

middle TOWN NEWS letter

April 2020

COVID-19 & Municipal Services

In response to the COVID-19 pandemic, the Middletown Springs Selectboard and Emergency Management Director met on March 19, 2020, to discuss the appropriate responses that the Town of Middletown Springs should take to mitigate the potential spread of the virus, and to safeguard the health and wellness of the general public and that of the Town's employees.

CRITICAL EMERGENCY SERVICES will be available as usual. If you have an emergency, dial 9-1-1.

Town Office and Services

Effective March 20, 2020, until at least April 15, 2020, the Middletown Springs Town Office will be closed to the public. All non-essential meetings have been cancelled. The Town Clerk, Town Treasurer, and Listers will remain available to assist you by phone, mail, fax, and email.

If you absolutely must visit the Town Office, please make an appointment to do so. Anyone having symptoms of COVID-19 (i.e. fever, cough, difficulty breathing) or who has been exposed to someone exhibiting symptoms should not request an appointment.

Dog Licensing

The rabies clinic scheduled for March 28 has been cancelled. Late fees for dog licenses are waived until May 1, 2020. You can register your dog by mailing in your updated rabies certificate (if required) and payment to Town Clerk's Office, P.O. Box 1232, Middletown Springs, VT 05757. Please call with any questions.

Town Committees & Boards

The Selectboard asks all other Town committees (the Library Trustees, the Planning Commission, the Auditors, the Fire Association board, the Historical Society board, etc.) to meet only for urgent decisions.

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Daily COVID-19 Updates

There are daily updates summarizing the day's information from the Vermont Dept of Health and the Governor's office posted to the [town website](#).

A Few Ideas for Kids at Home

Mareva Millarc

Hello, Kids!

Here are a few ideas to make your stay at home a little easier (remember to clean up after play!)

1. Take close-up pictures of things and share to see who makes the best guess
2. Make a mask with items at home
3. Prepare a meal by following a recipe
4. Have a puppet show with characters made of old socks
5. Have a funny fashion show
6. Build a house out of covers
7. Make ornaments out of things in nature
8. Play store
9. Make a video to express what you're feeling during this time
10. Make a positive poster
11. Invite parents to act out a play
12. Make a collage with positive words and pictures
13. Take out all action figures and make a movie
14. Come up with an imaginary hero who saves us from the virus, give it a name (draw it)
15. Sing, video and share
16. Write a short story
17. Surprise a loved one with a nice gesture
18. Make "blind" drawings (drawing an object by observation without looking at the paper)
19. Send pictures and an email to someone
20. Paint

Have fun!

Ask Your Representative

The State Legislature is meeting remotely at this time to follow health protocol. Local governments are doing a great job of providing information about the COVID-19 and the State and local response to it. Those State responses are updated frequently and can be confusing. If you have further questions contact Representative Robin Chesnut-Tangerman at rchesnut-tangerman@leg.state.vt.us (preferred method) or at 282-5535.

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How to contact town officials

To reach Laura Castle, Town Clerk, call 235-2220, or email middletown@vermontel.net.

To reach Jenny Talke Munyak, Town Treasurer, call 235-3256, or email mtstreasurer@vermontel.net.

To reach Sally Achey, Chair of the Board of Listers, call 235-2220, or email mtslisters@vermontel.net.

Transfer Station

The Middletown Springs Transfer Station will be open as usual.

We ask the public to refrain from close contact with Glen while using the transfer station and from congregating at the transfer station. Please be prepared with exact change for any cash transactions, and cooperate with Glen as he safely manages multiple customers. If members of the public do not follow this protocol, we may be forced to suspend services at the transfer station during this pandemic.

Library

The Middletown Springs Public Library will be closed at least until further notice and return due dates are extended until re-opening. Email and telephone messages will be monitored and responded to. Electronic resources (e-books, audiobooks, etc.) will remain available. Interlibrary loan is suspended.

