

"Tips and Tales"

April, 2015,

Volume 7, Issue 2

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

COME TO THE FAIRE

Lyric verse, iambic pentameter

*The following poem might have been written from
the tenth through the fifteenth centuries in
England. Towns large enough to have an array
of shops for most of life's needs would have been
market towns. They would have held market on
the same weekday throughout the year.*

*Towns would have taken a town name that told of
the advantages of shopping at their faire. For
example, Ox-en-ford-town told that the ford into
town was level and paved smooth, thus safe for a
four wheel wagon (only the wagons big enough to
require a team of four oxen). Smaller wagons
were pulled by much faster horses capable of
negotiating o'er hazardous stream crossings, but
with more spilling accidents.*

*Town criers were paid to visit other towns to
hawk their virtues, like this:*

Come! Come to the faire at Ox-en-ford-town
Come in your night shirt or come in your gown.
Bring too your lover or find better there.
Buy wool for a cloak, a crock of stone ware.
Come now to the faire at Ox-en-ford-town.

There are tarts, both kinds, it's for you to choose.
There are jugglers, mimes and head twirling
brews.

The minstrels will sing "Brave Robin of yore".
Fiddlers will fiddle till all are feet sore.
Come to the faire at Ox-en-ford-town.

>Frank Barch

THANKS FOR COMING

It often seems, nowadays, that gratitude is a missing ingredient in our relations with one another. Many of us tend to exhibit a "so what" attitude while accepting blessings as an inherent right rather than the sacrificial gift they usually are. Fortunately, though, before issuing a scornful verdict on the decline and fall of Western culture, it was brought to my attention that lots of nice folks aren't like that. The eye-opener came in December when I learned that many towns and villages in the French Provinces of Alsace and Lorraine are celebrating the 70th anniversary of their liberation from German occupation during WW2. The events are taking place now. This is 70 years after the fact, mind you --- and what impresses me most is that the ceremonies always honor the American GIs who died helping liberate the area. I applaud that. Even after all these years, many French citizens maintain fond memories of the American soldiers who came in a time of need --- and they aren't ashamed to say so.

Kitty and I have close friends in that part of France. We met most of them in 1992 while touring WW2 battlefields in Europe. My rifle company (G Company, 274th Infantry) served with the U.S. 7th Army in the big war and thus helped liberate the provinces of Alsace and Lorraine during the winter campaigns of 1944/1945. Many citizens welcomed us back when we visited the towns and villages in my former combat zone and some have remained friends ever since.

These are remarkable relationships. Although 70 years have passed since their liberation, people in the area haven't forgotten. They know what it

means to lose one's freedom, so they appreciate the American GIs who helped them recover it from a harsh German occupation. And even though most of them --- both the civilians who lived there at the time and the soldiers who came from afar --- are no longer with us, their memories of those long ago events have been passed on to the second, and now to the third, generation. It's amazing. The people love Americans, and even after all this time, they still say "THANKS FOR COMING."

Claudie Cremailh, a native of Lorraine, is a typical example. She's part of the second generation born after WW2; but like many others in her age group, she continues to honor the U.S.A. at memorial services and liberation ceremonies near her home. Moreover, one of the most touching tributes offered by the people is that local families often adopt the graves of individual soldiers interred at the American military cemeteries located near Epinal and Saint-Avold in that part of France. And when possible, they correspond with the deceased's loved ones back home to let them know that the grave of their father or husband or son or brother is not forgotten.

Claudie participates in that too. Although divorced now, she makes regular visits to Epinal, the cemetery nearest her home, to place flowers on the graves of 12 men from my G Company who were killed in action and are buried there. She takes her two young children along as well, because, as she says, she wants them to know the history of what happened, and to honor and never forget those whose sacrifices helped make their freedom possible.

To the French citizens of Alsace and Lorraine, the long rows of crosses, with a sprinkling of Stars of David, at Saint-Avold and Epinal are stark reminders that FREEDOM ISN'T FREE. That phrase has almost become a cliché in our cynical world, but it's still true. And we Americans, who have been blessed with so much, should remember and say "Thanks" as well.

