

NEWS YOU CAN USE



Mount Mansfield Villages

OCTOBER 2021—Autumn at last, along with the final harvesting of garden produce to create a delicious meal in honor of **Italian American Heritage Month**. Wave farewell to migrating birds and hello to **Spectacular Fall Foliage**. The full moon this month is called the **Hunter's Moon**.

Dates of note:

Oct 9—World Migratory Bird Day

Oct 12—World Arthritis Day

Oct 16—World Food Day

Oct 24—International Bat Week

Oct 31—Halloween!

CONTENTS

Members' Memorandum p. 2

Aging Well p. 5

Proud To Be A Vermonter p. 6

Channel Your Creativity p. 7

Enhance Your Knowledge p. 8

Inspired By Nature p. 9

Cook's Corner p. 10

Meet a Friendly Neighbor p. 11

Remember When Underhill p. 13

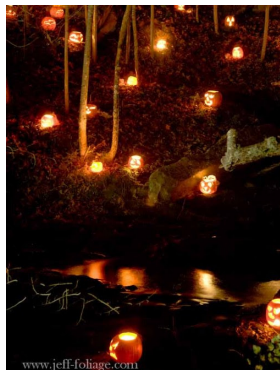
Special Salute p. 18

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

PUMPKIN GLOW 2021

Saturday, Oct 30 & Sunday, Oct 31, dusk–

Cilley Hill Road intersection with Route 15, Jericho



This **popular annual event** will astonish and delight you—500+ lit pumpkins carved by Ann & Dick Squires, their family, and friends. Tips: Park at the Jericho Elementary school or the post office and walk over; wear warm, reflective clothing; take a flashlight; and bring a camera.

MEMBERS' MEMORANDUM



ENABLE READING

Do you have trouble reading? You can place an audiobook order with the State of Vermont and receive it in the mail.

The **ABLE** Library serves blind Vermonters and anyone with a visual impairment or print, reading, or learning disability. **ABLE** is an acronym that stands for its primary services - **A**udio, **B**raille, **L**arge-print, and **E**lectronic books.



The **ABLE** Library—housed at the Vermont State Library—is a network library for the **National Library Service for the Blind and Print Disabled (NLS)** and connects patrons of all ages to NLS services. It offers a collection of large print and digital talking books featuring all genres, print braille picture books, as well as audio-described DVDs.

Audiobooks are available to anyone who can't use print media, which could include, for example, someone who simply can't hold a book. The service is also available for people who are temporarily unable to use regular print media.

The **ABLE** program provides audio players for no charge to eligible clients as an indefinite loan.

To receive services, which are free to qualifying Vermonters, fill out and submit the **Application for ABLE Library Services**.

Don't hesitate to contact the ABLE Library staff for help: **lib.ablelibrary@vermont.gov**, (802) 636-0020 or (800) 479-1711.



PFIZER BOOSTER FOR COVID-19

You can sign up for an appointment to receive a booster shot of the Pfizer vaccine if you received your second dose of the Pfizer-BioNTech vaccine six months ago or more and are age 65 or older. Booster shots are currently only available for people who received the Pfizer-BioNTech vaccine.

Because of the expected demand, registration start dates for Health Department clinics are broken up by age groups. Each group can register starting at 8:15 am on the following days:

- 80 years of age and older – Friday, September 24
- 75 years of age and older – Monday, September 27
- 70 years of age and older – Wednesday, September 29
- 65 years of age and older – Friday, October 1

You can make your appointment for the Pfizer booster by calling the Vermont Health Department at 855-722-7878, Mon–Fri 8:15 am–4:30 pm and Sat and Sun 10:00 am–3:00 pm OR by accessing your online account at your Vermont COVID 19 Event Portal at [this link](#).

You may be able to make an appointment through a pharmacy. Use the following links to find pharmacy information: [Costco](#), [CVS](#), [Hannaford](#), [Kinney Drugs](#), [Price Chopper/Market 32](#), [Rite Aid](#), [Shaws](#), [Walgreens](#), [Walmart](#).



