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November 14, 2013



Compliments of the

Hunter Education Program

Busy season for Hunter Ed is finally over, and now the gray of November is setting in. The talk around here is mostly turkey, deer, and Thanksgiving plans. Whatever you are planning, we hope that you get out there hunting safely, and that you stuff your face with delicious Thanksgiving foods! This issue of Field Notes contains some interesting articles and press releases, as well as columns by our own Hunter Education staffers. As always, if you have pictures or stories you'd like to see here, please submit them to Nicole and you could be featured in an upcoming issue! E-mail any submissions to Nicole.Corrao@state.vt.us

Insights

Social Media: Are You a Follower?

Are you following us? Did you see that post? Check out this video I shared. It seems like these days, everyone is connected to each other through social media. VT Fish & Wildlife has a variety of ways to keep in touch; do you take advantage of social media to its greatest extent?

In my opinion, social media, just like anything else in life, should be used in moderation. I am guilty of over-sharing on Facebook, but I quickly realized how self-absorbed and negative my posts were. Anyone who knows me knows that is not an accurate representation of who I am. I know lots of people who are caught in that social media trap—that feel as though there is this great power in posting whatever you want whenever you want, to everyone you know, their mothers, your high school gym teacher, and that guy from the deli who you randomly found on Facebook last week.

I have pulled my social media presence back quite a bit. I thought, "is this post productive? What kind of message do I want to put out about myself?" Lately, I've been posting pictures to let far away family and friends keep in touch if they so choose. try to use social media as a tool—a conversation starter. (continued on next page)

Check Us Out:

Hunter Ed: https://www.facebook.com/vthuntereducation

Fish and Wildlife: https://www.facebook.com/vtfishandwildlife

https://twitter.com/VTFishWildlife

Field Notes

Social Media: Are You a Follower?

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I have a lot of family who appreciates this, and when we connect on the phone, they make sure to comment on my recent adventures, and I make sure to ask about updates I've seen on their pages as well. I try to use social media as a tool—a conversation starter.

I try to post only positively, I ask for advice from my friends and followers on Facebook, I post fun links, I share important pictures. I feel that this way, I am not over-sharing, but rather, taking advantage of the large audience I have in front of me.

I'm trying to carry this into the Facebook and Twitter accounts I manage for VT Fish and Wildlife. What do you want to see there? Am I doing a good job? Follow us and let me know!

Hunters Spend \$292 Million in Vermont

The Vermont Fish & Wildlife Department reports that hunters contribute significantly to the state's economy and spend more than \$292 million in Vermont annually, according to a recent survey by the U.S. Fish and Wildlife Service and U.S. Census Bureau.

"More than \$39 million is spent on travel, such as dining, lodging, transportation, and similar expenses," says Fish and Wildlife Commissioner Patrick Berry. "Another \$190 million is spent on equipment, and more than \$62 million is spent on other items."

"Hunting is economically important not just because of its total economic impact," said Berry, "but also because so much of it occurs after foliage season and before skiing, and the spending takes place throughout the state, including in our most rural areas."

In 2012, more than 74,000 people purchased Vermont hunting licenses, including 64,589 residents and 9,428 nonresidents. Deer are the most important species sought by hunters in Vermont, with close to 90 percent of license buyers planning to pursue deer according to the Fish & Wildlife Department.

The federal survey also shows that Vermont ranks first among the lower 48 states in participation of its residents in wildlife-related recreation, including hunting, fishing and wildlife watching, with 62 percent of our residents enjoying these resources. Residents and nonresidents spend \$744 million annually in Vermont in pursuit of these activities.

"Vermont isn't Vermont without wildlife and fish. These resources are important to all of us recreationally, socially and economically," said Berry. "They also contribute greatly to our quality of life. As hunters continue to enjoy excellent opportunities here in the state, it's good to know that local communities benefit as well."



The Case for Hunter Access

The following op-ed piece was written by VTFW Commissioner Patrick Berry, and published in the Rutland Herald and Times Argus on October 27th, 2013.

