



2021 - a new year of hope and anticipation; a time to look inward and see who we are and then how we can make a difference; a time to reach out to find how our neighbors are doing; a time to interact and build community.

We hope the EastView Bugle continues to provide interesting reading during these restrictive days of isolation. After all, this was the idea behind George J.'s creation of the EVB. We are disappointed that George has resigned as leader of the team, but we understand how involved he is with preparing for his upcoming classes at ESI and finding speakers for the Great Decisions classes

coming our way in February. Thank you, George!

In order to make this publication even better, we need your input! Together we will get through these challenging days and build a more vibrant EastView community. Please send us your thoughts and suggestions. We welcome your feedback and look forward to hearing from you.

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



Films

Please remember to send along your favorite films so I can include them in the next edition of the EastView Bugle. How about these oldies?

Holiday Inn (Netflix):

“Bing Crosby and Fred Astaire sing and dance their way into your heart in this sensational musical comedy. Crosby plays a song and dance man who leaves showbiz to run an inn that is open only on holidays. Astaire plays his former partner and rival in love.” 1942 musical

Casablanca (Netflix or Kanopy):

“Rick Blaine (Humphrey Bogart), who owns a night club in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.” Drama 1942

From **The New York Times Best of 2020 Films:**

The Forty-Year-Old Version (Netflix):

A down-on-her-luck playwright (Radha Blank) thinks the only way she can salvage her voice as an artist is to become a rapper at 40. “Radha Blank is a wonderful character—insecure, funny, decent, vain. Radha Blank, who plays her, is a terrific performer, supplying compassion and also an unflinching candor....” This film is a semi-autobiographical movie based on Blank's own life. *Continued on page 2*



Books

It looks as if we will have many more weeks with time at home to read. Please share any books or ideas you have enjoyed so that we all can benefit from your thoughts.

Let me remind any of you who find your eyesight not what it used to be that Ilsely Library has a major collection of large print books and audio books for you. If you want to access them contact the library and they will guide you through the process.

Linda P. recommends listening to James McBride reading his latest novel, **Deacon King Kong**. He uses many voices for a great read.

As I listen to the ever-developing social networks, I think of the book, **News of the World**, by Paulette Giles. It is worth reading and a reminder of how communications has changed and so rapidly.

Barack Obama's book, **A Promised Land**, has been praised for the quality of the writing and the insights it provides into his life and leadership.

Isabel Wilkerson has recently published a long book, **Caste**. She came to Middlebury after her book, **The Warmth of Other Suns**, was published. It was a wonderful combination of personal stories and history of the black migration from the South to the North.

Continued on page 3

Medical Thoughts

Two weeks ago, in considering what might be of medical interest to people, I felt it was the vaccine. However, the recent problems of delay in vaccine distribution, the failure of much of the population to use masks, and the impact of the holidays are all having impacts on the rate of infection and death in spite of the vaccine. Therefore, I have found myself turning to my favorite health data resource to look both at what is happening - and what might continue to happen.

The source I use is the “Institute for Health Metrics and Evaluation,” directed by Christopher Murray. It is often cited in the news and by the health professionals involved in this, because of its accuracy and reasonable reliability in a chaotic world. However, it is a little challenging to walk through it, so let me throw some breadcrumbs on the path. The link is [Christopher J. L. Murray | Institute for Health Metrics and Evaluation \(healthdata.org\)](https://www.healthdata.org). Then, in order to find the data for Vermont:

- 1) Go to the top of the home page, just above the line that says “Christopher J. L. Murray,” and slide your cursor onto “Projects.”
- 2) A green box will appear, and the top item will be “COVID 19 resources.” Click on that.
- 3) This will yield a box that says, “View the COVID 19 Projections.” Click that box.
- 4) On that next page will be a green bar with the word “Global” in the center. Click on that.
- 5) A column will appear down which you can scroll to find the United States. It is between the category “North Africa and the Middle East” and “South Asia.”
- 6) Just to the left of the words “United States of America” is a little pointer “>”. If you click on that pointer it will point downwards and a list of all the states will appear.
- 7) You can then scroll down to Vermont – or to any other state or country that you might be interested in.

