



Without our outstanding and dedicated staff, EastView wouldn't be this wonderful community it is!
- *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)



EastView's Annual Giving Fund: An Ode to Loyalty

EastView's Annual Giving Fund (AGF), once known as the Employee Appreciation Fund, has launched the 2024 campaign.

The resident committee charged with conducting the effort has been meeting and strategizing to make this year's effort a successful one. The first email solicitation was sent to residents in early September and the final results will be announced in early November.

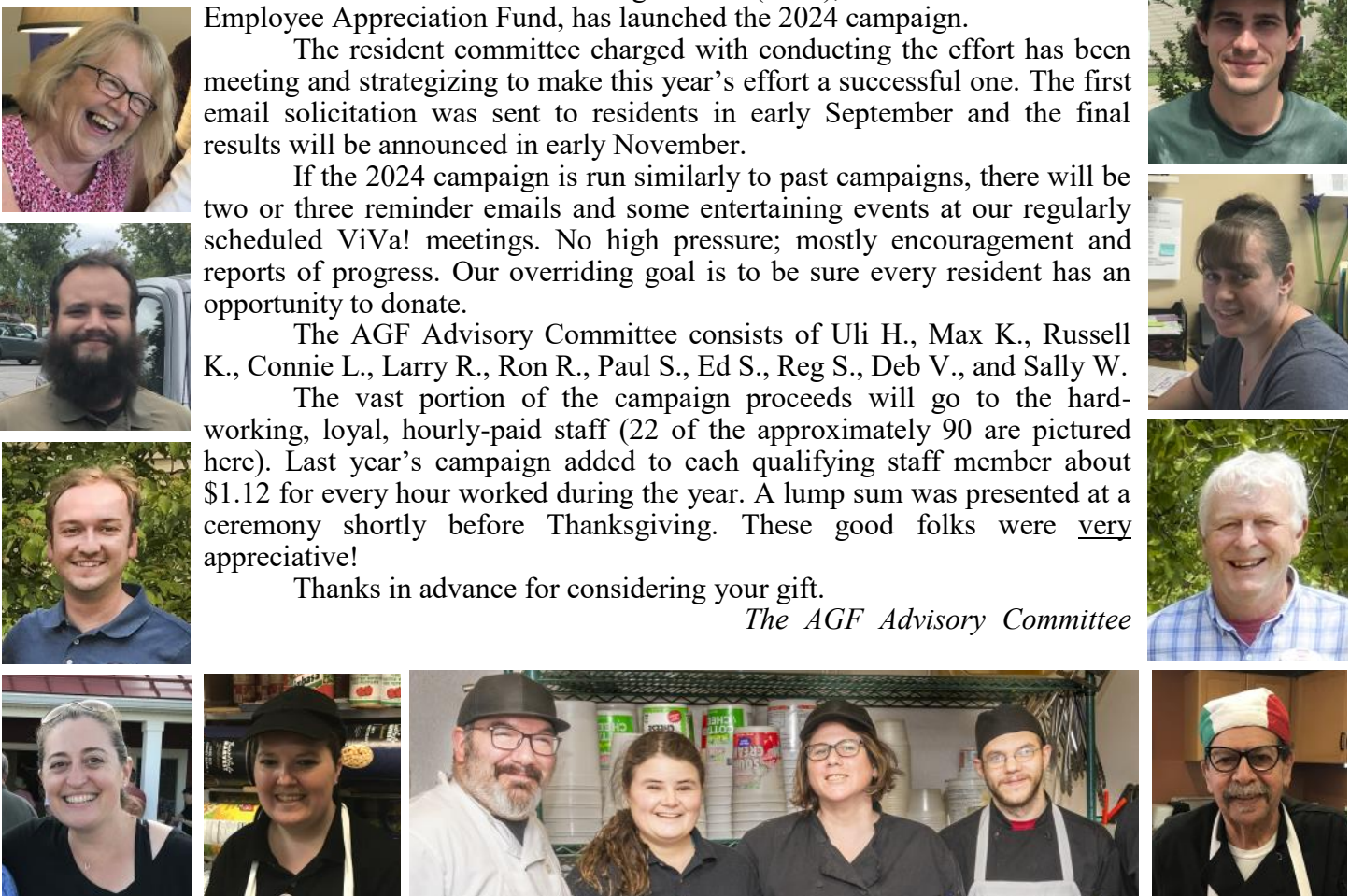
If the 2024 campaign is run similarly to past campaigns, there will be two or three reminder emails and some entertaining events at our regularly scheduled ViVa! meetings. No high pressure; mostly encouragement and reports of progress. Our overriding goal is to be sure every resident has an opportunity to donate.