Highway Department

The Highway Department will continue regular service throughout this outbreak. However, there will be no visitors allowed at the Town Garage during this time. If you need road service, you can contact the Town Garage at 235-2024, or by e-mail at middletown.roads@gmail.com.

Volunteer Fire Department

The Middletown Springs Volunteer Fire Department will continue their normal emergency services during this outbreak. However, the use of the firehouse will be limited to emergency operations and important vehicle and equipment maintenance only.

Churches

The Middletown Springs Community Church has cancelled worship services and other gatherings through the rest of March, and will re-evaluate then. All of the Catholic parishes within the Diocese of Burlington have cancelled Mass, sacraments and devotions until further notice.

Stores

Grant's General Store and Sissy's Kitchen will remain open. Please do not congregate or linger, and maintain sufficient social distancing of approxi-

mately six feet. Self-service of unpackaged foods and beverages will be eliminated, provided instead by employees. Both Grant's and Sissy's are happy to take orders by phone and carry them out to your car, and both are offering limited local delivery. You can reach Grant's at 235-2251, and Sissy's at 235-2000 (and at <https://www.sissyskitchen.com>)

Other Informal Groups

Meetings and classes of Bone Builders, and yoga at Leslie Silver's, have been suspended. The Selectboard encourages all other local groups to do the same, and to cancel or reschedule events and performances.

We are in this together:

Thank you for cooperating and understanding. We are all in this situation together. Please remember to treat your neighbors and civil servants as you would like to be treated and we will move through this critical event better.

Thank you for understanding that these are unusual times, requiring precautions for public safety and health. Many Middletown Springs community members are in the high-risk group, and we believe taking these precautions will help keep ourselves and our community members healthy.

Please go to healthvermont.gov/covid19 for the most up-to-date state information and guidance about COVID-19, including information from the Centers for Disease Control (CDC). You may call the VT Department of Health at 802-863-7240, or call community services information at 2-1-1.

We encourage everyone to follow CDC and VT Department of Health handwashing and social distancing recommendations.

Resources

Your go-to page for the State's most current information and recommendations is at the **Vermont Department of Health** website, <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>. Bookmark it! This website is updated at least every 24 hours in the early afternoon, but also posts important new information any time they receive it.

Individuals in need of specific support can contact **VT 2-1-1** to speak with a representative who will work with you to determine your needs and connect you with the appropriate agency or service. <https://vermont211.org/home>

The **Vermont Department of Public Service** is maintaining an active list of known public wireless hotspots, so that you can stay connected with friends, family and news. In many cases, you can ac-

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cess those from your car in the parking lot, to reduce interpersonal contact. You can see this resource at <https://publicservice.vermont.gov/announcements/public-wifi-hotspots-vermont>.

Nora Rubinstein has assembled a list of stores, restaurants and farms that are providing access to food and services. You can see that list on the Town's website, at the **Food Support Services** link directly below the COVID-19 update at the upper right. She is working with providers and with social groups in town to support access to those resources for people in economic distress. More details on that will come in the next few days.

For those with ongoing health or mobility concerns, the **Citizen Assistance Registry in case of an Emergency (CARE)** to sign up for special focus during emergencies. This allows the 911 system to be prepared for special needs, but the information is not made public. <https://vermont211.org/disaster-preparedness-temp-page>.

For broader public health information, you can visit any of the following trusted sources:

Rutland Regional Medical Center

<https://www.rrmc.org/patient-visitors/coronavirus/>

The US Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Town Treasurer Notes

Town Treasurer Contact Information

Email is the preferred, most expeditious method of communication for the Town Treasurer, as we are trying to limit town office exposure.

Email: mtstreasurer@vermontel.net

Mail: PO Box 1022

Phone: 235- 3256

Questions about Homestead Declaration to include in your Income Tax remittals:

Contact the Vermont Department of Taxes directly: <http://tax.vermont.gov/property-owners/homestead-declaration> or 802-828-2505.

