

NEWS YOU CAN USE



Mount Mansfield Villages

DECEMBER 2022

December is replete with festivities and holidays—[Festivus](#), [Kwanzaa](#), [Hanukkah](#), and [Christmas](#).

The full moon this month is called the [Cold Moon](#) or Long Night Moon and is at peak illumination on Wednesday, Dec 7, at 11:09pm.

Dates of note:

Dec 5-9—[NIVW](#)

Dec 7—[Pearl Harbor Day](#)

Dec 10—[Human Rights Day](#)

Dec 21—[Winter Solstice](#)

Dec 26—[Boxing Day](#)

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



~ WINTER BIRD FEEDING ~

In northern climes the bears are now hibernating, and bird feeders have been re-hung with anticipation. Winter is a difficult time for birds; setting up a backyard feeder makes their lives easier and ours more enjoyable. This [BirdNotes publication](#) discusses optimal food for winter.

To observe birds at a feeder, you don't need to brave the elements—you can watch from the comfort of your own home. And if you don't have a feeder, you can find great entertainment watching birds (and squirrels!) at feeders around the world courtesy of [live webcams](#).

MEMBERS' MEMORANDUM



~ BALANCING & AGING WORKSHOP ~

Tuesday, December 6, 2021, 2:00pm–4:00pm

Good Shepherd Lutheran Church, Jericho

Mount Mansfield Villages is pleased to sponsor an in-person program—
for MMV members, volunteers, and sponsors



While our Chronological Age is a fixed number, our Functional Age is fluid and is represented by how our body performs tasks. Research shows that with proper intervention, we can improve upon our Functional Age—and along with that, improve upon our balance and decrease our risk of falling. Hear what Physical Therapist Pam Sills says you can do to improve your Functional Age.

Bring indoor shoes and be prepared to do some light exercise. Refreshments will be served.

Register by Saturday, December 3 at [this link](#) or call Mount Mansfield Villages at 802-858-5321. Let us know if you need a ride. Please wear comfortable clothing.

LAMOILLE NEIGHBORS WINTER SPEAKER SERIES

Our sister Village organization, Lamoille Neighbors, generously invites us to attend its winter online Zoom speaker series.

◆ ONLINE ◆

~ BUTTERFLIES! MORE THAN A PRETTY FACE ~

Tuesday, December 6, 2022, 4:00pm–5:00pm



Join this compelling online presentation by **Nathaniel Sharp**, staff biologist at the Vermont Center for Ecostudies. Nathaniel will be coordinating the upcoming **Vermont Butterfly Atlas** and has been fascinated by

butterflies and insects since he was a child. Nathaniel's slide presentation will cover Vermont's common and rare butterfly species, their importance in Vermont's ecosystems, and the ways in which we can help them out through gardening and **community science projects** like the Butterfly Atlas.

Come with questions and leave with the confidence to seek out and identify many of Vermont's fascinating and colorful butterflies! The Zoom link is **here**.

"Butterflies are self-propelled flowers."

~ Robert A. Heinlein



~ FESTIVITY DELIVERY ~



'Tis the season to hear a knock at the door and find a Mount Mansfield Villages elf with a jolly greeting and a small gift for our treasured members. Expect to see a bedecked MMV volunteer delivering holiday cheer on **Saturday, December 10.**



~ SHARE YOUR HOME & ENJOY THE BENEFITS ~

Excerpts from the HomeShareVermont.org
website and a recent presentation

HomeShare Vermont, now under the United Way of Northwest Vermont umbrella, marks its 40th year of matching "hosts" with "guests." MMV Board Member Margaret Rushlow attended a presentation by HomeShare Vermont at the Varnum Library in Cambridge on October 27th and shares with us what she learned.

Margaret R. remarks:

"Mount Mansfield Villages' purpose is to help our members continue to live in their homes—as is HomeShare Vermont's purpose.

Homesharing is an additional option for MMV members to consider."

What is homesharing?

Homesharing is when two or more people share a home for mutual benefit. A host offers a private bedroom and shared common space in exchange for rent, help around the home, or a combination of the two. It differs from a typical roommate situation because at its core it is about two people (the "host" and the "guest") helping each other. The services a guest typically provides for their host can include mowing the lawn, gardening, shoveling snow, providing rides to appointments, and making meals several times a week. It does not include home health care.



The goal is to assist our aging neighbors to stay at home while at the same time helping others find affordable housing.



