

# "Tips and Tales"

October 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

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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).

## **Editor's Special Request**

We're working on the December issue of "Tips and Tales" as you read this . . . and we would like to solicit stories of *your* personal experience as a member of our armed forces. We already have one article about a resident who was on his ship in Pearl Harbor in 1941 . . . and there are others who are members of "the greatest generation" as well as many more with service in Viet Nam, Korea, or other military service, and, of course, those of us with family still in the service. Please share your story of military service!

## **MORE ON RMH AND SUNNYSIDERS**

According to the August edition of "Tips and Tales," George Gardner was the first Sunnyside resident to be admitted to the new RMH for an overnight stay on June 28. I believe that distinction belongs to Herbert Hartman, Highlands, who was taken by ambulance to the new RMH on June 22 about 4 p.m. and was admitted for an overnight stay later that day. That's the day all patients were taken from the old RMH to the new RMH. Herb was discharged on June 25 but was readmitted on June 27 which meant he was admitted twice before June 28.

>Irene Hartman

## **EIGHTEEN THINGS YOU DIDN'T KNOW ABOUT RECYCLING**

- 1) Appliances: *Goodwill* takes working appliances. Also Google [www.recycle-steel.com](http://www.recycle-steel.com)
- 2) Batteries: Harrisonburg Public Works Dept. East Mosby Rd. Also Google [www.batteryrecycling.com](http://www.batteryrecycling.com)
- 3) Cardboard boxes: Contact local nonprofits and women's shelters or [www.Freecycle.org](http://www.Freecycle.org). (The easiest way is to join Green Earth's recycling service here at Sunnyside - call 540 801-8668, ask for Victoria)
- 4) CDs/DVDs/Game disks and PlayStation or Nintendo video game disks: To refurbish and reuse, Call *AuralTech* at 888-454-3223.
- 5) Take wearable clothes to *GoodWill*, donate wearable women's business clothes to Dress for Success (212)532-3223. Offer unwearable clothes and towels to animal shelters.
- 6) Contact City of Harrisonburg Public Works (540) 434-5928 for information on recycling.
- 7) Compostable bio-plastics: [www.findacomposta.com](http://www.findacomposta.com) - no locations found
- 8) Exercise videos: Swap for others at: [www.videofitness.com](http://www.videofitness.com)
- 9) Computers and electronics: *Computer Recycling of Virginia* in Harrisonburg - They'll take "anything that plugs into a wall".

10) Eyeglasses: *LensCrafters*.

11) Ink/Toner cartridges: *Staples*.

12) Foam Packing: Packing peanuts:  
*Local UPS store*

13) Offer unwanted items on  
*Freecycle.org* or *Craigslist.org*

14) Motor oil: *Cluster C L LLC* 540 434-888 or *City of Harrisonburg Public Works* – (540) 434-888. Many filling stations take used oil. Also some city dumps, like *Elkton's* or call (202) 682-8000 or Google [www.recycleoil.com](http://www.recycleoil.com)

15) Cell phones: *Collective Good* 770 856-9021 or donate at [www.donateaphone.com](http://www.donateaphone.com); Single line phones *Reclamere* 814 386-2977 or [www.Reclamere.com](http://www.Reclamere.com)

16) Sports equipment: Resell or trade at *Play It Again Sports Outlet* or call 1-800-476-9249 or [www.playitagainsports.com](http://www.playitagainsports.com)

17) Technotrash: It'll cost you \$30 but *Project KOPEG* will provide a ship free mailing box. Call 800 305-GREENDIS

18) Tennis shoes: *Nike's Reuse-a-SHOE* [www.nikeuseashoe.com](http://www.nikeuseashoe.com) or for the *One World Running* sends wearable shoes to athletes overseas [www.oneworldrunning.com](http://www.oneworldrunning.com)

## THE BAPTISM

This is a true story told to my husband and myself by a recently graduated seminary classmate. What makes it so humorous is the dry style in which he relayed the incident.

It seems that in the beginning of his ministry in an old section of Philadelphia, George had to start from the beginning. The church was old and in need of many repairs. This included the baptistry. Baptists baptize by immersion. The trustee in charge was steadily working to accomplish the tasks and assured George that all was well.

George had a lot of faith. On the morning of his first baptism, he donned his full gear and gown. The baptismal was opened. Only then he noticed the stairs to the pool floating in the middle of the pool.

