



# MMV News You Can Use

## May 2021

**May** is a joyous month—spring has finally sprung!

Birds are nesting, seedlings are hardening, grass is growing, and mothers are honored May 9th on **Mother's Day**. Also this month hosts **Green Up Day**, **Vermont Arbor Day**, **Cinco De Mayo**, and is **National Mental Health Awareness** month.

Enjoy a glorious May!

*"May, more than any other month of the year, wants us to feel most alive."*  
~ F. Hudson

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

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## QUESTION OF THE MONTH for MAY

***What is your favorite breakfast food?***



*"I love breakfast and never miss it! My recipe for a crustless quiche is easy to assemble and bake using whatever ingredients I have in the fridge: spinach, bacon, mushrooms, zucchini, leftover ham, sausage, apples (you get the idea). I also add in whatever cheese I have (usually cheddar or feta). A great way to start the day!" ~ Betsy H.*

By May 15, please click on **this form** to submit your answer OR send us an email at **mountmansfieldvillages@gmail.com** OR mail your response to: PO Box 31, Underhill Center, VT 05490.

View responses to past & present "Question of the Month" **here**.

# JOYOUS SPRING!

- **LIGHT OF A CLEAR BLUE MORNING**  
**4 min. video— stream anytime**

Mount Mansfield Union High School Select Chorus



Our gifted, local high school students sing the lovely piece “Light of a Clear Blue Morning,” written by Dolly Parton in 1977. Listen [here](#).

- **GREEN UP DAY—VERMONT**  
**Saturday, May 1, 2021**

Community members pitch in to eliminate litter from the roadsides and public spaces. Visit the [Green Up Vermont](#) website for inspiration and resources. The [Town Details](#) on their website may not be current, so be sure to check your Town’s own website for up-to-date information.

- **SPRING WILDFLOWERS AND THEIR POLLINATORS**  
**Tuesday, May 4, 2021, 1:00pm–2:00pm**

Vermont Land Trust

Join Liz Thompson and Kent McFarland as they explore the fascinating world of interactions between woodland wildflowers and their visitors. Register [here](#).

- **SPRING SALADS FOR SUPPER**  
**Wednesday, May 26, 2021, 5:30pm–7:00pm**

City Market



Join Melissa Pasanen, cookbook author and food writer for *Seven Days*, to create delicious, substantial salads making use of what’s in season in Vermont, along with a few guest ingredients. Register [here](#).

# AGING WELL

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- **PATIENTS & CAREGIVERS IN THE VERMONT MEDICAL MARIJUANA PROGRAM**

**Monday, May 17, 2021, 7:00pm**

American Nurses Association-Vermont and VT Cannabis Nurses Association

View this live panel discussion with Vermont cannabis lawyers Tim Fair and Laura Subin and medical professionals Jessilyn Dolan and Paul Jerard.

More information on [this webpage](#).

- **ORIGAMI WITH SOPHIE: ART OF FOLDING PAPERS**

**Tuesday, May 18, 2021, 3:30pm–4:30pm**

Dartmouth-Hitchcock Health

Origami-paper folding technique is a therapeutic activity that connects people emotionally while engaging them cognitively—a great mindfulness activity as it allows you to focus on the present moment. Join this online workshop—no experience necessary. Register [here](#).



- **UNDERSTANDING ALZHEIMER'S & DEMENTIA**

**Wednesday, May 19, 2021, 12:00pm–1:00pm**

AARP VT and VT Chapter of the Alzheimer's Association

Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources. Register [here](#).

- **YOU'RE NOT ALONE: TIPS FOR BUILDING CONNECTIONS IN THE PARKINSON'S COMMUNITY**

**Thursday, May 20, 2021, 12:00pm–1:00pm**

Michael J. Fox Foundation

Panelists discuss loneliness and isolation that can happen in Parkinson's disease and ways to manage these issues. Register for the webinar [here](#).

