

NEWS YOU CAN USE



Mount Mansfield Villages

AUGUST 2023

Summer's sultry, last full month has arrived. The expression "**Dog Days**" does not refer to dogs lazing around, too hot to move—although it seems like it should!

August has 2 full moons: the **Full Sturgeon Supermoon** will be at peak on Tuesday, August 1 at 2:32pm and a **Blue Moon Supermoon** on Wednesday, August 30 at 9:36pm.

Aug 6-13—VT Open Farm Week

Aug 16—Bennington Battle Day

Aug 19—World Humanitarian Day

Aug 26—Women's Equality Day

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



◆ PERSEIDS METEOR WATCH ◆

Saturday, August 12 & Sunday, August 13

The **Fairbanks Museum & Planetarium** reminds us that the Perseids put on a spectacular show with up to 60 meteors per hour at the peak of this five-week-long annual meteor shower. The bright streaks are produced by the comet Swift-Tuttle, discovered in 1862. The best viewing is likely August 12 and 13, when the event peaks and the moon will not obscure the view.

MEMBERS' MEMORANDUM



◆ A WALKING TOUR OF JERICHO CORNERS ◆

Sunday, August 20, 2023, 1:00pm–2:30pm

(Rain date Sunday, August 27, 2023)

Tour start:
Jericho Town Hall
Route 15



Sponsored by
the Jericho
Historical Society

Jericho historian extraordinaire Gary Irish will be reprising his tour of “the Corners.” Learn about the people, buildings, and events making up the history of Jericho Corners. See [this link](#) for updated event information.

The tour will begin at the Jericho Corners School (a.k.a. Jericho Town Hall) and finish at Chittenden Mills (a.k.a. The Old Red Mill). Join the Jericho Historical Society for refreshments at the Mill following the tour.

MMCTV will record the event—check out their extensive video archive of community events [here](#). For questions about the walking tour, please email info@jerichohistoricalsociety.org.

◆ DEMENTIA INCLUSIVENESS ◆

Tuesday, August 22, 2023, 2:00pm–3:30pm

Sponsored by the Tri-State Learning Collaborative on Aging



Join “Dementia Inclusiveness: Creating Communities for All” webinar and hear how local communities are creating inclusiveness for neighbors and their family members living with dementia—so they can fully participate and enjoy their communities free from stigma and discrimination. Registration is [here](#).

◆ ANNUAL JERICHO CENTER PET PARADE ◆

Saturday, August 26, 2023, 11:00am

Sponsored by the Jericho Town Library



Join the fun at the annual Jericho Center Pet Parade! Whether you’re a participant or a parade-watcher, the pet parade is a great time for you and your pet to catch up with neighbors—human, canine, bovine, equine, feline, and reptilia.

Although pets and their people are not required to come in costume, prizes will be awarded for *Best Group Costume*, *Vermont Strong*, *Best Shout Out*, *Best Literary Reference*, and *Judge’s Choice*.

More information is [here](#). If you plan to join the parade, please fill out the [pre-registration form](#) to help the organizers get a sense of participation. See you there!



COMING UP!

~ MMV EVENT: WINE & CHEESE SOCIAL ~

MMV will sponsor a Wine & Cheese Social this fall for members, volunteers, and family members—with an original painting as the event giveaway. **Stay tuned for the date and details!**

◆ KUDOS TO HELPFUL VILLAGE ◆



Helpful Village is a software company that created an easy-to-use online platform that is accessed by thousands of Seniors across the nation, allowing them to ask for help from—or volunteer assistance to—their neighbors. Mount Mansfield Villages uses the Helpful Village platform to maintain its Village records, including its member database, service request database, and other information related to operations.

