



CRAFTSBURY COMMUNITY CARE CENTER NEWSLETTER

www.craftsburycommunitycarecenter.org

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In This Issue:

	Page
Letter from the President	1
Auction Items	1
Arts Across the Ages	2
Keeping It Local	2
Ruth Whitcomb	3
Echo Hill Sugar Farm	4
Neil Loysen	4
Barbara Ulman	5
Woodturning	5
Sugar on Snow	6
Board of Directors	6

LETTER FROM THE PRESIDENT

Where has the summer gone? It seems like we just had our sugar on snow party and now our summer cookout is already upon us. I would like to invite everyone to our CCCC Cookout this year. It will be on Sat., July 23rd this year. If you have come in the past we would love to see you again, if you have not come in the past consider this your invitation to come. We have a great time with plenty of good food. The meal starts at noon with an auction to follow at 1 p.m. This is our major fundraiser in the summer with about a 100 items to be auctioned off either live or a silent auction. These items we sell have a generous value but we want you to remember that it's the donation for these items that matter so we ask you to dig a little deeper in your pockets when it comes to purchasing these. We also want to thank all the businesses that have given to this auction, without their help this would not happen.

When you are at the Center that day or any day, take a tour of the facility or ask someone on the staff for a tour. Sit down with some of our residents and ask them how they like their home. You may be surprised they may give you a tour of the facility and their room.

We ask that you keep us in your thoughts. If you are thinking of volunteering, we always need drivers for doctors appointments, meals on wheels, or just to sit and listen to our residents reminisce.

Thank you for your support in the past and we look forward to seeing you this summer.

— Randi Calderwood, CCCC President

Craftsbury Community Care Center, Inc. is a 501(c)3 organization and Equal Housing Opportunity Facility.

Our mission is to provide a caring, homelike affordable residence for seniors, in a setting that encourages independence, activities and involvement with families, friends and the larger community.

**Craftsbury
Community Care Center**
1784 East Craftsbury Road
Craftsbury, VT 05826
802.586.2414

MARK YOUR CALENDAR FOR CCCC'S AUCTION SATURDAY, JULY 23TH

Below are a few of the CCCC's Auction items:

- one hour plane ride
- 2 Celtic tickets
- hand-knit baby blanket
- Wooden bowl from Dave Brown
- elegant dinner for 4 from Judy Dales
- box of cheese from Jasper Hill Farm
- sweater and hat from Marsha Harvey
- 4 tickets from Summer Music in Greensboro
- Mill Village Pottery piece from Lynn Flory
- \$100 of computer services from Stuart Hill
- consultation and 2 hours of gardening from Laura Hill of Gardens Make Beautiful
- two hours of fruit tree pruning — Josh Karp



Plane Ride with Neil Ulman

ARTS ACROSS THE AGES

In the Arts Across the Ages project, there was art and music shared by both East Hill Preschoolers and the residents of the Craftsbury Community Care Center. These friends gather each Wednesday during the school year to share stories, music, and art. All this is done side by side, one person inspiring and engaging the next. The Pleasants Fund of Greensboro has made it possible to bring in local artists and teachers who guide and inspire.



The following groups and individuals participated in this program for three and four week long residencies, all enriched our time together:

- Jon Gailmor, singer/songwriter
- The G.R.A.C.E. Project
- Jeudevine Music School
- Muddy Creek Pottery

We say goodbye for the summer and look forward to meeting again next Fall for more art, music, stories, and laughter.



KEEPING IT LOCAL, REALLY LOCAL

The Center is doing its best to provide local, organic food for the residents whenever possible. The summer is a great time to make this a reality, and the best way to do this is by growing some of our own fruits and vegetables. With input from residents regarding their favorite homegrown food and suggestions from our amazing kitchen staff, we are able to plant, grow, harvest and then enjoy our own food. Some residents enjoy planting in the ergonomic herb garden, which is a raised garden. No need to stoop and squat; this herb and greens garden is at chest-level and can be weeded and harvested standing up. Since the garden is located on the footpath just outside the back door, it is accessible for all the residents to enjoy. This raised garden stands next to our larger vegetable garden where we have tomatoes, broccoli, peppers, onions, cauliflower, calendula flowers, and a strawberry patch. They can pull up chairs and literally watch their garden grow while relaxing in the shade of a nearby tree.

