

# "Tips and Tales"

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

## **TE QUIERO (I Care For You)**

"Your hands are my caress,  
The harmony that fills my days.  
I love you because your hands  
Work for justice.

If I love you, it is because you are  
My love, my companion and my all,  
And on the street, side by side,  
We are much more than just two"

Mario Benedetti, "Te Quiero", in *Poemas de otros*, Buenos Aires 1993, 316

POST-SYNODAL APOSTOLIC EXHORTATION  
**AMORIS LÆTITIA** (Joy of Love) OF *THE HOLY  
FATHER FRANCIS* TO BISHOPS, PRIESTS AND  
DEACONS, CONSECRATED PERSONS,  
CHRISTIAN MARRIED COUPLES AND ALL THE  
LAY FAITHFUL ON LOVE IN THE FAMILY,  
p.138

>Clare Maday

## **FATHER'S DAY REMEMBRANCES**

My father was born in Perth, Scotland, 14 May, 1898. His parents (David and Isabella Bell) named him "Charles Lennox Alexander", to please both sides of the family according to my dad's best recollections. He was baptized 2 June, 1898, in the Church of Scotland by the Rev. E>G> Carmichael. My Dad had an older brother John (who immigrated to Canada) and two younger siblings, David and Margaret.

His Dad, David, was a dyers finisher. His Mom was a dyers ironer. This was the principal occupation of many Scots in Perth. My Dad had a normal childhood for a Highland lad, attending elementary school until 8th grade, then transferring to the vocational school to learn his father's trade in the dying industry.

In his early school days he enjoyed bike riding through the hills aaround Perth. Saturdays were bike maintenance times when the gears were cleaned and lubricated after cleaning with kerosene. He also told me how he would get into trouble taking the soda bottles from the storage yard, then breaking them to obtain the glass stopper, which was actually marbles. In those days the drinks (lemonade or ginger beer) were carbonateddd, and the pressure forced the marble up to the neck and sealed it shut.

He was also a Boy Scout in Scotland, that organization having been just founded about 1908. My Dad learned semaphore and morse code signaling. When Great Britain was engaged in war with Germany, he was put in the Army signalling corps in 1917. This exposed him to enemy fire. He was wounded, gassed, and imprisoned as a POW. While confined, his mother died, and she was soon followed by her husband. So when the armistice was signed, he returned home as head of his house since his two siblings were still too young to assume responsibility.

When the younger members were able, they immigrated to Canada to be with the older brother John. My father remained until the estate was settled and then headed for the US to seek his fortune. He landed in Baltimore and then moved on up to New York City. This was the way the new folks networked; by connecting with previous friends and family having been in the US a wee bit longer. This is how my dad met his wife, another Scottish lass and her whole family.

>Charles Bell

The form used in the following poem is the most complex form used in western Europe. It is called a sestina (6) because it consists of six verses plus a half verse of recapitulation. The poet selects six words, each of which will be used once in each verse as the last word of a line. In each subsequent verse the six end words are used in a prescribed, changing sequence. In the final half verse two of the end words are used in each of the final three lines. I think the reason the poets must have liked to use this form was that it was safer than jousting. The six end words used in this sestina are: free, load, gift, say, pose, and know.

### A MINSTREL OF JOY

A traveling minstrel I, my life is thought carefree,  
They say my lute is but a "whiff", "You bear no  
load  
to tire your bones. You get your cloak and shoes  
a gift  
From lords of gen'rous mind and purse". And too,  
they say  
"You eat at noble saggingboards with warm  
repose."  
The truth and pain I'll never tell; no light they'll  
know.

The traders' coin is thought hard won and dear;  
their loads  
Ache much the back and feet. It's true each thing  
they say,  
They walk not miles, but scores of leagues. They  
cannot know

What wares will sell or rot. At home they re-  
compose  
With wife and children dear. They're home too  
brief - their gifts  
A manor grand, rich food, good staff and life  
carefree.

I journey at no cost with traders rich, who say  
"Come trek with us: it is more safe. For us  
compose  
Your songs of love and home and life carefree."  
They think me well disposed, for smile I must - a  
gift  
I learned to win their laughs and gen'rous coin. I  
know  
They trek through heat and mire and think I bear  
no load.

