

"Tips and Tales"

February, 2015,

Volume 7, Issue 1

*An Irregularly Published Independent Screech Produced by and for
the Residents of Sunnyside for Sharing News and Information
about and of Interest to Them*

THE CARPENTER'S APPRENTICE

CRACKING BLACK WALNUTS

"Oh, my dear!" Roberta said. "You're not cracking nuts! Just look at your hands! Now, I ask you, whatever on earth for?"

"Earth" reverberated. Ah, I thought. I remembered how I searched the nearby lands for a roadside tree and stopped to explore

underneath for pungent balls and reap my harvest home in bags and heart. I felt the richness of the earth (and gained the stain!)

"It's fine to sew and cook or wash and sweep, but waste your time on whacking n-u-t-s?" she spelt and made the sign toward me. "Are you insane?"

What sense is this? Buy them at the store!" I sighed but cracked some more. Could I convince her of the value in the doing? To explain

the quiet contemplation--rhythmic chore--achievement--simply love--would make her wince as if the hammer hit her thumb. I'd refrain

from answer. I stiffly rose to leave my task undone and visit with my guest. But after she was gone, I smiled and knew

henceforth, my friend Roberta would believe she'd saved me drudgery. Squatting, I just chuckled and picked nutmeats 'til I was through.
>Carroll Lisle

Since I was a little boy, I've loved working with wood (remember making a shoeshine box or sailboat?) I love the feel of a piece of poplar, the smell of walnut, and the color of oak or mahogany. Working ankle-deep in wood shavings is pure joy for me! Then I met Jesus and found another carpenter enthusiast. He grew up in His father's shop and became The Great Carpenter of all men. I've had a special love for Him and for years have tried to be His worthy "Carpenter's Apprentice."

In deference to a weak back, I've retired from furniture making and focused on small challenging woodworking: toys for my grandchildren and birdhouses for my friends (with a few, now and then, for Sunny Treasures). The few wood trucks and toys I have left are carefully reserved for my first great grandson, after seven granddaughters! I would of course, welcome a "carpenterette."

Also I've tried my skill and luck at woodcarving. Jim Bradshaw inspired me in this new wood direction. I took a class in carving (it's harder than it looks), and have made a few items-most already given away. I do have the Walnut Madonna I carved after seeing one carved by a native artist of Zimbabwe, Africa.

I recommend woodworking. It's a great way to give a little more breathing room to the wife and a to spend many quiet hours with the Carpenter!

>Jim Hollandworth

HAPPY 2015 FROM SUNNY TREASURES

We bid a fond farewell to the past year and our record-making sales and look forward with great anticipation to 2015 and all it offers. Changes have taken place at Sunny Treasures, and as we move forward, we want to take this opportunity to thank several members of our Board who have

contributed a great deal over the years. Number one is, of course, Marianne Hinkle. After four years of serving as Chairman, she has stepped down. Marianne will continue to be a member of the board for the next year, serving as our Past Chairman. Her leadership over the past four years has been a great asset to Sunny Treasures. Much has changed over the past few years with new innovative ways of marketing and how we sell higher value items, even changes to our Apple Butter Festival. Marianne had a hand in all of it, and we are the better for it. Her easy-going, folksy way of doing business can calm any situation and is especially valuable in fostering a true spirit of cooperation. Also leaving large shoes to fill is Charlie Hall who headed our Furniture Sales. Charlie has used so many different venues to sell and market donated furniture that it would be impossible to list them all. He has made a true difference in how we hold furniture sales and made it much easier for Sunnyside's Buildings and Grounds staff as well. The total income for furniture sales this year was \$12,000 – a true testament to his accomplishments.

In their places, welcome Linda Ingham as our new Chairman. Linda has spent the past year at Marianne's side and participated in all aspects of Sunny Treasures. She brings a fresh face and new ideas to Sunny Treasures along with an easy smile and positive attitude. Other new or returning faces are Pat Harkins who takes on the duties of Publicity Chairman, and Bill Ingham as chair of Furniture Sales.

