



We appreciate your positive feedback and are delighted you are enjoying this newsletter.
- The "Buglers"

Linda C.
Phil C.
Lois K.
Max K.
Betsy L.
Paul S.
Cari B.

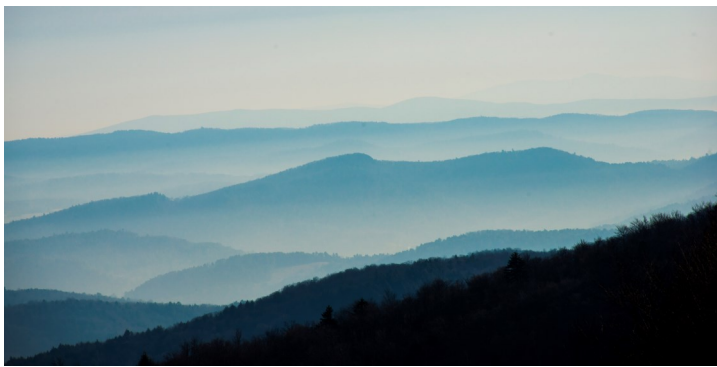


Photo by Max K.

Spring Storm, by Holly S.

Indigo hills, their dark brows expectant,
loom over stubble awash with green shoots.
Willows flaunt young sinew, bright olive
in the half-light. Flushed by a sudden gust
finches splash gold across the somber sky.

Though you be blind, or deaf and mute,
you grasp the unfolding—the pressure
in your chest, the din of the storm on your
fingertips. Rain pelts your face, brings you
the scent of new-turned earth. A wind
of beating wings rushes through your hair.

You stretch out your palm to the bard who
signs the colors of spring. The spinning world
takes over, impels your feet to speak.



Films

- Linda C.

Remember to check out films on Kanopy AND the streaming options on the various platforms such as Amazon Prime, Google Play, YouTube, Hulu, etc. I recommend:

The Silent Child (Kanopy) written by Rachel Shenton who played the part of Helen in **All Creatures Great and Small**. This 2018 Oscar winning short film is about a profoundly deaf little girl who learned to sign. **Made You Look** (Netflix) true story about fake art.

Suggestions from the New York Times:

Linda Ronstadt: The Sound of My Voice (2019) (stream on HBO Max) "This documentary is based on Linda's memoir and she tells much of her own story, in vivid detail and with good humor (and occasional assists from all-star friends and collaborators like Dolly Parton, Bonnie Raitt and Don Henley). The archival performance is thrilling..."

🎱 Baseball season is here! 🎱

30-year-old Bianca Smith, the first Black woman to coach in pro baseball, is now a minor league coach in the Boston Red Sox organization. She loves these classic baseball movies:

The Sandlot (Disney+; Apple+; Hulu); **Angels in the Outfield** (rent on Hulu); **Rookie of the Year** (Disney+).

Top 4 classic baseball films from *Bleacher Report*: **Field of Dreams** (1989) (Netflix) "When Iowa farmer Ray (Kevin Costner) hears a mysterious voice one night in his cornfield saying "If you build it, they will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land..."

The Natural (1984) (Netflix) starring Robert Redford; Robert Duvall; Glenn Close.

Bull Durham (1988) (Amazon Prime) starring Kevin Costner, Susan Sarandon, Tim Robbins.

The Pride of the Yankees (1942) (Amazon Prime) "The story begins before World War I when young Lou Gehrig begins dreaming of becoming a professional ballplayer..."

The 93rd Academy Awards are April 25, 2021 from 8:00—11:00 PM on ABC. Red carpet at 6:30.



Medical Thoughts

- Paul S.

So now what? The vaccines have arrived even faster than predicted. The residents at EastView have been immunized. And, the national death rate, while still around a thousand people a day, is only about one third of what it was. Now are we free to live life just as we would like?

Not quite. First of all, the vast majority of the world is not vaccinated, and therefore the disease continues to spread. And each movement of a virus from one person to another is an opportunity for a mutation to be transmitted—including one that may be resistant to the vaccine. Also, to appear in public without a mask or otherwise abandon safe practices is a message of support for behavior that is dangerous to all of us. But most of all, because of the uncertainty of whether an immunized person can occasionally harbor a silent infection—a question which we have already had to confront even in our own small community—the behavior of even vaccinated people may have a direct effect on the death rates.