While they unpack in town, I stroll and songs  
compose.  
They hear my "Fair Day" songs of love. I share  
my gift.  
It helps them dream of joy too fleet. So soon  
life's load  
Will all their lives engulf. The youth pretend, but  
know,  
This brief pretend precedes a life that's not  
carefree.  
Harsh wisdom learned too young! They know,  
but never say.

"How to be happy throughout life - give us your  
gift!"  
They quiz. I smile to hide the secret I well know.  
The lute that is "a whiff" the truth I can't gainsay.  
It needs repair, and shoes with holes are not  
carefree.  
Rare years a steward adds a dank cloak on my  
load.  
The peasants' hard earned tips buy less than they  
uppose.

Though hard, the life of wand'ring bard is all I  
know.  
"Tis fun to sing my songs, as if life were carefree.  
If I dissemble joy, it is a worthy pose.  
I know not where to find an even lighter load.  
The youths find happiness and love in what I say.  
Though very poor, I share with them a priceless  
gift:

Those bright and carefree days before the  
crushing load.  
It is my gift that they'll hold fast through life an  
say:  
"Those days expose the only gold I know and  
know".

>Frank Barch

## THE PHYSICS AND RELIGION OF *FLATLAND* *A Romance of Many Dimensions and Beyond*

In my earlier article in *Tips and Tales* about dark matter on the other side of the Milky Way and beyond I said that we don't understand dark matter completely, if at all. We are pretty sure, however, that dark matter, which is invisible to us, makes up about 90% of the universe. I became interested in all of this after reading *A Brief history of Time* by Stephen Hawking. I have also read *FLATLAND A Romance of Many Dimensions* authored by Edwin A. Abbott in 1884 and I have just watched the *FLATLAND* DVD. The grandkids will get the DVD after I watch it a couple more times. It's a good idea to read the book and see the movie....preferably the book first, but not necessary.

By the way, Sunnyside's own Joan Ensor has a daughter, Barbara, who knows Stephen Hawking's daughter, Lucy. They both author children's books. Small world!

### Christ and Transparency

There are several speculations about dark matter but we know that it is somehow related to **neutrinos**. Very interesting. A **neutrino** is an elementary particle, tiny compared to other subatomic particles. Neutrinos can be created in several ways, such as in nuclear reactions that take place in the Sun. The majority of neutrinos in the vicinity of the Earth are from nuclear reactions in the Sun. About 65 billion ( $6.5 \times 10^{10}$ ) solar neutrinos per second pass through every square centimeter perpendicular to the direction of the Sun in the region of the Earth. The neutrino can pass through material (like you and me) without affecting it...almost like gravitational waves which we read about recently. Most

material is transparent to neutrinos! This is unusual; X-rays and Gamma-rays also can pass through us but with harmful effects. In November 2012 American scientists used a particle accelerator to send a neutrino digital message through 780 feet of rock!! The rock is transparent to neutrinos! This marks the first use of neutrinos for communication, and future research may permit neutrino messages to be sent immense distances through even the densest materials, such as the Earth's core.(Wikipedia) (Try passing light through a couple millimeters of solid lead!?)

We have accounts of "miraculous" appearances and disappearances.....Christ's appearances after His Resurrection or the apparitions of His Mother Mary. These occurred before knowledge of dark matter or Einstein. These ideas, however, were fair game for Science Fiction literature. In particular, Edwin A. Abbott published in 1884 a satirical science fiction novel *FLATLAND A Romance of Many Dimensions* set in a Victorian culture. (Talk about thinking out-of-the-box!). He describes life in a tabletop universe where there is no *up* or *down*, only *left*, *right*, *forward*, and *backward*. Residents see only lines with end points. They can infer an angle between two lines but they cannot see the angle.

### Some Universes

Abbott then established properties of 0, 1, 2, and 3 Spatial Dimension universes:

- In Zero(0) Dimension we have a single Point; 0D
- If we move that Point some finite distance we have a finite Line with two end points (terminals) - One Dimension; 1D
- Moving that Line perpendicular to itself gives a Square(rectangle) with 4 end points and 4 sides (elements from One Dimension)in Two Dimensions; 2D
- Moving that Square perpendicular to itself gives a Cube in Three Dimensions (3D)with 8 end points and 6 surrounding Squares from Two Dimensions.

