

# NEWS YOU CAN USE



## Mount Mansfield Villages

### NOVEMBER 2023

November is the time to be thankful, a time to remember and embrace those who enrich our lives—and the time to get out the long underwear!

November's full **Beaver Moon** reaches peak illumination on the morning of Monday, November 27, 2023 at 4:16am.

**Nov 5—Daylight Saving Ends**

**Nov 10—World Science Day**

**Nov 11—Veterans Day**

**Nov 18—Antibiotic Awareness**

**Nov 23—Thanksgiving**

### CONTENTS

**Members' Memorandum**.....p. 2

**Reporting Results**..... p. 5

**Aging Well—Events**..... p. 6

**Aging Well—Resources**..... p. 7

**Hodgepodge of Happenings**.... p. 8

**Inspired by Nature**.....p. 10

**Remember When Underhill**... p. 11

**Cook's Corner**..... p. 14

**Special Salute**..... p. 16

**More Info about MMV**.....p. 17

**Pure Puzzlement**.....p. 18

Listed events are focused on free, relatively local, and in-person **unless noted otherwise.**

### ◆ NATIVE AMERICAN HERITAGE MONTH ◆

**National Native American Heritage Month** is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the significant contributions of Native people.

- ◆ The **Native Land map** includes an **Education Guide**.
- ◆ The **Abenaki Creation Story** is narrated in the Abenaki language.
- ◆ With the focus on our shared values—generosity, gratitude, and community—we can **rethink our Thanksgiving celebration**.

## MEMBERS' MEMORANDUM



### ◆ THE PROBLEM OF VERMONT'S HILL FARMS ◆

**Tuesday, November 14, 2023, 7:00pm**

Deborah Rawson Memorial Library

UVM Professor  
Dona Brown  
*Vermont History Talk*



Sponsored by the  
Underhill Historical  
Society



**Vermont historian Dona Brown** will explore the issue of the hill farms in Vermont. Vermont was dotted with hundreds of poor hill farms in the 19th century. After the Civil War, the young folks migrated West, and as a result, the farms became more run-down. The Vermont Commission on Country Life, created in the 1920s, wanted to erase the “blot” of these poor holdings and replace them with natural forests to improve the look of Vermont, beautify the state, and make it more appealing to tourists. A young politician and hill farmer, George D. Aiken, stepped in in the 1930s to preserve this way of life and to maintain that iconic look of the mowed fields among the mountains.

## ◆ MMV MEMBERS ◆

### TIME TO UPDATE YOUR INFORMATION FORM



**Have you made Service Requests** of Mount Mansfield Villages for transportation? 60% of MMV service requests are for car rides—typically to medical appointments or for shopping and errands.

Mount Mansfield Villages Members—please update your personal information form [here](#) so MMV volunteer drivers are aware of any special needs you may have. Also, if you need assistance during a medical appointment, it would be best to request a “Medical Pal” which means, in addition to a car ride, you would like the MMV volunteer to accompany you into the doctor’s office and remain nearby.

**Just a reminder:** Per the MMV membership handbook, volunteers are not allowed to physically assist with your mobility—for your safety and theirs.

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## ◆ BONE BUILDERS CLASS ◆



**Monday, Wednesday, and Friday, 9:00am-10:15am**

St. Thomas Catholic Church, Underhill Center

**Sponsored by the United Way of Northwest Vermont, RSVP Bone Builders**, a FREE exercise program for men and women, is designed to prevent the negative effects of osteoporosis. Based on Tufts University research, this program shows that strength training dramatically reduces the risk of fractures due to the disease. Study participants gained bone density and strength and improved their balance.

**Bone Builders classes** fill a vital need for regular physical exercise as well as increased social interaction—both well-known components of healthy aging. For more information, contact Bone Builders Coordinator Danielle Schwer at (802) 861-7821 or email Danielle at [danielle@unitedwaynwvt.org](mailto:danielle@unitedwaynwvt.org).



## ◆ VERMONT SENIOR MEDICARE PATROL ◆

**Senior Medicare Patrols (SMPs) empower** and assist seniors to prevent, detect, and report healthcare fraud, errors, and abuse.



Medicare is complicated—what seems like an error may simply be the result of a misunderstanding about Medicare benefits or it may also be abuse, which involves billing Medicare for services that are not covered or are not correctly coded.

