



If you have a fond early memory of something, please submit it to any Bugler.

- *The Buglers:*

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Linda C.
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Ron R.

Cari B. (Design and Layout)

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Our Housekeeping Team

Betsy L.

Most of us take for granted the essential work the housekeeping team does every day of the week to enable all of us to live in a clean environment.

To get a vague sense of what this team does for EastView, imagine having to clean your own space ten times in one day and repeat that every day of the week. They are responsible for cleaning all the public spaces as well as the neighborhoods of MS and GS and the IL apartments. During the winter months, they spend many hours scrubbing off the salt and other chemicals that we track in on our boots and shoes, often having to start over again as soon as they finish.

Those of us who live in the Inn seldom walk down the hallways without running into at least one of them wiping down the railings or vacuuming the carpets. Shampooing the overused Community Room carpet requires several trips to the janitor's cubicle to empty the container of dirty water – an arduous task! If a teammate is unable to work, the others have to cover so the work is done. This requires extra hours just to do the minimum required chores. EastView has been fortunate over the years to have found dedicated employees willing to do this essential work cheerfully and reliably.

The members of our current team are Kenadi D., Chelsea K., and Kira M. We owe them all a heartfelt word of thanks for the good work they do keeping all our living spaces and the endless hallways spick and span. Thank you!



Chelsea K., Kenadi D., and Kira M.. Photo by Cari B.

Housekeepers' Bios

Kenadi D.

I live on a dairy farm in Bridport with my boyfriend of twelve years, Bryan. We have two kids: our son Owen is 10 and our daughter Maddison is 6. We also have four dogs—three black labs, Dozer, Gus, and Lloyd, and a beagle, Willow.

I have been at EastView since April 2019. When not working, I am a mom! I enjoy spending time with my family—fishing, hiking, swimming, biking, spending time on the farm, playing sports (wrestling, soccer, football, and baseball), and much more.

When I do get a moment to myself in the evening, I enjoy watching “Friends,” “Grey's Anatomy,” and the US Women's national soccer team, I also have a new love for house plants, and plan to plant a garden this year.

I truly enjoy working at EastView, alongside my two favorite gals, Chelsea and Kira! I love the bonds I have made here over the years, with both staff and residents.



Chelsea K.

I live in Brandon with my three cats: Lana, Leo, and Smokey. During the warmer months, I enjoy spending time at my family's lake house as well as visiting my brother in Gloucester, MA. Some of my hobbies include crocheting, baking, and cooking, and I also love to shop. Recently, I have also started gardening, and I enjoy buying houseplants. My mother, sister, and stepfather live in New York, so I spend a lot of time visiting them as well as visiting my grandmother who lives in Florence, VT.

I began working at EastView on April 1, 2024, and have enjoyed establishing relationships with the residents, and hearing some of their wonderful stories.



Kira M.

I live in Orwell, VT with my hound dog, Willow, who is currently in her terrible twos, and my five-year-old rabbit, Captain Rex. I began working at EastView in November 2024. In the warmer months, I enjoy being out in nature—whether it be throwing the ball for Willow, hiking mountain trails with my brother and friends, suntanning on the beach, or fishing and camping. Also, I love to duck and goose hunt with my brother, Dad, and Papa. I enjoy photography, walking down back roads with camera in hand to capture the beauty in the world. In the colder months, I enjoy playing outside in the snow, curling up on the couch with a good book and a nice big mug of hot chocolate, or baking yummy, warm treats. No matter the weather, I enjoy trying new hobbies. This year, I took up embroidery and crocheting (both are very tricky, but lots of fun). I hope to travel some in the next couple of years, as this is something I have always wanted to do.



Welcome to EastView!

Welcome to new staff members and residents who have joined the EastView Community in the past month!

Resident: Lorraine K. (GardenSong).

Staff: Courtney L. F. and Suzanne V. (RCAs); and Jim M. (Weekend Housekeeper).

Wayfinding

Dave D.

I enjoy looking up the definitions of words. I know it's a little odd, but we all have our quirks, right! So that begs the question, why do I enjoy it? I think it's because I know that sometimes a word doesn't mean exactly what I think it means. Sometimes, the passage of time and lazy usage creates a shift, a small but important change. And I like the surprise that comes with being just a little bit off, and I enjoy the satisfaction of being spot on even better! As I reflect on my last 90 days here at EastView and the invitation that I write a regular column, preferably with a name, I keep coming back to the idea of "finding my way." Which leads me to the word and the concept of wayfinding.