This summer Helpful Village was selected by AARP as one of the nation's "best tech solutions for reducing social isolation and advancing connections so that everyone thrives when they age." Kudos to **Helpful Village!**

◆ CHOOSING WHERE TO GET CARE ◆



It can be difficult to decide where to go for care: the Emergency Room or Urgent Care or the Doctor's Office. An online article by Blue Cross Blue Shield of Vermont helps to clarify healthcare options and offers tips for deciding when you should go to urgent care or your doctor's office instead of the hospital emergency room. You can read the online article **here**.

REPORTING RESULTS

◆ MMV PICNIC SOCIAL ◆



◆ MMV SHREDFEST ◆



AGING WELL–EVENTS

- **MyCHART–UVM HEALTH RECORD PORTAL** ♦ **ONLINE** ♦

Friday, August 4, 2023, 12:00pm–1:00pm

AARP VT & Senior Planet



Learn how to fully use UVM’s electronic health record, including its privacy and security features. Registration is [here](#).



- **HOW TO BE A HEALTH CARE AGENT FOR SOMEONE WITH DEMENTIA** ♦ **ONLINE** ♦

Tuesday, August 8, 2023, 11:00am–12:30pm

Dartmouth-Hitchcock Health, Aging Resource Center

Learn how to best prepare for this important role and how to approach some of the challenging decisions you may face. Register [here](#).

- **POWERFUL TOOLS FOR CAREGIVERS: 6-WEEK COURSE**

Tuesdays, Aug 8–Sept 12, 2023, 2:30pm–4:00pm

Age Well, Colchester office

The focus of this in-person course will be on the caregiver and a “box of self-care tools”—more info [here](#). Register at 802-865-0360. Limit 12. The fall session starting in October will be virtual via Zoom.

- **MONTHLY SOCIAL BIKE RIDE**

Thursday, August 17, 2023, 6:00pm–7:00pm

AARP VT

Join bicyclists age 50+ for a fun, monthly, guided social bike ride on the Burlington Greenway path, starting at Oakledge Park and followed by social time at a local bar. Register [here](#).



- **SANDBAR BBQ PICNIC: FLAMED GRILLED FUN!**

Thursday, September 7, 2023, 11:00am

Advanced tickets–required by August 30

Sandbar State Park, Milton

Aged 60+? Join Age Well’s summer celebration for \$5—good food, music, and friends! See [this flyer](#) for information.

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. **The suggested donation is \$5**; info is [here](#).

JERICHO - Jericho Community Center, Jericho Center

Wed, Aug 9, 2023, 11:00am–12:00pm (Register by **Fri 8/4**)

Menu: [here](#)

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

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, Aug 30, 2023, 11:00am–12:00pm (Register by **Fri 8/25**)

Menu: [here](#)

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

• MOBILITY & BALANCE VIDEOS ♦ ONLINE ♦

The linked videos below are not intended to take the place of advice from your physician or physical therapist.

How-to videos:

- **Get up after a fall—**[link](#)
- **Properly use a cane—**[link](#)
- **Select the right walker—**[link](#)
- **Use a walker—**[link](#)
- **Use a rollator with a seat—**[link](#)



• 13 BEST MEDICAL ALERT SYSTEMS OF 2023 ♦ ONLINE ♦



The National Council on Aging's review team has tested medical alert systems based on cost, safety, and fall detection. See a report and comparison chart of the systems on [this website](#).

• GOOD OLD DAYS MAGAZINE ♦ ONLINE ♦

The focus is on nostalgia—remembering the old times through the stories of their readers, plus vintage photos and old-time favorite recipes. Read a feature story [here](#).



HODGEPODGE OF HAPPENINGS

- **VERMONT'S FAIR DAYS**

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

Aug 3-Aug 6	<u>Franklin County Field Days</u>
Aug 8-Aug 12	<u>Addison County Fair</u>
Aug 23-Aug 27	<u>Caledonia County Fair</u>
Aug 25-Sept 3	<u>Champlain Valley Fair</u>



- **GROUP TRIVIA GAMES ♦ ONLINE ♦**

Sundays in August 2023, starting August 6, 7:30pm–8:30pm
Vitality Society

Vitality Society, an online community for people 60+, offers unlimited free access to their online classes and recordings through September 30, 2023. See [this link](#) for their August group Trivia games.