Some common examples of suspected Medicare fraud or abuse are:

- Billing for services or supplies that were not provided
- Providing unsolicited supplies to beneficiaries
- Prescribing or providing excessive or unnecessary tests and services

Find more information on the [Senior Medicare Patrol website](#) and on this [fact sheet](#). Report Medicare Fraud to the Vermont Senior Medicare Patrol on [this webpage](#).



**SMP's My Health Care Tracker is a FREE** and valuable booklet that makes it easy to record and track information from healthcare appointments—helping you protect yourself from fraud or stolen medical identity.

- Helps you confirm that the services, tests, and equipment you receive are listed correctly on your Medicare Summary Notices (MSN) or your Explanation of Benefits (EOB)
- Helps you verify the amount of co-pay you owe
- Protects the integrity of the Medicare program for generations to come



For more information on the Tracker, see [this webpage](#). To request My Health Care Tracker, email [michellek@vermontelders.org](mailto:michellek@vermontelders.org) or call Michelle at 802-229-4731.



# REPORTING RESULTS

## ◆ WINE & FOOD & ART SOCIAL ◆

*from Oct 2023 "News You Can Use"*



## OLD-FASHIONED ◆ HARVEST MARKET ◆

*from Sept 2023  
"News You Can Use"*



## SAVE THE DATE

## ◆ HOLIDAY SOCIAL ◆

**Saturday, December 9, 2023, 12:00pm–3:00pm**

Good Shepherd Church, Jericho

MMV members, volunteers, family, and friends–  
Join us for great food and good cheer!

## AGING WELL—EVENTS

November is **National Diabetes Month** and **COPD Awareness Month**—a time to promote a greater understanding of these disorders and encourage people to take charge of their health.

- **DIABETES MANAGEMENT ♦ ONLINE ♦**

**Tuesdays, Nov 7–Dec 19, 2023, 5:30pm–8:00pm**

My Healthy Vermont—hosted by North Star Health

Get guidance and support to manage your type 2 diabetes, prevent serious health problems, and live healthier. Register [here](#).



- **END OF LIFE CAFE: A TIME TO TALK AND SHARE ♦ ONLINE ♦**

**Thursday, November 16, 2023, 2:00pm–3:30pm**

Dartmouth-Hitchcock Health, Aging Resource Center

This is a time to share your thoughts and concerns with others about what happens at the end of life. More information and registration are [here](#).



- **CREATE A PLAN TO FEEL SECURE ABOUT YOUR FUTURE**

**Monday, Nov 27, 2023, 12:00pm–1:00pm**

Wellmed Charitable Foundation ♦ **BY PHONE ♦**

This telephone learning session discusses the basics and process of assembling a long-term care plan with links to many new official tools available. The earlier the planning starts, the better! Register [here](#).



- **QUIT SMOKING ♦ ONLINE ♦**

**Saturdays, Nov 18–Dec 9, 2023, 9:00am–10:00am**

My Healthy Vermont—hosted by Northwestern Med Center

Join this online workshop one time per week for 4 weeks—for support and motivation to become tobacco-free. Register [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. **The suggested donation is \$5**; info is [here](#).

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

**Wed, Nov 8, 2023, 11:00am–12:00pm** (Register by **Thurs 11/2**)

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

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

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

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

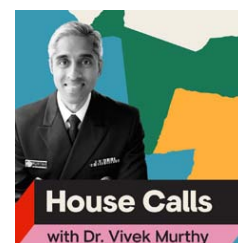
**Menu:** [here](#)

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

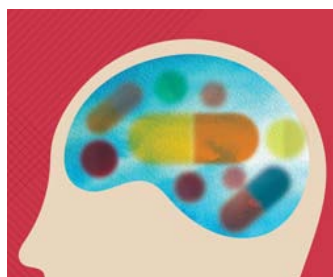
Registration form for 2024 Age Well Meals can be downloaded [here](#).

- **PODCAST—HOUSE CALLS WITH DR. VIVEK MURTHY** ♦ **ONLINE** ♦

This thoughtful podcast hosted by the U.S. Surgeon General is accessed via your podcast platform or viewed [here](#). Learn about the current priorities of the Surgeon General's office at [this webpage](#).



