

NEWS YOU CAN USE



Mount Mansfield Villages

JULY & AUGUST 2022

These are the glorious months of long days, warm weather, flower gardening, and outdoor fun.

Vermont Open Farm Week starts Sunday, August 2nd with its many delicious and educational opportunities. And don't forget our terrific **county fairs** and field days!

July's **Full Buck Moon** will be at peak illumination on Wednesday, July 13 at 2:38pm. August's **Full Sturgeon Moon** will be at peak illumination on Thursday, August 11 at 9:36pm.

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July 22—**Spoonerism Day**

July 28—**Nat'l Buffalo Soldiers Day**

Aug 12—**Perseid Meteor Shower**

Aug 16—**Bennington Battle Day**

Aug 19—**World Humanitarian Day**

Aug 26—**Women's Equality Day**

~ NEWSLETTER NEGOTIATIONS ~

What would you like to see in the monthly *MMV News You Can Use*?



We'd like to create a newsletter that you enjoy and meets your needs. As an experiment this month, we've omitted all the event listings, added back in puzzles and a coloring page, and have made the newsletter shorter.

Please help us meet your needs by completing this simple, short **Newsletter Survey**. As they say where I hail from, "What's your druthers?"

MEMBERS' MEMORANDUM



~ FRIENDLY VISITORS NEEDED ~



Friendly Visitor volunteers are matched with homebound Mount Mansfield Villages members based on shared interests with the hope of developing an ongoing supportive relationship that spans months—or even years. Become a Friendly Visitor and share your passions and hobbies with a neighbor for an hour or two each month.

Contact our MMV Volunteer team at mountmansfieldvillages@gmail.com to learn more or call (802) 858-5381.

"We forget that the sweetest joys are found in the simplest acts: hugs, laughter, quiet observation, basic movements, holding hands, pleasant music, shared stories, a listening ear, an unhurried visit, and selfless service."

~ R. Goodrich

~ SOCIAL AND STORYTELLING CIRCLE ~

FUN TIME FOR ALL!



The Mount Mansfield Villages community enjoyed a delicious picnic and entertaining storytelling circle in June. MMV member Liam McKone hosted the group at the Brewster River Campground in Jeffersonville. Margaret and Rich Rushlow furnished the picnic supplies—paper plates, beverages, and tableware. Five members, 10 volunteers, and 3 guests feasted on a variety of sandwiches, plus desserts and salads provided by volunteers.

Marjorie Annapav, our story leader, videotaped the storytelling circle. We heard amusing anecdotes about raising pigs, catching heifers, pig roasts, what makes older folks fat, and stolen property.

A few of the guests walked up to the waterfall after the entertainment. The venue was very pleasant, with a brook nearby and a forested site.

We look forward to another gathering of MMV members and volunteers!

~ YOU TESTED POSITIVE FOR COVID ~

WHAT NOW? PAXLOVID?



VERMONT HEALTH DEPARTMENT

The [Vermont Health Department](#) notes the following:

If you are age 65 or older or have a medical condition that may put you at risk, reach out to your health care provider to ask about treatment—as soon as you get a positive test result.

- Find out if you are at risk at [this link](#).

Do not delay in seeking treatment even if:

- You are vaccinated. Vaccination protects against serious illness, but some people also need treatment to keep them out of the hospital.
- Your symptoms are mild. Symptoms can change and you could get much sicker quickly.

By getting treatment, you could have less serious symptoms and may lower the chances of your illness getting worse and needing care in the hospital.

Paxlovid or **LAGEVRIO** (molnupiravir) are antivirals, targeting specific parts of the virus to stop it from multiplying in the body, helping to prevent severe illness and death. Both medications are taken by mouth. They should be started as soon as possible and must begin within 5 days of when your symptoms start. Paxlovid is 87% effective in preventing hospitalizations/deaths and **is widely available in Vermont.**

Learn more about oral antiviral treatments at **this link.**

If you do not have a health care provider, call 2-1-1 to be connected to care, or contact one of **Vermont's free & referral clinics.**

AARP

A **recent AARP article** notes the following:

A common misconception is that you need to be experiencing severe symptoms to be a good candidate for Paxlovid, but that is not the case, experts say. The drug works best when started right away or at least within five days of **symptom** onset.

