



The Buglers:

Angelika B.
Phil C.
Max K.
Nancy R.
Cari B.

Linda C.
Lois K.
Russ L.
Ron R.

EV Resident Nancy C. Turns 100!

Nancy C. was born in NYC on March 19, 1924, and grew up in Newport, RI. She comes from an artistic family: her great-grandfather was the eminent marine painter W. T. Richards, her father wrote books on art, and her beloved aunt was a gifted artist and children's author. After graduating from Rhode Island School of Design, Nancy was hired to work at the John Stevens Shop as an inscription carver and a year later in 1946 she became a full partner at the shop. The John Stevens Shop, founded in 1705, "specializes in the design and execution of one-of-a-kind inscriptions in stone" and is still flourishing today.



Nancy's Crosby was named Teddy after Theodore Roosevelt's Rough Riders—Photo taken in the 1940s

In 1956, Nancy married Arthur Graham C. They had two children.

Felicity and her Australian husband ran a ranch in Oklahoma for 30 years, during which time she was a top judge in reining horse competitions; they have now moved to Australia. John lives with his family in England; he is a published writer and teaches Celtic Studies in Cork, Ireland. Both children visit Nancy two or three times a year and are coming in March for the big 100th birthday celebration. An interesting tech tidbit is that Nancy uses her iPad to e-mail Felicity twice a day and also FaceTimes with John every night.

In her younger years, Nancy loved riding horses every day and kayaking. She was also a gifted photographer. She moved from Newport, RI, to Cambridge, MA, and eventually to Benson, VT. Felicity and John stay in the little Mill House in Benson (where Nancy had lived) when they visit.

Nancy has three grandchildren; nine honorary grandchildren; 25 honorary great-grandchildren; 66 honorary great-great-grandchildren and three honorary great-great-great-grandchildren. Her honorary granddaughter Barbara C. is delighted Nancy is at EastView so she can visit her each week. Barbara's sister Annie lives in Swanton and visits Nancy as frequently as she can.

Nancy's room in MeadowSweet is filled with family photos, many of which she took and developed herself. There are photos of her working at the John Stevens Shop. On her iPad are many photos of various

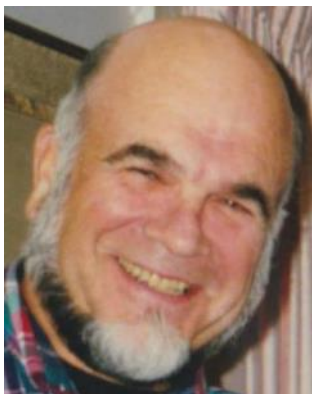


Nancy's carving

members of her loving family as well as family memorial carvings she has done. She has a library and an impressive collection of DVD's that are frequently shown at the daily movie matinee for the other residents. She is an avid reader, too, but doesn't write many letters any more. As you can imagine her handwriting was beautiful! Her beloved cat Angel keeps Nancy company.



Nancy working at the John Stevens shop

Richard H.

I was born and raised in Winchester, MA, and have been a naturalist all my life. I've been a birder since I was 11 years old. As a lad I filled the downstairs bathroom tub with amphibians and fish from a local pond and fed them. A serious oversight was when I went off to camp and forgot to make arrangements for feeding them. They all died—the stench of a tubful of rotting water creatures was horrible!

Cynthia and I were married at the end of my junior year before I graduated with a BS from Norwich University, Northfield, VT. I had a year of active service in the Army in 1960 followed by six years (1961-1967) in the Reserves. In the summer of 1963 I took Biology courses from Boston University and also worked at the Museum of Science Education Department. Part of the job was to introduce visitors to “Spooky” the owl with a brief description about owls and answer questions. Also, I introduced visitors to “Leo” the Black Racer snake.

For 36 years (1964-2000) I taught Biology and Oceanography at Tabor Academy in Marion, MA. During those years I had the opportunity to travel on several Victor Emmanuel birding trips to Churchill, Manitoba; to Venezuela, Brazil, Europe, Africa, and Australia, as well as many US states. I recorded over 2000 species of birds and as well as other wildlife.

