

"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.** Please send your suggestions, notes, and letters to either of the above residents.*

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LIFE AS A CAMP HOST

Our love of people, the beauty of God's creation and our enjoyment of camping inspired us to want to serve as Camp Hosts. So we applied to VIRGINIA STATE PARKS (rated as one of the best state park systems in the Country) and were assigned to serve at Douthat State Park for the months of April and October.

Our time at Douthat has been so much fun. We attended the ribbon-cutting ceremony for our particular Campground--Whispering Pines and helped with last minute details to get things ready for opening day. The Campground has been full most of the time during the month. Dogwoods and Redbuds have been blooming and a bubbling stream added to the special effects of nature.

Trout fishing opened on April 6 and the Lake and stream have been stocked twice each week--many campers come to enjoy the trout fishing and many of the campers evening meals include grilled or fried trout. Camper neighbors shared fresh trout with us and we have had several delicious trout dinners.

Easter Sunday included a special worship with Sunrise Service held at the Lake.

Our duties included welcoming the campers as they arrive and answering questions, checking bath house in afternoon, cleaning fire pits (there was burn ban most of the month so this chore was minimal) and generally seeing that campground was clean and pleasant.

We had time to visit with campers and met so many interesting people--couple from England touring the US as well as many local folks. There was time to read, play games, hike and enjoy the outdoors.

We are now looking forward to Camp Hosting in October.

Hope some of you will share articles about your spring trips, vacations, adventures, etc. Send contributions to armstrong.richpat@gmail.com or put in in-house mail to Pat Armstrong.

> Rich and Pat Armstrong

POEM

I got up early one morning
and rushed right into the day;
I had so much to accomplish
that I didn't have time to pray.

Problems just tumbled about me
and heavier came each task,
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask".

I wanted to see joy and beauty,
but the day toiled on gray and bleak;
I wondered why God didn't show me,
He said, "But you didn't seek".

I tried to come in to God's presence;
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."

I woke up early this morning,
and paused before entering the day,
I had so much to accomplish
that I had to take time to pray.

>Jackie Davidson

SHOP NEWS

Are you a woodworker? Would you like to be one?

Sunnyside has a woodworking shop located off Glenside Drive in the area under the Highlands. A number of Sunnyside folks have contributed tools, money, labor, transportation, and materials to the shop. Tools which cannot be used in the shop are included in the furniture sales held periodically.

One of the items being made there is the memorial flag case which is presented to the family at a Sunnyside veteran's memorial service. In addition they are also given to the families of local servicemen killed in action. Veterans have contributed some of the money to support this activity, and a number of local businesses have assisted. Just recently a lumber mill in Grottoes donated a load of kiln dried cherry and walnut lumber for this activity.

An interesting activity is the reclaiming of pallet and packing crate pine to be used for wood projects. These have included bookcases, furniture, and recently 31 doll cradles which were

contributed to charities at Christmas time.

By-products are firewood and bags of clean shavings for Robert's and Garland's chicken coops!

Residents can work on their individual projects. A key may be obtained from the desk at the Highlands by signing a simple sheet of policies. We do encourage everyone to make safety a priority when operating equipment, to respect other's work, and to clean up after working in the shop.

If you are interested in learning more about our woodworking shop or assistance with operating any of the machines, call Ed Yarnell at 8903.

>Ed Yarnell

BEEP-BEEP

Pursuing my passion of birdwatching as a boy, I spent a lot of time in forests, fields, and along shores. One result was I came across many more feathers than the average person would. I collected them. Birds molt their plumage every year, in different sequences, usually one feather at a time, and the feathers fall wherever the bird is when a new feather is ready to push out through the skin. Feathers vary widely in color, shape, and markings. As an adult, I mounted the best of them on large pieces of cardboard to use as visual aids in talks I gave. I mounted them as artistically as I could.

Meanwhile the cartoon world on our TV frequently featured a dashing bird which was so fast on the ground it had almost no need of flying, with its signature call of a double "beep." And thereby—kindly forgive the pun—hangs a tail.

In August of 1973 my wife and I, and our sons Dave, 15, and Jed, 11, took my entire month of annual vacation to go on a grand swing around the near west—from New Jersey to Arizona, Idaho, and back through Ontario. We visited a relative in Albuquerque, New Mexico, and the next morning were driving west from Las Cruces across Interstate 10 toward Arizona. It was already very hot in the desert and the sky was

cloudless. I was driving and I spotted a roadkill along the right side of the highway. It was a Greater Roadrunner, the model for the one that Wile E. Coyote never was quite able to catch in any of those cartoons. After a quick glance in the rear view mirror to check that there were no police cars in sight, I slowed down, pulled over, stopped, and backed up to the lifeless bird that had been caught by a car too swift for it. I was after its tail.

