

NEWS YOU CAN USE



Mount Mansfield Villages

JUNE 2022

Birds are fledging, fireflies are blinking, and the garden is growing with gusto! June brings us **National Pollinator** month and **LGBTQ Pride** month.

Vermont's **June Full Strawberry supermoon** will be at peak illumination on Tuesday, June 14 at 7:52am.

June 19—Father's Day

June 19—Juneteenth

June 20—World Refugee Day

June 21—Summer Solstice

June 21—World Day of Music

June 30—Int'l Asteroid Day

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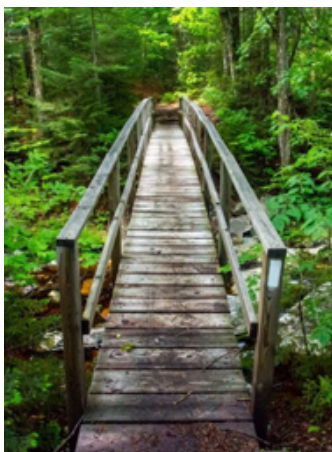
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The events listed in this newsletter are a smattering of options—with a focus on free, relatively local, and in-person **unless noted otherwise.**



~ GREEN MOUNTAIN PASSPORT ~

Do you know about **Green Mountain Passport**?

Vermont residents 62 years of age and older or veterans of the uniformed services can access **Vermont State Parks** and **Vermont State Historic Sites** for **FREE**. Fill out an application at your Town Clerk's Office and pay a one-time, \$2 fee to receive your passport.

Get outside with a **Green Mountain Passport!**

MEMBERS' MEMORANDUM



~ PICNIC SOCIAL & STORYTELLING CIRCLE ~

Tuesday, June 21, 2022, 12:00pm–3:00pm

(Rain date Thursday, June 23, 2022)



Brewster River Campground, off Route 108, Jeffersonville

Sponsored by Mount Mansfield Villages

MMV members, volunteers, sponsors, and family members are invited to the **Brewster River Campground** for a lunchtime social, including a storytelling circle. Participants in the April storytelling workshop created personal stories that they may share with all of us. MMV Member Marjorie Annapav will be available to offer guidance and suggestions for those who would like to polish their stories for possible public presentation.

A picnic lunch will be provided. Bring along a folding lawn chair and bug repellent if you have them.

Please register at **this link** or call Mount Mansfield Villages at 802-858-5321 to reserve a spot and request a ride.

~ COVID TESTING UPDATE ~

For Adults and Children over Age 2

VERMONT HEALTH DEPARTMENT & TESTING

Health Department testing sites will close on June 25. Vermonters are encouraged to pick up free take-home tests from these sites to keep at home and use if needed. See the [VT Health Department website](#) for more information.

When you [make an appointment](#) at a health department testing site before June 25, you can choose from three types of tests:

- Take-home antigen
- Take-home LAMP (PCR-type accuracy)
- PCR

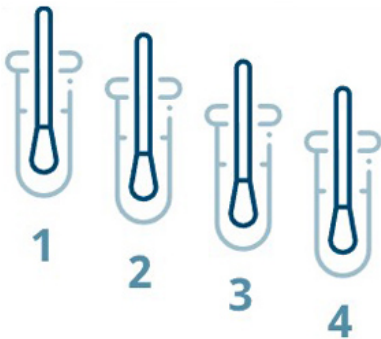
For taking home, you can get up to four antigen test kits for each appointment (there are two tests per kit—for eight tests total) but only one LAMP per appointment.



TESTS & PHARMACIES

Take-home antigen tests will continue to be widely available at pharmacies around the state and [may be covered by health insurance](#). If your insurance covers them, you can show your insurance card at the pharmacy counter and get your test kits at no cost to you.

In addition, if you have Medicare Part B or are enrolled in a Medicare Advantage plan, up to eight over-the-counter rapid antigen tests are available to you from a local pharmacy each calendar month at no cost. Call your local pharmacies to determine which are participating in this Medicare initiative.



