

# "Tips and Tales"

February, 2010

*An Irregularly Published Independent Screed 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: 678-4798

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).*

## **OH! WHAT A BEAUTIFUL SNOW December 19, 2009**

If you were an early riser and looked out the window to see the landscape turning white you probably remembered when you were young and anxious to go out and play in the snow. Now you're retired and can also remember shoveling the sidewalks and driveways, and the heavier the snow the less you liked it. But now that you're at Sunnyside you can appreciate the white landscape and know that the Buildings/Grounds Directorate will take care of everything. The 13 staff members have been briefed and each knows their specific job. All the snow removal equipment has been prepared. The necessary amount of salt is on hand.

Here at Sunnyside when there is one inch of snow on the ground the snow removal plan is activated. If it is snowing at night the guard calls maintenance whenever there is one inch on the ground. The first priority is clearing the road from the entrance to the ambulance dock. The second priority is to be sure that all the staff can come on duty. If necessary our four-wheel trucks will pick the staff up at their homes While the staff are being picked up, the snow is removed from the main employee

entrances, the Corson Lobby and Highlands entrance.

The weatherman is always right when he predicts snow but he is not always right as to the location and amount of snow. This time 6 to 8 inches was predicted and maybe up to 12 inches.

*Let's be clear - **this storm turned out to be a biggie!!** The National Weather service reported between 18" and 24" fell in various locations in Rockingham County on December 19; compare that with the all time 24 hour snowfall record in Virginia, which was 33" on March 6, 1962, in Big Meadows (of all places!).*

>Ed.

The next part is to clear all the major roads within Sunnyside and then clear all of the supply docks so that food and medical necessities can be delivered. While keeping the major roads open, driveways and entrances are cleared.

If the snow continues to fall and is very heavy,

like what happened about 10 days before Christmas, the crew is divided into two teams and they stay on campus using vacant rooms and only got home when they could. It was not unusual to clear the same locations two or three times to keep everything open and safe.

Do you remember when you shoveled snow? When you got cold you just came inside, had a cup of hot chocolate or coffee and got warm? Not the Sunnyside crew, they came in when they needed refueling!

We watched as the snow continued to accumulate and the winds continued to blow. Some of the drifts were 4 or 5 feet high. The snow clearing continued until the snow stopped falling and the sun came out.

While the snow clearing was going on all the normal functions within Sunnyside were able to continue. Residents were cared for. Meals were served. If doctor's offices were open, residents were driven to their appointments. Clinics continued their appointments. Deliveries were received. Normal maintenance continued. Resident volunteers could continue their work and be driven to the appropriate location.

A major concern of the Sunnyside staff in snowy or icy conditions is that no resident or staff member slips and falls. The biggest help residents can do during times like this is to not go outside. If going someplace is a very high-priority please call Transportation or Buildings and Grounds.

Why is Sunnyside Retirement Community the best place for us to be? It's because our staff is always looking out for us. We depend on them and very much appreciate their professionalism and their dedication.

>Whit Scully

## **WRITE YOUR STORY**

Before Christmas last year, Helen, my grandparent partner, called our daughter,

Julie, and asked what she thought our grandkids would enjoy for Christmas. A few days later we got her answer. Grandson Daniel wanted grandpa to write his stories. Whenever Daniel and his brother Matthew visited they would always ask me to tell stories of when I was growing up and when I was in the service. I was always happy telling stories about something I experienced and because I knew I had their attention for about 20 minutes. But writing a story on paper was another challenge.

Shortly after Christmas, as if by mental telepathy, Doris Alger, Special Events and Trips Coordinator in the Activities Department, was organizing a "Write Your Story" group for residents. About 10 or 12 residents turned out for the first meeting. Doris introduced the instructor who told us she taught writing classes in high school and was a reviewer of books for a book company and that this was her first class with senior citizens. We thought that was okay because this was our first experience in writing. She recommended a small book on how to write your story and for the first several sessions we discussed the principles of good story writing. One of her major points was that readers must get a picture in their mind of your story. After several weeks she announced that she had taken a job and could no longer be our instructor. Everyone felt that we had a pretty good start and were enthused to continue on our own.

We've been meeting every Tuesday at 7 PM in the arts and crafts room in the Highlands for the last seven months. There are six or seven original members and periodically we have new residents attend to see if they are interested. We are very informal, have no rules and there are no tests. Generally everyone writes a short story, reads it to the group and asks for suggestions on how the story could be improved.

