



The Buglers:

Angelika B.
Phil C.
Max K.
Nancy R.
Cari B. (Design and Layout)

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

Community Life at EastView

Ben F.

For the past three and a half years, I have had the privilege of being a member of EV's Community Life Department—first as a Resident Engagement Assistant and then as the Memory Care Engagement Coordinator. As a team, we aim to get the most out of every day and remind residents that aging does not have to limit our ability to find engagement and fulfillment. Each day, we strive to nurture and engage residents through a variety of activities and programs. In the MeadowSweet and GardenSong neighborhoods, we begin each day with physical activity—something we believe is vital—and our ambitious walking group normally heads out the door soon after 9 a.m. This is followed by a half hour of gentle seated exercise in each neighborhood, led by one of our Community Life team members. After getting our bodies energized for the day, we then usually work on “stretching” our brains through various word games, discussion of current events, or the occasional cooking project. After lunch, programs vary each day—all with the goal of providing a diverse, balanced mix of activities, each focused on encouraging us to think, create, move, connect, or feel.

It would be impossible to list all our past activities, even just since the start of 2024, but some popular favorites include hallway bowling, Yahtzee, water-color painting, Bingo, Jeopardy, Word-in-a-Word, and, of course, baking. Music is also very popular amongst residents, and we're lucky to have regular performances from several talented musicians, including our very own Chris P. Twice a week we offer a scenic bus ride to residents of both neighborhoods. In recent months, we've ventured to destinations such as the Crown Point Bridge, the Middlebury Snow Bowl, and the Vergennes Waterfall. We also made trips to see local Halloween decorations and holiday lights, as well as several sporting events at the College. Of course, none of the activities our team offers are mandatory, and we understand that not every program will appeal to everyone. Our goal is to provide as many opportunities as possible for folks to engage in a variety of ways with the community around them.

As a team, we also strive to highlight the importance of each individual in our EV community, whether that is through recognizing a personal achievement, highlighting a talent, or celebrating a birthday. Each and every resident is loved and valued and contributes to our wonderful community, and we make every effort to emphasize this through our work.



Chris Erik Kris Cari Lynsie Debbie Lindsey Ben Crystal John Wayne/Mike

The Community Life team is responsible for Programming, Transportation, and Enhanced Services at EV. The following individuals comprise the team: Cari B. (Engagement & Communications Manager); Coordinators Lindsey H. and Ben F.; Resident Engagement Assistants: Kris D., Andrea H., Lynsie J., Erik L., Debbie M., Crystal P., and Chris P., Aide: Gabe S., Drivers: Wayne H., Mike K., and John M. (*Andrea and Gabe do not appear in the photos*)



Lindsey H.

Lindsey H. began working at EastView in 2016. She feels very lucky to work with an outstanding team in the Community Life department. She coordinates Residential Care programming, the Enhanced Services program, and Transportation Services.

Lindsey grew up in Stonington, CT, and moved to Vermont in 2001. She began her undergraduate education at Bates College, studying abroad in Nantes, France and Kingston, Jamaica. She transferred to The University of Connecticut to be closer to family who were dealing with health problems. She graduated Magna Cum Laude from the College of Liberal Arts and Sciences with a B.A. in Art as Non-Verbal Communication. This was an individualized major as UConn Scholar that allowed her to synthesize linguistics, fine arts, and work with their puppetry program. Lindsey completed three years of graduate work in Counseling Psychology, with a focus on children, adolescents, and people with developmental disabilities. Lindsey has been teaching movement, trick hula hooping, and fitness classes for over 15 years. She has been running the Bristol Recreation Department Gymnastics Program at the Bristol Elementary School almost every Saturday during the school year for over a decade.

