The EastView

BUGLE



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The next *Bugle* will be published in September. Happy summer!

- The Buglers:

Sarah B.
Linda C.
Phil C.
Lois K.
Russ L.
Ron R.
Cari B. (Design and Layout)

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







Heather R.'s Drawings

Lois A.

One day in April, Charlie R. and his helper, Darcy S., appeared at my apartment with a large sketch-book filled with drawings of interesting objects and scenes created by his late wife, Heather, over their 66 years together. He asked if we could find a way to share these with the EastView community—such a nice idea!

With input from Art Committee members and using extra frames that the committee had, 14 of Heather's drawings were hung in the EastView lobby alcove. The display included nine models (a Vietnamese elephant, a discus thrower, a glass, a bird, a dancing doll, etc.) that Heather used for some of the drawings.

At the May 12 Sunday Social, Charlie spoke about Heather and her drawings. We learned that Heather did not have any formal training though she might have taken a few sketching classes (if she did, she never told Charlie about it). She named and dated every one of her drawings that were done between 2000-2014. Some were done in a day. One time she did three drawings in two days. Other times she went months without doing any.

EastView is blessed with energetic and creative residents who enrich our community in so many new and meaningful ways.

Peggy R.

New to EastView in September 2023, I moved two miles south from Chipman Hill where my husband and I had lived for 32 years. Geology brought us here. Dumont, Middlebury alum, class of 1943, humored me when I wanted to attend an Alumni College geology session taught by Brew Baldwin in the 1980's. We returned every summer. We scrapped retirement plans for Stonington, CT and Brunswick, ME, moving here from Chappaqua, NY where I had been a Public Health Hospice Nurse Practitioner and Dumont had been Chief Field Engineer for Indian Point #2 Nuclear Reactor.

Our avocation in Westchester County had been the cleaning and repair of a ntique clocks. Our recreation: sailing on Long Island Sound (until the last two of our five children aged out of interest in sailing).

In retirement, rather than travel, we harbored three Guiding Eyes for the Blind (Yorktown Heights, NY) Labrador retriever mother dogs, raised 12 pups ourselves, and placed more than 200 puppies to be raised in northern Vermont.

Dumont died in 2020 at 98, gifting himself to the Anatomical Gift Program at UVM. The contact person there is Lynne Bateman, 802-656-4605.

In Middlebury, I continue my involvement with The Congregational Church UCC, Ilsley Library and the Co-Op. Here at EastView, I watch over the kitchen gardens of thyme, parsley, chives, and maintain my habit of walking everywhere. I so enjoy new and old friends and sharing of stories. Dumont and I watched with Connie as EastView plans came together, litigation passed, everything became built and occupied. Gratitude for finding myself here now to share in our community.

I'd enjoy knowing your story.

My Most Embarrassing Moment

When I was a very young department chair at Middlebury, I was invited to lunch by President, James Armstrong. President Armstrong was known as an aloof figure, who normally did not interact much with faculty members, so I was very honored. But on the scheduled day, and at the time of the meeting, I was out working in our vegetable garden, having completely forgotten about the lunch, until I got a call from the president's assistant, wondering where I was. Where I was, was six miles away covered in dirt, wearing old jeans and a tee shirt, making even a late arrival impossible. The lunch was not rescheduled.

Russ L.

Playing strip poker with my brother and his friends. I was maybe 12 or 13 and he was three years older. By the time I got down to my underwear, I quit!

Janet G.

My mother tried to make an actress out of me. I had to walk up and down the room in front of some theatre director. I felt like a cow at a cattle auction.

Angelika B.

As often happens when traveling, the change in climate, food and air travel combine to alter various aspects of one's digestive system. Near the end of our vacation in Crete, I became aware that I needed Preparation H, or the Greek equivalent. A huge green cross above a doorway drew me to what I hoped was a pharmacy. Two young women were there to wait on me as I tried to explain to them, in my broken Greek, what I was after. Fortunately, my daughter entered and explained to me that I had entered a cell phone store. The pharmacy was next-door and closed for a holiday. We laughed trying to imagine what the cell phone clerks discussed after we left.

Bob P.

Pasqual A.

Three days a week, an under-utilized corner of the EastView Inn comes to life when the Bistro opens up for delicious lunchtime treats. The person behind the transformation is Pasquale A., who is a wonderful asset to the EastView community.

