

# The Winooski Newsletter

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



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

JULY 2022



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## Presenting... The Class of 2022!

*Congratulations to all graduates! We are so proud of you.*

Muhudin Amin Abdi  
Hafso Ali  
Taylen Bennett  
Camden Steven Benoit  
Haydn T. Bourgeois  
Jenna Cross  
Ashis Dahal  
Vijan Dahal \*  
Nhan Hong Dang \*  
Khellmar McKeem Daring  
Indra Kala Ghaley \*  
Megan Shea Hayes  
Matthew Lawrence Hill  
Bishnu Khatiwada  
Moseka (Don) Kiputa \*  
David Justus Klinker  
Heirloom Luong \*  
Ruby Ly \*  
Kiara Druseller Mack  
Christian Magnuson

Heritier Wa Mampuy Mampuya  
Sharras Lamont McIver  
Abdimalik Mohamed \*  
Maymun Abulkadir Mohamed \*  
Marissa Marie Morrison  
Thien Hoang Nguyen \*  
Michaela Parris  
Tara D. Poudel  
Alisha Rai \*  
Isaiah Ravelin  
Kaleb Roucoulet  
Ta Ray Pe Say \*  
Aniyah Karima Smalls  
Damian Martin Stoddard  
Skiler M. B. Stoddard  
Furious Joseph Tanner  
Benelor Tsasa  
Jabari Mikai Williams

\* The Vermont Seal of Biliteracy

# 2022 Graduation Scholarships and Awards

Before awarding the Graduation Scholarships and Awards, it is important for us to recognize the recipient of the **UNIVERSITY OF VERMONT GREEN AND GOLD** scholarship, this years recipient is **David Klinker**- Congratulations!



We would also like to recognize the recipient of the **THE SCOTT CAMPITELLI MEMORIAL SCHOLARSHIP**- Given to a student pursuing a career in radio, television, broadcasting, or film. This years recipient is **Khellmar "OJ" Daring**



**CLASS OF 2003 SCHOLARSHIP** - The class of 2003 scholarship is presented to a senior who has demonstrated dedication to his/her class, and exhibited genuine care and respect for Winooski High School. This years recipient is **Don Moseka**.

**MAIDA F. TOWNSEND SCHOLARSHIP** - The Maida F. Townsend Scholarship, is given to a student who has demonstrated a love of learning, an openness to the richness of differences among people, and a willingness to use his/her time and talent in service to others. This years recipient is **David Klinker**

**ACADEMIC SCHOLARSHIP** - The Academic Scholarships, is presented to two students who excel academically. This years recipients are **Heirloom Luong** and **David Klinker**

**NICHOLAS CUSSON-DUCHARME ATHLETIC SCHOLARSHIP** - The Nicholas-Cusson Ducharme Athletic Scholarship is given in memory of Nicholas Cusson-Ducharme to a hard-working, dedicated, student athlete who has participated in athletics throughout

high school, especially their senior year, while demonstrating outstanding leadership qualities. This years recipient is **Camden Benoit**.

**BOARD OF SCHOOL DIRECTORS AWARDS** - These awards are presented to two graduates who have shown the most improvement during their four years of high school. This years recipients are **Indra Ghaley** and **Kiara Mack**

**BILL EVERTS MEMORIAL SCHOLARSHIP** - The Bill Everts Memorial Scholarship, given in memory of Bill Everts, is given to a senior who is the first in their family to go to college. This years recipient is **OJ Daring**.

**VERMONT HONOR SCHOLARSHIP** - The Vermont Honor Scholarship, initiated by the Vermont Legislature, is presented to a student with outstanding academic achievement going on to college. This years recipient is **Ruby Ly**

**WINOOSKI EDUCATION ASSOCIATION SCHOLARSHIP** - The Winooski Education Association Scholarship is presented to two individuals entering the field of education in recognition of exceptional contributions to school activities and all around excellence in academics. This years recipients are **Camden Benoit** and **Ruby Ly**

**THE REARCH COMPANY SCHOLARSHIP** - The ReArch Company Scholarship is given to a student or students who are furthering their education in a STEM or trade related program. This could include engineering, electricians, plumbing, and welding. This scholarship is sponsored by The ReArch Company. This years recipient is **Kaleb Roucoulet**



**WINOOSKI BUSINESS DEPARTMENT SCHOLARSHIP** - The Winooski Business Department Scholarship is awarded to a student or students who have excelled in Business classes and are pursuing a degree in business or a related field. This scholarship is paid for by fundraisers done in the Winooski High School Business Department. This years recipients are **Nhan Dang** and **David Klinker**

**CHALLENGE SCHOLARSHIP** - The Challenge Scholarship is presented to a well-rounded, highly motivated student (in the top 25% of the graduating class) who has overcome obstacles in achieving his/her success. This year recipient is **Maymun Mohamed**

**PTO EDUCATION SCHOLARSHIP** - The PTO Education Scholarship is presented to a student who is pursuing a career in education and who has displayed community involvement through school or work experience. This years recipient is **Ruby Ly**

**THE PTO SCHOLARSHIP** - The PTO Scholarship, is given to two students who have shown an overall commitment to and involvement with the high school in multiple and varying ways. This year's recipients are **David Klinker** and **Alicia Rai**

**CAROL L. KESSLER, R.N. MEMORIAL AWARD** - The Carol L. Kessler, R.N. Memorial Award is presented to a student or students who are in the upper 25% of the senior class and who are intending to continue their education in healthcare or a related field. This years recipient is **Michaela Parris**



**PERSISTENCE SCHOLARSHIP** - The persistence scholarship is given to 2 students who have shown perseverance through all they have faced to make it to high school graduation and plan to pursue a post secondary education. This years recipients are **Hafso Ali** and **Sharras McIver**

**LEADERSHIP SCHOLARSHIP** - The Leadership Scholarship is given to a student who has demonstrated outstanding leadership qualities and exemplified positive attitudes. This years recipient is **Michaela Parris**

**CLASS OF 2013 SCHOLARSHIP** - A Scholarship for a senior who has demonstrated dedication to his/her class and exhibited a genuine care and respect for Winooski High School. This years recipient is **Aniyah Smalls**

**JOHN J. MALCOVSKY COMMUNITY SERVICE SCHOLARSHIP** - The John J. Malcovsky Community Service Scholarship is given to a deserving student who has participated actively in community service. This years recipient is **Ruby Ly**

**VFW COMMUNITY SERVICE AWARD** - The VFW Community Service Award is presented to two graduates in recognition of outstanding community service. This years recipients are **Vijan Dahal** and **OJ Daring**

**VFW SCHOLARSHIP** - A scholarship presented to a student pursuing a degree and has been involved in other extra-curricular activities. This year's recipient of The VFW Scholarship is **Abdimalik Mohamed**



## Welcome to the New Heart Of Winooski Foundation Board Members



### Savanna Bechard, JFK Behavior Interventionist

Savanna Bechard is a Behavior Interventionist at JFK Elementary School. She is beloved in the district for her calm, kind and cheerful presence.

She is looking forward to focusing her positive energy on furthering the mission of the Heart of Winooski Foundation. "Winooski takes up such a large piece of my heart. I have loved this school and community since the moment I stepped foot in it. I would love to be part of something that can help our students grow even more and better their community," Savanna said.



Savanna's top priorities for students include expanding access to activities such as sports and swim lessons. She hopes her service on the HOW Foundation Board will support her ultimate dream that all Winooski students are happy and healthy.

### Shristy Pradhan, 9th-grader

9th-grade student Shristy Pradhan is excited to join the HOW Foundation board so that she can gain a sense of working with others and support her future goal of attending college. While her interest in the HOW Foundation stems primarily from her desire to help others, she is also eager for an opportunity to share her opinions and advocate for important issues.



