

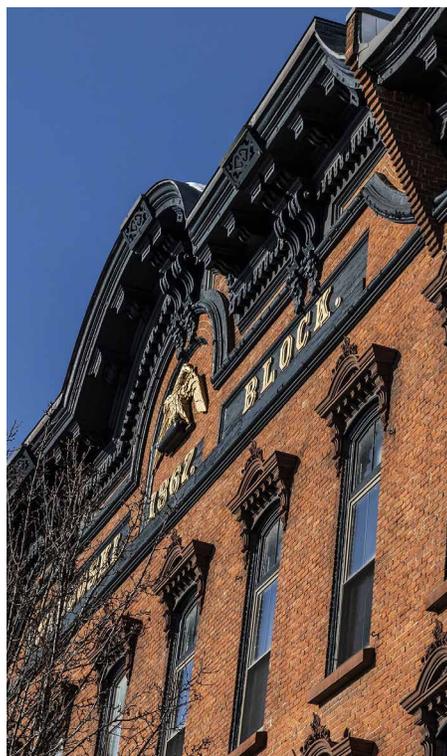
# The Winooski Newsletter

A newsletter created in partnership by the City of Winooski and the Winooski School District.

APRIL 2022



**WINOOSKI SCHOOLS**  
*We are the future.*



## Letter from the Mayor

By Kristine Lott

First, I'd like to thank all of our residents for voting on Town Meeting Day last month. As you know, this was our first local election where all legal residents, regardless of citizenship status, could vote on municipal and school ballot items and it was exciting to be a part of this tremendous change. The city budget passed with 71% approval, as did the school's budget and additional ballot items including the \$1.3 million bond for the new fire department ladder truck.

Please join me in welcoming our new City Councilors, Thomas Renner and Aurora Hurd, and in congratulating Councilor Jim Duncan, who was appointed to Deputy Mayor. You can view the full Town Meeting Day results at [winooski.vt.gov/townmeetingday](http://winooski.vt.gov/townmeetingday).

Looking ahead, you may have heard that the landlords of the 300 Main Street apartment complex have decided *not* to evict the tenants from their homes. Instead, they will renovate vacant units, move tenants into them, and move forward until all of the apartments are updated. I am incredibly thankful for the



work of our partners who were diligent in coming together to find a solution and am pleased to see that the landlord chose to do the right thing by not displacing families from our community. While this situation had a preferable outcome, I'm afraid the threat of displacement will continue if we don't address the incredibly low vacancy rate in our region, where only 1.3% of housing is available as opposed to a healthy rate of 5%. I'm hopeful that the work of our Housing and Planning Commissions on potential changes to local regulations and funding from the American Rescue Plan Act (ARPA) will help to create critically needed new housing development, but so much more needs to be done.

With spring is in the air, the Department of Public Works is looking forward to some annual clean-up, sidewalks, and line striping. With summer on the horizon, they will also be gearing up for the Main Street Revitalization Project. You can learn more about this initiative at [winooski.vt.gov/mainstreet](http://winooski.vt.gov/mainstreet). Speaking of summer, be sure to stay connected as we gear up for the 2022 Myers Memorial Pool season, Downtown Winooski's 'Winooski Wednesdays' concert series in Rotary Park, our Recreation and Parks programs, and so much more.

As always, please reach out any time.

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## Main Street Update

By Nicole Mace, Winooski School District Finance Manager

The WSD appreciates the Bove's decision to reverse their mass eviction notice, which would have displaced 29 school-age children who currently call 300 Main Street home.

We are grateful to the efforts of all of the community members and partners who helped shine a light on this tragic situation. It took a proposed mass eviction to call our collective attention to a symptom of a much bigger problem - the lack of safe, affordable housing options for large, refugee families.

WSD will continue to work with our state and community partners to find solutions to the lack of affordable housing for our families so that we do not lose much of what makes Winooski a special place - our cultural and economic diversity. If we work together as a community, with the assistance of our state partners, we hope that we can prevent the housing crisis from doing further harm to the most vulnerable in Winooski.

### Notes from the Interim Superintendent

By Dr. Kevin Dirth, Interim Superintendent

Dear Winooski Community,

On behalf of the many people involved in its creation, I want to thank you for supporting the Winooski School District (WSD) School Board's proposed FY23 budget. The ongoing support of the Winooski community enables the WSD staff to achieve the district's Ends Statement.

We also welcome school board members Kamal Dahal, Tori Cleiland, and Allison Burlock back to the board as they continue to lead the district with student-focused oversight of the WSD education system.

At the regular March School Board meeting, many members of the learning community voiced their concerns about two high school teaching positions that were eliminated during the FY23 WSD budget process. It was very moving to hear the outpouring of support for these Winooski teachers and their impact on our learning community. There were additional conversations in March that took a deep dive into the WSD budget and budget-making process. While these conversations were challenging, my hope is that by listening to one another with patience and understanding, we will continue to make the best decisions for all WSD students and the Winooski community.

As a former Superintendent in St. Albans, and in the short time I have been in this district, I have observed a learning community that continues to thrive despite the many challenges of the past two years. Scoring high on my celebrations from last month, the Boys Varsity Basketball team had a great season, with 21 wins and only 3 losses. They were #1 in Division 3 and truly had some outstanding players with impressive accomplishments. Beyond the spectacular athletic skills, the support of the Winooski community was inspiring. From making encouraging posters and decorations to sponsoring game day tickets for students, the community sent a clear message: Winooski has heart!

Capital Project construction is moving forward, despite the various challenges

*All students will graduate from the Winooski School District 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. Winooski students are the future.*

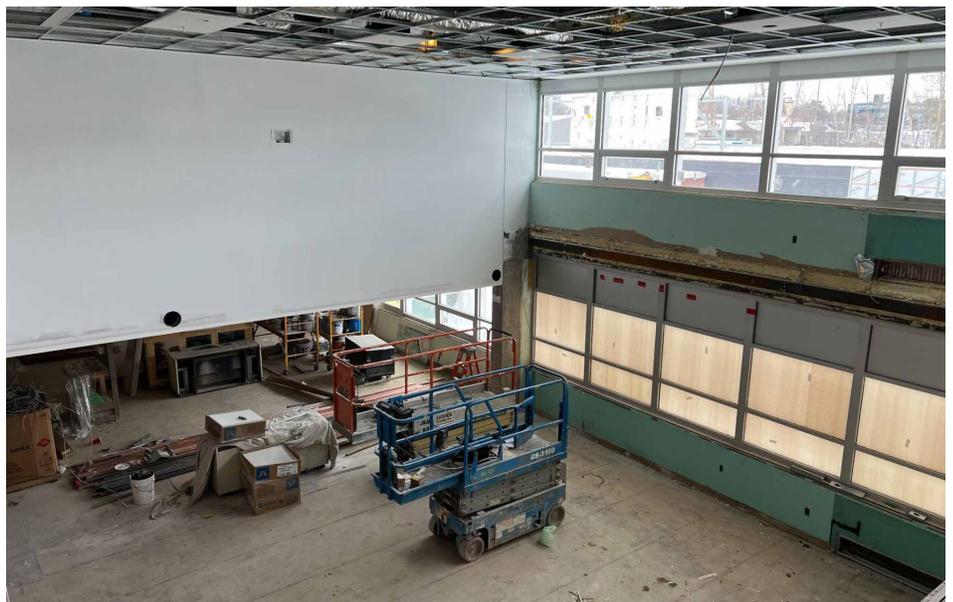
brought on by the pandemic, including labor and supply-chain issues. Later this month, we are planning to make a move to allow the Construction Team to complete renovation work on the old JFK Elementary School building. While a school year move is obviously not convenient, we are looking forward to being able to settle some high school staff and students into their next year's classrooms. We are also looking forward to the new gym being completed and available for student use! I am very



*The previous gym/cafeteria is being transformed into a Performing Arts Center.*

appreciative of the flexibility of our staff and students as they move into new and temporary spaces and bear with the stresses of the Capital Project while staying positive. We are all looking forward to enjoying a beautiful new campus next fall.

I am honored to serve as your interim superintendent for the next three months and I look forward to getting to know many of you during my time in Winooski.



*View from the balcony of the Winooski High School shared gathering space.*



## School Board Update

By Alex Yin, Board of School Trustees

As a school board trustee, I try my best to place the highest priority on the educational needs of our children. And even though I do not have children in our school district, I know our students are the present and the future of not only for the city of Winooski but also for the state of Vermont. There are times when I sit through the budget meetings and I want our leadership to add to the budget because I know I am willing and can afford to make the investments in our schools. This is when I have to pause and remind myself that even though many in our city want to make the investment – they cannot afford it. Saying yes to something they cannot afford is a ticket to them moving out of town.

As someone who was at the polls for the full day during the school bond vote in 2019 and have been presenting the school budget for the past four years, it is not easy to face the long-term residents who want to do what is right for our students but can't. And we need them here (even though sometimes, I may disagree with their understanding of our students and school). Conversely, it is difficult to face the community when we cannot add items to the budget that our parents desperately want (see bus funding for the 2018, 2019, 2020 budget). The hardest part in building budgets is to create something that allows our community to grow together and not to create one that is divisive and pits community members against each other. I really appreciate the community for passing the budget again, but please know that I am always wondering if we could have done more or are we at the tipping point of gentrification and forcing long-term residents to move out.

The hardest part in living in Vermont is that our financial resources are limited compared to other states; thus, tough decisions need to be made that balances the short term with the long term needs of our schools. I wish I had the money to donate to our schools (and please know I play the lottery hoping to donate some of my winnings to the school district), but this is not a viable plan. With that said,

the work of our school board does not end when the budget passes. In my five years on the school board, we always spend time after budget season reflecting on how we could do better for our community. This is why we have spent hours working with the school and city administration to change our education funding formula. The good news is that our efforts are not going to waste. The state senate recently advanced a bill to update the school funding formula, but it looks like it will be an uphill battle with the house. (<https://vtdigger.org/2022/03/09/committee-advances-bill-to-upgrade-school-funding-formula/>). There are days where I wonder why do this extra work such as spending time writing and presenting testimonies at Montpelier (<https://ljfo.vermont.gov/assets/Meetings/Task-Force-on-the-Implementation-of-the-Pupil-Weighting->

*Factors-Report/2021-12-10/118d72768b/CVTSE-202112102-ML.pdf*) as well as ensuring we are staying within budget with on the Capital Project. I remember this is what it means to be a community member and that this is for all the people in Winooski.

