



One of VOCA's best friends, Mike O'Malley,

passed away on April 17th, 2011. Mike was born July 31st, 1951 in Clinton Ma. He spent nearly 30 years with the Vermont Department of Corrections. Mike and Patricia Cuddy married on May 25th, 1997 and have two children, Megann and John O'Malley. Mike was the man who made the Department of Corrections cemetery work crew project such a success. Mike was always willing to make things work out.



It's that time again, get over to your favorite chair with your favorite beverage and see what we have for you. We have the Presidents Message, an item on how the body ages, and the dying process. We have a look in the vault, and some trivia.

PRESIDENT'S REPORT SUMMER 2011

Summer has finally arrived in the Green Mountain State after an exceptionally hard and brutal New England winter. We have gone from record snow to record rainfall in Vermont. Lake Champlain has broken records for flooding and it may be until August 1st before it is at a normal level again. The farmers' fields are full of standing water and it may be many days before the first cutting of hay can be harvested or the cow corn can be planted. I did finally put my own garden on Memorial Day. Vermont has also had way too many severe June thunder showers. Hopefully, this weather will not stop any cemetery restoration projects you or your community are planning.

VOCA lost a good friend this spring. Department of Correction Field Office Director and VOCA member, Michael O'Malley, passed away unexpectedly in April. Mike was instrumental in utilizing Vermont Department of Correction work crews to do maintenance in cemeteries around the state for many communities. His support of the work crew for Rutland Cemeteries alone was above and beyond any expectations and his "can do" philosophy whenever I proposed a new and/or unique project, it was never dismissed, but often, much to the chagrin of some DOC staff it was implemented. I will personally miss his support and friendship. The new DOC Field Office Director, Keith Tallon, has assured me that his office will continue with this statewide cemetery program. If you are interested in the availability of a DOC work crew for a cemetery project in your community, Keith can be contacted at (802) 786-5099.

The saga of the Aldrich -Kendall Cemetery court case was finally settled by the Vermont Supreme Court. (See Rutland Herald June 11, 2011) Justice John Dooley wrote the court's decision and that the

former owners of the property had “no right to that part of the land and had no right to bury the cremated remains in it.” Several Aldrich descendants have given the current landowner their permission to remove the remains so it is anticipated that the small 1800s era, 41’ by 27’ cemetery will be removed. It is interesting that no Kendall descendants have voiced an opinion on the disinterment of their ancestors. There is a silver lining to this unfortunate case.

Because of this Aldrich-Kendall Cemetery controversy we do have a new state law on the books to address any future cemetery removal. I have been busy doing VOCA presentations around the state. Thanks to the Monkton Historical Society for having me at their May meeting and for their generous donation to the Leon Dean Account. For the 6th year in a row I worked with the Floodbrook Middle School the Friday before Memorial Day. Once again, the 27 students and their teachers spent several hours in the Dellwood Cemetery in Manchester, VT cleaning many old veteran monuments. This year it was especially special with the close proximity of Memorial Day. I also had the opportunity to do a presentation with the Rutland City Middle School Social Studies Department which included a hike to one of the city’s old burial grounds for a formal discussion why cemeteries are important to communities. The students also spent time straightening some monuments in the historical West Street Cemetery.

How the Human Body Ages

Wrinkled skin and gray hair are usually what we first think of when we think of an elderly person. However, there is much more going on inside and outside the body.

Outward Signs of Aging

Skin loses fat layers, oil glands, and elasticity over the years, which changes its appearance. Skin appearance is also affected by nutrition, hormones, sun exposure, and heredity. Loss of fat layers causes skin to bruise more easily, get bed sores, and causes a person to become

cold more often. Deposits of melanin, which causes skin to turn tan from the sun, cause age spots. Hair turns gray because it loses pigment.

What Happens Inside the Body as We Age?

The Cardio-Vascular System:

When people turn about 80 years old, they will begin to experience less blood flow. This causes a decrease in the size of the heart, and deposits of calcium to form in the heart valves, making valves hard and less flexible.

As we get older, we often experience reduced stamina, since less oxygen is being exchanged, making the person tired more often and more easily. This is obvious when we watch children at a park and compare them to people in their 50's. It's hard to remember having as much energy as a six year old.