## CHANNEL YOUR CREATIVITY

- **JACKIE MORRIS: NATURAL ENCHANTMENT**

**Tuesday, May 11, 2021, 12:00pm–1:00pm**

Northeast Wilderness Trust

Jackie Morris, acclaimed illustrator and author, shares her magical watercolor paintings and reads from her works, followed by a reflection on the ways art and language can bring people into a deeper relationship with wild nature. See Jackie's work [here](#). Register at [this link](#).



- **TETHERED BY LIGHT: A GALLERY TALK**

**Saturday, May 15, 2021, 4:00pm–5:00pm**

AVA Gallery and Art Center, Lebanon, NH

A Zoom conversation on art as therapy and on their group exhibition inspired by National Mental Health Awareness Month features artwork that depicts themes related to light, spirit, hope, community, and COVID-19-imposed isolation. Register at [this website](#).

- **WRITING THE LAND: POETRY READING**

**Wednesday, May 26, 2021, 5:30pm–6:30pm**

Northeast Wilderness Trust

In this evening of words and images, four poets share their lyric offering to Nature in the Northeast, accompanied by images of the land, water, plants, and animals who inspire them. Register at [this link](#).

- **2021 MADE HERE FILM FESTIVAL**

**Wednesday, May 5, 2021–Sunday, May 9, 2021**

Vermont International Film Festival with Vermont PBS

This 5-day digital streaming event of juried films is devoted entirely to films made by filmmakers in Vermont, Northern New England, and Quebec. Pay as you can. Information at [this link](#). Festival brochure [here](#).



# PROUD TO BE A VERMONT

- **THE COUNTERCULTURE'S IMPACT ON VERMONT AND VERMONT'S INFLUENCE ON THE COUNTERCULTURE GENERATION**

**Wednesday, May 5, 2021, 7:00pm**

Vermont Humanities in collaboration with  
Goodrich Memorial Library



In the late '60s and '70s, thousands of young city migrants turned their backs on the "Establishment" and moved to rural Vermont, transforming the state while being transformed themselves. Register at [this link](#).

- **THE SCIENCE OF VERMONT'S CLIMATE CHANGE**

**Wednesday, May 5, 2021, 7:00pm**

Fairbanks Museum & Planetarium—William Eddy Lecture Series

Engage with experts in the fields of meteorology, climatology, and ecology for an interactive conversation about how we gather climate data, identify trends, observe effects, and plan for the future. Register [here](#).

- **BIRDING MISSISQUOI**

**Friday, May 14, 2021, 7:00pm–8:30pm**

Friends of Missisquoi National Wildlife Refuge

Sit back, get comfy, and join Maeve Kim, a Jericho birder and blogger, on a tour of this large and wonderful area in the northwest corner of the state—featuring wetlands, forests, trails, and lots of birds! View Maeve's *Vermont Birds and Words* blog [here](#). Event registration [here](#).



- **STUCK IN VERMONT: BOB BLANCHARD SHARES HIS LOVE OF BURLINGTON HISTORY**

**7 min. video— stream anytime**

Seven Days

Bob grew up in the South End in the 1950s and has nostalgic memories of life in the Queen City—and terrific old photos! Stream [here](#).



## ENHANCE YOUR KNOWLEDGE

- **TABLE TALK TUESDAY**

**Tuesday, May 4, 2021, 7:00pm–8:00pm**

The Vermont Foodbank



A panel of Vermont community members talks about work in the field of food justice, including what they've learned after a year in the pandemic. The presentation will be followed by 20 min. for questions. Register [here](#).

- **TV COP SHOWS, POLICE BRUTALITY, AND BLACK LIVES MATTER**

**Wednesday, May 12, 7:00pm**

Vermont Humanities Digital Channels

TV cop shows have shaped our understanding of police, race, and crime, and Middlebury professor Jason Mittell challenges our understanding of this genre in the era of the Black Lives Matter movement. Register [here](#).

- **UNDERSTANDING BIPOLAR DISORDER**

**Thursday, May 20, 2021, 1:00pm–2:00pm**

Mindspring

In National Mental Health Awareness month, join this accessible webinar to understand the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Zoom link [here](#).



