

"Title Goes Here"

June, 2009

An Irregularly Published Independent Screech Produced by and for the Residents of Sunnyside for Sharing News and Information About and of Interest to them

Manager:

Pat Armstrong

Phone: 8813

e-Mail: armstrong.richpat@gmail.com)

Layout and Printing:

Jim Kellett

Phone: 664-4798 (or 8911)

e-Mail: Jim@Kellett.com

Material for this publication is produced by the residents of Sunnyside's Campus. Everyone is invited to contribute material for consideration for publication. Please send your suggestions, notes, and letters to either of the above residents or to any of the Volunteer Staff (see last page).

What's Going on Here??

Welcome to the first issue of a yet-to-be-named newsletter! As you can see from the header, it was conceived by several residents as a vehicle to share useful information about ourselves, and information about interesting things to do that are, by and large, off-campus.

It's a complement (not a competitor) to the Funside (which is produced by Sunnyside), so don't blame them for what goes here! What goes here gets written by you - so (a) think about volunteering for the Staff to help collect and edit material, and/or (b) drafting a short article on a topic of interest, and/or sending a note to one of the Columnists.

A Short Note on "Editorial Policy"

Material for this newsletter will not include advertising or political or religious advocacy. Oversight for the Volunteer Staff is provided by the Communications Committee of the Sunnyside Resident Association, and the staff reserves the right to review and edit all submissions for content, length, and style.

Name that Newsletter

What would you like for it to be called? We thought of "Village Voice" and "Sunnyside Times" and a few others, but we're looking for a good, snappy, short title that carries the intent. Send your suggestions NOW to either Pat Armstrong or Jim Kellett!

Make Some "News"!!

Understand that everything here is written by "us". Know a good restaurant? Have some ideas about off-campus programs? Have a skill you'd like to share? A short essay? Write up a few hundred words, and send it (preferably by e-mail) to any of the Voluntary Staff listed here! DON'T BE SHY!

Where to Go: THE ANTIQUE MALL

> Pat Armstrong

Do you have friends coming who like to go antiquing? Or maybe you just enjoy rummaging through collections of art, collectibles, toys, primitives, furniture, pottery, Civil War items, tools, books and more. If so, you can find the right place by traveling south of I81 or HWY 11 for about 20 miles. THE ANTIQUE MALL is located just off I-81, Exit 227, at Verona, Va. 24482. Look for the bright orange and yellow building. Should you want to make contact before going, call

Hungry while at Antique Mall? Enjoy a delicious sandwich and dessert along with Shenandoah Valley Homemade Fudge at the Collector's Café. Mall hours are M-Th 10 AM-5 PM; Fri-Sat. 10 AM -6 PM; Sunday 1 PM-6 PM

On A Morning Walk...

Around Sunnyside there are certain "givens" that will prove true just about any day. The geese operate seven days a week, flying in formation and checking out their "pond of the day." The resident walkers generally operate six days with Sunday off. The Monday through Friday activists include the WM trash truck sporting WM (William and Mary) colors; the unmarked, paneled truck delivering items to the pharmacy; members of the staff returning to the same parking place though there is no evidence of assignments; and a few devoted spouses who "deliver" their mate to the work site.

A goodly number of resident canines arouse their masters and put them on the road regularly. It is to be noted that the shorter the dog's legs, the faster the owner walks. On these cold days the squirrels warm themselves by being busy and the rabbits seek a spot in the sun as soon as it appears. Beyond the campus we know that the world is out there because the train whistles regularly as it moves back and forth from Elkton to Harrisonburg. Often the fire or rescue folks have a call and let us know they are on the way. They do not enter our gates but three different school buses take our neighboring children to their assigned schools just about 7:30 P.M. daily.,

The day is a good one when the sun comes up from behind the Massanutten and the eastern sky is filled with vapor trails from southbound airplanes riding the peaks of the Blue Ridge. Look up and live and give thanks for God's gift of another day.

Meet Your Neighbor Rich and Pat Armstrong

Sunnyside "slipped" up on Rich and Pat before Rich retired, but they are enjoying the time when they are here. Rich plans to work for two more years at Little Creek Amphibious Base in Norfolk in the position of supervisor of technology—computers, phones, etc. Pat has retired after teaching for 34 years in Henrico and Orange Counties in VA, California, and Virginia. Beach City public schools in upper elementary grades. Since Rich is still working, there are many 4-hour trips between Harrisonburg and Virginia Beach. They consider themselves in their junior year in college and after finishing their senior year, they look forward to full-time living at Sunnyside.

