



## CASTLETON COMMUNITY CENTER NEWSLETTER

2108 Main Street | Castleton, VT 05735 | (802) 468-3093 | TRS #711 | [executivedirectorccsi@outlook.com](mailto:executivedirectorccsi@outlook.com) March 2026

### Best Wishes to our Program Director Laura Valcour!

On behalf of Castleton Community Seniors, Inc., we would like to thank Laura Valcour for her hard work and dedication. Her contributions have truly made a difference in the lives of the individuals who participate in activities at the center.

We wish her all the best in her next adventure. May it bring continued success and happiness.

Thank you and best wishes,  
Castleton Community Seniors Staff  
and  
Board of Directors



Come relax, enjoy a cup of coffee, and connect with fellow community members. Meet our Executive Director, Maryesa White, in a friendly and casual setting.

This is a great opportunity to:

- Share your ideas for future activities and events
- Ask questions and learn more about our center.
- Build connections with neighbors and friends.

We look forward to seeing you there!  
When: March 20<sup>th</sup> at 9am



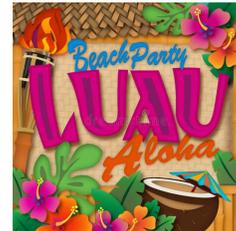
### Luau Beach Party Potluck Dinner

We have decided to postpone the Luau Beach Party Potluck Dinner until the weather warms up and the snow has melted.

With the significant snowfall we've received this year, parking is currently very limited. We want to ensure everyone can attend safely and comfortably.

Please be on the lookout for a new date coming in Spring 2026.

Thank you for your understanding, and we look forward to celebrating together soon!

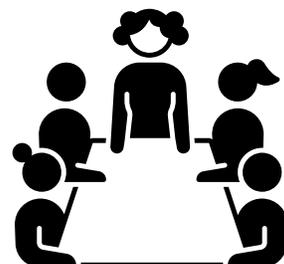


### Make an Impact – Join Our Program Committee

We're looking for enthusiastic individuals to join our Program Committee! Help shape our events, bring fresh ideas to life, and play a key role in making our special events a success.

Call the center for more information

802-468-3093



# Programs



## Castleton Community Seniors Features

### HearsCrow and Ruth Liberman Storytelling for Seniors

\*\*\* Further Adventures In Storytelling \*\*\*

This free workshop is suitable for anyone interested in Storytelling

1. The Prologue: March 3rd from 1 to 3pm  
Where do I begin... A review of storytelling technique.
2. The Set Up: March 10th from 1 to 3pm  
I can't do that with the audience!
3. The Crisis: March 17th from 1 to 3pm  
Stop Talking? Really?
4. The Action: March 24th from 1 to 3pm  
More movement...
5. The Resolution: March 31th from 1 to 3pm  
Happy ever after - or not!

Call 802-468-3093 to register.

#### About our Presenters

Hears Crow is a Storyteller of Longhouse Tales, traditional Native American legends, and International Transformational Stories. She is also an educator, published poet, and workshop leader and has twice been awarded publishing contracts for her poetry book "She is Beautiful". She has been the Vermont State Liaison to the National Storytelling Network, a Youth Storyteller Mentor through the (ASST), and a member of the faculty at the Transformation Storytelling School.

Ruth Liberman is a Professor Emerita at SUNY Adirondack. She was the Director of the Theater Program for 36 years. A graduate of Brandeis University, BA and The University of Washington, MA with acting, directing, training teachers to use drama and interdisciplinary arts courses. She continues to share her skills with seniors in arts. A recipient of two SUNY Chancellor's Awards.

**KINDLY REGISTER FOR ALL  
PROGRAMS AND CLASSES.  
SPACE IS LIMITED.  
PLEASE CALL (802) 468-3093.**

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### Lunch -n-Learn

Mark your calendar for our "Lunch & Learn Monday". Lunch is served at 12:00. The program starts at 12:45pm. When registering, please advise if you plan to join us for Lunch, the Program, or both! Lunch must be reserved by Friday March 13<sup>th</sup>, 2026 no later than 9:30am.

