

# NEWS YOU CAN USE



## MARCH 2023

March brings us [Women's History Month](#) and [Irish American Heritage Month](#).

Vermont's March [Full Worm Moon](#) or Sugar Moon is at peak illumination on Tuesday, March 7 at 7:40am. Daylight Saving Time (DST) begins on Sunday, March 12 at 2:00am.

Dates of note:

**Mar 3—**[World Wildlife Day](#)

**Mar 7—**[Town Meeting Day](#)

**Mar 12—**[Daylight Saving Time](#)

**Mar 17—**[NYC St. Patrick's Day Parade](#). Watch [here](#).

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

## ~ 2023 MAPLE OPEN HOUSE WEEKENDS ~ March 25-26 and April 1-2, 2023

Sugar maker hosts are eager to share the process of making maple syrup from sap. Open House activities include sampling syrup, tours of the woods, pancake breakfasts, sugar-on-snow parties, and more. Check out further information at the [VT Maple Sugar Makers](#) website and at [Dig In Vermont](#). Consider the terroirs of Vermont maple syrup at [this website](#).



## MEMBERS' MEMORANDUM



### LAMOILLE NEIGHBORS ♦ HYBRID ♦ SPEAKER SERIES

*Our sister Village organization invites us to its winter Zoom series.*



### ~ WEATHER WISE: THE SCIENCE OF WEATHERLORE ~

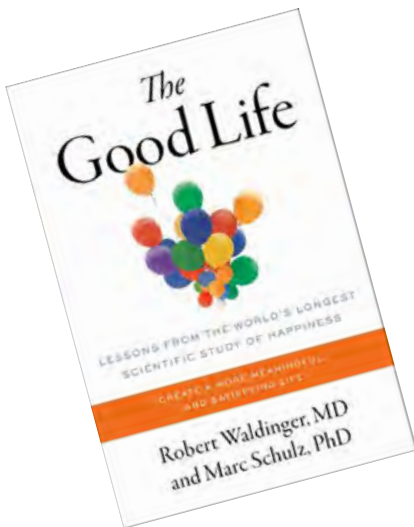
**Tuesday, March 7, 4:00pm–5:00pm**

***Join this lively online presentation by Mark Breen***, senior meteorologist at the St. Johnsbury Fairbanks Museum and Planetarium and the voice of Vermont Public's "Eye on the Sky" for over 40 years.

Mark will explore whether the old sayings about predicting the weather—"weatherlore"—are true. These time-tested proverbs continue to delight, amuse, and inform people who depend on the weather for their enjoyment or livelihood. The talk is light and entertaining and will be followed by questions. Share your favorite weather saying!



***Zoom from home or join the Zoom at the Morrisville library*** on a big screen. To Zoom from home register [here](#) at the MMV website.



## WHAT MAKES LIFE FULFILLING? ~ THE GOOD LIFE ~

***The Good Life: Lessons from the World's Longest Scientific Study of Happiness*** by Marc Schulz, Professor of Psychology at Bryn Mawr College, and Dr. Robert Waldinger, director of the Harvard Study of Adult Development at Massachusetts General Hospital, shares 5 key insights:

1. Relationships keep us happier and healthier across our lifespan, and loneliness erodes our health.
2. Relationships don't just take care of themselves, they require active maintenance and renewal.
3. Relationships of all kinds matter, but all relationships come with challenges.
4. Our attention is our most precious resource.
5. It's never too late to improve your connections with others.



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## THE SECRET POWER OF THE ~ 8-MINUTE PHONE CALL ~

***In partnership with Dr. Robert Waldinger, the New York Times*** "Well" desk developed a new project to help readers tap into happiness called "The 7-Day Happiness Challenge" which focuses on a crucial element of living a good life—our relationships.



The Day 2 Happiness Challenge: reach out to someone with an 8-minute phone call. Listen to what a news interview has to say about the 8-minute phone call concept [here](#).



## ~ NATIONAL SLAM-THE-SCAM DAY ~

Thursday, March 9, 2023

***The Social Security Administration has created tools*** to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Recognizing the signs of a scam gives you the ability to disempower a criminal and report the scam.

Scams come in many varieties, but they all work the same way:

1. Scammers pretend to be from an agency or organization you know to gain your trust.
2. Scammers say there is a problem or a prize.
3. Scammers pressure you to act immediately.
4. Scammers tell you to pay in a specific way.

