



January is national hobby month. If you have a hobby or an area of interest you would like to share with EastViewers, please submit your article to any Bugler.

- *The Buglers:*

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

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



Photo by Max K.

EastView Residents' Council

Seated: Linda K. (Secretary), Nancy Lee R., Jan W.
Standing: Larry R. (past Chair), Ulrich H., Bill R. (Vice-Chair)
Russ L. (EV Board Representative), Fred G. (Chair), Russell K.

In a very broad sense, the responsibilities of the EastView Residents' Council include: 1.) promoting and fostering social, cultural and recreational activities; 2.) furthering the common good of the entire EastView community; 3.) communicating and cooperating with the EV Board of Directors, management, and staff.

The Council is the conduit for making known your ideas, concerns and recommendations! After all, we are a "resident centered retirement community" and the vitality of our community rests in the communication between the residents and the Council.

Liana W-D.

This is Liana W-D. reporting to you live from the EastView Kitchen. Happy New Year! I have been working as a cook at EastView for almost 10 years now. My passions are family, food, foraging, and art. Time escapes us so quickly—my daughter is now 12, I've experienced employees and residents come and go, I've laughed and I've cried. Every day, I'm grateful.

At a young age it was clear to me I was a visual and hands on learner with an appreciation for the natural world. I am very fortunate to have been raised in Vermont. Both my parents worked extremely hard and instilled strong values in me. My culinary experience started early. My mother had a long commute so I often had the responsibility of getting dinner ready. I look back at this fondly—to be trusted to use fire and family rations, to brave criticism. I worked at many local restaurants in my youth and was in awe of culinary hierarchy and camaraderie.

The bohemian side of my personality found me studying fine art at Montserrat College of Art in Beverly, MA, majoring in sculpture. Looking back, I wish I had gone to culinary school. But I was fortunate to live with an incredible Italian roommate who taught me a lot about cooking. I also studied abroad in Italy, where I learned a lot about the beauty and simplicity of food.

After art school, I returned to Vermont to work with my father in his construction business. While on a roofing job, I met Pikey M., my life companion and father of my child. Having my daughter, Sienna, was the greatest accomplishment of my life. Even in her preteen years she gives me a tremendous amount of strength and joy. Following her birth, I took a night job at Tourterelle in New Haven, VT. I worked my way up from a dishwasher to a cook. I absorbed every bit of information about French cooking and technique that I could. I learned so much. When Sienna reached preschool age I enrolled her in a local Montessori preschool. To offset tuition costs, I added working as a teacher's assistant at the preschool to my work at the restaurant at night. I've never been more exhausted in my life! Working with preschoolers was more taxing than line cooking or pouring concrete foundations with my father. It was not sustainable. I decided to seek a day time job so I could be with my family in the evenings. I found EastView online, applied, and was hired. One of the first things that impressed me about EastView was the Art Committee's art shows. I have participated in staff shows, and some of my work hangs in the staff gallery.

Working at EastView is very different from any restaurant job I have ever had. At first I felt overwhelmed and intimidated, but I am glad I stuck with it. My colleagues and I have been together for so long I feel like we're family. They are my friends and mentors. I have no surviving grandparents, and it's been wonderful to share stories and interact with residents from my grandparents' generation. I am grateful for every day I learn and every day I laugh.

**Letters to the Editor**

Every time we attend one of the thrice-weekly buffets in the Terrace Dining Room, we are served by the efficient, friendly, and conscientious dining staff and several other people. Those “other” folks also treat us like royalty, although they have worked many hours each day before dinnertime doing jobs that go well beyond dining efforts. These volunteer folks are EastView's senior staff who were originally hired to keep this large family-like operation running like a well-oiled machine, jobs they do very, very well indeed.

We know full well that our residents are truly thankful for these “over-and-beyond” efforts that go into making our lives at EastView happy and contented and our bodies nourished, healthy and full.