The first candidate was a rather large woman who really needed the stairs, but she was advised to sit on the edge of the pool and with the help of the deacons she was lowered into the pool. George noted that if he immersed her backwards as planned, she would hit the back of her head (she was also tall) so he asked her to kneel. She did. He then immersed her to the Father, the Son, and the Holy Spirit. She then stood up.

While surveying the possibilities of how the task of getting her out of the pool would be accomplished, she exclaimed in a loud voice "Well now what does we do?"

The deacons came and as George described pulled and pulled until she was successfully extracted.

A few days later while George was walking down the street, a couple of teenage boys called out - "Hey preacher! You Baptists have the coolest services. When are you having another baptism?"

>Janice Sweeney

## SENIOR CITIZENS

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT the senior citizens who took:

The melody out of music,  
The pride of our appearance,  
The courtesy out of driving,  
The romance out of love,  
The commitment out of marriage,  
The responsibility out of parenthood,  
The togetherness out of the family,  
The learning out of education,  
The service out of patriotism,  
The Golden Rule from rulers,  
The nativity scenes out of cities,  
The civility out of behavior,  
The refinement out of language,  
The dedication out of employment,

The ambition out of achievement, or,  
God out of government and schools.

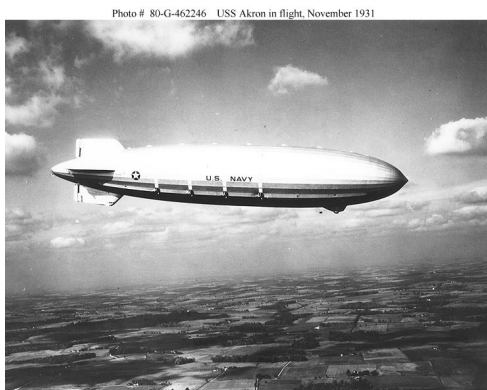
YES, I'M A SENIOR CITIZEN !

>Whit Scully

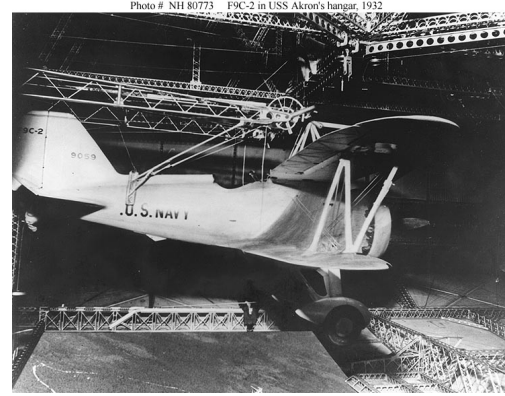
### **BLIMP EXPERT FRIGHTENED BY DIRIGIBLE**

I'm four years old and a blimp expert. I spot them quickly in the sky, point them out to everyone, call them by name, "Goodyear" and "Miami". I know where their mooring place is on the causeway, and I've watched them take off and land many times. When moored they sit on the ground on one tiny wheel. When they take off they nod back and forth, bounce and wiggle a little, then fly smoothly away. They look happy, like giant toys. I love them.

But three days ago something different appeared in the sky. I heard loud engines, looked up, and saw something many times bigger than a blimp. It was long and bright silver with eight engines sticking out of its sides. It moved slowly overhead while small airplanes flew in and out of a big hold in its belly. It did not look happy or friendly; it looked mean and mad and BIG.



What I had seen was the U.S. Navy dirigible U.S.S. Akron, the largest airship ever built. It was 785 feet long, 132 feet in diameter and 152 feet high, cruising speed of 55 knots and range of 5940 nautical miles, a flying air craft carrier that could store up to five airplanes and launch and retrieve them while in flight. I saw it fly over Miami while launching and retrieving 3 of its airplanes.



The Akron arrived in Miami on March 18, 1933, and was moored at Opa-locka Airbase, while continuing flights and target practice with its fighter planes. On one day of the four-day stay the Navy invited the public to come to Opa-Locka while it was moored for a real close-up look.

My uncle Jess, who was studying to get into naval aviation, took my mother and me to get that close-up look. When we got there we saw the Akron's nose tied to a large steel mast, and its bottom tail fin attached to a large flatbed railcar, sitting on a circular track around the mooring mast. This allowed the Akron to swing into the wind, making the mooring much safer. It was windy that day so the railcar would slowly move to keep the nose of the Akron into the wind. The rail car had about 30 Marines on it as they added more sand bags for weight and safety. We were able to walk right up to it for a close look.