Shristy's top priorities include advocating for more children's books representing people of color in the WSD library. She also wants to make sure the district is poised to support any Afghan and Ukrainian refugees who might come to Vermont. She believes the HOW Foundation should raise funds to help and support refugees. "As a refugee myself, I understand a little. I think we should do something for them, something special so they do not feel left out. I want them to feel safe and know that they do matter," Shristy said. The most important thing Shristy wants the HOW Foundation to do is to focus on making sure children get the best education possible.

### What is the Heart of Winooski Foundation?

*Our schools are the heart of our community. In Winooski, our schools are the heartbeat of our community.*

*Our students are the future, which is why the Heart of Winooski (HOW) Foundation provides funding for projects and programs that promote excellence and close opportunity gaps for some of the most vulnerable students in Vermont.*

*HOW Foundation is a non-profit 501(c)(3) organization dedicated to supporting education in the Winooski School District. The HOW Foundation was established both to fund projects and programs that encourage excellence in education and to close opportunity gaps for the most vulnerable students in Vermont. We collaborate with our community to achieve our goals.*



Students performed two nights in June in the district's shared gathering space to rave reviews! One audience member said, "This is Winooski at its gritty, hilarious best!" Bravo to the WMHS Theater Troupe for a fabulous performance!



### Celebrating Winooski with Song

By Emily Hecker, Director of Communications & Development

Students celebrate 100 years of Winooski's welcoming and opportunity with a special tribute.

This spring, WHS students Aymard Math (aka Abizo) and Furious Tanner (aka Ranch God) collaborated on a Happy Centennial Birthday Winooski song. The creation of the song and video was an embodiment of Winooski's opportunity and hospitality. Teacher Will Andrews made the beat and produced the song and Patient Mwibeleca, a WHS graduate, recorded the video which features Winooski School District students and staff.

Aymard and Furious also performed live at the Winooski Centennial Party on June 4.

Watch the video at this link or the QR code at right: <https://bit.ly/3MIYx2c>

Listen to more music by Abizo here: <https://linktr.ee/abizofficial>



### Theater Students Shine in Sci-Fi Smash Little Shop of Horrors

Last month, the WMHS theater students put on a production of the dark and campy musical comedy Little Shop of Horrors. The story follows an unfortunate florist shop worker who raises a talking plant that feeds on blood, intent on global domination.

### Jazz at Lincoln Center Quintet Jams with WMHS Musicians

In June, the Sean Mason Quintet visited Winooski School District to play for WMHS music students. The visit was part of the Jazz at Lincoln Center's Jazz on the Road program. They were in town for The Flynn's Burlington Discover Jazz Festival. After an amazing performance, the Quintet musicians answered students' questions, and then WMHS Band students had a chance to perform!





## RESTORATIVE JUSTICE IN THE WINOOSKI SCHOOL DISTRICT

*The Winooski Restorative Justice for Multicultural Youth Project, launched in 2020, is a collaboration between the Winooski School District, Spectrum Youth and Family Services, UP for Learning, and the City of Winooski with funding from the Vermont Department of Children and Families and an anonymous donor. This monthly column will highlight the Restorative Justice work happening across the district among different groups. For more information please scan the QR code to visit our website.*



### Learning about Truth and Reconciliation

By Kayla Loving

The first demand of the Winooski Students for Antiracism is to “form a Racial Truth and Reconciliation Commission tasked with organizing hearing campaigns related to the occurrences of racial biases, prejudice, and injustices at Winooski School District (WSD) in the past. The Commission must comprise community members, students, parents, and school board representatives (2 maximum), and its racial, ethnic, socio-economic, and gender composition must reflect that of the WSD student population. The Commission must release its findings within six months of its formation to the public. The Board must take appropriate actions to remedy the effects of the past while also ensuring that similar incidents do not occur at WSD in the future.”

The action group that’s working on making this demand a reality organized a documentary showing of *Confronting the Truth* for the public to give them an opportunity to learn with the group about truth and reconciliation commission. *Confronting the Truth* looks at truth and reconciliation commissions in five different countries: South Africa, Togo, Morocco, East Timor, and Peru. The International Center of Nonviolent Conflict described the



commissions in the following way: “Taking testimony from victims and perpetrators, and conducting detailed investigations, truth commissions create a historical record of abuses that have often remained secret. They identify patterns of abuse, and the structural and institutional weaknesses, societal and cultural problems, and weak legal systems that made the violations possible. To remedy these faults, they recommend governmental, societal and legal reforms to address the pain of the past, to safeguard human rights and due process, and to ensure that the horror will not be repeated.”

The documentary showing took place right after school ended on May 26th. Food was served from Kismayo Kitchen and Tiny Thai. About 40 people attended and watched from the steps in the temporary library. It brought up an interesting discussion of how this could be set up in Winooski and the U.S.

as a whole. If you weren’t able to attend the showing and are interested in watching the documentary, it is available online for free with translations in Arabic, Spanish, Bosnian, Chinese, Nepali, Dari, French, and Kurdish. <https://www.nonviolent-conflict.org/confronting-truth-english/>



### July 2022 Update

By Kayla Loving

The Antiracism Steering Committee met on June 6th. Representatives from each of the action groups were invited to the meeting to provide an update on what their group has been up to since the action groups formed in October. You'll find the updates below.

The Finance Director, Nicole Mace also attended to discuss the budget for our work based on requests from the action groups and how we see this work moving forward. A few members of the Steering Committee are planning on finalizing a budget that'll be presented to the school board for approval.

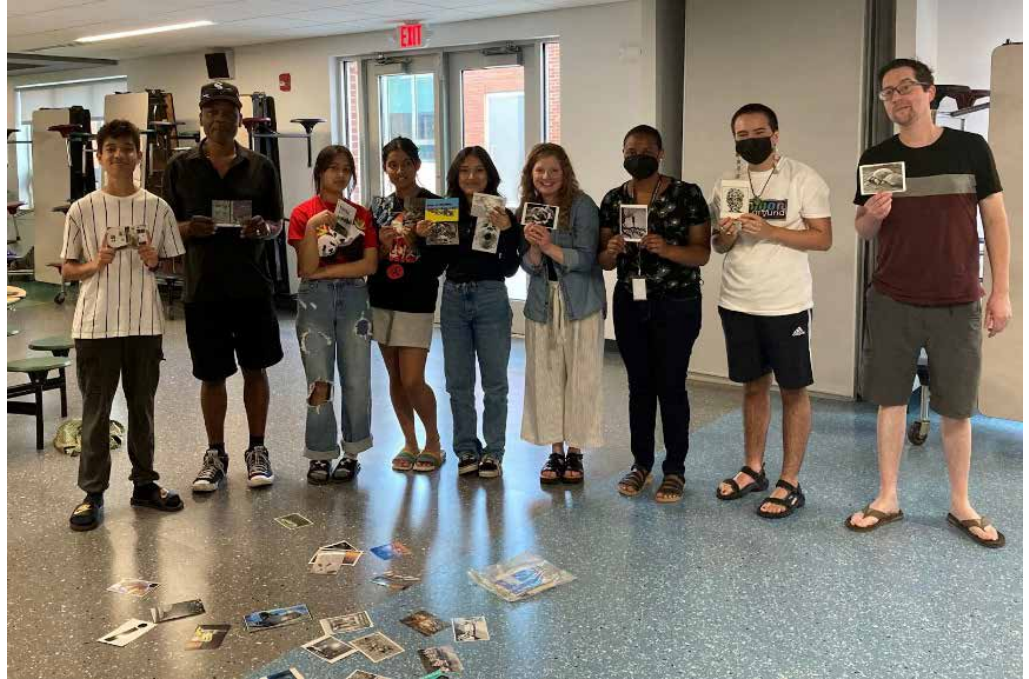
The Antiracism Student Group has continued meeting. They invited the middle high school co-principals, Kate and Jean, to participate in a restorative justice circle to talk about the impact of the sit-in and how they'd like to move forward. During the circle, they came up with some suggestions for improving communication including setting up a suggestion box, student council, and youth-led community forums. They also talked about involving youth in decision-making, making school board meetings more accessible, and building trust between youth and adults.

