

"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*

AUGUSTA STONE CHURCH CHRISTMAS FOOD BANK BENEFIT

The first Monday night in December for twenty-one years, folks from all around the area have filled Augusta Stone Church in Fort Defiance for the Food Bank Benefit Concert. The concert was originally organized by Richard Adams of The Boogie Kings! The lovely old stone building is decked out in red poinsettias and Christmas trees.

Each year the Boogie Kings, Rhythm Road, and other instrumental or vocal groups provide a variety of stirring Christmas music. What a grand way to begin the Christmas season!

Directions: From Sunnyside, turn left on Massanetta Springs Road, left again at the stop sign at Shen Lake, right at the dead end on Cross Keys Road. Continue south on Cross Keys Road through Weyers Cave, until it dead ends in Mt. Sidney at US Rt. 11. Turn left (south) on US Rt. 11 and continue Fort Defiance. Just after the traffic light, you will see hundreds of luminaries to your right marking the roadway to Augusta Stone Church. Volunteers will help you park.

Ask for handicapped parking if needed. The concert begins at 7:30 and you will want to be there by 6:45 or 7:00. Allow 25-30 minutes travel time. Returning home, retrace your route. Many houses along the route have their Christmas decorations already in place, and seeing them adds to the spirit of the evening.

>Sally Meeth

AUGUST, CHARLOTTESVILLE

Susan Falknitz (A Harrisonburg Poet)

Today I do the little things:
fold shirts and towels, make
a sandwich, pour
sugar in a jar. Try not to
think of the car
revving, the bodies
hurled, the cries,
the litter left -
emptied shoes, a rag
soaked in someone's
blood, metal on the ground.
I walked there often
when my life was changing,
a street busy with
people making lives.
I sat in the park,
eating lunch, a book
propped on my lap
in the shadow of a statue,
watching lawyers and
librarians walk back to work.
Did I hear it then,
the engine revving
underneath the placid traffic
of a white southern town?
Did I hear the murmur
of discontent, the slap
of refusal, the shutting
out of so many, the grinding
down that kept this peace?
And the hate
that propped it up.
They caught the killer
at the intersection of streets

named for an English palace
and the home of the slaveowner
who built this town,
one of the Fathers
who seeded this country
with black blood.

Shared by Martha L.
Merz, a friend of
Susan Falknitz

HIGHLAND COUNTRY BARN QUILT TRAIL

Recently we embarked on a day long adventure to neighboring Highland County to follow their Barn Quilt Trail. Thirty six quilt patterns are featured, each painted on a giant 5' by 5' wooden square attached to the side or front of a barn. Brochures from the Chamber of Commerce showing the colorful squares, a map of all locations, and directions and descriptions are available at <http://highlandcounty.org> or phone 540 468-2550. You will definitely want to get the brochures ahead of time. We drove south out of Harrisonburg on Route 42, enjoying the vast green farm fields and beautiful brick and stone homes from the 1700s. Route 42 eventually intersects US 250 at Churchville. Turn right (west) on 250 and follow it across the mountain to McDowell, where the barn quilts. Visit the Country Store for Highland goods and rest rooms. Explore this tiny town. Follow your map to find the quilts in the area. Then continue west on US Rt. 250 to Monterrey, the county seat. Enjoy the lovely town, hotel, courthouse. Lunch is available across the street from the hotel in a family run restaurant. Follow the quilt map down the various country roads to view the quilts. Highland County's claim to fame is their wonderful maple syrup. Many of the farms have sheep herds and some cattle. The views in all directions are of lovely green fields and forests. It is easy to see why this territory looked like home to the Scots Highlanders. We finished our tour in the northern part of the county, then followed US 250 northward to Franklin, West

Virginia. From there we completed the circle by following US 33 East towards home. The trip was a 9:00-5:00 outing and very interesting and refreshing. It is a beautiful rural county any time of the year, especially in autumn.

> Sally Meeth.

AN EXCITING ADDITION!

Just this week, on October 3, Wampler's Rehab began its NeuroWellness Program for persons with Parkinson's disease. Before now there was NO SUCH PROVISION for those with PD in Rockingham County! NOTHING! Jim Wampler, PT and Lee Baker, PT direct the activities which include walking on treadmill while in a harness, riding the NuStep bike, walking with poles, beating big balls with hard plastic bats, etc. These sessions take place in their facility on Reservoir St. on Monday and Wednesday 4:30-5:30. This program supplements their similar endeavor at the Staunton YMCA on Tues. and Thurs. 2-3 pm. Cost: an unbelievably low \$5 for the hour session with 1:1 trainer/participant.

