



Have you kissed a camel, rafted down the Amazon or just vegged out in Hawaii? The next issue of the Bugle will feature Residents' trips.

Please send us your best tale. Submissions of up to 500 words are welcome.

- The "Buglers"

Linda C.

Phil C.

Lois K.

Max K.

Paul S.

Cari B.

The Fitness Issue

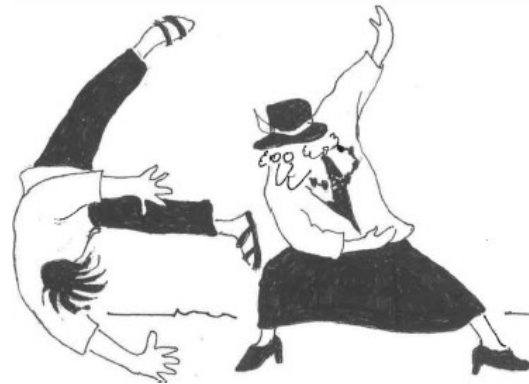
Tai Chi

- Tai H.

In the summer of 1969, I decided to take a trip camping and hitchhiking alone through Europe (the times and I were different then). I thought I should perhaps have some kind of self-defense so I joined the Karate Club at the university I was attending.

The trip turned out to be great and I did not have to use my Karate skills either to protect myself from bears at the campsites nor defend myself from robbers on the roads. When I returned to university, I continued practicing Karate and also took classes in Aikido. I soon fell in love with the Japanese martial arts. I loved the forms, the flowing strength and grace, precision, harmony, balance, and the Zen traditions from which these arts arose. I also studied Kyūdō and Iaido, all martial arts that were great for a young and even middle aged body. But, time moves on and my elder body said, "Enough".

But happily there are other branches on the large tree of Chinese and Japanese martial arts. Tai Chi and Chi Gong are two of these branches. They have many of the moves of Karate but with the emphasis on moving the energy within the body rather than towards an opponent. The practice of these forms trains one in balance, flexibility, concentration, and a smooth flow of energy through the body. Moving the body in slow intentional forms can improve strength and circulation,



Hey kid, don't mess with the old lady!

Illustration by Tai H.

which is often beneficial for arthritis.

Early on in the beginning of EastView we had Tai Chi classes taught in the style of Dr. Lam Tai Chi for Arthritis. He has taken the classic form and made adjustments to fit the older body and put emphasis on arthritis and fall control. I prefer the classic form myself. Later we added advanced Tai Chi classes as well. Unfortunately, with the advent of Covid all these classes stopped. Soon, we hope Tai Chi and Chi Gong will return to EastView and we'll be able to enjoy the treasures of these ancient arts. As I practice my Tai Chi forms at home now, I think of my wise Karate teacher's advice to me when I lamented not being able to practice Karate. He said, "Tai, you may not be as fast and you may not be as strong, but you can always be elegant."

Bone Builders

- Anne T.

Bone Builders is a nationally recognised program offered in Addison and Rutland counties through RSVP - Retired Seniors Volunteer Program - and held in donated spaces led by trained volunteer leaders. Designed to prevent (and even reverse) the effects of osteoporosis, the program is based on research conducted and published by Tufts University showing that strength training twice weekly dramatically reduces the risk of fractures due to the disease. A lengthier description may be viewed on the web.

Classes are one hour long and consist of four segments: warm up, balance exercises, upper and lower body weight training, and cool down stretches. Classes are currently held both in person and via Zoom. The best time to “Zoom in” to observe part of a class is probably about 9:25AM.

At EastView, Bone Builders was initiated by resident volunteers who had already trained to be class leaders when they moved in or attended training once here. As time passed, it was inevitable that some leaders would not be reliably available. Anne took over from Ralph Noyes as leader in 2017. Anne trained to lead Bone Builder classes because she needed the extra nudge to show up consistently to benefit her own bones. She then waited for a location for a new class or an opening in an existing class.

Anne leads class twice weekly on Wednesdays and Fridays at 9AM. Chris Prickett, who trained recently, leads a third class at EastView on Mondays at 9AM. The Bone Builders program is funded by donations. Although class leaders are not paid, funds are needed for administration of the program as well as for the purchase of weights for participants to use in class. Please talk to Anne or Chris to learn more.

EastView Fitness Room

- Phil C.

In hopes that this issue of the Bugle will inspire you to care for your body as well as your mind in 2022, how about a visit to the Fitness Room located at #222 of the Inn building (opposite the Art Room). It is open all day, every day for the use of the entire EV community. Workout equipment includes a seated step machine (Nu-Step), a Concept 2 rowing machine, a Matrix treadmill, an Epic elliptical trainer, and a new weight training station. Even the TV set works most of the time. Stop in to take a look and come back to get even more healthy. Go for it.

Yoga

- Rachel K.

I discovered Yoga when I needed a few extra credits my first semester in college. Exercise and receive credit at the same time...Why not! It was so new for me. I remember my toes hurt afterwards and sometimes I would push myself so hard into pretzel like positions that I thought my bones were going to dislocate! I was younger then. Yoga has a different meaning for me now.