Need Property Tax information for your Income Taxes?

Use the copy of the property tax bill that was mailed to you in August, or, if you're a new homeowner, use the copy that was provided to you during your closing.

Helpful Hint: when you receive your new property tax bill for FY20/21, in August – hang on to it for use in next year's income taxes. It is your responsibility to forward your tax bill to your tax preparer.

Middletown's Springs Still Heals

The Historical Society would like to remind community members that the Mineral Springs Park is a lovely place to encounter nature and local history on a secluded site along the Poultney River.

A footbridge leads from the parking area on Burdock Avenue to the restored Victorian spring house where the once-famous Middletown Mineral Springs flow from the original marble foundations. Paths lead along the river and into the woods where chipmunks and squirrels have reappeared, ferns and wildflowers will soon be emerging, and songbirds and butterflies will eventually return from their migrations.

While being mindful of physical distancing, consider using the benches and picnic tables to quietly enjoy lunch or a snack from Grant's or Sissy's, or a place to meditate, recharge your spirit, and feel the energy of the season and the healing springs.

Kids can roam and explore the area, and all can learn about the history of the springs and the Montvert Hotel resort from the signs and displays.

Please use caution along the river - the water is still cold and sometimes swift. Keep your dog on a leash or under verbal control. Please remove all trash and leave the Park as natural as you found it.

Enjoy spring at the Springs!

Seeking Signs of Spring? A Remedy for Cabin Fever?

Take a Walk in Middletown's Sullivan Woods

A good remedy for cabin fever is to get outdoors! That's where the Sullivan Woods comes in. It's not far from home, and there's plenty of room to walk with others at a social distance and get a little exercise and fresh air. Just what the doctor ordered!

To get there from the center of town, head east on East Street and turn right onto Fitzgerald Road. Go about two miles, past houses and farms, and look for the big sign off the road on the left side, "Sullivan Educational Woods". (If you get to a T at Daisy Hollow Road, you've gone too far.)

The Woods Trail is well marked and will take you through the woods and along the bluff over the Poultney River. There are some ups and downs. Little ones may need a helping hand. The loop takes about 30 minutes to walk.

Enjoy!



Pleasant View Cemetery

The trustees of the Pleasant View Cemetery Association wish to express our sincere appreciation to the voters of the Town of Middletown Springs for your overwhelming support of our Town Meeting ballot request. We are truly humbled and we sincerely thank you for your continued support.

The Cemetery will be officially “open” by May 1. The minimal snow depth this winter and the unusually early spring has contributed to the site being in pretty good shape, with the grounds drying out quicker and earlier than usual.

We are also thankful that many folks are able to access and use the Cemetery for quiet, contemplative moments, exercise, and relaxing walks, or just a little while of alone time for reflection and clearing your mind of the daily stresses of modern living. It is a beautiful and safe setting and we encourage the public to continue to use and enjoy the site. It is a good and safe place to teach a child to ride a bike on the lightly traveled roads through the grounds. Feel free to walk the family dog(s) as long as you remain vigilant and clean up any unwelcome “deposits”.

Please pick up and remove any graveside wreaths or decorations that are exhibiting the wear and tear from a winter’s worth of exposure to the elements. Also, with spring and summer seasons approaching, please remember that artificial flower decorations are not allowed in Pleasant View.

United States 2020 Census

You count! Please fill out the census online at my2020census.gov. An accurate count means more federal dollars for the state of Vermont and the Rutland County.

- Everyone counts.
- Its about fair representation and redistricting.
- Its about \$675 billion.
- Your privacy is protected.
- It takes 10 minutes of your time.

Every 10 years, the U.S. Census Bureau conducts a census to count the number of people living in the United States. The Decennial Census population counts are used to determine the number of seats each state has in the U.S. House of Representatives and at the State level to review and redraw the boundaries of the congressional and state legislative districts in their states. Additionally, Decennial Census data are used in the redistribution of taxpayer dollars by more than 130 Federal programs.

