



MMV News You Can Use

July 2021

JULY is dedicated to freedom, independence, and outdoor celebrations of country and culture. This is [National Parks & Recreation Month](#), [National Ice Cream Month](#), and, of course, the opportunity to celebrate our cherished liberty on the [Fourth of July](#).

"The summer looks out from her brazen tower, through the flashing bars of July."

~ Francis Thompson

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Events are **in-person** & free to all unless noted otherwise.

QUESTION OF THE MONTH for JULY

What is your favorite Fourth of July tradition or memory?



"My husband and I love our tradition of re-watching the 2008 mini-series [John Adams](#) starting at the end of June, so that by July 4th we have completed it. It is a compelling drama and is beautifully executed." ~ Penny M.

By July 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](#).

MEMBERS' MEMORANDUM



Now that Governor Scott has discontinued the state of emergency, we are happy to announce that we will once again be offering all services to our members. Just to name a few:

- run errands
- provide rides to appointments, shopping, and social events/visits
- change a hard-to-reach light bulb or battery in a smoke detector
- dump the trash
- weed the garden
- shovel the walk
- set up computers, phones, televisions
- daily check-in calls
- weekly visits

Additionally, be on the alert for an email or phone call announcing member events. We are planning several in-person social events over the Summer.



For questions or requests for service, you can contact us:

- By email at mountmansfieldvillages@gmail.com
- By phone at (802) 858-5381

CELEBRATE INDEPENDENCE!



The original 13 American Colonies' Second Continental Congress met in Philadelphia and drafted a document to formally sever ties with Great Britain. After 86 changes to the draft, the Continental Congress adopted the final version on July 4, 1776. Thus began the codification of freedom in our country. The Revolutionary War ended in 1783, and the US Constitution came into force in 1789. The 13-15th Amendments (1865-1870) granted freedom and citizenship to black Americans (Vermont outlawed slavery in 1777, before becoming the 14th state in 1791). The 19th Amendment (1920) granted women full voting rights. Today, communities across the nation mark this history with parades, firework displays, picnics, and performances of "The Star-Spangled Banner."

- **CELEBRATE JULY 3RD 2021**

Saturday, July 3, 2021

Vermont History Museum

Free admission to the fascinating exhibits, craft activities on the porch, and Clara's Games on the lawn (weather permitting). More info [here](#).

- **INDEPENDENCE DAY CELEBRATIONS**

Saturday, July 3–Sunday, July 4, 2021

Use this [Independence Day-Burlington link](#) to access information on some notable celebrations in the area, including at Smugglers' Notch, Colchester, Williston, Essex Junction, and the Burlington Waterfront.

- **4TH OF JULY CELEBRATION—CAMBRIDGE**

Sunday, July 4, 2021

Festivities include a parade (with floats!), awards ceremony, the renowned Varum Library book sale, food trucks, music, art demonstrations, and more. More information on the [Cambridge Facebook page](#) and in [Front Porch Forum](#).

- **4TH OF JULY CELEBRATION—WESTFORD**

Sunday, July 4, 2021

Festivities include a parade, lawn games, music, library book sale, and much more. The Westford Country Store will be serving up a whole roasted hog BBQ with all the fixings. More information in [Front Porch Forum](#) or contact recreation@westfordvt.us.



- **PRESIDENT CALVIN COOLIDGE BIRTHDAY CELEBRATION**

Sunday, July 4, 2021

The President Calvin Coolidge State Historic Site, Plymouth, VT

Coolidge is the only U.S. president born on Independence Day, and July 4 has been commemorated at his birthplace in Plymouth Notch for many decades. This year's celebration will feature a number of special events, starting with the Procession and Wreath Laying Ceremony on Coolidge Grave. More information [here](#).

- **READING FREDERICK DOUGLASS**

Monday, July 5, 1:00pm

Rokeby Museum—Ferrisburgh Historical Society

In this public reading of Frederick Douglass' [Fifth of July Speech](#), community members are offered the opportunity to read a section of Douglass's impassioned speech from July 5, 1852, which one biographer calls "perhaps the greatest antislavery oration ever given." The speech is provided and broken into manageable readings for all participants. The reading begins at 1pm and lasts until the speech is completed. Info [here](#).



DISCOVER VERMONT

During the pandemic, we've appreciated anew how gratifying it is to live in Vermont—in all seasons. The summer is short, pandemic restrictions have been lifted, and this is a perfect time to rediscover Vermont and support our local economies. Don't drive? Invite a friend with transportation and make it a social adventure!



