

NEWS YOU CAN USE



Mount Mansfield Villages

JUNE & JULY 2023

Birds are fledging, fireflies are blinking, and the garden is growing with gusto! June brings us [Brain Awareness Month](#); July is [UV Safety Awareness Month](#).

June's [Full Strawberry Moon](#) will be Saturday, June 3 at 11:43pm. July's [Full Buck Moon](#) supermoon will be at peak illumination on Monday, July 3 at 7:39am.

June 12—[Men's Health Week](#)

June 18—[Father's Day](#)

June 19—[Juneteenth](#)

June 21—[Summer Solstice](#)

July 4—[Independence Day](#)

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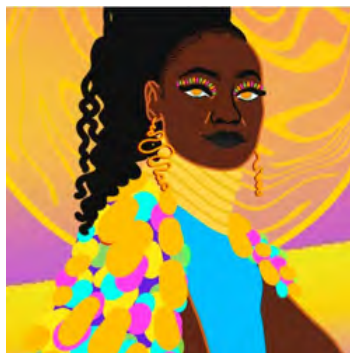
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Listed events are a smattering of options—with a focus on free, relatively local, and in-person **unless noted otherwise**.

♦ 2023 BURLINGTON DISCOVER JAZZ FEST ♦

Wednesday, June 7–Sunday, June 11



The [40th anniversary of the beloved jazz festival](#) is shorter this year—with only two ticketed events—but the remainder of the performances are **FREE**, including music on the Church Street Marketplace and at Waterfront Park. See the full lineup [here](#)—and be sure to visit Church Street when Vermont's terrific high school jazz bands prove their chops.

MEMBERS' MEMORANDUM



◆ MMV SHREDFEST ◆

Saturday, June 3, 2023, 10:00am–1:00pm

Union Bank, Route 15 in Jericho—next to the Jericho Market

Sponsored by the Union Bank and MMV Donors



Mount Mansfield Villages is hosting a shredding event for our members, volunteers, sponsors, and the local community at the Union Bank on Route 15—next to the Jericho Market. On-site parking is available. You may bring your personal papers in a bag or box. A **SecurShred** employee will put your papers in the secure truck to be shredded, and you can even watch the shredding process!

MMV members may make a service request for an MMV volunteer to either pick up their papers and deliver the papers to the shredding site or provide transportation to the site so MMV members can bring their papers to be shredded in person.

STAY TUNED!
◆ PICNIC SOCIAL ◆

June 2023

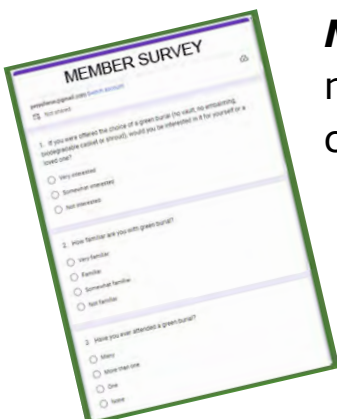


A June, lunchtime picnic social at the **Mills Riverside Park** pavilion is being planned for our MMV members, their families, and our MMV volunteers. An invitation will be sent out soon.

Food, drink, and entertainment will be supplied, and volunteers will be happy to provide transportation for MMV members.

◆ MMV MEMBER SURVEY ◆

Share your experience and suggestions with us!



Mount Mansfield Villages' goal is to help you, our MMV members, continue to live at home and stay socially connected.

How are we doing? What other services would you like us to offer? How can we improve?

Please share your thoughts with us in the short Member Survey at **this link**.

For Seniors and Those with Parkinson's

◆ **SEATED MOVEMENT CLASS** ◆

Tuesdays, 11:00am–12:00pm

Good Shepherd Lutheran Church, Route 15, Jericho

Improve your health and well-being through movement and social interaction. The instructor leads participants in a series of movements choreographed to music—to strengthen and elongate muscles while moving arms, legs, and torso in dancing and stretching movements.



Attend for an hour or 30 minutes—the first class is free of charge. For more information on the program and the instructor, see [this flyer](#).

Register in person or at [this link](#) or contact Heather at 802-825-1995.

MMV members may make a ride request to get a lift to the class.

