



## P.R.E.S.T.O.!

- Rebecca C.

### EastView's Best Kept Secret

When I first arrived at EastView, 3 years ago, I was both impressed *and* overwhelmed by so many activities. One -- I kept hearing about in the hallways -- was called "Presto!" or **Pesto!** (I wasn't sure) Having never been drawn to magicians, or the culinary arts, I never put it on my list. Some days, I would pass the Community Room and see someone at a podium, or hear raucous laughter, followed by Bach on a piano. Evidently, it was a talent contest. So, *definitely* not my thing. Fast forward: Now it is central to my involvement in the community. But, what the heck IS P.R.E.S.T.O.?

Primarily, it is a celebration of life. It is a place where residents can be entertained, or participate; in a venue where there are no critics; no judge. Folks with a talent or skill have decided to *share* that with others. Some of us read our writing; some sing familiar music; others contribute poetry or tell stories that could be hilarious or heart-breaking. What we have in common is our humanity and this is a safe place to make mistakes. We have a deep appreciation for our in-person audience. After weeks of practicing, the sound of applause brings us joy. It may not be convenient for you, but if you can, please think about attending P.R.E.S.T.O. live.

*Buglers' Note: P.R.E.S.T.O. (Poems, Readings, Exhibits, Songs, Tunes, Other) meets monthly.*



## Medical Thoughts - Paul S.

Most of the medical columns I have written have concerned Covid – a disease I have yet to see, much less experience. This time I want to talk about depression, a medical problem with which I have personal knowledge.

First, depression is not the same as sadness, or grief, or a response to the difficulties of life. Life is difficult, and we all experience loss and sorrow, but those are what can be referred to as “exogenous” causes, i.e., circumstances from outside the individual. On the other hand, while depression can be influenced by those factors, true depression is “endogenous,” i.e., something the brain does regardless of exterior events. Thus, the treatment of depression, while having to factor in exogenous stimuli, must be treated primarily by changing what the brain is doing.

Second, depression, while more common in older people, is quite common at all ages, and it is as responsive to treatment at our age as it is in any other. The circumstances of age are simply another set of exogenous circumstances.

Third, depression can sometimes be hard for the victim to recognize. Speaking personally, when I am significantly depressed it does not feel like something is wrong inside my brain, it feels like the world outside is a painful place - that it is the world that must be changed, rather than me.

Fortunately, the treatments for depression are not complex. They include, in no particular order: antidepressant medication, talk therapy, appropriate exercise, meditation, adequate rest, and, in the wintertime, appropriate exposure to a full spectrum of light. But all of these require that one recognizes that, while the world is a difficult place in which to live, depression is still primarily an endogenous disease.

From long personal experience, I know that finding someone else who is hurting or needs help, and then helping that person is a powerful antidepressant. As Ella Fitzgerald has sung, “I want to be happy, but I can’t be happy, unless I make you happy too.”



## Entertainment - Linda C.

Middlebury New Filmmakers Festival (MNFF) will be showing eight films over the next eight months. To see the offerings type in <https://townhalltheater.org> and learn more about the series. You can purchase a pass or individual tickets. As a sponsor of the MNFF, EV will be hosting a series of short films here in the upcoming weeks.

On Kanopy: (Remember—to access Kanopy use your Ilseley Library card. This site allows you to see 6 free films each month. If you need help to set this up, please ask our Tech “Guru” Shawn). In addition to numerous newly added films, you might enjoy:

“Trumbo” (2015): “The successful career of 1940 screenwriter Dalton Trumbo (Bryan Cranston) comes to a crushing end when he and other Hollywood figures are blacklisted for their political beliefs. “Trumbo” tells the story of his fight against the U.S. government and studio bosses in a war over words and freedom, which entangled everyone in Hollywood from Hedda Hopper (Helen Mirren) and John Wayne to Kirk Douglas and Otto Preminger.

On Netflix:

“My Octopus Teacher” (2020): “A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.”

