

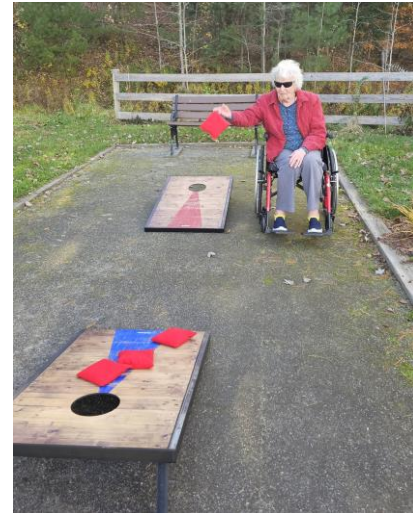


It is always fun to see everyone in their Halloween costumes! We had quite the coven of witches this year!!!

A group from Residential Care decided to enjoy a beautiful fall afternoon with a couple rounds of cornhole! These folks are good!



Look at how wonderful Ruth's floral hat decoration came out...perfect for gardening!



The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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November Birthdays

Tom P. ~ 5th

Claire F. ~ 7th

Pamela F. ~ 9th

Maisy C. ~ 12th

Sue G. ~ 14th

Telia U. ~ 19th

Judy C. ~ 20th

Jeanne C. ~ 23rd

Catherine S. ~ 25th

Celebrating November

Historic Bridge Awareness Month

Family Stories Month

National Novel Writing Month

World Communication Week

November 1-7

Extra Mile Day

November 1

Traffic Directors Day

November 4

Origami Day

November 11

National Take a Hike Day

November 17

National Jukebox Day

November 27

Thanksgiving Day

November 28

GOBBLERS ON THE GO

Submitted by Esther F.

Turkey drives were a tradition from the 1800s to the early 1900s and involved the overland strolling of flocks of turkeys from all corners of Vermont to their destination — and demise — in Boston.

Up to 10,000, one of the largest drives in the fall of 1824, involved 40 homesteads. They went all the way from northern Vermont and the Canadian border by a variety of routes, through Ferrisburgh in the west, next to the Connecticut River in the east.

Farmers' children often acted as drovers, scattering cracked corn in the turkeys' path to coax them along the route. And the route wasn't always smooth:

Wherever the turkeys were when the sun sets, that's where they perch for the night. And their collective weight shattered trees; occasionally birds ended up perching on a farmer's shed or barn and the building collapsed. The darkness of a covered bridge prompted the turkeys to roost and the drovers would have to pick them up and carry them through. There's a record of a fellow in southern Vermont reporting how they clogged a covered bridge for two days.

The going was slow, just 10 to 12 miles a day — and about ten percent were lost on the way. Some drowned in river crossings or taken by foxes or died of natural causes. And one of the natural causes would be farmers' families. As the turkeys walked by the farm, a couple of them might lose their way into a pot in the farm family's kitchen.

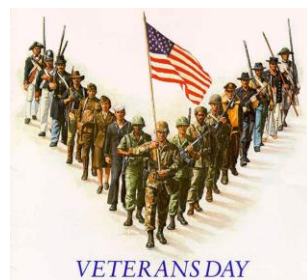
This was an exciting enterprise to be part of an exciting parade, going through the little towns.

- Excerpts from a talk by Peter Gilbert



Veterans Day Celebration

Monday, November 11th at 1pm
Main Dining Room



Please join us for a very special ceremony to honor all those who have given their service to our country.



MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

Beaver Rehabilitation Presentation: Monday, November 4th at 1pm in the Main Dining Room

In Person Voting: Tuesday, November 5th from 9-11am (please sign up in advance!)