Because time is of the essence, a prompt diagnosis is key. Keep a stash of **rapid tests on hand**—you can order free tests on **covidtests.gov** or get them for free from participating pharmacies with your **Medicare card.**



There are some risks associated with the drug Paxlovid, including a number of potential drug interactions. With so many factors to consider—from age and underlying illnesses to potential drug interactions—it's ideal to discuss Paxlovid with a doctor who is familiar with your medical history.

Do not delay in calling your healthcare provider if you test positive for COVID-19!

~ UPDATED! 2022 COVE RESOURCE GUIDE ~

Community of Vermont Elders (COVE) is a non-profit organization based in Montpelier whose mission is to promote and protect a higher quality of life for the state's older Vermonters through advocacy and education.

COVE produces a resource guide that is designed to provide older Vermonters and their families with a list of local (and sometimes national) resources and explain why and how to access them.

The updated *2022 Aging in Vermont Resource Guide* is nearing completion. You can request that a copy be mailed to you by filling in **this online form** or by calling (802) 229-4731.



~ 251 CLUB OF VERMONT ~



The **251 Club of Vermont**, established in 1954, is an organization of Vermont enthusiasts whose objective is to visit the 251 towns and cities in Vermont. There are no membership requirements and just a small fee for joining. In addition to the **Wayfarer newsletter** three times a year, members receive a profile page on the club website where they can track their progress, keep notes, and upload photos from their travels.

The 251 Club was first suggested **in 1954 by Dr. Arthur W. Peach**, who wrote *Vermont Life Magazine's* regular column "At the Sign of the Quill." Dr. Peach proposed an informal group to be known as the 251 Club in response to countless reader inquiries, "How can I come to know the real Vermont?"

Rose C. notes:

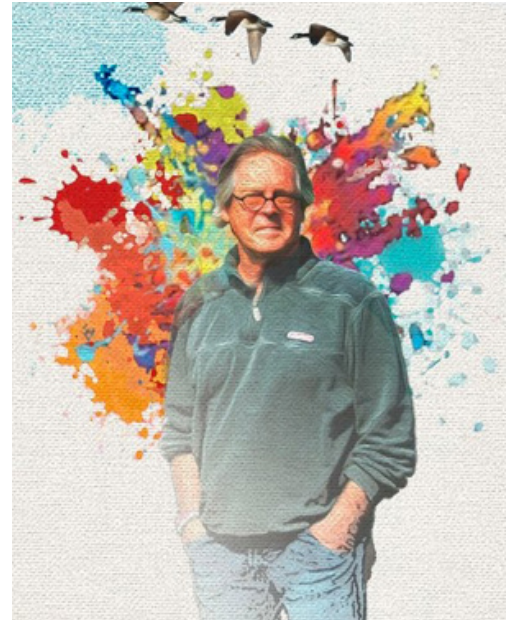
*"My husband and I are excited to attend **pianist David Feurzeig's** free concert in each town in Vermont (**Play Every Town project**) and make that the focus of our 251 Club itinerary."*

~ HAVE YOU HEARD ABOUT GREG? ~

A JOURNEY THROUGH ALZHEIMER'S WITH FAITH, HOPE, & HUMOR

The new film [Have You Heard About Greg?](#) from director Steve Ecclesine is the heartfelt story of Greg O'Brien, an investigative reporter diagnosed with early-onset Alzheimer's.

Greg turns his exceptional journalism skills to drawing attention to this prevalent disease—talking about his experiences openly to increase awareness of this quiet killer and promote dementia research and funding. As part of his focus on "QTR" (Quality Time Remaining), Greg wants the world to know that while Alzheimer's affects 50 million people worldwide, it also affects hundreds of millions of caretakers, family members, and friends.



Have You Heard About Greg? can be viewed on [Amazon](#) and most streaming services.

"There are more than 6 million people in the United States living with Alzheimer's, and that number is expected to double in the next 20 years. Now is the best time to talk about Alzheimer's—together."

SUPPORT GROUP FOR INDIVIDUALS WITH EARLY-STAGE DEMENTIA

Thursdays, 2:30pm ~ ONLINE ~

Alzheimer's Association

For individuals who are in the early stages of dementia and can benefit from talking through challenges and sharing stories, the Alzheimer's Association sponsors an ongoing, virtual support group on Thursdays at 2:30pm. Contact Tina, the facilitator, at spectbus@aol.com.