You need to know a little bit about roadrunners to appreciate why I would do this—and incidentally to realize that I wasn't as crazy as you (and my family) might think. Roadrunners are members of the cuckoo family, but adapted to running to catch their prey rather than eating caterpillars in trees, like our eastern Yellow-billed and Black-billed cuckoos do. They are twice as large as those cuckoos, almost two feet in length, and nearly a foot of that length is in their tail feathers. Since much of their prey is lizards, which are extremely adept at turning rapidly in different directions at high speed, roadrunners have adapted to twist their path equally well in the chase, and they have developed their long tails as rudders to enable their abrupt turning. Those tail feathers are nothing like a peacock's, of course, but they are beautiful in their own way: they have an almost iridescent, bronzy but dark green upper surface and a white tip at the end of the feather. And best of all, I thought, they would fill a much needed place in my cardboard feather mountings, which contained no feathers anywhere near as impressive as these.

But there was the embarrassing thought of being checked out by a policeman and having to confess I stopped for a piece of road-kill—and then explain why. I could imagine the expression on his face. So I quickly picked up the bird (which had been too long in the sun and didn't smell at all good), got back in the driver's seat with it, then handed it to my sons and instructed them to carefully pull out the tail feathers, and got the car back on the highway at speed. So far, so good, at least from my point of view. But the family was another matter—well, there were expressions on *their* faces best left undescribed. Some drastic action was called for. “What do we do with this

bird?” the boys asked, and I said “I'll put the window down and you throw it out. Be sure it doesn't blow back into the car.” So out it went--a reasonable distance, leaving its tail behind it (in the car). By that time there was another car coming up behind us, and as it passed we viewed the best expression of the day as its occupant looked us over quizzically, having just seen this plucked-chicken-like creature flying head over heels out of our car back onto the hot highway.

This happened several years before the federal government passed laws making it illegal to own feathers or parts of North American birds. I made up new display sheets that featured the tail feathers of our roadrunner and covered them over with cellophane, but tiny insects managed to get to them and destroy them. But by then it was illegal to keep feathers of most North American birds. I both gladly and sadly gave their remains up to the garbage bin because I support this law for conservation reasons, and I still remember them as objects of rare beauty. Besides, the cops might be looking. You never know.

>John Irvine

EVERY PERSON MATTERS

The sign says "Every Person Matters"
Well, I know they do,
But do I put in practice what the
Message tells me to?

Do I consider each one special
As I meet them though the day,
Or do I just ignore them,
And keep myself at bay?

From morning until evening
Opportunities are there
To say a kind word or do a deed,
And let them know I care.

Especially when they're down and out
Unhappy as can be,
Do I take them by the hand and say,
"God loves you and me?"

Yes, every person matters in this
Big ol' world, it seems

The big ones and the little ones
And all those in between.
>Helen Miller

***“No one is so old as those who have
outlived enthusiasm.”*** - Henry David
Thoreau

A NOTICE TO ALL VETERANS -!

Many of you have not responded to the request that you fill in a form concerning your military service, and I am hoping that you will reconsider. Among other possible uses for this information, Sunnyside is asked occasionally by the media for the names of veterans who participated in certain activities, or who was in the service at particular times, for the purpose of interviewing them.

Also, we have some very positive plans for the May 24 meeting, with the chief goal of drawing each of you into all decisions, programs, and activities that our group engages in. As you probably know, our group has been gradually fizzling out with only 9 in attendance at our last meeting. I believe our veterans organization will be at a crossroad on May 24; either it will give up the ghost altogether and be as dead as a doornail, or like the Phoenix bird that rose from the ashes to begin a new life, our organization will rise again to a new life, new vitality, and new purpose. Will you not make an effort and come to the meeting and help this to happen?

>Richard Young

I'M FINE

There's nothing whatever the matter with me.
I'm just as healthy as I can be.
I have arthritis in both my knees
And when I talk, I talk with a wheeze.
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in.

I think my liver is out of whack
And a terrible pain is in my back.
My hearing is poor, my sight is dim,
Most everything seems to be out of trim,
But I'm awfully well for the shape I'm in.
I have arch supports for both my feet

Or I wouldn't be able to go on the street.
Sleeplessness I have night after night
And in the morning I'm just a sight.
My memory is failing, my heads in a spin,
I'm peacefully living on aspirin,
But I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold,
That for you and me who are growing old,
It's better to say, "I'm fine" with a grin
Than to let them know the shape we're in.

> Celia McClinton

RIVERSIDE FARM

As you pass Grattan Price Drive and go into Glenside Drive, you probably notice a big white truck with Riverside Farm on its side. You may wonder about Riverside Farm. Where is it located? Riverside Farm is on the west side of the South Fork of the Shenandoah River at Island Ford (across the river from Coors). The farm is owned by Dr. George Richard Dorsey Hedrick, a retired Harrisonburg dentist.

Dick's family came from Germany and down the Valley Turnpike and built their home on the side of a hill facing the river. Although the river has flooded many times, the house and pre Civil War barn has never been flooded. Dick has a framed document of the land grant signed by King George VI and the Denture dating to 1734. The house is most interesting having a center fireplace (cooking on one side, heating on the other). Each generation added their personality--there are 4 bay windows, for instance. In the dirt basement are triangle windows to burn pine knots for light, ventilation and perhaps to shoot an Indian or two, if needed.