After Cindy and I came to EastView, I wanted to make an accurate weekly account of the bird species heard or seen from the EastView property. Hence the bird lists I read off with regularity at ViVá! meetings.

Cindy H.

Like Richard, I was born and raised in Winchester, MA. My interests were and still are music, sports and books. I took piano and ballet lessons as a young girl. Then in high school I played varsity field hockey, basketball and played 1st to 4th position on the tennis team. I earned my B.S. in Education at Tufts University and a certificate in Physical Education from Bouve Boston School, an affiliate. I then taught in a few schools, including Waterbury, VT, where I coached a championship girls basketball team. A Master's degree followed later.

Then for 37 years Richard and I lived in Marion, MA, at Tabor Academy where he taught. I played recreational squash. I was active at church, singing in the choir for 34 years. During our years at Tabor we took many birding trips. A trip to Ireland with Bella Voce to sing was exciting.

We retired to Vermont in 2003 where I sang in two auditioned groups: Bella Voce, the Women's Chorus of VT, and the Vermont Symphony Orchestra Chorus. In 2013 we moved to EastView. I now sing with the Middlebury College Community Chorus, watch lots of sports on TV, and read books. Our daughter, Diane, from Moriah, NY, visits at least twice a week.

We became great-grandparents on February 23rd when Peter Michael B. arrived in Germany where our grandson is stationed with the VT Air Force National Guard.

Question of the Month

The question of the month is, “What movie have you watched more than once because you love it?” Feel free to add why you like this movie.

Here are the replies to last month's question, “What is the nicest thing someone has done for you?”

When we moved into our new Apt. xxx at EastView last summer, our next door neighbor, Lois A., showed up with a homemade loaf of her special pumpkin bread. This was unexpected, so welcoming and Lois didn't even know that it was my birthday! We sure lucked out on neighbors!

Susan R.

Continued from p. 2

On February 14, Linda and I had a memorable breakfast at Rosie's restaurant. As we selected our window booth table, Linda greeted a gentleman seated alone in the adjoining booth with, "Good morning. Happy Valentine's Day!"

When we asked for the bill our waitress said, "The gentleman who was sitting behind you said to add your bill to his."

"Do you know who he was?" we asked in amazement.

"No, I have never seen him before, but he didn't want you to know he had paid it forward."

Phil C.

My father, who knew Janet's father, urged me to call her for a date. I did and the rest is history as they say.

Fred G.

Having arrived in this country only a few weeks earlier, my brother-in-law asked me whether I was homesick.

Angelika B.

My father died near the end of my first semester at Middlebury College. He worked for a company that offered no retirement benefits, and he had only a very small amount of life insurance. With my younger sister to support, my mother would be seeking a job for the first time in 18 years. I planned to go back home and find a job. When I met with the Dean to tell him that I would be leaving after the end of semester, he asked me to come back the next day, after he had a chance to talk with some of my professors. When we met again, he offered me a full tuition scholarship and part-time campus jobs that, along with work over the summer, would cover my room and board and other expenses. It was a gift that set the course of my life ever since.

Russ L.

FUNctional Fitness

Kim C.

As many of you know, my dad Bob C. lives in Garden Song. Sadly, my mom died the end of December. I am a personal and group fitness instructor and taught my first exercise class in 1983. Today I focus on the 50+ age group and have found it extremely rewarding. I have worked with people with assorted physical challenges, from neurological difficulties and osteoporosis, to cardiovascular setbacks, and weight issues. In my class at EastView, I draw upon functional moves that support mobility and independence.