My mother then says to me, "Oh, Sunny, look at all the Boy Scouts." While the Marines gave her dirty looks, my uncle quickly pulled her aside to explain the difference between Boy Scouts and Marines. So we all learned that day.

The Akron departed Opa-Locka on March 22 for Lakehurst, N.J. Anyone lucky enough to see the Akron or her sister ship the Macon witnessed an awesome and beautiful sight. And I'm sure all kept vivid memories of the experience.

The Akron made more flights out of Lakehurst, but tragically crashed at sea during a violent storm on April 4, less than a month after we saw her. Of the 76 on board only three survived. The rest died of exposure to the frigid water, compounded by the lack of life jackets or rafts on board, an unbelievable and unforgivable omission of two of the simplest and most available safety devices.

Two years later the U.S.S. MACON crashed in the Pacific during a storm. Most survived because now life jackets and rafts were on board and were used effectively. After the loss of the U.S.S. Macon, the Navy cancelled its rigid airship program, but still continued to use blimps until 1962.

In 1952 I was in the Navy, stationed in Key West. I was at the submarine base the day a sub using a line towed a disabled blimp back home from the sea after participating in anti-submarine maneuvers. The blimp was tethered to the sub's conning tower, nodding and swaying and still looking happy.

> Ed Porter

### **CHEATHAM ANNEX FOR RETIRED**

Herb and I had family invitations in Williamsburg for two consecutive Saturday nights this past June. A timeshare took care of one Saturday night but we needed somewhere else for the other. A nephew who is retired military and lives in Williamsburg told us about Cheatham Annex, a Navy installation. Set between the York River and the Colonial Parkway, it is on the outskirts of Williamsburg. We made our reservations about two weeks before we needed the three extra nights.

There is an exit off Colonial Parkway to the Annex. Route 199 circles much of Williamsburg; it stops about one mile from the main gate but, if you follow that highway, it takes you right to the main gate.

We had a two-bedroom cabin for the handicapped

with ramps at both front and back entrances. Each entrance had a porch with comfortable wooden chairs. There are no street lights except where streets intersect, but there is a sensor light on each cabin. Each cabin has a picnic table and outdoor grill.

The cabins are furnished like a timeshare would be - bed linens, towels, kitchen appliances (except no dishwasher), microwave, table that seated six for us, fireplace, TV in each bedroom and living area. There are no telephones in the cabins. The two-bedroom will sleep six by using bunk beds. The cabins, built around Cheatham Lake, are grouped in threes about 150 to 200 feet apart with about a 10- to 15-foot tall grove of trees between the next series. They offer from one bedroom to five bedroom cabins. They have RV sites and tenting sites. They plan to build 50 more RV sites, 16 more cabins, and 20 primitive campsites.

The base has an 18-hole golf course. The retired military in our group paid \$19 for 18 holes and cart;; otherwise it was \$24. There is an outdoor swimming pool, exercise rooms, playground for children, basketball and volleyball courts. They have a gas station, a small PX, and a medical station. Canoes can be rented for \$8 per day, kayaks for \$15 per day, fishing poles for \$2 per day.

The price in June, 2010, was \$89 per night on Friday and Saturday nights for the two bedroom and \$69 for Sunday through Thursdays.

A retired military person must sponsor any non-military person. My brother, Ernie, needed his car on the grounds but it was only a matter of us registering his car and giving names of our guests. They needed a valid driver's license and proof of insurance. Ernie was able to come and go on his own without any hassle.

The phone numbers for making reservations are:

Tent and RV Sites 757-887-7418

Cabins 757-887-7224

The address is:

Cheatham Annex

Bldg. 284 Chase Road  
Williamsburg, VA 23185

>Irene Hartman

## WRITE YOUR STORY

About a year ago some residents started a group to write their stories. One of the major objectives was to leave memories to family members.

For the first six or eight sessions we had an instructor who had been an English teacher and had edited several books. She quickly put us at ease by saying that anyone who could talk could write their story. She recommended a short "How To" reference pamphlet.

We started meeting every Tuesday night at 7 PM in the Highlands Arts and Craft room. With some simple principles on how to write a story, we all started. We agreed to write part of our story which we would read at our next class.

Some of our classmates had been writing their story for a long time. Many of us were starting from scratch. The first major principle we were taught was that the reader had to develop a picture in their mind of what the writer was writing.