His importance was graphically underlined when, over a two-week period, he wasn't there! His absence, necessitated by an injury to his back from trying to track down a soccer pass from his grandson during an impromptu game in his back-yard in Bridport, put him out of commission for a week. Then he tried to return the next week and his back told him that he had returned too soon. Two weeks without the Bistro open was a huge void for those of us who frequent the Bistro. We find that it is a great gathering place for EastViewers seeking some mid-day repast and conversation with neighbors.



The focus of this Bistro activity was born and raised in Schenectady, New York. When he was 9, his father opened a food store in Troy, New York, and he began his education by watching his father, who was a butcher, bring the store to life. Now father of two adult sons, Pasquale enjoys the fruits of semi-retirement, limiting his commitment to EastView to three days a week.

In honor of his Italian heritage, Pasquale wears a colorful head piece with the colors of the flag of Italy. With the hat and his earring, he sets himself apart as someone with a lot of interesting life experiences. Did you know that he is a graduate of St. Michael's College with a major in Political Science? Did you know that he was a chef at Wake Robin for 12 years? And that he was chef for the late, great Café Shelburne and the recently-closed Bearded Frog Restaurant in Shelburne?

When he married his wife, Claire, who had a house in Bridport, he began to bring his skills to Addison County. He had a connection with our own David Merrill, which led to his recruitment. The soups that he spirits from David's kitchen are enough to satisfy the mid-day cravings of many who are seeking a light lunch.

Chef A. is a treasure for our community. I encourage Bugle readers to stop by the Bistro from Wednesday through Friday, for a mid-day meal and a conversation with Pasquale and his followers who frequent the Bistro. It is one of our post-Covid plusses that makes EastView delicious.

Writing an Article for the Bugle

From the first *Bugle* publication in December 4, 2020, to the publication today, there have been more than 364 contributions by EastView residents.

Over these summer months we are hoping you will get your creative juices flowing and write: a poem, a Haiku, a song, a short story, a crossword puzzle; maybe tell the EV community about an adventure or a hobby of yours. Remember, in order to make the *Bugle* even better we need your input. We eagerly await your submissions.



Welcome to EastView!

Welcome to new residents and staff who have joined the EastView Community in the past month! Resident: Faith C.

Staff: Brittney H. (RCA), Baxter H. (Server), Josh H. (Server), Heidi K. (RCA), Abi P. (RCA), Lexi Q. (RCA), and Christopher W. (Cook—to replace Keith S., who will become EastView's Executive Chef when David M. retires).

River TripNancy F.

Bob and I just returned from an interesting and fun nine day River Trip on the Snake and Columbia Rivers between Oregon and Washington to celebrate our 65th Wedding Anniversary. The boat, *American Harmony*, operated by American Cruise Lines, had about 180 "guests". It traveled from Clarkston, Washington, to Astoria, Oregon. We were following the final western route of the Lewis and Clark Expedition as they searched for a water route across the continent towards the Pacific Ocean. They left St. Louis in May 1804 and finally in late November 1805 they reached the Pacific.



We flew to Spokane, Washington, spent the night at a hotel, then were transported by bus to Clarkston, where we embarked. The drive south was a contrast to Vermont, rolling hills lower than our mountains, no trees, and large expanses of bare, unplanted soil and some bright green with "soft white wheat". Every three or so miles there would be a simple farmhouse with barns and every 10 or so miles would be three to five storage towers (silos?) for the wheat, 80% of which is exported.

Upon entering the boat we were given our identification passes on lanyards (just like EastView) and proceeded to our staterooms where there was a mandatory emergency egress drill including putting on lifejackets! A bit unnerving, but understandable. We settled in, unpacked, examined our balcony with nice glass sides so we could see views at all times, and watched the boat cast off heading west on the Snake River to Richland, Washington.

The water in the Snake River is 900 feet above sea level at this point. There were cascades, natural falls, and rapids that Lewis and Clark's Expedition had to deal with in their journey as the water dropped to sea level. They portaged around most of these, but the US Army Corps of Engineers has since built eight significant dams with locks so boats can move up and down the river. These dams also include fish ladders for the salmon to get upstream to spawn and pipes for the young salmon to return to the ocean. Most of the dams also produce hydro electric power for the region, so electricity is very inexpensive. The result of the dams is that these rivers no longer run freely—they are like a series of lakes with dams.