Suggested lunch donation: \$5.00

Guest fee: \$6.00—under 60 years old



Program Information:

Monday, 3/16 - 12:45pm

Presenter: Chris Paquet

Senior Medicare Patrol

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### LUNCH & LEARN

**March 30<sup>th</sup> at 12:45pm - 1:45pm**

Mark your calendar for our "Lunch & Learn Monday" programs. Lunch served at 12:00. The program starts at 12:45pm. When registering, please advise if you plan to join us for Lunch, the Program, or both! Lunch must be reserved by 9:30am on **Friday** prior to program.

**"Estate, Family, and Protection"**

Presented by Dominic Stillwell,  
Greenhill Financial Partners



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### Matter of Balance

Thursdays, March 12, 2026 - April 30, 2026

Time: 10am-12pm

Location:

Castleton Community Center Dining Room  
Instructor: Sandy Spear & Donna Montag  
Fall prevention program designed to increase activity levels by incorporating strength and balance exercise. This is a 8-week evidence based program, led by a certified instructor, and shown to reduce the fear of falling. The first session is designed for registration and information.

**Space is limited.**

**Important: Participants must attend the first session to continue the class.**





# March Birthdays



|      |                 |
|------|-----------------|
| 3/2  | Bonnie Hayes    |
| 2/3  | Colleen Kennedy |
| 3/3  | Ellen Vrana     |
| 3/5  | Charles Brown   |
| 3/5  | Ann Larkin      |
| 3/5  | Deb Larson      |
| 3/6  | Nancy Baird     |
| 3/8  | Carla Hornbeck  |
| 3/12 | Marsha Fonteyn  |
| 3/12 | Cal Sheldrick   |
| 3/13 | Mary Maloy      |
| 3/13 | Laurie Webster  |
| 3/14 | Paul Alex       |
| 3/14 | Robert Close    |
| 3/14 | Carol Lyle      |
| 3/17 | Sandy Mayo      |
| 3/18 | Mary Brown      |
| 3/18 | Sandra Spear    |
| 3/19 | Ginny Parker    |

|      |                   |
|------|-------------------|
| 3/20 | Sandra Wall       |
| 3/22 | Ruby Bisson       |
| 3/23 | Kathleen Farwell  |
| 3/24 | Jean Close        |
| 3/24 | Rosemary Rinder   |
| 3/24 | Lindsey Hartshorn |
| 3/25 | Lois Day          |
| 3/26 | Maureen Belden    |
| 3/26 | Debbie Bethel     |
| 3/26 | Robin Jones       |
| 3/27 | Davene Brown      |
| 3/30 | Joe Monaco        |
| 3/30 | Beth Savage       |
| 3/30 | Joe Szabo         |
| 3/31 | Debra Lynch       |

**Birthday Lunch is on Wed. March 11th.  
Menu is Chicken parmesan Linguine w/ sauce, Brussel sprouts, Wheat roll, and Birthday Cake!  
Gifts for birthday guy/gal and chance to win 50/50 raffle! Call to make your reservation  
Join us for the celebration!**

## Center Activities

**Registration REQUIRED for all activities. Newsletters available at the center or on our website at [www.castletoncsi.org](http://www.castletoncsi.org).**

**TAKE NOTE – (Fun & Friendly Singing Group)** Wednesdays, 11am-12pm. Led by Mekenok. Enjoy music, connecting with others, and share the joy of singing? No auditions, no-pressure environment. We sing a mix of popular tunes and favorites requested by our group.

**GUITAR GROUP - Beginner Guitar:** Mondays, 10:00am /After Class: 11:00am Class focuses on making learning easy and enjoyable with guitar basics, familiar songs, friendship, and fun! Bring your acoustic guitar (if you have one!)

**MAHJONG (American) - Tuesdays (beginner) and Thursdays (play) from 1:00pm-3:00pm** in the Center Library. Tile-based game developed in China-popular worldwide!