This principle was tested when the reader asked the group for their opinions. First, the questions and comments were a great help in showing us that the picture we were trying to write may not have been totally clear. The second benefit of hearing someone else's story stimulated our brain to remember similar events. A third benefit was that reading the stories helped us to get to know each other and appreciate our differences and similarities.

After about six or seven weeks our instructor gave notice that she had to leave the area. We were enjoying our experience and enthusiastically agreed to continue on our own. We are lucky to have some residents at Sunnyside who have written their story extensively and would provide some guidance.

We have now been meeting for over a year and look forward to each meeting and listening and

learning from each story. In the beginning we did learn that there were two primary ways of organizing your story. One was to write your life events sequentially. (From birth, if you remember that event.) The second way was by individual special events which had a special impact on your life.

The "Write Your Story" group is very informal. We still meet every Tuesday evening at 7 PM, in the Highlands Arts and Crafts room. It's a great incentive to write your story for the next meeting, but it surely is not required. Most of us attend even if we haven't had a chance to write part of our story. We enjoy the camaraderie and the encouragement to continue writing our story.

>Whit Scully

## SUNNY TREASURES PERVADES OUR CAMPUS

Soon after I volunteered to help with publicity for Sunny Treasures I wondered how this group attracted so much talent and serve so many needs. Independence Day was approaching with enthusiastic obeisance to our Founding Fathers. Such is the prankster in me to wonder if Sunny Treasures might have a passel of Founding Mothers.

To my joy I found there were scores of Founding Mothers and a respectable number of Founding Fathers. I now realized that I needed some of the Founding Mothers to tell me the problems met by this daunting group. Mary Bradshaw volunteered to help me with chronicling the history of Sunny Treasures. The following is my understanding of her recollections.

Mary explained that there was only one problem: finding a place to put the gift shop. The Sunnyside Director and his assistant made available a room consisting of four bare concrete walls and lots of pipes. There was a plethora of willing volunteers with all the skills and talents needed to turn every need into an opportunity. We would love to tell you their names, but the editors of *Tips and Tales* would

need to cut down half the trees in the George Washington National Forest to supply all the paper needed.

The finished gift shop was colorful, inviting and packed with hundreds of "goodies". Hand-made artifacts made by residents such as sweaters, scarves, pocket book, art work from landscapes to pottery. The creativity of Sunny Treasures is a continuum from its beginning through today and into the future. The Christmas Gift Shop, open during the Apple Butter Festival, is a year round adventure. The day after the Festival Climax, the volunteer residents resume solicitation of donated treasures including, for example, childhood collections, fine pieces of porcelain and china, brass objects, baskets (old ones can be exceptionally valuable), tools, hobby item and occasionally something we can't identify.

One of our largest groups of friends is the hundred of residents who regularly donate the steady flow of gifts you buy for friends, family and for yourself.

To present these items attractively requires a wide variety of skills and experience: shop keepers, businesspersons, artists of all kinds and specialists to evaluate and price rare, unusual and high value items.

There are a dozen reasons why you should visit Sunny Treasures often (open Tuesday, Wednesday and Friday, 11:00 AM-4:00 PM). There are unbelievable bargains everyday, helpful staff who are also fun to chat with and movie DVD's that rent for \$1.00 for a full week.

There are furniture sales as often as we have accumulated enough items. As part of the Apple Butter Festival, we also have a bake sale, special seasonal gifts, a book and CD sale.

The biggest benefit of all within Sunny Treasures is the opportunity to make friends

with the continuing stream of talented and interesting residents while serving as a volunteer in our gift shop. We all know the fun of reaching out to make new friends. Serving in the gift shop is a rewarding experience.

>Frank Barch

### **MINI-RECIPE** **Individual pizzas**

Use the deli-style thin buns for small pizzas. Perfect crust!

>Virginia Bethune

### **DID YOU KNOW?**

The Resident Council has the following new officers:

President--Bob Long  
Vice President--Jim Stillwell  
Past President-- Jim Gilkeson  
Secretary--Jane Wood  
Treasurer--Kay Stillwell  
Administration--John Dwyer

The council meets four times a year. The next meeting will be on November 19th, 2010 in the Jefferson Room. The minutes of all council meetings are available to all residents and may be picked up from the receptionists at either the Highlands or the Corson lobby.

A revised issue of the Sunnyside Resident Council By-Laws will also be available at both receptionist desks on or about October 1, 2010.

>Whit Scully

#### **Your Volunteer Staff:**

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