

# NEWS YOU CAN USE



## Mount Mansfield Villages

### NOVEMBER 2022

November is [National Native American Heritage Month](#), [Alzheimer's Awareness Month](#), and [Aviation History Month](#).

The full moon this month is called the [Beaver Moon](#) and is at "peak illumination" on Tuesday, November 8, at 6:02am—concurrent with a total lunar eclipse.

Dates of note:

**Nov 6—**[Daylight Savings Ends](#)

**Nov 8—**[Election Day](#)

**Nov 10—**[World Science Day](#)

**Nov 11—**[Veterans Day](#)

**Nov 24—**[Thanksgiving](#)

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

## ~ THANKSGIVING & GIVING THANKS ~

November is [National Native American Heritage Month](#), offering [many opportunities](#) to move past one-dimensional representations of "Pilgrims and Indians," including viewing the best in Native film in the [Native Cinema Showcase](#) (Nov 18–25) and to [rethink our Thanksgiving](#) celebrations. In the spirit of unity, we can instead focus Thanksgiving on our common values: generosity, gratitude, and community.



# MEMBERS' MEMORANDUM



◆ ONLINE ◆  
~ THE TALK ~

**Wednesdays, October 2022-January 2023, 7:00pm**

***Good Shepherd Lutheran Church and The Talk, Vermont*** invite you into a wide range of topics and conversations concerning bias and bigotry in our state and the ways people of all races, ethnicities, sexual orientations, and gender identities may overcome them. The Talk, Vermont is sponsored by the **Vermont Racial Justice Alliance**, **Mt. Mansfield Community Television**(MMCTV), and the Good Shepherd Lutheran Church, Jericho and is financially supported by the **VT Humanities Council**. It is hosted by the church and streamed online at 7:00 PM on certain Wednesdays, October 2022-January 2023. Past talks are archived **here**. More info is **here**.



*"When Black parents refer to The Talk, it concerns the vital conversation they must have with their children if they're going to survive in a predominantly White, racially hostile environment. However, White Americans must also learn to have The Talk with each other and their children as to how they will learn to live in an increasingly multiracial, multicultural nation and world where they no longer comprise the majority." ~ Rev. Dr. Arnold Isidore Thomas*



## ~ FLU & PEOPLE 65 YEARS & OLDER ~

Excerpts from the Centers for Disease Control and Prevention website

***People 65 years and older are at higher risk*** of developing serious flu complications compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age.

The best way to protect against the flu and its potentially serious complications is with a **flu vaccine**. Flu vaccines are updated each season because flu viruses are constantly changing. Also, immunity wanes over time. An annual flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season.

For the 2022-2023 season, the CDC (Centers for Disease Control) and ACIP (Advisory Committee on Immunization Practices) preferentially recommend the use of **higher-dose** flu vaccines for people 65 years and older.

In addition to getting a flu shot, people 65 years and older should take the same **everyday preventive actions** CDC recommends for everyone, including avoiding people who are sick, covering coughs, and washing hands often.

**CDC Director Rochelle Walensky notes:**

*"Not everybody got flu vaccinated last year, and many people did not get the flu. So that makes us ripe to have potentially a severe flu season."*

## ~ CSWD BOND VOTE—NOVEMBER 8 ~

Excerpts from the CSWD website



### HOW WE'LL PAY FOR IT

CSWD needs voter approval to borrow up to \$22 million to build a new MRF. It will be paid for through MRF operations.

**This will not  
raise taxes.**

***The Chittenden Solid Waste District's new sorting center for recyclables is up for a vote on November 8,*** but it wasn't on the ballots that were automatically sent to all registered voters—due to changes in Vermont's election law. CSWD's bond issue was not eligible for inclusion on the General Election ballot, and the CSWD ballot could not be mailed to voters by the Secretary of State's office nor by CSWD.

***The CSWD vote pertains to a \$22 million bond for a***  
***new Materials Recovery Facility***  
designed to streamline Chittenden County's recycling efforts.

