



Mount Mansfield Villages

MMV News You Can Use

March 1, 2021

Winter loosens its hold, the sap begins to flow, and steam rises from the sugarhouses. The long, dark nights of winter are officially over on March 20, this year's spring equinox, and with luck, we'll see some Robins in our yards and Red-winged Blackbirds on our walks.

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Stay warm, stay safe, and remember to schedule your vaccination if you're eligible!

Events are online only & free to all, unless noted otherwise.



QUESTION OF THE MONTH



Which is your favorite holiday around this time of year and why?

For me, it's Easter, even if I did have my tonsils out on Good Friday as a 4 year old! That meant delayed receipt of the Easter basket, but the popsicles were GREAT! I love that Easter signals rebirth, hope, and that warmer gardening days are usually coming soon.

Please send your response to: mountmansfieldvillages@gmail.com

We'll compile the responses, publish a selection of responses in next month's newsletter, and post all the responses on our website.

AGING WELL

- **VERMONT ACTION PLAN FOR AGING WELL**

Comments are requested by Friday, March 5, 2021, 4:00pm

State of Vermont Agency of Administration; Department of Disabilities, Aging, and Independent Living (DAIL); and Vermont Department of Health (VDH)

All Vermonters are given the opportunity to provide written feedback on the proposed process for the development of a *Vermont Action Plan for Aging Well*. The State encourages input to help make Vermont a great place to grow old and hopes to engage a broad range of stakeholders—older Vermonters, adults with disabilities, caregivers and family members, local government officials, health care providers, community-based organizations.

Online access to the process proposal is at [this link](#).

Submit written feedback to Angela Smith-Dieng, Director of the Adult Services Division in DAIL.

By email to: Angela.Smith-Dieng@Vermont.gov

By mail to: Angela Smith-Dieng Adult Services Division,
DAIL HC2 South, 280 State Drive, Waterbury, VT 05671-2020

- **DEAR LUCY: DEMENTIA AND DELIRIUM**

Thursday, March 4, 2021,

11:00am–12:00pm

WellMed Caregiver Support

Join “Dear Lucy” Lucy Barylak, MSW, a Social Gerontology Consultant, for this program where she will discuss how to deal with difficult behaviors of people with dementia. Register at [this link](#).



- **TYPE-2 DIABETES PREVENTION**

Thursday, March 11, 2021, 11:30am–12:30pm

My Healthy Vermont—hosted by Gifford Medical Center

Get guidance and support to eat healthier, be more active, and lower your risk of diabetes and other long-term health problems. Register for this online workshop [here](#).

- **VERMONT GERIATRICS CONFERENCE**

Thursday, April 1, 2021, 8:00am–4:30pm

Enrollment limited; register by March 12, 2021

The Vermont Area Health Education Centers (AHEC) Network

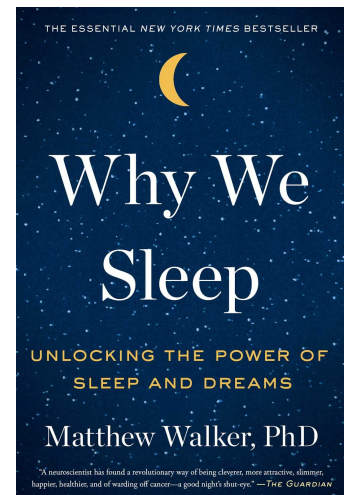
The AHEC Geriatrics Conference is a one-day, online symposium covering practical and innovative approaches to the medical care of older adults. Registration and agenda at [this link](#).

- **SLEEP IS YOUR SUPERPOWER**

20 min. video—available to stream anytime

TED Talk

Matt Walker, brain scientist and author of *Why We Sleep*, shares the wonderfully good things that happen when you get sleep—and the alarmingly bad things that happen when we don't. Watch the TED talk & learn helpful tips at [this link](#).



- **AARP FAMILY CAREGIVING**

AARP's Family Caregiving site provides information, tools, and resources to help those caring for loved ones on their journey. Best of all, most of the content is accessible even if you aren't a member of AARP. Access the AARP Caregiving Website [here](#).

*"To care for those who once cared for us is one of the
highest honors."*
~Tia Walker

CHANNEL YOUR CREATIVITY

- **PAINTING AT HOME WITH GRANDMA MOSES**

50 min. video—available to stream anytime

Shelburne Museum in collaboration with Bennington Museum

This online exhibition and video highlight the artist's methodical artistic process and varying sources of inspiration that reveal Anna Mary Robertson Moses (1860-1961) as a complex, thoughtful, and thoroughly modern artist. See the exhibit [here](#)—with video on the lower left of the webpage. Click the fullscreen icon to view the video at large scale.

