

"Tips and Tales"

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 (8813 armstrong.richpat@gmail.com)

Layout and Printing:

Jim Kellett (8911, 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).

AND THE WINNER IS . . .

Lee Morrison, for the name of the newsletter, "Tips and Tales", unanimously approved by the Communications Committee from among the *more than two dozen* excellent suggestions received from Sunnysiders after the first issue! Well done, Lee!

WHO'S WRITING THIS STUFF?

Take a look at our new contributors this issue - we have several really nice stories and notes from people who responded with enthusiasm to the invitation back in June to write contributions.

There's room for LOTS more - especially short, informative biographies ("who are you?") stories.

And, because of a bias on the part of one of our current volunteer newsletter staff, we're encouraging contributors to "Tech Talk", in any area in which our readers find ways to make technology work for US, and/or to strip the mystery of how to do that away. (After all, we don't want to rely on our grandchildren to tell US how to use the stuff, right?). This issue, we have a really nice article by Gail Kiracofe on how she uses the new electronic book, Kindle,

to put her entire library at her fingertips, anywhere, any time!

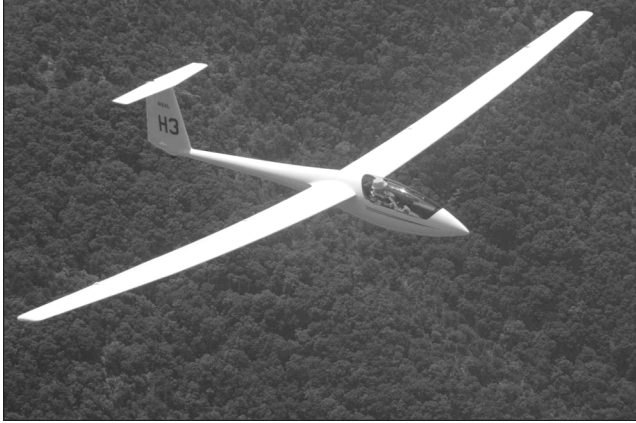
ON BEING AN EAGLE

Some people - particularly men, I think - are born with a "Peter Pan" gene. It seems that from the age of sentience, they are passionate to fly. I believe I am one of them - when my father took me for a ride, in a barnstormer's Stinson Detroit in the summer of 1940, my mother reported that I was crying when we landed - - I did not want to get out of the plane!

A quarter century later, I managed to learn to fly, first in sailplanes (gliders), or aircraft that have no engine and stay aloft by using the air currents (as do eagles, hawks, and buzzards). No turning back, I've now been at it for some forty-three years, becoming a Flight Instructor (Glider) in 1975. I'm certainly glad I did it when I did, since it gets a lot harder to learn as you grow older!

It's also a selective sport. Of the 300,000,000 or so Americans, only about 200,000 are licensed pilots. Only about 35,000 of those have the "glider" rating (Captain Sullenberger - the airline pilot who "landed" in the Hudson River - does!), and of those, only about 15,000 or so are currently active pilots. (Perhaps a reflection of culture, but there are more glider pilots in Germany than in the US!) But there are several hundred of them living or flying in the

Shenandoah Valley, from clubs in Front Royal, Waynesboro, and Newcastle.



Here's a picture of my current sailplane, a Schleicher ASW-20C, that is flown from the airport in Front Royal. The Club there also has two-seat trainers for student pilots, or for taking friends for a ride.

It often comes as a great surprise to learn that sailplanes have made flights to over 50,000', and over distances greater than 1,000 miles! Just-for-fun flights here in the Valley often are longer than 100 miles.

There's lots more information about soaring on the web; see, e.g., <http://ssa.org> for the national organization, or <http://skylinesoaring.org> for the Club in Front Royal or <http://www.svsoar.org/> for the Club in Waynesboro.

You've probably heard or read the popular poem "High Flight" which eloquently captures some of the emotional attraction to soaring:

High Flight

(John Gillespie Magee)

*Oh! I have slipped the surly bonds of earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling
mirth
Of sun-split clouds - and done a hundred things
You have not dreamed of - wheeled and soared
and swung
High in the sunlit silence.
Hov'ring there I've chased the shouting wind
along, and flung*

*My eager craft through footless halls of air.
Up, up the long delirious, burning blue,
I've topped the windswept heights with easy
grace*

*Where never lark, or even eagle flew -
And, while with silent lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand and touched the face of God.*

>Jim Kellett

A STORY ON PREACHING...

