

The Winooski Newsletter

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

MAY 2023



WINOOSKI SCHOOLS
We are the future.

WSD Celebrates with Ribbon Cutting Ceremony

By Gabby Hora,
WSD Director of Communications

April 4th, 2023 was a special day at the Winooski School District (WSD) as members of the school community, project partners, local and state representatives, and all three members of our Washington delegation gathered in the school's main lobby to celebrate the completion of the capital project with a ribbon cutting ceremony.



The capital project, which was made possible in 2019 when the Winooski voters passed a bond vote, more or less wrapped in December of 2022. The new building reflects the district's commitment to the modern advancement of the

educational sector with state-of-the-art instruction and collaboration spaces, an environmentally conscious design, and impeccable safety standards.

The ribbon cutting ceremony was emceed by Winooski High School students Carol Duong and Fayth White. It was opened with a land acknowledgment written and performed by students from the WSD Peace Jam Club, Hawa Aweis and Taliah Bennet. The ceremony included speeches from project leaders, including WSD Superintendent of Schools, Sean McMannon, TruexCullins Managing Principal, David Epstein, ReArch Company Chief Executive Officer, Johnny Illick, and Former WSD Board Member, Alex Yin. As well as remarks by Senator Bernie Sanders, Senator Peter Welch, Congresswoman Becca

Balint, and USDA State Director, Sarah Waring. After the speeches the event was moved outside the school's main entrance where smiles and cheers were heard throughout the crowd as Superintendent, Sean McMannon, cut the green ribbon!

The new building is a striving leap forward in our endeavor to ensure that all students graduate from WSD college and career ready, lead healthy, productive, and successful lives, and engage with their local and global community. The completion of the capital project has brought with it a deep sense of community, collaboration, and accomplishment. By providing a space where students can reach their full potential, we are not only investing in their futures but in the future of our community as a whole. We can't wait to see the opportunities this new building affords.



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School Board Update

By Robert Millar, Board of School Trustees

Friends and Neighbors,

I want to start by once again expressing how excited and honored I was to be elected to the School Board in March! Thank you to everyone for showing up and making your voices heard on Town Meeting Day, not just in my election, but in support of the WSD budget. I know Winooski cares about having the best possible schools for our children and you made that clear with your votes!

For those who don't know me yet, my name is Robert Millar and I've been proud to call Winooski my home for nearly fifteen years. In that time, I have previously served on the School Board, was a Justice of the Peace, and have served on the City Council. I have also been a member of the Development Review Board, represented Winooski on the Green Mountain Transit Board for several terms, and served a term as the School District Treasurer. More recently, for the past five years, I have been Chair of the Housing Commission.

At my first Board meeting (the day after the election!) I was appointed to the Finance and Capital Project Committees and elected the Clerk of the Board. From day one, it's been go, go, go! I'd like to share a few things that have been going on in my first month on the Board.

First, there's the Capital Project, which is all but complete. This massive undertaking of renovations and construction has revitalized and enhanced just about every physical part of the school district. On April 4th, an official ribbon cutting was held to celebrate this work. Speakers included students, former School Board Trustee Alex Yin, Superintendent McMannon, our entire Washington delegation, and more. These events may seem just ceremonial, but it's so important to come together and recognize the work that dozens (hundreds!) of people have done over the past decade-plus to transform our schools. Way to go, Winooski!

Second, as I write this in mid-April, three finalists to be our

next Superintendent are visiting our district. During this visit, they are meeting with community members, students, staff, and other stakeholders, participating in interviews with the School Board, and attending a Meet and Greet event. Our hope is that by the time you're reading this in early May, a decision can be made on who will next lead our school district.

I can't say it's been easy for me to join the Board right in the middle of this process, and I know many community members have expressed concerns or frustrations about aspects of the search. But I can tell you, without reservation, I am very happy with these three finalists. I think any one of them could be a great next Superintendent for Winooski. There is no doubt that Superintendent McMannon is leaving some huge shoes to fill, but I am excited for the district's future with any of these great leaders at the helm.

Finally, as you might imagine from my role on the Housing Commission, housing issues are something I care deeply about. That's why I was eager last month to be part of a meeting that included school staff, city staff, representatives from housing-related nonprofits, and others, to discuss Winooski specific housing concerns, especially how we can better support our students and families experiencing homelessness. A big thank you to Mayor Kristine Lott for helping organize this meeting! It was overwhelming at times to hear what some of our students have had to deal with, but I have no doubt the connections and work that will come out of that meeting will have a lasting impact. It's just a start, but an important one.

I'll close by once again thanking the people of Winooski for supporting our schools and our children, on Town Meeting Day and every day. We really couldn't do it without you!



Antiracism Work Update

By Christie Beveridge Howell, UP for Learning

The Antiracism Steering Committee (ARSC) met at Winooski School on Monday, April 3rd from 5-7pm. The committee heard updates from the six Demand Action Teams, and then broke into two subcommittees: communications and events planning. The communications team created a slideshow presentation about the ARSC and Action Teams, and delivered it to a high school community meeting on April 7th. They plan to present the slideshow to the middle school on April 19th. The events planning committee worked on advertising and outreach for their tabling at the Winooski Farmers Market on June 4th and at a Winooski Wednesday event on June 7th. They also made plans to attend and host an information table at the WSD Superintendent Search Community Event on April 12th!

If you are interested in joining any of the Demand Action teams, please contact christie@upforlearning.org. You can also visit the Equity & Antiracism at Winooski website at bit.ly/WSDEquity to learn more about the steering committee and the teams' work over the past three years.

The following are updates from the Demand Action teams:

1. Truth and Reconciliation Commission: The team continues to make plans for Restorative Justice for Oakland Youth (RJOY)'s visit in May. They also discussed the formation of the new Vermont Truth and Reconciliation Commission, and are considering ways to connect with the members of this group.

2. Hiring and Retaining Teachers of Color: Sarah Haven and Natalie Dzessou are looking for community members

Good News.... Afterschool Funding Approved!

By Suzanne Skaflestad, 21C Director

Winooski School Districts' 21st Century Community Learning Centers (CCLC) application was funded receiving a final base score of 93! With 100 total base points available, the average score of all applications was 81, and 85 for proposals that were deemed fundable or fundable with conditions.

The 21st CCLC initiative is the only federal funding source dedicated exclusively to afterschool programs. The guidance, support, and expertise received from school and community members were instrumental in building a strong grant proposal.

It is exciting to be able to continue the important work that happens after school to support students and families. Winooski's extended learning opportunities provide another place for students to build connections and relationships with caring adults and make new friends. It helps students find their passions and develop their 21st-century skills so they can lead healthy and productive lives.

Thank you to everyone who contributes to the success of Winooski's afterschool programs and ultimately the academic success, health and well-being of our awesome students!

who want to join this Action Team! If interested, please email christie@upforlearning.org. Stefany Tomlinson and Rhonda Humphries from The New Teacher Project (TNTP), the consulting firm working with the district on hiring and retention efforts for faculty of color, will be attending the ARSC meeting on May 1st to see how they can coordinate and collaborate with this team and the ARSC as a whole.

3. Ethnic Studies: Over the coming weeks, youth on this action team will be conducting "Ghost Walks" through the school, where they will observe and record evidence of equitable and inclusive teaching practices and school climate. They are also continuing to look at the Washington State Ethnic Studies framework as they draft their recommendations to the school leadership.

4. Equity Review: This team continues to examine the city-wide equity audit and to pull out major highlights and findings. They are continuing to think about ways to make the audit more student-friendly.

5. Student Civil Rights: The team has been meeting and working on relaunching their initiatives. Vermont Human Rights Commission committee member Bruce Wilson has offered to set up a presentation for the team about his work in Civil Rights. The goal of the team's next meeting is to finalize their mission statement. Once that is ready, they intend to work with the school's Advisory Coordinators to spread the word so other students and WSD staff members who might be interested can join. The team has begun meeting weekly!