There are no age or income restrictions to be eligible for the HomeShare program as long as [the basic requirements](#) can be met. The host may have a disability, may be looking for companionship and safety at home, or may need extra income. Monthly rents that can be charged through the program range from \$0—\$550, averaging \$340.

HomeShare Vermont conducts a comprehensive vetting and matching program with interviews and with background and reference checks for both hosts and guests. The case manager is an advocate for the host and the guest and is available at any time should an issue arise. A two-week trial period is offered to see if the guest and host are suited for each other.

When a decision is made to proceed, HomeShare Vermont facilitates the creation of a contract that is signed by the host and the guest and which is reviewed annually in a meeting with the HomeShare case manager. HomeShare Vermont maintains contact with both parties throughout the year to confirm the homesharing arrangement is successful.



According to HomeShare Vermont, outcome surveys over the years show the average match length is 692 days, participant satisfaction is 93% satisfied, and 100% would recommend HomeShare Vermont to family or friends.

Contact Information: Anne Farley, Case Manager, at 802-225-6851

Website: HomeShareVermont.org

For more information on sharing your home:

[Share Your Home - HomeShare Vermont](#)

To receive a paper copy of *Welcome Book for People Sharing their Homes*: call 802-863-5625

"While many people thrive living solo, research is unequivocal that those aging alone have worse physical and mental health outcomes and shorter life spans." ~ The New York Times

~ THE RIGHT FIT ~



Pleasant Valley Road in Underhill may have a uniquely challenging environment—intense gales, extra generous snowfall, and remoteness, but it graces its residents with the most stunning views of Mount Mansfield.

Cindy lived alone off Pleasant Valley Road and felt the daily chores of very rural living beginning to unduly burden her—bringing in wood, shoveling walkways, or walking the dog in the rain and snow. Her comfortable, well-crafted home had gotten too quiet and her life too secluded in the decade following her husband’s unexpected passing.


Employing a careful vetting process, HomeShare Vermont was able to connect Cindy as a “host” with Joanne as a “guest,” and a year and a half later, the fit remains right.

Joanne and Cindy enjoy time together—meals, a book group, and local social events. This is Joanne’s first residence in Vermont, and Cindy, a long-time Underhillian, has introduced her to neighbors and opportunities to enjoy the area. Joanne notes how perfectly their schedules mesh—she as a morning person gets quiet time in the early part of the day; Cindy as a night person enjoys her privacy at the end of the day.

Joanne comments:

"It is shocking how unaffordable housing is in Vermont. HomeShare Vermont is a valuable resource for connecting people who need a home with people who are finding it too challenging to live alone in their homes. It's about 'home' share, not 'house' share. It's about community and connection."

 Read about Jeanine and Gretchen sharing a home in North Hero [here](#).

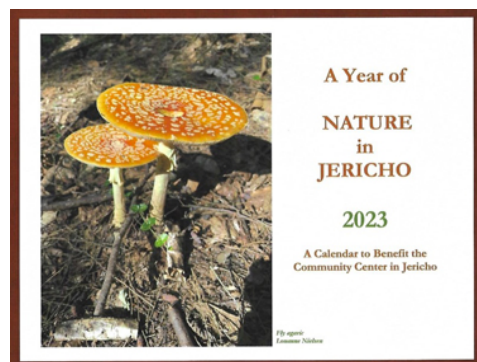
 Read about other Vermonters homesharing, including Michael and Sam in Morrisville (p.5), in the HomeShare Vermont Annual Report [here](#).

2023 CALENDAR

~ A YEAR OF NATURE IN JERICHO ~

The annual Jericho Wall Calendar is for sale in local stores and on the Jericho Community Center website.

The 2023 calendar "A Year of Nature in Jericho" is beautifully illustrated with birds, mammals, insects, plants, fungi, and other images of nature photographed by the generous and talented members of the Jericho community.



This is a wonderful fundraiser for the Community Center in Jericho and makes a lovely holiday gift. The calendars can be purchased online at [this link](#) and are also available locally for sale at Emile Gruppe Gallery, Jericho Center Country Store, Jeri-Hill Hardware, and the Old Mill Craft Shop. The calendar is \$20.



~ THE HALLOWEEN HOUSE ~

Route 15 in Jericho

As each Halloween approaches, community members eagerly await the unveiling of the year's extravagantly constructed, macabre display at 143 Vermont Route 15—and are never disappointed.