How about the Fourth Spatial Dimension? Consideration of 0,1,2, and 3 Dimensions hopefully gives us a running start on 4D.(There is another view of 4D, spacetime,3D space, 1D time,

described by Einstein in the Theory of Relativity. I won't consider it here, mostly because I don't really understand much of it) Now the fun begins. For Dimensions 1,2 and 3,the sequence of the number of terminals is the beginning of a Geometric Progression, 2,4,8,16.... Similarly, the number of bounding elements is the beginning of an Arithmetic Progression 2,4,6,8.... By analogy, we would like to think that these Progressions include Dimensions 4,5,6...n...∞. Maybe. Moving ahead boldly we have a problem right away when it comes to Spatial Dimension 4. We can't visualize a 4D entity (call it a hypercube) with 16 "corners" (terminal points) that has a boundary of 8 3D-Cubes. Fortunately, however, there are two important properties we can infer.

### Transparency

First property: we consider the 2D space with a 3D person outside the 2D space. The 3D person can elect to appear anywhere in 2D space as a cross section or 2D projection (think silhouette) as if by magic or miracle without affecting the surrounding. (Something like a neutrino) Doors or windows are not needed. A 2D Universe is transparent to a 3D person. Second property: the 3D person (you and me) can see everything *inside* the 2D space, no secrets. Similarly, by analogy we infer that a 4D being can appear in a 3D universe as if by magic or miracle and can see *everything* in 3D space, *everything!* Thus, the 4D being could perform an otherwise impossible life-saving surgery on us, an "obvious" miracle. As I read *FLATLAND* I saw a way to understand Christ's appearances after His Resurrection, He just appeared as from a higher Dimension. It also helps us understand a possible way Mary, Elijah, Enoch, Mohammed and others entered heaven alive, The book *FLATLAND* has been used as the basis of a number of books including *SPHERELAND(1983)*, *FLATTERLAND(2001)* and *SPACELAND(2002)*. Remarkable since *FLATLAND* was published in 1884.

>Clarence Maday

### ON MINNESOTA

Ask a Virginian about Minnesota and chances are, he won't know much. I say that because I have found that Virignians don't know much about

neighboring Maryland. A place half way across the country from Virginia, I suspect is even less likely to be known. A decade ago, a tour took me to Duluth, a city with a waterfront not full of wharves and factories but with promenades and gardens . . . a charming lakefront. The city tour guide asked how many of us had been to Duluth before. Not one of us had. She found this amazing, but I didn't; after all, we all were easterners and Duluth, a city whose roots were in iron-mining, is tucked away on a northern shore far from our typical routes of travel.

Virginia can boast the early settlement of Jamestown in 1607, earlier than any other permanent English settlement. Minnesota, however, was visited by Norsemen centuries before 1607. Over a hundred years ago, a stone slab three feet high bearing an inscription in the medieval runic alphabet used in Scandinavia was discovered. It is thought to date from 1362! Runic slabs have been found as far south as Oklahoma and attest to the wanderings of the Vikings.

Although they did not make permanent settlements, those early Scandinavians explored and were followed by French trappers and traders known as "voyageurs". In their settlements the wives were generally from native tribes. Near the northern border of Minnesota with Canada is a 200,000 plus acre national park named Voyageur. It is a wild scenic place, preserving habitat for bear, beaver, porcupine, moose and even wolves. A national monument (not a structure, but the name given to an area prior to its becoming a national park) that also borders Canada is Grant Portage, near Lake Superior. This was where rivers were not navigable so the voyageurs' boats and furs had to be carried to the next navigable point. Chippewa Indians donated land to create the national monument. Beyond the bounds of the national monument is the state's highest point at 2300 feet.

Minnesota's automobile license tags mention 10,000 lakes. These lakes were the result of the movement of the glaciers. Gouged depressions later filled with melt-water from the glaciers. Some of the northern land is marshy. Some of the lakes are quite small and some have considerable

size. I knew a Minnesota transplant from Hibbing. He said the hardest thing he had to accustom himself to in Virginia was the lack of lakes. Virginia has just two natural lakes in the whole commonwealth.