So to Cari B., Shawn C., Ted D., Jamie K., Doreen K., and Connie L., we all say many, many thanks. You folks are wonderful and greatly appreciated!

Ed and Jane S.

**January Birthdays**

Charlie R.	1/3
Rebecca B.	1/17
Ann R.	1/18
Jean H.	1/18
Bonnie S.	1/21

Stand-Up Comedy Class

Paul S.

A couple of months ago, Doug Anderson, the artistic Director of the Town Hall Theater, came to EastView and gave what turned out to be a brief but fascinating course regarding a nearly universal art form that is rarely recognized as being such a thing: stand-up comedy. It seems odd to me now that I was surprised. After all for over a century, most of the comedians and comic actors that we all know have entered the world of television or movie comedy either through the venue of stand-up (think Seinfeld, Burns and Allen, etc.) or have made it their entire career (Rodney Dangerfield, George Carlin and the like). And for every successful stand-up comedian there are thousands of failures.

Why should that be? I think because it is an art form that, if it is to be funny at all, must be done to perfection, and part of that perfection is to make it look casual and easy, when it is neither. And it must be fast.

But what exactly is the difficulty? I believe it stems from the fact that it relates to normal life but is so dependent on speed and brevity, followed by a swift and complex non sequitur, one that is bizarre in itself and yet which shows the artificiality of the first comment. Finally, that complexity must still be delivered in a form so simple so as to be clearly understandable even when delivered in no more than a few seconds.

An example from Rodney Dangerfield: "I took my wife to the opera last week but she is so dumb that she forgot to bring the sandwiches."

Taking the joke apart, the first part, "I took my wife to the opera last week" is a completely normal sentence in every way. But it sets the listener up for the continuing joke line "but she is so dumb that...." That what? (Imagine the world's quickest drum roll.) "She forgot to bring the sandwiches." This part throws out not one but two ridiculous contrasts at the first line: We all know that you don't bring sandwiches to the opera. But it also shows that the joke teller, while accusing his wife of stupidity, is revealing his own. However, and most importantly, not only are these ridiculously contrasting ideas, but they are delivered with great speed so that by the time we stop laughing (if we do) he is already on his way to the next joke.

There is obviously much more to it. For example, the use of the imaginary wife as a foil (one that is understood by the audience, comedian, and hopefully the wife) is to be no reflection whatsoever on their marital relationship. It might be better to demonstrate all these techniques with one of the oldest, briefest, and funniest jokes that there is—one that most of you know. It was first told by the comedian Henny Youngman back in the fifties and it illustrates essentially everything I have said while consisting of only four words: "Take my wife....Please."

Perhaps equally interesting was Doug Anderson's discussion about how comedians write. Yes they can do it in solitude, but much more commonly it is done at a table with several comedians each vying for the swiftest funny things they can add to whatever idea is on the table. Why? Because the swiftness of the idea formation is part of the swiftness of the line so written.

I cannot say that any of us learned so much that we are capable of writing good jokes or delivering them. But I at least now can listen to comics with a different ear.

It Happened at EastView

Lois A.

Every day and night for more than 270 days purple shirted EastView caregivers entered our apartment to give skillful, efficient care to Bob. We soon discovered how kind, how interesting, how humorous, and how caring they are. We had a new "family" sharing joys and concerns, and even artwork. If you see them in their purple shirts, please greet them warmly.

New Feature! Question of the Month

We are introducing a new feature entitled *Question of the Month*. This question (and others to follow), appeared in a solicitation received by Angelika and Buz from an Indian School on the Lakota (Sioux) Reservation in South Dakota that is run by Jesuits.

The question for this month is, "If you could have tea with one fictional character, who would it be?" Hopefully you will submit your response to any Bugler so it will be published the following month.

Volunteering in the Community


Lois F.