Well into autumn, a season that is synonymous with hunting for countless Vermonters, it is important to reflect on the value of hunting for both cultural and ecological reasons — and how we can keep this tradition strong.

Hunting is a quintessential part of Vermont's heritage. Vermont boasts the highest participation rate in the lower 48 states for hunting, fishing, trapping and wildlife watching. Hunting is not only one of the most socially, ethically and environmentally responsible ways to put meat on the dinner table, it also provides an important opportunity to bring families together and get kids outdoors to learn an appreciation for nature.

Ecologically, hunters help wildlife biologists manage game populations in balance with available habitat. Without hunters, locally overabundant deer and moose can excessively browse available food resources, leading to both poor forest health and poor animal health.

While some aging hunters forgo the sport because they believe they have grown too old for the chase, the second-leading cause for the decline in hunting is the ever-increasing loss of access to places where we enjoy our pursuits.

This growing problem extends well beyond hunter participation and ecological health: Hunters have provided the vast majority of funding for all wildlife conservation for more than 75 years through license sales and purchases of hunting-related items. Without their financial support, we simply cannot fulfill our mission.

Although the Vermont Constitution states that all public

and private land is open to hunting unless otherwise posted, many newcomers to the state — and even longtime residents — are surprised that our Constitution protects this activity. Those who post their property often don't realize the vital connection they are sundering in an effort simply to control access to their property. (Continued on next page)

The Case for Hunter Access

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So what can be done to increase access and preserve hunting?

First, we need to recognize as a state one of the key components to maintaining our hunting traditions and protecting forest resources is to stem the rising tide of posted and inaccessible land.

Second, we need to put words into action. The Vermont Fish and Wildlife Department is taking the lead by launching the Hunter Opportunity and Open Lands Campaign. This campaign is designed to improve the relationship between hunters and landowners, to educate Vermonters on the value of keeping land accessible and to encourage hunters to demonstrate appropriate respect for private landowners. Here are a few components of the campaign:

The department successfully supported policy changes this past legislative session that give private landowners more flexibility legally to control access to their property by posting "by permission" signs. Previously, landowners would have to post their property against trespass to everyone to control access.

We are sending information to town clerks and asking them to help inform landowners of hunting's strong safety record and its importance in conservation, as a food resource and in our culture.

The department has created modern mapping tools for wildlife management areas and other lands conserved by the department on our website and have included links to all other publicly accessible land across Vermont. Don't know where to go hunting? You will now: www.tinyurl.com/VermontPublicLands.

In an effort to curtail frustration that many landowners have expressed about the prevalence of road hunting, the distance people can legally shoot from the road has been increased from 10 to 25 feet.

The department provides resources on our website to help hunters build stronger relationships with landowners.

More resources for landowners and hunters will become available in the coming months. As the fall hunting seasons continue, we ask hunters to show their gratitude toward landowners by being respectful of private property, and we ask landowners to consider the important benefit of keeping land accessible for our hunting community. By strengthening the historic relationship between landowners and hunters, we can help uphold property rights, improve open access to land, and ensure the survival of this important Vermont tradition.

Hope's Cookhouse

This month, Nicole is taking over the Cookhouse! Although November is traditionally the "turkey month," I like to think of fun venison recipes for deer season! The following is adapted from the Food Network.

Marinated Venison Loin Steaks with Onions and Sweet Peppers

Ingredients:

For the marinade: For the steaks:

1/2 cup molasses 6 (1 pound) venison loin steaks

1/2 cup roasted garlic cloves Salt and black pepper (to taste)

1 branch fresh rosemary 3 tablespoons vegetable oil

1 teaspoon red pepper flakes 1 large sweet onion, cut into 1/4 inch thick slices

1 teaspoon black pepper

1/2 cup balsamic vinegar

Directions: In a small, heavy saucepan, combine all marinade ingredients and bring to a simmer over medium heat. Cook for about 10 minutes, stirring occasionally. Remove from heat, set aside and let cool to room temperature.

