



It is with great pleasure that we dedicate this issue of the *Bugle* to Max K., EastView's in-house photographer for over 12 years. - *The Buglers*:

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

Angelika B.  
Phil C.  
Max K.  
Nancy R.  
Cari B. (Design and Layout)

## Eclipse 2024

On April 8 we experienced a total solar eclipse—Vermont's first in almost 100 years. The moon completely blocked out the sun, leaving only the sun's corona—the outermost region of the sun's atmosphere. The eclipse began at 2:15 pm; totality at EastView began at 3:27:22 and ended at 3:28:10; and the eclipse ended at 4:37. EastView's Dining team provided appetizers and the Community Life team provided solar protective glasses and set up chairs on the East Lawn for this memorable and historical event. Max K. took these incredible photos. Unlike the rest of the EastView community, who saw the eclipse through the special solar glasses, Max saw the eclipse through the lens of his new Nikon Zf mirrorless camera. Thank you, Max!



## Cilla and Russ L.

Russ grew up in Packanack Lake, NJ. He attended Wayne H.S. and then Middlebury College, which his mother liked to describe as, “a nice New England college, with skiing and girls.” After his dad died during Russ’ freshman year, Middlebury provided Russ with a tuition scholarship, and he worked part-time at several jobs including delivering mail in the summer and over holiday breaks, to cover the rest of the expenses. After graduating, he became an ROTC officer in the Army Security Agency in Taiwan for two years before heading to Washington to American University, where he earned a Ph.D. He then returned to Middlebury as a faculty member, administrator, and, after retirement, as a member of first the Monterey and then the Middlebury Board of Trustees.



Meanwhile, Cilla was born in Attleboro, MA. She graduated from North Attleboro H.S., and earned a scholarship to attend Wheaton College, in Norton, MA. She, too, worked her way through college with a variety of on-campus and summer jobs. Upon graduating from Wheaton, Cilla took off on her own for a year of travel in Europe, with a lengthy stay working in Germany to support the travel. After returning to the States, she landed a job as a math teacher at Concord-Carlisle H.S. She met Russ when she was learning to ski. A mutual friend told her that Russ was a good skier, who could give her lessons. It worked out well, even though the described quality of Russ’ skiing was an exaggeration. Despite seeing each other only on weekends, via travel between Vermont and Massachusetts, they soon were engaged and then married the next summer. When Cilla told her math students that she would be marrying her ski instructor, they were impressed. They were less impressed when she told them that his regular job was college teaching.

Russ had a leave to go to the University of Michigan the next fall, where he began his career-long research with the Correlates of War project, while Cilla worked in the university administration. A few years after they returned to Middlebury, their son, Steven, and their daughter, Susanna, were born. Once Steve and Susie reached school age, Cilla undertook a series of courses to become a CPA. After attaining her credentials, she worked for many years with a local accounting firm, Miller Deverell, and then as the financial manager for Keewaydin Camps on Lake Dunmore.

Russ and Cilla joined the EastView community in the late winter of 2022, and immediately became happily involved in several of EastView’s activities, and in enjoying their new friends in this wonderful community within the larger community of Middlebury.

## Welcome Group

*Nancy Lee R.*

As Chair of the Welcome Group I contact new residents a few weeks before they are expected to move to EastView and let them know that I would be willing to help in any way I could and answer questions. Then after they are here, I arrange for Bill and myself to meet them for dinner. Often I might just show up at their door with some freshly baked muffins.

On the second Sunday of each month there is a social held in the Bistro/Lobby area of the Inn and once the weather is warmer, this will be held outside on the Terrace by the Terrace Dining Room. Residents bring dishes either savory or sweet to share and some residents bring a bottle of wine. Lemonade, EastView punch and water are supplied by EastView. A few days before the social, I contact Sandy Prets (Dining Supervisor) and she makes sure the beverages, cups, small plates, silverware, and napkins are set out.

In the interest of getting more people involved and making less work for one person, we are changing how the social is organized. We have placed a sign-up sheet at the Concierge desk for host or hostess for a particular month. Their duty will be to show up a few minutes before the social start time at 4:00 pm and make sure that the drinks and supplies have been put out. Visiting with the residents is fun as is enjoying the snacks. Clean up is a breeze. It is important to make sure everything is in order in the Bistro/Lobby area. All this should take no more than 1 ½ hours. What month would you like to be a host or hostess?

Please contact me if you have any questions or would like to become a member of the Welcome Group.

## Question of the Month

The question of the month for June is: "What is your most embarrassing moment?"

Here are the replies to last month's question: "What is something you've tried that you will never, ever try again?"