When we moved to EastView in 2014, I soon met Roberta C., MD, who I believe started the Health & Wellness Committee. Anyway, she hornswoogled me into joining, knowing that I was an RN. Back then it was a very active committee that unfortunately sort of disintegrated with Roberta moving away and the arrival of Covid. I started the Annual Flu Clinic then and have been doing it ever since. I organized the Fall Prevention Clinic with physical therapists from UVM and Middlebury and arranged a session on hearing loss by the Luse Center, also from UVM. I have done Covid testing for EV staff, given a talk on First Aid to seniors and worked on Take Back Drug Days by collecting unused prescriptions and then delivering them to the local police/sheriff office.

I've been an RN for over 57 years and have become accustomed to answering health related questions at all hours of the day. I have taken folks to medical appointments, to funeral directors, to the ER, and have changed bandages for people and have given or helped give meds. Sometimes I have stayed with folks in their homes and even have sat with many as they were dying.


My other volunteer efforts have included walking dogs, picking up mail, leading the walking/hiking group, co-leading a book club, and reading and sharing stories in GardenSong. I have helped people who fell and needed assistance getting in and out of vehicles. Also, I help people get their meals in the Terrace Dining Room and have assisted with "special events" at buffet dinners.

I was brought up to help others and cannot see someone struggling without offering assistance. It must be inbred.



Lois K.

I have been a volunteer with Everybody Wins! at Mary Hogan Elementary School for several years. It is a very enjoyable and satisfying experience. Each volunteer meets with one student in grades 3-5 for one hour each week. The student is using his/her lunch hour to do this. Generally, we start by chatting a bit and then either I read to her while she eats her lunch or we start to play a game. After she finishes eating, she may read aloud to me or we will finish our game. I met with this same student all last year and I will spend this year with her again. So we get to know each other well. Through the years I have worked with poor readers and excellent readers, all of whom chose to spend their lunch hour with one adult. We are not reading tutors. Our goal is just to share books and reading as enjoyable experiences. Mary Hogan is always looking for more volunteers. Think about it.



Vanda C.

Volunteer at the Addison County Humane Society

When I signed up as a volunteer at Homeward Bound Addison County Humane Society I figured I'd be walking dogs and handling routine cleaning and administrative tasks. It was a surprise when Lauren, the Volunteer Coordinator, proposed that I join the surgical team, which consists of a veterinarian, two surgical/medical technicians, Cassidy and Chelsey, and another volunteer named Meg. I met with and was interviewed by Chelsey. She gave me a brief overview of some of the duties of a volunteer and then asked if I had any experience in this area. My answer was no, except for my own surgeries and those that had been done on my dogs over the years. She then asked if I could get up and down off the floor. I chuckled a little bit and said yes, but it isn't pretty. I told her I was allergic to cats (nothing that can't be overcome with anti-histamines) and that I am good at taking directions. I was on board.

I returned a week later for a full immersion into the operating room environment. Meg was my supervisor. Several dogs were on the operating schedule for the day so Meg walked me through making sure we had enough towels, blankets, pee pads, and supplies to clean the incision area, clip nails, and clean ears. Also, I was instructed to fill the autoclave (a machine used to sterilize equipment) with hot water and antiseptic soap and put warm water in the sink for the instruments after the surgery so they could be cleaned before placing in the autoclave. Prior to surgery I am tasked with calming the dog when the first shot of anesthesia is given. I hold the dog, speaking softly and stroking it and giving it lots of prayers and love, as it slowly falls asleep. As soon as the dog is ready, we place it on a stretcher and move it to the surgery table where the surgery team takes over. As for cats, after the initial shot of anesthesia, they are put back into their crates to fall asleep. After surgery, the animal is moved to a recovery area (I call this my “tropical beach recovery area”) for 30 to 90 minutes. Every animal recovers differently—some are sweet and quiet while some a little more agitated. My job is to keep the animal calm, loved, and most of all secure. As soon as the dog can stand and walk it is moved to a kennel for monitoring. Cats are placed back in their crates to fall asleep and usually come to very sweetly and calmly. I have been happy to learn that my cat allergy is not a problem, so I can hold cats and kittens for some much needed cuddling.