Chittenden County residents have three easy ways to get the CSWD ballot:

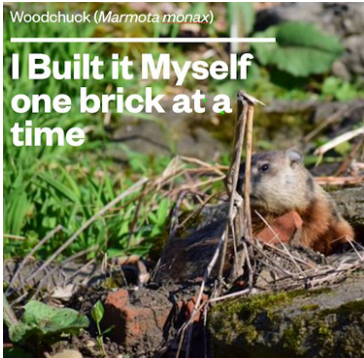
- Option 1: Vote in person on Election Day (November 8, 2022).
- Option 2: Pick up or request a ballot from your Town Clerk's or City Manager's office.
- Option 3: Request a mail-in ballot from the Vermont **My Voter Page**. Once you've signed in, click the line that says, "Click Here for Online Absentee Ballot Request." On the next screen, check the box next to 11/08/22 – 2022 CSWD BOND VOTE.

***If you are a Jericho or Underhill resident***  
and drop off your completed ballot/envelope at your Town office,  
you can fill out the CSWD ballot in person then!



## ~ NATURE-INSPIRED COMICS, VOLUME II ~

By Bernie & Nature



***On the VT Bug Eyed website***, Bernie Paquette, a local naturalist and photographer, maintains a fascinating blog about nature which includes his photos and light-hearted **Nature Comics**.

*"I write to explore what I am thinking; I take photos to see what I am looking at—both to find out more about life."*

~ B. Paquette

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## ~ BONE BUILDERS CLASS ~

**Monday & Wednesday 9am-10am**

**Wednesday, 1pm-2pm & Friday, 9am-10am;** 3rd week of each month

**St. Thomas Catholic Church, Underhill Center**



***Sponsored by the United Way of Northwest Vermont, RSVP Bone Builders*** is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Study participants gained bone density, became stronger, and improved their balance. These health gains significantly reduced the incidence of falling. **Bone Builders classes** fill a vital need for regular physical exercise as well as increased social interaction—both well-known components of healthy aging. For more information, contact Bone Builders Coordinator Danielle Schwer at **danielle@unitedwaynwvt.org** or (802) 861-7821.



# REPORTING RESULTS

## ~ APPLE CIDER MAKING AND DONUTS ~

***There is nothing that says autumn in Vermont*** better than cider making. MMV members and volunteers enjoyed gathering at Nori Geary's house for an afternoon of arm wrestling with the cider press along with a treat of fresh cider and donuts.





# AGING WELL-EVENTS

- **HOW TO BEAT THE WINTER BLUES ♦ ONLINE ♦**

**Monday, November 7, 2022, 1:00pm–2:30pm**

Dartmouth Aging Resource Center



Although Seasonal Affective Disorder (SAD) is common, it can be prevented and treated. Learn about the signs of and risk factors for SAD and how to prevent and treat SAD. Register [here](#).

- **FOODS TO REDUCE PAIN ♦ ONLINE ♦**

**Wednesday, November 16, 2022, 2:00pm–3:00pm**

Dartmouth Aging Resource Center



A registered dietitian will talk about dietary considerations for specific health conditions and practical advice on how to prepare your meal depending on lifestyle and physical limitations. Register [here](#).

- **PERSPECTIVES: DEMENTIA ENGAGEMENT FOR CARE PARTNERS AND LOVED ONES THROUGH ART ♦ ONLINE ♦**

**Tuesday, November 22, 2022, 11:00am–12:00pm**

Dartmouth Aging Resource Center

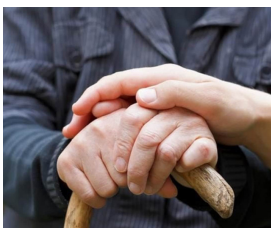
Art-viewing utilizes areas of the brain unaffected by dementia—stimulating thoughts, reactions, and emotions without reliance on memory. This is an opportunity for individuals with dementia and their care partners to visit virtually the world-class art at the Hood Museum. Register [here](#).



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

**Wednesday, November 23, 2022, 1:00pm–2:30pm**

Dartmouth 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](#).

