

# "Tips and Tales"

February, 2011

*An Irregularly Published Independent Screech 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).*

## INDOMITABLE CHARLIE

One evening I was nearly catapulted from my seat by a series of deafening squeaks. My two cats reacted by bonking their heads together in their mad scurry to exit the area in opposite directions. After a prolonged interval came more deafening squeaks. "Aha! A mouse for sure," thought I.

The squeaking continued at varying intervals night and day as I searched in vain." Oh no! It may be a rat, 'I pondered. I finally set a humane trap to entice the fellow out with cheese. Apparently I was dealing with a gourmet, as I lured him with every choice mouse fare I could procure...even in a finer trap. Nothing was touched but the intermittent squeaks were driving me nuts...(O.K. I know...short trip).

I relocated my sleeping quarters while my once fearless cats avoided the basement except on brief searches when a squeak would send them helter skeltering back upstairs. I further succumbed to defeat by naming my houseguest "Charlie".

Then in my weakened mental state, brought on by one too many squeaks, I began to feel sorry for Charlie. After all he maintained a respectful distance when I loudly announced my brief visits to the basement, never once venturing out to

scurry across my path. Very respectful mouse, I supposed.

Then the big risk came when I put up a stepladder and plucked out ceiling tiles. Almost gladly, no mouse met me nose to nose.

But came a night I feared a shift in Charlie's life was inevitable. My fearless cat, Chessy, was back on the prowl. I heard wild venturing up and down the hall and stairs as I barricaded myself in a room. Poor Charlie would be no match for my Chessy.

I tried not to hear the battle royal going on but then came a familiar pawing at my door. Had Chessy brought me an offering of leftovers?

Then came a victorious "SQUEAK". Charlie lived. That could only mean my Chessy was a wimp in a cat's body. How humiliating for him.

I had given up on any help from the feline persuasion when I was speaking to a friend on my speakerphone. When a squeak was uttered, my friend informed me that Charlie was not a mouse but a chipmunk! My heart sank as I began to feel for the poor desperate chipmunk...named Charlie, of course.

I read up on chipmunk fare, checked his water daily, and almost welcomed him, as he was obviously tidy and no trouble, except for the operatic squeaks, which were at best unnerving.

But help was on the way. Sunnyside to the rescue with Stephen at the helm. He, too, had trouble noting the location of the squeaks. The squeaks were less piercing now, as I feared the indomitable Charlie was weakening from lack of nourishment. I hated thinking we were being outfoxed by a chipmunk..but then came a dim squeak right into Stephen's ear. It was a moment later that Stephen scrambled to a box, reached in and plucked Charlie from his unexpected nest ..a now defunct, (I thought) smoke alarm.

Dear Charlie with one final squeak will forever be the indomitable Charlie,.. a battery gone berserk...kind of like me now. But at least I can still applaud my cats as fearless...just inexperienced with this particular "species" of mouse ...or chipmunk.

And as for Charlie, you say? He received a heroic burial in the highest echelon of my trashcan. His indomitable spirit lives on in my basement. Unfortunately, my two cats have quite a different version of this account...perhaps later...

>Kathryn (Kitty) Bennett

### **FINDING TRUE PEACE**

I am passing this on to you because it definitely works, and we could all use a little more calmness in our lives. By following simple advice heard on the Dr. Phil show, you too can find inner peace. Dr Phil proclaimed, "The way to achieve inner peace is to finish all the things you have started and have never finished."

So, I looked around my house to see all the things I started and hadn't finished, and before leaving the house this morning, I finished off a bottle of White Zinfandel, a bottle of Bailey's Irish Cream, a package of Oreos, the remainder of my old Prozac prescription, the rest of the cheesecake, some Doritos, a box of chocolates, and a half bottle of scotch.

You have no idea how freaking good I feel right now.

Pass this on to those whom you think might be in need of inner peace.

>Shared by Jim O'Hear

### **PLACES TO GO**

#### **Packsaddle Ridge Golf Course**

3067 Packsaddle Tr.

Keezletown, VA 22832

Phone: 540-269-8188

How about a nice ride off the beaten path with beautiful views? Take an enjoyable ride of about 8 miles from Sunnyside and enjoy the beauty of Packsaddle Ridge Golf Club. Enjoy a sandwich and beverage at the grill. The Packsaddle Grill is a great place to eat between nines or come by for a relaxing lunch. Packsaddle offers a distinct, fresh, healthy mix of deli sandwiches and grilled American favorites. They offer good food and a casual, relaxed atmosphere. Food & beverage service is available on the deck that overlooks the 18th green below.