After the animal’s time “on the beach”, it is given additional time to recover at our shelter. From there the animal might stay at Homeward Bound, go to a different shelter, go to an owner or adopter or foster home, or if it is a cat it might go back to the feral colony.

I get the fulfillment in knowing that I made the animal’s journey easier.



Angelika B.

Volunteering for something you love to do means doubling the joy. I belong to an organization named Quilts of Valour that makes quilts for veterans. It is a nationwide organization of more than 10,000 members which to date has distributed more than 363,000 quilts in 20 years. The quilts are red, white, and blue and measure about 60” x 80”. I can choose my own pattern, in my case always stars in various sizes. I piece the tops and André, another volunteer, quilts them on his machine because I am strictly a hand-quilter and that would take too long. After André finishes the quilting, I sew on the binding and we, as a group, get together and sew on dedication labels that André has machine embroidered. At special ceremonies, like Memorial Day and Veterans Day, we give the quilts to veterans. To their expression of thanks, I always reply, “No, thank YOU.” Sometimes, I make tops in other colours. André also quilts them and gives them to the nursing homes and for hospice to distribute.



Linda P.

My Volunteer 'Jobs'

I'm currently involved with the volunteer jobs listed below. In addition to doing something useful in my old age, they are all rewarding on so many levels, as are the relationships forged with folks I never would have otherwise met.

Community Supper at the Congregational Church:

I make a pan of Mac and Cheese weekly and pick up cookies and more Mac and Cheese from other EastView cooks to bring to the Friday night supper. Started years ago by Dottie N. and others, the meals were originally provided by area groups and businesses. They were served in the Church's Fellowship Hall at large tables for those with food insecurity and/or as a gathering spot for those with a need or desire to connect with others. With the arrival of Covid, the model changed, and now I help other volunteers pack takeout meals for walk-in pickup and with delivery to those who cannot make it into town. Drivers fill up their cars with these meals as well as gleanings from local stores or farms to deliver to food-insecure families. Currently over 300 meals are made weekly and the demand seems to be growing.

Mary Hogan School:

Lunch with kindergartners: Responding to a plea from the teachers, I offered to spend this delightful half hour with chatty 5-6-year-olds. In addition to reinforcing cafeteria rules, if necessary, it involves a lot of listening and hopefully modeling good conversational behavior so everyone gets a chance to speak and be heard by all. It's fun!

Everybody Wins!: This is not remedial reading but a mentoring program. Kids sign up to spend lunch hour once a week reading chosen books together with an adult. There is also much back-and-forth conversation about life and time for games either with the mentor or with other mentor/mentee pairs. A real relationship develops over the year (or years) and there is currently a *very* long list of kids waiting for more mentors to sign up.

Town Hall Theater:

Ushering: The theater depends on volunteer ushers for performances and events, of which there are about 160 each year, so there are plenty of slots available. As we are told, our main role is to be welcoming, but training for emergencies, etc. is expected to be taken seriously. And we get to see the performance!

Garden Maintenance: Volunteers do the weeding throughout the summer by choosing a week or weeks when they will be available.

EastView:

I work with other volunteers to plant and maintain the flower gardens around the Inn and with all the associated chores of weeding, deadheading, watering, etc.

**Cilla L.**

Volunteer for Habitat for Humanity of Addison County

I volunteer for the Addison County branch of Habitat for Humanity. The average time needed to complete a house with volunteer labor, working two days a week, is about a year. When I began on the board, I had expected to be involved mainly in financial responsibilities. But I have also had 'family liaison' responsibilities, which is much more fun. Basically, I am the go-between for the incoming family and the organization board. I follow up any questions they might have of each other, and I monitor for the board the progress the family has made in its requirement to perform the required hours of labor for Habitat. Other rewards: I am a member of the local quilt guild which made 2 quilts for the homeowners who took possession of their new house in July.

