

# "Tips and Tales"

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*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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## **DON'T THEY KNOW THE WORLD STOPPED BREATHING?**

(A Poem Honoring Yom HaShoah)

and once,  
there was a garden,  
and a child,  
and a tree.

and once,  
there was a father,  
and a mother,  
and a dog.

and once,  
there was a house,  
and a sister,  
and a grandma.

and once, there was a life.

>Anonymous (Shared by Janice Sweeney)

## **HOW TO MAKE SNOW LANTERNS**

When you are blessed with a good packing snow (try to think of it as a blessing), these are a cinch to make. Just pack fresh snow into a five-gallon plastic bucket or similar deep

container, tamping it down well as you go. It

should unmold tidily right away; tap around the sides, if necessary, the get the snow to release. Use a long-handled kitchen spoon (or a well-gloved small hand) to hollow out the center, making a tube about 4 inches wide and 8-10 inches deep. Push in a candle; the snow at the bottom will hold it upright. Any size candle will do as long as the flame is below the top of the lantern, where it is safe from drafts.

These will burn until the candle is consumed. The lanterns can be lit for several nights as long as the temperature stays below freezing or close to it. This is a great way to use up old candles. If you use old pillar candles, the lanterns will glow the color of the candle.

Make some lanterns, light them, then sit by the window at dusk, cozy and warm, sipping hot cocoa and enjoy their glow. O my, I do love the snow!

>Sally Meeth

*Here's a new suggested feature topic, by way of Virginia Bethune . . . **how about writing about YOUR favorite three teachers - or persons who profoundly influenced your life, but OTHER than your parents!***

## AN EAGLE LIVES AMONG US

### MY THREE FAVORITE TEACHERS (OTHER THAN MY PARENTS!)

1. Miss Florence Hunt, piano teacher-age 10 thru high school in Greensboro, NC. She was highly structured in her pedagogy. She taught two 30 minute lessons weekly, 15 minutes technical (chords, scales, arpeggios) and 15 minutes literature. We were graded and participated in two recitals each year and solos were memorized.

Result: I learned to memorize and also to feel comfortable performing and speaking in public. That has contributed greatly to my general lack of performance and public speaking anxiety.

2. Dr. Austin Lovelace, who until his death a year or so ago, was, for me, the dean of American church musicians; a prolific composer, having published over 700 anthems, organ selections, etc. He was my first organ teacher when I was a high school student in Greensboro, NC.

Result: With the technical skills I learned from Miss Hunt on the piano and Dr. Lovelace's instruction on the organ, I was able in 1989, after a hiatus essentially since college graduation in 1957 - over THIRTY YEARS! - to audition for and be granted the position as organist at Blacksburg United Methodist, a 1300-member congregation, a position I held for 14 years until 2003 when we moved to Sunnyside.

3. Dr. C. Benton Kline, Professor of Philosophy, Agnes Scott College, Decatur, GA Until my junior year I chose a music major. After taking Dr. Kline's course in logic, I switched to philosophy!!! He was an incredible professor, later serving as President of Columbia Theological Seminary, also in Decatur. He was a marvelous thinker, very progressive in his Christian philosophy, and a leader in the Presbyterian Church USA in social justice issues. Courses in the major were ethics, aesthetics, political and social philosophy, history of Christian thought, foundations of the Christian religion etc. Dick and I continued correspondence and visits with him and his wife, both of whom died just this year.

>Virginia Redhead Bethune

Maj. General (Ret.) Cuthbert "Bill" Pattillo (who moved to Sunnyside in 2006) and his twin brother, Arles, were born seven minutes apart on June 3, 1924, in Atlanta, Georgia. He graduated from Atlanta Technical High School in 1942, and enlisted in the U.S. Army Air Corps in late 1942 as an aviation cadet. After receiving training in the P-40 Warhawk, he received his pilot wings and commission as a second lieutenant at Marianna, Florida, in 1944. He went to the European Theater and was assigned to the 487th Fighter Squadron, 352nd Fighter Group, the famous "Bluenosed Bastards of Bodney". He flew 35 combat missions in the P-51D Mustang which he called "Sweet and Lovely".