Lindsey devotes a great deal of time to volunteering in the community. She was elected to a three-year term on the Addison Central School District Board of Directors in 2021. As part of this work, she served as Vice Chairperson on the Policy Committee and Communications and Engagement Committees, on the Hiring Committee for the Middlebury Union High School Principal, and as ACSD Representative to the Town of Middlebury Parks and Recreation Department. In the past, Lindsey has served on the Board of Directors of the Special Olympics of Vermont and Mt. Independence State Historic Site. She has also volunteered with the Middlebury Elementary School Association, Middlebury Recreation Department, Middlebury Area Little League, Otter Creek Child Center, Speak Up! Addison County, and Green Mountain Self Advocates. Lindsey lives in Middlebury with her son, Henry, 2 cats, 2 leopard geckos, and several fish. She enjoys supporting her son's athletic and artistic pursuits, spending time with family and friends, and doing outdoor activities such as mountain biking, skiing, kayaking, and hiking.

Question of the Month

The question of the month is: "What is something you've tried that you will never, ever try again?"

Here are the replies to last month's question: "What movie have you watched more than once because you love it?"

My favorite all time movie is *Casablanca* with Humphrey Bogart, Lauren Bacall and Peter Lorre as the leads. Set in north Africa in W.W. II, it has wonderful dialogue, music, ("Play it Again, Sam"; "As Time Goes By") and an atmosphere and intensity that is rarely matched. It is a timeless movie.

Dexter L.

High Noon—an illustration of courage, cowardice, religious narrow-mindedness, greed, convictions and their breaking because of love.

Angelika B.

The Third Man—a well crafted tale with excellent music.

Buz B.

Dirty Dancing and *Pretty Woman*—Both are feel good movies and I love the lead characters.

Janet G.

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The Grand Budapest Hotel—Ralph Fiennes and a host of notable actors in cameo appearances combine to make this a very entertaining and memorable film.

Linda C.

The American President —Michael Douglas for President right now!

Phil C.

Ilsley Public Library — A Middlebury Treasure

Ron R.

Facing Cannon Park on Main Street, in the Village center, is the Ilsley Public Library. Housed in a building with a classic façade dating from 1923, it was a gift from Colonel and Mrs. Silas A. Ilsley. As the library’s offerings and use have steadily grown over the years, two efforts to expand the structure with additions in 1975 and 1988 have proven inadequate.

The shortcomings of the present structure have been steadily accumulating for decades, including moisture problems in the basement, heating/cooling deficiencies, elevator and building code issues, and accessibility provisions. Multiple programs serving children, tweens, teens, and adults have simply outgrown the building’s capacity. Just addressing urgent maintenance needs would be very expensive and still leave the library with a severely inadequate facility.

Enter the Ilsley 100 Project, launched by the Town Select Board in 2022, with a planning team representative of the community to develop plans for a major renewal of the facility. Consultants were engaged to evaluate the existing structure and its location. In 2023 it was decided that the library should remain in its prominent village center location, with renovation and expansion which call for the removal of the earlier additions. Proposals were solicited from three design firms. ReArch Company/Wiemann Lamphere Architects were selected to develop cost estimates and a schematic design. New construction and renovation of the original building will add 8,000 square feet for a total of 26,000 square feet.

Within the envisioned vibrant building, there will be provisions for activities serving all ages, including doubling of space for children on the main floor, community rooms available after hours, restoration of the Great Room of the 1924 building, quiet reading and collaborative areas, and generous space for books and media. The library will have ground level entrances in the front and leading from the parking lot to the side; the lot will be reconfigured to accommodate the library’s rearward expansion with no loss of capacity. With attention to sustainability, the use of geothermal heat will be a milestone in the town’s effort to reduce CO2 emissions by 80% by 2030.

The library must vacate the present building during construction. An extraordinary offer from the National Bank of Middlebury will make available the ground floor of the Duclos building for the library to continue serving users.

All this is projected to cost a total of \$17 million, with construction to begin in 2025 and be completed in 2026. A bond vote is scheduled for May 7, 2024. Voters will be asked to bond for the full amount, but, as the ballot will explain, the town will have to borrow only \$4.5 million, with the balance derived from grants, fund-raising, and other town resources. So, as you can see, the public library which Middlebury needs and deserves is a bargain. Please vote on May 7th. If needed, mail ballots can be obtained by calling the Town Clerk’s office at 802-388-8100.