# AGING WELL—RESOURCES

- **ALZHEIMER'S RESEARCH & PROGRESS** ♦ **ONLINE** ♦

Videos at [this website](#) from the National Institute on Aging explain exciting advancements in Alzheimer's research and show hopeful progress toward managing or impeding the disease. Also, view the 4-minute video [How Alzheimer's Changes the Brain](#).



- **FRESH IDEAS WITH AGE WELL—COOK WITH US**  
**17 min. video—stream anytime** ♦ **ONLINE** ♦

This month's recipes: Lemony Lentil Soup and Creamy Lentils with Kale and Artichoke Sauté. The video is [here](#).

- **3 CHANGES TO MAKE WITH SUNDOWNING**  
♦ **ONLINE** ♦



When the brain and body have either used up or need to get rid of fuel and energy, you may notice a shift in attitude or behavior, commonly referred to as sundowning. Learn how to navigate the effects of sundowning in [this article](#) by Positive Approach to Care.

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

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



**JERICHO** - Jericho Community Center, Jericho Center

**Wed, Nov 9, 2022, 11:00am–12:00pm** (Register by Thurs 11/3)

**Menu:** [here](#)

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

**UNDERHILL** - St. Thomas's Church, Underhill Center

**Wed, Nov 30, 2022, 11:00am–12:00pm** (Register by Wed 11/23)

**Menu:** [here](#)

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



# CHANNEL YOUR CREATIVITY

- **CONCERT SERIES: PHIL HENRY ♦ HYBRID ♦**

**Sunday, November 6, 2022, 2:00pm–3:45pm**

Deborah Rawson Memorial Library

Phil Henry is that rare contemporary folk artist who will impress you from every direction. There's his sweet and strong voice, his intricate and flawless guitar work, and his songs that are rich and sweeping. More info [here](#).



- **METROPOLITAN OPERA (LIVE TRANSMISSION)**

**Various Saturdays, November 2022–June 2023**

Essex Cinemas

The Met's 2022–23 season of live movie theater transmissions features [nine spectacular productions](#). See Essex Cinemas' [Fathom Events website](#) for more information and tickets.

- **JERICO TOWN HALL ART: "THROUGH THE EYES OF AN ARTIST"**

**Through December 2022**

Jericho Town Hall



"Jericho Through the Eyes of an Artist: Present, Past, and Future" at the Jericho Town Hall presents an exhibit of established and emerging artists.

- **ABENAKI CONTRIBUTIONS TO THE VERMONT COMMUNITY**

**Through May 2023**

Richmond Town Hall

A series of murals designed by Scott Silverstein in consultation with Abenaki artists, the 10 panels celebrate the Abenaki origins of practices still important to Vermont culture. More info is [here](#).



# INSPIRED BY NATURE

- **BEES OF VERMONT ♦ ONLINE ♦**

**Friday, November 4, 2022, 7:00pm**

Friends of Green River Reservoir

Spencer Hardy, project coordinator for the VT Wild Bee Atlas, will discuss the Vermont Wild Bee Survey and the importance of bees to human wellbeing. Registration and info are [here](#).



- **STARDUST IN MAINE ♦ HYBRID ♦**

**Monday, November 7, 2022, 7:30pm–9:00pm**

VT Astronomical Society and Brownell Library, Essex Junction

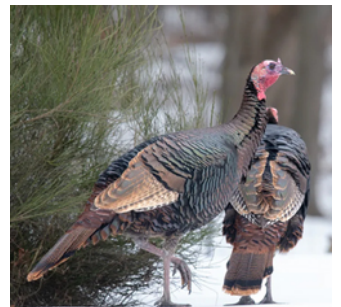
Jon Wallace presents “Stardust in Maine: Finding Micrometeorites on a Rooftop”—his images of micrometeorites. Discover what micrometeorites are, how they can be photographed, how to identify them, and what we might learn from them. More information is [here](#).

- **EARLY WINTER BIRDING—ST. MICHAEL’S COLLEGE NATURAL AREA**

**Sunday, November 20, 2022, 8:30am–10:30am**

Green Mountain Audubon

With a variety of habitats, this site provides refuge for a significant number of avian and non-avian fauna. Limited enrollment. Register [here](#).