6 bell peppers, red and yellow

Slather the steaks in marinade. Cover and refrigerate at least 3 hours, or up to 5 hours. Remove steaks from the marinade and let dry.

Cut the peppers into strips, and then grill (or pan fry) peppers and onions, and cook until they begin to brown. Turn with tongs until they are slightly browned on all sides. During this time, remove steaks from the fridge and allow them to come to room temperature.

Season the steaks with salt and pepper and brush with some oil. Grill to desired temperature. Spoon peppers and onions over the steaks and enjoy!

FAQ with Nicole



Q: Can a student complete the Vermont online course, and then attend a field day in another state?

ope honing her skills

instructor DJ Rousseau

Photo courtesvo

A: Yes! Any state that offers the online field course option accepts the online component from any other state. A student can complete their online component for Vermont, then take that certificate to a field day class in New Hampshire, New York, etc. The student just has to make sure that the state they want to go to actually offers the online homestudy option!

You Hunting Memories: Call for Submissions!



The Vermont Fish and Wildlife Department is seeking submissions for the seventh annual Youth Hunting Memories Contest. This year's contest has been updated to include a variety of entry types including a drawing, painting, photograph or video.

Submissions should demonstrate why hunting is important to the young hunter and should demonstrate one of their most memorable hunting experiences. Entries will be judged based on creativity as well as a strong display of hunter ethics, good landowner relations, an appreciation for wildlife, a respect for hunting heritage, a strong hunting skillset, and a connection to family.

"This year we decided to move beyond a simple essay contest to include visual and multimedia submissions," said Chris Saunders, hunter education coordinator for Fish & Wildlife. "We're asking young hunters to creatively commemorate their time in the field on a hunt. Bagging game is not a requirement, as the most unforgettable hunts are the often ones where no game is

harvested."

Hunters nine years old and younger are asked to submit a drawing or painting. Hunters 10 – 12 years old should submit a photograph, while hunters 13 – 16 should submit a YouTube video three minutes or less in length. Entrants may choose to include a short narrative essay along with their art submission.

One winner from each age group will be announced at the Yankee Classic Sportsman Show in Essex Junction in January and will receive a prize from the Fish & Wildlife Department.

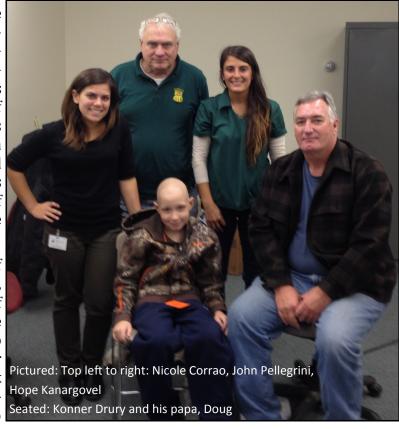
Submissions should be sent via email to Nicole Corrao at nicole.corrao@state.vt.us or via mail to 2013 Youth Hunting Memories Contest, Vermont Fish & Wildlife Department, 1 National Life Drive, Davis 2, Montpelier, VT 05620. For more information, go to our website at: tinyurl.com/YouthMemories2013. This contest is open to all VT hunters aged 16 and under. Submissions must be received before January 1st, 2014.

Contest Rules: Videos must be uploaded to YouTube.com and sent to Nicole Corrao as a link. Please disable comments on all YouTube videos. All video entries must be three minutes or less in length. Drawings or paintings must be the original work of the youth hunter alone. Photo entries may be of the youth hunter or by the youth hunter. Limit one entry per person. All entries are considered property of the Vermont Fish & Wildlife Department and will not be returned. This contest is open to all Vermont hunters aged 16 and under. Submissions must be received before January 1st, 2014.