- **BOOK DISCUSSION: *HERE AND NOWHERE ELSE—LATE SEASONS OF A FARM AND ITS FAMILY* by JANE BROX**

**Thursday, May 27, 2021, 2:00pm–3:00pm**

Vermont Humanities with Cabot Public Library

Brox returns to Massachusetts to live and work on the farm again and creates a beautifully written tribute to a family farm—while acknowledging a troubled brother and aging parents and her own tortured love for a place that no longer fits her life. For the event link, contact Kathleen Hoyne at [cabotlibrary@yahoo.com](mailto:cabotlibrary@yahoo.com).

# INSPIRED BY NATURE



- **ASK AN ARBORIST—WEBINAR SERIES**

**Fridays in May 2021, 10:00am–11:00am**

VT Urban & Community Forestry

Celebrate Vermont Arbor Day all May long! On Fridays in May, a certified Vermont arborist will host an informal conversation about all things trees—from planting to pruning, share stories about their work, and answer any tree question you may have. Information on [this webpage](#). Register [here](#).

- **NOCTURNAL MIGRATION: THE BIRDS FLYING OVER YOUR BED WHILE YOU SLEEP**

**Tuesday, May 4, 2021, 7:30pm–8:30pm**

Green Mountain Audubon Society and North Branch Nature Center

Larry Clarfeld with the Vermont Cooperative Fish and Wildlife Unit will illuminate nocturnal migration, delving into the historical context of the “night flight,” along with current techniques for studying this phenomenon and how they are used to promote conservation. Zoom link [here](#).

- **SUSTAINABLE NATION: CARING FOR A WATER-STARVED WORLD**

**Sunday, May 16, 2021–Tuesday, May 18, 2021**

Spruce Peak Arts Center with the Stowe Jewish Film Festival

Follow three innovators who are bringing valuable lessons learned from Israel’s water shortage to the rest of the world. FREE tickets [here](#)—donation appreciated.



- **BEES, BUTTERFLIES, BEETLES, AND THE ATLAS OF LIFE**

**Wednesday, May 19, 2021, 7:00pm**

Underhill Conservation Commission—Natural Resources Mapping Project

Access the link to speaker Kent McFarland’s online presentation [here](#)—along with additional topics in the Underhill Speaker Series.

## MEET A FRIENDLY NEIGHBOR

**Margaret Rushlow** and her husband Richard moved to Vermont from Connecticut in 2012. Richard was born in St. Albans and migrated with his family to Connecticut as a young child. Margaret and Richard spent many weekends in Vermont during their son's college career at Champlain College in Burlington. They grew to love Vermont enough to make their home in Underhill.



Margaret and Richard have two children—a son and a daughter. They are 33-year-old twins and live in Burlington and South Burlington, respectively.



*Garment Bag designed  
by Margaret*

Margaret worked at The Hospital of Central Connecticut for 25 years as an inpatient medical records coder and then joined the University of Vermont Medical Center where she worked as an inpatient medical record coding auditor until retiring in 2018.



*Macrame Hanging  
crafted by Margaret*

Margaret's hobbies include camping, biking, sewing, and crocheting.

Margaret joined Mount Mansfield Villages as a volunteer to help those who need a little assistance in maintaining their independence. In May, Margaret will become the newest member on the MMV Board of Directors.



## COOK'S CORNER



### CRUSTLESS QUICHE

Filling (see below)  
4 large eggs  
½ C. evaporated milk  
2 tsp. Dijon mustard

½ tsp. salt  
½ tsp. pepper  
Dried herbs  
Cheese

Prepare filling ingredients, then set aside. Grease a 9-inch Pyrex plate. Adjust oven rack to the center position, and heat oven to 400 degrees.

Whisk eggs, milk, mustard, salt, and pepper. Stir in herb of choice, cheese of choice, and prepared filling. Pour mixture into the greased pie plate; bake until just set, about 20 minutes. Remove from the oven and let rest for 5 minutes. Cut into wedges and serve. Serves 6.