◆ **EXPERIENCING NEARBY NATURE** ◆



A recently [published study](#) in the journal "People and Nature" suggests that during the pandemic, enjoying nature close to home—gardening, taking a walk, watching nature through a window, and birdwatching—was associated with the greatest sense of well-being, compared to longer, more intense nature excursions or nature experienced second-hand through various media.

"I think the thing that really calls to me from this work is the importance of just being able to have a bit of nature that's close by and that you can access even for a short time."

~ Tina Phillips, lead author

FARMERS' MARKETS & MORE—*OUTDOORS!*

Summer is a precious time—outdoor gatherings are countless! If you don't drive, invite a friend or neighbor who does and make it into a social outing—or if you're a Mt. Mansfield Villages member, make a ride request.



UPCOMING WEEKEND EVENTS



- **VERMONT DAIRY FESTIVAL 2023—ENOSBURG FALLS**

Thursday, June 1–Sunday, June 4, 2023

The schedule of activities includes a dairy baking contest, a festival parade, bingo, music, and a stunt show. Join the fun! More info on the festival and a schedule of events will be updated on [this website](#).

- **VERMONT DAYS**

Saturday, June 10–Sunday, June 11

Vermont Days' annual weekend in June is a great opportunity for people to experience Vermont history, enjoy the outdoors, and try fishing for the first time—with free State Park day-use entry, free State Historic Site entry, and Saturday's free fishing day.

- **ABENAKI HERITAGE WEEKEND—VERGENNES**

Saturday, June 17–Sunday, June 18

Join the Native American Abenaki community at the Lake Champlain Maritime Museum—workshops, presentations, drumming, and more, organized by the [Vermont Abenaki Artists Association](#). Info is [here](#).



LOCAL FARMERS' MARKETS



- **FARMERS' AND ARTISAN MARKET—JEFFERSONVILLE**

Wednesdays, 4:30pm–7:30pm

Grand Opening on June 7 with Robin Gottfried Band

49 Old Main Street—across from the painted silos

Visit this local marketplace of farmers, specialty food producers, and artisan crafts. Live music starts at 5:30pm every week. More information [on Facebook](#).

- **FARMERS' MARKET—MILLS RIVERSIDE PARK, JERICHO**

Thursdays, 3:00pm–6:30pm

This wonderful community market supports local farmers, artisans, and musicians and serves as a community gathering space with access to fresh food and Vermont crafts. Info is [here](#)—or sign up for their weekly newsletter on [this webpage](#).

- **FARMERS' MARKET—VOLUNTEERS GREEN, RICHMOND**

Fridays, 3:00pm–6:30pm

The Richmond Farmers' Market strives to strengthen the direct connection between producers and consumers by providing an inclusive space for all members of the community to convene over and celebrate local food, artisanal crafts, music, and more. The music and events schedule is at [this link](#). More info on the market and parking is [here](#).



MUSIC IN THE AIR

- **SUMMER CONCERT SERIES—SNOW FARM VINEYARD, S. HERO**
June 1 through August 31—Thursdays, 6:30pm–8:30pm

There will be food vendors and wine/beer for sale or bring your own picnic food (no alcohol). More information is [here](#).

- **SUMMER MUSIC SERIES—THE MEETING HOUSE, EAST FAIRFIELD**
June through September—mostly Saturdays, 5:00pm

Great outdoor music by some of Vermont's most exciting bands, light dinner fare, and desserts. Admission is \$10, and more info is [here](#).

- **FREE FIRST FRIDAY EVE—SHELBURNE MUSEUM**
Jun 2, Jul 7, Aug 4, and Sep 1—Fridays, 5:00pm–7:30pm

Live music, lawn games, food trucks, and special exhibitions—the entire Museum campus will be open and **FREE** to all. More information is at [this link](#).



- **TRUCKS, TAPS & TUNES—ESSEX EXPERIENCE**
Starting June 14—Wednesdays, 5:00pm–8:00pm

The Green at the Essex Experience

Bring your own lawn chairs, blankets, appetite, and dancing feet for great music, food trucks, and an outdoor bar. See [this website](#).

- **FOOD TRUCK NIGHTS—MOORE PARK, UNDERHILL CENTER**
Jun 16, Jul 21, Aug 18, Sep 15—Fridays, 5:00pm–8:00pm

The third Friday of each summer month features food trucks and great music. Bring a lawn chair, chat with neighbors, and join the fun!