6. Multilingual Mentoring Program: The team has made the recommended edits to the mentor handbook that they created. They are awaiting decisions from the administrative team about funding the position of Multilingual Mentorship Program Coordinator for the upcoming school year.

Legal Notification

Per the Vermont State Board of Education the Special Education Office of the Winooski School District hereby gives notification of the destruction of Special Education records of many students who graduated or attended the Winooski Schools during the following school years: 2017-2018.

Be advised that select information from these Special Education records may be useful later for non-educational purposes such as qualifying for social security benefits.

If you wish to collect these records before they are destroyed, please contact Sandy Castle at 802-383-6009 or at scastle@wsdvt.org. The deadline is 30 days from this ad.



HEART OF WINOOSKI Foundation

Heart of Winooski Foundation Seeks Board Members

By Gabby Hora, WSD Director of Communications

The Heart of Winooski (HOW) Foundation, a local 501c3 organization that funds projects and programs that uplift our school community and empower students to change their world for the better, has several board positions opening in July of 2023. The HOW Foundation's current focus is on diversifying the workforce at the Winooski School District. Responsibilities of board members includes attending bi-monthly board meetings, voting on actionable items, providing insight and expertise, and more.

The open board positions include:

- WSD Student..... 1 year
- WSD Student..... 2 years
- Parent Teacher Organization Member 2 years
- WSD Alumni..... 3 years
- Community Member 3 years
- Multilingual Community Member 3 years
- WSD Staff..... 3 years

If you are interested in serving in one of these roles, please contact WSD Director of Communications/HOW Foundation Secretary, Gabby Hora, at ghora@wsdvt.org or 802-338-7061. For more information visit howvt.org

Winooski PTO

By Amelie W Thurston

The Winooski PTO is a small but dedicated group of parents working together to support the WSD learning community. We are currently working on planning a **Spring Community Dinner** and the **Fall Craft Fair** and we'd love your contributions! Join us! Visit <https://www.wsdvt.org/parents-families/pto/>, check out our Facebook page (Winooski PTO), or email us at PTO@wsdvt.org.

Our next meeting is Tuesday May 16th at 6pm in the school cafeteria. Childcare is available, but please let us know in advance if you plan to utilize it!



WHS Career Cafe Program Seeking Local Businesses

By Jess Handrick

Winooski High School (WHS) is seeking local businesses that would be interested in participating in the Career Cafe program to support students in their career exploration. The Career Cafe program takes place at WHS on Tuesdays, Wednesdays, and Thursdays from 11:05am - 12:10pm this spring. Businesses would have a dedicated table set up in the school's main lobby where they can provide students with information about current or future jobs & internships, summer enrichment programs, volunteer opportunities, and more! For more information and to sign up contact WHS Flexible Pathways & Work-based Learning Coordinator, Jess Handrick at jhandrick@wsdvt.org.



Veggie VanGo Reminder

By Gabby Hora, WSD Director of Communications

Veggie VanGo continues to come to WSD every first and third Friday of the month. Community members who would like to attend Veggie VanGo to receive free produce can come between 10:00 and 10:20 am. Community members cannot enter the school before 10:00 am, please do not come earlier.

We are growing!

Winooski School District Job Opportunities

Whether you're an experienced educator or just starting out, we're seeking diverse and talented individuals to join our team!

At Winooski School District, we believe that our strong connections among students, staff, and families in our diverse community is our greatest strength. We are dedicated to creating a learning environment where all students graduate, college and career ready, equipped with the skills and knowledge to lead healthy, productive, and successful lives within their community. We recognize the importance of representation, and we strive to increase diversity among our staff to ensure that our students see themselves reflected in their teachers and leaders, and to create a more inclusive and culturally responsive learning environment.

As a staff member at Winooski School District, you will have the opportunity to be a part of our community and build connections and relationships with our students and their families as you work alongside a collaborative team who shares your commitment to diversity, inclusivity, and equity. We strive to offer a welcoming workplace culture and professional development opportunities to ensure an inclusive environment where all are valued, included, and empowered to succeed.

Scan to Apply!



usdvt.org/careers

Discover what makes
Winooski Schools
a special place to
work and grow!

“WSD is a place where you are inspired and excited about learning and growing as an educator and those feelings are easily transferred to students through teaching!”

-Mary Carleton, Winooski Schools



SCHOOL MATTERS — K TO 12

JFK Family Survey

By Sara Raabe, JFK Elementary School Principal

This year we are asking JFK families to help provide input regarding our Layer 1 behavior support systems in our school. We are using what is called the School Climate Survey, or the SCS, to do this.

The School Climate Survey for Families is a Feedback and Input Survey where families help school teams learn about the experiences family members have with the behavior support systems surrounding their students. Families can share their experiences in their own words. School teams will use the results to improve the effectiveness, efficiency, equity, and sustainability of their Layer 1 PBIS (Positive Behavior Intervention and

Support) systems. The survey is 19 yes/no and 11 open-ended questions which should take about 10 minutes to complete. All responses are completely anonymous. We have no way to connect you to your answers, and results will only be reported as group responses. There are no right or wrong answers. We want to know about your personal experiences.

This survey will be open from March 6, 2023, to June 13, 2023.

The link to complete the Family School Climate Survey is:
<https://www.pbisassessment.org/Anon/vD02087q400>

Thank you for taking the time to complete this survey.



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We are the future.

Thank you Waterworks Food + Drink

By Suzanne Skaflestad, 21C Director

On March 21, 2023, the Jr. Iron Chef Winooski Wild Onion winners made a celebrity appearance at Waterworks Food + Drink serving their Vegetable Dumplings to diners.

Congratulations again to Kamiya Coleman, Ankita Dhungana, Aili Olson, and Anisha Tamang.

All proceeds from the Dumpling dish were donated to the 21C Afterschool Program.

Thank you to everyone who could come by and support the students and enjoy their delicious meal.

A special THANK YOU to Adam Raftery, chef from Waterworks for sharing his expertise every week for over eight weeks leading up to the Jr. Iron Chef competition. Adam is excited to be our chef expert next year, and we couldn't be happier to work with him.

Thank you, Camilla Thomassen- Tai for helping prepare the students for the competition, and to Laura Graves for all



your support over the last few years, which contributed to their success!

Thank you to The Abbey for donating the stoves and chef outfits for the competition.

Thank you again Waterworks for your generous contribution to our program!



Poet Rajnii Eddins Visits WMS for a Series of Workshops

By Lisa Italiano, WMS Reading Specialist

Poet, teacher and spoken word performer, Rajnii Eddins is leading a series of poetry workshops with 7th and 8th grade Winooski Middle School students in their English Language Arts classes.

Rajnii is the author of *Their Names are Mine* (2019) and *In the Coded Language of This Immortal Tongue* (2022). He is part of numerous efforts to engage youth throughout Chittenden County with written expression, creativity, and empowerment.

In addition to April being National Poetry Month, WMS students are currently engaged in a unit celebrating the artistic

and cultural legacy of the Harlem Renaissance. Their work is centered around the following guiding questions:

- How does collaboration influence an artistic renaissance?
- What are some of the historical factors surrounding and contributing to the Harlem Renaissance?
- What are some of the lasting legacies of the Harlem Renaissance?

This residency will extend through early May and we hope to share some of the students' amazing work in next month's issue!



Identity Through Art

By Emily Jacobs,
WMS Visual Arts Teacher

These surrealist self-portraits, created in our 7th and 8th grade art classes, use symbolism to communicate aspects of the artists' identities.

Each student worked hard not only to draw their facial features and physical appearance from observation, but also to embed their portrait with fantastical and expressive imagery.



