

The
EastView

BUGLE



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**Buglers: Sarah B., Angelika B., Linda C., Phil C., Warren K.,
Lois K., Max K., Russ L., Nancy R., Ron R., Carl B.**

Photo by Max K.



Sally W.



Because my father was a career Army officer, we, my parents, my brother David and I, moved to a new place almost every year; and because of all the moving, I attended twelve different schools before I left high school at age eighteen. I went to the University of Rhode Island and graduated after a three semester detour to St. John’s College in Annapolis. I continued at URI as a graduate student where I met then married Cap, read *The Faerie Queene*, *Paradise Lost*, et al. and taught six sections of freshman English. When we graduated Cap and I moved to Marion, MA, where we lived in a dorm with eight boys. Cap taught biology and I gave birth to Jennifer and, two years later, Charlie. From Marion we went to Princeton, NJ, where Cap taught at The Hun School. While there Cap’s only sibling Jane died. She was thirty-one and the mother of four. Because of this we chose to return to RI to be closer to Cap’s parents. We settled in Bristol, an historic waterfront town, Cap taught in the boys’ day school where he had been a student, and our third child, Liza, was born. When my brother died, he too at age thirty-one, I was grateful we were near my parents as well as Cap’s. I returned to URI and earned a MLS. I went on to teach at RI College and Roger Williams U, worked for a rare books dealer hunting for customers, served as a bookkeeper for a friend with a marine goods store who paid me in baby-sitting hours, acted as campaign office manager for a neighbor running for state Treasurer, “girl-Friday”-ed for a manufacturer of winches and davits used on ships the Navy was building, grubbed around as a gardener at Blithewold House and Gardens, and acted as coordinator of library services for my local district. My last job, a volunteer position, was to catalogue print material at the RI Historical Society. I was really enjoying going through what was a vast collection when my mother became ill. So I left. While this spotty career was taking place our kids were growing up and finally away to college and off on their own.

In RI we lived near Narragansett Bay where we could swim, fish, dig clams and, for a three or four year span, oysters and, most importantly, sail. To start Cap restored a Sea Sprite, a sloop about twenty-two feet, and the sailing began, cruising and racing. I crewed on some of the races but thankfully not all. The family vacations were on Cap’s parents’ larger boat on the Bay, Long Island Sound, Buzzard’s Bay, and a couple of times through the Cape Cod Canal. We traveled a bit too. The farthest trip was to Shanghai to visit Jennifer and her husband John who were living there while John did deals for the Industrial Bank of Japan. I had been to Shanghai before when I was ten, before Mao took over.

Cap and I arrived here in Middlebury and EastView in 2013. Since moving from a cottage to the Inn in May 2021 and since Cap’s death that November, I have become ever more grateful for my time here.



April Birthdays

Betty A.	4/2	Jenny D.	4/12
Barbara C.	4/4	Vanda C.	4/13
Mike S.	4/7	Dave C.	4/15
Bob P.	4/8	Peggy R.	4/19
Elita D.	4/10	Dee H.	4/27

Welcome to EastView!

Welcome to new staff members who have joined the EastView Community in the past month.

Staff: Christine C. and Vana K. (Community Life Programming Assistants); Addie K. and Matilda L. (Servers); Cathy W. (RCA Supervisor); and Danielle F. (RCA).

We will have an update on new residents in next month’s *Bugle*.



Outstanding Services Award

Keith Smith

This award is presented to Dining Services individuals in recognition of exceptional dedication, professionalism, and service excellence in Dining Services.

The individuals below have earned this award and have made a lasting impact for their unwavering commitment to supporting our dining team, by maintaining high standards, and creating a positive dining experience. Whether working independently or stepping in wherever needed, they have all consistently gone above and beyond with grace and enthusiasm.

We are proud to have honored their outstanding contributions for 2024-25. Thank you all for being an invaluable part of our team and community.

Dates Covered: 1st October - 31st December 2024

Presented by: Dining Leadership

William W., Sous Chef

Kylie B., Dining Services

Dates Covered: 1st January - 31st March 2025

Presented by: Dining Leadership

Laura F., EastView Kitchen

William M., Dining Services

Dates Covered: 1st April – 30th June 2025

Presented by: Dining Leadership

William “Jordan” B., Kitchen/Dining Services

Halee R., Dining Services

Dates Covered: 1st July – 30th September 2025

Presented by: Dining Leadership

James B., Chef

Joshua H., Dining Services

Dates Covered: 1st October - 31st December 2025

Presented by: Dining Leadership

Pasquale A., Chef

Emily M., Dining Services



How About the Green Grass on the Athletic Fields?

Phil C.