This fun and interesting Seven Days [Stuck in Vermont 6-minute video](#) introduces the creative masterminds behind the exterior AND interior Halloween decorations at the Calacci residence and describes the construction of this year's eerie pirate ship.



HOLIDAY HAPPENINGS



- **WINTER LIGHTS IN THE PARK**

Thru Sunday, January 1, 2023, 5:00pm–8:00pm

Maple Street Park, Essex Junction

Stop by Maple Street Park any night from 5pm-8pm to enjoy the lights, listen to holiday music, and join the scavenger hunt for the light-up ornaments hidden in trees. More information is [here](#).



- **WINTER LIGHTS AT SHELburne MUSEUM**

Thursday, Dec 1, 2022 thru Sunday, Jan 1, 2023, various days

Shelburne Museum

Enjoy a breathtaking walk around the Shelburne Museum grounds, aglow for a spectacular holiday event—Winter Lights! Advance tickets are recommended. \$15 adult tickets are [here](#).

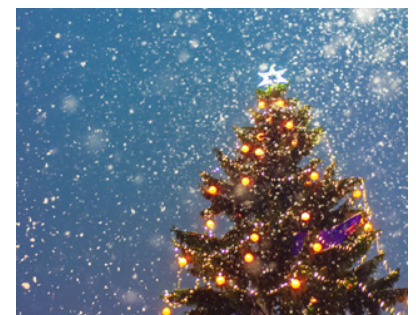


- **TREE LIGHTING WITH SANTA**

Sunday, December 4, 2022, 5:00pm

Jericho Center Green

Join the gathering on the Town Green Sunday as the tree is lit for the first time this winter season. There will be sweet treats and a visit from the big man himself. Santa Claus is coming to town!



- **CAMBRIDGE-JEFFERSONVILLE HOLIDAY LIGHT PARADE**

Saturday, December 10, 2022, 4:30pm–6:30pm

Cambridge and Jeffersonville

The Cambridge-Jeffersonville Holiday Light Parade is making a return appearance this year and will include SD Ireland's decorated truck. The parade starts at the Cambridge Health Center in Cambridge and ends at the Cambridge Community Center in Jeffersonville.



- **SING WE NOW NOEL**

Sunday, December 18, 2022, 2:00pm

Saint Michael's College Chapel

William Tortolano, emeritus professor and college organist, will present the 62nd-holiday concert with the classic two-manual, 14-stop Casavant pipe organ in the chapel. The program will cover a variety of musical compositions to encourage the audience to participate. Info is [here](#).



- **IT'S A WONDERFUL LIFE**

Sunday, December 18, 2022, 3:00pm

Wednesday, December 21, 2022, 7:00pm

Essex Cinemas—Fathom Events

Frank Capra's heart-warming masterpiece now celebrates 75 years with this big-screen event. \$10 senior tickets and seat selection are [here](#).

- **MMU HOLIDAY CHORUS CONCERT**

Wednesday, December 21, 2022, 7:00pm

Mount Mansfield Union High School Auditorium

This concert celebrates the holiday season and features our talented and dedicated high school students. The community will be invited to join the Hallelujah Chorus at the end of the evening.



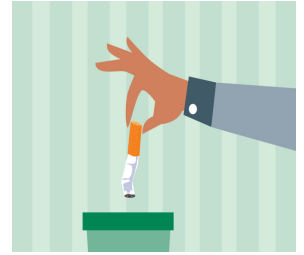
AGING WELL–EVENTS

- **QUIT SMOKING** ♦ **ONLINE** ♦

Wednesdays, Dec 7–Dec 28, 2022, 5:00pm–6:00pm

My Healthy Vermont

Join this online workshop one time per week for 4 weeks—for support and motivation to become tobacco-free. Register [here](#). Quit Smoking workshops are online and statewide—see [this link](#) for other dates/times and more information.



- **STREAMING AND SMART TVs** ♦ **ONLINE** ♦

Thursday, December 15, 2022, 12:00pm–1:30pm

AARP Vermont



This is an introduction to streaming: what it is, how to use it, and the variety of content available. Learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the internet on your television. Register [here](#).

- **HEALTHY BOWELS NEED MORE THAN FIBER!** ♦ **ONLINE** ♦

Wednesday, December 21, 2022, 2:00pm–3:00pm

Dartmouth Aging Resource Center

A registered dietitian will talk about dietary considerations and provide practical advice on meal preparation depending on your lifestyle and physical limitations in order to improve your well-being. Register [here](#).

