

# "Tips and Tales"

December, 2011

Volume 3, Issue 6

*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.** (See box at end of newsletter for guidelines.) Please send your suggestions, notes, and letters to either of the above residents.*

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## TOYS FROM SUNNYSIDE VETERANS

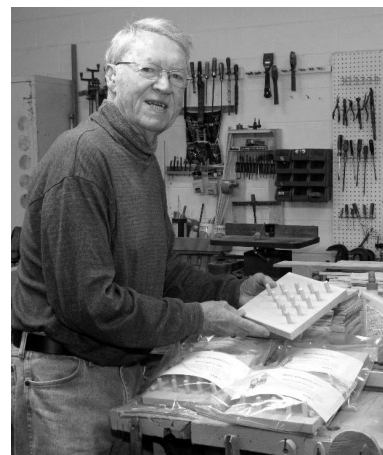
Hey, all you "Tips & Tales" readers are cordially invited to join our "Toys from Sunnyside Veterans" project. It will serve some needy kids in Harrisonburg. Tammy Steele, Director of Activities & Volunteers and Christal Yowell of the Harrisonburg Salvation Army will help us. *You may place new toys, or handmade wooden (no leaded paint) toys in collection boxes in our lobbies from November 7<sup>th</sup> till December 2<sup>nd</sup>.* (SA requests that we avoid any toys which carry an ethnic message. They, already, have boxes of inappropriate doll babies.) Or, you can send me your check, payable to The Salvation Army and designated (in the lower left "Memo" line) "Toys from Sunnyside Veterans." Our inhouse, mail box is near the Corson lobby. Or, you may use the U.S. Postal Mail.

Eugene L. Drifmeyer  
1025 Glen Lea Lane  
Harrisonburg, VA 22801

I will deliver the toys and checks to the SA. Receipts for tax purposes will be given. Folks are joining in this spirit of giving: Stonewall Jackson B&B will also have a collection box, Walmart will provide a certificate and a staff member at

Sunnyside has told us of her childhood Christmas memories, when SA often saved the day with turkey, trimmings and presents. If you have questions, please call me at 8809.

In addition to the donations, some Sunnysiders (like myself, in the picture below) have availed of the woodworking shop to make some toys, such as these pegboard games, to give:



>For the Sunnyside Veterans, Eugene L. (Gene) Drifmeyer

## MEET THE WATLINGTONS

Please meet a friendly couple who are our neighbors in the Glen. JB and Jean Watlington moved to the Glen in 2007 (right across the drive from the Pavilion) at 3520 Glen Loch Court. JB and Jean met in Richmond at the Pan American Business School and were married on April 19, 1952. They are the proud parents of two sons, John Jr. (Jackie) who lives in Powhatan and Philip who lives in Raleigh. They also have 3 granddaughters, 1 grandson and 1 great grandson. JB's interests are keeping up with family and also he enjoys watching sports on TV and reading. Jean also delights in family, church activities, walking and reading. Both JB and Jean do volunteer work at Sunnyside and at Massanetta Springs. Each year, they enjoy a big family reunion and another event that includes time with family at the Beach. They are very involved with Sunnyside as Jean's mother lived here and she now has a sister, Betty Young (Bill) and a brother, Earl Spillman (Marilyn) living at Sunnyside. Jean's brother in law, Willard Burton, is also here and lives in the Highlands. If you don't know this special couple, hope you will soon have an opportunity to get to know them.

>Pat Armstrong

## PLACES TO GO: WOODROW WILSON LIBRARY & MUSEUM STAUNTON, VA

Democracy has a history, too. Thomas Jefferson taught us what democracy is. Abraham Lincoln taught us how democracy works. And Woodrow Wilson taught us to protect democracy, at home and abroad. Visit this museum and get a personal tour through the Presbyterian Manse, President Wilson's Birthplace--and discover an authentic pre-Civil War setting that comes alive through period furnishings and Wilson family heirlooms. You can also experience a self-guided tour of the museum where treasures tell the story of the 28th President's life and times, including a recreated World War I trench and see President Wilson's 1919 Pierce-Arrow limousine.

The museum is open daily year round from 9 AM-5 PM Monday-Saturday (March-October); Noon-5 PM on Sunday; 10 AM-4PM, Monday-Saturday

(November-February); Noon-4 PM on Sunday. Closed Thanksgiving, Christmas Eve, Christmas, New Year's and Easter.