The online definition of wayfinding includes the following: "wayfinding is the cognitive and corporal process and experience of locating, following or discovering a route through and to a given space. It is a term that applies to cross disciplinary practices including architecture, art and design, signage design, psychology, and environmental studies. Historically, wayfinding refers to the techniques used by travelers over land and sea to find relatively unmarked and often miss labeled roots. Wayfinding encompasses all the ways in which people orient themselves in physical space and navigate from place to place to reach a specific destination."

It is this last sentence that grabbed my full attention. I love this concept, and it is something I find myself doing all the time, trying to find my way, to make sense of things. Not only do I do this as it relates to physical spaces, but I am also constantly navigating different cognitive and emotional spaces as well.

Every day we must find our way, from the kitchen to the bathroom, to you name it. Or from feeling tired and cranky to excited and exuberant. We get comfortable and uncomfortable, we get lost, we find our way, we learn, we grow, we get lost again, and on it goes. We are all wayfinders!

Which leads me to what I think are some important takeaways from my first 90 days. EastView is a truly kind and caring community. Its kindness is infectious. I see it in the way that our residents look out for each other and care for one another. I see it in the greetings I hear in the lobby, the messages of care and concern that sometimes arrive in my email inbox. I see it in the faces and body language of our visitors.

At this moment, when the national and global landscape seem particularly difficult to make sense of, EastView is a welcome respite. It is a reminder of what is good and that there is still an abundance of kindness to be found, especially here, in our community.



EastView's Annual Chili Cook-off



2025 Winners: Keith S. (Second Runner-up), Liana W.-D. (Grand Prize Winner), and Cari B. (First Runner-up).
Photo by Peggy R.



2024 Winners: Liana W.-D. (Third Runner-up), Doreen K. (Grand Prize Winner), Nancy & Mike W. (First Runner-up), and Linda & Paul S. (Second Runner-up).
Photo by Cari B.

MeadowSweet resident Alice P. will celebrate her 100th birthday on April 28

Alice graduated from Middlebury College in 1947. She met her future husband there during her junior year. Gordie had come as a freshman. He had served in the Marine Corps during the war and had received a field commission for his service on Iwo Jima.

They loved living in Middlebury and raised their family of four children, Everett, Ken, Sue, and Ron, here. Gordie worked in various capacities at Middlebury College. For 14 years, Alice taught English to seniors and some sophomores at Middlebury Union High School. She taught her own four children and commented that they were all well behaved, but she still had to keep them in line. After that, she taught English in middle school for 12 years. In addition to teaching, Alice was the President of the Vermont Education Association and negotiated better salaries for teachers.

Alice has eight grandchildren and 13 great-grandchildren. Kate, one of Alice's grandchildren, has shared these thoughts:

Grandma Ali means the world to our family. She has inspired us to be readers, to be crossword puzzle solvers, to connect with our community and most importantly to make time for family. She is straightforward and honest. She speaks her mind and lets you know exactly what she thinks. She does not leave you guessing! Grandma Ali is a great storyteller. I've often marveled at her ability to recall some of her youngest moments as a child and everything after. I'm still hearing new stories to this day!

One trait that I especially love about Grandma Ali is her unwavering acceptance of those around her. The type of acceptance that allows one to be flawed and yet not feel judged. And this wasn't reserved for her family in that unconditional love way. I'm convinced her students felt this acceptance as well. I'm certain it was part of her effectiveness as an educator and as a leader in her community.

I've also learned from Grandma Ali the importance of giving back to the community. Her work with the Henry Sheldon Museum, United Way, and her support of Middlebury College and many other organizations has been an important part of her life.

One of my favorite things about Grandma Ali is her love of sports and competition. I have fond memories of visiting her house on South Street and watching countless hours of football, golf and tennis. More recently, before she moved to EastView, we all knew that Sunday afternoons were reserved for bridge so those were off limits for impromptu visits! Clearly, a woman who loves cards, friends, and some healthy competition!

Grandma Ali is a learner, a teacher, a problem solver, a great friend, and the BEST grandmother!



It's a Small World

Angelika B.

