hobbies/activities: I enjoy fine dining and ethnic foods, dancing, film, and live performances and concerts

Community service: I serve as mentor for the Association of Africans Living in Vermont.

Reason for running: Although I am a relative newcomer to Vermont and Winooski, I am deeply invested in Winooski's children and youth. The Winooski School District is rare in that it offers the world to students because of the many languages and cultures represented. Winooski youth see and participate in the world as it should be, and that's a great opportunity. I want to participate in efforts to provide the best possible learning environment, continued recruitment of highly trained professionals, enhanced academic offerings, and a staff that reflects the cultural richness of the community in which we live.

ERIC COVEY

Running for: Mayor

Contact: www.coveyformayor.com, 247 Main Street, 802-825-8789.

Work: I serve as Chief of Staff for the Vermont Secretary of State's Office, where I work to increase civic engagement in our democracy and improve how our corner of government best serves Vermonters. Through this work I have developed a network of state and regional leaders that would be an asset to Winooski, enabling me to effectively advocate for our needs as a city.

Education: B.A. in Political Science from Hawai'i Pacific University.

Hobbies/activities: I'm an avid outdoorsman, and enjoy spending time exploring all that Vermont has to offer with my partner Elsie and our dog Luka. At home I enjoy reading, hosting get-togethers and trying to stop our cat Kermit from knocking things off the table! At heart I'm a community organizer, and spend a lot of my free time connecting with people about how we can make positive change in our city, state and country.

Community service: I currently serve on the Winooski City Council and as liaison to the Public Safety Commission and Downtown Winooski, which has been incredibly rewarding and inspiring. I'm the Founding Director of New Leaders Council Vermont, a non-profit, non-partisan training organization for emerging leaders. A number of Winooski residents are in our class or on our all-volunteer board! Until recently I was on the board for a non-profit healthcare organization that provided financial assistance for those in need of medical care, and you'll often find me volunteering out and about at Winooski community events, like carving pumpkins for Seasons Greetings, or scooping ice cream at VSAC for Financial Wellness Day.

Reason for running: We need a Mayor who will be a strong voice for our city. I have the experience, skills, and relationships necessary to get things done for Winooski and advocate for our city's needs. I'll work with you, not just for you, to invest sustainably in our future and ensure right-fit, measured development that slows rising unaffordability, while retaining those unique qualities that make Winooski so special.

JIM DUNCAN

Running for: City Council, 2 year term

Contact: 26 Hall St, 802-310-7103 .

Work: I am a member of the research staff at the University of Vermont Rubenstein School of Environment and Natural Resources, and run the Forest Ecosystem Monitoring Cooperative.

Education: I graduated from Essex High School, received my bachelors from Haverford College where I studied physics, and earned my masters degree at Oregon State University studying human-environment geography

Hobbies/activities: Amateur woodworking, cross-country skiing, crafting, and, most often, being a dad to two great girls.

Community service: I have contributed to a community garden and art collective in Washington, D.C., served on the South Burlington Natural Resources Committee, tutored new Americans in Winooski in preparation for the citizenship test, volunteered at the JFK Elementary, and helped to run the Winooski Tree Advisory Committee, which is working to improve the public trees and forests in our city and move the City towards Tree City USA designation.

Reason for running: Winooski is on the edge of great things, and I am running to carry that good work forward. I am running to ensure that current and future projects are developed out responsibly and effectively so that we make progress together, as a community. I will work to make our housing stays affordable and accessible, that we balance development and tax burdens, and that our community members have inviting spaces in which to live and connect.

(continued on page 10)

AMY LAFAYETTE

Running for: City Council, 2 year term
Contact: www.amyforwinooski.com, info@amyforwinooski.com, 802-598-7704.
Work: Marketing and communications for a non-profit
Education: BA in Communication from the University of Southern Maine (2006); Certificate in Non-Profit Management from Marlboro College Graduate Studies (2014)
Hobbies/activities: I love to travel with my partner Dan. I've been to 26 countries and 23 states so far. I also enjoying baking, taking our dog Sadie for long walks around Winooski, and hand lettering--the art of drawing letters.
Community service: Board member of Downtown Winooski (present); Board Member, Director of Marketing, Vermont Young Professionals (2010-2012); Chittenden County Humane Society (2010).
Reason for running: I'm running for City Council because I want to do more to give back to this special community. I want to help bring our many projects to fruition, shape future decisions, and ensure that Winooski continues to be an affordable, accessible city for years to come.

