

NEWS YOU CAN USE



Mount Mansfield Villages

SEPTEMBER 2022

September is **Healthy Aging** month, and nothing is healthier than eating freshly picked corn and ripe apples just off the tree!

Vermont's **Harvest Moon** appears full for three days from Fri-Sun, Sept 9-12 and will be at peak illumination on the 10th at 5:58am.

Sept 5—Labor Day

Sept 8—Int'l Literacy Day

Sept 22—Autumnal Equinox

Sept 23—Int'l Day of Sign Languages

Sept 29—Nat'l Coffee Day

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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.**

~ OLD-FASHIONED HARVEST MARKET 2022 ~

Sat, Sept 24, 9:00am–5:00pm & Sun, Sept 25, 10:30am–4:00pm

United Church of Underhill, 7 Park Street, Underhill

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

Check back **here** for 2022 schedule updates.

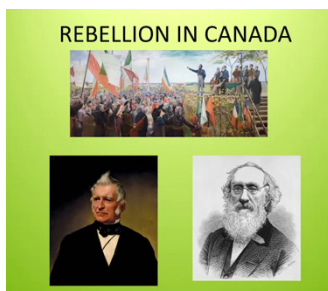


MEMBERS' MEMORANDUM



~ ACTIVITIES COMMITTEE ~ MOUNT MANSFIELD VILLAGES

Let your creativity and sense of fun shine as a member of the Mount Mansfield Villages Activities Committee! MMV members and volunteers are invited to join the Activities Committee and help us brainstorm monthly social events for our members and volunteers.



Some of our past events have included:

A Picnic Social, Flower Pot Decoupage Party, Art and Craft or Storytelling Workshop, online Happy Hour Book Discussions, Paint Your Own Mug and Chat Social, and an online Armchair Traveler Show and Sip Social.

If you would like to join the committee and get to know your fellow members and volunteers better, email us at mountmansfieldvillages@gmail.com or call us at (802) 858-5381.



~ YOUR VOICE, YOUR THOUGHTS ~

MMV NEWS YOU CAN USE

The MMV monthly *News You Can Use* can use YOU! We would like to include more contributions from MMV members and volunteers in the newsletter. It's a great way to connect with the broader community and share your interests!

Some ideas for inclusion in the newsletter:

- Recipes
- Nature sightings
- Biographies
- Book reviews
- Movies reviews
- Travelogs
- Reflections on life
- Memories of days past
- Local news
- Photos—your gardens, observations from nature, historic, travel
- Quizzes—"Can you name that" photo, plant, object?



If you would consider being a regular or occasional—or even a one-time-only—contributor, please drop me a line or give me a call. And **THANK YOU** for donating your time to create a more interesting newsletter! Penny Miller, 802-899-2716, pennymillervt@gmail.com



NEWSLETTER SURVEY: If you'd like to help shape the direction of the MMV *News You Can Use*—whether you are an MMV member, volunteer, sponsor, or a general community member—click [this link](#) for a 3-minute (or less!) newsletter survey. Please!

~ FALLS PREVENTION AWARENESS WEEK ~

September 18–24, 2022

Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Learn steps you can take to stay safe at the [National Council on Aging website](https://www.nationalcouncilonaging.org/).



~ MEDICAL ALERT ~

By Andy Forsberg, Underhill Jericho Fire Department

For residents of Jericho and Underhill:

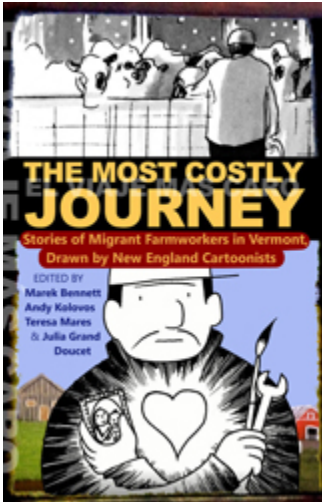
When people purchase life alert type equipment for family members, they are asked to fill out a form to let the dispatch company know where to call when the device is activated. This is normally your local ambulance. If you live in Underhill or Jericho, we are asking that you add the Underhill Jericho Fire Department (UJFD) First Response dispatch to your list: 802-985-8051.