This is the link to the Vermont Health Department's COVID-19 Website for more information:

[Getting the COVID-19 Vaccine Booster](#)

Frequently asked questions about getting the booster in Vermont can be found at [this link](#).

HEADS UP! FORKS DOWN

As of January 1, 2022, compostable foodware—plates, cups, and utensils—will no longer be accepted as compost by Chittenden Solid Waste District. They will need to be thrown in the trash when soiled. More information on this change can be viewed [here](#).



"FIRST WEDNESDAYS" RETURN - DIGITALLY!

The fascinating, annual "First Wednesday Lecture Series" by Vermont Humanities returns for the 2021-2022 season with 72 lectures at nine libraries across Vermont, taking place from October to May. At least three events will be held on Zoom every month from October through March. See the online schedule [here](#) for Zoom lectures or the full schedule [here](#).

AGING WELL

- **READY, STEADY, BALANCE: HOW TO PREVENT FALLS** ♦ **ONLINE** ♦

Thursday, October 7, 2021, 10:00am–11:00am

Dartmouth-Hitchcock Health

A simple slip or fall can have serious consequences for those who are getting older. Join this online program to learn tips for improving balance and preventing falls. Register [here](#).

- **ARTHRITIS-FRIENDLY BONE BUILDING** ♦ **ONLINE** ♦

Thursdays in October 2021: 7, 14, 21, 28 at 1:00pm–2:00pm

Lamoille Neighbors with a grant from the Humanities Council

Exercise is crucial for people with arthritis, increasing strength and flexibility, reducing joint pain, and combating fatigue. Registration info for this Zoom exercise class [here](#).



- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

Saturday, October 16, 2021, 9:00am–10:30am

Good Shepherd Lutheran Church, Route 15, Jericho



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

Wednesday, October 27, 11:00am–12:00pm
(Register by Friday, Oct 22)

Location: St. Thomas's Church, Underhill Center

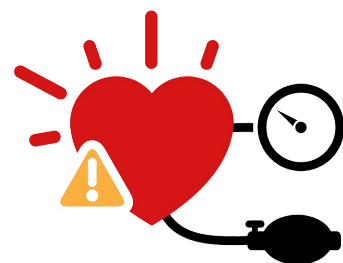
Email Donna: bellyacr@gmavt.net or call (802) 434-3155. Menu [here](#).

- **HIGH BLOOD PRESSURE MANAGEMENT** ♦ **ONLINE** ♦

Various days & times, starting in October

My Healthy Vermont

If left untreated, high blood pressure can damage your circulatory system and lead to serious health problems. Learn the basics for controlling your high blood pressure. This workshop meets weekly for 1.5 hours, for 8 weeks. Register for your choice of day and time [here](#).



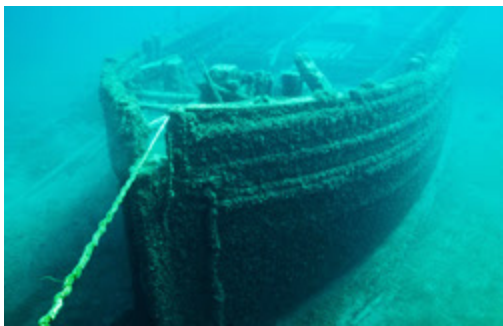
PROUD TO BE A VERMONT

- **BOOK DISCUSSION: VERMONT'S EBENEZER ALLEN: PATRIOT, COMMANDO AND EMANCIPATOR** ♦ **ONLINE** ♦

Monday, October 4, 6:30pm

Ethan Allen Homestead

Join historian and Vermont native Glenn Fay as he recounts how Colonel Allen became the forefather and elected legislator of two towns and one of the most prominent men in Vermont. Registration [here](#).



- **HISTORY IN HOT WATER: CLIMATE CHANGE AND THE SHIPWRECKS OF LAKE CHAMPLAIN** ♦ **ONLINE** ♦

Wednesday, October 6, 7:00pm

Vermont Humanities

Learn how climate change is altering the underwater cultural heritage of Lake Champlain, home to hundreds of well-preserved shipwrecks. Register [here](#).