He shot down a twin-jet German fighter, the ME-262, on April 10, 1945. A week later, he destroyed six and damaged one enemy aircraft on the ground while strafing an airdrome near Straubing, Germany, and was later shot down by ground flak. He crashed landed in a farmer's plowed field, and became a POW until the end of the war.



The Me-262, the world's first operational jet fighter

After release from active duty in December, 1945, he and his brother enrolled at the Georgia Institute of Technology. While attending school, he flew the P-47 Thunderbolt with the 54th Fighter Wing of the Georgia National Guard. In 1948, he was recalled to active duty as a P-51 pilot assigned to the 31st Fighter Group in Albany, Georgia. He and his

brother were later assigned as P-80 pilots to the 36th Fighter Group, Furstenfeldbruck, Germany, and while there, they assisted in organizing and flying with the USAF Europe Aerial Demonstration Team, the "Skyblazers", flying the P-80 and F-84. In 1952, he was assigned to Pinecastle Air Force Base, Florida, and again in 1953, he was assigned to Luke Air Force Base, Arizona, in both cases as a fighter gunnery instructor along with his brother Charles.

They both helped organize the original United States Air Force Aerial Demonstration Team, the "Thunderbirds". He flew right wing while his brother flew left wing, flying in the team's first appearance in San Diego, CA.

Between 1955 and 1965, both Bill and Buck served in a variety of USAF positions in Louisiana, and Virginia, and Bill completed a degree in mathematics from the University of Colorado. After completing his assignment to the Army War College in 1965, he was promoted to Colonel and reassigned as Deputy Commander of Operations with the 50th Tactical Fighter Wing, Hahn Air Base, Germany; with this assignment, he and his twin brother were separated for the first time in over 23 years of military service.

In 1968, he was vice commander of the 3rd Tactical Fighter Wing at Bien Hoa Air Base, Vietnam, flying the F-100, and became commander of the 31st Tactical Fighter Wing at Tuy Hoa Air Base, also flying the F-100 flying 230 combat missions during his tours of duty in Vietnam. In 1969, he was assigned to the Tactical Air Command headquarters at Langley, Virginia, and was promoted to Brigadier General in 1970. In 1972, he was promoted to Major General and assigned to the Headquarters, United States Air Force, as Director of Operations for the USAF. He was assigned in 1974 to the Allied Air Forces Central Europe (NATO) as Deputy Chief of Staff for Operations and Intelligence., and he was assigned to the United States Readiness Command, MacDill Air Force Base, Florida, as

Director of Plans and Policy, in 1977. He retired from active duty in 1980, with over 5,000 flying hours.

Major General Pattillo was awarded the Silver Star, the Distinguished Flying Cross with oak leaf cluster, Air Medal with 13 oak leaf clusters, Distinguished Service Medal with two oak leaf clusters, Legion of Merit with two oak leaf clusters, Air Force Commendation Medal with oak leaf cluster, Army Commendation Medal, Prisoner of War Medal, Distinguished Unit Citation emblem with oak leaf cluster, Air Force Outstanding Unit Award Ribbon, French Croix de Guerre with palm, and Republic of Vietnam Honor Medal, 1st class.



Buck and Bill, with Buck's P-51

There's a CHANCE that both brothers, will return to the Experimental Aircraft Association's annual AirVenture exhibition in Oshkosh, WI in July, 2012, a feature of the airshow that they have done in recent years.

> Edited from online sources by Jim Kellett

*"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." - Henry Ford*

## YOUNG AT 90!

Don't we all dream of being full of life, open to new experience and so positive when we reach 90? Janet Einstein is a perfect example of a "young" lady who lives life to the fullest and is such a joy to be around.

Janet was born in Johnstown, PA and grew up in Somerset County (town of Stoystown) along with her younger brother who now lives in New York State. She shares that as a young girl music was the joy of her life. She began taking piano lesson at the age of 7 and continued through her college years and also added organ lessons to her schedule while in college. During her school years, she played piano for school events. Susquehanna University where she majored in music education prepared her for many years of playing piano and organ.