- **WHAT'S IN YOUR PARKINSON'S MEDICINE CABINET?**



**12 min. video—stream anytime** ♦ **ONLINE** ♦

Michael J. Fox Foundation—*Ask the MD* video series

Whether your PD diagnosis was two days or two decades ago, you likely wonder about medication: What are the options, what can/can't medication do, what are the side effects? Watch the video [here](#).

- **VERMONT ASSISTIVE TECHNOLOGY PROGRAM (VATP)**

VATP offers free equipment demonstrations, free 30-day equipment loans, and more! Click [here](#) to read more. Call 1-800-750-6355 or email [ahs.dailatpinfo@vermont.gov](mailto:ahs.dailatpinfo@vermont.gov).





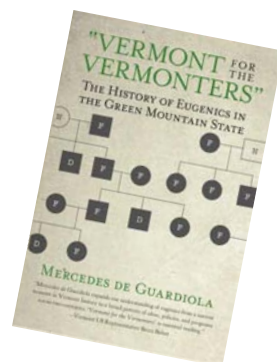
## HODGEPODGE OF HAPPENINGS

- **"VERMONT FOR VERMONTERS": THE HISTORY OF EUGENICS IN THE GREEN MOUNTAIN STATE** ♦ **ONLINE** ♦

**Thursday, November 9, 2023, 12:00pm–1:00pm**

Vermont Historical Society—Virtual Speaker Series

Mercedes de Guardiola examines how Vermont's eugenics movement emerged from public policies and explores its social and political ramifications. Register [here](#).



- **ADULT CRAFT: 3-D PIE SLICES**

**Thursday, November 9, 2023, 3:00pm–4:00pm**

Burnham Memorial Library, Colchester

Use thread, cardboard, stuffing, and felt to create something visually delicious! Register [here](#).



- **2023 THEATER PRODUCTION: CLUE**

**Fri, Nov 10 and Sat, Nov 11, 2023, 7:30pm;**

**Sun, Nov 12, 2023, 2:00pm**

MMU Theatre Department, Jericho

Based on the iconic 1985 Paramount movie which was inspired by the classic Hasbro board game, *Clue* is a hilarious farce-meets-murder mystery. \$9 tickets for seniors. Watch the trailer at [this link](#).



- **ARTIST RECEPTION: SOLO-BETSY CHAPEK ART**

**Sunday, November 12, 2023, 2:00pm–4:00pm**

**EXHIBITION DATES: Nov 12–Dec 17, 2023**

Emile A. Gruppe Gallery, Jericho—[hours](#)

Underhill resident Betsy Chapek's lovely pieces are as eclectic as her creative process: "The natural world and its wonder have led me always to inspiration, the art of looking has been my vehicle."





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- **CHRISTMAS CUPBOARD COMMUNITY CRAFT FAIR**

**Saturday, November 18, 2023, 9:00am–2:00pm**

Former Underhill ID School—gymnasium

Enjoy holiday music and cookies while you shop—featuring your favorite local vendors.



- **ABENAKIS & THE MISSISQUOI NAT'L WILDLIFE REFUGE REGION**



**Saturday, Nov 18, 2023, 1:00pm–3:00pm**

Missisquoi National Wildlife Refuge, Swanton

Dr. Frederick Wiseman will introduce the history and ecology of the region's indigenous people and display Abenaki artifacts. Register [here](#).

- **THE FLUIDITY OF ALLEGIANCE IN REVOLUTIONARY VERMONT**

**Saturday, November 18, 2023, 2:00pm**

Ethan Allen Homestead Museum ♦ **ONLINE** ♦

University of Edinburgh PhD candidate Benjamin Anderson will discuss Vermont Loyalists during the American Revolution. Limited attendance—[registration](#).



- **CHROMATICATS & JAZZ VOCAL ENSEMBLE**

**Tuesday, November 28, 2023, 7:30pm–8:30pm**

UVM Recital Hall

Directed by Tom Cleary and Amber deLaurentis. Program TBA. Free and open to the public. More info is [here](#).



- **CREATE A WINTER CENTERPIECE**



**Saturday, December 2, 2023, 9:00am–11:00am**

UVM Horticultural Farm, South Burlington

Create a fresh holiday arrangement with greens and cuttings of wine-red dogwoods, fir, pine, cedar, and more. Non-member \$45. Class limit–12. More info and registration are [here](#).