The AGF Advisory Committee consists of Uli H., Max K., Russell K., Connie L., Larry R., Ron R., Paul S., Ed S., Reg S., Deb V., and Sally W.

The vast portion of the campaign proceeds will go to the hard-working, loyal, hourly-paid staff (22 of the approximately 90 are pictured here). Last year's campaign added to each qualifying staff member about \$1.12 for every hour worked during the year. A lump sum was presented at a ceremony shortly before Thanksgiving. These good folks were very appreciative!

Thanks in advance for considering your gift.

The AGF Advisory Committee



Joanie D., Board Member

Joan ("Joanie") D. practiced law in Middlebury for over 25 years until she recently retired to pursue other endeavors. She and her husband, David, attended Middlebury College, and returned to Vermont in 1997, raising their three children (now adults!) in Cornwall.

Joanie coached girls lacrosse at Middlebury Union High School for many years, served on the Town of Cornwall Zoning Board of Adjustment for several terms, and has served on other local non-profit boards, including Porter Hospital, over the course of living here. She now serves on the Board of Managers of The Wilson Foundation. When not working, you can likely find Joanie spending time with her family and friends, hiking, mountain biking, skiing, or walking in the woods. Joanie is excited to join the EastView Board of Directors and to engage with the EastView community.



Keith S.

Keith grew up on "Hillside View Farm," a small farm in New Haven Mills, Vermont. He is the son of Charles and Elizabeth S., founders of "Bet-Cha Kiddie Haulers"—now "Bet-Cha Transit," which has buses throughout Vermont.

Keith graduated from Mt. Abraham Union High School in 1982. Following graduation, he enrolled at VTC to pursue an Electrical Engineering Degree. However, in 1985, he realized he wanted to experience the world and enlisted in the United States Air Force as a "Food Service Specialist." His first assignment was in San Vito, Brindisi Italy. This is where his passion for food started. Twenty-six years later, Keith retired from the Air Force to come back to Vermont to spend time with his parents.

Keith attended Johnson and Wales University, Culinary Institute of America, Strafford Culinary School—all during his military service—and New England Culinary Institute after retirement. He holds an Associates Degree in Hotel-Restaurant Management and is a Certified Chef.

In 2015, Keith found his way to EastView, to continue his love of cooking. Keith was dinner chef for eight years here at EastView until he became Director of Dining in 2024.



Welcome to EastView!

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

Residents: Betty A. and Dave and Barbara C. (IL Apartments), Bob B. Hannah C., Joan C., and Robin U. (GardenSong); and Ed & Mary W. (cottage).

Staff: Chef: Christopher W.; Enhanced Services: Jennifer M.; Facilities: Travon J.; RCA: Linda A., Morgan A., Krystal B., Dakota B., Brittney H., Heidi K., Melissa K., Haley M., Leonette P., Abi P., Peggy R.; Server: Isaac E.; Weekend Housekeeper: Scott D.



September Birthdays

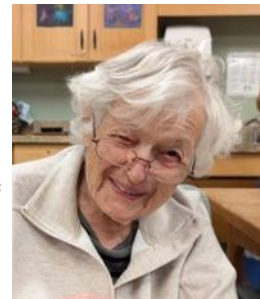
Deanne M.	9/01
Peggy K.	9/01
Kate D.	9/02
Peter B.	9/05
Holly S.	9/10
Faith C.	9/12
Sylvia L.	9/12
Paula B.	9/15
Anne E.	9/20
Larry R.	9/20
Nancy Lee R.	9/21
Lil B.	9/27

EV Resident Sylvia L. Turned 100!

We are proud to have celebrated Sylvia L.'s 100th birthday on September 12! Sylvia grew up in Brooklyn, NY, and married her next door neighbor, Saul L., after he returned from WWII. The couple bought a house on Long Island and remained there for many years. Sylvia was a homemaker and a devoted mom to their daughter, Paula. Dancing was a favorite activity, along with travel and going to Broadway shows. Sylvia also spent time doing hospital volunteer work, both in New York and Vermont, where she eventually moved to be closer to Paula.

The most important thing to Sylvia is family. Much time was spent visiting relatives and hosting large family Seders during Passover. She loved cooking and preparing for holidays. It was all great fun. To this day, she has a great love of children, especially babies.

Sylvia can be found most days running the halls in GardenSong. She is beloved by the staff, who refer to her fondly as "firecracker".



Book Chat with Barbara G.

Sally W.