- **POWERFUL TOOLS FOR CAREGIVERS** ♦ **ONLINE** ♦

Thursdays, Jan 12–Feb 16, 2023, 10:00am–11:30am

Central Vermont Council on Aging

Interactive lessons, discussions, and brainstorming will help you put the tools you choose into action for your life. Action planning emphasizing self-care is a major focus of the program. Information [here](#).



AGING WELL—RESOURCES

- **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, Dec 14, 2022, 11:00am–12:00pm (Register by Fri 12/9)

Menu: [here](#)

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

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, Dec 28, 2022, 11:00am–12:00pm (Register by Wed 12/21)

Menu: [here](#)

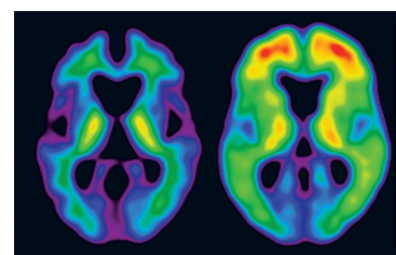
Register: Teri at office@stthomasvt.com or (802) 899-4632

- **MEALS ON WHEELS—AGE WELL**

For individuals who have trouble getting around or preparing their own food or have food insecurity, Meals on Wheels will deliver a meal to you. Additionally, Age Well offers discounted Restaurant Tickets and community meals. Call 800-642-5119 for more information.

- **PARKINSON'S & ALZHEIMER'S:
THE SOLUTION IN SIGHT ♦ ONLINE ♦**

In this ground-breaking [15-min TEDx talk](#), Dr. Alberto Espay, University of Cincinnati, questions traditional hypotheses about neurodegeneration—diseases such as Huntington's, Alzheimer's, and Parkinson's. He proposes a non-mainstream approach—restoring brain proteins in lieu of removing amyloid plaques.



- **ACTIVE DAILY LIVING ♦ ONLINE ♦**

This [Active Daily Living website](#) by WellMed offers an abundance of resources for Seniors and Caregivers, along with personalized, monthly email newsletters that fit your preference of topics. See a sample of a Quick Tip webpage [here](#).



CHANNEL YOUR CREATIVITY

- **CONCERT SERIES: KAREN MCFEETERS** ♦ **HYBRID** ♦

Sunday, December 4, 2022, 2:00pm–3:00pm

Deborah Rawson Memorial Library, Jericho

Karen McFeeters has written and recorded music for many years. Two of her four CDs have won Best Vermont Artist selection. Karen is also the founder and director of the Aphasia Choir for those who have developed loss of speech through brain injury or trauma. Information is [here](#).



- **"MMU" SIC AT ST. PAUL'S CATHEDRAL** ♦ **HYBRID** ♦

Tuesday, December 6, 2022, 12:00pm–1:00pm

St. Paul's Cathedral, Burlington

Directed by Caleb Pillsbury, the Mount Mansfield Union High School Concert Choir, Lower Voices Chorus, and Madrigal Singers will present a [concert of varied repertoire](#). More information and live streaming at [this link](#).



- **BUCHE DE NOEL (YULE LOG CAKE)** ♦ **ONLINE** ♦

Monday, December 12, 2022, 5:30pm–7:00pm

City Market

Join Audrey Bernstein as she shows us how to make a show-stopping holiday dessert. Register [here](#).



- **ARTIST TALK: SARAH ROSEDAHL** ♦ **ONLINE** ♦

Tuesday, December 20, 2022, 12:00pm–1:00pm

Howard Center Arts Collective

Watch this talk with the Vermont artist Rosedahl, who takes inspiration from the wildlife and agriculture of the Lake Champlain Islands. The Zoom link is [here](#). Videos of recent Artist Talks can be accessed from links on this [webpage](#).



HODGEPODGE OF HAPPENINGS

- **ALL ABOUT DOG SLEDDING**

Saturday, December 3, 2022, 1:00pm–2:00pm

Varnum Memorial Library, Jeffersonville

Meet the friendly Siberian Huskies Team of Siberian Sled Dogs and learn about their growth, their lives, and how they are trained. Pet them and have a photo taken with them. Please call the Library at 802-644-2117 to register. All ages are welcome! More information is [here](#).



