

# "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*

## FUTURE ARTICLES

How 'bout asking residents to submit material for a column similar to the following:

1. Absolutely beautiful grounds, including the Highlands garden, and kindnesses extended by staff here.

2. Extraordinary abundance of wonderful music and collegial musicians at Bridgewater College, JMU, EMU and congregations:

A capella singing at Park View Mennonite church by congregation and ensembles Shenandoah Valley Choral Society, Shenandoah Valley Childrens' Choirs, and the Bach Festival

Opportunities afforded by the Forbes Center, Lehman Auditorium and Martin Chapel (EMU)

3. Pro-active environmental groups and groups, like ARCHES, offering hospitality and inclusion, at Trinity Presbyterian and Park View Mennonite

4. Magnificent mountain views; Shenandoah National Park

>Suggested by Virginia and Dick Bethune

## FIRST THURSDAY READERS

For the past twelve to fifteen years, a group of avid readers have met monthly to share that interest.

Our sharing is quite esoteric. Newspaper articles, biographies, letters, book reports, poetry, essays, correspondence - nothing is out of bounds except political controversy.

We meet for about an hour from ten to eleven AM on the first Thursday of each month in the Blue Ridge room of the Highlands (just outside the dining room).

If you'll express an interest in coming to share your own reading--or just to listen--you'll be called and reminded the evening before the next first Thursday.

> Thaine E. Billingley

## LITTLE JOHNNY

Little Johnny and his family lived in the country, and as a result seldom had guests. He was eager to help his mother after his father appeared with two dinner guests from the office.

When the dinner was nearly over, Little Johnny went to the kitchen and proudly carried in the first piece of apple pie, giving it to his father who passed it to a guest. Little Johnny came in with a second piece of pie and gave it to his father, who again gave it to a guest.

This was too much for Little Johnny, who said, "It's no use, Dad. The pieces are all the same size."

>Shared by Pat Armstrong

## SCHOOL MEMORIES

I went to school at John Marshall school from grades 1 through 8. We had student teachers from STC, now Longwood University. Miss Stone was their supervisor. I can remember hearing her coming down the hall to check on the teachers and we all froze at the thought that she was coming to

our room. I don't know why we were so afraid of her because she was very kind. One day when I was in second grade I somehow lost my lunch. On her rounds at lunch time Miss Stone would check each room to give peanut butter sandwiches to those who had no lunch. John Marshall School was located near Farmville in Cumberland County. The school was torn down many years ago but I will always remember going to that school. When I was in 5th grade we were all called into the auditorium to hear President Roosevelt say, "My friends we are at war."

>Jean Watlington

### PRESERVING WOOLENS

Instead of moth balls, use Cedar Power Spray (\$5 for a small bottle), available from Rocking R Hardware. Spray on a small piece of cloth and store in airtight bags, etc. with woolen articles.

>Virginia Bethune

### SQUASH PIE

(TASTES LIKE COCONUT PIE)

- 1 c. yellow squash, cooked, mashed and drained
- 1 c. sugar
- 2 tbsp. melted butter
- 2 eggs
- 1 pie crust, unbaked
- 1/2 tsp. salt
- 1 tsp. vanilla flavoring
- 1 tsp. coconut flavoring
- 1 c. coconut

Combine squash, sugar, salt, beaten eggs, coconut and flavoring. Put in unbaked pie crust. Bake first 10 minutes at 400 degrees, turn oven down to 350 degrees and bake an additional 35 minutes or until done

### DID YOU HEAR?

Dorothy Peterson who lives in the Highlands won a blue ribbon and "Viewers Choice" (the top ribbon in the whole show) at the Shenandoah Valley Quilters Guild quilt show on June 23. Her quilt was entered in the category "Bed Quilts - - - Machine Quilted". She called it "Star Plate". It is a Dresden Plate design.



The Shenandoah Quilters Guild was formed in 1987 as a non-profit educational organization and is dedicated to exploring the art of quilt making. The purpose of the Guild is to learn techniques of quilt making, study of the history of quilts, explore methods of quilt preservation, and promote the documentation of quilts. Membership is just over 100. 2012 is our 13th Biennial Quilt Show.