Barbara generously shared with me her lifelong love of reading in a few conversations this summer. Our meetings, though brief, were fun and thought-provoking. I will be ever grateful to have had this opportunity. We could have talked about any number of things, our travels in Ireland or seaside adventures in small boats, but we chose instead to chat about our love of books and reading.

Barbara somehow caught the knack of reading at the early age of 4, a happy accident which enabled her to read and savor many of the books we all remember so well. At first there were fairy tales, Albert Payson Terhune's dogs, James Fenimore Cooper's Natty Bumppo, and then Louisa May Alcott, Emerson and Thoreau. She started her formal schooling at age 8 in Manhasset, Long Island, where she encountered Dick and Jane and certainly their dog Spot. Later, she was reading Henry James, Gandhi, and James Baldwin, writers whose works remained favorites.

Marriage at an early age to Al and the subsequent birth of their three children meant that attending college was put off until she was 26. Augmenting her education at Adelphi and UNH were opportunities to audit lectures and classes with Al who was a visiting scholar at both Harvard and Cambridge Universities. At Harvard she audited classes with Howard Mumford Jones, Perry Miller, and Reinhold Niebuhr. At Phillips-Exeter, where Al was teaching, Barbara had a once-in-a-lifetime and never-to-be-forgotten lunch and conversation with James Baldwin.

Of course, Barbara put the books down from time to time to keep an eye on the children and to become politically active. She was the first woman to be elected to the New Hampshire House where she helped save the Isles of Shoals from industrial development.

Here at EastView she was one of the original members of a book group of 12 members convened and led by Roberta C. and Nick C. Barbara and Nick shared their love for *A Portrait of a Lady*. But they were never able to persuade the group to read and discuss it. When we talked, she was deeply involved in reading Niall Williams. She was in the middle of *In Kiltumper* written with Christine Breen, his wife.

One of the last books, really 4 of them, that we recalled was the *Alexandria Quartet*. Barbara and I remembered them with such pleasure. Why not re-read them? But how could we go back and do that when there is so much yet unread.

Right now I am looking forward to reading the works of Robert Macfarlane, an author whom Barbara gave to me as a gift. I'm on page 171 of *Underland* in the middle of the limestone catacombs under the great city of Paris.



It Happened at EastView

Russ L.

Here at EastView we are familiar with any number of visiting critters, ranging from beetles to black bears. Most, which leave mysterious calling cards, like the oval indentations that Cilla L. found recurring in an open spot in her flower garden, are later identified. In Cilla's case, it was sparrows using that area for dust baths. But the K.s have encountered a mystery that may never be solved. There is a critter that has taken pleasure in regularly uprooting just one of Lois's flowers. It is always the same plant that is uprooted, despite being in a row with many others just like it, and it is never nibbled, or damaged, just uprooted. Finally, a neighbor gave Lois some critter-bane pellets to spread around the area and the activity stopped. Now we may never know the identity of the culprit, unless it is a serial uprooter who has its eyes on a particular plant in another garden.

Middlebury Mummy

Angelika B.

Once upon a time a little prince Amun-Her Khepesh-Ef was born in warm, sunny Egypt around 1883 BC. He died as an infant and his parents King Sen Woset III and his wife Hathornhotpe properly mummified him to equip him for his journey in the afterlife. Many centuries later this mummy was bought by enterprising people and the little prince ended up in a far-away, then unknown, cold place. It was bought in 1866 by Henry Sheldon, founder of the Sheldon Museum in Middlebury, from a New York antique dealer, Edward Frossard. The mummy of the little prince was acquired as a curiosity! After a time it started to disintegrate in the humid, hot summer, and it was burned in a furnace. Thus his body was destroyed, even though he needed it in the afterlife! George Meade, the next museum president, buried the ashes in his family plot in the West cemetery in Middlebury. A beautiful plain, black slab of stone was put up with the inscription:



1883 BC
Amun-Her-Khepesh-Ef
Son of Sen Woset III King of Egypt and his wife
Hathornhotpe

As a whimsy of the persons who had bought, burned and buried the mummy, a bird and an ANKH representing life and soul and a cross were engraved on the stone—a Christian cross some 2000 years before Christ was born!

In about 2009, the stone fell or was pushed and was smashed into many pieces. Thus no trace is left of our little Egyptian Middlebury prince or mummy. However...

According to the exasperated supervisor of the Middlebury West Cemetery, an expert from Tulane University assessing the mummy story said the date and names do not fit together, and Middlebury people should believe what they want—the story being dubious at the most. Meanwhile, the tombstone is irreparable according to the cemetery supervisor but is being repaired according to the Shelton Museum archivist.