During the 1960s Russ L. worked for the Legislative Reference Service, a body tasked with providing information for the Congress. (See **A Look Abroad** in this issue.) Holly S. also worked there and they became friends. After Russ left Washington to teach at Middlebury, they lost touch. Then, 40 or so years later, Russ was hailed by a "Russ?" when swimming laps at Vermont Sun. It was Holly. She and her husband Bob had moved to Middlebury to await the opening of EastView. They rekindled their friendship, which now included their spouses, Bob and Cilla. A dozen years later, Cilla and Russ found a cottage that they liked and moved into EastView. Their new next door neighbors? Holly S. and Bob R.

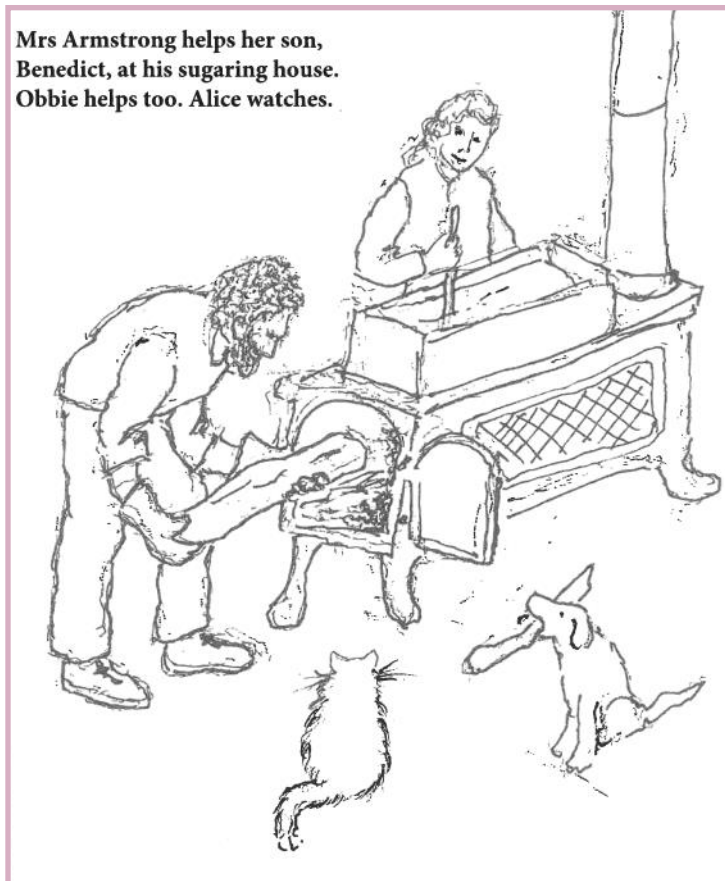
Late EastView resident Bob J. and a cousin of Lois A. taught political science at Long Island Adelphi College and they became best friends. This came out in a conversation here at EastView.



April Birthdays

Betty A.	4/2
Barbara C.	4/4
Bob P.	4/8
Elita D.	4/10
Jenny D.	4/12
Vanda C.	4/13
David C.	4/15
Peggy R.	4/19
Vivian D.	4/23
Dee H.	4/27
Alice P.	4/28

Cartoon by Tai H.



Readers' Theater Returns to EastView!

Cari B.

For those who are not familiar with the concept of Readers' Theater, the key difference between it and traditional theater is that in a Readers' Theater production, actors read a script aloud, and often the production is not staged or acted out through physical movement. There are many ways in which Readers' Theater can be interpreted by a particular group. The choice to read or memorize lines, and whether to remain seated or allow movement may vary according to the desire of the performing group.

EastView has a rich history of Readers' Theater productions. Soon after the community opened its doors, "pioneer" resident Don L. introduced the concept to EastView. Don brought a lifetime of experience in theater to his role as Director of EastView's Readers' Theater. The EV community enjoyed a range of productions over the years—including a full musical rendition of "West Side Story," a variety of one-act plays, dramatic readings of epic poems, and presentations of residents' life stories. As Don's health declined, Readers' Theater productions began to wane, and the program finally ended with the pandemic.

We were fortunate to partner with Town Hall Theater—thanks to a grant from the Vermont Council on the Arts—to bring back Readers' Theater to EastView in 2023. Melissa L. and Lindsay P. of Town Hall Theater directed EV residents in a wonderful Readers' Theater performance of "The Cherry Orchard."

