



The Community Connections Issue

We are all a part of a very special community. Some of us have been here since the beginning. Others have just moved in. We focus this issue on the ties that bind us and the importance of connections. - *The "Buglers"*

Linda C.
Phil C.
Lois K.
Max K.

Betsy L.
Paul S.
Cari B.

Oral Histories Project - Larry R.

Ralph Waldo Emerson, the great American writer and poet said, "Do not go where the path may lead, go instead where there is no path and leave a trail." What's your trail?

I, with the help of Shawn Cook, hope to capture your trail with audio life histories as part of a project to establish an EastView Oral History Library. A copy and transcript of the interview will also be yours. Our hope is that this project will be fun and a win/win both for you and EastView. After all, this is a unique community because of you, your warmth, uniqueness and the life experiences which make you who you are today.

The oral histories will be voluntary and they can be individual, a couple or even two friends doing an interview together. Some of you have enjoyed an interesting childhood, traveled to exciting places, or had a career different than the rest of us which would be fun to learn about. Or maybe you have a special or life changing moment to share.

The interviews will be recorded in the Community Room at 1 PM on Thursdays. No preparation is needed. It will simply be a conversation between you and me. Please be part of this Oral History Project and contact me.

Thank you.



Medical Thoughts

- Paul S.

For a while, I've been writing about Covid— a disease I have never seen or treated – so this time I thought it might be interesting to write about something with which I actually have some experience: Emergency Medicine. What exactly is a medical emergency? How do you know if you have one? When should you go to the ER?

You should go to the emergency room when you have a medical emergency. For example, you get hit by a car and bones are sticking out or you vomit blood. You should call 911 and let the medics stabilize you on the spot and then take you to the ER. If things are that serious do NOT drive yourself or have a family member drive you. That is a recipe for tragedy.

But often things are more subtle. You are playing tennis and you get a stomach ache. Or over the course of a day you develop a fever. Or, more likely at our age, you notice that your congestive heart failure is a little worse and your meds don't seem to be working as well. You want to check with your doctor if you can, but she/he is unavailable. So, should you go to the ER?

The answer has two parts. Is the new symptom acute? AND is there a sudden change in the symptom? The suddenness of the change is important for two reasons: 1.) something that comes on quickly can worsen quickly; 2.) the new symptom may itself be a problem and may need emergency diagnosis and treatment.

Is the new symptom dangerous? Here is where things get tricky. The severity of the symptom may be a clue. Minor cramps and diarrhea are usually no problem. However, severe pain that makes you sweat or become lightheaded is a very different matter.

The point is simple. There are two good reasons to go to the ER. First, if you have an obvious emergency, and second if you have significant uncertainty about whether something IS an emergency. Even if it turns out you didn't need to go to the ER, your trip has not been wasted.



Books

- Lois K.

Those of us who have lived in Middlebury, in Addison County, Vermont have known for a long time the importance of our local paper. The Addison Independent (locally referred to as "The Addy Indy" or just "The Addy"), is a well written and edited newspaper.

It is actively involved in supporting local programs. It is an excellent source of knowledge about statewide affairs, politics, opinions. It publishes a weekly community calendar about all sorts of local events. And there is a "Letters to the Editors" section for anyone to express views.

I highly recommend to all EastView residents that you consider purchasing a subscription to be a well informed citizen and member of the larger community.

I think you will be glad to have done so..



Community Voices

We all are aware of the critical shortage of help in all phases of business and health care. Of course this has had an impact on us here at EastView. The staff is trying so hard to care for us. But let's take a moment to think about who we are.

EastView is a non-profit, locally controlled and led enterprise. It is "our" place, not just to live in but also to care about. In this difficult time it is important for us to pause and remind ourselves that "we are in this together".

If you have the strength and interest, perhaps you can offer a hand in weeding gardens.

The library committee has done a good job organizing our books. Maybe you would like to help them?

The music committee would love input for future music programs. Do you have any ideas?

And the staff might have other needs, but I am not sure how to address this issue. Do you have any suggestions?

I will put a sign up sheet at the Concierge desk. We need your participation to make our community even better.