**UKULELE BAND - Every first and third Thursday, 6:00pm-7:30pm** in the Wellness Center. Beginners are welcome! We have ukuleles to loan. If you already play, come and strum along. For information contact Debby Franzoni ([deb.franzoni@gmail.com](mailto:deb.franzoni@gmail.com)) or Mike Blust ([mhblust@gmail.com](mailto:mhblust@gmail.com))

**KNITTERS NETWORK - Mondays** at the Castleton Meadows Community Room & **Thursdays** at the Castleton Community Center Library at 9:30am. All Ages welcome!

**SEWING CIRCLE - Tuesdays, 10:00am-12:00pm.** Variety of projects including quilting, needle point, or rug hooking, The group includes many experienced crafters who can lend support and inspiration!

**CREATIVE WRITING WORKSHOP - Tuesdays, 3pm-4:30pm** Led by Professor Emerita Joyce Thom- as, Meet in the Dining Room. Great opportunity to share and polish your writing, whether fiction, poetry, memoir, or more.

**GREAT COURSE (In Person and Via Zoom) -** The course is offered both in person at the Community Center and via Zoom on Wednesdays from 1:30 to 3:00. Programs begin with a 30minute video, followed by a lively discussion among participants and facilitated by Joe Mark. To receive the Zoom link, be sure to register by calling or emailing the Center (802-468-3093 or [executivedirectorccsi@outlook.com](mailto:executivedirectorccsi@outlook.com)).

# LET'S GET MOVING!

## TAI CHI

### Tai Chi Practice

**Tuesdays 10:30-11:00**

This practice will include Fall Prevention Tai Chi (Sun style short form) and Tai Chi for Diabetes. We will work on principles and refining movements.

### Tai Chi Yang 24 Instruction

**Tuesdays 11:00-12:00**

An instructional class in the Yang 24 form. Starting from the first movements and gradually moving through all 24 movements.

### Tai Chi for Fall Prevention Instruction

**Thursdays 11:30-12:30 (Beginners)**

We will be learning Fall Prevention Tai Chi, a short form using Sun style movements. Health benefits include improved balance, increased mobility, better breathing and various healing and relaxation properties.

### Tai Chi/Qigong

**Thursdays 10:15-11:30**

We will be practicing the 3 forms of the Nam Hoa System; Dragon, Longevity Tree, and Tiger forms. In The dragon is considered a representation of yang energy, represents expansive and dynamic fluidity, and corresponds to the lungs. Longevity Tree form is about balancing and harmonizing the three energies. The Tiger form is yin energy represented by the image of a white tiger and is an excellent means to ground and center ourselves.

## COMPUTER HELP IS HERE

Rich Byrne has taught computer technology classes for seniors and is offering his services. He is available to answer your questions or to help you gain more confidence in operating your digital devices. Call to make an



## COFFEE HOUR

Fridays from 9:00am-11:00am. Join us for homemade goodies, hot brew and good company. Please come and enjoy –All are welcome!



## Eat Smart, Move More, and Weigh Less

Call or email the Center to receive the FREE link.  
Space is limited for coupon links!

## Bone Builders

**Option 1:** Tuesdays & Thursdays 9:00-10:00 at the Center.

This Osteoporosis Prevention Exercise Program provides strength training and balance exercises that can help prevent, reverse or alleviate osteoporosis symptoms. Call

468-3093 to pre-register. Class size is limited.

**Option 2:** On PEGTV Channel 1075 "On Demand" Tuesday 8:30am and Saturday 10:00am

**Option 3:** You can do a virtual Bone Builders class with Pat Facey of RSVP via You Tube video. Go to [www.volunteersinvt.org](http://www.volunteersinvt.org) and scroll down to find the Bone Builder's online class.



## LINE DANCE

**Tuesdays 12:30pm-1:30pm**

All levels welcome. Led by Diane Baker.



## BETTER BALANCE

**Mon., Wed & Fri 10:30-11:30**

This program, designed to help prevent falls, is for men and women of any ability level.