KRISTINE LOTT

Running for: Mayor
Contact: 139 W Spring St., (802) 766-1988, kristineforwinooski@gmail.com
Work: Business Analyst at TNTP, an education equity non-profit
Education: B.A. Interdisciplinary Humanities, Michigan State University.
Hobbies/activities: Hiking, kickball, reading, cross country skiing, civics.
Community service: Volunteer member of the Winooski Housing Commission, City Council, Green Up Day.
Reason for running: Winooski is on a good track and as Mayor, I will keep us moving forward. Together, we'll focus on the big projects underway -- the pool and Main Street revitalization -- and long-term financial sustainability. I own a home here with my husband, a 4th generation Winooski resident. My day job as a business analyst makes systems and process a habit. Under my leadership, the city will make decisions with residents, not just for them.

COREY MACK

Running for: City Council, 1 year term
Contact: : www.coreymackcitycouncil.weebly.com
72 North St, (858) 231-2322
Work: Consulting Transportation Engineer / Planner
Education: B. Eng. from McGill University, Montreal.
Hobbies/activities: Outdoor adventuring, exploring, fixing, building, learning, dog-walking, gardening, spending time with friends and family
Community service: Winooski City Council (2019), Winooski Public Works Commission (2014-2019), Winooski Environmental Board (2011-2014), Winooski GMTA Commissioner (2009-2012), Vermont STEM Fair Judge (2017-2018)
Reason for running: Having made Winooski my home for the past 10 years, I look forward to giving back to the community by serving on City Council. My practical background as an engineer with experience on the Public Works Commission forms my foundation for responsible decision making. I will work for the success of the Main Street, Pool, Parking Garage, and other projects underway while recognizing our limited resources and continually striving for a better Winooski.

MATTHEW MACNEIL

Running for: School Board, 2 year term
Contact: 80 Union Street, 802 343-0099
Work: Director of Evaluation for Howard Center
Education: B.A. Psychology University of Vermont; M.A. Clinical Psychology Saint Michael's College; M.Ed Human Development Harvard University; Ed.D. Leadership and Policy University of Vermont
Hobbies/activities: Basketball, Softball, Golf, Tennis, Hiking, Reading, Politics
Community service: School Board Member since 2017; Board Member, State of Vermont Institutional Review Board; Board Member, Champlain Housing Trust Home Ownership
Reason for running: I am very excited to be running for re-election for School Board Trustee. It has been a wonderful experience working with the other members, the staff, the students and larger community. I truly respect and

admire all the work being done by the superintendent, school staff, board of trustees, students and families to improve educational opportunities. I really love our city and want to contribute to the success of every citizen.

MIKE MYERS

Running for: City Council, 1 year term
Contact: : 47 Bellevue St., 802-355-5348 Winoo22@yahoo.com
Work: Master Licensed Electrician, Owner/Operator Michael Myers Electric LLC. DBA: Myers Electric
Education: St. Francis Xavier School, Winooski High School, University of Vermont, Electrical Apprentiship trade school – (4 year program) Graduated.
Hobbies/activities: Camping, Hiking, Fishing and Ice Fishing, Sking
Community service: City appointed Pool Rebuild & Feasibility Committee, Kenneth R. Myers Memorial Pool Foundation, Coached Winooski Youth Football, Coaching now in the Winooski Little League Programs Volunteer at St. Francis Xavier School & Parish
Reason for running: I am running for council as someone who was raised in Winooski and is now raising a family here. I am the grandson of one of the original founders of the Kenneth R. Myers Memorial Pool. I am very proud and excited to be working on the upcoming project for new Pool. Political Compromise and Common Sense are tools that will come useful if I get elected, to align my views for sustainability and affordability.

*** DO YOUR PART ***
VOTE!
MARCH 5, 2019

**OFFICIAL BALLOT
ANNUAL CITY AND SCHOOL BALLOT
CITY OF WINOOSKI, VERMONT
MARCH 5, 2019**

INSTRUCTIONS TO VOTERS

- A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this:
- B. Follow directions as to the number of candidates to be marked for each office.
- C. To vote for a person whose name is not printed on the ballot, write the candidate's name on the line provided and completely fill in the OVAL.

