

INSIDE THE KINGDOM

April 27, 2016

the Chronicle

Section B – 16 Pages

Remembering Willie, the boy who kept his drum

by Tena Starr

Somewhere along the way, Colin Carter of West Glover ran into a remarkable story. The book *Willie Went to War*, by Marius B. Peladeau, tells the tale of Willie J. Johnston of Salem, Vermont, the youngest person to ever receive the Medal of Honor — the country's highest military award — for his service. He remains the youngest recipient in U.S. history.

This writer had never heard of Salem, Vermont, but Mr. Carter had. Willie was from Derby. Salem was once its own place, just south of then Derby. It was eventually absorbed by the bigger, and more prosperous, town. Technically, it was annexed to, and became a part of, Derby in March of 1881.

Willie was 11 years old when he received the medal during the Civil War. He enlisted in 1861 as a drummer boy, a job that paid a whopping \$12 a month. He went into the service with his father, and both were members of the Third Vermont Regiment. Willie was discharged in 1865. Young as he was, he served through nearly all of that tragic war.

His feat? Following the Union retreat after the bloody Seven Days Battle in 1862, General George McClellan called for a review in order to revive the Army of the Potomac's spirits. Out of 130 drummer boys in that army, only one had managed to hold onto his drum through the preceding series of vicious battles, and a terrible retreat.

"When it came to organize for the review, out of 130 drummers all had lost their drums except for Willie," wrote local Civil War historian Tony O'Connor in the prologue to the book. "McClellan had ordered a review and said that martial music was of importance. By tenaciously holding onto that drum at a time when thousands of soldiers discarded their arms, overcoats, equipment knapsacks and other equipment — Willie was able to bring his drum to safety."

Mr. Carter, a veteran himself, does not think that Willie's story, or his tenacity, should go unremarked in the Northeast Kingdom. Toward that end, he has set out to put up a memorial monument for Willie in Derby.

He's already talked to the Derby Selectmen, who support the idea. And on Saturday, Mr. Carter held a meeting at Heritage Memorials in Newport with its owners and other interested parties to talk about how to proceed. For starters, the group will set up a checking account with Ernie Emmerson of Holland and Mr.

Carter as the signatories, so they can accept donations.

The goal is to raise \$50,000, Mr. Carter said. That would pay for the monument itself, the installation, the maintenance, and the cost of buying a copy of *Willie Went to War* for every school in the county. The latter is one of Mr. Carter's personal goals.

at some point the family moved to Vermont. Both father and son enlisted shortly after the war started. Willie was five feet tall.

The book suggests that the pair might have been enticed to enlist by the \$300 bounty that was offered, but that wouldn't account for the boy, as well as his father, sticking through the entire war.

seven days, and they were savage: Beaver Dam Creek, Gaines Mill, Savage Station, Glendale, and Malvern Hill were all sites. In the end George McClellan evacuated the Union Army from the region, and the war went on for another three years.

Historian William Miller says the battles "produced unimaginable carnage. It had been the bloodiest week in American history, producing more than 34,000 casualties (19,000 Confederate, 15,000 Union)."

And it was a reversal of fortune, the first great turning point in the war. For almost a year, the Union had been rolling toward victory, with its greater manpower and firepower. But General Lee turned that right around and routed the biggest army the United States had ever put on the field.

"Those seven days remain among the most important in U.S. history because they gave new life to the Confederacy," Mr. Miller wrote. "Lee's rejuvenation of the Confederate cause began on the banks of the Chickahominy but extended across scores of future battles."

As Mr. Peladeau describes it in *Willie Went to War*, the Union retreat after the loss was grim. The Army of the Potomac, after tasting near victory, was in disarray, demoralized, and headed backwards after losing thousands of soldiers and a lot of ground. Thus McClellan's call for a review, which he thought should include martial music.

But only Willie Johnston still had a drum to play that July 4, 1862.

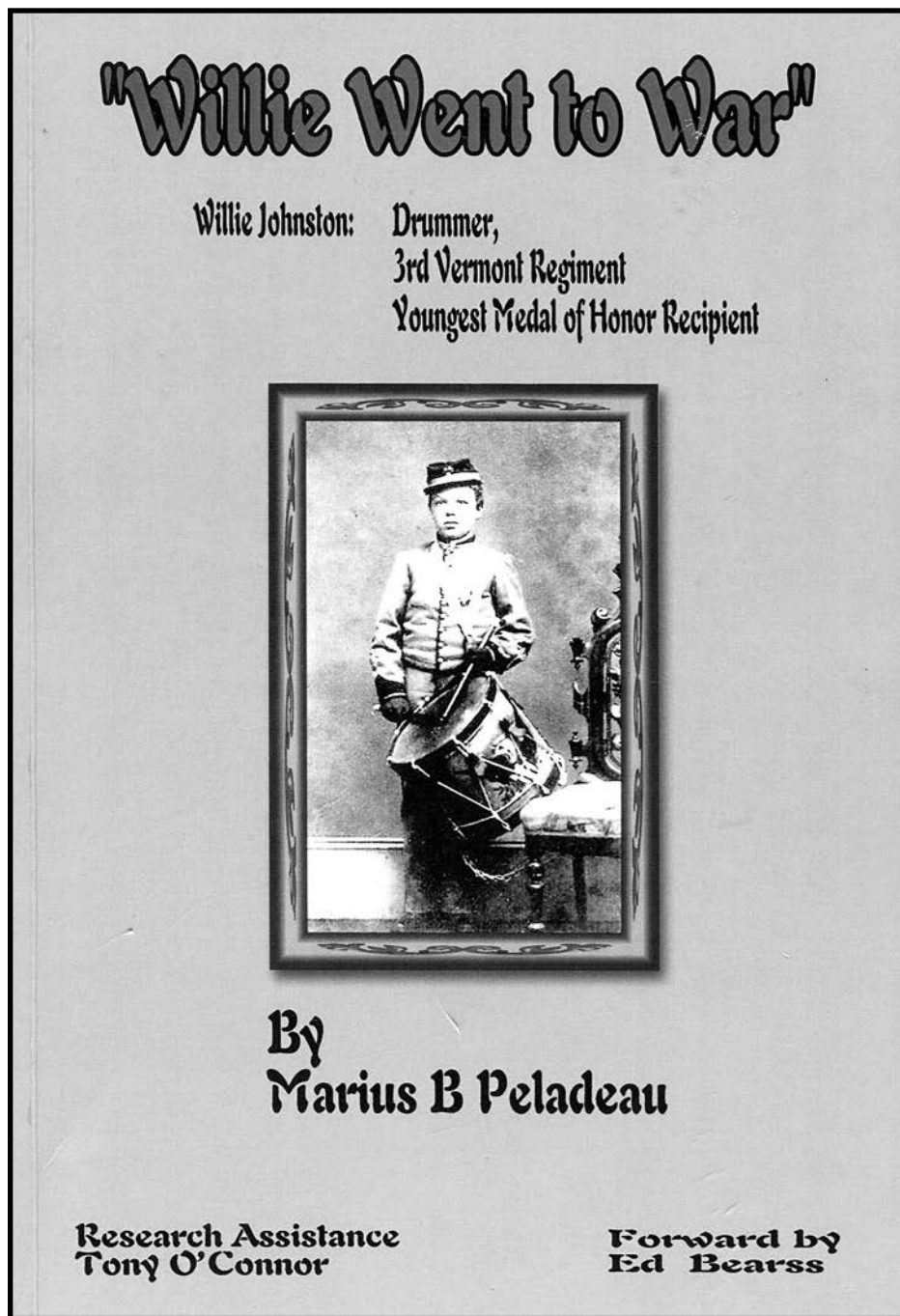
The magnitude of his feat was recognized, and he was selected to receive the Medal of Honor.

"He is, to this day, the youngest enlisted man to receive the nation's highest battlefield award, and the action for which he was given the Medal has not been duplicated to the present day," Mr. O'Connor wrote.

Willie's father was listed as an innkeeper, probably in Coventry, at the time of his enlistment. After his first wife died, he moved to Montreal where he married again, then to Vermont where they apparently attempted farming.

The cellar hole of what is thought to be the Johnston property is on private land on the southern side of the Bushy Hill Road in what used to be Salem Hollow, the book says.

For more information, or to make a donation, Mr. Carter can be contacted at northcountryflagco.llc@myfairpoint.net.



He said he originally bought the book from the Derby Historical Society and gave copies to family members as Christmas gifts. He'd like to see all schoolchildren have access to Willie's story.

The design of the monument is still being worked out, but it will hopefully be a life-sized image of Willie made of granite from Barre and prepared in Newport, Mr. Carter said.

He said the public will be able to drop in and watch it being carved. He particularly hopes that schoolchildren, maybe as part of an art or history class, will watch the progress of the monument.

Willie Johnston was born in upper New York State in 1850, but

The Seven Days battle started on June 25, 1862, and could have been decisive for the Union, but it wasn't, largely due to generalship.

General McClellan had more than 100,000 well-supplied soldiers, and the prize to be taken was Richmond, Virginia. The Union army had had victories at Fort Henry and Fort Donelson, and Richmond was worried.

But the Army of Northern Virginia had recently come under the leadership of Robert E. Lee, and we all know how that turned out. General Lee took the offensive, as he so often did, and unnerved the ever-cautious General McClellan.

The so-called Seven Days Battle actually involved six battles over

Obituaries

Gail L. Kilmartin

Gail L. Kilmartin died on April 12, 2016, in Haverhill, Massachusetts, from complications due to ovarian cancer.

Born on October 6, 1942, in New Rochelle, New York, to Robert W. Newfang and "Sunny" Gillett Johnson, she grew up in Mamaroneck, New York, and spent the summers at Lake Seymour, where her parents owned Fourway Lodge for over 30 years. She attended the Rye Neck schools and graduated from Wheaton Academy in Illinois, then from Wheaton College with a degree in literature and speech communication.

While attending Wheaton College, she met Duncan F. Kilmartin. A long distance courtship ensued as he attended Colgate University in New York, and they were married on June 20, 1964, in White Plains, New York, on what was historically the hottest day of the year. While Mr. Kilmartin attended The University of Chicago Law School, she began her teaching career in Hazel Crest, Illinois. Upon Mr. Kilmartin's graduation, they moved to Brattleboro, where she taught English at Bellows Falls High School, and he clerked for the Honorable Ernest Gibson Jr., chief federal district judge for Vermont. While in Brattleboro, she joined "The Little Theater" and played Cory Bratter in *Barefoot in the Park*. From there, they settled in Newport, as Mr. Kilmartin began practicing law with

Paul Rexford, and together they were building their family.

Ms. Kilmartin's deepest desire was to be a support and help to her family, whom she loved deeply, and to be an active contributor in the community of Newport, where she spent most of her adult life. She succeeded on both of these fronts. She anchored the home front for her two daughters, while her husband worked as a lawyer in the community and as a state representative in Vermont.

She possessed an authentic kindness, compassion, and commitment to others, as well as great creativity, resourcefulness, and style, which were her trademark. She brought each of these gifts to every endeavor, whether it was for her family, her friends, or her community.

