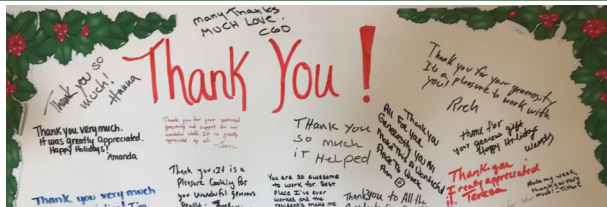




We are always looking for contributions!  
We welcome your suggestions about a favorite trip or adventure, a special interest you have, places to dine, or cooking classes to form.  
*-The "Buglers"*

- Linda C.
- Phil C.
- Lois K.
- Max K.
- Betsy L.
- Paul S.
- Cari B.



## Annual Giving Fund 2021 Resident Campaign

For the past 9 years residents at EastView have donated, as they wish, to a fund that provides gift checks to hourly employees in November. The amount of the check is based on the time the employee worked the previous year. Because we residents are not permitted to tip any employee, the fund formerly known as the Employee Appreciation Fund was established. The current name of the fund is the Annual Giving Fund.

Some residents contribute to the fund throughout the year by specifying an amount to be added to their monthly EV bill. Others donate by a one-time check, by directing a Required Minimum Distribution (RMD) to EastView, or by gifting some other financial cash asset.

Please begin to consider the best way that you want to say thank you to our wonderful employees. Look for more information in future editions of the Bugle, at ViVa! meetings, and by talking with any of us on the Steering Committee.

- Max K., Paul S., Bonnie S.



Photo by Gail L.

## Field Days Begin at EastView!

About 12 hardy athletes and a handful of spectators gathered on the east lawn on Monday, June 21 for EV's first Field Day event. Lively bocce matches and two simultaneous croquet games were in full toss and swing from about 10 to 11:15 AM. Thanks to Chris for organizing the details including refreshments and thanks to all for your enthusiastic participation. 2nd Field Day: TODAY!

The EastView Resident's Council met on June 29th to discern where we should go from here. The charter, so necessary for the opening years of EV, doesn't necessarily speak to the needs of our current residents. We are different, are 9 years older, and have different interests and concerns. The current Council will continue in office until Dec 31st, and work with ALL who are interested in shaping a new Council. More will follow as we progress.





## Medical Thoughts *- Paul S.*

One description of a government sponsored lottery is “A tax on people who cannot do math.” The underlying problem this exposes is that, while humans are good at comparing small numbers, we are much worse at appreciating the differences between big ones. For example, a recent study indicated that the death rate per passenger mile via automobile is over 1000 times as great as via scheduled airline travel. Yet how many of us are as comfortable getting into an airplane versus our car?

Now let’s talk about Covid vaccination. It was recently discovered that, following the Johnson and Johnson vaccination, a rare type of blood clot was discovered in 6 individuals. One of these patients died. Now that’s scary! Should we really get that vaccination?

But let’s look more carefully. This complication was detected after approximately 6.85 million people had received this vaccine. Furthermore, while people who acquire Covid may have only a 2% to 5% chance of dying, we don’t know how many unvaccinated people will eventually get Covid.

However, we do have a clue. When we did not have vaccinations for measles, mumps, rubella, polio or chickenpox (those were called “childhood illnesses”), we were surprised when occasionally adults contracted them. However, the protection adults had was entirely due to the fact that it was difficult to go beyond the childhood years without being exposed and infected. Even so, people who had not had the disease in childhood were not protected and often acquired the disease later in life and usually with more serious problems.

One might describe the population of people unvaccinated against Covid in the same manner: If you aren’t vaccinated or have already had the disease, you should assume you will someday acquire it. When you do, the odds are pretty good: a death rate of 2% or so. But compare that to vaccinated patients who got blood clots: 6 cases and one death in 6.85 million. That’s a death rate of 0.000000146%.

Is there really any comparison?

## Things to Do Around Middlebury

### *Suggestions from Gayl B.:*

1. Check out the events at the [townhalltheater.org](http://townhalltheater.org)
2. **Middlebury New Filmmakers Festival** August 25-29, 2021: MNFF7 [middfilmfest.org](http://middfilmfest.org)

Over 100 films are scheduled. The Middlebury New Filmmakers Festival screens its films in four locations:

- ♦ the historic Town Hall Theater: 68 Pleasant Street [townhalltheater.org](http://townhalltheater.org)
- ♦ the recently renovated Marquis Theater: 65 Main Street [middleburymarquis.com](http://middleburymarquis.com)
- ♦ Dana Auditorium at Middlebury College: 356 College Street
- ♦ Twilight Hall at Middlebury College: 50 Franklin Street

“The multiple venues, all quite different from one another, afford our audiences a variety of viewing experiences. Walking between the venues also provides our attendees the chance to experience downtown Middlebury and the stately Middlebury College campus.”

