

# "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*

## ERRATUM

The address given for Fay and Kay barbers in the March, 2017 issue was incorrect. The correct address is 77 North Liberty Street.

## GREEN COMMITTEE SURVEYS AND SIGNS TREES



In the past month, the Green Committee of Sunnyside has begun surveying and renovating the old signs on many of the trees on the campus. Over 100 trees will receive either new signs or renovated older signs, many of which have been in place for over 25 years. Orange markers have been placed on many trees which are close to walking areas, easily seen by driving traffic or unique to the campus. Once all of the new targeted trees are accurately identified, their common names will be routed onto cedar wooden plaques, highlighted with black permanent magic marker. It is later planned to have each tree plaque numbered for a written pamphlet which will give the full Latin names so that residents and guests

will be able to enjoy the diversity and beauty of the trees on the Sunnyside campus. Though all of the hundreds of campus trees are not to be identified, it is hoped that examples of most all of the common trees on campus will be represented.

Plans are also being laid for smaller signage treatment for the garden in front of Highlands and around the Corson Center. Also, a more thorough nature walk is being envisioned in the woods behind Woodside Drive and possibly on the newly purchased Sunnyside acreage.

>Andy Sale

## TO MARKET WE GO!

Transportation is offering a trip to a local market on the second Friday each month. On July 14 they will visit the Dayton Market. There are many small shops which include a bakery, kitchen ware, butcher shop, gourmet coffees, toy store, lamp show, and several others. My favorite is Warfels Sweet Shop. The chocolates are the best ever, because they are made in small batches by the owner and two other ladies. The market is only open Thursday, Friday, and Saturday.

Call Transportation at 8213 to sign up!

## BEST HORSE DEAL

I married my vet, and as a result I was able to get a few very good horses at a bargain price. One thoroughbred named Jordan was in training for

the Kentucky Derby, but got sick and had to be withdrawn. Then he came home to Middleburg to recover, but did not get over his problem. So the following spring, the owner called my husband and said to "put him down." John said "I will give you a dollar for him."

The owner answered, "Let me consult with my partner, Mr. Firestone, and get back to you." he did, and asked for ten dollars to close the deal. So I took his nice leather halter with brass name tab. I finally cured Jordan with yogurt, following advice from Mr. Mellon's old groom "Boony." I retrained Jordan, taught him to jump, showed him some, then started to fox hunt with him. He was by Damascus, so was very fast. Sometimes I would pass the Master! A big no-no.



After a few years, I wanted to go out on my own as an environmental consultant, but I needed some money to set up my office, so decided to sell Jordan. I did for \$20,000 and off he went with the Treptows. They showed him at Upperville and steeple-chased too; he won the Middleburg Cup. They let the Middleburg Hunt Master ride him for a year. That horse could do anything!



Then there was some financial deal I was not privy to, but Firestone was moving into the farm

being vacated by Treptow. The Treptows saw me at a party, and they asked me if I wanted Jordan back. You bet! "OK, but you have to come get him tomorrow, as we have to vacate the farm by Monday".

So I got this beautiful horse back for free and kept him until he died at 25. Quite a good deal, I would say!

>Sharon Saari

Learn more about some of our new neighbors! Our website publishes short interviews with new residents as they come in, so we've selected a couple from earlier this year to share with our readers!

**FROM THE ARCHIVES OF OUR  
SUNNYSIDE-TIMES.COM WEBSITE**

**SUE ANN BLAIR**



Sue Ann Blair spent most of her life in Wilson, NC. She moved to the Harrisonburg area prior to moving to Sunnyside, but after a medical problem arose, she decided that looking into CCRC's was a good idea. We're very glad she chose Sunnyside!

Sue Ann has three grown children, two living in the area, and the third living in Richmond. Her daughter who lives in Harrisonburg, is a pastor at a local Church of the Brethren.

Sue Ann loves to play bridge – especially duplicate, which she does three times a week.