A Class for Konner

On Wednesday, November 5th, John, Hope and myself taught a special class for an outstanding 10 year old boy named Konner Drury. Konner has been battling cancer for several years, and throughout his fight it seems there has been one solitary light at the end of the tunnel: hunting. Konner's grandfather has been his hunting mentor since he began shooting at 5 years old. Doctors at the hospital say that the only positive thing Konner talks about during his treatment is the possibility of going out hunting with his papa. Recently, he got one step closer to his hunting dream.

Konner hobbled into the florescent light of our storage room on his crutches, head down, by his hooded sweatshirt (camo print, of course) over his head like a shrowd. He seemed shy and reserved, and stuck next to his mother while his grandfather shook our hands with a hearty hello and sincere thank you. The class begun with reservations. Konner became emotional, and understandably so – he was likely overwhelmed with nervous-



ness, fear, but also excitement and gratefulness. After a short moment of vulnerability, he got up and showed us what he was made of.

Konner used our laser shot system to skillfully shoot deer in their vital area. He told us that a heart and lung shot is the best, and is what you should always aim for, because it is a quick kill. Konner told me where all the vitals went in the deer, what a blood trail looks like, and how to tell where you shot the deer, just from looking at the blood. He then moved onto action types. By the end of the session, he had probably said "action open, safety on" more than he ever will again in his life. He even caught ME when I forgot to say it when passing a firearm. He was also very serious about muzzle control, which is more than I can say for some students twice his age.

We asked Konner many times whether he needed to take a break, but he told us he just wanted to keep going. He was obviously a hard worker, and was inspired by his hunting dream to press on with the class. He didn't struggle much — everything came to him with relative ease.

The few things that Konner didn't know, he was able to deduce quickly using his keen sense of reasoning. He also had a wonderful memory, and an enlightened sense of ethics. By the end of the day, he was all smiles, and he even cracked a few jokes; the boy who walked in sullen and withdrawn had opened up and was truly beaming.

At the end of the day, Hope and I took turns reading him the exam. Konner answered the questions quickly and with confidence; in fact, the only question he answered incorrectly was on a subject we forgot to cover (topographic lines!). We were all thrilled when we were able to give Konner his orange card. His grandfather swelled with pride, his mother hugged him, and Konner was all smiles.

I was sincere when I said I hoped to hear from him again. I wish him the best of luck this hunting season, and all the hunting seasons ahead.

A Sticky Situation:

Q&A with Instructor Robert Lajoie about ethics and hunter image

Q: Do you encounter non-hunters frequently while you're hunting or scouting?

A: When I hunt on private land where there are a lot of users. I often see walkers and mountain bikers on the trails, but on most other land I see only other hunters. I know most of the people where I hunt. We watch out for each other.

Q: Are a lot of your friends and family non-hunters?

A: Many of my friends hunt but some do not. All of my friends support ethical hunting.

Q: How do you suggest hunters, especially instructors, treat and talk to non-hunters?

A: We need to treat others with respect. I like to tell them of the experiences I have in the woods. I don't go into detail of the kill unless asked. I do often tell about how I prepare game. Most non hunters I have encountered like to see that game is used for food.

Q: Do you have a particular incident where you had a positive interaction with a non-hunter? What do you think made that interaction a good one?

A: I had one incident on the trail when I encountered a younger woman jogging. When she saw me she veered off the trail to talk. I told her what I planned to do and where. She told me she would stay out of those areas until season was over. I thanked her and we have been friendly ever since. The fact that she respected my hunt made it a good interaction.

Dogs can be mistaken for game, but an orange collar, tor piece of ribbon can easily

Q: What is one message you would like to get across to non-hunters, especially during hunting season?



A: I try to make people that hunting season is very important to hunters. We savor the whole experience. I ask them to dress brightly and stay on the trails for this period of time.

Q: How would you go about conveying this message?

A: There is nothing better to get the message out than talking to people and explaining that you want to keep them safe.

Q: What would you say to someone who is against hunting, and won't compromise with you?

