



Please note that *Writing a Haiku* and *The Best Advice Received or Given* are new monthly features in the *Bugle*. We eagerly await your submissions.

- *The Buglers:*

Angelika B.
Phil C.
Max K.
Bob P.
Ron R.

Linda C.
Lois K.
Russ L.
Nancy R.
Cari B.

Haiku

Bob P.

**Gray midwinter days
do not inspire fresh thinking.
Wake me next month please.**

The three lines above represent blindingly original Haiku. It took two minutes to write, maybe less. The Bugle is introducing what we hope will become a collection of Haiku from the EastView community to present wit and talent that we know is hidden behind the doors of our apartments and cottages.

A Haiku is a wonderful way to capture an event, a passing thought, an insight, an emotion, a gratitude, a grievance or a sorrow. All one needs to create Haiku is a thought and the ability to count to seventeen: five syllables, seven syllables, and five syllables. Punctuation is up to the poet. It's that simple.

Your Haiku may be submitted to the Bugle anonymously (or with your name). The form is articulated above. Submissions will be carefully screened to insure that they are rated PG. Please leave your three-line gem in the Brooks/Pasco mailbox in the Inn. Thank you!

Here's another example to inspire you:

**Making a new friend.
It's a risk that's worth taking.
Why is it so hard?**

Best Advice Received

Angelika B.

I had four feet of storm water in my cellar where the washing machine, dryer, hot water heater, etc. were kept.

After being pumped out, my good-hearted neighbor appeared next morning announcing, "We will clean your basement now."

After seemingly hours of carrying mud-soaked newspapers and ruined stuff upstairs and to the curb, I was exhausted and pleaded, "Please, let's stop. I can't do any more. I am tired. Let's finish tomorrow."

75-year-old Elsie, a diminutive Swiss lady, barely looked up from her broom and snapped, "Shut up and work!"

I did, and I still remember: stop whining, just get on with it.

Best Advice Given

Lois K.

When our grandson graduated from college and was about to begin his first "real" job, Max offered him some advice.

Max said that he knew that Micah would reach out to his coworkers and supervisors. But, the advice was also to pay a lot of attention to and relate to the shipping clerk, the file clerk, and all those he may come in contact with at work. These people would appreciate the respect and attention paid to them, and they often repay the attention in unseen ways.

俳句

Cindy D.

In the four months Cindy D. has worked in dining services at EastView, she has found her work here both exciting and fun. She prepares meals in MeadowSweet and GardenSong and sometimes helps Sandy in the Terrace Dining Room. Occasionally, you will see Cindy working the Wednesday night buffets. Cindy likes all the people she has met here.

If Cindy had a motto, it would be "work hard, work smart." She and her husband Mike run a small farm in Weybridge, where they are almost totally self-sufficient. Their freezer is filled with veggies they grow and meat they raise. In the event of a power outage, a generator is there to ensure that the animals, including cattle, goats, and poultry, are fed and the freezers remain cold. They truly love the 43 acres of land on which they live and take very seriously the stewardship of their piece of paradise. From their farm, they have views of the College and the sunrise.

Mike is a local guy who served 20 years in the Navy and came back to settle near the family farm. They have been married 30 years, having met when Mike was home on leave and Cindy was milking cows for her future father-in-law.

Lately, they have been busy harvesting all the blown-down trees from the recent storm. They cut up most of them for firewood, but Mike holds out certain chunks for his lathe, on which he fashions furniture such as dressers and tables. Cindy's hobbies include making hand-braided rugs, a skill that won her a blue ribbon at the Addison County Field Days last summer.



Josh H.

Bob P.



There is a big, jovial bear of a guy whom you may have seen in the black uniform of the EastView food service staff. He is Josh Hudson, who comes each day from West Salisbury, often hitching a ride into work. He has worked his way up from dishwasher to full-time server in MeadowSweet and GardenSong.