We are pleased to announce that EV resident and Middlebury College Professor Emeritus of Theater Doug S. is planning to bring back Readers' Theater to EV! Doug helped create an independent Department of Theater at Middlebury in 1975, and during his first ten years as Chairman, the department expanded to include Dance, and Film/Video. During his Thirty-Three years at Middlebury College, he taught a variety of courses in Dramatic Literature, Theatre History, Playwriting, Directing, and Acting. Over a forty year career, he directed over ninety productions. If you are interested in participating in an upcoming Readers' Theater production, please sign up at the Concierge desk.

Bartlett Tree Update

Ted D.

The growing season is just about here which means it won't be long before we see our landscape beds come alive. You might have already noticed a few trees here and there with buds as well. April can be a tricky month in Vermont as nights remain stubbornly cool (thankfully not cold) and the days warm and pleasant after four months or so of winter weather. Oh, and the rain, we should expect rain to replace those fluffy white ice crystals that have fallen from the sky for the last several months.

This summer will be the second year we've partnered with Bartlett Tree Service to provide support for EastView's urban forest. Those living in our community last year may remember seeing people out and about clearing soil from the base of many of our trees. Those folks wore hard hats and bright yellow vests and used an air spade to "blow out" each tree base. Their work, technically referred to as "root collar excavation", ensured that our trees will have the best opportunity to enable uptake of water and nutrients from the roots to the crown, imperative to ensuring the longevity of our young forest.

Bartlett has already paid us a visit in 2025. You may have noticed the bucket truck moving down Deer Meadow Drive or Kestrel Lane a couple weeks back pruning and adding structural support to some of the trees. This work is typically undertaken in the dormant season to provide the best growing conditions for the upcoming summer months. In addition to the pruning, in 2025 we can expect more root collar excavations, soil and leaf treatments, as well as pest management on the smaller ornamental trees around EastView's forty-acre campus.

On another note, you may have noticed the sapling that appeared at the Terrace last fall – admittedly it looks a bit out of place next to the mature birch on the other side. This is a Paperbark Maple and is expected to reach similar size and height as the diseased and dying birch it replaced. Due to its small size, we do recognize the balance of the area will be off for a number of years; it's important to note the younger a tree is planted, the greater its chances of survival.

Anyone interested in supporting or joining the Landscape Committee should reach out to Linda P. If you're interested in learning more about EastView's urban forest (all 181 trees!), I encourage you to read through the Tree Inventory and Management Plan developed in 2023, a copy of which is found in our library on the second floor of the Inn.



Photo by Linda C.

The Landscape Committee

Linda P.

The Landscape Committee was created to help carry out the original vision of EastView's management policy for maintaining a consistency in plantings of cottage front yards. Extra landscaping (bushes, trees or new beds) at the front, side and/or rear of the cottages must meet with approval of the abutting neighbor, and be approved by management, the facility services manager, and the head of the landscape and garden committees. Deric and crew will come in the spring to clean up and mulch the front yards. Basically, anything related to trees, all hardscaping-paths, retaining walls, lighting, retaining ponds, and signage come under the umbrella of the Landscape Committee. Please refer to the updated landscaping wording in the handbook or contact me.

At the moment I am a committee of one and would like some help. So if you have any knowledge about trees or plantings and would like to help me build this committee, please contact me.

The Garden Committee

Linda P. and Cilla L.

Garden Enthusiasts, Attention! The Garden Committee, a loosely woven group of three (Vanda, Linda, Cilla) is again planning to add color to the Terrace and MeadowSweet entrance gardens. We want you to know that helping us does not necessarily mean taking on watering, weeding, or deadheading slots all summer (although that would be terrific). It might mean sitting outside to help for a half-hour or so while we work at some task, or signing up to alert us when you walk around for what might need watering, weeding, deadheading, etc. We all love the summer beauty headed our way, but we need help to achieve it. Whether you have gardening experience or just want to help in keeping EastView beautiful, please contact Cilla and join our team.

My Get-Up-and-Go Has Got Up and Went

How do I know that my youth is all spent?
Well, my get-up and go has got up and went.
But in spite of it all I'm able to grin.
When I think of where my get-up has been.

Old age is golden, so I've heard it said.
But sometimes I wonder as I get into bed,
With my ears in a drawer and my teeth in a cup
My eyes on a table until I wake up.
Ere sleeping dims my eyes I say to myself
Is there anything else I should have laid on the shelf.