A visiting minister was very long-winded. Worse, every time he would make a good point during his sermon and a member of the congregation responded with "Amen" or "That's right, preacher," he would get wound up even more and launch into another lengthy discourse. Finally, the host pastor started responding to every few sentences with "Amen, Pharaoh!"

The Guest minister wasn't sure what that meant, but after several more "Amen, Pharaohs," he finally concluded his very lengthy sermon.

After the service ended and the congregation had left, the visiting minister turned to his host and asked, "What exactly did you mean when you said, "Amen, Pharaoh?"

His host replied, "I was telling you to let my people go!"

> Pat Armstrong

INTERESTING FACTS ABOUT OLD COINS

Many years ago, as a bank teller, I became interested in coins (numismatics) and my interest has continued to the present. Coins have a long history, dating back to the ancients, when gold and silver were used, both in coinage as well as in decorative art and implements. Today, old coins, particularly gold and silver, are becoming great investments and tend to appreciate in value. As one who has appraised many collections, I would alert residents who have coins not to just cash them in to bank but look at the dates as there may be more value in the

metal. Here are a few hints to help you evaluate:

Any half, quarter or dime dated before 1965 is comprised of 90% silver and is worth nine (9) times its face value on today's market. Kennedy halves dated 1965-1969 have 40% silver in them and are worth at least \$1.00 each.

Nickels dated 1942 - 1945 with the mintmark over the Memorial on the reverse have 35% silver in them are worth at least three (3) times face value.

So, a word to the wise....take a quick look at your change or the old coins you may have lying around before you take them to the bank. You may have more value than you think!

For anyone who enjoys trivia...here are a few facts about GOLD:

Gold is malleable. An ounce of gold can be hammered to a thin sheet of at least 100 square feet.

An ounce of gold can be stretched into a thin wire more than 5 miles long.

Electrical conductivity is 71 times that of copper.

24 karat gold is pure and can be obtained only through processing and refining.

>Don Myers

HAND MADE BIRDHOUSES

Jim Arrington likes to build unusual and good-looking birdhouses for his and Gretchen's Sunnyside yard. He paints them cheerful colors, put them on a tall post and hopes the birdies will be attracted. So far, it is beginning to work. Working in his garage workshop, (his "Man Cave"), he likes to follow patterns, cut out the complicated parts from lumber, and do unusual techniques such as sawing and gluing curvy pieces together, scoring plywood in order to

make it arc, and bending wood using a weight device.

Stop by when you want to take a closer look and he and Gretchen will show them to you.

Lately he has been working on a different sort of humming bird feeder. This he will add to the hand built bird feeder and suet rack.

> Gretchen and Jim Arrington

WHERE TO EAT

Like barbeque? One of our favorites is right up the road at Quarles! Surprisingly good BBQ sandwiches, two for less than \$5! We understand this is a popular spot for Massanetta employees who run up there for lunch when meals are not served at Massanetta.

> Dick and Virginia Bethune

Pat and I are closet Asians, I think, because we've developed a passion for all Asian food, especially Thai. Moving to Sunnyside caused us concern, moving further away from the wonderful Pilin Thai in Falls Church (where we STILL go about once a month!), and even the very good Sucilee's in Old Town Winchester.

Not to worry. We were advised early on of the Taste of Thai, which we've now visited thrice. The menu (see <http://tinyurl.com/pjtjbl>) there is quite large, including some dishes we've not seen anywhere else, and the portions are HUGE - we recommend sharing a dinner entree, or even concentrating on appetizers! Be prepared to eat, not converse, however - it's VERY noisy! (Seems to cater to college students, all of whom must be hard of hearing . . .) Better, we think, is the tiny Thai Flavor, a little mom-and-pop place hidden on Kenmore Ave., just off East Market Street - you can read their menu on their website, <http://tinyurl.com/o2ezke>. This is our favorite, by a long shot. The owner's brother runs a third place, Thai Cafe, which is MUCH smaller, located in the strip mall off Neff Street. It has a much smaller menu, and the cooking seems a bit Americanized, possibly to cater to JMU students, but it's still "OK".

>Jim and Pat Kellett

WAYS TO HAVE A GOOD DAY

- Smile
- Think in Positive Way
- Talk in Positive Way
- Avoid Irritating People or Places
- If you don't like shopping, use catalogs
- Surround yourself with positive people
- Eliminate unnecessary stress
- Set boundaries politely. Let others know what you want to do and do not want to do.
- Talk about your feelings. Let someone know if you are having a tough day.

>Gretchen Arrington

RAIN GARDENS

Among the recommendations the Green Committee is presenting to the administration is the installation of rain gardens throughout the campus wherever and whenever possible, as costs permit.