April Birthdays

Bob P. 4/8	David C. 4/15	Bob C. 4/24
Elita D. 4/10	Peggy R. 4/19	Dee H. 4/27
Deem S. 4/12	Vivian D. 4/23	Alice P. 4/28
Vanda C. 4/13		

Bartlett Tree Update

Ted D.

EastView has begun an effort to revitalize and care for the trees throughout our campus, all 181 of them! Trees have significant value in many different ways, aesthetic or otherwise. Given the age of our community, it seems a good time to pause and look at our natural environment to gauge the health and viability of the trees and other plant life around us. For guidance I reached out to Tim Parsons, a horticulturist and old friend and colleague I worked with at Middlebury College. He suggested EastView use Bartlett Tree Experts.

My initial contact with Bartlett proved to be everything Tim suggested it would be. Jeromy Gardner of Bartlett is well versed in the language and care of trees. After an initial introduction and walk of our campus, the Inventory Solutions Team from Bartlett Tree Experts inventoried all of our trees. Their efforts resulted in a 72-page report geolocating, assessing, and detailing the conditions of all 181 trees, which include 18 different species. This report is incredibly detailed and outlines recommendations for soil care, plant health, tree maintenance and pruning, and root collar excavation. A hard copy of this report is available to check out from the EV library.

The implementation of the plan will be a multi-year effort, spreading out both the work and expense in manageable chunks that EastView can absorb. From the initial comments at a ViVá! meeting, to a more thorough explanation and Q & A at a Residents' Council meeting (February 13, 2024, please refer to the detailed RC minutes), followed by more conversation at another ViVá! meeting, enough enthusiasm and interest has generated two significant donations to get this tree project underway this year.

Phase 1 will focus on those trees most prominent in our landscape as you enter the property from South Street Extension. These trees are front and center to all residents and visitors of EastView, the first impression if you will. To that end, the following work will be done in the coming months: an application of Fortiphite (potassium polyphosphate) applied to 34 trees; a foliage treatment to help suppress cedar apple rust will be applied to 31 trees; a needlecast treatment will be applied to help suppress needlecast and Diplodia tip blight to 18 trees; a dormant oil treatment will be applied to 20 trees; root collar surgery will be completed on 34 trees; the failing River Birch at the Terrace will be replaced. Further implementation of the Bartlett Tree plan will happen as funding becomes available, either through future budget allocations or donations.

EastView is responsible for all plantings around the Inn and for all tree plantings in front yards of the cottages. There are cottage residents who have asked Jeromy to assess trees located on their property (at a cost to be incurred by them). Such work will be done when Bartlett does the other work at EastView.

The proper care and attention of our urban forest will pay dividends in the future as long as we make the effort to provide the necessary care today!



The Garden Committee: Fun in the Sun! Toil in the Soil!

The Garden Committee

The Garden Committee is coming out of hibernation. Currently we are a core group of four residents and looking to greatly enlarge our team. If you harbor even a small desire to help maintain the gardens around the Inn, then you will find this another EastView 'home.' We also welcome people who are unable to weed, etc., but may have good ideas on design and horticultural advice.

Our main tasks include monitoring the overall plant scenario, weeding, deadheading, light shrub pruning/shaping, giving advice on selections of replacement annuals and perennials, and sitting on the terrace to admire our results.

Ideal candidates for the team are those who love to work outside around flowers and dig in the dirt. You absolutely do not need to be a landscape gardener by profession, but if you are, you are still welcome to join us. More hands make lighter work.

In late March there was an organizational meeting, welcoming all participants to join the team. If you didn't make that meeting but now think you would like to be part of the team, please contact Cilla L.