Ali, grade 7



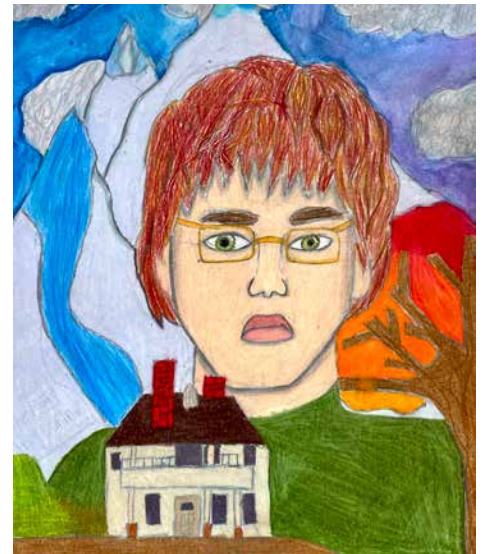
Armaan, grade 8



Keyo, grade 8



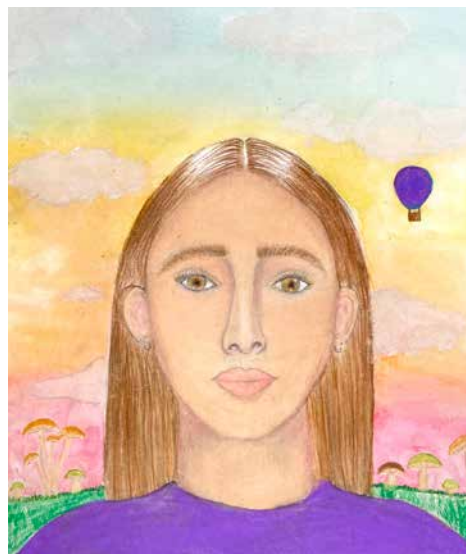
Hawa, grade 7



Markus, grade 8



Mohammed, grade 8



Nadia, grade 7



Prajal, grade 7

Into Abstraction

By Emily Jacobs,
WMS Visual Arts Teacher

Our 7th and 8th grade art students recently studied abstract artwork, exploring the varied styles of Wassily Kandinsky and Yayoi Kusama. Art classes discussed the difference between organic and geometric shapes, and how to achieve visual balance in a composition. Then, our young artists created abstract works of their own, some working in oil pastel, and some in colored pencil or watercolor.



Armaan, grade 8



Lennon, grade 7



Fatuma, grade 7



Jay'min, grade 7



Keegan, grade 8



Armaan, grade 8



Prajal, grade 7



Yozna, grade 7

21C Weight Training After School Program on Mondays and Wednesdays

By Sue Messier and Daryl Coutts

Middle and high school students come to the weight room to experience the satisfaction of improving their body's muscular strength and endurance through weight training. Students perform their own work out, or perform exercises with the help of the instructors.

At right is a picture of Sumuli Wilonje. He attends weight training every session.



WINOOSKI SCHOOL HEALTH CORNER

May Health Office News

By Kelly Marcus, RN, Winooski School Nurse

Most tick bites are harmless and don't need medical treatment. But some ticks (like the deer tick, wood tick, and others) can carry harmful germs that cause diseases like Rocky Mountain spotted fever and Lyme disease. The deer tick is tiny, no larger than a pencil point. Other ticks are larger and easier to find on the skin.

How Do I Remove a Tick?

It's important to remove a tick as soon as possible. Follow these steps:

1. Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.
2. Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. Parts of the tick might stay in the skin, but eventually will come out on their own.
3. Wash your hands and the site of the bite with soap and water.
4. Swab the bite site with alcohol.

What Are the Signs of Tick-Related Diseases?

Watch out for:

- a red bump ringed by an expanding red rash, which looks like a bull's-eye (Lyme disease).
- red dots on the ankles and wrists (Rocky Mountain spotted fever).
- flu-like symptoms such as fever, headache, tiredness, vomiting, and muscle and joint aches.

When Should I Call the Doctor?

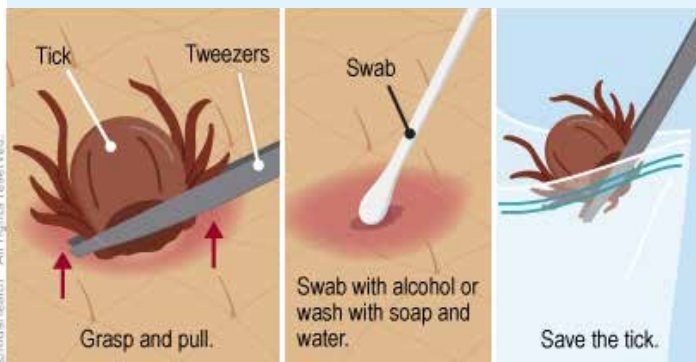
Call your doctor if:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, tiredness, stiff neck or back, or muscle or joint aches develop.

How Can I Protect My Kids From Ticks?

- After kids play outside, check their skin and hair — especially the scalp, behind the ears, around the neck, in the eyebrows and eyelashes, and under the arms.
- When playing in wooded areas, kids should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years. Always carefully follow the label directions for applying.

—Reviewed by Michelle M. Karten, MD, May 2019





Winooski Hot Breakfast in the Cafeteria K-12 May 2023



=Vegetarian Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
8 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
15 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
22 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	23 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety
29	30 Sausage & Cheese Croissant Egg & Cheese English Muffin WG Donut Assorted Fresh, Dried or Canned Fruit Milk Variety	31 Sausage & Cheese Croissant Egg & Cheese English Muffin French Toast Sticks Real Maple Syrup Assorted Fresh, Dried or Canned Fruit Milk Variety		

This institution is an equal opportunity provider.

Please advise us if special meal accommodations are required for allergens or other special dietary needs.

Meals Are Free To All Students

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

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:



Click Image Below for employment opportunities



Winooski Elementary School Lunch May 2023

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty Sandwich w/Lettuce & Tomato Hand Cut French Fries Tossed Garden Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Taco Bar w/ The Works & Ground Turkey Garden Salsa Seasoned Black Beans Mexicali Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Cheese Pizza Veggie Pizza Fresh Broccoli Salad Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Spaghetti w/ Meat Sauce Steamed Broccoli Caesar Salad Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Fluffy Pancakes Fresh Cucumber Sticks Sweet & White Homefries Real Maple Syrup Twin Turkey Sausage Patty's Assorted Fresh, Dried or Canned Fruit Milk Variety
8 Dress Your Own Hot Dog Tossed Garden Salad Vegetarian Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Turkey Nachos Supreme Garden Salsa Steamed Corn Fresh Carrot Sticks Spanish Rice Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Cheesy Breadsticks Marinara Sauce Seasoned Green Beans Strawberry Spinach Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Sloppy Joe Hand Cut French Fries Fresh Cucumber Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Grilled Cheese Sandwich Tossed Garden Salad Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety
15 Dress Your Own Burger on a Bun Hand Cut French Fries Lettuce & Tomato Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Chicken & Cheese Fajita Garden Salsa Seasoned Black Beans Black Bean & Corn Salad Spanish Rice Cobot Sour Cream Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Homemade Cheese Pizza Homemade Veggie Pizza Steamed Carrots Caesar Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Oven Baked Chicken Nuggets Oven Baked Potato Puffs Seasoned Green Beans Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety	19 French Toast Sticks Fresh Celery Sticks Sweet & White Homefries VT Maple Syrup Lunch Scrambled Eggs Assorted Fresh, Dried or Canned Fruit Milk Variety
22 Creamy Macaroni & Cheese Steamed Green Peas Fresh Carrot Sticks Homemade Cornbread Assorted Fresh, Dried or Canned Fruit Milk Variety	23 Golden Crispy Chicken Tenders Hand Cut French Fries Steamed Carrots Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Cheesy Breadsticks Marinara Sauce Strawberry Spinach Salad Fresh Cucumber Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	25 Oven Baked Corn Dog Oven Baked Potato Puffs Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	26 Layered Chicken Bowl Chef's Mashed Potato Steamed Corn Homemade Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety
29	30 Cheesy Goulash Steamed Carrots Tossed Garden Salad Assorted Fresh, Dried or Canned Fruit Milk Variety	31 Homemade Cheese Pizza Steamed Broccoli Caesar Salad Assorted Fresh, Dried or Canned Fruit Milk Variety		

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Meals Are Free To All Students

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

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](#)

Please advise us if special meal accommodations are required for allergens or other special dietary needs.