Once more let me point you to what has been for me the best overall data source for the “Big Picture”, the IHME statistical database and their current predictions. They note that as of March 16, the cumulative deaths worldwide were 3.2 million, in the USA 534 thousand, and in Vermont 212. However, looking ahead to July 1, they predict that worldwide deaths will have risen to 3.8 million, US deaths will have gone up to 598 thousand, and Vermont deaths will have gone up to 319. However, there are two other possible projections depending on how we all behave. If, on the one hand, public mask use were somehow to reach 95%, the global deaths on July 1 would be only 3.6 million, thus saving 200,000 lives; the US deaths would be 584 thousand, thus saving 14,000 lives; and Vermont deaths would be 302, saving 17 lives. On the other hand, in their words, “If in those that are vaccinated, mobility (i.e., public activities) move towards pre-Covid levels,” global deaths will be 4.1 million or an excess of 500,000 lost lives; USA deaths will be 655 thousand, or an excess of 57 thousand lost lives; and Vermont deaths will be 448, or an excess of 129 lost lives.

I wrote the above on March 16. **Today on April 6** the predictions have already changed, mostly for the worse. Predicted worldwide deaths by July 1 are up to 4.4 million and 609 thousand for the US – both significant increases in just a few weeks. It is interesting, however, that Vermont predicted deaths by July have dropped slightly to 310. (Best and worse scenarios have changed in the same way so I won’t repeat those numbers.) These are only projections and we have already seen how much they can change in a short time. However, I think they show two things: First, while we are indeed an isolated community entitled to enjoy the benefits that our isolation gives us, outside this community our behavior should be considered more carefully, in a manner not hugely different from what it was before. Second, we have also learned another good reason to be happy we live in Vermont.



Books

- Lois K.

Thank you to those who sent recommendations this month. Here are a few from Linda P.:

Shuggie Bain, by Douglas Stuart. It won the Booker Prize. It is sometimes sad, but worth the read. It is based on the author’s Glasgow, Scotland childhood.

Apeirogon, by Colum McCann. He is a very good writer and Linda says this book is a difficult story but a beautiful read.

If you are looking for something lighter she suggests any of Donna Leon’s mysteries—set in Venice with Inspector Guido Brunetti’s musings and his yummy descriptions of Italian food.

Phil C. suggests these non-fiction books:

HANDS ON THE LAND: A History of the Vermont Landscape, by Jan Albers (2000). Prehistoric geology, Vegetation, First Human Residents, Evolving Agrarian Landscape, Contemporary (as of 22 years ago) Life Styles and Commercial Activities, etc. You might pick up this book for its coffee table-worthy photographs, but you will stick around for the fascinating text. Ought to be required reading for all Vermont residents. Now available in the EastView library.

And for a bigger picture of land as real estate Phil suggests:

LAND: How the hunger for ownership shaped the modern world, by Simon Winchester (2021). Winchester does not shy away from broad topics or sweeping observations. Land as wealth, power, political influence, and concern for the future of the world. From the invasions of “discovered” territories to the summaries of particularly egregious modern land disputes, Winchester’s descriptions are convincing and frequently frightening. Our little state of Vermont comes in for some praise for its efforts to balance private ownership with public access.

Continued on page 5



Familiar Faces



Judy D.

I grew up in the Northeast Kingdom of Vermont in a family that had a strong sense of faith, hard work and optimism. My parents' mantras to us were: "Make it up, wear it out, make it do, or do without." "You can figure it out." "Visit anytime." We have passed these on to our three children and granddaughter Anna.

I studied Human Development at UVM. After that I worked with children in the school system, non-profits and then at Helen Porter where I helped organize events like wheel chair square dancing, lighted pumpkin displays, hat show photo ops, flower shows, and art exhibits.