FOR MAYOR	FOR COUNCILORS	FOR COUNCILOR
Two Years Remaining of a Three Year Term (Vote for not more than ONE)	Two Year Term (Vote for not more than TWO)	One Year Remaining of a Two Year Term (Vote for not more than ONE)
ERIC COVEY <input type="radio"/>	JAMES DUNCAN <input type="radio"/>	COREY MACK <input type="radio"/>
KRISTINE LOTT <input type="radio"/>	AMY LAFAYETTE <input type="radio"/>	MICHAEL MYERS <input type="radio"/>
(Write-in) <input type="text"/>	(Write-in) <input type="text"/>	(Write-in) <input type="text"/>

ARTICLES

ARTICLE FOUR: CITY BUDGET
Shall the voters of the City of Winooski approve the budget for the Fiscal Year for 2020 in the amount of Seven Million, Three Hundred Three Thousand, Five Hundred, Six Dollars and Eight Cents (\$7,303,506.08)? The amount to be raised from property taxes is Five Million, Seven Hundred Twenty-Eight Thousand, One Hundred Twenty-Three Dollars and Fifty-Six Cents (\$5,728,123.56). YES NO

ARTICLE FIVE:
Shall the City Council be authorized to apply for an accept funds from sources other than property taxation, and to expend the same for the benefit of the City in addition to sums for which budget appropriation has been made? (Approval of this article will not impact property taxes). YES NO

ARTICLE SIX: HICKOK STREET BOND VOTE
Shall general obligation bonds of the City of Winooski in an amount not to exceed Three Million, Seven Hundred Thousand Dollars (\$3,700,000.00) be issued for planning, design and construction of replacement of the Hickok Street water lines, valves, and associated street reconstruction? A portion of the repayment is intended to come from water and wastewater fees subject to any reduction for applicable State and Federal grants-in-aid and any applicable General Funds but backed by the full faith and credit of the City. YES NO

VOTE BOTH SIDES OF BALLOT

ARTICLES CONTINUED

ARTICLE SEVEN: ABENAKI GARAGE BOND VOTE
Shall general obligation bonds for the City of Winooski in an amount not to exceed Nine Million, Seven Hundred Thousand Dollars (\$9,700,000.00) be issued for planning, design and construction of a new parking facility to be located on Abenaki Way? Repayment is intended to come from parking fees, subject to any reduction for applicable State and Federal grants-in-aid and any applicable General Funds but backed by the full faith and credit of the City. YES NO

ARTICLE EIGHT: LOCAL OPTION TAXES - SALES AND ROOMS, MEALS, AND ALCOHOL
Shall the City adopt and impose a one-percent rooms, meals, and alcoholic beverages tax and a one-percent sales tax as local option taxes, each to be collected and administered by the Vermont Department of Taxes in accordance with statute? YES NO

WINOOSKI INCORPORATED SCHOOL DISTRICT

FOR SCHOOL TRUSTEE	FOR SCHOOL TRUSTEE
Two Year Term (Vote for not more than ONE)	Three Year Term (Vote for not more than ONE)
MATTHEW MACNEIL <input type="radio"/>	MARGARET K BASS <input type="radio"/>
(Write-in) <input type="text"/>	(Write-in) <input type="text"/>

ARTICLES

ARTICLE IV:
Shall the District accept and expend the sum of Two Million, Four Hundred Fifty-Three Thousand, Seven Hundred Eight Dollars (\$2,453,708) or whatever sum is provided by Federal programs for the support of compensatory education and special programs? Said sum shall be exclusively Federal funds received by the District. (No local or statewide school property taxes included in these funds.) YES NO

ARTICLE V:
Shall the voters of the school district approve the school board to expend Seventeen Million, Nine Hundred Ninety-Six Thousand, Two Hundred Sixty-Three Dollars (\$17,996,263), which is the amount the school board has determined to be necessary for the ensuing fiscal year? It is estimated that this proposed budget, if approved, will result in education spending of Fifteen Thousand, Three Hundred Four Dollars (\$15,304) per equalized pupil. This projected spending per equalized pupil is 11% higher than spending for the current year. YES NO

VOTE BOTH SIDES OF BALLOT



Candidate information available online

See pre-recorded forums on the Winooski City Budget, School Budget and City Council and School Board Candidates on TV Channel 17 and online at <http://www.ch17.TV>

Meet city council and school board candidates and learn about the city and school budgets.

On March 5th, 2019 after you vote, tune in at 7 p.m. for a Live Election Results show.

- [Winooski Candidates for Mayor](https://youtu.be/TRTKgbugIJM) met at a Channel 17 sponsored forum. Watch now: <https://youtu.be/TRTKgbugIJM>
- [Winooski School Budget Presentation](https://youtu.be/mx5MYCdF2rw) can be seen here <https://youtu.be/mx5MYCdF2rw>

For full details visit www.Ch17.TV
Channel 17/Town Meeting TV -
Opening the doors to your local democracy.

**TIME IS
A PRECIOUS GIFT**

Get involved.
Make a difference.
Feel great.

