



MMV News You Can Use

September 2021

SEPTEMBER—The last gasp of summer! The garden's summer squash has stopped producing, the corn is big and ripe, and the apples are blushing with enthusiasm. The full moon this month is called the **Harvest Moon**.

Dates of note:

Sept 6—Labor Day

Sept 11—Patriot Day—National Day of Service & Remembrance

Sept 15—Yom Kippur

Sept 21—International Day of Peace

Sept 22—Autumnal Equinox

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

OLD FASHIONED HARVEST MARKET 2021

Sat, Sept 25, 9:00am–5:00pm & Sun, Sept 26, 10:30am–4:00pm
United Church of Underhill, 7 Park Street, Underhill



This annual family-oriented community fair features 2 days of entertainment, food and fun, with an opening parade, over 100 crafters, LOTS of great food, kids' activities, and music. Flea markets abound in the area of the fair and throughout Underhill and Jericho!

Check back **here** for schedule updates.

MEMBERS' MEMORANDUM



HOSPITALITY PERSPICACITY

The CDC finds that vaccinated persons who contract the current COVID-19 Delta variant ("vaccine breakthrough case") are unlikely to get gravely ill and are often asymptomatic. They will carry a similar viral load to an unvaccinated person with the Delta variant, however, so can infect others. In short—if you're vaccinated, it is unlikely you will catch COVID-19, but if you catch it, you can spread it.

Because immunity to COVID-19 decreases over time, it is likely that booster shots will soon be made available. Please be on the lookout for an announcement.

In the meantime, what should you do when someone knocks on your door—a service person to deliver furniture or repair a leak, or even a neighbor stopping by to say hello?



If you feel comfortable welcoming a vaccinated person into your home but you'd prefer that an unvaccinated visitor wear a mask, you could say, for example:

"If you are fully vaccinated like us, you are welcome to come into our home unmasked. However, if you are unvaccinated, we ask that you please wear a mask and keep a social distance."

If you would rather not have an unvaccinated serviceperson in your home—even if masked, you could say, for example:

"We do not feel comfortable having an unvaccinated person—even with a mask—in our home. Is there another way we can arrange to have this service accomplished?"

And as always, it is suitable for you to don a mask when you invite people into your home if it makes you feel more comfortable.

Now that the CDC recommends masking in indoor public spaces in areas with high transmission such as Chittenden County, MMV members might want to access the [CDC website](#) for guidance and to help inform their decisions whether to require visitors to mask in their private homes.

Let's protect ourselves and others as best we can.



GRAND FRIEND CONNECTION

Do you like to interact with college-age young people? Consider volunteering to be a Grand Friend this fall. You will meet 5 times (via zoom, phone, or possibly in person) with a student who is studying late adult development and aging.

Visits are spread out from early September through November/early December. Students and older adult volunteers (65 or older) are matched based on a short questionnaire about their interests.

To volunteer, click on [this form](#).

For questions, or to ask for another way to complete the form (e.g., filling out a word document), email janet.nunziata@med.uvm.edu or call (802) 656-4220. Grand Friends is sponsored by The Center on Aging at The University of Vermont.

MOUNT MANSFIELD VILLAGES MEMBERSHIP

The demand for support-at-home services has been rising significantly since baby boomers began reaching age 65 in 2011. AARP found that about 80% of older adults desire to age-in-place as long as possible—living independently and comfortably in their homes and communities, rather than moving to age-segregated facilities.



Mount Mansfield Villages (MMV), a nonprofit, membership organization formed to provide a supportive village for residents of Cambridge, Jericho, & Underhill, lends assistance for older adults to age in place with an affordable membership structure.

At the height of the COVID pandemic, membership rates were reduced to half of the standard rate. As of October 1, 2021, annual membership will revert to the pre-pandemic rates of \$240 for an individual (\$20/month) and \$300 for a household, with assistance available for those needing it. If you are interested in becoming a member of Mount Mansfield Villages or know someone who is, consider joining now while the pandemic membership rates are in effect!