Pat grew up in Henrico County (suburbs of Richmond) as second oldest of 10 children. She can really share some experiences as she helped take care of 8 younger brothers. Rich is a Norfolk native and graduated from Old Dominion University. He has a twin brother who lives in Charlotte and a younger brother living in Norfolk. Pat attended Radford College and did graduate work at VCU. They are often asked how they met and Rich is quick to respond that he knocked Pat off her bike when they were on a Century ride (100 mile ride). That's another whole story but they were engaged within a couple of months of this incident. They share this storybook tale of meeting with excitement as their "later in life" marriage (only marriage for each) is what each one sees as a real blessing.

Rich and Pat have many common interests including being involved in their churches. These include Providence Presbyterian Church in Virginia Beach and Massanutten Presbyterian Church in the Harrisonburg area. Massanetta Springs Conference Center is a special place for them there. When it can be worked in their busy

lives, camping is something they both enjoy but their 5th Wheel RV hasn't gotten much use in the last year as they take care of two homes. However, plans are for a cross-country trip in the RV as soon as Rich retires. Time with family in Tidewater, Charlotte and Henrico County and with their many friends scattered around the country is very special to them.

Rich and Pat give thanks daily for the many ways God has blessed their lives and living at Sunnyside is surely one of these blessings.

REFLECTIONS on 1952 OLYMPIC GAMES

A half century and six years ago change came to the summer Olympic games.

These games, in 1952, were just the second games held after WWII, and were the first of the "modern" summer Olympic games in which the USSR participated. They were held in Helsinki, Finland, adjoining the Soviet Union territory. Here all of the Iron Curtain country athletes were established in a separate village compound, completely isolated from the Olympic Village which housed the rest of the world's athletes, thus creating quite a stir in the political world at that time.

Something special -- seventeen Midshipmen from the US Naval Academy represented USA in the Olympic games in rowing, the Navy 8-oar and 4-oar boats with respective substitutes, along with NAVY coach, Rusty Callow, and a US Navy Ensign single sculler, John B. Kelly, Jr. (Grace Kelly's brother).

Those were the days when the USA Olympic athletes were truly amateurs, not receiving monetary compensation for their athleticism in their respective sports. The US basketball team was made up of several seven footers and others chosen from what was then called industrial leagues and from colleges and universities. Mr. Avery Brundage, our USA Olympic Committee Chairman, was quite

adamant about pure amateurism at that time. How times have changed!

As for my experiences, before entering the US Naval Academy in July 1949 the only rowing I knew anything about was in a boat fishing or crabbing at Rehoboth Beach Bay in Delaware. Basketball was my sport at Dover High School; however, my skills did not match up with what was needed as a freshman (Plebe) at the Academy to make that team. So the sport of rowing (CREW) was suggested, a true blessing in the making! Not much there until late my sophomore (Third Class) year, 1951, when my coach gave me a shot at rowing bow-oar in the varsity eight. At our nationals in Marietta Ohio, Navy boats sank or were swamped by the severe flooding of the Ohio River there. (Headlines, "NAVY SINKS"!)

However, the following spring of 1952 I was integrated in with six new sophomores and one fellow junior who went thru that entire 1952 rowing season undefeated, including the US Nationals and the Olympic trials to become the USA rowing 8-oar representative at the Olympics, where we were undefeated in all qualifying heats and the finals --- GOLD – USA; SILVER – USSR; BRONZE – AUSTRALIA. What a thrill, bringing tears of pride to my eyes. Our team was also invited into the Iron Curtain compound as HONORED GUESTS of the USSR 8-oar crew. What a humbling experience seeing, meeting and developing camaraderie with the USSR and other world athletes!

As our event was one of the first, we had the opportunity to see many other events including Decathlon – Bob Mathais; Diving – Dr Sammy Lee; Pole Vault – Rev Bob Richards; and Czech runner Emil Zatopek winning the GOLD in the 5,000 M, 10,000 M, and the Marathon. Wow!