You can also reach out to your health care provider or local pharmacy for other types of testing.

A PCR test will provide a lab result letter for travel or another reason. Kinney Pharmacy in Cambridge does not do PCR testing, but does participate in the Medicare initiative (see above) and will supply you with eight antigen tests/month. Price Chopper in Essex has also distributed free tests through the Medicare initiative. Additionally, some pharmacies do PCR testing.

An antigen test can be used if you have symptoms or if you are a close contact, but be sure to take TWO tests, at least 24 hours apart.

An antigen test should be used if you have tested positive for COVID-19 in the past 90 days because the other test types could continue to show a positive result due to your previous infection.



FREE TESTS & THE U.S. GOVERNMENT

Every home in the U.S. is eligible to order the 3rd round of eight free at-home antigen tests from the federal government. These come through the postal service at no cost. Tests can be ordered at [this government link](#).

REPORTING TEST RESULTS

Please report your self-test results (positive or negative) to the Vermont Health Department using this online form, [Vermont COVID-19 Self-Test Result Reporting Form](#). Reporting test results helps the Health Department understand how many Vermonters are being tested for COVID-19 and how the virus is spreading in our communities.



MOUNT MANSFIELD VILLAGES

~ GAMES SURVEY ~



Thank you to those who responded to the MMV **Games Survey**. We were a little late getting started with the idea and have decided to postpone any gatherings until fall when the weather is less inviting.

We'll resend the survey then and see if we can attract any other participants before setting up a Game Day.

AGE WELL

~ AGING SERVICES COMMUNITY GRANT ~

In May, [Age Well announced](#) the recipients of their **2022 Aging Services Community Grants**—which include [Mount Mansfield Villages](#). The grants are funded by the American Rescue Plan (ARPA) Act of 2021, and the projects must meet the Older American Act requirements to support older adults.

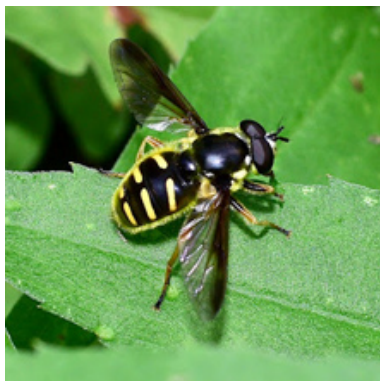


Jane Catton, Age Well CEO, writes:

"We are working together for what I like to call 'collective impact' as we support our aging services network in new ways. This grant funding for community projects will provide financial support to community partners who are addressing the physical, social, and emotional needs of older adults."

JERICHO OBSERVING LIFE IN NATURE

~ NATURE PHOTO CONTEST ~



Who: Everyone, especially YOU! (No residency requirements)

What: Photograph any insect, reptile, arachnid, or amphibian

When: May 1 through October 31

Where: Anywhere in Jericho

Prizes: Monthly Prizes

Join the fun and meet your insect backyard neighbors! The photo contest is sponsored by Bernie Paquette and the Jericho Conservation Committee. More information can be found at [this link](#).

Bernie Paquette, a local naturalist and photographer, writes:

"Meet and get to know your pollinator and other insect backyard neighbors. I have walked 100 miles in our 1-acre backyard, and still, surprises await me every day. Explore species of life in your yard, wonders await you."

~ CAN YOU IDENTIFY IT? ~

A delivery person was in the right place at the right time to spot this rare specimen off Poker Hill Road last week. What is it, and what is it doing?

(Answer on the next page)



REPORTING RESULTS

~ FLOWER POT DECOUPAGE ~

from May 2022 "News You Can Use"

A small group of MMV members and volunteers spent an enjoyable afternoon getting to know one another while decoupageing—a very memorable craft from our youth! Each of us took home an attractive and functional flower pot and vase.



A big thanks goes to Margaret R. for preparing all the materials and staging the process so everything could be complete and dry by the end of the gathering.

~

"I think that a lot of people, especially as technology began to speed up and we became more distant, we kind of started to lose our appreciation for human contact and gathering and friendships and a lot of the things that we really took for granted." ~ J. Hill

IT'S ME—GARDENING!



