

NEWS YOU CAN USE



Mount Mansfield Villages

APRIL 2022

The smell of mud season is in the air—the earth is loosening!

April brings us National Poetry Month, Parkinson's Awareness Month, and Jazz Appreciation Month.

Vermont's April Full Pink Moon is at peak illumination on Saturday, April 16 at 2:55pm.

Dates of note:

Apr 7—World Health Day

Apr 13—Nat'l Scrabble Day

Apr 15—Passover Begins

Apr 17—Easter

Apr 22—Earth Day

**Apr 22-24—Vermont
Maple Festival**

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



NATIONAL TELL-A-STORY DAY

April 27, 2022

Storytelling not only allows us to entertain others and to pass down knowledge from one generation to another, but very importantly, it allows us to build connections with others. The StoryCorps project has been a leader in collecting, sharing, and preserving people's stories.

MEMBERS' MEMORANDUM



◆ ONLINE ◆

THE ART & CRAFT OF STORYTELLING

Thursday, April 7, 2022, 3:00pm–4:00pm

Sponsored by Mount Mansfield Villages

Presentation by Marjorie Annapav, MMV Member



Stories are part of our lives. From the time we are born, we are told stories, read stories, listen to them on the radio, and watch them on television and in movies. If you think you don't have a story, you are right—you have dozens!

Join this hour-long workshop and learn tools to structure the arc and pace of your stories and bring clarity, feeling, and art to your narratives.

This presentation will be on Google Meet—similar to Zoom and just as easy to use. Register [here](#), and we'll send you the link on the day of the event.

Marjorie has been crafting stories for over 15 years and enjoys sharing her lessons learned. See Marjorie's biography on [page 19](#).



ARTY PARTY
~ FLOWER POT DECOUPAGE ~

Tuesday, May 3, 2022, 1:30pm–3:30pm

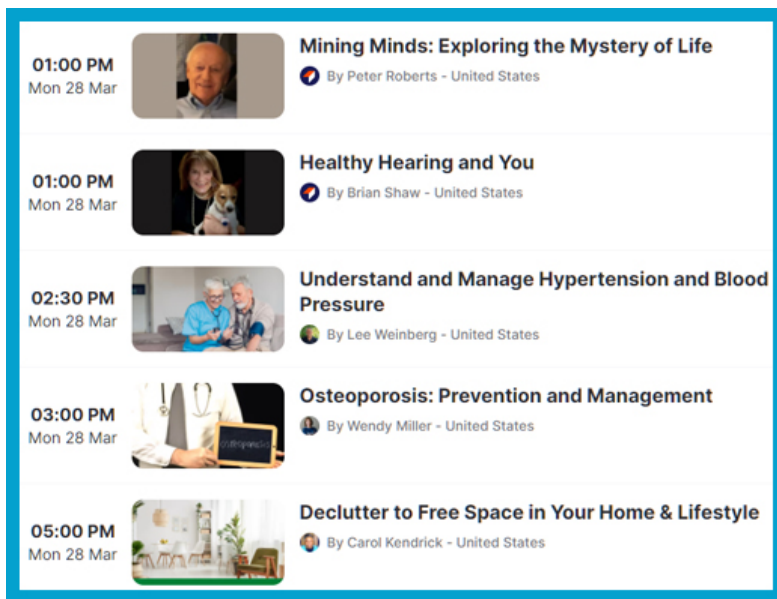


Good Shepherd Lutheran Church, Route 15, Jericho

Sponsored by Mount Mansfield Villages

Usher in springtime with color and pizzazz—make something beautiful for your porch or patio! Join us for a fun afternoon of decoupage with Mod Podge, fabric, and floral napkins and take home a colorfully decorated clay pot or glass jar. All materials will be supplied.

There are 10 spaces available; members will have first consideration, followed by volunteers and sponsors. **Register by Wednesday, April 20** at [this link](#) or call Mount Mansfield Villages at 802-858-5321. Let us know if you need a ride.



◆ ONLINE ◆ eLEARNING CHANNEL ~ GETSETUP ~

Vermont residents 60+ now have free access to GetSetUp's live interactive online classes taught by older adults for older adults to make digital learning, connection, and exploration a reality.