Pay for meals on-line. Click Image Below



Harvest of the Month: Mixed Greens



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



Letter from the Mayor

By Mayor Kristine Lott

Hello neighbors,
Last month, I had the pleasure of attending the Winooski School District's inspirational ribbon-cutting ceremony to celebrate the opening of their new facility. As you know, the Winooski School



District provides so much more than traditional education—from healthcare services to food access, after-school childcare, community events, and so much more. Our continued investments in our youth and families help strengthen our shared community vision—I am thrilled that this beautiful new facility provides the perfect place for our students to learn and thrive. This tremendous effort could not be possible without the incredibly hard work of our district staff, students, and school board, with support from your elected officials, city staff, and community partners. I hope to see you at the open house event on May 12th!

I'd like to especially thank Superintendent Sean McMannon for his years of leadership, dedication, and transformational achievements with the Winooski School District that have resulted in so many life-changing opportunities for our students. He will be missed and we wish him all the best in his new professional adventures. I also want to give a shoutout to former school trustee Alex Yin, who not only supported the project from start to finish but also led our advocacy efforts with the State Legislature to build a more equitable education funding formula that provides our students with the resources and funding they deserve. And of course, deep gratitude goes out to former Finance and Operations Director, Nicole Mace, who helped create millions of dollars in taxpayer cost savings and a new school

bus driver education program that equips multilingual residents with training and licensing. Please join me in thanking these incredible people and congrats to everyone involved!

Moving onto some municipal updates, the Main St. Revitalization project will go out to bid soon and we're hoping for a construction start time of July. If you are new to this project, please visit winooski.vt.gov/mainstreet to learn more—in short, the voter-approved (2019) \$23 million bond will improve Main Street's water and utility infrastructure, replace sidewalks, expand bike/pedestrian access, add trees, and more. In my latest episode of "In the World of Winooski", I spoke with Efficiency Vermont to learn more about their energy-saving opportunities for Winooski residents, businesses, and non-profits. You can watch this episode at cctv.org—be sure to visit efficiencyvermont.com/winooski for free energy savings products, rebates, discounts, and solutions for lowering your utility bills. Also, stop by the O'Brien Community Center (32 Malletts Bay Ave) on the first Wednesday of May on June from 3:30-5:30pm to grab an energy savings kit!

With a summer of fun events in Winooski on the way, I'd like to take a moment and recognize the accomplishments of Meredith Bay-Tyack, who after years of hard work as Downtown Winooski's Executive Director, is moving on to new opportunities. Her work directly contributed to expanded engagement in our business community, growing our community events, keeping our downtown an exciting place for residents and visitors, and maintaining our economic vitality (even through a pandemic!)—please join me in thanking Meredith for her years of dedication to Winooski. I am also pleased to hear that Melissa Corbin will be taking over for Meredith, bringing a fresh perspective to the role. Be sure to read more about Melissa in the Downtown Winooski section of this newsletter.

Lastly, May is the month when the City Council and staff will hold our annual strategic planning session to set

priorities for the fiscal year based on the guidelines set by our Strategic Vision and Master Plan (learn more about these at winooski.vt.gov/about). As always, public input is welcomed and encouraged. If there's something you want to suggest or make sure we consider, please reach out to me or any member of the Council and Staff to share your thoughts.

Thank you.

klott@winooski.vt.gov / 802 766 1988



From Your Local Representatives

By Representative Daisy Berbeco

Happy Spring! By the time this reaches you we will be nearing the end of the legislative session. Bills will have made their way through the various committees of jurisdiction, taking shape with testimony from experts and impacted stakeholders all along the way to inform the creation of a path for delivering more of the supports that our community needs to thrive. But as I write this, we are still taking testimony in our committees on issues such as access to reproductive and gender-affirming health care, tobacco prevention, housing and child care.

In the past week I've received dozens of letters from voters about various legislation or issues. In particular, the letters I've received about your challenges with finding child care or delivering it are incredibly insightful and touching.

When my family moved to Winooski with our two small kids, finding child care for both of them was one of the most challenging, expensive and stressful parts of getting settled. And it was obviously the most important part—not only because we, like all parents and guardians want our

children to be in a safe, supportive place where they can grow during all of the times when they can't be in our care—but also because having a place for them to go is fundamental for our family's ability to survive in this economy. Parents must work and we cannot bring the children with us. Child care is an unmet need for many families in Winooski where the majority of parents are working long hours to make rising rent and car payments.

The legislature is addressing the child care gap right now through a bill (S.56) that relates to Child Care and Early Childhood Education. S.56 will increase compensation for early childhood educators, and expand eligibility for Child Care Financial Assistance Program (CCFAP) to include families earning up to 600% of the federal poverty level (\$180,000 for a family of four). It will move toward a true cost of care reimbursement model, including compensating early childhood educators fairly, and expanding to universal pre-K for 4-year olds.

The House Human Services and Education Committees are currently reviewing the Senate version of S. 56 and took testimony from stakeholders, including Winooski Director of Early Learning, Maybeline Lopez. The bill will next be considered by the House Ways and Means and Appropriations Committees for revenue and spending decisions before going to the House floor for a full vote.

Child care is critical for advancing equitable economic and educational opportunities for Winooski families, so it is important that we develop a model that is affordable and sustainable.

Please check my website and social media for regular updates, and don't hesitate to let me know if you would like to discuss any specific issues or legislation.

— Daisy Berbeco (she/her)
State Representative | Winooski
(Chittenden 21), House Committee on
Health Care, (802) 391-4112
www.DaisyForWinooski.com



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.

Economic Vitality:

In April, the Winooski Finance Commission reviewed the City's Economic Development Plan. Completed in 2018, the plan identifies strategies that highlight regional growth through attraction of new firms, retention of existing companies, diversification of the economy, and improved quality of life for residents. The Commission discussed key points, provided feedback, and highlighted the need for resources to ensure the completion of goals identified by the plan.

Municipal infrastructure:

The Vermont Department of Transportation has begun sending out weekly updates regarding the Exit 16 Diverging Diamond Interchange (DDI) project. If you are not yet familiar, this project aims to improve traffic and pedestrian conditions near the Exit 16 area of Colchester by building Vermont's first DDI. To learn more and sign up for the weekly construction and traffic impact updates, visit exit16ddi.vttransprojects.vermont.gov.

Housing:

The Winooski Housing Trust fund offers three incredible programs in partnership with Opportunities Credit Union that support housing in Winooski – visit winooski.vt.gov/housing to learn more about the down payment assistance, home improvement, and affordable

housing construction/rehabilitation programs!

Safe, Healthy, Connected People:

Last month, the Safe, Healthy, Connected People goal update was presented to the Winooski City Council. Updates were shared on the progress of the O'Brien Community Center, a community-wide programming needs/interest survey, and a handful of public safety topics such as the School Resource Officer model, Regional Dispatch, Police Department recruiting, and more. To view the full update, visit winooski.vt.gov/vision.



COVID-19 Information

The City of Winooski encourages our residents and visitors to do everything they can to prevent the spread of COVID-19.

Stay up to date on vaccinations.

Vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death. Vermonters ages 6 months and older can get vaccinated, including with the new “bivalent” vaccines. Bivalent vaccines protect against older and newer strains circulating in Vermont. We strongly encourage you to protect yourself by getting vaccinated as soon as possible.

Stay home if sick.

Whether you have symptoms of COVID-19, the flu, or another contagious illness, please stay home if you are sick and call your health care provider if needed. (If you don't have a health care provider, call 2-1-1.) This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.

Continue to wear a mask in public.