I really do appreciate the people (faculty, parents, and students) who take the time to voice their ideas and concerns with passion to the school board. Please know that I do hear you even if I cannot immediately solve or address your concerns (and many times in my heart I want to). I have learned in life, though, to also take into consideration of the community members who cannot always be present in voicing their story. By compassionately listening to all and respecting everybody's lived experience, we can grow together as a more inclusive community.

## Honoring our Educator Support Professional of the Year!

**Aftaba Mezetovic** has been a Winooski School District (WSD) Multilingual Program Assistant for over a quarter of a century. Because of her remarkable work with Winooski students and fellow educators, she was selected as the Vermont-NEA (the Union of Vermont Educators), Educator Support Professional (ESP) of the Year Finalist and Emerging Leader. Aftaba will be honored by the Vermont-NEA with an all-expenses-paid trip to the national ESP conference in New Orleans this spring.



Aftaba graduated from high school through an accelerated program in chemistry in Maglaj, Bosnia, with the goal of working as an educator. Unfortunately, her dream was interrupted by war in her country. She relocated to Vermont through the refugee resettlement program, and began looking for work in education. Her dream was finally realized in 1998 when she was hired at the Winooski School District.

Aftaba describes the foundation of her life-long passion for education: "Growing up with high expectations from my parents and teachers wasn't easy, but I knew I was loved. They taught me how to work hard, respect myself and others and be strong. My mother left me with the message as an imprint on my heart: 'Don't let the past define your future.' After three decades working with children and learning a lot from them, every day I wonder what imprints I will leave on my students' hearts."

Join us in congratulating Aftaba on her recognition by the Vermont-NEA!

### WSD Alumni Profile: Amanda Nattress

*Winooski School District prepares students to lead healthy, productive and successful lives. The paths our students take after graduating can be as different — and interesting — as our incredibly diverse students themselves. So, we created a place to celebrate the work WSD grads are doing in Winooski, in Vermont and around the world. If you know of a person who should be featured, please email Emily Hecker, ehecker@wsvdt.org.*

#### What are you doing now?

Currently I am attending the Larner College of Medicine at the University of Vermont, M.D. Class of 2024. I have no idea what specialty I want to go into, I'm open to them all. However, my interests (so far) lie with Emergency Medicine, OB/GYN, and Geriatrics-- but things may change. It's my second year as a medical student so I'm undergoing a huge life transition. Now more than ever we need physicians, but COVID has made learning very interesting to say the least. I also work per diem as a Licensed Nurse Assistant at the UVM Medical Center on the Cardiothoracic and Specialty Surgery Unit. I have been an LNA since I was 18 — four years! In addition, I work on the weekends in a retail pharmacy in Burlington. I am a nationally certified pharmacy technician (CPhT). I also became a CPhT when I was 18. I went to the University of Vermont as a Green and Gold Scholar and earned a Community Service Scholarship due to all of the volunteer work I did throughout high school and college. I graduated with a 3.87 GPA, majored in Biochemistry, and minored in Pharmacology and Nutrition and Food Sciences. In addition, I have a blog in my spare time where I write about all things pre-med, med school, fitness, nutrition, and motivation. Check out [amandanattress.com](http://amandanattress.com) if you feel like it!

#### How did WSD prepare you for your current success?

Winooski prepared me for success in a few unique ways. First of all, Winooski is unlike any other school in Vermont, a small gem full of diversity. WSD really opened my eyes up to the people in the world, the turmoils humans face in/



*Amanda Nattress graduated in 2015 as Valedictorian.*

outside the U.S., and really just made me learn how to respect everyone and love them for their diversity. Yes, there is one human race, but our individuality and identities shape us, ground us.

Therefore our uniqueness should be celebrated, never ignored or reformed. The second way WSD shaped me was its size. Being a graduating class of 29 students really let me get the best out of all aspects of high school. I was an athlete, participated in school plays, marching band, etc. You really can do it all in Winooski. In addition, the small size means that you matter. Your teachers do NOT work at WSD for the paycheck, believe me. They come to work day in and day out for you, they are passionate about delivering you an education. They want you to succeed. The educational staff at WSD values you for you, and that just made my learning that much more enjoyable. I felt valued, so I took going to school seriously and felt appreciated there. I wasn't just a number, I was Amanda Nattress. On top of that WSD offers a plethora of resources when it comes to self directed learning. They allowed me to explore my interests. I was able to attend both virtual high school and take "semester" long one credit high school classes in a variety of topics that weren't offered at WSD such as Exploring the Holocaust, Biochemistry, Meteorology, Poetry, and many more. Finally, Winooski prepared me for success because they had the resources to push me. For example, we didn't have more than one AP class, and I wanted to get college credit so they helped me secure the funding I needed

to go to UVM in 2013. They also helped navigate me to other funding so I could take a total of 19 college credits for a very small fee by the time I graduated.

#### Advice for current students?

My advice to current students is to never ever doubt yourself or let someone tell you that you can't. Growing up, a lot of people made fun of me for being from Winooski, saying that I would never amount to anything because it is a "bad school" and/or "too small to be competitive." Well let me tell you, I graduated UVM with a 3.87 GPA, majored in Biochemistry, minored in Pharmacology and Nutrition. It doesn't matter what anyone else says. You are the only person who sits down to take the exam at the end of the day. You are the only person who gets to define what your life is. So take control of it. Hold yourself accountable. Push yourself, you know you're capable of it. And if you fall down, get up and try again. Failure only occurs when you accept it. Until then, it is merely a lesson.

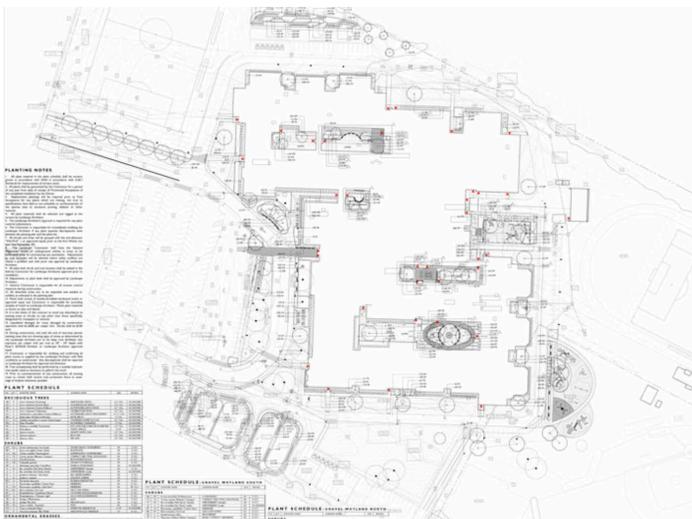
#### Fondest memory of WSD?

I have a lot of fond memories from WSD. I think my fondest memory is when my basketball team won the Vermont Division III Women's Basketball championship. My time on the court and with the team is something I will never forget. I am still friends with a lot of my teammates today.

#### Why do you heart WSD?

"Winooski My Town," by A2VT. Honestly, I couldn't imagine growing up any other place than Winooski. I have been so lucky to see people from all walks of life, something that many people in Vermont don't have the luxury of. I learned the meaning of cultural humility, and how to appreciate our uniqueness. I learned that small is not bad, it allows for a true connection. Winooski is and forever will be my home at heart.





## Replacing Old Trees with New

By Emily Hecker

Due to building additions and improvements to our campus, around 30 trees on the WSD campus will be removed. While losing familiar and beloved trees can be sad, the good news is that there are around 60 new trees that will be planted on our campus.

Some of the trees that are being replaced, such as Ash and Crimson Maple, are at long-term risk from pests or are invasive species. The goal is to plant attractive, hearty trees that are native to Vermont including varieties of Maple, Birch, Spruce, and Oak.

The landscaping plan shows each new and existing tree and plant that will be part of the WSD campus once the building project is completed

## 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](http://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.

## Knit One, Purl Two

by Nancy Keller

On Wednesdays after school when the 21st CCLC Afterschool's Knitting Club is meeting, excited chatter interrupted by bursts of laughter drift through the hallways at Winooski Middle School. Hosted by WMS's literacy specialist and resident knitting teacher, Lisa Italiano, the Knitting Club has six beginning knitters who joyfully gather together to learn to knit. I was fortunate to visit this lively group and learned a little bit about their new found interest.

"I had never done it before," explains Nabina, "and now I am doing great. I like how it makes me feel relaxed and focused. I love it."

"I like it, too," adds Nisha, "it makes me feel old, in a good way."

"It's something to do after school," chimes in Brian when discussing why they all like Knitting Club so much.

Gabe, Say Ku, and Kamiya all agree: It's fun. Kamiya goes one step further and adds, "I will know how to knit when I get older, and I can make scarves and sell them for \$100."

Lisa Italiano explained that she first learned to knit from her high school history teacher many years ago and has been knitting ever since. With each Winooski middle schooler who takes up the needles and yarn, she is honoring her former teacher who shared the love of knitting with her.



Nabina, Lisa and Nisha at a recent knitting club meeting.



Above: Say Ku, Nabina, Lisa, Nisha, Kamiya, Gabe and Brian (from left to right)

## The Onion River Schoolhouse Takes Shape

By Rachel Howes and Brent Litterer, WHS Teachers and 2022 Rowland Fellows

In the last issue of the newsletter, we highlighted the goal of our Rowland Fellowship: to create the Onion River Schoolhouse, a school within a school. The project began with Winoosk's pod model last year. Based on feedback we received, it was clear that for some students, small is better. As one student said, "I think having a small group of students that stay together throughout the day and grow closer creates a better sense of community and comfort for some students who might have a harder time or feel behind." Clearly, creating school within a school could be a worthy project for a sabbatical.