Janet met her husband, Bob, while playing organ at a church in Maryland. They were married in 1948 and lived for a short time in Washington, DC before moving to Alexandria, VA, where they lived for many years and reared their family. Their 3 children are Bill who lives in McLean, VA, Betty who lives in Wheaton, IL, and Nancy who lives in Marshall, VA. There are also 6 grandchildren of whom Janet is so proud.

This past October, Janet's granddaughter, Diane, and her husband, Chris, invited her to go with them on a hot air balloon ride. She "jumped with excitement" at this opportunity and gets so excited as she shares about her ride. The day was bright and sunny and Janet's description is that the ride was so smooth and one could see for miles. They were up for about 1 hour and 10 minutes and enjoyed seeing the green fields around the Charlottesville, VA, area. As they watched, the balloon was inflated with hot air and quickly attached to the basket. There were 6 passengers including the operator who stood as they smoothly moved up to 2000 feet about the earth. When it was time to return to earth, the balloon was slowly deflated and the return was about 5 mph with a tiny bump when land was reached.



Janet Prepares for her Ride!

Janet celebrated her 90th birthday in December when her children gave her a party-open house in the Highlands and many of her Sunnyside friends shared with her family in wishing her a wonderful birthday.

We can all learn from this wonderful lady much about the joy of being positive and taking advantage of the experiences offered to us in life.

>Pat Armstrong

## HOW TO BE AN EQUESRIAN ON A BUDGET

When I was a teenager, I lived on a small farm (called a ranch) near Sacramento, California. The ranch had a navel orange grove and 2000 white leghorn laying hens. My parents and I lived in a tenant shack (sans indoor plumbing) working for an uncle who owned the ranch. It was the height of the depression, and we were "as poor as Job's turkey."

Nearby lived some well-to-do families. Two of the families each had a young son, and they owned a Shetland pony. The two cousins were happy-go-lucky, not endowed with a lot of ambition, so the parents engaged me to care for Tony, the Shetland. I led him to pasture and back daily, manicured his stall and saw to water, and my reward was the privilege of riding him whenever I wanted to!

Fast forward: some years when I had two sons of my own. We were living at the edge of a village

in Ohio, where I was employed as a teacher. Pay was modest, not opulent, and we gave little thought to buying the boys a horse. Down the road a piece in a suburb of Columbus a riding stable did a brisk business all summer long. After Labor Day kids were back in school, vacations were over, and their clientele dropped appreciably. Paying riders or not, the horses had to be fed. Solution - farm them out until summer. We arranged to take one for the cool months. The stable owner delivered it, with saddle and bridle, to our home. We rented a stall at the small farm next door for \$10 a month. The boys learned to care for the horse daily, clean its stall on Saturday (the neighbor was delighted with the manure for his garden) and the boys saddled up and rode to their hearts content.

We also had hunting privileges on the land next door, where we were able to bag an occasional rabbit or pheasant. "Horse" as we called him was a people animal and would tag along on our hunts - so close that we had to say, "Horse, go away!" since it's hard to make a silent stalk accompanied by a friendly horse.

One evening we sent one son for a loaf of bread at the village store. Instead of walking the short distance, he saddled the horse and off he went. We had to go look for him when he was gone a long time. The horse had balked, stopping traffic at an intersection. Two of us cleared the "jam", one pulling, the other pushing.

All in all, it was an interesting "growing-up" experience for both me and my boys and didn't break the bank.

>Ed Yarnell

*"Age is an issue of mind over matter. If you don't mind, it doesn't matter."* - Mark Twain

### **YOUR CHAPEL LIBRARY REPORT!**

Thank you for the blessings of our Meredith Chapel library, whether you received them or provided them!

Several months ago the chapel library was introduced - with a beautiful set of bookshelves made and donated by a Sunnyside resident and a generous selection of spiritually oriented books. The goal was to provide an accessible spiritual resource reading center for residents and staff. Use has been excellent!

The Bibles and other books in the library shelves were donated—from home, some folks downsizing personal libraries. The bookshelves are beginning to show a few vacancies. Our library guidance is:

The spiritually oriented books are a gift to you and everyone, resident and staff. Please feel free to browse the available books for help with your spiritual needs. Bibles, commentaries, inspirational books, all educational, entertaining, and enlightening (even church humor!) - and FREE.

