



# CABOT CONNECTS

MENTORS MAKING  
A DIFFERENCE



Billie O'Connor with her mentor Michelle Delaney.↑

Alex Trombley.→



↓Mentor Greg Burtt and mentee Jamie Miner paddling around at Joe's Pond.



## ***Cabot Connects Mission Statement***

Cabot Connects is committed to providing a caring mentor to any child in the Cabot area who would like to have one. Our vision is that mentor relationships will help children make healthy, positive decisions. We are committed to mentoring excellence by following best practices in the field of mentoring. We make matches based on similar interests and all mentors make long-term commitment to their mentees.

**Cabot Connects**  
**Mentoring Program**  
**P.O. Box 245, Cabot , VT 05647**  
**(802) 563-3338**  
**cabotconnects@hotmail.com**

## List of Donors and Supporters of Cabot Connects

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- Mobius-Vermont's Mentoring Partnership
- National Life Group
- Northeastern Vermont Regional Hospital
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- Vicki Palmer and Jon Vara
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- Tree Dog Kennels
- UDAG -Cabot Urban Development Action Group
- Union Bank
- Jon Vara and Vicki Palmer
- Vermont Butter and Cheese Creamery
- Vermont Rural Education Collaborative
- Ellen and Francis Voigt
- Paul and Beth Wade
- Washington Electric Cooperative
- Washington Northeast Supervisory Union
- Wendy's Style Shop
- Jan and Janet Westervelt
- Wilson Consulting Engineers, PLC
- Woodchuck Painting
- Woodbelly Pizza
- Woodbury Mountain Toys
- Zutano

### **WAYS TO SUPPORT CABOT CONNECTS:**

- ◆ **Become a Mentor**
- ◆ **Help out at a fundraising event**
- ◆ **Give us a good idea for a fundraising event**
- ◆ **Join the Cabot Connects Mentor Advisory Board**
- ◆ **Offer a group activity for mentors/mentees - we have them every month**
- ◆ **Support a match for a month or a year**
- ◆ **Donate tickets to matches for the movies, a ball game, bowling, etc.**



For more information on mentoring or becoming a mentor contact Cabot Connects at 563-3338

### **Cabot Connects Mentor Advisory Board**

Raquel Bigelow, Mark Bromley, Greg Burtt, Mark Christensen, Cia Considine  
 John Hammer, Connie Hourihan, Lynn Rockwell

**Kathleen Hoyne, Lori Augustyniak and Lynn Rockwell ~ Coordinators**

**February 2014**

## Cabot Connects

### List of All Mentors Past and Present

Peter Ackermann Todd Jones  
 Cedric Alexander Rachel Kellett  
 Susan Alexander Frank Kluberspies  
 Sarah Antoniello Amber Ksepka  
 Lori Augustyniak Ashley Ksepka  
 Raquel Bigelow Richard Lacelle  
 Sheila Booth Theresa Lay-Sleeper  
 Amy Bothfeld Cathleen Maine  
 Deb Bothfeld Billie Marcotte  
 Judy Boucher Tracy Mauck  
 Mark Bromley Donna McSweeney  
 Greg Burtt Stacey Mudgett  
 Steph Burtt Karen Mueller-Harder  
 Richard Bushey Suzy North  
 Tammy Christman Roland Payne  
 Melvin Churchill Ed Pcolar  
 Mark Christensen Leonia Pike  
 Jennifer Churchill Chris Riddell  
 Cia Considine Cindy Robbins  
 Michael Cosentino Lynn Rockwell  
 Sara Cosentino Ian Burfoot-Rochford  
 David Creighton Tara Rogerson  
 Ben Davis Cynthia Russell  
 Michelle Delaney Linda Savoca  
 Ken Elmer Christa Scholz  
 Richard Eno Jackie Scribner  
 Alicia Feltus Lynn Talamini  
 Andrew Gilbert Susan Tobias  
 Jim Goodrich Lars Torres  
 Gail Greaves Connie Withers  
 John Hammer Stephen Watkins  
 Ernie Howard Janet Van Fleet  
 Kathleen Higby Jon Vara  
 Connie Hourihan

# Thank You All!



The Advisory Board of Cabot Connects Mentor Program would like to once again thank all of our sponsors and supporters. Several donors prefer to give anonymously while others are listed here. We are thrilled to report that our supporters are steadfast in their commitment to Cabot's youth, the mentors and the wellness of the program.