- **PIE & ICE CREAM SOCIAL**

Sunday, August 13, 2023, 1:00pm–4:00pm
Rokeby Museum, Ferrisburgh

Join the fun for homemade pie, ice cream, live music, raffle baskets, and a chance to explore the historic home, grounds, and exhibits at Rokeby. Info is [here](#).



- **VISITING ARTIST–JACQUELINE SURDELL ♦ ONLINE ♦**



Wednesday, August 16, 2023, 7:30pm–8:30pm
Vermont Studio Center

Chicago native and fiber knoter **Jacqueline Surdell** will present her large-scale rope art and discuss her tapestries and process. Registration and information are [here](#).

- **USED BOOK SALE**

Thursday, August 17, 2023, 3:00pm–6:30pm

Big Red Barn–next to the Farmer’s Market, Jericho

Shop at the Farmer’s Market and then walk over to the big red barn next door to help the Deborah Rawson Memorial Library clear out the barn for the upcoming fall sale. Special deal—buy one bag of books for \$5 and get a second bag of books free!



- **AUGUST BIRD MONITORING WALK**

Saturday, August 19, 2023, 8:00am–10:00am

Missisquoi National Wildlife Refuge

Join the monthly bird monitoring walk on the spectacular Missisquoi Refuge. The walks are appropriate for birders of all skill levels and provide a wonderful opportunity to learn about birds throughout the seasons. For more information, see [this link](#).



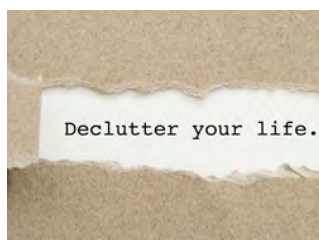
- **TRANSCENDING ARTFORMS AT COLD HOLLOW SCULPTURE PARK**

Saturday, August 19, 2023, 2:00pm–3:30pm

Cold Hollow Sculpture Park, Enosburg Falls



How can art help us understand what unites all people? Internationally celebrated traditional Wabenaki artist Aaron York considers this question through an exploration and celebration of Indigenous art forms. Registration and information are [here](#).



- **DECLUTTERING AND DOWNSIZING: LET’S GET STARTED–PART 1 & 2! ♦ ONLINE–OCTOBER ♦**

Thursdays–October 5 & October 12, 2023, 1:00pm–2:00pm

Dartmouth-Hitchcock Health, Aging Resource Center

Sign up for this very popular 2-part program before it fills up! The discussion includes strategies to reduce clutter and how to effectively use online resources to sell or give away unwanted items. Register [here](#) for both meetings.

COOK'S CORNER



◆ IN CELEBRATION OF MINT ◆



Contributed by MMV volunteer Dorsey Naylor

COLD BREW ICED MINTED/LEMON TEA

Celestial Seasonings Cold Brew Iced Tea–

1 or 2 bags per 8 oz of water

Mint sprig

Lemon slice

- ❖ Pour cold water over the bags and steep for 5 minutes—or longer for a bolder flavor.
- ❖ Squeeze and remove tea bags.
- ❖ If drinking immediately, add ice, a sprig of mint, and a slice of lemon. Otherwise, refrigerate and enjoy throughout the day.

Tip: Make at least a quart at a time—it keeps well.



MINTED MELON SALAD

2 cups cubed cantaloupe

2 cups cubed watermelon

1/2 cup mint leaves

- ❖ Cube the melons.
- ❖ Finely cut the mint, except for a few leaves.
- ❖ Toss the melon and mint gently together in a glass bowl. Decorate the top with the reserved leaves.
- ❖ Refrigerate until well chilled.