We are now over a month into our sabbatical. In that time, we have visited a couple of inspirational programs, read countless articles, explored curriculum, met with teachers, administrators, and students. Through these efforts, we have formulated an exciting model for the Onion River Schoolhouse.

In order to meet the needs of our students, the Onion River Schoolhouse will offer half-day and full-day options. Students could then choose the morning option, afternoon, option, or full-day. This schedule would allow students to attend regularly scheduled classes if they desire.

The morning program, which will run from 9:30am-12:10 pm (lunch included), will begin with a structured check-in, then focus on whole group, project-based learning. During this time, students will work on real projects that have real-world applications and audiences. For example, we plan on exploring housing issues in Vermont. To solve some of these issues, our

students will design and build a tiny house for a real client. Through the project, students would practice math, science, reading, and communication skills. More importantly, this project would be both engaging and meaningful.

The afternoon portion of the school day, which would run from 12:10pm-2:55pm will be dedicated to independent learning, internships, mentorships, college classes, and other learning opportunities that do not easily fit into a 5-period schedule. During this time, we hope that students can explore their passions while continuing to work on graduation requirements.

Between the morning and/or afternoon sessions, students can join the program which best meets their needs and educational journeys.

Perhaps our most exciting program feature, inspired by the Walden Project at Vergennes High School, is our January Term, aka J-term. During the month of January, students will engage in outdoor, place-based learning that focuses on a single GX. Our classes will meet around a fire, where we will cook our meals, share about our learning, and reflect on our experiences. We will explore the outdoor activities while working on the Wellbeing GX. This term is designed to provide students with an alternative to traditional classroom learning with a focus on wellness.

Finally, we are looking forward to our upcoming student focus groups where we will hear from students about their experience as WHS students and gather feedback. We will continue to fine-tune our vision for the program.

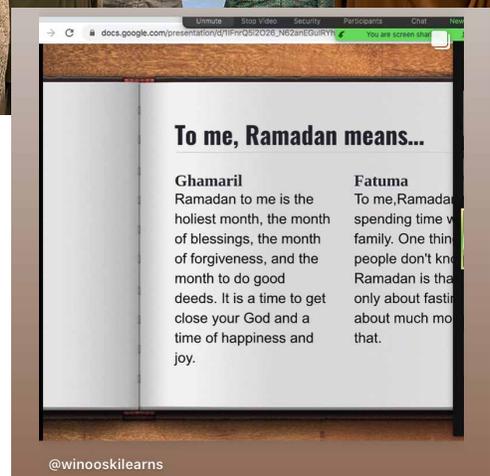
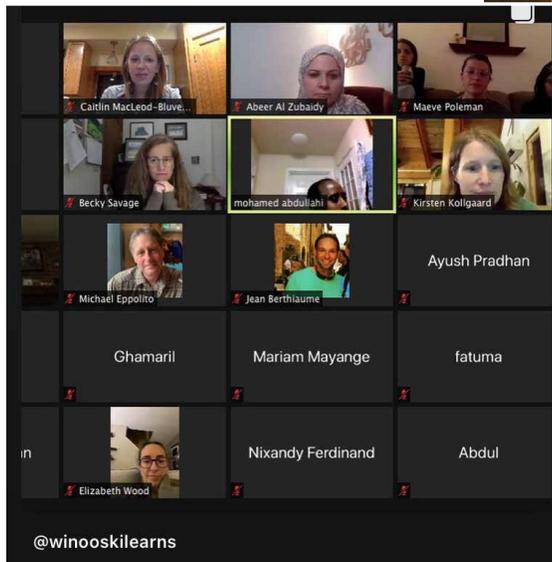
## Community Iftar

By Caitlin MacLeod-Bluver

Winooski School District will host our second Community Iftar this **April 12, 2022**. Iftar is the meal eaten at sunset during the month of Ramadan.

The event will be at the school at 7:00pm in the cafeteria. Students and guest speakers will present and we will share a meal together at sunset.

This event is open and welcome to anyone who would like to learn more about Ramadan and our Muslim community at Winooski.



## Congratulations to Boy's Varsity Basketball

By Coach Jackson, WSD Director of Athletics

Hello fabulous supporters, I want to first acknowledge a few key supporters. Liz Parris, Lydia Bourgeois, and Jen White transformed our gym and Barre's gym for our student-athletes. They hung posters, bought drinks, and food. A big THANK YOU to them! Special thanks to the PTO / Boosters for the fan tickets and pizza.

Teachers and school community! Wow! The level of excitement and best wishes we received during this great playoff run was just remarkable. The spirit of this community is what brought us so much success. The level of excitement each of you had is indescribable. Thank you for powering us through this deep playoff run. We could not have done it



without you. Your love and support never wavered. Thank you!

I know that there is a lot of emotion surrounding the game and I just want to take a moment to reflect. I am super proud of our season and our accomplishments. We learned a lot about ourselves and become better people throughout the season. The level of grit and togetherness they showed last night was just amazing. They fought their hearts out until the final buzzer. That is all I could ever ask of them. When the final buzzer sounded I witnessed a lot of emotions. These are natural life lessons. I knew they cared and wanted to do something special for their community. I told them on November 30th (first day of tryouts) we want to get to Barre. They took that challenge on and got down to work. They were resilient through the ups and downs of this season.

We didn't win the championship last night, but we did win a lifetime

of memories and bonds. I will forever look back at this season as the start of something Real! We sang together, we lost together,

we cried together, we won together, but the most important thing WE STAYED TOGETHER. These guys have set the bar high for the future of our athletic department.

Please help me embrace them and console them as they are experiencing these emotions. They didn't lose, we won in so many ways. Remind each of them how important they are to our learning community.

I can't thank you all enough. The gym was electric and the community rallied for us all season long. I have not seen



the gym this full in 4 years. The culture is changing and people are coming out to support these young men. This is a testament to who they really are and what they stand for. We have a lot to celebrate and every kid is hoping to be a part of our new journey. We will get back to Barre!

Special thanks to our property service and grounds folks! You guys are the best!

### Accomplishments

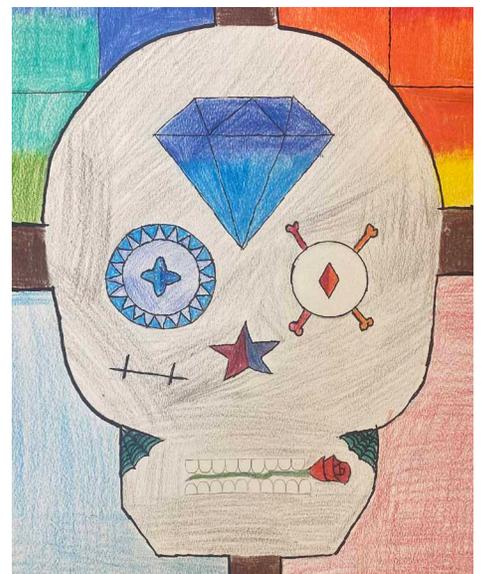
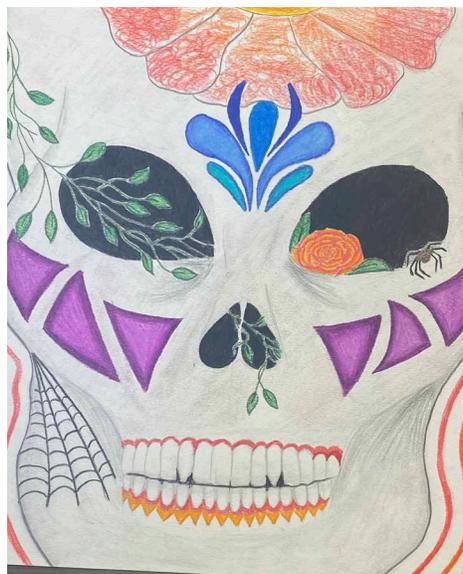
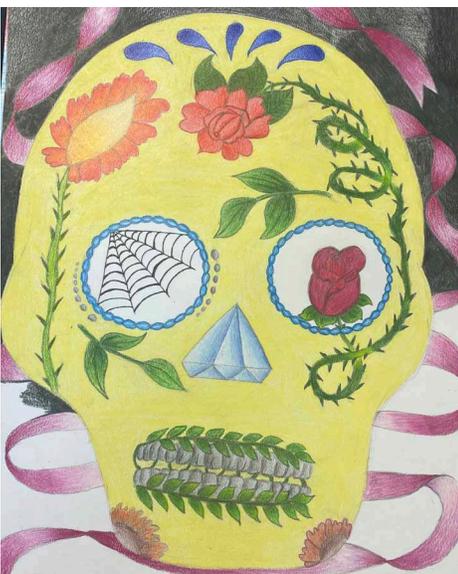
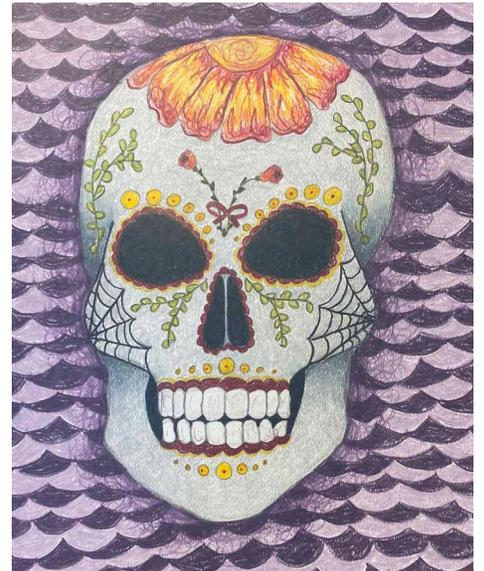
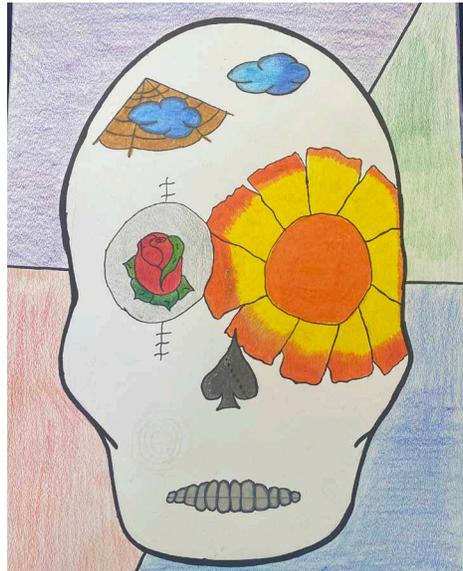
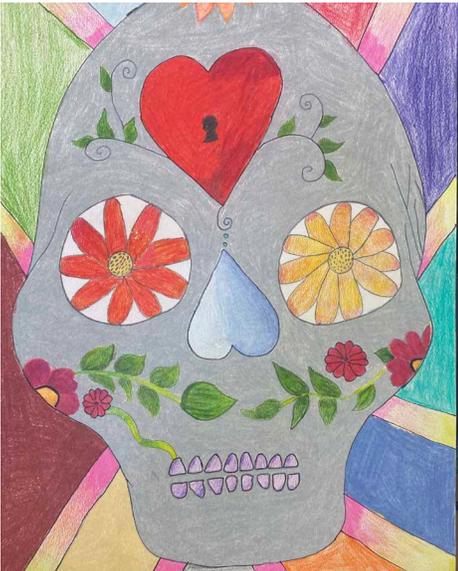
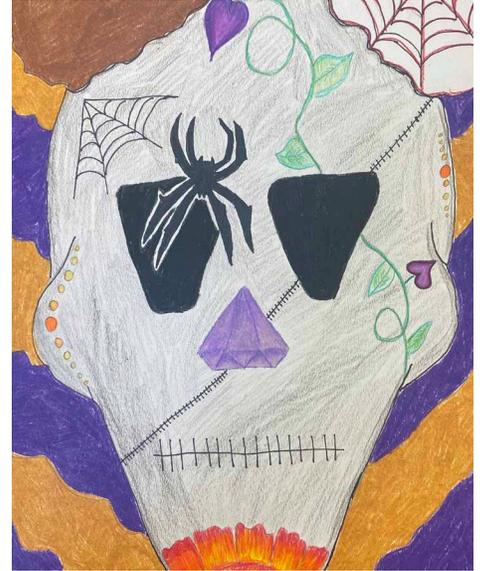
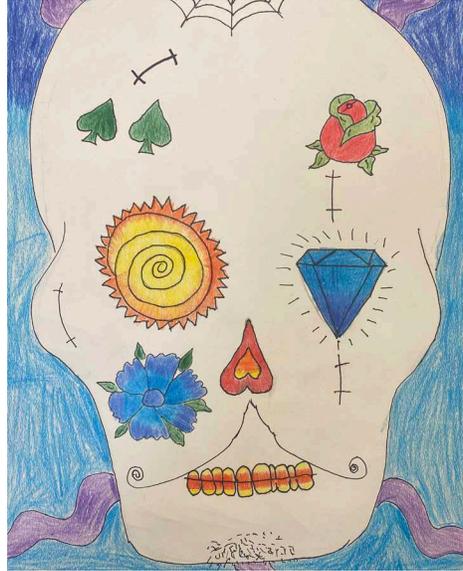
- 21-3 overall record
- Rank #1 in D3
- Mountain Division Champs
- We won our first 9 games
- 1000 point scorer
- Sharras McIver (North / South team)
- Camden Benoit (Unsung hero BFP)
- Trevon Bradley (Dream Dozen)
- 12 Best underclassmen in the state across all divisions.
- Mountain Division awards will be released soon.



