



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*

Sarah B.	Angelika B.
Linda C.	Phil C.
Warren K.	Lois K.
Max K.	Russ L.
Nancy R.	Ron R.
Cari Burkard (Design and Layout)	

EastView Residents Council

The EastView Residents Council promotes and fosters social, cultural, and recreational activities; communicates and cooperates with the EV Board of Directors, management, and staff; and furthers the common good of the entire EastView community. The council is the conduit for making known your ideas, concerns, and recommendations. The Residents Council is looking to build and expand on this legacy.



Photo by Max Kraus

*Front row (seated) left to right: Jan W., Linda K. (Secretary), Betsy E. (Vice Chair).
Back row left to right: Fred G. (past Chair), Russell K., Lois F. (EV Board Representative), Nancy F., Bill R. (Chair).
Missing from photo: Mary B., Ulie H., and Russ L.*

Ted D.

Technically, I'm a Midwesterner. I'm the youngest of four children, all born in Milwaukee, but my father was transferred to Hartford, CT when I was six months old, so I consider myself a Connecticut native. That said, after 17.5 years in West Hartford I'd had enough. Fortunately, my parents sent me to summer camp at Keewaydin on the north shore of Lake Dunmore down the road in Salisbury. That's fortunate because it introduced me to Vermont and, really, who doesn't love Vermont in the summer? Winter is my favorite season though, and I was finally able to experience this beautiful state as a full-time resident in 1998 after four years at Ohio Wesleyan University.




I often think how fortunate I am to be a part of the EastView community. Both of these ties (OWU and Keewaydin) are also alma maters of our founder, Rob A. Small world, right? I didn't know Rob at either of these places. He had moved on by the time I attended both, but that's the way of the world sometimes. You get talking to someone and learning about overlaps in your past and in a matter of minutes your worlds shrink considerably.

After college I spent several years in the retail world at Eastern Mountain Sports before I returned to school and earned a Master of Studies in Environmental Law at Vermont Law School. This led to a position with the Town of Middlebury. Seven years of Zoning Administration and, ultimately, directing the Office of Planning and Zoning, educated me to the world of development and land use regulation. As it turns out, a new development project was just getting underway out past the hospital after having been stalled for a few years in the Act 250 courts. In September of 2010 I issued the building permit for EastView at Middlebury, and it's currently hanging on the wall in my office. Little did I know I was quite literally laying the groundwork for future employment!

The EastView project introduced me to Rob in 2010, but I continued in the Planning and Zoning office for another five years. My work involved many development projects as well as supporting three volunteer boards – it also introduced me to people all over town. Looking for a change, in 2015 I moved to a Project Manager position in the Facilities Department at the College. Shortly thereafter I happened to be walking through campus when a car slowed down and the window rolled down. It was Rob. Turns out he was looking to fill a seat on the EastView board that was being vacated by a facilities-oriented person – he asked if I would join. After a three-year term, I joined the staff as a full-time employee in August of 2020.

Back in 2005 my wife and I bought a house and lived in Ripton for thirteen years. Then in 2018 we made the decision to move down to the valley to make the “teenage years” a bit more manageable. Both of our daughters have moved through the public school system – Hayden is a junior at MUHS and Addison just finished her first semester at Colorado College – and spent time as servers on the Dining Services team here at EastView. My love for the quiet solitude of Ripton has not been lost but, I must admit, there are benefits to living in town. It is such a joy to leave the car at home and walk the mile and a half to and from work every day (honk if you see me on South Street!). That said, nothing beats living seven minutes from the Snow Bowl when you have a love for skiing. Maybe someday we'll go back up that way...



January Birthdays

Bob F.	1/10
Rebecca B.	1/17
Jean H.	1/18
Ann R.	1/18
Bonnie S.	1/21
Chuck B.	1/29
Bob B.	1/30

Welcome to EastView!

Welcome to new staff members who have joined the EV Community in the past month. Amanda B. (RCA); Danny B. (Dishwasher); Ryan C. (Lead Carpenter).

There are no new residents to welcome this month.

Cousins on the Road

Patsy C.



About a year ago, we decided it would be great fun to meet up with some of our Irish cousins and tour New York City. As it turned out, four were able to abandon their families, forget about their world in Ireland, and join us for four days in New York.

We compiled a volume of possible places to visit and over the course of a few months, pared the list to reasonable possibilities, and scheduled the dates, September 25 through 29, 2025. We all stayed at the Marriott near Moynihan Train Hall. The Vermonters (that's us—Mimi, Patsy and Sarah) would take the train from Vermont, Sheila would fly in from London, Anne and Eleanor from Doolin, and Thelma from Cork.