Thanks to my friends John and Devena, I learned this trick decades ago to cope with our abundant black flies and deer flies, which are exceptionally attracted to the color blue. I punch holes through a blue plastic cup, thread twist ties through the holes, attach the cup to my old straw hat, smear the cup with either **Sticky Stuff** or **Tanglefoot**—and garden in peace!

~ your newsletter editor, Penny M.

CELEBRATE SUMMER OUTDOORS!

Summer is a precious time in Vermont. The moment it arrives, Vermont bursts with opportunities to gather outdoors—from impromptu picnics to organized festivals. The outdoor gatherings are countless! If you need a ride, consider inviting a friend or neighbor who drives and making it into a social outing—or contact Mt. Mansfield Villages with a ride request.



- **FARMERS MARKET—MILLS RIVERSIDE PARK, JERICHO**
Thursdays, 3:00pm–6:30pm

This wonderful community market supports local farmers, artisans, and musicians and serves as a community gathering space with access to fresh food and Vermont crafts. Info is [here](#), and weekly news is [here](#).



- **FARMERS MARKET—JEFFERSONVILLE**
Wednesdays, 4:30pm–7:30pm

49 Old Main Street—across from the painted silos

Visit this local marketplace of farmers, specialty food producers, and artisan crafts. Live music starts at 5:30pm every week and includes Vermont native and Nashville recording artist Jamie Lee Thurston on June 29 at 6:00pm. More information [on Facebook](#).



- **VERMONT DAIRY FESTIVAL—ENOSBURG FALLS**

Thursday, June 2–Sun, June 5, 2022

Sponsored by the Enosburg Falls Lions Club

The Vermont Dairy Festival, traditionally held on the first weekend of June, will have its 65th anniversary in 2022. The schedule of activities includes a dairy baking contest, a festival parade, bingo, music, and a stunt show. Join the fun! More information on the festival and a schedule of events are on [this website](#).

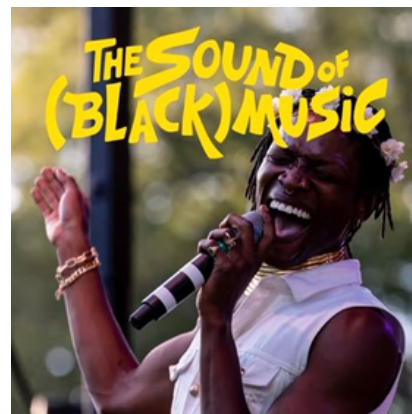
- **DISCOVER JAZZ FESTIVAL—BURLINGTON**

Friday, June 3–Sun, June 12, 2022

Sponsored by the Flynn and Burlington City Arts

The jazz festival welcomes international, national, and regional artists to the stages, hosting a diverse range of performances all over downtown Burlington and beyond—both ticketed events and **FREE**.

The music that to many observers over the years defines the Discover Jazz Festival is created on weekdays by Vermont school bands. This year over a dozen school jazz bands will add to the energetic music scene. More information and a schedule of events are [here](#).





- **FREE FIRST FRIDAY EVE**
Jun 10, Jul 1, Aug 5, and Sep 2
Fridays, 5:00pm–7:30pm
 Shelburne Museum

Celebrate summer at Shelburne Museum for Free First Friday Eve events this season. Enjoy an evening of live music, lawn games, food trucks, and special exhibitions—the entire Museum campus will be open and **FREE** to all! Note: the first Free First Friday Eve is on the second Friday of June. The remaining events will be on the first Fridays of July-September. More information is at [this link](#).