Her many involvements included: deaconess of the Derby Community Church (formerly the United Church of Derby) for over 40 years; Sunday School superintendent and choir director; secretary of the Newport Women's Club; member of the hospital auxiliary; volunteer for Girl Scouts; executive committee member of The After Five Club for over 20 years; trustee of United Christian Academy for over ten years; and as a junior high language arts teacher for over 24 years. She was appointed by

Governor Jim Douglas to be a member of the Vermont State Hearing Panels for Professional Public Educators from 2007 to 2012.

Throughout her life, Ms. Kilmartin walked with her heavenly father and shared her faith in Jesus to her children and to many of those she served in the community. She cultivated precious and long-standing relationships — just as she consistently reached out to form new ones. During her illness, these friendships, old and new, were a source of encouragement and strength for her, and the family would like to express their deepest appreciation for those dear friends who rallied around her and her family during this difficult time.

Over the last five years, Ms. Kilmartin and her husband have also greatly enjoyed their Florida home and deeply appreciated a new world of special friends and wonderful experiences. Of particular enjoyment for her were the times beautifully spent with her daughters, sons-in-law, and three grandchildren.

She was the beloved wife of Duncan Kilmartin for nearly 52 years. She is survived by her daughters and sons-in-law: Courtney Gillett Kilmartin and her husband, Tom Williams, and Sara Tyler and her husband, Ben Wyllie; her grandchildren: Cullen Duncan, Mora Gillett, and Kelsey Sara



Wyllie; her sister and brother-in-law Marcia Gillett and Dr. Glenn Koponen; and by her nephews: Michael Kari and Brian Robert Koponen.

Calling hours will be from 4:30 to 7:30 p.m. on Friday, June 10, at the Derby Community Church in Derby. A celebration of her life will be held on Saturday, June 11, at 1 p.m., at the Derby Community Church. Interment will be at the Gillett family plot in Woodlawn Cemetery in New York City in June.

In lieu of flowers, donations may be made to the Dana Farber Cancer Center, P.O. Box 849168, Boston, Massachusetts 02284-9168; or to United Christian Academy, 65 School Street, Newport, Vermont 05855; or to the Derby Community Church, P.O. Box 294 Derby, Vermont 05829.

Online condolences at curtisbritch.com.

Roger R. Pion Sr.

Roger R. Pion Sr., 80, of Morgan died peacefully on April 18, 2016, in Colchester.

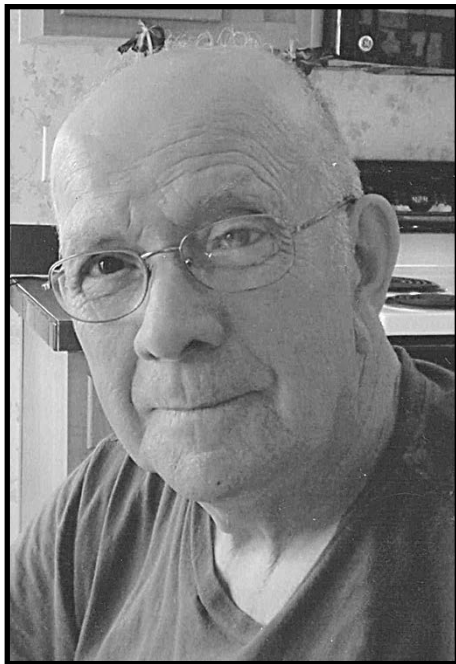
He was born on April 12, 1936, in Westfield, to Ovilla and Olivina (Meunier) Pion. On October 15, 1955, he married Annette Fontaine, who survives him.

He was a postal contractor for the United States Postal Service. He was a lifetime member of Newport Elks Lodge #2155.

He enjoyed going hunting, sugaring, horses, tractor pulls, working in the woods, reading, spending winters in Florida with his wife, and going on cruises.

He is survived by his wife, Annette Pion, of Morgan; his children: Lucy Neel of Holland, Claire Paradis and her husband, Laurent Jr., of Lennoxville, Quebec, Michael Pion and his wife, Dolores, of Barton, Carolyn Riley and her husband, James, of Colchester, Roger Pion Jr., and his wife, Donna, of Barton, and Sally Carruthers and her husband, David, of Ogden, Quebec; his grandchildren: Jessica Harris, Patrick Cannon, Chantal Paradis, Danielle Paradis, Pascale Paradis, Nathan Pion, Natalie Pion, Taylor Riley, Connor Riley, Mitchel Pion, and Derrick Carruthers; six great-grandchildren; his sisters-in-law: Shirley Pion of Newport Center, Gilberte Pion of Lowell, and Huguette Pion of Lowell; and by numerous nieces, nephews, and cousins.

He was predeceased by the



following siblings: Rene, Raymond, Anselme, Roland, and Raoul Pion, Jeannette Benoit, Marie Bourdeau, and Solange McAllister.

Funeral services were held April 22, in Derby Line. Interment was in St. Ignatius Cemetery in Lowell.

Should friends desire, contributions in his memory may be made to St. Paul's School, 54 Eastern Avenue, Barton, Vermont 05822; or to the Visiting Nurses Association, Chittenden and Grand Isle Counties, 1110 Prim Road, #1, Colchester, Vermont 05446.

Online condolences at curtisbritch.com.

Robert E. Brosseau Sr.

Robert E. Brosseau Sr., 77, of Derby, died in Barton on April 21, 2016.

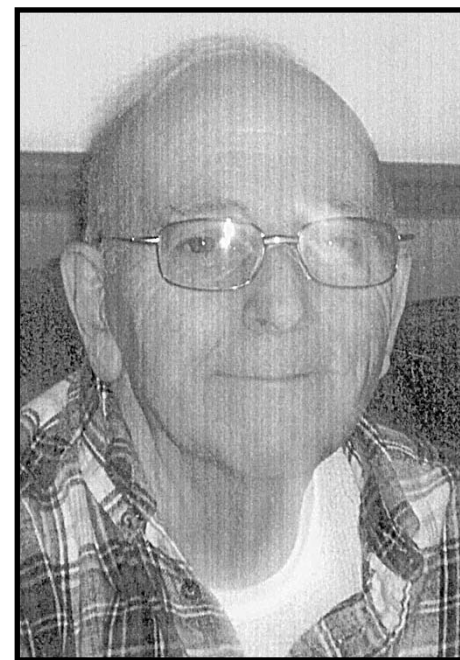
He was born on July 27, 1938, in Johnson, a son of Leo and Albertine (Cote) Brosseau.

He was loved and respected by all of his family and anyone he met. During the last of his working years, he worked for Paul Patenaude Construction as a skilled finish carpenter. He found great enjoyment in producing beautiful furniture pieces and wondrous toys in his woodworking shop.

He loved fishing as well as golf, and visiting dairy farms. He was considered an expert horseshoe player. His carpentry skills were used many times in assisting family with their building projects.

He married his wife Myrna Basford in 1960 and she predeceased him in April of 2010.

He is survived by his children: Robert Jr., Theresa Quinlan and her husband, Daniel, Deborah Messier and her husband, Shawn, Joseph Brosseau, and Andre Brosseau and his companion, Tammy Huntington, as well as step-children Candace Patenaude and her husband, Paul, Wendy Hamelin and her husband, John, Scott Gray, and Angie Gray who is wife of Ellis Gray; 25 grandchildren; four great-grandchildren; his brothers: Guy and his wife, Mona, Paul and his wife, Nicole, and Norman and his wife, Aline; his sisters: Georgette Greaves, Lucille Royer and her husband, Raymond, Denise Dewing, and Susan Aste and her husband, Forrest; his brother-in-law John Greaves; and by his sister-in-law Claire Brosseau.



He was predeceased by his brothers: John and Lawrence; and by his sisters: Mary Strong and Claire Greaves.

Funeral services will be held at St. Theresa's Catholic Church in Orleans, on Saturday, April 30, at 11 a.m., with the Reverend Leo Bilodeau officiating a Mass of Christian burial.

Should family or friends desire to make contributions in his memory, they may do so to Special Olympics of Vermont, 16 Gregory Drive, #2, South Burlington, Vermont 05403; or to Cystic Fibrosis Foundation, 6931 Arlington Road, second floor, Bethesda, Maryland 20814; or to the Area Agency on Aging, 59 Waterfront Plaza #14, Newport, Vermont 05855.

Online condolences at curtisbritch.com.

Burial notice


Theresa Diette Taylor

Theresa Diette Taylor of West Glover will be interred at St.

Ignatius Cemetery in Lowell on Saturday, May 21, at 2 p.m., with Father Timothy Naples officiating.

Obituaries

William B. DeLaney

 William B. DeLaney, 79, of West Caldwell, New Jersey, and Craftsbury Common, died quietly in New Jersey on April 18, 2016, after a long illness.

He was born on October 13, 1936, in Wilmington, Delaware, the eldest son of Florence (Davis) and William W. DeLaney. He graduated from Pennsylvania State University in 1958 with a bachelor of science degree in electrical engineering. He served in the U.S. Army Signal Corps at the Fort Monmouth Research and Development Laboratory from 1959 to 1961, where he helped design and build our country's first satellite tracking system.

He married Janice Clawson in 1960 and had three children: David, Bruce, and Erin, after they moved to

Cleveland, Ohio, to take his dream job at General Electric Lighting Division at NELA Park. He worked in the marketing department and at the world famous Lighting Institute, from where he retired in 2000.

Projects included developing computer programs, lighting at the 1964-1965 World's Fair, the National Christmas Tree in Washington, D.C., and the Statue of Liberty's Centennial Rededication in 1986.

While in Cleveland, his lifelong love of the theater developed into an avocation, which lasted 50 years. He specialized in stage lighting at dozens of schools and community theaters. He served on the board of directors and was technical director and lighting director at East Cleveland Theater for over 40 years.

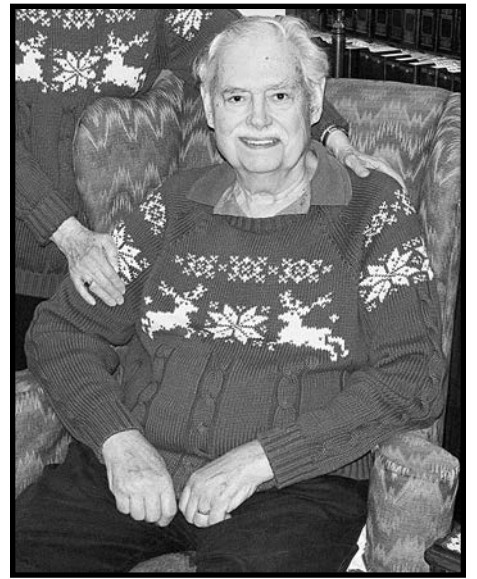
A talented handyman who could

fix almost anything using parts and pieces from his workshop, he volunteered on many repair jobs at his church. He served as Cubmaster of Pack #63 and Scoutmaster of troop #63 in East Cleveland. He met Beverly Daigle through Boy Scouts, and they later married in 1984.