Here are updates from the Action Demand Groups:

**1. Truth and Reconciliation Commission:** The group planned a documentary filming that was open to the community. Their next step is to come up with dates that Restorative Justice for Oakland Youth can visit in the fall.

**2. Hiring and Retaining Teachers of Color:** The team has continued working with the Barr foundation. They collected surveys from students, staff, and community members. A report based on the surveys and one-on-one interviews will be completed in July. They are hoping to expedite processes and eliminate financial barriers, so community members can get the licensing they need in order to work at the school.

**3. Ethnic Studies:** Cynthia Reyes from the University of Vermont attended their last meeting to help give the group some direction and talk about what's been happening at the state level with ethnic studies.



**4. Equity Review:** The group is going to figure out their next steps now that the equity audit has been completed.

**5. Civil Rights Workshops:** They've contacted different organizations like the Office of Civil Rights, ACLU, and Department of Justice. They either don't have workshops geared toward youth or aren't facilitating workshops in person. They are going to try contacting the Human Rights Commission and Rights and Democracy. They are hoping youth can vet the options to ensure that the presentations would be engaging for youth.

**6. Multilingual Learner Mentorship:** This group has finished their handbook. They have been working with Mentor Vermont who can provide training and technical assistance. They created a job description and are hoping to hire a program coordinator once funding is secured.



## ANNOUNCEMENTS

### 2022 Summer Meals For Winooski Students

By Nicole Mace, Finance Manager

**The Winooski School District is participating in the Summer Food Service Program.** The options this summer will differ somewhat from the last two summers and will be dependent on the construction schedule impacting our kitchen. At this time, we are expecting our kitchen to be closed for the last two weeks of June.

The WSD will offer three meal kit pick up sites throughout the community. Meals will be provided, at a first come, first serve basis, at the sites and times listed below:

**For the summer months, students may come and pick up breakfast and lunch each day.** Access to the school building to pick up meals will be permitted between 8 am-12:00 pm Monday-Friday through the George Street entrance. Meals will also be available for pick up by students at the Myers Memorial Pool.

**Every child in Winooski, aged 0-18, is eligible for these FREE summer meals.** Summer meals will be provided to all children without charge and are the same for all children

regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to the USDA by:

(1) Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights  
1400 Independence Ave SW  
Washington, D.C. 20250-9410

(2) Fax: (202) 690-7442 or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

### Preschool Pre-registration

For ACT 166 Publicly Funded Pre-K OR  
Winooski Preschool Programs

By Maybeline Lopez

If your child is or will be 3 by September 1st, 2022 please complete a Preschool Skills Screening & Pre-registration Form for ACT 166 Publicly Funded Pre-K or to inquire about a Winooski Preschool Program.

For more information about preschool opportunities visit our WSD website under *Pre-Kindergarten*.

If you have concerns about your child's development, our Winooski Early Childhood team can screen your child's development in the areas of Speech & Language Skills, Motor Skills, Adaptive Skills, Personal/Social Skills, and Academic/Cognitive Skills.

Please contact Our Early Childhood Development Specialist, Holly Haggerty at [haggerty@wsdvt.org](mailto:haggerty@wsdvt.org) or 802-383-6061 for more information on developmental screenings.

Contact our Early Learning Coordinator, Maybeline Lopez at [mlopez@wsdvt.org](mailto:mlopez@wsdvt.org) or 802-383-6063 with any enrollment questions.



### Join the PTO

Are you interested in meeting fellow parents in the Winooski School District? Do you have a great idea for supporting students, teachers, and staff next school year? Do you have a passion for organizing events (craft fairs, bake sales, talent shows, etc.) and want to work with like-minded people? The Winooski PTO is a small but dedicated group of parents working together to support the WSD learning community. We would love some new members to bring some fresh energy and ideas to the group! Specifically, the group is looking for two people to serve as Treasurer and Secretary beginning in the fall (starting in September). Existing members and former officers will be on hand to train and mentor their successors. Your imagination is the limit! Join us! Visit <https://www.wsdvt.org/parents-families/pto/>, check out our Facebook page (Winooski PTO), or email us at [PTO@wsdvt.org](mailto:PTO@wsdvt.org).



## JFK All School Celebration

By Sara Raabe, JFK Principal

JFK had our annual All School Celebration on June 17th to celebrate the end of the school year. In years past, we have done activities at school for the day. This year, we ventured off campus and students spent half of the day at school and half of the day at Landry Park.

While at school, students did activities in their classrooms, ate a snack, and had an hour to play on four inflatable structures, including a slide and obstacle course. While at Landry Park, students had time to play yard games, eat a snack, get a temporary tattoo, and play on the playground. Students also had the option of swimming in the pool or skateboarding with the CHILL program from Burton. For many of our students, this was the first time they had been swimming and/or their first time at the Winooski Pool. Students played in the shallow pool, and the big pool. Some students were able to pass the swim test, and they were able to swim in the deep end and go on the water slide. Not to be outdone, some of the staff ventured down the waterslide as well! For the students that wanted to skateboard instead of swimming, they were able to work with staff from the Burton CHILL Program. CHILL brought all the equipment that students needed including helmets, pads, and skateboards. The students and CHILL staff all had wonderful things to say about their experience.

This day was a fantastic way to end the 2021-22 school year. The students and staff left school at the end of the day smiling and tired.



## Afterschool Writing Program

By Suzanne Skaflestad, 21C Afterschool Program Director

Walden participated in a new 21C afterschool program, which supports students writing for the Young Writers Project. This is Walden's second writing piece to be printed in the Burlington Free Press Young Writers Program this Spring.

Well done Walden!

The class is taught by Willow Shaefer, a very talented and committed college student from Saint Michael's College. Her passion for writing has inspired our students. Willow has already expressed interest in teaching the *Young Writers Project* again next year, which is fabulous news.

### **Mirror, mirror, on the wall**

By Walden Olmstead, 11, Winooski

One day, I was admiring my reflection in my bedroom mirror when something strange happened. I grinned at my reflection to see if I had any spinach in my teeth from dinner, but my reflection did not smile back. Finding this very rude, I went downstairs to tell my mom. But when I told her that my reflection was being rude, she just told me to get ready for bed. I went upstairs and made a face at my reflection, but he smirked and walked away.

"What a stuck-up, little jerk!" I mumbled to myself, just as my mom walked into my room.

"How rude!" my mother said. "No dessert for two days."

"But Mom," I said, "I was talking to my reflection, not you!"

"Enough of this reflection nonsense," my mom said. "Your reflection is not alive, and you will go straight to bed right now!"

"Yes, Mom," I grumbled. She kissed me goodnight and turned out the light. My reflection stuck his tongue out at me from the other side of the room just before I fell asleep.

The next morning, I woke up at 7 and got ready for school. I waved goodbye to my reflection and headed out the door.

School was very busy. All the kids and teachers zoomed past me on the way to their classrooms. I found my best friend, Justin, and walked to class with him. We arrived in math class just as the bell went off.