- **OWLS WITH CRAIG NEWMAN ♦ ONLINE ♦**

**51 min. video—stream anytime**

Jericho Underhill Land Trust

The Jericho-Underhill Land Trust hosted Craig Newman from the Outreach of Earth Stewardship to talk about three different types of Vermont owls on 8/1/22. The video is [here](#).



# HODGEPODGE OF HAPPENINGS

- **IS THE INTERNET KILLING TRUTH? ♦ ONLINE ♦**

**Wednesday, November 2, 2022, 3:00pm–4:00pm**

AARP

Hear the founder of the **News Literacy Project**, Alan C. Miller, discuss his pursuit to build a national movement advancing news literacy. Register [here](#).



- **EEE: THE ROOTS OF LATIN JAZZ ♦ HYBRID ♦**

**Friday, November 4, 2022, 2:00pm–3:00pm**

Faith United Methodist Church, South Burlington

The Education & Enrichment for Everyone series continues with this lecture by Ray Vega. \$8 for the lecture. Contact info is at this [link](#).



- **VERMONT VETS TOWN HALL**

**Sunday, November 6, 2022, 1:00pm**

McCarthy Arts Center, St. Michael's College, Colchester

Veterans speak about what their service means to them; non-veterans are encouraged to attend and listen. This event is non-political, and all perspectives are valued. There will be no debate on American foreign policy. More info is [here](#); registration (optional) is [here](#).

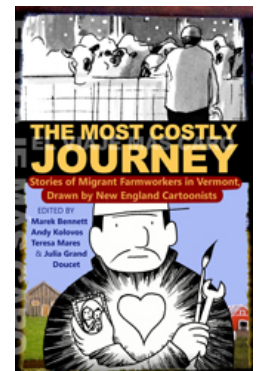


- **BOOK DISCUSSION: THE MOST COSTLY JOURNEY**

**Thursday, November 10, 2022, 7:00pm**

Deborah Rawson Memorial Library

Join the discussion of this year's **Vermont Reads** selection **The Most Costly Journey**, an anthology of comics that depict the oral histories of migrant workers who traveled to the U.S. to work on Vermont farms. Drop by the library or call to sign up and borrow a copy of the book or call. More info is [here](#).





## • **VETERANS' DAY READING AND PRESENTATION**

**Friday, November 11, 2022, 7:00pm**

Deborah Rawson Memorial Library and the U'hill Historical Society



Celebrate Veterans' Day at the library with a presentation by Rick Heh, son of Richard J. Heh Sr., a WWII B17 Navigator/POW Stalag Luft III. Rick will read from his father's diary. More information is [here](#).

## • **CURRENT EVENTS DISCUSSION GROUP ♦ HYBRID ♦**

**Tuesday, November 15, 2022, 10:00am–11:30am**

Brownell Library, Essex Junction

This current events discussion group will attempt to quiet the noise and step back to reflect on what the news means, what its context is, and what its ramifications are. More information is on the events calendar [here](#).



## • **MINDFULNESS APPS ♦ ONLINE ♦**

**Thursday, November 17, 2022, 12:00pm–1:15pm**

AARP Vermont

Mindfulness has physical and mental benefits—including reducing anxiety, improving memory, and lowering blood pressure. Learn about smart phone apps that teach breathing and meditation techniques and new technology like wearable breath monitors and smart yoga mats. Register [here](#).

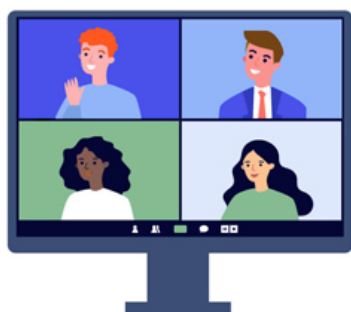


## • **INTERMEDIATE USER'S GUIDE TO ZOOM MEETINGS ♦ ONLINE ♦**

**Friday, December 2, 2022, 12:00pm–1:30pm**

AARP Vermont

Learn about the features of Zoom meetings: platform, signing up, meeting controls, creating, participating, recording, polls, and surveys. Registration and more information are [here](#).