After retirement, they enjoyed ocean and domestic river cruises, toured Hawaii, Alaska, and many national parks. They spent summers at a family farm in Craftsbury Common, where he was often out on his tractor before he was unpacked. He enjoyed swimming and boating on Great Hosmer Pond. They moved to West Caldwell in 2011, to live closer to their East Coast families.

He was a quiet man of few words but one of many accomplishments. He lived life on his own terms. He hoped to be remembered as someone who made a difference in the lives of people he touched. He will be sadly and greatly missed.

His survivors include his wife, Beverly, of West Caldwell; his sons: David of Knoxville, Tennessee, and Bruce and his wife, Laura, of Boise, Idaho; his daughter Erin of Jersey City, New Jersey; his stepsons: James Daigle and his wife, Zanda Lynn, of New York, New York, and David Daigle and his wife, Jill Howard, of Summit, New Jersey; his grandchildren: Gwendolyn and




Dennis DeLaney of Idaho; his step-grandchildren: Catherine Daigle of New York, Stephen Daigle, Andrew Daigle, and Charles Daigle of New Jersey; and by his sibling: James DeLaney of Delaware, Edgar DeLaney and his wife, Helen, of Colorado, and Peggy Mallette and her husband, Rowan Conrad, of Montana.

He was predeceased by his parents.

Memorial services will be held in West Caldwell at the convenience of the family.

Should friends desire, memorial donations may be made to the charity of one's choice.

Donald J. Bradley

 Donald J. Bradley, 63, of Barton died peacefully at home on Monday, April 18, 2016.

He was predeceased by his identical twin, Ronald, in April of 1991. Besides his twin, he had eight more siblings.

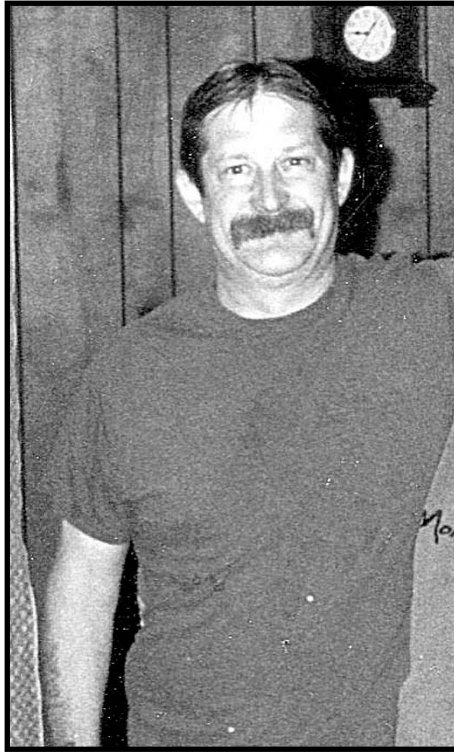
He was a machinist for many years. He also served in the Marine Corps.

He loved to go to the casino and he loved to watch football. He enjoyed being with his dog Lucky.

He also leaves many nieces and nephews. He was a beloved uncle, brother, and friend. He will be missed by many and admired for his bravery by all.

He always spoke highly of his many caretakers, whom he really appreciated.

The burial is private.



The cost of prayer petitions (St. Jude, Blessed Virgin, etc.) is \$12.75

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After all this time, it is still hard to think I will never see you again. We had a lot of great years, and a lot of great times. I still love you as much today as I did the day you left, and I always will.

Your loving wife,
Madeline Broome Bickford-Stout

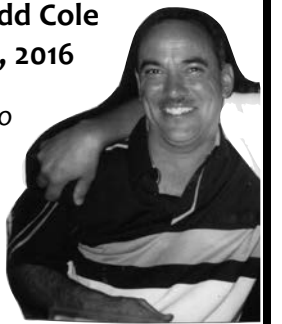
In memory of Michael Todd Cole April 27th, 2010 ~ April 27, 2016

We remember you often in so many ways
When we pass by a familiar place.
When we hear a song we know you would have loved.

Many dates go by with those memories popping up.
We will love and miss you always.

You now have a granddaughter, Acea Michael, who you would so enjoy...love from us all...

Sons Josh and Anthony
Granddaughter Acea Michael
Lynda - Mom
Brother - Tim, Tina and family
Sisters - Connie and Dave, Gayla and Dan, Tracy and Jeff, and families



Card of thanks

We would like to take this opportunity to say a great big THANK-YOU to Dr. Rickman, all the ICU and MED/SURG nurses for the wonderful care they gave to Mom. You made sure she was comfortable, as well as us, in this difficult time.

Last, but definitely not least, we want to thank the NHCC nurses and staff who became her second family. There are not enough words to express our gratitude for the love and care you gave her.

the family of Barbara Cleveland

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Obituary

Roland "Rolie" Choquette

Roland "Rolie" Choquette, formerly of Jay, died on March 25, 2016, in Lakeland, Florida. He was 73 years old.

He was born on February 8, 1943, in Jay. He was the son of Donat and Laurette (Roy) Choquette.

He attended school in Jay, and graduated from the North Troy High School in 1960.

He then went on to attend the University of Vermont, Hillsborough College in Tampa, Florida, and then the Burt Rogers School of Real Estate in Orlando, Florida.

He was a realtor in Lakeland for many years, the Orleans County Democratic chairman for several years, a member of the Florida Democratic party, and he strongly supported the

national party as well.

He was a parishioner of the Resurrection Catholic Church in Lakeland, and St. Vincent de Paul Catholic Church in North Troy during the summer months.

In 1994, he established Roland's Fine Coins in Zephyrhills, Florida. It was a longtime dream of his. He enjoyed his business very much up until recent years.

He enjoyed skiing at Jay Peak for many years after his parents built the first ski lodge at Jay Peak in November of 1957.

He enjoyed going to NFL games, NHL games in Tampa, Florida, golfing, and boating.

He leaves behind a special cousin, Diane

Geoffery, and family, of Irasburg; several other cousins from Vermont; and many friends in Vermont, Lakeland, and Mansonville, Quebec.

A Mass of Christian burial will take place on May 2, at 11 a.m., at the St. Vincent de Paul Catholic Church in North Troy, with the Reverend Ladislaus Mwelinde officiating. Interment will follow in the Notre Dame Cemetery in North Troy.

In lieu of flowers, memorial contributions may be made in his name to the Jay Area Food Shelf, Jay Town Hall, 1036 Route 242, Jay, Vermont 05859.

Online condolences may be made at curtis-britch.com.

Steenburgh Auctioneers May the 4th be with you! Antiques Auction Wednesday, May 4, 2016 at 10 a.m. 65 S. Court Street, Woodsville, NH

We are pleased to present, at public auction, items from the estate of Betty Lewis of Barton, VT. In addition will be an antique bottle collection from a barn in Shirley, MA, and antiques from a collection in St. Johnsbury, VT. Preview will be on Tuesday, May 3, from 1-4 p.m. and 8-10 a.m. on the day of sale. For more information and images, please check out our website: www.steenburgh.com. The following is only a partial listing.

Furniture: Country Federal NH one drawer stand with galley shelf; Country Queen Anne paint decorated 2 drawer highboy base with old replaced top; great small-size oak paneled s-curve rolltop desk; selection of garden furniture including a pair of modern faux bois armchairs; patio set with table and four chairs; good wicker couch, wicker armchair, rocker and wicker coffee table; pair of cast metal side tables; wrought iron fancy round table base; tall oak dresser; 2 Lane cedar chests; cottage pine dresser; fancy oak dresser with lyre back mirror; primitive pine slant front shop desk; cubby hole shelf in old paint; colonial revival mushroom armchair; mahogany round table; other tables, chairs, chests, and more furniture.

Paintings, Prints, & Artwork: Monumental pastel on paper with classical scene of Florida surrounded by maidens in original gilt plaster frame after Franz Xaver Winterhalter's 1852 painting; 19th Century oil on canvas painting after Raphael in gilt frame; oil on canvas VT landscape; Victorian oil painting of roses and sheet music; large Ogden Pleissner litho signed in pencil; 19th Century folk art dog painting on wood panel; great watercolor of Santa by R.O. Smith; 19th Century portrait of Mrs. Mathew Thorton; 19th Century Continental classical oil on canvas portrait (some damage).

Accessories: 1851 Colt Navy Pistol ser. # 78327 (manuf. in 1857) with leather holster; Leica IIIg 35mm camera with extra lenses; Folky 20th Century hooked rug of U.S. flag; 19th Century slide top box in old paint; carved 20" totem pole; collection of antique souvenir paddles with Indian decals; Oneida sterling silver 40 pc. flatware service; Gorham sterling 25 piece flatware service; collection of coin silver spoons; other sterling; bear head taxidermy mount; deer head mount; cast-iron garden urns; NF Shaker sap bucket; other Shaker-style bucket in green paint; collection of Shaker brushes; Shaker yarn winder; Shaker flax wheel; terrific collection of antique eyeglasses and sunglasses, many with original cases; leather fireman's helmet; other police and fire hats; antique brass fire hose nozzle; Keuffel & Esser surveyor's transit in box with stand; Folky dog hooked rug; hooked rug with chicks; other antique hooked rugs; 19th Century military brass hat badge; ship model in original shipping crate; small collection of antique dolls; selection of costume jewelry; collection of 12+ antique toy steam engines/boilers; 3 old wall hanger 19th Century guns; large Steelcraft toy airplane; Civil War soldier tintype; Singer Featherweight sewing machine.

Glass, China, Pottery: Collection of antique medicinal bottles and flasks to include: New London Glassworks flask with eagle and anchor; cornucopia flask; Udolpho Wolfe's bottle; S.O. Richardson bottle; Dr. J. Hostetters Amber bottle; Binger's green bottle (repaired neck); Plantation Bitters Amber bottle; lots of medicine bottles; inks; perfumes and scent bottles and much more; Mt. Washington glass biscuit jar with original label; Royal Bayreuth dinner service for 8; 3 Roseville pottery pieces; lots of other glass and china, porcelain and pottery.

Books & Paper: 1873 advertising print in original frame for Duryeas Corn Starch with bird's-eye view of Glen Cove Factory in Long Island; Hurds 1892 Atlas of NH; large format 1855 hand-colored engraving by Bachelder View of Manchester, NH; 1834 Mitchell's folding map of the U.S. with booklet; 18th Reg. Co. H. Connecticut Vols. Civil War roster; selection of 19th Century advertising broadsides; good collection of antique maps; 1816 NH handwritten document appointing director of NH State Prison signed by Gov. William Plumer; bird's-eye view map of Lake Winni; postcard collection; great 19th Century photo of Hoe Factory, Farmington, NH; large framed 19th Century photo from Dover Neck, NH; Dartmouth College Class of 1858 album; Dartmouth photo album from 1868 with cabinet-sized photos of buildings and campus; limited edition 9 vols. writings of Thomas Jefferson by Ford; lot of stereo views; small collection of political buttons; and more books and paper.

Sale #897. Terms: Cash or good check with proper identification. Still only 10% buyer's premium. NO LIVE INTERNET BIDDING. Absentee bids accepted.