The entire board of Sunny Treasures is eager to begin a new year. Linda Ingham – Chairman, Sarah Lobban - Secretary, Kay Stilwell – Treasurer, Betty Lawrence and Dee Dulaney - Christmas Sales, Bob Long - Brochure Ambassador, Barbara Conway -- Display, Dot Spicer – Cards/Co-chair Display, Betty & Bud Long – Donations, Phyllis Robinson – Scheduling, Pat Harkins – Publicity, Chris Carniglia and Jane Campbell – Yard Sales.

Starting off 2015, Sunny Treasures Board will be faced with one of our favorite tasks – allocating funds to support or augment the activities and services for all of our residents. It is a job we take very seriously and give full consideration to every

request for funding. Funds allocated by Sunny Treasures each year are the sole source of funding for both of our libraries – the Eiland Center Library and the Highlands Library. Our allocations also augment the budgets for Activities in Health Care, Assisted Living and Independent Living, as well as Wellness. In addition funds have been used to support the Fellowship Fund and the Employees' Christmas Fund. The Sunny Treasures Board will then submit their approved distribution of funds for 2015 to the Resident Council in February. The 2015 Allocations will then be announced to everyone. Look for the posting of these allocations on our in-house channel, community bulletin boards and finally in the March Fun Side.

Thanks to all of our residents for your support and the generous donation of your time, energy and merchandise. We could not do it with you!

>Pat Harkins, Publicity Chairman

**DINING TIPS FROM VIRGINIA
BETHUNE**

*My list of food items to take to the next
life!*

- Cranberries*
- Crystallized ginger*
- Moravian cookies*
- Sharp cheddar cheese straws*
- Cream sherry*
- Grapefruit*

What would YOUR wish list be?

But until THEN, try the Mill Street Grill in Staunton. Worth a 30 minute wait!

MORE ON MIDDLE EAST KITE FLYING

I enjoyed reading in the last Tips and Tales, Carroll Lisle's vivid account of her and Gene's participating in a kite-flying event in Turkey. I immediately thought of "The Kite Runner," by Khaled Hosseini, a book I had read and enjoyed several years ago. That story was set in Afghanistan, but the similarities are striking. When Mehmet jerked Gene's kite out of danger I

recalled in Hosseini's book that tourists were warned to move away from the playing area. I remembered the fierce competition among the boys: They somehow embedded ground glass (I thought then, but maybe it was razor blades) in the kite strings, making them lethal weapons against other strings but causing bloody gashes in their own palms. As Carroll writes, if they managed to "slice the tether and win the opponent's kite," then, watching where it went down, they ran to retrieve it, presumably before the owner did.

Not long after reading "The Kite Runner," I noticed a small item in a news magazine, announcing that kite running in Afghanistan had been outlawed.

>Florence Raynal

LOOKING FOR BUZZARDS!

Are you, or were you, an aircraft pilot, RC modeler, skydiver, aircraft mechanic, or flight attendant? Or do you have an abiding interest in aviation in any shape or form?

**YOU QUALIFY AS A
SUNNYSIDE BUZZARD!**

The Buzzards flock for lunch at noon on third Wednesdays in the Tartan Grill. Come fly with us!

If you can, please let Jim Kellett (-8911) or Richard Williams (-8256) know!

THE PRIEST AND THE BOOKIE

The bookie was having a bad day at the races when he noticed a priest step out on the track and bless a horse on the forehead at the beginning of the 4th race. Lo and behold, that horse - a long shot - won the race.

The next race the priest did the same thing and the long shot won! The bookie started betting on the horses the priest blessed, and they were all winners.

Before the last race of the day, the bookie went to the ATM and took out all of his savings. His this time the priest blessed the forehead of an old nag that was 110:1. He also blessed the eyes, ears, and hooves of the old nag. The bookie bet all of his savings. The bookie was dumfounded as the old nag pulled up and didn't finish the race!

The bookie demanded of the priest, "What happened?"

"You are not Catholic are you, my son?"

"No!"

"That is the problem. You couldn't tell the difference between a blessing and last rites."

>Leta Fitzhugh

READER'S CORNER AT THE EILAND CENTER LIBRARY "The Home of Great Books"

Looking over recent lists of "Best Books of 2014" I wasn't surprised to see so many of those titles on the shelves of the Eiland Center Library. But some of you may be. There is a wonderful resource in our community, available to all residents and open 24/7 for your reading enjoyment. Located on the third floor of the Lakeview Wing in Assisted Living, it is the Eiland Center Library.