- Lois K.



The Needleworks Group gathers every Monday at 2:00 pm. This photo was taken this week. Feel free to join the group!



Familiar Faces

Ed & Jane S.



Jane and Ed met in 1958 at Middlebury College when both were students, Jane a freshman and Ed a junior. After a three-year courtship, they were married in 1961 in Jane's hometown of Windham, Vermont. Ed's parents attended the wedding, having traveled from Ed's hometown of St. Paul, Minnesota.

They honeymooned on the way to Ed's active duty which was a two-year stint at Fort Monmouth, New Jersey (6 months) and Fort Huachuca, Arizona (18 months) as Personnel Officer and HQ Adjutant at the U.S. Army Electronics Proving Ground. Ed's primary job was signing papers ordering Signal Corps personnel to MAG IndoChina, soon to become officially the Vietnam War.

Their in-transit honeymoon was an interesting experience. It was intended to include an 11-day canoe trip into the wilds of the Boundary Waters Canoe Area in northern Minnesota and southern Ontario. It turned into a shorter adventure when, on the ninth evening, a black bear absconded with their only food pack. After a fruitless and ill-advised chase the next morning, the couple realized they had to paddle back to base camp, 25 miles, sans vittles. Needless to say, they survived.

In May of 1962, Jane gave birth to their first son at the Fort Huachuca, AZ, Army Hospital and remitted gratefully the bill of \$7.63. In later years, two other children cost quite a bit more at Middlebury's Porter Hospital via "Doc" Wayne Peters' skilled hands.

Jane's career as a dedicated, compassionate, and effective social worker began in Galesburg, Illinois and continued in various states until her retirement as an outreach worker at the Addison County/Parent Child Center in 2006. Ed's career was mainly in college and university fund raising, once called "Development", most recently called "Advancement". Ed retired from Middlebury College in 1998.

Ed and Jane both enjoy their new home at EastView where they have many old friends and acquaintances. They look forward to adding to that list.

Betsy L.

I was born in Aleppo, Syria and grew up in Lebanon during WW II. My parents were missionaries, who spent thirty years as teachers in Syria and Lebanon. They were both good musicians. My mother had a Master's degree in organ from Oberlin conservatory, and my father had a nice baritone voice. I started piano lessons with my mother and continued to study piano through my sophomore year in college.



My siblings and I attended boarding school at the American Community School in Beirut, starting at third grade. I went to the US for my senior year, graduating from the Northfield School for Girls, before going to the College of Wooster, in Ohio. From there, I transferred to Barnard and joined the same class as Holly S., although we did not meet until 60 years later at EastView.

I met my husband, George, in Westminster, MA, during a summer job as an au pair for cousins of his. We met on the porch of the house which later became home base for our peripatetic life in the Foreign Service. We spent most of our career in the Middle East.

Retirement brought us to Middlebury, where our son is a professor and seemed less likely to move than our three daughters who are scattered around this country. He kept up with news of the construction of a new retirement community while walking dogs with his neighbor Connie Leach.

When the timing was right, joining this new community felt like the right decision for us. George started the Great Decisions program, and I found other music lovers to join me in a search for a "good" piano. A community that invites participation in its development will always be a good place to live.



October Birthdays

Holly S. 10/10

Averill H. 10/24

Cindy H. 10/11

Jane D. 10/26

Cap W. 10/19

Reg S. 10/31

Pat M. 10/21



Entertainment

- Linda C.

1. **Untold Breaking Point** (Netflix September 2021 documentary). This timely documentary is about the tennis legend Mardy Fish (b. December 9, 1981) and how the mental health challenges he faced changed his life on and off the court. Watching this documentary made me think of Naomi Osaka, Simone Biles, and Michael Phelps.

During many of the just completed US Open Tennis commentaries, Chris Evert frequently alluded to the mental stress aspect on the lives of Emma Raducanu (18 year old US Open Tennis Champion) and Leylah Fernandez (19 year old US Open Finalist). Also, Venus Williams wrote in her New York Times essay on September 11, 2021 that she needed to attend to her mental health, to take care of her whole self and find a balanced life and not identify only as a tennis player.