Dorsey notes:



"These are two very quick, no-cook recipes to cool and soothe your body and lift your spirits during the hot days of August. Mint grows prolifically in Vermont and is a wonderful addition to many summer recipes. If you don't have any, chances are your neighbor does. It is also readily available at grocery stores and sometimes at Farmers' Markets. It is such a delicious, cooling addition to both of these recipes.

August is also melon month in Vermont. The easy melon salad recipe can be made with just one kind of melon or any combination.

Stay cool and enjoy!"

◆ MELON BRIEFS ◆

Honeydew melon and cantaloupe melon are two members of the same species, *Cucumis melo*. Honeydew has smooth, light-colored rind and green flesh, while cantaloupe has a darker, netted rind and orange flesh.



They both share similar nutritional benefits except that cantaloupe contains twice the amount of vitamin C and over 50 times more beta carotene (converts to Vitamin A in the body) than honeydew.

Shopping Tip: *Select fragrant, symmetrical cantaloupes, heavy for their size with no visible bruises. The stem end should give to gentle pressure. Melons do not continue to ripen or get sweeter once picked but will soften somewhat.*

To reduce the risk of unwanted bacteria entering the melon, before slicing, rinse it under cool water, gently scrub the rind, and pat it dry.

They both should be stored uncut at room temperature for up to 1 week. Once cut they should be refrigerated in an airtight container—cantaloupe will last for up to 5 days and honeydew up to 2 weeks.