While masking is no longer mandatory in Vermont, community members can still use this important preventative tool. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking the droplets from our breath that spreads the virus. You can also wear a well-fitting mask with at least two layers of tightly-woven fabric, or layer a disposable mask under a cloth mask to increase effectiveness.

Get tested when needed.

You can protect others by getting tested if you have COVID-19 symptoms or if you are a close contact of someone who tested positive for COVID-19, so you can decide whether to isolate. It's especially important to get tested if you are at higher risk for COVID-19, so you can reach out to your health care provider to ask about treatment. Free COVID tests are available at the Winooski Clerk's Office at 27 W Allen St., the Winooski Library at 32 Mallets Bay Ave, and the Winooski Senior Center at 123 Barlow St.

To learn more about preventing the spread of COVID-19, please visit healthvermont.gov/covid-19.



Reminders from the City Clerk's Office

Tax and Utility Bills Due May 15

Tax and utility bills are due on May 15! Payments can be made online at winooski.vt.gov/pay or made in-person at City Clerk's Office on 27 West Allen Street. Please note that we must receive the payment on or before the due date; we do not accept postmarks.

Adjusted Hours

Due to current staffing availability, the open hours of the Winooski City Clerk's

Office have been temporarily changed:

Monday:	8am-4pm
Tuesday:	Closed
Wednesday:	8am-4pm
Thursday:	8am-4pm
Friday:	8am-4pm
Saturday:	Closed
Sunday:	Closed

Thank you for your patience while we continue to provide services to our residents and visitors! Our after-hours drop box is available just to the left of the entrance at Winooski City Hall. For up-to-date information, please visit winooski.vt.gov/clerk. Questions? Call or email 802 655 6410 / clerk@winooski.vt.gov.



Citywide Reappraisal

The City of Winooski was ordered by the State of Vermont to complete a citywide reappraisal. State law requires Vermont municipalities to reappraise all forms of property when the Common Level of Appraisal (CLA) falls below 85% or rises above 115%. The purpose of the citywide reappraisal is to ensure that every property taxpayer is paying their fair share of (but not more than) property taxes.

The city-wide reappraisal will be completed in phases during a two-year process.

- On June 15th, the City of Winooski began to send out letters (street by street) to property owners requesting information or inspection.
- On July 1, the City's contracted appraiser began field work which includes a market study that establishes preliminary valuation tables and schedules for the reappraisal.
- If you are a property owner, please keep an eye out for one of these

letters as we make our way through each address.

The new values are set to begin on April 1st, 2024 for the 2024-25 budget and tax year.

To view the full details and FAQs on this process, please visit winooski.vt.gov/reappraisal

Having a Dog in Winooski



Winooski is a great community to share with canine companions! Whether at home or out and about, our four-legged neighbors require a special level of care and attention. Here are some helpful things to know about having a dog in Winooski:

Licensing

All dogs owned in the City of Winooski must be registered with the City Clerk by April 1st every year. In order to register your dog, you must have a copy of the current Rabies Certificate. To get started, please call the Winooski City Clerk's Office at 802 655 6410 or email clerk@winooski.vt.gov. Licensing provides the City with a method of ensuring that dogs are properly vaccinated against rabies. Additionally, dog owners receive great value from a license in that authorities make every effort to return lost dogs to their owners when the dog is wearing a current tag. Other dogs that are not licensed are transported to an animal shelter where impounding and boarding fees are charged.

Leash Laws

The City of Winooski has leash laws! While you may have a well-behaved animal, leash laws protect you, your dog, your neighbors, and your neighbor's

dogs from unwanted interactions and/or an unexpected attack. Leashing your dog is also respectful to your neighbor's personal preferences and cultural differences – remember, not everyone is comfortable around animals. We recommend that residents and visitors familiarize themselves with our leash laws—please visit winooski.vt.gov to view section 3.12 of our Municipal Code—“Leashes and collars required; dogs running at large”.

West Allen Street Dog Park

The West Allen Street Park encompasses 1.3 acres of green space and includes a family-friendly playground and dog park perfect for your pets. Conveniently located on West Allen Street, this park is just around the O'Brien Community Center and central to a residential area. Please note – the fenced-in area is the only off-leash area of this dog park.

Cleaning up After Your Dog

We know it's not the most fun part of owning a dog, but it's required that you clean up after it in Winooski. We recommend always keeping dog waste bags on-hand. We also offer them in most of our public parks. In addition to protecting your neighbor's shoes, cleaning up after your dog prevents waste from getting into our waterways and keeps the environment clean.

Animal Control Warden

If you need to report an animal-related incident, please contact the Winooski Police Department Animal Control Warden: Stephanie.Gingras@colchesterpdvt.org / 802-655- 0221

Community Services Updates



Recreation and Parks

Sign up for our programs at winooski.vt.gov/recprograms

  @winooskirec

YOUTH PROGRAMS

Vermont Patriots Soccer

U6-U12 / Monday-Sunday / May 1-June 11 / 5-7:30pm @ Landry Park

Join Winooski Recreation and Parks staff and volunteer coaches in collaboration with Vermont Patriots for this outdoor soccer program!

Winooski Waves Swim Team

Ages 5-18 / Monday-Friday / June 12-August 6 / 5:30 – 8pm @ Myers Memorial Pool

The Winooski Waves Summer Swim Team is part of the Champlain Valley Swim League and the Vermont Swim Association and is focused on developing a love of swimming and a positive team spirit. The Winooski Waves have been a staple of the Myers Memorial Pool since the 1970s. The team is led by Swim Team Director Jacsen Callanan.

Skateboarding with Burton Chill

Ages 10-19 / Mondays / June 26-July 31 / 10:30am-12:30pm @ Landry Park

Join Burton Chill instructors to shred it up at the Landry Park Skatepark with Chill Skateboarding! All gear will be provided. There is no experience necessary—first time skaters are welcomed and encouraged!

Youth Climbing

Ages 5-7 / Tuesdays / June 27-August 1 / 11:30am-2:15pm @ MetroRock

Ages 8-12 / Thursdays / June 29-August 3 / 11:30am-2:15pm @ MetroRock

Youth will work with coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. All gear is provided.

Outdoor Adventure Series

Ages 8-12 / Wednesdays / June 28-August 2 / 8:30am-2:30 PM @ various local parks

Join us for an opportunity to learn wilderness survival skills! Youth will participate in a hike each week accompanied by staff and Mischa Tourin from Sterling Mountain Guides and engage in hands-on learning about fire building, water purifying, shelter building, orienteering, knot tying, and more.

Youth Pottery Workshop at BCA Studios

Ages 8-13 / Friday, May 5, 2023 / 3-5:15p m Burlington City Arts Studios

Interested in working on your wheel throwing skills and creating a custom piece of pottery? Join Winooski Rec and BCA staff in this workshop! Your instructors will lead you in a wheel throwing demo and then assist your group on the wheel to create a pottery piece that will be fired and glazed.

Skateboarding at Talent Skatepark

Ages 8-13 / Thursday, May 18, 2023 / 12:15pm-2:15pm @ Talent Skatepark

Shred it up with your friends during special trip to Talent Skatepark! This event is open to all levels of skateboarders—from first-time skaters learning the basics to experienced pros practicing tricks.

TEEN JOB TRAINING

Lifeguard Training

Grades 9-12 / Wednesdays / February 15-May 17 / 3pm-5:30pm @ YMCA

Join us in collaboration with the Greater Burlington YMCA for this amazing teen job training/certification opportunity! This is a three series

WINOOSKI MUNICIPAL UPDATES

program which includes several weeks of swim lessons, 15 hours of online coursework, and 10 weeks of in-person lifeguard training.