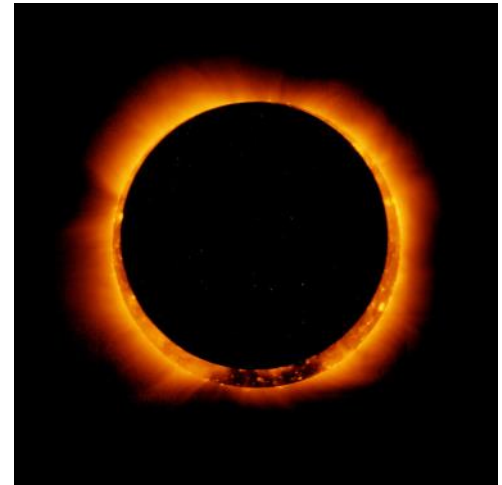
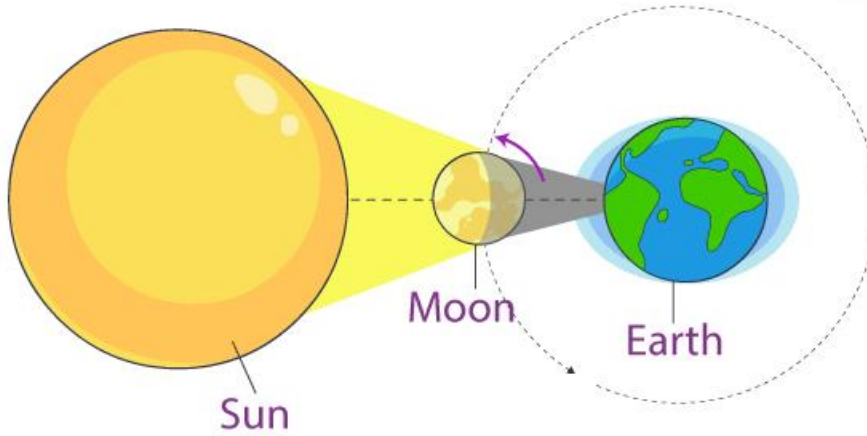
There are many components to exercise that are important to maintaining a healthy and active life. These include cardiovascular health, strength, flexibility, core stability, balance, agility, and coordination. Sit to stand exercise builds leg strength. A row movement with weights or a band develops back muscles and supports the spine. Standing on one foot challenges balance and supports core stability and fall prevention. I also use active moves to encourage coordination and quick response time which could support fall prevention. Ball tossing develops hand eye coordination. As we get older, often our movements become narrow. In class, we try to move in ways that stimulate and challenge each person. Each class I teach is a little different because I try to meet the needs of the residents before me. The important thing to remember is to "listen to our bodies".

Staying healthy also includes adequate sleep and rest, stress management, and social interaction. Exercising in a group provides a nice aspect of social connection with others and is a helpful outlet for stress. During exercise, our minds are focused on the task at hand and there's an opportunity to place worries aside. Adding joy along with exercise is key to a healthy life. In class, playing music from the 50's, 60's and 70's adds a bit of lightness to working out and provides a nostalgic but upbeat energy to make movement fun.

If you haven't joined me for a FUNctional Fitness class I hope you will. My class meets on Thursdays (Community Room or via Zoom) from 9 to 9:45 a.m. Also, I would be happy to create a fitness program for you on any area that might better improve your mobility using the equipment in the EastView fitness room.