The locks are fascinating to go through, especially if you wake in the middle of the night and notice a wall outside your balcony within reach and you are going down, down, down..... It takes about an hour to go through a lock, enough time to go around the boat and observe from all angles.

Life aboard the boat was comfortable and interesting. We received a daily notice telling us about weather, port-of-call, highlights on the boat as well as on-shore, entertainment (music after dinner), and options for excursions ashore. Rick Chromey, a cultural historian and guest speaker, gave daily talks about the Lewis and Clark Expedition citing from Stephen Ambrose's book *Undaunted Courage* and often showed parts of the documentary *The Journey of the Corps of Discovery* by Ken Burns, PBS. Rick was well-informed as he is in the process of writing another book about the expedition from original journals.

The boat was docked at a different location every day except for two when we cruised west down the river. This was good because the views were engaging and we could read, relax, eat, exercise, join in games, or attend lectures about Indians, the area, and Lewis and Clark. The food was good with emphasis on local food, especially salmon. The staff were very friendly (similar to EastView). We kept them quite busy with questions, but they were adept at using Google, so they had answers. It was fun to talk to people from other parts of the country and they were surprised and curious that we came from Vermont. We were traveling with good friends also celebrating their 65th Anniversary.

American Harmony docked at five ports along the Snake and Columbia Rivers. There were excursions from each port either by foot or bus: Indian, art, and maritime museums, gardens, a fish hatchery, the Bonneville Dam, Multnomah Falls, State parks, Mount St. Helens and the beautiful Columbia River Gorge! We were especially interested to visit Fort Clatsop, a National Park Service site where the members of the expedition spent the winter of 1805-06 before heading back east. The re-constructed buildings are quite amazing considering the simple tools they had. They also had to resupply food and clothing including moccasins, all of which they made themselves from animals they hunted.

Continued from page 4

As we headed back upriver to our last port in Washougal, Washington, we were told of a most unusual view from the top level of the boat. We climbed up to the open deck and could see six snow covered mountains in the distance: Mount Rainer, Mount Adams, Mount Saint Helens, Mount Baker, Mount Hood and Mount Jefferson. This was a dramatic finale to our wonderful trip!

Nat

My name is Nat. I'm the newest member of the Community Life team. My job is to make the people smile! I've been told that I'm really good at what I do. I love to go on walks, visit in the garden, and take rides with people. Sometimes, I just sit quietly with someone who feels a little low. My job description is quite a bit different than the other Community Life Assistants. That makes sense. After all, unlike them, I'm a dog. An adorable Yorkipoo, to be exact.

I used to be an EastView resident. I moved to an IL apartment with Mark and Laura S. in 2019. I loved living at EastView—it's a friendly place and everyone really likes dogs! I learned how to ride the elevator, and everyone gave me treats. I was sad when I had to leave EastView and move to Florida about a year ago.

But things don't always go according to plan. Life can take some unexpected twists, and we need to be flexible. There came a time when Mark and Laura could no longer take care of me. So, I sat down with Laura to discuss my options. I convinced her to call my dear friend Lindsey H. from EastView. Lindsey took care of me a lot when I lived at EastView. She and her 12-year-old son, Henry, even welcomed me into their family for a few months one time when I needed a place to stay. Spending time with Henry (and Lindsey, of course) made me so very happy! Henry played with me all the time, took me on lots of walks, and gave me hours of snuggles. My favorite human is Mark, but Henry is a close second! I was re-

lieved when Laura told me that Lindsey said I could move in with her and Henry in Vermont. Everyone here

is giving me so much love that this feels like home. Lindsey tells me she feels like she won the doggie lottery because I'm such a good, lovable, sweet boy!

So, here I am, back in Vermont, living with Lindsey and Henry and bringing joy to EastView residents every day. When I'm not in GardenSong or MeadowSweet, you can find me on my pillow in the Community Life office. If you need a hug, feel free to stop by.







Nat "at work" on the Scenic Ride, on the Morning Walk, and in the GardenSong garden

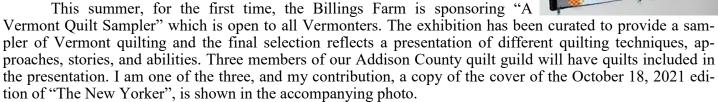
A Day Trip

Cilla L.