First, we subwayed to Brooklyn and walked across the Brooklyn Bridge. It was a glorious sunny day, and the view of Manhattan was spectacular. The next three days were spent visiting the 9/11 Memorial and World Trade Center One, the Morgan Library, the Tenement Museum, the High Line, the Whitney Museum, Grand Central Station, St. Patrick's Cathedral, a Broadway play (*Moulin Rouge*), and the list goes on. We ate American, French, Italian, and Thai cuisine. It sounds exhausting, but in fact it was exhilarating! We walked and walked, rode the subway and the buses, and covered miles and miles without a taxi or an Uber! That is the way to truly experience the city!

We laughed and talked constantly and commented on how clean the city was and how wonderful New Yorkers were. We experienced incredible moments of kindness. When I hesitated to go through the subway turnstile, a New Yorker jumped in with his phone and paid my fare. Then he disappeared before I could even say thank you! The Irish, who are masters of hospitality and kindness, were overwhelmed as New Yorkers gave us seats on the subway, offered directions when we didn't even ask, and shared their city with grace.

We wonder where to go next, but cannot imagine what city, town or country could outdo New York, The Big Apple!

Snowshoeing

Lois K.

If skiing is no longer on your list of activities, consider snowshoeing.

Snowshoes fit right over your boots (no special gear required). You have two walking sticks for support. You move at your own pace. You can enjoy walking around EastView on them or you can go to the cross country ski trails at Rikert and find special trails there through the woods.

If you want to try snowshoeing but do not own any, you can rent a pair at Rikert, pay for a trail fee for the day, and enjoy a beautiful woodland experience.

Give it a try. It is fun.

Libby's Trail is Special

Angelika B.

Yes, Libby's Trail is special to none more than to Buz and myself. We had to put our last dog, Bailey II, to sleep one morning several years ago. At the end of that week, we sat on a bench on Libby's trail when a loose Golden Retriever came running down the path behind us with a lady in pursuit shouting, "He is friendly!" Yes, of course he was friendly, he was after all a Golden. He greeted us in inimitable Golden Retriever fashion, telling us we were exactly the only people in the whole wide world he wanted to see right then. What a gift!

Who Am I

How well do you know your neighbors? Match the descriptors with the residents listed here: Ann R., Mark B., Barney H., Gordon C., Bob A., Anne E., Max K., Suzann S., Nina B., Lois A., Tiffany N., Angelika B., Russ L., Carol S., and Betsy L. Answers will appear someplace in the Bugle.

1. I loved cross country skiing, biking, and hiking. For years I have taken photos for the Town Hall Theater and also at EastView. I make the charts for the Annual Giving Fund.
2. I earned a BS in Chemical Engineering at RPI and an MBA at Wharton. Figure skating was a big part of my life. My (late) wife and I had a home on Fern Lake for 25 years.
3. I am the matriarch of EastView and am very active on the Art Committee. Many family members join me for dinner in the dining room.
- 4 I was born of Scottish Heritage, I have three wonderful sons, and for many years played fiddle in the EastView Orchestra.
5. I am a Middlebury College grad. I was a deacon and head of the Mission Committee in our little Weybridge Church. My husband and I took a memorable railroad trip (Orient Express style luxury expedition) in northern Spain following the Way of St. James Catholic Pilgrimage route.
6. I am an MIT trained physicist who worked with Middlebury College students to make an experimentally powered tractor. I now live in GardenSong.
7. I was a Pan Am stewardess in my early 20s. I went to college in my mid 60s. I like to write Haiku.
8. I was an avid hiker, bike rider, and camper. I keep track of our Vermont Legislature. I can tell wonderful stories about the sea and Lake Champlain without a note.
9. I wrote two novels in my 20s and dozens of short stories in my 30s-50s. I spent two years in Zimbabwe working with women who were deprived of basic schooling, though their brothers were not. I still remember well the bright faces and lilting voices of those African friends. I recently moved to MeadowSweet.
10. I have knobby knees and a lift on my right shoe. Maybe you've heard me sing and play the harmonica with the EastView Orchestra. Sunrise Orchards is a giveaway as to who I am.
11. I was born in Aleppo, Syria and grew up in Lebanon during World War II. I have played the piano for many years. My late husband, George, started the Great Decisions program.
12. I love learning about new events, no matter how long ago they occurred. I also enjoy teaching others about what I have learned. My wife and I came together skiing at the Snow Bowl.
13. I bet I am older than you. You may have spotted me briskly walking the halls of the Inn to get exercise. My sister-in-law also lives in the Inn.
14. I attended Middlebury College on an American Legion scholarship in recognition of my father's service in World War I. I taught Grade 2 at Mary Hogan School and later was principal of Weybridge School. My late husband and I were among the very first EV residents.
15. I used to teach poker. My late husband taught German at Middlebury. My daughter is a renowned chef who writes cookbooks. I am now relegated to my room most of the time, but I still have my sparkling personality.

