



Welcome to the third edition of *The EastView Bugle!* We appreciate your input and are delighted that you are enjoying this newsletter. Please remember that it is your feedback about articles and/or suggestions for future articles that will make the EVB even better. *-The "Buglers"*

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



Books

We will still be keeping close to home due to Covid. Also, the weather will probably be grey and cold for quite a while, so it continues to be good reading time.

I just finished reading Madame Fourcade's Secret War, by Lynne Olson. This book is about the resistance movement in France during WW II, led by an amazing woman. It is a truly remarkable tale of heroism, daring, and patriotism. She also authored Citizens of London, an earlier book about Americans in London during the blitz.

History can be a fact based, date centered, dry subject or a personal look at the people as we see them from our present perspective. A book that fits the second category is You Never Forget Your First, by Alexis Coe. This is a well recommended, short, humorous look at George Washington and his wife.

In a different area of interest, The Overstory, by Richard Powers is a powerful book about the interconnectedness of trees. Several books lately have focused on communication in other species than human.

Linda P. highly recommends Apeiogon, by Colum McCann. It is a book about two men, one Israeli, one Palestinian and how they are impacted by the conflict in the Middle East. It is a personal, powerful read.

Keep on sending us your recommendations.

- Lois K.



Films

For subscribers to the New York Times, you can sign up to receive the WATCHING—their staff goes through Netflix, Hulu, Amazon Prime Video and Disney+ to find the best titles on each service. Please e-mail or call me if you want some of these suggestions.

Linda P. has suggested that you google the film before you watch it so you can read reviews, etc. For the golfers and soccer fans in our community Linda highly recommends:

Tommy's Honor (Kanopy and other platforms): A 2016 historical drama film depicting the lives and careers of, and the complex relationship between, the pioneering Scottish golfing champions Old Tom Morris and his son Young Tom Morris.

The English Game (Netflix): How 'soccer' escaped the bonds of an upper-class English sport.

Phil and I highly recommend this series:

Ted Lasso (Apple tv+): "Small-time football coach Ted Lasso is hired to coach a professional soccer team in England, despite having no experience coaching soccer." Ten episodes in Season 1 and there will be a Season 2.

and recommend:

Ma Rainey's Black Bottom (Netflix): Viola Davis is incredible as Ma Rainey (Gertrude Pridgett), one of the earliest African-American professional blues singers.

All in: The Fight For Democracy (Amazon Prime): "examines the issue of voter suppression in the US. The film interweaves personal experiences with activism and historical insight to expose a problem that has corrupted our country from the beginning. With the expertise of Stacey Abrams, the film offers an insider's look into the barriers to voting." This is a powerful documentary and one not to be missed. Recall the Georgia elections!

- Linda C.



Music *Story of EastView's Piano*

There was no piano in EastView's Community Room when my husband and I arrived in the fall of 2012, but I did finally find a small upright that had seen better days, in the MeadowSweet living room. After discussing the need for a good piano with Craig Johnson, our CEO at the time, it was clear that EastView had no plans to acquire an instrument any time soon.

The newly formed Residents' Council agreed with me that something should be done, so Barbara G., Jean H. and I formed a small committee to search for a **good** piano to grace our community room. We examined numerous used pianos while also making impassioned pleas to our fellow residents for funds to pay for a **good** instrument. After several disappointing leads, we were on the point of purchasing a re-conditioned baby grand from the Hilberts, a husband and wife team of piano technicians, located in nearby Bristol, when Emily Hilbert alerted us to an instrument she had just tuned. The owner was ready to sell her piano, and graciously agreed to the amount of money we had raised at that point – about \$13,000. We were blessed by the generosity of all concerned: the Hilberts, who led us to the piano of their client rather than selling us one from their piano shop, and the owner, Marian Wright, who was willing to sell her instrument for a very reasonable price.

Keeping an instrument in good working condition requires attention and financial support. EastView takes care of normal tuning, but our piano will need more than a simple tuning after this long period of inaction. We hope that our residents will continue to be as generous as they have been in the past and consider a donation to the music fund so that our piano will be ready when we are able to resume the variety of musical programs that we have enjoyed in the past.