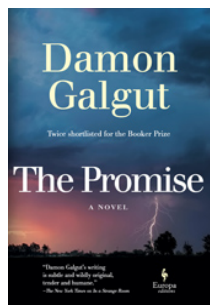


For information on additional Alzheimer's support groups and virtual education programs, see [this flier](#).

~ BOOKS & MORE BOOKS ~

READING GROUP—*THE PROMISE* BY DAMON GALGUT

You are invited to join a book group that corresponds online.



The current novel being discussed is [The Promise](#) by Damon Galgut, which describes the relationships among the members of a shrinking white family in South Africa during the years of the country's transition out of apartheid.

MMV member Jan de Vries writes:

Three of us started our book correspondence on June 10th at [this link](#). To see how it works click: "Ask to join group," and I will give you access. If you decide not to participate, simply go to "Membership Settings" and leave the group.

Please join us—we will adapt our schedule to new participants!

READ ANY GOOD BOOKS LATELY?



The Mount Mansfield Villages website maintains a [database of book suggestions](#) by MMV community members. Share your recommendations with others by posting your book and your comments on [this form](#). Booklovers, check out our [MMV Reads](#) webpage!

~ NATURE PHOTO CONTEST ~

Remember to join the summer fun and meet your insect backyard neighbors!

This activity—Jericho Observing Life in Nature Photo Contest—is sponsored by Bernie Paquette and the Jericho Conservation Committee.

More information can be found at [this link](#).



Photo by Bernie Paquette

REMEMBER WHEN JERICHO

~ HISTORIC BARBER FARM ROAD ~

From the "Memory Map" series

In 2013-2014, Mount Mansfield Community Television, our local public access cablecast television, helped grade school students to film short videos concerning the history of properties and buildings on our local roads and to create a series called "Memory Map."

The "Memory Map" series includes familiar roads like Brown's Trace and Barber Farm Road in Jericho and Gillett Pond Road in Jonesville. The information below is from "Memory Map 8: Barber Farm Road," an engaging 13-minute video.

GOVERNOR MARTIN CHITTENDEN HOUSE



An interview with owner and renovator Dan Dixon tells us that the Governor Martin Chittenden House was commissioned by Thomas Chittenden and built in 1796 as a wedding present for his son Martin. Thomas Chittenden was Vermont's first governor, and his son Martin followed him into politics serving as Vermont's eighth governor. The Federal-style brick home is on the National Historic

Register, and one of its most striking exterior attributes is the Flemish Cross Bond brick coursing with its distinctive diamond-checked pattern on the end walls.

In the interior, a painting over the mantle dates to the original house and is the house's most important historic feature. Some of the interior's original wood plank floors have planks that measure 20 inches wide.



THE LEWIS CHAPIN HOMESTEAD



An interview with resident Stuart Alexander relates the history of the wood-construction, Federal-style farmhouse built in 1797 just south of Jericho Center and which has a pending [nomination to the National Historic Register](#). Lewis Chapin cleared the land, built the homestead for his family, and lived there until his

death. As was typical in houses in the early 1800s, many of the [walls were stenciled](#), with the stencil patterns varying by room. Often the stenciling process involved testing various stencil patterns and colors in the attic of homes before proceeding to decorate the living spaces.



Chapin gifted four acres to the Town of Jericho to build a meeting house and town green. A few years later, he donated another 2 acres to the town for a cemetery.

THE BARBER FARM



As a result of broad community effort and in collaboration with the Vermont Land Trust and the [Jericho Underhill Land Trust](#), the historic Barber Farm is protected from future development and will continue to provide local food for years to come. Charlie Siegrist, who has lived on [Barber Farm](#) with his family for

over 60 years, talks about how several acres of vegetables are grown each year for distribution to Vermont hunger action agencies.

The original farmhouse dates from the 1870s and has had many additions over the decades. In the early 1900s, five cottages were constructed on the property for the sons and daughters of the property owner at the time, and the custom was for the residents of the cottages to take their meals together in the main farmhouse.

THE FAY FARM



The original Fay farmhouse was built in the 1870s by a relative of Jonas Fay, a barkeep in Bennington who likely served Ethan Allen in his day. Jo Ann Fay Johnson recounts growing up on the farm with her 8 siblings in the 1940s-1970s. The Fay Farm was a dairy farm, though one of the Fay boys who owned a sawmill in the NE Kingdom operated a small retail business at the farm.