Total Solar Eclipse—April 8, 2024

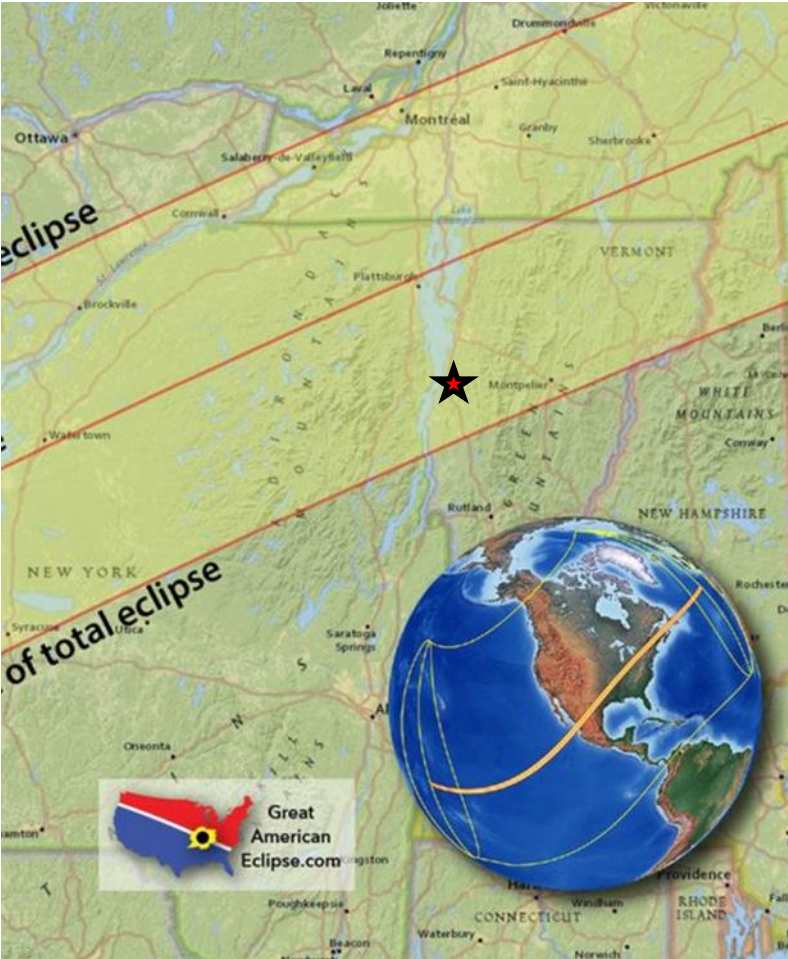
Holly P.



A solar eclipse happens when the moon passes between the sun and the earth, blocking the face of the sun in some locations on earth. A total solar eclipse only happens during a new moon when the moon blocks out the entire sun.

We will be in the fortunate location to see a total solar eclipse on April 8. For us the shadow will first be visible beginning at 2:14 p.m. Totality will begin at 3:27 and last approximately 1 minute. The whole eclipse will end at 4:37. Sunset that day is 7:29 so that will not be a problem.

Initially it will just be a shadow moving across the sun and the sky will start to darken. The real show begins at totality when the shadow of the moon covers the entire sun and the ring of fire appears. At this time the sky will be quite dark. During the ring of fire you may safely remove your glasses but be sure to put them back on before the ring of fire ends!



This is a map of how the path of the eclipse crosses Vermont. People in the region with the lighter color will all be able to see a total eclipse. The center line is where totality lasts the longest. The length of totality gets shorter as locations move further from the center to the outer lines. Unfortunately, Middlebury is close to an outer line and has a shorter period of totality. (Our location is indicated by the red star on the map). Cities on the center line will see 4 minutes 28 seconds of totality. The small globe in the corner of the map shows how the solar eclipse moves across the U.S. from the southwest to the northeast.

What will the weather be on that day? We would prefer a bright sunny sky. We will be totally shut out if there is rain or snow; however, even on overcast days we would still notice the sky becoming darker. WPTZ reported that on April 8 in the past 70 years only 17 days were mostly sunny. Also about 80% of the days had more clouds than sun. We will need to pay attention to weather forecasts as we get closer to April 8. Only time will tell.

Hopefully, as April 8 gets closer, excitement will build. This is a once in a lifetime event!!

Continued from p. 4

Caution: Do not, under any circumstances, look at the solar eclipse without protective eyewear.

EastView has bought 100 pairs of glasses which will be available. Be careful if you decide to buy your own glasses. There are scams on this, also. According to Rosen Reports (Sept. 7, 2023), make sure you find “ISO 12312-2” (sometimes written as ISO 12312-2:2015) on glasses and/or packaging. Something you should not see is the NASA logo on the packaging because NASA does not certify solar eclipse glasses. Buy from a trusted source.

Seated Yoga

Ambika G.

We’ve all heard about the benefits of exercise, and we know that it would do us well to move our bodies on a regular basis. Regular physical activity can help keep our thinking, learning, and judgment skills sharp. It can also reduce our risk of depression and anxiety, and even help us sleep better at night. Physical exercise has been shown to reduce fatigue, enhance self-esteem, increase optimism, and help us manage our stress better.