Location: 18 North Coalter Street, Staunton, Virginia 24401 540-885-0897

toll free 888-4WOODRO (496-6376)

www.woodrowwilson.org

email: info@woodrowwilson.org

>Pat Armstrong

## WHAT IS THAT THING??

Looking out my office window in mid-October, I spied a strange looking contraption parked on the grass just outside . . . looking a lot like a stage prop for an updated version of "Oklahoma" in which Howard Keel would sing "Surrey With the Fringe on Top".



Turns out it's a customized electric golf cart that's Pat Kellett's new way to get around our community. A very "green" way to get around! (Pat and Jim live near the bottom of the Glen.)

A long time family friend that had used this cart to run around his airport was moving back to Norway, and cleaning house. It was built in the mid-nineties in Hungary, and a couple of Pat's friends had imported carts back to the US.

>Robin Golliday

## SAY "HI" TO JOHN GARRISON

As you climb the Grattan Price hill, you come to the home of a friendly man who has been at

Sunnyside since 1996. (Rev.) John Garrison lives at 4362 Grattan Price Drive where he and his beloved wife, Pat, shared a home until Pat died in 2005. Their children are Mark (Harrisonburg), Tom (near Hickory, NC) and Catharine (California). Catharine and her husband also have a home in Colorado and John enjoys trips there once or twice a year. John was born in Burlington, NC, graduated from Davidson College and then attended Union Theological Seminary in Richmond where he graduated in 1958. He was ordained the same year and has served churches in FL, NC, VA and W VA. He also received a Master's degree from PSCE in Richmond in 1962. John met Pat while she was at PSCE where she graduated and then she served as a DCE for a time in NC. John volunteers at Sunnyside and Massanetta Springs and enjoys keeping up with family, walking and reading history. We are fortunate to have him as one of our Sunnyside family.

>Pat Armstrong

## MY HANDICAPS

In December 2000 I had an aneurysm operation and I was back home in about six days. After two days at home, not feeling like my own self, I went to the Woodstock hospital only to be told I just was having a stroke. I was lucky because it only affected my left arm and leg. During my rehabilitation therapy, I did a lot of thinking about what I could and could not do. I was in the home construction business down at Lake Anna and it became obvious that I couldn't climb ladders and complete inspections in unfinished areas, so I turned my business over to my superintendent.

At the time, we lived in Woodstock, Virginia on 15 acres, and I really enjoyed taking care of the place. I was born a workaholic, and one of the characteristics of workaholicism is that it includes an attitude that "you can do anything". I was warned such an attitude could get you into trouble, but I decided that trouble was something I could do. So I got a computer. The darn thing was over \$3,000 and the computers in those days probably had only about 10% of the capabilities that they now have. My major handicap was that I didn't know how to spell. I blame my problem

on two people: the guy that invented the "ie" letter combination that has caused a lot of problems and the doctor's profession which had to change words that started with "f" and change them to "pf". I never though there was anything wrong with fysics until they changed it to physics.

So, I attacked my spelling problem by doing three things. First, a top priority on my wife's selection list was that she could spell. Second, I married Helen who is an excellent speller and besides, she is willing and available. Third, the next computer had "spell check" which corrected everything I wrote.

As I was trying to learn everything about my new computer, I became very frustrated with my typing. This turned out to be my second handicap. I had never learned how to type, and now I as trying to learn with one hand. My right hand kept yelling at my left hand to punch the keys on the left side of the keyboard. The left arm tried, but as he finally got his hand over the keyboard, it fell own and punched most of the numbers, letters, and other keys, creating some unusual sentences. I did more erasing than I did writing. My oldest son saved the day by buying me a voice recognition program. It didn't take me very long to learn. The major challenge was that you had to speak all of the punctuation marks. Handicap two was fixed.

I believe my third handicap was being an only child for most of my growing up. I didn't know anything about 2 to 1 odds until I thought that being blamed for everything that was wrong in the house fell to the one, the odd one. I didn't know it at the time, but my solution was to work outside the house and so I became a workaholic.

I started painting fences at 7 or 8 years old, then garages at 9 or 10. By the time I was 12, I worked in almost every store in our neighborhood. The summer before high school I worked on a chicken farm in Indiana; at 17, I got my first construction job with a concrete company and became a concrete finisher. In high school, I worked every Saturday either cleaning bathrooms or painting. I just loved to work. I painted my way through college without realizing I had become a true

workaholic. That was my fourth handicap, which was solved by coming to Sunnyside.

When I graduated from high school, my mother gave me a book: *Discovering the Power of Positive Thinking* by Norman Vincent Peale, which I read during the summer I worked in my Uncle John's veterinary hospital in West Palm Beach, Florida. I worked about 10 or 12 hours a day, 6 1/2 days a week, and I think I read the book twice. I was surprised to determine that the workaholics saying "you can do anything" blended in pretty well with the "power of positive thinking".