- **THE GREAT MONOPOLIST OF BOOKS:**

HENRY STEVENS JR. OF VERMONT ♦ **ONLINE** ♦

Wednesday, December 7, 2022, 12:00pm–1:00pm

Vermont Historical Society—Winter Speaker Series

Denise Gigante’s talk will discuss the role of Henry Stevens, Jr. (son of the elder Henry Stevens who founded the Vermont Historical Society) in the American antiquarianism that raged in the transatlantic book world in the 1840s. Information and registration are [here](#).



- **MORE THAN A MARKET: FOOD, COMMUNITY, AND FAMILY IN THE IMMIGRANT-OWNED MARKETS OF BURLINGTON AND WINOOSKI**

Wednesday, December 7, 2022, 7:00pm

VT Humanities and Brownell Library, Essex Junction

“More than a Market,” an oral history and documentary project, shares stories from these markets. Charlotte Barrett from Historic New England describes the importance of these social centers in the lives of their customers and owners. More information is [here](#).



- **METROPOLITAN OPERA HD-LIVE: *THE HOURS***

Saturday, December 10, 2022, 12:55pm

Essex Cinemas

Renée Fleming makes her highly anticipated return to the Met in the world-premiere production of Pulitzer Prize-winning composer Kevin Puts's *The Hours*, inspired by Virginia Woolf's *Mrs. Dalloway*. Cinema tickets are \$26 and purchased [here](#).



- **MONTHLY BIRD WALK**

Saturday, December 31, 2022, 8:00am–9:00am

Birds of Vermont Museum

Join the monthly monitoring walk to record birds on the Museum property. Free, suggested donation of \$5-\$10. Registration and info are [here](#).



- **WELCOME BLANKET EXHIBIT**

Thru Sunday, February 26, 2023

Heritage Winooski Mill Museum

[Welcome Blanket](#) is a nationwide project in response to the proposed border wall with Mexico. The exhibit is a collection of locally handmade blankets to be gifted to new American neighbors. Immigration stories and welcoming messages from the makers are also on display. More info is [here](#). Hours are [here](#).



- **ACTION FIGURES—OBJECTS IN MOTION** ♦ **ONLINE** ♦

Available to view anytime

Shelburne Museum

This enchanting online exhibit highlights the museum's mechanical objects—toys, automata, whirligigs—and includes many short videos of the objects in motion. View the exhibit [here](#).



REMEMBER WHEN UNDERHILL

~ THE UNDERHILL FLATS FOUNTAIN ~

Photos courtesy of Gary Irish, local historian



Gary Irish has been of tremendous assistance with the "Remember When..." section of the Mount Mansfield Villages *News You Can Use*. He has consistently supplied the history section of this newsletter with facts, stories, photographs, and humor and has given us all the opportunity to connect with the past.

Now it's time for the reading public to return the favor...