- **SUMMER CONCERT SERIES—MILLS RIVERSIDE PARK, JERICHO**
July 5 through August 2—Wednesdays, 6:00pm–8:00pm

Bring a picnic and relax with your friends and neighbors as you listen to great music in a beautiful, natural setting. More information is [here](#).

AGING WELL—EVENTS

- **HEALTHY SEXUALITY AFTER 60** ♦ **ONLINE** ♦

Friday, June 2, 2023, 10:00am–11:00am

AARP NC

Barry McCarthy, psychologist, certified sex therapist, and author of *Rekindling Desire*, will discuss the myths about sexuality after 60. Register [here](#).



- **BOOSTING YOUR BRAIN HEALTH NATURALLY** ♦ **ONLINE** ♦

Monday, June 5, 2023, 1:00pm–2:00pm

AARP NY

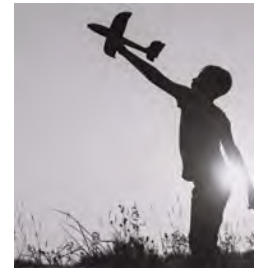
Emphasizing certain foods in your daily diet can help support your thought process and memory. Register [here](#).

- **MEMORABLE TIMES ONLINE: “VINTAGE TOYS, CHILDHOOD JOYS”**

Wednesday, June 7, 2023, 10:30am–11:30am

Central VT Council on Aging ♦ **ONLINE** ♦

Enjoy recalling playthings and pastimes at [June’s Memory Café](#), a dementia-friendly program. Contact Barb for the Zoom link at basen@cvcoa.org or 802-476-2681.



- **KICKOFF TO SUMMER BBQ**

Thursday, June 15, 2023, 11:00am

Advanced tickets—required by June 12

Airport Park, Colchester

Join Age Well’s summer celebration for \$5—good food, music, and friends! See [this flyer](#) for information.



- **LATE-LIFE FEMALE INCONTINENCE DISCUSSION** ♦ **ONLINE** ♦

Thursday, July 27, 2023, 11:00am–12:30pm

Dartmouth-Hitchcock Health, Aging Resource Center

Urogynecology expert Dr. Anne Cooper will discuss the impact of this condition along with strategies and treatments. Visit [this webpage](#) for more information and updates on how to register.

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 \$5; info is [here](#).

JERICO - Jericho Community Center, Jericho Center

Wed, June 14, 2023, 11:00am–12:00pm (Register by **Fri 6/9**)

Menu: [here](#)

Register: Jen at ccjvermont@gmail.com or 802-274-4024

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, June 28, 2023, 11:00am–12:00pm (Register by **Fri 6/23**)

Menu: [here](#)

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

- **9 THINGS I'D NEVER DO AS A DERMATOLOGIST** ♦ **ONLINE** ♦

According to the CDC, [Vermont ranks No. 3 in the nation](#) for new skin cancer cases diagnosed annually. There is also a strong behavioral component to skin cancer risk—a lot of that risk is avoidable. UVM's Dr. Santana VanDyke shares things she would never do at [this link](#).

- **GOOD FOR THE HEART = GOOD FOR THE BRAIN** ♦ **ONLINE** ♦



Leslie Cho, M.D., Director of the Women's Cardiovascular Center at Cleveland Clinic, speaks about women's health conditions, and she answers questions about heart-healthy lifestyles and how they foster brain health. See her interview [here](#).

- **CONTENTED DEMENTIA** ♦ **ONLINE** ♦

The [Contented Dementia Trust](#), an independent charitable organization with an innovative approach to the care of people with dementia, finds that the rate of mental deterioration can be slowed when employing the [SPECIAL](#) method. Read more on [this webpage](#).



HODGEPODGE OF HAPPENINGS

- **2023 THEATER PRODUCTION: *BLACK COMEDY***

Fri, June 2 and Sat, June 3, 2023, 7:30pm–9:00pm

MMU Theatre Department, Jericho



In this British farce, colorful characters stumble around a pitch-black room—all in full view of the audience, who watch the events unfold in full lights. \$5 tickets for seniors. Watch the trailer at [this link](#).