● **“WORDS IN THE WOODS” EVENTS**

June 11, July 9, August 20, and September 10
Saturdays, times vary

VT State Parks: Elmore, Groton, Wilgus, Lake Shaftsbury

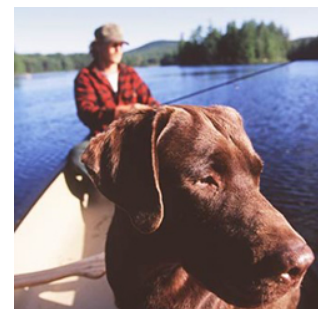
This seasonal “Words in the Woods” program allows Vermonters and visitors to enjoy our state’s natural beauty while listening to and reading literature in the out of doors. This year, join four Vermont poets in-person at different Vermont State Parks. Sponsored by Vermont Humanities, Vermont State Parks, and Vermont Arts Council. More information on each event is [here](#).



● VERMONT DAYS

Sat, June 11, 10:00am–Sun, June 12, 7:00pm

Vermont Days' annual weekend in June is a great opportunity for people to experience Vermont history, enjoy the outdoors, and try fishing for the first time. On June 11th weekend, enjoy Vermont's summer season with **free State Park day-use** entry, free **State Historic Site** entry, and a **free fishing day** (Sat. only).



● FOOD TRUCK NIGHTS—MOORE PARK, UNDERHILL CENTER

Jun 17, Jul 15, Aug 19, Sep 16
Fridays, 5:00pm–8:00pm



The third Friday of each summer month will feature local eats and great music. Food trucks include Taco Truck Allstars, Halfbakedvt, Mac's Sugar Shack, Papa Gyros, and Farm to Cheese. Bring a lawn chair and join the fun!

Musical entertainment includes:

- June 17-Raised by Hippies (acoustic trio)
- July 15-Blue Rock Blues
- August 19-King Me
- September 16-Red Hot Juba

● ABENAKI HERITAGE WEEKEND

Sat, June 18, 2022, 10:00am–
Sun, June 19, 2022, 4:30pm

Lake Champlain Maritime Museum, Vergennes

Join the Native American Abenaki community on this special weekend organized by the **Vermont Abenaki Artists Association**—workshops, presentations, drumming, singing, and more. Register **here**.



- **JUNETEENTH—FORT ETHAN ALLEN PARADE GROUNDS**

Sunday, June 19, 1:00pm–3:00pm

Celebrate the history of the Buffalo Soldiers' tour duty in the early 1900s and join your neighbors for live entertainment, food, and fun for this [Juneteenth Celebration](#).



- **JUNETEENTH—ROKEBY MUSEUM**

Sunday, June 19, 10:00am–5:00pm

Route 7, Ferrisburgh

FREE Museum Day at this [National Historic Landmark](#), designated for its exceptional Underground Railroad history. More info [here](#).

YOUNG TRADITIONS VERMONT
SATURDAY, JUNE 25, 5 PM



**Hilary Menegaz
Weitzner**



**Fern
Tamagini-O'Donnell**



**Owen
Kennedy**

- **2022 SUMMER CONCERT SERIES—YOUNG TRADITION VERMONT**

Saturday, June 25, 5:00pm

The Meeting House on the Green, East Fairfield

Bring a lawn chair and enjoy this traditional fiddle concert performed by three young musicians from [Young Tradition Vermont](#). Lite dinner fare and desserts will be for sale. More information about the concert is [here](#).

AGING WELL

- **FOOD FOR THE SOUL—READING POETRY** ♦ **ONLINE** ♦

Friday, June 10, 2022, 3:00pm–4:15pm

Dartmouth-Hitchcock Health, Aging Resource Center



Poems offer ways to look at our world that are relevant to our time. In this group, we'll read poetry together and share food for the soul. More information is [here](#).

- **A MATTER OF BALANCE** ♦ **ONLINE** ♦

June 14, 16, 21, 23, 28, 30 & July 5, 7, 12

Tuesdays & Thursday, 1:00pm–3:00pm

Dartmouth-Hitchcock Health, Aging Resource Center

This award-winning, nine-week online course will facilitate group discussion to reduce the fear of falling and implement practical strategies to avoid falls and improve safety. Register [here](#).