Come Home to Who You Are*Tai H.*

I grew up in a small rural town in Connecticut, with fields behind our house and, beyond the fields, acres of woods. One of my favorite activities as a seven- or eight-year-old was to walk in the woods and climb my favorite “climbing” tree. The branches grew at just the right spots so a young child could climb all the way up, almost to the top. Once up, I’d sit for hours and watch the world below me meander by, as the world did in the early 1940s. Here in my tree, I felt deeply safe, contented, and at peace.

Life continued...university, jobs, family, and involvement with the outside world. My interest and participation in the Japanese martial arts led me to the love of the simplicity and strength of the Zen practice. Once I found the practice of meditation, I found that all-encompassing feeling of being at home in the world and at home in myself.

Now, the pace of the modern world is aggressive, loud, and fast. Not much space for the qualities I so longed for. One of the reasons so many people are suffering from stress is not that they are doing stressful things, but they allow so little time and space for silence.

The simple act of sitting on a cushion on the floor, or in a chair, and giving yourself time to be yourself, can change your life.

When we meditate, when we sit and simply pay attention to our breath, we begin to see that there is an “I”, a self, who is searching for peace and liberation from suffering. The more we sit, the more ideas and illusions begin to dissipate. It's like watching a mountain that is covered by heavy clouds. When we keep watching, the clouds dissolve and the mountain begins to emerge. We see the mountain that was always there.

To sit still, to regulate our breath, to be aware of our posture, to feel our consciousness changing, to feel our heart opening, to feel we are making space in ourselves with which to deal with everyday life, this becomes our real teacher. We open our hearts. We clarify our way of looking so that we see freshly, vividly, clearly...we become truly awake.

You are welcome to join our meditation group that meets from 8:00-8:45 on Monday mornings in the EastView library. If you have any questions, please call me (xxx) or e-mail (xxx).

**句俳 Haiku***Angelika B.*

Great tracks in the snow
I'd like to know who you are
Come during daylight

Neighbors are special
The best ones live in EastView
How lucky we are

I asked a schoolkid
Do you learn a foreign tongue?
Yes, he said, cursive

Happy New Year!

Residents were treated to a New Year's themed "photo booth" in the Terrace Dining Room during the New Year's Eve Buffet this year. Max K. generously gave his time to take pictures of everyone who wished to commemorate the event. He then printed copies of all the photos for participants, and created wonderful collages of photos for the bulletin boards. Thank you, Max! Special thanks as well to Lindsey H. and the Community Life Team for coming up with the photo booth idea and providing the props and fireworks background for the photos.





Birds That Use EastView

Richard H.

In general, birds are like any other wild animal; whether there are humans around or not, they all need to eat, sleep, breed, and stay safe. What would humans do if they didn't have stores from which to buy food? They would have to grow their own, or "hunt" for food for themselves. Likewise, birds move around looking for food opportunities. If humans provide help in feeding, nesting, and protection, they will tentatively accept these offers. As each occasion is successful, they will become less wary. All birds are searching for a good quality of life.

We have a few species here that use EastView to accomplish these goals.

EastView does not have young children, cats, or dogs, roaming freely about to cause birds anxiety. This may be why we sometimes see a Red Fox between Deer Meadow and Kestrel lying down, or standing up looking for a mouse, while people are nearby watching. The fox pays no attention to the residents observing it. Birds such as pigeons and crows are a tad more concerned about what people are doing, but if people are not around and there is a feeding opportunity, both crows and pigeons will be right there, taking advantage of it.

Crows are territorial in nesting and protecting their feeding areas. That is why we see family groups of crows feeding. Pigeons on the other hand are communal; if one, a few, or a flock of pigeons find a food source, the news will be transmitted to other pigeons in neighboring localities. Consequently, a half dozen pigeons can quickly increase to 15 or 20 and be double that size the next day, if the food source is plentiful. Crows can also be communal when they are feeding in the fields behind EastView or roosting in Middlebury. They do not nest at EastView, but they do protect their feeding area here from other crows.