What did I try and never will try again? Ice skating and habanero peppers.

*Angelika B.*

In 2013 my best friend and I were going to backpack part of the Pacific Crest Trail and summit Mt Whitney (14,500 ft). We lost half a day locating a seldom traveled trail to the summit. We got to 13,000 ft, realized a descent would be in the dark and ended our ascent. Still an amazing nine day trip, but I would never try it again.

*Bill R.*

I'll never try lima beans and growing Cinderella pumpkins and after having two children, never being pregnant again!

*Janet G.*

I will never, ever ride the Space Mountain Ride at Disney World.

*Lois F.*

Skydiving! I will never go skydiving again.

*Vanda C.*

Commute by Bus and Subway 1 1/2 hours each way to work and from home.

*Larry R.*

I will never, ever walk across the George Washington Bridge (NJ to NYC) again! Never! It was a total nightmare.

*Susan R.*

I was born in Missouri and am unfamiliar with seafood. I was urged to try a raw oyster, assured it was an exquisite luxury. NOT to me! Lois A. tells me when she gives a dinner party and serves raw oysters she will invite me so she can enjoy my portion as well as her own.

*Peggy R.*

I have been a mountain hiker for many years and that has never felt frightening to me. However I do have some fear of falling. I wondered if I could do some medium sized rock climbing without triggering my moderate fear of heights. The first lesson in learning to climb rocks with proper climbing equipment is to do some "bouldering", climbing small boulders barehanded and without equipment. It was immediately clear to me that that was the end of my rock climbing career!

*Jane V.L.*

I have been reading the book, *Underland*, by Robert Macfarlane, in which he describes, among other things, crawling through the catacombs under Paris during which he had to squeeze himself through extremely narrow places, into caves with three foot headroom or through tunnels filled with water almost over his head. I reacted with anxiety, shortness of breath, a tightening in my stomach, claustrophobia! Never, ever would I even try to do something like that!

*Betsy E.*

**On the Town**

*Sally W.*

I stepped on the bus a few minutes before 10:30. It was bright and sunny two or three days after our late March snowstorm. The bus was the Tri-Valley marked “Hannaford” and I was on a mission. Robin, wearing a neon green baseball cap, was the bus driver who became an enthusiastic, cheerful guide after I told her of my mission to write a blurb about Tri-Valley’s in-town bus service for our *Bugle*.

On the bus with me were two grey-bearded men and a chubby man headed for his job at McDonald’s. At the last moment a young man with curly dark hair joined us. So onward...over the bridge at Cross St. and onto Rte. 7 southward. A right turn at Creek Rd. and a stop at CVOEO where the curly-haired person jumped off. After a left turn by the Rec Center, we drove into a place called South Village. Robin, with the grey-beards joining in, named the attractions for me. The unemployment office, DCF, Vermont Health Connect, and a dental office. Robin pointed out the said to be fabulous Dollar Store. Finally we came to a pause in front of Hannaford’s where the grey-beards exited. Back down the drive to drop chubby man off at McDonald’s. I was the only passenger left.

Heading south again on 7, Robin enumerated all the possibilities: a brew pub, a car repair shop (drop off your car and ride back by bus), Rosie’s, Woodware, many enticing options. Finally the bus pulled in at a strip mall called Middlebury South Plaza where one finds a sandwich shop, Taylor Rental, Neat Repeats, and the intriguing (to me) Paris. It was here that Robin turned the bus back toward town. However, she did suggest that if one were willing and able to hoof it, one could visit Tractor Supply and A&W Root Beer.

Well, there’s just too much going on on Rte. 7 to list it all. But in Robin’s telling it is all good. Heading north, one can stop at the new, enlarged, and possibly improved Aubuchon. And, since the bus turns off 7 by the car place and goes up the hill to Homeward Bound, HOPE and Desabrais Glass, there are many more possibilities.

Surprisingly, the bus, returning to 7 again, turned into Hannaford’s where it was met by the two grey-beards who could only have had, at the most, ten minutes to shop. The curly-haired man was there too.

Now, since the bus would be approaching the route’s terminus at Academy Street, that snippet of road in front of Twilight Hall, Robin wanted to know where to deposit me. EastView, I told her. So she phoned the driver of the bus on the other route, A route, to arrange for my transfer. I descended from Robin’s bus, crossed Main Street by the Town Offices, and was picked up about three minutes later by the A bus. The A bus is the bus we’d catch in front of the Inn and it cruises on a course past the hospital, Marble Works, Middlebury College, Weybridge Road to Otter View Park, Briarwood up behind the Commons, Seminary and Washington streets. Thus I had a ride with the amiable driver Kirk who has been driving for Tri-Valley for almost 20 years and may be looking forward to retiring. I had met Kirk before as I had had hops on his bus to the post office.