3. **The Middlebury College Alumni College** is returning to in person learning at the Bread Loaf Campus August 26-29. Stimulating courses are presented in a lovely mountain setting with recently updated housing and excellent meals. Course descriptions will be posted online and registration will open in late June. [www.middlebury.edu](http://www.middlebury.edu) The courses will be taught by Carrie Anderson, Professor of Art and Architecture; James Davis, Professor of Religion; Erin Eggleston, Professor of Biology; Rebecca Bennette, Professor of History, and Matt Dickinson, Professor of Political Science.

### *Suggestions for Walks from Lois F.:*

- Button Bay State Park**—1/2 mile roadway out to lake—easy
- Otter View park**, Middlebury—short, easily accessible
- Mt. Independence**, Orwell—easy to moderate—several trails
- Charlotte Park & Wildlife Refuge**—moderate—no dogs—about 2 miles
- Mt. Philo State Park**—walk up paved road—steep
- Raven’s Ridge Natural Area**, Monkton—all wheelchair accessible on boardwalk
- Silver Lake / Rattlesnake / Falls of Lana**—moderate—gravel road, steep
- Abbey Pond Trail**—moderate to difficult—all uphill from Rte. 116—2 miles each way
- Deer Leap**, Bristol—moderate to difficult
- Any of TAM Trails**—easy to difficult—go either direction
- Rokeby Museum**—about 2 miles of trails—narrow but mostly flat





## Familiar Faces



### David Merrill

David came to EastView at the end of 2014 to assume the position of Dining Services Director. He grew up in western central Maine. In 1970 one of his 8<sup>th</sup> grade teachers, who was also the chef at a girls' camp in Wilton, ME, offered David a summer job, an experience which "set the hook" for his future career. His Maine background remains evident in his food tastes of fiddleheads and lobster, his favorite sports teams, the Celtics and the Patriots, and love of the outdoors for recreation including boating, hiking, hunting and skiing.

Professional culinary training and experience have included work in the hotel and resort world and two years of formal cooking training. An amazing educational experience was a several year membership in a chef's association called the Resort Food Executives Committee (RFEC), which met annually at resorts, including Hawaii, Virgin Islands, Arizona, and Missouri.

David and his wife Diane live in Panton. Diane is co-owner of Hollyhocks Flowers in Vergennes. His sons Nate and Connor live in Middlebury. Nate is a server here at EastView, and Connor is an Assistant Coach for the Middlebury men's basketball team, which has now been added to his father's list of favorite sports teams. David's passion for cooking is reflected in his current choice of leisure reading, which is "On Food and Cooking: The Science and Lore of the Kitchen". What he likes best about working at EastView is providing care and hospitality to employees, residents, and guests.

### Mark & Laura S.

I was born in New York City in 1938. This was during the Depression and my parents were poor. My father worked as a doorman at the Park Sheraton Hotel but was very knowledgeable. I remember walking with him as he pointed out various types of vegetation, the clouds in the sky, and the stars at night, all of which contributed to my interest in the weather (and gardening).



After graduating from City College in New York, which was free, I was fortunate to get scholarships that enabled me to earn a Master's Degree and a Ph.D. in meteorology from the University of Wisconsin. My parents encouraged me to get a good education and a profession I was passionate about. I knew that I wanted to be an academic in the field of meteorology and climatology and I eventually became a full professor at Rutgers University, then chair of my department, and then Dean of Cook College.

I had a brief and short-lived stint as a TV weatherman and another serious and fascinating job as an expert witness testifying in courts in weather-related litigation throughout New Jersey and beyond. I met Laura in 1989 when she was the Associate Dean of one of the undergraduate colleges at Rutgers. She had earned a Ph.D. in English literature and taught at both Rutgers and Hofstra Universities and later went to Rutgers Law School and started her own practice in family law. When I met Laura I lived in South Brunswick, New Jersey, and had a condo in Quechee, Vermont. I had planned to sell it and buy a house nearby but Laura didn't want to be so far from her family. We compromised and bought our house in Woodstock, New York.

