



*The Buglers:*

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

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



### Annual Giving Fund: What, why, and how will it help?

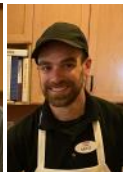
Fellow EastView Friends: Ponder this hypothetical scenario for a moment. Imagine if EastView allowed and encouraged  **tipping**  as a way to attract and reward its hardworking, friendly and essential staff. So: you answer your front door and are handed a fine meal, or you are served in the Terrace Dining Room by several smiling staff, or see your lawn being mowed and your grounds cared for or have any questions about life at EastView thoughtfully and patiently answered by a staff member. You would constantly need to consider when to tip and wonder if you are giving too much or too little. The Annual Giving Fund (AGF) spares you this stress.

So, how can we reward our hard-working, friendly staff without unduly complicating our own everyday lives? EastView's Annual Giving Fund provides important recognition for the hourly-waged people, numbering more than 90, who serve our endless needs.

For those of you who prefer to have Andrew Dix add a specified amount to your monthly statement for this purpose, the deductions start November first and end October thirty-first of the following year. Some of us prefer to write a one-time check. We encourage your generosity before the end of October.

You will be hearing more from the AGF Committee.

*Sally W., Max K., Larry R., Ron R., Paul S., Ed S., and Reg S.*



**Pat T.**

My Vermont connection began with enrollment in Middlebury College during which time I took as many art classes as I could. In 1954, I married Dave T., a Middlebury classmate, and after his tour as a Navy pilot, we settled in Wayland, Massachusetts and raised our three girls there. Longing for a vacation home in Vermont, we purchased a broken down farm house (Fred Reynold's place) in Lincoln and devoted many years rehabbing that place.

When our girls were in high school, I took art classes and developed an interest in pottery. Then I segued into making custom tennis and golf clothing. I designed and cut the clothes and had three women sewing for me. For about 10 years, my partner (who handled the sales end of the business) and I traveled the Northeast and beyond selling our one-of-a-kind tennis and golf apparel.

In 1987 while mowing a neighbor's field, Dave died of a massive heart attack. He was 54 years old. I now was a widow.

My first step towards independence was taking a job as a cook aboard an 86 foot yacht. We were to travel to the Bahamas down the Intracoastal Waterway. It was a real life changer. Finances determined that moving full-time to Lincoln would be a good idea, so I sold our Wayland home and moved to the old farmhouse with my golden retriever.

Once settled, I reached out to Cynthia Price for art lessons and became a successful pastel, oil, and acrylic painter, exhibiting and selling my work in galleries in Vermont and Massachusetts. Daughter Barrett and husband purchased the farmhouse from me in 1995 and I moved to Middlebury.

One day at the college football game, I reconnected with Ken Nourse (Middlebury College Class of 1951). We married and in 2010 moved to EastView as "pioneers". Sadly, Ken died in 2013.

In 2022, my daughter, Barrett, and her husband moved permanently to the old Lincoln farmhouse that is a 30-minute drive from EastView. Today our old house has new life, new energy, grandchildren and great grandchildren. A granddaughter will be married there this Saturday, September 16. That marks the second family wedding event on the grounds. Dave T.'s hopes to create a family legacy have come full circle.

**Did You Know?**

It was decided to publish a *Did You Know* when there is space available.

There are numerous volunteer opportunities in the greater Middlebury area (see the November 2, 2022 Bugle) AND right here at EastView. For example, you can volunteer to help in MeadowSweet and Garden-Song. The opportunities are endless: reading, playing games, doing art work, sharing a slideshow presentation of a trip, going on walks around the EV grounds, etc.

Numerous residents have inquired about auditing classes at Middlebury College. Max K. reached out to Matt Dickinson, who hosts a weekly lunch meeting in person and on Zoom that a number of us attend more or less regularly. Apparently there is still no overall policy and Matt suggested doing what we've always done: look through the Midd course catalog, pick a course and email the professor asking for permission to audit. Max says he wrote something like, "I'm a Middlebury resident, a retired engineer and would like to audit your course xxx for the Fall term." And almost always got a positive response.