There are several unanticipated benefits in meeting with a group of story writers. As a procrastinator, it forces me to be prepared for Tuesday night. When listening to the other stories it stimulates my "rememberer". Listening and talking about stories sure helps us to get to

know each other and recognize the similarities and differences in our lives. Our stories are actually more like our autobiographies, something we can pass on to the next several generations. Can you imagine your eighth generation progeny reading that it took your great-great grandparents five months to get to California when they are traveling to the moon in two hours and 30 minutes! They will only get the personal history of their ancestors because we tried our best to "Write Your Story".

Please join us, we help each other. . .

> Whit Scully

### WHODUNIT?

Someone made some truly delicious "Christmas Cookies": for the Bake Sale. They were full of nuts, fruit, and oatmeal. Would you share the recipe??

> Sally Meeth

### RULES TO GET OLD BY

Written By Regina Brett, 90 years old, of "The Plain Dealer" Cleveland, Ohio. "To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:"

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone..
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God.. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.

12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. No one is in charge of your happiness but you.
25. Frame every so-called disaster with these words "In five years, will this matter?".
26. Always choose life.
27. Forgive everyone everything.
28. What other people think of you is none of your business.
29. Time heals almost everything.. Give time, time.
30. However good or bad a situation is, it will change.
31. Don't take yourself so seriously. No one else does.
32. Believe in miracles.
33. God loves you because of who God is, not because of anything you did or didn't do.
34. Don't audit life. Show up and make the most of it now.
35. Growing old beats the alternative -- dying young.
36. Your children get only one childhood.
37. All that truly matters in the end is that you loved.
38. Get outside every day. Miracles are waiting everywhere.
39. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

- 40. Envy is a waste of time. You already have all you need.
- 41. The best is yet to come.
- 42. No matter how you feel, get up, dress up and show up.
- 43. Yield.
- 44. Life isn't tied with a bow, but it's still a gift.

**THE DECEMBER 7 FLAG CEREMONY**

At 11:00 AM on December 7 Sunnyside remembered Pearl Harbor as two non-veterans, Doris Field and Homer Cornish along with veterans Charlie Cowsert, Bill Claytor, Bob Field, Rai Schmalz, and Dick Young took part in a brief flag ceremony at the Highland flagpole. Homer played taps as Dick slowly lowered the flag to half-mast. In the closing prayer, Bob Field remembered those who gave their lives there, as well as the hundreds of thousand others who gave their lives in service of their country during WW II.

The flag used in the ceremony was flown over Pearl Harbor on December 7, 1987, and was given to Dick by Senator Bob Byrd of West Virginia, as Dick was then the interim pastor of the Milton, WV Presbyterian Church, and was also national chaplain of the Pearl Harbor Survivors Association, a position he held from 1984 until 2004.

>Dick Young

*There are several members of "America's Greatest Generation" residing in Sunnyside - - and their stories would be most treasured as contributions to "Tips and tales". Please consider writing something!*

*> Ed.*

**MORE ENVIRONMENTAL TIPS**

\*When printing documents - either from your computer or on a copier - use both sides of each sheet of paper.

\*If you build shelves, etc. out of wood, use FSC (Forest Stewardship Council) certified materials. Both Lowes, and, I think Home Depot, sells these materials.

\*Turn off all electronics (TVs, computers, etc. at the source.) Power flows to the device even if you've turned it off at the off switch.

\*Take 5 minute showers whenever possible and use low-flow shower heads to save water.  
>From the Green Committee

**PLACES TO GO**  
**Virginia Quilt Museum**

**Mission:** The Virginia Quilt Museum exists to celebrate and nurture Virginia's quilting heritage by collecting and preserving quilts from Virginia for the benefit of the public for educational purposes, to be accessible to them through regular exhibition and maintained for future generations. The museum focuses on the role and significance of quilts in social and cultural history and emphasizes the aesthetic value of quilting as an art form while facilitating research in the fields of history and art.

**Quilts:** The Museum's Permanent Collection consists of over 250 quilts dating from 1806 to the present. The quilts represent the many styles found throughout quilting history: whole cloth, Baltimore Album, friendship, crazy quilts, redwork, applique, traditional pieced patterns, feedsack quilts and contemporary art quilts. Each quilt is an important part of our quilting heritage and each has its own story to tell. The museum has complete collections as well as individual acquisitions. There is a small admission fee.

**Location:** 301 South Main Street, Harrisonburg, VA 2280

**Regular Hours of Operation:** Tuesday - Saturday :10am-4pm

**The Museum is closed** Sunday and Monday; Major holidays; Four days between exhibitions

## MARKETPLACE

(Places Residents Have Found Useful)

Brass refinishing: Near Sunnyside, on Boyers Road

Nice laundromat: Near Advance Auto/Big Lots on Rt. 33

Hess Furniture: on Liberty St., will buy furniture  
Gayle's Market in Penn Laird: WONDERFUL wafer-thin sliced country ham and fresh country eggs

SPCA: old clean mattress pads, sheets, etc. useful for pets

Brass and wood refinishing: Donald Shanholtzer, 140 Boyers Rd. (about 5 min. from Sunnyside), 433-8717 Caution: watch traffic when turning into/backing out his driveway.

