



MMV News You Can Use

August 2021

AUGUST—Summer's sultry, last full month has arrived. The expression "**Dog Days**" of summer does not refer to dogs lazing around, too hot to move—although it seems like it should! The Full moon this month is called the **Sturgeon Full Moon**.

Useful dates:

July 30—Vermont Savvy

Seniors. Not to be missed!

Aug 3—National Watermelon Day. Refreshing fruit recipes **here**.

Aug 8-15—VT Open Farm Week

Aug 14—MMV Shred Fest.

Secure shredding for your papers!

Aug 26—Women's Equality Day

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Listed events are a smattering of options—free-of-charge, relatively local, and **in-person** unless noted otherwise.

NOTE: September 2021 *MMV News You Can Use* will be abbreviated. The typesetter is going fishing!



QUESTION OF THE MONTH for AUGUST

What are your favorite wine and wine-related memories?

"When first married, we belonged to a wine club at the local liquor store. They sponsored monthly speakers for a tasting, and then we could buy the featured wines at a discount. Spanish reds are my favorite now." ~ Nancy M.

By August 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 all Q.M. responses **here**.

MEMBERS' MEMORANDUM



VERMONT SAVVY SENIORS

Friday, July 30, 2021, 2:00pm

Good Shepherd Lutheran Church, Jericho

Mount Mansfield Villages is excited to sponsor a theatrical presentation by the Vermont Savvy Seniors—for MMV members, volunteers, and sponsors.

Vermont Savvy Seniors is a collaboration between Lyric Theatre Company, COVE: The Coalition of Vermont Elders, and a nationwide program SMP: The Senior Medicare Patrol Project.

Actors from Lyric Theatre Company have volunteered to act in short skits about how senior citizens can protect themselves from identity theft, Medicare fraud, and telephone and email scams—as well as how seniors can get help receiving the healthcare plans that best fit their needs. They travel throughout Vermont and



put on a 40-minute program that is both entertaining and enlightening to people of all ages. With titles like "No Wonder You're Dizzy," "Internet Follies," and "A Canada Goose," this program is fun to act and fun to watch.

MMV members, sponsors, and volunteers: Please join us for this 40 minute Vermont Savvy Seniors theatrical program followed by a question and answer period and light refreshments. The Good Shepherd Lutheran Church is located at 273 VT Route 15 in Jericho. There is plenty of parking, and the building is wheelchair accessible. **Masks required**—and will be available at the door if you forget yours. Please email or call MMV if you need a ride: mountmansfieldvillages@gmail.com or (802) 858-5381.

MMV SHRED FEST

Saturday, August 14, 2021, 9:00am-12:00pm

Cambridge—Jeffersonville Silos



Mount Mansfield Villages (MMV) is sponsoring a shredding event for our members, volunteers, sponsors, and the local community on Saturday, August 14, 2021, from 9am-12pm in Jeffersonville (Cambridge) at the “Silos” located on Vermont Route 15 at the roundabout (next to the Union Bank). On-site parking is available. You may bring your personal

papers by bag or box. A SecurShred employee will put your papers in the secure truck to be shredded. You can even watch them shred!

For information on how long to keep certain documents and what to shred visit this [New York Times article](#) or www.securshred.com.

MMV members may request a service to have their papers picked up by a volunteer to bring to the shredding site or to request a ride to the site to bring their papers in person.

This event is sponsored by our donors and Union Bank.

DISCOVER VERMONT

- **45TH ANNUAL FRANKLIN COUNTY FIELD DAYS**

Thurs, August 5—Sun, August 8, 2021

Highgate, VT

Franklin County Field Days has been hosting fun events for over 40 years. Enjoy horse shows, demolition derbies, flower shows, and much more! \$15 admission includes parking. More information [here](#).



- **MORNING BIRDING WALK—THE FARM BETWEEN**

Monday, August 9, 2021, 7:30am–9:00am

The Farm Between ([Sterling College](#))—Cambridge

In this Open Farm Week event, explore the farm's trail system across 18 acres of fields, fruit trees, and berry plants with longtime birder John McKay. Registration information [here](#).