She also loves being with her dog, Buddy Boy Blair. Sue Ann has owned her own antique shop, and we hope she will be a part of our Sunny Treasures gift shop. Sue Ann has also dabbled in painting and poetry writing.

Sue Ann was introduced at a recent Village Association meeting, and we look forward to seeing her around the campus. Welcome, Sue Ann!

>Pat Oxley

### **CYNTHIA BROCK**

If you can image Cynthia Brock stopping traffic on Reservoir Road 18 years ago to rescue a tiny, abandoned kitten, you will doubly appreciate that her "Kitty Bean," now a respected elder, sleeps in a heated bed! Her dog, "Butch," is a lab mix and beloved "doggie octogenarian" who smiles a lot. Cynthia moved into Sunnyside on February 7, 2017.

Cynthia was born in Greenville, Texas and graduated from high school in Ashland, Virginia where her family had a small farm and where her love for animals blossomed. As she was about to graduate from JMU, she met her future husband, Joe Brock, who managed the Virginia Craftsman factory in Harrisonburg. The couple built a home on Paul Street in 1960 and raised their two children, Steve and Gina, there.

When the children were young the family made many special trips into Mexico; Monterrey, Mexico City, and Oaxaco. She tells the story about traveling Highway 1 between Mexico and Guatemala when the highway passed through a jungle guarded by armed border inspectors who would search the trunk of the car, remove their cold beer from the cooler, and send them on their way with a cheerful "Adios!" This was a reasonable toll, so they always remembered to bring extra beer for the guards.

Cynthia is an artist, and art was her first love. Although she taught school for many years, she enrolled in art classes at JMU in the summers. In the 1980s, she discovered silk painting (again at

JMU) and became so proficient that her scarves were sold in museum gift shops and at professional craft fairs. To my eye, the scarves' rich, lustrous colors would be better viewed hanging on walls rather than around necks!

She is an enthusiastic member of the National League of American Pen Women, which stresses education in the arts, and the DAR, which has revealed some previously unknown connections to her past ancestry.

>Martha Merz

### **COURTYARD PARTY**

Family, friends and neighbors celebrated Bill Metzel's 90<sup>th</sup> birthday with him at a party Saturday June 10. The buffet was held in the courtyard of the Village Court Apartments.

Bill entered Columbia Seminary in Decatur, GA. after service in the U.S. Navy. He transferred to Union Presbyterian Seminary in Richmond to be near his mother following the death of his father, Admiral Jeffery C. Metzel, in 1952.

After Ruth and Bill served in evangelistic work under the American Presbyterian Congo Mission in the Belgian Congo they retired to Richmond in 1995. They moved to Sunnyside in 2016.

>Coni Dudley

### **LIFE IS A SCHOOL**

The primary reason and purpose of life is that it is a classroom for growth in our thinking. We develop wisdom as we deal with tasks and challenges, which are like lessons we learn. The adversity and difficulties that come into our lives are lessons for growth.

Instead of seeing life's misfortunes as quirks of fate or random happenings, punishment, or bad luck, instead of asking "Why is this happening to me?" or "Why is God letting me suffer?" or we can ask "What is this meant to teach me?" How can I learn from this?" View your situation as an opportunity to grow and expand who you are.

Having to struggle with our own difficult situation helps us to develop compassion and patience with others. Another lesson we can learn is when all our efforts have not worked, God is always there for support and guidance. To struggle or fight against our limitations often creates more distress and suffering. Do not blame yourself or others for your situation. Do not focus on your pain or hurt but focus on how you will respond to it, what you can learn from it that will help yourself and others.

This is what Victor Frankl did after he survived the Holocaust, though all others in his family died. Later, he gave lectures, taught in a university, and wrote many books about the meaning of life, and turned his experiences into a healing for himself and a learning process that helps others. He tells of meeting a woman who also survived the Holocaust, but whose three children died. He asked her "How can you stand to wake up each morning, thinking about your children? How do you have the strength to go on living?" She looked at him and replied "I am running an orphanage in Israel." This is what gave meaning to enable her to go on.