Underhill Jericho First Response goes to all emergency services (EMS) calls in our towns and usually arrives 10-15 minutes prior to the ambulance to provide live-saving interventions. In a lot of cases, these saved minutes can make all the difference. If you have an alerting service for loved ones, please consider adding us to this list so we can come help. Also, please help spread the word to anyone that you may know that has a device. If you have any questions, please contact us at 802-899-4025 or at andy@ujfd.org.

~ VERMONT READS 2022 ~

THE MOST COSTLY JOURNEY



People from Latin America perform much of the work on Vermont dairy farms. For the **Vermont Reads 2022** program (July 2022-June 2023), Vermont Humanities has chosen the book ***The Most Costly Journey***, a non-fiction comics anthology of survival and healing told by Latin American migrant farmworkers in Vermont—in their own words.

Originally distributed to farm workers as individual Spanish language comic books, this collected edition brings the lives and voices of these workers to an English-language audience, giving us insight into the experiences and challenges of the people vital to producing the food we eat. The stories are illustrated by New England cartoonists in a variety of styles, each short chapter describing aspects of life as an immigrant farm worker in Vermont.



Watch a video of the kickoff panel discussion **[here](#)**. Keep your eye out for Vermont Reads 2022 events sponsored around the state during the next year.

You can purchase the book online or at a **[local bookstore](#)** or borrow it from your local library.

"The Most Costly Journey is a gripping work that draws together non-fiction cartooning, graphic medicine, and ethnography, channeling the skills of health care practitioners, artists, and ethnographers into helping alleviate the pain of others." ~ Vermont Folklife Center

~ INSECT COMICS ~

By Bernie & Nature



*Can't find the darn switch
to turn the light on!*

*"Let's recognize our bond with all living things
and respect all life forms. Now for Sunday with
coffee or any other day that you find a need for
a tickle, here are the [Insect Comics](#)."*

~ B. Paquette



*My nose isn't big. I just happen to
have a small head. ~ J. Durante*



~ CO-EXISTING WITH BEARS ~

Vermont Fish and Wildlife Department

High-risk bear conflicts such as home and vehicle entries are being reported more frequently this summer than in previous years, according to the Vermont Fish and Wildlife Department.

"Vermont's black bears are learning to connect humans and food, and becoming bolder," said wildlife biologist and Black Bear Project leader Jaclyn Comeau. "The number one cause of this dangerous, escalating behavior is Vermonters failing to secure food sources that attract bears. This failure is putting people and bears in danger."

Read the "[Bear Coexistence Advisory](#)" distributed this summer by the Vermont Fish and Wildlife Department.

AGING WELL-EVENTS

- **MEMORY CAFE: "STICK AROUND"** ♦ **ONLINE** ♦

Wednesday, September 7, 2022, 10:30am–11:30am

Central VT Council on Aging and VT Department of Libraries



Part of the [memory cafe movement](#), this dementia-friendly program teams participants with friends in Scotland to enjoy stories and memories of transatlantic sports that involve a bar or stick—and often a ball. Find registration information [here](#).

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

Thursday, September 15, 2022, 1:00pm–2:00pm

Dartmouth-Hitchcock Health, Aging Resource Center

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



- **ECO-FRIENDLY FUNERAL: HOME FUNERALS AND GREEN BURIAL**

Friday, September 30, 2022, 10:00am–11:30am ♦ **ONLINE** ♦

Dartmouth-Hitchcock Health, Aging Resource Center

This class will discuss new ways to deal with our bodies after death that are dignified and eco-conscious and will explore emerging processes that seek to replace death with life-affirming activities and outcomes. Register [here](#).



- **DEPRESSION OR DEMENTIA? THAT IS THE QUESTION** ♦ **ONLINE** ♦

Tuesday, October 11, 2022, 11:00am–12:30pm

Dartmouth-Hitchcock Health, Aging Resource Center



How can we tell the difference between depression and dementia, and why is it important to do so? Is it possible for the two conditions to occur simultaneously? What are some treatment options? Register [here](#).