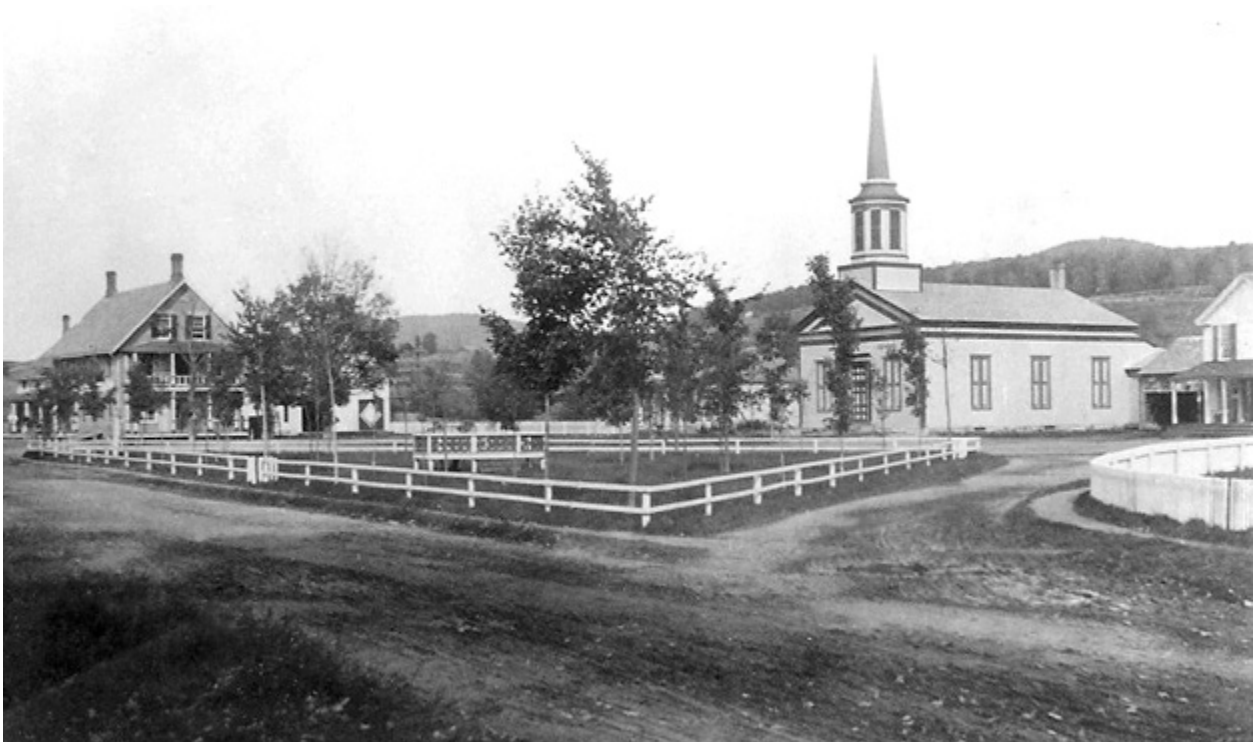
Gary loves a mystery, especially if it involves Underhill's or Jericho's history. He has diligently worked to solve many riddles throughout his lifetime and is now joined on these quests by his son and fellow history enthusiast Warren. The answer to one long-standing mystery has eluded Gary—the origin of the currently inoperative fountain in the park in Underhill Flats.

If you can help shed any light on the history of the Underhill Flats fountain—when it was built, by whom, and when it stopped operation, please email Gary at gairis1@aol.com or call Penny at 802-899-2716.

Gary writes:

"I have photos of the park from approximately the 1920s, and the fountain does not yet exist. I found an entry in a book called 'Vermont' in the American Guide Series, part of the WPA Federal Writers Project, published in 1937. It is a tourist guide, of sorts, for things to see around the state, and it mentions the stone fountain in Underhill Flats and makes it sound as if the fountain was in operation at that time.

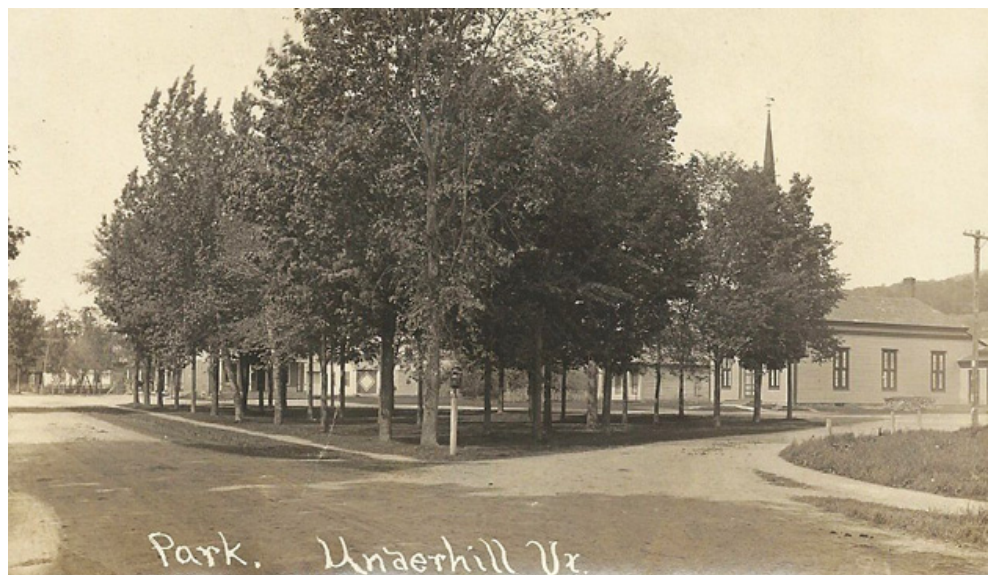
Several years ago, someone working on his Eagle Scout rank had a granite marker made for the fountain with an inscription that erroneously says it was a watering trough for horses. Built sometime after 1920, there would not have been many horses around the area to drink from it. In earlier times, however, there were several watering troughs around Underhill, but this fountain was not one of them."