Learners can choose from a catalog of over 3,000 classes that shift weekly and are available around the clock for the next year.

To learn more about GetSetUp and enroll in classes, visit [this website](#).

~ EXERCISE FOR PEOPLE OVER 60 ~

Contributed by Liam McKone

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag!





◆ ONLINE ◆ ~ READERS DELIGHT ~

It may take a village to help seniors live independently in their homes, but we don't need a village to keep reading. One of the attractions of retirement is that we have more time to read and write—time we did not have during our working years. No wonder we are excited about the many opportunities for sharing thoughts on what we're reading!

Check out the newly revamped "[MMV Reads](#)" section of the Mount Mansfield Villages website (housed under the "Events" menu) where you will find links to the following options:

BOOK RECOMMENDATIONS

MMV periodically sponsors virtual "Happy Hour" book discussions and provides [lists of books](#) that were recommended in those discussions.



BOOK REVIEWS

MMV maintains an [online database of books](#) recommended by members and volunteers which includes a short review for each book. Add your favorite books and keep the recommendations growing!



BOOK CORRESPONDENCES

Two online correspondences have been launched recently:

["Project 1619"](#)

["Lotte in Weimar"](#)

You are invited to participate in the correspondence. Short descriptions of these two books can be found in their introductory messages. Click the link (above) and follow the instructions to join the group.



Anyone can start an online book correspondence by launching a Google Group. Email Penny Miller at pennymillervt@gmail.com to announce a new book discussion in the MMV newsletter. Email Jan de Vries at jdevries@together.net with questions about starting a book correspondence.

BOOK EXPERIENCES

Share your reading experiences at ["Litt Matters"](#). This is also a good place to test others' interest in a book discussion. Click the link (above) and follow the instructions to join the group.



"A good discussion increases the dimensions of everyone who takes part."
~ R.Bourne

Department of Housing & Urban Development **OLDER ADULT HOME MODIFICATION PROGRAM**



Are you an older Vermont Homeowner in need of repairs to your home so you can stay safe and independent?

The Department of Housing and Urban Development aims to enable low-income, elderly Vermont homeowners to stay in their homes longer and live more independently.

The program's goal is to reduce the risk of falling, improve general safety, and increase accessibility through low-cost, low-barrier, high-impact home modifications.



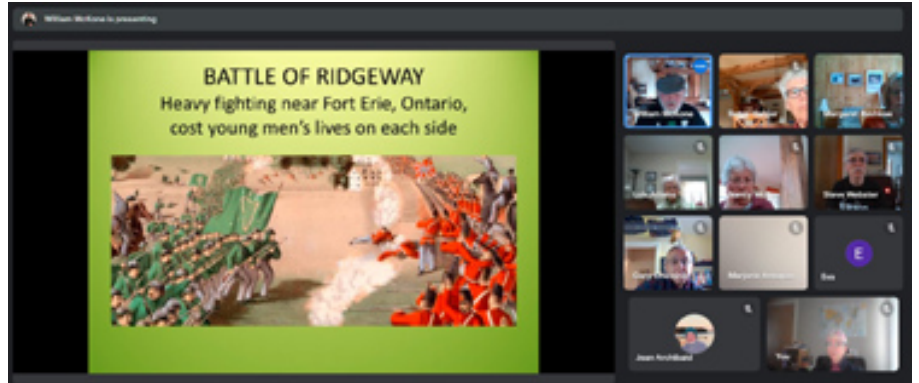
See [this document](#) for qualification requirements and more information on the program.