- **HOW TO FIND RELIABLE HEALTH INFORMATION ONLINE**

Thursday, June 16, 2022, 12:30pm–2:00pm ♦ **ONLINE** ♦

Dartmouth-Hitchcock Health, Aging Resource Center

This workshop will introduce sources for finding reliable health and wellness information online and tips for evaluating online health information. Register [here](#).



- **DEMENTIA HOME CARE GRANT**

HFC and Home Instead



The goal of this grant program is to provide exceptional home care to families affected by this disease and to give these families support and rest. These grants are facilitated by Home Instead, where available, and are for respite care hours—there is no cash value. More information is [here](#).

FOOD FIRST

• FOOD SHELF DISTRIBUTION

If you would welcome a food shelf distribution, [contact MMV](#) to discuss your pickup needs.

CAMBRIDGE COMMUNITY FOOD SHELF

Date: Weekly on Tuesdays, 1:00pm–7:00pm

Location: Second Congregational Church, Jeffersonville

Information: [Here](#) or call 802-644-8911



ESSEX JERICHO UNDERHILL ECUMENICAL FOOD SHELF

Date: Saturday, June 18, 2022, 9:00am–10:30am

Location: Good Shepherd Lutheran Church, Route 15, Jericho

Information: [Here](#) or call 802-899-3932

• 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, June 8, 2022, 11:00am–12:00pm (Register by Friday 6/3)

Menu: [here](#)

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

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, Jun 29, 2022, 11:00am–12:00pm (Register by Friday 6/24)

Menu: [here](#)

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

• MEAL PREPARATION WITH LOW VISION

Wed, June 15, 2022, 2:00pm–3:00pm ♦ **ONLINE** ♦

Dartmouth-Hitchcock Health, Aging Resource Center

Registered dietitian Jean Copeland will provide practical advice on how to prepare your meal depending on your lifestyle and physical limitations to improve your well-being. More information and registration are [here](#).



REMEMBER WHEN CAMBRIDGE

CAMBRIDGE? JEFFERSONVILLE? WHICH IS WHICH?!

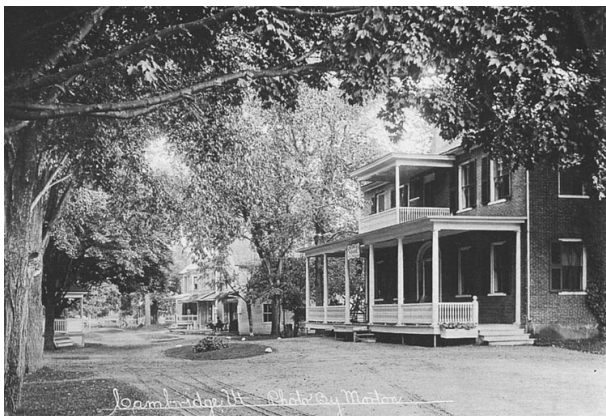
*Contributed by Georgeana Little, Local Historian
Photos from the Cambridge Historical Society*

Cambridge Town has two incorporated Villages—
Cambridge Village and Jeffersonville.