AGING WELL—RESOURCES



Your Conversation Starter Guide
How to talk about what matters to you and have a say in your health care.

- **THE CONVERSATION PROJECT** ♦ **ONLINE** ♦

Institute for Healthcare Improvement

The purpose of the [Conversation Project](#) initiative by the Institute for Healthcare Improvement is to help everyone talk about their wishes for care through the end of life. Download the conversation starter [here](#).

- **TECH-ENHANCED LIFE** ♦ **ONLINE** ♦



The [Tech-Enhanced Life website](#) explores the future of aging and the intersection of aging and technology. Subscribe to their newsletter to “get insights, tools, and technology tips that help postpone the time that growing older gets in the way of living life to the full.”

- **FREE USED MEDICAL EQUIPMENT**

United Church of Underhill, 7 Park Street

The UCU has a durable medical equipment donation and lending closet that is available throughout the year. To donate or borrow, call the church at 802-899-1722.



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

Once registered for the meal with Age Well, request assistance from MMV for your meal delivery.



JERICO - Jericho Community Center, Jericho Center

Wed, Sept 14, 2022, 11:00am–12:00pm (Register by Friday 9/9)

Menu: [here](#)

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

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, Sept 29, 2028, 11:00am–12:00pm (Register by Friday 9/23)

Menu: [here](#)

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

HODGEPODGE OF HAPPENINGS

• VERMONT'S FINAL FAIR DAYS

Vermont's Fairs are a fun whirlwind of music, food, rides, games, and farm activities.

Aug 26-Sept 4	<u>Champlain Valley Fair</u>
Sept 4-Sept 5	<u>Guilford Fair</u>
Sept 7-Sept 11	<u>Orleans County Fair</u>
Sept 15-Sept 18	<u>The Tunbridge World's Fair</u>



• CAMP, CHAMP, CHAMPLAIN—ARTIST RECEPTION

Sunday, September 4, 2022, 1:00pm–3:00pm

Emile A. Gruppe Gallery, Jericho

Meet the artists currently exhibiting at the Gruppe Gallery—Mary Lou Marcussen and Gail Troutman. More information about the gallery is [here](#).



• EDUCATION AND ENRICHMENT FOR EVERYONE ♦ ONLINE ♦

Fridays, September 9–November 4, 2022, 2:00pm–3:00pm

EEE, Shelburne



Eight thought-provoking Zoom lectures on Fridays from Sept 9–Nov 4, 2–3pm, are available for a \$55 membership to EEE. Enjoy the lively Q&A that immediately follows each lecture. Lecture series info is [here](#). Membership information is [at this link](#). Note: EEE will accept membership after August 26.

- 9/9:** The War in Ukraine and Russian Public Opinion
- 9/16:** Lights! Camera! Action!: A History of Montpelier's Savoy Theater
- 9/23:** The State of the Lake and Ecosystem Indicators Report for 2021
- 9/30:** China and America—Economically and Politically in the Crosshairs

- **VERMONT NATIONAL GUARD—OPEN HOUSE 2022**

Sunday, September 11, 2022, 10:00am–3:00pm

Vermont Air National Guard Base, South Burlington



The Open House 2022 will showcase the place, equipment, missions, and people who serve in the Vermont Air and Army National Guard. Enjoy a host of military static displays, events, demonstrations, and performances. More info on the event and shuttle buses is [here](#).

- **KAYAK THE BAY**

Wednesday, September 14, 2022, 4:30pm–7:00pm

Keeler Bay, Grand Isle

Join the Grand Isle County Natural Resources Conservation District and South Hero Land Trust for an evening paddle on Keeler Bay. Adaptive kayaks are available for hesitant paddlers with physical constraints. Register [here](#).