REPORTING RESULTS

VERMONT, QUEBEC, AND IRISH INDEPENDENCE

from March 2022 "News You Can Use"

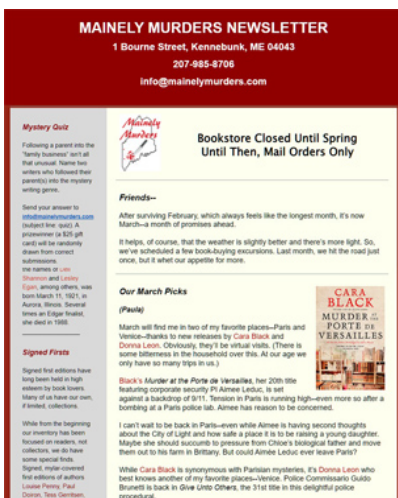
Thank you to Liam McKone for his presentation the day before St. Patrick's Day on the history of the Fenian Brotherhood along with their involvement in the US Civil War. The twelve attendees who gathered online via Google Meet enjoyed a slide show followed by a Q&A session. If you missed Liam's presentation, you can watch the slideshow [here](#).



Relative to the more recent struggle for Irish independence, Liam M. recommends the 1996 Oscar-nominated film [*Michael Collins*](#) with Liam Neeson, a compelling "historical biopic of the Irish revolutionary... who led a guerrilla war against the UK, helped negotiate the creation of the Irish Free State, and led the National Army during the Irish Civil War."

HAPPY HOUR MYSTERY BOOK DISCUSSION

from February 2022 "News You Can Use"



Gary C. recommends the online "[*Mainly Murders Newsletter*](#)" from one of his favorite bookstores.

"*MAINLY MURDERS* is an independent specialty mystery bookstore devoted exclusively to suspense, crime, and detective fiction. Located in Kennebunk, Maine, our stock of more than 10,000 used, recent, and hard-to-find hardcover, trade paper, and mass-market volumes range from classics and cozies to tough guys and thrillers."

AGING WELL



- **LIVING BETTER WITH LOWER VISION** ♦ **ONLINE** ♦

Friday, April 22, 2022, 10:00am–11:30am

Dartmouth-Hitchcock Health, Aging Resource Center

This program will help you learn about services available in your community and how to live better with low vision. Registration at [this link](#).

- **CAREGIVERS & LOVED ONES—SUPPORTING THE OLDER DRIVERS IN YOUR LIVES** ♦ **ONLINE** ♦

Wednesday, April 27, 2022, 12:00pm–1:00pm

AARP Vermont and Vermont healthcare professionals

Get some tips on how to handle this challenging and delicate issue. More information is [here](#).

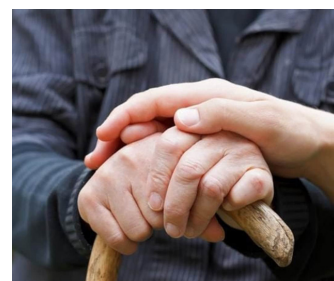


- **THE PARKINSON'S WORKSHOP** ♦ **ONLINE** ♦

Wednesday, April 27, 2022, 1:00pm–2:30pm

Dartmouth-Hitchcock Health, Aging Resource Center

People with Parkinson's and their care partners meet to share experiences and information, based on the participants' needs and interests. Register at [this link](#).



- **BINGO IS BACK**

Friday nights, Doors open at 5:00pm

Buy cards by 6:00pm

Eagles Club, 109 North, Jeffersonville

Enjoy community, have fun, and help a great organization. Call 802-644-5333 for more info.

"How old would you be if you didn't know how old you are?"

- Satchel Paige

FOOD FIRST

- **CAMBRIDGE COMMUNITY FOOD SHELF**

Tuesdays, 1:00pm–7:00pm

Second Congregational Church, Jeffersonville, Vermont

More information [here](#) or call 802-644-8911. Request assistance from Mount Mansfield Villages, and a volunteer will drive you to the Food Shelf.



- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

Saturday, April 9, 2022, 9:00am–10:30am

Good Shepherd Lutheran Church, Route 15, Jericho

More information is [here](#) or call 802-899-3932. Request assistance from Mount Mansfield Villages, and a volunteer will drive you to the Food Shelf.

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

Once registered, request assistance from MMV and a volunteer will pick up the meal and deliver it to you.