We offer two rooms filled with an extensive selection of large print books, reference materials, as well as books on tape and some movies. The main room of the Library now contains our entire Fiction collection - most in large print format as well as a computer for resident use. On the computer, there are short cuts to the inventories of books by title, author and subject matter. The Reading/Reference Room across the hall contains our Non-Fiction, Biography, History, Reference, Religion and Inspiration, as well as Art and Poetry Collections. There is also a reader for the visually impaired.

All of our books are carefully selected to reflect the diverse reading preferences of our residents. And in spite of the higher costs associated with large print formats, we have been able to add five or more new titles each and every month to our inventory. In other words, the library is constantly growing and reflects the most popular and best trends in literature. Best of all, there is no time limit on the books you check out. However, we do ask that in the interest of fairness to all of our readers, please take only one new title at a time, and return the books you do select at your earliest possible convenience.

Members of the Eiland Center Library Committee also reflect the composition of our resident population with members from most areas of the campus as well as the Assisted Living Community. Tom Harkins serves as the Chair of the Committee and the members of his committee are: Jean Bohl, Pat Harkins, Margaret Hottel, Betty Lawrence, Eugenia Parker, Pauline Patteson, Dot Spicer, Barbara Vought, Martha Watkins, and Donna Williams.

We are always interested in receiving book recommendations from residents; please let a member of our committee know if there is a special book you would like to see on our shelves. There is also a list posted on our bulletin board where you can leave recommendations.

Our New Arrivals shelf in the main room of the Library holds the books we have added for the past several months. Almost all of the new arrivals are in large print format. Oh, and about those Best Books of 2014, the following titles have appeared on lists from the New York Times, Amazon, Washington Post and Wall Street Journal to name a few sources. They are all available in our library: **All Our Names** by Dinaw Mengestu; **All The Light We Cannot See** by Anthony Doerr; **Euphoria** by Lily King; **Lila** by Marilynne Robinson; **The Painter** by Peter Heller; **Everything I Never Told You** by Celeste Ng; **Leaving Time** by Jodi Picoult; **The Invention of Wings** by Sue Monk Kidd; **Lucky Us** by Amy Bloom; and **Personal** by Lee Child. And coming in the next few months, here are a few titles we already have on order: **Elephant**

Company: The Inspiring Story of an Unlikely Hero and the Animals Who Helped Him Save Lives in World War II by Vicki Croke, the true story of another WWII hero, and possibly, the next **Unbroken**; **Neverhome** by Laird Hunt; **Nora Webster** by Colm Toibin; and **A Spool of Blue Thread** by Anne Tyler.

Don't Leave Without A Good Book in Your Hands!

>Pat Harkins

WANT TO VISIT THE HOLY LAND?

Join Steve Hay, Pastor of the Asbury United Methodist Church, on a trip to the Holy Land via Jordan on April 14 - 23, 2015. For more information and a brochure, call Asbury United Methodist at (540) 434-2836, or Sunnyside residents Anne Long at 8328 or Celia Mitchell at 8416.

HIGHLIGHTS FROM NOVEMBER RESIDENTS' COUNCIL MEETING

Linda Ingham was approved as the new Chairman of the Sunny Treasures Committee, replacing Marianne Hinkle. (Marianne also reported that the 2014 Apple Butter Festival generated more income than in prior years! Bill Ingham will serve as chairman for furniture sales and Chris Carniglia and Jane Campbell will be in charge of yard sales.

Jim Nelson is the new Chair of the Employee Christmas Fund, replacing outgoing Chairman Bob Worrell. Congratulations!

We now have a Notary Public in the Highlands - Julie Beatty, the Highlands receptionist, is now certified as a Notary.

Executive Director Josh Lyons briefed the Council on (among other things) the feasibility of offering home health care services is being considered in the interest of providing post-surgical care, reducing in-facility rehab time, expanding categories of care, offering hospice

services, providing "pre-hab" prior to surgery, etc.

>Audrey Calomino

The Resident Council, comprised of the officers of the various Residents' Associations, meets several times a year and serves as a major conduit for sharing concerns and suggestions within the community and with Sunnyside management. Get to know *your* Association President, Jim Stillwell, (-8833) and in the cases of the Highlands and Village, the various regional representatives!