To me, it does not matter whether the mummy was a baby, a dog, or a crocodile as the Tulane expert derisively quipped. When I started college at an advanced age and was discouraged at times, I visited the mummy for comfort. I felt a connection to this being who was in the wrong place. He/it should be in the hot sands of Egypt and I in my native country or at least at home cooking dinner. He/it needed comfort by being remembered and loved all these centuries later. (There are many published articles about the Middlebury mummy including in the Burlington Free Press, Vermont.com and johnbatkinson.com).

I invite comments, corrections and additions.

My New “Trike”

Deanne M.



Recently you may have seen me pedaling my new “trike” around EastView or the roads of Addison County. It is a recumbent bicycle, not inexpensive, and rather cumbersome and heavy, but very comfortable to ride, especially as it has an electric assist to help me over the hills. It is low to the ground and solves my rather significant balance problems. It allows me to get out on the road and continue to do one of the activities I have always enjoyed.

Exploring the world on a bicycle has been one of my great pleasures in life, one which I shared with my late husband, Steve, for most of our 48 years together. Our idea of weekend relaxation was to hang the bikes on the car, drive to a designated starting point and go off on one of the “Twenty Five Bike Rides in Eastern Massachusetts” mapped out in a book which ended up in tatters from heavy use. We rode on Cape Cod, Nantucket, and our much loved Martha’s Vineyard. When we went to Tanglewood for music we always took the bikes and explored the Berkshires. We did longer rides—the Snake River Valley in the Tetons in Wyoming

and Idaho and the Dordogne region of France. One of my favorite trips was the time I rode with a group from Newton, MA, to Provincetown, MA, a trip of 100 miles in one day. When our daughter moved to Middlebury we set off to explore the area on bikes. We often rode from Weybridge to Basin Harbor for breakfast. My most recent long trip (2017) was with my daughter Kathy. It was a bike/barge trip from Bruges to Amsterdam. I have wonderful memories of many many happy times on the bikes.

Well, time passes, as it does for all of us. Steve died and I developed issues with balance. Biking seemed to be a thing of the past. I moved to EastView and found alternative ways to exercise but nothing I enjoyed as much as riding my bike. But then, with the help of friends and family I discovered “trikes” with their low to the ground three wheels and battery assisted gears. I found Anja Wrede and David Black at RAD Innovations LLC in Cornwall who could build a recumbent “trike” for me. My new acquisition allows me to continue to explore Vermont’s beautiful byways while enjoying fresh air and exercise. And I love it!



It Might Have Happened at EastView

Cyrious K.

One fine late summer day, when Grump Gabber was out for a walk, he stopped to rest on the bench at the beginning of Kestrel Lane. Before long he was joined by another senior resident. The two men nodded in recognition, and then sat in silence, until Grump, who was thinking of better times past, let out a sigh. His bench mate immediately got up to leave.

“What’s the matter?” asked Grump.

The other replied, “If you’re gonna talk politics, I’m outta here.”



句俳 Haiku

This summer is odd
hot, cold, rainy and windy
but it’s wonderful.

Angelika B.

Last rose of summer
However not last flower
That’s surely the mum.

Angelika B.

All seasons are great
Spring, summer, autumn, winter
I love all of them.

Angelika B.



Photo by Max K.

A Salute to David M. on his Retirement

Connie L. and Chris P.

Chorus Supercalifragilisticexpalidocious!
Your manner is a million miles from qualities precocious.
Calm and kind and generous, you're nowhere near ferocious.
To disagree (indeed!) would be outrageous and atrocious.

Um diddle liddle liddle lum diddle lie (4 X)

If not in the kitchen, we have seen you in the hall,
 Dressed in black and shades of grey, with cap and walking tall!
 Professional, with purpose, solving problems on the spot,
 But always time for cheerful chat. Temperamental? **NOT!**

In kitchens more than fifty years, we hope with no remorse;
 60,000 meals or so, standards high, of course! "*A lot of moving parts*"
 indeed (a line we've heard you say),
 We'll understand the huge relief on your last working day!