Other cardiovascular risks that increase as we age include hypertension with an increased risk of stroke, heart attack, and congestive heart failure.

The Respiratory System

Airways and lung tissue become less elastic, causing more restricted breathing. Your intercostals muscles, which are muscles within the rib cage that assist in breathing, become weaker making it difficult to take deep breathes and cough. This can be worsened if the person smokes or has lived in a heavily polluted area.

These changes that result in decreased stamina, shortness of breath, and reduced oxygen levels can increase feelings of anxiety.

The Muscles

Muscles often become weaker and are replaced with fat, causing a loss of muscle tone and strength. This can cause reduced gastro-intestinal tract function, leading to constipation, and bladder incontinence.

However, regular exercise, such as walking, can greatly reduce these problems at any age.

The Bones

Around age 35, men and women begin to lose bone density due to the loss of calcium. This can lead to: osteoporosis, possible spontaneous bone fractures, and a reduction of height and changes in posture.

Arthritis, the inflammation of the joints, is a very common condition among the elderly. One form of arthritis is osteoarthritis, which is the wearing away of the joint cartilage. The second type is rheumatoid arthritis, which is a disease of the connective tissues. Both of these reduce mobility and can make everyday activities more difficult.

The Nervous System

After age 25, everyone loses nerve cells, reducing response time and coordination. Sleep is often disrupted and overall sleeping time is often reduced.

The Gastrointestinal System

With aging, people experience a reduction in digestive enzymes, saliva, and taste buds. This can result in impaired swallowing and slower emptying of the stomach.

Food is not broken down or absorbed as good as it used to be. This often results in vitamin B, C, and K deficiencies and even malnutrition. These vitamin deficiencies can have some adverse effects, such as muscle cramping, bruising, reduced appetite, mental confusion, and illness.

Metabolism

Metabolism is the rate at which food is changed into energy useable by the body. After age 25, the human metabolism is reduced by about 1% every year. Food and medication are absorbed less well.

Sexuality

Sexual desire and performance may continue well into a person's 70s, 80s, and 90s. In women, vaginal fluids productions are reduced.

Men experience less sperm production, reduced sensitivity, and enlarged prostates. Men and women both need more stimulation to be aroused and to orgasm.

Vision

It is estimated that the elderly require three times the amount of illumination to see as well as a young person. An increase in nearsightedness requires more time to focus and makes small print harder to read. The lens of the eye often thickens and yellows. This results in: increased sensitivity to glare, decreased depth perception, and more difficulty seeing pastel colors, especially blue and green. There is an increased incidence of cataracts, macular degeneration, glaucoma, and diabetic retinopathy with age.

Hearing

With age, there are changes to the bones and cochlear hair cells of the inner ear cause a decrease in sensitivity to high frequency tones and less ability to distinguish between similar pitches.

Hearing loss is common among the elderly. About 30% of the elderly have some hearing impairment.

Hearing loss is an invisible impairment. It is often covered up or denied by the person. Those with undiagnosed hearing loss are often mislabeled as dumb, senile or uncooperative.

What happens when we die?

Does evidence from the reports of near death experiences suggest that the human mind, or soul, is separate from the irreducible human body?

If the answer is yes, then what consequences does this have for our understanding of reality, science, and religion?

The mystery of what happens, when we die and the nature of the human mind has fascinated humankind from antiquity to the present day. Although traditionally considered a matter for philosophical debate, advancements in modern science and in particular the science of resuscitation have now enabled an objective, scientific approach to seek answers to these compelling questions, which bear widespread implications not only for science, but also for all of humanity.

While studies of the brain during cardiac arrest have consistently shown that there is no brain activity during this period, these individuals have reported detailed perceptions that appear to indicate the presence of a high level of consciousness in the absence of measurable brain activity.

Since the 1950's and 60's, marked improvements in resuscitation techniques have led to higher survival rates for patients experiencing Cardiac arrest. Although many studies have focused on prevention and acute medical treatment of cardiac arrest, relatively few have sought to examine cognitive functioning and the state of the human mind both during and subsequent to cardiac arrest. The in depth study of such patients, however, could serve as the most intriguing facet of cardiopulmonary resuscitation and may lead to significant progress in improving medical care while effectively addressing the mind-brain problem.