- **JOHN BROWN'S VERMONT** ♦ **ONLINE** ♦

Saturday, October 16, 1:00pm–2:30pm

Rokeby Museum with Amy Godine

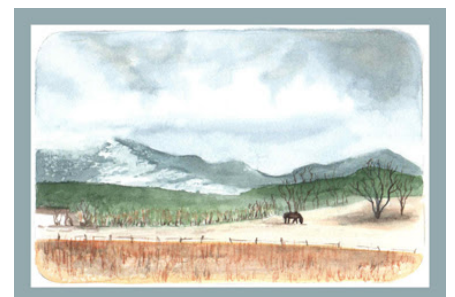
Historian Amy Godine talks about John Brown's reverberative meaning in and for Vermont—both in his own time and in antiquarian and modern memory. Registration fee \$5 and more info [here](#).

- **TOWN HALL ART PROJECT: WHEN ART MEETS NATURE**

October 2021

Town of Jericho and The Essex Art League

More than 20 local artists display their original paintings and photographs, inspired by the various conserved lands of the Jericho Underhill Land Trust. Location—throughout the first floor in the Jericho Town Hall. Masks required.



CHANNEL YOUR CREATIVITY

- **CHURCH STREET SOUNDS OF THE SEASON: ORGAN RECITAL**

Sunday, October 10, 2021, 3:00pm–4:15pm

First Congregational Church, St. Albans

Hear the majesty of the historic 1893 Hook & Hastings pipe organ at the First Congregational Church in St. Albans. More information [here](#).



- **"P.M. SUNDAYS" ORDINARY ELEPHANT**

◆ **ONLINE** ◆

Sunday, October 17, 2021, 4:00pm–6:00pm

Valley Stage Productions

Husband and wife Pete and Crystal Damore, their connection, and their influences (such as Gillian Welch, Anais Mitchell) all meet on stage. Senior tickets \$15 [here](#)—stream or in-person.

- **VISITING ARTIST TALK: JERILEA ZEMPEL** ◆ **ONLINE** ◆

Monday, October 18, 2021, 7:00pm–8:00pm

Vermont Studio Center

Jerilea Zempel, a visual artist and activist, produces large public art. A yarn-bomber before there was a word for it, Zempel has been wrapping objects in elastics, bandages, flags, camouflage material, and crocheted yarn for decades. Registration [here](#).



- **AUTUMN PIES & TARTS** ◆ **ONLINE** ◆

Wednesday, October 27, 2021, 5:30pm–7:00pm

City Market

Spice up your pumpkin pie with candied ginger root and dark rum and your walnut pie with maple syrup, coffee, and semi-sweet chocolate chips. Link [here](#).

ENHANCE YOUR KNOWLEDGE

- **2021 VERMONT INTERNATIONAL FILM FESTIVAL**

Friday, October 8–Sunday, October 17, 2021

♦ **ONLINE** ♦



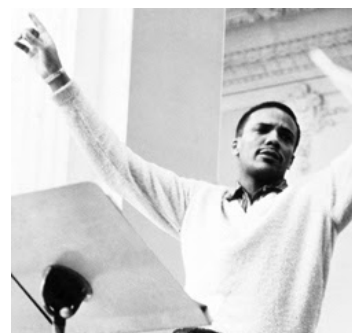
Held annually in October, VTIFF's flagship event is a 10-day panorama of independent films from around the world—available both in-person and online. Film fees vary. Full schedule [here](#); streaming options [here](#).

- **ALL THE IMAGINATION CAN HOLD: THE OTHER SIDE(S) OF QUINCY JONES** ♦ **ONLINE** ♦

Wednesday, October 6, 2021, 7:00pm

Vermont Humanities

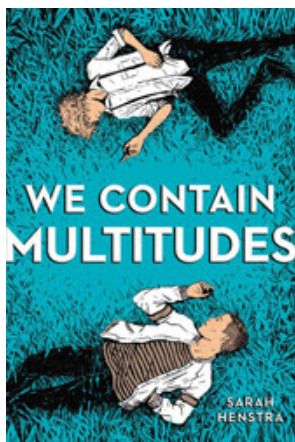
Jazz archivist and poet Reuben Jackson highlights Jones' work as a film composer, a Big Band arranger, and a collaborator with legendary vocalists like Sarah Vaughan. Register [here](#).