***Find out more about Social Security-related scams [here](#).***

***Report a Social Security-related scam online at [this website](#) or call 1-800-269-0271, Monday–Friday, 10am–4pm.***

## ~ AGING IN VERMONT RESOURCE GUIDE ~

***Community of Vermont Elders*** (COVE) has published its *2023 Aging in Vermont Resource Guide* which provides older Vermonters with a list of local (and sometimes national) resources and explains why and how to access them. Order a copy [here](#) or call (802) 229-4731.





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# REPORTING RESULTS

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## ~ TABLETOP FLOWER BULB WORKSHOP ~



**A group of 10 MMV members and volunteers** enthusiastically rolled up their sleeves and got their hands dirty planting tabletop flower bulb arrangements. Tina Tijan of Goose Feather Flowers instructed us in the process of forcing bulbs—the light, temperature, and moisture requirements needed to produce strong, healthy stalks and blooms.

We each created an arrangement of jonquils and paperwhites in a glass vase with potting soil and another display in a glass jar filled with white stones instead of soil; the food for the flower is contained within the bulb. An attractive table of delicious refreshments capped off the afternoon workshop. We left for home satiated and socialized and with two potted vases each. Thank you to the organizers for an enjoyable afternoon!

*“Other flowers must have foliage to set them off, but daffodils can stand by themselves in a bowl, and their green and yellow dress brings all spring into the room. A house with daffodils in it is a house lit up—whether or not the sun is shining outside.”*

~ A.A. Milne

# AGING WELL-EVENTS

- **LEARN TO USE FREE GOOGLE PRODUCTS** ♦ **ONLINE** ♦

**Friday, March 3, 2023, 12:00pm–1:30pm**

AARP VT with T4T

**3/3 Google Docs:** info and registration are [here](#).

**3/10 Google Drive:** info and registration are [here](#).

**3/17 Google Sheets:** info and registration are [here](#).



- **EATING FOR HEALTHY BLOOD** ♦ **ONLINE** ♦

**Wednesday, March 15, 2023, 2:00pm–3:00pm**

Dartmouth Aging Resource Center



Join registered dietitian Jean Copeland's presentation.

**3/15 Eating for Healthy Blood:** register [here](#).

**4/19 Mediterranean Diet:** register [here](#).

**5/17 Healthy Eating for Healthy Lungs:** [here](#).

- **BEGINNERS TAI CHI FOR OLDER ADULTS** ♦ **ONLINE** ♦

**Tuesdays & Thursdays in March 2023, 10:30am–11:30am**

Age Well with Nilah Cote

Enjoy gentle tai chi movements and improve your health and quality of life. Email Nilah at [nilah.cote@gmail.com](mailto:nilah.cote@gmail.com) or call 802-285-2069.



- **SELLING YOUR STUFF** ♦ **ONLINE** ♦

**Wednesday, April 19, 2023, 1:30pm–3:00pm**

Dartmouth-Hitchcock Health, Aging Resource Center

For discussion: what to sell, how to sell things safely and avoid scams, how to create good online listings, and which online options for selling may work best for your items. Info and registration are [here](#).



# AGING WELL—RESOURCES

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



Register for the meal(s) with Age Well; if needed, request a meal delivery from MMV. Suggested donation is now \$5; info is [here](#).

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

**Wed, Mar 8, 2023, 11:00am–12:00pm** (Register by **Fri 3/3**)

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

**Register:** Jen at [ccjvermont@gmail.com](mailto:ccjvermont@gmail.com) or 802-274-4024

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

**Wed, Mar 29, 2023, 11:00am–12:00pm** (Register by **Fri 3/24**)

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

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

- **RESTAURANT TICKET PROGRAM—AGES 60 & OVER**



Make a \$5 donation to Age Well for a ticket to dine at one of the participating restaurants. Info is [here](#) or call 802-662-5200.

- **GOOD GOOD GOOD ♦ ONLINE ♦**

"Real good news, not just 'feel good' news" independent media organization creates content and features resources about the good in the world. Access online content [here](#) or [subscribe](#) to their monthly newspaper—digital or print.



- **REWIRING AMERICAN**

The Inflation Reduction Act offers incentives to make the clean energy transition more financially feasible. Download *Go Electric* [here](#). Rebates are [here](#).



- **VETERAN-DIRECTED CARE**



Veterans can receive a budget to hire help for personal care services. Info is [here](#) or call Alyson Delaney (V.A. in White River Jct.), 802-295-9363 x5542 or Bernie O'Neil (V.A. in Burlington), 802-657-7013.

# HODGEPODGE OF HAPPENINGS

- **HEALTHY BREAKFAST MEAL PREP COOK-ALONG** ♦ **ONLINE** ♦

**Saturday, March 4, 2023, 10:00am–11:30am**

City Market

Learn how to make a week's worth of healthy meal-prepped breakfasts—free of gluten and refined sugar and made from nutrient-dense whole foods. More information and registration are [here](#).