Elderly Services ESI College offers numerous and varied courses: Call 802-388-3983 or go to <https://elderlyservices.org/esi-community-education-fall-23/> .

The Middlebury Chamber of Commerce website <https://middleburyinchamber.com> has all kinds of info about events, news, happenings, etc.

You can get a lifetime pass for free senior entry to any Vermont State Park. Just go to the town office and ask for one. The cost is \$2.00.

**Diana B.**

I was born and raised on a dairy farm in Waitsfield, Vermont. I am the youngest of 5 children. Growing up on a farm taught me many important life lessons including how to work hard, be frugal, tackle unexpected challenges, and accept the natural cycle of life and death. I spent much of my early life in the woods and fields of our farm where I learned the many benefits of living in balance with Mother Nature. Being a Vermonter is my biggest life blessing.

After graduating from high school, I was fortunate to decide to attend McGill University where my eyes were opened wide to a world of diversity. My mind soaked up so many new life experiences. I learned about the economics and sustainability issues related to protecting our environment, LGBTQIA+ rights, and had my first exposure to my future career in medicine and activism as the HIV epidemic was raging.



I came back to Vermont to attend Medical School, then completed a Family Medicine Residency in Wisconsin before fulfilling my dream of being a Doctor in Rural Vermont. I will be forever grateful that I decided to move “over the mountains” from my homeland to Addison County where I found the most wonderful community in which to work and raise a family.

I met my husband Bill M. while attending UVM medical school. He was both smart and foolish enough to follow my lead thru many years of training which required compromise on his part. We worked together to make both of our dreams come true, including a once in a lifetime trip around the world where we were both amazed and humbled by the vast diversity in the world. Traveling on a shoestring budget with a backpack further opened my heart to the challenges of a world filled with such abundance and scarcity.

Bill and I built a home in Weybridge and raised two daughters, Ruby and Zaidie Cooper, with the priceless help and support of a close community of friends and fellow parents. Bill works at Middlebury College as a Study Abroad Advisor. Ruby is working on a PhD in Epidemiology at Boston University, and Zaidie Cooper writes music and does social media work in Denver, Colorado.

After nearly 15 years of traditional Family Medicine work at Middlebury Family Health (including delivering babies), I shifted the focus of my work to caring for those living with serious illness and/or in the sunset years of life. I founded and ran Partners in Palliative and Home Care which was a unique, strictly home based practice for two years. Tragically, lack of funding forced the practice to close. I have been working since to establish a robust, lasting Palliative Care presence in Addison County ever since. My goal is to assure that we all live as long and well as possible, AND have the best possible end of life experience. My advocacy work has included working to pass and implement Vermont’s Medical Aid in Dying law. I now work nationally to bring this same right to all Americans. I am passionate about offering truly patient and family centered care to all I serve.

Over the years, I have seen firsthand how consistently amazing the social community and care giving services at EastView are. I was grateful to be asked to join the EastView Board where I can share my expertise and experience with others to help this community grow and thrive.



To all of you creative writers in our community: We want to publish your work in future editions of the Bugle and are certain that EV residents will enjoy reading your essays, poems or even short stories. So get your creative juices flowing and send your piece to one of the Buglers. Thank you.

## Quilling

Holly P.

Quilling is an ancient art form traced to Renaissance Europe or earlier. People would wrap the strip of paper around a slotted tool to form a tight coil, then shape each coil into a given form and glue it together. Nuns and monks used quilling to decorate book covers and religious items. The paper most commonly used was trimmed from the gilded edges of books.

While the technique remains basically the same, there have been many advances. For example, it is easy to buy packs of 50 to 150 strips of paper in a wide selection of colors and some paper strips are even gilded. There are a variety of tools, too. My favorite is a slotted curling tool.

My sister and I first learned to quill from our mother. We used to quill snowflake decorations for Christmas. I still use the same style tool to roll the paper into many different shapes.

Now I have discovered some tricks and tools that allow me to make different shapes. There are also multiple books with ideas and stencils. *Pinterest* has hundreds of pictures and examples. I find that I might make something using the stencil, but then bring my own creativity to the work. The only limit to what can be done is my imagination! Perhaps the biggest challenge in making a quality piece of work is consistency. I discovered the North American Quilling Guild. When I look at the work of accomplished quillers, I am both inspired and intimidated.