My husband Dave and I now live in the house his grandparents built just down the street from EastView. We have a big garden and love to eat meals that have come from our yard or been foraged/harvested nearby. My passion for "playing" with food has taken the form of an annual gingerbread project for my nieces and nephews, making a chicken house, a fairy house with chocolate fairies, and a castle with turrets guarded by a fire breathing dragon.

I came to work at EastView in the fall of 2019. Not only do I enjoy my job and the interaction with both residents and staff, but the part-time (30 hours a week) schedule allows me free time for other activities.

My parents' farm in Lyndon, VT has been sold. Fortunately, our two daughters have retained 42 acres of the property where we have joined them in building a cabin.



Lois & Bob A.

Lois (born Lois C.) met Bob A. at Bowling Green State University. She was impressed by his handlebar mustache and his clever sleight-of-hand card tricks! They were married in 1951, during Bob's second deployment in the U.S. Army First Cavalry Division, US Army, Korean War. His first deployment having been as a Platoon Sergeant during the occupation of Japan. After his discharge, they returned to B.G.S.U. for Bob's BA degree & Lois' MS—courtesy of the G.I. Bill.

In 1953 they moved to New Jersey where Lois had a speech therapy position at the Matheny School and Bob was a grad student at NYU. Bob then began a 15-year career in personnel at Allstate Insurance Co. Their 3 children Kathy, John, and Rob were born in New Jersey before corporate transfers to Ohio and Illinois. Eventually Bob founded a training program consultancy named Performance Management that later evolved into Organization Resources International. Lois began a 12-year career as a speech therapist in the Northbrook (Illinois) School District 28.

When their youngest child went off to college, the Lois & Bob moved to Barnstable, MA where Bob's frequent business travel benefited from proximity to the Hyannis Airport. Meanwhile, Lois found challenging new opportunities at the Cape Cod Visiting Nurse Association, Head Start, and the Riverview School.

The work demands of Cape Cod were broken up by singing in the Chatham Chorale, travel to Europe on musical tours, art classes, and art museum volunteering. There was time for sailing and beach life. Later, as the family scattered and 8 grandchildren came along, Bob and Lois had the chance for protracted visits to both the West Coast and to Vermont, where son Rob owned Middlebury Fitness. The plot thickened when Lois said to Rob, "You know, if Middlebury College had one of those retirement communities Dad and I would move to Vermont." Middlebury College had no such plan but Rob did and so the brilliant concept of EastView came to fruition.

From the coincidence department: Bob A. and late EastView resident George L. both attended Baltimore City College high school at the same time but only met each other after they moved here to EastView. Lois and the late Bob J. were both born in Lakewood Ohio Hospital but they finally met at CVUUS in Middlebury pre-EastView.

Familiar Faces—continued from page 3

Nancy & Mike W. - Mike W.



We came to Middlebury in 1969 directly from college. I started work as a veterinarian for Dr. Don Hunt. Nancy started the new Home Economics program at the MUHS Junior High.

In 1974, Bob Taylor and I started our own practice in Cornwall. Our practice grew and at one time we had six veterinarians. During these years, Nancy was busy raising our three daughters. Our grown daughters live in various parts of the country. Mika is an interior designer/entrepreneur and lives in North Ferrisburgh. Jamie is a pediatric endocrinologist and lives in Cleveland. Katy is a director of fine arts and lives in Denver.

After the children were in school, Nancy worked for the Addison Co. Child center for 12 years. She retired in 2003. Unfortunately, I had heart problems so I left private practice to work as a state veterinarian in Montpelier. In 2008, we sold our home that Nancy had designed and bought a camp on Long Point in North Ferrisburgh. I retired in 2010.

Nancy and I traveled in our Airstream trailer down the East coast and out to California. Liking Tucson, Arizona the best we spent winters there for the past 10 years. However, last fall before covid we decided to stop the commute and move into EastView. We sold everything and here we are.



April Birthdays

- | | |
|------------------|-----------------|
| Jim R. 4/9 | Linda G. 4/21 |
| Elita D. 4/10 | Bob C. 4/24 |
| Deem S. 4/12 | Rebecca C. 4/28 |
| Michelle J. 4/12 | |



Hiking Group

- Jean H.