> Frank Shakespeare

Tech Talk - Today's Telephone Options

This issue, I'd like to share some experiences with new "telephone" services,

such as Voice Over Internet Protocol (VOIP) and online videophone service. (I put "telephone" in quotes simply because today, we're not talking about your father's telephone (or even the ones we used to use!).

For many years, your telephone was a device that was wired to a network called a "landline", operating through central switches which then connected you to someone else's telephone. Most of us lived through the era of having switchboard operators (remember "number please?") Later the operator was replaced with a dial to now touch-pads. (Did you ever stop to consider that your grandkids have, more than likely never SEEN a dial telephone? But still use the phrase "dial tone" and "dial up"?).

Changing from analog to digital made transmission clearer and capable of carrying more information over a single wire, eliminating the poles with mazes of wires on them.

When personal computers become common in the nineties, phone landlines were used to connect these computers to big computers, called servers, and the internet was born. The point here is that computers could send information between them not only over landlines, but soon through wireless connections, coaxial cables, fibre optic cables, and specialized phone lines (e.g.,DSL).

Cell phones, are more like radios that telephones in that it radiated the signal through the air rather than along real wires. Your cell phone could talk to not only other cell phones, but also all conventional phones on landlines and now to computers. Cell telephones very rapidly gained popularity, and prices dropped steeply, so that now many people no longer bother to have a "landline".

A non-technical change, deregulation, also changed the way we pay for communication, charging one thing for local calls while many companies competed for

your business for long-distance landline calls and your cell phone.

Now we're engaged in rapidly changing technology that reflects a merger of all these methods. Inexpensive cell phones, no longer tied to a physical location, carry voice messages and other the kinds of material sent through computer networks (i.e., the internet). The lines between telephones and computers are quickly blurring. While this makes it hard to decide which kinds of service are best for you, it opens up whole new ways to communicate which are extremely valuable to seniors. Here's just two examples:

(1) Voice Over Internet Protocol (VOIP) systems. In VOIP, you connect a conventional telephone to the internet through a high-speed connection such as cable, fibre optic, or DSL. Depending on the particular company you choose, you can call anywhere in the United States or even the world at extremely low cost. For an overview of VOIP technology, see <http://www.fcc.gov/voip/>, and for comparative review of competing VOIP systems, see <http://tinyurl.com/cmrrtz>. If you're willing to do without the telephone, and use your computer and a microphone, there are many services that are *completely free!* (After you pay for your internet connection, of course.) We've used a VOIP system for the last several years, and have been quite pleased with the services, which includes voicemail, caller ID, call-forwarding, conference calls, and other unique services at low cost. (One downside is that having several different systems in the house gets sort of confusing - in addition to the VOIP system, we have the on-campus landline AND a cell phone! Sometimes it's hard to figure out which one is ringing!)

(2) At least one VOIP company offers free computer-to-computer video calling! It requires that each party be a subscriber to the service, have a high-speed connection, and have a small camera attached to the computer (many modern computers come with these cameras built in). Now, since many of our

grandkids are already WAY ahead of us in using this kind of technology, this is a super-duper way to keep in touch with the youngsters - you can not only talk with them, but also show them things and see the expression on their faces! See <http://skype.com/allfeatures/videocall/> for more details.

>Jim Kellett

What Do You Know? HOW WELL DO YOU KNOW YOUR HANDBOOK?

1. What is the phone number(s) you use to reach the security guard? P. 4
2. What request is made by Sunnyside staff to residents when they are to be away overnight or for extended period of time? Why is this request made? P. 4
3. Are visitors allowed to bring pets to Sunnyside? P. 6
4. Where are the buy and sell boards located? P. 7
5. What is the procedure if you wish to use the greenhouse? P. 13
6. Where is the billiard table located? Is it available to all Sunnyside residents? P. 15
7. Are Sunnyside beauticians employees of Sunnyside? P. 17
8. When and where are dry cleaning items picked up? P. 169. What are the hours of operation for the pharmacy? How do pharmacy prices compare with discount pharmacies in Harrisonburg? P. 25
10. What is the purpose of the observation room located in the Eiland Assisted Living Center? P. 27

>Whit Scully

GARDENS & GROUNDS (Wanderings With William)

The past six months have not been kind to some of the shrubs and trees that were planted last spring and fall. The lack of sufficient rain and the two nights of zero temperatures and wind combined to dry out some of these plants resulting in the common

term "winter kill". Do not despair, carefully cut the browned twigs or limbs back several inches and look for green in the resulting cross section of the woody portion. If not visible cut back another two inches until you come to a green cross section. If the winter kill has affected the whole plant, the leaves will eventually drop off and latent buds will bring forth new leaves, unless the roots have been severely dehydrated.