In the midst of this unusually snowy winter, many of us had noticed and been impressed by the green grass on the college baseball field and soccer field. Speculation as to how the snow cover melted so quickly ran rampant – Electric heat under the artificial grass? Lots of salt? Work crews with shovels? Prompt attack with snowplows? College athletes with brooms? Whatever the method the results were impressive.

Search for the answer led this reporter to a conversation with Middlebury College Assistant Director of Facilities Luther Tenny, who reports that several factors influence the decision as to when and how to clear the fields: 1.) What is the schedule for athletic events? 2.) How urgent is the schedule for practice time? 3.) And most importantly, what is the weather forecast? For the various snow events, the above factors were taken into account. Areas were cleared as much as possible with snowplows, then workers used shovels for detailed work, and the hoped-for sunshine helped, too. And voilà!—green grass for the college athletes and to impress passing motorists.



Who Am I?

How well do you know your neighbors? Match the descriptors with the residents listed here: Elita D., Deanne M., Zita N., Phil C., Reg S., Audrey M., Jane S., Bob F., Holly P., David C., Dexter L., Larry R., David B., Bob R., and Ann B. Answers will appear someplace in the Bugle.

1. I came from the southern hemisphere and am a high-speed walker around EV.
2. I am an architect and joy our summer retreats to our island in Maine.
3. I used to cut, split, stack and burn 6 cords of wood each year. I almost stepped on a red-bellied blacksnake in Cradle Mountain National Park.
4. With my family we lived overseas for more than 12 years: twice in Caracas, Venezuela, twice in São Paulo, Brazil (our son was born there) and in Hong Kong. I used to play tennis and golf.
5. I was an English professor at Middlebury College before coming to EastView. Before moving to Garden-Song, I used to walk daily around the EV campus.
6. I've made several trips to the Middle East in support of a native farming family, while still keeping an eye on our camp near Lake Dunmore.
7. I lived in Malaysia (Kuala Lumpur) for two years, and in Vienna, Hamburg, and Australia. I played football for Harvard and still play tennis today.
8. I have a Japanese connection. I attended 13 different schools in my lifetime. I like to wear hats, especially in the winter!
9. My background is in retail. I was actively involved in the Ronald McDonald House and Zonta Club. For over 60 years I have collected miniature shoes.
10. I moved to EastView in May 2020 to be close to my daughter who teaches at Middlebury College. I enjoy visiting art museums and galleries and love to play Mahjong with friends. You might see me riding my tricycle.
11. I am a retired math teacher with a high speed walker.
12. Together with my wife, I started a successful birthday cake concession serving other Middlebury students. This served me well as a compensation and benefits consultant with Towers Perrin, which consulted with Fortune 500 companies.
13. I spent many years working for the US Government in the Middle East. I am a die-hard fan of the old Brooklyn Dodgers. You may have seen me sporting my Dodgers cap.
14. I was a professional social worker and worked at Addison County Parent/Child Center. Also, I enjoy going out for breakfast with my husband.
15. I enjoy working in the GardenSong gardens. I'm often asked how many pairs of overalls I own.





Creating Community

Dave D.

“To be known is one of the deepest human longings.”

— John O’Donohue, Irish poet

I have often wondered: *Why does EastView have such a strong sense of community?*

During our recent focus group discussions, one word came up often: intimate. Other words were used as well—**human-scale, close-knit, neighborly, warm**. In short, EastView feels like a place where people know one another.

As we think about our future and the possibility of growth, an important question comes to mind: Is this sense of connection possible only because of our size? It’s a good question.

Recently I began reading a novel called *Theo of Golden*, by Allen Levi. In the story, a mysterious man named Theo arrives in a small town and begins noticing the people around him in ways others often overlook. One day, while looking at portraits hanging in a local coffee shop, he comes up with an idea. Guided by curiosity and genuine care for others, he begins learning the stories of the people who live there. Through these simple acts—the act of knowing and being known—something powerful begins to happen.

The book is a wonderful antidote to the headlines we often see when we open *The New York Times*, turn on CNN, or read *The Wall Street Journal*. It tells a hopeful story about community and about the difference one person can make (Yes, I know—it’s fiction!). To me, the central message is this: **community forms when people feel seen and when their stories matter**.

Of course, size and scale do play a role. Smaller communities make it easier for people to meet one another through everyday moments—chance encounters in the hallway, conversations at dinner, or time spent together in activities.

But I don’t believe size alone explains the feeling of community. And it certainly doesn’t guarantee it. There are small places in the world that do not feel connected at all. And there are large places that manage to feel warm, welcoming, and deeply relational.