Packsaddle Ridge Golf Club is a public 18-hole golf course located in the Heart of the Shenandoah Valley and is one of America's most spectacular new golf courses. Packsaddle Ridge Golf Club in Keezletown, Virginia, located close to Massanutten Resort and the City of Harrisonburg, will challenge all types of golfers and overload your senses with natural beauty.

"Rated 4 1/2 stars" - Golf Digest 2008, 2009

Take 33 East from Massanetta Springs Road to (Indian Trail Road and turn right at traffic light onto route 620 (Indian Trail Rd.). This is at Massanutten Presbyterian Church. Travel 2 miles on Indian Trail Road (also known as Keezletown Road) and turn right (immediately after railroad tracks) onto Mountain Valley Rd. Travel 4 miles and turn right onto Packsaddle Tr. The 1 mile long entrance drive is lined on both sides by a white 3 bar fence.

>Shared by Pat Armstrong

### **MY FAVORITE THINGS**

To commemorate her 69th birthday on October 1, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favorite Things" from the legendary movie, "Sound of Music". However, the lyrics of the song were deliberately changed for the entertainment of her "blue hair" audience. Here are the lyrics she recited:

*"Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.*

*Cadillacs, cataracts, hearing aids and glasses,  
Polident, Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.*

*When the pipes leak,  
When the bones creak, When the knees go bad . .  
I simply remember my favorite things,  
And then I don't feel so bad.*

*Hot tea and crumpets, and corn pads for  
bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heat pads and hot meals they  
bring,  
These are a few of my favorite things.*

*Back pains, confused brains, and no fear of  
sinnin',  
Thin bones and fractures and hair that is  
thinnin',  
And we won't mention our short shrunken  
frames,  
When we remember our favorite things.*

*When the joints ache,  
when the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad."*

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.

>Bob Beasley

Note in Proof: To avoid any misunderstanding, this story is a good example of an "urban legend". That is, it never happened - Julie Andrews had surgery in 1997, after which she never sang again in public. HOWEVER . . it's much too good a story to not believe!!

>Ed.



### NEW YEAR'S EVE AT SUNNYSIDE

There was so much intense concentration and then "I found it", meaning the piece of the puzzle for which five members of the Sunnyside family had been searching for at least five minutes. The time was 10:30 PM on December 31, 2010, and the location was the Sunnyside room. Sally Meeth, Jim Arrington, Russ Dulaney, Earl Spillman and Tom Biggs did their share in working towards completing the picture of the little white church in the country setting--a 500 piece puzzle.

Leave it to Beverly Silver to share her CHALLENGING game of SCORE FOUR. Pat Armstrong started playing her husband, Rich, (under the tutorage of Beverly) but decided this game took too much brain power so Beverly took Pat's place. She and Rich were a good match and Bill Dent observed closely to be ready when his turn came to challenge someone. While Bill was concentrating on SCORE FOUR, wife, Judy, was looking over the other games and visiting with friends.

Do you know about Chicken Foot? What fun! Peggy Reinhold was instructor for new students, Phyllis Robinson and Pat Wingo, in this less stressful but fun game. Dick Wingo observed closely. Who knows? In 2011, he may even decide to play. In the meantime, he and Jim Robinson had a lively (and expressions showed enjoyable) time sharing about Warrenton where they both had lived. Many names and places

familiar to both were shared. Speaking of sharing, Bill Young enjoyed himself as he mingled and chatted with most everyone present.

Carol Way stopped by (never a dull moment with Carol around) after she and husband Frank had visited Red Lobster. Marilyn Spillman said she and Earl had also been to Red Lobster but still needed some of the chocolate kisses on the table. It was such a joy for us to have Tom Biggs with us and he was looking great after having surgery. Tom had fun with the puzzle while wife, Ginny, played games.

Barbara Stickley brought New Years' greetings from husband, Dan. She, Gretchen and Jim Arrington, and Hope and Bill Stoner were in the midst of the fellowship playing games and enjoying chatting. Ed and Joanne Riedesel shared their popular game of SPINNER--similar to Chicken Foot except it has a Spinner symbol which serves like a wild card. Joanne says her 96 years old mother just loves to play SPINNER.

It was a treat to have Carolyn Arbuckle (member of Sunnyside family for about 4 months) from the Highlands and Bob and Patsy Bales from the Massanetta Community (they are Sunnyside volunteers too) join us for the fun. Greg and Edna Armstrong shared in the evening and enjoyed the games and time with friends.