During the Civil War, Dick's great, great grandmother gave gold pieces to Yankee officers to not burn down the pre Civil War barn. But another thought on the matter is the Rebels were close by and the Yankees didn't want them to know their whereabouts. The battle of Port Republic--or Cross Keyes was engaged close by to the area.

The farm house has been remodeled many times and it continues to charm, painted a light gold color. Many of the out buildings are gone, yielding to wide open farm land now planted in rye and corn by a Dairy Farmer.

>Betty Hedrick

YOUR LIBRARY IN MEREDITH CHAPEL

The chapel library was introduced last year to provide a free and accessible spiritual resource center for both residents and staff. Have you visited? Immediately to the left when you enter the chapel!

The spiritually oriented books are a gift to you and everyone, resident and staff. 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 also provides you an opportunity to share your similar books that are ready to serve someone else! Please place book 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. A sample of the books currently available:

15 Minutes Alone with God, devotional by Emilie Barnes.

Letters to My Grandchildren-behold the Wonderful Works of God, by Daniel H Condit.

Living Beyond the Limits, A Life in Sync with God, by Franklin Graham.

Healing the Soul of America, Reclaiming Our Voices as Spiritual Citizens, by Marianne Williamson, best-selling author of "A Return to Love".

Glimpses of Heaven, True Stories of Hope and Peace at the End of Life's Journey, by

Trudy Harris, RN, former president of Hospice Foundation for Caring.

>Donna Williams

CHICKS ALIVE

Some years ago I served as an elementary principal in Fairfax County. For part of a sixth grade science project, I built a box with a hinged lid and a plexiglass window for an incubator. We bought a heater with thermostat and fitted the floor with egg cartons. The sixth graders came to the office at break time to adjust the thermostat each day for a week until the temperature was steady between 98 and 102 F to incubate eggs.

We then obtained a quantity of fertile eggs and started the incubation process. I had obtained some casting plastic and wanted to crack an egg each day and cast the embryo in the plastic to show the whole process, but the kids strongly objected to killing a living embryo each day, so we omitted that part of the experiment. After three days of incubation a couple of eggs broke accidentally, and we were able to see the regular rhythm of the heart beating. Does life begin at conception?

We placed the incubator in the hall, and, as luck would have it, parents were visiting on the day of hatching. Each class filed by to watch the tiny creatures peck their way out of the shells. Both kids and parents were impressed with the exhibit. The chicks were eventually given to one of the teachers who had a place to accommodate them.

Most jobs aren't that much fun.

>Ed Yarnell

FLIGHT SCHOOL

A creature from which we can learn lessons is the goose. For example, if you have ever observed geese in flight, you have noticed that they fly in formation. Why? Because they can travel farther and more efficiently that way. Likewise, folks who work together with others going in the same direction are more effective in their work than the ones who go solo.

Another goose "trait" we can learn is shared leadership. When the bird in front of the flying "V" gets tired from facing the wind, he moves back and lets another take his place. Similarly, how much more we can accomplish when we share the responsibilities. Sometimes the ones who have been staying in the background need to step forward for their turn. The rest should be grateful and stay in formation!

A third lesson from geese is encouragement. In formation, particularly at night or in cloud and fog, geese "honk," helping to keep the flock together. The next time we hear or see someone or something that needs a little support, can you "honk"?

Traveling with friends, going in the same direction, sharing experiences, helping neighbors, caring for each other and keeping the formation together. Sounds like Sunnyside!
> An Anonymous Resident

SUNNYSIDE COMPUTER CLUB - NOTES **Our Third Anniversary**

Starting our third year, the resident Computer Club now has over 60 participants. Meetings continue to be scheduled twice each month; the second and fourth Mondays at 1 PM in the Allegheny room of the Highlands. Sunnyside now has two related clubs, a monthly club for Apple users, a Mac Users Group (or MUG); and the Rocktown Camera Club (a photography/camera club) sponsored by residents and includes members from the local community.

During the past year, technology change has been a major subject. Desktop computers are still here and will continue to serve our needs. Laptops are common. Tablets, like the iPad or android devices are either replacing the laptop or coexisting with your "real" computers. "Information technology (IT)", "mobile devices", "hotspots" and "android" have entered our vocabulary. Or is your immediate interest fixing your email problem or getting your printer to work properly? We try to include all of these subjects in our programs

The Computer Club is pursuing several interests. First is expanding open WiFi coverage for selected common areas on campus. Providing open "hotspots" will facilitate resident use of mobile devices and help demonstrate our awareness of technology, both of which should be a marketing plus for attracting potential new residents. Second, we are emphasizing small group sessions where individuals with similar interests can join together around a table with their personal mobile devices (laptop, iPad, etc.) and share solutions. Also, we are testing one or more resident club websites to provide information to and communicate with the club members.

There is an endless range of possibilities in expanding the how, when, and where your computer and its capabilities can serve you. Don't feel that you must be an expert to attend our meetings. Everyone learns something new every time and we have fun! Thank you for your participation.

>Richard Williams

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.*