Movement benefits us most when we make it a habit. That means we may need to find some creative ways to stay physically active when temperatures drop outside, or when conditions might be wet and slippery, or during Vermont’s fifth season, also known as “Mud Season.” Let’s keep in mind we don’t have to overdo it with a strenuous work out. We can fit smaller movement “snacks” into our days. The key is to pick some activities and keep with them over time. In group classes we can learn some strategies to move our bodies efficiently to keep us humming along like a bee through spring and summer.

Now with springtime almost here, there are plenty of reasons why a little extra time spent moving the body slowly and gently to mobilize and lubricate the joints is a great idea. After all, these joints will support us through the more physically active portion of the year. Gardens and outdoor outings with friends and family will soon beckon as the weather sweetens. Why not prime our bodies now in this transitional period for all our forthcoming spring and summer activities?

What can you expect in Seated Yoga classes? We focus on joint mobility and gentle stretching of our muscles. In every class we practice the six major functional motions of the spine: flexion, extension, side bending right and left, and twisting left and right. The emphasis is on slow, conscious movements that are in the pain free range and listening to the feedback we get from our bodies. We often coordinate these movements rhythmically with the breath, and we also utilize short periods of holding and breathing in the postures. There is an option to explore a few standing poses, including balancing poses and using the assistance of the chair to whatever degree is desired. Each class concludes with a short period of conscious relaxation meditation to help integrate and assimilate what we’ve practiced.

Here at EastView there are a variety of group fitness classes available every week in person in the Community Room and over Zoom. I’d love to have you join me for Seated Yoga at 8:45 a.m. on Tuesday mornings. You don’t need any previous yoga experience. Some of you may know me from Vermont Sun, where I’ve been teaching yoga classes for the past 20 years. Some of you also know me because I’ve been leading a Seated Yoga class here at EastView for the last decade.

俳句 Haiku

Angelika B.

Welcome to Archer
Golden EastView addition
may you be happy.

Tracks in the white snow
Who are all these visitors?
I’d love to meet you.

Many tracks out there
Some from my best friend, Kiva
please ring the doorbell.

Two foxes at night
like our shelled sunflower seed
we love to see them.

Kiva speaks German
French, Spanish, Chinese, Finnish
Dogs speak all the tongues.

The groundhog failed us
he was watching the eagle
forgot his shadow.



March Birthdays

Kate B.	3/10	Pat T.	3/17
David B.	3/10	Nancy C.	3/19
Linda K.	3/11	Lee A.	3/20
Susan T.	3/14	Sarah B.	3/26
Janet G.	3/15	Mary B.	3/27

Artificial Turf on Middlebury Baseball and Softball Fields

Phil C.

Since the end of the 2023 baseball/softball season anyone going south on South Street has been aware of the activity around the college baseball fields as several different contractors have dug up the old playing surfaces and replaced them with synthetic turf. Opening games are scheduled for March and practice already has begun!

During a recent social conversation with EV resident and former Middlebury College Men's and Women's Tennis Coach Ed S., I touched on the topic of the project at the baseball and softball fields. Ed suggested I could get details from the Middlebury College Athletic Director Erin Quinn. Erin kindly volunteered the following details about the decision to switch from grass to a synthetic surface:



We chose the company to do the work, Clark Company, because they are the top company in the Northeast for doing these types of projects. They had completed similar projects for Trinity College and Hamilton College and both of those projects were done well. They had also done our men's soccer field, field hockey field, women's lacrosse field, and football/men's lacrosse field, so we had a strong relationship and good experience with them.

We chose a synthetic surface because of our location in the Northeast and the impact of weather on practicing and playing games. Grass baseball and softball fields do not really reach a

peak performance until the end of May or early June, and by then we are done with our seasons. In the early part of the season you cannot remove snow from grass: the frost in the ground keeps you from working with the dirt infield and pitching mounds even when the grass is cleared, and if there is any precipitation once the fields are cleared, they may become unplayable for a number of days.