# REMEMBER WHEN BICYCLES

## ~ THE 1890s BICYCLE CRAZE ~



From *Of Wheelmen, the New Woman, and Good Roads: Historical Perspectives on Vermont's (First) Bicycle Craze* by Luis A. Vivanco:

**Several factors drove greater access to bicycles** and fueled the craze that began to take off during 1890s: the development of the “safety bicycle” in 1885 (chain-driven bicycles, with equal-sized wheels, similar in form to today’s bicycles) that made riding easier and safer; the 1888 invention of the pneumatic tire, which made riding more comfortable; and mass production and technical innovations in manufacturing and materials that made bicycles more affordable. While most bicycles and accessories came from out of state, by the mid-1890s a handful of Vermont machine shops were manufacturing bicycles.



The text below is courtesy of local historian Gary Irish on bicycle references in the *Green Mountain Press* (published from 1888-1904 in Jericho).

### September 8, 1893, Underhill

*A party of eight from Burlington came up Sunday on their bicycles.*

### April 24, 1894, Underhill

[Ad—Bicycles for Sale—E.J. Corse, S.W. Terrill, C.C. Abbott, Will Payne, et. al.]

*Frank Tatro came near being run over by a loaded team one day last week; he was thrown from a bicycle under the horses' feet.*

### May 8, 1894, Underhill

*L.C. Wetherell and A.L. Terrill went to Burlington on their bicycles Sunday.*



### May 15, 1894, Underhill

*Bicycles are all the rage here. Second hand ones will be cheap another season.*

### August 24, 1894, Underhill

*A.H. Smith, Hollis Gray, and Aden Brush of Cambridge stopped here Friday night on their return from the White Mountains on their wheels.*

### October 2, 1894, Jericho

*Willie Jackson and Edgar Packard went to Waterbury and back Sunday on their wheels.*







October 2, 1894, Underhill

*Arthur Terrill and Will Blaisdell went to Johnson Sunday on their wheels.*

April 30, 1895, Jericho

*There were between 20 and 30 bicyclists in town Sunday.*

*Mrs. G.W. Bonnett made a bicycle trip to Burlington Sunday, returning Monday.*



July 9, 1895, Jericho Center

*Hattie Wright of Underhill came here and returned Saturday afternoon on a bicycle, making eight miles ride.*



August 13, 1895, Underhill Center

*Leslie Terrill and Miss Maude Fuller went to Burlington on their bicycles Saturday.*

March 31, 1896, Underhill

*E.J. Corse, Underhill, will handle the Dayton, the Crawford, and B&D Special bicycles this season.*

May 26, 1896, North Underhill

*Frank McClure and Will Gomo went to Montpelier Saturday to attend the ball play, making the round trip on their wheels.*



August 4, 1896, Underhill

*C.C. Abbott, Arthur Nay, and Olin Gleason took in the excursion on the lake from Burlington Saturday night. They made the trip to and from Burlington on their wheels.*

May 4, 1897, Underhill

*E.J. Corse invites you to call and look over his line of four different kinds of wheels. Look at the Crawford at \$50. Best wheel made for the money. Always \$60 and \$75 until this year.*

May 18, 1897, Underhill

*Arthur Nay and Arthur Knight went to Montpelier Saturday on their wheels.*



July 6, 1897, Underhill

*There were no entries in the one and two-mile bicycle race, and only two in the five-mile race [during the July 4th festivities].*

*Clin Corse took first prize in the bicycle races at Burlington Saturday. Arthur Nay took first prize in the bicycle race here.*

September 21, 1897, Jericho

*N.A. Prior has engaged the room adjoining Gibson's shop and will put in a full line of sporting goods, bicycle sundries, etc. Cyclists will be pleased to know that there is a place in town where they can get bicycling repairing done.*