Today, most scientists have adopted a traditional monist view of the mind brain problem, arguing that the human mind, consciousness, and self are no more than by-products of electrochemical activity within the brain, notwithstanding the lack of any scientific evidence or even a plausible biological explanation as to how the brain would lead to the development of mind and consciousness.

This has led some prominent researchers, such as the late Nobel winning neurologist Sir John Eccles, to propose a dualist view of the problem, arguing that the human mind and consciousness may in fact constitute a separate, undiscovered entity apart from the brain.

Contrary to popular perception, death is not a specific moment, but a well defined process. From a biological viewpoint, cardiac arrest is synonymous with clinical death. During a cardiac arrest, all three criteria of clinical death are present: the heart stops beating, the lungs stop working, and the brain ceases functioning. Subsequently, there is a period of time which may last from a few seconds up to an hour or longer in which emergency medical efforts may succeed in resuscitating the heart and reversing the dying process. The experiences that individuals undergo during this period of cardiac arrest provide a unique window of understanding into what we are all likely to experience during the dying process.

In recent years, a number of scientific studies conducted by independent researchers have found that as many as 10 to 20 percent of individuals who undergo cardiac arrest report lucid, well structured thought processes, reasoning, memories, and sometimes detailed recall of their cardiac arrest. What makes these experiences remarkable is that while studies of the brain during cardiac arrest have consistently shown that there is no brain activity during this period, these individuals reported detailed perceptions that appear to indicate the presence of a high level of consciousness in the absence of measurable brain activity. These studies appear to suggest that the human mind and consciousness may in fact function at a time when the clinical criteria of death are fully present and the brain has ceased functioning.

If these smaller studies can be replicated and verified through the definitive, large scale studies of the Human Consciousness Project, they may not only revolutionize the medical care of critically ill patients and the scientific study of the mind and brain,

but may also bear profound universal implications for our social understanding of death and the dying process.

The AWARE (Awareness during Resuscitation) study is the first launched by the Human Consciousness Project and is led by Dr Sam Parnia, a world renowned expert on the study of the human mind and consciousness during clinical death, together with Dr Peter Fenwick and Professors Stephen Holgate and Robert Peveler of the University of Southampton. The team will be working in collaboration with more than 25 major medical centers throughout Europe, Canada, and the United States. During the AWARE study, physicians will use the latest technologies to study the brain and consciousness during cardiac arrest. At the same time, they will also be testing the validity of out of body experiences and claims of being able to see and hear during cardiac arrest through the use of randomly generated hidden images that are not visible unless viewed from specific vantage points above.

The AWARE study will be complimented by the BRAIN-1 (Brain Resuscitation

Advancement International Network – 1) study in which researchers will conduct a variety of physiological tests in cardiac arrest patients, as well as cerebral monitoring techniques that aim to identify methods to improve the medical and psychological care of patients who undergo cardiac arrest. The studies are being funded by the U K Resuscitation Council, the Horizon Research Foundation, and the Nour Foundation in the United States.

One of the world's leading experts on the scientific study of death, the state of the human mind-brain, and near death experiences, Dr Sam Parnia spends his time between hospitals in the United Kingdom and Cornell University in New York, where he is a Fellow in Pulmonary and Critical Care Medicine. Founder of the Human Consciousness Project and Horizon Research Foundation, he has published extensively and presented his work at scientific institutions across the country. His

groundbreaking research has been featured on the Discovery Channel documentary, "The Day I Died".

Trivia:

Moose outnumber people in Canada's Yukon Territory, with more than 64,000 moose!

What's in the Vault:

- 1) The fall meeting will be held in Addison Vermont on October 1st, 2011. Diane Leary is in charge and will have the final details for us in the next news letter.

- 2) I had a problem with a virus in my computer, it is still in the process of rehabilitation, but my info on new members is not available to me at this point in time. They will be included in the next news letter.

Trivia:

In ratio of cows to people, Vermont has the greatest number of Dairy Cows in the country.