After graduating from Black River High School in 2011, he followed his family to Addison County. He continues to live with them and is proud to note that he pays rent to help defray their expenses. Playing all kinds of video games, including Minecraft, are a favorite pastime, and he does this until the wee hours of the morning.

Josh has worked at EastView since October 2021, and much prefers the work—and the salary—to his previous job at Shaw's. He works a long shift from 11 am to 8 pm and appreciates knowing his weekly schedule ahead of time. He works hard to make things better for his fellow workers and himself.

He is polite, dedicated, meticulous, and responsible, and he really cares about the level of service he provides to the residents. He embodies the EV spirit of helping wherever he can. Thank you, Josh, for your good work.

It Might Have Happened at EastView

Cyrrious Knott

EV cottager Rev. Earnest Dewgude was admired for always seeing the best in people. But his faith was shaken one February evening, when a burglar snuck into the cottage as he and his wife, Chastity, were enjoying dinner at the Inn.

As the thief was beginning to fill his sack with silverware, he heard a scratchy voice warn him: "Don't steal! Jesus is watching. Jesus is watching!"

The startled intruder whirled around and spotted a talking parrot in the beam of his flashlight. With a sigh of relief, he turned to the parrot and said, "And who are you?"

"I'm Moses," replied the parrot. "I'm Moses."

Then the thief heard a low growl, and the parrot squawked, "Rottweiler is Jesus. Rottweiler is Jesus."

February Skies

Frank W.

The winter month of February is the perfect time for stargazers to learn a bit more about Orion the hunter, one of the most familiar constellations. In the early evening, it appears well up in the southern sky, about half way from the horizon to the zenith. Three closely spaced stars of near equal brightness form the belt of Orion. These lie almost exactly along the Celestial Equator, an imaginary line that stands directly above Earth's equator, dividing the entire sky into northern and southern hemispheres, just as the equator divides Earth's surface.

An irregular rectangle of bright stars above and below Orion's belt marks the hunter's shoulders and knees. At the upper left (his right shoulder if we think of Orion as facing us) is the reddish star Betelgeuse, one of the brightest stars in the sky, even though it is 500 light years away. Not only does it *appear* bright, but it is intrinsically among the most luminous. Betelgeuse is a type of star known as a red super-giant, and giant it is: if Betelgeuse were at the position of our Sun, its outer surface would lie well beyond the orbit of Jupiter!

The second brightest of Orion's stars is Rigel, at the lower right corner (the hunter's left knee). Rigel is even farther away than Betelgeuse, some 900 light years, and its color is noticeably bluer. A star's color indicates its temperature, and Rigel's surface temperature of about 22,000° F is over twice as hot as the Sun's. By contrast, the red Betelgeuse has a temperature of only about 6,000° F. Both Betelgeuse and Rigel are over ten times as massive as the Sun, and both are young chronologically, less than 10 million years, compared with almost 5 billion years for the Sun. Nevertheless, both are nearing the ends of their lives. Rock stars of the cosmos, these massive stars "live fast, and die young"! Both will probably blow themselves up as supernovae within another million years.

A somewhat less prominent feature of Orion is a near vertical line of three fainter stars located below his belt, commonly known as Orion's sword. The middle one of the three may appear slightly fuzzy, especially through binoculars. This is not a star at all, but the Great Nebula of Orion, an enormous stellar nursery, where new stars are being born from clouds of gas and dust.

Since Orion straddles the Celestial Equator, it can be seen by observers anywhere on Earth, though from different perspectives. This brings to mind a personal anecdote about Orion: Many years ago, I spent a sabbatical at the Cerro Tololo Inter-American Observatory in Chile, along with my wife Janet and 9th-grade son Nathan. Nathan and I travelled south ahead of Janet, who followed a month later. Her first night there we were all admiring the magnificent southern sky. Many of the constellations were new to Janet, but looking to the north she saw one she recognized. "Isn't that Orion," she asked, "but what is that pointing upward above his belt?"