## Dia de los Muertos

By Jessica Bruce

High School students in the Drawing Portfolio class have been working on composition and color blending, inspired by the Mexican cultural celebration Dia de los Muertos and the artist Lourdes Villagomez with their sugar skull colored pencil drawings.



## Hands on Learning with Shelburne Farms Afterschool

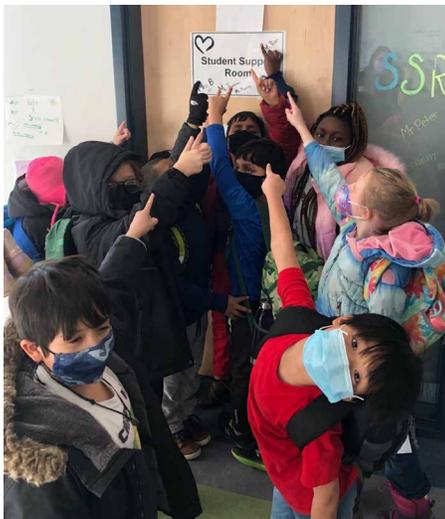
By Suzanne Skaflestad, 21C Director

JFK Elementary students have joined Shelburne Farms in learning about their place in Vermont, the environmental and social issues that affect them, and how to take action to make their place even more amazing!

In the past two sessions, students explored what makes a community thrive and brainstormed ideas that included food, water, housing, social places, energy, safety/protection, and health care. Students drew a picture of their ideal community.

They also learned about the United Nations Sustainable Development Goals and prioritized which of those 17 goals were the most important in their community in Winooski. The students went on a hunt around the school to see where they could find evidence of those goals and put up a picture of the corresponding goal near the evidence they found. For example, they put up Goal #3, Good Health & Well-Being, by the nurse's office!

A special thank you to Jen Cirillo and Courtney Mulcahy from Shelburne Farms for bringing this program to the 21C afterschool program and to Tiffany Demore and Caitlyn Batche, JFK teachers, for working with Shelburne Farms to make this wonderful learning opportunity happen for our students!



## Health Information

By Elizabeth Parris, BSN, RN, NCS

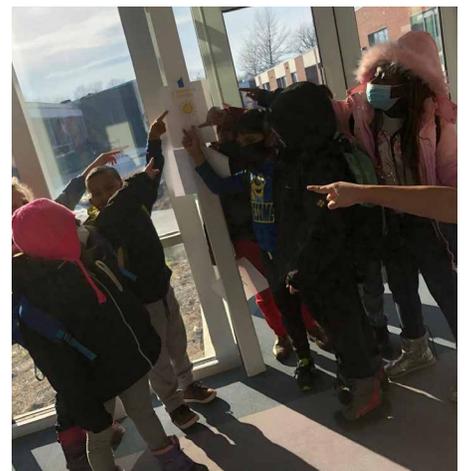
Happy Spring! April is finally here and hopefully that means sunnier days will be as well.

Please remember to:

- Apply sunscreen to your children whenever they play outside.
- Encourage your children to drink plenty of fluids to keep them well hydrated.
- Help keep your children's smile intact by having them wear mouth guards whenever they play contact sports. If your child is playing a spring sport for the first time this school year, please make sure to have their PCP fax us an updated sports physical. The health office fax is 383-6017.

On behalf of the health office we want to wish all of you a happy spring break!

- 802-383-6040 Nurse Liz
- 802-383-6159 Health Office Assistant Shannon
- The COVID Hotline is 802-556-2243.



# WINOOSKI SCHOOL MENUS



## Winooski Elementary School Breakfast

### April 2022

V =Vegetarian      Menus are subject to change

## Meals Are Free To All Students

Adult Breakfast \$2.90  
Adult Lunch \$4.75  
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>				<p>1 <b>Fruit Filled Muffin w/Cheese Stick Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>4 <b>WG Donut Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>5 <b>Asst. WG Cereal Graham Crackers Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>6 <b>Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>7 <b>Breakfast Pretzel w/Cinnamon &amp; Sugar Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 <b>Fruit Filled Muffin w/Cheese Stick Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>11 <b>WG Donut Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>12 <b>Asst. WG Cereal Graham Crackers Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>13 <b>Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>14 <b>Breakfast Pretzel w/Cinnamon &amp; Sugar Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 <b>Fruit Filled Muffin w/Cheese Stick Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>18 </p>	<p>19-21  <b>SPRING BREAK</b></p>			<p>22 </p>
<p>25 <b>WG Donut Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>26 <b>Asst. WG Cereal Graham Crackers Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>27 <b>Bagel w/ Cream Cheese Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>28 <b>Breakfast Pretzel w/Cinnamon &amp; Sugar Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>29 <b>Fruit Filled Muffin w/Cheese Stick Danimals Yogurt w/Graham Cracker</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>

This institution is an equal opportunity provider.

Please Click Links Below for Nutrition Information on Daily Options:  
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Milk    Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click on Link Below:

 Simply manage your student's account

Visit our Family Portal

Click Image Below for employment opportunities





## Winooski Elementary School Lunch

### April 2022

V =Vegetarian      Menus are subject to change

## Meals Are Free To All Students

Adult Breakfast \$2.90  
Adult Lunch \$4.75  
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>	<p style="text-align: center;"><b>National Garden Month</b> Ways to celebrate National Garden Month</p> <ol style="list-style-type: none"> <li>Organize or take part in a town beautification day.</li> <li>Visit your local farmer's market.</li> <li>Have fun doing a gardening project (Start some seeds to plant)</li> <li>Celebrate other important "green" holidays such as Earth Day (April 22) and National Arbor Day (April 26)</li> <li>Start an Herb garden indoors.</li> </ol>				<p>1 <b>Chicken Patty Sandwich Caesar Salad Sweet Potato Fries Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>4 <b>Oven Baked Chicken Nuggets</b> Roasted Sweet Potato Wedges Vegetarian Baked Beans Dinner Roll <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>5 <b>Taco Bar w/ Hard or Soft Shell</b> Garden Salsa Seasoned Black Beans Fresh Celery Sticks <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>6 <b>Cheese Pizza Veggie Pizza</b> Fresh Broccoli Salad Fresh Carrot Sticks <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>7 <b>Spaghetti w/ Meat Sauce</b> Steamed Corn Fresh Celery Sticks Garlic Breadstick <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 <b>Grilled Cheese Sandwich Creamy Tomato Soup Sprinkled w/ Cheddar Caesar Salad Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>11 <b>Meatball Sub (Beef &amp; Chicken Meatballs)</b> Maple Baked Beans Garden Pasta Salad <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>12 <b>General Tso Chicken Steamed Broccoli</b> Marinara Sauce Fresh Carrot Sticks <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>13 <b>Cheesy Breadsticks</b> Caesar Salad Marinara Sauce Fresh Carrot Sticks <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>14 <b>Golden Crispy Chicken Tenders</b> Hand Cut French Fries Maple Glazed Carrots Dinner Roll <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 <b>Deli Bar</b> Garden Pasta Salad Baked Scoops Corn Chips Fresh Fruit &amp; Veggie Bar <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	
<p>18 </p>	<p>19-21  <b>SPRING BREAK</b></p>			<p>22 </p>	
<p>25 <b>Oven Baked Chicken Nuggets</b> Roasted Potato Wedges Roasted Fresh Zucchini Homemade Dinner Roll BBQ Sauce <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>26 <b>Chicken &amp; Cheese Fajita</b> Garden Salsa Mexican Corn Seasoned Black Beans <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>27 <b>Cheese Pizza</b> Kale Apple Salad Assorted Fresh, Dried or Canned Fruit Milk Variety <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>28 <b>Marinated Chicken Breast</b> Caesar Salad Maple Glazed Carrots Rice Pilaf Dinner Roll <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>29 <b>French Toast Sticks</b> Real Maple Syrup Sweet &amp; White Homies Fresh Green Pepper Strips Twin Turkey Sausage Patties <b>Sunbutter &amp; Jelly Sandwich w/ Cheesestick</b> Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	

This institution is an equal opportunity provider.

Please Click Links Below for Nutrition Information on Daily Options:  
Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, Sunbutter & Jelly Sandwich w/Cheese Stick

Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All

Deli Options K-8

Fruit & Yogurt Parfait w/Granola

Milk    Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below:

 Simply manage your student's account

Visit our Family Portal

Harvest of the Month: Grains

Click on the image above for more info on the Harvest of the Month!



## From Your Local Representatives

By Rep. Hal Colston

### Making Progress on Vermont's Housing Shortage

There's no argument that Vermont is facing a statewide housing crisis. Part of the problem lies in a significant drop in the rate at which housing has been built over the past four decades. In 1980, housing stock grew at an annual rate of 1.8%. By 2019, the rate at which we were producing housing had dropped by 87%, to 0.2% per year. This translates into a reduction in housing units from 3,200 units per year to about 400.

This year in its annual budget adjustment, the House included \$50 million to support more mixed-income units, multi-family rentals and to increase shelter capacity, with priority given to populations who may be displaced from the hotel/motel voucher program or are currently without housing. This bill is still being negotiated with the Senate. Between now and the end of the session, we expect to allocate up to \$25 million to rehabilitate 400 existing units that are offline because of code violations, as well as a pilot for middle-income buyers.

### Racial Justice in Vermont's Constitution

Proposal 2 clarifies language in the anti-slavery clause of the Vermont Constitution. Although Vermont was the first state to ban slavery and indentured servitude, it did not prohibit those practices for individuals under 21 years old. Proposal 2 would amend Article 1 of the Constitution to provide that "slavery and indentured servitude in any form are prohibited." The proposal recognizes and respects the reality of descendants of enslaved Africans brought to this

country, and this state, against their will. The amendment goes to the voters in November.

### Redrawing Vermont's Legislative Districts

Every ten years, after the U.S. Census is taken, Vermont must adjust legislative districts to accurately reflect any changes in population. Our state Constitution spells out the criteria for reapportionment: districts must maintain equality of representation, have one or two Representatives, and make sense geographically.

This year, the complex and lengthy process was delayed by months because the U.S. Census was unable to deliver population numbers on time. This put our work behind schedule. The Census reported that Vermont's population grew a little, with population declining in some areas especially in Southern and Northeast Vermont and increasing in other areas primarily in Northwest Vermont.

The Census information guided the independent Legislative Apportionment Board's work in providing recommendations for redistricting. Based on these recommendations and those of Boards of Civil Authority, the House Government Operations Committee has prepared a final redistricting plan to be presented to the full House. District boundaries should be finalized and voted on sometime in early April.



## Community Vision

This section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City's Strategic Vision areas – or "community vision". To learn more, visit [winooski.vt.gov/about](http://winooski.vt.gov/about).

## Economic Vitality

Thank you for attending our first American Rescue Plan Act Community Listening Session! The City of Winooski is looking for additional community input on how to spend about \$2 million in federal COVID-19 relief funds over the next couple of years. To learn more about this initiative and how to get involved, please visit [winooski.vt.gov/arpa](http://winooski.vt.gov/arpa).

## Municipal Infrastructure

With the winter months officially behind us, the Winter Parking Bans have ended until December 2022! We appreciate the support of our residents and visitors, especially with the staffing and storm challenges we faced this season. To learn more about parking in Winooski, visit [winooski.vt.gov/parking](http://winooski.vt.gov/parking).

## Housing

The Winooski Planning Commission continues to review incentives for housing priorities within our regulations. Community members are encouraged to learn more about this work by attending any Planning Commission meeting – details of this commission are located at [winooski.vt.gov/236/Planning-Commission](http://winooski.vt.gov/236/Planning-Commission). The City is also looking into how American Rescue Plan Act (ARPA) funding may help with Winooski's housing needs. To stay up to date on this process, visit [winooski.vt.gov/arpa](http://winooski.vt.gov/arpa)

## Safe, Healthy, Connected People

The Winooski Police Department is proud to announce that Alexandra Jackson-Smurthwaite and Ahmed Sharif-Shoble have completed the 112th Vermont State Police Academy and have begun their local field training! In addition, the Dept. also welcomed Officer Nathan March to the team. Please join us in congratulating our new officers.



For up-to-date guidance, visit [winooskivt.gov/covid-19](https://winooskivt.gov/covid-19)

## COVID-19 Information

For current updates, resources, and municipal service information please visit [winooskivt.gov/covid-19](https://winooskivt.gov/covid-19)

### COVID-19 Testing

COVID-19 testing is available at the O'Brien Community Center (32 Malletts Bay Ave). Please visit [winooskivt.gov/covid-19](https://winooskivt.gov/covid-19) for up-to-date hours. Register at <https://vermont.force.com/events/s/selfregistration> (walk-ups are also welcome).

### COVID-19 Vaccines

COVID-19 vaccination clinics remain open for people ages 5 and up. Please visit [healthvermont.gov/myvaccine](https://healthvermont.gov/myvaccine) to schedule your appointment or find the next available pop-up opportunity.



## Reminders from the City Clerk's Office

### Dog Registrations Due on or Before April 1

It is required to register your dog (6 months & older) on or before April 1, 2022 in the City of Winooski! The costs are as follows: neutered (\$14), un-altered (\$18). On April 2nd, there will be an additional late fee.

## Community Services Updates



### Recreation and Parks

[winooskivt.gov/rec](https://winooskivt.gov/rec)

  @winooskirec

Winooski Recreation and Parks are currently following guidance from the Vermont Department of Health regarding our spring programming. Program details are subject to change – for the most up-to-date information, please visit [winooskivt.gov/recprograms](https://winooskivt.gov/recprograms) to view our catalog.



### Thrive After School

[winooskivt.gov/thrive](https://winooskivt.gov/thrive)

 @thrivewinooski

Thrive After School is a state-licensed, 3 STAR childcare/enrichment program that runs from 3–5:30pm Monday-Friday. We partner with WSD to provide a community where children in grades K-5 explore, learn, and grow during their after school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more. Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need.

For full details and to sign up, visit [winooskivt.gov/thrive](https://winooskivt.gov/thrive).



### Winooski Memorial Library

[winooskivt.gov/library](https://winooskivt.gov/library)

  @winooskilibrary

Please note: While many of our programs throughout the month are currently planned for in-person activities, ensuring the health and well-being of staff and community may find us postponing, rescheduling, or shifting to virtual events. Please give us a call or keep an eye on our website for all the latest details.

### Winooski Poetry Project

Join us throughout April as we celebrate National Poetry Month and kickoff the 2nd annual Winooski Poetry Project, a participatory program that invites community members to leave us their best word, sentence, verse, feeling, or observation using our roving typewriter. Look for us throughout the month “popping up” at various locations across the city: at your favorite bar or restaurant, at the Senior Center, in one of our parks, and of course, at the library! We're looking for any and all work - leave us a haiku about what you love most about Winooski, craft a springtime rhyme, share the sound of the river, or type out whatever inspiration might strike! We'll showcase community works in the window of the library and share on social media and other places, too.

### Audiobooks, Ebooks, & More

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming, language learning, educational and professional development courses, and more? Visit [winooskivt.gov/library](https://winooskivt.gov/library) or stop by the library for questions about access and/or additional information.

## 1:1 Tech Assistance

Through a partnership with USCRI Vermont and Saint Michael's College MOVE program, you can now find 1:1 tech assistance at the library! Do you have a new computer or device that you don't know how to use? Do you need help downloading ebooks or audiobooks to your smartphone, e-reader, tablet, or computer? Do you want to learn more about technology and have questions? Interested in checking out a library Chromebook? Join us on Saturdays at the Winooski Library for 1:1 assistance and to learn new skills! Drop-in, no registration required.

- Saturdays, 11:30am-1:30pm at the Winooski Memorial Library
- Free to join, open to adults 18+

## Arabic-English Bilingual Storytime

Join us on the last Saturday of each month at 10am for our Arabic-English storytime with Ms. Tolba! Children along with their parents and caregivers are invited to hear bilingual read-alouds and learn more about Arabic language, culture, and traditions. Free, no registration required.