- University of Arkansas Extension Service

REMEMBER WHEN UNDERHILL

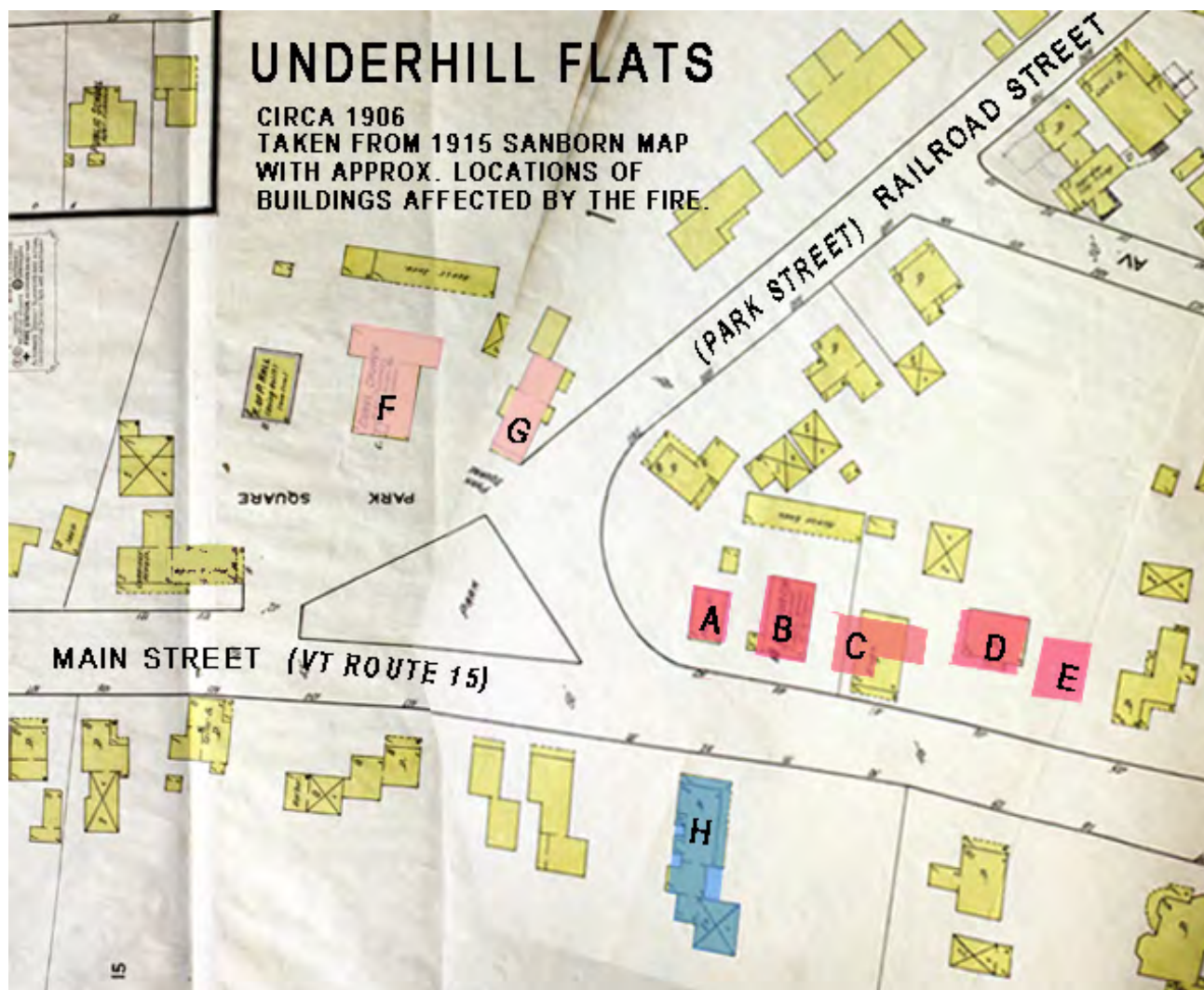
◆ THE GREAT UNDERHILL FIRE OF 1906 ◆

Contributed by Gary Irish, local historian



From the *Burlington Free Press*, August 16, 1906:

"Underhill, Aug. 12, 1906 - A most disastrous fire swept through Underhill Saturday. The fire originated at the home of Walter Grace caused by the explosion of an oil stove. The alarm was given but before help reached there the house was in flames. The next to take fire was the residence and drug store of Dr. W.S. Nay. By this time in answer to telephone, a good many men from the adjoining villages responded but the fire had made such headway under the impetus of a strong south wind with the facilities at hand it was impossible to cope with it. The two remaining buildings between that and the park were the Methodist Church and Grange Hall, which were both burned. It was only by the most strenuous efforts of those present that the fire was held from crossing the street. Dr. Burdick's, Harmon Howard's residences and H. Barrow's store and the Congregational Church caught fire several times but were extinguished."



At about 11:00 am on the morning of August 11, 1906, an oil stove in the home of Walter Grace (bldg. E) on Main Street in Underhill Flats exploded. Mr. Grace was asleep at the time, and Mrs. Grace was in a hammock in the front yard. By the time the fire was discovered by Mrs. Hattie Palmer, a neighbor, it was too far advanced for the structure to be saved, Mr. Grace escaping without time to even save his hat. The house of Dr. Nay (bldg. D), separated by only a driveway, was soon in flames, although the furniture was able to be saved, and it quickly spread next door to Dr. Nay's drug store (bldg. C), where only some office furniture was saved.

It was thought at first that the Methodist church (bldg. B) next to the drug store could be saved, being protected somewhat by its slate roof, and citizens formed a bucket brigade. However, they were hampered by a lack of water, and the church was soon engulfed as well. The fire spread next to

the Grange Hall (bldg. A) on the other side of the church. As the seriousness of the fire was realized, word was sent to Burlington, where a special train was made up in 20 minutes by conductor J.L. Berry, with engine 328 under the control of engineer H.H. Knox and fireman George Fortier hauling a flat car on which had been loaded a fire engine. The train left Burlington at 12:55pm with nine firefighters and arrived in Underhill in only 35 minutes.

The fire engine was positioned beside The Creek behind Dr. Burdick's house (bldg. H), and a hose was run to the scene of the fire. Volunteers were able to pull down the horse sheds located behind the Methodist church, which prevented the fire from spreading to other nearby homes, some of which had their roofs covered with wet blankets to protect them from the sparks. Several times both the Barrows store (bldg. G) and the



Congregational church (bldg. F) did catch fire, but the fires were quickly extinguished before serious damage resulted. Soon after the arrival of the fire engine, rain began to fall, and the firemen returned with their engine to Burlington at about 5 pm. The total loss from the fire was put at \$15,000 (about \$508,515 in today's money).