The program's success is largely due to the generosity of community members donating their time as mentors, Advisory Board members and helping out with group activities and fund raising. Our new fundraising effort, an annual biking event called, Cabot Ride the Ridges was a great success in many ways besides fundraising. Many businesses and groups rallied for us and have come onboard as Cabot Connects supporters. We are very encouraged and thankful to know that mentoring is valued by many.

So from everyone at Cabot Connects, the youth, mentors and families involved, we would like to express our utmost gratitude to our volunteers, donors and contributors for all their support.

**Thank you.**

*Alumni mentees Gwen and Robin Considine with Lynn Rockwell. ↓*



### Cabot Connects Quotes

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover."*

*—Mark Twain*

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## Alumni Mentees Update

Both Gwen and Robin Considine have been part of the Cabot Connects Mentoring Program since



2007. Although they were mentored by Ashley Ksepka and Amber Perry, during their youth and still keep contact with them, they continue to be actively mentored by their long-time friends and neighbors, Lynn and Martha Rockwell.

Robin and Gwen developed their love for goat farming through much time spent with Lynn and Martha at their Long Field Farm. Robin, who has Dairy Management training from Vermont Technical College, now works for Hildene, the Lincoln Family Estate, in Manchester, Vermont. They have a small goat herd there, where Robin is the full-time goat herd person.

Gwen is a senior at Vermont Technical College, finishing up her Equine Business degree. She is working on a senior project to set up an online forum for everything equine in Vermont. In addition to her studies, Gwen has been doing relief milking for the Kaiser Family Farm in Stowe and most recently, she has been doing regular weekend milking for Long Field Farm. Gwen has also been making goat cheeses – some fresh chevre, aged and a specialty Nordic type that both she and Robin hope to begin sharing and selling soon.

Gwen and Robin now help support Cabot Connects, most recently helping out at the Cabot Ride The Ridges biking event last Fall. Lynn and Martha Rockwell are strong supporters of Cabot Connects Mentoring as well, with Lynn Rockwell serving on its Board of Advisors.

February 2014

## National Mentoring Month Resolution 2014

*2014 mentoring resolution, and remarks from, Representative Anne Gallivan's. View the official resolution at <http://www.mobiusmentors.org/blog/wp-content/uploads/2014/01/2014-Mentoring-Resolution1.jpg>*

**State of Vermont  
House of  
Representatives**

**Montpelier, VT  
Concurrent House Resolution  
H.C.R.187**

House concurrent resolution designating January 2014 as National Mentoring Month in Vermont Offered by: Representatives Gallivan of Chittenden, Burke of Brattleboro, Clarkson of Woodstock, Copeland-Hanzas of Bradford, Cupoli of Rutland City, Hooper of Montpelier, Kitzmiller of Montpelier, McCarthy of St. Albans City, Mook of Bennington, Peltz of Woodbury, Pugh of South Burlington, Sharpe of Bristol, Taylor of Barre City, Vowinkel of Hartford, and Webb of Shelburne.

Whereas, relationships with caring mentors offer youth valuable support to guide them toward making positive and healthy life choices, and

Whereas, the mentoring programs schools and youth organizations offer are effective at increasing student attendance and academic performance, and

Whereas, mentored youth are less likely to skip school, start using drugs and alcohol, or engage in violence, and are more likely to attend college, and

Whereas, these young people exhibit improved self-esteem, have better relationships with family members and peers, and feel a greater connectedness to their community and schools, and

Whereas, partnerships between businesses, schools, and other youth service organizations

and mentoring programs are an effective way for businesses to support youth within their communities, and Whereas, collaborative mentoring programs that the entire community supports are able to serve more youth, and Whereas, since 2013, Mobius has served as Vermont's mentoring partnership organization, and it provides support for youth mentoring programs and volunteer mentors throughout the State, and

Whereas, Mobius with other public and private organizations are committed to working to increase the number of quality mentoring matches statewide, and

Whereas, hundreds of Vermont youth are waiting for mentors, and

Whereas, since 2002, January has been designated National Mentoring Month, a time dedicated to an outreach campaign focusing national attention on the need for mentors to ensure brighter futures for young people, now therefore be ,it

Resolved by the Senate and House of Representatives:

That the General Assembly designates January 2014 as National Mentoring Month in Vermont, and be it further

Resolved: That the Secretary of State be directed to send a copy of this resolution to Mobius.