After retirement, I worked full time gardening, built an arboretum, had over 300 hosta cultivars, and was on the annual Woodstock garden tour. In 2010, we bought a condo in Sarasota, Florida so that Laura could get out of the cold winters in Woodstock. We spent nine years as snowbirds, but I finally decided to return to the snow and mountains of Vermont instead of pining for them in Florida. In 2020, we agreed that Laura would continue to spend winters in Florida, but that she would join me at Eastview for the rest of the year.

We have no family members here, but we found a lovely community in a college town, and expect that, post-covid, the children (my three and Laura's two) and grandchildren (nine combined) will visit us here and enjoy Vermont.



### July & August Birthdays

Deb V. 7/2	Jane G. 7/16	Sally W. 8/17
Lois K. 7/3	Gail L. 7/16	Al S. 8/24
Pat C. 7/5	Sally F. 7/18	Nancy R. 8/24
Penny C. 7/9	Lois F. 8/1	Alec L. 8/25
Mike W. 7/9	Phil C. 8/14	
Tai H. 7/14	Carol S. 8/17	

## ***Suggestions of Parks to Visit from Lois K.:***

Now that we are into summer, let's take advantage of the beauty that surrounds us.

First, every resident of Vermont age 62 or older is entitled to a \$2.00 lifetime pass to all Vermont state parks. Pick yours up at the Middlebury Town Office and keep it in your wallet.

Now set off in any direction.

Want to picnic and swim?

Drive south to nearby Branbury State Park on Lake Dunmore.

There are picnic tables, facilities, and snacks available. You can rent a kayak or pedal boat.

Bring a chair and relax.

Want a great view?

Drive north to Mt. Philo State Park.

You can drive up the road to a picnic area overlooking the valley, and then if you wish, you can drive nearby to The Red Mill at Basin Harbor Club for lunch.

Feeling hot?

Cool off in the shade at Texas Falls.

Drive east to a beautiful waterfall, picnic area, nature trails, and facilities

Want some history while you are out?

Mt. Independence State Historical Site has a

museum, trails, and a view of Lake Champlain.

Next to Basin Harbor Club is the Lake Champlain Maritime Museum with excellent displays, boat building, and historic boats to see. Again lunch is available at The Red Mill.

One more swim/picnic spot. Check out Kingsland Bay State Park. Beautiful area with facilities, picnic areas, and a swimming spot.

Hope you will take a drive and enjoy some of these parks.



## **High Five Board**

Do you want to thank a staff member for going above and beyond? Let an employee know you appreciate all they do for the community?

EastView's "High Five" Board, located near the second elevator, gives you that opportunity. Just take one of the pre-cut hands, write your message, and post it on the board. Employees receiving "high fives" will be entered into periodic drawings for prizes and will receive their "high fives" as a reminder of the appreciation they have received from the community.

## **A Look Abroad**

The world took a collective sigh of relief in June as Biden told the G-7 and NATO that the "US is back" and would again lead its allies and friends toward a 'rules-based' world order. After the Trump years, a bit of 'normalcy' was a welcome relief. Even so, America returned to a Europe which had clearly changed. Most of our allies, but especially Germany and France, now have significant trading relations with Beijing and are reluctant to antagonize China on behalf of the US.

As for Russia, it is no longer seen as a serious threat by much of western Europe, particularly Germany, which needs its gas, and France, which wants to play a major diplomatic role in normalizing east-west relations. These views are clearly not shared by Poland and the three Baltic states, who continue to see Moscow as extremely dangerous—and have just shot down a German-French proposal for a separate EU summit with Putin in an acrimonious meeting—

revealing a deep cleavage in the EU.

Biden's summit with Putin—an effort to return to a more predictable relationship—was seen by both sides as a productive first step. Biden made clear what was unacceptable and would trigger American retaliation, particularly major cyber attacks. He pressed for negotiated solutions to the Ukrainian situation, told Putin there would be serious consequences if opposition leader Navalny died in captivity and was blunt in our support of human rights in Russia. That said, the talks remained civil and modestly constructive. They agreed to send their Ambassadors back to their capitals, established working groups on cyber issues and nuclear arms control, and, in separate press statements, described the talks in positive terms. It's a start, but it remains to be seen what happens next...

Lastly, as to our withdrawal from our disastrous 20-year adventure in Afghanistan, see <https://www.nytimes.com/2021/04/16/world/asia/interpreter-afghanistan-war.html>

- George J., June 2021