Rebuilding soon began, both on a new structure for the Methodist Church and a new home and drug store by Dr. Nay. The upper floor of the new drug store included a new Masonic Hall for the McDonough Lodge, which they occupied until purchasing and renovating the former Baptist church in Jericho Corners for their lodge in 1929.

Dr. Nay continued to run his drug store in the new, enlarged building until selling it about a month before he died in 1949 at the age of 98 years.

❖ **Fun Fact:** *What was considered The Great Underhill Fire of 1906 was really right across the town line in Jericho!*

Dr. Nay's Drugstore (bldg C)

Before the fire.

Note: A glimpse of the original Methodist Church (bldg B) on the left appears to have a tower with corner finials atop a gable roof. After it was destroyed in the fire, the church was rebuilt with a different design.



The new drugstore that replaced the one destroyed in the fire—and as seen today.



INVALID LADIES
THIS IS FOR YOU.

THERE are thousands of females in America who suffer untold miseries from chronic diseases common to their sex. This is due largely to the peculiar habits of life and fashion, and the improper training of girlhood. Then, too, the physical changes that mark the three eras of womanhood (the maiden, the wife and the mother), have much to do with their sufferings, most of which is endured in silence, unknown by even the family physician and most intimate friends. To all such whose hollow cheeks, pale faces, sunken eyes and feeble footsteps indicate nervous and general debility bordering on consumption, we would earnestly recommend that grand system-renewing tonic,

BURDOCK BLOOD BITTERS.

It makes pure, healthy blood, and regulates all the organs to a proper action, cures constipation, liver and kidney complaints, female weakness, nervous and general debility and all the distressing miseries from which two-thirds of the women of America are suffering. **ALL INVALID LADIES** should send for our **SPECIAL CIRCULAR**, addressed to **LADIES ONLY**, which treats on a subject of vital importance.

Address,
Foster, Milburn & Co.,
BUFFALO, N. Y.

Presented By.
Dr. W. S. NAY
Druggist
UNDERHILL, VT.



DR. W. S. NAY,
DEALER IN
Drugs, Medicines, Chemicals, Perfumery,
AND FANCY TOILET ARTICLES,
Surgical Instruments, Trusses, Shoulder Braces, Syringes,
PAINTS, OILS, VARNISHES, DYE STUFFS, &c.,
UNDERHILL, VERMONT.

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Dr. Nay's Residence—
constructed after the fire
had destroyed his
previous residence.
(bldg D)

The house as seen today. Its
current address is 390 VT
Route 15.



The Grange Hall
(bldg A)
Before being destroyed in the fire.



Barrows Store
(bldg G)

In the early 1900s and a few years ago—also historically known as the Tower & Oakes store.



Dr. Burdick's House
(bldg H)

In the early 1900s and today. Its current address is 393 VT Route 15.



SPECIAL SALUTE



HAPPY BIRTHDAY

SALLY

&

ELLEN

***"You're not getting older.
You're getting better."***



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.