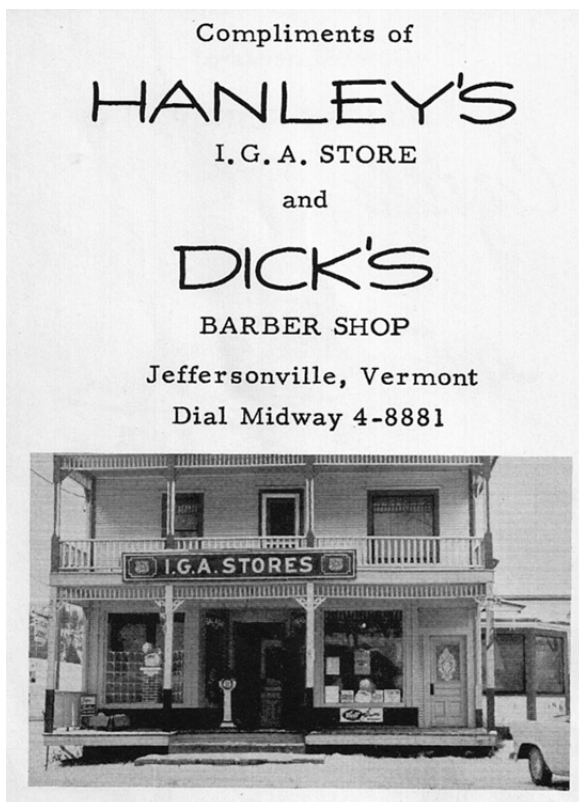
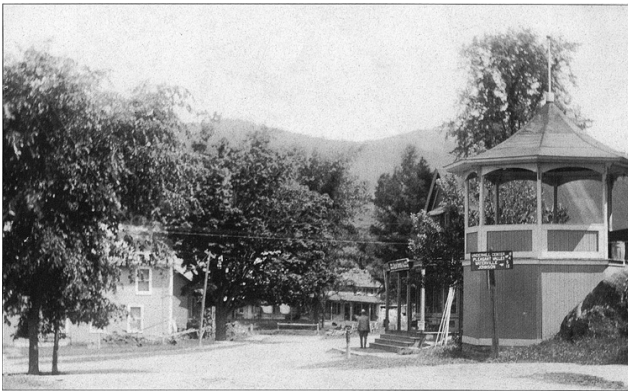


1876 Map of Cambridge, Vermont

Cambridge Village, once called Cambridgeboro, is located in the western part of town and boasts a general store, health center, drug store, and, unusual for a Village, a farm.

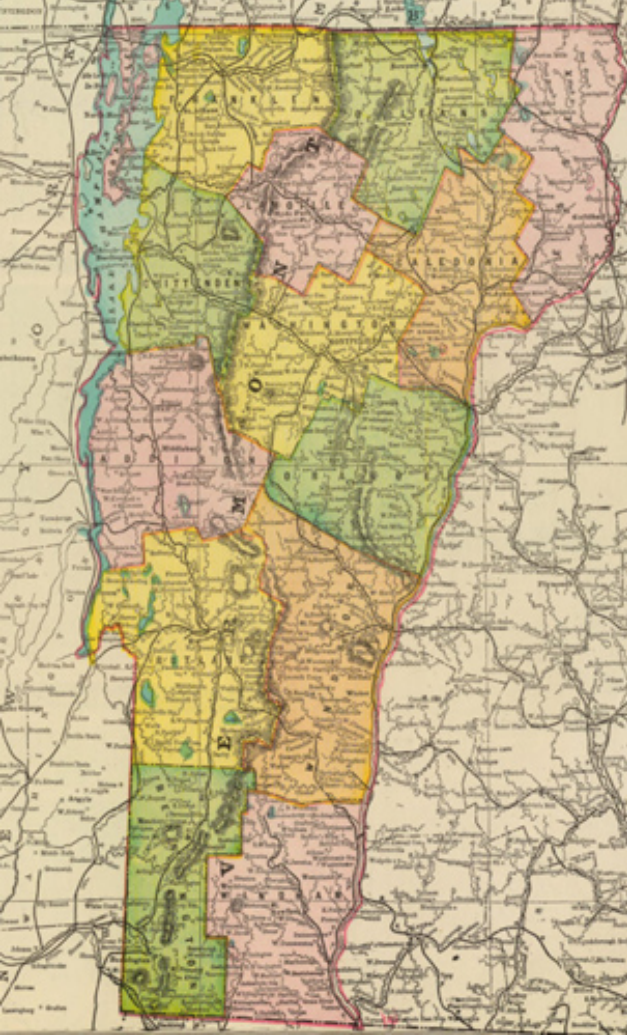


Jeffersonville, once known as Cambridge Center, is located at the junction of Routes 15 and 108 and hosts the town offices, the Cambridge Community Center, the Varnum Library, and Cambridge Elementary School as well as several art galleries, a brewery, and a distillery. Cambridge Center was renamed Jeffersonville in 1836, and local lore claims that the name was chosen to commemorate Thomas Jefferson, the 3rd president of the U.S., whose Embargo of 1807 made residents of the Cambridge Center area wealthy as a result of their smuggling goods to Canada via Smuggler's Notch. Jeffersonville was incorporated in 1897, and in 1908, Cambridge was incorporated.