One of the smaller Minnesota lakes, Lake Itasca, is the source of the mighty Mississippi River. By the time that little stream reaches southern Minnesota, the river is a respectable size. The capital of the state, St. Paul, is on the east side and sister city Minneapolis is on the opposite shore. These are the largest cities in the state . . . political, manufacturing, educational, and cultural centres.

Who settled in these metropolises? Unlike in Virginia, the immigrants were Scandinavians. That is not to say Americans did not settle there; they did. So did Germans, Poles, and Bohemians. Most had pursued a rural way of life, but when job opportunities in mills and shipping, etc., opened in the cities, people gravitated there. In recent times, the Hmong, who escaped persecution in their native land, began arriving in 1975. They brought with them skilled artisans in bead and textile work and vegetable gardeners.

Those of you who have read Laura Ingalls Wilder's books know that Pa Ingalls was an immigrant in Walnut Grove, Minnesota. Although Pa Ingalls had wanderlust and did not stay, there is a museum chronicling pioneer life of the Ingalls. Sinclair Lewis was born in Sauk City, Minnesota. His boyhood home is open to the public. At Bemidji, visitors see a colossal statue of Paul Bunyan and his blue ox, Babe, in Minnesota's timberland. Just as there is a museum in Augusta County, Virginia to show us how our forebears from different origins lived when they dwelt in their native lands, so Minnesota has museums of Swedish, Welsh, Norwegian life and also ones showing how they as pioneers contended with weather, Indians, and the prairie. It is in Minnesota that Frank Lloyd Wright built Taliesin, and where the strange House on a Rock is located. The latter was literally built atop and into a rock chimney.

Driving from west to east, the traveler recognizes that Minnesota is in the beginning of the East.

The terrain no longer looks rocky and austere. There is greenness. Familiar eastern trees flourish.

Why central United States is so often spurned as a travel destination I find hard to understand. I would go again.

>Carroll Lisle

### **BEST OF ALL**

My eternal gratitude to the many "angels" who took care of me while I was in Pannill rehab for almost a year. And a loving tribute to my husband who never missed a day visiting me except for snow days.

>Marjorie Maday

### **DOWN THE COUNTRY ROAD**

When I was a child, we lived in the country,  
Rockingham County it was;  
We walked to school, we walked to church,  
We walked everywhere.

One mile on Sundays to our church,  
Freidens Church it was;  
A one-room building to worship in  
For Sunday School and church.

Then down the country road we went  
On our way back home.  
Over the hill and around the curve  
We walked the country road.

We walked a mile to school each day,  
No school bus service then;  
Rain or shine we ventured on  
Down the country road.

We crawled through fences and cut across fields  
To make our trip shorter,  
But first we checked where the bull was  
Not thinking he could run faster.

Occasionally my father would  
Take us all to school.  
He'd get out the Whippet, crank it up  
And down the road we'd go.

He'd gather up all along the way,  
Those headed for the school;

They piled into the ca and we went  
Down the country road.

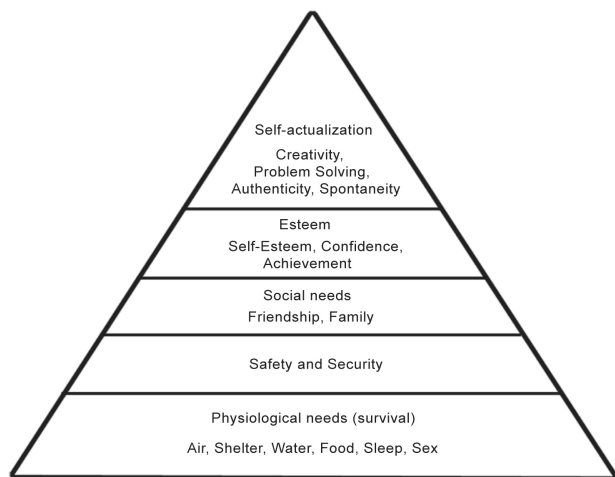
When it was full, and heads hung out  
They jumped on the running-Board.  
Wherever they got a good hand-hold,  
They rode that way to school.

Down the country road we went  
'Til we got to school.  
And then there was a turn-about  
Back down the country road.