Why do I find this such an interesting website? First it is accurate. It has been around for a long time and its information is not just about COVID but about worldwide health care problems in general. Pretty much anything you might want to know about such things is there. Second it gives projections as well as current data – and these projections have been as accurate as any I have found given the uncertainties in exactly the variables they have included. But most of all, more clearly than any other source I have found, it shows in detail how far we have yet to go – and why.

- Paul S.



January Birthdays

Charlie R 1/3

Murray S 1/5

Jane B 1/8

Valerie D 1/14

Ann R 1/18

Jean H 1/18

Bonnie S 1/21

Ursula L 1/28

Films, continued from page 1:

Soul (Disney+):

“The message of the latest Pixar feature — a lyrical, metaphysical tale of a jazz pianist’s adventures in the afterlife — is that it’s good to be alive. The movie was originally slated for release in the spring, so the filmmakers could not have imagined just how timely, and how welcome, that message would feel.”

From **The Atlantic**:

Emily in Paris (Netflix):

“A 10-episode lark about a bubbly American who moves to France for work....Emily is optimistic and friendly and absolutely clueless about her new home and she speaks no French...”

David Attenborough’s *A Perfect Planet* (Netflix, Discovery +):

As noted in the NY Times on December 27, 2020, “This 5-episode series was filmed in 31 countries over 4 years.” Attenborough is 94 years old .

- Linda C.



Music *A Little About my Musical Background*, by Chris Prickitt



As a child, piano lessons with an incredibly nice and encouraging college student Polly Philbrick in the lounge of a college dorm (Forrest Hall West) did not really take, because I didn't like to practice, but at least it was an introduction to reading music, which I don't do well to this day, but it's of course a good tool. (I'm a "by-ear" player, with amazement at and envy of those who can read music for the piano fluently.) Best Christmas present ever? 5th grade: A used Stella nylon stringed guitar, sitting unwrapped in a barrel with a sheet over it in the middle of our living room floor. A thrilling find that morning. First banjo lessons followed soon thereafter upon seeing and hearing a banjo for the first time in Princeton, New Jersey, where my parents were visiting their friends, the Valentines. Johnny Valentine let me open his case. and there it was. An "ah-ha" moment, for sure. He then played "*On Top of Old Smokey*," and I was hooked.

I sang in the choir with my mom at St. Stephens here in town, under the direction of Mrs. Murray, who let me try the alto part from time to time. (Oh my, the discovery of Harmony!) In our 6th grade music classes, we loved to sing the *Canadian National Anthem*. Once my mom played the *Star Spangled Banner* on the piano for my friends and me before we ran -- all charged up -- out into the yard to begin a baseball game. I was in the boys choir for half a year in a British School (latter half of sixth grade). Our hugely inspiring conductor, also our French teacher, was Mr. Pratt, who encouraged us to look like we were enjoying ourselves when we sang. I may have overdone it.

I was in a rock band in high school, *The Shads*. (Rhythm Guitar and some singing. "*Hello Josephine*" and lots of Beatles music.) It was in college when I met three key individuals who influenced the direction of most of my focus for these last 45 years: bluegrass, eclectic acoustic, and country dance music. I took up other instruments (the accordion, fiddle, mandolin, and even the *fife* for a 1976 Bi-Centennial gig on Monhegan Island) and played in several bands; the banjo has been my main instrument. The bands? Fred Pike and the Kennebec Valley Boys, The Northern Valley Boys (one vinyl recording) "Pleasing Keys" (a contra dance band), the Maine Country Dance Orchestra, and Evergreen, which disbanded in 2013, after 22 years (weekly Friday evening practices, six recordings, and on average about 20 concerts a year).

I juggled the mentoring of two youth and one adult acoustic music groups for the last 13 of my 31 years of teaching in Dexter, Maine: The Abbott Hill Wanderers (middle schoolers), the Abbott Hill Ramblers (high schoolers), and the Abbott Hill Meanderers (Adults). The Ramblers turned out six CD recordings. I have some to give away if you're interested. The Dexter community loved our shows.