- Saturday, April 23 at 10am

إنضم إلينا في يوم السبت الأخير من كل شهر في تمام

لقرأة القصص (10:00 am) الساعة العاشرة صباحاً

بالعربية والإنجليزية مع السيدة مني طلبة ندعو كل

الأطفال مع والديهم ومقدمي الرعاية لسماع قراءة القصص

باللغتين ومعرفة المزيد عن اللغة العربية والثقافة والتقاليد

العربية • هذا البرنامج مجاني ولا يلزم التسجيل

Support for this project was provided by the Teachers of Critical Languages Program's Critical Language Projects. The program is sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State (ECA) and is administered by American Councils for International Education: ACTR/ACCELS. ECA and American Councils are not responsible for the views expressed herein.

## Let's Speak Arabic!

Interested adults are invited to join us at our weekly Arabic language class for beginners. Facilitated by Mona Tolba, an active member of Vermont's Arabic Community, students will be introduced to Modern Standard Arabic and learn introductory words, phrases, and sentence structures. Build your knowledge, confidence, and understanding of the Arabic language in a casual and fun environment!

Tuesdays, 6:30-7:30pm @ the

Winooski Memorial Library

Free to join, open to adults 18+

Support for this project was provided by the Teachers of Critical Languages Program's Critical Language Projects. The program is sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State (ECA) and is administered by American Councils for International Education: ACTR/ACCELS. ECA and American Councils are not responsible for the views expressed herein.

## Celebrate Urban Birds

Join us on Saturday, April 9th for a morning of all things birding! In partnership with Audubon VT, we'll have outdoor activity stations to help you learn about bird identification, bird calls, binocular practice, and more! And while you're here, be sure to take home a birding backpack and/or one of our numerous bird resource guidebooks. This event is free and open to all.

- Saturday, April 9 from 10-11:30am
- Children 5+; parents, guardians, and caregivers.

## Citizenship Prep Class

We're excited to announce our partnership with USCRI Vermont to offer their Citizenship Preparation Class. This weekly program is open to any green card holder interested in practicing English literacy and civics education.

Wednesdays from 1-2:30pm at the

Winooski Memorial Library

- Free to join, open to adult green card holders 18+
- To register, contact Nancy Lindberg at [nlindberg@uscmail.org](mailto:nlindberg@uscmail.org) / 802-654-1704

## Community Restorative Justice Circle

Join us on the third Thursday of every month for our Community Restorative Justice Circle. Facilitated by Kayla Loving, Restorative Justice Coordinator at Spectrum Youth & Family Services, the circle practice is one of the most well-known restorative justice practices. Eat together, share stories, and talk about what changes you'd like to see in the community.

If you have an interest in getting to know your neighbors on a deeper level, learning about restorative justice, and organizing for change in your community, consider joining us. Everyone is welcome. Interpretation can be provided if we are notified ahead of time.

Wednesday, April 20 from 6-7pm.

Free to join, open to all.

“Restorative justice is a philosophy and set of practices, rooted in indigenous teachings, that emphasize our interconnection by repairing relationships when harm occurs while proactively building and maintaining relationships to prevent future harm” (Amplify RJ).

## Virtual Community Equity Circle

On the fourth Thursday of each month, community members are invited to join us for virtual restorative justice circles to talk about issues of equity. Circles will be facilitated by Spectrum Youth & Family Services' Restorative Justice Coordinator, Kayla Loving. There will be a different focus each month and topics may include, but are not limited to, race, intersectionality, gender, socioeconomic status, disability, gender identity, sexual orientation, language access, mental health, etc. There will be short exercises to ground your thinking and then time to discuss these topics through a restorative justice circle.

If you are looking for a place to connect with your community, challenge your thinking, and deepen your understanding of equity issues, consider joining us. Interpretation can be provided if we are notified ahead of time.

- Thursday, April 28th from 6-7pm.
- <https://tinyurl.com/equitycircle>
- Free to join, open to all.

## WINOOSKI MUNICIPAL UPDATES

### Dad Guild Playgroup

Join the Dad Guild for an afternoon of play and connect with other parents, guardians, and caregivers - all are welcome regardless of gender identity! This event is free and open to all.

Saturday, April 16 from 12:30–2pm

Children 0-5; parents, guardians, and caregivers.

About Dad Guild: Founded in 2019, Dad Guild is a 501(c)(3) nonprofit organization formed to create a supportive network for new fathers in the greater Burlington, VT region. They offer opportunities for dads to connect with one another, share their experiences, model positive father engagement, and advocate for parental equality.

### English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their English Conversation Group program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays 11am-12pm at the Winooski Memorial Library
- Free to join, open to adults 18+

### LEGO Club

Join the club and get creative during an imaginative-hour of Lego play! Use one of our sets or bring your own! No registration required. Youth of all ages are welcome to participate!

- Thursdays, 3:30-4:30pm @ the Winooski Memorial Library

### Library of Things

Did you know the library has a collection of nontraditional items available for loan to Winooski cardholders?

We call this our "Library of Things" and it includes such items as snow shovels, birding backpacks, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new!

### Library Playgroup and Family Support

Join the Winooski Memorial Library for a fun playgroup for parents, caregivers, and young children ages 0-5. Now at a new time, Tuesdays from 10 – 11am! Meet at the Library for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community!

For more information, please reach out to Kirsten Wilson at [kwilson@winooski.vt.gov](mailto:kwilson@winooski.vt.gov); 802-655-6424

### STEAM Ahead Saturdays

Find us on Saturdays from 10-11am for our STEAM Activity hour. Each week will feature a new project for young learners that will engage the mind and introduce participants to science, technology, engineering, art and math-based concepts!

This program is intended for youth ages 5 and up, however parents are encouraged to partake! Youth should attend in clothing appropriate for art projects.

### Weekly Storytime

Join us on Thursdays at 10:00am for our weekly storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! No registration required.

### Winooski Reads Book Group

The Winooski Library is excited to offer a chance to participate in our Winooski Reads Book Club for adult readers (18+)! Join your friends and neighbors for a lively discussion of each month's selected title and share your thoughts, insights, and reactions to the book. Free to take part, email or call Nate Eddy, Library Director, at [neddy@winooski.vt.gov](mailto:neddy@winooski.vt.gov) / 802-655-6424



### Winooski Senior Center

[winooski.vt.gov/seniorcenter](http://winooski.vt.gov/seniorcenter)

 @winooskiseniorcenter

The Winooski Senior Center is open on Tuesdays & Thursdays from 9:30am – 1pm and on Wednesdays from 9:30am – 12pm. Join us for events and programs!

Stay connected with us: 802 655 6425 - voice mail 24/7. Email us at [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov)

Special note: we will be closed for Cleaning April 22 – May 1, 2022.

#### TUESDAYS

#### Coffee Chat & Breakfast Cafe - New Time!

Everyone is welcome to join us on Tuesdays and Thursdays from 9-11am as we gather and converse with community members. Our eat-in Breakfast Cafe now features hot breakfast sandwiches, fruit, treats and plenty of coffee and tea - priced by donation.

- No Programs on 4/19 & 4/26.

#### Fun & Games - New Time!

Do you like to play Cribbage, Scrabble, Card Games, Wii Bowling, or Ping Pong? We've got it all and more! Join us from 10am-Noon for tons of fun, conversation and snacks. FREE!

- No Programs on 4/19 & 4/26.

#### WEDNESDAYS

#### Vintage Cafe

Join us every Wednesday from 10am to Noon. Join us for coffee, tea, treats and great music. FREE!

#### More than a Meal - Free Meals for Seniors

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal every Wednesday. We want to continue to support you being

## WINOOSKI MUNICIPAL UPDATES

well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some goodies from us! Pick up between 10am and Noon at the Center. Reservations must be made by Noon the Friday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov) for the weekly menu and to register for this program. No Program on 4/27.

### THURSDAYS

#### Coffee Chat & Breakfast Café - New Time!

Everyone is welcome to join us on Thursdays and Tuesdays from 9 – 11am as we gather and converse with community members. Our eat-in Breakfast Cafe now features hot breakfast sandwiches, fruit, treats and plenty of coffee and tea - priced by donation. No Program on 4/28.

#### Arts & Crafts - New Time!

Everyone is welcome to join us on Thursdays from 10am – Noon as we gather and create beautiful works of art to take home. Join us for card making, woodworking, coloring and more! New programs every week. Call us for the schedule. Coffee, tea, and treats will be served. FREE! No Program on 4/28.

### SPECIAL PROGRAMS

#### National Poetry Day Week - Tuesday/Wednesday/Thursday April 5, 6, 7

The Winooski Memorial Library invites you to create your best word, sentence, verse, feeling, or observation using their roving Smith-Corona Super Sterling typewriter. It'll be "popping up" throughout the month at various locations across the city - leave us a haiku about what you love most about Winooski, craft a springtime rhyme, share the sound of the river, or type out whatever inspiration might strike. 10am – Noon. FREE!

#### National Scrabble Day Party - Wednesday, April 13

Join us for an Open House Party celebrating the wonderful game of Scrabble. Come play with your friends and neighbors. We'll have lots of boards set up for everyone to play. Enjoy appetizers and sweet treats while you are here. 10am – Noon. FREE!

#### Bone Builders - Mondays and Wednesdays from 3 – 4pm New Time!

RSVP Bone Builders is designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging. FREE! No Program on Monday, April 25th OR Wednesday, April 27th.

#### AARP Tax Aide

The volunteers from AARP Tax-Aide will be returning this year for free tax services. Appointments will be in the mornings on Mondays and Fridays. Call the Senior Center at 802 655 6425 and leave a message, someone will return your call when they are able. Please be patient with the process, as we are experiencing a high volume of calls at this time. Last day is April 15th for pick up only.



#### Meals on Wheels



## MEALS on WHEELS AMERICA

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.

#### Artist-in-Residence: Tom Locatell



Local carpenter and artist, Tom Locatell will be in his workshop at the Senior Center. Stop by during our open hours (Tuesdays and Thursdays from 9:30am– Noon, and on Wednesdays from 9:30am–Noon) and meet Tom and see what he's building using downed trees from our city's parks.