Much of the following was taken from the Virginia Department of Forestry's website - <http://www.dof.virginia.gov/rfb/rain-gardens.shtml>. Googling "rain gardens" can obtain much more information on the Internet

A rain garden is a man-made depression in the ground that is used as a landscape tool to improve water quality. The rain garden forms a "bioretention area" by collecting water runoff and storing it, permitting it to be filtered and slowly absorbed by the soil. A nutrient removal or filtering process takes place as the water comes into contact with the soil and the roots of the trees, shrubs and vegetation. This process accounts for the improved water quality. The first flush of rain water is ponded in the depression of the rain garden, and contains the highest concentration of materials washed off impervious surfaces such as roofs, roads and parking lots.

A rain garden is not only an efficient method of cleaning water runoff, they can also be aesthetic features enhancing the beauty of our campus here at Sunnyside.

There are ample opportunities here to install rain gardens. For example, there are a number of parking lots that cause runoff that contain toxic materials from automobiles, especially soot from tailpipes and oil drippings from automobiles. Some of this pollution is drained directly on to the grounds and storm drains capture some, which eventually is emptied into a watershed, which pollutes Virginia's streams, rivers and eventually the Chesapeake Bay. Sunnyside would be doing our state a great service by cleaning up this runoff before it makes its way into its waters. Other places on campus where rain gardens might be installed are in the rainwater runoff catch basins, which can be found all around the campus. Related to this are in the junctures of the many swales (swales are the small ditches dug throughout the campus to divert rain water around buildings). In fact there is a junction of two swales near my house, which would be a perfect location for a rain garden.

Rain gardens can be of almost any size. I've seen one that couldn't have been more than six feet wide and eight feet long, if that. Rain gardens offer the opportunity for mini-landscapes. They can support a variety of plant species and can be a habitat for birds and small amphibians. As I mentioned before, the installation of rain gardens on our campus would enhance our already beautiful surroundings.

> Jim O'Hear

DID YOU KNOW?

That Sunnyside has 529 wonderful residents in 400 occupied quarters. There are 200 residents in the Village, 71 residents in the Highlands, 70 residents in Pannill Health Care, 34 residents in Eiland Assisted Living, 18 residents in Lakeview and 9 residents in the Terrace.

There are 125 couples (two with dependences) and 277 singles. Miller is the most popular name.

If you went into any average community in our country and randomly selected 529 people they couldn't compare to Sunnyside. We have more ministers, more advanced degrees, more nurses,

more business executives, more small-business owners, more church leaders, more veterans, more volunteers and we care for each other.

All of our men are good looking.

All of our women are beautiful.

All of our grandchildren are way
above average!

> Whit Scully

. . . The shipping office here at Sunnyside can take your packages for UPS. Also, someone can mail a package to you here at the institutional rate, *if it's delivered to the shipping office here.* (If you want to mail a package to yourself to FL and have it returned here, Lisa Deeds in Shipping/Receiving can complete a form that will allow the parcel to just be dropped-shipped prepaid at a UPS station before it's returned here!)

. . . That you can dial residents at King's Grant and Summit Square just by dialing the last 4 digits of their phone number?

> Virginia Bethune

TECH TALK (FROM A TECHIE-NOT!) The Kindle

I knew the first time I saw it on Amazon.com that I wanted it. It was costly, and I pondered for, oh, maybe two minutes, before tapping the "Buy It" button. The return message said, "Get in line." Deflated, I returned to my hardback novel, and settled in. After a month or so, the UPS man brought my new toy and I was ecstatic. My Kindle had arrived!

A Kindle, you ask? Yes. It's what they call an "e-book", a wireless electronic reader. It's a device that allows you to download books directly from Amazon and begin reading them within seconds. The Kindle is about the size of a paperback with a screen similar to a computer's except it's not backlit and is easy on the eyes. Mine came with a leather folder that makes it comfortable to hold. But instead of turning paper pages, I just touch a button on the side to go forward, or backward. I can

also adjust the size of the print to suit my own eyes. AND *ta da!* It has a built in dictionary. I haven't looked up so many words in years. Two clicks and there is a definition for that word I'm vaguely familiar with (or not) and I no longer have to rely on context alone. (Of course I own a dictionary. It's the size and weight of a cement block and resides, collecting dust, on my bookshelf.)