## YOGA - Wednesdays, 8:30am

Call Christine Brown to register. All levels welcome. Call (802) 273-2078. Fee:\$5.00 per class.

## ESSETRICS Strength and Stretch

**Wednesdays 9:30am** Fee:\$12 per class or \$60 for 5 week session

Space is limited. Call/Email to register.

Phone: (802) 287-6627 Email:

[dianes.essentrics@gmail.com](mailto:dianes.essentrics@gmail.com)



# March 2026



| Sunday        | Monday                                                                                                                                                               | Tuesday                                                                                                                                                                                                                                                 | Wednesday                                                                                                                             | Thursday                                                                                                                                                              | Friday                                                                                                               | Saturday |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------|
| 1<br>7:30 AA  | 2<br>10:00 Guitar (Beginner)<br>11:00 Guitar "After Class"<br>10:30 Better Balance<br>12:00 CCC Lunch                                                                | 3<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>11:00 Tai Chi Yang 24<br>12:30 Line Dance<br>1:00 Mahjong (beg)<br>1:00 Storytelling<br>3:00 Creative Writing                                                               | 4<br>8:30 Yoga<br>9:30 Essentrics<br>11:00 Take Note (Singing Group)<br>10:30 Better Balance<br>12:00 CCC Lunch<br>1:30 Great Course  | 5<br>9:00 Bone Builders<br>9:30 Knitters<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls Prevention<br>1:00 Mahjong (play)<br>6:00 Ukulele                             | 6<br>9:00 Coffee Hour<br>Games and/or<br>Rock Snake Painting<br>10:30 Better Balance                                 | 7        |
| 8<br>7:30 AA  | 9<br>10:00 Guitar (Beginner)<br>11:00 Guitar "After Class"<br>10:30 Better Balance<br>12:00 CCC Lunch                                                                | 10<br>9:00 Bone Builders<br>9:00 CCC Board Meeting<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>11:00 Tai Chi Yang 24<br>11:00 Program Committee Meeting<br>12:30 Line Dance<br>1:00 Mahjong (beg)<br>1:00 Storytelling<br>3:00 Creative Writing | 11<br>8:30 Yoga<br>9:30 Essentrics<br>11:00 Take Note (Singing Group)<br>10:30 Better Balance<br>12:00 CCC Lunch<br>1:30 Great Course | 12<br>9:00 Bone Builders<br>9:30 Knitters<br>10:00 Matter of Balance<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls Prevention<br>1:00 Mahjong (play)                 | 13<br>9:00 Coffee Hour<br>Games and/or<br>Rock Snake Painting<br>10:30 Better Balance                                | 14       |
| 15<br>7:30 AA | 16<br>10:00 Guitar (Beginner)<br>11:00 Guitar "After Class"<br>10:30 Better Balance<br>12:00 CCC Lunch<br>12:45 Lunch-n-Learn "Senior Medicare Patrol"               | 17<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>11:00 Tai Chi Yang 24<br>12:30 Line Dance<br>1:00 Mahjong (beg)<br>1:00 Storytelling<br>3:00 Creative Writing<br>Happy St. Patrick's Day!                                  | 18<br>8:30 Yoga<br>9:30 Essentrics<br>11:00 Take Note (Singing Group)<br>10:30 Better Balance<br>12:00 CCC Lunch<br>1:30 Great Course | 19<br>9:00 Bone Builders<br>9:30 Knitters<br>10:00 Matter of Balance<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls Prevention<br>1:00 Mahjong (play)<br>6:00 Ukulele | 20<br>9:00 Coffee Hour & Meet the Executive Director Maryesa (Ask Questions & Provide Ideas)<br>10:30 Better Balance | 21       |
| 22<br>7:30 AA | 23<br>10:00 Guitar (Beginner)<br>11:00 Guitar "After Class"<br>10:30 Better Balance<br>12:00 CCC Lunch                                                               | 24<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>11:00 Tai Chi Yang 24<br>12:30 Line Dance<br>1:00 Mahjong (beg)<br>1:00 Storytelling<br>3:00 Creative Writing                                                              | 25<br>8:30 Yoga<br>9:30 Essentrics<br>11:00 Take Note (Singing Group)<br>10:30 Better Balance<br>12:00 CCC Lunch<br>1:30 Great Course | 26<br>9:00 Bone Builders<br>9:30 Knitters<br>10:00 Matter of Balance<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls Prevention<br>1:00 Mahjong (play)                 | 27<br>9:00 Coffee Hour<br>Games and/or<br>Rock Snake Painting<br>10:30 Better Balance                                | 28       |
| 29<br>7:30 AA | 30<br>10:00 Guitar (Beginner)<br>11:00 Guitar "After Class"<br>10:30 Better Balance<br>12:00 CCC Lunch<br>12:45 Lunch-n-Learn: "Estate Planning & Family Protection" | 31<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>11:00 Tai Chi Yang 24<br>12:30 Line Dance<br>1:00 Mahjong (beg)<br>1:00 Storytelling<br>3:00 Creative Writing                                                              |                                                                                                                                       |                                                                                                                                                                       |                                                                                                                      |          |