Public Library’s Virtual Services

The Library is closed but you still have access to many resources via the Library. These resources are available with a Middletown Springs Public Library library card. **Don’t have a card?** Email for a speedier response from the library and we can sign you up for one. **Don’t know your library card number?** We will look it up for you.

If you have questions, comments, or need help, please contact us. We will be regularly checking email and the phone messages.



Universal Class

More than 500 online classes are available, ranging in topics from writing skills, software programs (including Adobe and Microsoft programs), to science, html, and graphic design. There's something for everyone! Though classes are not for college credit, they are led by a live instructor with whom you can communicate by e-mail. Courses allow you to proceed at your own pace, working on assignments any time, day or night. To access go to http://bit.ly/vtlib_uc and use your library card number to login and create an account.



Learning Express Library

Providing a comprehensive selection of academic and career-related solutions Learning Express Library has something for everyone. You’ll be able to prep for the Commercial Driver’s License (CDL) exam, nursing and medical testing prep, job interview and resume writing, computer skills, SAT, LSAT, and GRE test prep. You can also use the interactive tools to help choose a career or provide the tools to get a better job.



Vermont Online Library

Covering everything from newspaper articles to DIY car repair, the Vermont Online Library (VOL) can help with any topic. Available for free to all Vermonters, VOL has options for all ages from elementary school through adult. You can even use it to read current articles from the NY Times, Washington Post, the Economist, and more. To access use the link on the library’s website: <https://middletownsprings.wordpress.com/>. It will ask you for your location to verify you are in Vermont; if you aren’t then login with your library card number.



Free Audiobooks & e-books

Overdrive allows you to check out ebooks and digital audiobooks to your phone,

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tablet, or other device. Just like print books, there's a checkout period, and only one person can have a book at a time. To access, install the Libby app, or go to <http://gmlc.overdrive.com>. You'll need your library card number.

Additional directions are available at <https://drive.google.com/file/d/1RRWbyfmt4hcuQmMxX6Fl6Ate8XrGWz0/view?usp=sharing>

Some Other Free Resources:

Project Gutenberg

The site offers thousands of public domain ebooks for free use on any device. Because they are public domain, they are typically limited to items published before 1924, but that still includes a wide range of classics. To access go to <https://www.gutenberg.org/> and download ebooks in a variety of formats

- [Vermont Historical Society Digital Resources](#)
- [New York Public Library Digital Collections](#)
- [Smithsonian Digital Collections](#)
- [Library of Congress Digitized Collections](#)

Library Notes

Due dates: all items are due the week the library re-opens, whenever that is. There are no fees, fines, or penalties. Please enjoy the books/movies for as long as you like.

Dropbox: if you return things prior to the re-opening, please only do so if there is room in the box.

Book Sale Donations: please hold off on delivering all donations to the book sale. We hope to be able to have our annual book sale this spring. If we are not able to, we will hold one in the fall.

Library Programming: all in-person programs are canceled or postponed. We are working on some virtual options. Please email the [library](#) or call Kimberly at home for more information (235-9626).

Join Front Porch Forum to know what is happening

It's free. It's local. And it's friendly.
Check it out at

<http://FrontPorchForum.com/>



How To Make Easy Economical Homemade Granola

Makes 5 cups ; serves 10

Adapted from somewhere on the internet. Easy to double it because it stores well and long.

This recipe is lightly coconut-flavored. For those not inclined, use another light oil and omit the shredded coconut at the end.