# INSPIRED BY NATURE

- **GEOLOGY WALK AT KRUSCH PRESERVE**

**Saturday, November 11, 2023, 10:00am**

Peter A. Krusch Nature Preserve, Cambridge

Stephen Wright, professor at UVM's Geoscience Dept., will lead a geological tour of the preserve. Wear bright colors and boots. Registration info is [here](#).

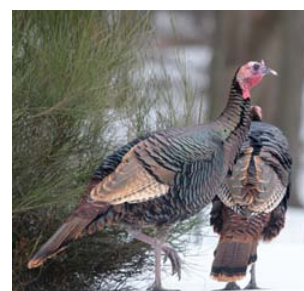


- **EARLY WINTER BIRDING—ST. MIKE'S COLLEGE NATURAL AREA**

**Saturday, November 18, 2023, 8:00am–10:00am**

Green Mountain Audubon Society

With a variety of habitats, this site provides refuge for a significant number of avian and non-avian fauna. Limited enrollment. Register [here](#), starting 11/11/23.



- **BATS & LAND USE PLANNING** ♦ **ONLINE** ♦

**Wednesday, November 29, 2023, 1:00pm–2:00pm**

VT Fish & Wildlife Department

Learn about the unique ecological role that bats play in Vermont and what towns are doing to protect these threatened and endangered species. Register [here](#).



- **BIRDCAST MIGRATION DASHBOARD** ♦ **ONLINE** ♦

BirdCast–Cornell Lab

Watch migration patterns in near real-time or find historic data. The dashboard is [here](#).

**Expected nocturnal migrants**  
Nocturnally migrating species most likely to arrive or depart this based on frequency of observations

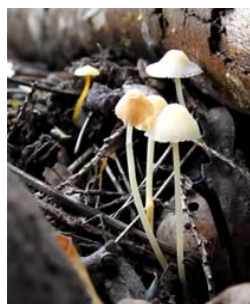


- **IDENTIFYING TREES WITHOUT LOOKING UP** ♦ **ONLINE** ♦

**15 min. video—stream anytime**

Learn Your Land

Many trees in western PA are the same as in Vermont. Fall is a perfect time for identifying trees by looking at leaves, seeds, and forest floor clues. The video is [here](#).



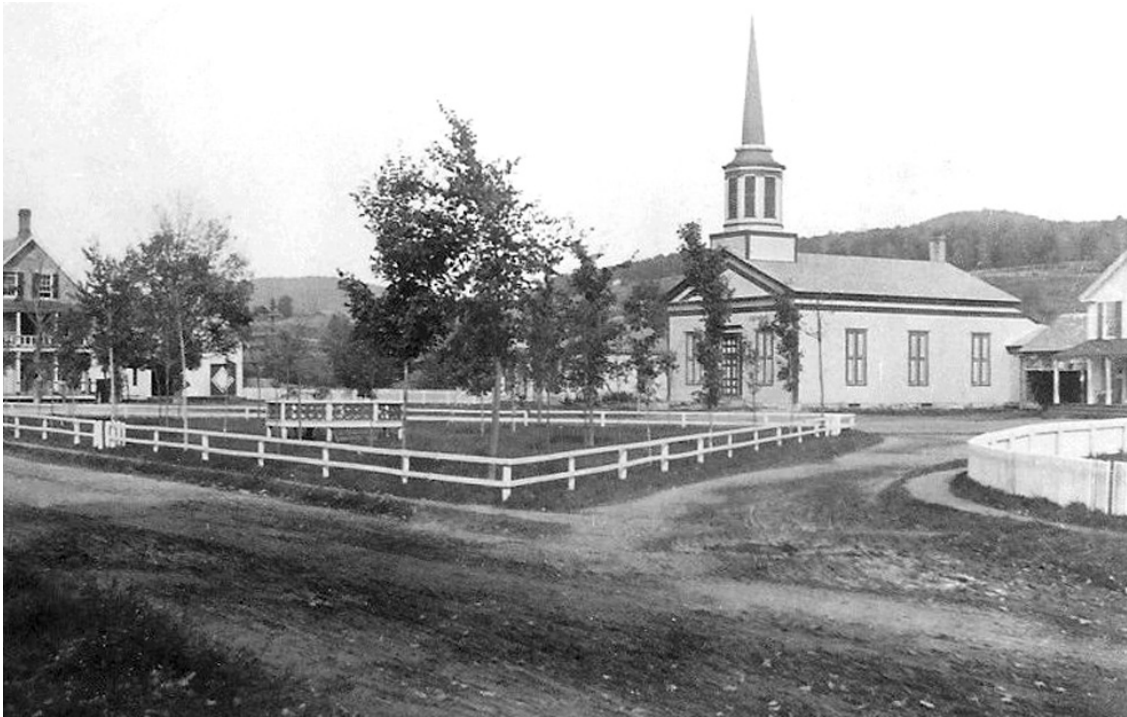
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## REMEMBER WHEN UNDERHILL