Nathan replied, "It's his sword, Mom, we're in the southern hemisphere!"



The Benefits of Exercise

Ambika G.

We've all heard about the benefits of exercise, and we know that it would do us well to move our bodies on a regular basis. A commitment to wellness may prompt us to ask how we can keep up our exercising during the cold, dark winter months, and perhaps even wonder why we should maintain such a commitment during this season.

Movement benefits us most when we make it a regular habit. That means we may need to find some creative ways to stay physically active when temperatures drop outside, or when conditions might be slippery, and daylight hours are much shorter. And let's keep in mind, we don't have to overdo it with a strenuous workout. We can fit smaller movement "snacks" into our days. The key is to pick some activities and keep with them over time.

During cold and flu season, immune health is on many people's minds. When we exercise and get our blood pumping, immune cells circulate through our body more quickly, helping them seek and destroy infections. But this boost only lasts for a few hours, so exercise needs to be regular for long-term effects.

The shorter days with less light can affect our mood and even our sleep cycle. Regular physical activity can help keep our thinking, learning, and judgment skills sharp. It can also reduce our risk of depression and anxiety, SAD (Seasonal Affective Disorder), and even help us sleep better at night. Physical exercise has been shown to reduce fatigue, enhance self esteem, increase optimism, and help us better manage our stress.

Outdoor movement routines have so many benefits. Fresh air and sunshine on our skin help our bodies in myriad ways, even down to the cellular level. So if the footing is safe and we're dressed well for the conditions, we can move outside at whatever pace suits us. On a practical level, keeping our circulation moving helps us feel warmer. You've probably noticed how difficult it is to stay warm and comfortable when we sit still for long periods.

With the aforementioned natural limitations the winter months place on us, indoor movement is a great option as well. Here at EastView, there are group fitness classes available every weekday in person in the Community Room and over Zoom. I'd love to have you join me for Seated Yoga at 8:45AM on Tuesdays.

If classes aren't of interest, you could walk in the halls, dance to some music, hit a balloon, or go to the fitness room and use any of the six machines. The possibilities are only limited by your imagination.

Movement is indeed medicine, so let's help ourselves to a healthy dose.

Fitness

Kimberly C.

As many of you know, my parents are Penny and Bob C. I am a personal and group fitness instructor and taught my first exercise class in 1983. 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. 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 40s, 50s, and 60s 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 (in the Community Room or Via Zoom) from 9:00 am to 9:45 am. Also, I would be happy to create a fitness program for you centered on the equipment in the EastView fitness room.

Hardy Heart Walkers

Lynsie J.

Hardy Heart Walkers of GardenSong have made it a daily routine to walk around the EastView campus and, on ambitious days, to include some of the Porter Hospital walkways. We spend at least half an hour daily and sometimes this stretches to 45 minutes. Our little group has become a morning fixture on the campus and we often encounter other residents who also have made walking part of their daily routines. We look forward to meeting up with familiar faces and their dogs —Fred G. with his Springer Spaniel Betty, Linda and Paul S. with Willy and Chance and sometimes the L.'s dog Kiva bounces over to greet us.

Why do we walk? It gives us something to do; provides a change of scenery from the halls of Garden-Song, and gets us outside as much as possible. We bundle up when it is cold and we've got rain gear when needed. One time a member of our team who used a walker proudly said, "I can still walk!"

Getting outside and exercising in the fresh cold air gives us all a chance to feel more alive.

Walking Recommendations

Phil C.

New to EastView? Inspired by exercise chatter in the Bugle? Want to calibrate your new pedometer or fitness watch? Here are four recommended local walks, all starting from the entrance to EV:

Traffic Circle (entrance to the downtown). From the Inn, take a right on South Street Extension, go past Porter Hospital and some of the college athletic fields until you reach the traffic circle. Along the way, you will notice many older homes including the Middlebury College President's yellow house (#3 South Street built in 1867). Distance one way is 1.15 miles

Mahaney Art Center - on Middlebury campus. Take a right on South Street Extension, then take the first left after the soccer field onto Porter Field Rd. Follow signs winding you through or around the college student parking lot. Distance one way is .95 miles.