VOLUNTEER.

Get started at unitedwaynwvt.org/volunteer
or write to us at volctr@unitedwaynwvt.org.



Volunteers Needed!

By Olivia Miller, Community Engagement & Volunteer Coordinator

Meals on Wheels

Happiness knocks when you volunteer to deliver a meal! Meals on Wheels provides so much more than a nutritious meal. The moment you knock on that door, you make a connection. It might be a quick hello or a conversation, but the impact lasts a lifetime. Not just for those receiving the meal, but for you, too.

We need your help. The Winooski Senior Center in partnership with Age Well are looking for volunteers to deliver meals door to door to our Winooski neighbors. The time commitment is based on your availability; it can vary from one day a week to two days a month (weekdays only). Delivery is typically from 9:30-11 a.m.

To apply, please visit: www.winooski.org/volunteer

Questions? Please contact the Volunteer Coordinator at volunteer@winooski.org

COSA Volunteers Needed

Winooski Community Justice Center is looking for volunteers to help support an individual reintegrating back into the community from incarceration. For more information please contact Nikki Duran at dduran@winooskipolice.com

Parents & Youth for Change

(PYC) and the city of Winooski are searching for volunteers to ensure that Winooski School District students have a safe ride to school every day.

High School students can earn community service credit for volunteering. WSD Bus Monitors will;

- wait with students at the bus stops-O'Brien Community Center and Elm Street
- remind students of transportation expectations
- some volunteers will ride the bus with students to help count ridership
- assist with a safe ride
- Time Commitment:

We need volunteers at both locations from 7-8am Mon-Friday.

Please contact Carrie Oliver or Christine Kemp Longmore to apply. Volunteers undergo a background check prior to beginning service, but this is at no cost to volunteers

PYC Contact: Carrie Oliver, momoliver0714@gmail.com, (802) 391-6885

PYC Contact: Christine Kemp Longmore, christinepycbtv@gmail.com, (802) 281-2498

Yoga Stops Traffick

By Sarah Sears, Yoga Vermont

Last month we spoke about Human Trafficking as a concern for all of us. Many asked, "What can I do?" Would you like to be part of something worldwide?

Sarah Sears from Yoga Vermont has organized a local event, in which the Winooski Peace Initiative is collaborating. Join us, details below.

Yoga Stops Traffick is an annual, worldwide community yoga event raising awareness of human trafficking and much-needed funds to support its victims.

Yoga Vermont and the Winooski Peace Initiative will be sponsoring this event locally! Join us in this one-day global yoga event created to raise awareness of and funds for the anti-trafficking organization Odanadi in Mysore, India. We will also be learning about local issues and resources and choosing a local organization with whom we will share funds raised.

- **Time: Sunday March, 10th 9:30-11:30**
- **By Donation:** \$15 suggested donation (You can also ask for sponsorship by sun salutation!)
- **What:** YOGA! 108 Sun Salutations or as many as you like. www.yogavermont.com • <http://www.yogastopstraffick.org/>
For questions email Sarah Sears at connect@yogavermont.com.

Girl Scouts Volunteer of the Month for February

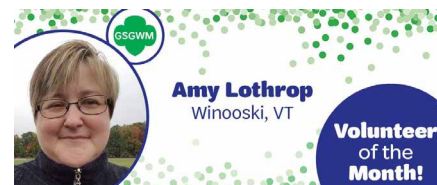
In the most diverse city in Vermont, where there are about 24 languages spoken in one square mile, it should be no

surprise that the four Girl Scout troops led by Amy Lothrop have contained girls of different races, religions and economic status. For Lothrop, it's been an opportunity to mentor and coach girls to be G.I.R.L.s (Go-getters, Innovators, Risk-takers, Leaders)[™] and she could not be more proud of them.

Lothrop has been named the Volunteer of the Month for February by Girl Scouts of the Green and White Mountains, the council serving Vermont and New Hampshire.

Lothrop encourages others to be part of Girl Scouts, saying "I might be the face of the troop, but the captain does nothing without the crew." She thanked co-leaders Bethany LeBlanc, Emily Nosse-Leirer, Jennifer Erwin, Jillian Lannen, Laurie Himes, Laura Need, Marie Hayward, Rebecca Bessette, Tay Olson and Trena Isley for helping her mentor girls and change the world one girl at a time.

Thanks to Amy Lothrop, many girls in the Winooski area are becoming G.I.R.L.s (Go-getters, Innovators, Risk-takers, Leaders)[™], unleashing their potential and making the world a better place for us all through Girl Scouts. Girl Scouts of the Green and White Mountains is proud to name her our Volunteer of the Month. Well done Amy!