"Okay class, today we will learn about dividing fractions," the math teacher said dully. ...

*Excerpted from original; read complete story at: [youngwritersproject.org/node/44649](http://youngwritersproject.org/node/44649)*



### STUDENT WRITING:

**2022**

*By Hamdi Mohamed, WHS Student*

It's 2022

And we're still protesting about how black lives still matter  
It's been centuries and people are still debating whether or not  
our existence is a threat to them  
Whether or not we're human  
Whether or not we should be alive  
You beat us until we're numb  
On the verge of dying  
With your flag of liberty and justice for all in the other  
Is this what this country has become?  
Giving justice to some  
Instead of all?  
I feel like a stranger in my own mind  
Feeling like this racism defines me as who I am as a person  
Not being able to go home without being terrified for my life  
Knowing we have to protect our children  
Teaching them how to act in front of white folks  
We feel the hurt in our bones  
We ache  
We bleed the same yet what divides us is a few shades  
My people carry the shame and guilt of being black on their  
shoulders  
As if being black is something to be ashamed of  
But the world we live in today told them otherwise  
We keep on keeping on despite constantly being killed  
Despite death lingering above us  
Waiting to take our lives  
Yet we strive and live  
Hoping that this country one day will change  
Despite that tragedy lies in the pages of a country that shines  
with the blood of innocents on its hands



### Serving Up Volleyball After School

*By Nancy Keller*

Beginning in April through the end of May, the 21st CCLC Afterschool Programs offered volleyball every Tuesday and Thursday afternoons for middle and high school students. On either day, the gym was packed with students, former middle and high school students, and faculty and staff all enjoying one game of volleyball after another. Winooski Middle and High School PE teacher, Sue Messier, said that the response to this program was outstanding and that volleyball had been an often-requested program from her students. All she had to do was open the gym and students and staff just dropped by to play volleyball and connect in a meaningful way. Interested in playing more volleyball next year? Please email the Afterschool Program Director, Suzanne Skaflestad, to let her know. We look forward to serving up more volleyball in the coming school year!



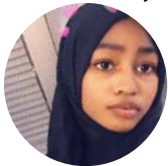


*In Winooski High School's Culture and Community Capstone course, students design a community-based project whose goal is to make Winooski more inclusive and just.*

**STUDENT WRITING:**

**Exploring Assimilation**

*By Maymun Mohamed, WHS Student*



For my Culture and Community Capstone, I wanted to learn more about the experiences of immigrant children who came to America at a young age. I asked my classmates a series of questions about their experiences with assimilation. This topic is interesting to me because I was one of those immigrant children who had a difficult time learning the language, being accepted by the other students, and struggling to hide parts of my culture I considered embarrassing. Some of the topics we discussed included whether they felt pressured to eat foods that were not connected to their cultures, if they were ever embarrassed to speak their home language in public, and how discrimination they faced in childhood affects them today. I wanted to share one story that really stood out to me from my friend, Saima Ahmed.

I'm from Somalia. I was born in Xamar, the capital. My name is Saima, I came to America with my family, I came to America in 2016, so I haven't been here for that long. My English isn't the best, especially since I came to America when I was 14 and now I'm 20. My family is pretty big, I have nine siblings, and including myself that's 10 kids. I came here with my seven siblings, and then we came to America, and my mom met my step-dad and she had my two siblings with him. So in total that's nine siblings for me.

I've always had to deal with pressure in doing things I would never do,

like going to parties, smoking, and drinking. And when I explained to them that in my religion and culture we aren't allowed to smoke, drink, and intermix with others of the other sex, they called me a prude, and to loosen up. I don't think they had any respect for my culture and religion. For me they weren't my friends, because if they did respect me and were my friends, they wouldn't have tried to pressure me to do things I don't find comfortable. I've removed myself from that situation and just never spent time with those people again, because I did feel like if I continued spending time with them I would actually do the things they would peer pressure me to do.

I've felt a lot of pressure eating my cultural foods, especially since my English isn't the best, I've always felt a little embarrassed eating these foods in cafeterias, and anywhere else that has white people in it. I went to a predominantly white institution, and from that it led to me being teased by the white kids, and me not feeling comfortable making friends with people not in my culture. I think the way people seem to see something different and treat it differently is very weird. Just because the food I eat isn't something that is in their daily lives doesn't make it very strange. I mean they eat junk foods/fast food daily, and yet I don't make fun of them for eating unhealthy foods. The foods that I eat in our culture are rich in nutrients and protein, and the foods I've seen them eat are not that healthy, especially the foods on the weekdays. I feel like the convenience of fast food has led to

people replacing the importance of home cooked meals. The only time they're eaten anything home cooked, is either on the weekends or their holidays, like Thanksgiving.

I've felt quite embarrassed speaking Somali sometimes. It's quite hard speaking in a different language around people that can't understand me, doing something like that is a little unnerving. But I do like speaking in Somali when my friends and I want to talk privately without someone else understanding what we're saying.

Being a Hijabi, even if I refused to wear our cultural clothing, they'll know I'm different because I'm visibly muslim. And if I ever feel a little shy or embarrassed wearing it I always think, If I'm pious enough to wear my religion, then I am loyal enough to wear my heritage that Allah blessed me with. So even though I feel a little embarrassed I wear it as a symbol of pride because of the brave Somali women who made it for us.

Assimilation affected me when I first came to America, being a shy little immigrant I wanted to desperately fit in, so I tried wearing the clothes they wore, the way they talked, and among other things. I wanted to whitewash myself and the discrimination from when I came here at first did lead to my whitewashing myself. Now, I'm surrounded by Somali people, Somali foods, and Somali clothing. So I consider myself very connected.



STUDENT WRITING:



**Just Write (working title)**

*By Alexis Blend*

You tell me  
Write a poem

Write about something important to you  
Alexis

Write about  
How your anxiety  
Makes it hard to breath sometimes

Write about how your dad  
Feels more like a stranger now

Write about how much you love  
Your family

Just  
Write

It's not that easy  
To write a poem  
To make the words dance against  
One another  
Like old friends

I can't just write  
If my head is a lamp shop of ideas  
There is no light

You see writing a poem  
Is like climbing a mountain

You need tough shoes  
And motivation

Of which I have neither  
My bare, soft feet walk a straight road  
Of boredom, anger and dullness

I can't climb a mountain, I scream into  
the nothingness  
No one hears of course

Except for you  
And you say  
Just  
Write

I've deleted many poem drafts

Watched the letters run away backwards  
Tripping, toppling, and tumbling over one  
another  
Until they disappear

And you say  
Just  
Write

It's hard to just write  
You need ideas  
You need stanzas  
And rhymes

And most of all  
You need to be creative

You need to want the words to flow out  
of you  
You need to have colors fly across your  
mind  
And onto the page

I wish I could say I have all that and more  
I wish I could say my fingers can't keep up  
with the pace  
Of the words in my brain  
As I type them

I wish I could say I had multiple ideas  
For this poem  
And I picked  
The very best one

When in reality,  
I had no ideas  
Zero  
Zilch  
Nada

When you told me  
Write a poem  
I went through the five stages of grief  
For what little free time I had

Denial:  
I will not write a poem  
You can not make the words churn out  
of me

Falling onto the page  
You cannot control that

Anger:  
3 minutes is too long of a time  
requirement  
No one can do this  
This is ridiculous

Bargaining:  
I look up to the universe and ask it  
To take pity on me  
As I am but a child

Depression:  
I am so tired all the time  
My head aches from me trying to squeeze  
ideas out of it

Acceptance:  
The idea came to me like a letter in the  
mail  
I will write a poem about a poem  
I can do this

