



EastView and the world have changed since the pandemic. The December Bugle will focus on your comments about the topic **Zoom: A Blessing or a Curse**. So please get your creative juices flowing and send your comments to any Bugler. Your comments might be EastView specific or of a more general nature.

- *The Buglers:*

Angelika B.
Phil C.
Max K.
Nancy R.
Cari B.

Linda C.
Lois K.
Russ L.
Ron R.

Alpine Garden

Peggy R.

Wednesday morning October 18 Ray Coish, Emeritus Professor of Geosciences at Middlebury College, shared information about our own back yard exposed rock - a combination of sedimentary dolostone (the overlay) and limestone with calcite veins, the white which has recrystallized on its way to becoming marble.

Approximately 470 million years ago, the rock was under some 100 feet of warm salt water - the corals forming it having needed sunlight and shallow water to thrive. Plate tectonics had our area within twenty degrees of the equator at that time with a coastline along westernmost Vermont, part of a longer shoreline stretching from Alabama to Newfoundland.

The dolostone overlay exhibits a “beeswax weathering pattern”, the cross-hatch lines developing with rainwater erosion. The calcium-magnesium-carbonate has minuscule quartz crystals and tiny bits of iron, contributing to the yellow tones.

The large formation's small rock “little brother” exhibits interesting pressure folding but is a surface rock, not part of the enormous underground rock. More of our rock can be seen exposed at the walking bridge across Otter Creek in downtown Middlebury.

Our gratitude to Ray for an informative and entertaining morning.



Julie T., Senior Nurse

I have been a nurse for 23 years. Having enjoyed math and science in high school, nursing seemed a good fit, and choosing it as a career could not have been a better path.

I began my career working in the Emergency Department and on the Med-Surg Unit. As a newly licensed nurse, I learned so much from the physicians, physicians assistants, nurse's aides, nurses, social workers, dietitians, physical and occupational therapists, lab and radiology technicians, etc. Operating in silos in healthcare is next to impossible and it truly takes a team to accomplish positive health outcomes.

From there, I transitioned to a position as an Occupational Health Nurse, for a pulp/paper manufacturer. In addition to being a registered nurse, I was required to earn my EMT-B certification, which allowed me to handle various emergency situations in non-clinical settings. Being able to adapt and work efficiently and safely, all while providing quality care, is not a simple feat in a noisy, dirty, dangerous industrial environment. I also earned my Certified Occupational Hearing Conservationist credential and became proficient in pulmonary function/fit testing. OSHA mandated certain health surveillance exams for employees, and it was important that I be able to administer and understand the results of various tests. Managing family medical leave, workmen's compensation, and short-term disability claims were also large components of my job. This position was a nice balance of providing clinical care with case management.

Along the way, I was blessed with two sons, now ages 15 and 17. I took a brief hiatus from the work force after both births to focus on my boys. Over the years, I've donned my nursing cap many times tending to bicycle mishaps, football injuries, insect stings, bumps and bruises, etc. Having medical knowledge and understanding the human body has enabled me to confidently care for my family.

The last 14 years of my nursing career have brought me to Middlebury, Vermont. In 2009, I started out at Helen Porter as a staff nurse, then was promoted to charge nurse, and eventually was the nurse manager of the sub-acute rehab unit. In 2014, I was blessed to join the EastView community as a staff nurse, before ultimately accepting the position that I am in now as senior nurse. This was in October 2021. I enjoy my role and appreciate the ability to enact change and improve things for the betterment of the residents, their families, and staff. The nursing experiences that I have enjoyed over the years have made me the well-rounded nurse that I am today. I never thought in a million years that long-term care would be my niche, but I can say, without a doubt, that this is where my heart is.

I reside in Ticonderoga, NY, where I have lived essentially all my life, save for the years away while attending college. In my spare time, I enjoy reading, baking, learning, exercising, decorating, tackling home improvement projects, and spending time with my fiancé, my boys, and our yellow lab, Teddy.