- **CONCERT SERIES: JEFF SALISBURY & FRIENDS** ♦ **HYBRID** ♦



**Sunday, March 5, 2023, 2:00pm–3:30pm**

Deborah Rawson Memorial Library, Jericho

Jeff, a Jericho resident, has played with Chuck Berry and Bo Diddley and has taught drums at UVM for 20 years. More information is [here](#).

- **INVASIVE PESTS AND FOREST HEALTH** ♦ **ONLINE** ♦

**Wednesday, March 9, 2023, 7:00pm–8:30pm**

Friends of Missisquoi National Wildlife Refuge

Join VT ANR Forest Health Specialist Savannah Ferreira and learn about pests and pathogens that threaten Vermont's forests—how to identify them and what to do if you find them. More information is [here](#).



- **NATURE'S BEST HOPE** ♦ **ONLINE** ♦

**Sunday, March 12, 2023, 7:00pm–8:00pm**

Vermont Land Trust

Join Land Ethic Vermont for a talk by Dr. Doug Tallamy, who will share a call to action that can revolutionize the way people landscape to benefit wildlife and communities—[Homegrown National Park](#). Register [here](#).



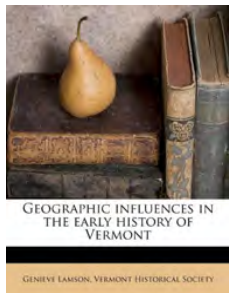


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- **BRINGING GEOGRAPHY HOME: GENIEVE LAMSON** ♦ **ONLINE** ♦

**Wednesday, March 15, 2023, 12:00pm–1:00pm**

Vermont Historical Society



1930s Vermont geographer and professor Genieve Lamson studied immigrant farm families and told marginalized women's stories—but was sidelined by the establishment. More information and registration are [here](#).

- **VERMONT LEGISLATIVE UPDATE**

**Thursday, March 16, 2023, 6:00pm–7:00pm**

Deborah Rawson Memorial Library, Jericho



Join local representatives to the Vermont Legislature, Edye Graning and Trevor Squirrel, for an update on the current legislative session.

- **CAPTURE YOUR ARTWORK DIGITALLY WITH THE FREE GOOGLE PHOTOSCAN APP**

**Tuesday, March 14, 2023, 2:30pm–4:00pm**

CVCOA & T4T ♦ **ONLINE** ♦



Capture your art as a digital file that gets automatically added to the photo library on your device. More information is [here](#).

- **VISITING ARTIST: THOMAS GREY EYES** ♦ **ONLINE** ♦

**Monday, March 27, 2023, 7:00pm–8:00pm**

Vermont Studio Center, Johnson

Thomas [Tomahawk] GreyEyes, Navajo Nation artist, uses site-specific graffiti installations, print, performance, and video art to challenge stereotypical ideas of native peoples in America. Register [here](#).



- **UNDERHILL—SUNDAY SOUP BOWL SUPPER**

**Sunday, March 19, 2023, 5:00pm–7:00pm**

Underhill Town Hall

A variety of soups! Bring your own bowl, beverage, and utensils—and bring bread, cheese, or a dessert to share.



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## COOK'S CORNER

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### ~ SPINACH, SAUSAGE, AND TORTELLINI SOUP ~

Contributed by MMV volunteer Dorsey Naylor



#### INGREDIENTS:

8 ounces pork or chicken Sweet Italian sausage

2 Tbsp olive oil

4 cloves garlic, minced

1 (14-ounce) can fire-roasted diced tomatoes

2 (14.5-ounce) cans chicken broth

OR 1 (32-ounce) carton chicken broth

1 (9-ounce) package fresh 3-cheese tortellini

1 package fresh baby spinach

1 tsp dried basil and 1 tsp dried oregano

OR 8-10 fresh basil leaves, coarsely chopped

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Optional toppings: freshly grated Parmesan cheese, pesto



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## DIRECTIONS:

### Step 1

Heat the olive oil in a stockpot. Remove the uncooked sausage from its casings, add to the stockpot, and sauté until browned. If you're using firmer, precooked chicken sausage that retains its shape when uncased, slice it into 1/2 inch rounds and sauté the rounds in the oil. Drain excess fat from the pot.

### Step 2

Stir garlic into the pot. Then add tomatoes and broth. Bring to a boil.

### Step 3

Add tortellini and boil for 4 minutes.

### Step 4

Lower heat and place the spinach and herbs in the pot, cover, and allow them to wilt for 4-5 minutes.