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### ◆ THE CONGREGATIONAL MEETINGHOUSE ◆

Excerpts from various writings by Gary Irish, local historian;  
*Town Growth, Town Controversy* by Carol C. Wagner; and  
*Antebellum Underhill, Vermont* by Hope Greenberg



1888 photo of Underhill Flats: Current VT Route 15 in the foreground;  
Congregational meetinghouse behind the "common."

***The first generation of settlers to Underhill were Congregationalists*** that came primarily from southern New England towns, and as such, their conception of a village was based on the model of a town common surrounded by dwellings, with a school and, more importantly, a meeting house at its center. For a number of decades, they met in various meetinghouses in different Underhill locations, and eventually disputes arose as to which meetinghouse should be considered the seat of Congregational worship.

In the late 1830s as Underhill Flats was growing as a commercial center, the owners of the Tower & Oakes store (now an apartment building) leased an adjacent parcel of land to one of the Congregational societies.



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*"To have and to hold the said leased lot on farm premises for the use of a Congregational Meetinghouse so long as the said ground shall be used for that purpose, but for no other use, they yielding and paying yearly each and every year on the first day of January if demanded one Ear of Indian Corn. Dated at Underhill this 31st of December 1838."*

After fire damaged the Congregational Meetinghouse in the Flats in the mid-1840s, the present simple, Greek Revival church building was constructed in 1847.

It was erected without a foundation and the facilities were primitive. There was no basement under the building; the huge sills were set on stones laid on the ground, which fortunately was well-drained sand.

A hole excavated under the sanctuary held a hot air furnace with one grill for heating the church. The kitchen facility could not be used in the cold weather because the water lines were above ground and the only sanitary facility was a "privy" off of the front vestibule (until 1979!).



As far back as the 1890s, local merchant E.S. Whitcomb had felt that the church building stood too low, having no cellar or proper foundation, and he offered to have it raised at his own expense and to give bonds that it should be safely done, but the church committee objected, and the building remained as it was until 1979.

In the early '70s after years of joint worship at the Congregational church building in Underhill Flats and the nearby Methodist church building, the United Church of Underhill was formed and the members made the Congregational building in the Flats their center of worship.

At the annual meeting on January 18, 1979, members voted to undertake a project to excavate a basement under the church and build a proper foundation. Groundbreaking for the project took place after the Easter

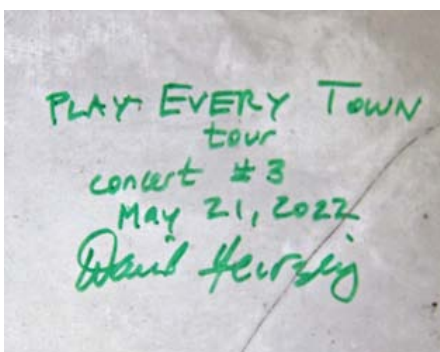
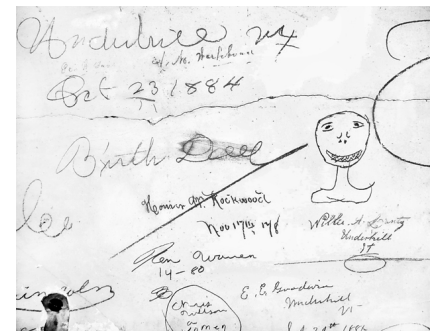
service. With experts to raise the building and excavate the earth beneath it, the project proceeded.

It was a queasy summer with the church perched high on huge timbers. On September 16, 1979, the cornerstone was symbolically dedicated by members of the Masonic Lodge. The church building now had a fully-weatherized basement with windows, a large kitchen facility, a meeting room, classrooms, toilet facilities front and back on the main floor, and a new hot water heating system. In addition, new walks, a driveway, and a parking area were created.