The NY Times suggests a few top 50 Netflix films:

“Malcolm X” (1990); “Bright Star” (2009); “My Fair Lady” (1964)



## Books - Lois K.

I have just a few suggestions for the readers this month. I want to recommend The Great Alone, by Kristin Hannah. First, she is a good writer. Second, she has an amazing story to tell which will ring true to intrepid Vermonters. This is a story of a family’s move to an isolated portion of Alaska and their struggles, failures, and triumphs over that difficult environment. It is a gripping tale of what isolation can do to a person. Since Covid, many of us have experienced more isolation than ever before. Therefore, I believe her tale will move you.

My book group enjoyed Have You Seen Luis Velez, by Catherine Ryan Hyde. It is a heart warming tale of an unusual friendship and where it led them and us. It is not a long book, just a heart warming tale of friendship, family, race, and strength.

Enjoy!



## Familiar Faces Gordon C.

Gordon's younger sister, Cherie, sang in the choir of a church in downtown Brooklyn, NY. Helen Swan joined the choir. Cherie surreptitiously arranged a meeting between Gordon and Helen. Gordon and Helen married in 1954.



Gordon was a newly-minted electronics engineer working in the defense industry just as the cold war was heating up. Helen majored in German at Middlebury College and briefly held teaching positions. Helen soon decided that a city-boy gawking at a boob tube was not her idea of a husband. So she reprogrammed Gordon, introducing him to the "gentle" arts of hiking, backpacking, mountain climbing and bush whacking. To this they added wilderness camping, bicycling, snow shoeing and X-C skiing. Daughter Pam accompanied them on many of these escapades. That was before she went away to college, settled in Wilmington, DE, and extended the family with a husband Chris Rizzo, sons Ian and Kyle, Ian's mate Courtney and their two-year old Rowen. Gordon and Helen's son Jeffrey lives in Foxboro, MA.

Gordon and Helen lived in Medfield, MA. Gordon spent 25 years at Raytheon and Helen worked for about 10 years at Wellesley College.

In retirement Gordon and Helen moved to Leicester, VT, allowing Helen to reconnect with former classmates, sing in the Community Chorus, volunteer at Ilesley Library and continue the outdoorsy lifestyle. Gordon joined Spirit-in-Nature, Veterans-for-Peace, and volunteered at the Lake Champlain Maritime Museum.

They moved to EastView in November 2012 in need of a support system, which EastView provided in abundance. Helen was seriously ill, stricken with breast cancer and advancing dementia. She died in February 2013.

Gordon cherishes the thoughtful care received at EastView and the many wonderful friends here. He participates in many activities. He led the Hiking Group up Grandpa's Knob in Castleton. Everyone returned safely in spite of the "mutiny" - Jean Humphrey's word. (See The Bugle, April 7, 2021.) Gordon speaks frequently at P.R.E.S.T.O., making use of his Toastmaster training.

## Rachel K.

What does an "activities" person do? You will see us in a fast pace heading up and down the hallways with a cart filled with bingo prizes, crock pots, and computers. We are currently a team of four who run between MeadowSweet and GardenSong providing exercise, games, and facilitating nationwide family Zoom meetings!



I have been on the team for almost 2 years now and have recently been given the opportunity to provide more specialized programming in our memory care neighborhood, GardenSong. Some of you may know me as the yoga teacher and, before we had a tech person, the computer fixer (simply because I was the youngest one on our team)! Now, I am a Certified Dementia Practitioner and spend most of my time in GardenSong, creating friendships and a new understanding of the brain. I never realized this would be a part of my life.

As a newly single mother of 2 young children, working at EastView has provided me an outlet to create and caretake while allowing me the flexibility to homeschool my two little ones half of the week. The connections I have made and continue to make are helping me to evolve into the person I have always wanted to be! I am grateful for the EastView community and all it has given me thus far.



*Gordon and Helen set up camp along the Appalachian Trail in Maine—1985*

## Community Voices

### Hostas by Mark S.

I was an avid gardener during the nearly thirty years I lived in South Brunswick, New Jersey. I was looking for a perennial that had different sizes and would not take over the garden, but get more beautiful each year. Hostas, also known as plantain lilies, which originated in Japan and Korea, met my needs perfectly.

What I like about hostas is that there are so many sizes, heights, textures, and colors to work with. Depending on the hosta cultivar, leaf colors include variegated white, yellow, lime green and blue-green, to name just a few. They fit into many different kinds of gardens (patio, border, container, rock, shade) and are cold-hardy, too. They flourish in the shade and are easy to grow and to divide and transplant.