The residents find the food extra delicious when they know it's been grown right outside their door. It's also a great reminder of days when many of them had gardens to feed their families...it makes for great conversation about what they grew and ate in years gone by. Special thanks to Kristin Urie who designed the garden and is still an integral part of it.



Mary Rathbone tends the herb and greens bed

MUSIC IS RUTH'S MIDDLE NAME

Ruth Whitcomb was welcomed to CCCC just over a month ago. She was born in 1916 and raised in Ryegate, Vermont – a town with a Scottish heritage, she says. Her family owned Hillside Dairy Farm where she, her brother, and two sisters grew up strong and healthy.

Her parents soon discovered that she had musical talent. So, she started piano lessons at an early age. The piano teacher would take the train up north and give lessons to children in the area for 10 cents per hour. Her mother diligently encouraged Ruth to practice on the piano regularly in their farmhouse. Ruth fondly remembers when she was growing up that a blind gentleman and his wife “took me under their wings”. The gentleman was a phenomenal piano player, and he enjoyed hearing Ruth play the piano.

By the time she was 12 years old, Ruth began playing the church organ. In fact, she was the organist at one church for 48 years!



Ruth went to the University of Vermont, majoring in languages, science, and home economics. She recalls taking a sewing course at UVM, only to discover that she already knew everything that the course offered. Her mother had been an excellent seamstress who had previously taught Ruth all she needed to know!

She met her future husband, Roger, at UVM. After college, Ruth was a high school Latin teacher, and she married Roger in 1939. For many years, her husband was the Head County Agent for the UVM Extension Service in Orleans County. They owned a 100 acre farm near Lake Memphramagog. She says the scenery was beautiful there (but also admitted that it's beautiful everywhere in Vermont!). The farm was a good place to raise their children, she says. They had two daughters and two sons. Sadly, one of her daughters passed away. However, her family has grown to include many grandchildren and great grandchildren.

Ruth says that she and her husband had both planned to live together at CCCC when they got older. Even though her husband passed away, it seemed natural to Ruth to move to CCCC anyway. She is very pleased to be at CCCC, and she has really enjoyed singing since she has been here. “I can sing all the parts” she says proudly.

Besides music and raising her family, Ruth has also enjoyed collecting antiques, some of which are in her lovely corner apartment. Her apartment is also filled with other remembrances of her life. Her mother's embroidery hangs over Ruth's bed. A picture of Ruth as a child with her mother and maternal grandmother is on another wall. A pencil drawing of her father (who called her “Billy Girl”) graces a third wall.

Ruth says that while she feels she has done nothing particularly remarkable over the years, it has been a wonderful life. But raising a family and sharing her musical talent by playing the church organ for half a century is quite exceptional.

Three cheers for Remarkable Ruth!

VISITING ECHO HILL MAPLE SUGAR FARM

Randi Calderwood, President of the Center's Board, hosted an open house for residents at his new sugarhouse this past spring. This was a first-time visit for a few residents, while others grew up with the tradition of sugaring. As the steam billowed out, Randi explained each step of the sugaring process. We were amazed that it takes 40 gallons of sap to make just one gallon of maple syrup.



This year, resident Sally Fisher's son, Galen has offered his land to expand the Calderwood's sugaring enterprise. The warmth of the boiling sap and the sweet scent of maple made for a delightful afternoon. It's great to get out for the day after a long winter, and there's nothing more inviting than delicious, warm maple syrup and raised cider donuts. Not only did residents return home with a full belly and smiles on their faces, they were each given a gift of Fielda Calderwood's famous maple cream!