**Shapleigh Smith, Jr.**

*Speaker of the House*

**Phillip B. Scott**

*President of the Senate*

Attested to:

**Donald G. Milne**

*Clerk, House of Representatives*

**THANK YOU TO THE  
CABOT CREAMERY  
FOR THEIR GENEROSITY  
AND SUPPORT OF  
CABOT CONNECTS**



### Cabot Connects Quotes

*When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.*

*-Helen Keller*

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Representative Anne Gallivan's remarks on the statehouse floor on January 14th, 2014:

*"Thank you, Mdme Speaker.  
Mentoring Works. Let me repeat. Mentoring Works.*

*As a mentor and program director, I have watched young lives change direction through the singular and committed attention of a mentor. Whether in a reading-based program such as Everybody Wins, or in a general school-based program, or in a community program, mentees find a broadened world through a one-on-one relationship with a dedicated mentor.*

*Young people experience friendship and receive encouragement to make connections with others and to formulate their own vision of the future. They grow confidence moving forward in a complex world.*

*In dedicating a minimum of an hour per week, a mentor can begin the adventure of walking side by side with a young person and enjoying the partnership of personal growth.*

*Many Vermont students are waiting for this experience, and volunteers who step forward are sure to be rewarded for their commitment.*

*Joining us here today are the program directors of Mobius, Vermont's statewide mentoring organization, other county program administrators, and many mentors and their student partners. Mdme. Speaker, please help welcome these guests this morning."*



↑ Alex Trombley 11, of Cabot, attended the signing of the 2014 Mentoring Proclamation by Governor Peter Shumlin on January 22nd with his mentor, Lynn Talamini. The first phrase of the proclamation states "Whereas, the future of Vermont rests on the hopes and dreams of its young people".

↓ Mentors and mentees enjoying a few moments with Skip at the Mountaineers game!



#### **Cabot Connects Quotes**

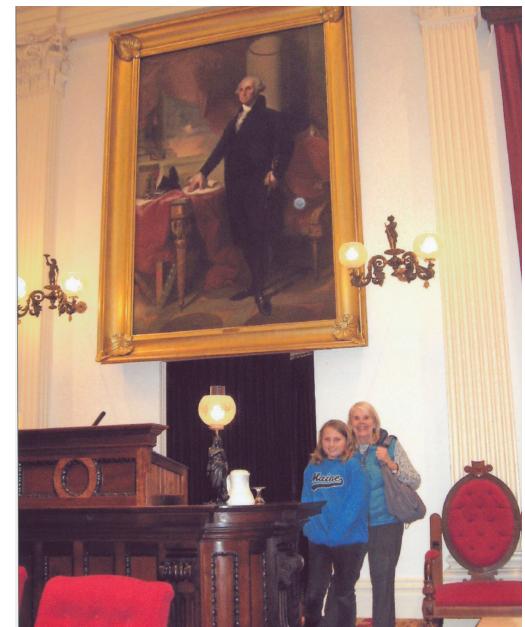
I have been impressed with the urgency of doing.  
Knowing is not enough; we must apply.  
Being willing is not enough; we must do.

*-Leonardo da Vinci*



#### **In Appreciation of Sue Freeburn**

We would like to extend our deepest sympathy to Sue's family and her many friends throughout the Cabot community. Sue will be remembered for her generous service to Cabot Connects. For several years Sue faithfully wrote a monthly newsletter highlighting ideas for activities for mentor matches. With love and gratitude, All the folks at Cabot Connects.



↑ Cindy Robbins, Cabot Connects mentor, and Mia Preston, mentee had a wonderful time at the National Mentoring Month celebration at the Statehouse in Montpelier on January 14.



# B•I•N•G•O!

↑Many thanks to Mark Christensen and Desiree Chadderton for calling the games at Bingo Night and to all who came out on a cold winter's night to enjoy the fun and games.

Pick up Hockey on the Cabot Ice Rink! ↓



## *Cabot Connects Quotes*

*Happiness is not something ready made.  
It comes from your own actions.*

*—Dalai Lama*

## **Mazie O'Connor**



Mazie O'Connor has long been interested in the sky, astrophysics, science in general and a host of other things. She graduated last year from Cabot High School and since then has been exercising some of her more artistic gifts and hobbies before she sets out for Marlboro College in January 2014.

Mazie sews. She can sew herself a skirt on a whim, but she also spends hours designing custom costuming for area exhibitions. When not sewing, Mazie may be found sculpting. She and her sister, Clementine, have sculpted assorted dragons of all colors and themes. The girls together have attended the Montpelier Farmer's Market to display and sell the dragons and they get requests for special dragon designs regularly. Mazie's other artful exploits include cooking, making artisanal bread and origami, but her first love is truly astronomy.