- **BOB FRELING: USING POWER TO EMPOWER**

Saturday, September 17, 2022, 2:00pm–3:30pm

Cold Hollow Sculpture Park, Enosburg Falls

Bob Freling, the executive director of the Solar Electric Light Fund, contemplates the question “How can we use power to empower?” during a public talk in the Park. Register [here](#). Learn more about the Park and its programs [here](#).



- **DRESSING THE 18TH CENTURY WOMAN**

Sunday, September 18, 2022, 2:00pm–4:00pm

Ethan Allen Homestead Museum, Burlington

Join Skye Makaris, writer, seamstress, and historical interpreter, for a tour of 18th-century garments—their construction and their use. Location: in-person on the back deck. Information is [here](#).

- **ABENAKI LAND LINK HARVEST FESTIVAL**

Saturday, September 24, 2022, 11:00am–3:00pm

VT Youth Conservation Corps Farm, Richmond

Celebrate the harvest season through food, ceremony, storytelling, and field walks. Learn more about the [Abenaki Land Link Project](#), a collaboration between the [Nulhegan Band of the Coosuk - Abenaki Nation](#) and the Northeast Organic Farming Association of Vermont ([NOFA-VT](#)). Find more info and RSVP [here](#).



- **BOOK DISCUSSION–FOR ONE DAY OF FREEDOM ♦ ONLINE ♦**

Thursday, September 29, 2022, 6:30pm

Rokeby Museum and Treleven Farm

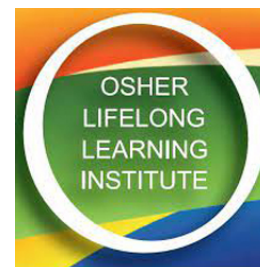


Join the discussion of Blyden Jackson's final novel, an epic tale of a young man's attempt to escape slavery. Blyden was a civil rights activist in the 1960s who made his home in Vermont from 1981 to 2002. Join Rokeby Museum and [Treleven Farm](#) for a discussion about the book led by contributors to Jackson's final publication and the book's publisher. More info and registration are [here](#).

- **OLLI AT UVM ONLINE DISTINGUISHED SPEAKER SERIES**

Tuesdays in October 2022, 11:00am–12:00pm ♦ ONLINE ♦

Join OLLI for 4 online presentations in October and receive the \$25/Series Special when you **sign up for all 4 lectures by 09/30/22**. More information and registration for the series discount are [here](#).



10/04—The Psychology of Indigenous Foods and Eating

10/11—Muslim American Women, Indian Asian Girls & Representation

10/18—Putin, Orthodoxy, and Ukraine

10/25—The Outer Limits: Exploring the Extremes of Astronomy

REMEMBER WHEN UNDERHILL

~ STORY OF US ~

Contributed by Gary Irish, local historian.

*Written for the United Church of Underhill's
2015 Stewardship Campaign and reprinted in total.*