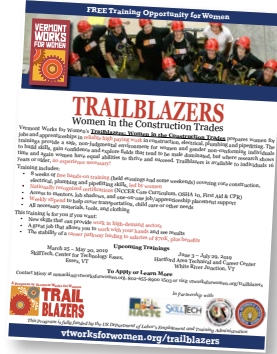




Trailblazer: Women in the Construction Trades

Vermont Works for Women's **Trailblazers: Women in the Construction Trades** prepares women for jobs and apprenticeships in reliable high paying work in construction, electrical, plumbing and pipefitting.

The trainings provide a safe, non-judgmental environment for women and gender non-conforming individuals to build skills, gain confidence and explore fields that tend to be male dominated, but where research shows repeatedly women have equal abilities to thrive and succeed. Trailblazers is available to individuals 16 years or older, no experience necessary!



Training includes:

- 8 weeks of free hands-on training (held evenings and some weekends) covering core construction, electrical, plumbing and pipefitting skills, led by women
- Nationally recognized certifications (NCCER Core Curriculum, OSHA 10, First Aid & CPR)
- Access to mentors, job shadows, and one-on-one job/apprenticeship placement support
- Weekly stipend to help cover transportation, child care or other needs
- All necessary materials, tools, and clothing
- This training is for you if you want:
- New skills that can provide work in high-demand sectors
- A great job that allows you to work with your hands and see results
- The stability of a career pathway leading to salaries of \$70K, plus benefits

Upcoming Trainings

- March 25 – May 20, 2019 • SkillTech, Center for Technology Essex, Essex, VT
- June 3 – July 29, 2019 • Hartford Area Technical and Career Center, White River Junction, VT

To Apply or Learn More

Contact Missy at mmackin@vtworksforwomen.org, 802-655-8900 x503 or visit vtworksforwomen.org/trailblazers
This program is fully funded by the US Department of Labor's Employment and Training Administration.

Winooski Partnership for Prevention

By Elaine Ezerins, Communications and Development Manager



Community Dinners

We are thrilled to announce **Boom City**, a Vermont-based improv company, will be performing at our March 27 community dinner.



Jan 23 community dinner

Anyone and everyone is welcome to attend. The event is free, family friendly and will include a warm, filling, vegetarian-style dinner. Food is served at 5:30 p.m.; entertainment will begin at 6:00 p.m. For more details about the event, check out our Facebook page @WinooskiPrevention.

We would like to thank the candidates running for Winooski Mayor, City Council and School Board for stopping by our January community dinner and answering questions about their 2019 campaigns. It was great to hear that each candidate saw the value of supporting substance abuse prevention at a community level.

We also want to thank the officials from the city and school who presented their respective budgets and ballot items at our February 20 community dinner. It was a great opportunity to learn about what Winooski voters can expect to see on Town Meeting Day.

Above The Influence

Our afterschool program (ATI) is switching afternoons and will now be taking place on Tuesdays from 3 to 4 PM in the Middle School for the rest of the year.

Last session, we played trivia and students earned prizes such as a winter hat and laptop tattoo. In upcoming weeks, we plan to learn more about how to get a message out--what message we want our audience to hear, and how we can do it an effective way.

New to Above the Influence? That's okay! ATI welcomes new and returning students alike. Sign up with Suzanne Skaflestad, the WSD Afterschool Coordinator.



Winooski Partnership for Prevention blog

We are reviving our blog, located on our website at winooskiprevention.org. Check out our latest post written by Ellen Oppenheim: "The Wine Purse". As a young woman in recovery, Ellen feels bombarded by ads promoting binge drinking culture. In her post, she explains the negative impact that products that make alcohol consumption easier can have.

Girl Scouts World Thinking Day

By Amy Lothrop

The Girl Scouts of Troops 58806, 52013, 30948 and 30187 celebrated World Thinking Day together. We are part of the 10 million women and girls of the World Association of Girl Guides and Girl Scouts. (WAGGGS) World Thinking Day has been celebrated since 1926 as a way for Girl Guides and Girl Scouts around the world to speak up on issues that affect them. It is an international day of friendship started by girls attending the 4th World Conference in New York City. They voted to make February 22nd a World Thinking Day in honor of Olave Baden-Powell, World Chief Guide and her husband, Lord Baden-Powell who founded Boy Scouting.