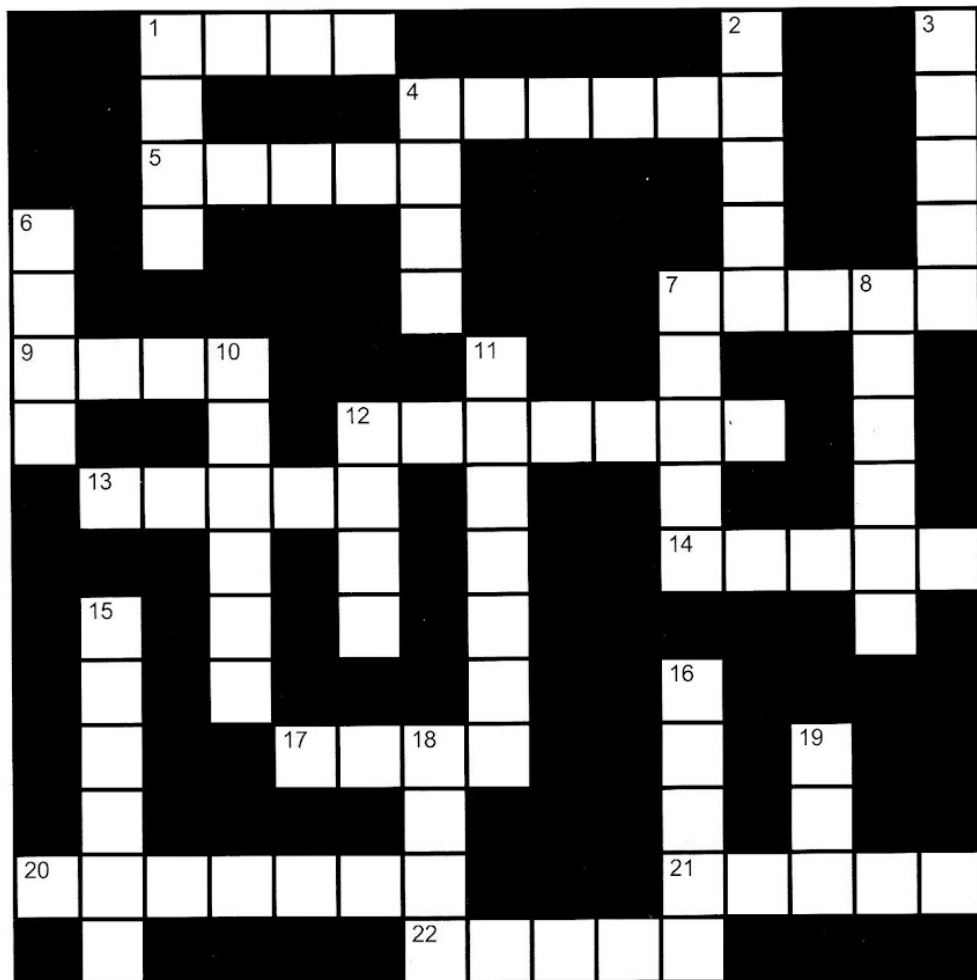
MMV News You Can Use is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—some digital and others in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event 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

More 1950s TV, Movies & Melodies

From *1950's Adult Activity Book*, 2021, Sharper Mind Press. The solution is on [PAGE 21](#).



Across

1. Etta James hit "At ___" (4)
4. ___ Knows Best, TV Show (6)
5. Paul Anka hit (5)
7. Buddy Holly hit, "___ Sue" (5)
9. "I Walk The Line" by Johnny ___ (4)
12. Dennis the Menace neighbors (7)
13. TV Masked Swordsman (5)
14. The ___ of Music (5)
17. Marilyn Monroe facial feature (4)
20. Walter of the Real McCoys (7)
21. Hitchcock appearance in his films (5)
22. ___ Get Your Gun (5)

Down

1. Shane actor, Alan ___ (4)
2. She married a prince ___ Kelly (5)
3. Lucy's Husband ___ (5)
4. "Blueberry Hill" by ___ Domino (4)
6. Seven Year ___ (4)
7. Fancy ___ Bob Hope Film (5)
8. Bonanza Actor, Lorne ___ (6)
10. ___ Jimmy Stewart Rabbit Film (6)
11. Dagwood's Wife (7)
12. "I ___ Grow Up" Peter Pan Song (4)
15. Captain, African Queen (6)
16. "To the Moon ___" The Honeymooners (5)
18. Actress ___ Turner (4)
19. Big ___ McLain, John Wayne Film (3)

Below is the solution to the puzzle in this edition of *News You Can Use*.

More 1950s TV, Movies & Melodies
Puzzle# 2