**November Birthdays**

David N.	11/1	Bob A.	11/16
Nina B.	11/3	Bob R.	11/18
Frank W.	11/10	Betsy G.	11/19
Ann B.	11/12	Martha D.	11/20
Bill R.	11/13	Zita N.	11/24
Ulrie H.	11/14	Betsy L.	11/28
Max K.	11/15	Ed S.	11/28

How I Got Hooked on Sailboat Racing

Ulrie H.



Shortly after I came to the USA and Vermont, I bought a canoe rigged for sailing from my cousin. With this I learned the basics of sailing. A few years later I bought a 10-foot Cape Dory, a sailing dinghy open boat, much more stable than the canoe. We towed the boat with us on vacations and used it for fishing and sailing on Cape Cod, getting still more experience.

Several years after starting my insurance agency in White River Junction, I visited a friend in Connecticut whose neighbor had a 22-foot Venture sailboat with a cabin for sale. I purchased her, named her *Edelweiss*, and it felt like I had bought the *Queen Mary*, she seemed so large. I got used to her very quickly and really enjoyed sailing her.

Jim, a friend who owned an American 26, suggested we enter the Figawi Race from Hyannis to Nantucket. I agreed, and we each signed up. I trailered my boat to Old Saybrook, CT. That evening my friend and I left for the two day sail to Hyannis. This was a real adventure, long before the days of GPS and LORAN.

On my first experience sailing at night, we timed the strong currents correctly and doubled our speed toward Block Island Sound. The next day we passed Block Island and worked our way up Buzzards Bay toward Woods Hole, the passage to Vineyard Sound. Stupidly, we almost tried to sail through the Hole at night, but wet and half frozen, we finally anchored and joined Jim on his boat, *Second Wind*. He served the best meal I ever ate, Dinty Moore beef stew.

The next morning, we motored through Woods Hole and saw how foolish it would have been to attempt it at night. There are several turns, the strong currents can pull even navigational buoys under, and we saw huge boulders we could have hit. With the current going our way, we finally arrived in Hyannis and spent the night at the marina in Hyannis Harbor.

In the morning we started the race to Nantucket at our assigned time. There is a handicap system, with the slowest boats starting first, so that all 250 boats finish at about the same time. *Edelweiss* was the smallest boat in the approximately 30-mile race. The winds were against us at around 25 miles an hour and every six-foot wave seemed to push us back. It took us close to ten hours to finish. We had a lot of water in the boat and were very cold. The welcome receptions were over; our friends from *Second Wind* were waiting for us. I was convinced sailboat racing was not for me.

The Figawi Race is famous for its party day, which is wild and fun. There were about 1000 guests. Nantucket was crowded, with about 100,000 people on the island for the weekend; many of them tried to get into the party tent. We enjoyed the day!

The next morning, not feeling 100%, we sailed the return Figawi from Nantucket to Hyannis. There were not as many boats in the return race, so there were only two starts. The boats with spinnakers left first. We were in the Jib and Main class and started fifteen minutes later. The winds were still very strong, and—good news!!—this time they were at our back.

With the heavy seas and strong winds, we were in the lead in our group. We made sure we passed the navigational buoy on the proper side and eventually caught up with some of the spinnaker boats. I knew we finished first in our group. We tied up at Baxter's Boat house with the other boats and waited for the results. Finally, "Class E, First Place, *EDELWEISS*." I cannot overstate the happiness.

After partying some more, I finally said something like: "Let's get out of here and eat something." One of two ladies sitting across the table from us said something like: "Oh, we'll take you home and cook something." I did not know where we went but found out it was the Kennedy Family Compound in Hyannis, where we received a nice meal. One of the ladies was a relative of Ted Kennedy's. I met Ted's daughter that evening.

This is how I got hooked on sailboat racing. I kept my 22-foot Venture for a few more years. Then in 1984 I purchased a 37-foot cutter, named her *Edelweiss II*, and started racing reasonably well. I did 15 more Figawis. I kept *Edelweiss II* on Long Island about three more years and then moved her to Lake Champlain. I have owned that same boat 39 years now and have enjoyed many racing and cruising experiences with her.