When you see a book in the bookcase that interests you, please feel free to take it with you. You do not need to sign it out. When you are finished with your book, either pass it on to a friend or return it to the chapel bookcase, at your convenience.

This chapel personal service is intended to be a convenient and readily available spiritual resource. It also provides you an opportunity to share similar books that are ready to serve someone else!

Please place donations in the box marked "New & Recycled Blessings". Donna Williams (8834 or 8256) is the steward of this chapel service and will answer your questions.

P.S. A special thanks to those anonymous friends who purchased and donated new books to our chapel library during the Christmas season.

>Richard Williams

## **The Phantom Fortress**

When I was much younger, I had aspirations of being a fighter pilot. My first physical in the Army Air Corps dashed this hope because of a slight color-blindness, and I was classified "ground duty only."

I was trained in armament, assigned as a mechanic for gun turrets in a unit equipped with Flying Fortresses and shipped to England. My unit was the 457th Bomb Group in the Eighth Air Force. By the time the "Big War" was over, we put 237 missions over the continent.

Many years later, my son gave me a model B-17 for my birthday. He had purchased it on E-Bay from a private collection in California. It had one prop blade missing, and he said it was advertised that way. I asked him how he had managed to find one with my bomb group insignia on it. He was not aware of the insignia - just wanted to give me the B-17. The model was named "Sentimental Journey" and had a scantily clad lady painted on the fuselage and symbols indicating 35 bombing missions. The symbol U within a triangle was on the vertical stabilizer. This was the designation for the 457th Bomb Group, 1st Division, 8th Air Force. Out of 12,237 Flying Fortresses produced for the "Big War" how weird was that?

> Ed Yarnell

### **DID YOU KNOW? (from Sunnyside Handbook)**

- For your convenience, Sunnyside has several Notary Publics on campus. You may call the receptionist at the Highlands, the receptionist at the Corson Lobby or BB&T extension at 8484 for additional information.
- Stamps are available at each reception desk and in the Corson and Highlands lobbies. See a receptionist for assistance with other specialized mailing needs.
- There is a billiard table, which is available to all Sunnyside residents, located on the fourth floor of The Highlands.
- There is a greenhouse located behind the Eiland Assisted Living Center adjacent to the ambulance entrance. The greenhouse may be

used by all Sunnyside residents on a "space available" basis. If you wish to use the greenhouse, fill out a Maintenance Request Form at either reception desk.

- Hearing aid and optical services are available by appointment in the Clinic each month. Dates and times are shown on the monthly Clinic calendar that is posted on the bulletin board outside the Wellness Center and at The Highlands. These services are contracted and fees are charged. Contact the Clinic at extension 8247 for appointments or more information.

### **ANOTHER DID YOU KNOW!**

That the resident Communications Committee has been working with Sunnyside staff for several months to find ways to improve communications on our Campus? They recently completed a survey of residents that's being analyzed now.

### **INTERPLAY - A CHANCE TO PLAY**

You may be hearing or seeing that strange word around Sunnyside in the near future -- InterPlay. So what is "InterPlay"? InterPlay is a practice and philosophy of living life with ease using the body's wisdom. It is arts based so when we gather we move around (often to music), use our speaking and melody voices, hold still sometimes and generally enjoy ourselves and each other – all in the "now" moment. InterPlay is devoted to fun. It teaches the language and ethic of play in easy, incremental steps. It can also be poignant and "sneaky deep." Many people use it as a creative personal practice and yet it is community building when done in groups. It is based in affirmation and "looking for the good." Any willing body can do it, seated or standing. All limitations are honored, all gifts are celebrated. There's no way to do it "wrong." I have been playing and sometimes leading InterPlay since 2001 and love doing InterPlay, especially with people who are new to the practice. A 45 minute "playgroup" is offered here at Sunnyside on the 4th Monday of each month at 11 AM in the Alleghany Room at the Highlands, in place of the Chinese Exercise Class, starting February 23rd, 2012.

>Shared by Sue Johnson

### **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.*