After moving to EastView from Maryland, I was very impressed with the beautiful countryside and the many trails into forests and up mountains. Hoping to find some other enthusiasts, I broached the idea at a ViVa! meeting, and the hiking group began.



The Hiking Group, circa 2013

Our first hike drew 18 participants who happily tramped around Mt. Independence studying remnants of the Revolutionary War and fighting mosquitoes. I began collecting info and suggestions about various trails. The goal was to find a destination no further away than a 45 minute drive, find a day when the bus and a driver were available, and pass a delightful morning on the trail chatting and enjoying nature.

Some of our favorite venues were Silver Lake, Snake Mountain, Chipman Hill, Texas Falls, Mt. Zion, & the Crown Point Bridge. There were quite a few others which were suggested by group members and books about Vermont. We usually left at 9 AM and returned around noon. Occasionally we took lunches to eat on site. Or we stopped for creamies on the way home. One trip to Grandpa's Knob caused a mutiny when a certain indefatigable and enthusiastic lifetime hiker tried to add a loop to our planned trail when the rest of us were aching to get back to the bus. G.C., have you forgiven us yet? Mt. Zion (also known as the Taconic ramble) is a beautiful area in which I was totally incapable of following the right trail and got the group lost several times. Luckily, G.C. knew the way. A trip in the spring took us to Kingsland Bay where we saw carpets of trillium in bloom. Then there was the picture of the group on Chipman Hill which we sent out, having photoshopped a bear standing beside us. Interesting that a number of people thought the bear was real!

Between bad weather and the loss of participants, the Hiking Group has been somewhat less active in the past two years.



The Hiking Group 2019

We are counting on a burst of pent-up hiking enthusiasm in 2021 with the easing of Coronavirus restrictions. I look forward to sharing my materials and experience with a new leader in training. Any takers?

Community Voices

- Alec L.

The dog woke up this morning with something on his mind. I could tell because he lay there, looking at me, which is not what he does. Normally, it's straight to the window, where he talks to the other dogs. Instead, he announced with conviction, "The dogs and I have formed an Association, a closed-shop, Dog Union Co-operative, which will coordinate our grievances with the two-leggeds, who think they know how to manage themselves. Be it known: I've voted myself *Top-dog* with the help of redistricting. As an Australian Labradoodle, I speak Australian, which makes me multi-lingual and more adaptable than you. The need is apparent, if you ask any dog. Leash laws are oppressive. The four-leggeds can find our way home. Leash yourselves, if you like. Secondly, take down those poles with the green plastic bags. It's embarrassing, all that standing around waiting and picking up stuff, as if we've committed a sin. Besides, when it comes to territory, the land is leased, as much our turf as yours. Meanwhile, you whistle. We bark. Either way, it's noise pollution. Management would be wise to consider the consequences. Cats have inquired about joining our Local, as if that would work out. Even the two-leggeds know felines make ridiculous demands, like 'Fetch your own tennis ball.' Cats don't negotiate. They wildcat strike and blame it on you. I'm sure the up-right, up-tight people and Dog Union can reach an agreement. I'll be in my office." That's what he said.



Books—continued from page 2

My granddaughter is a voracious reader so I am sharing her recommendations.

Circe, by Madeline Miller. It is based on Greek mythology but mortals are mixed in.

Hamnet, by Maggie O'Farrell. This is a fictional account of Shakespeare's son, Hamnet. It won the Women's Prize for Fiction and much praise.

I have just read and recommend **A Long Petal of the Sea**, by Isabel Allende. She writes beautifully and this is a fascinating novel – a love story, but also based on the civil war in Spain in the 1930's and the migration to Chile as a result.

As always, continue to check the recommendations from the Vermont Book Store, the NY Times, and others. Keep your ideas coming.

Flower Show at EV

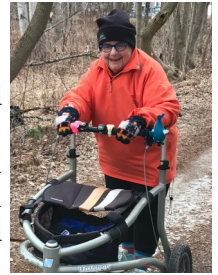


Thanks to the creative energy of Judy D. and a dedicated group of residents and staff, and in collaboration with Helen Porter, Agway, the Middlebury Players, and others, our community will burst with the beauty of spring on Friday, April 16th. We will be treated to floral arrangements, fun vignettes, and much more! Volunteers welcome!