And that is how  
I came to write a poem  
About not wanting to write a poem

You told me  
Just write  
And I did

If there had to be a message involved in  
this monstrous assignment  
I would say that my message is  
Write that poem, take that chance,  
because it could be amazing

So don't worry  
if it takes you until the day before it's due  
to write it  
If you have a horrible start  
If your spelling is worse than a  
kindergarteners  
Even if you've never written one before

Just  
Write

## **Speeches for Justice: Challenging Systems of Oppression (June 2022)**

*By Caitlin MacLeod-Bluver, Winooski High School*

In this project, students were given a choice: What do you think is unjust in our world today? What will you do about it? We grounded this question in a deep reflection of our country's racist past. We began in 1619 when the first Africans were kidnapped from their native countries and brought to the colonies as slaves. We then explored the heinous acts of slavery, and analyzed the false myth of freedom during Reconstruction. We carefully investigated the legalized segregation of Jim Crow and the continued violence against people of color. Throughout this process, we closely examined resistance movements and asked: How did ordinary people stand up against injustice? What tools did they use to fight against injustice? We explored writing, art, music, poetry, media, and organizing as effective tools to fight against injustice.

And perhaps most importantly, we reflected on how we will fight against the injustices we see today. When students were given freedom to choose a contemporary issue of racial injustice, there were far too many to choose from. It was frightening how easily students could draw connections from the past to today: the lynchings of the 1870s to the murder of Black people today, the connections between Black Codes and modern day policing, and the many elements of our society that are legacies of our past, from the wealth disparity to mass incarceration to Black maternal mortality rates.

Judges included: Rep. Taylor Small, Alyssa Chen of Education Justice Coalition, Kamal Dahal and Alison Burlock (WSD School board), Falko Schilling (ACLU), Mukhtar Abdullahi (ML Liaison) and Larkin Brown (ML Family Engagement).

### **Winning speeches:**

- 1st place: **Razan Alrubaii**
- 2nd place: **Joseph Tanner**
- 3rd place: **Aden Jelle**
- Inspirational Award: **Ta Ra Pe Say**

*Highlights from winning student speeches:*

#### **RAZAN:**

Hi, My name is Razan, I'm a woman, and the topic I chose to research and teach you about today is Women's abortion rights in Texas.

Did you know that in America today, nearly 1-in-4 women in America will have an abortion by the age of 45? (Planned Parenthood action fund). While abortion in name is available for everyone, the actual act of getting an abortion is difficult in communities that face barriers in health care, especially such as black, Latino, indigenous people, people that live in rural areas, and who are disabled or openly in the LGBTQ+ community, people that are immigrants, that's a long list of people and if you combine those communities you will have a large part of the United States.

#### **JOSEPH:**

When I started drafting this speech, an 18 year old kid walked

into a supermarket and shot 13 innocent people, 11 of these victims were black. The shooter released an 180 page manifesto on google docs which consisted of motives such as the direct intent to harm black individuals, and the "Great Replacement" theory. For those who don't know, the "Great Replacement" theory defined by npr, is "the false ideology that a secret faction is attempting to replace white Americans with non-white individuals through immigration, interracial marriage and violence".

The reality is, these false ideas and bouts of information have corrupted the political relationship those have, with their ideologies and personal beliefs. This type of fear mongering is not only dangerous, but will continue to push the average person on both sides to the farthest political extremes. Why must those who have opposing views be seen as a threat rather than an opportunity for interesting dialogue? We've begun defending our positions not as causes we are passionate about, but rather territory protected by any means necessary. PewResearch reports "today, 92% of Republicans are to the right of the median Democrat, and 94% of Democrats are to the left of the median Republican" and these numbers seem to rise over time pushing more and more people farther on the political spectrum. The mission has shifted from the want to find middle ground, to the NEED to eradicate any and all forms of disagreement.

#### **ADEN:**

In the United states, African Americans are more likely to suffer from diseases like cancer and asthma than any other ethnical group. According to an article Published by the American Cancer Society, "Black people have the highest death rate and shortest survival of any racial/ethnic group for most cancers in the U.S." ( American cancer society. ) Also, according to the New York Times, African Americans are 75% more likely to live near facilities that produce hazardous waste and these wastes are the reason why so many African Americans have a higher rate of suffering from serious health complications like cancer.

#### **TA RA:**

First if we want to prevent child abuse and neglect, one way that we can do this is by supporting government to provide and give more benefits to families who struggle from poverty. It doesn't mean only the government needs to help those people, we also have to hold hands together and build organizations and programs to provide benefits and prevent poverty in our society. According to Focus on Children, poverty is often considered the single best predictor of child maltreatment, especially child neglect. Data compiled by the Third National Incidence Study of Child Abuse and Neglect indicate that children from families with annual incomes below \$15,000 were over 22 times more likely to experience maltreatment than children from families whose income exceeded \$30,000" ( First focus on Children ). Less children would be abused or neglected if less children were in poverty.



## Letter from the Mayor

By Kristine Lott

Hello Winooski! We are well into a great summer with lots going on! Many thanks to everyone who celebrated our Centennial Birthday Party, Juneteenth, and French Heritage Day last month. Be sure to check out a Winooski Wednesdays concert in Rotary Park and stop by the Winooski Farmers Market on Sundays.



Speaking of summer, it's officially construction season, and I'd like to use this update to discuss municipal infrastructure projects in Winooski. You may have noticed that the Vermont Agency of Transportation (VTrans) has begun road work on East Allen St. and the Rotary. Over the summer, VTrans will resurface these roadways, including two stages of paving and updated lines and markings. There will be crosswalk improvements on E. Allen by Manseau and Dion streets and updated bike lanes. A center turn lane will be added from the railroad crossing at Hood to the interstate, reducing each direction of traffic to one lane while improving traffic flow and safety. There will also be work at the top of the Rotary on Main St. up to the bridge, removing the concrete and replacing it with new pavement. As work progresses, the City of Winooski will be sharing updates from VTrans' channels via our website news updates, to our social media channels, and on Front Porch Forum. If you're ever looking for additional info on VTrans projects across the state, visit [vtrans.vermont.gov/find-a-project](http://vtrans.vermont.gov/find-a-project). Questions and comments regarding this project can be sent to Natalie Boyle, Public Information Consultant: 802 855 3893 / [nboyle@eivtech.com](mailto:nboyle@eivtech.com).

In other infrastructure news, we're partnering with the City of Burlington on a federal grant funding application to begin construction work on the Winooski/Burlington bridge. Notably, improvements to bike and pedestrian

facilities are in the plans to increase safety. And speaking of bikes, we're soliciting a contractor to repaint bike lanes throughout the city after experiencing supply chain issues and shortages. The Main Street Revitalization project is nearing – if you haven't heard of this voter-approved project, please visit [winooski.vt.gov/mainstreet](http://winooski.vt.gov/mainstreet) for info. The project includes improvements to safety, accessibility, and mobility for all modes of transportation. It also addresses the replacement of vital water, sewer, and stormwater infrastructure and improvements to the street and landscape environment.

No matter how you get around Winooski, please use caution as we work to improve our roads, sidewalks, gateways, and other areas of Winooski!

As always, please reach out at any time. [klott@winooski.vt.gov](mailto:klott@winooski.vt.gov) / 802 766 1988



## From Your Local Representatives

By Representative Hal Colston

### Truth and Reconciliation is Coming to Vermont

At the beginning of the past biennium, I introduced H.96, an act to establish a Truth and Reconciliation Commission for the State of Vermont. After a long and arduous process H.96 passed both chambers in the General Assembly this past session and was signed into law by Gov. Phil Scott. I strongly believe that in the near future our State will be challenged with considering reparations for Vermonters who have been harmed by previous and current state policies and laws. I feel a Truth and Reconciliation Commission is necessary so that the overwhelmingly white General Assembly can understand empathetically why past

harms to Vermonters who are Black, Indigenous and People of Color, low-income residents, LGBTQ, and those who have experienced discrimination whether mental or physical must be redressed. There certainly may be other groups who wish to step into this process to have their story told and heard.