Jo Ann remembers when a spark lit the barn on fire in the early spring. Luckily when Jo Ann's father opened the barn doors, the cows, who had not been out to pasture yet that spring, rushed out the doors and saved their lives.



Update: The Fay Farm was sold "out of the family" in the early 2000s, but it came up for sale again in 2020. **Jo Ann Fay Johnson's son Erik** was delighted to purchase the homestead where he remembered playing as a child and bring the farm back into the Fay family fold.



RED=Martin Chittenden House YELLOW=Barber Farm
BLUE=Fay Farm LILAC=Chapin House

COOK'S CORNER

~ SUMMER SIDES ~

DRIVE-THRU SEASONED FRIES

Contributed by MMV volunteer and Board Member Margaret Rushlow

INGREDIENTS:

2 medium Russet (aka Idaho) potatoes
Very cold water in a bowl
1 Tbsp salt + 1 tsp of salt
2 tsp paprika
1/4 tsp garlic powder
1/4 tsp onion powder
1/8 tsp cayenne pepper
Black pepper
1Tbsp olive oil



DIRECTIONS:

1. Preheat the oven to 425 degrees F.
2. Line a baking sheet with parchment paper or a silicone baking mat.
3. Fill a large pot with very cold water and 1Tbsp of salt.
4. Scrub the potatoes if you are leaving the skin on.
5. Slice the potatoes into 1/4-1/2 inch thick sticks.
6. Add potatoes to salted cold water and soak for at least 30 minutes—this pulls the starch out.
7. Meanwhile, in a small bowl, mix 1 tsp of salt plus the paprika, garlic powder, onion powder, cayenne, and freshly ground black pepper.
8. Rinse the fries and dry them well with paper towels or a kitchen towel.
9. Add fries to the prepared baking sheet in a single layer, drizzle with olive oil, add seasoning blend, and mix well.
10. Bake for 30-40 minutes until crisp and golden brown.

~ SUMMER SIDES ~

RAMEN BROCCOLI SLAW SALAD

Contributed by MMV volunteer Penny Miller

INGREDIENTS:

- 2 packages Ramen Noodle Soup
- 1 package broccoli slaw
- 1/2 cup scallions, chopped
- 1 red pepper, chopped
- 1/3 cup canola oil
- 1/4 cup rice vinegar
- 1/4 cup honey



DIRECTIONS:

1. Break Ramen noodles into small pieces. Set aside unopened seasoning packets.
2. Mix together Ramen noodles, broccoli slaw, scallions, and red pepper.
3. Whisk together oil, vinegar, and honey. Add seasonings from the 2 Ramen Noodle Soup packets and mix thoroughly.
4. Pour the liquid over the noodle and slaw mix.
5. Cover and refrigerate for 8-10 hours until noodles soften. Stir occasionally.

NOTES:

Optional toppings—toasted almond slivers, roasted peanuts, chicken, tofu.

Optional ingredients—shredded cabbage, shredded carrots, edamame, shredded Napa cabbage, chopped cucumber.

Toasted sesame oil mixed with canola oil is a tasty combination.

If you store the salad in a container with a lid, you can easily shake it every couple of hours instead of stirring it.

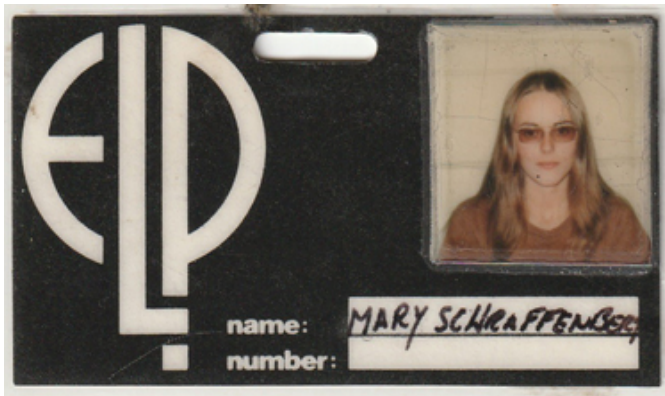
Reduce sodium by using only a portion of the seasoning packets.

MEET A FRIENDLY NEIGHBOR

Mount Mansfield Villages Members

~ **MARY & DAVID SCHRAFFENBERGER** ~

Written by David S.



Mary was raised in the Big City—Burlington!