Linda C.

Everybody Wins!

Everybody Wins! is more than a reading program. This program fosters self-confidence, respect for others, good manners, etc. All these values help the mentee become a more rounded individual.

Last winter I began my mentorship with Annie (a third grader at the time) and we have continued our weekly meetings this year. What began as a fairly quiet hour of reading together has developed into a much anticipated fun time when we share family stories, food likes and dislikes, frustrations, and dreams. I love it when there are maps in the room (we often meet in different classrooms or in the library) so we can explore various places in the world and chat about different peoples and cultures. Critical thinking is a valued skill and Annie is learning this.

Annie is a good reader. She selected the book we are reading and we take turns reading aloud to each other. We discuss happenings in the story, predict what might come next, and pause over those polysyllabic words for the correct pronunciation and meaning. For the last 25 minutes or so we play games either just ourselves or with another group.

There are over 30 youngsters who would like to become part of Everybody Wins! but there are not enough mentors. Maybe you will become a mentor and experience the opportunity to make a difference in a young person's life? As the title of the program suggests: Everybody Wins!

俳句 Haiku

Angelika B.

Everything is white
Question: do I like winter?
Honestly, I don't.

Winter leisure time
but I have time now all year
What a luxury!



Photo by Max K.

A Look Abroad: Domestic Politics and Foreign Policy

Russ L.

Former Speaker of the House, Tip O’Neill, famously said that “all politics is local.” What Tip meant was that the voting public cares most about those issues that directly affect them. What happens on the American border is viewed as more important by most Americans than what is happening in faraway Ukraine. It also is true in Europe where support for Ukraine is increasingly threatened by the gains of far-right populist politicians, such as Viktor Orbán in Hungary, Robert Fico in Slovakia, Georgia Meloni in Italy, Marine Le Pen in France, and Geert Wilders in Holland, who base their appeal on nativist sentiments opposing immigration.

Major foreign decisions are taken with careful consideration of their effect on the regime’s domestic support. In the recorded history of the Vietnam War, for example, we can listen to the phone calls of Lyndon Johnson and to the Oval Office conversations of Richard Nixon to hear how domestic political concerns affected their decisions. Johnson feared that leaving the war would cost him too many congressional votes for passage of his domestic Great Society legislation. Nixon was driven to find a way out of the war because of anti-war protests, but he also worried about how to do so without losing support from his conservative base.

Today, Vladimir Putin is banking on the publics of American and European states to tire of the costs of supporting Ukraine. Biden is attempting to tie American support of aid to Ukraine to avoiding a larger war between NATO and Russia, with its attendant American casualties. His Republican opponents in the House argue that the money spent on Ukraine should be used to secure our southern border.

A nuanced foreign policy also gauges how its attempts to influence the foreign policy decisions of another nation will play domestically in the target country. Populist leaders can increase public appeal by demonstrating their strength in standing up to external pressure from larger states like the United States. The key for the third party is to find issues on which their criticisms are consistent with majority public opinion in the targeted state, to splinter, rather than to unite support for the regime.

During the current war in Gaza, President Biden has been at the forefront of foreign leaders in professing full support for Israel’s right to defend itself against terrorist attacks, while focusing his criticism on how Israel is conducting the war, specifically with regard to the avoidance of unnecessary civilian deaths and suffering. It is a balancing act reflecting divided American public opinion about the war.

Biden also is aware of how unpopular the Netanyahu government has become since its efforts to weaken Israeli’s independent judiciary, and its lack of preparedness for the October 7 attacks. Consequently, while professing strong support for Israel, Biden has sharply criticized the Netanyahu regime, which he calls the “most extremist” in Israeli history. He is betting on the Israeli public voting out the far-right regime. But Netanyahu has been in power for sixteen years, without yielding to or being harmed domestically by criticism from American presidents. It will be interesting to see how he does this time.



Photo by Max K.