TOWNS & INCORPORATED VILLAGES

With excerpts from "Vermont Incorporated Villages: A Vanishing Institution," Edward T. Howe, *Vermont History* 73, 16 (2005)



Towns have traditionally served as the basic unit of organized local government in Vermont since the first town (Bennington) was chartered in the future state in 1749. Given that town governments would not, or could not afford to, offer certain public services (*e.g., water, fire protection*) in densely populated areas, a new governmental unit—the incorporated village—was created in the early nineteenth century. The formation of incorporated villages continued throughout the nineteenth and twentieth centuries, though by the 1930s village incorporations had become a rare event. By the mid-twentieth century, the process of incorporating villages had ceased, but a new phase in the history of these villages was becoming more evident: mergers with towns.

In 2004, in addition to the nine cities, 237 organized towns, and the five unorganized towns in Vermont, there were 40 incorporated villages.

- The Town of Cambridge has two incorporated Villages—Cambridge Village and Jeffersonville.
- The Town of Underhill has two hamlets—Underhill Flats and Underhill Center.
- The Town of Jericho has three hamlets—Jericho Corners, Jericho Center, and Riverside and an incorporated Village that supplies water to a subset of residents in the Jericho community.

COOK'S CORNER

BAVARIAN CUSTARD

Contributed by MMV volunteer and Board Member Betsy Harper

INGREDIENTS:

- 1 (3.4-ounce) package of instant vanilla pudding and pie filling
- 1 cup milk
- 1 (8-ounce) carton (1 cup) sour cream (regular, light, or non-fat)
- 1 (8-ounce) carton (1 cup) low-fat vanilla-flavored yogurt*

Fresh strawberries, raspberries, blueberries, blackberries, or mint



DIRECTIONS:

In a medium bowl, place instant pudding. With a wire whisk, stir in milk until the mixture is smooth and slightly thickened. Add sour cream and yogurt; whisk until smooth.

Cover; refrigerate for at least 2 hours.

Spoon custard into 6 individual dessert dishes; top with assorted berries.



Betsy H. writes:

*"*I use plain yogurt with a splash or two of maple syrup.*

This is a great dessert to serve to company or for a weeknight dessert. Very easy but classy!"

MEET A FRIENDLY NEIGHBOR

~ **BILL & MARY WILSON** ~

Mount Mansfield Villages Members



Bill came to Vermont in 1971 to teach international relations at Saint Michael's College. His circuitous arrival began with being raised in Philadelphia and graduating from the Air Force Academy. After a graduate fellowship, he volunteered for VietNam. In his "tour" he spent off-duty time teaching English to Vietnamese through the American consulate. He was deeply affected by this experience, and after completing his service obligation, he resigned his commission in protest of American policy. He turned to graduate study of international affairs and became active in the anti-war movement.



While in Boston he found weekends in Vermont a tonic from studies and politics. And when the teaching offer came from Saint Michael's he did not hesitate in his acceptance. In reflection, there were two reasons for moving to Vermont: closeness to nature and a place of "human" scale.



This attraction resulted in the purchase of ten acres in Walden that became his sanctuary. Over time it would become the family campground, and, after retirement, a small cabin has provided year-round sanctuary. Attempting to find a closeness to nature and life within a human scale had to be coupled with a reasonable commuting distance to work in Burlington, and so, Pleasant Valley would become "home."

Mary came to Vermont many times during her childhood to visit an aunt and uncle who lived in Burlington. She moved here in 1969 to go to graduate school at UVM in Speech Pathology. After graduation, she initially worked with the adult hearing impaired and then spent much of her 20-year career working with preschool children in the Essential Early Education Program in South Burlington.

Mary met Bill at the Stowe Derby. By coincidence, she was from Philadelphia and had family in Pleasant Valley. They courted in the Valley and discovered their love for its proximity to the "Mountain" for hiking and skiing and the human dimension of scattered homesteads from Underhill to Cambridge.