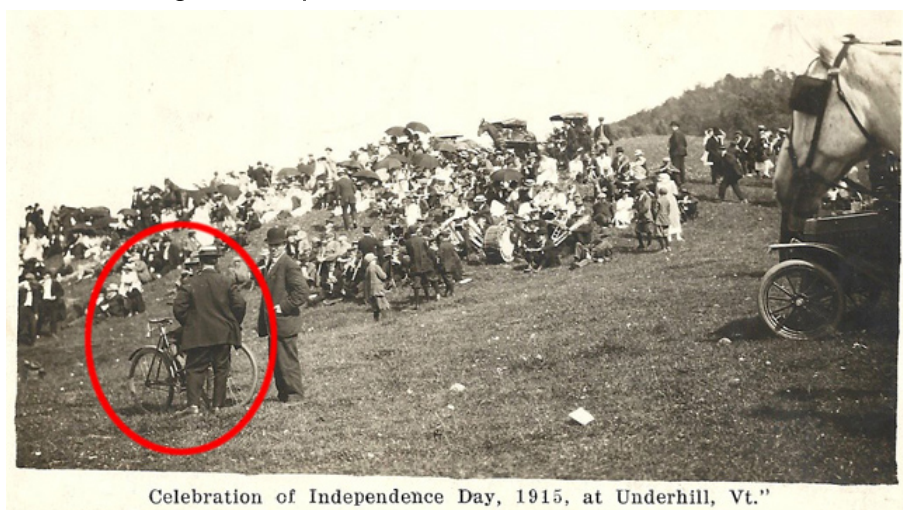
Photos below are courtesy of local historian Gary Irish. Red circles have been added to identify bicycles.



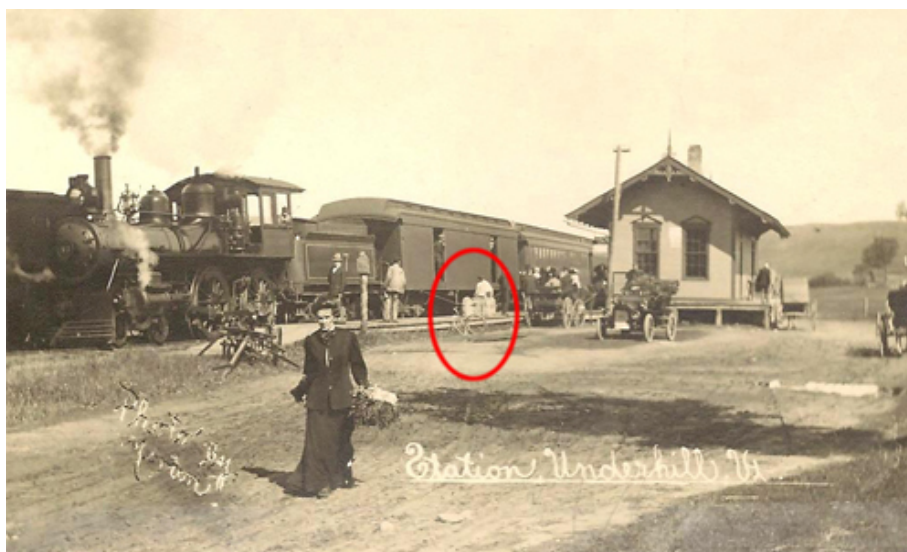
*Gallup's Hardware, Park Street, Underhill. The tall building (left of center) is currently Jacob's Market. All other buildings in the photo have been razed or moved.*



*Ruthie McLane Sullivan on Route 15 in front of the current Jolley's store area, ~ late 1940s.*



*Celebration of Independence Day, 1915, at Underhill, Vt."*



*(Above) Independence Day, Underhill, 1915.*

*(Left) B&L Railroad Station, Underhill Flats.*

*Clinton Abbott was the station agent from 1877-1914. Clin had numerous side businesses, including selling bicycles.*