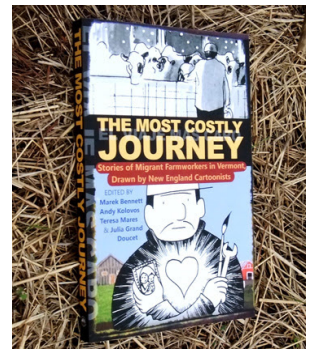
To join, start the process by filling out [this form](#) or call us at (802) 858-5381.

DISCOVER VERMONT

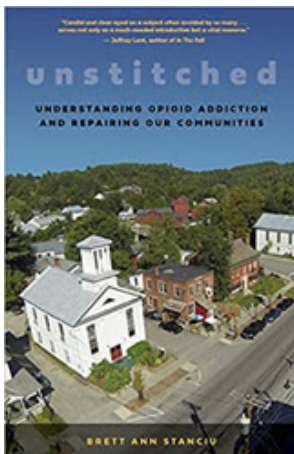
- **BOOK DISCUSSION: *THE MOST COSTLY JOURNEY: STORIES OF MIGRANT FARMWORKERS IN VERMONT DRAWN BY NEW ENGLAND CARTOONISTS* ♦ ONLINE ♦**

Thursday, September 9, 2021, 7:00pm

Phoenix Books



Join a discussion with the editors and contributors to this important new book. This non-fiction comics anthology presents stories of survival and healing told by Latin American migrant farmworkers in VT as part of an outreach effort aimed at addressing the overlooked mental health needs of these vulnerable immigrants. Registration [here](#). VPR segment [here](#).



- **BOOK DISCUSSION: *UNSTITCHED: MY JOURNEY TO UNDERSTAND OPIOID ADDICTION & HOW PEOPLE & COMMUNITIES CAN HEAL* ♦ ONLINE ♦**

Thursday, September 16, 2021, 7:30pm

Phoenix Books

VT author and librarian Brett Ann Stanciu shares the powerful story of her quest to understand the impact of addiction fed by stigma and secrecy. Registration [here](#).



- **FARMER SOCIAL: ABENAKI LAND LINK HARVEST FESTIVAL**

Saturday, September 25, 2021, 11:00am–3:00pm

Farm at VT Youth Conservation Corps, Richmond

Join us for a day all about celebrating the harvest season through food, ceremony, storytelling, and field walks. Learn more about the Abenaki Land Link Project, a collaboration between the [Nulhegan Band of the Coosuk - Abenaki Nation](#) and the Northeast Organic Farming Association of Vermont ([NOFA-VT](#)). More information and RSVP [here](#).

AGING WELL

- **HOW DO I FIND RELIABLE HEALTH INFORMATION ONLINE? ♦ ONLINE ♦**

Tuesday, September 7, 2021

10:00am–11:30am

Dartmouth-Hitchcock Health



Learn about sources for finding reliable health and wellness information online, tips for evaluating online health information, and how to apply these tips to the ever-changing (and overwhelming) amount of online information about COVID-19. Register [here](#).

- **TOO MUCH OR NOT ENOUGH: DYSKINESIA AND "OFF" TIME IN PARKINSON'S ♦ ONLINE ♦**

Thursday, September 16, 2021, 12:00pm–1:00pm

Michael J. Fox Foundation for Parkinson's Research

Expert panelists will discuss common Parkinson's issues—"off" time and dyskinesia—and how to treat them. "Off" time is when symptoms return between medication doses. Dyskinesia is uncontrolled, involuntary movement. Register at [this link](#).

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

Saturday, September 18, 2021, 9:00am–10:30am

Good Shepherd Lutheran Church, Route 15, Jericho



- **GRAB 'N GO LUNCH—FOR AGES 60 & OVER**

Wednesday, Sept 29, 11:00am–12:00pm

(Register by Thursday, Sept 23)

Location: St. Thomas's Church, Underhill Center

Email Donna: bellyacr@gmavt.net or call (802) 434-3155. Menu [here](#).