- Betsy L.



Familiar Places

Robert Frost Interpretive Trail ... a four season stroll

Located on Route 125, just south of the Middlebury



Photo by Max K.

College Breadloaf Campus, the trail – a gentle loop about a mile in length – is wheelchair accessible for quite a ways with an impressive walkway and bridge across the south branch of the Middlebury River. It then winds through a more forested area, past an old field and a beaver pond, with seven of Frost's poems mounted along the way (*Reluctance*, *The Road Not Taken*, *The Secret Sits*, to name a few). Clearly, Frost was inspired by environments like this. The drive alone up Route 125 is a delightful escape from the valley to the mountains at any time of the year.

Frost moved to southern Vermont from New Hampshire in the 1920s, and bought the Homer Noble farm in Ripton after his wife died in 1938. There he built a cabin – now owned by Middlebury College – where he could retreat to write - housing his guests in the farmhouse. The cabin is accessed via a short dirt road just up Route 125 on the left (Frost Road). There is limited parking at the the farmhouse and in good weather, it is worth the 2 minute walk up to the cabin to feel Frost's aura.

- Linda P.



Medical Thoughts

Thankfully, by now most of us at EastView have had our vaccinations and will very soon have excellent protection against Covid-19. On the other hand, the IHME (Institute for Health Metrics and Evaluation) still predicts that between now and April 1, 175,000 more Americans will die. Therefore, the impact of simply wearing masks and using social distance is still enormous. Specifically, simply increasing the use of masks to 95% would save an additional 31,000 lives, while easing our current restrictions will cost 55,000 lives.

Here is the moral: Even with vaccinations, masks and social distancing are likely to continue being the mainstay of protection for the world around us, and thus a part of our lives for some time to come.

One thing more - I am always happy writing about topics that interest me. However, what interests me the most - is what interests you. Thus, if there are any medical topics you would like to hear about - please let me know and I will be glad to review them and then report.

- Paul S.



Familiar Faces - Phil C.



Deb V.

I am one of five siblings, a fraternal twin. As a child, I lived in Rome, Italy, for five years off and on, following World War II. I have forgotten much of my Italian, but, as anyone who has stood near me can attest, I still speak with my hands. Before, after, and during the off years, I lived in Williamstown, MA, where my father taught Political Science at Williams College.

Bob V. and I were married in June of 1963 and moved to Montreal, where he was a medical student at McGill University. I completed my undergraduate work at Mt. Holyoke. We moved nine times in the next eight years while Bob was in training and the Army, finally settling in Middlebury in January, 1973, with our three young children, two of whom still live in Vermont.

Mary M. (late of EastView) and I started the consignment shop Round Robin in 1974 to benefit Porter Hospital, and I stayed on as its leader. Six years and a divorce later, I began a five-year stint as executive director of the Addison County United Way, after which I switched gears to read law under the sponsorship of a local attorney.

While completing my studies to take the Bar Exam, I was offered a partnership in my sponsor's firm, which I happily accepted. As a lawyer, I focused on real estate and estate planning as my areas of primary interest. I loved it.

When I remarried, I officially became the stepmother of five adult children, the grandmother of thirteen (later seventeen), and eventually the great-grandmother of nine. My husband Bill K. and I founded Beau Ties Ltd. of Vermont, a mail-order company featuring bow ties, cummerbunds, ascots, cravats, and pocket squares, all sewn locally.

In the beginning we worked in a room off our bedroom, but once the workspace had expanded to include most of the house and a storage shed, it was clear that Beau Ties needed its own space.

With the help of the VT Economic Development Authority, The National Bank of Middlebury, and the Addison County Economic Development Corporation

we designed, built, and moved everything into a building in Middlebury's Industrial Park. The business grew, I perfected the art of delegating, and Bill worked on his natural talent of Chief Curmudgeon.