- **MMU FINAL CONCERT**

Thursday, June 8, 2023, 7:00pm

Mount Mansfield Union High School, Jericho



All MMU High School bands and choirs celebrate the Class of 2023. Enjoy the beautiful music they create together!

- **VERMONT'S REMARKABLE SHARPSHOOTERS**

Wednesday, June 14, 2023, 7:00pm

Cambridge Historical Society



Howard Coffin discusses his research on this little-recognized Civil War group. See this [VT Humanities link](#).

- **JUNETEENTH CELEBRATION**

Sunday, June 18, 2023, 1:00pm–3:00pm

Essex Experience Green



Celebrate this American holiday—enjoy music and entertainment from local artists and food from local businesses. More info is [here](#).

- **THE NATURAL MUSE: IN AMONG THE TREES**

Thursday, June 22, 2023, 10:30am–12:00pm

Old Red Mill, Jericho



Join OLLI for a quiet walkabout and a discussion of poems that help us forge a relationship with nature. See [this webpage](#) for attendance fees.

COOK'S CORNER

◆ STRAWBERRY GINGERSNAP ICEBOX CAKE ◆

Contributed by MMV volunteer Dorsey Naylor

INGREDIENTS:

1 pound strawberries
12 ounces mascarpone cheese
1/4 cup confectioners' sugar
1 tsp vanilla extract
3/4 tsp finely grated lime zest
1/2 tsp lime juice
32 gingersnaps
1 Tbsp granulated sugar



DIRECTIONS:

Step 1

Set aside half the strawberries and hull the other half.

Step 2

Using a blender or food processor, puree the hulled berries.

Step 3

In a bowl of an electric mixer set on low speed, whisk together the strawberry puree, mascarpone, confectioners' sugar, vanilla, lime zest, and lime juice. Once the cream mixture is combined but not fully whipped, taste and add more sugar if needed. Then whip the mixture to medium-stiff peaks.

Step 4

On a serving dish, lay 2 rows of 4 cookies in a rectangle. Spread 1/2 cup of the cream mixture over the cookies. Repeat this pattern so that you have 4 layers of cookies. Spread the remaining cream on the top and sides like frosting.

Step 5

Cover loosely with plastic wrap and chill for at least 8 hours—preferably overnight.

Step 6

30 minutes before serving, hull and quarter the remaining strawberries (that were set aside during Step 1). Toss them with granulated sugar. Before serving, arrange strawberries on top of the cake and drizzle it with the accumulated syrupy juices.

Dorsey notes:

"Who doesn't love fresh strawberry shortcake and think of it as one of the great joys of summer in Vermont?"

Sometimes, however, it is fun to try another strawberry dessert—particularly one that requires no cooking on a hot summer's day!

This recipe is easy and fun to prepare, with an extra zing added by the gingersnaps, lime juice, and zest. If you don't like gingersnaps and/or lime, just leave them out and substitute vanilla wafers or sugar cookies.

Happy Strawberry Season!"



A MEMBER'S REFLECTIONS

◆ ENTERING SPRING ◆

Contributed by MMV member Sue Kusserow

Photos by Bernie Paquette, Jericho naturalist

And what might be the triumvirate that lets us winter-worn Vermonters know that it is time to call for spring?

My daughter and I don't discuss what these hints might be, knowing that human judgments are many and vocal due to our several seasons of hope...for an earlier spring.

The old golf cart carries us into the wood lot, breaking the silence of a long winter that we didn't notice—not because it wasn't powerful, but because it has gotten stranger and seasonable out-of-tune all by itself in these many years.

The worn puffy tires of our golf cart chug along, past the narrowing of Bear Town Road and onto a flimsy track, flanked on either side by beaver ponds, stretched to overflowing on the melting ice water edge, where it touches and surrounds scraggly bushes of Elderberry and young Poplar and brings their heads out of the dried leaves to reveal our labeling of the start of spring: two Trillium have splashed their way out of the cold waters. My daughter chants what she learned as a child and repeats every year with Trillium: "Three petals, three sepals, one pistil waiting to be dusted with pollen when it warms up enough."