These same plants will not have made sufficient root growth to provide the leaves and stems with nutrients and water under normal conditions of rainfall. Frequent applications of water with one of the soluble fertilizers being added every two weeks are suggested. This should be balanced, containing nitrogen, phosphorus and potassium fertilizer

We are blessed with several patches of forsythia (*Forsythia suspensa*) on the campus. There eight or more species, sometimes referred to as Golden Bells. Native to South East Asia, China and Japan, forsythia is hardy and virtually insect and fungi free. However, as you enjoy them now remember that when they have finished blooming they should be cut back to encourage new growth on which next year's buds will form and bloom. Never cut them back in the fall if you want bloom in the spring. If you wish to restrict growth and still have bloom then cut them severely now and cut back fifty percent in the fall.

As this is written, I am told that several of our fifty year old pin oaks (*Quercus palustris*) will be removed. Pin oaks are subject to bacterial scorch. These are two of the most seriously affected of the pin oaks on campus. The position of these oaks on a high incline with deficient rainfall over a two year period made it especially hard for them to resist near decimation by the bacterium which thrives on weakened trees. It is expected that others will succumb to this infection in future years.

>William Young

A MATTER OF PERSPECTIVE - Part I

"Brookside" was a farm but more than that, it was a special unique place--the repository of so many memories and experiences that can never be repeated anywhere, anytime. Time-wise, distance seems to clarify and make them more vivid. Time seems to romanticize memories sifting out the gold from the dross giving them greater importance in later years. I write of them as a reflection upon the past. It is no small task to try to organize and relate them. There are rewards: the ground is familiar; the exercise is therapeutic and there are some new discoveries along the way.

Blest is the child that grew up on a farm, especially on one such as ours. Little did I think so then. What did it take so long to realize this? It takes the last half of life to understand the first. Perhaps, it is because one's early life is taken up with discovery and achievement and forward looking that there is little looking back to evaluate. A perspective requires distance.

A PIONEER ETHOS

In the 1920's it was a world so different from that of today. We lived off the land. It was a time before the use of pesticides and penicillin. Some of the diseases of today were unknown. Viruses were unheard of. The public did not know Cancer until the great Depression days.

Country doctors made rounds on horseback or in buggies. The only therapy for Pneumonia was the mustard plaster. Our Dr. was Dr. Stark who lived 5 or 6 miles away. Otherwise we had to take the patient 10 miles to Charlottesville in a wagon or buggy.

There were few diseases in crops except for rust in small grain and dodder in the hay. Bean beetles and potato bugs came in the 1930's. Hybrids were unknown except for the mule.

The scourge of the chestnut blight of

the 1920's robbed our people in the east as far west as Illinois of a principal source of food and timber. The chestnut was so plentiful that one out of every four hardwood trees was a chestnut. It "carried our ancestors from the cradle to the grave." The crop of nuts was so plentiful that a railroad was built at Stuart, Virginia, to haul the crop.

NATURE'S BON BONS

We could have shown you the wild strawberry patch--the first fruits of spring; where the best blackberry bushes flourished in the summer and where the chinquapin bushes and the hazel nuts opened their burrs in the fall. We kept track of the fruits and nuts and berries and informed mother when they were ready. There were apples and peaches, sour cherries and a current tree. We had wild plums and green sage plum. Persimmon trees were plentiful. They were a favorite with the opossums. Elderberries, haws and huckleberries were around but we never bothered with them. Apples of various kinds were welcome. At the Negro cabin on the place there was a large pear tree and gooseberry bush. The fox grapes and coon grapes make fine jelly.

Once when checking fox grapes on a ditch bank, I felt a snake crawling under my bare feet. I ran but returned to identify the snake. It was a copperhead. As I had no weapons, I retreated concluding that they were sour grapes anyway. > Sam Hart

Your Volunteer Staff:

Where to Go: Pat Armstrong
Where to Eat: VACANT
Music: Virginia Bethune

Tech Talk: Jim Kellett
Do You Know?: Whit Scully
Gardening: Bill Young