JERICHO - Jericho Community Center, Jericho Center

Wed, April 20, 2022, 11:00am–12:00pm (Register by Friday 4/15)

Menu: [here](#)

Register: Donna at bellyacr@gmavt.net or (802) 434-3155

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, April 27, 2022, 11:00am–12:00pm (Register by Friday 4/22)

Menu: [here](#)

Register: Teri at office@stthomasvt.com or (802) 899-4632

- **BROCCOLI BONANZA! ♦ ONLINE ♦**

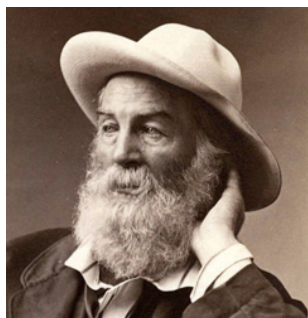
Tuesday, April 26, 2022, 5:30pm–7:00pm

City Market

Join local food writer and cookbook author Melissa Pasanen to explore an array of recipes in the rich world of broccoli. Register [here](#).



POETRY MONTH



- **WALT WHITMAN: AMERICAN POET** ♦ **ONLINE** ♦

Wednesday, April 6, 2022, 7:00pm

VT Humanities and St. Johnsbury Athenaeum

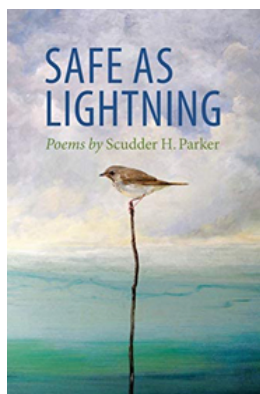
Professor emeritus Huck Gutman finds Whitman to be wonderfully approachable. Registration and more information can be found [here](#).

- **DISABILITY AND THE POETRY OF NATURAL AND SUPERNATURAL WORLDS** ♦ **ONLINE** ♦

Wednesday, April 6, 2022, 7:00pm

VT Humanities and Norwich Public Library

Three poets—Eli Clare, Judy Chalmer, and Toby McNutt—reflect on the ways disabled poets write about natural and supernatural spaces. Register [here](#).



- **AN EVENING OF POETRY: SCUDDER PARKER**

Thursday, April 14, 2022, 6:30pm–8:00pm

Deborah Rawson Memorial Library ♦ **HYBRID** ♦

Scudder Parker, who grew up in North Danville, will read from his award-winning first volume of poems, *Safe as Lightning*, as well as his new, unpublished poems. Join the discussion after his readings. Register [here](#).

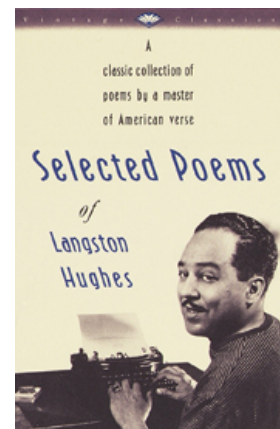
- **BOOK DISCUSSION:** ♦ **ONLINE** ♦

SELECTED POEMS OF LANGSTON HUGHES

Thursday, April 21, 2022, 6:30pm–8:00pm

VT Humanities and Kellogg Hubbard Library

The poems in this collection were chosen by Hughes himself shortly before his death and represent a stunning body of work from his entire career. Registration information is [here](#).



ENHANCE YOUR KNOWLEDGE

- **INTRO TO SQUARE FOOT GARDENING** ♦ **ONLINE** ♦

Tuesday, April 5, 2022, 5:30pm–7:00pm

City Market

Square Foot Gardening is an easy way to plan and plant a small garden. Peter Burke will discuss all aspects of “SF gardening.” Register at [this link](#).



- **TECH TALK** ♦ **ONLINE** ♦

Thursday, April 7, 2022, 12:00pm–2:00pm

Deborah Rawson Memorial Library

Register for this Q&A [here](#) and demystify your devices.

- **HEARING THE STARS: WANDA DIAZ-MERCED** ♦ **ONLINE** ♦

Wednesday, April 20, 2022, 7:00pm–8:00pm

Fairbanks Museum & Planetarium

Sightless, astronomer [Wanda Diaz-Merced](#) has become a leader in the field of using “[sonification](#)” to transmit light curves into sound. The Zoom link is [here](#).



