

"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

To encourage patriotism, the Veterans at Sunnyside provide a brief description of each of our patriotic holidays throughout the year. Scattered throughout this issue, you will find three such holidays in May!

SPANISH 101

Dot Hollandsworth concluded the first session of Spanish 101 by hosting an authentic Mexican luncheon for the students. It was prepared by her friend Carmen Correa. The menu included ensalada (salad), arroz (rice), frijoles (beans), enchiladas con pollo (chicken enchiladas). The dessert was a creamy flan.

Dot's class was designed to prepare first time travelers to Mexico. The six eager students talked Dot into extending the class from four to six weeks.



Back Row: Sue Johnson, Coni Dudley, Lena Bush, Carmen Correa, Dot Hollandsworth (Instructor), and Pat Wingo

Front Row: Billie Brown, Charlotte Coppock

If enough people are interested in learning some basic Spanish, Dot will have a second class in the New Year. Let Tammy know, 8241.

>Coni Dudley

A LITTLE JAM FOR YOUR BREAD?

If you like *tart* orange marmalade, our favorite is made from a can of Mamade; this contains the essence of Seville oranges to which 8 cups of sugar are added. Available online. Or on the other end of the spectrum, Gift and Thrift offers quart jars of apple butter with NO added sweetener or with Splenda- \$6 per qt.

>Virginia Bethune

SAFETY TIPS

1. Remember to walk facing traffic when there are no sidewalks.
2. Wear reflective clothing and/or carry a flashlight in the early morning and after sunset.
3. To keep your balance if you stumble be sure to walk with hands free.
(Swing your arms for extra exercise.)

A MENTOR REMEMBERED

This is the Dick Williams we didn't know at Sunnyside, because of the Parkinsons that contributed to his fatal fall. - Ruth Williams

I first met Dick Williams in an evening course he was teaching at Towson. We were all working teachers in the class, bedraggled after a long day's work and eager to get home. In he comes, immaculately groomed, every hair in place, nattily

attired and sporting his Gene Kelly smile. Everyone began a mental assessment of what kind of teacher he was going to be and what to expect from the class. He spoke clearly and articulately, with a straightforward style that suggested time in the actual classroom and not just the hallowed halls of academia.

He handed out 3x5 note cards and asked us to write our names, where we taught and what grade level. If people raised questions during his lecture, he would ask them to identify themselves. After the mid-class break, he came around to each student and picked up the card, repeating the name and school information aloud. At the next class meeting, he took role by reading the name on the card and putting the face with it. Then he put the cards down and, from that moment on, Dick knew everyone's name and where they taught. It was amazing! He said that the single most effective tool as an administrator was calling a child by name. As a principal he found this had a direct influence on affecting their behavior.

Thus began a mentorship and friendship that lasted almost forty years. We would meet for lunch regularly and discuss everything time permitted. As my vocation changed, we moved from education to religion, politics, and entertainment. No subject was safe from our luncheon musings. Dick's insights and analyses of topics were always refreshing and informative. I enjoyed above all the stories of his growing up in York, Pennsylvania, and of his family. He gave me guidance, advice, and most of all direction on the important decisions in my life. His wisdom and candor helped shape the person I am today. For that, I am eternally grateful. I shall miss our luncheons, but most of all I shall miss our conversations.

Three-by-five cards now come in bright vivid colors. With the advent of the personal computer, few people use them much anymore. I still write with a fountain pen and when I need to organize my thoughts or order my collecting hobby, I use those cards. Whenever I pick one up, I smile and think of Dick Williams and the profound gift of

understanding he shared with me. My life is better for having known him.

>Felix Tarasco

Editor's Note: Felix Tarasco knew Dick Williams for forty years before Parkinson. We at Sunnyside only knew him for two years with Parkinson

LIMA, PERU TO CUSCO BY 4WHEEL VEHICLE MID 1960s

Our final destination by train was Quillabamba with a stop at Machu Piccha.

My husband prepared for our trip by having an auxiliary gas tank installed. Two complete wheels and a tank of oxygen were with us. I added a pillow, snacks and water. I also had pills to prevent altitude sickness as we would be in the Andes Mountain at 12 to 15,000 feet.

We left the paved Pan American Highway at Nazca. The dirt road to Abancay was so narrow in many places that two cars could barely pass going in opposite directions. If you encountered a truck or bus you had to find a place to pull over. There were crosses and shrines where cars, buses and trucks had gone off the road and down into canyons.

In places there would be flat almost barren plains. Off in the distance were snow capped Andes Mountains. Small herds of llamas, vicunas, guanacos could be seen. I saw what looked like a small gray rabbits, but the ears were short and tufted. I suddenly realized I was seeing chinchillas in the wild. Houses were small and made of adobe. Guinea pigs (they are a staple food supply) ran about like chickens. The yards were enclosed in adobe walls. Everything was tan. We were above the tree line; just walking to the back of the vehicle left me huffing and puffing for air. The oxygen was to be used if my husband needed to change a tire or wheel.