> Virginia Bethune

## THE LADY BLACKSMITH

From early childhood, I have seen or heard of the strength of women in my family. For example, my mother used tools in her kitchen drawer to fix just about anything needing to be repaired. Her mother had the ability to move just about anything. House cleaning involved moving the tall bookcases, with books in place by prying up on one end, slipping in short lengths of broom handles and then prying the other end of bookcase so it would roll away from its place to clean behind it. She even moved a large rock to be an attractive object in the front yard. My grandfather had been crushed in a railroad accident and could not help her.

When I researched my mother's ancestry, the first of her relatives in this country were Mathias Spangler and his wife Julianna Smurr. He was a blacksmith in Fredericktowne, Maryland and his residence was where the Frederick county courthouse was later built. He moved to the new town of Sharpsburg in about 1766. Mathias took an active part in the Revolutionary War. His son, Mathias II, is

reported to have been told his father's leg was crushed during the war and that he was crippled the rest of his life. His will was dated March 4, 1781. When he died, he left his blacksmith tool to his wife so she could continue to support the family! There were 8 children when he died and another was born later that year.

>Celia Mc Clinton (Highlands)

### **HAPPY BIRTHDAY MOM**

*November 25, 2009*

*Today is my Mom's 91<sup>st</sup> birthday. Mom has been so good to my four brothers and me. In the past she was a stay at home mom when we needed one; then she went back to work as we grew old. At one point, I actually had her for a substitute teacher in high school. Mom also went on camping trips, led cub scout packs and taught us all to cook, do laundry, iron our own clothes, grow things in the garden and preserve them via canning or freezing.*

*Today she is still the active leader of this clan. She pays her bills online, sends and receives emails and stays on top of the issues of the day. Sunday she will make her annual pilgrimage from Virginia to Florida. While she drives herself locally, my brother, Chuck, will drive her on the long distance commute.*

*I want to thank Mom for teaching me the meaning of grace. I have always said that the best friends are those who know all about you and love you anyway. That is my Mom.*

*Thanks Mom. Happy Birthday.*

*> Brian McClinton (Celia's son)*

## **HISTORY: THE SUNNYSIDE STORY**

### **The Beginning, 1912-1929**

Sunnyside Home was chartered in Danville, Virginia, in 1912. A group of concerned Presbyterians saw a need to provide housing for aging ladies. The "Home" was organized under the auspices of the Synod of Virginia. One of the first orders of business was to call upon the churches of the Synod for funds to establish the home. Mr. C. W. Maxwell was authorized to use as much of those funds as necessary to visit prospective cities to find a suitable location for the "Home." Funds were slow in coming but the board remained dedicated to the cause. It was noted in the minutes of October 1914 that \$90.00 was disbursed and used to aid a needy widow.

Finally, in September of 1920, a communication was read from Mrs. Alice Burton pledging \$2000 toward the building of a home. In 1921 Mr. John T. Watson donated a lot on Virginia Avenue in Danville as a site for the location of the home. Mr. Watson was directed by the board to order lumber and to arrange to secure a loan to build the "home." In August 1921 it was moved and carried to appeal to the Women's Auxiliary of the Synod to finance and equip the building. In 1923 Mr. Watson donated a lot joining the property so the home might be expanded.

### **Original Sunnyside Home (Refurbished), 1921-1929**

A charter was obtained in January 1912 to incorporate Sunnyside Home. In 1921, the first Sunnyside Home opened in Danville, Virginia.

In January 1929, the board met and formally acknowledged the receipt, by bequest, of Mrs. Alice Burton's lovely Victorian Home complete with furnishings and \$10,000 to perpetuate

the Sunnyside Home. Later that year, authorization was given to make an addition to the "Alice Burton Home" and to sell the Virginia Avenue property.

### **Sunnyside Home Relocates, 1929-1955**

In the late 1920's, Mrs. Alice Burton of Danville bequeathed her Victorian home to Sunnyside's ministry. Dedicated in September 1929, "Alice Burton Hall" became the second Sunnyside Home and served as Sunnyside until the move to Harrisonburg in 1955.

### **Sunnyside Moves to Harrisonburg, 1955**

The need for larger, more modern accommodations led to the Harrisonburg location. Through a successful capital campaign, construction began February 3, 1954, on a six-acre site offered by the Massanetta Springs Bible Conference. On October 18, 1955, the first twenty guests arrived from Danville to the newly named Sunnyside Presbyterian Home.