Betty Young seemed to be familiar with Chicken Foot and she and brother, Earl Spillman, shared about their mother having lived at Sunnyside. It was good having Bud and Betty Long to stop by on the way home from a party at daughter and son-in-laws' (Tim and Christy Long) home. Ed and Mary Yarnell joined us for a while and were full of their usual enthusiasm. It was a treat to have Don and Nancy Myers also share in our time of celebrating the end of one year and the beginning of another.

There were so many comments about how much fun the evening had been and how we had all become closer as a family by sharing this time. As all headed the short distances to homes, Happy New Year was heard over and over and folks

commented they looked forward to another gathering like this next year.

We would like to thank Paige Kauffman for her very helpful and enthusiastic support as we planned this event.

>Shared by Pat Armstrong

## **SUNNYSIDERS CELEBRATE WITH NEW YEAR'S EVE**

Friday evening, Dec. 31st, found a whole "slew" of people converging on the Sunnyside Room for a celebration leading to midnight and the "descent of the ball" and welcoming of the NEW YEAR! People began gathering a little after seven, and many stayed all the way to midnight! (A few sleepyheads left a little early!).

The Sunnyside Room was warm and welcoming, with lots of tables set up for games and just plain visiting. Everyone brought something tasty to keep us well fed while we waited for the big moment. Punch and coffee and hot water quenched our thirsts and hot and cold nibbles filled our plates.

Pat and Rich Armstrong, our hosts for the second year of this event, set the whole place up (tables and chairs were already there!) and provided plates, napkins and cutlery so we didn't have to use our fingers - unless we wanted to! They did a marvelous job of planning and fixing, notifying the community, and providing shuttle transportation (tho' not many people took advantage of that lovely service!)

Lots of us brought games and we could play awhile, talk awhile, circulate around - especially if we were on the losing side of some of the games! Various types of Dominoes were very popular, and a Score Four game (Tic-Tac-Toe in 3-D) tested people's attention span and strategy! However, the very most enjoyable aspect of the evening was the chance to just visit, and catch up with each other. Sometimes the laughter drowned out more serious conversation!

I'm sure, if you were there, you had a great time, and if you weren't - plan on coming next year! If you are willing to help out in the planning, publicity, setting up, - and cleaning up - let Pat and Rich know and they will put you on their list! All of us who had such a neat evening, offer our thanks and praise to Pat and Rich for heading this event, and doing so much to make it a success! HAPPY NEW YEAR TO ALL!

> Beverly Silver

**THERE WILL BE WEATHER--OF THAT,  
WE CAN BE SURE**

I can hardly wait for the seed catalogues to arrive in the mail soon after Christmas. Somehow, this winter seemed as though it should be over by the first week in January, considering the frigid temperatures of December. Early in January, I felt called to check THE OLD FARMER'S ALMANAC trusting it would predict an early Spring! This is what I found for the Appalachian region:

*Annual Weather Summary: November 2010 to October 2011*

*Winter will be colder and drier than normal, with near- to below-normal snowfall in the north and above-normal snowfall in the south. The coldest periods will be in mid- and late January and mid- and late February. The snowiest periods will be in mid- to late November, mid-December, and mid-February.*

*April and May will be cooler and drier than normal across most of the area, with near-normal rainfall across the north.*

*Summer will be drier and slightly cooler than normal, with the hottest periods in late June, early and mid-July, and mid- to late August.*

*September and October will be much cooler than normal, with rainfall below normal in the north and above normal in the south.*

*This old book (OLD FARMER'S ALMANAC) surely has its own mind. I found the following information (you can believe it or not):*

Two Month Astrological Timetable

Activity	January 2011	February 2011
Begin diet to gain weight	8,9,13,14	4,5,9
Begin diet to lose weight	22,23,26,27	18,22,23
Begin logging	3,4,30,31	1,27,28
Breed animals	26,27	22,23
Can, pickle, or make sauerkraut	26,27	22,23
Castrate animals	6,7	2,3
Cut hair . to discourage growth	24,25	20,21
. to encourage	13,14	9,10
Cut hay	11,12	7,8
Destroy pests and weeds	11,12	7,8
End projects	2,3	1,2
Entertain	20,21	16,17
Go camping	28,29	24,25
Graft or pollinate	18,19	14,15
Harvest aboveground crops	13,14	9,10
Harvest belowground crops	3,22,23	27,28
Have dental care	22,23	18,19
Plant aboveground crop	8,9,18	5,14,15