1888 - shows a fence and bandstand. A notice in the May 30, 1888 Chittenden Reporter says, "The new fence that has been built inclosing [sic] the park, and the bandstand erected thereon, are noticeable improvements that are seen in the village. It was due to the push of Mr. S.A. Hale that the fence and stand were built before Decoration Day."



(Left) Before 1906. The park is seen in the distance. On the far right side of the photo is the Grange Hall which burned in the Great Fire of 1906. The park has a fence, but the bandstand seems to be gone.



(Right) About 1907. The park has neither fence nor bandstand nor fountain.



(Left) About 1920. The park has neither fence nor bandstand nor fountain.



(Left) After 1936. Both the fountain and the Civil War Memorial can be seen in the park. The new fire station is visible just to the right of the park and was built in 1936.

(Below) Inset shows the fountain and Civil War Memorial.



(Left) About 2022. The park with fountain and Civil War Memorial as seen on Google Maps.

COOK'S CORNER

~ FESTIVE CRANBERRY TORTE ~

Contributed by
MMV volunteer Dorsey Naylor



INGREDIENTS:

1 box Anna's Swedish Gingersnap Thins
1/2 cup toasted slivered almonds
3 tsp golden raisins
1 1/2 Tbsp canola, coconut, or sunflower oil
1/2 tsp almond extract



2 cups cranberries
1 cup sugar
2 egg whites
1 tsp vanilla
1/2 tsp almond extract
1 1/2 cups whipping cream

DIRECTIONS:

Step 1

Preheat the oven to 350 °F. Coat a 9-inch or 10-inch springform pan with cooking spray.

Step 2

Combine gingersnaps, almonds, and raisins in a food processor until finely chopped.

Add oil and extract. Pulse the crust mixture until blended.

Press the crust mixture evenly into the bottom of the pan and up the sides.

Bake the crust until set—about 10 minutes. Cool completely on a rack.

Step 3

In a food processor, finely chop the cranberries.

In a large electric mixer bowl, combine the cranberries with 1 cup of sugar and let stand for at least 5 minutes. Then add the egg whites, vanilla, and almond extract. Using the whip attachment, beat on low speed until frothy. Then beat on high speed for 10-12 minutes until peaks form.



Step 4

In another bowl, beat the whipping cream until soft peaks form, and then gently fold about 2/3s of the whipped cream into the cranberry mixture.



Spread the mixture evenly into the crust. Cover and freeze overnight or for up to a week.

To serve, remove from the pan and spread with the remaining whipped cream.

Dorsey notes:

"This torte is an easy, make-ahead, light, and delicious dessert with a special holiday zing! It can also be made with your favorite graham cracker or chocolate cookie crust. It is fun to decorate for the holidays with such garnishes as almonds, sugared cranberries, pomegranate seeds, and mint leaves."

MEET A FRIENDLY NEIGHBOR

~ *Dan & Rebekah Tolle* ~

Mount Mansfield Villages Volunteers



Two points are needed to define the line that has led to my pulling weeds in the garden of a fellow Underhillian, but frankly, I am having a bit of a hard time trying to find the first of those points.

Maybe: my mom enjoyed gardening, and I liked to help her when I could—I am the youngest of her nine kids, and she had learned to be quite tolerant by the time I came around. She also told nine-year-old me that I was going to go to Canada when she got off the phone after trying to find out what had happened to one of my brothers while on guard duty during the Vietnam war. (I grew up in Dayton, Ohio—annual rainfall 41.09 inches and a short drive to the Canadian border.) Later, I attended Oberlin College, paid for (a bit) through “landscaping” (grass-cutting, mostly) in summers, and there I learned how to embrace attitudes that led to my subsequent, somewhat secretive, application to the Peace Corps—probably the first truly independent decision in my life.



On the way to Cameroon, I met Rebekah, attracted not just by her beauty but by her ability to not be embarrassed when making noises that allowed her to be understood by Cameroonians. (Rebekah grew up in Savannah, Georgia—annual rainfall 49 inches.) We were married in Buea, Cameroon less than a year later. I taught Chemistry, Rebekah taught math, we both learned more than we taught, 200 inches of rain fell during the rainy season, and we were now world travelers.