- **BEG, STEAL OR BORROW**

Saturday, March 20, 2021, 7:00pm

Spruce Peak Arts

Beg, Steal, or Borrow formed in 2013 with a mission to resurrect the music of iconic bluegrass bands and has since grown a solid repertoire of original material. They have been dubbed a "Triple Crown Bluegrass Band" by Bluegrass Today. Livestream tickets are \$15 [here](#).



- **WRITING MATTERS—MEMOIR**

Wednesday, March 10, 2021, 6:00pm–7:30pm

New York University—Center for the Humanities

Installment one of the spring 2021 Writing Matters series explores the art of memoir with Charles Dew, Professor Emeritus at Williams College, and Emily Bernard, professor of English at University of Vermont and author of *Black is the Body: Stories from My Grandmother's Time, My Mother's Time, and Mine*. Register at [this link](#).

"Music is the only language in which you cannot say a mean or sarcastic thing."
~ John Erskine

PROUD TO BE A VERMONT

- **BLUE BIN RECYCLING REFRESHER**

Wednesday, March 10, 6:00pm - 7:00pm

Chittenden Solid Waste District

Your local MRF—Materials Recovery Facility—is where blue-bin recycling is sorted to be sold. Learn how recyclables are processed now at CSWD's MRF in Williston and then get a glimpse of our recycling future. Bring your burning questions! Register at [this link](#).

- **THE GRAPHIC REACH OF EMMA WILLARD**

Thursday, March 18, 12:00pm - 1:00pm

Vermont Historical Society

Preceptress at Middlebury Female Academy as a teenager, Emma Willard went on to found the Troy Female Seminary and produce best selling textbooks in the early 1800s. Join us for an exploration of Willard's visual and graphic influence. Register at [this link](#).

- **HISTORICAL TREASURES IN THE VERMONT STATE ARCHIVES**

Rescheduled to Sunday, March 21, 2021, 2:00pm–3:30pm

Ethan Allen Homestead Museum—Lecture Series

Angela Valentinetti, VT State Records & Information Management Specialist, presents some of the known and lesser-known things found in the State Archives. Watch the pre-recorded presentation, which will stream on the Ethan Allen Homestead Museum website at [this link](#).

- **HEATHER RITCHIE, GRANITE SCULPTOR**

5 min. video—available to stream anytime

Vermont PBS

As an innovative sculptor who grew up in Barre, Heather Ritchie brings a unique vision to the traditional stone art trade. View her short PBS video at [this link](#).



INSPIRED BY NATURE



- **CLIMATE ACTION FILM FESTIVAL**

Tue, Mar 2, 2021, 7:00pm–Fri, Mar 12, 2021, 9:30pm

During this 2-week digital streaming event of selected films, there will also be panel discussions with filmmakers, climate activists, and organizations committed to facing the climate crisis head-on. By donation. Sponsored by SunCommon. Tickets available at [this link](#).

- **WHAT IS THAT ANIMAL?**

Thursday, March 11, 2021, 1:00pm–2:00pm

Vermont Land Trust and Vermont Department of Fish and Wildlife

Join the Vermont Land Trust for a virtual wildlife tracking tour through Vermont's woods. Knowing animal behaviors, identifying habitat, and recognizing the type of gait can help identify tracks. Register [here](#).

- **WILDLIFE WALK WITH MIKE FRISBIE**

6 min. video—available to stream anytime

Westford, Vermont

Join hunter-naturalist Mike Frisbie in the wilds of Westford where he's hunted for decades and has set up 11 cameras. His camera footage includes deer, fox, otters, coyotes, owls, and more. View at [this link](#).

- **BEDROCK TO BIRDS: WILDLANDS OF THE CHAMPLAIN VALLEY**

20 min. video—available to stream anytime

Westford, Vermont

Alicia Daniel, Vermont Master Naturalist, takes us on a winter walk to explore how the geology and glacial history of the Champlain Valley set the stage for natural communities and wildlife. View at [this link](#).

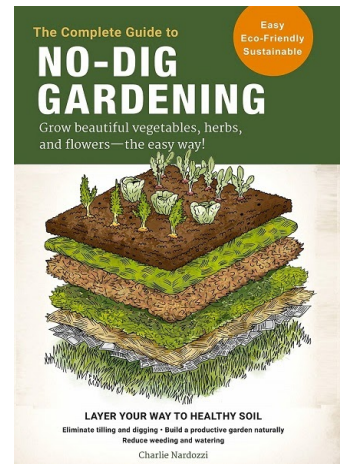
EXCITED ABOUT SPRING

- **AN EVENING WITH CHARLIE NARDOZZI**

Thursday, March 11, 2021, 7:00pm–8:30pm

Phoenix Books and Vermont Italian Cultural Association

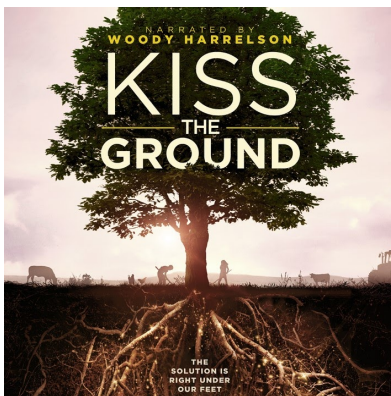
Gardening expert Charlie Nardozzi will discuss his latest book *The Complete Guide to No-Dig Gardening*. Charlie will also share his favorite Italian vegetables, greens and herbs to grow. Register at [this link](#).