If you have a hankering for a day trip on a pleasant summer day, you should consider visiting Woodstock, a town located about 1½ hours southeast of Middlebury. This town has nice dining and shopping opportunities. Russ and I have enjoyed strolling around the residential part of town, viewing the many beautiful historic homes. VT's only national park, the Marsh Billings Rockefeller National Park, is located here as well as the Billings Farm and Museum.

Russ and I liked to pack up our dog and a picnic lunch and drive from Middlebury to the old carriage trails on Mt. Tom in Woodstock. Leashed dogs were welcome on the many beautiful trails that offer great views of the surrounding countryside. Our hikes preceded the establishment of the national park, so I imagine there is now an entrance fee.

For information on both the national park and the museum, you can Google: Marsh Billings Rockefeller National Park and the Billings Farm and Museum.



The exhibit will run from June 29 to September 2.

Did You Know?

Did you know that there are small garden tools available at the Concierge desk if anyone sees particularly offending weeds and wants to dig them out before the garden crew gets to them. The skeleton crew of three volunteers spends as many hours (probably six man hours per week) as *they* can weeding and more time when additional watering and cutting back plants as needed during the summer.

Reg S. takes care of the gardens in GardenSong—Reg and Carol began doing so almost a dozen years ago!

The EastView Library collection of large print books is now on the two bottom shelves of the Inn "Give and Take" bookcase in the hallway just outside the dining room. Anne Eberle generously subscribes to Readers Digest large print books for EastView and new ones are added as they are received.

Nancy F. has donated a copy of *Undaunted Courage* to the EV library.

All the pathway lights have been replaced. Over time, they will all look the same.

You can purchase a lifetime pass for free senior entry to any VT State Park. Just go to the Middlebury Town Office and ask for one. The cost is \$2.00.

Middlebury College has broken ground on a new outdoor tennis facility that will feature 12 courts. According to Erin Quinn (Director of Middlebury College Athletics) these courts will be "post-tensioned concrete", which is a desirable type of court built for playability, but also for durability and resistance to cracking that you might get on asphalt courts. This facility is located off South Street near the men's soccer field and the Allan Dragone Track and Field Complex. The enhanced throwing areas for shot put, javelin, discus, and hammer throw will be relocated and upgraded to the grass area above South Street Field.

The Middlebury College Women's lacrosse team are NESCAC champs for the third straight year and then went on to win the NCAA Division III national tournament that was played in Salem, VA.

The Middlebury Men's baseball team are the 2024 NESCAC champs.



Living Alone Pat T.

Ken N. and I were among the first cottage residents at EastView. We loved our cottage; our neighbors, the views, our gardens. We cheered as the Inn took shape and filled with great new residents. Sadly Ken died 2 ½ years later. I decided to stay in our cottage and have been living alone here for 11 years surrounded by memories, my paintings, raised garden beds, and wonderful neighbors. My little dog Orvis keeps me company, keeps me walking and shares my bedroom. We keep the master suite for company.

Yes, I do get lonely from time to time. When I get overwhelmed by isolation, I take myself up to the Inn. I sign up for dinner, go to the knitting group, attend a lecture, do seated yoga class and Kim's exercise class and recently have joined the women's group. In other words, I interact with the residents and make new friends. I think growing up as an "only child" has conditioned me to handle aloneness and isolation during my later years. I learned early on to be creative with artwork and now am surrounded by many of my paintings. But I have found interacting with the residents here at EastView to be the answer to the "lonely times". There's a great song I hum once in a while—"People Who Need People". Yes, we do, all of us!

Root Collar Excavation

The root collar is the area where the roots join the main trunk; it is part of the tree's trunk. A total of 72 trees have been inventoried for root collar excavation and to date 32 trees have been done. An explanation about root collar excavation is detailed in the Bartlett Tree Report on pages 24-28: "excavating the root collar is necessary for trees whose buttress roots are covered by excess soil or mulch. Buried root collars can contribute to tree health problems, including girdling roots, basal cankers, and masking root and lower stem decay. Girdling roots restrict water and nutrient movement throughout the tree."