Gasoline was available. Small cans of gasoline were drawn off a drum and poured by funnel into the car.

We stayed over night at a small government run tourist hotel. The next day we had a rough ride going through a construction area. After getting to Cusco, we discovered one gasoline tank had been punctured and was empty. The car was left at a garage for repair when we went by Autowagen Train to Machu Picchu.

Memorable sights in Cusco were the statue of an American Indian in the park in the center of the plaza, a sign at the entrance to the cathedral that said women must wear skirts, and a pulpit that took one man 40 years to carve so his skull was placed at the very top.

When we arrived at the foot of Machu Picchu there was no real station. A van was there to take us to the top by way of 13 switchbacks. As we were on our own, we attached ourselves to a group of Japanese tourists who had an English speaking guide.

There are towering peaks all around, but the fortress and farming terraces are only about seven or eight thousand feet in altitude. The amazing construction of the walls and terraces has to be seen to believe what was accomplished with out mortar.

We stayed the night in the government tourist hotel. The generator was turned off about 9 or 10. I couldn't sleep so I took a flashlight, pillow and my paperback book to the bathroom to read for a while. In the morning we went into the ruins to watch the sunrise. The sun travelled down the walls to the central plaza where llamas lay chewing their cud. I was able to pet one of the llamas.

After breakfast, we asked to be taken down to the train tracks to take the train to Quillabamba. It was either our poor Spanish or the clerk couldn't believe a couple of gringos wanted to go to Quillabamba, so we watched as the first class train came and went. But that is another story.

>Coni Dudley

May 1 – Loyalty Day is special day set aside for "...the reaffirmation of loyalty to the United States and for the recognition of the heritage of American freedom." The holiday was first observed in 1921, originally called "Americanization Day." It was made an official holiday by the U.S. Congress in 1958. The President is requested to issue a proclamation inviting the people of the United States to observe Loyalty Day.

Although Loyalty Day a legal holiday, it is not a federal holiday and is not well known. Perhaps everyone should know it better!

FAMILY AFFAIR **Leta Fitzhugh**

Over the years there are often family members living at Sunnyside at the same time: brothers and sisters, sisters, mothers, and daughters and Leta Fitzhugh moved to Sunnyside in 1990 to be near to her brother, P. T. She was working fulltime in Manassas and stayed with her sister part of the week and commuted from Sunnyside part of the week.

Leta began working for Dudley Martin enterprises in 1942 while attending Benjamin Franklin University School of Accounting and Business Law in D.C. When she retired from Dudley Martin Chevrolet in 2012 she was corporate treasurer working with the grandson of Dudley Martin.

Because of her background in business, Leta has served Sunnyside as a member of the board of directors, on the 15 year planning committee, on the furniture sale committee and helped in many other ways. After work is done she is always ready to party.

Leta, her two brothers and a sister grew up on a farm in Culpeper living in a home her father built. She has a large extended family, many of whom stay in the Sunnyside guest cottages. In 1996 she organized a Fitzhugh Reunion for descendents of William Fitzhugh who settled in King George

County in 1674. Four hundred people came from 27 states, Australia and England. They picnicked on the grounds of Eagles Nest, attended services at St. Paul's Episcopal Church, where communion was served from silver given the church in 1759 by the grandson of William. The communion silver is only used for Christmas, Easter and when the Fitzhughs are in attendance for reunions. The next large reunion is scheduled for October 12 in Fredericksburg. Two hundred people are expected. Smaller local reunions have been held every two years.

Leta was grateful to be offered an apartment in Lakeview in 1990 before moving to Village Court Apartments. She now lives in Eiland Center, "Where I am very well cared for by the excellent staff. I could not ask for any more."

>Coni Dudley

OH!

Oh, Adam was a gardener: and God
 Who made him sees
 That half of proper gardener's
 work
 Is done upon his knees.
 So when your work is finished
 You can wash your hands and pray
 For the Glory of that Garden.
 That it may not pass away:
 >Rudyard Kipling

SUNNY TREASURES

A new brochure is being prepared telling about the resident run gift shop and events they sponsor. It will be available to Sunnyside residents. It will also be inserted in Marketing packets.

Located across from Golden Shears, the shop is stocked with many unique items donated or made by residents. It is open to residents, staff, and friends Tuesday, Wednesday, and Friday from 11:30 AM to 4:00 PM. Income from Sunny Treasures supports various programs at Sunnyside.

>Carol Way

May 26-Memorial Day (The last Monday in May) "Memorial Day is a United States federal holiday to remember the men and women who died while serving in the United States Armed Forces. Formerly known as Decoration Day, it commemorated the Union and Confederate soldiers who died in the Civil War. Later, Memorial Day was extended to honor all Americans who have died while in the military service. Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time.