- **CELEBRATE THE ARTS! WEDNESDAY NIGHT LIVE**

Wednesday, August 11, 2021, 5:30pm-7:30pm

River Arts, Wednesday Night Live, and Lamoille Neighbors—Morrisville

Join Wednesday Night Live in Oxbow Park, Morrisville for a night in celebration of all creative mediums. This vibrant evening will feature local musicians, poets, a ballet performance, and visual art demonstrations from different local community groups that meet regularly to connect through creativity. More information [here](#).





- **IN THE FIELD WITH ABENAKI LAND LINK AND CHIEF DON STEVENS**

Sun, August 15, 2021, 10:00am-12:00pm

Abenaki Land Link, Northwest Healthy Roots Collaborative, and West Farm—Jeffersonville

In this Open Farm Week event, join Chief Stevens and hear about the food sovereignty work of the Nulhegan and learn about the three sisters' crops and seed saving. Register [here](#).

- **BEACON FIRE AT COLD HOLLOW SCULPTURE PARK**

Sat, August 21, 2021, 2:00pm-5:00pm

Cold Hollow Sculpture Park and the VT Arts Council—Enosburg Falls

2021 Artists-in-Residence, choreographer Laurel Jenkins and composer Matthew Evan Taylor, perform *Beacon Fire*, an original composition and immense multi-month effort. After the performance, they will lead a conversation about community building as the motivation for artistic pursuits. More information [here](#).



- **STUCK IN VERMONT: FOUNDERS HALL SELECTIVELY DISMANTLED**

7 min. video—stream anytime

Seven Days

View the fascinating history of the oldest building on Saint Michael's College campus in Colchester, its transformation over time, and the story of its ongoing demolition—including the selective dismantling, recycling, and repurposing of its materials. Stream [here](#).

"We will save the iconic cupola and other elements of the building to appropriately memorialize [them]." ~ SMC president Lorraine Sterrit



AGING WELL

- **SAVVY CAREGIVERS ♦ ONLINE ♦**

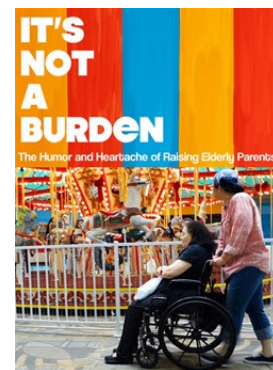
Tuesdays, August 3, 2021–September 14, 2021, 2:00pm–4:00pm
Dartmouth-Hitchcock Health, Aging Resource Center

This 7-week training program helps develop skills to manage daily life and foster a different attitude towards caregiving. Email Megan Reed at megan.m.reed@hitchcock.org or call (603) 653-3484. More info [here](#).

- **DOCUMENTARY SCREENING: *IT'S NOT A BURDEN* ♦ ONLINE ♦**

Friday, August 6, 2021, 8:00pm–9:30pm
AARP

Leading with humor and heart, *IT'S NOT A BURDEN* takes on the relatable struggles of elder-care, with truth, humor, and compassion—exposing the multiple sides to this complex issue that affects so many. Pre-registration is required at [this link](#).



- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

Saturday, August 21, 2021, 9:00am–10:30am
Good Shepherd Lutheran Church, Route 15, Jericho

The Food Shelf is sponsored by 11 local churches and serves people from the surrounding towns. No advance registration is required. Pre-packed bags of staples and fresh food are brought out to clients' vehicles.



- **GRAB 'N GO LUNCH**

Wednesday, August 25, 11:00am–12:00pm
[Register by Friday, August 20]
St. Thomas's Church, Underhill Center

In collaboration with Age Well, a free take-out lunch is available to anyone 60yrs and older. Delivery is not available. Email your name, DOB, address, and phone number to Donna Lewis at bellyacr@gmavt.net or call (802) 434-3155. August menu [here](#).

ENHANCE YOUR KNOWLEDGE

- **FROM THE PARLOR TO POLLING PLACE:
STORIES AND SONGS FROM THE SUFFRAGISTS**

Wednesday, August 11, 2021, 7:00pm

Cambridge Historical Society and
Vermont Humanities Speaker Bureau



In song and stories, historian Linda Radtke, in period garb, celebrates the centennial of the passage of the 19th Amendment, specifically highlighting the decades-long persistence of Vermonters. More information [here](#).

