

November 23, 2019

# LT. GOVERNOR ZUCKERMAN NEWSLETTER

NOVEMBER 23, 2019

This week many will join with family and friends to enjoy a plentiful meal and give thanks. As I reflect on this tradition, I am reminded of the history of this gathering when Indigenous peoples and Pilgrims shared the bounty of a harvest together. At that time, the Abenaki had been deeply rooted on these lands we call Vermont. The great knowledge, skills and resources they shared was vital to the survival of the first Europeans. This important piece of history is too often forgotten.

November is dedicated as Native American month. Now is an important time to discover and learn the many ways Native people have supported our state and all who reside here. May their wisdom and generosity guide us on our journey to realize and address systemic racism and its impacts on our native brothers and sisters as well as so many others in Vermont. Let's celebrate and share in their knowledge of our environment and natural world. I have heard Chief Stevens say on many occasions, *"What we do to the earth, we do to ourselves. Mother Earth will adjust, we may not survive that adjustment."*

While many indulge in celebration, we cannot forget the Vermonters who suffer at this time of year. Economic injustice, substance abuse disorder, lack of housing, struggles with mental health and continued mistreatment of minority populations are a reality for too many. Our community is only as strong as we make it. In our time of thanks, please consider what you can do for those who are less fortunate, now and throughout the year.

On the back you will find information about three Vermont organizations creating opportunities to broaden understanding and working to lift our fellow citizens up. In almost every Vermont community I visit, I learn of individuals and programs using their time and resources to help neighbors. I am thankful that we live in a very special place with a sense of community that allows us to give and receive support.

Vermonters may not be able to change the world, but we can change our little piece of it - for the betterment of all people.

For that too, I am thankful.



## UPCOMING EVENTS

### **November 29 7:00PM**

Christmas Lighting Ceremony.  
Joseph Smith Birthplace  
Memorial, 175 LDS Lane,  
South Royalton

### **December 2 1:30PM**

Montpelier Elementary 4<sup>th</sup>  
Grade Good Citizen Assembly.  
UES, 1 Park AVE., Montpelier

### **December 3**

9:30AM – Salvation Farms  
Experience. 276 East Allen  
Street, Unit #7 Winooski.  
2:00PM – Healthy Democracy  
Symposium. Hoff Hall  
Conference Room, Castleton  
University.

### **December 5**

7:00AM - Live on The Morning  
Drive with Kurt and Marcus.  
WVMT 96.3FM/620AM  
4:30PM – State House Tree  
Lighting. Montpelier

### **December 7 11:30AM**

AFL-CIO COPE Convention.  
Old Labor Hall, 46 Granite  
Street, Barre

### **December 9 11:00AM**

VT2050 Visioning. Ethan Allen  
Room, State House,  
Montpelier

### **December 10 7:00PM**

*"Climate Change and Food  
Security"* panel discussion.  
Garage Cultural Center, 58  
State Street, Montpelier

### **December 11 6:00PM**

Public Hearing on Rural  
Economic Development. Room  
11, State House, Montpelier

**For a complete list of events  
please visit our website:  
[www.LTGov.vermont.gov](http://www.LTGov.vermont.gov)**

## VERMONTERS FEEDING VERMONTERS

The Vermont Foodbank is the state's largest hunger-relief organization. They provide nutritious food through a network of 215 food shelves, meal sites, senior centers and after-school programs, and directly to families, children, older adults and individuals at schools and hospitals. **Last year, the Foodbank provided 11.7 million pounds of food to people throughout Vermont.** The Foodbank is increasingly committed to providing more fresh, local food to people in our state who need it. This holiday season, you can help your neighbors facing hunger by donating, volunteering, and advocating with the Foodbank.

<https://www.vtfoodbank.org/> ***If you are struggling with food insecurity, the Vermont Foodbank can connect you with resources and organizations in your community.***

## GOOD CITIZEN CHALLENGE

This is the second year for the Good Citizen Challenge, organized by Seven Days and Kids VT, with support from the Vermont Community Foundation. The Challenge is a nonpartisan, interactive way for Vermont students to learn about civics and demonstrate their interest in being good citizens of their communities, their state, their country and their world. Students take quizzes and participate in activities, either individually or in teams, to collect points and earn badges. Sample activities include:

- Quiz – What are the five freedoms protected by the First Amendment of the Constitution?
- Activity – Draw a cartoon that illustrates the concept of separation of powers.
- Quiz - True or False: Snopes.com is a reliable fact-checking website.
- Activity - Make a meme about why it's important to vote.

The Challenge runs until March 6, 2020. Learn more and sign-up: <https://goodcitizenvt.com/>

## HEARTS YOU HOLD

Hearts You Hold is a Vermont non-profit that supports migrants, immigrants and refugees around the country by providing them with specific items they request. This unique organization allows donors to choose the individual item and family or individual they will support. Some current requests include:

- Winter boots for migrant farm workers
- Dinner for a family of five who are from the Democratic of Congo and experiencing hardship
- A laptop for a 17-year-old from Guatemala

For more information or to see a list of all items requested: <https://heartsyouhold.org/>

**If you or your family need assistance of any kind, please dial 2-1-1, text your zip code to 828211, or visit the Vermont 2-1-1 database <http://www.vermont211.org>.** You will find connections to a huge range of programs and services, such as fuel assistance, legal help, transportation and employment, available to Vermonters. Currently there are over 10,000 services listed that are provided by local community groups, social service and health-related agencies, government organizations, and others.