- **GREEN MOUNTAIN PASSPORT**

If you are 62 years or older and a Vermont resident or a Vermont resident who is a veteran, you are eligible for lifetime, free day-entry to Vermont State Parks (excluding overnight camping & other park fees), to Vermont State Historic Sites, and to events which are fully state-sponsored. The cost is \$2, and it is available only from your local Town Clerk's office.

- **STAYTRIPPERS GUIDE TO CELEBRATING SUMMER**

Visit the Seven Days [Staytripper](#) series to refresh yourself on some interesting adventures not to miss!



- **THE 251 CLUB OF VERMONT**

Join over 6,000 members of the [251 Club](#) in exploring the state while visiting its 251 towns and cities. The small membership fee includes inspiring seasonal newsletters, a personal webpage to document your travels, and more.

- **STAY AND PLAY**

[Vermont Department Of Tourism & Marketing's website](#) is fantastic and offers a wealth of information on [events](#), [trip ideas](#), lodging, and Vermont-made products. Great for out-of-town guests and staytrippers alike.

YOU'RE FIRED



MMV sponsored a “**Paint Your Own Mug**” social event on June 9th at the Good Shepherd Lutheran Church in Jericho. Four members, one sponsor, and four volunteers participated. The kits were provided by River Arts in Morrisville courtesy of Lamoille Neighbors.

Every mug had a unique design created by the participants, and a good time was enjoyed by all.



AGING WELL

- **TYPE 2 DIABETES MANAGEMENT ♦ ONLINE ♦**

Tuesdays, Jul 6, 2021 thru Aug 17, 2021, 6:00pm–8:30pm

UVM Medical Center

Get guidance and support to manage your Type 2 Diabetes, prevent serious health problems, and live healthier. Register at [this link](#).

GRAB-N-GO



- **GRAB 'N GO LUNCH**

Wednesday, July 28, 11:00am–12:00pm

[Reservation required by Thursday, July 22]

Age Well in collaboration with St. Thomas's Church, Underhill Center

These free-of-charge take-out lunches are available to anyone 60yrs and older through the end of September on the 4th Wednesday of each month. Delivery is not available. You must make a reservation with Donna Lewis at bellyacr@gmavt.net by emailing your name, DOB, address and phone number or call Donna at 802-434-3155. July's menu [here](#).

- **CAREGIVER TELECONNECTION ♦ ONLINE ♦**

This Caregiver Teleconnection website by WellMed offers telephone learning sessions and webinars that cover a wide range of interesting topics related to the care you provide to your loved one. In addition to a clear and simple-to-navigate website, they offer a downloadable calendar on the first of each month at [this link](#), listing their webinars and telephone learning sessions.



- **ACTIVE DAILY LIVING**

This [Active Daily Living website](#) by WellMed offers an abundance of resources for Seniors and Caregivers, along with personalized, monthly email newsletters that fit your preference of topics. See [this link](#) for a sample of a Caregiver newsletter.

LAUGHTER & SONG



It's beginning to look like a fantastic summer for live music in Vermont! Don't drive? Invite a friend along who has a car. The online bulletin board **Front Porch Forum** posts updates and rain dates for local events. If you don't know how to sign-up for Front Porch Forum and you're a member of Mount Mansfield Villages, we're happy to assist you.

- **SUMMER CONCERT SERIES: MILLS RIVERSIDE PARK, JERICHO**
Wednesdays, Jul 7, 2021 thru Aug 4, 2021, 6:00pm–8:00pm

Bring a blanket or a chair. Admission is free, but donations are welcome! Read about upcoming concerts [here](#).

- **SUMMER CONCERT SERIES: THE GREEN, WESTFORD**
Sundays, Jul 11, 2021 thru Aug 29, 2021
Food Trucks at 6:00pm, Music at 7:00pm–8:00pm

Food by Mediterranean Mix and Kingdom Creamery food trucks, along with the Westford Country Store. Local musicians bring their energy and creativity to a fun evening on the Westford Green. Read the Mountain Gazette article [here](#). Search Front Porch Forum for updated info.

- **TRUCKS, TAPS, AND TUNES: ESSEX EXPERIENCE GREEN**
Wednesdays thru Aug, 2021, 5:00pm–8:00pm

Enjoy family-friendly live entertainment, cold beer, and delicious food. Check the Essex Experience [Facebook page](#) for updates.