- **COMMUNITY ENGAGEMENT & COMPLEX CONVERSATIONS WITH VERMONT READS 2021: WE CONTAIN MULTITUDES** ♦ **ONLINE** ♦

Monday, October 18, 2021, 4:30pm

Vermont Humanities with [Outright Vermont](#), [Recovery Vermont](#), [VT Network Against Sexual and Domestic Violence](#), [Howard Center](#)



[Vermont Reads 2021](#) selection is *We Contain Multitudes*, a novel in letters written by two very different teenage boys who are initially reluctant to participate in a high school pen-pal assignment—which ultimately grows well beyond the boundaries of the school project to reveal earth-shattering revelations about themselves and their families. Join this webinar to hear local organizers and social service providers talk about their work in Vermont supporting LGBTQ+ youth, people in recovery, survivors of violence, and more. Register [here](#).

INSPIRED BY NATURE



- **CLIMATE CHANGE AND OUR FORESTS** ♦ **ONLINE** ♦

Thursday, October 14, 2021, 12:00pm–1:00pm

Working Woodlands Workshop

Researchers from UVM will provide an overview of their research, and we will learn how forest composition in Vermont is predicted to change under different climate scenarios. More information and registration [here](#).

- **VERMONT TEEN SHAKESPEAREANS SAVE THE PLANET** ♦ **ONLINE** ♦

Thursday, October 21, 2021, 7:00pm

Vermont Humanities

A panel of informed, passionate, articulate, and wise teenaged campers in [Get Thee to the Funnery Shakespeare](#) camp discuss global warming and climate justice through Midsummer Night's Dream. Register [here](#).

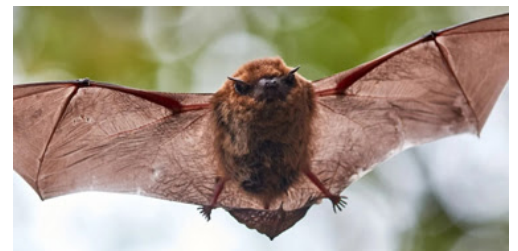


- **BAT CONSERVATION AND YOU** ♦ **ONLINE** ♦

Thursday, October 27, 2021, 12:00pm–1:00pm

Working Woodlands Workshop

Learn about basic bat biology, what makes bats special, research on echolocation, and how we can protect bats. More information and registration [here](#).



- **OCTOBER BIRD MONITORING WALK**

Saturday, October 30, 2021, 8:00am–9:00am

Birds of Vermont Museum, Huntington

Join the monthly monitoring walk to record birds on the Museum property. All birders (experienced, newbie, would-be) welcome! More info [here](#).

COOK'S CORNER

SAUSAGE CABBAGE RICE CASSEROLE

Submitted by Nancy McRae, MMV Board Member

- 1 lb. Breakfast Sausage
- 1 C. Brown Rice, uncooked
- 2 C. Carrot, chopped
- 1 C. Onion, chopped
- 1 C. Celery, chopped
- ½ C. Red or Green Pepper, chopped
- 4 C. Cabbage, chopped
- 2 Apples, medium, pared & chopped
- 1 tsp. Basil, dried
- 2 ¼ C. Chicken broth (low salt)



Cook and drain the sausage and put it aside. Put rice in the bottom of a large casserole dish. Cover with the vegetable, apple, and basil mix. Pour broth over all. Spoon sausage on top.



Bake covered for 60 minutes at 325° or until rice is cooked.

"You can also try sliced and cooked smoked chicken sausage links in place of the breakfast sausage and creole seasoning in place of the dried basil for a tasty variation."

MEET A FRIENDLY NEIGHBOR



TED RUSZAS was born in Albany, New York in 1942 and moved with his parents to Burlington in 1958. After he graduated from Burlington High School in 1961, he went to work at General Electric, where he was employed for 40 years, doing administrative work.