"Youth is the gift of nature, but age is a work of art."

~ S. J. Lec

ENHANCE YOUR KNOWLEDGE

- **OSHER SPEAKER SERIES** ♦ **ONLINE** ♦

Wednesdays, 1:00pm–2:00pm

OLLI at UVM Online Distinguished Speaker Series

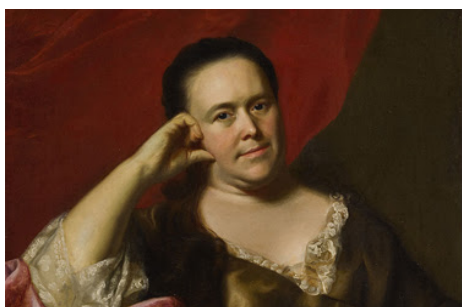


Join OLLI for 5 online presentations on historical, timely, and relevant topics and receive the \$25 Series 50%-off Special when you sign up for all 5 lectures by 10/11/21. Lecture recordings are available to participants for 1 week after the lecture date. The first lecture is on October 11. More information and sign-up for the discount [here](#).

- **EDUCATION AND ENRICHMENT FOR EVERYONE** ♦ **ONLINE** ♦

Fridays, September 12–October 29, 2021, 2:00pm–3:00pm

EEE, Shelburne



Eight thought-provoking Zoom lectures on Fridays from September 12–October 29, 2021, 2–3pm—available for a \$45 membership to EEE. Also, enjoy the live Q&A that immediately follows each lecture. Lecture information [here](#). Membership information [at this link](#).

9/10: Lost and Found: John Singleton Copley at Shelburne Museum

9/17: The Future of Policing: Strategic Planning for Community Safety and Partnership

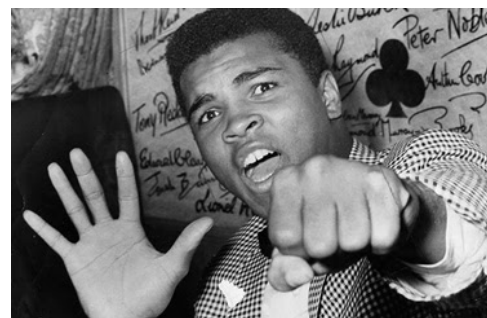
9/24: Timeless and Thoroughly Modern: Maple Production in Vermont

- **FIRST WEDNESDAYS LECTURE SERIES—RECORDED TALKS** ♦ **ONLINE** ♦

60 min. videos—stream anytime

Vermont Humanities

View the fascinating talks from the 2020–2021 First Wednesdays series that have been video recorded. More information [here](#).



INSPIRED BY NATURE

- **GARDENING WITH NATIVE PERENNIALS** ♦ **ONLINE** ♦

Wednesday, September 8, 2021, 6:00pm–8:00pm

Friends of the Horticultural Farm, South Burlington

Charlotte Albers, curator of the Pollinator Garden, will talk about why and how to grow native plants. Non-members \$10. Register [here](#).



- **INVASIVE PLANT WEBINAR:**

INVADERS IN THE KINGDOM ♦ **ONLINE** ♦

Wednesday, September 8, 7:00pm–8:00pm

Vermont Land Trust

Honeysuckle, barberry, and buckthorn are some non-native plants that are invading the Northeast Kingdom—and the rest of Vermont! Register [here](#). Access a terrific website about invasives in VT [here](#).



- **BIRD-FRIENDLY FORESTRY PRACTICES AND STRATEGIES FOR LANDOWNERS** ♦ **ONLINE** ♦

Wednesday, Sept 29, 2021, 2:00pm–3:15pm

Northeast Bird Habitat Conservation Initiative, Cornell, and Audubon VT

Explore specific forest management activities and silvicultural options designed to enhance bird habitat while also achieving other ecosystem goals. Register at [this link](#).