>Helen Miller

### MESSING WITH YOUR MINDS!

Many or most Sunnyside residents - certainly the teachers! - are familiar with Abraham Maslow's "Hierarchy of Needs", a conceptual structure setting priorities for humans' basic needs. Created in the mid-twentieth century, it's become a widely accepted tool for human psychology. It's also useful to teachers of adults.



At the very bottom, before anything else, we must have our basic needs fulfilled - food, shelter, sleep. Once that's done, we need security, both the perception of security and real security, or protection from 'bad things'. Next, we have social needs - to be loved, to have family and friends, and even be a part of various 'tribes'. With those more basic needs met, we can turn our energy into building our sense of self, our careers, and our self-esteem. Topping it all off, we can become self-actualizing. That is, in creation, developing our individuality, and pursuing our dreams.

We are fortunate here, in our golden years, to have the bottom layers, and parts of the others, pretty much completely provided by Sunnyside. Here, we don't have to worry about food and shelter and security, and we have a lot of opportunities to build and maintain social connections. Put another way, this is how Sunnyside "Adds Life to Years"!

"Topping off" the pyramid requires us to take the initiative, using resources around us. Using our life experiences and personal ambitions, we need to take advantage of the opportunities on our campus, by volunteering, writing, making art and music, counseling, teaching, and myriad other ways. These are ways for us to "Add Purpose to Life"!

> Jim Kellett

### IDEA FOR A LOVELY SPRING JAUNT

Motor to Luray for early lunch at Gathering Grounds on Main Street; parking lot is in rear. Dinner is also served late in the week. Homemade pastries and pies, including cranberry walnut coffeecake, real lemon chess, bourbon chocolate chip pecan, etc. are without peer. A number of shops with vintage items are nearby. Virginia Gift Shop is my fav. Also, the Art Warehouse in the proximity is a fascinating expanse showcasing sculpture, paintings, cards, jewelry, etc. Follow Rt 211E to entrance to Shenandoah National Park for a different return route, passing by Skyland and Big Meadows. Be sure to take your lifetime pass to the park to avoid the fee.

>Virginia Bethune

### FATHERS' DAY REMEMBRANCES

Sunday mornings found my father at the head of the table with the waffle iron squarely in front of him; his wrist watch to the right and the bowl of waffle batter to the left. He knew exactly how long it would take to heat the waffle iron. He knew exactly how much batter was needed to bake a waffle that would not run over the edges. He knew exactly the time needed to bake the perfect waffle. Yes, my father was an engineer.

Sometimes we had chocolate waffles served with melted butter and powdered sugar. Mother had added Hershey's chocolate syrup.

When I see waffles on the breakfast menu at the Market Place, I think of my father and head up to the Highlands for breakfast.

>Coni Dudley

Concerned about computer viruses entering through emails? A good practice is not to click on links in emails from senders you don't know. If you happen to delete something from a friend by mistake, chances are it wasn't that important anyway.

### SUNNYSIDE TIMES - A New Digital Tool for Residents

Announcing Sunnyside-Times.com – a resident developed and managed website for the Sunnyside Resident Community. Don Oxley, a member of the "Geek Squad" of our Computer Club has been working, with the encouragement of the Resident Council, to develop this experimental website for Sunnyside Residents.

The site is still under active development with much work still to be done, but it is now at a stage where those who are interested can be invited to try it out. We hope you will find it interesting enough to view it frequently and participate in its active use. At this time, it has a calendar with many resident activities, the menu from the Tartan Grill, a summary of information on the various clubs, committees, and resident interest

groups at Sunnyside, a growing directory of residents with descriptive profiles where the resident chooses to provide one, and photos and stories of resident activities. It is expanding daily.

You may get a login for the site by sending email to [info@sunnyside-times.com](mailto:info@sunnyside-times.com) with your name, email address, address, and phone number. We will set up your account and give you a password that enables you to log in.

This website is focused on resident interests and activities and is complimentary to the Resident Apps Josh introduced at his recent Coffee with Josh. Sunnyside-Times.com is completely developed, controlled, and supported by resident volunteers. We hope you will find it useful and will contribute to its content.

For more information or help, contact a member of the "Geek Squad" (JoAnne Bell, Linda Bradley, Audrey Calomino, Pete Fundinger, Jim Kellett, Bill Marlowe, Don Oxley, Richard Williams, or Mary Yarnell).

>Don Oxley

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