I'm happy to say as I close the door
My friends are the same —only perhaps ever so much more.

When I was young my slippers were red.
I could kick up my heels right over my head.
When I grew older my slippers were blue.
But still I could dance the whole night through.
Now I'm old, my slippers are black
I walk to the store and I puff my way back.
The reason I know that my youth is all spent
Is my get-up and go has got up and went.

But I really don't mind when I think with a grin
Of all the grand places my get-up has been.
Since I have retired from life's competition
I busy myself with complete repetition.

I get up each morning, dust off my wits,
Pick up the paper and read the "Obits."
If my name is missing I know I'm not dead
So I eat a good breakfast, and go back to bed.

Buglers' note:

David B. presented this rhyme that his father, Walter B. had used during his 46 years of pastoral ministry, at an EastView P.R.E.S.T.O.! event last year. This verse was originally sung by Pete Seeger, based on an anonymous version published in a mid-western newspaper.

句俳 Haiku

Jan W.

Watching final four
Rough, scrappy, pushes, floor falls
"Nothing is easy."

Watching basketball
I want to be the "mopper"
No pressure to score.

Each grape cut in fourths.
How does one even do that?
Think of the poor grape



The LRS and the Deep State

Russ L.

All the controversy over the alleged "deep state" of government agencies reminds me of a time back in the 1960s when I worked in the Foreign Affairs Division of the Legislative Reference Service. LRS was founded by the Congress in 1914 to provide a team of researchers to assist members of Congress as they prepared legislation, wrote speeches, or produced entries for the Congressional Record. It was placed in the Library of Congress to give it the best access to factual information. I was working on my PhD dissertation at the time, so the location was perfect for me.

I arrived for my first day of work on a sultry mid-July afternoon in 1965 to discover that the library was without air-conditioning. The system was being upgraded and the conversion would take all summer. Just about the time that I was settled into my cubicle, all the other analysts left for a farewell dinner for the person whom I was replacing. Only the receptionist and I remained behind. Almost immediately, the phones started ringing with urgent requests from congressional offices for eulogies for Adlai Stevenson, who had died that afternoon. I rushed into the library stacks to get as much background information on Adlai as I could. Then I set to work on my typewriter. I knew that all the statements were headed for the Congressional Record, so each one had to be unique. Near the end of that long, sweaty, evening, I realized that I was working in something more like a newsroom than a sleepy research organization.

The division's cast of characters fit the newsroom model. Our Soviet specialist, Joe, was a crusty cold warrior, whose single soft spot was opera. Our youngest member was Julie, whose heart bled for every downtrodden soul in Latin America. One of our stars was our European Affairs expert, Holly S. – yes, *our* Holly S. Back then, Holly was a devoted Francophile, whose cubicle, even on the hottest days, would be enveloped in an acrid cloud of smoke from her *Gitanes* as she scoured the latest edition of *Le Monde*. The office prankster was Kurt, who would wind-down after meeting a deadline by using rubber bands to sling-shot paper clips over our second-floor balcony to land on the heads or shoulders of visitors in the main lobby.

Officially we were to supply "just the facts" in a nonpartisan manner, but it was not always easy to do so. Our congressional clients often wanted a case to be made for one side or the other. We did as we were asked. The highpoint for me came when I was tasked with preparing draft arguments for two separate senators, one pro, one con, on the legality of the American intervention in the Vietnam War. After completing the task, I day-dreamed about presenting my arguments to the Congress myself, one right after the other. But that assignment, along with many others, taught me a valuable lesson for any teacher in the social sciences. There almost always are good arguments on both sides of a controversial issue.

One of my favorites of the congresspersons for whom I worked was Representative Claude Pepper, a true southern gentleman from Florida, who later became the powerful chair of the House Rules Committee. One of his more desirable attributes was that he usually accepted my drafts with few changes, provided I remembered to add somewhere that we should not be too critical of our political opponents because "We are all God's children." It seemed corny to me at the time, but wouldn't it be nice if there were more members of Congress holding that view today?

It is hard for me to think of LRS, or other governmental agencies in Washington, as a dark partisan enclave. We were just a group of mostly academics, with diverse private views, but all with a commitment to providing the necessary information to smooth the working of our democracy.