Pigeons could nest at EastView, but I have not seen nesting pigeons here. Until pigeons nest here, I look at them as taking advantage of our residents' desire to feed them. Pigeons are notorious for finding handouts, and the people who put food out for them. Crows also take advantage of that food source.

We have other birds that use EastView property to their benefit. Robins, sparrows, bluebirds, and warblers have nested here. Bluebirds and robins feed on insects, worms, or berries, while sparrows feed on insects and seeds, like the seeds we throw out for pigeons and other birds. Other bird species feed on native plant seeds and fruit.

*Answers to "Who Am I?" (from p. 4)
 1. Max K., 2. Bob A., 3. Lois A.S., 4. Nina B., 5. Carol S., 6. Mark B., 7. Angelika B., 8. Gordon C., 9. Anne E., 10. Barney H., 11. Betsy L.,
 12. Russ L., 13. Tiffany N., 14. Ann R., 15. Suzann S.*

A Look Abroad: Law and Power Politics in Venezuela*Russ L.*

International law provides norms of behavior for nation-states in a political system without a governing body to enforce the norms. The law, nevertheless, is observed by the vast majority of states in day-to-day relations, such as international postal and financial transactions. Problems arise when the laws conflict with a powerful state's security interests. Then the only barriers to violations are that state's concern with its prestige and the reactions of other states.

This fall and early winter, the U.S. sank vessels in the Caribbean and Pacific, which the U.S. suspected were smuggling drugs destined for America. President Trump has described the actions as part of an "international armed conflict" between the U.S. and the cartels. Nevertheless, sinking vessels and killing foreign nationals in international waters are violations of international law.

The violations reached another level when Secretary of Defense, Pete Hegseth, approved a second strike to kill survivors of an initial attack. Killing survivors of a naval attack is a violation of international law, even during a war.

More generally, Congress's War Powers Resolution of 1973 requires that Congress be notified within 48 hours of the use of force, and that the actions be terminated within 90 days unless there is formal Congressional approval. Neither has occurred.

These actions, along with the seizure of Venezuelan oil tankers, were preludes to a "large-scale strike" on January 3, which led to the capture of Venezuela's president, Nicolás Maduro, and his wife, Cilia Flores. Both of them are under indictment in the U.S. for drug trafficking. They were arraigned in a Manhattan court on January 6.

Maduro has long been suspected of colluding with drug cartels. Nevertheless, abducting a foreign national, without the permission of his home state, is a violation of international law. The "large-scale" strike itself, which facilitated the capture of Maduro and his wife, is being criticized as an act of aggression. But, when a reporter questioned Vice-President J.D. Vance regarding violations of international law and the Constitution, Vance responded "Don't give a shit." Trump advisor Stephen Miller was more forthcoming. "You can talk all you want about international niceties... but we live in a world... that is governed by strength, that is governed by force, that is governed by power." Power politics trumps international norms of behavior.

President Trump's post-attack address indicated that he is motivated by concerns over drugs entering the U.S., but also by the opportunity to gain control of Venezuelan oil reserves. The President stated that the U.S. intends to "run the country," including having U.S. firms take over Venezuela's oil industry. U.S. firms would control extraction and sales, "indefinitely."

It is hardly the first time that the U.S. has intervened militarily in a Latin American state. Examples include interventions in Cuba, Bolivia, Brazil, Chile, Dominican Republic, Ecuador, Guatemala, Haiti, Nicaragua, Panama, and Uruguay.

A modern day precedent similar to the action by the Trump administration occurred in 1989 when the U.S. invaded Panama to overthrow the Noriega regime. Noriega, who was involved in smuggling drugs into the U.S., was captured and taken to the United States, where he was tried and convicted of drug trafficking.

In 1823, President James Monroe declared that the Western Hemisphere lay within America's sphere of influence. European colonial powers should stay out, and the U.S. would stay out of Europe. (A sphere of influence is an area in which a powerful state exercises political dominance over other states in the area without outright annexation.) President Trump has referred to the U.S. use of force in Venezuela as part of his own "Donroe" doctrine of power politics. Echoing Monroe, Trump accepts regional dominance within their own spheres of influence by other major powers.

Dividing the world into spheres of influence is supported by Russia and China. The Russians argue that Ukraine falls into the Russian sphere of influence. China has its eyes on Taiwan and the South China Sea. It was a strong American stand that acts of aggression anywhere were crimes against the entire international community, which led to the formation of the United Nations after World War II. Where are we now?