### Step 5

Season with salt to taste.

Serve hot with freshly grated Parmesan cheese on top.



### *Dorsey notes:*

*"This is a healthy, hearty, and delicious soup. With some crusty bread and salad, it makes a most satisfying March meal."*

*If you prefer things on the spicy side, you can use Hot Italian Sausage and/or some crushed red pepper flakes. A spoonful of pesto in each bowl is also a tasty addition.*

*Enjoy!"*

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## MEET A FRIENDLY NEIGHBOR

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~ **Doreen** ~

Mount Mansfield Villages Member

*As a young child growing up in Buffalo, NY, Doreen was fascinated with nature and wildlife. She spent many happy hours on journeys in the undeveloped, natural areas of her neighborhood and found delight in drawing animals and creatures from her favorite children's books.*

*~ Summary of Part One, MMV News You Can Use, Feb 2023*

**Part Two—Intimacy with nature dwindled** as my life progressed through several moves to urban areas, then college, and a marriage to a man who shared neither my love of wildlife nor solitude. When we moved to Vermont, winter weekends were spent skiing—both days—and off-season leisure consisted of partying. My naturalist inclinations never waned. I purchased books showing the fauna in the British countryside and all of Roger Tory Peterson's and Audubon's guides, but rarely did I spend time in nature or do any sketching.

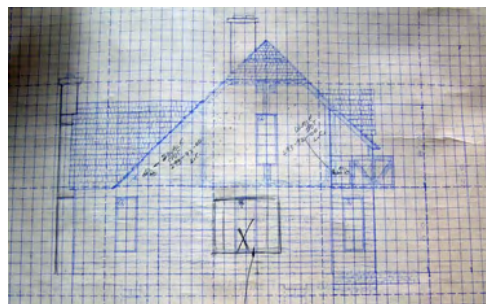




During those meager years, however, I acquired my first taxidermy specimen. (I love taxidermy, but I have never hunted or killed anything.) A colleague, who knew of my love of birds, offered me a moth-eaten great-horned owl, saying, "It's been in the attic for years, and you may not want it; it's missing an eye." I was delighted; I simply fashioned a leather eyepatch for the old thing and named it Moshe after the Israeli Minister of Defense.



In the summer of 1977 when my first husband and I parted, my Weimaraner and I immediately began the exploration of available country properties on which to build a house. The search brought me to an exquisite open and wooded parcel of 5-plus acres with a beautiful view of Mount Mansfield and a year-round brook. I spent the next year and a half designing and beginning the construction of an English cottage-style house that I thought would fit in nicely in Beatrix Potter's Cumbria, England.



When 2 years later, the man I had fallen in love with asked me to marry him, I said, "I'm not sure; I'm happiest if I get to spend a lot of time by myself." He answered, "That's okay with me; I like to read a lot." He turned out to be the perfect partner. I knew he was the right fit when I showed him some owl pellets I found on the property and he suggested dissecting them to see what they'd been eating. Additionally, he had grown up on a farm, and thus had experience caring for animals.

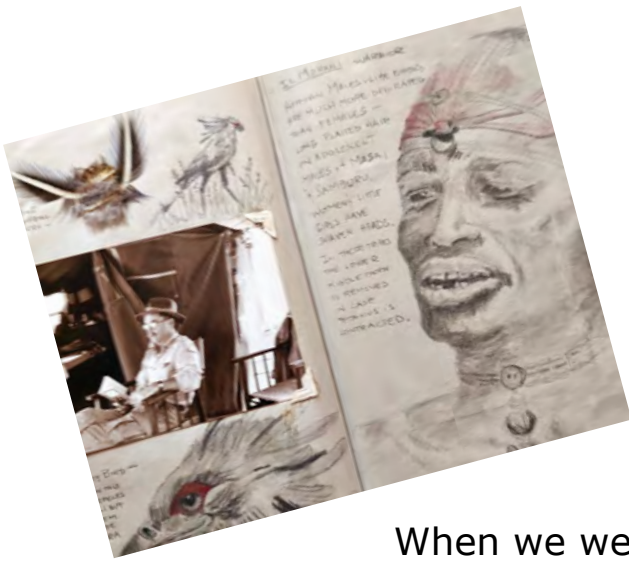


I finally got my pet rabbits—as well as sheep, ducks, and finches!

He rekindled my desire to do some sketching and tolerated the occasional baggie in the freezer holding a dead mole or a bird waiting to be drawn. In fact, he participated by often finding items for me to sketch.