Synthetic surfaces cut down on the amount of preparation and maintenance required for baseball and softball fields. A dirt infield and pitching mound require an inordinate amount of time to prepare to play at the start of the season, and even once the season has begun there is a lot of maintenance to retain a safe and playable surface. Even within a game the grounds crew has to be present to "drag" the dirt in the 7th inning of every game. So, for a baseball or softball game, the field crew attends every game and that would be two games for a doubleheader, waiting to see if there are any maintenance issues, and if not they at minimum have to drag the fields in the 7th inning for baseball, earlier for softball. This is not a good use of their time. Furthermore, if there is precipitation in the forecast we have to tarp the infield for baseball and softball, and then remove the tarp afterwards, a process that requires quite a few people.

As for finances, what I can say at this point is that we utilized some College budget money, because the fields and surrounding infrastructure (fences, backstops, etc.) were all due for some significant repair and replacement. However, the cost of new stands and the synthetic surfaces exceeded what we would have spent from the budget, so we also raised funds from interested parents and alumni. These constituents were happy to participate because the teams will benefit so much from the new facilities, and their opportunities to practice outdoors and play games will dramatically increase.

In terms of additional synthetic fields, we do not currently have any plans. We have introduced synthetic fields to men's soccer, field hockey/women's lacrosse, football/men's lacrosse previously for the same reasons as we did for baseball/softball. Women's soccer is grass, inside our track, and will remain grass for the foreseeable



Continued from p. 6

future. They have good drainage on that field and they have the advantage of being able to move to the men's soccer field if inclement weather renders their field unplayable. For example, several times in the post-season in the past we have played women's soccer playoff games (in November) on the men's turf field."

In paragraph two, Erin spells out the compelling arguments for artificial turf. In a very quick summary, it's easier to change the playing surface than to manipulate the weather. Hopefully the added preparation/practice time prior to the first "play ball" will provide a payoff with better conditioned ballplayers and a successful 2024 season.

Valentine's Day

Bob F.



Ah, here we are once again! Valentine's Day 2024 and I'm remembering about forty years ago when I suddenly was awakened to the same realization. Today happens to be the day before February 14th, but this time I am ready. The difference is that I have moved into EastView with no more shop! My dilemma now is what to do next year!

Forty years ago, during a weekend with supply sources closed, I headed downstairs to my own favorite source where all my tools were, and I felt fairly sure I could solve the problem. Eureka! There was a huge piece of plywood, almost four feet square. Surely, I could dream up an appropriate valentine out of that! What resulted was a gigantic heart to paint red and dry overnight. Saved in the nick of time!



Then came the next year and the reality that more people deserved valentines, namely four children as well as Nancy. So, I had to come up with solutions that would be small enough to be reproduced in a limited amount of time—after all this was not going to be my full-time job.

Thereafter, when I geared up for the annual event of Valentine's Day, and various friends saw the result, they would say, "How about me too" and "Why don't I get one?" With each year, those demands only increased and I had to think of a way to limit production, not increase it.

Which brings us to 2024 with production limited to immediate family and a move to EastView where there is no shop, at least no shop where I can use my own hands with my familiar tools. Fortunately for us, our children are within reasonable proximity of our current living quarters and our move has left my shop divided between them, so I still have the use of familiar territory. Still having fun!

Exercise Anyone? Every Little Bit Helps

Chris P.

For many years now EastView has offered various exercise programs, one of them is Bone Builders, a research-based, scripted hour-long set of exercises that targets bone density, muscle mass, flexibility, and balance. Morning Exercise with Chris (that'd be me) follows this script very closely, with a few tweaks. Our 9:00 a.m. Monday-Wednesday-Friday sessions are held in the Community Room and/or via Zoom. In the past we have had several resident leaders who have been trained to lead Bone Builders, thanks to RSVP of Addison County. Sally Woodruff and I are two who have been trained; Sally fills in to lead on occasion. Cari B. knows the routine and can lead.