>Army Leggett

OUR LORD

Our Lord Jesus came to earth
As a little babe;
Born in a stable in Bethlehem
And in a manger laid.

Not many knew the big event,
But shepherds, they were told.
An angel came to earth and scared
The shepherds in the fold.

The Wisemen, too, somehow were told,
They journeyed from afar;
By then the family had gone south
To Egypt with no car.

The donkey was their travel mode,
But Joseph walked beside;
They traveled to the land of Egypt,
And stayed 'til Herod died.

King Herod was a murderer,
He killed the baby boys;
The holy family did escape
To Egypt just in time.

When Herod died an angel spoke
To Joseph in a dream;
He said to go to Israel
To raise the child, it seems.

The child grew up as an average boy;
A natural lad was he,
In the rocky land of Nazareth,
In the region of Galilee.

When grown, he went out preaching
Near the Sea of Galilee;
When the Holy Spirit descended on him
A voice said "well pleased".

He passed the test of temptation
And gave thousands to eat;
He chose the twelve disciples,
Then he washed their feet.

The cross he bore with out complaining,
Then arose from the grave.
He took our sins upon himself;
He was mighty brave.

The child became our Savior,
The Savior of the world;
And now we celebrate his birth,
Our savior and our Lord!!

>Helen Miller

COMPUTER SCIENCE 101

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a healthy young wife by the name of Dorothy.

Dot Com was a comely woman, large of breast, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, dear?"

Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. The sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums.

The drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent.

To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung.

They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. Indeed he did insist on drums to be made that would work only with Brother Gates' drumheads and drumsticks.

And Dot did say, "Oh, Abraham, what we have started is being taken over by others."

And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known. He said, "We need a name that reflects what we are."

And Dot replied, "Young Ambitious Hebrew Owner Operators." "YAHOO," said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside.

It soon became known as God's Own Official Guide to Locating Everything (GOOGLE). That is how it all began.

And that's the truth!

>Shared by Virginia Bethune

ADVANCE PLANNING FOR THE NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION (NaCCRA)

For the growing number of Sunnyside residents becoming both annual and Life Time Members of NaCCRA, the only national organization of residents of Continuing Care Retirement Centers (CCRCs) will next meet in Boston November 1 to 4. The bimonthly newsletter of NaCCRA, called *Life Line*, will have application and registration forms for residents.

NaCCRA was formed 15 years ago when it was

recognized by a growing number of residents of CCRCs that a Bill of Rights and other concerns needed attention by Resident Associations, sometimes referred to as Residents Councils.

The national meeting of NaCCRA and LeadingAge (an association of 6,000 not-for-profit organizations dedicated to making America a better place to grow old) meet concurrently once a year in the fall in different cities across the country. Last fall the meeting was in Nashville with Josh and Holly Lyons attending the Leading Age Meeting and residents attending the NaCCRA Meeting. This brings together over 9,000 residents from CCRCs all over the country. LeadingAge is to Management as NaCCRA is to residents. Over 50 workshops are offered dealing with concerns within CCRCs. More information is available on the NaCCRA website, <http://www.naccra.com/> and the LeadingAge website, <http://www.leadingage.org/>.

>Jack Mathison

SUNNYSIDE'S SENIOR READERS



Over the past three years, a small group of your fellow Sunnyside residents have participated in an intergenerational reading program at Peak View Elementary School. The

program was created by a joint committee of residents, staff and board members. The goal was to develop programs that would offer residents the opportunity to enhance their lives on campus through education as well as connect to the greater community. While classes, lectures, and demonstrations are offered here at Sunnyside on a regular basis throughout the year, what was missing was an opportunity for residents to be more involved with our local community and to use their time, skills, and abilities to help others.

In this spirit, a group of Sunnyside residents was formed to work with Peak View Elementary School in an intergenerational reading program. We are part of a National Reading Program – Project Read. Literacy is such an important issue in our society today and nothing is more important to the educational success of young

men and women than being able to read and communicate. The success of works of recent Young Adult Fiction shows the great desire among this age group to read. What could be more exciting than being a part of a group that will make reading possible and more enjoyable for children of all ages? Well, I'll tell you – ask anyone of us and we will say that the greatest benefit was the feeling of self-satisfaction that came from knowing we made a difference to another individual or group.