"COLD" IS RELATIVE

Given our recent cold snaps, it seems appropriate to provide a little comparative primer on how Americans deal with it.

When it's 65°, Floridians turn on the heat, People in Vermont plant gardens.

When it's 60°, Californians shiver uncontrollably. People in Vermont sunbathe.

When it's 40°, Georgians don coats, thermal underwear, gloves, wool hats. People in Vermont throw on a flannel shirt.

When it's 35°, New York landlords finally turn on the heat. People in Vermont have the last cookout before it gets cold.

When it's 20°, People in Miami all die. Vermonters close the windows.

When it's 0°, Californians fly away to Mexico. People in Vermont get out their winter coats.

When it's -10°, Hollywood disintegrates. Girl Scouts in Vermont are selling cookies door to door.

When it's -20°, Washington DC runs out of hot air. People in Vermont let the dogs sleep indoors.

When it's -30°, Santa Claus abandons the North Pole. Vermonters get upset because they can't start the snowmobile.

When it's -40°, all atomic motion stops. People in Vermont start saying 'cold enough fer ya?'

When it's -50°, Hell freezes over. Vermont public schools will open two hours late.

>Kathy Brown

MEETING AND GREETING

Carroll Lisle

Her love affair with mountains began with a game played when she was three years old. Whenever her family drove from their home in Baltimore County towards the mountains in Western Maryland, they asked “Who will see the mountains first?!” Carroll was always the first to see them. (She thinks they may have let her win!)

She feels at home here. But she also felt ‘at home’ in the Scottish Highlands, and among the standing stones of Ireland and Brittany; and now her home at Sunnyside has a close-up view of the Massanutten Peak and the Blue Ridge Mountains beyond.

“Soul food”, she said about the mountains, and then brought out a box of assorted rocks she had collected for over forty years.

Is the Massanutten Peak a monadnock I asked? She thought so, and then told me about exploring Fort Valley by herself, later taking a church group into that remote valley for a picnic. A Forest ranger told her that George Washington had known about the secret valley and planned to hide there if the Revolution were lost.

Her husband, Robert Lisle, died in 2011, when the couple lived in Staunton, VA. Dr. Lisle taught Latin and classical and Biblical Greek at James Madison University which drew pre-ministerial students from outlying universities. He retired in 1994. There are two sons -- Kit of Leesburg, VA and Randy of Amherst, MA – and three grandchildren.

Carroll has been an English teacher – in Maryland, in Australia (on a Fulbright), and in

Turkey. She and her husband moved to Staunton in 1972 when it was, she said, a ghost town!

But the Statler Brothers were performing and their concerts brought thousands to the area. In those years and now, her deep love of nature, geology, birds and flowers (she liked to grow new flowers she had never seen before) and reading, continue to bring her deep pleasure.

Today, she keeps a close eye on her two cats, loves to travel, longs to go to Iceland, and reads nonfiction. Her present book: “The Bluebird Effect”.

> interviewed by Martha Merz

May 17, 2014– Armed Forces Day (The third Saturday in May) “President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country. On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days.”

MORE ON YOUR SUNNYSIDE RESIDENT COUNCIL

In the past year, the Sunnyside Resident Council has had articles published in our community newsletters in the interest of making residents more aware of what the Council is, what it does, and how it can be helpful to you.

As mentioned in the articles, each category of residents — Highlands, Village, Assisted Living, and Health Care — has one or more representatives on the Council. These representatives hold Association meetings that are open to all residents in their particular category. They serve several purposes. With regard to the Resident Council, they keep you informed about what the Council is doing and they provide an opportunity to bring your interests and concerns to the Council and thus to the community administrators. Association meetings also encourage social interaction and serve to enhance

our spirit of community. We encourage you to participate in these meetings and provide input on policies, programs and activities that are important to you.

The next meeting of the Resident Council will be held on Friday, February 21st. Minutes of that meeting will be available a few days after the meeting at the reception desks in the Corson lobby and the Highlands. We encourage you to pick up a copy and talk to your representative about issues that interest you.

A Resident Council Directory is available at the reception desks at any time

Minutes of meetings are available following each meeting

A notice that minutes are available will appear on Channel 970

>Audrey Calomino

ANY CARTOONISTS OUT THERE??

Want to be famous? Can you draw? *Tips & Tales* could be your path to fame and fortune! Send your suggestions and samples to our Editor, Coni Dudley (8604, or condudley@aol.com)!

On behalf of all the residents at Sunnyside, here's a big THANKS from the Editorial Staff of "*Tips & Tales*" to the hard working staff who have kept our streets and sidewalks clear this winter! (And keep up the good work!)

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