Chorus

Um diddle liddle liddle lum diddle lie (4 X)

Your sons they got involved, when staffing, it got light.
 Diane delivered sweet bouquets that always brought delight.
Now, having reached your prime; there's much ahead of you;
 The long list of "*honey do's*" ... *and maybe a tattoo?*

Of course, you'll feel some loss, we're sure, of residents and staff,
 The warm connections, care and closeness, dialogue, and laugh.
 Again, frontiers await you, with freedom to explore,
 A good place, you'll be likely thinking, "*Who could ask for more?*"

Chorus

Technology Assistance

Who is your Tech Guru? My name is Shawn C. I welcome this chance to introduce myself to new residents as well as to clarify to all EastViewers some details of my background and the services I can provide. I come from an Enterprise IT background and I've worked on large network servers with multiple endpoints. I am also an active-duty Army retiree, having served from 1988-2009. In 2020 I was hired by EastView to provide both the organization and individual residents with technical assistance on selection, use and repair of all types of electronic devices, including iPhones, iPads, desktop computers, and other tech devices. A significant part of my job includes helping residents to understand new devices and use them to stay connected with family, friends, and social contacts, both within and beyond the EastView community. It is profoundly rewarding to me on a personal level to be able to help seniors navigation technology.



The Tech Guru services I provide to residents are considered part of EastView's Enhanced Services offerings, which means there is a fee for personalized one-on-one assistance. I also give periodic free Tech Talks—in which residents can learn about various tech topics. These talks are listed in the weekly calendar and always include a Q&A time. Additionally, residents can take advantage of free email correspondence and informal hallway conversations with me for quick questions and advice. This approach allows me to provide a range of support options, ensuring all residents have access to valuable technology resources, whether they seek in-depth personal assistance or casual guidance.

Brothers

Bob P.

The fleshy graying strangers at my table
 Could be any age mates
 Sharing a meal
 As I do often with close friends
 Who allow me to observe their incremental demise
 In small doses, as they, in turn, watch mine.

Yet those with whom I shared a nest
 Are now occasional people in my life,
 Changed by work and illness and wear
 So that it is a surprise when
 A shared intimacy,
 A circuit of shared experience from the past
 Jolts into the conversation
 Which could come from nowhere else
 And brings velvet recollections of
 Time shared daily from the start.

Triggered by a laugh, a grimace,
 A cocking of the head,
 Memories flood back
 Of innocence, pain, and joy in equal parts
 Assaulting parts of my mind so long untouched.

Do only children give this up?

Cartoon by Tai H.



TH

A Look Abroad: Donald Trump's Foreign Policy

Russ L.

Former President Trump's foreign policy outlook has been associated with his campaign slogan, "America First." When the slogan was used in the past, prior to each of the two world wars, it was synonymous with isolation, specifically, remaining out of the two global conflicts. There is more than a hint of isolationism in the current Trump view, but its current meaning is a bit more complicated.

If you will excuse an awkward term, "unilateralist *realpolitik*" might be a better label. The former president's *realpolitik* view of international relations rejects any notion of a "global community" as hopelessly naïve. Instead, he sees international politics occurring in an arena where states and non-state actors are perpetually in competition for advantage. It is an environment in which state policies are based solely on serving their own strategic interests. It also is an environment in which placing American interests first often means acting alone, unfettered by commitments to other states. Cooperative relations with other states are pursued on a bi-lateral basis to serve the interests of the United States, without concern for the other state's form of government, domestic politics, or adherence to international norms of behavior.

This world view, along with his confidence in his abilities as a deal-maker, helps explain Trump's affinity for working with authoritarian leaders such as Russia's Putin, China's Xi, and North Korea's Kim Jong Un, in contrast to his aversion to multilateral alliances like NATO. Trump has opposed American assistance to Ukraine in its war with Russia as a waste of American dollars and weapons to assist the weaker side in a conflict that he views as presenting no immediate threat to American security. He solidly backs the Netanyahu government's actions in the war in Gaza, partly for reasons related to American domestic politics, but also because Israel is decidedly the stronger of the two adversaries and of greater value to the United States as a strategic ally.

The unilateralism that flows from denying the existence of anything approaching a global community, leads to a rejection of multilateral cooperation to deal with shared global problems. Some of the most pressing global issues of our time are climate change, nuclear weapons proliferation, the spread of disease, and the stability of the global economy. When in office, President Trump pulled the United States out of the Paris climate accord, withdrew from the multilateral nuclear accord with Iran, and treated the Covid pandemic from a competitive perspective as the "Chinese virus." As part of his current campaign, he has promised to institute tariffs that would violate limits set by the World Trade Organization.

The current Republican Party platform says little about foreign policy. It does advocate sealing the U.S. southern border by completing the Border Wall, pursuing protectionist economic policies, strengthening our military forces, but employing them more sparingly, and building a "great Iron Dome missile defense system over the entire country." The platform includes no mention of any shared global problems.

Next month, we will take a look at Vice-President Harris's views on foreign policy.



Photo by Max K.