The Truth and Reconciliation Commission will be funded several million dollars over a 3 ½ year period. Three commissioners will be funded for fulltime work as will an executive director and two additional staff. As groups step forward to participate in this process, they will experience a respectful and caring environment to share their truths about the impact of systemic and structural racism. Careful attention will be given so groups are not retraumatized telling their stories. Vermont will join other cities and states and provinces and countries that see Truth and Reconciliation as a healing process for all.

This is a legacy that I am proud to leave for Vermonters as we evolve into a more diverse and inclusive state. Hopefully, not only will those groups who have experienced oppression because of Vermont's harmful policies and laws seek healing and wholeness but also the oppressors that identify as white will understand how oppressive systems truly harm them too.

Racism harms white people. The Commission will make specific recommendations about how various oppressed groups can be made whole by repairing the damage our State has availed them. This has been a long time coming.



## City Manager's Update

By Elaine Wang (she/they)

Dear Winooskians, it is an honor of a lifetime to greet you as your new

# WINOOSKI MUNICIPAL UPDATES

City Manager. Winooski is a beautiful, vibrant place with wonderful people and I hope to meet all of you sooner or later. I want to understand your perspective and the opportunities you see for us to do good. Contact me to set up a time! Call City Hall at 802 655 6410, send me an email at [ewang@winooski.vt.gov](mailto:ewang@winooski.vt.gov), or flag me down when I'm out and about. I bring experience in, and value for, environmental stewardship, equity, fiscal responsibility, capital planning, and recreation; I also recognize Winooski's challenges related to affordable housing and accessibility. I am thrilled to have the opportunity to work alongside you in realizing Winooski's full potential in these areas and more. I hope to hear from you soon!



## 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

The City of Winooski will be advertising a second round of COVID-19 Recovery Business Grants in July. Has your Winooski business suffered sustained revenue losses due to the COVID-19 pandemic? You may be eligible for emergency grant funding that can help support your business. Please check our news updates at [winooski.vt.gov](http://winooski.vt.gov) for additional information on this program.

## Municipal Infrastructure

The Vermont Agency of Transportation (VTrans) has begun construction work on U.S. Route 7 and

East Allen St. (near the Rotary). The City of Winooski is sharing weekly project updates provided by VTrans – to view these updates, sign up for our email newsletter at [winooski.vt.gov/list.aspx](http://winooski.vt.gov/list.aspx) or follow us (@winooski) on Facebook, Instagram, and Twitter or on the Winooski Front Porch Forum. Questions and comments regarding this project can be sent to Natalie Boyle, Public Information Consultant: 802 855 3893 / [nboyle@eivtech.com](mailto:nboyle@eivtech.com).

## Housing

Winooski City Council has been in the process of setting their 2022-2023 Policy Priorities and Strategies with discussions on the Housing section of the City's Strategic Vision. To view City Council's Housing priorities, and the rest of the Policy Priorities and Strategies document, visit [winooski.vt.gov/council](http://winooski.vt.gov/council).

## Safe, Healthy, Connected People

The City of Winooski is excited to welcome Robin Merritt as our new Recreation and Parks Manager! Please join us in welcoming her to the team. Speaking of Recreation and Parks, we're also looking for a new Recreation Operations AmeriCorps Member. This position will help run a new slate of summer recreation programs at the Myers Memorial Pool, at the O'Brien Community Center, and in our incredible public parks. Visit [vermontyouthamericorps.org](http://vermontyouthamericorps.org) to learn more and apply (21+).



## COVID-19 Information

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



## Reminders from the City Clerk's Office

- **The next election is August 9th** (Statewide Primary). The ballots will be available during the last week of June. To request an absentee ballot, please visit <https://mvp.vermont.gov> or call the City Clerk's Office at 802 655 6410.
- **Tax and utility bills will be mailed in the middle of July.** Please note, there is only one tax bill mailed for the 4 installments (8/15, 11/15, 2/15 & 5/15). You may combine both the tax payment and the utility payment on one check, if you so desire.
- Please note, if you have a dog (six months or older) it is Vermont law to **register your dog with the City.** If you haven't yet for 2022, please remit a currently valid rabies certificate along with the proper payment.

## Community Services Updates



## Recreation and Parks

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

[f](#) [@winooskirec](#)

## Myers Memorial Pool Passes Now Available

The City of Winooski is excited for another amazing summer at the newly-



renovated Myers Memorial Pool. Passes are available for Adults, Families, Youth, and Seniors – visit [winooski.vt.gov/pool](http://winooski.vt.gov/pool) to get yours today! Keep an eye out for our up-to-date open and lap swim schedules and our aquatic program catalog. Be sure to check out Offbeat Creemee for an amazing summer treat when visiting!

Our summer program offerings are now available – view our listings below and register online at [winooski.vt.gov/recprograms](http://winooski.vt.gov/recprograms).

### Skateboarding with Burton Chill

- Ages 11-19 / Mondays / July 11-August 8 / 4:30-6:30pm @ Landry Skate Park

Looking to try out a new board sport in the summer season? Join Burton Chill instructors to get your very own skateboard and learn to shred it up! No experience necessary – beginner and intermediate skaters are welcome.

### Outdoor Adventure Series

- Ages 8-12 / Wednesdays / July 6-August 17 / 8:45am-2:30pm / Various local parks

Join Sterling Mountain Guide Mischa Tourin and our staff for local exploration outings! Each week, youth will participate in a different hike and learn a new wilderness survival skill, such as orienteering with compasses, fire building, water purification, and more! Transportation from the O'Brien Community Center provided.

### Youth Climbing

- Ages 5-8: Thursdays, July 7 – August 18 @ 11:45am-2:15pm
- Ages 9-12: Fridays, July 8 – August 19 @ 11:45am-2:15pm

Winooski Recreation & Parks is partnering with MetroRock to offer youth climbing teams! Youth will work with a team of coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. All gear is provided. Online MetroRock waiver required to participate. Transportation from the O'Brien Community Center provided.

### Yoga for Kids

- Ages 5-11 / Tuesdays / July 5-August 16 / 12-1pm @ Landry Park / Limited mats available

Yoga for Kids will introduce K-5 students to the practice of yoga through weekly sessions that are geared towards kids. Over a series of sessions, local yoga instructor Emily Fixx will engage students in beginner yoga that is welcoming of all abilities.

### Run Ride Club for Kids

- Youth of All Ages / Fridays / July 8-August 19 / 5:30-6:30pm @ Gilbrook Nature Area

Run & Ride Club invites youth to be active outside together for an evening of running, walking, or biking! Open to youth of all ages, skill levels, and abilities. Earn prizes throughout the season! Youth will not be closely monitored on the trails, adult chaperone participation is encouraged.

### Kuduro Dance

- Grades K-5 / Thursdays / July 7-August 18 / 5-6pm @ The O'Brien Community Center

Learn the basics of Kuduro dance with local instructor Sarah Snow of SnowMotion Studios. Kuduro is infectious music and dance from the southwestern African country of Angola. Class will begin with a fun warm-up followed by step-by-step instructions to complete a choreographed dance!