- **THE LITERARY GENIUS OF TONI MORRISON ♦ ONLINE ♦**

Wednesday, August 11, 2021, 6:30pm–8:00pm

AARP

Professor Joseph Luzzi will focus on Toni Morrison's extraordinary novel *Beloved*, exploring its profound insights into the legacy of slavery and race relations as well as its incandescently beautiful prose. Information [here](#).

- **THE HIDDEN HISTORY OF FRANKLIN COUNTY, VERMONT**

Sunday, August 15, 2021, 2:00pm–3:30pm

Ethan Allen Homestead Museum, Burlington

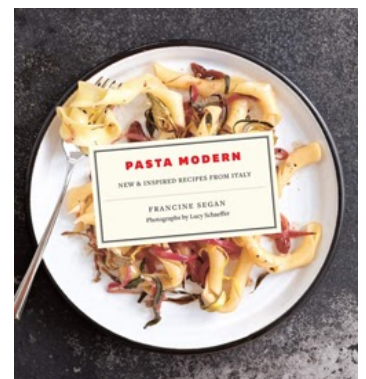
Join local historian and author Jason Barney as he unveils Franklin County's fascinating and forgotten past—from colonial times to the "Back to the Land" movement. Free lecture and walk around the grounds and exhibits; donations appreciated. More information [here](#).

- **PASTA LOVER'S TOUR OF ITALY ♦ ONLINE ♦**

Tuesday, August 17, 2021, 6:30pm–7:30pm

AARP

Join Francine Segan, noted food historian and author of *Pasta Modern*, for an amusing talk on pasta's tantalizing history. Registration and more info [here](#).



INSPIRED BY NATURE



- **NIGHT OWL CLUB** ♦ **ONLINE** ♦

Thursday, August 5, 2021, 7:00pm–8:00pm

Fairbanks Museum

Tune into the [Night Owl Club](#) for a monthly conversation with Museum educator Bobby Farlice-Rubio about everything astronomy and space. Open to everyone at [this Zoom link](#).

- **DOCUMENTARY: AGAINST THE CURRENT** ♦ **ONLINE** ♦

Stream anytime until Wednesday, August 18, 2021

VTIFF—Vermont International Film Festival

Veiga Grétarsdóttir attempted to kayak around Iceland, counter-clockwise and “against the current.” Veiga’s inner journey is no less remarkable, having undergone gender reassignment at great personal cost. These two stories of conflict and struggle are intertwined as this stunning film follows her amazing 103-day voyage around Iceland. Subtitled. \$12 [here](#).



- **WORDS IN THE WOODS**

WITH SARAH AUDSLEY ♦ **ONLINE** ♦

Wednesday, August 18, 2021, 7:00pm

Vermont State Parks and Vermont Arts Council

Korean-born poet Sarah Audsely lives in Johnson, VT where she works for the Vermont Studio Center. More info [here](#).

- **WETLAND SKETCHING TREASURE HUNT**

Sunday, August 29, 2021, 10:00am–2:00pm

Milton Art Guild with the Vermont Land Trust

Join Vermont artist [Susan Abbott](#) and VLT ecologist Allaire Diamond to learn techniques for field sketching and explore the beauty of Vermont’s wetlands—a fun and instructive drawing and nature workshop! \$10. Bring art supplies and bag lunch. More information [here](#).



COOK'S CORNER

BLUEBERRY-ORANGE BREAD

Submitted by Nancy McRae, MMV Board Member

- ¼ cup margarine or butter
- ½ cup boiling water
- 1 cup orange juice
- 2 eggs
- 2 cups sugar
- 4 cups flour
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- 2 Tbsp grated orange rind
- 2 cups blueberries, fresh or thawed, and drained



Melt butter in boiling water in a small bowl. Add orange juice.

Beat egg with sugar until light and fluffy.