Concern*Richard H.*

February 29, 2024, is an absolutely beautiful morning at 0530, moon still glowing, stars bright and shiny, temperature conducive to this time of year and month, feeling more normal compared to the last two days with temperatures exceeding reality. However, that is what the temperatures did, and it is a forecast of what is to come from now on. Personally, I believe we have gone beyond being able to prevent climate change or at least moderate climate change. There is no stopping climate change now from wreaking its devastation on parts of the world, especially along coastlines as Greenland and Antarctica lose their massive ice sheets causing the oceans to increase in size and depth submerging low lying islands and continental shores. Diseases amongst wildlife, usurpation by humans from land they have always felt safe on, immeasurable heat from a climate that has gone amok, lack of food, starvation in large parts of various countries populace, all due to change in climate and devastation by horrific storms. All this ultimately created by man's inability to work together as countries to form climate alliances and do what was needed to prevent this ultimate catastrophe. All man/woman can do now is grin and bear it— I don't see any viable solution that will take precedence and pull humanity out of this devastating predicament.

The world was in a climate lull while humans developed all kinds of devastation on wildlife, on the land, and on the water and sea. Instead of seeing the land, water and sea as a friend to be nurtured, many humans took advantage and felt it was their God given right to do with the land, sea and water as they saw fit. The rest of us are now going to have to pay a price and ultimately our lives for those actions past and present. My grandchildren and great grandchildren, who had little to do with these devastating actions on the environment, will now have to pay the price for those actions with their well being and ultimately their life. Such a shame!

**Meditation***Tai H.*

Some years ago a little children's book came out called *Where Did You Go? Out. What Did You Do? Nothing*. In it the author, Robert Paul Smith, told the story of a young boy's adventures in his world. It was a story of innocence and joy, freedom, and wonder. As I read it to my children, I realized that it was really a Zen story.

In my daily practice of meditation, I found myself connected once again to that wonderful fresh, open world of childhood. Not the escapist world of no responsibility and duties of an adult, but to a world where the chaos and confusion gave way to a willingness to see and accept the real world as it truly is. I came to see that our intrinsic nature is clear and pure and is with us 24 hours a day. The negativities that rise and fall like waves on the ocean of our consciousness are temporary and can be eliminated. The clutter of the mind can be cleared and the toxic feelings of the heart can be turned to compassion.