Main Street

Linda C.

Did you know there are 17 retail and service shops right here on Main Street in Middlebury? Well, I didn't until I did some research and some of that resulted in corresponding directly with several shop owners. Yes, I am a believer in buying local and supporting our local businesses. With the approaching holidays, this might be helpful for you to know, too. Let's begin the tour at the traffic circle and go up Main Street toward the Congregational Church. The first store on your left is the Game Store.

Tinker & Smithy Game Store sells board and card games. There are many tables where people gather to play various games, etc.

72 Main Street

Tuesday-Sunday 1pm-9pm

802-989-7274

The Middlebury Shop (formerly Forth 'N Goal Sports) has been owned by the same family since 1983. We are located across the street from the Marquis Theater and are open every day. Please check out our website or give us a call if you need any help. We sell: Middlebury College apparel and gear for adults and children, Simon Pearce and L.L.Bean, Vermont products and apparel, Darn Tough socks, various makes of sunglasses, Timex watches, fun Vermont and Middlebury stickers, buttons and magnets, packs and bags by Thread, Woody Jackson sweatshirts, t-shirts and hats; gift cards, and much more.

68 Main Street

802-388-3444

<https://middleburyshop.com>



Middleton This new shop is “a clothing and life-style boutique for the smart and stylish woman.”

66 Main Street

Monday-Friday 10am-6pm

Saturday 10am-7pm

Sunday 10am-5pm

middletonvermont.com

Vermont's Own Gifts & Goods Abbey wrote that this shop has been selling made in Vermont products since 1986. From gifts to everyday staples, Vermont's Own has your favorites like maple syrup, cheese, jams, mustards, note cards, candles, soaps, and more! We happily create gift sets and ship across the USA. Great for sending a piece of Vermont to your loved ones!

64 Main Street

Monday-Sunday 10am-5pm

802-388-7711

www.vtsown.com

Buy Again Alley is a non-profit resale shop that “carries clothes for all ages and genders. Proceeds serve Addison County teens who aren't going to college but want to learn a trade.” This shop also sells books, shoes, accessories, housewares and much, much more. Gift certificates are available, too.

60 Main Street

Monday-Saturday 11am-5 pm

Sunday 12pm-4pm

802-989-9458

Green Mountain Adventures: gear and apparel since 1998. Everything from guided trips (kayaking, fly fishing, hiking and rock climbing) to clothing and accessories, camp and hike, snow, gift cards and more, plus winter rentals and leases.

56 Main Street

Tuesday-Friday 10am-5:30pm

Saturday 11am-5pm

Sunday 11am-4pm

802-388-7245

info@mmvt.com

Sparrow Art Supply “The shop is fully stocked with a wide array of supplies from watercolor to sketchbooks to linoleum blocks to sculpting tools and more. Online orders are available for in-store or curbside pick up, perfect for those who can't make it down the stairs. The entrance to the shop is right on Main Street next to our town's iconic Middlebury Falls, down the stairs.” There are exhibits by various artists, too.

52 Main Street

Tuesday-Saturday 10:30am-5:30pm

802-989-7225

info@sparrowartsupply.com

“**Elli Parr** is an independent women's lifestyle boutique & a modern jewelry brand focusing on quality, hand-crafted pieces that are stylish yet sophisticated.”

48 Main Street

Monday-Saturday 10am-5pm

Sunday 11am-4pm

<https://elliparr.com>

Danforth Pewter sells Christmas ornaments, picture frames, oil lamps, jewelry, home and kitchen items, figurines, tokens and charms, and other gifts.

46 Main Street

Monday-Saturday 10am-5pm

Sunday 11am-4pm

802-989-7310

<https://www.danforthpewter.com/middlebury-vt>

Addison West “offers vintage inspired, thoughtfully styled ‘Vermont modern’ décor and gifts as well as design services.”