In late April many of you probably noticed the Bartlett Trucks and observed Marli and George doing root collar excavation work on many trees on the EastView property. This involved using an Air-spade (a compressed air device) that excavated out the material that shouldn't be there, without damaging the tree. The Air-spade focused high pressure air to the tree roots and exposed them. After the fibrous roots were clipped away, the roots were hit

Linda C.

again with the Air-spade. Essentially what Marli and George did was establish an exposed root flare. Mulch was then applied but only on the outer edges of the exposed roots and never up to the trunk of the tree.

Over time, the trees that had root collar excavation done will begin to look better and better, but it might take about three years to really notice the improvement.







The Cousins

Mimi R., Patsy C., Sarah B.

About 25 years ago we decided that it would be interesting to spend a longer period of time in Ireland. We each have Irish roots, so it made sense. The plan was to look for a house to rent and return the following year for two months. It seemed like the least rainy time was during April and May. So, determined to find a house, we started in Dublin and traveled across the country, ending in a small village called Doolin, in County Clare. Doolin is bordered by the Atlantic Ocean and is famous for the Cliffs of Moher and Irish music. It has about 500 residents and did not have electricity until the 1960s. We loved the area but hadn't found a house.

On our last evening, a local shopkeeper directed us to Anne F. We talked with her and she invited us to come see the cottages she had for rent. We finally found our home! Anne said we could rent for two months, and she would write it in "the book", and why would we ever think of giving her a deposit—we could bring it when we arrived the following year!

Anne commented that we didn't seem like Americans and asked for our family names. Mimi for some unknown reason gave her mother's maiden name, S. Anne looked shocked, then said, "You're joking me!" When she recovered, she told us we were standing in the *original Scales farmhouse!* Now this is where the story really begins . . .

Come to find out, Mimi really is related to the S. family—her great grandfather and Anne's husband's mother's family are related. The three of us have been embraced by this entire family and have come to be called "the cousins." What a family it is! If you were in search of relatives, you could not find any better! We now have cousins all over Ireland, in Switzerland, the UK, South Africa, and of course, the U.S.

For the past 24 years we have spent six weeks in the spring and usually three weeks in the fall as well, with our cousins in Doolin. But we don't just stay there. We have traveled with some of our cousins to Spain, the Netherlands, France, the UK, the Czech Republic, and all over Ireland. We've also taken part in family celebrations including weddings and funerals. Many of them have visited us in Vermont, a highlight being when four of the young cousins became U.S. citizens in Swanton, Vermont, of all places! And in turn, we have hosted many of our U.S. friends and families in Ireland.

Let us tell you about Doolin and Ireland. County Clare, situated on the Atlantic coast, is a place of incredible beauty. As Seamus Heany said, it will—"catch the heart off guard and blow it open."

The Burren, a huge area of limestone hills that roll down to the sea, captivates attention at every turn. It is unique in that it hosts both arctic and tropical vegetation. The many shades of green in the spring are impossible to describe. Experiencing wildflowers, cattle, sheep, newborn lambs, and donkeys grazing in spectacular fields takes us to another time. Stone walls that have been crafted over the centuries are everywhere, including on both sides of the very narrow roads.

The little town of Doolin is a center for Irish music. It has an unbelievable effect on those who are fortunate to live there, as well as those who travel there to share the experience. Concertinas, fiddles, flutes, tin whistles, and banjos abound. The narrow roads force everyone to slow down and "mind each other" when passing by.

When we arrive in the spring or fall, it is said that "the cousins" are home. It truly is our home place, and we are incredibly blessed to have it as a part of our lives.

As William Butler Yates said . . . "Come out of charity and dance with me in Ireland."









Birthdays come in all sizes and shapes and for those young and those young at heart. Here are some words that came to mind when asked what the word birthday meant: fun, cake, ice cream, pointed hats, balloons, noise makers, candles; banners; celebration; old, yesterday.

On Thursday, May 30 the EastView community celebrated Angelika and Buz B.'s combined 185th birthday. Thank you for a fabulous party!













Photos by Max K.



June Birthdays

6/01
6/03
6/04
6/04
6/11
6/12
6/14
6/17
6/23
6/26
6/26
6/28
6/29
6/30



July Birthdays

Deb V. Lois K. Suzann S. Pat C. Tai H. Gail L. Jan W.	7/02 7/03 7/04 7/05 7/14 7/16 7/16
Jan W.	7/16
Nancy H.	7/19
Gayl B.	7/20



August Birthdays

Lois F.	8/01
Phil C.	8/14
Susan R.	8/17
Carol S.	8/17
Sally W.	8/17
Nancy R.	8/24
Alec L.	8/25
Rannie M.	8/30

俳句 Haiku

Dear Nat, Welcome back! We couldn't be more delighted Perfect place for you. Angelika B. Hearing aids, glasses, And then earrings and a mask. My ears are busy.