The 2019 theme was "Leadership, 110 Years of Adventure". We looked back to the 1909 Crystal Palace Boy Scout Rally in London. "...it began with girls who took the lead and demanded something for themselves..." They were the early champions and leaders who built the worldwide movement. Thanks to the girls in 1909 who demonstrated leadership by challenging the status quo and demanding equal opportunity. We remember Sybil Canadine, Nesta Maude, Nella Levy, Elizabeth and Marguerite de Beaumont and all those whose names have been lost to history.

We challenged our current Girl Scouts to explore what leadership means and the many ways to demonstrate it. Rolling a die on a human-sized board game, each troop moved forward to land on a past, present, future or lost in time square. They had to select a card from one of the six WAGGGS leadership mindsets: gender equality, collaborative, worldly, responsible action, reflective or creative and critical thinking.

The card revealed the elements of the challenge. One troop had to communicate with one another without words. Another group participated in trust fall exercises. Brownies invented a game from random piece of recycling. One example from the past card was very powerful. Our Cadettes selected a "Gender Equality" card with the theme of "leaders champion the value of a Girl-led movement". Their challenge was to come up with a slogan that would have convinced Lord Baden



Cadettes' planning their response in 1909 to convince Lord Baden Powell to create a worldwide scouting movement for all girls

Powell to create "something for girls". Our scouts came up with a signs that initially asked "are we worth it?" After a minute, they rearranged themselves to reveal an impactful statement: We are worth it!

Special thank yous to the leaders who guided their teams & worked to run the event. We could not do it without you: Emily Nosse-Leirer, Jennifer Richer Erwin, Jill Chabot Lannen, Laura Need, Laurie Lee Adams Himes, Andy Himes, Keno Penn, Marie Hayward, Rebecca Bessette, Tay Olson, Trena Isley.

We concluded our World Thinking Day event with a badge ceremony to recognize their efforts since October's opening ceremony. Daisies earned petals for Being a Sister to Every Girl Scout, Count It Up and Money Counts. Brownies earned Girl Scout Way, First Aid and Give Back. Juniors earned Mechanical Engineering - Balloon Car Challenge, First Aid, Detective and Savvy Shopper. Cadettes earned a snowshoeing patch as they are currently working on their year long Silver Award project. We were able to specially recognize Angela Sweet, Kiannalee Hill, Netalya Hill and Taylor Patnaude for earning the Bronze Award. They received their official pins and certificates at the ceremony. Congrats to everyone for their hard work and accomplishments.

If this all sounds like a great adventure, contact Amy Snow Lothrop at amylothrop@comcast.net or 802-373-7288 to join us. We are open to all girls from Kindergarten to 12th grade. Our mission is to build girls of courage, confidence and character who make the world a better place. Come make a difference with us!



Brownies inventing a game from recycled materials



Daisy Troop 58806



Juniors and Cadettes designing a scouting program 100 years from now!



Cadettes building trust with a "trust fall" exercise



Taylor Patnaude and Angela Sweet receiving their Bronze Awards

Winooski Food Shelf Schedule for March

By Linda Howe, Winooski Food Shelf Coordinator

Saturday, March 9th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, March 13th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs
Saturday, March 23rd	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, March 27th	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs

Food Shelf policy: Winooski residents may access the pantry staples one Wednesday each month. Folks can come both Saturdays to stock up on bread, pastry and some fresh fruit and veggies. Hannaford's provides Saturday's food. New clients should bring proof of Winooski residency such as a utility bill. Any Winooski resident in need is welcome. The Food Shelf is here to help support you. **For questions call 318-0460.**

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

Cash donations needed: The Food Shelf is growing rapidly. More and more food must be purchased since current food donations cannot meet the demand. Checks can be mailed to The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. Thank you!

Donation drop off location: Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Pets are also family members and we are always grateful for pet food donations. We especially need cat food. **We are seeing a lot of very, very outdated food that we must throw away. Since we like to provide products that are within their expiration date, please check food items to be sure dates have not expired.**

Craft Club Debuts at Our Lady of Providence

By Gail Callahan

Our Lady of Providence Residential Care Facility is the site for a new craft activity overseen by Mary Jordan.

Jordan, who lives in Essex Junction, led a group of residents last month from the West Spring Street facility in making a quilt. It's made from cotton, with a large cache of hearts spread across the fabric.

The finished product is hanging on a dining-room wall in the facility.

Each resident's name was written in the middle of each heart. A large, red heart is in the quilt's lower right-hand corner. Jordan said the Valentine's Day craft drew many residents since it showcased love.

We're all one family, Jordan said. "People who live together become a family."

Jordan's artistic talents became apparent when she was a Cub Scout mother 45 years ago. She picked a project out of a box and hasn't looked back. One special one involved her terminally-ill mother.