Desiring employment, we applied to every school district in Vermont using a form letter copied on an old mimeograph machine. Neither of us had ever been to Vermont, but back in the day this state and a few others offered teacher certification for Peace Corps training, and I had fondly recalled the rock cuts along the highway when heading to New Hampshire on my only vacation at 13 years old.

A few gyrations later, we found ourselves and all our worldly possessions packed into a 1973 Ford Galaxy 500 that I inherited from my dad, driving 900 miles to start my new job at Mount Mansfield High School! (Thank you, Harold Boyden, Bob Smith, and Bob Stevens!) Rebekah became a long-term substitute, then a middle school teacher in Montpelier, then a math teacher at Camel's Hump.

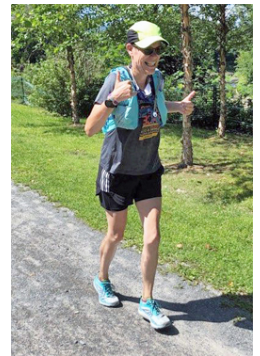
Over the years I taught chemistry, physics, astronomy, earth science, "engineering," and even biology (once!). What a hoot! A student once asked why I liked teaching so much, and that allowed me to reflect on my

chosen career path: "I am paid to walk around with kids and look under rocks and say 'look at that!' It doesn't get much better, I imagine." We thought we'd be here for maybe 5 years, then apply to work on an Indian reservation or similar, but then you find yourself 10 years later with a dog and a mortgage and friends and neighbors and a beautiful landscape around you—things change.



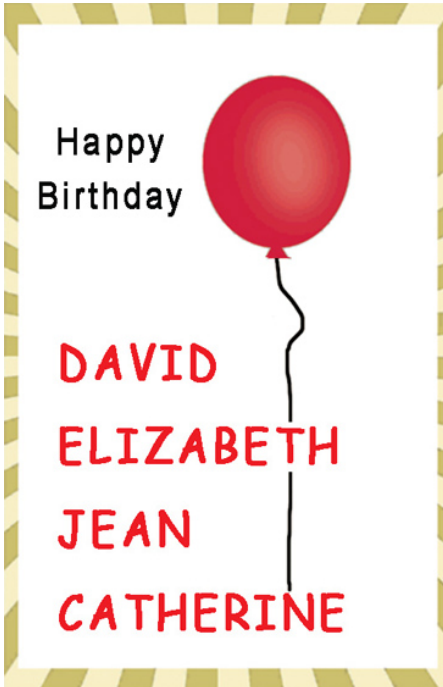
We took Sadie the Springer Spaniel's death as a sign (dang stupid short canine life spans!), and so then took a year-long hiatus to teach in Micronesia, on Pohnpei—an island in the Pacific. What a tropical hoot! Mangoes, ukuleles, >200 inches of rain (I lost track), flying foxes, 50 types of bananas, our 13-year-old neighbor Brian, chickens and dogs and a water buffalo, and a church next door that never stopped!

So, 36 years after coming to Vermont for a *short stay* we find ourselves happily biking, running (well, Rebekah at least), snowshoeing, gardening, and taking walks along our road or on the bike path. After retiring from teaching recently, we had all this time to fill in place of grading papers and planning lessons, so we contacted Mount Mansfield Villages and have enjoyed meeting folks in the community that we never would have met otherwise. One can learn quite a bit while driving to the medical center or trying (and failing) to clean out rain gutters. Additionally, we spend a few hours each week volunteering at some area food shelves, which is a great way to keep in touch with people also.



Upon reflection, it seems that a series of random events brings me to this point where I am asked to write about myself for a newsletter. It may be the 43 inches of rain that we get here annually. Maybe not.

SPECIAL SALUTE



BIRTHDAY IN HISTORY

"Mister Show Business"

Born December 8, 1925, **Sammy Davis, Jr.** was destined for show business. Born to parents in vaudeville, he began performing on stage at age four, and by the age of seven in 1933, he made **his film debut**. Davis's career included vaudeville, stand-up comedy, **singing, dancing**, Broadway musicals, movies, and TV. He was a member of the infamous **Rat Pack** along with Frank Sinatra. He was also particularly known for his celebrity impressions, including an impressive **Dean Martin mimic**.



"You always have two choices: your commitment versus your fear."

"Talk about handicap—I'm a one-eyed, Negro Jew."

~ Sammy Davis Jr.



WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well

Ben & Jerry's Foundation

Central VT Council on Aging

Community Bank, N.A.

Concept2, Morrisville

The Tarrant Foundation

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

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.