Ted married his wife of 38 years, Liz, on August 19, 1972. He moved to Underhill shortly after getting married and has been here ever since. He and Liz built their current house in the foothills of Mount Mansfield 30 years ago. He has watched the

town grow over the years and can remember driving home from work in Burlington and seeing no traffic at all after Essex Junction!

Ted has enjoyed the outdoors his entire life. He had been a scout when he was a boy, and later on, he shared his enthusiasm with many others as a scout leader for 25 years. He led camping trips, taught skills such as fire prevention, and so forth. He met his wife Liz through their shared enthusiasm for the outdoors. She was working on a program at Edmunds Middle School to provide outdoor activities for city kids.



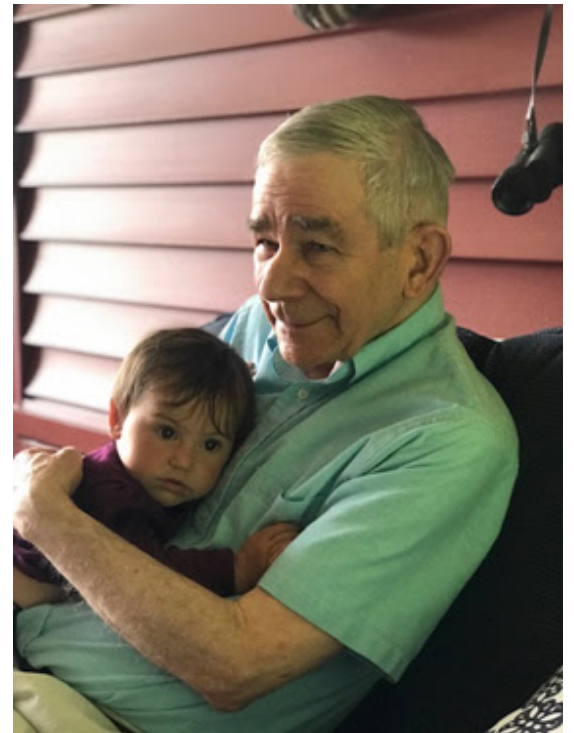
Ted and his family also raised pigs and lambs for a while. The pigs definitely had a mind of their own. Once one of the pigs got loose, and by the time they caught up with it, it was on the other side of town.

Ted served in the Air National Guard at the Burlington airport from 1961 to 1969. He has also been a Mason, for 35 years, in the Jericho Lodge.

Ted has done some memorable traveling. He went to Kenya and Tanzania. He recalls the beautiful animals, savannah and mountains, and the people. He has visited our northern neighbor Canada and still has a warm spot for Quebec City (where he honeymooned) and several other places.

With his wife, he raised a daughter and two sons. He now has three grandchildren and four great-grandchildren. The younger generations in his family have continued his interest in the outdoors; his son is a ranger in Alaska. Other than the Alaska contingent, his family lives in Fletcher. His grandson is a state police officer in Vermont. His daughter worked for the Sisters of Mercy in Burlington for many years.

Ted loves books. He especially enjoys books such as sea stories and mysteries. He has shared his home with cats: currently, a tiger named Misty and previously, a black cat named Lucifer.



Ted joined Mount Mansfield Villages a couple of years ago.

~ submitted by Elaine McCrate

"If there's one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest."

~ John Glenn, October 3, 1997

REMEMBER WHEN UNDERHILL...



UNDERHILL FLATS POST OFFICE

"Neither snow nor rain nor heat nor gloom of night..."

Reflections by Gary Irish, Local Historian



Mid-1800s...It is probable that in the early- to mid-1800s, the Underhill Flats Post Office was in the Tower & Oakes store where Henry Oakes was postmaster from 1830 to 1833 followed by John Tower as postmaster from 1834 to 1852. The Tower & Oakes store was located on Park Street between the current United Church of Underhill and the UCU parsonage. This photo shows the building sometime after 1857 when L. Carlton was the proprietor.