Please refer to the program descriptions for details.

## March Menu

Come to the Center Dining Room for Good Food, Fellowship & Fun.

Mondays and Wednesdays at 12pm

Call (802) 468-3093 to Register

Monday meals call to reserve by 9:30am Thursday

Wednesday meals Call to reserve by 9:30am Monday.

Suggested donation: \$5.00 Guest fee: \$6.00—under 60 years old

|                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Monday 3/2</b><br/>Stuffed chicken<br/>Gravy<br/>Mashed red potatoes<br/>Green beans<br/>Wheat dinner roll<br/>Pumpkin pudding</p>                                                            | <p><b>Wednesday 3/4</b><br/>Shepherd's pie w/ corn<br/>&amp; mashed potatoes<br/>Spinach<br/>White dinner roll<br/>Diced pears</p>                                                                                                                                                                            |
| <p><b>Monday 3/9</b><br/>Cheese omelet<br/>w/ sliced ham<br/>Green &amp; waxed beans<br/>Texas toast<br/>Pineapple tidbits</p>                                                                      | <p><b>Wednesday 3/11</b><br/><b>Birthday Lunch</b><br/>Chicken parmesan<br/>Linguine w/ sauce<br/>Brussel sprouts<br/>Wheat roll<br/>Birthday Cake!</p>                                                                                                                                                       |
| <p><b>Monday 3/16</b><br/>Beef round<br/>Boiled Potatoes<br/>Cabbage &amp; carrots in beef stock<br/>Wheat roll<br/>Leprechaun cake W/frosting</p>                                                  | <p><b>Wednesday 3/18</b><br/>Roast pork w/ brown sauce<br/>Mashed yams<br/>Peas &amp; onions<br/>Wheat bread<br/>Oatmeal raisin cookies</p>                                                                                                                                                                   |
| <p><b>Monday 3/23</b><br/>Chicken breast w/peppers,<br/>onions &amp; mushrooms<br/>Maple baked beans<br/>Broccoli florets<br/>Wheat bread<br/>Ricotta cheese cookie<br/>w/ craisins &amp; dates</p> | <p><b>Wednesday 3/25</b><br/>Beef &amp; cheddar burger<br/>Three bean salad<br/>Sliced carrots w/ parsley<br/>Wheat roll<br/>Orange</p>                                                                                                                                                                       |
| <p><b>Monday 3/30</b><br/>Spinach &amp; onion quiche<br/>Brown rice pilaf<br/>California mixed veggies<br/>Wheat roll<br/>Red delicious apple</p>                                                   | <p>The Community Center congregate meal service provides nutritious meals and opportunities for socialization—essential parts of a healthy lifestyle. Please join us! For at home meals contact Meals on Wheels Program-Southwestern Vermont Council on Aging.<br/><b>1-800-642-5119 OR 802-786-5990.</b></p> |

Check Out Our Website!