Pannill

Richard Williams,
-8256, <donric7@hotmail.com>

Village

President: Bill Painter, -8830
Villa - Barbara Wheatley, -8873
Woodside and Grattan Price Drive - Sally Meeth, -8533
Locust Circle and Woodside Village Court - Coni Dudley, -8604
Hickory Cove - Bill Compton, -8933
Glen #1 - Bill Stoner, -8814
Glen #2 - Charlie Lotts, -8902

Highlands

Chair: Carolyn Arbuckle -8619
Secretary: Sue Johnson - 8551

Share your suggestions with them on how to make our lives at Sunnyside even better!

A CHRISTMAS MEMORY

September, 2009

It's 1947. I'm alone in my dorm room at Indiana University, stretched out on my bunk, mind wandering. Silently a memory slips into my head. I look at it as if on a movie screen then sit bolt upright and explode laughing.

My roommate bursts in the door. "What? What? What's so funny?"

"I 'got' it. I just 'got' what my Dad said years ago when I was just a little girl."

Here's the story. It was the 'teeth of the Depression' as my Mother always called it. Christmas presents were few and mostly included clothing essentials like new socks or underwear or flannel pajamas. Tucked under the tree this particular year was a box 12 or 14 inches square by 3 or 4 inches deep marked "To Daddy, from Mommy". It was sort of heavy and made a nice clunking noise when shaken. Even Daddy was puzzled, more interested than usual in the Christmas tradition at our house of pinching, shaking, and sniffing each wrapped gift under the tree.

On Christmas morning we all begged Daddy to open his gift first as it was a most intriguing mystery to all of us but our smiling Mother.

So he did. And inside? A brand new ... smooth ... gleaming ... white ... toilet seat!

We all knew that our old seat had a crack that pinched if you sat on it the wrong way so it was a welcome if slightly bizarre 'gift'. The folks laughed heartily and we kids turned to tearing into our own treasures.

That evening we all piled into the car, along with Aunt Edith who was visiting, and drove around town to see the Christmas lights and decorations. In the front seat Aunt Edith and Mother were kidding Daddy about his present when he made his comment that caused great hilarity in the car then and which I didn't 'get' until years later.

His remark? "Yes, siree, that's going to be a real asset."

This story is true and I think illustrates beautifully the capriciousness of memory. These days when I stand in the middle of a room and wonder what I'm doing there, or try to recall what if anything I had for lunch, it's comforting to know that sometime, unbidden and out of the blue, a memory like a gift under the Christmas tree may materialize to entertain and delight me. And, like my Dad said, that's bound to be a real asset.

>Gail Kiracofe

MY SECRET

A number of new books have come into our library, which we call “summer reading.” A frequent plot line involves a dark secret in the protagonist’s past, which comes to light with the appearance of a long-lost friend or relative. Noticing this trend, I was moved to do something about my own “dark secret.” It’s been a real struggle; whenever I’ve tried to bring it up with friends their response is either a sympathetic (or condescending?) smile, or eyebrows arched in surprise. But, no matter! I’ve decided that enough is enough; I’m going to “come out!” I am addicted to comic strips.

As soon as the Washington Post arrives I leaf quickly through to the Style section, and, starting with the bottom strip, “Brewster Rockit: Space Guy”—I go backwards, checking out most of them as to the quality of their drawing, theme, and originality. With a quirky touch, in “Brewster,” Tim Rickard gently satirizes NASA and the space age in general. I like it.

That is one of the new strips—within the last 2 or 3 years. Others would include Pearls Before Swine, a favorite of my son, Wayne. Like Dilbert, whether the characters are animals with stick legs or minimally drawn people, they say what they are really thinking—no matter how destructive it would be in the real world. I have to admit that sometimes they say what most people think--sometimes. Let’s keep them in the strips.

I’m amazed at Garfield’s lasting ability. Maybe it’s because the strip is clearly and cleanly drawn, has a simple message, and sometimes is amusing. You can’t miss it; there he is, with his big flat feet and his cynical eyelids. As you skip over it on the way to another strip you “read” it involuntarily. But it’s not good enough; I could do without it.