An interesting feature of the United Church building is a room above the entry that was finished when the building was built in 1847 but has only been used for storage. It is also where you go to ring the bell in the steeple above. As has happened in other local buildings through the years, people who have gone up there have written on the walls, and taken collectively, this room documents the history of those who have been a part of the church in some fashion through the years.

[For a closer look at the “room above” and the historic signatures, see the article *Story of Us* from the September 2022 Mount Mansfield Villages newsletter at [this link](#).]



UVM composer-pianist David Feurzeig’s mission is to give free concerts in all VT towns as part of his [Play Every Town](#) project. On May 21, 2022, he entranced the audience at the United Church of Underhill building with a spectacular concert. His momentary disappearance after the concert is explained by his signature in the “room above.”

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## COOK'S CORNER

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### ◆ CRUSTLESS PUMPKIN PIE ◆

A quick & easy recipe from community member Susan Adams

#### INGREDIENTS

- 1 15-ounce can pumpkin
- 1 12-ounce can evaporated skim milk
- 2 whole eggs
- 2 egg whites
- 3/4 cup sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ginger
- 1/8 teaspoon salt
- 1/2 cup graham cracker or vanilla wafer crumbs



#### DIRECTIONS

##### Step 1

Preheat the oven to 325°. Grease a high-sided 9" pie plate.

##### Step 2

Combine pumpkin, milk, and eggs. Beat until blended and smooth.

##### Step 3

Mix in sugar and spices and blend well.



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#### Step 4

Stir in crumbs and pour into the greased pie plate.

#### Step 5

Bake for 45-55 minutes, until a knife inserted near the center comes out clean. Cool and refrigerate overnight.

#### *Susan notes:*

*"For this simple, one-bowl recipe, I usually use 3 eggs and skip the egg whites—even easier!"*

*This Crustless Pumpkin Pie is so satisfying and smooth that you won't miss the crust. If you substitute gluten-free vanilla wafers or graham crackers, your gluten-free guests can enjoy it also."*



### ◆ FUN FACTS ABOUT PUMPKINS ◆



- Around 90 to 95% of the processed pumpkins in the United States are grown in Illinois.
- Pumpkins originated in Central America.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- In colonial times, Native Americans roasted long strips of pumpkin in an open fire.
- Colonists sliced off pumpkin tops, removed seeds, and filled the insides with milk, spices, and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- Native Americans made mats from dried, flattened strips of pumpkin.

*~ from the University of Illinois Extension*

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## SPECIAL SALUTE

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*November born...blessed with an unwavering spirit  
that defies any storm!*

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### **WE THANK OUR GENEROUS COMMERCIAL DONORS**

Age Well	Hickok and Boardman
Ben & Jerry's Foundation	Jericho United Methodist Church
Cambridge Area Rotary	SecurShred
Central VT Council on Aging	The Harnisch Foundation
Community Bank N.A.	Union Bank, Jericho
Concept2, Morrisville	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](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, 2012, Workman Publishing. The answers are on **PAGE 19**.*

### ***RazzMaTazz!***

*All the answers in the quiz end with the letter Z.*

1. This Yiddish word for a clumsy or awkward person is also commonly used in English.
2. A colorful cotton fabric with a glazed finish, mostly used for curtains or upholstery.
3. Fake, artificial, or false.
4. A thin pancake filled with cheese, similar to a crepe, but of Jewish or Slavic origin.
5. Effervescence, bubbles, froth.
6. O.J. Simpson used to run through airports in commercials for this company.
7. This Mark won seven gold medals at the 1972 Munich Olympic Games, a record that held until 2008.
8. A popular ballroom dance that likely began in Austria in the 16th century.
9. To spray a liquid in quick, short bursts.
10. A communal settlement in Israel, typically a farm.
11. This semi-precious crystal, the second most abundant mineral on Earth, is used in very accurate clocks and watches.
12. Russian for "human," this is the name of the Soviet Union's original human spaceflight program.

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

***Answers: RazzMaTazz!***

1. Klutz
2. Chintz
3. Ersatz
4. Blintz
5. Fizz
6. Hertz
7. Spitz
8. Waltz
9. Spritz
10. Kibbutz
11. Quartz
12. Soyuz