Here are some things to know: The buses for both routes set forth at 7:30 am and service ends at 6:00 pm or so. The A bus’ circuit takes one hour; Hannaford’s a half-hour. There is a “command central” with which the drivers are in touch. A bus will stop at a designated stop, of course, but also will stop if flagged from a spot where it could safely pause. You can take your skateboard, snowboard, or skis on the bus.

There is a little sadness in what I have to tell you now. According to a recent notice in the Addy Indy, the A bus route, that route linking the hospital, college, Shaw’s, and Marble Works, will be discontinued and replaced with an on demand reservation service. In addition, the Hannaford route will be abbreviated, beginning at HOPE and ending down Route 7 at Neat Repeats. The changeover is scheduled “tentatively” for May 8. I await. I’m hoping for a lift to Otter View Park to catch an otter in mid-frolic.

Two last bits. This service is free of charge and “command central”’s phone number is 802-388-2287. Oh, and no service on Sundays. None at all.



**May Birthdays**

Linda C. 5/7	Julie N. 5/17	Chuck M. 5/21	Ron R. 5/25
Vera F. 5/11	David I. 5/18	Russ L. 5/21	Patti B. 5/27
Dick H. 5/13	Barbara G. 5/20	Dexter L. 5/24	George K. 5/31
Fran A. 5/15	Holly P. 5/20	Buz B. 5/25	

## Thank you, Max K.!

Cari B.

This edition of the Bugle is dedicated to Max K., EastView's in-house photographer since 2012. In the more than seven years I have been at EastView, I have never known Max to turn down a request to help us out. Not once. Whether it be photographing a special event, a holiday party, a community gathering, the annual staff picture, the annual EV veterans picture, or taking photos for the webpage, he invariably has been there for us, with a smile on his face, an artist's eye, and infinite patience. One year we thought it would be nice to have a single picture of all the staff—including overnight staff—something that is logistically not possible. Max graciously volunteered to take four separate photographs in the same location, at different times of day. He then painstakingly photoshopped them together to create a single staff photo. In the fall of 2020, we were faced with the challenge of taking the annual EV Veterans picture at a time when we could not gather in groups because of COVID protocols. All 25 or so veterans lined up outside, six feet apart and masked. Max set up his camera on a tripod in the second floor window of IL 206. With the sample shots taken to his liking, Max scampered downstairs and out the door to join the group, leaving me to press the button to take the actual pictures.



Photo by Cari Burkard

Max has taken hundreds, if not thousands, of pictures for EastView. He has climbed ladders to get the right angle on a group, he has taken photos of resident pets, he has written a monthly photography column for the *Bugle*, he and his wife Lois recently treated us to a PowerPoint presentation on local one-room schoolhouses, and many of his photos grace our hallways and website. In addition to all of his amazing work for EastView, Max's generous volunteering over the years has included taking photographs for the Opera Company of Middlebury and the Town Hall Theater. And in 2019, Max was invited to present his photographs in a one-man show in the Town Hall Theater's Jackson Gallery.

Max, you are an inspiration to everyone around you. You are kind, generous, talented, and a good friend. We are proud to have you as a Bugler and pleased to dedicate this issue to you.

## Did I Really Need It?

Max K.

For those of us who enjoy new toys, particularly *tech* gadgets, once in a while there comes a time when the NEW is irresistible! So it was when Nikon unveiled the new Nikon Zf mirrorless camera; it was time to put want ahead of need. For those who use just your iPhone camera (and they are very good), it doesn't sound very irresistible, but let me explain.

Top-of-the-line cameras have long used single lens reflex technology whereby when you look through the viewfinder you see the image that is coming in through the lens, reflected up to the eyepiece/viewfinder by a mirror that sits in front of the camera sensor. Today, the "sensor" is a light-sensitive chip; in the film era, it was the film, ready to be exposed. When you press the shutter button, the mirror flips up and the image travels on to the sensor and back in place. This all happens very quickly and requires a fancy mechanism to do the "flip" in as little as 1/1000 of a second.

For the last few years, camera manufacturers have been developing "mirrorless" cameras that skip all that mirror stuff, and instead, let the image fall directly on the chip. Then the image that the chip "sees" is electronically sent to a little TV-like screen that you see in the viewfinder, with no mirror mechanism—a smaller camera, faster action, and, of course, a whole new market.

