

Copley Woodlands Connections

September 2022

UPDATES

- The “Bivalent” booster vaccine which contains elements of original Covid and the Omicron variants BA.4 and BA.5 will be available in pharmacies and at doctor’s offices in mid September. You need to wait 2 months from your last booster or Covid infection. Stay safe and get vaccinated!

ACTIVITIES

We have some interesting and fun activities coming up in September!

The OSHER lecture series has begun and will be held throughout the Fall on Wednesdays at The Stowe Cinema. We will be providing transportation to these lectures departing at 12:30 p.m. There is a complete schedule with the lecture topics which is posted in the front lobby. OSHER does require pre-registration for all lectures and there is a small fee. If you need help in signing up please come to the front desk for assistance.

The next Foot Clinic will be held on Friday, October 7th. There are still appointments available. Please sign-up at the front desk. There is a \$40.00 fee for this service and checks should be made payable to Debbie Gabucci. The next Blood Pressure Clinic will be held on Wednesday, September 14th at 10:15 right before the Community Meeting which is at 11:00.

Our Mahjongg group is up and running and playing regularly. Some of us are still learning though! If anyone else is interested in learning or playing please see me. There is also a Mahjongg group starting soon at The Stowe Library, so there will be another opportunity to play there as well!

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We will also be hosting a Tech Help group with JP Marhefka on Tuesdays 9/13 and 9/27 at 3:00 p.m. JP is a Stowe High School student and will be here to answer any tech questions you have, so bring your phones, tablets or laptops and he can help you troubleshoot. He is also willing to show you how to make restaurant reservations online as well as other tasks you may need assistance with.

We have several off site excursions planned as well. On Friday, September 16th at 1:30 p.m. we will head to Morrisville and try the new Acai Bowls place “AA saa ee”. If you’ve never tried an Acai bowl this is the place to introduce yourself to them! An Acai bowl traditionally has a sorbet-like fruit base topped with a variety of healthy toppings like fruits, nuts, coconut, granola, honey or maple syrup! They are truly delicious!

On Monday, September 12th we will head up to Shelburne Orchards for some apple picking! We will depart at 11:00 a.m. Shelburne Orchards offers pick your own apples, but also has a stand where you can purchase a wide variety of apples as well as cider, doughnuts and honey. We will stop for lunch too!

Our Fall Scenic drive is scheduled for Monday, September 19th and we will also stop for ice cream in Stowe on the way back. Van will depart at 1:30 p.m.

On Friday, September 30th we will tour around Stowe to observe the “Exposed” Sculpture Exhibit sponsored by The Current. These sculptures focus on the importance of dreams and how they aid the healing of the subconscious. The

BOOK GROUP

Copley Woodlands' Book Club read "*BOOTH*" for this August. This historical fiction novel was focused on the John Wilkes Booth family and was very popular amongst our members. Karen Joy Fowler's research into the mid-1800's helped create the background for the childhood into adulthood lives of the Booth siblings. As famous actors traveling around the country, the Booth family was well known by many. And their lives were forever changed after their brother, John Wilkes Booth, assassinates President Lincoln. Fascinating details will make this book a fast read about family dynamics and this very sad time for our country.

Our next book is a fictional novel "The Magnificent Lives of Marjorie Post" by Allison Pataki. Marjorie Post started working as a child in her father's (C. W. Post) cereal business. She was a woman that did not want to be confined to the traditional roles of women and dared to demand more. By the time she was thirty, she was the wealthiest woman in the U.S. Join us as we read this novel about her "advocacy, passion, and adventurous spirit that led to her stunning legacy."

See Peri for copies of these books and join our discussion group!

Tana Lilienthal



Be the first person to spot the hidden maple leaf in this issue and win a prize!