Additional note: folks are curious about our Buster, pictured here with Dick. We used this formerly as a golf bag carrier. A large battery supports the motion of this conveyance built by Navigator; the speed can be altered to accommodate the terrain.



>Virginia Bethune

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

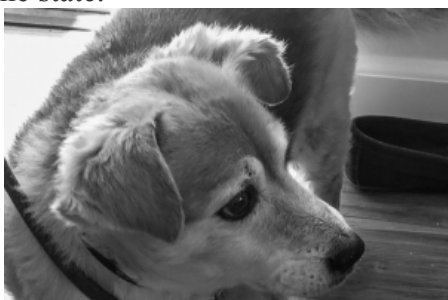
MEET LOIS PAVELCO



Books, books, and more books! Movies, movies, and more movies! These are precious items for Lois Pavelco, who moved to the Highlands in March. Lois learned early to love books and especially enjoys short stories. She also has many movies that she enjoys watching, and she spent much of her first year of retirement comparing books and the movies made from those books. Ask her which she thinks is generally better – the book or the related movie!

In keeping with her love of books, Lois was manager of the Book Store at the Princeton Theological Seminary for many years. She was also a librarian and read for Recording for the Blind in Princeton for a number of years.

Lois was born in New Jersey and grew up where her parents were in the restaurant business. Over time, she and her family lived in several locations across the state.



Lois moved to Harrisonburg three years ago to be near her second cousin and other extended family members living in this area. Moving with her was Sophie, a beagle mix that she adopted from the Jacksonville, Florida, humane society. Sophie's records show that she was born in 1999, which makes her 18 years old!

Lois has an engaging sense of humor and a hearty laugh. She confides that she was considered the class clown in high school. She also loved playing girls' softball and has a delightful story to tell about her team playing donkey ball at the end of the season. This is just another reason to meet Lois when you are in the Highlands!

>Linda Bradley

MILLIE GEETER



Millie Geeter came to Sunnyside on February 10, 2017. I was deeply moved by what Millie said to me as we were ending our conversation about her life. She said that what's really important for her now is to live as good a life as she can manage, a healthy life with a strong sense of morality, to look after our planet, to keep herself vital, and to do no harm. She speaks for many of us.

Millie was born on a farm in Saskatoon, Saskatchewan, attended school in Toronto, was employed as a social worker in Montreal, and completed a graduate degree in the School of Social Work at Boston University. Although her mother died when she was only four, she speaks of being raised by a fabulous stepmother.

Living in Boston was deeply stimulating to her. She became immersed in the arts and worked at Massachusetts General Hospital in Boston, where

she met and married her husband, Albert, who was then a resident in surgery.

After the couple had three small children, Dr. Geetter was drafted into the Army during the Vietnam War. Millie, with Joshua, Adam and Thora, moved into the home of her in-laws, whom she credits as being the ultimate grandparents. It was a serious time for the family since it was during the TET offensive and, in an effort to capture surgeons for their own troops, the communists overran the hospital where her husband was working. He managed to escape, but when he returned from Vietnam, he was traumatized by the war and deeply offended by the hypocrisy of the government's reasons why we were in the war.

Millie spent many years working on social justice issues, including school integration in Hartford, Connecticut, where she participated in programs to encourage inclusion. After her children were grown, Millie returned to Boston to refresh her degree and to work again in the hospital.

Millie is a member of the Harrisonburg Unitarian Universalists. Her daughter, Thora, owns and operates the "Teeny Tiny Spice Company" locally – an online company which sells pure spices from various parts of the world.

>Martha Merz

JOURNEY TO THE SUN AND BACK

Sunday, August 20th four of us set out for Tennessee intending to experience the Total Eclipse of the Sun. Interstate 81 was FULL of traffic southbound as we had expected. There were no delays so we were able to make good time. Rest areas were jam-packed with long lines for the restrooms. (Even the men were having to wait) We arrived at our motel in Knoxville in seven hours including an hour break for lunch and rest stops. We were glad we had reservations at the rate of \$69.00 per room because by that date all rooms in the area were going for \$350.00. Sue Johnson's granddaughter and family drove over from Maryville to have dinner and a visit with

her. Ginny Biggs, Carroll Lisle, and I relaxed over a meal at nearby O'Charley's.