Last year at the Addison Field Days, I won three blue ribbons, a blue ribbon with a rosette, and a red ribbon. Initially I was not happy with the red ribbon, but after being shown the flaws in my work, I understood. I learned that I needed to pay more attention to the little details. This year I won five ribbons including one blue ribbon with a rosette (I am still very pleased with this one). This ribbon was for two notecards, but I was surprised it wasn't for the chess set with quilled board and chess pieces.

I have quilled many different pieces: bookmarks; package tags; notecards; decorative pins, necklaces, and earrings; a manger scene; and a complete chess set. Who knows what I might make next? I donate most of my quilling work to our church bazaar but am not interested in going to a craft fair by myself. However if the opportunity arose, I might share some space. If you would like to see some of my work, please call and arrange for a time to come to our apartment.

### It Happened at EastView

During an evening walk one night, at about 2:30 am, an EV resident noticed a black vehicle cruising slowly down Deer Meadow Drive. It stopped at several cottages, each time with the driver approaching the front of the cottage, and then turning and leaving.

"What," our EV resident wondered, "could this person be doing?"

Then it happened several more times at about the same time. As this is being written, the mystery remains unsolved. So does the question of what our resident was doing out at 2:30 am.

### It Might Have Happened at EastView *Cyrious Knott*

Grump Gabbler's grandfather, Griswold, who used to farm this land, once found himself entertaining a fellow farmer from Texas. The Texan was visiting Vermont farms as part of a delegation to exchange ideas about farming. As they were walking the perimeter of Griswold's farm, the Texan commented that on his spread back in Texas, you could get in a pick-up and it would take all day to get from one side of his farm to the other.

"Yup," said Griswold. "I had a truck like that once."



## A Snapshot of South Africa

*Zita N.*

We were born in South Africa, and we grew up in that beautiful country. David is from Stellenbosch which is a university town just outside of Cape Town, and I am from a small town outside of Johannesburg.

Cape Town is almost at the southern tip of the continent where the warm Indian and cold Atlantic Oceans meet. Driving along the coastline reinforces what a beautiful country this is, with a mountain in the middle of Cape Town, natural botanic gardens, a warm ocean in which to swim, leafy suburbs, and a colorful downtown with a variety of accents to be heard of locals and tourists. A special treat for us on a sunny day was to enjoy tea and scones at the Botanical Gardens which are at the bottom of Table Mountain, so called because it appears to be flat on top like a table, although still a challenge to climb.

Johannesburg is 1,000 miles away inland. Houses have no air conditioning and mostly no heating because of the idyllic climate which can reach down to the 40's on the coldest days. So wearing multiple layers of clothing is a must!

We often took vacations in the Drakensberg Mountains close to the city of Durban on the east coast where we lived before emigrating to the USA in 1976. We stayed at mountain resorts called Giant's Castle, Royal Natal National Park, or Cathedral Peak. I remember mountain climbing in the crisp mountain air, stopping often to observe breathtaking views.

Game Reserves are special to South Africa. How thrilling it is to see animals such as lions, elephants, deer, giraffes, zebra, and more in their totally natural environment.

The South African community is rich in diversity that makes it a very interesting environment in which to live. There are English speakers, Afrikaans speakers, local Indians mainly in Kwa – Zulu close to Durban, different African tribes each with their own cultures and traditions such as Zulus, Xhosas, Ndebele and Swazi, and the Coloureds in the Western Cape who are a mix of multi racial communities.

While we were growing up apartheid was enforced. A tremendously harsh system required Black people to live separately in racially segregated townships such as Soweto close to Johannesburg, or Kwa Mashu north of Durban, or Langa and Khayelitsha in the Cape Town area. Decades of substandard, unequal education in these areas left most of the people far behind in achievements, careers, and entry into the job market, resulting in high unemployment. Additionally, there is very high unemployment across the country generally, and crime is rampant. Despite this situation, there has been and still is a positive development of the middle class.