Plant belowground crops	26,27	22,23
Potty train children	22,23,26,27	18,22,23
Prune to discourage growth	28,29	24,25
to encourage growth	11,12	7,8

>Submitted by Pat Armstrong

## TEN THINGS SCIENCE SAYS WILL MAKE YOU HAPPY!

*Excerpts from Yes Magazine - [www.YesMagazine.org](http://www.YesMagazine.org)*

What makes us happy? Psychologists and researchers have been digging into areas previously left to philosophers. But their recent studies with people all over the world have yielded some common areas where we all can help ourselves be happier people.

**1. Savor Everyday Moments.** Pause to watch children play or smell a rose - savor some everyday thing. Remembering these brief pleasant moments increases happiness and reduces depression.

**2. Avoid Comparisons.** Although it is very American, avoid trying to "keep up with the Joneses." Comparing ourselves with others can be damaging to happiness and self-esteem.

**3. Put Money Low on the List.** People who put money high on their priority list are more at risk for depression, anxiety, and low self-esteem.

**4. Have Meaningful Goals.** When we strive for something significant, whether it's learning a new craft or raising moral children, we are far happier than those who don't have strong dreams or aspirations.

**5. Take Initiative at Work (even as you volunteer).** How happy we are at work depends in part on how much initiative we take. When we express creativity, help others, or do additional

tasks on the job, we make our work more rewarding and feel more in control.

**6. Make Friends, Treasure Family.** Happier people tend to have good families, friends, and supportive relationships. We don't need just relationships that may be shallow - we need close relationships.

**7. Smile Even When You Don't Feel Like It.** It sounds simple, but it works. Happy people see opportunities, possibilities, and success. Even if you weren't born seeing the glass half full, with practice a positive outlook can become a habit.

**8. Say Thank You Like You Mean It.** People who keep gratitude journals on a weekly basis are healthier, more optimistic, and more likely to make progress toward achieving their personal goals.

**9. Get Out and Exercise.** Studies show that exercise may be just as effective as drugs in treating depression, without all the side effects and expense. Regular exercise also offers a sense of accomplishment and boosts self-esteem.

**10. Give It Away, Give It Away Now!** Make altruism and giving a part of your life, and be purposeful about it. Helping a neighbor, volunteering, or donating goods and services results in a "helper's high" and you get more benefits than you would from exercise or quitting smoking. Listening to a friend, passing on your skills, celebrating others' successes, and forgiveness also contribute to happiness. Spending money on others seems to give much greater happiness than spending it all on ourselves.

>Pat Armstrong

## A HUG POEM

It's wondrous what a hug can do.  
A hug can cheer you when you're blue.

A hug can say, "I love You so"  
Or, "I hate to see you go."  
A hug is "Welcome back again,"

And "Great to see you! Where've you been?"

A hug can soothe a small child's pain,  
And bring a rainbow after rain.

The hug, there's just no doubt about it--  
We scarcely could survive without it!  
A hug delights and warms and charms,  
It must be why God gave us arms.

Hugs are great for fathers and mothers,  
Sweet for sisters, swell for brothers;  
And chances are you favorite aunts  
Love them more than potted plants.

Kittens crave them, puppies love them;  
Heads of states are not above them.

A hug can break the language barrier,  
And make travel so much merrier.  
No need to fret about your store of 'em;  
The more you give, the more there's  
more of 'em.

So stretch those arms without delay  
And give someone a hug today!!!!  
> Author Unknown

### **ARE WE THERE YET?**

Mom woke me at 5:00 am. I was so excited. Today we were all going to drive from our home in Philadelphia to Grandpa's house in Cambridge, Massachusetts, a distance of 325 miles. We did this once a year, at Thanksgiving and I loved it. It was so exciting. Mom hated it. All those hours in the car with the wild Indians. The wild Indians were my younger brothers, ages three and six. That was my mother's name for them. I was eleven. I was not a wild Indian.

It was snowing – hooray! Dad was not happy about the snow. On the other hand, we were going to visit his father, so Dad really wanted to go despite the snow. We all piled into the car. Things went pretty smoothly for quite awhile. After about three hours we crossed the George Washington Bridge, over the Hudson River, just

north of NYC. So far so good.