## April Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski



### Seasonal and day vendor application for the Winooski Farmers Market still open

Be a part of this fun summer event! Every year we get excellent feedback from vendors and visitors to our small but mighty market. The Winooski Farmers Market opens May 29 and runs every Sunday through October 16, 2022. Come on down to Winooski Falls Way (in front of the Champlain Mill) for fresh local produce, unique goods and free entertainment from local musicians. We are still accepting applications for seasonal and day vendors, visit [downtownwinooski.org/Winooski-Farmers-Market](http://downtownwinooski.org/Winooski-Farmers-Market) for the application details!



### Winooski Farmers Market - Call for Solo and Duo Musicians

Please email [farmersmarket@downtownwinooski.org](mailto:farmersmarket@downtownwinooski.org) if you're interested in performing at the Winooski Farmers Market this summer! We typically book solo performers and duos but have had a larger group on occasion. All types of music welcome.

### Big News - Expanded Dates For Winooski Wednesdays This Year!

All residents and visitors are welcome to come to Winooski Wednesdays this summer in Rotary Park, now with even more dates! This FREE community event starts at 5pm on the Wednesdays listed below, rain or shine. Rotary Park will host an outdoor marketplace with local vendors, plus every week will feature a local musical guest or performer. Stay for the incredible lineup of headlining bands sure to bring everyone to their feet to dance, sway and enjoy the summer.

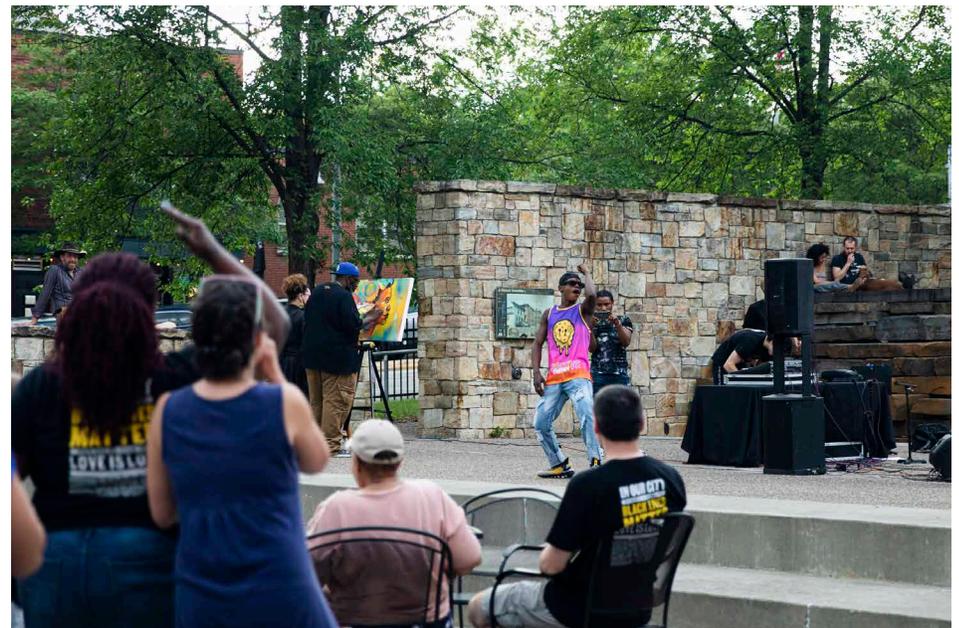
We are looking for volunteers to help with set up, crossing guards, and

more. Making this a safe and welcoming place for all people regardless of age, ability level or comfort with the traffic downtown is essential to having a successful event.

Mark your calendar for Winooski Wednesdays 2022: June 8, June 22, July 13, July 27, August 10, August 24, August 31

### Waking Windows is Back: May 13-15

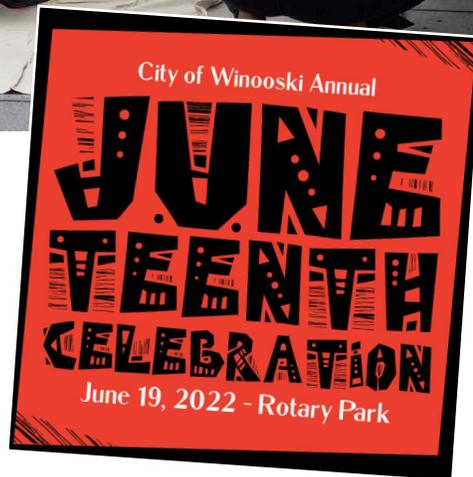
The festival that fills the city with music is back this May! Tickets are still available, check the website for the most up to date information, some ticket types may already be sold out: <https://www.wakingwindows.com>. Waking Windows is also looking for volunteers to help with various tasks and activities throughout the weekend, plus get a free pass for working a full volunteer shift! Sign up: <https://www.wakingwindows.com/volunteer>





### Perform or Volunteer at Juneteenth Winooski 2022

The Juneteenth Winooski committee is looking for volunteers as well as ideas from the community on how to celebrate this important event! Please visit [downtownwinooski.org/juneteenth/](http://downtownwinooski.org/juneteenth/) to sign up to be a part of Juneteenth Winooski 2022!



### Welcome, Grazers, to Downtown Winooski!

The corner spot is now open at 24 Main Street (next to Sneakers Bistro) and ready to serve up a crowd-pleasing selection of food and drinks, check it out! Open 11am-9pm daily!



Check @grazersvt on Instagram or [grazersvt.com](http://grazersvt.com) for the most up to date information.

### Howard Center Update

By Adam C. Brooks, Assistant Director of Communications

April is **Autism Acceptance Month**, an opportunity to increase understanding about Autism and create a more inclusive community for our neighbors who have been diagnosed with Autism Spectrum Disorder (ASD).

The CDC reports that about 1 in 44 children have been diagnosed with ASD and are at increased risk of several health and mental health conditions associated with ASD. The severity of ASD can vary greatly; some people with ASD function independently, some have varying degrees of communication and social skills challenges, and others with more severe symptoms require assistance with daily activities and may be non-verbal.

In Vermont, information on services for people with ASD is available

through the Agency of Human Services, Developmental Disabilities Services Division. There are providers across the state, including Howard Center, that offer programs which help individuals become more involved in their community, build social connections, maintain employment, and live as independently as possible.

During Autism Acceptance Month, consider taking time to learn more about ASD to help create a community of inclusion and acceptance so that people with ASD can live fully.

**Save the date:** Don't forget to visit [howardcenter.org](http://howardcenter.org) for information on Howard Center's free and open to the public Marna and Stephen Wise Tulin Community Education Series



with cyberbullying on May 4 and a discussion about how to make Vermont more welcoming and inclusive for our community on May 18, both at 6pm.

Our Access and Intake Main Number 802-488-6000 is available M-TH 8am – 6pm, and Friday 8am – 5 pm. Our staff will help connect you to resources and services.

Our First Call for Chittenden County crisis hotline 802-488-7777 is available 24/7/365. [howardcenter.org](http://howardcenter.org)

### Winooski Little League and Babe Ruth Baseball

By Jeffrey Brosseau

Online registration is currently open, see our website address below, open the link and you will need register and set up your account to register your child and also to volunteer as Head Coach, Assistant or Team Manager. Fees for Little League are \$50 for one player, family will be \$90.00, Babe Ruth Baseball

13-18 year old fee is \$75.00, you will have the option to pay with either a Visa/ Master Card or pay with check and mail to me. Let me know if you have any issues. After March 31st, a late fee of \$10 will be added. Winooski Little League and Babe Ruth is open to all Winooski residents and anyone who attends St.

Francis School and the Winooski School System that may reside outside of our city boundaries. Website Address: <http://tshq.bluesombrero.com/winooskibaseball>.

For more information contact Jeffrey Brosseau at 802-233-5530, or email [Jeffrey.brosseau@aol.com](mailto:Jeffrey.brosseau@aol.com)

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### How to be More Hopeful, More Peaceful

By Sister Pat McKittrick

As a community, we have experienced many challenges over the past 2-3 years. Life as we knew it was uprooted and challenged. School routines were changed, work schedules looked different, many businesses were impacted, Family life was disrupted. Covid struck painfully at every aspect of our lives.

Now, we find ourselves concerned about our brothers and sisters in Ukraine who were unjustly attacked by neighboring Russia. It is difficult to witness the pain and suffering of this unnecessary and senseless war. We ask ourselves, what can we do? We need to find hope in our world, a reason to want to make a difference. How do we use our gifts to help others and ourselves? How do we remain hopeful?

What is hope? Why is Hope important? "Hope is the belief that our future can be better than our past, and that we have a role to play in making that future a reality." The research of Dr. Chan Hellman a professor of social work at the University of Oklahoma and director of

"The Hope Research Center", indicates his research established the following findings: "1) Hope leads to positive outcomes, 2) Hope is a protective factor buffering against adversity and stress, and 3) Hope can be taught and learned." This is why Hope matters.

According to Hellman, there are three simple ideas to keep in mind. Create goals for the future. Identify a pathway or roadmap that will help you journey towards your goals. Discover what motivational force will help you achieve your goals.

The studies indicate that people with

satisfaction with life in general, and more commitment to whatever they decide to do. Hope is important for everyone.

What can we do?

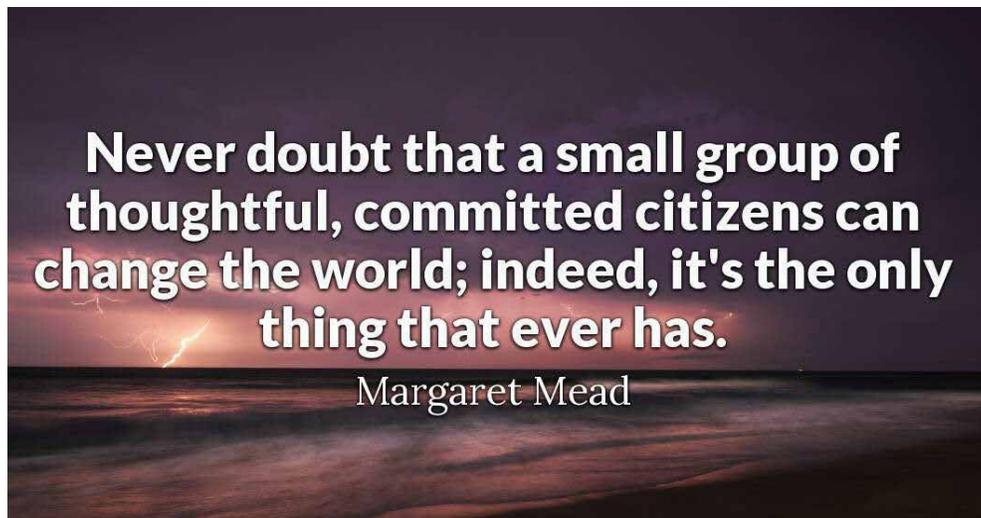
- Shift your expectations. ...
- Recognize that you can change your life at any point. ...
- Look for meaning in the most challenging moments. ...
- Listen to another person's story
- Return to your home base. ...
- Remember the essential goodness of humanity.