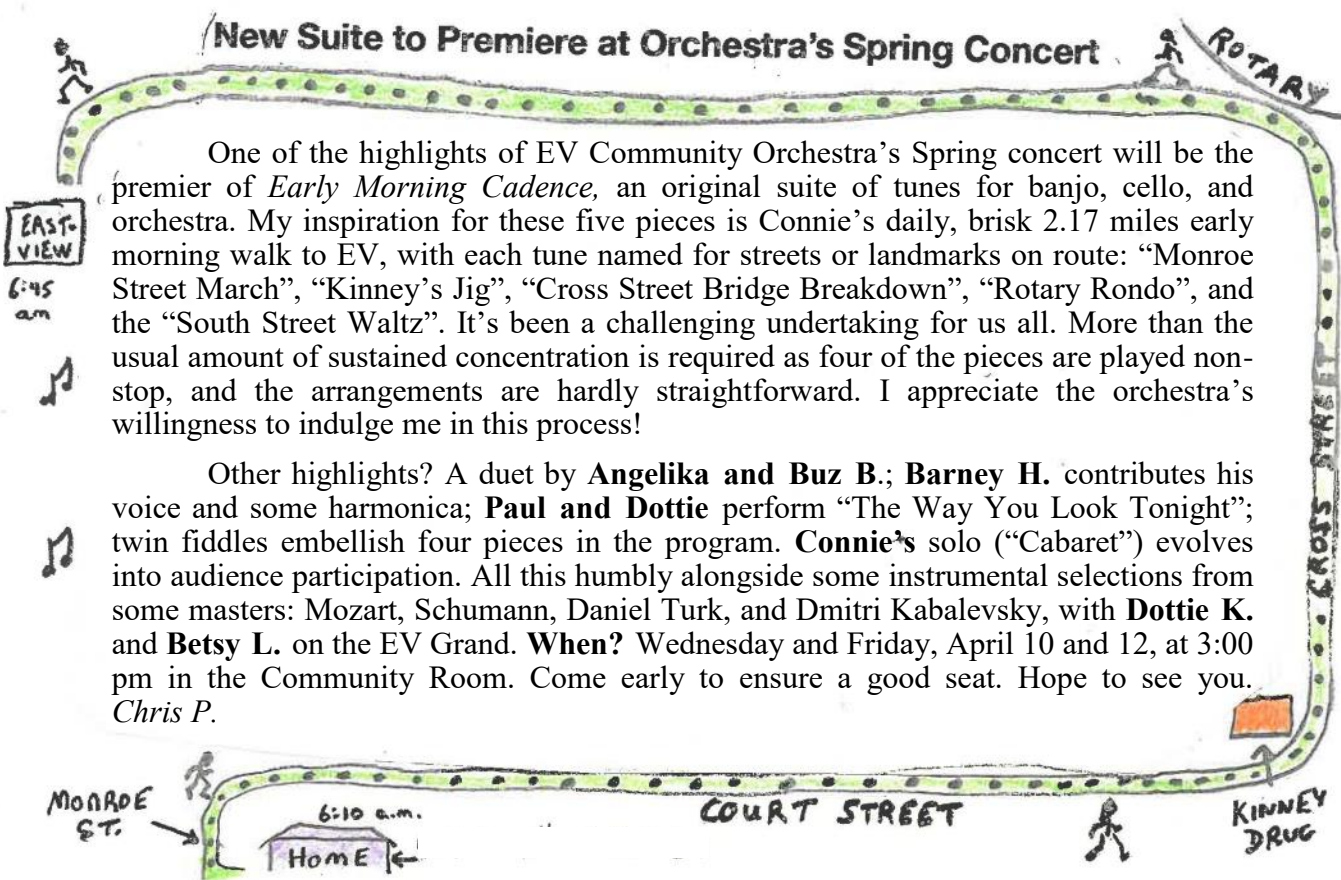
The practices of meditation are many. I have found the simple Buddhist practice of "just sitting" is strong and rich for me. Find a quiet space; sit in a position that is comfortable. Keep your spine straight, but not stiff. Let your body feel at home here. Put your focus on the breath. Let it be full and even. Close or half close your eyes. Your mind may wander or get busy with all the things that should be done. Your body may get bored and try to convince you that a nice jog in the woods is better for your health. Have the courage to persist. With time and perhaps the company of friends who are on this adventure, too, you will find this becomes a natural, strong practice. Start with 15 minutes and work up to 30 then to 45 minutes. There is a whole beautiful world waiting to enter your empty, quiet self and give you gifts of peace, awareness, compassion, and much more.

If this interests you, please join us on Monday mornings from 8:00 to 8:45 in the library for silent meditation.

New Suite to Premiere at Orchestra's Spring Concert

One of the highlights of EV Community Orchestra's Spring concert will be the premier of *Early Morning Cadence*, an original suite of tunes for banjo, cello, and orchestra. My inspiration for these five pieces is Connie's daily, brisk 2.17 miles early morning walk to EV, with each tune named for streets or landmarks on route: "Monroe Street March", "Kinney's Jig", "Cross Street Bridge Breakdown", "Rotary Rondo", and the "South Street Waltz". It's been a challenging undertaking for us all. More than the usual amount of sustained concentration is required as four of the pieces are played non-stop, and the arrangements are hardly straightforward. I appreciate the orchestra's willingness to indulge me in this process!

Other highlights? A duet by **Angelika and Buz B.**; **Barney H.** contributes his voice and some harmonica; **Paul and Dottie** perform "The Way You Look Tonight"; twin fiddles embellish four pieces in the program. **Connie's** solo ("Cabaret") evolves into audience participation. All this humbly alongside some instrumental selections from some masters: Mozart, Schumann, Daniel Turk, and Dmitri Kabalevsky, with **Dottie K.** and **Betsy L.** on the EV Grand. **When?** Wednesday and Friday, April 10 and 12, at 3:00 pm in the Community Room. Come early to ensure a good seat. Hope to see you.
Chris P.