State House Tour & Cafeteria Lunch: Thursday, November 7th departing at 11am

Veterans Day Ceremony: Monday, November 11th at 1pm in the Main Dining Room

Repotting Clinic: Tuesday, November 12th at 1pm in the Main Dining Room

Foot Clinic:

Residential Care- Thursday, November 14th from 8:30am-12:30pm in the Country Kitchen

Candlelight Remembrance Ceremony: Wednesday, November 20th at 1pm in the Main Dining Room

Resident Council Meeting: Thursday, November 21st at 10:30am in the Main Dining Room

Episcopal Church Service: Thursday, November 21st at 11am in the Fitness Room

November Birthdays Celebration: Wednesday, November 27th at 1pm in the Main Dining Room

STAFF SPOTLIGHT



Many of you have already met our new Dining Room Manager, Mars Hogue, as she began working here about a month ago. Mars is originally from the Philippines and grew up with a large family. She is the youngest of eight and all of her family is still at home in the Philippines. Mars makes the trip home

at least once a year to visit everyone. She currently resides in Graniteville, VT with her husband and 14-year-old son. They have two horses, (Herald & Ritz) one African grey parrot named Jacque, and two parakeets (Novak & Coco.) Mars says that karaoke is one of her most favorite things in the world! (She'll have to join us at our next karaoke party!) She also likes to watch tennis with her husband, she's always cooking, and she plays scrabble once a week. Mars has enjoyed meeting residents and staff in her new role and commented on just how "nice" everyone is. Mars, we are glad to have you on the team and we all look forward to hearing you sing!

ANNUAL CANDLELIGHT REMEMBRANCE CEREMONY

*Sarah Sadowsky, MSW, LICSW
Resident & Family Services Director*

The Westview Meadows community will continue the ritual this year of the annual Candlelight Remembrance service. It will be held on Wednesday, November 20 at 1:00, and all community members and staff are welcome and encouraged to attend. This event creates the opportunity to gather and reflect upon our friends and community members whose losses we have experienced this past year. It is beneficial as a community to share space to acknowledge the grief as well as the healing processes that everyone is going through. We will again gratefully host Carolyn's Angel Band ("hospice singers") and Diana Moore, who is in the role of Bereavement Coordinator with Central Vermont Home Health and Hospice. You will be welcome to share your own reflections, a reading, song, or a poem, with the community and hope you will feel open to do so.

"ODE TO MARY BETH"

Bewitched, Bothered, and Bewildered was I
When come Halloween last I did espy
My beloved Mary Beth transformed,
costumed as a Witch.

Consider my concern as regards
my medication and its source.
Witches were known for foraging in the forest
for frogs' legs and bats' eyebrows.
Could I not be suspicious?
What recipe did she follow?
I shudder to think what ingredients
were mixed in Mary Beth's brew!

But I reconsidered -- haven't I been taking this brew
for a hundred years, with beneficial results?
(Avoiding those remedies advertised on TV.)
So when offered Mary Beth's potent potion
I swallowed my pride along with the pills --
Hurrah!
Long live Mary Beth!

Alban R.
November 2024

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

Bread is one of the oldest prepared foods in the world, dating back to the Neolithic era, around 10,000 B.C.E. When man farmed barley, einkorn wheat, emmer wheat, millet and spelt he discovered that adding water to the grain—i.e., creating porridge—made it more palatable. Further experimentation led to cooking the mixture on stones that had been heated in a fire, creating the first breads, which were flat and tortilla-like. The earliest bread-making tools date to 8,000 B.C.E. Leavening, using wild yeast to make the bread rise, came later during prehistoric times. Cooking the bread on hot stones evolved to closed ovens made of brick or clay, around 3000 B.C.E., fueled by charcoal, they could reach temperatures of up to 480°F. The clay oven, or tandoor, was developed in the Indus Valley (in what is modern Pakistan) about the same time. The closed oven enabled the production of different types of bread, as did the use of yeast. The art of using yeast to leaven bread was mastered by the ancient Egyptians. Many cultures still enjoy forms of these early breads (such as flatbread). The ancient Greeks turned bread baking into an art., they invented the front-loaded bread oven and a wide variety of doughs, loaf shapes and styles of bread to pair with specific foods. Baking became a profession, and people began to buy their bread from skilled bakers. Now a days your bread options are endless depending on how creative you want to get. Some fun ways to use breads are blending in sauces and soups as a thickening agent. For bread that is a couple days old, you can always make flavorful croutons or breadcrumbs which can be used in many recipes. The best bread though is fresh out of the oven with a little butter!

*"I am grateful for what I am and have.
My thanksgiving is perpetual."*

— Henry David Thoreau