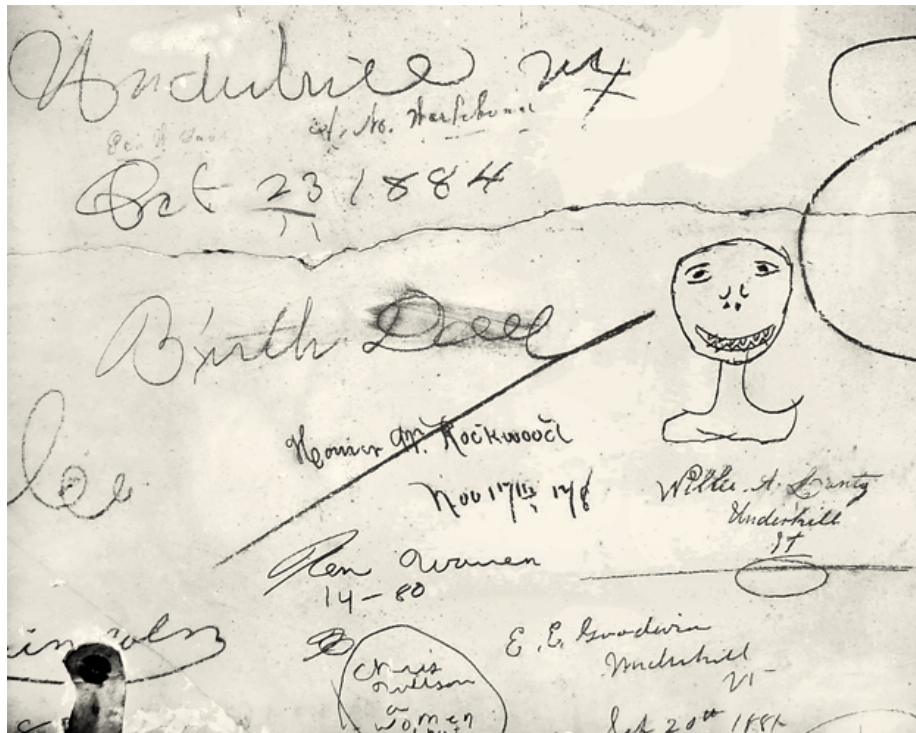


As part of this year's stewardship campaign, I have been asked to tell a "Story of Us" that many of you may not be familiar with, and even those who know part of it may not know the full story. Above the entry of the church is a room which was finished off when the building was built in 1847 but has been used only for storage. It is also where you go to ring the bell in the steeple above.

Through the years people who have gone up there have written on the walls, and while the story of each individual inscription has largely been lost in the mists of time, taken collectively this room documents the history of those who have been a part of our church in some fashion through the years. In recent years, parts of the plaster walls have started to deteriorate, and I was

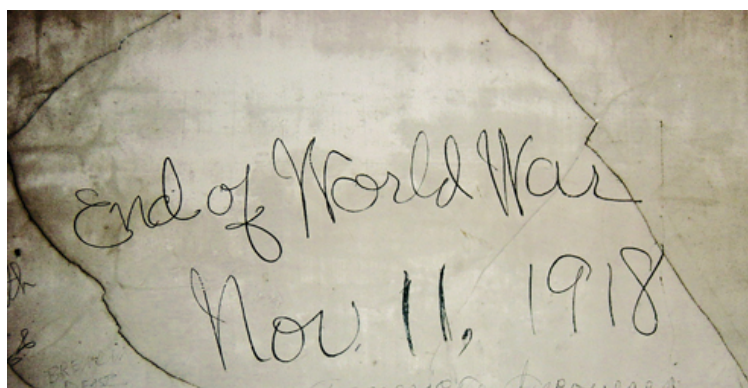
asked to transcribe what was written on the walls before parts of it were lost. With the help of my son Warren, we did this in the summer of 2009.

As of that time, there were about 365 entries of one sort or another. The largest part are names, many with dates. Some are just initials, some are comments of one sort or another, and some commemorate some event, usually involving ringing of the bell. While I can't read all of the names, I will highlight a few.



The earliest dated name is that of Homer Rockwood, who actually signed his name in two places on November 17, 1878. He lived across the park from the church, in the house where Kintner Chiropractic is now located and was a druggist who worked in Dr. Nay's drug store at one time. He also played in the Underhill Citizens Band, including a concert in this church in February 1889. Among other early names are E.E. Goodwin, 1881, a clerk in the brick store, and Ira Lincoln, 1889, who ran the Custer House at the north end of the village where until recently the Flour Shop was located and who later lived where Peter Mitchell now does. His brother Fred Lincoln's name is also there, which was of interest to me, as for over 40 years, I have slept in a bed which he once owned.

The names progress through the generations, with some such as Fred Ingalls and Earl Bartlett being classmates of my father in the 1920s, along with Earl's sister Edna and her future husband Ken MacGibbon. Several commemorate either Underhill High School or Jericho High School. Then there are those dating from the 1950s, who I remember as the "older kids" when I first came to church here, people such as Marilyn Keith, Randy Clark, Janice Seymour, and Beverly Wrisley. From the 1960s are some of the kids around my age, such as David Anglin, Larry Loomis, and Mark Lamphere. And they go on, up to a number of folks from recent years, such as Doug and Alex Clift, Rachel Wilmot, and Allison and Samantha Babbitt.