To me, Yoga is a way to connect to your body, quiet your mind and be present. I teach and practice less physically demanding Yoga now, which is actually more difficult but more meaningful. In our busy world, if we could take 5-20 minutes in the morning or evening to sit, stretch, and connect to our breath, feel the grounding of the earth below and set intentions, I believe we would have more focused, peaceful, and productive days as well as get better sleep.

To practice Yoga does not mean you have to be flexible. It means you must be open. Open to your own body and level—you must honor yourself for exactly where you are. If you are upset that you cannot bend your leg to a certain degree and keep checking your watch during a meditation—that is not Yoga. Yoga is a connection between the body, breath, and mind. Yes, we can incorporate gentle movement into our practice but if you cannot link the “Prana” (breath) with what you are doing, then you are just stretching (which is fine).

Yoga has become a part of my culture. It has kept me grounded in times of instability, provided me income, and has helped me to create countless relationships. Yoga is not a mindless robotic act. If you can open your mind, body, and breath to creating self-harmony then you are doing Yoga, whatever that may look like!

Why not come to my class on Tuesdays from 9:15-10:00 (also Zoomed) and see if Yoga might work for you, too.



January Birthdays

Charlie R.	1/3/34
Ann R.	1/18/32
Jean H.	1/18/41
Bonnie S.	1/21/42

Fitness

- Kimberly C.

As many of you may know, my parents are Penny and Bob Campbell. I am a personal and group fitness instructor and taught my first exercise class in 1983. The flooring of the studio was padded and instructors and participants were bare-footed and dressed in leotards, tights, and matching belts! 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. A 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.

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 40's, 50's and 60'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 (CR or VZ) from 9-9:45 am.



Kimberly C. teaching an outdoor FUNCTIONAL Fitness class on the Terrace

Books

Book Review: *Save Me The Plums*, by Ruth Reichl

A good memoir, to me, takes one on a personal trip into one's own life, inviting reflection with a different perspective. It echoes while teaching and challenging and sheds light on current events by using them as a part of the setting. Ruth Reichl's *Save Me The Plums* does all that and more.

Reichl was the last editor of *Gourmet* magazine, before publisher Conde Naste pulled the plug so precipitously on that magazine that the final issue was already at the printer, its articles never to see the light of day. This book is her story of her time at the magazine.

The very first sentence of the book begins "I was eight years old when I first found the magazine..." and immediately I was back in my paternal grandmother's kitchen, sitting on the floor next to the bookshelf laden with cookbooks, flipping through the slick, heavy pages of *Gourmet*. The trip down my own memory lane wasn't limited to the opening scene either. From the mentions of long-gone authors (Laurie Colwin, for one) to discussions of articles commissioned on her watch (like the lobster boil one by David Foster Wallace), almost every chapter had me pausing to just reminisce. Where was I when I first read that one?

But that's not even the main point of the book (nor this review). Reichl, as is her incredible strength as a writer, spins this tale in the light of societal change. I'd never considered how the arc of the magazine's history mirrored American sensibility. What started as a magazine to escape into a world of glitz and glamour turns, under her love of food and all it stands for, into a magazine to escape into a world of reality, where food lovers are encouraged to explore authentic ethnic cuisines as well as to question not-considered aspects of even more familiar foods. That lobster boil? What about the lobsters? How do THEY feel about it all?

Ruth Reichl clearly loves food and sharing it with people—and equally, she loves THINKING about food and making us do the same. She used the huge platform of *Gourmet* magazine, as evidenced in this stunning memoir, to help shape our understanding of the role food plays in our lives. It's a shame the recession of 2008 took that platform from us. *Save Me The Plums*, by Ruth Reichl. 10/10 would recommend. Just don't read it hungry.

- Nica W., daughter to Linda & Phil C.

Familiar Faces

Peter B.

Peter was born in Brooklyn in 1934 just as the country was emerging from the depression. Elementary and high school were at the Manhasset (Long Island) school system. Then on to Syracuse University for a BA in Economics. Athletics were an important part of those years, including high school lacrosse and football as a teammate of the legendary Jimmy Brown followed by lettering for four years of crew along with one of soccer at Syracuse.



In seventh grade Peter found the love of his life. He married Gail Parsell in 1957 shortly after her graduation from Middlebury and his from Syracuse. Peter's assignment as a paratrooper in the 11th Airborne Division Artillery took them to Augsburg, Germany. Son David and daughter Susan were born there.

An interest in photography led to a career at Eastman Kodak. The first assignment was calling on large commercial color labs and studios in NYC. Peter moonlighted as a faculty member at the New School for Social Research, the Parsons School of Design and NYU teaching photo science. In the midst of other activities (see below) Peter's final five years at Kodak involved a transfer to Washington D.C. and customers including the Metro Police, CIA, FBI, Defense Intelligence Agency, the Pentagon, and others.