Generator

Grades 9-12 / Fridays / April 7–May 26 / 3pm–5:15pm @ Generator

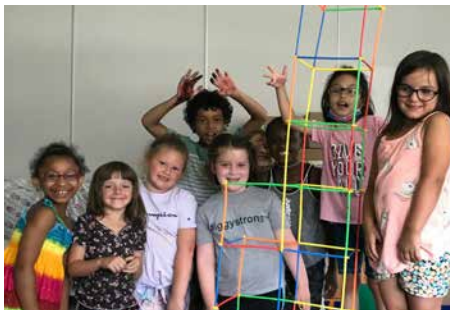
Are you a teen looking to learn a new hands-on skill? Join us in collaboration with Generator Makerspace to explore different types of tools and workshops including wood shop, metal shop, jewelry studio, laser cutting, 3-D printing, electronics lab, and more!

ADULT PROGRAMS

Run Ride Club

Ages 18+ / Wednesdays / May 3–September 6 / 5:30pm–6:30pm @ Monkey House

The Winooski Run & Ride Club invites community members to be active outside together on Wednesday evenings, running, walking, or biking! This program is open to people of all ages, skill levels, and abilities. No registration is required.



Thrive After School

winooski.vt.gov/thrive

 @thrivewinooski

Our state-licensed, 3 STAR childcare/enrichment program runs from 3pm to 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.

To learn more and sign up, please visit winooski.vt.gov/thrive.



Winooski Memorial Library

winooski.vt.gov/library

  @winooskilibrary

1:1 Tech Assistance

The Winooski Memorial Library is excited to announce our partnership with USCRI Vermont to offer tech assistance to community residents! 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 at the Winooski Memorial Library on select Saturdays for 1:1 assistance and to learn new skills!

Call for specific dates and time: 802 655 6424

Free to join, open to adults 18+

Drop-in, no registration required

After School Games

Join us for endless possibilities of fun at the Winooski Memorial Library! Every Thursday after school we will gather to hang out and play with board games, toys, and Legos. We will also have simple craft projects available and many books for check out. Relax and unwind after school with old and new friends at the Library!

Thursdays, 3:30 pm– 4:30pm

Drop-in fun; no registration required

Recommended for youth ages 5+

Children 9 and under must be with an adult

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 our website at winooski.vt.gov/library or stop by the library with questions about access and/or additional information.

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, May 20 from 12:30pm – 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 from 11am–12pm

Free to join, open to adults 18+

First Friday Activities

Join the City of Winooski's Community Services Department on the first Friday of each month for a free activity for community members! Each month will feature a different type of drop-in group activity at the O'Brien Community Center from 4–5pm.

The First Friday activity for May will be a paint & sip (lemonade) program! Show off your art skills with others from the community and enjoy some lemonade over paints and canvases!

Friday, May 5 from 4pm – 5pm

O'Brien Community Center, 32 Malletts Bay Ave

Recommended for ages 5+
Drop-in; no registration required.

Free Produce 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 for our winter distribution! This month will also include resources and info from Efficiency Vermont!

Wednesday, May 3 from 3:30pm-5:30pm @ the O'Brien Community Center

Please bring your own reusable grocery bags

Seasonal item availability on a first-served basis

Friends of the Winooski Library

The Friends of the Winooski Memorial Library is recruiting new members interested in supporting the values and mission of the Library! The Friends are a 501(c)(3) volunteer organization that aims to promote use of the library's resources, work to encourage contributions and lead fundraising efforts, and serve as an advocate of all things library in the community.

As a Friend, you might participate on the Friend's Board, attend quarterly meetings, help to create public support and awareness for the Library and its programs, raise money for capital campaigns or direct gifts for items not in the Library's own budget, sponsor and support Library programs and events, volunteer to work in the Library or on specific tasks, and/or something else of your choosing!

Membership is free and open to anyone in the Winooski community!

Please reach with interest or questions to Nate Eddy, Library Director, at neddy@winooskivt.gov / 802-655-6424.

Library of Things

We've added a number of new outdoor items to our Library of Things collection including snowshoes, walking poles, headlamps, hiking backpacks, and tents! 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 from 10:30am-11:30am

For more information, please reach out to Kirsten Wilson at kwilson@winooskivt.gov; 802-655-6424.

Nature-Based Play

Join the library and Four Winds Nature Institute for outdoor storytime and nature-based play that's intended to nurture a sense of wonder, place, and well-being for little ones!

Friday, May 26 from 10:30am-11:30am
Drop-in, no registration required

Youth 0-5+

For more information, please reach out to Kirsten Wilson at kwilson@winooskivt.gov; 802 655 6424

Pokémon Club

Join us on Wednesdays at the Library for all things Pokemon! Franchise fans will get together to discuss their favorite cards, games, and TV episodes. Along with card trading, we'll have simple art projects and other activities for club members to enjoy while socializing at this weekly activity group.

Wednesdays from 3:30pm-4:30pm

Drop-in, no registration required

Youth 8+

STEAM Ahead Saturdays

Find us on Saturdays from 10am - 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 10:30am 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 Library Committee: Seeking Youth Member!

Do you or someone you know live or go to school in Winooski and are entering or currently in grades 8-12? The Winooski Library is accepting applications for a new Youth Member Position to serve alongside our current members of the Winooski Library Committee! Applicants should have an interest in learning more about the library and a desire to bring a youth perspective to our library services for the community. Financial scholarship available for participation and completing a nine-month term (September-June).

Interested in learning more? Email or call Nate Eddy, Library Director: neddy@winooskivt.gov / 802 655 6424

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@winooskivt.gov / 802-655-6424.

Youth Graphic Novel Group

Winooski youth are invited to join a monthly drop-in graphic novel group at the Winooski Memorial Library! Stop by or call the library to reserve a copy for discussion!

Friday, May 19 from 4pm-5pm

Recommended for youth ages 10+
Snacks will be provided!

Please reach out to Kirsten Wilson, Youth Services Coordinator, at kwilson@winooskivt.gov for more information or to sign up for email updates on this program.



Winooski Senior Center

winooski.vt.gov/seniorcenter

 @winooskiseniorcenter

The Winooski Senior Center is open for regular programming on Tuesdays, Wednesdays from 9am–12pm & Thursdays from 9am–2pm. 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

TUESDAYS

Grab-N-Go Meals for Seniors - pick up 10am–12pm

In partnership with Age Well, we offer Older Vermonters (60+) a nutritious take out meal every Tuesday. We want 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! Reservations must be made by Noon the Thursday before the scheduled Tuesday meal. Find our monthly menus at winooski.vt.gov/seniorcenter. Call us at 802 655 6425 to register for this program. \$5 suggested donation to Age Well.

WEDNESDAYS

Breakfast Café & Coffee Chat 9–11am

Breakfast and Conversation are served! Everyone is welcome to drop in and join us as we gather and converse with community members. Our eat-in Breakfast Cafe features hot breakfast sandwiches, fruit, treats & beverages. Priced by donation.

Coffee Chat from 10–11am

Join us for a unique opportunity to meet and talk with local officials, residents and others about issues related to Vermont's Opportunity City!

- **May 3:** Barb Pitfido, Senior Programs Manager: Learn about summer and fall programs and events
- **May 10:** Carshare Vermont: Talk with Alicia Taylor about CarShare and its benefits
- **May 17:** Vermont Advance Directives Workshop: Join Em Pariseau and discover why end of life planning is so important
- **May 24:** Bryn Oakleaf, Winooski City Councilor: Chat with Bryn about all things Winooski!
- **May 31:** St Stephen's Church History: Watch a DVD created by local historian Al Blondin

THURSDAYS

Sit Down Community Meals - served at 12pm

In partnership with Age Well, we are now offering healthy sit-down community meals for older Vermonters (60+). Reservations must be made by 12 PM the Tuesday before the scheduled meal. Call us at 802-655-6425 to register for this program. \$5 suggested donation to Age Well. Find monthly menus at winooski.vt.gov/seniorcenter. After lunch, stay and play games or just relax with friends and neighbors!

Special Programs

Bone Builders - Mondays and Wednesdays at 2-3pm

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!