The Valentine's Day quilt made by Mary Jordan and OLOP residents. (photo by Gail Callahan)

"I made a quilt for my mother when she was in the hospital. It had the names of everyone in the family," Jordan said.



Pat Deasy, who lives at OLOP, said she came to the activity ready to create. Deasy also filled out some cotton hearts, adding the names of employees. "It really was fun," she said.

Jordan plans on creating an array of St. Patrick's Day crafts, including a shamrock quilt and green carnation boutonnières.

"I'm only one step ahead of them," said Jordan.

March for Meals, Senior Center Update

By Barbara Pitfido, Winooski Senior Programs Manager

Too many Vermont seniors are left behind, alone and hungry, struggling to stay independent and healthy. According to Age Well in 2018:

- 16,942 are living in poverty
- 47,743 are isolated, living alone
- 16,603 are threatened by hunger

Meals on Wheels volunteer delivery drivers are urgently needed in Winooski!

Five days a week, the Winooski Senior Center team delivers to folks in Winooski who are in need of a hot meal, some compassion and a smile. Meals on Wheels only works when volunteers go door-to-door to support seniors and neighbors with limitations. The Winooski Senior Center coordinates the delivery of Meals on Wheels. We are committed to our communities' health, safety and well-being. When you bring someone a meal, you show that you care. And, for the folks in our little City who depend on Meals on Wheels each day, a quick chat and a warm hello can make all the difference in the world. Are you able to join our WSC Meals on Wheels delivery team? Your 1 hour commitment a month donation of time can be a lifesaver for our community. How do I become a volunteer? You can call the Winooski Senior Center or go to: <http://www.winooskivt.org/volunteer/> and apply today!

UPCOMING EVENTS & ACTIVITIES:

MONDAYS:

AARP Tax-Aide: Monday & Wednesday morning appointments only. Call the Senior Center to schedule a time

TUESDAYS:

Coffee Talk: (9-11am) - Join us for FREE coffee, treats and conversation

Senior Exercise (10-11am)

Community Meals (Noon) - Please RSVP - \$5 by donation at the door

- 3/12 - Menu TBD. Program: Show & Tell
- 3/26 - 90+ Birthday Party (reschedule)

Open House (1-3pm) Come play cribbage or cards or work on a craft project

WEDNESDAYS:

AARP Tax-Aide: Monday & Wednesday appointments only. Call the Senior Center to schedule a time

THURSDAYS:

Senior Exercise (10-11am)

Brown Bag BINGO! (Doors open at 11am, BINGO! at 12:30pm)

- 3/14 - St. Patrick's Day Theme
- 4/18 - April in Paris Theme

Mindfulness (5:30-6:30pm)

FRIDAYS:

New American Lunch & Learn (Please RSVP - \$5 by donation at the door)

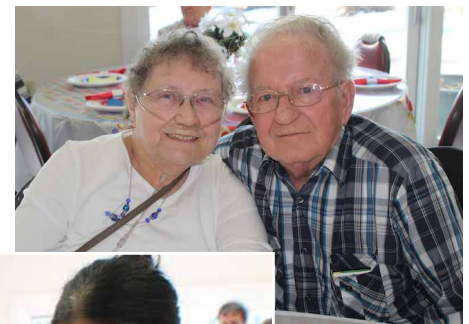
Tai Chi (11am), Fresh Nepali Lunch (Noon)

We are closed on:

- March 5th for voting
- April 22-26 for cleaning
- May 7th for voting

The Winooski Senior Center... the most exciting place in Winooski! We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible.

Office hours are 8:30am - Noon (Monday - Friday). You can reach us by phone at: 655-6425 or email at: seniorcenter@winooskivt.org



Stay up to date! Visit us on Facebook at: <https://www.facebook.com/winooskiseniorcenter/> OR see our live online monthly activity calendar at: <http://www.winooskivt.org/senior-programs/>

HEALTH CORNER

By Liz Parris, RN, School Nurse, Health Office Coordinator

The Health Office has seen an increase in strep throat, stomach bugs, upper respiratory infections and the flu throughout the district. With that said, I would like to take this opportunity to remind parents of what are expectations are here in the Health Office.

1. If your child has strep throat they must have had 24 hours worth of antibiotics before they can return to school.
2. If your child has a fever of 100 degrees or higher they will be sent home. No exceptions!
3. If your child has been sent home with a fever please keep them at home until they are fever free for 24 hours without the use of over the counter fever reducing medication.
4. If your child is vomiting please do NOT send them to school. Please keep them home.
5. Encourage frequent hand washing throughout the day and to cover their cough and sneezes!