LUNCH AT THE SKINNY PANCAKE

After having been awakened in the middle of the night with the blaring of smoke alarms, then catching a morning nap and another cup of coffee some of us Woodlanders hit the road and went on an adventure and had a unique dining experience on August 31st! The Skinny Pancake in Stowe (next to the Stowe Cinema) provided this unique adventure. They offer appetizers, drinks, breakfast crepes, savory crepes, and dessert crepes. Whatever you are in the mood for!

Peri escorted Nancy Biscone and Tana and Peter Lilienthal on this delicious adventure. The Stowe location is very convenient, with inside and covered outside seating. The delicious food was very filling, and the wait staff answered our many questions! Peri recommends the Chicken Bacon Ranch Crepe - so delish! You should give Skinny Pancake a visit and enjoy this French dining experience right here in Stowe!!

Tana Lilienthal



Cindy Fuller captured this beautiful sunrise on her morning walk with "Honey"

2nd ANNUAL – TEA TIME AT THE WOODLANDS!

Afternoon Tea is a British culinary tradition of sitting down for a treat of tea, sandwiches, scones and cookies. Tea Time at the Woodlands began in 2021 when a group of resident Anglophiles came together to make tasty English treats, serve tea in English tea cups and host charming conversations at tables on the Back Porch.

The sky was a bit overcast, the air a bit damp, but the Back Porch was warm and welcoming at 3 PM on September 6th as welcomed the Second Annual Tea Time at Copley Woodlands.

The tables were beautifully set. There was English tea served in English bone china tea cups. There were two kinds of scones with butter and jam, cucumber tea sandwiches, thumb print cookies, gluten free cookies and more. But the best part of the magical hour for the Woodlands Tea Party was the hum of conversation, smiles and laughter, and a moment to make a memory. Nearly twenty ladies of the Woodlands gathered on the porch to celebrate England's world-famous Afternoon Tea and to share a cuppa.

Great thanks are due to the organizer and Anglophile extraordinaire, Joy Richards, and her cadre of able bakers, photographer and general helpers. Helpers included Tana Lilienthal, Barb Pfitzenmayer, Adi Barnett, Margery Adams and Peri Armando. *Margery Adams*



Residents enjoyed the beautiful table settings, conversation and tasty English treats at the 2nd Annual Tea Time at Copley Woodlands.





Cindy Fuller saw these three deer on Depot Street



Mary Milsark from Lamoille Home Health gave a demonstration about safely accessing our van



SEPTEMBER SONG

September, how lovely between summer and fall.
 A song all its own with cool nights and warm days.
 Wild geese in the wing, how our gaze responds to their haunting call.
 Their wings are aglow with the sun's morning rays.

September, a song of its own nestled in between
 The dark green of August and the vivid colors of October.
 Listen quietly and you will hear the cadence and tone.
 A song so endearing it is certain each year you will cherish and remember.

Sure it's back to school again after summer's freedom to play.
 Old friends, new teachers, new rules to remember, for sure it's September.
 It is that song again – the Song of September
 Your song to treasure, yours to remember.

Jim Grant

breakfast and dinner. Her job left her free to ski from about 9:30 in the morning to 4 in the afternoon.

By 1974 Betty, her husband and the boys were all avid skiers. So much so that the family moved to Clarendon, Vermont, just minutes away from Rutland and the Killington and Pico Peak ski areas. They once more tackled restoring an old home, this one, Betty says, “from room to room”.

John joined an insurance agency and Betty spent the summers mothering, gardening and working on the house. Winters found her on the ski slopes—as an instructor at Killington for 30 years and as a guiding light (on skis) in the Pico Peak children’s ski program.

Betty also served on the Act 250 District Environmental Commission during the rapid expansion of the 1980’s, including Pico’s enlargement, Killington’s rapid growth, a busy real estate market, and large scale business and commercial development.

Now the widowed Betty says with a playful grin “as an old lady I started knitting” and “I am a Patriots football fan.”