When Nelson Mandela was freed in 1990 after having spent 27 years in prison, the transition from apartheid to equal opportunities for all was remarkably smooth with no violence or hint of a civil war. His government focused on dismantling apartheid. He was president of South Africa from 1994-1999—the country's first black head of state.

In my reflections today, and now when I visit South Africa, I am sadly aware of the vast differences that still exist between the rich and the poor.



*Photos of Kirstenbosch Botanical Gardens in Cape Town and Sign in English, Afrikaans, and Kwa-Zulu*

## A Look Abroad: Political Turmoil in Israel

Russ L.

Israel's politics always have been fractious, but what we have seen since the early part of this year is unprecedented. Tens of thousands of protestors in the streets every weekend since January; protestors marching forty miles from Tel Aviv to Jerusalem to join them; air force pilots threatening to leave the service; doctors threatening to go on strike. The issue in contention is the government's intention to pass several pieces of legislation weakening the authority of the Supreme Court to grant greater power to the government. The government sees its efforts as strengthening democracy by reining in an unelected court that has expanded its role beyond interpreting the law. Its opponents view the efforts as undermining Israel's democracy by granting unrestrained power to the government.

As Israeli society has become more polarized in recent years, so have its political parties. There is a deep divide between socially and politically liberal secular parties on one side, and conservative, nationalistic, and ultra-orthodox religious parties on the other. For example, many secular Israelis still favor a "two-state" solution to the conflict between Israeli Jews and Palestinian Arabs on the West Bank. Leaders of ultra-orthodox parties within the ruling coalition talk of annexing the West Bank territory.

Prime Minister Netanyahu himself is a polarizing figure. His supporters see him as the person they trust the most to provide security against Israel's enemies; his critics see him as a corrupt would-be autocrat. (Netanyahu currently is being tried in three cases for political corruption.) It is a political environment that is not entirely unfamiliar to Americans.

The divide has been widened by demographic changes. The birthrate for ultra-orthodox Jews is three times that for more secular Israeli Jews. Over time, this has led to increased representation of ultra-orthodox parties in Israel's legislature. It also has altered the debate about Israel's future as a democratic Jewish state. A recent poll indicated that 89% of ultra-orthodox Jews believe that religious law should take precedence over democratic principles.

Israel's political system allows extreme parties to gain influence beyond their numbers. Israel has a parliamentary system, with a single legislative body, the Knesset. Seats in the Knesset are apportioned among parties based on the votes that they receive in a nation-wide election. In a state with many parties, it is difficult for any one party to achieve the necessary majority of Knesset seats to form a government. In fact, it has never happened in Israel's 75-year history. Parties with pluralities, or near pluralities, must convince other parties to join them to achieve a majority coalition. Consequently, small extremist parties can exercise influence well beyond their numbers in return for their willingness to join the ruling coalition. In the current government, nationalist and ultra-orthodox parties have pushed Netanyahu's conservative coalition even further to the right. With a slight majority of 64 seats out of 120, Netanyahu needs every vote he can get from his coalition, which is the most far right in Israel's history.

With just one legislative body, and the Prime Minister selected by the majority coalition within the Knesset, there is no separation of powers. Unlike in the US, where legislation must be approved by both the House and Senate, and then avoid, or over-ride, a veto by the President, a bare majority in the Knesset can pass new legislation. The issue of whether legislation is "constitutional" is complicated because Israel does not have a written constitution—although it does have quasi-constitutional "Basic Laws," which the government is expected to observe. The Supreme Court, which is the sole constraint on the majority coalition, also has assumed the authority to block some government actions as "extremely unreasonable." The Netanyahu government recently passed a law to remove that authority from the court. That action, along with plans for more bills strengthening the government's power over the court, has sparked the protests. Adding irony to the turmoil, the Supreme Court is preparing to review the legality of the first new law aimed at weakening its authority. Stay tuned.

### 俳句 Haiku

Honor our workers.  
They built the United States.  
Declare Labor Day.

*Gordon C.*

The birth of the world.  
The Days of Awe. Repentance.  
It's Rosh Hashanah.

*Gordon C.*

New puppy Cassie  
You are very very cute  
Chance smiles from above

*Angelika B.*