Blue Gate Take a left on South Street Extension and follow the dirt road 0.4 miles up the hill until—you guessed it—the Blue Gate on your right. If you are feeling adventurous go over or around the gate and through 200 yards of the campus compost heap until the path intersects with the TAM trail. Take the TAM trail in either direction OR walk ahead to the 13th hole of the golf course and explore the course.

For a more ambitious walk, continue on South Street Extension past the Blue Gate and follow the dirt road another 0.5 mile or so to Eddy Farm. Note the scenic vistas on both sides of the road including a view of the EastView campus.

At the Concierge Desk there are maps with carefully calculated distances for more destinations, thanks to Sherry K. and Max K.

Get those walking shoes and boots out of the closet and make walking a routine for you!

It Happened at EastView

Russ L.

It is easy to lose a hearing aid, and Max K. recently thought that he lost his. His first thought was that it must have fallen out of his ear when he was at, or leaving, a meeting at the Inn. He carefully retraced his steps to no avail. Then he remembered that, on the way back to his cottage, he stopped to talk with Fred G. and pet his springer spaniel, Betty. As they were talking, Max had noticed that Betty was sniffing around his feet, and she seemed to gobble-up something. Could it be? Max gave Fred a call, which resulted in Fred and Janet deconstructing and carefully examining Betty's "movements" over the next couple of days. (Janet once worked at a zoo, so she knew how to do this sort of thing.) They found no evidence of the hearing aid.

By that time Max had found the missing hearing aid in the pocket of a different pair of pants. Max realized that he had stretched the expression "that's what friends are for" close to its limit, so he arrived at the G.'s cottage with flowers for Janet, cookies for Betty, and a gift certificate to McDonald's for Fred.



February Birthdays

Nancy W.	2/5
Bob G.	2/9
Jim F.	2/10
Mimi R.	2/13
Cilla L.	2/13
Pete G.	2/16
Judy L.	2/17
Eleanor I.	2/20

A Look Abroad: How Long will the Ukraine War Last?

Russ L.

When will the war in Ukraine end? Given the terrible toll the war is taking on Ukrainians, it is a pressing question. Unfortunately, most analysts expect the war to last some time. As the war historian, Cathal Nolan wrote in *The Allure of Battle*, state leaders too often are tempted into resorting to force in the expectation of achieving a quick and decisive victory to settle a long-standing issue. In most cases, the result is not a quick victory, but a war of attrition that ends only when at least one side is so worn down that it cannot continue to resupply the soldiers and weapons to continue. Putin's war on Ukraine fits the model. Even the tactics remind us of interstate wars in the past century: terror bombing of civilians, grinding field artillery, tank, and infantry battles.

Over the long run, Ukraine cannot match Russia in manufacturing weapons, but neither can Russia match the economic might of NATO in suppling Ukraine with weapons. Meanwhile, the stakes continue growing for both sides as "sunk costs" – deaths, suffering, and economic deprivation – accumulate. A compromise settlement becomes all the harder.

The stakes for Ukraine, which is fighting for survival on own territory, have always been high. The major powers – NATO and Russia – have come to see the outcome of the war as determining the shape of the future world order. But for how long will European states be willing to accept the economic costs and discomfort created by the loss of Russian oil and gas? How long will Russian citizens accept the costs resulting from battlefield deaths, as well as the economic costs of an autocrat's war of choice? If we could answer those questions, we would have a better idea of when the war will end.

For an interesting piece on comparing the Ukraine War to past wars, there is an interesting article in the New York Times, by Max Fisher: <https://www.nytimes.com/2023/01/16/world/europe/russia-ukraine-war-attrition.html>.



Snow Making at the Snow Bowl, January 13, 2023

Photo by Max K.