>Taken from the Sunnyside Website by Pat  
Armstrong

## **HOW TO GIVE YOUR CAT A BATH**

Thoroughly clean your toilet. Add the requisite amount of shampoo to the toilet water.

Lift both lids.

Obtain cat and sooth him while you carry him towards the bathroom.

In one smooth movement, put the cat into the toilet and close both lids. You may need to stand on the lid so that he cannot escape. CAUTION: do not let any part of your body get too close to the edge as his paws will be reaching put for any purchase they can find.

The cat will self-agitate and make ample suds. Never mind the noises that come from your toilet, the cat is actually enjoying this experience.

Flush the toilet three or four times. This provides a "power wash and rinse" which I have found to be quite effective.

Have someone open the door to the outside and ensure that there are no people between toilet and the outside door. Stand behind the toilet as far as you can and quickly lift both lids. The now clean cat will rocket out of the toilet, and run outside where he will dry himself.

>Sincerely, THE DOG

## **INTERVIEW WITH BUD AND BETTY LONG (GLEN LEA LANE)**

Full Names and Nicknames and where you were born: Orville Lee (Bud) Long and Betty Jean Huffman Long Betty was born in Luray, Va. Bud was born in Keezletown, VA. Both were born to farm families and were raised on farms.

Children and where they live: Stephen J. Long lives in Richmond VA with his wife Laura. He is an environmental manager with VDOT. Cristy lives in Keezletown, VA with her husband, Tim, and three sons. Cristy is a Nurse Educator at RMH.

Grandchildren: Kyle is a recent graduate of VA. Tech. Jeffrey is studying Criminal Justice at Blue Ridge Community College. Jeremy is a Jr. at Spotswood High.

Where you met: My roommate at the nursing school introduced me to Bud. She had dated him previously.

Your Professional Work: Bud is retired after 30 years with the VA Dept of Forestry. He has worked part time as a forestry consultant since that time. Betty is a registered Nurse and has worked off and on in many phases of nursing. Her favorite is Surgical Nursing.

Interests and Hobbies: Bud likes to follow his lifetime work and enjoys all outdoor activities, hunting, fishing, camping etc. He spent many years refinishing old furniture. We have spent many hours attending sports events with our

grandsons. Sometimes we have three games to go to at one time. Betty enjoys volunteering, counted cross-stitch, (mainly P. W. Moss patterns), playing handbells and many other church activities.

Last Book Read: Bud just finished "Life in Appalachia". Betty just finished a seven book series by Debbie McComber.

Church Family and Involvements at Church: Both have been very active in church at Massanutten Presbyterian Church and served as elder, deacon, greeter, usher, teaching, women's work, and any other things that needed to be done

Volunteer work: Bud's volunteering at Sunnyside consists of helping with communion in health care, working with the furniture sale twice a year, and feeding the fish daily in the Glen Pond. Betty has been volunteering at Sunnyside since 1991 doing such things as feeding, accompanying residents on trips, transporting residents to the beauty shop and other activities, helping with communion in the health care area, furniture sale, and anything else when she is available. They also do volunteering at our church.

Favorite Motto for Living: Betty says live each day as if it were your last. Bud says Trust in the Lord and keep busy.

>Submitted by Pat Armstrong

## **COMPUTER CLUB NEWS**

Many of the Sunnysiders in the Computer Club feel only the deepest love and affection for the way computers have enhanced our lives, but also have a keen sense of humor. Here's some "useful" information to share:

At a recent computer expo (COMDEX), Bill Gates reportedly compared the computer industry with the auto industry and stated, 'If GM had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1,000 miles to the gallon.'

In response to Bill's comments, General Motors issued a press release stating: If GM had developed technology like Microsoft, we would all be driving cars with the following characteristics (and I just love this part):

1. For no reason whatsoever, your car would crash.....Twice a day.

2. Every time they repainted the lines in the road, you would have to buy a new car.

3. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.

4. Occasionally, executing a maneuver such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.

5. Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive - but would run on only five percent of the roads.

6. The oil, water temperature, and alternator warning lights would all be replaced by a single *'This Car Has Performed An Illegal Operation'* warning light.

7. The airbag system would ask *'Are you sure?'* before deploying.

8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.

9. Every time a new car was introduced car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.

10. You'd have to press the 'Start' button to turn the engine off.

PS - I'd like to add that when all else fails, you could call 'customer service' in some foreign country and be instructed in some foreign language how to fix your car yourself!!!!

**Your Volunteer Staff:**

Where to Go: Pat Armstrong  
Do You Know?: Whit Scully  
Meet Your Neighbor: Pat Armstrong

Tech Talk: Jim Kellett  
Music: Virginia Bethune  
Proofreader: Richard Thomas