Add sifted dry ingredients to egg-sugar mixture alternately with orange juice mixture, beating until smooth.

Fold in berries and orange rind.

Bake in two greased loaf pans at 350° for 1 hour.

"I use my microplane to remove the zest from oranges when they are in season in the winter and freeze it for later use." ~ Nancy M.

MEET A FRIENDLY NEIGHBOR

*Despite having lived and traveled in many wonderful cities and countries, **Jean Archibald** feels blessed to have settled in Vermont.*

I was born in Westchester County, NY in 1928 and grew up with loving parents and a very special younger brother. After college, I held jobs in New York City, Washington D.C., Tehran, Iran, The Hague in the Netherlands, and Amman, Jordan, ending in the best place to be—Underhill, Vermont.

I moved with my husband Ted Hotchkiss to Vermont in 1956, lived on a farm in Vershire for a couple of years, and then serendipitously moved to a farm in Jericho. We made a living raising chickens to egg-laying age, and later we developed a construction business.



During this busy time, 5 children were born—a son and four daughters. In 1973, I became a divorced single mother, moved to Underhill, and started work for Chittenden East School district. I worked as a librarian in Huntington, Richmond, Jericho, and Underhill, finally moving full-time to Browns River Middle School.



Jean with grandson Caleb

After retirement in 1994, I spent a year traveling around the world with stops in Ireland, Denmark, Eastern Europe, Turkey, Thailand, China, Hong Kong, Oman, and Jordan. I lived with my daughter and taught English in Amman for half a year and spent a month with my newborn grandson in Hong Kong. The last leg of my journey was a train ride across Canada. I have an in-law

relationship with a Palestinian family from the West Bank. Many visits there have convinced me of the need for justice for the fine and courageous folk of that threatened part of the world.

Personal hobbies have included biking, swimming, singing, maintenance of my woods in Pleasant Valley, and enjoying many neighborhood and family gatherings.

I have been involved with the local community in several ways. One of the most satisfying was the chairmanship of the original library board when we consolidated libraries in two towns and created the Deborah Rawson Memorial Library. I have also been active with the Underhill Historical Society and the Mt. Mansfield Unitarian Universalist Fellowship.



*Jean participating in the
Isle au Haut triathlon*

I have been so blessed to be a Vermont resident and especially glad to have 3 daughters living nearby and my son and daughter living in Maine. I hope to visit those two this fall.

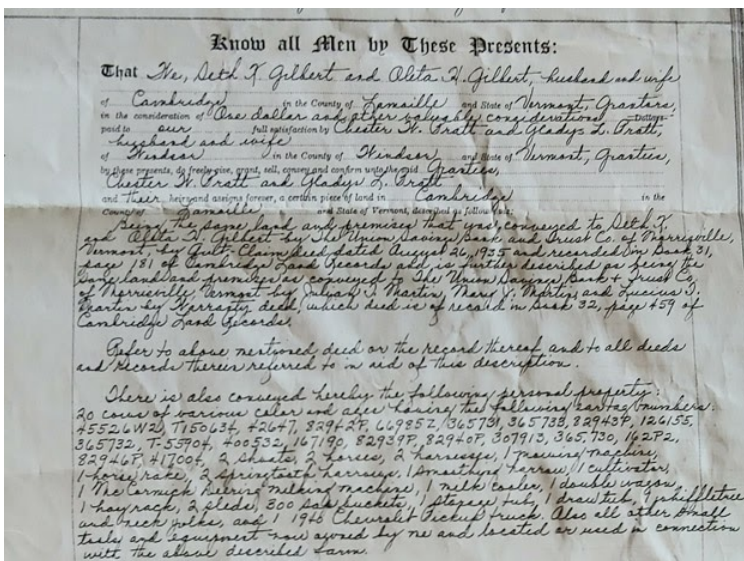
I am happy to be a member of Mount Mansfield Villages and appreciate all they do for our seniors.



REMEMBER WHEN CAMBRIDGE...