Today the original Tower & Oakes store is repurposed as an apartment house and still stands between the church and the parsonage.



1885...From about 1885 to 1896, J.J. Monahan was postmaster, along with being Town Clerk, and the ell on his home housed both the post office and the town clerk's office.

In the photo, you can see one door in the ell, and the other is hidden behind the bush.

The original ell has been removed, but the house remains—across from what was the old Underhill ID school and later Green Mountain Foam (recently demolished).



1896...By 1896 A.C. Humphrey became postmaster and the post office moved to the "chapel" building north of The First Congregational Church—located behind the trees marked by the red oval in the photo.



The building that was initially the chapel and then the post office was later relocated beside the Methodist church and is today the office of Green Thumb Hydroponics.



1920...When Daisy Mead became postmistress, the post office relocated into her home just north of the Brick Store, likely sometime in the 1920s and 1930s (photo left).

The former Mead house remains, though the porch has been enclosed (photo right).



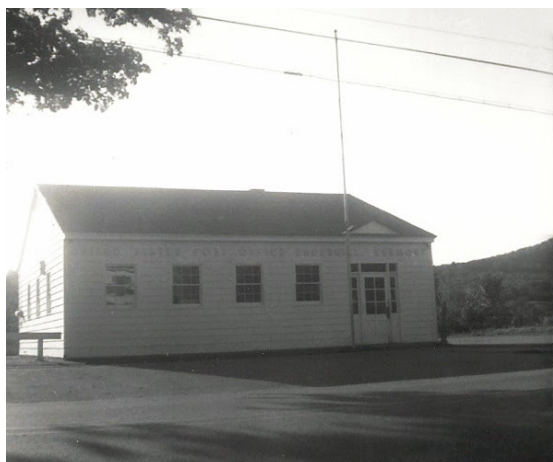
1935...Sometime after 1934, the post office was once again located in the Tower & Oakes building (see also pages 13 & 14)—during the time the store was owned by Frank Simpson.

The post office was accessed through a porch on the south side of the building.



1960...On November 10, 1960, a dedication was held for the new post office building on Route 15.





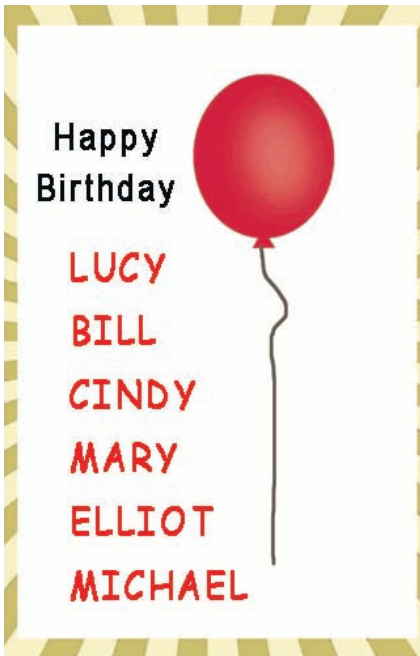
This building was later home to Countryside Florist and then The Flour Shop bakery after the post office moved to its present location. It is once again slated to become a locally-run bakery sometime in 2022.



Mid-1980s...The United States Post Office for Underhill Flats was moved to a new building on Harvest Run off Park Street in the mid-1980s and continues to operate out of that building.



SPECIAL SALUTE



BIRTHDAY IN HISTORY

Born October 11, 1884, Anna Eleanor Roosevelt was the wife of one president and the niece of another, but Eleanor left a lasting mark on history with her own accomplishments. She championed racial equality and women's rights and was an advocate for war refugees and children. She was appointed as a delegate to the United Nations General Assembly, where she served on the Human Rights Commission. On top of that, she raised five children!



"No one can make you feel inferior without your consent."

"You not only have a right to be an individual. You have a responsibility."

"Courage is more exhilarating than fear, and in the long run it is easier."

~ Eleanor Roosevelt



WE THANK OUR GENEROUS COMMERCIAL DONORS

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Union Bank, Jericho
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 501(c)3, 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.