44 Main Street

Monday-Saturday 10am-5pm

Sunday 11am-5pm

802-528-7980

<https://www.theaddisonwest.com>

Sweet Cecily Owner, Nancie Dunn, wrote: “This is a general gift shop that is very, very busy right on the Main Street of the town! It’s been open for many decades. It is the town’s gift shop. Everybody shops here—tourists, locals and students. The store sells everything from soap to quilts, candles to pottery and everything in between. Right now we have tons of Christmas cards, ornaments, etc.”

42 Main Street

Monday-Saturday 10am-5pm

Sunday 11am-4pm

802-388-3353

Follow us on Instagram

The Vermont Book Shop has been in business since 1949 and I am the third owner, now in my 19th year. We are at 38 Main Street, sandwiched between IPJ Real Estate and Chim Chimney (the former Main Street Stationery). We are open 7 days a week May-October and in December M-F 10-5, Saturday 10-4, and Sunday 11-3. Our website is <https://www.vermontbookshop.com>

We sell exclusively new books for all ages and a wide variety of interests. We carry local authors' books and Nobel prizewinners. Our booksellers, avid readers themselves, are experienced in helping customers find just the right book, whether for themselves or a gift for someone else. We also sell greeting cards, puzzles, game books, some toys, journals, calendars and more!

Becky Dayton (she/her) President, Owner & Buyer

Now turn around/cross over and go down Main Street toward the traffic circle. On your left, the first store after the Edgewater Gallery window is Everything Nice.

Everything Nice is a nonprofit “houseplant and home decor boutique and the home of the Giving Fridge.”

51 Main Street

Wednesday- Friday 12pm-8pm

Saturday 12pm-6pm

<https://www.51mainvt.com>

Autumn Gold I founded my jewelry store, Autumn Gold, in November 1998. We are located at 61 Main St in Middlebury. Our website is autumngoldjewelry.com. We are a full-service jewelry store specializing in sales of fine jewelry, natural diamonds, and natural gemstones. We offer expert in-house jewelry custom work, restoration, and repair.

John R. Wallace, G.G.

President

Autumn Gold, Inc

802 388 6788

wallace@autumngoldjewelry.com

Parlour “A Middlebury, Vermont salon & spa offering high quality services using the best brands in the industry.”

57 Main Street

Monday-Friday 10am -7pm

802-989-4493

parlourvt@gmail.com

My Kim Nails “Whether you're looking for a fresh nail color or a bold design, this salon is here to please you. Professional nail care for Ladies & Gentlemen.” By appointment only.

73 Main Street

Monday-Friday 9am-7:30pm

Saturday 9am-6pm

802-388-4999

Direct Travel. “We listen carefully to personalize your exclusive travel experience. Through our expertise and worldwide relationships, we create an unforgettable journey just for you.”

73 Main Street

802 388-3125

In the December issue of the Bugle, I will share information about the retail shops on Park Street, Mill Street, and Merchants Row.

Simon, a Diabetic Alert Dog

Janet G.

George, our grandson Sam's BFF since nursery school, developed type 1 diabetes at age 13. Type 1 diabetes, which can develop at any age, is rare compared to type 2 diabetes in that only 5-10% of people develop it. It is usually diagnosed in children and young people, thus the former name "juvenile".

At first, George checked his insulin levels by pricking his finger and had insulin shots. By 14 he had an insulin pump. His mom could tell what his readings were on her cell phone. It was most important to know George's insulin levels when he was sleeping so that his insulin could be managed 24 hours a day.

At 15, while at camp, a nurse had a diabetic alert dog that was trained to recognize low insulin levels in a person who suffers from diabetes. Her dog responded to George's insulin levels and that sold him on getting a service dog. These dogs are raised by Kaarla Weston in New Hampshire. The kennel is called Gilford Golden Guardians (https://www.gilfordsgoldenguardians.com/about_us) and is two hours away from where George lives in Cornwall.