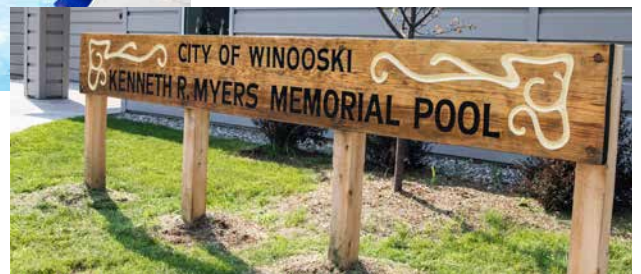
Meals on Wheels

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.

SUMMER IS COMING!

Senior Swim at the Myers Memorial Pool

Seniors - be sure to join us for Senior Swim at the Myers Memorial Pool this summer! Open to Winooski seniors ages 55+ from June - August, Fridays from 11:30am-12:30pm. Cool off, get some exercise, and be with friends and neighbors this summer. Visit winooski.vt.gov/pool for info.





Welcome Melissa Corbin, new Executive Director of Downtown Winooski!

By Meredith Bay-Tyack, Outgoing Executive Director, Downtown Winooski



Melissa comes to the organization with extensive experience in nonprofit management and a passion for helping small organizations realize their goals.

“Having lived and worked in this incredible City, I am thrilled to be back and have the opportunity to support this extraordinary community of businesses and residents in Winooski.”

You can reach Melissa at: Melissa@downtownwinooski.org

Upcoming events in Winooski - mark your calendars!

- **May 28** - Winooski Farmers Market Opening Day! 10am - 2pm, and every Sunday through October 15, Winooski Falls Way
- **June 7** - Winooski Wednesdays Free Concert & Outdoor Market, Rotary Park, 5pm - 8pm
- **June 18** - 3rd Annual Juneteenth Winooski, Winooski Falls Way, 11am - 1pm
- **June 25** - French Heritage Day Winooski, Winooski Falls Way, 10am - 2pm
- **July 5** - Winooski Wednesdays Free Concert & Outdoor Market, Rotary Park, 5pm - 8pm
- **August 2** - Winooski Wednesdays Free Concert & Outdoor Market, Rotary Park, 5pm - 8pm
- **September 6** - Final Winooski Wednesdays Free Concert & Community Event, Rotary Park, 5pm - 8pm
- **September 16** - 2nd Annual Winooski Pride Event, Rotary Park, 5pm - 9pm



crossing guard, and more. Email info@downtownwinooski.org to get on the volunteer list!

Winooski Farmers Market opens May 28!

Every Sunday starting May 28, the Winooski Farmers Market will be set up on Winooski Falls Way between 10am and 2pm. Plan your trip - grab brunch or lunch nearby, meander through the market and then enjoy a walk at the riverfront. Every year we get excellent feedback from vendors and visitors to our small but mighty market. The market features fresh local produce, unique goods and free entertainment from local musicians. We are still accepting applications day vendors on a case-by-case basis, please email farmersmarket@downtownwinooski.org to get in touch with the market manager.

Winooski Wednesdays

All residents and visitors are welcome to come to Winooski Wednesdays this summer in Rotary Park! This concert series and community event starts



at 5pm on the first Wednesday of every month, rain or shine. This event features an outdoor marketplace with diverse vendors, a local musical guest or performer plus a crowd pleasing all-ages headliner! Chairs, blankets and food are allowed. Please do not bring alcohol into the park, there will be a 21+ bar on site to purchase alcoholic beverages.

Help make our community events more inclusive and welcoming



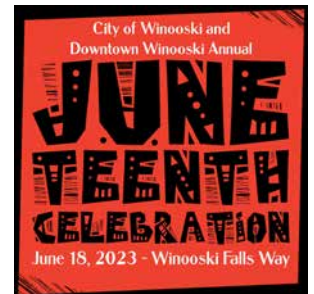
Volunteer help is critical to ensure all residents and visitors who attend our summer

events in downtown Winooski feel safe and comfortable. Help us welcome people of all ages, abilities, and mobility at these free, community-building events. Please consider volunteering your time to help with event set up or take-down, acting as a



Perform or volunteer at Juneteenth Winooski

The Juneteenth Winooski 2023 committee is looking for volunteers as well as ideas from the community on how to celebrate this important event on June 18, 2023! Please email info@downtownwinooski.org to sign up to perform, be a vendor or volunteer.



Need Hope Today?

By Sister Pat McKittrick

I was reading a commentary about Ramadan, Passover and Easter. What do these three religious celebrations have in common? They each offer HOPE.

What is hope? Desmond Tutu described hope this way, "Hope is being able to see that there is light despite all of the darkness."

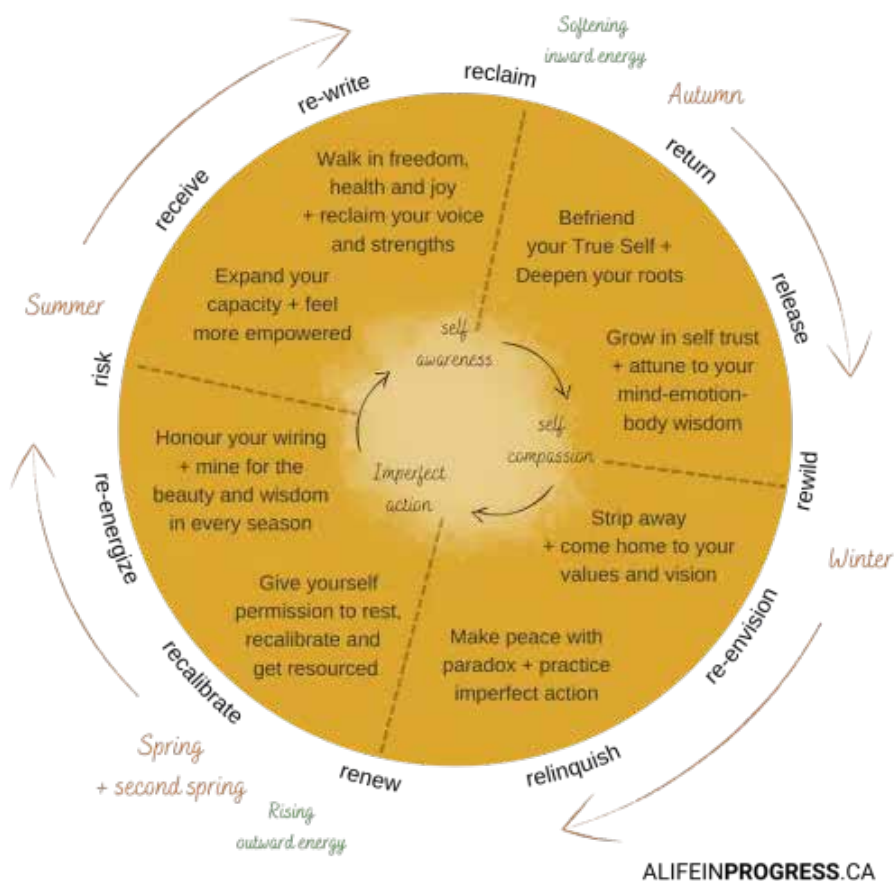
As I was reflecting on HOPE, I came across this summary on the internet, which believe it or not was generated by AI (Artificial Intelligence) taken from 5 different articles.

"Hope is important in life because it reduces feelings of helplessness, boosts happiness, reduces stress, and improves the quality of life¹. It helps us remember that our current situation is not permanent and that things can get better². Higher levels of hope improve mood, physical and psychological wellbeing, and can lead to better outcomes in the face of a life-threatening situation³. Hope can help us manage stress and anxiety and cope with adversity, and motivates positive action⁴. When we have hope, everything else becomes easier and better because even if we can't change our situation, we can still find a light at the end of the tunnel⁵." We have been hearing a lot about Artificial Intelligence lately. I never thought I would stumble upon it so easily.