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Starter or getaway home, open living, 4 BR. 10A, open & wooded, near lakes & trails. **\$79,900.** Dave C. #4483096



BURKE
Newer 3 BR/4 BA, very well-built, easy to maintain. Lovely kitchen, Buderus heating, 4.1A, views! **\$399,000.** Andrea. #4469396



ALBANY
Big backyard with established garden area. Family-friendly layout, 3 BR, screen porch, garage. **NOW \$95,500.** Lyell. #4440855



GLOVER
1860 farmhouse modern makeover is a must see! Attention to details! Easy to maintain! WOW! **\$395,000.** Nick. #4482773



NEWPORT
Live & entertain in comfort. Designer kitchen, sunroom, deck, in-ground pool, landscaped lot. **\$255,000.** Barry. #4438605



BARTON
2,900 sf ranch, 3 BR/3 BA, sunlit rooms, deck. Full walk-out basement, 15A, privacy, views. **\$349,900.** Connie. #4483204



MORGAN
Secluded seasonal cottage, 2A, 194' along lake. 3 BR, 1.5 BA, wooded back lot, great area to swim. **NOW \$219,000.** Annette. #4219380



KIRBY
Easy care, great views, 13.7A, just off pavement. Open living, sliders to patio, finished walk-out. **\$329,500.** Andrea. #4482768



MORGAN
Wonderful 3 BR home, near lakes & trails. Nice backyard, recent updates, priced to move! **\$110,000.** Dave K. #4430406



NEWPORT
Affordable home, convenient location, newer roof & heating, 3 BR, 2 full BA, back porch. **\$74,900.** Megan. #4456085

LYNDON - 3.41A, full sun exposure, deed restrictions, views, garden spot. **\$47,000.** Annette. #4483438

KIRBY - 10A, mostly wooded, great building lot, White Mtn. views, school choice. **\$69,900.** John. #4429505

CONCORD - 66.8A, woods, open area to build, views, VAST trail, some timber value. **\$59,000.** Dan. #448392

WESTMORE - 28.5A, beech, maple orchard, open field, view, near Willoughby. **\$69,000.** Brandy. #4483727

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JCR 4759 ~ Newport: Quiet elegance! Immaculate, contemporary with grand master suite, radiant heat, heated & insulated finished garage, vaulted ceiling & a/c, in one of the most desirable neighborhoods in Newport, 90 minutes to Montreal & 20 minutes to Jay Peak Resort. MLS 4483728. **\$263,900.**



JCR 5017 ~ Morgan: Private setting with this picturesque lakefront property. Seasonal camp, 8.5+ acres, 396.5' of sandy beach frontage, drilled well & septic. Situated on a point with a deck that nearly touches the waterfront. Permits in place & state approval to build a 4 BR home. MLS 4438016. **\$299,000.**



JCR 4972 ~ Westmore: Lovely, fully furnished, cozy cottage that will bring back memories & help create new ones! Beautiful view of Willoughby Lake from the expansive deck & sleeping porch. Just a short walk from the public beach & a great rental history available. MLS 4483753. **\$110,000.**



JCR 4999 ~ Newport Center: What a setting!! Contemporary/chalet-style home on 10 acres with deeded access to Lake Memphremagog, beautiful views & complete privacy. 2,700 sq. ft. of finished living space & in-ground pool. Close to town amenities, 20 minutes to skiing, access to snowmobiling & more. MLS 4431698. **\$293,000.**



JCR 5106 ~ Troy: You will absolutely love the views from this spacious contemporary minutes from Jay Peak Resort. 4 BR, 2.5 BA, walk-out lower level & 3+ car garage on 10 acres with direct access to the snowmobile trail. 90 minutes from Montreal. MLS 4472375. **\$249,000.**



JCR 5112 ~ Orleans: Quaint, village home just minutes to all town amenities. Completely remodeled, this property is as "turn-key" as it gets. Your choice of the newly installed direct vent Rinnai propane system or wood furnace. Less than a mile from I-91. MLS 4472032. **\$88,500.**

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School news

Rowell makes dean's list

Gratia Rowell of Albany made the fall 2015 dean's list at Simmons College in Boston, Massachusetts. — from Simmons College.

Barton Graded School third-quarter honor roll

Following is the third-quarter honor roll for Barton Graded School.

High honors

Grade four: Leilani Blanchard. Grade eight: Parker Perron and Dylan Simoneau.

Honors

Grade four: Brian Conley, Kyrstin Cotnoir, Joseph Crawford, Natalie Daniels, Joseph Duckless, Jonathan Gilcris, Emily Knaggs, Olivia MacEachern, Olivia Menard, Tessa Patrick, and Grace Wilson. Grade five: Tyler Dagesse, Colby Lafleur, Noah Menard, and Anna Sacco. Grade six: Kayla Daniels. Grade seven: Cameron May.

Grade eight: Charlotte Carey, Madison Dagesse, Annabelle Doucet, Mara Duquette, Ben Gilcris, Hunter Perkins, Jasmine Valley, and Samantha Whipple.

Glover Community School third-quarter honor roll

Following is the third-quarter honor roll for Glover Community School.

All As

Grade six: Nicole LaFratta and Erica Thaler. Grade seven: Robin Nelson, Mitchell Poirier, Emily Rogers, and Zoë Young. Grade eight: Benjamin Powers, Natalie Racine, and Ella Stevens.

Honor roll

Grade six: Cole Alexander, Indira Castro Needham, Zephyr HillBarnes, Grant LaClair, Alayni Miller, and Aryn Steinberg. Grade seven: Tucker Baker, Reese Borland, Dominick Brown, Cameron Hoadley, Ryan Taylor, Caleb Thaler, and Brock Young. Grade eight: Wayne Alexander, Abigail Blanchard, Asom Hayman-Jones, Jordyn Ingalls, Lily Lockamy, Melanie Menard, Siara Montminy, Samuel Robb, and Mina Soltani.

Perry wins several awards

Megan Perry of Derby won the prestigious Jacques Downs Award for Academic Excellence, in biochemistry and applied mathematics, at the University of New England (UNE) in Biddeford, Maine.

Named for a beloved history professor whose career spanned years at both St. Francis and UNE, the award is given yearly to the most accomplished student in the senior class. Ms. Perry's award history is unprecedented, as she won all three awards for academic excellence in her sophomore, junior, and senior years. At this ceremony, she was also honored with Outstanding Student Awards for the departments of chemistry and physics and mathematical sciences.

She received the awards at UNE's annual Biddeford Campus Awards Ceremony, held on April 19.

Her parents, Dawn and Kevin Perry, were able to watch the event online from their home in Derby.

Ms. Perry graduated from North Country Union High School in 2012 and she will graduate from UNE with bachelor of science degrees in her two majors, biochemistry and applied mathematics, on May 21, 2016. — submitted by Kevin Perry.

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Barton senior meals menu for May

The Barton Senior Center is located at 19 Village Square in Barton at the Memorial Building. Meals are served every Tuesday and Thursday. Call 525-4400 for more information.

Tuesday, May 3 — beef stew, parsnips, and mixed fruit.

Thursday, May 5 — roast chicken, mixed vegetables, mashed potatoes, and German chocolate cake.

Tuesday, May 10 — baked ham, sweet

potatoes, peas and carrots, and raspberry pudding.

Thursday, May 12 — burgers and fries, mixed vegetables, and ice cream.

Tuesday, May 17 — linguine with meat sauce, broccoli, and Mandarin oranges.

Thursday, May 19 — beef sandwich, pasta and cheese, carrots, and fruit cobbler.

Tuesday, May 24 — meatloaf, mashed potatoes, gravy, coleslaw, and pineapple cake.

Thursday, May 26 — chicken, brown rice, cranberry orange relish, and pumpkin pie.

Tuesday, May 31 — roast pork, baked potatoes, squash, and apples.

There will be music by Garth McKinny and Friends on May 10; square dancing each Thursday, at 1 p.m.; and exercise classes each Tuesday and Thursday, beginning at 9 a.m. — from the Barton Senior Center.

Lake Region Senior May meals menu

Here is the Lake Region Senior Center's menu and schedule of activities for May.

Wednesday, May 4 — Bingo. Sweet and sour pork over rice, cookies, and fruit.

Friday, May 6 — Meat loaf, mashed potatoes, peas and carrots, and cake with ice cream.

Wednesday, May 11 — Directors meeting. Baked chicken with pasta salad, rolls, and watermelon.

Friday, May 13 — Ham, sweet potatoes, carrots, and rice pudding.

Wednesday, May 18 — Bingo. Chop suey, tossed salad, garlic bread, and Jell-O with tropical fruit.

Friday, May 20 — Turkey vegetable soup, egg salad sandwiches, and ice cream sundaes.

Wednesday, May 25 — Chicken and biscuits, mashed potatoes, peas and carrots, and

applesauce.

Friday, May 27 — Pizza, tossed salad, and birthday cake and ice cream.

All meals are served with coffee, tea, water and juice. Please call for reservations at 754-6442. The menu is subject to change. — from the Lake Region Senior Center.

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THE KINGDOM CALENDAR



STRICT DEADLINE FOR EVENTS: MONDAY AT NOON. We reserve the right to reject or edit events. We do not take events over the phone. E-mail events to ads@bartonchronicle.com

****A NOTE ABOUT EVENTS:** Please note that we only print events that are free, a benefit, or nonprofit. Events run as space allows, and priority is given to events in Orleans County. We reserve the right to omit events, especially events that run weekly, if needed. Deadline for event submissions is Monday at noon. Thank you! Events are also listed online at www.bartonchronicle.com/events.

WEDNESDAY, APRIL 27

NE VT ENERGY ACTION ROUNDTABLE

Please join the Northeast Vermont Energy Action Roundtable on Wednesday, April 27, from 5:30 to 8 p.m. at the Craftsbury Public Library for a light supper and community conversation about energy and climate action in Vermont. The Craftsbury Energy Committee will share their experience and representatives of the Vermont Energy and Climate Action Network will highlight successful local energy committee action across the state. To RSVP or for more information, call Amelia Fritz at 586-2887.

OSHER LIFELONG LEARNING SPRING LECTURE SERIES

The Osher Lifelong Learning Spring Lecture Series of Newport, Derby, and Stanstead will continue on Wednesday, April 27, from 1 to 2 p.m. in the Emory Hebard State Office Building in Newport, second floor conference room. Topic: Charlie Browne – The Science and Wonder of Bird Migration. Refreshments and conversation will follow. For more information, call Suzi Dix at 673-9499 or e-mail suzi_dix@sympatico.ca.

THURSDAY, APRIL 28

LRUHS SPRING CHORUS CONCERT

On Thursday, April 28, at 7 p.m., the Lake Region Union High School Music Department presents the annual Spring Chorus Concert at the Barton United Church. The Chorus, Select Chorus, Treble Ensemble, and Baritone Ensemble will perform a variety of choral works. Director is Dr. Sara Doncaster and the accompanist is Mark Violette.