**William C. Bailey, retired Underhill farmer,** became something of a celebrity after reaching the age of 79 when he took up bicycle riding for his health. In 1937, he pedaled to Chicago to visit a granddaughter, a distance of 2,500 miles averaging 50 miles per day. On his return from Chicago, he was escorted into Underhill by the fire department and a number of automobiles, with the fire siren blaring a welcome. The Mansfield Grange and Mansfield Women's Club gave him a public reception. In 1938, as a guest of Gabriel Heater, he was heard on a CBS radio network program, making the trip to New York on his bicycle, a girl's machine which he preferred. It had been a gift of a Chicago manufacturer. In a small box attached to the back of the seat were his possessions. On October 26, 1939, while pedaling from Underhill to Cambridge, he was thrown to the pavement when the front wheel brake locked, and bicyclist William C. Bailey died, just one month short of reaching his 87th birthday. He is buried in Underhill Flats Cemetery.

~ From *The History of Underhill, Vermont* by Loraine S. Dwyer, 1976

## COOK'S CORNER

### ~ PUMPKIN PIE WITH GINGER-WALNUT STREUSEL ~

Contributed by MMV volunteer Nori Geary

#### PIE CRUST:

- 1 1/4 cup flour
- 1/2 Tbsp sugar
- 1/2 tsp salt
- 1/2 cup chilled butter (= 1 stick, 1/4 lb)
- 3 Tbsp cold water

Combine ingredients as per a standard pie crust. Roll out to 13-inches in diameter and fit into a lightly floured, 9-inch diameter, deep-dish glass pie dish. Refrigerate for 1 hour. Fill with dried beans or pie crust weights. Place in the oven preheated to 375 degrees and bake for about 20 minutes until golden brown. Pour out the beans or weights and transfer to a pie rack.

Or use a pre-made pie crust or any pie crust recipe you choose.



## **PIE FILLING:**

15 oz can of pure pumpkin (not Pumpkin Pie mix)

1 cup sugar

1/2 cup light-brown sugar

3 large eggs

1/2 cup melted butter (= 1 stick, 1/4 lb)

1 tsp vanilla

Whisk together pumpkin and both sugars. Whisk in the eggs, one at a time. Whisk in the butter and vanilla. Pour into the crust.



## **STREUSEL:**

1/3 cup flour

1 cup packed light-brown sugar

1 Tbsp minced, crystallized ginger

1 tsp ground cinnamon

1/4 tsp ground nutmeg

2 Tbsp chilled butter (= 1/4 stick), cut into cubes

1/3 cup chopped walnuts

Mix flour, sugar, ginger, and spices in a bowl. Add chilled butter cubes and mix together with your fingertips until a coarse meal forms. Mix in walnuts. Sprinkle streusel over the pie filling.

Bake at 375 degrees until the streusel is golden brown and the filling is set. Cool on a pie rack for at least 2 hours. Serve with whipped cream.



## MEET A FRIENDLY NEIGHBOR

~ *Jan de Vries & Lonni Rodgers* ~

Mount Mansfield Villages Members



***After living ten years together in Holland,*** Lonni and I decided to retire in the USA. We chose Vermont because of its nature and liberal politics. Connecting to family was not a consideration. In 1997 our five adult children lived in Copenhagen, Utrecht, Paris, Tortola, and Hawaii, and we had no grandchildren yet. Underhill offered privacy in nature with all amenities close by: airport, hospital, university, and the opportunity to ski, skate, sail, tennis, hike, and garden.



The parcel we bought at the end of McClellan Farm Road did not look attractive with hundreds of boulders, but McClellan's problem became our solution. A bulldozer arranged the boulders in three walls parallel to the valleys that glaciers carved in the Vermont landscape. Only later did we realize the attractions of our location: a network of trails for hiking and X-skiing in a

varied landscape, a steep hill in the back, a sledding slope in front, and the sunset on our horizon. Sure, there are drawbacks. A two-mile dirt road to Route 15 is a bit long, especially in mud season. Gardening is limited to zone 3 because at 1200 feet the temperature is a few degrees lower than in Underhill Flats.

My name and accent give away my nationality. When in the ski lift at Smuggs I say, "Good snow today!" the response is "Where are you from?"