She’s also the proud mother of three sons and four grandsons. Son Tod is in Colorado’s Aspen Valley region, probably drawn by its reputation as an excellent skiing venue. Son Gary is relocating from New York to Vermont, and son Jon is in Stowe. All are ardent skiers, making hers a three-generation ski family.

Is Betty skiing? Now at home here in #305, she had a second hip replacement during Covid and has been back on the ski trails...“just a little bit”!

Welcome, Betty, to Copley Woodlands. Who knows? Maybe you can find one or two ski buddies here if you are willing to ski the easier open slopes at Spruce Peak where nobody can run into a tree when their leg gives out.

~ *Rosemary Bachelor*



Copley Woodlands was treated recently to an appearance of the rare Great White Owl (genus:Hydrangea) which was created by Rosemary Bachelor.

It visited me and was admired by all who saw it. Barb Pfitzenmayer

children. In 2003 they moved to Stowe, fulfilling a longtime dream.

The Tichanskys soon became active members of St. John's in the Mountains. There, relying upon his expertise in construction management, Joe oversaw building of the current church in 2005. He died at age 95 in 2020.

Their children are Janet, who lives in Massachusetts; Peter, in Manhattan (NYC); Joan, living in New Jersey; and, David, in Pennsylvania.

Jan is still getting settled at her new home here in #308. You only need walk by out front, or step inside, to know that she loves old things. She collects a variety of antiques, ranging from toys, old containers and tables atop old foot-treadle sewing machines to numerous pieces of antique furniture.

She can be added to the list of Copley residents who are a delight to get to know.

~ Rosemary Bachelor

BIBLE READING WITH NEIGHBORS

'Bible Reading With Neighbors' continues at the Woodlands with scheduled weekly meetings on Mondays throughout September. The group will be meeting at 11:00 AM on the Back Porch or Conference Room, depending on the weather!

We are reading in the book of Luke this month. Lorraine Paine and Sherry Bell, our neighbors and readers from Grace Bible Church in Moscow, will be joining us. We will meet on Monday, September 12, Monday, September 19, and Monday, September 26. Beverages and cookies and/or snacks will be available.

There is a sign-up sheet on the table in the Lobby. Join us!

Margery Adams



Adi Barnett, Ellen Bruno, Cathy Calagna, Peri Armando and Joanna Foust made clay trinket leaf dishes during the latest craft session

Also, you could type in the numbers 7734, turn the calculator upside down, and the digital numbers would form the word "HELL." You would do this for hours. Then you'd go back to watching interior paint dry.

Although we were the TV generation, our main entertainment device wasn't the boob tube. As a kid, the primary entertainment tool was your bike. Every kid had a bike. A bike was your door to the real world.

On non-school days, you told your Mama you were going to a friend's house. Then, you got on your bike and you pedaled 129 miles, uphill, through the sleet, until you got to you buddy's place. Then, do you know what you did? You knocked on the door and engaged in a conversation with an actual adult. You made eye contact.

"Can Rachel play?" you asked.

"She can't play right now," Rachel's mother would say.

Because Rachel was off hanging the laundry, darning her socks, waxing the floors, painting her house, or performing some other hapless chore we in the TV generation had to do.

And you dealt with the rejection. It was hard, yes. But rejection was part of us. Our parents didn't shield us from rejection.

When we played baseball, for example, we had winners and losers. Winners got trophies. Losers dealt with their rejection maturely. We did this by shaking the winners' hands, then going to the parking lot to key their cars.

We did unsafe things. Our playgrounds had no cushioning. We had tetanus-covered tornado slides that would peel the skin right off of your shoulder blades.

We wandered into the woods to start campfires, build forts, dam creeks, make rope swings, and try to injure each other by throwing sticks that looked like boomerangs.

We did all this without ever once snapping a photograph of it. Without once taking a selfie. Without ever sending a text message or shooting video.

The phone has already replaced my camera, newspaper, alarm clock, map, calendar, television, radio, and mailbox. I'm not going to let it replace my memories!

Submitted by Margery Adams