A: Reasoning with such a person is hopeless. If I am placed in this situation I try to stay calm and diffuse the situation. If they choose to harass me or other hunters I would call the local police and ask a game warden to help settle the matter. I hope never to be presented with this situation.

14-year-old mistakenly shoots pony while hunting

An unfortunate reminder that your target must ALWAYS be identified 100% from tip to tail. This article was originally published in the

Rutland Herald on November 12th, 2013

A Shetland pony named Ladybug was an unexpected hunting casualty over the weekend, according to the animal's Williamstown owners, who say a young hunter mistook their tiny pony for a deer while hunting with his father in Eden.

Two Shetland ponies were sharing a field with at least three deer when the fatal shot was fired shortly before 6:30 a.m. Saturday, according to Ladybug's owners, Patricia Pierce and Ken Hall, who were asleep miles away at the time.

Pierce and Hall live in Williamstown but free-lease their 13-year-old pony to Hillside Creek Stables on Shover Road in Eden, where Ladybug was used to provide riding lessons for young children.

Jamie Ketcham, who owns the stable with her mother, confirmed the shooting and said two ponies — Ladybug and another pony she owns — escaped a fenced-in pasture area and were both loose when Ladybug was shot and killed in what she characterized as a "tragic accident."

According to Pierce, Ketcham is at least half right.

"Is it really an accident if you shot something you weren't 100 percent sure was a deer?" she asked, referring to an incident that was investigated by a state game warden who is now working with Vermont State Police.

Col. David LeCours of the state Department of Fish and Wildlife said Tuesday the investigation was nearing completion and information would be presented to the county prosecutor to determine whether any criminal charges should be filed.

According to LeCours, the 14-year-old boy did almost everything right during youth hunting weekend. He was hunting with his mentor on private land with the owner's permission at the time of the incident, LeCours said, adding that one "cardinal rule" was broken.

"You need to be 110 percent sure of your target before pulling the trigger," LeCours said. Pierce said the pony was shot through the heart and died instantly shortly after daybreak Saturday. "A wonderful animal is dead right now because they took a shot they shouldn't have taken," Pierce said.

Pierce said she learned Ladybug was dead hours after the incident when Ketcham called to tell her what had happened, prompting Hall to report the incident to authorities. (continued on next page)

14-year-old mistakenly shoots pony while hunting

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Pierce said she was told the boy and his father, whom LeCours declined to name, were tracking three deer in a field when they saw two small deer and the back of what they mistakenly concluded was the third larger deer that had been traveling with them.

Pierce said the exposed back of her pony was all that was visible over the top of a grassy knoll, but father and son opted to take the shot anyway.

"Everything they did was wrong," she said. "They shouldn't have taken the shot, period."

Hall said he couldn't agree more."

Apparently the father said: 'Fire when ready,' and when (the boy) did, three deer ran off and one pony didn't," he said.

LeCours said such cases are "extremely rare" and he wasn't aware of any others like it over youth hunting weekend.



Vermont Moose Hunters Had a Successful Season

Vermont moose hunters had a successful hunting season according to the Vermont Fish & Wildlife Department. An archery moose hunt was held October 1-7, and the regular moose hunting season was October 19-24.

"A preliminary count shows that by November 6, the department had received official reports of 23 moose being taken by 50 hunters in the archery season, and 197 moose taken by 362 hunters in the regular season," said Cedric Alexander, Vermont's moose project leader. A few additional reports may still be sent in from other reporting agents.

"Vermont's moose population is being managed scientifically, according to a plan developed on sound wildlife biology and input from the public," said Alexander. "The overall hunter success rate was up slightly from last year, due, in part, to colder weather stimulating moose activity near the end of the season."

"The number of ticks found on moose brought in to the Island Pond check station was higher than at any other check station. The tick data will be analyzed further and compared to results from New Hampshire and Maine."

This was Vermont's 21st moose hunting season in modern times, the first occurring in 1993 when 30 permits were issued and 25 moose were taken by hunters.

A final report on Vermont's moose hunting season will be available in January when all of the 2013 data have been received and reviewed.