Last winter, at the age of 16, George started a "go fund me" because these dogs are extremely expensive. He contributed his own money toward this purchase. He decided to do the training himself to save on the cost. He was only a sophomore in high school!

Eight-week-old puppy Simon arrived this past spring and his training started immediately. He has daily 30-minute training lessons and always wears his working vest during these sessions. Simon has been socialized by going into town, meeting people, and going everywhere as much as possible with George.



George is a busy teenager. He is a fine student who is enrolled in the International Baccalaureate Program right here at Middlebury High School, is on the football team, and has a girlfriend. Two times each month George travels with Simon to see Kaarla for training lessons. Each roundtrip session takes six hours door to door.

Simon has been learning how to become aware of the scent when George's insulin levels are low. This is a painstaking process requiring George to swipe his mouth when his insulin levels are low and freeze the swab that has the scent. Recently, for the first time in six months, George's insulin levels were low. Simon recognized this happening and his first alert (Simon's behavior warranted attention) was a most exciting moment and very rewarding.

Every night Simon sleeps with George and seldom leaves his side. However, he is still too young to attend school daily with George. Recently Simon flew to Michigan for a family memorial service and he stayed at George's feet on the plane.

I am hoping that George and Simon will come here to EastView and give a talk. This way EV residents will see this wonderful pair who have bonded for life.

It Might Have Happened at EastView

Cyrious Knott

During his more youthful years, EV cottager Grump Gabber would take a week off from work during deer-hunting season to join three of his pals at a hunting camp in the woods. It was agreed that they would draw straws to see who would be the first cook. That person would continue to prepare meals until one of the others complained. Then the complainer would have to take over the chore.

One November Gump drew the short straw. After three days of preparing meals, Grump had had enough. That afternoon he went out to a nearby pasture and scooped up a few cow patties. He then fried them up as burgers and served them for supper.

The first of his fellow hunters to taste one of the burgers, gagged and exclaimed, "Good grief. If I didn't know better I would swear I just bit into cow sh....But it's good!"

It Happened at EastView*Russ L.*

Last month we mentioned the mystery of the black vehicle and its driver's visits to EV cottages, which were observed in the wee hours of the morning. This month another suspicious incident occurred, this time in broad daylight. Max K. was seen, dressed only in a bathrobe, hurrying from the cottage of Pat T. back to his own cottage. Tongues have been wagging, but it turns out that Max and Lois had their heating system break down over the weekend, and Max was visiting Pat solely to take a hot shower. Or so we have been told.

俳句 Haiku

Now Veterans Day.
Gaza armistice needed.
Reclaim "Day of Peace."
Gordon C.

Small Middlebury
still expanding universe
am I important?
Angelika B.

Not good to admit,
but I like to be alone.
What does that make me?
Angelika B.

Early Education*Alec L.*

In 1954, Slim was our neighbor handyman, his last name lost, misplaced, or invisible. He lived in a room on the far edge of town, near the station on the suitable side of the tracks. Slim was, as implied, exceedingly thin and several lifetimes past normal retirement. There was rent to be paid.

We lived in a stately brick house with a white gable and in need of a fresh coat of paint.

"Yes, sir," Slim said and without hesitation up the ladder he went, defying the limitations of one who cannot see the side of a house.

The job complete, my father proclaimed, "Nicely done. Thank you, Slim." Compensation exceeded the menial rate. Slim was driven home and dropped off at his door.

When my father returned, well aware of imperfections or flaws, up the ladder he went with a respectful, pragmatic smile, brush in hand, painting and filling the numerous patches of weathered siding scattered here and there on the side of the house.

That was one of the more important lessons my father taught me, a lesson the fortunate, who can afford to adjust expectations, would be wise to remember.

A Look Abroad: Gaza Civilians Caught in a War

Russ L.

(Please note that this piece was submitted to the Bugle prior to the Israeli ground invasion of Gaza.)