I have mentioned to some of you that the enormous dark green hostas on the side of the Terrace are a very old variety. Typically, they would have been divided and kept from overgrowing their space. Most varieties of hostas have a spread and height of between one and three feet, but larger or smaller, miniature, varieties are readily available. The texture and shape of hosta leaves are also diverse, ranging from smooth and narrow to ridged and heart-shaped. Though mainly known for their attractive foliage, the plants also produce lovely flowers from early summer to early fall in pink, lavender, light blue, or white. Hummingbirds and other pollinators love the flowers, and the flowers may even be fragrant, depending on variety.

When I moved to Woodstock, New York, I had nine wooded acres on the side of Overlook

Mountain. I enclosed about three quarters of an acre with an eight-foot fence. It had posts and horizontal boards and plastic mesh attached all around. I had to go to this amount of trouble since deer (many more in the Catskills than the Greens) consider hostas as a dessert, as do slugs, snails, and rabbits.

The soil was good but was surrounded by rocks of various sizes. I could not sink a shovel in the ground but had to use a pick-axe for the holes to plant the hostas (and exotic trees, but that's another story). I planted about three hundred varieties of hostas and became a life member of the American Hosta Association. The garden made quite a display and was on the annual Woodstock garden tour. The only negative was that I wrecked my back in the process.

I miss being a hostician, but as we all know, age takes its toll, on humans, at least, though not on well-tended hostas!



## Great Decisions 2022

Think Great Decisions 2022! Think quickly! We will be ordering the discussion books soon—within the month! Topics for 2022 range from Climate Change to the Biden Agenda, our challenges with Russia, China, and Southeast Asia, and Latin American drugs. Residents will be briefed on the road ahead regarding these tricky international issues.

The Great Decisions series has been one of EastView's signature efforts, promoting who we are as an intellectually curious community involved in the world around us. The program was brought to EastView by George L. Nick C. took the lead upon George L.'s death, followed by George J. In light of George J.'s recent passing, a Great Decisions 2022 group has formed. We are at work lining up presenters and making preparations for this series.

We are excited about Great Decisions 2022 and we expect it to be the outstanding educational effort to which we have been accustomed. Stay tuned!



## November Birthdays

Nina B. 11/3	Betsy G. 11/19
Barbara C. 11/10	Martha D. 11/20
Max K. 11/15	Ed S. 11/28
Bob A. 11/16	Betsy L. 11/28
Bob R. 11/18	Gail B. 11/28

## Community Voices, cont'd.

### Pass it On by Peter B.

Since my wife and I landed in Middlebury five years ago and were casting about for some way to make a difference in someone else's life, I discovered the Lake Champlain Maritime Museum's Boat Building program. The staff works with many local high schools and teaches the skills necessary to build a six oared pilot gig rowing craft. I helped build "Mad Martha", "Annie O", and "Frank Beckett" (see the photo below) all of which have been successfully raced in Boston and points north by some of the builders (plank owners) and high school rowing teams. Because I had experience safely operating pieces of large woodworking machinery, I was the safety officer in our group.

Working with the students using this machinery and not losing any fingers, I could see the confidence this built as fear was minimized and turned into an "I can do this attitude". When I recall my high school days, I remember that I enjoyed woodworking shop more than some other classes because dyslexia at that time was unknown, but it was something that you had like web feet. One dealt with it.

As I help some of the boat building kids, I see myself at that stage of development and I see the growth of self-esteem that a little mentoring can provide. In my development as a volunteer / mentor, I learned that it was not about me. I was there for them to pass on some boat building skills rather than taking those skills to the grave.

We are all standing on someone else's shoulders.