Think about how you can use your spirituality, your thoughts, your talents, to give your life meaning and purpose, to help yourself deal with suffering and unhappiness - and also, how you can help others to learn and grow from your experiences.

>Marlene Gillikin

- Accept Change
- Have a goal
- Plan activities you didn't have time for earlier
- Learn something new
- Be creative with art or music
- Try to find meaning or purpose in volunteer work
- Engage in outdoor activities if able

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## JOYS OF CAMP HOSTING

Camp Hosting at Virginia State Parks is perfect for retired people who enjoy people and the beauty of nature. After learning about the camp host program while on a camping trip ourselves, we contacted the state parks camp host coordinator, applied and our first assignment was at Douthat Whispering Pines campground in April 2012. Since then my wife, Patricia, and I have enjoyed serving as camp host for 2 to 5 months each year.

The duties of a camp host are varied but the primary responsibility is to offer hospitality to other campers. We greet, assist, and update campers in various ways that help ensure safe and enjoyable vacation experiences. My wife and I also answer questions and give information about the park and the surrounding area. In addition, we are responsible for passing along any weather warnings for freezing temperatures or high winds that may affect campers in the area. Other responsibilities are "house-keeping" chores and include: cleaning camp site fire pits, checking and spot cleaning the bathhouse (park staff clean bathrooms once a day), and generally ensuring that the campground is an inviting place. Basic camp duties vary at different State Parks to meet park needs and camp host abilities.

But the greatest reward, other than enjoying Mother Nature, has been meeting interesting campers from all over the world. While different parks attract different people, the Shenandoah River and Skyline Drive attract people from all over the country, as well as from Europe and Australia. We have literally met campers from every region of the United States as well as England, France, Germany, Holland, Switzerland, and Australia. Over the years, we have made so many kind and generous friends including one who delivered tray of fresh trout fillets for dinner, ready for the pan—a pleasant surprise for a camp host!

There are other "perks" for volunteering as a camp host, including: free camping for a month, firewood, ice, use of the park's special

amenities, and, of course tranquility. And in the off seasons, you are rewarded with an additional free week of camping at a state park with the potential to earn up to two free weeks a year that can be redeemed for a cabin rental. However, the best reward for us is the serenity of being totally unplugged; cable television, cell phone service and WIFI are unlikely amenities. My wife and I spend time enjoying nature, playing word games and puzzles, and catching up on our reading while taking in the wonders of nature, and enjoying evenings spent around the campfire. We have always enjoyed camping and as retirees this did not change. Living at Sunnyside Retirement Community gives us the freedom to easily leave our home for several weeks for another home-away-from-home. What better way to spend 4 to 6 months of a year in retirement than serving as camp host!

For more information, please visit the Virginia State Parks web site: <http://www.dcr.virginia.gov/state-parks/camp-host>. You may also contact the camp host coordinator by email at [vspcamphost@dcr.virginia.gov](mailto:vspcamphost@dcr.virginia.gov) or call 804-887-8930.

> Rich & Pat Armstrong

### CELEBRATION GARDEN

The garden was, following the approval of Sunnyside executives, established as a memorial to Barbara Jean Meyer and Franklin D. Way who both passed in 2011. The garden is now also a celebration of the marriage of Dr. Richard F. Meyer and Carol H. Way in 2015.



The garden has grown in stages. The attractive concrete patio with the large compass at the entrance was the first stage along with the benches and game table. Thanks to Sunnyside Building and Grounds Department, the installation of water lines made possible the next stage, the planting of shrubs and flowers.



The garden is the place to enjoy a sunrise or sunset. You can watch fireflies dance as night approaches, meet a friend to play checkers, or just watch squirrels and chipmunks chase about. When the bears go into hibernation and birdfeeders go up again, birds will be back to eat and play in the birdbath. If you are quiet you may see a rabbit or even a fox go by.

The Sunnyside campus is blessed with two very special gardens. ENJOY!

> Coni Dudley

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