Eyes glazed over? Sorry to lose you, but to those (anyone?) still reading, it has resulted in a whole new world of fancy cameras with new, important-to-learn features. The Zf has hundreds of menu options; I'm not kidding. Want the camera to automatically follow a bird in flight, or focus on the eyes of the person closest to you, or take a series of pictures as your granddaughter pirouettes in ballet class? It's there for the asking, if you can understand the options.

Which brings me back to *need*. Maybe I just wanted a challenge: could I really learn to use it? Or maybe just the urge for the NEW, but now you'll understand why, when you see me scratching my chin and mumbling as I try to take a picture at the next EV Orchestra rehearsal and Lois shaking her head—it's because **want** took the place of **need** and I'm flummoxed again.



## The Sheldon Museum

Nancy R.

The Sheldon Museum is one of Middlebury's gems. It is *NOT* the Shelburne Museum—too many people have stopped in Middlebury, asked directions to it, and been sent 35 miles up the road to Shelburne—it is the Sheldon Museum on Park St. in Middlebury. Its full name is The Henry Sheldon Museum of Vermont History, but it has just been called the Sheldon Museum ever since Henry Sheldon opened to the public in 1884. It is the oldest community museum in the country, and, because of it, Middlebury is one of the best documented towns in New England.

The museum and its research center are currently closed and will reopen on May 11. There will be three special exhibits open through the spring and summer:

### From Homespun to Couture: Fashion in Historic Middlebury

How did women in the small Vermont town of Middlebury dress themselves and how did they deal with their aspirations to keep up with the fashionable trends trickling in from the larger world? This exhibit offers a window onto the sartorial tastes of local women and the growing Middlebury tailoring scene from the 1800s to the early 20th century. Historic photographs, fashion publications, business advertisements and merchants' ledgers, dresses, bonnets, shoes, and fashion accessories from the museum's archival and object collections reveal what Middlebury women made, wore, and purchased in the town's early days.

### Patent Pending: Ingenuity and Innovation in Vermont

The exhibit features patents, ideas, and inspirational "firsts" that have come out of Vermont—the sheer number may surprise you! While patents abound for everyday objects including the clothespin, a fishing spoon lure, and even the sports bra, others represent globally significant innovations like the first electric motor and our modern Global Positions System (GPS).

### Model Boats: The Craftsmanship of Jerry DeGraff

Jerry DeGraff, a native Vermonter from Essex Junction, served four years in the Navy before working many years in local building trades. As he honed his skills as a craftsman, a Christmas gift in 1994 gave him the motivation to try something else: constructing model boats from scratch. This exhibit features DeGraff's fine skills and attention to detail.



Bessie Pinney, ca. 1890

## Early Morning Cadence

Jan W.

At the EV Orchestra concerts on April 10 and 12, I announced: Today is the opening of the premier performance of *Early Morning Cadence*, an original suite of five songs written by our own Chris P.

I have to admit that it has been a challenge to practice and play these numbers. Rehearsal has been quite confusing. As Chris' writing came to life, he would decide to make changes. We would start the number and he'd say, "Stop, maybe just the cello and banjo should play. Chimes wait until 2nd time through. Everyone write that down." The problem is there would be many changes in tempo, volume, times played, and who plays. It's hard to keep up with the mind of a maestro, but we're trying.

Also, I have a confession to make. Vanda, my fellow chimer, often points out where we are if I get lost. Chris started a new number, and Vanda and I started and ended at the same time as everyone else; however, we realized we played the wrong song. The worst part was that no one noticed.

We are all proud and honored to debut this work. We congratulate Chris and thank him for creating such exciting music.

## 俳句 Haiku

Pink shoots in dark earth  
Ignore snow and wind and cold  
Soon it's rhubarb time  
Nancy R.

Daffodils bloom now  
My neighbors' that is  
I feel neglected  
Angelika B.

EastView is tranquil  
what a great place to live in  
may it always be.  
Angelika B.

## The Importance of Social Connection

Charlie R.

I was asked to write about the impact of social isolation on elder health. My background is in that part of sociology that helps people dealing with health problems that are interfering with their desire to work. I have no experience addressing health problems of elders, except being in my ninth decade! But study and research for this article has provided basic information and tentative conclusions.

Let's start with the fact that the number of elders living alone for long periods in their final years has increased steadily since the 1950s. Prior to that, elders tended to live in multi-generational families, a likely experience for many EastView residents; Grandma Eve and/or Uncle Pete provided services on which the whole family depended and appreciated.

Currently, around 25% of households in the U.S. are made up of elders living alone or in pairs; that figure jumps to upwards of 40% in some E.U. countries. Whether this trend will continue is unclear due to housing costs, shortages, etc..