So what are the ingredients that create a great community? I believe it comes down to a few simple things. **First**, people take a genuine interest in one another. They are curious to meet others, they listen, and they ask questions. At the heart of it all is respect. **Second**, people show up and pitch in. They contribute their time and energy without expecting anything in return—other than the satisfaction of helping. **Third**, people look out for one another. They check in when someone hasn’t been seen for a few days. They offer encouragement, a ride, or simply a friendly word. These ingredients—**interest, generosity, and care**—are essential. Fortunately, they are abundant here at EastView. The good news is that these qualities do not depend on size. They depend on **culture**.

One way I’ve heard culture described is simply as “**the way we do things**.” Over time, people observe how others behave. They notice the small acts of kindness, the way neighbors greet one another, the way people offer help. Those actions become the norms of the community.

As we look to the future, we should never take our culture for granted. Instead, we should be thoughtful and intentional about the small and large acts that shape how we live together. In other words, the way we show up for one another—**the EastView way**.

句俳 Haiku

Angelika B.

Archer, show me please
that winter is really fun
I have forgotten

Winter is so long
or is it only to me?
It used to be fun

Hands are amazing
They capably grab, write, rub
Sew, pet, knit, cook, dig

Enough winter now
We need some colour and warmth
All animals do



Committees vs. Groups

Sarah B.

EastView has many committees and groups. Below are definitions and characteristics of each.

A committee is an organized body that has guidelines and structure.

- There is a designated chairperson.
- The committee reports regularly to the larger community.
- It is set up to work toward a specific goal or purpose.
- Regular meetings are held; typically only committee members attend these sessions.
- Members are expected to attend meetings and actively take part in committee activities.
- When you join a committee, you make a commitment.

A group is less formal and centers around the interests of its participants.

- Groups usually meet on a regular basis.
- Attendance is optional; there is no expectation for members to be regular participants.
- Anyone who is interested may take part in the group's activities.
- The administration often decides the group's purpose, location, and meeting times.
- There may or may not be a specific leader overseeing the group.
- The primary focus is on the enjoyment and engagement of the participants; there may or may not be another outcome or goal.

EastView committee heads spoke about their committees at the Residents Council Meeting a few weeks ago: AGF Committee, Art Committee, Dining Committee, Endowment Committee, Garden and Landscape Committee, Program Committee, Welcome Committee.

There are numerous groups that are listed in the weekly calendar and might be of interest for you to join, too:

- Book Group meets on the third Monday of the month at 11:00 AM in the library.
- Caregiving Spouses Group meets Thursday afternoons at 1:30 in the library.
- French Conversation Group meets on Wednesday mornings at 10:30 in the library.
- Games Group meets on Monday afternoons at 4:00 in the Bistro.
- German Conversation Group meets on Friday mornings at 10:30 in the library.
- Knitting and NeedleArts Group meets on Monday afternoons at 3:00 in the library.
- Meditation Group meets on Monday mornings at 8:00 in the library.
- Men's Group meets Thursday mornings at 8:00 in the rear of the TDR.
- Painting Group meets on Friday afternoons at 1:00 in the Art Room.
- Women's Group meets Tuesday afternoons at 3:00 in the CR.

Women's Group

Tai H. & Lois F.

At 3:00 pm on Tuesday afternoons a group of EastView women gather in the Community Room to explore a wide range of topics. A quote from Rachel Naomi Remen describes it well: "The secret of living well is not in having all the answers, but in pursuing unanswerable questions in the good company of friends."

Men's Group

Bill R.

On a typical Thursday morning at 8:00 a group of around eight men gather in a corner of the dining room to enjoy a coffee and fresh baked muffins supplied by our wonderful EV kitchen. We chat about what is going on in our lives, what is happening at EV and also the world. Throughout these talks we always find a way to interject some laughter.



Caregiving Spouses Group

Written by a member of this group

The EastView Caregiving Spouses Group meets on Thursday from 1:30-2:30 in the library. Any resident who is caregiving for a spouse or partner is very welcome to attend. Those who join the meetings are trying to meet the needs of a loved one who might have a condition or problem ranging from a memory disorder, to cancer, Parkinson's disease, and beyond. Some people are new to caregiving and others have been doing it for many years. All participants agree not to discuss anything said in the meeting or who attends. This helps everyone feel secure when discussing difficult subjects.

Usually, someone in the group is either going through the same thing or has already experienced it. Discussions that arise from this are very helpful, as is the strategizing that is common. Frequently, someone will share an article or magazine that they think might be of interest to several in the group—information about how to get more help, where to get counseling, what has worked and what hasn't, possible next steps, etc. Occasionally, a staff member or outside specialist in senior care will be invited to answer questions.