- **FREDERICK LAW OLMSTED** ♦ **ONLINE** ♦

Sunday, April 24, 2022, 2:00pm–4:00pm

Deborah Rawson Memorial Library with Ann McEntee

Discover more about the Father of Landscape Architecture and Olmsted sites you can visit. Register [here](#).

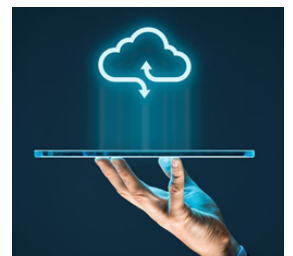


- **UNDERSTANDING CLOUD STORAGE: A BEGINNER'S GUIDE FOR OLDER ADULTS** ♦ **ONLINE** ♦

Thursday, April 28, 2022, 12:00pm–1:30pm

AARP VT & Technology for Tomorrow

Learn of the advantages of cloud storage in Google Drive for your photos, documents, etc. Register [here](#).



CHANNEL YOUR CREATIVITY

- **"P.M. SUNDAYS" THE BOMBADILS ♦ HYBRID ♦**

Sunday, April 3, 2022, 4:00pm–6:00pm

Valley Stage Productions, Richmond Congregational Church

The Halifax N.S. duo brings together bluegrass, Celtic, and singer-songwriter traditions. Senior tickets are \$15 [here](#)—stream or live.



- **BRYAN BLANCHETTE ♦ ONLINE ♦**

Wednesday, April 6, 2022, 7:00pm

VT Humanities and Goodrich Memorial Library

The Abenaki songwriter demonstrates a living vision of modern Indigenous culture through contemporary and traditional songs. More info is [here](#).

- **CONTEMPORARY QUILTS AT SHELburne MUSEUM ♦ ONLINE ♦**

Wednesday, April 13, 2022, 6:00pm–7:00pm

Shelburne Museum

Join this special presentation by Curator Katie Wood Kirchhoff highlighting Shelburne Museum's extensive collection of decorative bedcovers and its ties to the vibrant contemporary works featured in this season's exhibition "Maria Shell: Off the Grid," opening on May 15. Register [here](#).



- **JERICHO TOWN HALL ART: "TRACKS" Through April 2022**

Established and emerging artists have submitted artwork in many mediums on the theme of "tracks." More info is [here](#).

INSPIRED BY NATURE



- **BIRDING HER-STORY: THE LOST LEGACY OF WOMEN IN ORNITHOLOGY** ♦ **ONLINE** ♦

Wednesday, April 6, 2022, 7:00pm

Vermont Humanities and Manchester Library

“Bird Diva” Bridget Butler examines new scientific studies on female birds and shares stories of the “Mothers of Ornithology.” Register at [this link](#).

- **HABITAT IMPROVEMENTS FOR VT’S BLACK BEARS** ♦ **ONLINE** ♦

Thursday, April 7, 2022, 12:00pm–1:00pm

Vermont Woodlands

A VT Fish and Wildlife biologist will discuss bear habitat, food needs, and discouraging bears from your yard. Register [here](#).



- **VERNAL POOLS: HOTSPOTS OF FOREST LIFE**

Tuesday, April 12, 2022, 7:00pm–8:00pm

Vermont Land Trust ♦ **ONLINE** ♦

Explore these fascinating systems and learn how you can help these special places. Registration is [here](#).

- **TICKS, MOSQUITOS, AND BLACKFLIES** ♦ **ONLINE** ♦

Thursday, April 14, 2022, 6:00pm–7:00pm

Birds of Vermont Museum with collaborators

Ask-a-Naturalist and learn fascinating things about some small creatures we normally just brush off. Information is [here](#).



- **APRIL BIRD MONITORING WALK**

Saturday, April 30, 2022, 7:30am–9:00am

Birds of Vermont Museum, Huntington

Register [here](#) for the monthly monitoring walk on the Museum’s trails in forest and meadow. 10 participants max.



REMEMBER WHEN VERMONT...

CONGREGATIONAL CHURCHES

Includes excerpts from "The Vermont Quiz Book" by Frank & Melissa Bryan

When Vermont was settled, often the *first* order of business was the building of a church. Often, too, that church was a Congregational Church—the *First* Congregational Church. Many architecturally interesting buildings around Vermont began their lives as Congregational churches.