In a number of cases, some particular event is noted. The earliest is Christmas, 1900. Other holidays include Memorial Day, in 1918, St. Patrick's Day in 1985, and Easter in 1983, 1985, and 2002. Other events include the end of World War 1, November 11, 1918, which was noted several times; also the release of the Iran hostages in 1981, the 200th anniversary of the U.S. Constitution in 1987, Vermont's bicentennial in 1991, the Oklahoma City bomb victims in 1995, and Bill Clinton's re-election in 1997. Harvest Market is also noted in 1993, 1994, and 1999.

Most of these events involved ringing the bell in some fashion, and in one place on the wall, instructions are written on how the bell should be rung. Another event noted was the Eagle Scout ceremony for Dave Manz in 2001. And in a number of cases, a note beside a name simply notes that that person rang the bell on a particular Sunday.



One name I found particularly interesting is that of Willie Blaisdell, who in February 1902, wrote his name in a code that he had apparently invented, below which he wrote "This name is Willie Blaisdell." He officially became a member of the church in 1905.

One name that I found I do know the story of how it came to be there. It commemorates the time in 1965 when a couple of teenage boys went in the church one afternoon, up to this room, and from there climbed up into the belfry. Although there have been others since, this was only the second belfry I ever went up in.



FUN FACT: Gary Irish wrote a term paper as a UVM undergraduate about the history of motor vehicle license plates in Vermont which was used by the State of Vermont's Agency of Transportation to compose their [History of Vermont License Plates \(1894-2000\)](#) website.



COOK'S CORNER

PASTA WITH ~ EASY 15-MINUTE BURST CHERRY TOMATO SAUCE ~

Contributed by MMV volunteer Penny Miller



INGREDIENTS:

1 pound pasta

Kosher salt

1/2 cup olive oil

2 large garlic cloves, finely chopped

3 pints cherry tomatoes

1/2 teaspoon freshly ground black pepper

Pinch of sugar

1 cup coarsely chopped fresh basil

Freshly grated Parmesan (for serving)



DIRECTIONS:

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp of salt. Cook, stirring occasionally until tomatoes burst and release their juices to form a sauce, approximately 6–8 minutes.

Toss pasta with tomato sauce and basil. Top with Parmesan.

Penny M. writes:

"I use a large skillet and a variety of cherry tomato types, and I often pour a little white wine into the sauce while cooking.

Instead of tossing the pasta with the basil, I sometimes top the individual servings with fresh chopped basil. When mixed into the pasta by the diner right before eating, it gives the dish a wonderful aroma and bright taste."



BASIL BRIEFS:

- Basil is native to tropical Asia and belongs to the mint family.
- Sweet basil is also called Genovese Basil and has a sweet aroma with a warm flavor and notes of clove and anise. It is the best basil for pestos and salads. It combines well with tomatoes, garlic, cheese, lemon, olives, pasta, and peaches.
- Store basil upright in a glass of water at room temperature out of direct sunlight.
- [See this short video link](#) for how to chop basil without bruising and darkening it.

MEET A FRIENDLY NEIGHBOR

~ **LOIS ADAMS** ~

Mount Mansfield Villages Volunteer



I grew up in Fremont, NH, the oldest of 5 children, graduating from UNH in Biology. I have always appreciated God's handiwork in all seasons and am fortunate to still be active with hiking, walking, skiing (Alpine & Nordic), biking, gardening, church activities, and volunteering in the community.

After college, I worked as a lab assistant in the Tropical Health Department at Harvard University for a year, and then I left to get married. I have had several full and part-time jobs over the years including 37 years as a Mary

Kay Cosmetics consultant. I retired in 2001 from UVM's Physical Plant Department after 15 years as a clerical special assistant.



Our family moved from Manchester, NH, to Jericho in 1978 when my husband, Clark, was transferred to manage Almy's Department Store at the University Mall. Our daughters, Kimberly and Pamela, were in middle school. Clark and I will be celebrating our 59th wedding anniversary in August. That can't be possible!!!