Monday morning we were underway by 6:30, intent on avoiding commuter traffic. We made our way southward toward Sweetwater, Tennessee, with only one wrong turn that I made taking us into the campus of the University of Tennessee. We simply added that visit to our list of adventures. Online we had found a vineyard that advertised parking for the day, \$20.00 per car, mountain music, restrooms, food truck, vendors, and expansive views of the Smokies. We found it and were not disappointed. Fortunately Carroll had brought her Handicap Parking tag which bought us a front row parking spot near all the activities. We unpacked our folding chairs, snack table, and sun-brellas. and were all set up for a tail-gate party. Fortunately we could be under large shade trees because it was a 90+ degree day.

The vineyard took in 2,400 cars, but the crowd was so spread out that it never seemed crowded except when waiting in line for restrooms (air-conditioned) or Port-A-Potties. This was a huge farm with several hilly hay fields in addition to the vineyards. People visited, read books, listened to the string music coming from the band on the porch of the log cabin, did wine-tasting and buying, consumed snow cones, and swapped information about the eclipse.

The sky was totally free of clouds, a beautiful clear day. There was great excitement when the eclipse finally began. The crowd cheered wildly, then quieted, then whooped and hollered each time we could see a significant change. We saw the shadow of the moon move across the sun gradually. As the sky darkened we saw the stars appear and 360 degrees all around the horizon the soft colorful glow of a sunset. The corona was brilliant with golden glow and shimmering colors, then the tiny speck of sun appeared and we saw the "diamond ring." All around us on the ground were millions of little crescent-shaped shadows. With the deepening twilight came a breeze and cooling of the hot air. Then we watched as the sun gradually appeared in its full light. The Solar Eclipse was truly AWESOME! What an

experience!

We were so excited, saying over and over how glad we were that we had made the trip. We packed up our chairs and supplies, bought large snow cones and hit the highway about 3:15. Two hours later we had progressed 3 miles. We were approximately 30 miles south of Knoxville with US 11 and I-75 totally blocked creeping along. People got out of their cars to stretch and take walks. Ginny told me we could put the car in neutral and gun the motor and it would push the air-conditioner to cool the car. That was a life-saver because it was still above 90 degrees outside. Around 9:00 pm we left I-40 for a supper break at Mcdonald's, with rest stop and leg stretching.

Ginny with her I-phone was our Chief Navigator and Relief Driver. Her daughter Linda, in Indianapolis, was following our progress and offered to find a motel for us. We had not made reservations ahead because we expected traffic tie ups and had no idea how far we could get along the road toward home. Linda found us two rooms in Abingdon at Alpine Motel and told the host we would be very late. Ginny's other daughter Mary had been in the Knoxville area also, but was quite far ahead of us returning to Virginia. She gave us regular up-dates on the traffic flow. We arrived at our motel at 1:15 am having driven 180 miles in ten hours. That's a ripping 18 miles per hour. We were slightly tired!!! We checked in and fell into bed.

Tuesday morning we slept in, then breakfasted and joined the throng on I-81. Traffic was heavy but moving right along. In all the mayhem we saw only one very minor accident near Roanoke where two cars had been rear-ended. We arrived home Tuesday afternoon --- grateful for a safe

trip and an awesome experience being at the Total Eclipse of the sun.

Rumor has it that Bill Ingham has invited us all to his hometown in up-state NY for the next Total Solar Eclipse in April 2024. I'm going. I want to experience this once in a lifetime event a second time.

>Sally Meeth

PICKLED MUSHROOMS **1950's Sunset Magazine**

1 pound mushrooms
1/4 cup white wine or champagne vinegar
1 T. olive oil
1/4 t. oregano
1 T. chopped fresh parsley
1 small clove garlic, (optional)
Wash mushrooms and cook in small amount of boiling salted water until slightly tender. Drain and add to above ingredients. Marinate in fridge several hours.
When flavored to taste, remove garlic clove,

Marinade can be used with cooked frozen artichokes hearts..

>Coni Dudley

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