Is the Kindle hard to use? No. You just press two buttons simultaneously to turn it on. Then there is a little roller thing you can press to bring up a menu. From that you can shop in the bookstore, selecting best sellers from the New York Times list, or classics, or romances, or mysteries, or biographies, or anything else you might desire. Move the little roller thing to your choice and press it again. Up comes a page that tells all about that book; the synopsis from the publisher, a link to the reviews, how much it costs (\$9.99 for most new books, less for older ones), and, my favorite, a sample. Yes, you can download a sample of the book itself for free. Makes choosing a book fairly foolproof.

My tactile friends argue they couldn't give up the feel of a book, the sensation of turning pages, etc. I just think of all the trees I'm saving.

Others ask what happens to the book when I'm done with it. The Kindle memory holds hundreds of books in the device itself. They can also be transferred to the limitless Amazon memory. I have about 75 books there that I've acquired in the 14 months I've had my Kindle. If I want them back, no problem, just a punch of that little roller thing returns them within seconds.

Lest my library friends think I'm betraying them, let me say that I've spent many happy hours visiting libraries, working in them, and being grateful for their existence. Nothing can ever replace them or their importance in our society. But for this insomniac who panics when I don't have a new book readily available to me at 1 a. m., the Kindle is a dream come true.



Photo by Nikki Fox, Daily News-Record (Used with permission)

> Gail Kiracofe

SOMETHING ON THE LIGHTER SIDE!

Just before the funeral services, the undertaker came up to the very elderly widow and asked, 'How old was your husband?' '98,' she replied. 'Two years older than me' 'So you're 96,' the undertaker commented. She responded, 'Hardly worth going home, is it?'

Reporters interviewing a 104-year-old woman: 'And what do you think is the best thing About being 104?' the reporter asked. She simply replied, 'No peer pressure.' The nice thing about being senile is You can hide your own Easter eggs.

I've sure gotten old!

I've had two bypass surgeries, a hip replacement, New knees, fought prostate cancer and diabetes, I'm half blind,
Can't hear any thing quieter than a jet engine,
Take 40 different medications that make me dizzy, winded, and subject to blackouts,
Have bouts with dementia,
Have poor circulation,
Hardly feel my hands and feet anymore,
Can't remember if I'm 85 or 92, and
Have lost all my friends. But, thank God,
I still have my driver's license.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take

an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

My memory's not as sharp as it used to be.
Also, my memory's not as sharp as it used to be
Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, 'For fast relief.'

MEET YOUR NEIGHBORS

Ed/JoAnne Riedesel

This story begins a long time ago when my Grandpa Ed walked into a jewelry store and proposed to my Grandma Jo. At the time he was a student at Kent State University in Ohio, and Joanne was a student at Waynesburg High. After a yearlong engagement they were married on August 2nd, 1953 in Canton, Ohio. This upcoming August they will be celebrating their 56th wedding anniversary.

This past week my grandparents have stayed with me at my home in Chapel Hill, and they suggested that I write a short history of them to share with you, the Sunnyside community. Here are a few things about them that I have learned over the 14 years I have been alive.

My grandfather, Ed, was born in Idaho in 1930, and my grandmother, Joanne, in Ohio in 1934. After college Ed went on to seminary in Pittsburgh. During his student pastorates in Centerville and Key, Ohio they had their first child, my aunt Linda. Two other daughters came in the following two years, my aunt Brenda and then my mother, Sonda. In 1960 their only son came along, my uncle Mark, and then a few years later their last child, my aunt Marsha.

My grandpa Ed was first a pastor at Presbyterian churches in Newcastle and Washington, PA. Then he started a new church development in the Space Coast of Florida where my grandparents ended up staying for

nearly forty-two years. Twenty-seven of those years Ed spent as pastor of the Church of the Good Shepherd in Melbourne. During those years Ed received three master degrees and the Doctorate of Ministry degree.

My grandma Jo received an associate degree in child development. She worked for more than twenty years in childcare with HeadStart and before and after school programs.

During their years of work outside the home, they also raised 5 kids! Personally I think all that they have done is pretty amazing and I am sure a lot of others could agree with me.

One of my grandparents' main interests is traveling. A few of the places they have visited are the Holy Land, Northern Ireland, Italy, Switzerland, Germany, Korea, and Taiwan! In September they will take a cruise in Alaska.

About a year ago Grandma Jo and Grandpa Ed moved to your community of Sunnyside. Since then they have been very interested in gardening, and they say it is *very* different from growing plants in Florida. As well as gardening, they enjoy volunteering at Sunnyside and escorting bus trips around the beautiful Shenandoah Valley. They take advantage of educational programs at JMU and EMU and like to participate in exercise and fitness programs. They also enjoy the cultural diversity of the area and the community involvement of their new church. When I was visiting them over Easter break, I was able to witness them becoming members at Trinity Presbyterian Church.