Almost April

Jane V. L.

Just now,
Walking by the river,
Harbingers dart past me
And land on the old oak.

Headfirst up,
Headfirst down,
A pair of nuthatches
Greet the season.

The strengthening sun
Warms their backs
And mine,
And my heart as well.

Oh, For life to be as simple
As for the nuthatch
Headfirst up, headfirst down
And samplings in between.



EastView Community Orchestra, Spring 2024

Front row, L to R: Barney, Linda K., Jan, Connie, Holly, Chris; Dottie (at the piano); Back row, L to R: Janet, Linda S., Buz, Betsy L., Vanda, Bob, Linda C., Jan, Paul, Kate (in front of Paul), Betsy E., Angelika

East View Endowment Progress Report

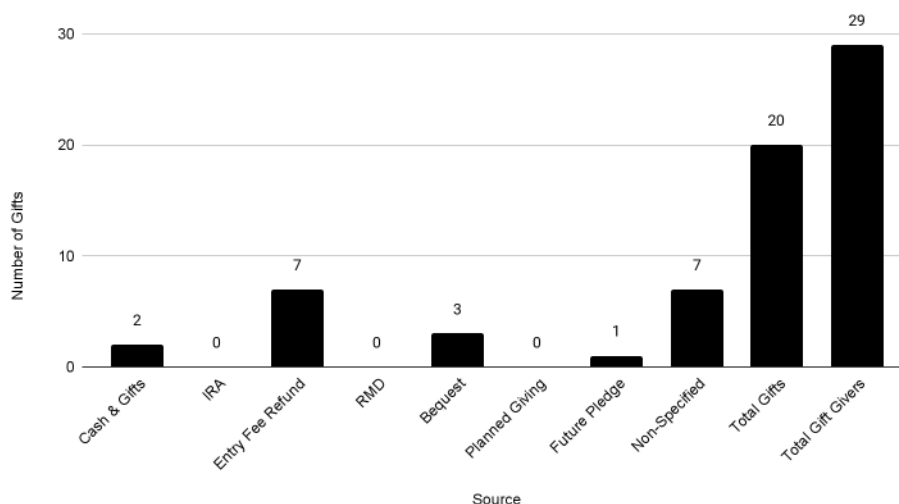
Russ L. & Fred G.

The Endowment Committee is nearing the end of the small group gatherings hosted by residents in cottages and Independent Living apartments. The next step will be to meet with MeadowSweet and Garden-Song residents and, when appropriate, family of residents. So far, we are extremely gratified by the level of participation and the generosity of the gifts and pledges. The total gifts and pledges are estimated to be \$1,854,537 with 20 received pledges and 29 gift givers.

The bar graph below illustrates the progress of the endowment campaign as of March 29, 2024. The bars on the graph represent the number of givers whose gifts fall into each of the categories on the graph. A gift from a couple, for example, would be represented as gifts from two persons. The bar graph depicts how many givers fall into each category of giving.

If you plan on making a donation to the EV Endowment, please let Connie or a member of the Endowment Committee (Russ L., Fred G., Bill R., Max K.) know so that we can keep track of gifts.

EastView Endowment Source Distribution



Categories:

- Cash or Stocks: Donors make direct donations of cash or stocks.
- IRA: Donors, age 70 ½ or older, make annual donations from their IRA.
- Entry Fee Refund: Donors agree to release EV from all or part of the entry fee refund for cottages or IL apts.
- RMD: Donor gifts all or a portion of a donors' Required Minimum Distribution of retirement funds.
- Bequests: Donors have designated gifts to EV in the donors' wills or revocable trusts.
- Planned Giving: Donors receive regular payments of income in return to leave unused assets to EV.
- Future Pledge: A gift will be made upon the occurrence of a specific future event other than the demise of the donor.



俳句 Haiku

The geese are coming
how wonderful! It means spring,
Bon voyage to you.
Angelika B.