A MYSTERY...Hearsay has it that someone "bet the farm" in a poker game and the Pratt's won—the actual farm! Is this the story of a bet that, in hindsight, should never have been placed? Or is this the story of a family retiring from farming and passing their farm to relatives? And is there some significance that the conveyance happened on D-Day? Do you have any historical anecdotes or facts to shed more light on the "Pratt Farm" on Pratt Road in Cambridge?



"We, Seth K. Gilbert and Aleta H. Gilbert, husband and wife...in consideration of One dollar and other valuable considerations paid to our full satisfaction by Chester W. Pratt and Gladys L. Pratt, husband and wife...do freely give, grant sell, convey, and confirm unto said Grantees...a certain piece of land in Cambridge...There is also conveyed hereby the following personal property: 20 cows of various color and ages..., 2 horses, 2

harnesses, 1 mowing machine, 1 horse rake, 1 cultivator, 1 McCormick Deering milking machine...2 sleds, 300 sap buckets...and 1 1940 Chevrolet Pickup truck. Also all other small tools and equipment now owned by me and located or used in connection with the above described farm...This 6th day of June A.D. 1944."

The more recent history of the farm comes to us from Anne Harris, the current owner with her husband Dick. Anne and Dick relocated to Cambridge from Essex Junction 5 years ago and have updated their property by planting 1300 blueberry bushes and hundreds of apple trees, raising pigs, beginning beekeeping, and installing an irrigation system—revitalizing its working-farm roots. They named their farm **Stony Grove** and offer apple and blueberry U-Pick and run a farm stand of many products with ingredients from their land—fresh eggs, honey, cut flowers, apple butter, jams, and baked goods. Stop in, introduce yourself to Anne, and enjoy the beautiful and delicious bounty!

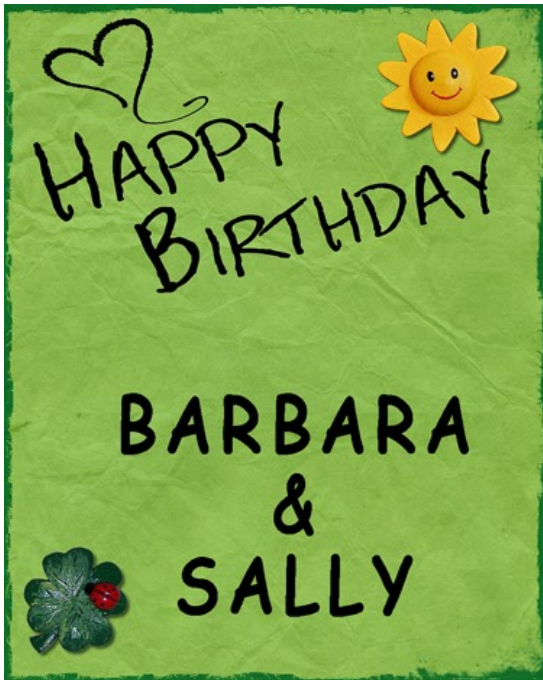


Before the Harris family owned the property, the Smith family did extensive renovations to the farmhouse over 10+ years, including gutting the interior and reconfiguring rooms. The property was featured in a *Vermont Magazine* article in 2009 which highlighted not only the renovations to the 1850-era farmhouse but also the extensive work the Smiths commissioned for the 1871 barn, as shown on **Building Heritages's** website. In their more recent renovation, the Harris family added an ell-addition with a new kitchen, mudroom, and bedroom.

Historic images from the "Pratt Farm"...



SPECIAL SALUTE



BIRTHDAYS IN HISTORY

Born August 22, 1893, **Dorothy Parker** was an American poet, writer, critic, and satirist based in New York; she was best known for her wit, wisecracks, and eye for 20th-century urban foibles.

From a conflicted and unhappy childhood, Parker rose to acclaim, both for her literary works published in such magazines as *The New Yorker* and as a founding member of the Algonquin Round Table... both her literary output and reputation for sharp wit have endured...

"The cure for boredom is curiosity. There is no cure for curiosity."

"Beauty is only skin deep, but ugly cuts clean to the bone."

"The first thing I do every morning is brush my teeth and sharpen my tongue."

~ from *Wikipedia*



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United Church of Underhill



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?

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.



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.