- **MUSIC ON MAIN—DOWNTOWN SUMMER MUSIC SERIES: MORRISVILLE**
Fridays, Jul 2, 2021 thru Aug 20, 2021, 5:30pm–7:30pm

Bring a chair, get a bite to eat from one of the local restaurants, and enjoy downtown Morrisville while listening to local musicians. More information and a calendar of musicians [here](#).

- **THE CRAFTSBURY CHAMBER PLAYERS**

**Saturday, July 17, 4:00pm and
Saturday, July 31, 4:00pm**

Plainfield Opera House with Others

The Craftsbury Chamber Players (on their portable flatbed truck stage) will perform at the Plainfield Rec Field, and like last summer, they will be fantastic. Admission by donation. Bring your own chairs or blankets. More info [here](#).



- **FESTIVAL OF FOOLS**

**Friday, July 30, 2021 thru
Sunday, August 1, 2021**

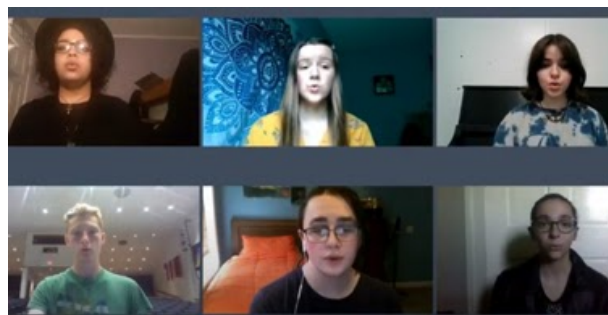
Burlington City Arts

Festival of Fools will return to downtown Burlington in 2021 for three days of safe shenanigans

and free events for all age groups. The Festival features the best international street performers from around the globe. Access [this webpage](#) for more information as festival planning continues.

- **MOUNT MANSFIELD SELECT CHORUS**

The MMU Select Chorus presents this timeless classic—*Lullaby* by Billy Joel— in this arrangement by Kirby Shaw. Listen [here](#).



- **SUMMER MUSIC FESTIVALS GUIDE**

Vermont Public Radio

Access this [VPR link](#) to Summer Music Festivals for inspiring and fun musical adventures in Vermont.

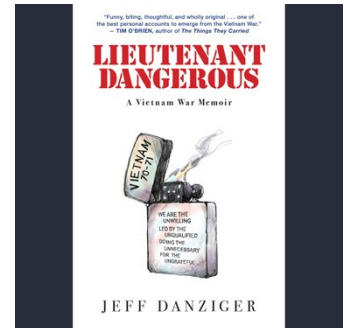
ENHANCE YOUR KNOWLEDGE

- **JEFF DANZIGER: *LIEUTENANT DANGEROUS* ♦ ONLINE ♦**

Tuesday, July 6, 2021, 7:00pm

Phoenix Books

Jeff Danziger, one of the leading political cartoonists of his generation, joins the Zoom stage for a discussion of his new book *Lieutenant Dangerous: A Vietnam War Memoir*. Registration and more info [here](#).



- **THE NEW ALZHEIMER'S DRUG**

Wednesday, July 7, 2021, 11:00am–12:00pm

Wellmed Charitable Foundation

This telephone learning-session discusses Biogen's new Alzheimer's drug, Aduhelm—the first FDA-approved drug to slow the progress of this disease in the past 2 decades. Register [here](#).

- **NOYES HOUSE MUSEUM:
ANNUAL OPEN HOUSE AND ICE CREAM SOCIAL**

Thursday, July 15, 2021, 6:00pm

Noyes House Museum, Morrisville

Explore the museum at your leisure and enjoy free ice cream, live music, old-fashioned toys, and bubbles! See the [Facebook page](#) for up-to-date information. Interesting 2014 *Burlington Free Press* article [here](#).



- **CHAT WITH NASA ARTEMIS TEAM ♦ ONLINE ♦**

Wednesday, July 28, 2021, 2:00pm – 3:00pm

Fairbanks Museum

Zoom with NASA's Dr. Jenny Gruber, the Artemis Program Human Landing System Cross Program

Integration Lead. With the Artemis program, NASA will land the first woman and next man on the Moon by 2024. See the Museum's [Events Calendar](#) for July 28th to get updated info.

