

"Tips and Tales"

June, 2018

Volume 10, 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*

END OF AN ERA

It is fitting, we think, that the first article in both **this** issue and the very first issue in June, 2009 were written by Pat Armstrong, the first Manager of what became *Tips & Tales*. So to commemorate that, this issue includes BOTH articles! (And thanks, Pat, for nearly a decade of support!)

All of the dozens and dozens of contributors and columnists - reviews, tips on travel, personal stories, music, poetry, and so much, much more - are due a big "THANK YOU" from all the residents at Sunnyside.

Readers are strongly encouraged to sign up (if you have not already) to the resident managed "Sunnyside-Times.com" website, where you will find many, many delightful offerings. (Including the archives of every "Tips & Tales" published!)

Coni Dudley and Jim Kellett

Meet Your Neighbor Rich and Pat Armstrong (From June, 2009)

Sunnyside "slipped" up on Rich and Pat before Rich retired, but they are enjoying the time when they are here. Rich plans to work for two more years at Little Creek Amphibious

Base in Norfolk in the position of supervisor of technology—computers, phones, etc. Pat has retired after teaching for 34 years in Henrico and Orange Counties in VA, California, and Virginia. Beach City public schools in upper elementary grades. Since Rich is still working, there are many 4-hour trips between Harrisonburg and Virginia Beach. They consider themselves in their junior year in college and after finishing their senior year, they look forward to full-time living at Sunnyside.

Pat grew up in Henrico County (suburbs of Richmond) as second oldest of 10 children. She can really share some experiences as she helped take care of 8 younger brothers. Rich is a Norfolk native and graduated from Old Dominion University. He has a twin brother who lives in Charlotte and a younger brother living in Norfolk. Pat attended Radford College and did graduate work at VCU. They are often asked how they met and Rich is quick to respond that he knocked Pat off her bike when they were on a Century ride (100 mile ride). That's another whole story but they were engaged within a couple of months of this incident. They share this storybook tale of meeting with excitement as their "later in life" marriage (only marriage for each) is what each one sees as a real blessing.

Rich and Pat have many common interests including being involved in their churches. These include Providence Presbyterian Church in Virginia Beach and Massanutten Presbyterian Church in the Harrisonburg area. Massanetta Springs

Conference Center is a special place for them there. When it can be worked in their busy lives, camping is something they both enjoy but their 5th Wheel RV hasn't gotten much use in the last year as they take care of two homes. However, plans are for a cross-country trip in the RV as soon as Rich retires. Time with family in Tidewater, Charlotte and Henrico County and with their many friends scattered around the country is very special to them.

Rich and Pat give thanks daily for the many ways God has blessed their lives and living at Sunnyside is surely one of these blessings.

CHILDHOOD REFLECTONS (From June, 2018)

How many times a day does something come to your thoughts bringing a memory from childhood? Often it seems like just yesterday that an event occurred and so often brings delight and humor to mind. I share some of my memories in this writing.

Hot summer days were perfect for picking blackberries. We had a number of good places to pick wild blackberries and my siblings and I would get up early in the cool of the morning, get our plastic pails, get dressed in long pants and long sleeved shirts and head out for a walk (sometimes a mile or more). We would be very careful where we walked at first (snakes were around) and as we got into full swing of picking would forget about the snakes. That would usually be when someone would yell "snake" and nerves were on edge again. At any rate, several hours later we would head home with pails full of luscious, sweet berries, scratches from briars, sometimes chiggers and hot and tired. By this time, the heat of the summer day and high humidity sent us looking for a shade tree in the yard (after getting some cool well water and a fresh from the garden tomato sandwich.

The next morning, I am ready to start cooking. I am only about 10 at this time but being the second oldest child and having eight younger brothers, I did lots of cooking (in large quantities). I usually

made a huge blackberry roll - a simple recipe. I made a big recipe of biscuit dough with a little added sugar and rolled it out on the kitchen table. A big quantity of blackberries were poured on the dough with a little added sugar and were poured on the dough, sprinkled sugar on berries and put on pats of butter. With help, we rolled the dough and with each taking an end of the roll, we lifted it into a huge roasting pan. Then hot water was added to make a delicious sauce. Baked about 30-45 minutes. Spooned roll into dessert dishes and covered with sauce from pan - delicious hot or cold and with all those boys, it disappeared quickly.