My two brothers Ed and Herb and I were in the backseat. I was in the middle - supposed to be the peace maker – ha! Ed 3, stood the whole way so he could see out the window. He carried on a running conversation with anyone who would listen. Herb 6, pointed out all the large houses as we passed through town after town and proceeded to tell us all his grandiose ideas about the enormous house he was going to have when he grew up. I tried to pretend I didn't know them.

As we approached New I Haven we were on Route I which went right through the middle of the city. Somehow we missed a turn and got lost. I giggled (I had a way of giggling at the wrong time). I thought getting lost made this adventure more exciting and interesting. Oh dear, the front seat passengers were not amused. We wandered around New Haven for quite a while, however, eventually Dad managed to find his way back to Rt. 1.

As we slowly progressed further north the snow began to pile up and the road became a bit slippery. Dad reluctantly decided that chains for the tires were needed. Poor Dad. Putting on the chains was a miserable procedure. But soon, well maybe not so soon, chains on, he climbed back into the car covered with snow and we were on our way again.

Things (more accurately, children) were becoming a little restive in the back seat and the peace maker was not fulfilling her responsibility to the satisfaction of those in the front seat. The bag of toys which had been brought along for the amusement of the back seat occupants, were now scattered throughout the area, the crayons were broken and Mom was getting a headache. We had been on the road for many hours and it was now getting dark. Fortunately for all we were not far from our destination.

As we approached the Boston area we suddenly heard a familiar, unwanted sound of clang, clump, bang, bang. The chains had broken. Groans from the front seat. Giggles from the

delinquent peace maker. Oh well. We're almost there. Grandpa's house is in sight. All's well that ends well.

>Barbara Stickley

### TIDBITS

Ed and Joanne Riedesel: Have you seen the sign on the side of the Riedesels car? Wonder about it? They are promoting the mystery book for children written by their daughter-in-law. This book has been published. Ask Ed and Joanne about it. They would be happy to share. Also, they are bragging about the birth of their third great granddaughter (Sophia Marie) who was born in Germany where Dad is stationed in the Army.

Erik and Faye Topp of the Glen enjoyed Christmas with family and friends and then headed to South Carolina until late March—hopefully it will begin to warm up in Harrisonburg by that time!

>Pat Armstrong

### HOME AT LAST!

The Lord is good and helps us if we listen. Frank and I listened when we heard the message to move to Sunnyside in 2007. Our lives have been a series of enlightenment, crises, comedy, and errors. Carol was born at home in Fordwick, VA (aka Craigsville) on Christmas Eve by a loving father who sure was surprised when he had to do the honors - all the while, carolers were singing outside, thus the name Carol Anne. Frank was born 8 years earlier in a hospital in St. Johnsbury, Vermont. The Lord sure worked His magic when we met 20 years later in Alexandria, Virginia. Frank served his country four years in the Navy and was stationed aboard the battleship USS Iowa during the Korean War. He served as a fire safety engineer on the Iowa and maintained that trade the rest of his career, starting in Alexandria, Virginia.

I, wanting to see the world outside Craigsville,

went to airline school in Missouri and was based at Washington National Airport in Alexandria. As was God's plan, we met by way of a mutual friend and were married on November 1, 1958 at Criagsville Presbyterian Church. We maintained residences over the years in Arlington, Springfield, Massanutten and Richmond, Virginia; and Damascus, Maryland before moving to Sunnyside.

Our daughters, Noel Elizabeth and Amy Dustin, were born at MCV in Richmond, Virginia. They were educated in Damascus, Maryland, graduated from the University of North Carolina and Elon college, and now reside in Charlotte, North Carolina and Chicago, Illinois.

We have been active members of the Presbyterian Church in all areas of our residences.

Frank was an avid tennis player and taught me to play so well I beat him on a tennis court in DC (that was the crisis). After tennis, Frank hiked the Appalachian Trail from Georgia, north for 1100 miles (or one-half of the AT Trail), and then finished his extracurricular activities by operating the ski lifts at Massanutten Resort for ten years.

After airline duty, I worked in corporate and college administration for a lot of years, ending with a fun job at Massanutten Resort. I maintain my love of decorating at home and water exercises at the Sunnyside pool/spa. We have been through a lot of health issues since moving to Sunnyside, but feel God's presence as we deal with them. There are staff and residents here at Sunnyside who remember my mother, May Hoylman, who lived here 17 years! Also, joining Frank and me here at Sunnyside is my first cousin Jack Heintzleman and wife Nancy. We thank our friends and neighbors for their kindnesses to us, and we look forward to more years of comfort and joy here at Sunnyside.

>Carol Way

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