While the program began in September 2012 with Board and Staff involvement, it now exists as a “Resident Sponsored Activity” and it is one of a very few **Volunteer Outreach** programs offered here at Sunnyside. **Being a Sunnyside Senior Reader requires a minimum of one hour of your time once a month to read to a group of Kindergarten and First Grade students at Peak View, and, of course, your enthusiasm!** The reading program is scheduled for Tuesday mornings from 8-9 am and runs from September to May. You select the books you want to read to your group of children from the school's Library shelves. Or you can bring in your own favorites to read. All interested individuals are assigned to a group and scheduled to read to students once a month. Substitutions can be arranged among the assigned groups, and car-pooling is encouraged. You can go more often if you like, but your commitment while lasting from September to May is for only one hour – that's one Tuesday morning a month.

We are now looking for anyone who may be interested in participating with Senior Readers for the start of the new school year in September 2015. Our current members are: Pat Harkins, Tom Harkins, Pam Compton, Jane Barrick, Jean Beard, Terry Morris, Sally Meeth, June Munro, Bill Dent and Carol Anne Van Duyn. Don't hesitate to ask any of them about their experiences participating in this worthwhile program. There are quite a few of us that have been doing this for the past three years, and have enjoyed every minute. We hope you will help us brighten your day and brighten the lives of the youth in our community! Remember, it also reflects back on Sunnyside with good will and community spirit!

Please do not hesitate to contact me if you would like additional information about this worthwhile project.

>Pat Harkins, Chair, Sunnyside Senior Readers
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RESIDENT COUNCIL MEETING REPORT

The quarterly meeting of the Sunnyside Resident Council was held on February 20, 2015 and chaired by President Jim Stillwell. The Council serves as a liaison between residents and administration and includes twenty members representing the various residential segments of Sunnyside.

Committee Activities

Sunny Treasures Chairman Linda Ingham presented a plan for distributing more than \$36,000 in 2014 income to various entities including the Fellowship Fund, Employee Christmas Fund, activities, libraries and pavilion shades.

The Green Development Committee Chairman Jim O'Hear and Executive Director Josh Lyons are collaborating with JMU to develop an energy sustainability program for our campus.

Jim Kellett was appointed Chairman of the Communications Committee.

Association Reports

Representatives of the three Associations, -- Highlands (Carolyn Arbuckle), Village (Charles Shank) and Pannill Center (Richard Williams) reported on recent and/or upcoming meetings of their groups.

Administrative Update

Executive Director Josh Lyons provided a detailed report on several activities including a recent Department of Health survey of Health Care and the renovations taking place there. He talked about Sunnyside's investment in First Choice home health care, digital signage in the lobbies, the purchase of shades for the pavilion and chairs for Highlands meeting rooms.

Details on these and other programs are included in the minutes of the meeting which are available to all residents. Copies can be obtained at the reception desks in the Highlands and Corson lobbies.

>Audrey Calomino

UNEXPECTED DETOUR IN LIFE HAS MANY BLESSINGS

My husband, Rich, and I were packed and ready to go to Chesapeake to spend a week with his parents. We made a quick stop at Kroger before hitting I 81. I grabbed a brown carry basket and hurriedly started around the aisle. Somehow the basket hung on an end display and it seemed I went flying through the air landing on my side on the concrete floor--lady nearby heard the femur bone crack and my life changed! The break was a severe one (several pieces frayed, crack down middle and two pieces separated from bone) according to my doctor. Pain was severe, BP dropped too low for me to have pain meds at first and yet many blessings came about from this ordeal. How could that be?

A customer in the store named Gail got on the floor with me, asked if she could pray for me and assured me she would not leave until rescue squad arrived. When I could finally speak, she sent someone to get my husband who was waiting near the curb in the car. A paramedic who was shopping in the store came and started assessing me in order to share with the rescue team. Kroger employees did everything they could to assist (according to my husband) and we assured them they were not responsible for the accident in any way. The rescue team was knowledgeable and caring so blessings started in the beginning.