### Bachata Dance

- Grades 6-8 / Wednesdays / July 6-August 17 / 5-6pm @ The O'Brien Community Center

Learn the basics of bachata dance with local instructor Sarah Snow of SnowMotion Studios. Bachata is a style of dance that originated in the Dominican Republic and is danced widely around the world. Classes will begin with a fun warm-up and participants will have the chance to dance with and meet everyone else as they switch partners, all while practicing the different movements.

### Summer Camps

- **Sports Camp Grades K-5** / June 20-June 24 / 9am-3pm / Drop off & pick up @ Landry Park Featuring a week of varieties of physical activities! Learn new sports and practice old favorites like soccer, kickball, tennis, pickleball, skateboarding, yoga, and swimming at Myers Memorial Pool.
- **Intro to the Arts Camp Grades K-5** / June 27-July 1 / 9am-3pm / Drop off and pick up @ Landry Park / Join for a week of immersion in the arts! We will be partnering with local artists specializing in different mediums – youth will develop new skills and enjoy creative expression. Includes special swimming sessions at the Myers Memorial Pool.
- **Explore the Parks Camp Grades K-5** / August 22-August 26 / 9am-3pm / Drop off and pick up @ Landry Park / Explore Winooski's parks! This camp will include hiking at the Gilbrook Nature Area, games and relay races at Richards Park, a scavenger hunt in the Casavant Nature Area, swimming at the Myers Memorial Pool, and more! Campers should be prepared to walk to and from Landry Park to different parks around Winooski (1+ mile of walking round trip).
- **Science Camp Grades K-5** / August 29-September 2 / Drop off and pick up @ Landry Park / Discover a wide range of science topics including lego engineering, beginner experiments, plants and animals of the Lake Champlain Basin, the famed Winooski Dome, and more! Campers should be prepared to walk from Landry Park to different destinations around Winooski (1+ mile of walking round trip). Includes special trips to the Myers Memorial Pool.



## Thrive After School

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

@thrivewinooski

The City of Winooski proudly presents our 2022 Thrive Summer Camp Program! Sign up for these amazing camps at [winooskivt.gov/thriveprograms](http://winooskivt.gov/thriveprograms). Thrive Summer Camps engage kids in grades K-5 in outdoor exploration, STEM activities, artistic expression, trips to the pool, and fun in the sun. As a licensed childcare program, we accept State subsidies to cover the cost of Thrive, and will be using Federal ESSER Funds to provide Thrive FREE for all other Winooski youth this summer!

- July 5 – 8: STEAM Week
- July 11 – 15: Edible Engineering Week
- July 18 – 22: Maker Space Creations Week
- July 25 – 29: Spartans on the Go Sports Week
- August 1 – 5: Aquatic Adventures Week
- August 8 – 12: Animal Week
- August 15 – 19: Build Your Story Week



## Winooski Memorial Library

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

@winooskilibrary

### 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](http://winooskivt.gov/library) or stop by the library for questions about access and/or additional information.

### 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.

- Saturday, July 30 at 10am
- Free, no registration required.

إنضم إلينا في يوم السبت الأخير من كل شهر في لقراءة (10:00 am) تمام الساعة العاشرة صباحاً! القصص بالعربية والإنجليزية مع السيدة منى طلبية ندعو كل الأطفال مع والديهم ومقدمي الرعاية لسماع قراءة القصة 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.

### 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, July 20th 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).

### 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, July 16th 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
- Free to join, open to adults 18+

### Free Bike Repair

Have a bicycle in need of repair or a tune-up? Throughout the summer, mechanics from Old Spokes Home will be on-site with their Mobile Repair Unit to provide free bike repair for the Winooski community! Drop in, no registration required.

- Every other Wednesday 11am-1pm; July 6th & July 20th
- Free, no age restrictions



## WINOOSKI MUNICIPAL UPDATES

### Free Veggie Distribution

We've partnered with the Intervale Center to provide FREE local produce to our community members! Looking to add color and vibrancy to your next meal? Want to enjoy something fresh and amazing from a local Vermont farm? Drop by and say hello all summer!

- July 13th-September 28th
- Wednesdays from 4-6pm @ the O'Brien Community Center (Parking Lot)
- Please bring your own reusable grocery bags.
- Seasonal item availability on a first-served basis

### 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

### 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 Chromebooks, 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. 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!

- Tuesdays, 10 – 11am.

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

### Morning Coffee Social

Join us on the back lawn at the Winooski Memorial Library on the first and third Friday of each month throughout the summer for our morning coffee social! Meet up with friends and neighbors, new faces and old, for some casual conversation while enjoying a locally roasted brew.

- Friday July 1st & July 15th, 9:30-10:30am
- On the back lawn of the Winooski Memorial Library, weather permitting

### Movie Time @ the Library

This summer, the Winooski Memorial Library invites you to attend a free movie matinee on every fourth Friday of the month! Our movie license agreement doesn't allow us to name the movie, but here's a hint: "This family-friendly favorite tells the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place...the magic of this place has blessed every child in the family with a unique gift from super strength to the power to heal—every child except one, Mirabel..."

- July 29th @ 3pm.
- No registration required, ages 5+ and youth under 10 must be accompanied by an adult.

### 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 10am 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

### Youth Summer Reading Program

There's an "Ocean of Possibilities" this summer at the Winooski Memorial Library with our Youth Summer Reading Program! Throughout the summer, youth can pick up their own Reading Program booklet, which includes 10 weeks of prompts to encourage kids to get outside, build connections, set personal goals, and read for fun.

Youth participants who complete half of the weekly challenges will earn a sweet treat from Offbeat Creemee, and all are welcome to attend an end of summer celebration at the Library.

Whether you like movies, games, books, activities, or just hanging out, there's something for everyone to dive into this summer at the Library!

- Free to participate



### Winooski Senior Center

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

 @winooskiseniorcenter

The Winooski Senior Center is open on Tuesdays, Wednesdays & Thursdays from 9am – 12pm. Join us for events and programs! Stay connected with us: call: 802 655 6425, voice mail 24/7. Email us at [seniorcenter@winooski.vt.gov](mailto:seniorcenter@winooski.vt.gov)

# WINOOSKI MUNICIPAL UPDATES

## TUESDAYS

### Breakfast Café: 9–11am

### Community Coffee Chat: 10–11am

Everyone is welcome to join us on Tuesdays and Thursdays from 9 – 11am as we gather and converse with community members. This is a unique opportunity to meet and talk with local officials, residents and others about issues related to the Onion City (10 – 11am). Our eat-in Breakfast Cafe now features hot breakfast sandwiches, fruit, treats and beverages – Priced by donation.

## WEDNESDAYS

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

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious take-out meal every Wednesday. We want to continue to support you being 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 – 12pm at the Senior Center. Reservations must be made by 12pm 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. FREE!

## THURSDAYS

### Breakfast Café

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 beverages – Priced by donation. NOTE: No Cafe on 7/7.

## FRIDAYS

### Senior Swim Time

- 11:30am-12:30pm

Join us for Senior Swim time at the Myers Pool. If you are 55+ come and play with us! We'll have coffee and treats and great tunes! Enjoy the water or sit poolside and relax. FREE!

## SPECIAL PROGRAMS

### Age Well Restaurant Ticket sales

- Wed., July 6, 10:30am-11:30pm.

Age Well's popular restaurant ticket program allows for a more intimate outing at many local restaurants. Older adults can make a \$5 donation to receive a ticket to dine at one of the participating establishments. Meet Kerry Batres from Age Well and find out about this great program.

### Teddy Bear Picnic

- Thursday, July 7

Join us for annual Teddy Bear Picnic! Bring your teddy friend and have a picnic style lunch with us! Starts at Noon. \$5 donation. Please RSVP by 7/5.