### FILLING OPTION: Bacon, Leek, & Goat Cheese

½ lb sliced bacon, cut into 1-inch pieces	Scant ¼ tsp. dried thyme leaves
1 large leek—light green & white sections, quartered lengthwise, sliced thin and washed thoroughly	6 oz crumbled goat cheese

Add bacon to a 12-in. skillet; fry until crisp, 5-6 min. Drain bacon in a small colander set over a bowl to catch drippings. Return 2 Tbsp drippings to the skillet. Add leek; saute until tender, 5-6 minutes longer, then scrape into the colander along with the bacon. Prepare Crustless Quiche recipe; when instructed, add thyme, cheese, and bacon-leek filling to the egg mixture.

*"I use whatever ingredients I have in the fridge: spinach, bacon, sausage, mushrooms, zucchini, leftover ham, apples (you get the idea). I also add in whatever cheese I have on hand (usually cheddar or feta)." ~ Betsy H., MMV Volunteer & Board Member*

# SPEAKING OF CAMBRIDGE

*Responses to the trivia questions are on the following page.*

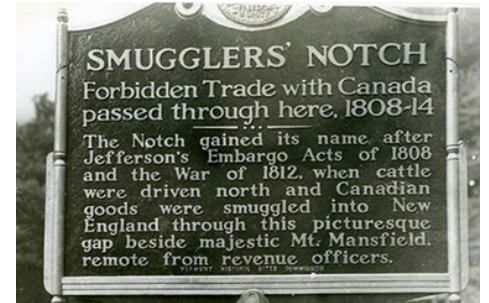


1. What was the original name of the Lamoille River?
2. A 1950's Smugglers' Notch historical marker documented forbidden trade with Canada. During what time period was the forbidden trade? What goods were primarily smuggled from Vermont into Canada?
3. In 1840 the human population of Cambridge was 1,790. List the following animals in their order of population in 1840, starting with the greatest number first: horses, cattle, sheep, and swine.
4. After the Civil War ended, Buffalo Bill Cody visited Daniel Gates in his Cambridge home to spend time hunting partridge and deer in the area. Buffalo Bill lost something valuable while on his trip. What was it?
5. The weathervane on the beautiful Cambridge Community Church built in 1887 (later the Cambridge United Church and now the Cambridge Christian Fellowship) was made by William Scott and has an interesting characteristic. What is it?
6. Carroll Stygles lived in Pleasant Valley in the early 1900s and was best known for what brainstorm?
7. The first Sabin oral polio vaccine clinic in Vermont was held in Cambridge. What was the date?
8. When did the Cambridge town meeting move from the old brick meeting house (now the post office) to the Cambridge Memorial Gymnasium?

## ~ RESPONSES TO THIS MONTH'S CAMBRIDGE TRIVIA ~

1. The waterway was originally named "La Mouette" (The Gull) by Samuel de Champlain for the seagulls flying near the mouth of the river. "La Mouette" morphed into "Lamoille" when someone failed to cross the t's and further, misspelled it.

2. "Forbidden Trade with Canada passed through here, 1808-14...when cattle were driven north..."



3. #1 Sheep (8,370)  
#2 Cattle (3,180)  
#3 Swine (1,228)  
#4 Horses (644)

4. Buffalo Bill lost a valuable diamond ring, and Gates, so the story tells, employed eight men for three weeks to search for it. It was never found.



5. It contains a tin scroll with the history of the church on it.

6. Stygles created a circus that traveled through northern Vermont—complete with wild animals, acrobats, clowns, and horseback riders.

7. May 15, 1962.

8. 1962.



# OUTSIDE THE BLUE BOX

## PLASTIC FILM: SPECIAL RECYCLING

Plastic bags are also known as “plastic film” or “filmy plastic”—plastic that is 10 mil thick or less, typically. Filmy plastic of any kind, including plastic bags, cannot be recycled in Vermont.



If you store your recycling in plastic bags at home, the recycling must be removed from the plastic bags when placed in the curbside bin for pickup.

Exception: Shredded office paper may be housed in a tightly closed, CLEAR PLASTIC BAG, and that plastic bag may go into the curbside recycling bin.