On The LT for EastView

- Holly P.

A 10-week virtual hike on the 270-mile Long Trail from Massachusetts to Canada: All on my own? 27 miles weekly? Can I? From my 1985 Guide to the Long Trail, I learned that I had hiked 90 miles in past years, so I only had 180 miles to cover in 10 weeks. Doable, with luck. I had clothes but no longer needed gear for overnight hiking. I used virtual gear. On February 14, at the southern terminus of the trail, I headed north. I hiked Sundays through Fridays. Late Friday afternoons, Lois sent a helicopter for pickup. I needed a day of rest, but I returned to the trail on Sundays.



The camps were lean-tos and outhouses. Upon arrival, I immediately changed into dry clothes and hung up my boots (raccoons like salt). Then I set up my gear in the corner. I read the notebook with writings by prior hikers. Fascinating! Each evening a drone brought clean clothes, sleeping bag, and dinner. One night it brought a steak dinner; another night flourless chocolate cake. Yum! In the morning the drone delivered breakfast—often bacon and eggs and steaming coffee and it removed dirty dishes, dirty clothes and my sleeping bag. With no drinkable water on the trail, the drone brought water.

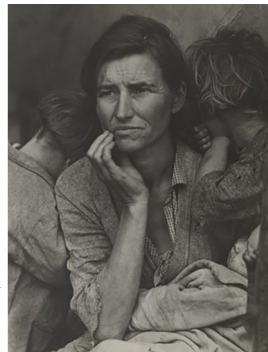
I established my hiking rhythm. My pack was lighter because of the drone deliveries, but I still carried emergency supplies and GPS, Guide Book and virtual camera. While hiking, I nibbled on the standby snack GORP (good old raisins and peanuts) with added M&M's. For lunch I ate PB&J sandwiches which were the best trail lunch ever. These kept me well fed. It was a sunny day when I reached Spruce Peak. I could see north and south along the spine of the Green Mountains and see where I had been and where I was going. The scenery was fantastic. The third week began with more good weather, but then my back gave out. I called for helicopter pick up. No LT this year? Horse Feathers!

After three weeks of rest and not hiking, Lois arranged for the helicopter to return me to the trail on March 21. By April 25 I had reached the Canadian border. Mission accomplished! In five weeks I managed 130 miles, averaging 26 miles each week. How? I rode my recumbent trike! Impossible? Why not? I documented the trip with pictures of bear, deer, beautiful birds, and interesting scenery. All were viewable with virtual eyes.

Photographic Notes

- Max K.

What do these two photographs have in common? They were made by two photographers associated with the Farm Security Administration (FSA), a New Deal agency created in 1937 to combat rural poverty during the Great Depression in the United States. The FSA is famous for its small but highly influential photography program, 1935–44, that portrayed the challenges of rural poverty. The photographs in the FSA/Office of War



Information Photograph Collection form an extensive pictorial record of American life between 1935 and 1944. The picture of the woman was made by Dorothea Lange, a successful San Francisco photographer whose business had been severely impacted by the depression. Lange joined the FSA as a photographer and came across Florence Owens Thompson and her children in a camp filled with field workers whose livelihoods were devastated by the failure of the pea crops. As Lange described Thompson's situation, "She and her children had been living on frozen vegetables from the field and wild birds the children caught. The pea crop had frozen; there was no work. Yet they could not move on, for she had just sold the tires from the car to buy food." Thompson later denied the quotation but the picture remains as one of the most poignant symbols of the depression years. The second picture was made by Walker Evans, also a FSA photographer. The Department of Photography of the Metropolitan Museum of Art describes Evans as one of the most influential artists of the twentieth century. "His art answered a personal need to distill the essence of American life from the simple and the ordinary. His photographs of roadside architecture, rural churches, small-town barbers and cemeteries reveal a deep respect for the neglected traditions of the common man and secured his reputation as America's preeminent documentarian. From their first appearance in magazines and books in the late 1930s, these direct, iconic images entered the public's collective consciousness and are now deeply embedded in the nation's shared visual history of the Depression."