In fact, there is a whole category of animals acting like humans: I know there were some before “Peanuts,” but Snoopy is the first one I remember—in 1953—and is still one of the best, in my opinion. Maybe I like the strip because of the many references to music: In one strip somebody says to Shroeder, “How do you play

such difficult music on a piano that has the keys painted on?” Shroeder says “I practice a lot.” And the music printed above him is authentic Bach or Beethoven. But, back to talking animals, Snoopy didn’t talk (think words) at first. He was just a happy yapping little puppy. But gradually, through the years, he morphed into a World War One flying ace fighting the Red Baron from his Sopwith Camel (the top of his doghouse) yelling, “Curse you Red Barron!” and, presumably between battles, flirting with French girls in a Paris café. I can’t think of any of today’s “talking” dogs who approach this level of originality. My posthumous thanks to Charles Schultz. And thanks to the Washington Post for reprinting “Peanuts;” there were some times in my life when it was unavailable to me, and I’m seeing those strips for the first time.

A more recent strip with a “talking” dog is “Red and Rover.” As with Snoopy, Rover doesn’t talk, but thinks words which appear in the balloon above him, and “Red,” his little buddy, understands every word. Yes, it’s the little-boy-and-his-dog theme, but if you’re a would-be artist like me, you’ll notice the fantastic drawing and instead of “awwwww,” you’ll say “awesome!” Brian Basset (Now, there’s a coincidence!) draws that dog in every conceivable position: on his back, jumping, on his side looking over his shoulder) a kind of canine contraposto), foreshortened from above, behind, or in front—you name it; he can draw it. There is only one flaw: Rover’s hips are too big, extending too far toward the dog’s middle. Considering the otherwise perfect rendition of Rover, this was puzzling. Then I thought of a possible answer: His name would indicate that he is male, and the exaggerated hips conceal that fact very well. I am reminded of Ogden Nash’s bit of light verse:

“The turtle lives ‘twixt plated decks,
The better to conceal its sex....”

A possible solution to the problem, other than big hips, occurred to me: “Lassie,” the supposedly female pet of Timmy, was actually a male, so concealing her (or, in this case, his) sex was essential, and was done by using a long-haired dog. Unfortunately, the “Lassie Solution” would not work for Rover, whose clean single-line

drawing is Creator Basset's signature style. Here's another solution: Make her female and call her, say, "Trixie." If Timmy can have a girl dog, why can't Red? By the way, Nash's poem ends:

"I think it clever of the turtle
In such a fix to be so fertile."

>Florence Raynal

RESIDENTS SPEAKING OUT TO PREVENT GUN VIOLENCE

Did you know Sunnyside resident Rev. James E. Atwood, author of "*America and its Guns: A Theological Expose*" received the Presbyterian Peace Fellowship's Peace Seeker Award at the General Assembly meeting in Detroit in June, 2014?

Last June he was one of the featured speakers at the Massanetta Bible Conference and is frequently invited to lead discussions and forums on "Preventing Gun Violence" throughout the country. Virginia lost over 800 of its citizens to gun violence last year and there are over 30,000 gun deaths in the USA annually. The economic costs of gun violence to the U. S. are over \$100 billion per year. (2000 figures)

Jim and his wife, Roxana, and I and other residents remember those who are killed by guns throughout the state on the 14th of every month at the Headquarters of the NRA. The 14th was chosen because it was on December 14, 2012, that a mentally ill young man murdered 20 first graders and six teachers at Newtown, CT with an assault rifle.

We would warmly welcome Any Sunnyside resident who would like to join us in reminding the leaders of the NRA that close to 90% of the

American people favor a background check on any gun sold, while they categorically refuse any regulations or restrictions on *any* gun. We leave from the entrance to The Highlands at 8:00 A.M. on the 14th of every month for the 10:00 A.M. protest, rain or shine. We will return to Sunnyside by 1:00 P.M. When the 14th falls on Sunday the protest is at 2:00 P.M. The protest is coordinated by Moms Demand Action, The Million Moms March, and Heeding God's Call, as well as other interfaith groups in Northern Virginia who say "ENOUGH!"

Come join us,

>Jack Mathison

Managing Editor:
Coni Dudley, 8604
email: condudley@aol.com

Layout Editor:
Jim Kellett, 664-4798
e-Mail: Jim@Kellett.com

*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. There is also a need for several "contributing Editors" to write regular columns.*

Proofreader: Tommie Richardson