Sometimes I made blackberry jam or jelly. Making jelly was such a mess straining out the seeds so I would rather make jam. Daddy liked the jelly better as the blackberry seeds wouldn't get between his teeth, etc. Either one was so good on hot biscuits. .

< Pat Armstrong

QUILTS, AND CRADLES

In an earlier edition of "Tips and Tails" readers were introduced to the Sunnyside men who craft doll cradles for Christmas gifts for needy children. They are always looking for more helpers and welcome volunteers. The cradles require many hours of work.

Each year Sunnyside residents shop for the dolls to fill the cradles. They take care to search for and find Caucasian, Latino, and African American dolls so the children will have dolls of their own kind.

Anyone wishing to participate in this part of the project by donating time or money is encouraged to call Julie Bishop, 8737 or Sally Meeth, 8533.

Some very special friends from the community make a quilt for each doll. Last year Mrs. Brenda Balmer taught four middle-schoolers to sew quilts and the teens volunteered to fill their summer hours sewing doll quilts. The teens are Mollie Balmer, Emma and Jamie Maddox, and Wyatt Alexander. They already have plans to make a lot of quilts this summer. Their enthusiasm is greatly

appreciated.

Each December about 20 dolls are carefully wrapped in quilts, snuggled in cradles or baskets and delivered to The Salvation Army for distribution to needy children who live in Harrisonburg or Rockingham County.

Many years ago Ed Yarnell started this annual project by building cradles for dolls for Christmas. Bob Kauffman and others have continued this tradition.

>Sally Meeth

GOD'S PLAN FOR AGING

Most seniors never get enough exercise as golf is not considered exercise.

In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, golf balls and other things, thus doing more walking.

And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom, He made seniors lose co-ordination so they would drop things, requiring them to bend, reach, and stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise.

God looked down and saw that it was good.

So, if you find as you age, you are getting up and down more, remember it's God's will.

It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember as We Grow Older

#9 - Death is the number 1 killer in the world.

#8 - Life is sexually transmitted.

#7 - Good health is merely the slowest possible rate at which one can die.

#6 - Men have 2 motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 - Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 - All of us could take a lesson from the weather. It pays no attention to criticism.

#2 - In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 - Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

>Virginia Bethune

ABC NARRATIVE THE GARDEN

Autumn
Brings
Changes
Daily to the garden
Every where we look
Flowers brighten dull days
Gardens are cleaned of dead summer blooms
High above tips of leaves begin to color
Inside garden walls
Jaybirds chase and fight squirrels for seeds
Kale leaves add texture to the garden
Lost among the dying plants chipmunks scurry
Mulch hides nuts and seeds
Over by the curb
Pansies bring color to the dying garden
Quiet time in the garden
Relax and enjoy
Sunnyside residents watch for changes in Mr.
Day's garden
Time brings new blooms every month
Until the sun sets and the

View fades
Wonder the garden tomorrow
Xylem sends moisture up stems and trunks to
nurture the plants
Yellow sunflowers will return with
Zeal in the spring.

>Coni Dudley

A USEFUL TIP ON EPI-PINS!

In the 1970s when I got multiple bee stings, my vet gave me epinephrine and saved my life, so I married him. He said "get a \$5 bee-sting kit". . . my allergist agreed. I have watched the price escalate to today's Epi-pen for \$600! The Mylan Pharm invented a generic, whose price increased from \$100 copay last year to \$250 this year (with insurance) from Sunnyside. Too much. So I looked up GOODRX.COM and found that CVS had a cheaper one. On May 14, I picked up my Epi-pen for \$55 with no insurance. It pays to shop around!

>Sharon Saari

A Note to Say Goodbye On!

Brian Crane is a gifted cartoonist who writes the popular strip "Pickles", about a couple in their seventies (Earl and Opal), their daughter Sylvia, and their grandson Nelson.

Earl and Nelson are enjoying a little "quality Grandpa time" plunking pebbles in a pond, when the following dialog ensues:

Nelson: *"How long do you want to live, Grampa?"*

Earl: *"Oh, I don't know . . .until I don't want to anymore, I guess."*

Nelson: *"Well, I hope you live as long as you want to."*

Earl: *"I hope I want to as long as I live."*

Message: Keep adding life to your years!!