## TAKEBACK

Many local grocery, hardware, and other stores accept CLEAN, DRY plastic film products and send them outside Vermont for recycling. To find a takeback location near you, enter your zip code on the [Plastic Film Recycling website](#).

These types of clean, dry plastic films **are accepted**:

- Produce bags
- Mailers (but not paper labels)
- Newspaper sleeves
- Dry cleaning bags
- Product wraps (e.g., paper towels, napkins, bath tissue)
- Frozen food plastic bags (e.g., corn, beans) can only be recycled if printed with a #2 or #4 code or How2Recycle label
- Inner cereal bags
- Air pillows
- Bread bags

These types of plastic films **are NOT accepted**:

- Chip bags
- Biodegradable bags
- Prewashed-salad bags
- 4- or 6-pack beverage rings

All labels or paper receipts must be removed. Review this [webpage](#) for more information on what plastic films are acceptable for takeback.

# MEMBERS' MEMORANDUM

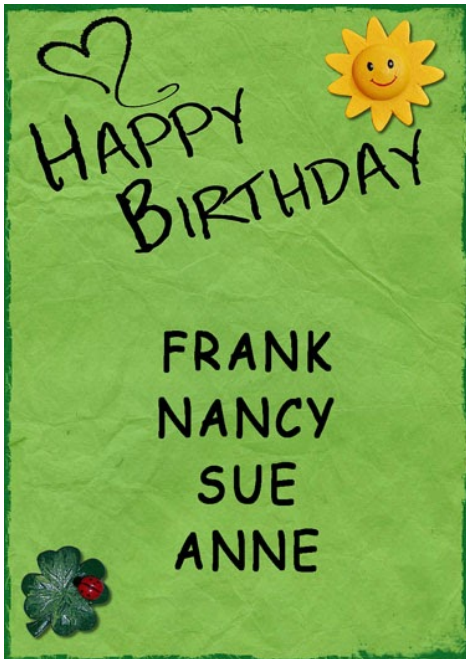
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## TIPS FOR MEMBERS AND VOLUNTEERS

Use the Internet browser *Google Chrome* for the best interface with the Mount Mansfield Villages website.

**Volunteers:** When you call a Member to confirm a service request, be sure that both you and the Member agree on the date and the time. Offer your phone number to the Member for future communication about any changes to the agreed-upon schedule.

**Members:** Please take the Volunteer's phone number so you can notify the Volunteer of any last-minute changes.



## Want More Information about MMV?

Please get in touch if you'd like to explore becoming a member, volunteer, sponsor, donor, or commercial service provider.

You can:

- visit our website  
[www.mountmansfieldvillages.org](http://www.mountmansfieldvillages.org)
- email us at  
[mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com)
- call us at (802) 858-5381

**MMV News You Can Use** is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—mostly digital and in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event providers or listings other than the events it specifically sponsors or co-sponsors.



If you have suggestions for postings, problems with “links” in the newsletter, or if you wish to unsubscribe, please let us know at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com).

**Donations to MMV** support our efforts to help seniors age well at home.

Our Village is part of a web of local resources for seniors and their families. We work closely with a number of other important senior service organizations to create as many aging support solutions as possible.

Your generous donation helps make it possible for older adults at all income levels in our Jericho, Underhill, and Cambridge communities to be Mount Mansfield Villages members, supplementing membership fees and providing much-needed services.

Donations can be made at [this link](#). Sponsors are a special group of donors. View our “Become an MMV Sponsor” information sheet [here](#).

*Mount Mansfield Villages is a 501(c)(3) nonprofit organization, and donations are tax-deductible.*



## **WE THANK OUR GENEROUS COMMERCIAL DONORS**

Ben and Jerry's Foundation  
Cambridge Rotary  
Concept2, Morrisville  
Eagles Club, Jeffersonville  
The Harnisch Foundation

Hickok and Boardman, Inc.  
Jericho United Methodist Church  
SecurShred, South Burlington  
Union Bank, Jericho  
United Church of Underhill