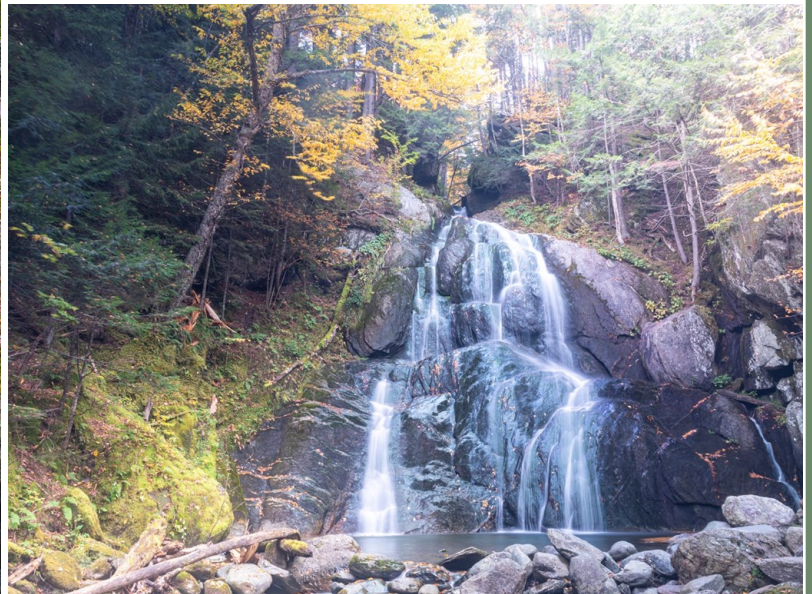
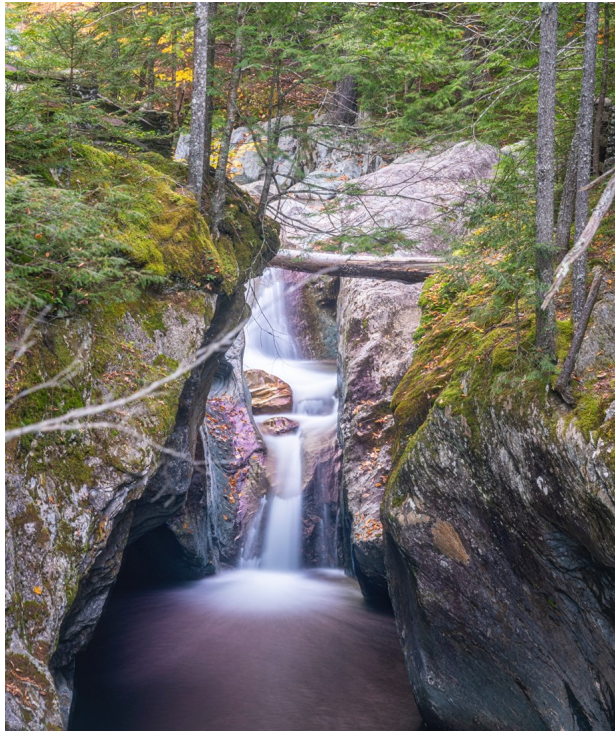


## Photographic Notes

- Max K.

I hope you were able to get out in October to see the change of season. It was late this year but spectacular as always. Lois and I took our usual trek to Texas Falls and Moss Glen Falls, pictured below. If you haven't visited these two nearby sites, I recommend that you do so at any time of the year.

To reach Texas Falls, take VT 125 through East Middlebury, up past Breadloaf Campus and, after reaching Middlebury Gap, go down the far side toward Hancock. Watch for the Texas Falls sign and drive in to the first parking area. The Falls are on the right of the road.



There are several falls and viewing places including a walking bridge that spans the brook below the falls and from where this picture was taken.

After enjoying this view, return to 125 and proceed toward Hancock to the junction with VT 100. Turn north, left, and go through Granville and enter Granville Gulf. The Falls are on the left, a few miles into the Gulf and there is parking just beyond the falls. There are really two falls and both can be seen from the road but it is worth the easy walk on the marked trail to get a better look from the base of the falls. It was beautiful in October, is amazing when ice coated and very different during spring run-off. Enjoy!

## Buglers' Note:

In the first edition of the EastView Bugle (December 4, 2020), George Jaeger wrote that he hoped the Bugle would not only help us to get to know each other better but also find the information and ideas and links useful and interesting. From

your positive and enthusiastic feedback, this has been true. As a tribute to George, we welcome a new article from you for our first anniversary issue this December.

- The "Buglers"

Linda C.  
Phil C.  
Lois K.  
Max K.

Betsy L.  
Paul S.  
Cari B.