Jan W.

Walkers with walkers. Can walker walk without help? If not, two walkers.

Jan W.

A Look Abroad Gaza Update: Peace Plans

Russ L.

The mediating states in the Gaza War negotiations (U.S., Qatar, and Egypt) recently devised a "road-map" to bring an end to the fighting. The plan consists of three phases: a six-week ceasefire, coupled with exchanges of some Israeli hostages and Palestinian prisoners, then a permanent ceasefire, with completion of the hostages/prisoner exchanges, and a final phase devoted to rebuilding Gaza. The plan initially received Israel's approval and a "positive' response by Hamas. Then the two sides added conditions. Hamas would accept only if there were a permanent ceasefire coupled with the withdrawal of Israel forces from Gaza. In Israel, two extreme right parties threatened to withdraw from Netanyahu's coalition, which would bring down the government, if Bibi agreed to a permanent ceasefire. Netanyahu then stated that he would agree to a ceasefire only after Hamas is "destroyed," and all of the hostages are returned. But Netanyahu also faces pressure from the U.S., the U.N. Security Council, and from Israeli protestors to agree to the original plan.

The ceasefire road-map would be just the first stage of a peace process. What about the post-war future of Gaza? Recently, two centrist members of Israel's emergency cabinet resigned over Netanyahu's "political procrastination" in refusing to present with a post-war plan of his own. There are, however, four prominent options being bandied about.

One possibility is permanent Israeli occupation of Gaza. Given the high costs and risks, the only faction in Israel that favors this plan is the extreme right, and their scheme includes encouraging the emigration of Palestinians to be replaced by Israeli settlements, in essence, ethnic cleansing. A second option is partial occupation. The Israeli Defense Forces (IDF) would remain in Gaza to provide security, while a civilian Palestinian government, supported by Arab states, would govern and proceed with reconstruction. So far, no Arab government has been interested in participating under IDF occupation. A third possibility is a deal with Hamas, whereby the IDF would withdraw from Gaza in exchange for return of the hostages. This one is rejected out of hand by most Israelis, as granting victory to Hamas.

The Biden negotiating team has floated an ambitious fourth option, a "mega deal" in which Gaza would be governed solely by a Palestinian regime (not Hamas), which would be supported by key Arab states, including Saudi Arabia. In addition, Saudi Arabia would normalize relations with Israel in return for a defense pact with the U.S. and American assistance in building a Saudi nuclear energy capacity. Israel, in return for the Saudi normalization agreement, would commit to supporting the emergence of a Palestinian state under the "two-state" solution in the Oslo Accords of 1993.

It is an intriguing scheme, which offers something for each of the parties. Saudi Arabia would gain a defense pact with the United States, as well as American assistance in building a nuclear energy capacity, which could balance that of Iran. (Saudi Arabia and Iran are engaged in a "cold war" for influence in the region.) The United States would strengthen its influence in the Middle East, and American businesses would benefit from building Saudi Arabia's nuclear power facilities. Israel would reduce its international isolation, while gaining a key Arab ally against Iran. Hamas could claim a face-saving success with an Israeli commitment to a Palestinian state.

As always, there are devils in the details. Most Israelis (Netanyahu adamantly) now oppose the two-state solution. Saudi Arabia wants Israel to agree to a return to the pre-1967 war borders, which is a non-starter for Israelis. Who would represent, and then govern, the Palestinians? Who would be responsible for the reconstruction of Gaza? What is the risk that Gaza again becomes a haven for terrorists?

Meanwhile, the Israeli offensive in Rafah continues; Gazan deaths are over 35,000; 120 Israeli hostages remain in the hands of Hamas, and the death and suffering of trapped Palestinian civilians have moved "beyond the level of a crisis." And, Netanyahu has warned that Israel is on the brink of a "full-blown war" with Hezbollah as artillery and rocket exchanges escalate across Israel's border with Lebanon. Stay tuned.