I was born in 1933 in Amsterdam in the first house at the first canal, built in 1605. WW2 was not a trauma for me. On the contrary, it meant adventure and responsibility. When a German soldier asked me for directions, he thought an eight-year-old kid could be trusted. I knew my patriotic duty and sent him the wrong way. In 1945 I biked regularly to a farm twelve miles outside Amsterdam to fetch five liters of milk.



When people asked, "What did you do?" I used to give lengthy descriptions of the interesting jobs I held at Philips Electronics. Now my answer is, "I talked a lot." If you insist, [here is the story of one job.](#)



Retirement has been a great time. Besides sports, I could participate in various community activities. Member of Underhill Planning Commission. Initiator of the Google Group "[vtnordicskating](#)" which tells where to find good ice for tour skating. Administrator of the local website, "Two Towns Online". However, I remained the sole contributor of what was

meant to be a community meeting place, and finally, I gave up. Managing a twice-weekly tennis round-robin was like herding cats but the cats were nice. Producing [fourteen garden videos](#) for MMCTV was an interesting challenge.

Lately, being hard of hearing, I use the Internet a lot. I would like to hear what you think about [these essays](#).



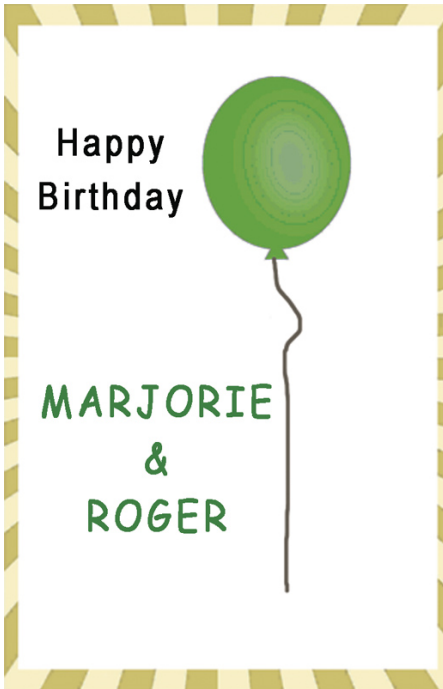
In his blog [From Hedgehog Hill](#), Jan writes:

*"In 1951, at the age of 17, studying psychology seemed an interesting way to kill the time till taking over the family business (ship chandlers, started in 1805). But in 1959 my father was still too young to relinquish control, and my interest in the family business was fading. I accepted a job as psychologist at Philips Electronics for the attractive salary of 12.000 guilders (\$3000) a year.*

*Soon I realized that I wasn't interested in rummaging in other people's minds, and I tried to find another job in the company..."*



# SPECIAL SALUTE



## BIRTHDAY IN HISTORY

"Old Lady"

Born November 22, 1943, [Billie Jean King](#), a former No.1-ranked tennis player, has spent her life fighting for women's equal rights in sports and parity in the workforce. Named one of the "100 Most Important Americans of the 20th Century" by Life magazine, she is the founder of the [Billie Jean King Leadership Initiative](#) and a co-founder of World Team Tennis. Since her retirement, she is an active promoter of Gay and Lesbian rights in America and serves on the [Elton John AIDS Foundation](#). One of her most famous tennis wins was in 1973 against Bobby Riggs, former men's tennis champion, called "[The Battle of the Sexes](#)."



*"My reward has been watching women athletes who are freer now to concentrate on optimum performance, rather than worrying about making a living or creating places to play." ~ B. J. King*



## WE THANK OUR GENEROUS COMMERCIAL DONORS

Ben and Jerry's Foundation  
Cambridge Rotary  
Concept2, Morrisville  
The Harnisch Foundation  
Hickok and Boardman, Inc.

Jericho United Methodist Church  
SecurShred, South Burlington  
Union Bank, Jericho  
United Church of Underhill  
Vermont Electric Cooperative



## 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](http://www.mountmansfieldvillages.org)

Email us at [mountmansfieldvillages@gmail.com](mailto: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](mailto:mountmansfieldvillages@gmail.com).