In one of the articles that I was reading, it said, "Hope reminds us of our humanity." It reminds us that we are not alone. We need each other. It saddens me to hear about all the violence that surrounds us. What if, rather than focusing on our differences we focused on what we have in common? What connects us? I believe we would be stronger together. We would have the courage to face our fears. Maybe we would begin to see and appreciate the beauty in life. There are many opportunities to

A Hope Map for a Brave + Beautiful Life

You're imperfect. Life is messy. Show up anyway.



see and feel love in our everyday lives. Would HOPE allow us to dream together? Would it enable us to make important changes in our lives? Would it help us to trust one another? Would it unite us around a common goal for a better, happier, healthier community?

Imagine a community built on confident, trusting relationships. What would be different? Maybe we would experience less stress and anxiety. Perhaps, it would help us develop our spiritual side (not religious), help us understand why we are here and what our purpose is.

Often we have no control over the events that occur in our lives, but we do have control over our reactions. Living with hope enables us to see the best in others. It

helps us to put life in a better perspective. Situations change, we can make improvements and be more creative and flexible with our responses.

According to the Grace Foundation (grace-foundation.org.uk) there are 5 useful tips to stay hopeful:

1. Pause and reflect
2. Remember what you are thankful for
3. Limit your Bad News intake
4. Focus on what you can look forward to
5. Talk to hopeful people

What will you do to remain hopeful? How will you encourage others to be hopeful? Feel free to contact Sr. Pat with your thoughts. Pat.mckittrick@uvmhealth.org

Winooski Food Shelf Schedule for May

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, May 10th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat and diapers
Saturday, May 13th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs and diapers
Wednesday, May 24th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat and diapers
Saturday, May 27th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs and diapers

Spring is here. I am working with farmers to plan crops for this growing season. We literally go thru tons of veggies! We have been able to replace our egg supplier. Monument Farms in Middlebury will be selling us eggs. I want to thank Commodities Natural Market for all the years of donations. I am sad to see them leave our downtown as they were such a welcome addition to the neighborhood.

We are encouraging anyone growing a garden this year to consider adding a row or two of veggies. Popular ones include: tomatoes, cukes, zucchini, African eggplant and green beans. And if you don't grow veggies, we can always use toiletries such as laundry and dish detergent, toothpaste, deodorant, shampoo and toilet paper. Drop off time is on Tuesdays from 9am to 11am and during food distribution hours.

Food Shelf Policy: Winooski residents coming for the first time should bring proof that they 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 veggies. Hannaford Market at the University Mall helps supply Saturdays' food selection.

Where to find us: The 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.

Donation Drop Off Times at Food Shelf: Drop off time is on Tuesdays from 9am. to 11am and during food distribution hours. We do not accept clothing or household items. Please do not leave food outside our door when we are not there.

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. We especially need help serving clients on Wednesdays.



ch17.tv

Find out what's happening "Under the Dome" at Vermont's statehouse during the 2023 legislative session! Join Bobby Lussier and Emily Brewer as they speak with legislators from Winooski and throughout Chittenden County.

On Comcast 1087,
Burlington Telecom 17, 217, & 317
[YouTube.com/TownMeetingTV](https://www.youtube.com/TownMeetingTV)



Thank you, Meredith!

Please join us in thanking **Meredith Bay-Tyack** for her work with Downtown Winooski - good luck on all your new adventures, Meredith!



Howard Center News

By Paul Detzer, Development and Communications Engagement Manager

May is Mental Health Awareness month and we would like to encourage you to set aside time to think about your own mental health, and the mental health of those you care about. Mental health is an important part of your overall health. If you or someone you know needs support, please reach out for help.

Howard Center has compiled an array of health and wellness tips that may help you with your mental and physical health goals, including:

- **Start with small goals.** Small goal achievement when you are starting on a wellness plan can influence motivation, mood, and attitudes for behaviors that promote health, despite disconfirming experiences. Start with small incremental goals and stick to it.
- **Reach out to someone who may be alone.** Drop off a basket of goodies, make a meal, deliver flowers, leave a note, or make a call. These small acts of kindness can help maintain connection and you may also feel a sense of satisfaction from giving back.
- **Practice self-care regularly.** Make sure to prioritize self-care activities that promote mental and physical well-being, such as getting enough sleep, eating balanced meals, engaging in regular exercise, and taking time for relaxation and self-reflection. Caring for yourself is essential for maintaining overall health and wellness.

SAVE THE DATE: Don't forget to visit howardcenter.org for information on Howard Center's free and open to the public Marna and Stephen Wise Tulin Community Education Series on May 18 at 7pm. Howard Center's Director of Diversity, Equity, and Inclusion, Catarina Campbell (they/she), invites participants to understand racism through a trauma lens and to contextualize



social justice through a frame of healing across generations. This virtual event is free and open to the public, but registration is required prior to attendance. Learn more and register at howardcenter.org/CES2023.

If you need support or information, please contact our Access and Intake Main Number 802-488-6000; Monday-Thursday, 8am-6pm, and Friday 8am-5pm. Our staff will help you to find supportive resources.

Our First Call for Chittenden County crisis hotline number is 802-488-7777 and is available 24/7/365.

Homeshare and You Might Get Help With Your May Flowers

By Ric Cengeri, Communications Specialist

People share their homes through HomeShare Vermont for many reasons. It could be for some extra income, companionship, having a "just in case" presence in the home or for some help around the house.

As we head into the warmer months of the year and thoughts turn to digging in the dirt, a number of our HomeShare hosts seek some help in their home garden. Many of the people who are looking for a home to share are able to offer assistance with your garden, lawn care or even pet care. If needed, they could also provide help with household chores, including preparing several meals each week.

HomeShare Vermont has been helping people find compatible matches and creating stronger communities for over 40 years. This is accomplished by allowing seniors to age in place, providing people with disabilities to be more independent and

finding or maintaining affordable housing for individuals with low or moderate incomes. For guests, homesharing provides incredibly cost-effective housing, using existing housing stock.

HomeShare Vermont guests pay an average monthly rent of \$340 and the program has a maximum rent of \$650 in Chittenden County. A typical homeshare match lasts around 19 months. We conduct background and reference checks and interviews. Then, you decide which of our pre-screened candidates you'd like to live with.

If you'd like to learn more about how we create compatible matches and how homesharing might benefit you, call us at (802) 863-5625 or visit HomeShareVermont.org.





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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT
www.wsdvt.org

Superintendent of Schools
 Sean McMannon, smcmannon@wsdvt.org
 802-383-6000

John F. Kennedy Elementary School
 Principal: Sara Raabe
 802-655-0411
sraabe@wsdvt.org

Winooski Middle and High School
 Co-Principals: Kate Grodin and Jean Berthiaume
 802-655-3530
kgrodin@wsdvt.org
jberthiaume@wsdvt.org

Board of School Trustees
 Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
 Allison Burlock, 802-349-7018, aburlock@wsdvt.org
 Tori Cleiland, *President*, 802-655-7678, tcleiland@wsdvt.org
 Kamal Dahal, 802-310-2821, kdahal@wsdvt.org
 Robert Millar, 802-383-6000, rmillar@wsdvt.org

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CITY OF WINOOSKI
www.winooski.vt.gov, 802-655-6410

Mayor
 Kristine Lott, 802-766-1988, klott@winooski.vt.gov

City Manager
 Elaine Wang, 802-655-6410, ewang@winooski.vt.gov

City Councilors
 Aurora Hurd, 802-734-7082, ahurd@winooski.vt.gov
 Charles Judge, 802-655-6410, cjudge@winooski.vt.gov
 Bryn Oakleaf, 802-448-2966, boakleaf@winooski.vt.gov
 Thomas Renner, *Deputy Mayor*, 802-922-3265, trenner@winooski.vt.gov

City Clerk
 Jenny Willingham, 802-655-6410, jwillingham@winooski.vt.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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