When he visited Israel last month as Israel was preparing its counter-attack on Hamas in Gaza, President Biden urged the Israeli government to uphold the laws of war by respecting the rights of Gazan civilians. Concerns about protecting the rights of civilians during war extend back to the Middle Ages. In Shakespeare's *Henry V*, the soldiers under Henry's command discuss a potential violation of "the disciplines of war," and Henry has his old drinking pal, Bardolph, hanged for stealing from a church in a French town. During the American Revolution, George Washington ordered the hanging of members of his honor guard for stealing from loyalist civilians after the Battle of Princeton in 1777.

Today deliberately attacking or harming civilians, or damaging civilian property, are violations of the laws of war. The specific precipitant of the war in Gaza, Hamas's terrorist attacks against innocent civilians in Israel, was an obvious violation of the laws of war.

Judgement becomes more difficult when a military force attacks a legitimate military target, but innocent civilians are harmed or killed, or their property is damaged or destroyed. Military strategists call it "collateral damage." The laws of war stipulate two limiting criteria: (1) military necessity and (2) proportionality. The use of force must be necessary to achieve the military objective, and the importance of the objective must outweigh the harm done to civilians and to civilian property. These criteria still leave a lot of leeway for attacking forces. Israel's IDF might destroy an apartment building and kill dozens of innocent people because IDF commanders believe that the building contains tunnels for transporting military supplies to Hamas.

But is it enough to just follow the law? Should military commanders also consider whether their acts are *morally* acceptable? If so, what are the criteria? Theologians and moral philosophers have wrestled with these questions for centuries. Most people would agree that the answer to the first question is "yes." The second question is more difficult. Some attempts to answer it add two additional criteria to the legal requirements of military necessity and proportionality. (1) The *direct effect* of the action must be morally acceptable. The direct effect of destroying a hospital because the IDF believes that its basement might contain Hamas tunnels would not meet the criterion. (2) The *intention* of the actor must be good, that is, he is aiming only at the legitimate objective; harm to civilians or their property must not be intended as an indirect means to achieve the military objective. The Russian attacks on civilian property in Ukraine, in an attempt to weaken Ukrainian morale and resilience, for example, would not meet this criterion.

Political scientist Michael Walzer believes an additional criterion should be included, which he calls "due care." Walzer argues that when a commander is aware that collateral damage may occur, he should be willing to accept some risk to soldiers under his command to avoid excessive harm to civilians. If the IDF command decides to use artillery and tank fire to raze cities to rubble to reduce casualties that IDF troops would suffer in urban warfare, would it be exercising "due care"?

These moral questions become even more difficult when the enemy places its supplies or forces in off-limits structures, such as hospitals, or mosques, or when it uses captured civilians as human shields to deter attack. Legally the opposing force may attack the normally off-limits targets because the defending forces have broken the rules for protected places. But, morally?

The tension between what is legally permitted and what is morally acceptable also arises in sieges, which are *legal* means of waging war. A siege is when one side surrounds an area held by the enemy, and then blocks the delivery of military and living necessities until the enemy forces surrender. The moral issue is that civilians in the besieged territory are the first to suffer. The necessities for living continued to be consumed by fighting forces after there is no longer enough for civilians. In World War II, German forces surrounded the city of Leningrad, cut off supplies to the city, and then shot anyone trying to flee. Russian troops did not surrender, but 800,000 Russian civilians died of starvation, exposure, and disease.

A type of siege, called a "squeeze," has been suggested as a means of reducing casualties for Israeli forces in Gaza. But how about Gazan civilians? One of the more imaginative and humane strategies has been suggested by former Israeli Prime Minister Naftali Bennett. <https://www.nytimes.com/2023/10/27/opinion/israel-hamas-strategy-bennett.html> Bennett's plan would allow Gazan civilians safe passage out of the besieged area. Then they would be transported to "safe havens" for the remainder of the war. That action would be consistent with Walzer's moral criterion of exercising "due care" to save civilian lives.

These laws and moral norms have meaning only for military forces that believe in them, or, at least, find it in their political interest to observe them. Hamas does not. Biden is banking on Israel's leadership to follow a higher standard.