I've not read anything suggesting that living alone is unhealthy. However, when/if a person living alone begins to **feel lonely** it may be time to do something because loneliness can lead a person to drop contacts with friends or not make new ones; that leads to social isolation which is well known to cause illness and even death.

Before moving on, let's say a bit more about alone vs. lonely. Survey data shows that people living alone actually spend more time with friends and neighbors and volunteer in civic organizations more than married people. So, if someone is living alone and engaging in activities they choose to the degree they want, they are unlikely to become lonely or socially isolated.

Social isolation may come when transfer to a long-term care facility is needed. This typically means loss of contact with friends, familiar neighborhoods, and activities. Elders may find developing new contacts difficult. If resources at the new site are insufficient to help the elder, social isolation may increase significantly. Studies suggest that this is more likely to happen in nursing homes, but the type of facilities being studied is often unclear.

Loneliness is the unhappy feeling of being alone, regardless of the amount of social contact. Social isolation is the actual lack of social connection with others. Social connection is the feeling that you belong to a group and generally feel close to other people.

Simply put, we want to decrease social isolation and increase social connection. Social isolation increases the risk for mental or physical illness. One study using national data found that social isolation predicted mortality on a par with smoking, obesity, elevated blood pressure, and high cholesterol. Social isolation is also known to increase emotional or behavioral symptoms.

Conversely, we want to identify ways to increase social connection. That may begin by asking who is responsible for doing that—the individual or someone else? And then, how do we assess need and progress? Those are questions for another time but worthy of further thought.



### Welcome to EastView!

Welcome to new residents and staff who have joined the EastView Community in the past two months!

Residents: Nancy H., Daphne P., and Helen C.

Staff: Chelsea K. (Housekeeping), Gabe S. (RC Community Life Aide), Smith R. (Server), and Jason L. (Seasonal Landscaper).

## 俳句 Haiku

"Grands" can't read cursive.  
Astounding the hours we spent  
Learning a lost art.  
*Jan W.*

If no hearing aides  
My children are impatient  
With my two deaf ears.  
*Jan W.*

Switching pocket books  
Is a huge difficult task.  
Now I search two bags.  
*Jan W.*

**A Look Abroad: Bad Things Happen When Men Don't Listen to Women***Russ L.*

One of the criticisms that women level at men is that we don't listen to them. When it comes to military intelligence, they have a point.

On December 6, 1941, a Friday, Mrs. Dorothy Eggers, a recently hired Navy cryptanalyst and translator, took the initiative to decrypt and translate a back-log of messages between Tokyo and the Japanese embassy at Honolulu. She was able to move quickly through the messages because the Japanese "Purple" code for diplomatic communications had been cracked a year earlier by Genevieve Grotjan, a 27-year-old cryptanalyst in the Signals Intelligence Service. Ms. Grotjan had been trained by Elizebeth Smith Freidman, the pioneer founder of American communication intelligence and decryption.

Mrs. Eggers soon discovered a trove of alarming transmissions in which the Tokyo command was requesting and receiving military intelligence about American ship movements, fortifications, and preparedness at Pearl Harbor. When Eggers brought the messages to her superior, he glanced at one of them, offered a few quick criticisms of her translation, and told her he would go over the messages with her after the weekend, when he was less busy with more important things. The attack on Pearl Harbor occurred the next day. That was eighty-two years ago. It was a different time, with a rigid, male-dominated, military culture. Surely things are different today.

About a year before the Hamas attack of last October, Israeli intelligence obtained a Hamas document containing a detailed plan for what became the October 7 attack. What was called the "Jericho Wall" plan, however, was dismissed at the time as merely "aspirational," beyond Hamas's capability. Then, last summer, observers from a section of Israeli signals intelligence serving as observers at the "Iron Wall" separating Israel from Gaza spotted Hamas militia members conducting maneuvers very similar to those described in the Jericho Wall plan.

When a veteran noncommissioned officer (NCO) reported the intelligence, her immediate superior did listen, but a more senior officer dismissed the report as "completely imaginary." These actions occurred in 2023, not 1941, and in a military culture where personal initiative is said to be encouraged. Armed with additional corroborating evidence from other (female) spotters, the NCO, whose name is confidential, stood her ground, firing off an email stating: "I entirely refute that the scenario is imaginary...It is designed to start a war." Nevertheless, her report never made it up the chain-of-command. When the Hamas attack occurred in early October Israeli Defense Forces were caught completely by surprise.

*Genevieve Grotjan**Elizebeth Smith Friedman*