- **TOP 10 WILDLIFE WATCHING EXPERIENCES**

Vermont Fish & Wildlife Department

Read [this interesting webpage](#) for some of Vermont's wildlife-watching hot spots. View [this webpage](#) for a calendar highlighting the best times for the top 10 viewing opportunities.



COOK'S CORNER

1968: MÁLAGA GAZPACHO

From the New York Times—"Craig Claiborne's Favorites"

3 cups cored, coarsely chopped fresh Tomato
1 ½ cups peeled, coarsely chopped Cucumber
1 seeded, coarsely chopped Green Pepper
1 clove Garlic, sliced
½ cup Water
5 tbsp Olive or Corn Oil
¼ cup Red- or White-Wine Vinegar
Salt to taste
2 slices untrimmed fresh White Bread, cubed



Combine all the ingredients in the container of an electric blender. Blend at high speed, pausing now and then to scrape down with a rubber spatula as necessary.

Pour the mixture through a large sieve placed inside a mixing bowl. Press and stir with a wooden spoon to extract as much liquid as possible. Discard the solids. Taste the soup for seasoning and add more salt and vinegar if desired. Chill thoroughly before serving. Serves 6.

CHRISTIE'S UPDATED TIPS:

Put all the ingredients in a food processor. Use whole grain bread. Serve without straining. Sprinkle croutons and herbs on top.

"This delicious "summer's end" recipe, originally from Manola Drozdowski, a home cook, appeared in a 1968 Times article by Craig Claiborne and came to me from my friend Christie, who has been making it for decades."

~ Penny M.

MEET A FRIENDLY NEIGHBOR

~ ELAINE McCRATE ~

I grew up in central Ohio. Probably the most notable thing you should know about me is that I have been up to my eyeballs in the feminist movement since the 1970s. When I was a kid, TV ran a cartoon over and over again that rankled me even at that age: an evil man tied an innocent lady to the railroad tracks; just before the locomotive ran over her, the hero showed up on his horse and rescued her. I used to fantasize about the girls showing up on horseback and rescuing the guys from the rushing train. I have always detested that idea of feminine helplessness. So, during my college years at Ohio State University and for a while after, I worked a lot with a militant Women Against Rape group in Columbus. We did a lot of work on preventing violence against women. I credit this with turning me into the kind of person I am.



Also while I was attending college, the 1974 recession came along. Most of us are old enough to remember something about it—a combination of high inflation and high unemployment that economists didn't expect, and that—at the time—was the worst recession since the Great Depression of the 1930s. (Of course, since then the recessions have kept getting worse.) Naively thinking that a couple of economics courses might help me understand that, I drifted into economics. I went to grad school and then came to Vermont to teach economics and women's studies at UVM, which I did for 30 years before semi-retiring. I still teach some courses in the fall, but I'm done with the winter commute from Underhill.

I'm a labor economist, which means that I'm mostly concerned with people's working lives. Most of my work recently has been about work schedules—in particular, the crazy ones where workers are never sure when they are going to be required to work, and if they are paid by the hour, whether they will get enough hours to make ends meet. I've been concerned with the disruptive effects of this kind of schedule on people's lives—it's hard to make a budget; it's hard to make plans with friends and family; it's even hard to sleep.

I've loved Vermont since I arrived here in the mid-1980s. I like the neighborliness and the outdoors. I hike and ride my bike a lot, although at age 66 things are a bit harder now—my knees are shot. I have had cats for forty years; right now I have two little fuzzy troublemakers. I'm sort of a sports junkie and spend way too much time watching basketball, etc., on TV. I've gone to Japan a couple of times, I have Japanese friends, and I've been learning the Japanese language for the last several years (it's hard). I love beautiful gardens, but I'm a horrible gardener myself, so I enjoy other people's gardens.