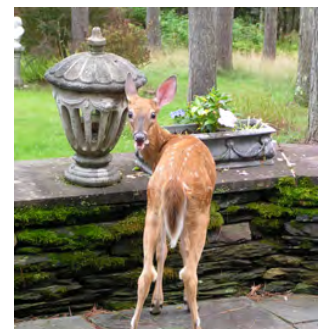




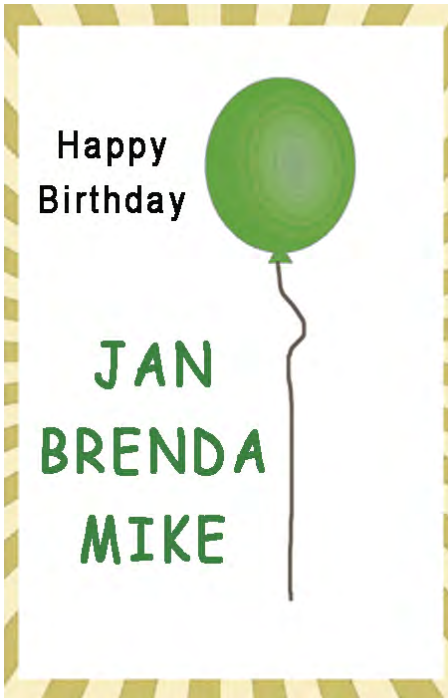


When we went to Kenya on a safari in 1987, he found a dead dung beetle and handed it to me saying, "You should sketch this in your journal."

Alas, my hands aren't as steady anymore for quality sketching, and my MS keeps me from wandering on foot over all the 5-plus acres. But with occasional help from nice neighbors and Mount Mansfield Villages volunteers to do the more taxing homeowner chores, this magical place with ever-changing views of Mount Mansfield can continue to be called home. Some wild visitors even come right up to the house to give me a close-up view. It is almost as if they know that a nature-lover dwells within.



## SPECIAL SALUTE



### BIRTHDAY IN HISTORY

"Almost-First"

Born on March 5, 1931, Geraldyn "Jerrie" Cobb was as qualified as any man to be an astronaut. A record-setting aviator, Cobb was the first woman to pass qualifying exams for astronaut training (1959) but was not allowed to train because of her gender. She subsequently spent decades flying to the Amazon rainforests, enabling the deliveries of medicine, food, seeds, clothing, and other necessities to the indigenous peoples in isolated regions.



*"I have this feeling that life is a spiritual adventure, and I want to make mine in the sky."*

~ Jerrie Cobb



### WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well

Ben & Jerry's Foundation

Central VT Council on Aging

Community Bank, N.A.

Concept2, Morrisville

The Harnisch Foundation

The Tarrant Foundation

Union Bank, Jericho

United Church of Underhill

Vermont Electric Cooperative

Vermont Mutual Insurance





## 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).

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## PURE PUZZLEMENT

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*From "399 games, puzzles & trivia challenges specially designed to keep your brain young" by Nancy Linde. The answers are on **PAGE 19**.*

### *Slippery Slope*

All of the two-word answers in this game begin with the initials **S** and **S**.

1. He "met a pieman going to the fair." \_\_\_\_\_
2. Federal agency that protects the president. \_\_\_\_\_
3. This comic strip (and comic book) about a lowly army private debuted during World War II. \_\_\_\_\_
4. Black and white footwear popular in the 1950s. \_\_\_\_\_
5. Thoroughbred horse from the state of Washington that won the Triple Crown in 1977. \_\_\_\_\_
6. Mixed drink stirrer. \_\_\_\_\_
7. June 21, when the sun is at its northernmost point. \_\_\_\_\_
8. A possession that demonstrates a person's social or economic prestige. \_\_\_\_\_
9. You need this to reach the top shelf. \_\_\_\_\_
10. Manual transmission. \_\_\_\_\_
11. Infield position in baseball. \_\_\_\_\_
12. This was the only way for a lady to ride a horse until breeches became more popular in the early twentieth century. \_\_\_\_\_
13. Slang name for the maximum security prison about thirty miles north of New York City. \_\_\_\_\_
14. This metal does not rust, which makes it perfect for cutlery, surgical instruments, and many other applications. \_\_\_\_\_

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

### *Answers: Slippery Slope*

1. Simple Simon
2. Secret Service
3. *Sad Sack*
4. Saddle Shoes
5. Seattle Slew
6. Swizzle Stick
7. Summer Solstice
8. Status Symbol
9. Step Stool
10. Stick Shift
11. Short Stop
12. Side Saddle
13. Sing Sing
14. Stainless Steel

The following coloring page is from *Home Sweet Home Coloring Book* by Dover Publications, Inc.