David came to Vermont from the New York Metropolitan area to attend UVM where he and Mary met in 1968. Both became involved in the Theater Program at the old Arena Theater in the basement of the Fleming Museum. Mary worked in the costume shop while David worked backstage, mostly. It's a classic show biz love story.

Over the next few decades, they lived and plied their production trade from Manhattan to Los Angeles. Spending much of their time "on the road," they toured with various musical and theatrical troupes. Somewhere in there (in 1971) they got married. The kids started joining the act in 1981, and Mary decided to take parental leave.





Mary stayed home to raise the kids while David continued to spend most of his time on the road. Around 1985 with the arrival of the second young 'un, the family moved from Milton to Underhill. '93 was David's personal best, spending just over three hundred days on the road.

The work was interesting as it included serving as the Gaffer for The Miss Universe Pageant in Bangkok and working as the Coordinating Gaffer for NBC Sports at the Barcelona Olympics.

In the late 90s, life on the road was taking a toll on the family. The kids were at Browns River Middle School. Mary was operating as a functionally single parent while David was becoming that voice on the answering machine. We decided to make a change and transition to a locally-based income stream.



While David explored how he could make a living in Vermont, Mary dusted off her seamstress skills and bolstered the family income as a home sewer (pronounced *SOH-er*, please) for the VT Teddy Bear Company. She found that the bears complained significantly less than the occasional cast member. David finally landed a job with a locally-based catalog company selling theatrical equipment and supplies to the folks he used to be. The Schraffs finally began to resemble a more traditional family!

The marriage has lasted for over half a century! Teamwork and persistence pay off. David feels incredibly grateful to his "Lovely Child Bride" for having married him into the state.

He figures that if he keeps his mouth shut, they won't revoke his visa...

~ MUSIC QUIZ ~

Which artist is David and Mary (in red circle) touring with in the group photo directly below?

Email your response to pennymillervt@gmail.com or leave a message at (802) 899-2716. If your answer is incorrect, I will give you successive hints. The first person to get the correct answer with the fewest number of hints wins a gift certificate for a large Creemee at Palmer Lane Maple.



Trunk filled with David's and Mary's backstage passes, ID badges, and memorabilia

SPECIAL SALUTE



BIRTHDAY IN HISTORY

"Spoonerism"

William Archibald Spooner,

born July 22, 1844, was a distinguished Anglican clergyman and warden of New College, Oxford. In a speech

he gave during World War I, he accidentally invented the "spoonerism," a transposition of consonants or syllables in two words, creating funny results. Many of the spoonerisms attributed to him are apocryphal, and Spooner became quite frustrated with his exaggerated notoriety for misstatements. In one of his few well-verified quotes to a crowd of students, he



was recorded as saying, "You don't want to hear a speech. You just want me to say one of those...things."

"When our boys come home from France, we will have the hags flung out."

~ William Archibald Spooner



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.

PURE PUZZLEMENT

From *1950's Adult Activity Book* by Sharper Mind Press. Answers are on [PAGE 22](#).

POPULAR FEMALE SINGING GROUPS

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1950 POP MUSIC

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I	E	G	L	N	W	G	E	R	P	O	E	R	D	C
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T	A	M	M	Y	I	U	N	N	C	D	A	U	A	E
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O	N	B	M	M	A	V	P	T	D	O	J	A	V	L
M	R	O	W	W	O	L	G	A	N	S	N	R	Y	O
H	E	Y	T	H	E	R	E	X	G	S	I	T	F	V
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E	R	I	F	F	O	S	S	I	K	Z	M	M	L	X
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ALL THE WAY
APRIL LOVE
BLUE TANGO
CRY
EH CUMPARI
FEVER
GLOW WORM
HEY THERE
HIGH NOON

HOT DIGGITY
ISTANBUL
KISS OF FIRE
MISTY
MONA LISA
MR SANDMAN
OLD CAPE COD
SECRET LOVE
SUGARTIME

TAMMY
VAYA CON DIOS



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

POPULAR FEMALE SINGING GROUPS

Puzzle #3

1950 POP MUSIC
Puzzle # 67

B	L	U	E	T	A	N	G	O	O	V	A	C	M			
I	R	A	P	M	U	C	H	E	L	A	L	F	R			
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JOYTONES

DELICATES

DELTAIRS

HONEYTONES

DE VAURS

DEL RIOS

PONI TAILS

SUPREMES

CRYSTALS

SHIRELLES

RONETTES

CHANTELS