Mazie has been helping out at the Northern Skies Observatory for a couple of years. She has an uncanny grasp of everything about the universe it seems. Because of this gift Mazie was asked to participate in a public awareness and fund-raising project for the observatory.

The board of the Northern Skies Observatory asked Mazie to be featured in a new YouTube video series, that will be posted twice a month. The project is being produced by Ben Moss with the help of Mark Breen, both of the Northeast Kingdom Astronomy Foundation (NKAF). Mazie has set up a studio of sorts with a green screen in a corner of her home. With the help of her friends, who video tape her, Mazie elaborates on astronomy topics in scientific detail, but with a bit of Mazie-esque whimsy. The Northern Skies Observatory Board is anticipating a huge following of Mazie's commentaries by avid astronomers – thinking that her series could possibly go viral! Check out the series, "What's Up?! With Mazie O'Connor" <http://www.youtube.com/watch?v=Y4TOt2NPcMA>

# Cabot Ride The Ridges



My Mentee and I had fun this past summer doing things the easier schedule of vacation permits. She attended Rosie's Girls, a terrific three week day camp focusing on exposure to the trades, including welding, electrical work, and positive female role models. I loved going to her graduation with her family and celebrating with her a new and exciting experience. In August she helped me with our farm's new baby goats, and we also helped our neighbor move her cows to a new pasture, and picked berries for our mutual 101 year old neighbor. We spent the last day before school started canoeing on Joe's pond, swimming and picking water lilies along the way.

The photo above was taken on September 14th when we worked together at a "rest table" situated at the top of Houston Hill during the Cabot Rides the Ridges fund raising event. Her big smile and overall enthusiasm boosted the spirits of tired riders as they stopped for snacks and support!

Mentoring is a gift to me, and I am honored to be part of my mentee's life as she starts middle school, full of energy and hope for her future.

*The best wood fired pizza ever! Thanks to Woodbelly. ↓*



↑ Riders heading out for the Cabot Ride the Ridges Sept 14<sup>th</sup>, 2013. ↓

Billie O'Connor and Blue Christensen zooming along on their bikes! ↓



## Cabot Connects Quotes

*Challenges are what make life interesting  
and overcoming them is what makes life meaningful.*

*—Joshua J. Marine*



Cabot Connects Mentoring  
P.O. Box 245, Cabot, VT 05647

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U.S. Postage  
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Permit #9



# CABOT CONNECTS

*MAKE A DIFFERENCE,  
BECOME A MENTOR*

*THIS IMAGE REPRESENTS AN INUKSHUK TRADITIONALLY MADE OF STONES AND SERVING AS A COMPASS OR GUIDE FOR A SAFE JOURNEY. THE INUKSHUK IS A SYMBOL TO REMIND US OF THE VALUE OF STRONG RELATIONSHIPS AND OF OUR DEPENDENCE ON ONE ANOTHER.*



### *Cabot Connects Quotes*

*It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.*

*-Ann Landers*

### **CABOT CONNECTS DONOR CARD**

*I AM PLEASED TO SUPPORT CABOT CONNECTS MENTORING PROGRAM IN ITS MISSION TO SERVE YOUTH AGES 7 TO 17.*

I WOULD LIKE TO SPONSOR A MENTOR PAIR:

- ◊ \$75.00/ MATCH FOR 1 YR.
- ◊ \$150.00/ 2 MATCHES FOR 1 YR.
- ◊ \$450.00/ 5 MATCHES FOR 1 YR.

I WOULD LIKE TO SUPPORT CABOT CONNECTS ACTIVITIES:

- ◊ \$25.00/SUPPORTS 1 MO. GROUP ACTIVITY
- ◊ \$50.00/SUPPORTS 2 MOS. OF ACTIVITIES
- ◊ \$100.00/SUPPORTS 4 MOS. OF ACTIVITIES
- ◊ \$\_\_\_\_\_FOR (OTHER) \_\_\_\_\_

- ◊ I WOULD LIKE TO LEARN ABOUT MAKING A PLANNED GIFT OR REQUEST TO CABOT CONNECTS. PLEASE MAIL ME MORE INFORMATION.
- ◊ I WOULD LIKE TO REMAIN ANONYMOUS
- ◊ I WOULD LIKE A CHARITABLE DONATION RECEIPT.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/TOWN: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMAIL (HELPFUL): \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO:

**CCA – CABOT CONNECTS**

P.O. Box 245, CABOT, VERMONT 05647

**THANK YOU!**