2. **Escape to the Chateau** (Peacock NBC streaming service)

“This British reality tv series follows the story of the couple Dick Strawbridge and Angel Adoree along with their family as they buy, renovate and redecorate the 19th -century Château de la Motte-Husson in Martigne-sur-Mayenne, France.”

This is a delightful up-lifting series that will put you in a good mood. Angel’s outfits are unusual and her positive, humorous, “can do it” attitude are what make this series so entertaining. Dick and Angel have an enviable relationship, too, and the family dynamic with their young children Arthur and Dorothy is wonderful.

3. **ArcaMax comics** Just type in ArcaMax comics in the search bar, select **Pickles** and enjoy Earl and Opal, their family, dog Roscoe and cat Muffin. Phil and I often recognize ourselves in **Pickles**.

“Brian Crane’s daily comic strip **Pickles** is about an older couple that is finding out retirement life isn’t all it’s cracked up to be.”

Linda P. suggests:

Burlington based Architecture + Design Film Series.

"Criterion for presentations is they all must be 'beautiful films' about architecture, design, art, landscape architecture and the occasional uncategorizable subjects."

Four will be streamed: September 29, 'Ailey', about Alvin Ailey, the dancer/choreographer. For more information on the organization and the following three films, check out adfilmseries.org

FROM GRINCH TO?

Our rule here at EastView is No Tipping. What a shame! Don’t we feel our hearts squeeze tight when we want to reach out to employees who have made our lives safer, easier or pleasanter but know that we cannot?

But wait...there is the Annual Giving Fund to which we are allowed and, yes, encouraged to make donations and from which gifts to all hourly employees are made. The campaign for the AGF closes on October 31st so that in November all employees on record on that day may receive a gesture of gratitude from us. We may say ‘thank you’ to EV’s hourly employees for their faithful service throughout a difficult year and ‘thank you’ to EV for giving us the means to show our gratitude in a fair and just manner.

On September 28, our esteemed Comptroller Matt Reed reported a grand total received of \$38,180.00. Thirty-six of the 99 EastView units have already donated to the Annual Giving Fund. That’s about 36% of the whole. But the good news is that we are more than halfway to our goal of \$72,500. Let’s see if we can go over the top!

- Bonnie S., Sally W., Max K., Paul S., and Reg S.



The Hiking Group had a lovely trip to Texas Falls last Friday. They hope to have a few more organized hikes/walks before the snow flies! Look for notices in your daily activities emails or on the Calendar. Thanks to Holly and Lois for taking on the role of organizers this year.

Block Party—by Residents, for Residents

On Sunday, September 26, fifty-two neighbors gathered at the Deer Meadow Drive cul-de-sac for a Block Party. The food was delicious, the camaraderie electric, and Mother Nature even supplied rainbows. By popular demand, a Block Party will be an annual event!



SEPTEMBER 26th BLOCK PARTY - GOING TO THE DOGS

by Alec L.

After he learned that a party was planned at the end of his street on Sunday, September 26, the dog called an emergency meeting of the Dog Union.

Why it's called a block party is beyond me. Regardless, if they wish to hold a party, that's fine. No need to banish the dogs or offer a bone. I called the four-leggeds together in order to bark in a singular voice. We stand, or sit, firmly united. The two-leggeds think we will roll over in the presence of canine cannibalism—putting mustard on hot dogs with relish.

Dogs
Unite!



Photographic Notes - Max K.

Most of us are now accustomed to seeing pictures taken by a camera suspended from a drone. Small drones are within the budget of many photographers and are happily used by photographers for applications ranging from real estate sales to whale identification, but have you looked at Fine Art photography by drone?

This month I'm happy to include two of the

elegant drone photographs taken by Middlebury's own Caleb Kenna. Caleb's work has been featured in numerous publications and the New York Times. The two shots below, reproduced with Caleb's permission, give one a new perspective on familiar places. To gain a better knowledge and appreciate the full range of Caleb's work, go to his web site at: <https://www.calebkenna.com/galleries/>

We're so fortunate to have photographers like Caleb right here in Middlebury!