INSPIRED BY NATURE

- **SUMMER FOREST BATHING**

**Saturday, July 17, 2021,
10:00am–12:00pm**

Audubon Vermont

Experience nature in new ways with the practice of forest bathing, intentionally engaging your traditional five senses and beyond. This decades-old, research-based practice originated in Japan and supports healing and wellness through immersion in forests and other natural environments. \$30 per session. More info and registration [here](#).



- **WORDS IN THE WOODS WITH VERANDAH PORCHE**

Saturday, July 24, 2021, 11:00am

Vermont State Parks and Vermont Arts Council

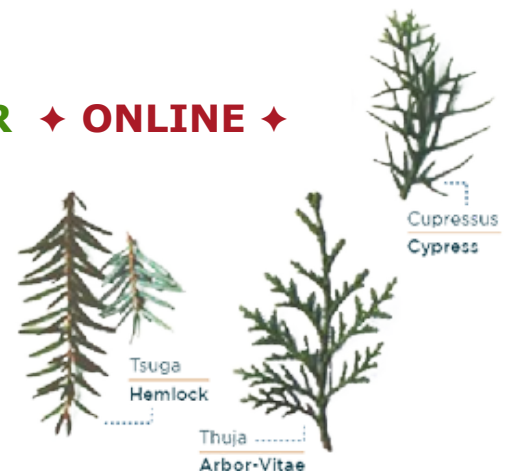
Poet Verandah Porche leads an in-person visit to Knight Point State Park in North Hero, Vermont. More information [here](#).

- **LOBES, TEETH, AND NEEDLES:
IDENTIFYING VERMONT TREES IN SUMMER ♦ ONLINE ♦**

Monday, July 26, 2021, 7:00pm

Vermont Land Trust

Join a fun hour of tips on identifying Vermont's common conifers and the hardwoods that grow with them. Learn about great places to visit to see the trees and practice your newfound skills. Register [here](#).



"Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference." ~ R. Frost

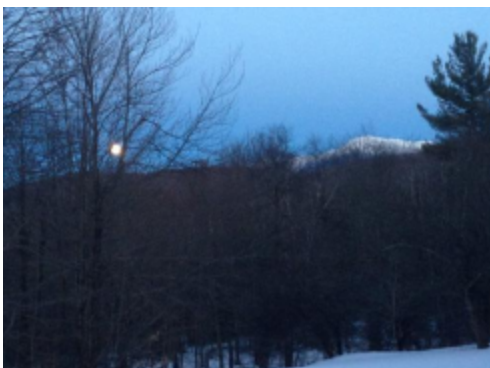
MEET A FRIENDLY NEIGHBOR

Born and raised in greater Boston, **Nori Geary** is a Vermonter by choice, not birth.

My Vermont experience began in my 20s. After college and a tour in the Navy, I spent winter 1971-72 in Stowe ski bumming, working first at Trapp's then at the Mountaineer. After that, I worked for a while on a dairy farm in Arlington, VT. In the fall, I left Vermont to enter graduate school, preparing for a research career in behavioral neuroscience. After my PhD, I won a fellowship for study in Munich, Germany, where I spent two wonderful years.



I then moved to New York City, first as a fellow at Cornell Medical College then as a faculty member at Columbia University. My wife and I bought a small getaway house in Arlington, VT, on the Battenkill River—canoeing joined hiking and skiing as our hobbies. After 10 years at Columbia, I returned to Cornell, where I spent the next 15 years. In 2004, I had the opportunity to move to the Swiss Federal Institute of Technology in Zurich, Switzerland, where we lived for 13 years. My research career focused on neural and hormonal controls of appetite and body weight, mainly in animal models. It was rewarding and, I hope, useful.



The view from Nori's house

After I retired, we decided in 2016 to move back to the USA (thinking that Hillary Clinton would be president). I suggested to my wife, Lori, who is also a scientist and not yet retired, that she find a job at UVM so we could live near Burlington—ideally someplace with cross-country skiing out the door. Everything, except the

election, worked out well, and we moved to Underhill in 2017.

I learned from my neighbors in Switzerland that most towns there have a variety of community-sponsored programs for older folks, run by volunteers and social workers hired by the towns. This seemed to be an excellent scheme, so when a neighbor here told me about the fledgling Mount Mansfield Villages, I decided to volunteer and am happy that I did.