My fifth major handicap was that was not a very good thinker, and I really didn't know how to learn. During the first three years of high school, I was about a D - C student and was lucky to get couple of As in my senior year. I guess I compensated for my poor learning by being a determined worker. When I got home from Uncle John's, my mother informed me that I was going to the University of Illinois instead of Iowa State College. I knew Illinois did not have a veterinary school, but they did provide pre-veterinary agriculture courses. As it turned out, my dad died at Thanksgiving time, so I dropped out of Illinois and went back home. Apparently it was a custom in the neighborhood or in our family that the widow did not leave the house for about a year. I tried to everything I could around the house, and did all of the shopping. My mother was not very talkative at all. I got a full time job until junior college started, and then I worked part time. I'm not sure what happened but school thinking became a little easier.

I had an experience in junior college that was quite unexpected. My counselor said I could not sign up for physics because my math grade was not very good. After finally convincing her that I had to have physics to get into veterinary school, she finally let me sign up. It turned out that a Greek student by the name of Dematracopolis and I were partners for physics laboratory. We became good partners; he was very smart and I could speak English. I became his interpreter and teacher. Having to explain things to him seemed to help me learn physics. I got a B the first

semester and an A the second semester. It seems that thinking how to teach was my way to learn how to think.

It now appears that when I thought I had about conquered my thinking handicap, my "thinker" lost it's "rememberer". When I'm in a meeting and others see that my rememberer is shut down, there are always three or more words to select from. If Helen and I are out visiting and I can't remember a particular word when telling a story, she can not only provide the exact word, but she's so good she can tell the whole story. I knew I made the right wife choice! Since the "rememberer" is a major component of the "thinker" handicap, I don't think I've solved the sixth handicap yet.

I've decided that handicaps have been with me all my life, and I anticipate there will be some new handicap partnerships. My next challenge is that my legs are getting weaker and my bladder is getting smaller!

<Whit Scully

## **MEET YOUR NEIGHBOR**

Lucille Gohdes was born and grew up in Indiana. She graduated from Indiana University and moved to Cleveland, Ohio, where she worked in the accounting field. She met and married her husband, Otto, while working in Cleveland. Otto's job in industrial construction required moving and during these years, they lived in many different areas of the country. Otto and Lucille had 2 sons, Timothy (who now lives in Texas) and Brent (who now lives in Grottos). Otto died in 1983. Lucille lived many years in Moorefield, W VA before moving to Sunnyside (Highlands) in 2006. She has served as Treasurer for Shenandoah Presbytery for 5 years. Lucille's interests include family, taking LLI classes, travel and reading. She is a friendly and helpful member of our Sunnyside family.

>Pat Armstrong

## **THEY HELP US - WE CAN HELP THEM**

Our Sunnyside community often and directly benefits from two local emergency service

agencies: Hose Company #4 of the local fire department services, and the Harrisonburg Rescue Squad. Most of us have seen and heard personnel of these agencies come to Sunnyside on emergency calls, and certainly some of us have been helped by these services. Both agencies are always on call, and available to us 24/7. Both of these agencies can benefit from our money donations.

The purpose of this brief message is to encourage all of us here at Sunnyside to consider making donations to both the "fire department" and the "rescue squad". I found out that the staff of the fire station that most often responds to calls from Sunnyside, the Port Republic substation of Hose Company #4, are regular paid employees, supported by our local municipal governments. I also understand that Sunnyside as a corporate entity does contribute to Hose Company #4 each year. Although that is good and to be commended, it does not preclude any of us as residents from making donations if we want to. They can certainly use whatever support we might give.

I also found out that the Harrisonburg Rescue Squad is a totally volunteer staffed service, and they depend even more on donations. Up until the last couple of years, users of rescue squad services were not charged. More recently this agency has had to go to a charge and billing process, and, as I understand it, the charge is considerable, but often is taken care of by people's insurance. (Thank Goodness!). Even under these circumstances, the rescue squad still depends heavily on donations from the public. I do not know if Sunnyside contributes to the rescue squad (as they do to Hose Co. #4). If they don't, I hope in the future that might be possible.

So with this bit of background information, I would like to encourage all of us who are able, to **CONSIDER AND MAKE A DONATION** to **BOTH** of these agencies which are of benefit to us and our security at Sunnyside and in the broader community.

The addresses to which you could send your donations are:

- HOSE COMPANY #4, 210 EAST ROCK STREET, HARRISONBURG, VA, 22802  
and
- HARRISONBURG RESCUE SQUAD, P.O. BOX 1477, HARRISONBURG, VA, 22803

Thanks for reading this! I hope it helps all of us, and especially residents who may have come from other communities, to be even more aware of the helping services that make our lives at Sunnyside better and more secure, and help to give us more peace of mind.