We are fortunate that both of our daughters and families live in Georgia, Vermont, with 3 grandchildren in college—Wheaton, UVM, and UMass/Lowell.

After hearing about the volunteer opportunities with Mount Mansfield Villages, I knew this would give me the chance to meet and help others in the community.



MOUNT MANSFIELD VILLAGES volunteers assist our members with many tasks. Just to name a few:

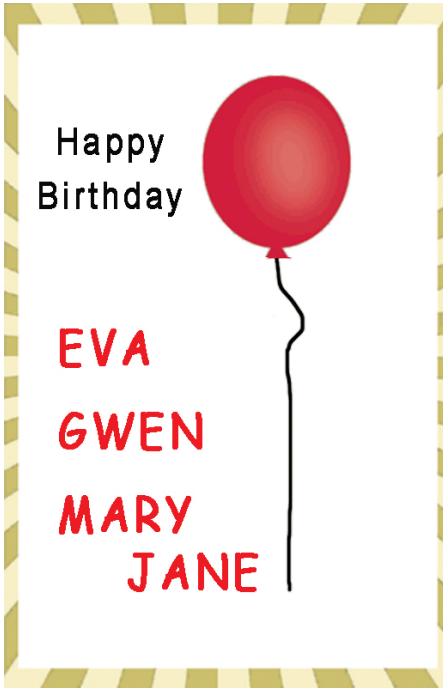
- run errands
- provide rides to appointments, shopping, and social events
- change a hard-to-reach light bulb or smoke detector battery
- empty the trash
- weed the garden
- shovel the walk
- set up computers, phones, TVs
- daily check-in calls
- weekly visits
- yardwork

For questions or requests for service, you can contact us at:

Email: mountmansfieldvillages@gmail.com

Phone: (802) 858-5381

SPECIAL SALUTE



BIRTHDAY IN HISTORY

"Finger Lickin' Good Chicken"

Harland Sanders, born September 9, 1890, in Indiana, was only 6 years old when his father died and he took over the care and feeding of his sister and brother. When he was 40 years old, he began cooking for hungry travelers at a service station and then moved to a **restaurant across the street** that seated 142 people. During the next decade, he perfected his **secret blend of 11 herbs and spices** which remains proprietary to this day. At age 65, **Colonel Sanders** began franchising his chicken business using his \$105 monthly Social Security check. Today, Kentucky Fried Chicken operates 25,000+ restaurants **around the world**.



"I've only had two rules. Do all you can and do it the best you can."

~ Colonel Harland Sanders



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.



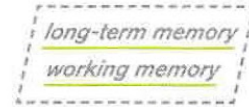
MMV News You Can Use is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—some digital and others in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event 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 "399 games, puzzles & trivia challenges specially designed to keep your brain young" by Nancy Linde. Answers are on the following page—**P. 23**.

THE BLUES OR THE BLAHS



All of the answers in this quiz begin with the letters BL.

1. A severe snowstorm.

2. A person who tells secrets . . . or just talks too much.

3. Adipose tissue . . . especially for whales.

4. A small kitchen appliance.

5. McCarthy-era roster.

6. This breed of dog has a legendary sense of smell.

7. He was the British prime minister on September 11, 2001.

8. An afghan or coverlet.

9. All humans do this about ten times a minute.

10. Film clips that reveal funny or embarrassing mistakes.

11. The cheap seats in a baseball park.

12. The criminal offense of demanding money from a person in return for not revealing compromising information about him.

13. Explosion

14. This Irish term describes talk that aims to charm, flatter, or persuade.

15. Sacrilegious speech about God or sacred things.

Below are the answers to the puzzle in this edition of
News You Can Use:

THE BLUES OR THE BLAHS

1. Blizzard
2. Blabbermouth
3. Blubber
4. Blender
5. Blacklist
6. Bloodhound
7. Blair
8. Blanket
9. Blink
10. Bloopers
11. Bleachers
12. Blackmail
13. Blast
14. Blarney
15. Blasphemy