GAME NIGHT & OPEN OUTDOOR R/C TRACK IN COVENTRY

Small Town Hobbies in Coventry (located behind Poginy's European Auto Works) holds a game night and open outdoor R/C track racing every Thursday night from 4:30 to 7 p.m. Game night is free. Open track is free but donations appreciated. Every Saturday there will be a race on the outdoor R/C track. Free for spectators. For more information, call 334-5302.

UNIFORM, SHOE & ACCESSORY SALE AT NCH

The North Country Hospital Auxiliary is sponsoring a two-day uniform, shoe, and accessory sale in the downstairs meeting room of North Country Hospital in Newport on Thursday, April 28, from 7 a.m. to 4:30 p.m., and Friday, April 29, from 7 a.m. to noon. This sale features the latest styles, prints, and colors for uniforms and professional work shoes from major manufacturers. Cash, check, or credit cards accepted. A portion of sales benefit the Auxiliary for their hospital fundraising projects. For more information, call 334-4186.

FRIDAY, APRIL 29

CHARITY FOOD SALE AT KINNEY DRUGS IN DERBY

There will be a charity food sale at Kinney Drugs in Derby on Friday, April 29, from 8 a.m. to 3 p.m. to benefit the Children's Miracle Network of Vermont. Come and buy and support a great cause.

5TH FRIDAY JAM SESSION

The 5th Friday Jam Session will be held at the Barton Senior Center on Friday, April 29, at 7 p.m. All musicians welcome to perform. Refreshments served. Call 525-4400 for more information.

AUBREY ATWATER & ELWOOD DONNELLY PERFORMING AT CATAMOUNT ARTS

Kingdom Mountain Dulcimer Club and Catamount Arts is pleased to present Aubrey Atwater and Elwood Donnelly, two of the finest folk singers and performers in the country, performing on Friday, April 29, at 7:30 p.m. at Catamount Arts in St. Johnsbury. Purchase tickets and more information online at www.catamountarts.org. The following day, Saturday, April 30, the duo will present a series of mountain dulcimer workshops for all levels as well as Aubrey's famous workshop on Southern Mountain clogging. Open to all, young and old. For more details or to register, call 748-2655.

SATURDAY, APRIL 30

HOT DISH SUPPER IN GREENSBORO BEND

There will be an all-you-can-eat hot dish supper of baked beans, macaroni and cheese, spaghetti, coleslaw, and more, as well as desserts and drinks, on Saturday, April 30, at the United Methodist Church in Greensboro Bend from 5 p.m. until all are served. Cost is \$12 for adults, \$6 for children ages five to 12, and free for children under five.

MUD SEASON GROOVE IN WEST GLOVER

NorthWoods Stewardship Center will be hosting the seventh annual Mud Season Groove on Saturday, April 30, at Parker Pie Co. in West Glover. Doors open at 7 p.m. with live music from Tritium Well beginning at 8 p.m. There is a \$10 admission that supports NorthWoods educational programming. Welcome spring with good food, drink, music, and friends. For more information, contact Kelly Davis at 723-6551, extension 303, or e-mail kelly@northwoodscenter.org.

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Vermont Family Theatre presents *Joseph and the Amazing Technicolor Dreamcoat* at the Orleans Municipal Building on Saturday, April 30. A cast of more than 50 adults and children will bring this wonderful musical to the stage. For more information and tickets, visit vermontfamilytheatre.weebly.com or at the door. Fun for all ages. Additional performances on May 1 and 7.

MONTE CARLO CASINO & TEXAS HOLD 'EM TOURNAMENT IN WESTFIELD

The seventh annual Monte Carlo Casino and Texas Hold 'Em Tournament to benefit the Jay Volunteer Fire Department will be held Saturday, April 30, at Degre Auction House in Westfield with doors opening at 6 p.m. \$5 entry. BYOB. Free munchies. Play for cash – black jack, craps, roulette, plus learn-to-play tables. Texas Hold 'Em Tournament is \$100 buy-in (limited space). Live auction, 50/50 raffle, door prize, gun raffle, Wheel of Fortune. More information available at www.jayvt.com or by calling 343-5687.

PUBLIC ACCESS GREETER TRAINING

Will you be ready to help stop the spread of aquatic invasive species? Please join Vermont Lakes Program staff at one of five free workshops offered to train Public Access Greeters. Public Access Greeters educate lake visitors about invasive species, provide courtesy watercraft inspections and stop introductions of invasives. Locally, a workshop will be held on Saturday, April 30, from 9 a.m. to 1 p.m. at the Glover Community School, hosted by the Shadow Lake Association, and another workshop on Wednesday, May 18, from 9 a.m. to 1 p.m. at the Westmore Community Church, hosted by the Westmore Association. Free greeter program tools include the Greeter Program Training Manual, sandwich board "greeter on duty" signs, T-shirts, and educational handouts are free to any Vermont Greeter Program. Pre-registration is required. Contact Josh Mulhollem at josh.mulhollem@vermont.gov to request a registration form or with questions.

SUNDAY, MAY 1

FREE GOLFING FOR KIDS AT NEWPORT COUNTRY CLUB

Sunday is Family Day at the Newport Country Club. One free bucket of balls for the driving range for all kids under 14 (must be accompanied by an adult). Golf clubs are available for all to use. Come on up to the Pro Shop after 2 p.m. on Sundays and teach your kids to golf! For more information, call 334-5056.

NORTHEAST FIDDLERS' ASSOCIATION JAM & MEET

The Northeast Fiddlers' Association's monthly Jam and Meet will be held Sunday, May 1, from noon to 5 p.m. at the VFW on Pleasant Street in Morrisville. Fiddlers and public welcome. Local food shelf donations welcomed. For more information, contact Lee Deyette at 728-5188.

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Vermont Family Theatre presents *Joseph and the Amazing Technicolor Dreamcoat* at the Orleans Municipal Building on Sunday, May 1. A cast of more than 50 adults and children will bring this wonderful musical to the stage. For more information and tickets, visit vermontfamilytheatre.weebly.com or at the door. Fun for all ages. Final performance on Saturday, May 7.

MONDAY, MAY 2

NO EVENTS SUBMITTED.

TUESDAY, MAY 3

SOIL AERATION FIELD DAY IN WESTFIELD

There will be a field day focused on alternative manure application systems on Tuesday, May 3, at Missisquoi Valley Farm, 560 VT Route 100, Westfield, from 11 a.m. to 2 p.m. with lunch provided. Discussions will include agronomics and nutrient management benefits, tips for use, equipment, and learning about The Orleans County Conservation District aerator equipment rental program. Experience the AerWay machine to reduce compaction while increasing soil health and crop yields by improving water and nutrient filtration. There will also be information on program resources and incentives payments available. Please RSVP with Sarah Damsell at 334-6090, extension 118.

ALZHEIMER'S WORKSHOPS IN ST. JOHNSBURY

"Living with Alzheimer's for mid-stage caregivers" is a two-part series taught by Pam Smith and is held on Tuesdays, May 3 and 10, from 6 to 9 p.m. at the NVRH Conference Room in St. Johnsbury. To register, call Pam or Nancy at 1-800-642-5119 or the Alzheimer's Association at 1-800-272-3900. Best Friends™ Approach to Alzheimer's Care™ is two workshops taught by Nancy Oakes and Pam Smith. On Monday, May 9, from 6 to 8 p.m., "Communicating with the Person with Dementia" and on Monday, June 13, from 6 to 8 p.m., "Using the Life Story and the Best Friends™ Approach to Activities." Suggested donation is \$10 per workshop but is not required for participation. Call Nancy or Pam to register at 334-2190 or 1-800-642-5119.

WEDNESDAY, MAY 4

PIANIST MICHAEL ARNOWITT EXPLORES BEETHOVEN

Vermont pianist Michael Arnowitt will consider Beethoven's creative process in a lecture and performance at Goodrich Memorial Library in Newport on Wednesday, May 4, at 7 p.m. His talk, "Beethoven's Sketchbooks," is part of the Vermont Humanities Council's First Wednesdays lecture series and is free and open to the public. For more information, call the library at 334-7902 or the Vermont Humanities Council at 262-2626, or e-mail info@vermonthumanities.org, or visit www.vermonthumanities.org.

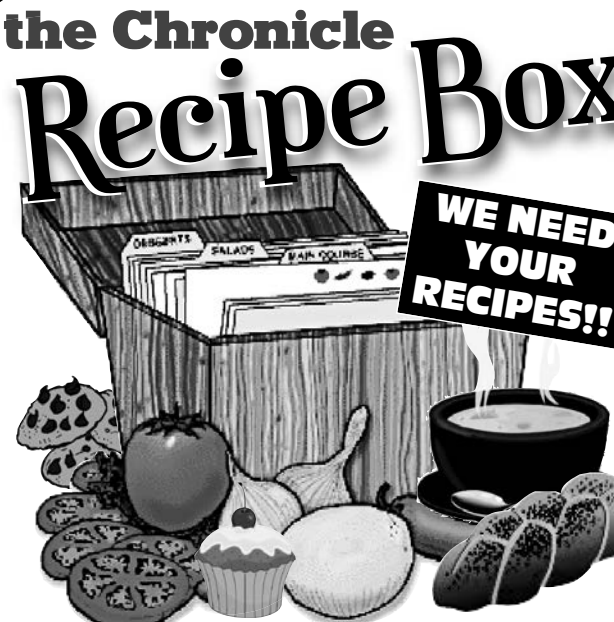
MOTHER'S DAY BREAKFAST BUFFET
 Sunday, May 8, 2016
 7:30–11 a.m.
 Newport, VT ELKS LODGE #2155
 3736 U.S. Route 5, Derby, VT
 Reservations appreciated. **OPEN TO THE PUBLIC!**
 Menu: Ham, bacon, sausage, eggs (fried or scrambled), muffins, doughnuts, French toast, home fries, juice (apple, orange, cranberry), coffee and tea.
FOR RESERVATIONS CALL:
 Manon Perault, at 334-6094, or Frances Dewing at 624-4124.
 Cost: \$9 for adults, \$4.50 for children 8 and under.
 Paid up members may bring one mother of choice.

B&W Snack Bar
 Barton-Orleans Road • Orleans, Vermont
OPEN FOR THE SEASON
Thurs., April 28 • 11 a.m.
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 Fri. & Sat., 11 a.m.-9 p.m.
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GET TO THE GAP and come see all the new changes at your favorite local bar!

Celebrate May 5th: CINCO DE MAYO with Willard Way!
 Always great dinner specials!
THE GAP PUB AND GRILL
 Restaurant now open! Kitchen hours: Thurs.-Sat. noon–8 p.m., Sun. noon–5 p.m.
 LAKE WILLOUGHBY WESTMORE, VERMONT **802-525-4187**

the Chronicle Recipe Box

WE NEED YOUR RECIPES!!
 Send your favorite recipes, typed or clearly written, to **the Chronicle Recipe Box**, P.O. Box 660, Barton, VT 05822 or e-mail to: ads@bartonchronicle.com. Be sure to include your name, address (and telephone number in case we have a question).

Baked Monterey Chicken with Roasted Vegetables
A wonderful baked chicken recipe with seasonal asparagus! Delicious served with fettuccine, rice, or mashed potatoes.

