SASH flash

Monthly Newsletter for SASH Participants at
Valley Village, Inc
October 2026

There Was One Year October Only Had 21 days, and Apple Pie Isn't From America!

In the year 1582, October 4 was followed directly by October 15. If you've ever had trouble understanding the phrase "time doesn't exist; clocks exist," consider this example of time as a construct: In 1582, the day after October 4 was October 15. This curious leap occurred when the Gregorian calendar replaced the Julian calendar at the behest of Pope Gregory XIII, who felt the need to do something about the latter's inaccuracy. Under the Julian calendar, a solar year was measured as exactly 365.25 days — a slight overestimate that, over the 1,600 years it was used throughout the Christian world, led to a discrepancy of several days.

As far as the Catholic Church was concerned, this was a problem not only for accuracy's sake but also because it led to confusion over when Easter should be celebrated. The Council of Nicaea decreed in 325 CE that the holiday should be observed on the first Sunday after the first full moon following the vernal equinox, but calendar drift created a discrepancy between when the equinox actually took place and when the calendar said it did. Hence the jump in time. The decision to solve the issue by reforming the calendar came during the Council of Trent, a conference held by Catholic clergy between 1562 and 1563 in response to the Reformation. Pope Gregory chose October as the time to "lose" 10 days because there were no major Christian holidays during that period. *-Michael Nordine*

Apple pie isn't from America. Apple pie has long been emblematic of wholesome Americana. There's even a saying tying the dessert to U.S. culture: "as American as apple pie." But the classic treat actually originated across the ocean, in 14th-century England. The first known record of an apple pie recipe was in *The Forme of Cury*, an English cookbook compiled around 1390 by King Richard II's cooks. The recipe calls for apples, figs, raisins, pears, and spices, but unlike the dessert we know today, it didn't call for any additional sugar. All of the ingredients were to be baked inside a hard, lard-based shell called a "coffin," meant to be a container, not a golden, flaky crust.

Eventually, apple pie made its way to America with European settlers; the first recorded mention of the dessert in the U.S. was in a 1697 diary. By the late 1700s, multiple updated recipes were included in America's first known cookbook, *American Cookery*. By the early 1800s, American farmers were growing thousands of apple varieties. Apple pie continued to gain popularity through the 19th century, but it didn't become a cultural icon until the 20th century. As early as 1902, a *New York Times* editorial called it a symbol of American prosperity, and by the 1920s, "as American as apple pie" started to appear in print. The dessert's position as a meaningful part of American culture was all but cemented during World War II, when soldiers proudly

declared that they enlisted for “mom and apple pie.” *-Nicole Villeneuve*

> *“For to make Tartys in Applis.*
> *Tak gode Applys and gode Spycis and Figys and reysons and Perys and wan they are wel ybrayed coloured with Safron well and do yt in a cofyn and yt forth to bake wel.”*
>
> — The Forme of Cury c. 1390

Translation: *"Take good apples and good spices, figs, raisins, and pears, and when they are well ground (or chopped), color them with saffron, then place them in a pie crust and bake them well."*

Who Could Afford the Apple Pie Recipe from *The Forme of Cury*?

This is the first recorded recipe for apple pie, written in England around 1390 in *The Forme of Cury.* As many historical recipes are, this one is bare bones and leaves a lot of room for interpretation. In 1390 England, the apple pie recipe was not a simple, everyday dessert — it was an elaborate, spiced, fruit-and-nut compote baked in a sturdy lard-based “coffin” pastry. The ingredients included good apples, pears, raisins, dried figs, saffron, sugar, and a variety of spices (The “good spices” in the recipe could mean basically any combination of spices you like. This is probably referring to a popular medieval spice mixture called *poudre douce*, whose exact contents varied from cook to cook. Popular spices included cinnamon, nutmeg, mace, black pepper, long pepper, cardamom, ginger, galangal, and cloves.)

This was expensive!

- **Apples and pears** were seasonal and could be costly in winter, especially if imported or stored.
- **Dried figs and raisins** were imported from the Middle East or Mediterranean, making them luxury items.
- **Saffron** was one of the most expensive spices in the world at the time, imported from Asia.
- **Spices** like cinnamon, ginger, and cloves were also imported and costly.
- **Sugar** was a luxury in medieval England, often reserved for the wealthy.
- **Lard or suet** was more affordable than butter, but still required animal fat and labor to process.

Given these costs, only the upper classes — nobles, high-ranking clergy, and wealthy merchants — could regularly afford such a pie. The recipe was compiled by King Richard II’s master cooks, and historical accounts suggest it was “fit for a king”. In medieval England, pies like this were often reserved for special occasions, feasts, or company, and the crust was sometimes called the “upper crust” of society because it was a sign of status.

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Ongoing SASH Events This Month

Days	Event	Time
Tuesdays	**Tai Chi for Arthritis and Fall Prevention and 10 minute Seated Strength-** Join us in learning the Tai Chi Institute for Health's Tai Chi for Arthritis and Fall Prevention, taught by Amy. Improve balance, strength and confidence with this easy to learn gentle flow (we take it one small step at a time!)	10 am
Fridays (except 10/2 and 10/30)	**10 minute Seated Strength and 15 minute Seated Yoga-** Gradually increase your flexibility and strength with light, seated weight lifting followed by a relaxing yoga flow.	11am and 11:15am
Monday 10/26	**Podiatrist**- Dr. Leibow will be here to provide foot care. Please add your name to the list on the 1st floor bulletin board by Wednesday, 10/21 if you would like to be seen. Paperwork is required for all new patients and is available in the SASH Office.	Late Morning
Thursdays	**Activities with Dawn**- Meet Dawn in the 2nd floor community room, activities to be determined (but typically BINGO unless otherwise noted on the calendar or newsletter)!	3:15pm
Wednesday 10/14 & 10/28	**Moover Shopping Trip-** Please call the Moover to register if you would like to join the group (802)460-7433. Ask to talk to a dispatcher and let them know you would like to sign up for the Townshend Shopper and they will make sure you have all the information you need!	10:30am
Thursday 10/22	**Foodbank Drop Off-** Truck usually arrives between 10a-11a. If you are interested in receiving a commodity box, call **1-800-214-4648** to apply. **Fresh produce and other food from the VeggieVanGo is available to all residents regardless of qualification for commodity boxes!**	Around 10:30/11am
Friday 10/30	**Halloween Party-** Carrie will be hosting a Halloween party in the cafeteria of the Assisted Living Building and she is inviting residents from the Independent Living Building!	2:30pm
Saturday 10/3	**Valley Village 5th Annual Trail Walk-** Join us for a 1 mile Woodland Trail Hike behind Valley Village or take a walk on the gravel path around our grounds! Proceeds support our operating budget. Food and refreshments will be available! Sign-up ahead of time, or just head over to the Assisted Living Building on the day of the walk. (Registration isn't required to participate)	9:30am

October Harvest

PMPUKIN .....
NCRO .....
AHETW .....
PPELA .....
SQUAHS .....
AOREWCRSC .....
YHA .....
STAEVRH .....
DHCRAOR .....
VESAEL .....
UMANTU .....
AOCNR .....
GOUDR .....
TEBAKS .....
AOTRCTR .....
ARMF .....
RIAGN .....
ICEDR .....
PSRIC .....
FELISD .....
WSELROUFN .....
PAELM .....
ANBR .....
YBONTU .....
IEDHARY .....
EAGTRH .....
ELSAOASN .....
IFTESAVL .....
PCROS .....
LEATCIOEBRN .....