Paul Revere was the first person to ever identify a body by dental records. He recognized a dead man because of the work he had done joining two teeth together with silver wire.

2011-2012 Headstones

Thomas Giffin, President, 61 East Washington St, Rutland VT, 05701 tgifvt@msn.com802-773-3253
 Diane Leary, 1st VP,..... 4670 Greenbush Rd, Charlotte, VT, 05445..... 802-881-1951
 Chris Book, Treasurer, 44 North Main St, Rutland, VT, 05701 802-773-6252
 Vacant!!!!!!!!!!!!, Grants Administrator Assistant,This could be you!!!!!!!!!!!!.....Vacant!!!!!!!!!!!!
 Arthur Hyde, 2nd VP&Grants Admin, 1991 Upper Plain, Bradford, Vt 05033 802-222-4088
 Harry Fisher, Membership& Newsletter Ed, P O Box 3282, Nampa, Idaho, 83653..... 800-675-8815
 Merci Fisher, Assistant Newsletter Ed., PO Box 3282, Nampa, Idaho, 83653.....800-675-8815
 Justin Giffin, Asst Treas, 61 E Washington St, Rutland, VT justingiff@hotmail.com..... 802-779-1671
 Charles E Marchant, Sec, P O Box 132, Townshend Vt, 05353cemassoc@svcable.net.....802-365-7937
 Edmund Wilcox, Exe Board, 4996 Georgia Shore Rd., St Albans Vt, 05478802-524-3318

WEB MASTER

Darryl Harris
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FOOTSTONES

2012 **Wesly Mowry, P O Box 297, Hartland, VT, 05048**802-436-3383
 2011 **Richard Howrigan, P O Box 16, Fairfield Vt, 05455**802-827-6513
 2010 **Robert Hooper, 44 Charity St, Burlington Vt, 05401** hooper9999@aol.com802-862-0708
 2010 **Vacant**Are you the one we are looking for?.....
 2010 **Ruth Barton, P O Box 309, Putney, Vt, 05301**802-254-1128
 2011 **Chris Book, 44 N Main, Rutland, VT, 05701**802-773-6252

Vermont Old Cemetery Association is a non-profit organization founded in 1958 to “encourage the restoration and preservation of neglected and abandoned cemeteries in the State of Vermont”. Meetings are held twice yearly on the 1st Saturday in May and October. The VOCA newsletter is published by the editor four times a year to coincide with the seasons. The IRS granted VOCA tax exempt status 3/21/1969 (Ref BUR EO59-26)

VOCA Books For Sale

The 3rd edition of “Burial Grounds of Vermont”, lay-flat binding \$35. Addendum to 1st & 2nd editions \$4.00, “Stones&Bones”, a teacher’s resource packet \$24.00. These prices include shipping costs; we are not required to collect Vt sales tax. Send check made out to “VOCA” and a return address label, if possible, to “ Charles E Marchant, VOCA Secretary, P O Box 132, Townshend, Vermont, 05353”

VOCA County Representatives

***** These are people who will come help you with your VOCA grant application *****

Addison- Betty R Bell 802-453-3947	Grand Isle- vacant
Bennington – Jean Kosche – 802-447-2241	Lamoille- Deanna French 802-888-4537
Orange- Arthur Hyde 802-222-4088	Orleans- Wanda Webster 802-525-3550
Caledonia – vacant	Rutland- Cliff Giffin 802-773-3743
Chittenden- Robert Hooper- 802-862-0708	Washington- Vacant
Essex- Richard Colburn- 802-723-4833	Windham- Charles Marchant 802-365-7937
Franklin- Edmund Wilcox- 802-524-3318	
Windsor- Ken Barrett- 802-875-2941	

Circle One

Renewal + member number / Change of address / New member

Name _____ member # _____

Address _____

Town/City _____

State _____ zip _____

Telephone # _____

e-mail _____

Dues are for calendar year: 1 year \$10.00, 5 years \$40.00 and lifetime is \$140.00

**** A new member joining in Oct or Nov or Dec will have dues applied to the following year ****

Make check payable to VOCA, mail to: Chris Book, VOCA Treasurer, 44 North Main Street, Rutland, Vermont 05701

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