Ashley's Moose Hunt

Ashley Church is a young lady battling cancer, who recently had the chance to go on a guided moose hunt. The following is Ashley's moose story, in her own words.



On October 18 through the 24th I was given the opportunity to go on a moose hunt sponsored by the Hunters Anglers Trappers Association of Vermont (HAT). Each year HAT selects a youth with a disability to go on this potential once in a lifetime hunt.

It was such an amazing privilege to be able to go out moose hunting, being the first girl selected for the permit and getting to spend time with the super friendly, down to earth guys made it even better. I don't think I slept at all the night before opening morning; I was too excited. But when that morning finally came, I didn't know what to expect. I got all my gear on and was ready to go right away.

On the drive to the wildlife management in area in Walden, Vermont that we would be hunting in, my guide, Ed Gallo, was telling me that if I saw a moose and decided that I didn't want to shoot it then no one would be upset with me. They put me in front of a moose and that's what they were supposed to do. I looked at Ed and said, "If I see a legal moose, I'm shooting it. I'm not going to pass one up."

We had been hiking through the woods about 4 hours and decided to stop and use the moose call to try to call one in. After using it, we didn't get a response so we got up and started hiking through the swamp again.

Following Ed, we had only taken about 30 steps when he suddenly stops dead in his tracks. Him being so tall and myself being only 5'2, I couldn't see what he was looking at. Then before I had time to think, he turns around grabs my shoulders and moves me in front of him. (Continued on next page)

Ashley's Moose Hunt

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"Ashley, right there." He tells me while pointing about 50 yards in front of me. And standing right there in front of me was a cow moose. She had seen our movement though and had blocked herself off behind some trees so we could only see her head and hindquarters. I pull my 30.06 up to my shoulder and look through the scope to get a better glimpse. She stood there for what seemed like minutes but in all reality was only seconds. When the moose finally started walking I could hear Ed telling me something about as soon as I get a decent broadside shot, to shoot; before he could even finish his sentence, I shot my rifle.

I got it in the first shot; a perfect heart/lung shot, standing up free hand, which I have never really done before. After my first shot though, she was still standing so my dad and I got two more shots off (one him, one me). Then she only walked about 10 yards and dropped. We saw her fall, but then it was a matter of locating her.

I was so excited. I would have been running if we weren't in a swamp. I could feel the adrenaline pumping so much that I was jittery. Nothing in the world could top that feeling. The pride of my very first big game animal in the entire six years I have been hunting. I had been expecting to see a moose within the weeklong season but not within the first 4 and half hours of opening day.

I was happy I got one but disappointed it was already over. It was such a memorable and enjoyable experience that I will carry with me for the rest of my life. It wouldn't have been this way though without all the amazing men that accompanied me in my hunt. They made it so much fun and they did a great job making me feel at home and comfortable the entire time I was there.



Pictured: Instructor Brock Quesnel and his son, Nate, took this picture while waiting patiently for a deer on youth weekend (Nov 9th and 10th). Although Nate didn't get lucky, the duo was able to spend some quality time together in the woods. Nate has expressed an interest in bow hunting! Good luck, gentlemen!

Game Wardens Looking for Tips on Suspicious Activities

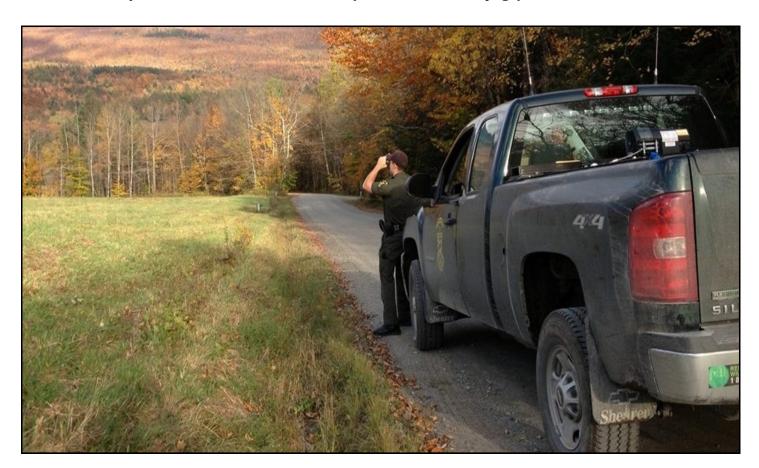
The Vermont Fish & Wildlife Department is reminding Vermonters to be on the alert for activities that may represent poaching or the illegal take of game animals.