Two years later, Bill developed idiopathic pulmonary fibrosis (IPF). His pulmonologist was able to enroll Bill in a new drug trial which bought us another six years before his lungs betrayed him. We sold the business and our house. He died in November 2012, four months after we moved to EastView. The Alpine Garden behind the Inn is dedicated to his memory. You can order masks at <https://www.beautiesltd.com>.

Murray S.



Murray was born in 1923 in NYC to immigrant parents from Eastern Europe. The third of four children, he attended elementary and secondary schools in New York before enlisting in the Army Air Corps at age 19. He was discharged after three years service and entered NYU, eventually earning a PhD in Clinical Psychology in 1952. This was followed by postdoctoral studies at the William A. White Psycho Analytic Institute and a six-year training program in psychoanalysis. His work experience began with four years as a psychologist at a V.A. hospital, followed by fifty-one years in private practice, and concluded with two years at a clinic in the Bronx.

In 1952, Murray married Adele T. They had two daughters and two sons. Adele died in 1993. Eight months after her death, Murray treated himself to a bicycle tour of the Netherlands where he met a Anneke O., the tour leader. They were married in 1996.

Murray first enjoyed reading fiction but now he prefers ancient history of Europe as well as keeping up with developments in science. He participated in high school baseball and later skiing and tennis.

Murray and Anneke retired to Middlebury in 2009. They lived in the apartments at Marble Works before coming to EV in March 2020.

Familiar Faces is continued on page 4

Familiar Faces, continued from page 3

Bernadette A.

I was born in San Angelo, Texas, but grew up in Anchorage, Alaska. My son Joshua is 40, my daughter Jami is 35, and my youngest daughter Anna is 33. I have 6 granddaughters: Kaylee-15 ½; Emily-14, Lindsey-12, Anaya and Raya are 10-year-old twins, and the youngest is 9-year-old Isabelle.



I currently live on the outskirts of Brandon with Michael, my boyfriend of 19 years. Michael and I spend a lot of time in the woods of our back yard. We have a couple of brooks/creeks that we enjoy spending time at in the summertime. We enjoy hanging out with the kiddos and taking them on adventures in the woods. We have a “tree tent” that we camp out in when we are in the woods which makes hanging out with the animals easier and safer.

I have been in dining services for 30 years and most of that was at JR’s Eatery in Pittsford, VT. After trying banking for a year, I returned to food services. When I first came to EastView, over 4 ½ years ago, I mostly worked in GardenSong which sealed the deal. Being able to love and take care of the residents brought a fulfillment to my soul that is hard to explain. As Michael always tells people, “Bernadette trained her whole life for this job.” Even Michael instantly realized that EastView is where I belong. My mom always said my purpose on earth was to bring a smile to everyone I meet—so that is probably why I am in this business.

 **Photographic Notes**

I greatly enjoy taking pictures as snow is falling and after a good snow. This month I’d like to share a few pictures taken after the recent storm. The first two are of the East Shoreham Covered Bridge. It is an old covered railroad bridge, one of two remaining covered RR bridges in Vermont. It is on Shoreham Depot Road, reached by going south on Route 30 to Whiting, west on the Whiting-Shoreham Road (also known as Richville Road) and then south for a couple of miles on Shoreham Depot Road. The old bridge is on your right just after you cross the Lemon Fair River. In this picture, the Lemon Fair is, of course, frozen but it is also beautiful in the spring/summer when the trees are in bloom and the river filled with lily pads. You can see the bridge from your car or walk to the bridge along the marked path that starts just north of the road bridge and follows the old RR right of way to the bridge.

Do let me know what you would like to see in future editions, or would like to know about photography...
 - Max K.



February Birthdays

- Emily L. 2/1
- Bob G. 2/9
- Jim F. 2/10
- Brad H. 2/15
- Pete G. 2/16
- Ann C. 2/28

Let’s Hike the Long Trail!

EV’s Community Life team, along with the Green Mountain Club, has designed a program where all EV residents will be able to “walk” the 273-mile Long Trail, celebrating milestones along the way. Every step counts. Two pedometers will be available on loan at the Concierge desk for IL residents. The program will launch on Valentine’s Day.