Monthly meetings are held in the Sunnyside room. "Show and Tell" and interesting programs present new ideas.

As Chairman of the Home Economics department for Arlington County School, I often had a surprise. One Day the Director called me in and asked, "Have you seen the art quilt at the Renwick Gallery?" "No", I replied and his response was "You need to see it as the Smithsonian has a class on Thursday and Friday and I have already signed you up to attend. You have plenty of time to be ready to teach it next semester". What a treat. Every color of blue and of every fabric, silk to denim. The students loved it.

>Shared by Ginny Biggs and Dorothy Peterson

## **SUNNYSIDE RESIDENTS INVOLVED IN HabitatFest CHORUS**

Mary Lou Gardner, Jean Beard, Ruth Williams, Linda Bradley, John and Nancy Irvine, Sue Johnson, Nancy and Jack Heintzleman, Kip Caldwell, Homer and Larue Cornish, and Virginia and Dick Bethune, all Sunnyside residents, are members of the HabitatFest chorus. This event, SINGING TO RAISE THE ROOF, on Sept 15-16, 7 pm and 3 pm, respectively, at Bridgewater Church of the Brethren, is an ecumenical choral event designed to assist in raising more funds to help to complete the Habitat House Built with Music. Groundbreaking for the house was held on June 16 in Elkton, and regular progress is occurring at the build site, with framing due to be added in late July. Over \$100,000 in gross sales of harp CDs and others has provided the funding for Dick and Virginia to qualify as sponsors for this build. Amanda, Christian, and Andrew Contreras will occupy one half of the completed duplex. A similar project will begin in Blacksburg in the fall with funding from the same source.

>Virginia Bethune

## **PLACES TO GO Natural Chimneys - Mount Solon, VA**

It's hard to imagine, but the Shenandoah Valley was once the floor of a great inland sea. Centuries ago, as that sea receded, the forces of nature carefully etched out an awe-inspiring formation of solid rock. The seven Natural Chimneys tower as much as 120 feet above the pastoral terrain of the Shenandoah Valley, offering onlookers a sight unrivaled in majesty.

Viewed from one angle, the formations resemble enormous chimneys standing in bleak contrast to the greenery of the Valley. Take a few steps, though, and the chimneys are transformed into the massive turrets of a foreboding medieval castle.

Natural Chimneys Park in Mt. Solon, Virginia offers more than simply the splendor of towering limestone formations. Both day visitors and those who choose to stay overnight in the seasonal campground find plenty of space and

opportunities for recreation, relaxation, and fellowship. At Natural Chimneys, nature displays a record covering five hundred million years of the geological history of our planet.

Though they closely resemble a medieval castle, the term "natural chimneys" is the one most commonly used today. This reference to chimneys can be traced back to the early history of this section of the Shenandoah Valley. The region's earliest settlers, mostly from Pennsylvania, constructed massive chimney-like structures in which to heat or burn the local limestone for use in agricultural endeavors. After the discovery of iron ore, smelting furnaces, or "chimneys" were built to extract the iron. Prior to the civil war, significant quantities of iron were produced in this area. At this time, the easily accessed ore deposits were exhausted and the men who worked the ore and furnaces left to fight for the Confederacy.

Although named for man-made structures, the chimneys were created entirely by nature. The process by which the chimneys were created began in the pre-Cambrian period of the Paleozoic Era, when nature started creating the limestone that would become the raw material from which the chimneys were formed.

The process by which the chimneys were formed can be broken into the following stages:

- (1) The creation of the stone
- (2) A period of tremendous geologic upheaval which created the Appalachian Mountains
- (3) A period of erosion interspersed with smaller upheavals
- (4) The present period - one of additional and continuing erosion.