It is very helpful to talk with peers who fully understand how exhausting, stressful and sometimes painful it can be to care for a loved one. Everyone supports each other as much as possible and there is often laughter, which can be a great cathartic. Even members who have lost their partners frequently continue coming to meetings. This seems helpful to them and the group.

If you are having a hard time and could use some support, do try coming to a meeting. You will find a warm welcome!

The EV Book Group

Betsy E.

The EastView book group meets monthly, on the third Monday of the month, at 11 AM in the library. Books are chosen each month by the attendees. Anyone is welcome, whether you've read the book or not. The discussions are lively and interesting. For more information speak with Lois F.

Knitting and Needlework Groups

Lois A.

Knit one, purl two — Monday afternoons at 3:00 in the library the EastView Knitting and Needlework Group meets to create projects for family and friends and local charities. We share craft skills and both wooly yarn and “yarns”—good stories and humor. All are welcome to come and share.

The French Group

Angelika B.

Notre groupe français se rencontre chaque mercredi à dix heures et demie dans la bibliothèque de EV. Notre discours couvre plusieurs sujets comme nos familles, nos voyages, nos idées et quelquefois sur rien de tout. Un membre parlait le français depuis enfance, l'autre a passé plusieurs années à l'Alsace et la troisième a appris la langue à l'école pendant trois mois comme au pair en France. Nous serons enchantées d'avoir vous nous joindre, n'importe comment vous parlez le français. Bienvenue. d'avoir vous nous joindre.



Monday Games

Don't own a green visor? No problem! You are still invited to come to the Bistro on Monday afternoons at 4:00 pm to play card games, board games, and just have fun!



The German Group

Angelika B.

Wir haben sechs permanente Mitglieder in der deutschen Konversationsgruppe. Zwei von uns sind Muttersprachler, die aus verschiedenen Gegenden Deutschlands kommen, und daher verschiedene regionale Aussprachen haben. Die anderen sind: eine Langjährige Deutschlehrerin; jemand der einfach die deutsche Sprache liebt; jemand der lange in Deutschland gelebt hat und eine Absolventin der Middlebury Language School. Wir sprechen über unsere Reisen, unsere Erfahrungen, unser tägliches Leben, unsere Familien, Steckenpferde und mehr, aber selten über Weltereignisse. Wir treffen uns jeden Freitag um 10 Uhr 30 für eine Stunde in der EV Bibliothek. Wir freuen uns über Gäste, aber es ist eine Konversationsgruppe kein Unterricht.



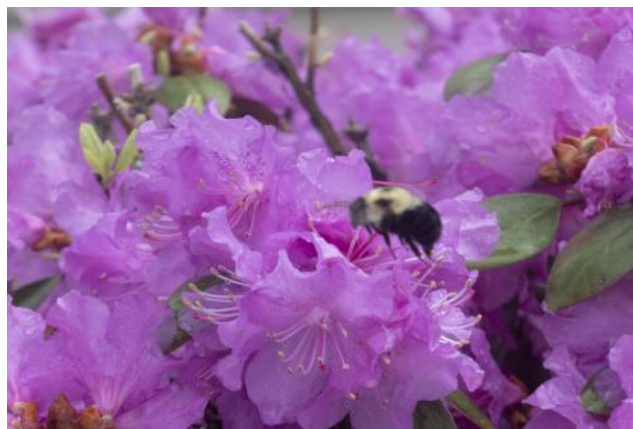
Great Decisions

Cari B.

The Great Decisions series has been one of EastView's signature programs since our founding. The series has consistently reflected who we are as an intellectually curious community involved in the world around us. Great Decisions was brought to EastView by George L.; Nick C. took the lead upon George L.'s death; and George J. assumed the reins following Nick C.'s death. I have coordinated the series since George J.'s passing in 2021. The program is based upon the Foreign Policy Association's Great Decisions series, in which participants gather to discuss articles and films produced by the FPA on each topic. EastView's series expands upon the FPA program, providing a unique twist by inviting local scholars, usually from Middlebury College, to give a presentation on each of the FPA's chosen topics.

The 2026 series includes: "America and the World: Trump 2.0 Foreign Policy" with David Rosenberg; "Trump Tariffs and the Future of the World Economy" with Kristina Sargent; "US-China Relations with John Berninghausen; "Multilateral Institutions in a Changing World Order" with Sarah Stroup; "The Future of Human Rights and International Law" with Elizabeth Shackelford; "Ruptured Alliances and the Risk of Nuclear Proliferation" with Jeff Lundstead; and "US Engagement of Africa" and "Ukraine and the Future of European Security" (speakers to be finalized soon).

We are excited about Great Decisions 2026, which begins on March 26 and will run through the end of May. We expect the series to be the outstanding educational effort to which we have been accustomed. Stay tuned!



Photos by Max K.