Jo and Ed are loving parents and grandparents who have five children and eleven grandchildren, as well as one great grandchild and another one on the way. They are very proud of all of their children, grandchildren, and great grandchildren. I know I can say I am proud of being their granddaughter!

> Alyssa Oppewal
Loving Granddaughter, Age:14

DESIDERATA

We thought it would be noteworthy to mention that Dr. Tom Are, the son-in-law of Bob Wells, will be one of the preachers at the Massanetta Bible Conference. Tom is the senior pastor of Prairie Village Presbyterian Church in Kansas, a 9000 member church in the Presbyterian Church of the USA, one of our largest. Tom's wife and children have also helped at Middle School Conferences here.

Also, Fred Holbrook, Executive Director of Massanetta Conference Center is Bob Wells' son-in-law, too, married to Laura, Bob's daughter!! Small world, eh?

> Virginia and Dick Bethune

THE SENILITY PRAYER :

Grant me the senility to forget the people

I never liked anyway,

The good fortune to run into the ones I do, and

The eyesight to tell the difference.

Always Remember This:

You don't stop laughing because you grow old,

You grow old because you stop laughing!!

Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers. They include:

Bobby Darin --- *Splish, Splash, I Was Havin' a Flash.*

Herman's Hermits --- *Mrs. Brown, You've Got a Lovely Walker .*

Ringo Starr --- *I Get By With a Little Help From Depends.* The Bee Gees -- - *How Can You Mend a Broken Hip..*

Roberta Flack--- *The First Time Ever I Forgot Your Face.*

Johnny Nash --- *I Can't See Clearly Now.*

Paul Simon--- *Fifty Ways to Lose Your Liver*

The Commodores --- *Once, Twice, Three Times to the Bathroom.*

Marvin Gaye --- *Heard It Through the Grape Nuts.*

Procol Harem--- *A Whiter Shade of Hair.*

Leo Sayer --- *You Make Me Feel Like Napping.*

The Temptations --- *Papa's Got a Kidney Stone.*

Abba--- *Denture Queen.*

Tony Orlando --- *Knock 3 Times On The Ceiling
If You Hear Me Fall.*

Helen Reddy --- *I Am Woman, Hear Me Snore.*

Leslie Gore--- *It's My Procedure, and I'll Cry If I
Want To.*

And Last but NOT least: Willie Nelson --- *On
the Commode Again*

> Judy Miller

SAM HART'S MEMOIRS - Part II

Trip to Richmond

My brother, who is 28 months older than I, can recall things beyond my memory. I do not remember either of my grandmothers though we have a picture of my brother and me taken at Ashlawn with grandmother Link.

One of my earliest memories is a visit to Richmond, my birthplace, when the barber promised me a ride up in the barber chair if I kept still. I can still visualize going to a birthday party at Lupton's who lived at the slate quarry. She taught school at Overton. They had three daughters: Mary Hunter, Eloise and Helen about the same age as we. I suppose Bernard Blake was there too. He was our closest companion in the early years.

Chickens and Children Don't Mix

As little boys, mother would give us our supper early. I would sometimes take food out in my hands only to have the roosters in the yard take it away. As the chicken house was in the yard, they had free range over the lawn. The grass made for orange egg yolks.

Aunt Mary

Mother often had a black lady, old Mary whom we called Aunt Mary to help her with the housework. She lived with Aunt Susan Lewis on the upper end of the farm. She would often hold me in her lap as she churned

the butter in the back cellar and sang.

Visiting Cousins

While I was still preschool age I recall the visit of our cousins, the Slater girls, from Savannah, Georgia. Dad's brother James was a Pharmacist there. His daughter, Mary Louise, was their mother. We enjoyed having them to play with. They marveled at the hills. It was past understanding that there was anyone who had never seen hills nor had ever seen snow.

Their grandmother, Aunt Lena, sometimes visited us in the Summer. I only remember Uncle Jim coming to Brookside one time. When he died I was given his gold Elgin Watch. It was intended that my name be engraved on the inside cover but they put Samuel James Hart which was his name.

The girls, Shirley, Kristy and Hart were back for a visit when they were high school age. I was quite smitten with Kristy. They married and we lost track of them. Forty years later our family visited Orlando Florida in a home exchange. We knew cousin Mary Louise was nearby in Winter Park and her daughter Kristy also. We visited her several times. She was delightful. We never saw her daughter who died shortly after we were there.

To Be Continued...

Your Volunteer Staff:

Where to Go: Pat Armstrong
Meet Your Neighbor: Pat Armstrong
Music: Virginia Bethune

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