Can you match the following photos of churches with the town in which each is located? Answers can be found on [page 24](#).

Towns represented:

- 1) Burlington
- 2) Charlotte
- 3) Marlboro
- 4) Middlebury

- 5) St. Johnsbury
- 6) Sudbury
- 7) Westmore



Church A: _____
Built 1806-1809



Church B: _____
Built 1842, 1904



Church C: _____
Built 1931 (replica of
its 1820 predecessor)



Church D: _____
Built 1894





Church E: _____
Built 1807, 1850



Church F: _____
Built 1848



Church G: _____
Built 1877



COOK'S CORNER

HAM AND BROCCOLI BAKE

Contributed by MMV volunteer and Board Member Nancy McRae



INGREDIENTS:

2 cups diced cooked ham

4 oz grated cheddar

1 can condensed cream of chicken soup

1/4 cup milk

1/4 cup chopped onion

2 Tbsp butter or margarine

10 oz pkg frozen chopped broccoli

1 cup Minute Rice

1/2 tsp Worcestershire sauce

Ritz crackers, Panko bread crumbs, or onion rings—optional

DIRECTIONS:

Step 1

In a large bowl, blend cheese, soup, and milk.

Step 2

Cook onion in butter until tender. Cook broccoli until ALMOST tender; drain.

Step 3

Add onion, broccoli, ham, uncooked rice, and Worcestershire to the soup mixture. Turn into a 1 1/2 quart casserole.

Bake in a 350-degree oven for 35-40 minutes. Makes 4-5 servings.

Notes

Optional—Sprinkle top with fried onion rings or with Panko or cracker crumbs and dot with butter.

A variation using long-grain white rice and fresh broccoli:

Bring the rice to a boil, cover, and simmer for a total of 17 minutes.

Add chopped broccoli to the rice after about 12 minutes of cooking and replace the lid. You can reduce the baking time of the casserole in half.

Double and freeze:

The recipe can be doubled—with the second casserole tightly wrapped in aluminum foil and frozen. Bake the frozen casserole in a 400-degree oven for 1 1/2 hours. Uncover and continue cooking for 30 minutes more.

Nancy M. writes:

"This is an excellent way to use leftover Easter ham."



MEET A FRIENDLY NEIGHBOR

~ **MARJORIE ANNAPAV** ~

Mount Mansfield Villages Member



I was born in Johnstown, Pennsylvania and moved to New York City in 1965, where I raised my first son, Marc. In 1983, my second son, Shane, was born in Narberth, Pennsylvania where I stayed until 2006 then moved to Santa Monica, California.

How did I end up in Underhill, Vermont?

My son Shane married Nina on February 29th, 2020. They researched places to live in the United States and decided that Vermont was the best place for them. They bought a house on Poker Hill Road in September 2020. Happily, the house contained an in-law suite! I moved in one month later. I have been very happy and have met so many interesting people from the first day I moved here. It's been a great decision for me.

Being a non-athlete, winter will always be my least favorite season. I miss the activities I enjoyed in Santa Monica and Los Angeles—not hampered by the weather. I was active with free classes offered to seniors by Santa Monica College, volunteered as a **CASA** (court-appointed special advocate for foster children), and enjoyed inexpensive plentiful theater and membership in the Santa Monica Bay Woman's Club.





It was at the woman's club that I was first introduced to Storytelling. I quickly signed up for a workshop in Los Angeles and was able to perform in one show at [The Second City](#), Hollywood. For fun, I coached several members of the woman's club in Storytelling get-togethers. It was a chance for networking, mutual support, and re-energizing my own storytelling practice. We learned together that everybody has dozens of stories to share.

I did venture out this Vermont winter to do something I find very enjoyable—attend "[The Moth StorySLAM](#)" each month at the Double E Performance Center in Essex. The 5-minute stories presented by local community members have been sometimes funny, sometimes heartbreaking, but always inspiring. In November and again in January, I found myself on stage, telling my own 5-minute stories. It was exhilarating!



I am glad that MMV found me, and I look forward to being part of it. One more good reason to have moved to Vermont!