<https://castletoncsi.org>

We have added our program calendar under our programs tab.

We will be adding our menu, special events, and pictures soon.



Welcome New Members

*Gloria Weber*

*Davis Zuckerman*

## REMINDER! 2026 MEMBERSHIP DUES

Membership is from January 1 to December 31, 2026. Our programs and services do not require membership.

However, your membership helps to offset our operating and program costs. Please send your 2026 payment along with the membership form to our office.

## New Newsletter Options!

Please advise if you would like to:

- Pickup your newsletter from the center.
- Have it emailed to you.



Our new Facebook account construction will be starting soon. Please be on the look out for a launch date.



# LUCKY LEPRECHAUN RAFFLE



According to Irish folklore, a leprechaun is a small mischievous creature who hides a pot of gold at the end of a rainbow. If you catch a leprechaun they must reveal the location of their hidden gold. We have caught a leprechaun and you can be the one to empty his "pot of gold" which contains \$100 IN VERMONT LOTTERY TICKETS donated by one of our members. We can't wait to see you reveal the winning ticket amounts! Raffle will be held Wednesday, March 18. If you want additional tickets send the tickets on this page with a note and your check and we will fill out the additional ones for you.

LUCKY LEPRECHAUN  
RAFFLE DRAWING IS  
WED. MARCH 18

FIND US ON THE WEB

[www.castletoncsi.org](http://www.castletoncsi.org)



## LUCKY LEPRECHAUN RAFFLE



WIN \$100 IN VERMONT LOTTERY TICKETS

donated by one of our members  
Raffle held Wednesday March 18 at  
the Castleton Community Center  
\$5.00 EA. 3 FOR \$10.00 10 for \$25.00

NAME

ADDRESS

PHONE



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NAME

ADDRESS

PHONE



## Castleton Community Seniors Membership



January 1, 2026 to December 31, 2026

I/we would like to register as a \_\_\_ new member or \_\_\_ renew my membership as follows:

1. \_\_\_ Standard membership

Individual \$20.00  
Couple \$30.00

Benefits include: Mailed Newsletter and voting rights

2. \_\_\_ Life membership

Individual \$ 200.00  
Couple \$ 250.00

Benefits include: Mailed Newsletter, voting rights, and use of meeting rooms.

**Membership is not required to participate in any of our programs or services.**

Name \_\_\_\_\_

Phone \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Town of residence \_\_\_\_\_

Birthday/s (optional) \_\_\_\_\_

Mail to : Castleton Community Center 2108 Main Street Castleton, VT 05735

The Castleton Community Seniors, Inc. provides equal opportunity in programs and employment.

Al Gustafson  
Dr. James Wright  
Sharon Gowan  
Sue DeCarolis  
Holly Hitchcock  
Peter Dierksen  
Debbie Rosmus  
Diane Baker  
Stephen Johnson  
Libby Laramie  
Rosie Doran

Board of Directors  
Toni Lobdell, President  
Ceil Hunt, Vice President  
Chazz Collette, Secretary  
Gretiena Johnson, Treasurer

Center Staff  
Maryesa White, Executive Director  
Program Director  
Claire Park, Kitchen Manager  
Michael Reedy, Maintenance Manager

## Castleton Community Seniors, Inc.

### Our Mission

The Castleton Community Seniors, Inc. shall enrich the lives of the residents of the greater Castleton area, particularly seniors, by providing education, recreation, communication, health and social opportunities.

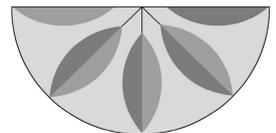
### Our History

The Castleton Community Center was The Homestead for generations of the Gibbs family. It was donated to the town in 1996 by The Alma Gibbs Donchian Foundation

### Our Spirit of Community

Community is the ability of a group of people, regardless of their diverse backgrounds, to accept and transcend their differences and create an environment of acceptance and caring for others. It's people helping people.

Castleton Community Seniors, Inc.  
2108 Main Street  
Castleton, VT 05735



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