If nothing else, we learned from Covid that we are truly inter-connected. When

one person, or country suffers, everyone, everywhere suffers. The opposite is also true, when we work to help another person or country, everyone benefits. What will you do?

To read more about Dr. Chan Hellman's work - <https://pttcnetwork.org/centers/south-southwest-pttc/>

[news/science-and-power-hope-and-how-nurture-it-youth-and-adults](https://pttcnetwork.org/centers/south-southwest-pttc/news/science-and-power-hope-and-how-nurture-it-youth-and-adults)



hope are better at finding strategies to increase their well-being. They will experience less burnout, increased

## Winooski Students Create Animation Addressing Substance Use

By: Jane Henderson, Grants Manager

Hello Winooski! We teamed up with eight medical students at UVM's Larner College of Medicine to work on bringing a data-informed prevention education campaign to our city. The students are working with us as part of a course centered on public health and will present a medical poster at UVM at the end of the semester. **Are you able to help us by completing a parent survey?** The students have created a survey that only takes a couple of minutes to complete and that can be accessed through scanning the QR code provided (or via this link: [www.surveymonkey.com/r/95W3VPL](http://www.surveymonkey.com/r/95W3VPL)). If you have a WSD middle school or high school student, there is also a youth survey that can be accessed through the same link. We are so grateful to anyone who can provide feedback so that our educational resources can be better informed!



for this clean-up day and a take-out community dinner featuring Ethiopian and Eritrean to follow! If you would like to join, please make sure to RSVP by visiting [winooskiprevention.org/clean-up](http://winooskiprevention.org/clean-up).



### Resource Corner: Quit the Hit

Quitting vaping can be incredibly hard – that's why Quit the Hit places young people into a group setting where youth can get support from peers and a real guide. Plus, groups are run through Instagram, where a guide can share proven quit strategies daily. From a past Quit the Hit participant, "My favorite part was being able to talk to people who were going through the same exact thing I was...in the end, it really helped me quit."

Know a young person who might need help quitting? Have them visit [quitthehitnow.com](http://quitthehitnow.com) to see if they are eligible.

The 5-week program is completely free and youth can earn up to \$60 for participating.

## Winooski Clean-Up Day & Community Dinner on April 11th, 2022

WSD Above the Influence students will be hosting a Winooski Clean-Up Day on **Monday, April 11th** in partnership with the City of Winooski's Recreation and Parks. Clean-up days intend to remove litter in areas frequented by Winooski youth, emphasizing the removal of tobacco, alcohol, and other substance debris. We are grateful to be having Mayor Lott joining

## Free Throw Championship Results

By Jeffrey Brosseau

On Sunday, March 13th we held the Knights of Columbus State Free Throw Championship at Rice Memorial Catholic High School. Another superb showing by St. Francis, (8) Champions.

Each participant attempted (25) free throws, in parenthesis are the number of made baskets. Each winner received a Knights of Columbus trophy, along with a McDonalds gift card. Lake Monster Tickets and food coupon.

Below are the Championship results:

- **Age 9 Boys:** Cade Barcomb (18)
- **Age 10 Boys:** Griffin Luck (11); **Age 10 Girls:** Cecelia Zierak (11)
- **Age 11 Boys:** Anthony Jones (15); **Age 11 Girls:** Abby English (13)
- **Age 12 Boys:** Aidan Provost (18)
- **Age 14 Boys:** Jacoby Hammitt (23); **Age 14 Girls:** Isabella Messineo (20)

## Taylor Small Named One Young World Politician of the Year



The One Young World Politician of the Year Award recognises five of the world's most outstanding politicians between the ages of 18-35, who are using their positions to have a positive impact on young people in their communities and countries. Through their important work, these winners highlight the benefit of including young people in politics.

These five young leaders were selected by a panel of respected international judges with substantial experience in the field of politics from a shortlist of 15 young politicians from around the world.

The winners will be presented with the Award at the One Young World 2022 Summit taking place in Manchester, 5-8 September. Congratulations, Taylor!

## Winooski Food Shelf Schedule for April

By Linda Howe, Winooski Food Shelf Coordinator

<b>Saturday, April 9th</b>	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
<b>Wednesday, April 13th</b>	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
<b>Saturday, April 23rd</b>	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
<b>Wednesday, April 27th</b>	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers

Happy Spring! Many of our clients will be celebrating religious holidays during the month of April. We do our best to provide culturally appropriate foods.

Our client base is on the rise, most likely due to a combination of higher prices and fewer fears of Covid-19 infection. In February, we sent 2 to 3 days of food home to 751 people and diapered 188 babies. We are so grateful for any donations of food, toiletries, and funds. We could really use canned meats, spaghetti, meatless pasta sauce, canned whole tomatoes, and canned fruit.

### Food Shelf Policy

Winooski residents coming for the first time should bring proof that you live in Winooski such as a utility bill or rental lease. Winooski residents may access the pantry staples one Wednesday each month. They may also come both Saturdays to stock up on bread, pastry and some fresh fruits and veggies. Shaw's in Colchester and Winooski's own Commodities Natural Market help supply Saturday's food.

### Where to find us

The Winooski Food Shelf is located in the United Methodist Church at 24 West Allen Street. We do not provide rides so please bring a wheeled cart or suitcase and some 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 of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also donate at [winooskifoodshelf.org](http://winooskifoodshelf.org).

### Donation Drop Off Locations

**Please do not leave food on our doorstep when we are closed.** Instead, please bring **unexpired and unopened** food donations to: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340 or to J & J's Corner Market, 12 Malletts Bay Avenue, phone: 802-654-8003. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our neighbors!

### Food Shelf Volunteers Needed

If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: [winooskifoodshelf@gmail.com](mailto:winooskifoodshelf@gmail.com). We especially need help serving clients on Wednesdays. Volunteers should be able to lift 25 pounds.

## YOUR LOCAL MEDIA

Watch local programs, regional events, and municipal meetings on cable TV and online. Learn how to make your own community media.



- MEDIAFACTORY.ORG + CREATE Channel 15 (BT), HD 215 (BT), 1074 (Comcast), LEARN Channel 16 (BT), HD 216 (BT), 1094 (Comcast)
- CH17.TV + Channels 17 (BT), HD 217 (BT), HD 317 (BT), 1087 (Comcast)





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**IMPORTANT NUMBERS IN WINOOSKI**

**WINOOSKI SCHOOL DISTRICT**  
**[www.wsdvt.org](http://www.wsdvt.org)**

**Interim Superintendent of Schools**  
 Dr. Kevin Dirth, [kdirth@wsdvt.org](mailto:kdirth@wsdvt.org)  
 802-383-6000

**John F. Kennedy Elementary School**  
 Principal: Sara Raabe  
 802-655-0411  
[sraabe@wsdvt.org](mailto:sraabe@wsdvt.org)

**Winooski Middle and High School**  
 Co-Principals:  
 Kate Grodin and Jean Berthiaume  
 802-655-3530  
[kgrodin@wsdvt.org](mailto:kgrodin@wsdvt.org)  
[jberthiaume@wsdvt.org](mailto:jberthiaume@wsdvt.org)

**Board of School Trustees**  
 Allison Burlock, 802-349-7018, [aburlock@wsdvt.org](mailto:aburlock@wsdvt.org)  
 Tori Cleiland, *President*, 802-655-7678, [tcleiland@wsdvt.org](mailto:tcleiland@wsdvt.org)  
 Steven Berbeco, 858-376-7269, [sberbeco@wsdvt.org](mailto:sberbeco@wsdvt.org)  
 Kamal Dahal, 802-503-7195, [kdahal@wsdvt.org](mailto:kdahal@wsdvt.org)  
 Dr. Alex Yin, 516-423-9601, [ayin@wsdvt.org](mailto:ayin@wsdvt.org)

**CITY OF WINOOSKI**  
**[www.winooskivt.gov](http://www.winooskivt.gov), 802-655-6410**

**Mayor**  
 Kristine Lott, 802-766-1988, [klott@winooskivt.gov](mailto:klott@winooskivt.gov)

**Interim City Manager**  
 Wendy Harrison, 802-655-6410, [wharrison@winooskivt.gov](mailto:wharrison@winooskivt.gov)

**City Councilors**  
 James Duncan, *Deputy Mayor*, 802-310-7103, [jduncan@winooskivt.gov](mailto:jduncan@winooskivt.gov)  
 Aurora Hurd, 802-734-7082, [ahurd@winooskivt.gov](mailto:ahurd@winooskivt.gov)  
 Bryn Oakleaf, 802-448-2966, [boakleaf@winooskivt.gov](mailto:boakleaf@winooskivt.gov)  
 Thomas Renner, 802-922-3265, [trenner@winooskivt.gov](mailto:trenner@winooskivt.gov)

**City Clerk**  
 Jenny Willingham, 802-655-6410, [jwillingham@winooskivt.gov](mailto:jwillingham@winooskivt.gov)

**Winooski Police**  
 Emergency: Call 9-1-1  
 Non-emergency: 802-655-0221

**Winooski Fire Department**  
 Emergency: Call 9-1-1  
 Non-emergency: 802-655-6420

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