I've always thought that the baby boom generation (mine) would need to come up with something better for taking care of older people than shutting them up in nursing homes when they really didn't need to be there. I think that Mount Mansfield Villages is a brilliant idea. I'm happy to be part of it.



REMEMBER WHEN JERICHO...



JERICHO TAVERNS: REST AND REFRESHMENT

by Gary Irish, Local Historian

In the early days of Vermont, travel was by foot, horse, or stagecoach, all of which limited the range that one could travel in a day's time. Thus, an early fixture in most towns was the local tavern, and Jericho boasted several.

BASS HOUSE

One of the earliest taverns in Jericho was the Bass House, located at 365 VT Rt. 15, on the northwest corner of the intersection with Raceway Road (across from the current Jericho Market) in the Riverside section of



town. Little is known about this tavern, other than for a time Nathaniel Bostwick was the owner. He died February 10, 1807, at the age of 50, and as it was already known as the Bass House, he was likely not the original owner. The old tavern is now used as apartments.



BOSTWICK HOUSE

By 1802, Nathaniel Bostwick's son Arthur kept the Bostwick House that stood a short distance below the Bass House, at 351 VT Rt. 15. Arthur's son Julius Bostwick also kept the Bostwick House for a short time. Arthur's daughter Sally married Rufus Brown in the Bostwick House on February 2, 1843, and Rufus took over operation of the tavern from his father-in-law,

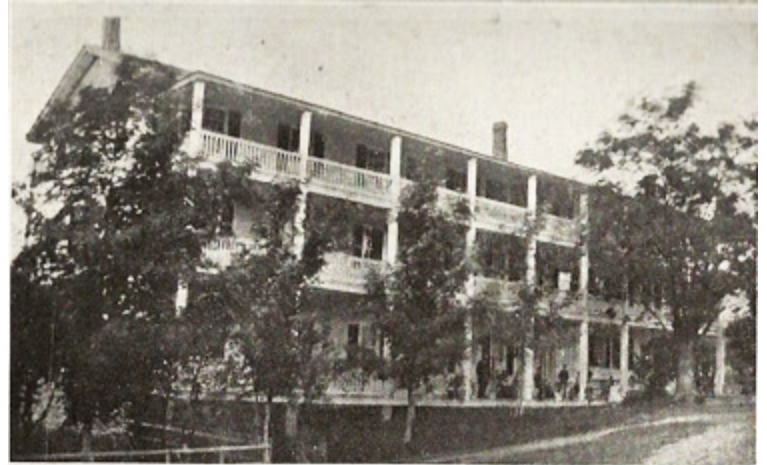
purchasing it from him in March 1849 for \$4,000. The tavern had started out as a two-story building, and both Bostwick and Brown enlarged it from time to time, including adding an ell.

The tavern was on the direct route from Canada to Burlington and Lake Champlain, and south to Troy, N.Y., and points beyond, and in the early days was much frequented by teamsters. They traveled up and down with their big covered wagons, drawn by four, six, or more horses, coming in at dark and out again as early as three or four o'clock in the morning, loaded with such things as grain, pork, lumber, furs, and dry goods. During the 1840s and 1850s, there was a strong temperance movement in this area, and it is interesting to note that as a result, in at least 1851, Mr. Brown was licensed by the town to sell small beer and cider in the hotel, but not wines, strong beer, or spirituous liquors.



DIXON (BOSTWICK) HOUSE

In February 1866 the tavern was purchased by Leonard Dixon and was soon renamed the Dixon House. Mr. Dixon expanded the building even more, adding a large three-story addition and a dance hall. From its large three-story porch on the east side, patrons had a spectacular view of Mt. Mansfield, and the Adirondacks could be



viewed from the porches on the west side. There were also croquet grounds adjacent to the hotel. An advertisement appeared in 1896 for a photographer temporarily setting up shop in "the old Dixon House bowling alley," so apparently at one time, bowling was also offered at the hotel. By the early 1870s, they were advertising that stages connected with both morning and evening trains at Essex Junction. With the coming of the B&L (Burlington & Lamoille) railroad in 1877, which passed just south of the hotel, special trains brought patrons from Burlington to dances and other events held there. Dixon's was a flag stop on the B&L, and a platform was built so passengers could debark right at the hotel.