What's the hour like? Well, we warm up, work on our balance, and then it's on to exercises with hand and leg weights before cooling down. Participants choose the "poundage" of the provided weights and only do the exercises and/or amount of reps that make sense to them. On any given day, a participant may skip some of the reps and/or even go through the weight exercises without weights. We do **not** subscribe to that decree: "No pain, no gain!" During a class, there might be some background music, on-this-day-in-history facts, conversation (always light!), trivia questions, and even the occasional joke to help us get through those last few reps of an exercise. Mondays can be tough, but I dare say, without exception, one feels good at the end of every session. The endorphins have kicked in.

Russell K. says, "This is paying off. I bound down the stairs now." (That's an exaggeration, thankfully, but he has noticed better balance and increased strength in his heels and toes.) Uli H. reports less soreness after a day of skiing. Dee H. is sure a couple of near falls of late were thwarted by that edge of newly acquired, or at least maintained strength, balance and flexibility. Every little bit helps. It's all good. You'd be welcomed!

A Look Abroad: The Refugee Crisis

Russ L.

The world is facing a refugee crisis. In 2023 there were over 114 million persons displaced from their homes because of persecution, war, or violence—the largest number in recorded history. Over 36 million of them have been forced to flee from their home countries and become refugees seeking asylum.

149 states have signed The Refugee Convention. The convention prohibits “refoulement,” that is, forcibly returning refugees to their home countries, while they still are at risk. It also guarantees basic rights within the country of asylum, including housing, work, and education. Prior to the Israel-Hamas war, over half of the world’s displaced persons were victims of three events: civil war in Syria, persecution in Afghanistan, and the war in Ukraine. Half of all Syrians are displaced, with 3.6 million refugees in Turkey and 1.5 million in Lebanon. Most of the Afghans fleeing the Taliban are in Pakistan (600,000) or Iran (500,000). Over the past few decades, Jordan, a country of just 11 million, has been the country of asylum for two million Palestinians who were driven out of their homes by wars in Israel in 1948 and 1967, and blocked from returning after the wars. Most refugees are residing in poor countries, many in squalid tent camps dependent on aid from the UN and NGOs for basic necessities.

The refugees from the Ukraine War have fared better. At the start of the war the EU Commission issued a Temporary Protection Directive to its 28 members states. The directive provides expedited asylum for Ukrainian refugees along with guarantees of legal residence, housing, health care, education, and work. Poland has accepted nearly a million of the 6.5 million Ukrainian refugees, with many of them living in private homes with Polish families. Nevertheless, half of Ukraine’s population remains displaced, often with their homes destroyed.

Gazans have been less fortunate. The Israel-Hamas war so far has left 1.7 million civilians, 85% of the Gazan population, displaced, with most of their homes destroyed or severely damaged. They have been driven farther and farther south to the border with Egypt, to escape the bombardment. One and a half million Gazans now are in tent camps in Rafah, a city which normally houses just 250,000 people. The Gazans cannot take flight as refugees. They are penned in by Israel’s “iron fence” to the east and north, the Mediterranean Sea to the west, and a 12-kilometer southern border with Egypt, where Egypt is building another wall.

The largest provider of humanitarian aid to Gazans, before and during the Israel-Hamas war, has been the UN’s Relief and Works Agency (UNRWA), which was created by the UN General Assembly to provide basic needs to displaced Palestinians who fled into Gaza during the 1948 war. During the Israel-Hamas war, UNRWA has continued operating under dangerous conditions. 152 members of its staff have been killed. Nevertheless, UNRWA got a black eye following allegations that 12 of its employees assisted in Hamas’s October 7 terrorist attack on Israel. UNRWA fired the alleged participants, but countries donating aid, including the United States, have suspended their contributions. As this is being written (February 25, 2024), the trapped Gazans are nearing starvation and are increasingly vulnerable to diseases associated with unsanitary conditions and weakened resistance, while they await the attack of Israeli forces on Rafah.

A modest proposal. Suppose Israel were to begin its own humanitarian efforts to safeguard, feed, and provide health care and sanitation for the trapped Gazan civilians. Doing so would go a long way to repair Israel’s standing in the global community.



Photo by Max K.