"While we work with communities throughout the year to protect animal populations, acts of poaching typically ramp up in November as deer hunting season approaches," said Major Dennis Reinhardt of the Vermont Fish & Wildlife Department. "We are asking people to contact their local warden right away if they see anything that might indicate poaching is taking place to improve our ability to catch poachers before they leave the scene."

Vermonters should be on the alert for people shining headlights or spotlights into woods and fields after dark, or driving vehicles or ATVs in fields after dark. Gun shots after dark should also be called in immediately.

Other things to watch out for include unexpected tree stands or ATV tracks on private property, piles of "bait" such as apples, corn, or salt that aren't the result of agricultural practices, or game animals found shot along roads.

Hunting is permitted in Vermont on all public and private property that is not enclosed by posted signs and registered annually with the town clerk. However, hunters are only allowed to access private lands on foot, and may not use ATVs or snowmobiles. (Continued on next page)



Game Wardens Looking for Tips on Suspicious Activities

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"We've found that many landowners are confused about ATVs and think they have to post their land against hunting in order to keep these vehicles off their property," said Major Reinhardt. "In fact offroad vehicles are never permitted on private property without the landowner's permission."

"Hunting is a great tradition in Vermont, and most participants are ethical hunters. To protect the resource for everyone, we work to ensure that all poachers are apprehended and appreciate the public's assistance with this goal."

Vermonters can contact their local warden through state police dispatch, at the warden's home number available on the department website at www.vtfishandwildlife.com, or through the Operation Game Thief hotline at 1-800-75ALERT (1-800-752-5378).

Public Lands Locator



First established in 1919, Wildlife Management Areas (WMA's) help conserve fish, wildlife and their habitat, while provide people with opportunities for fish and wildlife-based recreation. The Vermont Fish & Wildlife Department currently owns 80 WMA's totaling 118,000 acres throughout Vermont. All WMAs are open to hunting, trapping, fishing, wildlife viewing and other wildlife-related outdoor activities.

Management and administration of all WMAs is primarily funded through the sale of hunting and trap-

ping licenses, and from the Federal Aid in Wildlife Restoration (Pittman-Robertson) Fund, in which excise taxes are paid on firearms, ammunition and archery equipment. The Vermont Fish and Wildlife Department uses this money for acquiring land for wildlife habitat, and for restoring and managing wildlife.

WMAs have also been purchased with assistance from the Vermont Duck Stamp Fund, Vermont Housing and Conservation Board, the Land and Water Conservation Fund, Ducks Unlimited, The North American Fish and Wildlife Foundation, and the North American Wetland Conservation Fund. Valuable assistance has been provided by conservation organizations such as The Nature Conservancy, The Vermont Land Trust, and the Conservation Fund.

Try the public lands locator tool for yourself!

http://www.anr.state.vt.us/fwd/WmaLocator.aspx



Sound Off!

This is YOUR newsletter! Have a photo or story you'd like to share? Is there something that's missing in the newsletter? Let us know! E-mail Nicole.Corrao@state.vt.us with your suggestions, stories, pictures or other input!.

Newsletters for Everyone!

Do you know an instructor who isn't getting our newsletter, but would like a copy e-mailed to them every month? Do you know someone who isn't getting our e-mails? Have you recently updated your e-mail address? Send their name and e-mail address to Nicole.Corrao@state.vt.us and tell them to request our newsletter.