INGREDIENTS:

1 lb. fresh asparagus, trimmed & cut into 2" pieces	6 boneless, skinless chicken breast halves (6 oz. ea.)
2 lg. sweet red peppers, cut into strips	5 Tbsp. butter, divided
1 Tbsp. olive oil	1/4 cup all-purpose flour
1-1/2 tsps. salt, divided	1 cup chicken broth
3/4 tsp. coarsely ground pepper, divided	1 cup heavy whipping cream
	1/4 cup white wine or additional chicken broth
	1-1/2 cups (6 oz.) shredded Monterey Jack cheese, divided

DIRECTIONS:
 Preheat oven to 400°. Place asparagus & red peppers in a greased 13"x9" baking dish; toss with oil, 1/2 tsp. salt & 1/4 tsp. pepper. Roast 5–8 minutes or just until crisp-tender (roasting the veggies brings out their sweetness). Remove vegetables from dish. Season chicken with the remaining salt & pepper. In a large skillet, heat 1 Tbsp. butter; brown 3 chicken breasts on both sides. Transfer to the same baking dish. Repeat with an additional 1 Tbsp. butter & remaining chicken. Top chicken with roasted vegetables.
 In same skillet, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in broth, cream & wine. Bring to a boil, stirring constantly; cook & stir 2–3 minutes or until thickened. Stir in 1 cup cheese until melted. Pour over chicken.
 Bake, uncovered, 25–30 minutes or until a thermometer inserted in chicken reads 165°. Sprinkle with remaining cheese. Yield: 6 servings.

THE KINGDOM CALENDAR



STRICT DEADLINE FOR EVENTS: MONDAY AT NOON. We reserve the right to reject or edit events. We do not take events over the phone. E-mail events to ads@bartonchronicle.com

ONGOING EVENTS

****PLEASE SUBMIT CORRECTIONS OR DELETIONS IF YOUR LISTING NEEDS UPDATING TO ADS@BARTONCHRONICLE.COM**

ADULT IMMUNIZATION CLINIC IN NEWPORT

Third Tuesday of every month from 10 a.m. to 4 p.m., at Department of Health in Emory Hebard State Office Building at 100 Main Street, Suite 220, in Newport. Free. Walk in or call for an appointment at 334-4386.

ADULT LEARNING CENTER FREE SERVICES

Northeast Kingdom Learning Services Community Education Center on 1 Main Street in Newport offers GED preparation and GED testing, High School Completion Plans for teens (16 years and older) and adults, preparation for standardized tests such as the AccuPlacer for CCV or the ParaPro for public school teaching; basic computer skills instruction; academic skills assessment in reading, writing and math; and instructions in most academic disciplines. All adult education services are free of charge to the student. The tutorial program offers tutoring services at an hourly rate for grades K-12. The adult learning center is open Monday through Thursday from 8:30 a.m. to 5 p.m.; tutorial services K-12 are scheduled by appointment. For more information, call 334-2839.

ALCOHOLICS ANONYMOUS

AA meetings are held in Newport, St. Johnsbury, and most towns in the Northeast Kingdom. For detailed information call AA at 334-1213 or toll free at (877) 334-1213, or visit www.aavt.org and click on "District 3." Also visit www.aavt.org and click on "District 3" for a comprehensive schedule.

AL-ANON MEETING IN CRAFTSBURY COMMON

Thursdays at 6 p.m., at the United Church in Craftsbury Common. Discussion.

AL-ANON MEETING IN DERBY

Saturdays from 6 to 7 p.m., at Newport Church of God, Crawford Road in Derby. If your life is affected because someone you love has an addiction, Al-Anon can help. Offering understanding, support, and a community that understands how you feel.

AL-ANON MEETING IN NEWPORT

Tuesdays at 7 p.m. at St. Mark's Episcopal Church parish house on Second Street in Newport. Discussion meeting is open to anyone whose life is affected by someone's addictions. Newcomers welcome.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

For those dealing with family members or friends diagnosed with Alzheimer's or other related dementia. Informal gathering. All welcome.
NEWPORT – Caregivers support group meets every fourth Tuesday from 6:30 to 8 p.m. at North Country Hospital in Newport, 2nd floor waiting room (Room 221). For further information, call (800) 272-3900 or e-mail suzi_dix@sympatico.ca.

ST. JOHNSBURY – Caregivers support group meets last Monday of each month at the Northeastern Vermont Regional Hospital, room 244, in St. Johnsbury. For further information, call Pam at the NEK Council on Aging at 748-5182, or 1-800-642-5119.

AMERICAN LEGION BARTON POST #76 MEETINGS

First Wednesday of every month at 7 p.m., at the Legion Hall in the Barton Memorial Building.

AMERICAN LEGION AUXILIARY MEETINGS

Second Wednesday of every month at 4 p.m., at the Legion Hall in the Barton Memorial Building. For more information, call Patsy Tompkins at 525-6565.

AMERICAN LEGION NEWPORT POOL TOURNAMENT

The American Legion in Newport is holding an 8 Ball Pool Tournament on Mondays. 6 p.m. practice, 7 p.m. play. Double elimination, BCA rules. 8 players or less, pay two places; 9 players or more, pay three places. For more information, call 334-2374.

BARTON SENIOR CENTER

Located downstairs at the Barton Memorial Building. Square dancing each Tuesday from 1 to 3 p.m.; Breakfast Club meets each Tuesday and Thursday at 9 a.m.; Exercise Classes/Tai Chi 9 a.m.; and Growing Stronger class at 10 a.m. 525-4400, bartonseniorcenter@gmail.com

BONE BUILDERS BALANCING & STRENGTHENING CLASS

An RSVP Bone Builders Balancing and Strengthening Class meets weekly on Thursdays from 10:30 to 11:30 p.m. with the Troy and Area Lions Club weekly community mealsite following at noon. Located at the Westfield Community Center on North Hill Road. For more information, call 744-2484.

BRIDGE LEAGUES IN BARTON & NEWPORT

American Contract Bridge League, pair games, every Monday at 12:30 p.m. at the Barton Senior Center common room (located across from the Irving Gas Station), directed by Arthur Aiken, 525-4617. Also at Holbrook Bay Commons Club House in Newport every Thursday at 1 p.m., directed by Eric McCann, 988-4773. Both games are open, and a partner will be provided if you don't have one. \$3 fee per person. Rubber Bridge Game at the Gateway Center in Newport on the second Thursday of every month at 1 p.m. Must arrive as a complete table and at least one of the four must be a Community Bank customer. Bridge Learning Group meets at the Goodrich Memorial Library in Newport every Wednesday from 10 a.m. to noon. All welcome. No fee. For more information on Bridge games in the area, e-mail pat.hunt@kingcon.com.



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CCV JOB HUNT HELPER TO OFFER CAREER SERVICES

Community College of Vermont (CCV) Job Hunt Helper Holly Lillis is available at the Goodrich Memorial Library in Newport for six hours a week to offer career services to library patrons and job seekers. Find employment opportunities in the area, write a resumé and cover letter, apply for jobs online, assess skills and interests, use the Internet to explore career opportunities, and learn about education and training programs. Ms. Lillis will be available from 3 to 5 p.m. on Mondays and 10 a.m. to noon on Thursdays and Fridays. For more information, call 334-7902.

COMMUNITY MEAL IN NEWPORT

A free Community Meal will be held the third Thursday of every month at noon, at the United Church of Newport on Third Street. All welcome.

CORNUCOPIA COMMUNITY/SENIOR MEAL IN NEWPORT

Cornucopia Community/Senior Meal will be served every Friday from noon to 1 p.m. at Cornucopia, 125 Main Street, #3 (rear door entrance off parking lot between Coventry and Center Streets). Come at 11 a.m. for cards, board games, or just to socialize and make new friends. Community members of all ages are invited to enjoy a warm, well balanced meal prepared by Cornucopia Culinary Trainees. For more information, contact Cornucopia at 487-9380.

COUNTRY ACOUSTIC JAM IN BURKE

There will be a Country Acoustic Jam held every third Sunday of the month from 1 to 4 p.m. at the Burke Community Building. Everyone with special musical or singing talents are encouraged to participate. Come to listen or join in on the fun. \$3 donation at the door. Door prizes and 50/50 raffle. All proceeds benefit the Burke Senior Meal Site. Snacks and beverages available. For more information, call Therese Stone at 525-3412 or the Senior Meal Site at 467-3423 or the Town Office at 467-3717.

CPR & FIRST AID CLASSES OFFERED BY BARTON AMBULANCE SQUAD

Barton Ambulance Squad is still offering CPR and First Aid classes for the public. Classes are taught by certified instructors who make classes fun while giving you knowledge and skills you may need to save a life one day. Four instructors are available so a large class is possible, but not necessary. They also work one-on-one. For prices and more information call 525-3637.

CRAFTSBURY COMMUNITY SUPPERS

Members of the United Church of Craftsbury in Craftsbury Common will offer free evening suppers on the third Wednesday of each month at 6 p.m. Open to all. Donations appreciated but not required. For more information, call 586-8028.

CRIBBAGE IN WEST BURKE

Cribbage will be played every Friday from 1 to 3 p.m. in the community building next to the Town Office on School Street in West Burke. Contact the Senior Meal Site for more information, 467-3423.

DIABETES SUPPORT GROUP MEETING

The Diabetes Support Group will meet on the third Thursday of every month from 5:30 to 7 p.m. in the meeting room at North Country Hospital in Newport. For more information or to confirm your presence, call Barbara Grant at 334-4155.

DO DROP IN MEAL SITE IN NEWPORT CENTER

The Do Drop In Meal Site at the Newport Center Fire Department on Cross Road is open on Mondays from 9 a.m. to 3 p.m. Games played before lunch, lunch at noon, bingo played after. For more information or reservations, call 334-6443.

EXPERIMENTAL AIRCRAFT ASSOCIATION

The EAA meets every first Monday of the month at 7 p.m. at the Caledonia County Airport in Lyndonville. All are welcome to attend. All that you need is an interest in aviation. Each meeting begins with a short business session where we discuss the minutes and reports from our chapter's previous meeting, plus our past and future events. We then move on to something educational, such as aircraft maintenance, safety, members' projects, or speakers and documentary movies from EAA Headquarters in Oshkosh, Wisconsin.

FIRST STEPS WOMEN'S GROUP

Meets on Fridays at 9:30 a.m., at 55 Seymour Lane, in the Community Justice living room. A warm, safe place where women can find support for facing challenges and learn some new strategies for addressing life's complications and problems. All welcome. No qualifications or criteria.

GAME NIGHT & OPEN OUTDOOR R/C TRACK IN COVENTRY

Small Town Hobbies in Coventry (located behind Poginy's European Auto Works) holds a game night and open outdoor R/C track racing every Thursday night from 4:30 to 7 p.m. Game night is free. Open track is free but donations appreciated. Every Saturday there will be a race on the outdoor R/C track. Free for spectators. For more information, call 334-5302.