- **KISS THE GROUND**

Sun, Mar 21, 2021, 12:00am–Tue, Mar 23, 2021, 11:30pm

Sustainable Woodstock and Pentangle Arts



Kiss the Ground is a full-length documentary narrated by Woody Harrelson that sheds light on a new, old approach to farming called “regenerative agriculture” that has the potential to balance our climate, replenish our vast water supplies, and feed

the world. It is an inspiring and groundbreaking film that reveals the first viable solution to our climate crisis. Register at [this link](#).

- **PERENNIAL GARDENS AND EDIBLE HEDGES**

Tuesday, March 30, 2021, 7:00pm–8:30pm

NOFA Massachusetts

This event from the Resilient Garden Series inspires us to surround ourselves by a landscape that provides wildlife habitat, fosters healthy soils and provides a variety of edible fruit. Ruth Green of Green Arts Gardens in the Berkshires encourages us to consider ecological benefits and design ideas when planning our perennial plantings. Register at [this link](#).

MEET A FRIENDLY NEIGHBOR



Nancy McRae and her husband Howie have lived in Underhill's Pleasant Valley since 1973. Both were originally from MA, met working as engineers at the Westinghouse Defense and Space Center outside Baltimore, and married with a plan to move to VT, where they both had roots. Howie found a position in the wire and cable industry, and Nancy worked in failure analysis at IBM until their son was born. They happily raised pigs, beef cows, vegetables, and two children!

Nancy's second career was as the "safety lady" at Smugglers' Notch where she administered the workers' comp program and developed programs for employee safety and OSHA compliance.

Summers are spent tending both flower and vegetable gardens. Nancy recounts, "Predators were devouring our produce, so last spring, we hired Workhorse Property Management's Keith DesRoches to install a critter-proof fence. It extends 12" into the ground and bends out 6". There are two rows of electric wire around the outside to deter climbers, powered by a solar battery. Problem solved!"



Nancy heard about the Villages movement in her book group and enthusiastically participated in the planning for Mount Mansfield Villages. Their children live in Colorado and Montana, so a Village was just the plan to allow her and her husband to remain in their Valley home as long as possible. Nancy volunteers to help with the recommended provider program, membership, and as a driver. She and Howie are also members of MMV, and have received assistance to change batteries on the anemometer, water window boxes while away, install a bat box, repair a collapsed bed frame, and more.

SPEAKING OF JERICHO

~ With Responses to this February Newsletter Quiz ~

- 1) On which road is Jericho's fine art gallery and commercial farm, and what are the two names?

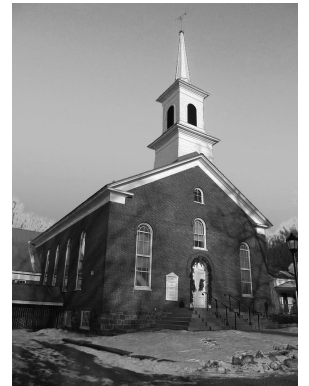
Barber Farm Road; Emile Gruppe Gallery & Jericho Settlers' Farm.

- 2) What part of which century did white settlers begin moving into Jericho?

Last half of the 18th century.

- 3) Which church has held chicken pie suppers for over 100 years?

Jericho Congregational Church.



- 4) What FIVE towns does Jericho border?

Definite towns are Richmond, Underhill, & Essex.

Jericho also borders Williston with the Winooski River acting as a boundary. Jericho also "touches" Westford at one point.

- 5) What person is famous for inventing a way to photograph tiny things that immediately disappear, and on what road did he live?

Wilson "Snowflake" Bentley; Nashville Road.



- 6) Who wrote the book *Without A Farmhouse Near*, and what building is named for her?

Deborah Rawson; The Deborah Rawson Memorial Library.

- 7) How far in miles (by the most direct roads) is it from Jericho's southeast corner to its north point?

Approximately 12.5 miles via Leary Road > Nashville Road > Brown's Trace Road > Lee River Road > Rt 15 > Cilley Hill Road.

- 8) In the 1800s which village center was the commercial/business center and which the education center?