I was in RMH for a week. Dr. Christopher DiPasquale, DO was my surgeon and his care, knowledge and skill was super even though he said my surgery was very challenging. The care by all the staff, the food and the overall experience at the hospital was awesome and so appreciated. What a blessing to have RMH only two miles away from Sunnyside.

Next, the real icing on the cake has been my experience at Sunnyside Health Care and the love

and support of the entire Sunnyside family. Paul, Tom (our Chaplains) and many others have visited, prayed with me and been a loving support. Leon (buildings and grounds) came by and prayed with me and brought an inspiring gift of picture of Christ as Our Shepherd holding a peaceful lamb and also shared poetry bookmarks with inspiring poems written by his wife, Cindy. One call to our caring nurse, Judy Morris, assured us that room in Health Care would be ready and everything would be taken care of that needed attention (even transportation from RMH). What peace of mind this brought.

Words cannot express the care and compassion given by the CNAs, nurses, housekeeping, secretaries, social worker and everyone on the staff. Tiffany and Tory in activities work constantly to have interesting things to do and to assist residents as needed. Food has been delicious and choices can be made. Every effort was made to meet needs and desires and to make the experience pleasant, etc.

My wonderful husband was truly an angel spending much time with me, offering encouragement and support and helping take care of my every need. Our loving neighbors prepared food for Rich and he brought food to Health Care, heated it in microwave and had three meals a day with me.

How I have enjoyed the flowers and many cards! Even now, I get 5 - 10 cards out of basket, read the verses and scriptures, and thank God for the friends who sent them. I know I will reread these cards many times and receive joy each time.

I feel Heritage Therapy Group is one of the best, and I have been so pleased with the therapy. I felt I was pushed just the right amount; enough to make progress but not enough to exceed my comfort level. I never once experienced any negativity while doing therapy and I made excellent progress.

We were scheduled to Camp Host during March and April at Douthat State Park. Yet, we feel that for everything we had to give up, we received a blessing in return. The new friends we have made

have been a delight--these including residents, patients, and also staff.

We know we are so fortunate to be part of the Sunnyside family and desire to share and give of ourselves in whatever way we can to make the experience for all our Family members the best possible.

>Pat Armstrong

TIPS FROM YOUR EDITOR

1. Have lunch at Cross Keys Vineyard and you are welcome to stay and play your favorite game. Don't forget to have dessert. Call 540 - 234 - 0505 to make a reservation.
2. Ladies, don't miss coffee and goodies the second and fourth Thursdays 9:30 to 10:30 in the elevator lobby at the Highlands. All Sunnyside ladies are invited to meet and greet new residents and enjoy interesting conversation.

GOOD DEEDS

My dad used to say one had to do at least one good deed a day to lead a moral life, but it didn't count if the beneficiary knew who did the deed.

Several years ago, one of my children gave us a little garden flag to put in our front yard that said "*Wine a Bit . . . You'll Feel Better*". Kid knows his dad well, right? (Yes, this is still on topic, just bear with me.)

The little flag occasionally blew off the hanger, despite how carefully I installed it. Always easy to find, though. Well, during one of our recent "February Blizzards" that included some serious winds, it *really* blew off. Lord knows where, likely buried in snow. I searched nearby yards in several directions with no luck. I assumed that THIS time it must have gone far afield, maybe even into the woods bounding the golf course behind our house.

However, several days later we found the flag neatly folded under a ceramic lantern on our front

>Audrey Calomino

stoop! Some anonymous good-deed neighbor had found it and returned it! So, whoever you are, thanks! You have earned one bright gold star on your good-deed calendar!

>Jim and Pat Kellett

TO DONNA

There once was a lady named Donna DeVoe —
She's now Donna Williams, if you need to know!
Born in the hills of southern Ohio,
She moved to the flatlands to start her bio,
Then studied Ed at the U of O!

She soon married Richard of Army renown —
A beautiful bride in a white wedding gown!
They travelled the country from post to post —
Which one, we wonder, did she like most?
In Washington, DC, they at last settled down.

To show for her marriage of fifty-five years,
Is Kathryn, their daughter who never caused tears.
Also a granddaughter, Elizabeth, who
Is now a student at George Mason U
Like grandma, she stands out among peers!