GRANDPARENTS 'N' KIN RAISING "GRAND" KIDS

Meets second Wednesday of the month from 5:30 to 7:30 p.m. at North Country Career Center, 209 Veterans Avenue, room 380, in Newport. For more information and to notify of your attendance, contact group leader Angela Blais at Head Start/Early Head Start by leaving a message at 525-3362, extension 201. Dinner provided. Childcare provided upon request.

"GROWING STRONGER" STRENGTH CLASSES FOR 40+

Sponsored by the NEK Council on Aging. Meets at the Church of God on Crawford Road in Derby on Mondays & Thursdays from 2 to 3 p.m. Call Jenny at 748-5182 for more info or visit www.nekcouncil.org.

"GROW YOUR OWN" GATHERINGS IN HARDWICK

Grow Your Own (GYO) gatherings will be held at the Center for an Agricultural Economy (CAE) in Hardwick from 11:30 a.m. to 1:30 p.m. on the first Saturday of each month and will include a shared meal. For more information and to reserve a spot, contact Ms. Dale-Brown at 472-5940 or e-mail ruby.dalebrown@gmail.com, or Bethany Dunbar at 472-5362, extension 214, or Bethany@hardwickagriculture.org.

HIV TESTING CLINIC IN NEWPORT

Held every third Tuesday from 10 a.m. to 4 p.m., at Department of Health in Emory Hebard State Office Building at 100 Main Street, Suite 220, in Newport. Free, anonymous, no needles, oral test, includes short talk session. Walk in or call for an appointment at 334-4386.

JAM SESSION IN LOWELL

A Jam Session will be held at the Parish Hall in Lowell every third Sunday of the month, from 1 to 4 p.m. Anyone with musical or singing talent is invited to attend. Admission by donation. For further information, call John and Sandy Vear at 635-2596.

JAY COMMUNITY RECREATIONAL CENTRE

Located on Cross Road in Jay. Open to all area residents and visitors for free cross-country skiing, snowshoeing, and hiking in the winter, and mountain biking, hiking, and walking in the summer. Link to site map at www.jayvt.com and topofvt.com under discover/map. Site maps available locally in Jay and at Jay Town Clerk's Office. User guidelines: Please leave no trace in this special place. Pack it in, pack it out. Leash your dog, bury dog waste away from trails. Respect other users. No motorized vehicles. No fires of any kind. As this is a big hunting area, it is advisable to wear orange. Enjoy at your own risk!

JAY/WESTFIELD RSVP BONE BUILDER CLASSES

RSVP Bone Builders Balance & Strengthening classes are being offered twice a week through RSVP volunteers: at Jay Community Center on Tuesdays from 10:30 to 11:30 a.m., and at Westfield Community Center on Thursdays from 10:30 to 11:30 a.m. These are free exercise classes to prevent or reverse osteoporosis. Weights provided. For more information, contact Teresa at (617) 413-3898 or teresa.patch@rojacs.com.

LINE DANCING IN WEST BURKE

Line dancing is held in West Burke at the meal site on the first and third Wednesdays of each month from 1 to 3 p.m. Everyone welcome. \$3 donation. For more information, call Therese Stone at 525-3412.

LINE DANCING IN WESTFIELD

Line dancing will be held at the Westfield Community Center on Wednesdays from 6 to 7 p.m. No partner needed and no level of experience required. \$5 per person. For information, call Pat Sanders at 988-4193 or [Connie LaPlume](mailto:ConnieLaPlume) at 744-2484.

WE NEED YOUR SUMMER EVENTS

for our annual Summer Events in the Kingdom Supplement coming out on May 25th.

Does your organization* have an event or events coming up this summer? Let our readers and tourists know!

Please e-mail events to ads@bartonchronicle.com by May 9th with the subject "summer events," fax to (802) 525-3200, or mail to:
the Chronicle
P.O. Box 660
Barton, VT 05822
"ATTN: SUMMER EVENTS"

*Events must be one of the following:
A nonprofit organization, a free event, or a benefit. Events from Memorial Day to Labor Day will be published in this supplement. We reserve the right to edit or reject any events. No phone events accepted.

"Beyond the Red Gate"
Main Street
Newport, VT

Open 7 days
a week at 11 a.m.
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JASPER'S TAVERN

Fri., April 29: HORNBEAM	Sat., April 30: NIX MIX
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THE KINGDOM CALENDAR



STRICT DEADLINE FOR EVENTS: MONDAY AT NOON. We reserve the right to reject or edit events. We do not take events over the phone. E-mail events to ads@bartonchronicle.com

NARCOTICS ANONYMOUS MEETING IN NEWPORT
Narcotics Anonymous meetings are on Tuesdays and Thursdays at 7 p.m. On Tuesday the location is North Country Hospital located at 189 Prouty Drive in Newport in the surgery waiting room on the main floor of the hospital. On Thursday the location is The Church of God at 295 Crawford Road in Derby. Enter through the main front doors of the church. For more information, call 895-4757.

NEK CAMERA CLUB
The NEK Camera Club meets on the first Tuesday of each month at the Cobleigh Public Library on Main Street in Lyndonville from 6 to 8 p.m. This is an amateur photography club. For more information, call Casey at 754-2616.

NEK MULTIPLE SCLEROSIS SUPPORT GROUP
The NEK Multiple Sclerosis Support Group will meet the first Wednesday of the month from 9:30 a.m. to noon, at North Country Hospital in the meeting room next to the library. For more information, call Stella at 766-0103.

NEWPORT AREA COMMUNITY ORCHESTRA REHEARSALS IN DERBY LINE
Newport Area Community Orchestra will hold regular rehearsals on Tuesdays at 6:30 p.m., at the First Universalist Parish in Derby Line. If interested, visit www.newportareacommunityorchestra.org/ or call 766-3021.

NORTH COUNTRY QUILTERS
Regular monthly meetings are held the first Tuesday of every month at 6:30 p.m., at the Church of God on Crawford Road in Derby. New members are welcome.

NORTHEAST KINGDOM COMMUNITY ACTION ASSISTANCE
Available to help with forms, photocopies, faxes, phone assistance, fuel/electrical assistance, food shelf and commodities, Farm to Family coupons, holiday meals, seed packets, housing, temporary shelter, housing advocacy, and 3Squares applications.

Newport: 70 Main St., Newport, VT 05855. 334-7316. Hours: Monday through Friday, 8 a.m. to 4:30 p.m.
Island Pond: 70 Cross St., Island Pond, VT 05846. 723-6425. Hours: Tuesday 10 a.m. to noon.
St. Johnsbury: 115 Lincoln St., St. Johnsbury, VT 05819. 748-6040. Hours: Monday through Friday 8 a.m. to 4:30 p.m.

NORTHEAST KINGDOM COMMUNITY SINGERS
The Northeast Kingdom Community Singers, the choir based out of the First Universalist Parish of Derby Line, practices every Monday evening in the parish hall at 6:30 p.m. The choir often visits nursing homes with special concerts. To join or for more information, call David Harrison at 448-0612 or e-mail nekscvt@outlook.com.

ORLEANS COUNTY SEED LIBRARY
The Orleans County Seed Library, housed at the Barton Public Library, is a free, public program committed to supporting residents of the Northeast Kingdom to grow more of their own food, to encourage locally adapted seed varieties and the preservation of heirloom varieties, and to foster a community of sharing. A variety of open-pollinated and heirloom seeds for participants to "borrow," grow, and, when possible, return saved seeds to the library. Seeds are available now. For more information, e-mail nekseeds@gmail.com or visit their Facebook page.

OSTEOPOROSIS EDUCATION & SUPPORT GROUP
The National Osteoporosis Foundation Better Bones of the Northeast Kingdom group meets on the first Saturday of most months, at 1 p.m., in the Community Room at the Community National Bank in Derby (accessed from Crawford Road). Free and open to the public. All welcome. Refreshments. Learn from a variety of guest speakers and medical specialists. To register or for more information, contact Mary King, RN, BSN, at 535-2011 or Mary@BetterBonesNEK.org, or visit www.BetterBonesNEK.org.

OVEREATERS ANONYMOUS MEETING
Overeaters Anonymous (OA) offers a 12-step program of recovery for the physical, emotional, and spiritual aspects of compulsive eating. Derby meeting Saturdays from 10 to 11 a.m., at Derby Community National Bank training center on Crawford Road (behind the bank). Big Book study meeting follows from 11:15 a.m. to noon. For more information, call 673-5621.

PEACHAM CORNER GUILD
The Peacham Corner Guild opens for the season on Sunday, May 1, and will be open daily 10 a.m. to 5 p.m., closed Tuesdays. The guild features small antiques, fine handcrafted gifts and specialty foods. Located at 643 Bayley Hazen Road in Peacham. 802-592-3332

PLAY WORLD IN BARTON
Play World, sponsored by Building Bright Futures and NEKCA Barton Early Head Start Playgroup, will be held Fridays from 9:30 to 11:30 a.m. at the COFEC building in Barton. For more information, call 525-6253.

SENIOR DINING AT DERBY ELKS CLUB
Derby Senior Meals are held at noon every second Thursday at the Elks Lodge #2155 on the Newport-Derby Road in Derby. By donation. For more information, call the Northeast Kingdom Council on Aging's nutrition coordinators Jenny Patoine or Lallie Mambourg at 748-5182.

SENIOR DINING IN GLOVER
Lunch is served at noon on Mondays and Tuesdays on the lower level of the Glover Town Hall, 3018 Glover Street. Suggested donation by seniors is \$3.50; for those younger than 60, \$5. For more information, call the NEK Council on Aging's Nutrition Coordinator Lallie Mambourg at 1-800-642-5119.

SOUPER LUNCH AT ST. MARK'S IN NEWPORT
St. Mark's Episcopal Church on Second Street in Newport holds a free community Souper Lunch from noon to 1 p.m. on the last Tuesday of every month. All are welcome.

STAMP CLUB IN NEWPORT
The Memphremagog Stamp Club meets on the second and fourth Thursdays of every month from 7 to 9 p.m. at CALLICO, 326 Bluff Road, Newport. All stamp collecting interests are welcome. For more information, call 334-6001.

SURVIVORS OF SUICIDE SUPPORT GROUP
Third Thursday from 7 to 9 p.m. at Faith Lighthouse Church on Route 105 in Newport (105 Alderbrook). A support group for those who have lost someone to suicide and wish to have a safe place to talk, share, and spend a little time with others who have had a similar experience.

TAI CHI CLASS
A Tai Chi Class (Bagua meditation) will be offered on Mondays, Wednesdays, and Fridays from 6 to 7 p.m. Call Marc Bourdelle at 525-1234 for locations and more information.

TAI CHI IN BARTON
Leader Brenda Lowther is teaching Tai Chi for Arthritis and Falls Prevention at the Barton Senior Center on Tuesdays and Thursdays at 9 a.m. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for every fitness level. For more information, call 525-4400.

TAI CHI IN GLOVER
Tai Chi with instructor George Mckenzie is held Thursdays starting at 6:30 p.m. at the Glover Town Hall. Sponsored by GREC. For more information, visit www.grecreation.org.