Ingredients

- 1/2 cup coconut oil or other light oil, such as canola. NOT olive.
- 1/2 cup maple syrup or honey
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 cups old-fashioned rolled oats
- 1 cup sunflower seeds
- 1 cup raisins or other dried, chopped fruit
- 1/2 to 1 cup dried shredded coconut

Instructions

1. Heat the oven to 300°F. Arrange a rack in the middle of the oven and heat to 300°F. Line a rimmed baking sheet with parchment paper, if you wish. I don't.
2. Measure out dry ingredients into a large bowl. Stir to combine the oats, sunflower seeds, salt and cinnamon.
3. Whisk together the oil, maple or honey, and vanilla. In cooler weather, the coconut oil will be solid. Melt it first.
4. Pour liquid over oat mixture and stir to coat. If it seems a little wet to you, add more oats and seeds.
5. Transfer the mixture to the baking sheet and spread into an even layer. If the granola is clumpy, use a spatula to press it into the pan.
6. Bake for 20-25 minutes, stirring at intervals. Let it bake for about 12 minutes and then stir slowly with a spatula. Stir a couple more times at about 7 minute intervals. Keep an eye on it - it only takes a couple of minutes for it to go from perfect to slightly too dark. The granola is ready when golden-brown — it will still feel moist coming out of the oven but will dry as it cools.
7. Remove from the oven to a large bowl, add raisins and coconut, and cool. Stir the added goodies in. Stir and sample as it cools - yum!Cool completely before storing.
8. Store in an airtight container. Transfer the cooled granola to an airtight container for long-term storage at room temperature. It also freezes well.
9. Of course, add whatever dried fruit and nuts you want to this.

Calendar of Events

In response to Governor Scott's order to minimize gatherings, the Middletown Springs Selectboard has encouraged all Town boards and committees to meet only for urgent decisions. This may mean that some regularly scheduled meetings are cancelled or postponed, while others are held at their normal time and place but encouraging electronic participation rather than in-person attendance. Please check with the following people to see whether a meeting will be held at its usual time and place, and their preferred method for remote participation.

Regular Meeting Schedule & Chair or Contact Person

Conservation Commission	2nd Thurs	Elizabeth Cooper
Fire Dept. Training	Every Tues	Joe Castle
First Response	3rd Sun	Carl Haynes
Friends For Education (FFE)	2nd Wed	Ashley Fioretti
Friends of the Library (FOL)	2nd Tues	Ashley Fioretti
Library Trustees	4th Wed	Kristal Hier
Planning Commission	1st Mon	Peter Blekis
Selectboard	2nd & 4th Thur	Terry Redfield
Wells Springs School Board		Clarence Haynes

Library's Knitting Circle, Book Group, and Toddler Time are suspended. Contact Library for details and alternatives.

When public meetings do occur, meeting organizers must set up the meeting space such that the recommended six feet of distance is maintained between participants.

VLCT's overview for open meetings in the time of COVID: <https://www.vlct.org/sites/default/files/documents/Resource/Open%20Meeting%20Law%20Covid-19%20FAQs.pdf>



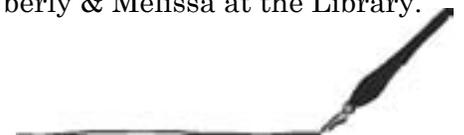
TOWN NEWSLETTER

Lots of information in a snippet & list format, plus a Calendar of Events. No ads, articles, or minutes.

This supplements and enhances the Town website & Front Porch Forum and will serve the needs of those who don't regularly use computers.

Digital copies are available as a PDF. The PDF is posted to FPF or the Town website or is sent free via e-mail to those who sign up. It is also available in hard copy, delivered by USPS, to those who subscribe for \$6 a year postage. Copies are posted at the Town Office, Grant's Village Store, and the Library.

Questions: Call 235-2435, or e-mail middletownspringslibrary@gmail.com to reach Kimberly & Melissa at the Library.



Submit News & Events to:

Middletown Springs Public Library
PO Box 1206
Middletown Springs, VT 05757
middletownspringslibrary@gmail.com

Deadline: 25th of the month for inclusion in upcoming issue.

Daily COVID-19 Updates

Local and state information on the town website. Please check it daily.

<http://middletownsprings.vt.gov/emergency-safety/disasteremergency-planning/>