These two Trillium are tiny flowers, barely able to survive the cold night, but they are what we wanted to see as our first introduction to Spring. So now what can we add to our list? We used to have Bottled Gentian a step or two away—but it is too cold, and the small trees where it grew have shut off the light that it needed to survive.

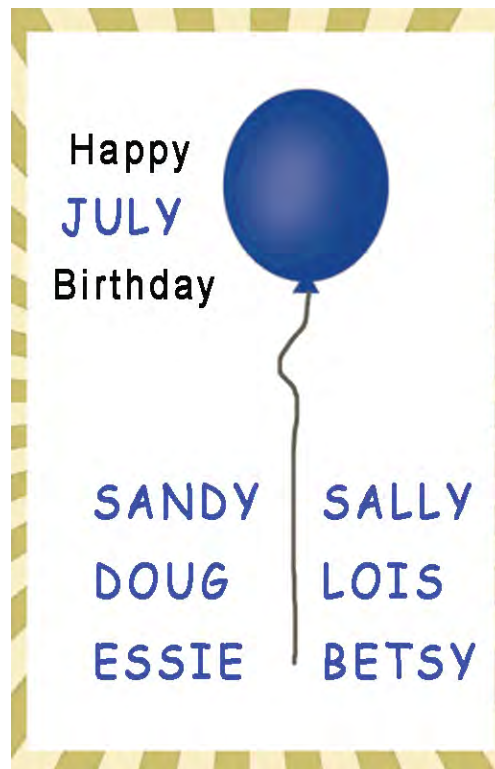
And I would like to see, once again, an isolated growth, kept alive by its location between 2 small rocks with plenty of sun caught in them. This is Trailing Arbutus, rare here in Vermont, with a wonderful perfume that insists its visitors lie flat with one's nose pressed into its pink tiny and rare flowers. But don't pick it! It is small, sheltered, and even though it can beat any aroma in the floral world, it is still on the borderline of its range.



So we need more for our Spring Triumvirate: It is too early for the blooming of Trailing Arbutus, so why not try our common but hardy Trout Lily? It has nothing to do with a trout except for yellow and brown markings on its leaves which reach for the sun quite effectively. It is a member of the Lily family and has a very graceful yellow flower which hangs delicately like a tiny bell and grows in bunches, so you can pick it without concern about its winter survival. It also has many local names, including Adder's Tongue, a fancy name (Erythronium) even though it has nothing to do with snakes...though I'd like to know how such names got started! But the two Trillium (or would it be Trillia?) my daughter and I found gloriously make up for the reptilian names.

So, we have found our favorite early Spring flower gloriously glowing red inside...guess it could make up for possible local names!

SPECIAL SALUTE



WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well

Ben & Jerry's Foundation

Cambridge Area Rotary

Central VT Council on Aging

Community Bank N.A.

Concept2, Morrisville

Hickok and Boardman

Jericho United Methodist Church

SecurShred

The Harnisch Foundation

Union Bank, Jericho

United Church of Underhill

Green Mountain Auxiliary #3210, Eagles

The Richard E. & Deborah L. Tarrant Foundation

Vermont Electric Cooperative, Inc.

Vermont Mutual Insurance Charitable Giving Fund



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. The answers are on **PAGE 18**.*

Echo Echo

All the answers in this quiz have repeating sounds, such as Papa, Bye-Bye, and Bora Bora.

1. Yogi Bear's companion...or a little cut or bruise to a child.
2. Popular nickname for President Kenedy's son.
3. Toy gun that shoots round projectiles.
4. Perfect vision.
5. Slang for a train, especially in Chattanooga.
6. He killed Robert Kennedy.
7. High-kicking dance performed by a chorus line.
8. It's likely that this flightless bird became extinct around 1700.
9. Average, mediocre, passable.
10. Made up of a string and two discs, this toy has been around for a couple of thousand years.
11. The title and chorus of a Yale football fight song written in 1901.
12. More British than American, it means "goodbye."

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

Answers: Echo Echo

1. BOO BOO
2. JOHN-JOHN
3. BB
4. 20/20 (TWENTY-TWENTY)
5. CHOO CHOO
6. SIRHAN SIRHAN
7. CAN-CAN
8. DODO
9. SO-SO
10. YO-YO
11. BOOLA BOOLA
12. TA-TA