Jericho Corners was the business/commercial center; Jericho Center the educational center.

COOK'S CORNER



Velvet Pumpkin Soup

from King Arthur Flour Co.

- 4 tablespoons butter
- 3 garlic cloves, minced or chopped
- 1 large onion, diced
- 1 1/4 teaspoons curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper (or more to taste)
- 3 cups chicken broth
- 15-ounce can solid-pack pumpkin (or squash)
- 1 can (12 ounces) evaporated milk (regular or low fat)

This delicious recipe was submitted by Betsy Harper, an MMV volunteer and Board Member.

Thank you, Betsy!

Melt the butter in a large saucepan, and saute the garlic and onions until golden brown. Add the curry powder, salt, coriander, and cayenne pepper; simmer gently for 2 min.

Stir in the broth and simmer, partially covered, for 20 minutes.

Add the pumpkin, stirring until smooth. Add the evaporated milk. Heat over medium heat for 5 minutes; don't allow the soup to boil (a simmer is okay).

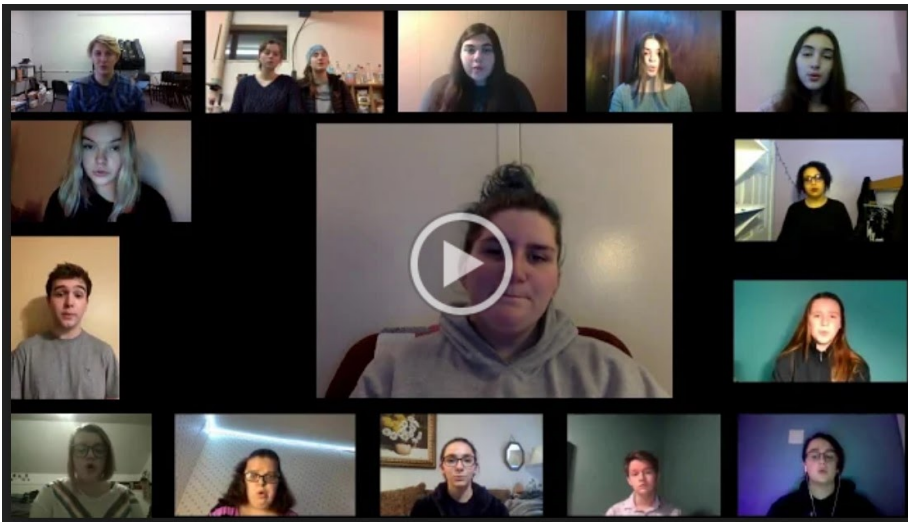
In batches, transfer the soup to a blender or food processor & process until very smooth. Or you can use a hand held blender right in the soup pot. Serve hot.

This is the perfect comfort-soup to warm you after a late winter snowshoe or to serve the grandkids after sledding.

AROUND THE TOWN

Julia Northrop

receives her COVID-19 vaccine at the Cambridge Community Center. MMV Volunteer Betsy Harper drove Julia to her appointment.

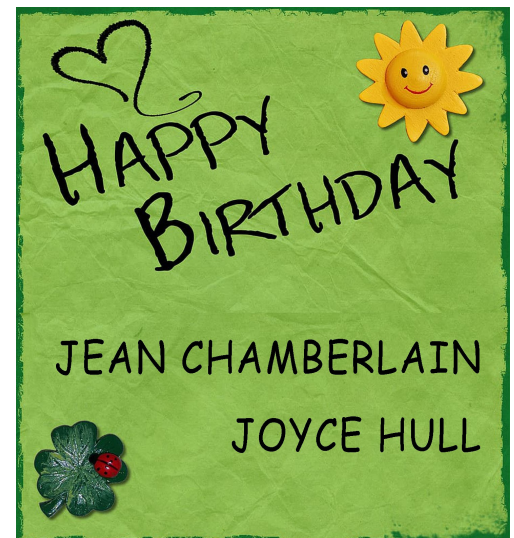


[CLICK HERE FOR THE VIDEO RECORDING](#)

Mount Mansfield Union High School—Select Chorus

We want to sing together—safely! After rehearsals on GoogleMeets, each singer practices a part, and records themselves, alone. Only after audio and video mixing do singers hear themselves as an ensemble.

MMU Select Chorus proudly presents "Blackbird." We hope it brings you JOY!



MMV News You Can Use is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends.

If you have suggestions for postings or if you wish to unsubscribe, please let us know at mountmansfieldvillages@gmail.com.

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- visit our website (www.mountmansfieldvillages.org)
- email us at mountmansfieldvillages@gmail.com
- call us at (802) 858-5381



"We won't always know whose lives we touched and made better for our having cared, because actions can sometimes have unforeseen ramifications. What's important is that you do care and you act."

~ Charlotte Lunsford



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