>Beverly Silver

### **DO YOU HAVE A QUESTION ABOUT HARRISONBURG?**

Chances are you can get an answer from our Sunnyside neighbor, Doris Sipe. Doris has lived in Harrisonburg all her life, was married to Jim, who was a Harrisonburg native and their three children all graduated from Harrisonburg High School. Doris' husband, Jim, was an attorney with Litten and Sipe, served as Commonwealth Attorney in Harrisonburg for 8 years and was a substitute judge for juvenile and relations court in Harrisonburg. Jim died in 2000. Their children, Jim, Laurie and Ed, all graduated from the University of Richmond following their parents who both attended the same University. Jim graduated from University of Richmond, Doris attended there for two years and graduated from JMU. Husband, Jim, then graduated from law school at the University of Virginia. If you want to know how proud Doris is of her 7 grandchildren, just ask her about them? One of her big joys in life is keeping up with all their accomplishments and activities. Doris enjoys family, friends, reading and volunteer work. She is a delightful member of our Sunnyside family. She moved to the Glen in 2008 when it was opened. If you don't know Doris, hope you will soon meet this special lady.

>Pat Armstrong

## WHY WORRY ABOUT SPELLING? (Read the Following Quickly...)

I cdnuolt blveiee taht I cluod aulaclyt uesdnatnrđ waht I was rdanieg. The phaonmneal pweor of the hmuan mnid aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer inwaht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit plae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh? Yaeh, and I awlyas thought slpeling was ipmorantt.

>Jim Kletellt

## MEET THE YOUNGS

Head up the hill to 4290 Grattan Price Drive and you will meet such a friendly couple, (Rev) Bill and Betty Young who have lived at Sunnyside since 1998. Betty was born in Cumberland County, VA, and Bill grew up in Halifax Co., VA. They met each other at a youth conference at Hampton Sydney College and were married in 1948. Bill and Betty are so proud of their 3 children, 11 grandchildren and 6 great grandchildren. Son Bill Jr. lives in Carrboro, NC, David lives in Richmond and daughter Betty Marie lives in McDonald, NC. Bill and Betty interests include family, church, reading and travel. Bill graduated from Union Seminary in Richmond and was ordained in 1947. He served as a Chaplain in the Air Force for 20 years and served as Pastor for several churches in Virginia. Betty graduated from St. Elizabeth's School of

Nursing in Richmond in 1947. Betty's mother lived at Sunnyside and now she has a brother, Earl Spillman (Marilyn), a sister, Jean (JB) and a brother-in-law, Willard Burton all living here at Sunnyside. What a pleasure to have such a delightful couple as part of our Sunnyside family.

>Pat Armstrong

## MEET YOUR TIPS&TALES MANAGER!

Have you seen the couple who ride scooters around Sunnyside and over to Massanetta Springs? Rich has a red Yamaha and Pat has a white Yamaha--each gets at least 100 MPG! Rich grew up in Norfolk and graduated from Old Dominion University where he majored in math. He worked for federal government--as a technician in electronics, became an electronics' instructor, computer network administrator and spent the last years as supervisor of technology at Joint Expeditionary Base, Little Creek-Fort Story. Pat graduated from Radford College, received her master's degree from VCU and taught elementary and middle school for 33 years--in Henrico County, VA Beach and California. Rich and Pat are members of Massanutten Presbyterian church and feel blessed to be part of their church family. Both enjoy camping in their RV, visiting family in Chesapeake and Richmond, and doing volunteer work at Massanetta Springs and Sunnyside. If you don't know Rich and Pat, please introduce yourself at the first opportunity as they especially want to know all the members of their Sunnyside family.

>Pat Armstrong

## GUIDELINES FOR CONTRIBUTORS

Articles for Tips & Tales should be original material, submitted by residents of the Sunnyside retirement community. In rare circumstances, articles from non-residents can be considered appropriate if they have some special relevance to our community. Stories reflecting personal experiences of residents and/or their families and friends are encouraged, as well as original compositions by residents. Material from Sunnyside staff *may* be accepted, subject to the determination of the resident volunteers. Except in very rare situations, material found in forwarded e-mail does not serve the purpose of the Newsletter.

Contributions in any electronic format are acceptable (can be e-mailed to Pat Armstrong or Jim Kellett), as is 'hard copy', either typed or handwritten. *Residents may also interview Pat Armstrong who can commit the dialog to paper - call her for more information.*