TOPS MEETING AT BARTON LIBRARY
TOPS VT #82 Barton meets every Monday at Barton Public Library. A fun, informative way to learn how to take off pounds sensibly. Weigh-ins, 5 to 5:45 p.m.; meetings, 5:45 to 6:30 p.m. For further information, call 525-3685.

TOPS MEETING AT ISLAND POND PUBLIC LIBRARY
TOPS VT #135 Island Pond meets every Monday at Island Pond Public Library. Weigh-ins from 4:30 to 4:45 p.m.; meeting from 4:45 to 5:30 p.m. For further information, call Bev at 723-5907 or e-mail tombulsa@hotmail.com.

VAN SERVICE FROM WESTMORE TO BARTON
Every first and third Tuesday of each month there will be van service from Westmore to Barton. 10:30 a.m. pickup at the old Town Clerk's office; 1:30 p.m. return trip to Westmore. Free to residents age 60 or older. For more information, call Mary at 525-4128 or the Area Agency on Aging at 334-2190.

VAN SERVICE TO SENIOR MEALS IN BARTON
Every Thursday there is van service to senior meals in Barton. The pickup schedule is as follows: 11:25 a.m., Mountain View Apartments; 11:30 a.m., Congress Court; 11:35 a.m., Monitor Manor; 11:40 a.m., Hillcrest; 11:45 a.m., Memorial Building; 11:50 a.m., Park Street trailer park. For more information, call Brenda Sargent at 525-4400.

WESTFIELD COMMUNITY MEAL SITE
Every Thursday at noon at the Westfield Community Center (North Hill Road/School St.). Suggested donation \$4 with the 2nd Thursday of the month free. Free RSVP Bone Builders Balancing and Strengthening Class meets weekly before the meal from 10:30 to 11:30 a.m. Following lunch, join the fun and play Bingo! Sponsored by the Troy and Area Lions Club. For more information, call 744-2484.

LIBRARY ACTIVITIES

****PLEASE SUBMIT CORRECTIONS OR DELETIONS IF YOUR LISTING NEEDS UPDATING TO ADS@BARTONCHRONICLE.COM**


ALBANY TOWN LIBRARY
Located on Route 14 in the back of Albany Town Hall on Main Street. Hours: Tuesday, noon-4:30 p.m. and 6-8 p.m.; Thursday, noon-4:30 p.m. For more information, call 755-6107.

BARTON PUBLIC LIBRARY
100 Church Street, Barton. Open Mondays from 1-7 p.m., Wednesdays from 9 a.m. to noon and 1-7 p.m., Fridays from 1-7 p.m., and Saturdays from 10 a.m. to noon. (April 1-December 1). "Wednesday Poets" - a weekly writing workshop for beginner and veteran writers, meets during the summer months from 6:30-8:30 p.m. Refreshments served. Friday Afternoon Classic Movies, Friday Night Movies, and Friday Evening Potlucks from January through early May. Scrabble players meet on the first and third Wednesdays at 3:30 p.m. Afterschool Story Hour on Wednesdays at 4 p.m. throughout the school year. Summer Story Hour on Wednesdays at 11 a.m. with The Lunchbox serving lunch.

COBLEIGH PUBLIC LIBRARY
70 Depot Street, Lyndonville. Hours: Monday, noon-5 p.m.; Tuesday and Thursday, noon-7 p.m.; Wednesday and Friday, 10 a.m.-5 p.m.; Saturday, 9 a.m.-1 p.m. For further information and programs, call the library at 626-5475. www.cobleighlibrary.org

CRAFTSBURY PUBLIC LIBRARY
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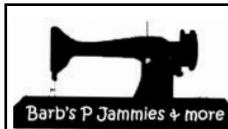
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Ruminations

Make whole grain bread that's not a brick

by Jef Barker

A few years ago, I decided to teach myself how to make whole grain bread instead of buying it prepackaged from the store.

My first thought was that it'd be a breeze because I used to make bread in a bread machine. How hard could it be?

I had no idea what I was in for.

My bread baking experience is reminiscent of my first coffee brewing experience.

When I went to college — I was 24 at the time — I figured it'd be cool to become a coffee drinker.

I didn't go to school in Seattle, I'd never heard of Green Mountain Coffee, but it was 1994, and it seemed like drinking coffee was the thing to do — *Friends* saw its series premier that year, after all.

I went to the closest discount store, bought a \$20 coffee maker, and picked out some coffee. I could have bought Folgers. I could have bought Maxwell House. But I recognized the name Nescafé, and I thought, "hey, that sounds familiar. I'll get that one."

I was excited to try out my new coffee maker, with my fancy sounding coffee, so as soon as I got home, I put a filter in the basket, measured out some coffee grounds and thought, "why does it say how much coffee to mix with boiling water — Doesn't the coffee maker boil the water?"

It seemed a strange way to phrase it, but, then again, I had never used a drip coffee maker before, so what did I know?

I put a couple cups of water in the coffee maker and added a couple tablespoons of Nescafé.

The coffee was horrible, but even more interesting was that the coffee filter was stained, but empty, when the machine got done brewing.

I'd probably made hundreds of gallons of coffee in ancient looking percolators in my younger days in the Marine Corps while on mess duty in the field and while on Navy ships.

I was pretty darned sure the coffee grounds shouldn't just disintegrate.

I made a couple more pots, getting more and more confused, and finally gave up and called my Mom.

Unfortunately I don't recall her actual response, but it makes me smile imagining how she must have reacted to her 24-year-old son putting instant coffee in a drip coffee maker.

When I started to make whole grain bread from scratch, I remember wishing many times that I could call my mom for help — even if it would have resulted in her kindhearted laughter at my ignorance.

But, unfortunately, she's never made a loaf of bread in her life. Neither, as it turned out, had anyone else I knew — ever made actual whole grain bread, that is.

I was as ignorant about what whole wheat was as I had been several years earlier about instant coffee.

I had a plan, though — I bought a grain mill, found a supplier of organically grown wheat, spelt, oats, and rye, and started milling my own whole grains.

Initial attempts at making whole multi-grain bread resulted in loaf after loaf of nutrient dense bread bricks.

The videos and websites on the Internet were letting me down. As it turns out, it's a lot more of an art than a science to making actual whole grain bread — an art that is practiced by few.

There are several reasons why actual whole grain bread has a tendency to turn into a brick. The two main reasons, in this writer's opinion, are that the bran inhibits gluten formation because of its physical characteristics, and it's very tricky to get the flour-to-water ratio correct.

To make matters even worse, oats don't have the proteins that form gluten and both spelt and rye have very little compared to wheat.

Gluten forms the structure of the bread and allows it to hold together when expanding.

A baker must experiment to determine how much water a grain absorbs, how quickly it absorbs it, and the amount of gluten it will form.

When I switched from Butterworks Farm's spring wheat berries to their winter wheat



Some tasty whole grain bread in two shapes: a boule (left) and baton.

Photo by Jef Barker

berries, it took me two weeks — about 12 loaves of bread — to get the timing and hydration correct.

The bread still tasted great during this process, but the loaves were too dense — whole grain bread is just finicky.

Baker's percentage and measuring ingredients by weight is the most accurate and repeatable way to put together a bread recipe.

One pound is 450 grams. This is my standard loaf size. All measurements are based on the total amount of grain, so 66 percent hydration is 450 multiplied by 0.66, or 297 grams of water.

Ask your family for a digital scale and a grain mill for your birthday and pay them back with fresh, hot bread.

The following is my go-to recipe I've used for a couple years. The mix of grains is intended to yield both a more complex taste and fuller nutritional profile.

To make a smaller or larger loaf, e.g., doubling to make two loaves, simply multiply the total amount of flour you want to use by these percentages to get the new recipe:

		grams	measure
Whole wheat	78%	350	3 cup
Spelt	11%	50	7 tbsp
Rye	5.5%	25	4 tbsp
Oats	5.5%	25	4.5 tbsp
Salt	2%	9	1.5 tsp
Active dry yeast	1.6%	7	2.5 tsp
Water	66%	297	1.25 cup
Raw honey	5%	23	1 tbsp

Note: No, the percentages don't add up to 100. In baker's percentage, only the grain percentages add up to 100.

Also note that for the best possible outcome, stick to weighing the ingredients. The above chart includes approximate dry measures for convenience. An experienced baker, who has a good feel for dough, may be able to use dry measures and still make good bread.

I have a grain mill attachment for my stand mixer, which is the cheapest way I found to mill grains at home.

If you don't have a mill, buy whole wheat flour from a local farmer and ask if any of the germ and bran have been removed — if yes, decrease the amount of water to 60 to 62 percent.

Basic directions

Mix dry ingredients, add room-temperature water and honey, mix with a dough whisk.

Let the dough rest for five minutes.

Mix in a stand mixer on low. After the dough starts to come together into a ball, mix for three to four minutes more — about ten minutes total.

Put dough in a glass bowl coated with coconut oil, and cover with a damp towel until almost double in size — less than an hour at 70 degrees. It will not rise as much as white or white-wheat bread dough.

Preheat the oven with your bread baker in it for 30 minutes at 405 degrees.

If using a cast iron bread pan, or any bread pan without a lid, there's no need to preheat it.

Once risen, turn out dough onto a well-floured surface. I use store bought whole wheat flour for this part because it's "softer."

Press down and fold four times: left to right, bottom to top, etc., pressing down to about a half-inch thick each time.

Form into a boule or baton, depending on what shape baker you have, or form and place in a bread pan for a second rise.

Let rest for ten minutes then put in the oven and cover.

Reduce oven temperature to 385 and cook for 30 minutes. Then uncover and cook for five more minutes. If using a cast iron bread pan, cook for 33 minutes.

The bread will develop a better consistency if you let it cool for at least 30 minutes before cutting it, but we normally can't wait — the smell is just too amazing.

Details — in order of importance

Use a kitchen scale. Dry measures just aren't accurate enough.

If the dough in the mixer pulls together in a ball in less than five minutes it's probably too dry, or the initial rest period was too long — adjust next time you make the recipe.

Do not over mix. If the dough ball starts to pull apart when mixing, stop mixing immediately, as you're shredding the gluten and going to make a brick.

My winter wheat needs less water and a shorter rest (this recipe), while my spring wheat needs more water, 69 percent, and a longer rest, 30 to 60 minutes. It depends on how quickly and how much water the specific flour absorbs.

After rising then shaping, let the dough rest for up to 20 minutes on the well-floured surface.

Right before putting the dough in the oven, make a few cuts on top of the loaf with a razor (called a lame, pronounced "lahm") to direct expansion.

The bread will have a much better consistency in a covered baker, like a clay bread baker or cast iron dutch oven (by far our favorite).

sudoku solution

1	5	8	2	7	6	3	4	9
3	7	6	5	9	4	2	1	8
2	9	4	8	1	3	6	7	5
9	6	7	1	8	2	5	3	4
8	2	5	3	4	7	9	6	1
4	1	3	6	5	9	7	8	2
6	8	9	4	3	5	1	2	7
7	4	2	9	6	1	8	5	3
5	3	1	7	2	8	4	9	6