~

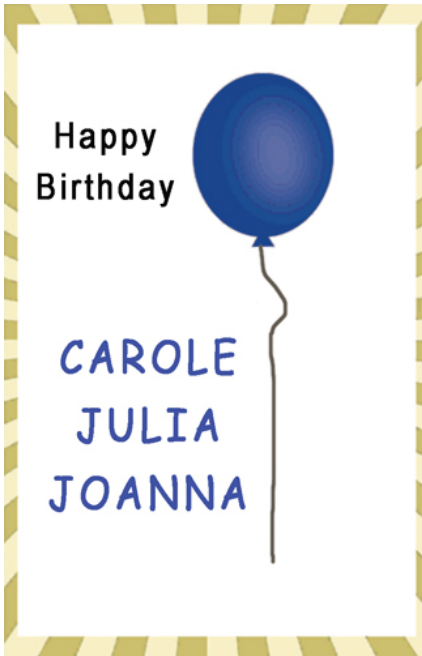
Join Marjorie and Mount Mansfield Villages for "The Art and Craft of Storytelling" on April 7, 2022, at 3:00pm. More information on the online event is [here](#).

~

"The universe is made of stories, not of atoms."

~ M. Rukeyser

SPECIAL SALUTE



BIRTHDAY IN HISTORY

"First Lady of Song"

Ella Fitzgerald, born April 25, 1917, became world-famous for the wide range and rare sweetness of her voice, along with her excellent diction and intuitive renditions. Raised in Yonkers, at age 17 Ella joined the **Chick Webb orchestra** where she recorded her first hit, "**A-Tisket, A-Tasket**" a few years later. After Webb's death, young Ella began soloing in cabarets and



theaters and toured internationally with stars like Benny Goodman and Louis Armstrong. Starting at the age of 39, she recorded a **19-volume series** of "songbooks," in which she interpreted nearly 250 songs by Richard Rodgers, Cole Porter, George Gershwin, and Duke Ellington—to name a few.

"Everybody wants to know about my style and how it came about. It's no big secret. It's the way I feel."

~ **Ella Fitzgerald**



WE THANK OUR GENEROUS COMMERCIAL DONORS

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The Harnisch Foundation

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



Mount Mansfield Villages

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.



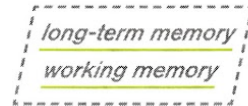
MMV News You Can Use is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—some digital and others in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event 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.

PURE PUZZLEMENT

From "399 games, puzzles & trivia challenges specially designed to keep your brain young" by Nancy Linde. Answers are on [page 24](#).

HOMONYMS



Homonyms are two or more words that are pronounced the same way but have different meanings and/or spellings. In this game, we supply the definitions, and you must not only provide the homonyms, but SPELL them correctly as well!

1. A large coffee dispenser; or, to make money.

2. Not working, lazy; or, a person who is greatly admired.

3. Tasty mollusks; or, biceps and gluteus maximus.

4. Word that follows *press* or *peace*; or, the inedible part of an apple.

5. A requirement or necessary thing; or, the act of folding and stretching bread dough.

6. To bide one's time; or, measurement of heaviness.

7. The period in which a king or queen rules; or, precipitation.

8. A lodger; or, the line that separates one country from another.

9. To interfere in something that is not your business; or, a military or athletic award.

10. Fixed gazes; or, a flight of steps.

11. A long slender rod; or, a survey of opinions or votes.

12. True or correct as a fact; or, to pen a letter.

13. To select something from a group of alternatives; or, masticates.

14. Greater in altitude; or, to employ someone.

Below (and upside-down) are the answers to the puzzles in this edition of *News You Can Use*:

HOMONYMS

- 1. Urn / earn
- 2. Idle / idol
- 3. Mussels / muscles
- 4. Corps / core
- 5. Need / knead
- 6. Wait / weight
- 7. Reign / rain
- 8. Boarder / border
- 9. Meddle / medal
- 10. Stares / stairs
- 11. Pole / poll
- 12. Right / write
- 13. Choose / chews
- 14. Higher / hire

- A-4
- B-1
- C-3
- D-7
- E-6
- F-2
- G-5