Hearing aids, glasses,
And then earrings and a mask.
My ears are busy.
Jan W.

It does smell like spring,
but is nature teasing us,
or is winter done?
Angelika B.

Locked out of EastView
Between two sets of glass doors.
No one heard me knock.
Jan W.

A Look Abroad: Who are the Palestinians?*Russ L.*

The term “Palestinian” itself is confusing. If it refers simply to people living in Palestine, then it would include Jewish Israelis, as well as Arabs. Jewish leaders frequently make this point. They prefer the term “Palestinian Arabs.” The most common understanding is that Palestinians are Arabs who either live there now, or have inhabited the area historically known as Palestine, or are descendants of those people. They are generally believed to be Arabian ancestors of Canaanites who settled in the area in the second century BCE.

Today’s Palestinians fall into roughly four categories: (1) Palestinians living in Israel proper, (2) Palestinians living in the occupied West Bank territory, (3) Palestinians living in the Gaza Strip, and (4) Palestinians living in other countries.

There are 1.6 million Arab Palestinians living in Israel proper, one-fifth of the population. Following Israel’s War of Independence in 1948, Palestinians who had not fled elsewhere were placed under military rule, but since 1966, with the exception of those living in East Jerusalem, they have the same legal rights as other Israeli citizens, including the right to vote. Arabs living in East Jerusalem, who reject Israel’s claim of sovereignty over all of Jerusalem, have declined Israeli citizenship. They are “permanent residents” without voting rights. Although the socio-economic conditions of Israeli Arabs lag behind Jewish Israelis, there has been only one instance, in 2021, of communal violence between Jewish and Arab Israelis.

Three million Palestinians live in the West Bank territory, which has been occupied by Israel since its victory in the 1967 “Six Day” war. There also are 450,000 Jewish settlers in the West Bank. Administration, including policing, of the West Bank is shared by Israel in Jewish settlements and the Palestinian Authority over areas ceded to PA control by the Oslo and Cairo Accords of 1993 and 1994. Today, the acceleration of the expansion of Israeli settlements in the West Bank has become a major source of intercommunal conflict, with Israeli security forces extending their reach into PA territory to protect Jewish settlers. Prime Minister Netanyahu has stated that he intends ultimately to annex the West Bank.

There are about two million Palestinians residing in the Gaza Strip. 100,000 Palestinians fled to Gaza when they were driven from their homes during the 1948 war, as Gaza remained under Egyptian control. Israel gained control of Gaza during the 1967 war, but in 2005 it unilaterally removed its security forces and settlers to turn Gaza over to the Palestine Authority. After the success of Hamas in a parliamentary election in 2006, which was followed by fighting between Hamas and the Palestine Authority, Gaza came under the control of Hamas. Hamas’s stated goal is to eliminate Israel and gain control of all of Palestine “from the river [Jordan] to the [Mediterranean] sea,” through the use of force.

About six million Palestinians live in other countries. Jordan has the largest number, 2.3 million, about one-fifth of its population. Syria and Lebanon each have over half a million, and Egypt and Saudi Arabia about a quarter of a million each. 255,000 Palestinians live in the United States, including a large concentration in Detroit, which contributed to the “uncommitted” votes in the recent Democratic primary.

Most Palestinians in Middle East states are descended from refugees from the 1948 war. A major issue in any future Israel-Palestinian peace agreement is whether Israel would be willing to change its policy denying the right of return to Palestinian refugees and their descendants. Virtually all former Palestinian homes and villages have been bulldozed or occupied for decades by Jewish immigrants to Israel.

As of 2023, 139 members of the UN General Assembly granted diplomatic recognition to the “State of Palestine.” Only the Gaza Strip would seem to meet the traditional criterion of the exercise of sovereignty over a particular area to qualify as a state, but most social scientists would agree that the Palestinians do represent a distinct “nation,” that is, a group of people who share a common history, traditions, culture, language, and not least, their own belief that they share a common identity.