While raising a family in Manhasset, Gail returned to school, got her Master's degree in Education and became Chair of the high school Computer Department. Meanwhile Peter filled in spare time from his business career by rowing for the New York Athletic Club—exploits included a gold medal competing in the Canadian National Crew Regatta and five Head of the Charles Regattas as a single sculler. He then turned his athletic attentions to distance running, which included twenty-six marathons, five in New York and seven in Boston, and qualification as an Elite Runner (best time: 2 hours 49 minutes). As his career at Kodak wound down, Peter accepted an offer to crew for a neighbor's boat in several Bermuda Races, which totaled about 26,000 sea miles.

The Becketts moved to Middlebury and EastView in 2016 motivated in part by a desire to be north of the Mason-Dixon line as well as to be closer to Gail's summer home on Squam Lake, NH. Peter's interest in sailing while living in the Washington D.C. area led to serious involvement in Marine Carpentry, which has continued with projects on behalf of the Lake Champlain Maritime Museum.

Rose S.

I grew up in Bristol, VT and bought a house in Middlebury in 2009. When I turned twelve, I started my first job sealing envelopes for a local corporation. At age fifteen I began my serving career. I trained with the most efficient, most energetic and friendly woman possible. She is still a server today, which amazes me because it isn't always easy. Working these jobs I saved up enough money to attend Briarwood College in Southington, CT for a year after high school. However, college was not something my parents really encouraged so after my funds were depleted, I did not pursue a degree. In 2006 I took a serving job at the Middlebury Inn and became the Dining Supervisor. In 2012 I added a second job to my schedule coming to EastView as a server. Now I work part-time at both places and run my own residential and commercial cleaning business full-time.



Being a determined individual I hope to accomplish great things. COVID slowed my work life down enough so I have become a part-time student at Community College of VT and am taking the courses I need to complete an Associate's Degree. My daughter, Lily, attends the middle school and is always by my side encouraging me to accomplish my goals. When I am not working, my daughter and I love to enjoy a picnic meal together at Branbury State Park. We enjoy volunteering at Homeward Bound. We have a great love for animals and have a dog, two cats, a rabbit, seven chickens, and a cow. You might say we are incredibly busy and sleep well at the end of the day.

I enjoy my job at EastView because of the connection I have with so many of the residents. Those relationships make EastView a special place to work.

Letters to the Editor

Roe v. Wade

In 1970-72, I worked for the CDC in the Department of Family Planning Epidemiology. California had just legalized abortion, so I was sent to Los Angeles County Hospital to study the effect of that change on maternal morbidity and mortality. I spent my patient care time in the Family Planning Clinic where I frequently saw patients requesting referral for abortion services. There I learned that women with unwanted pregnancy came in all ages, colors, faiths, politics, professions, or levels of education. Many were adolescents just starting their lives. What they had in common was despair.

First, Roe v. Wade is probably dead. The Supreme Court has unmistakably telegraphed their intent and they have already killed it in Texas and Mississippi. However, if and when it is officially overturned, there will be no decrease in the rates of abortion. As they did before Roe v. Wade, women who can afford an abortion will travel to states where it is legal while those who cannot will find illegal providers. The real difference will be a substantial increase in the number of deaths and injuries predominantly among the poor, the non-white, and the young.

However, it is also true that Roe v. Wade came with an enormous cost. More than any other issue, it has been a fifty-year rallying cry for the right wing. Without it as an issue, they will have lost an important part of their sway. My hope and belief is that, as is the case with marijuana, what will happen next will be a gradual, state by state legalization of abortion. Even so, in the meantime, the lives of a substantial number of women, mostly young and poor, will be damaged or destroyed.

This happened for many reasons. But perhaps the most enormous blunder that those who support legal abortion made was to accept their opponents' terminology, i.e., "Pro Life" versus "Pro-choice." But nobody "chooses" abortion any more than anyone chooses coronary bypass surgery. Instead, they seize this ugly thing as they would seize a life preserver if they fall into the ocean. After all, that is the real issue: a woman's life and what she may have to do to save herself when she is drowning.

- Paul S.

Residents' Council

Your Residents' Council is a brand new balance of old and new residents. Our mission is to represent you in a proactive manner in collaboration with EastView's senior management and the Board of Directors. We will be responsive to your suggestions and issues while also hoping, when needed, to be a two-way collaborative conduit for ideas which will best serve our entire community. We are excited for the coming year and commit to you all our best efforts in continuing and hopefully adding to the wonderful life we all have at EastView.

- Larry R.

Chair of the Residents' Council

To Chuck and his staff:

A super thank you to Chuck and his staff for snow removal accomplishments on Sunday morning, December 19. Waking up to 6+ inches of wet snow was one of the nightmares of pre-EastView life. Knowing that all this is taken care of is one of the joys of being here. Your hard work and care about all of us is greatly appreciated.

- Linda and Phil C.



EV Orchestra Holiday Concert—Over a dozen residents and staff presented a lovely holiday concert days before Christmas. Formed this past fall, the EV Orchestra is comprised of Dottie on piano, Chris on banjo, Connie on oboe, Nina on fiddle, Paul on guitar, and Ann R., Angelika, Buzz, Janet, Linda C., Elaine, Holly P., and Linda S. on bells. Rehearsals will resume on January 10. New members are welcome—no experience necessary.

Photos

- Max K.



Whiting Church