Having been completely submerged by a vast, but shallow inland sea five hundred million years ago, the chimneys themselves are made up of numerous layers of compacted sediment. Within some of these layers, the fossilized remains of the sea creatures that once thrived here can be found. Equally as important to the formation (and perhaps more important to the preservation) of the chimneys were the sponges that inhabited this area. As the sponges grew they secreted a silicone

like substance which solidified to form a type of stone that is considerably harder than the sedimentary rock in which it is found. This material is referred to as chert.

The layers of the stone vary in both thickness and color due to the fact that as the temperature of the sea water fluctuated, so did the types and quantities of the marine life within the sea. The darker stone that caps the columns is chert, and since it is much harder than some of the layers beneath, it serves as a protective roof over the formations. Additionally, the chimneys contain a volcanic layer. Originating at a point about ten miles north of the chimneys, volcanic activity was so powerful that it was able to squeeze a layer of lava between two layers of limestone. Throughout the years, water also came into play in turning the chimneys into what they are today. When water flowed through this area, it deposited minerals such as calcium and iron which seeped down into the stone and further hardened it. Through the course of time the chert caps have played a vital role in preserving the chimneys.

The seven towers that comprise Natural Chimneys range in height from 65 to 120 feet and through the level layers of limestone, the chert caps, the lava intrusion, and in the chimneys themselves, nature has left us a record spanning five hundred million years of the geological history of the planet on which we live.

Want to visit?

Physical Address  
94 Natural Chimneys Lane  
Correspondence  
Augusta Co. Parks & Rec.  
P.O. Box 590  
Verona, VA 24482  
Office Phone: 540.245.5727  
Park Phone: 540.350-2510 (seasonal)  
Fax: 540.245.5732  
Email: [camping@co.augusta.va.us](mailto:camping@co.augusta.va.us)  
>Pat Armstrong

## MY FAVORITE TEACHER Mrs. Asbury - Geography.

This was Taylor High School, 1945, in a little town on the Ohio River called Cleves, Ohio, in the south west corner of the state. The closest big city, about 10 - 15 miles to the east was the beautiful city of Cincinnati, also on the Ohio River.

Mrs. Asbury taught geography. She made it all so interesting since she had traveled quite a bit and knew her subject so well that she knew many extraneous bits of information that weren't in the text books.

I can still picture in my mind all of the United States and name the states from east to west or west to east. I also, at one time, knew all of the capitals, but have gotten a bit rusty on some of them.

Some of the countries of the world have changed their names, such as Burma, Ceylon, etc., but I do know on which continents countries are located.

Gene and I have been fortunate enough to have traveled to all 50 States, most of the Provinces of Canada, and several trips to Mexico when it was safe. Now the State Department advises Americans NOT to travel there, so we don't. We have also visited some countries across the Atlantic and Pacific Oceans and to South America.

I doubt the school systems even teach geography as well today, but I am still grateful to dear Mrs. Asbury.

>Helen Drifmeyer

Foot Note: The little town of Cleves, Ohio is the burial place of our 9th President, William Henry Harrison. It was cold and bitter on Mr. Harrison's Inauguration Day. Unfortunately his speech was so long that he caught pneumonia and died after serving only 30 days as President of the United States - March 4, 1841 - April 4, 1841

## A HOLE IN MY WALL

by Sharon Saari

A hole in the wall  
The perfect round hole  
in my Villa  
Winter work by downy woodpecker  
Four species drama to follow  
in the hole in my wall.  
Woodpecker first shaped it  
Not right, not at all  
Peck some more to  
Make it a perfect hole in the wall.  
Then came new species...bad, bad  
Starling chased the woodpecker  
From his home, the perfect hole.  
Next came the nuthatch pair.  
A perfect match for the perfect hole.  
Clutch fed, fledged, then flew away.  
Return the starling, tried again, failed  
To fit into the perfect hole.  
Return the nuthatch to nest again,  
But wait, drama's not over yet,  
A flash of blue from the perfect hole.  
August's guest now in the nest.  
Pair of bluebirds perfectly fit  
In the hole in my wall.  
Don't tell Robert; he'll want to fix it!

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