Memories remain of trail clearings for the now gone Madonna-Vasa country ski race and long hikes from the Valley into the ridges on both sides. Wildlife was near at hand, and "valley weather" had its own inclinations. Underhill was characteristic of a Vermont town epitomized by Town government. Serving as Moderator of the Town Meeting for twenty-five years was among Bill's most memorable and rewarding experiences;

he opened with a report of Meetings in the near and distant past.



Bill taught at Saint Michael's College through retirement and then continued at CCV and Vermont Adult Learning. His engagement with Vietnam has continued both professionally and personally. He has made a number of trips to VietNam and continues to develop his English teaching aided by Mary's professional skills as a speech therapist. They spent a semester teaching together in HaNoi, and he currently teaches English "online" for a non-profit organization.



Over time, sons Ben and Chris developed a love of nature as well, though their lives took them in different directions. After two years of teaching English abroad after college, Ben is a home builder and lives with his family in Westford. Chris was drawn to the "bigger mountains" of Oregon and works in the front office of the Portland Timbers Soccer team.

In retirement, the pace of life changes. All the chores get done, but on a smaller scale and at a slower pace. Some things are no more: "Prairie Home Companion" for Saturday listening, or "Music to Drive to the Dump By" on "WDEV-Waterbury", and trips to Bread and Puppet are not as frequent. Withal, there is still the thrill to sit at the breakfast table over morning coffee and watch as the sun's arc comes across the ridges of Mansfield on its seasonal traverse. Earth, itself, is home.



When Bill and Mary were wed and began to live in their “cabin,” they invited neighbors in to celebrate. Most prominent was Mert Sage, now gone, who fit every stereotype attached to a “real” Vermonter (he brought a basket of potatoes as a wedding present). Perhaps most important in becoming a Pleasant Valley “citizen,” (other than withstanding high winds and heavy snows) is acceptance. It was related back to Bill the next day that Mert’s solemn pronouncement was our “welcome.” He was heard to say, “Well, the boy may fit in.”

Who could ask for anything more?!

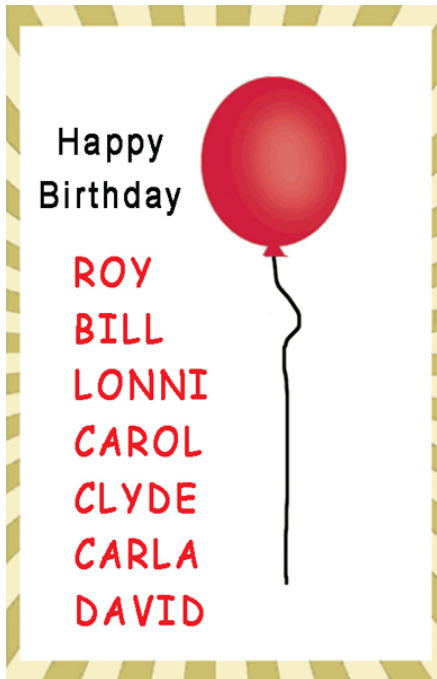


A Prayer for Spring

By Robert Frost

Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

SPECIAL SALUTE



BIRTHDAY IN HISTORY

"Little Bronco"

Helen Keller is known the world over as a symbol of courage in the face of overwhelming odds.

Helen, born June 27, 1880, was an American educator, crusader for the handicapped, and co-founder of the **American Civil Liberties Union**. Stricken by an illness at the age of 2, Keller was left blind and deaf. Through her teacher **Anne Sullivan's** extraordinary instruction, Helen learned to communicate with the world around her and at age 24 graduated cum laude from Radcliffe. During

her lifetime, she received many honors in recognition of her accomplishments and wrote 14 books and hundreds of speeches. She co-founded **Helen Keller International** in 1915 to combat the causes and consequences of blindness and malnutrition.



"Although the world is full of suffering, it is also full of the overcoming of it."
~ Helen Keller



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



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.