Drinking and smoking were never her thing,
Family and friends are enough of a fling!
She plays the piano; is known as a chef
Prays like a warrior; knows God is not deaf!
Dresses well — knows how to wear bling!

Speaking of cooking, her skills are unique,
She's known for having a rare technique —
Get on her right side and she might make
Fried cucumbers and tomato soup cake!
We know of what we speak!

She's had hugs from presidents, Bush comes to
mind —
Met the Queen of Nepal with whom she
dined!

She's never been to Katmandu,
The queen came to her, as was her due —
And left the rest of the world behind!

She's quite a lady — you know the rest!
She's caring, loving and full of zest.
Sunnyside shines when she's around —
Everyone's happy and smiles abound!
And we hope this birthday's the best!

MEET SUNNYSIDE'S NEWEST CANINE!



Hi, I'm Bunny the newest K-9 member of the Conway family. I'm a Chorkey. I am four months old and weigh all of three pounds. I love it here at Sunnyside with my new Mom. I let her think she is my Mom. We K-9s like to please our two legged buddies. I go everywhere with Mom. I'm inside her red tote.

I really like going to Wii Bowling. I cheer for the Sunnyside Strikers. Did you know S.S. has three teams? They bowl against 240 teams from all over the U.S. The Strikers bowl every Tuesday and Thursday from 3 to 5 in the Blue Ridge Room. So come cheer and/or join a team. I'll be there and you can play with me or hold me.

See you around the campus. Look for me inside Mom's red tote.

>Bunny Conway

2016 BIBLE CONFERENCE Your input please!

The 10th Annual Meredith Chapel Bible Conference, held this past February, was very successful -- despite the winter weather! We are now beginning to plan for next year's conference and we'd like some input from you regarding format, speakers, dates, etc.

Dates: Do you think the current pattern -- 3 days beginning on Ash Wednesday -- is the best time?

Or should it be held in the Spring or Fall when winter weather is over?

Speakers: A different visiting Minister is invited to be the major speaker for each session. We have been fortunate to have had many excellent speakers in the past including ministers from regional churches, sons and daughters of residents, residents who are retired ministers, etc. Are there speakers you'd like to hear again? Are there other ministers that you would like to recommend?

Format: The conference is usually held over three days with two sessions per day at 10 AM and 7 PM. This year, however, there were four sessions. What would you recommend?

The undersigned are the "information gatherers" for this effort and we'd like to hear from you!

>Patricia Armstrong
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THE BARDS OF GALLOWAY Published 1889

Charlie Campbell is his family's custodian of this collection of Poems, Songs and Ballads by natives of Galloway which includes three poems by Charlie's great grandfather James Campbell.

"Although James Campbell worked on a sheep farm, as a quarryman, and a traveling grocer, he seems to have been schooled in reading and writing. His poetry is described as having "great beauty, strength, and vivid descriptions of plants, wildlife, and of course female life, according to the editor" Here is a sample:

KATE'S WOOING

When gloomy winter's frost and snaw,
By cheery spring were fleyed awa'

an' simmer ruled owre glen an' shaw
Ae nicht about the gloamin',
I watna hoo it happen'd sae
My beuk nae pleasure wad me gie,
And sae I sauter'd roun the brae-
amang the alders raomin'.

Frae westlan' skies a gowden sheen
Cam' shimmerin'owre the meadows green;
Alang the plantin's leafy screen
The rosy tints were glancin';
Fu' sweetly sprang the flo'ereets roun',
The birdies sang their merriest tune,
Abune the burnie, trottin doon,
The merry midge was dancin'.

A Short Note on Editorial Policy

This editorial note appeared in the first issue of this newsletter, published six years ago:

"Material for this newsletter will not include advertising or political or religious advocacy. Oversight for the Volunteer Staff is provided by the Communications Committee of the Sunnyside Resident Association, and the staff reserves the right to review and edit all submissions for content, length, and style."

That's pretty simple! As the years rolled by, the Editors' growing experience continued to refine their judgment and that's why you won't read advertisements or solicitations from non-residents or for off-campus charities, and why contributions may be edited for length and typography. It's worth emphasizing that Tips & Tales content is solely that of us, the residents.

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