I have a few students now through MCMC (The Middlebury Community Music Center), and between that and playing twice a week here for residents, the occasional song or tune for church or ViVa! with Connie, and near-daily noodling on the banjo, I keep the chops up, somewhat. I look forward to more time for music, perhaps more composing when I "retire." I like all kinds of music now, even opera! I feel so fortunate to have discovered early where some of my "natural intelligence" lies and to have met people who helped me to develop it. And as you must know, music sure helps.

If you have a music story for The Bugle, please let me know! - Betsy L.

Books, continued from page 1:

There are many among us who might love a good adventure story. Here are two: *Into the Wild*, by Jon Krakauer and *Flight of Passage*, by Rinker Buck.

I will end by crossing boundaries here, moving into politics or world affairs. I recommend reading the article in the Sunday New York Times magazine of December 20, entitled "Catastrophe's Harvest." It is truly food for thought.

So choose what feels right for you in this moment. And let us know what you like. See you next month.

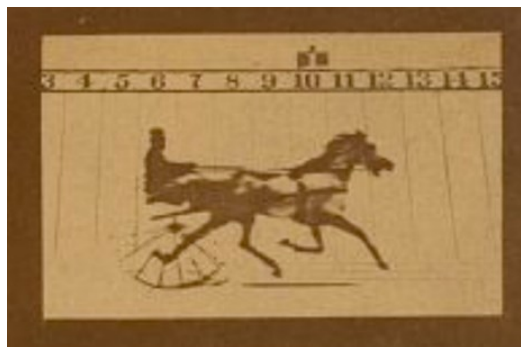
- Lois K.



Photographic Notes

This month I would like to call your attention to a famous project by photographer Eadweard Muybridge who in 1873 and again in 1877 developed photographic techniques to show that a galloping horse had all four legs off the ground simultaneously at one point in his/her stride. At the time there was no way to get a fast enough shutter speed to “freeze” a picture of a galloping horse in motion. Leland Stanford, the wealthy California business man and founder of the university that bears his name, had an extensive ranch with a racetrack and wanted to prove his feeling that during galloping all four feet left the ground simultaneously. Rumor has it that he had a large bet in this. Muybridge developed an elaborate technique involving multiple cameras to record one of Stanford’s horses racing down the track. One of the images is shown below along with my recent picture of one of the riders from the Green Mountain Hounds who rode past EV on a recent afternoon. Modern cameras make it very easy to capture what Muybridge toiled to accomplish. The story of Muybridge and Stanford are in Wikipedia at:

https://en.wikipedia.org/wiki/The_Horse_in_Motion



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



Meet Your Neighbor

I liken this to the first meeting with another person here at Eastview. Present the quick facts, be ready to stop talking as soon as the listeners’ eyes begin to glaze over, and prepare to get something similar in return. Any shared educational, professional, or geographical coincidences?

We hope you will get inspired to submit a similar summary of background, interests and hobbies of your lives that could be of interest to the other EV readers.

Send to: *Phil C.*



Audrey M. (with husband Andy I.)

I am Audrey M., born, bred and wed in beautiful Vermont. My husband, Andrew I., and I have been married for 30 years and between us have nine wonderful grown children.

We moved to the Inn from our home in South Hero on Lake Champlain. Both of us are looking forward to meeting many of our neighbors as soon as COVID allows. Until then we are keeping busy reading, doing large puzzles, watching DVD’s, and staying in touch with family.

My background is in retail—notably Magrams in downtown Burlington— where I was a co-owner and buyer of children’s wear for many years. I was actively involved with the Ronald McDonald house, Zonta club, antiquing throughout New England, and I’m most proud of my antique miniature shoe collection which numbers in the hundreds.

For 25 years, we spent 6 months each year traveling all over the USA.

Here's a challenge for you... who can beat my record of 96 great grandchildren?? Life is good!