Mr. & Mrs. Dixon were genial hosts and their hospitality was well known, as was the good cooking. One banquet held there by the G.A.R. included various kinds of meats, oysters served in different styles, a nice variety of pastry, and all fruits of the season. Several hundred visitors came to the hotel each summer, attracted by the popularity of the management and the scenic surroundings, with many hiking on Mt. Mansfield, taking carriage rides, or fishing.

Mr. Dixon died in the hotel on December 23, 1886, at the age of 77 (the B&L ran a special train to bring mourners from Burlington to his funeral), and the hotel continued to operate under the management of C.W. Thurber and S.M. Barney. Apparently business had been declining, as in November 1885, Mr. Dixon had mortgaged the hotel, Dr. Arthur Burdick holding the mortgage.

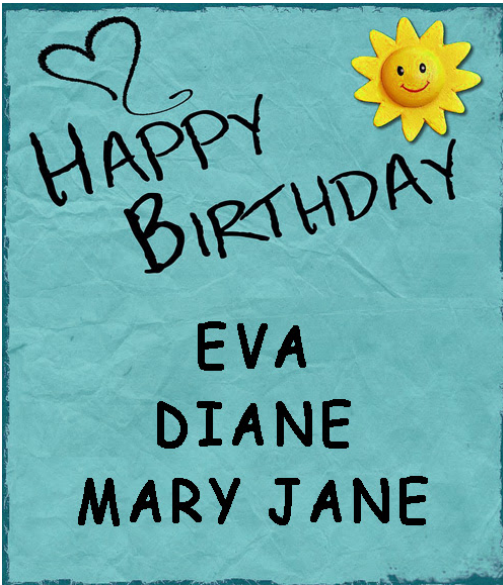
In January 1889, Dr. Burdick purchased the hotel from the Dixon estate, and that spring made considerable improvements to the property, including painting the outside and installing a new floor and a new marble countertop in the office. By July 1st, the hotel was thoroughly repaired and refurnished, and ready to open, with Dr. Burdick as the proprietor and Capt. P.T. Hollenbeck as manager.

At about 2 o'clock on the morning of January 11, 1891 fire was discovered in the attic at the rear of the old inn. The entire building was burned to the ground, but due to the efforts of those who responded to the alarm, the piano and much of the furniture were saved. The fire was believed to have started from a stove being used while work was being done in that part of the building. The loss was estimated to be \$14,000. The furniture which was saved was stored at Thompson's Hall (an assembly hall on the second floor of what is now Jacobs' store on Park Street, before that space was converted to living quarters in 1892), and Dr. Burdick soon advertised that "\$2000 worth of Dixon House goods will be sold at...private sale" starting on January 26.



In the fall of 1896, Dr. Burdick had a new tenement house built on the Dixon House lot, and the next fall, he had another house built there.

SPECIAL SALUTE



BIRTHDAY IN HISTORY

Born September 18, 1905, Greta Lovisa Gustafsson, better known as Greta Garbo, the Swedish-American actress, is recognized as a true icon of classic Hollywood cinema. The Academy Award triple-nominee had an antipathy to her public life as a movie star, notably denying interviews, fan mail, autographs, and Oscar ceremonies. Her aversion to the press created an undeniable elusive mystique that Garbo projected both on- and off-screen.

"Every one of us lives this life just once. If we are honest, to live once is enough."

"I never said, 'I want to be alone.' I only said, 'I want to be left alone.' There is all the difference."

"Life would be so wonderful if we only knew what to do with it."

~ attributed to Greta Garbo, from *CRFashionbook*

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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.