It takes a village to help older adults stay in their homes, live independently, and remain connected. Mount Mansfield Villages (MMV) is a nonprofit, membership organization formed to provide a supportive village for residents of Cambridge, Underhill, & Jericho.

Want More Information about MMV? You can:

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

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

"Aging is not lost youth but a new stage of opportunity and strength" ~ Betty Friedan

REMEMBER WHEN UNDERHILL...

Courtesy of Gary Irish, Local Historian



Marion Gleason's house was on Route 15 beside the fire station. After she died (at the age of 103!), the fire department purchased the property, took down the house, and built the current fire station there.

Uzzel Whitcomb lived where Steve Guay is today, on River Road. The intersection with Park Street would be in the far distance.



The Mansfield Inn was across the road from the post office in Underhill Center. It had been the Prouty Hotel and was for many years a stopping point for people coming to hike up Mount Mansfield.



Camp Mansfield, a summer camp operated by Mrs. Helene Durbrow from 1946 to 1963 on the Mountain Road, was for children with learning difficulties, helping them to not lose any abilities over the summer, while at the same time giving them a full camping experience, including horseback riding, swimming, hiking, archery, overnight camping, and nature study.

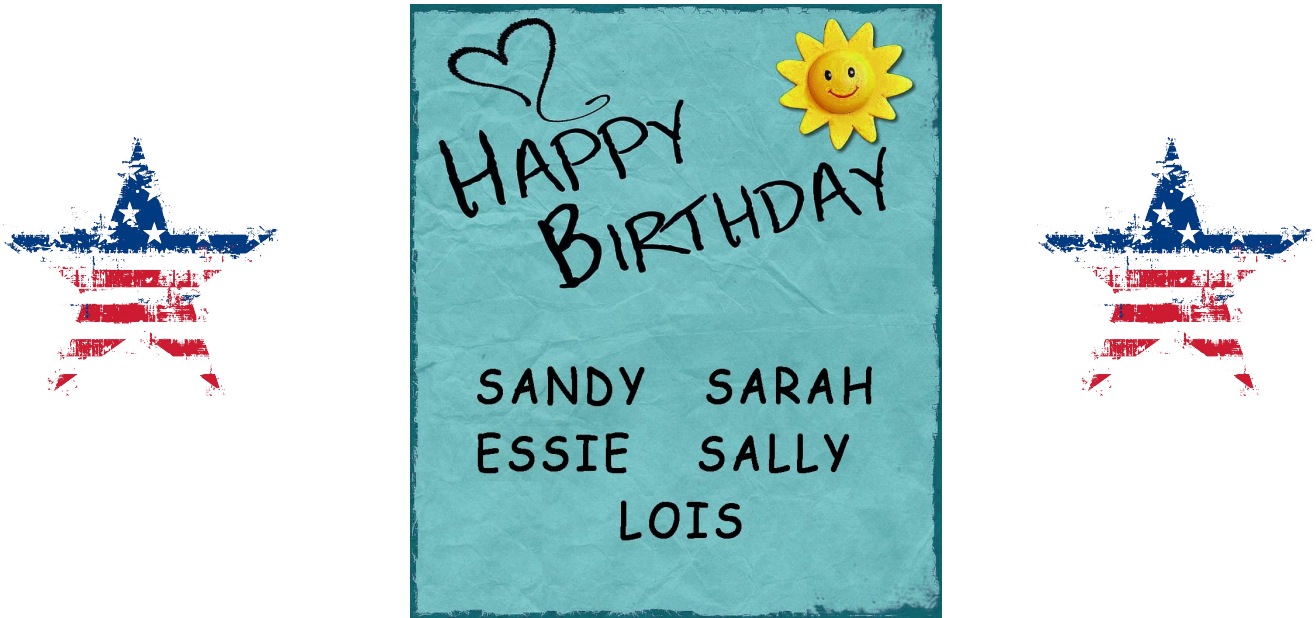


Effie's Lunch was in a house beside the Underhill Garage, later demolished to form a parking lot. It was a lunch counter and bus stop (when Vermont Transit buses ran from Burlington to Morrisville). Effie's husband, Charlie Reynolds, operated a tailor shop there and also brought the mail from the railroad station to the post office (when it was in the next house north of the brick store) on a hand cart.

David Gallup carried on his father's hardware store and tin shop on Park Street for many years. As the hardware business was taken over by larger chain stores, David turned to making copper dippers and lamps, which were very popular.



SPECIAL SALUTE



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

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—some digital and others 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.