We do have medical providers here on Tuesdays and Thursdays for the School Based Health Center. If you would like to sign up your child to be seen, please contact one of the nurses.

Any questions please don't hesitate to contact us.

Mindfulness Continues, Available Online, Too!

What: Guided Mindfulness Practice and Discussion





Where: Winooski Senior Center

When: Thursdays, 5:30-6:30 pm

The Winooski community continues to practice mindfulness together each Thursday evening at 6:30pm, led by volunteer Andrea O'Connor. Since January of 2016, these sessions have also been recorded and uploaded to the school website. You can listen to them by visiting this link: www.wdschools.org/mindfulness-in-winooski.

ELEMENTARY SCHOOL MENUS — MARCH

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				
	5 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	6 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	7 Breakfast Round Assorted Cereal String Cheese	8 Blueberry Bread Assorted Cereal String Cheese
11 Iced Honey Bun Assorted Cereal String Cheese	12 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	13 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese 	14 Breakfast Round Assorted Cereal String Cheese	15 Blueberry Bread Assorted Cereal String Cheese
18 Iced Honey Bun Assorted Cereal String Cheese	19 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	20 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	21 Breakfast Round Assorted Cereal String Cheese	22 Blueberry Bread Assorted Cereal String Cheese Meals to all students are free.
25 Iced Honey Bun Assorted Cereal String Cheese	26 Strawberry & Cream Cheese Bagel Stick Assorted Cereal String Cheese	27 Danimals Yogurt w/Graham Crackers Honey Roasted Sunflower seeds Assorted Cereal String Cheese	28 Breakfast Round Assorted Cereal String Cheese	29 Blueberry Bread Assorted Cereal String Cheese Snack Milk not included. Adult Breakfast: \$1.75 Adult Lunch: \$3.75

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 NO SCHOOL	5 Green Eggs Baked Ham Sweet & White Homefries Fluffy Warm Biscuit Green Pepper Strips 	6 Homemade Cheesy Breadsticks Chicken Noodle Soup Fresh Celery Sticks	7 Nachos Supreme Nacho Cheese Sauce Rice Pilaf Baked Beans	8 Grilled Cheese Sandwich Creamy Tomato Soup Fresh Carrot Sticks
11 Oven Baked Chicken Nuggets Roasted Sweet Potato Wedges Maple Parsnips Dinner Roll	12 Taco Bar w/ The Works Homemade Flavorful Salsa Rice Pilaf Baked Beans Maple Sundae	13 Dress Your Own Burger Garden Pasta Salad Maple Dill Carrots 	14 Pancakes Real Maple Syrup Mini Hash Browns Twin Sausage Links Green Pepper Strips	15 Macaroni and Cheese Caesar Salad Steamed Carrots Maple Muffins
18 Homemade Shepherd's Pie Dinner Roll Baked Beans 	19 Chicken & Cheese Quesadilla Homemade Flavorful Salsa Rice Pilaf Creamy Coleslaw	20 Cheese Pizza Pepperoni Pizza Vegetable Pizza Chopped Green Salad Fresh Carrot Sticks	21 Spaghetti w/Meat Sauce Caesar Salad Garlic Breadsticks	22 Cape Cod Crusted Fish Crinkle Cut French Fries Creamy Coleslaw Dinner Roll
25 Corn Dog Roasted Sweet Potato Wedges Steamed Broccoli	26 Nachos Supreme Nacho Cheese Sauce Rice Pilaf Baked Beans	27 General Tso Chicken Sesame Noodles Asian Cabbage Salad Fresh Carrot Sticks Fortune Cookie	28 Hot Turkey Sandwich Chef's Mashed Potato Steamed Green Peas	29 Homemade Cheesy Breadsticks Cheddar Broccoli Soup Fresh Celery Sticks

Daily Lunch Offerings:

Main Meal, Cabot Yogurt Parfait, Deli Bar, Express Lane, Homemade Pizza or Vegetarian Option. Fresh Fruit, 100% Fruit Juice & Milk offered with all meals. Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

PLEASE NOTE: Lunch is available for all students on early dismissal days! Pick up yours at either door on your way out.

ALSO: Middle and High school menu information is available at <http://wsdfood.abbeygroup.info>. You can also learn about options for managing your child's account at the website.

Newsletter of the Winooski School District

Winooski School District
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WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 491 students attending JFK Elementary (grades PreK-5) and 389 attending Winooski Middle/High School (grades 6-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: aelston@wdschools.org