### Fire and Ice Social

- Friday, July 22nd 6 – 9pm

Join us outside and enjoy grilled hot dogs and ice cream treats! Roast Smores, hear great music, play games and enjoy a rustic evening by the fire in the gardens. In case of inclement weather, we will move inside. FREE!

### Bone Builders

- Mondays and Wednesdays at 3–4pm

RSVP Bone Builders is an exercise program 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! NOTE: No program 7/4

### Meals on Wheels

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.

### Pickleball

- Thursdays through September 29th 6 – 7pm.

Join Winooski Recreation & Parks for a drop-in program every Thursday at Landry Park. The courts have been renovated and staff will be on-site to hand out gear and facilitate games. FREE! For more information go to [winooski.vt.gov/recprograms](http://winooski.vt.gov/recprograms).

### 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 (Tues/Wed/Thurs 9am – 12pm) and meet Tom and see what he's building using downed trees from our city's parks.





## July Update for Downtown Winooski

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

### Care about inclusivity and safety? Volunteer at events!

We are excited about the upcoming schedule of free community events in Winooski, but we need your help! In order to make events welcoming, safe and enjoyable for all, we are looking for volunteers to act as crossing guards, work with vendors and event coordinators to set up, and more. Go to <http://downtownwinooski.org/summer-2022-in-winooski> to find the volunteer sign up form and we'll work with you to find the dates and jobs that fit your availability best. Thank you so much!

### More to love at Winooski Wednesdays

**Save the dates:**

July 13, July 27,  
August 10, August 24,  
and August 31.

From 5 – 8PM, Rotary Park will be filled with local vendors, local performers and a headliner sure to please the all-ages crowd. Bring a picnic blanket, grab takeout and enjoy! 21+ bar hosted by The Monkey House. Winooski Wednesdays is presented by Mascoma Bank and supported by Barr Hill. Brought to you by Downtown Winooski.



### Winooski Farmers Market – All are Welcome

The Winooski Farmers Market is hosted on Winooski Falls Way (in front of the Champlain Mill) every Sunday through October 16 from 10am-2pm. Free parking is available on the street and in the parking garage across from the market. Find fresh local produce, unique foods, locally made items, live music and that just-can't-put-your-finger-on-it sense of community. The Winooski Farmers Market welcomes EBT/3 Squares Vermont customers and will match up to \$10 in Crop Cash, thanks to NOFA-VT. Thank you to our sponsors and partners on this beloved event, including Opportunities Credit Union.



### Halloween in Winooski ... yes, already

We are already seeking help from the community to bring this wonderful event to the City once again. If you're interested in joining the planning committee or volunteering before or during the Halloween in Winooski 2022 event, please contact [meredith@downtownwinooski.org](mailto:meredith@downtownwinooski.org).




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### Talking To Your Children About Tragedy

By Karen Prosciack

Sadly, tragic events such as shootings have become a common occurrence in our country. They are a reminder of how quickly our lives can change. It is difficult for adults to comprehend tragic events and so much harder for children and teens. Children and teens need to be able to express their concerns to the adults that care for them and to receive comfort and reassurances that their caregivers are doing all that they can to keep them safe.

Adults can be supportive by being mindful of the emotional state of children and teens in their care. Do they seem withdrawn, sad, or anxious or react to situations in a manner that is not typical for them? When you are not sure or do notice something different, talk with them. Ask them how they are doing and give them time to express their thoughts.

The article, "Talking to Children About the Shooting," from the National Child Traumatic Stress Network, has helpful tips:

Talk about the incident with your child. Children have access to information much more than in the past and most likely have heard about it. Be honest but share information in a manner that is appropriate for your child's age and developmental stage.

Ask your child to tell you about what they know about it. It is likely that some of what they heard is inaccurate or not the whole story. Their imaginations may fill in any gaps of information and may cause further distress.

Clarify any misinformation in a manner that is appropriate

for the child's level of understanding.

Ask them if they have questions and encourage them to talk about their

thoughts and feelings about the incident. Your child may need to be reassured that they are safe.

Be prepared to talk about a "safety plan" that your family has in the event of an emergency.

Minimize the amount of information that your child is receiving via the media and monitor when they do access media.

Do not hesitate to contact your family physician, pediatrician, or a mental health provider for support.

Finally, adults should access support for themselves so that they are in a better place to be positive role models for their children. Acknowledging feelings, expressing emotions, asking for help, and learning strategies that will help them cope will all help children to take better care of themselves as they grow and need to face other difficult situations.

Howard Center has mental health resources available, including resources for coping with tragedy at [www.howardcenter.org](http://www.howardcenter.org). Our main number is 802-488-6000 and our First Call for Chittenden County crisis line is 802-488-7777.



### Winooski Partnership for Prevention July Update

By Kate Nugent, Director

#### Celebrating youth leadership

At the joint June 8 Winooski School Board and City Council meeting at the Winooski School Cafeteria, we took a



moment to recognize the outstanding contribution **Lukas Zweeres** has made to the Winooski community since he began as a middle school student at WSD. Mayor Lott read a letter of commendation from both boards that highlighted Lukas' growth and achievement as a young person doing things to help others. Since middle school, Lukas has voluntarily attended numerous leadership trainings, educated others about substances as causes of preventable death and disease, and appeared before local, state, and federal decision-makers to advocate for prevention policy that can save lives and prevent substance use disorders. The Winooski Partnership for Prevention presented Lukas with a certificate and a small scholarship named after him that he can use for any future professional development and or education-related expenses. Many thanks to Chairwoman Cleiland and Mayor Lott, as well as the WPP board, and Karen Zweeres, for making this moment possible.

The WPP hopes to be able to award this scholarship in future years to students who exemplify the same courageous and earnest

actions to help their fellow students grow up in healthy environments, regardless of where they live. We look forward to Lukas' involvement this summer, as well. Congratulations, Lukas.



#### Resource Corner

*Forward Together* <https://parents.forwardtogetherco.com/> is a new website that supports parents who are navigating the teen years with their kids. On their website, they describe it this way: "You're not alone. All parents struggle with building or maintaining relationships with their children as they become more independent. The quality of your relationship with youth has real, positive outcomes for both you and them. This is a great place to start to find ideas, conversation starters and resources on topics ranging from hobbies and conflict, to substance abuse and mental health. Forward Together is an innovative program by the State of Colorado to help parents and teens become more connected." The WPP recommends checking this resource out.

**Contact:** [info@winooskiprevention.org](mailto:info@winooskiprevention.org), 802-655-4565, or [www.WinooskiPrevention.org](http://www.WinooskiPrevention.org)



## Winooski Food Shelf Schedule for July

By Linda Howe, Winooski Food Shelf Coordinator

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

**VOLUNTEERS NEEDED!!** We continue to see around 200 households each month – that is about 800 people. Most of our neighbors needing some extra help are young families with children. We have around 200 babies in need of diapers each month. Volunteers help pack bags of food, repack bulk potatoes and other veggies, go and pick up donated diapers and food, set up tables for food shelves and serve clients.

**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. **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.

**Winooski Celebrates 100 years!**  
 By Paul Sarné  
 Thanks to everyone who attended the Centennial Birthday Party!  
 Learn more at [legacy.winooski.vt.gov/centennial](http://legacy.winooski.vt.gov/centennial).





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**IMPORTANT NUMBERS IN WINOOSKI**

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

**Superintendent of Schools**  
 Sean McMannon, [smcmannon@wsdvt.org](mailto:smcmannon@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)  
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 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)

**City Manager**  
 Elaine Wang, 802-655-6410, [ewang@winooskivt.gov](mailto:ewang@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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