FRIENDS REMEMBER NEIL LOYSEN

We would like to say a few words about Neil Loysen, a resident who died earlier this year. He had many interests and was a font of knowledge, leaving us all speechless during trivia games when it came to history and facts about various presidents. He was a movie buff and could name any classic or silent movie film, including the year it was made, its stars and director. He also had a vast collection of die-cast miniature cars that he proudly displayed in his room. He was a gentleman, a great conversationalist, and a real joy.



4C'S VOLUNTEER SPOTLIGHT — BARBARA ULMAN

CCCC is truly fortunate to have a band of musical talent volunteering to entertain the residents on a regular basis. Barbara Ulman is a standout among them for her longtime dedication and infectious enthusiasm.

For almost as long as she can remember, Barbara has been a part of one or more choral groups and at age eight she began piano lessons. In her thirties, she returned to the piano and then took up the organ. In 1996 Barbara and her husband, Neil, moved from Long Island, New York to Craftsbury.

For many years, Barbara had led a weekly hymn singing group and she longed to continue this interest. Just two months after settling here, she found that CCCC was the perfect venue for gathering to enjoy an hour of communal hymns. The residents were enthusiastic and usually familiar with the old standards that Barbara played. Hymns continued to be the basis for the sing-a-long for several years. More recently, the repertoire has centered on popular old time favorites such as *Red River Valley* and *Over the Rainbow*. Barbara draws from five different community songbooks but returns to the hymnals at Christmas time.

Everyone is welcome to join Barbara and her devoted and spirited following from 3:00 to 4:00 p.m. on Thursdays. She is also a frequent substitute organist at the East Craftsbury Presbyterian Church. Her love of music could not be more evident. Barbara says that she always looks forward to Thursday afternoons and considers her time at CCCC as the ideal volunteer opportunity – “doing what I love to do.”



RESIDENTS ENJOY A BIT OF YESTERYEAR

Richard Montague, master woodturning teacher and son-in-law of 4Cs resident Ruth Whitcomb, brought his lathe to demonstrate turning to the residents. He showed how objects such as wooden bowls and bats are made by spinning and cutting wood. While giving us a bit of turning's history, we found out that turning has been around for three to four thousand years. Noting that we've only had electricity for about 100 years, he described some of the earliest human powered lathes.

The residents had a chance to try their hand at woodturning. Richard then demonstrated by turning a wooden top. He showed us examples of his turned folk toys including a ball and cup which is universal to all cultures, tippe tops, miniature tops, chasing tops, Alaskan yo-yo, moonspinner (button on a string), a Civil War signal whistle, and a train whistle. These toys brought back memories of yesteryear for residents and were familiar playthings in their own childhoods. There was also bowls and tools as other examples of turnings he has created as part of his 50 years experience.



He was a huge hit with the residents and showed us some of his smallest tops, eight of which easily fit in the bottom of a thimble and one as small as the head of a pin!

We thank Richard and his wife, Martha, for taking time to share their talents and bring a beautiful art form right to our door!

SUGAR ON SNOW WELCOMES MANY FROM COMMUNITY

Sugar on snow is a sure sign of spring. This year's long winter made our event especially sweet, bringing out about 150 community members to enjoy donuts, pickles, cider, and most importantly maple syrup. The sweet nectar was provided by Board President Randi Calderwood and Echo Hill Farm (www.echohillfarm.com). Two beautiful quilts were raffled. These labors of love were created by those committed to the Center.



KP Thibodeau, Director of the Craftsbury Community Care Center, made a lovely "rag style" quilt and the Knit Wits, a group that joins residents each Monday afternoon for sewing, quilting, and other projects, designed a unique hanging that featured dress patterns. Each square has details like Mother of Pearl buttons and other embellishments. The Chinese Auction had over 50 home-baked offerings that had a favorite for everyone. Thanks to the Board of Directors who helped with the baking and organization of the whole event. Many thanks, also, to families that provided treats. Sugar on snow is a beautiful way to welcome in the start of spring!

BOARD OF DIRECTORS:

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- Amelia Robinson-Fritz
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- Jim Jones
- Janet Johnston
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- Bob Twiss

EXECUTIVE DIRECTOR:

- Kathleen Thibodeau

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