

"Tips and Tales"

An Irregularly Published Independent Screech Produced by and for the Residents of Sunnyside for Sharing News and Information About and of Interest to them

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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 or to any of the Volunteer Staff (see last page).

COMPUTER CLUB

The Computer Club is one of many special interest groups that have been formed in recent months by and for the residents of Sunnyside. Its purpose is to share knowledge among our members about computers and their applications, to identify several areas of expertise that others might have that can be shared with members, and to seek ways the club might help non-computer residents of Sunnyside learn to use the computer to enrich their daily lives.

The club meets on the 2nd and 4th Mondays of each month in the Allegheny room of the Highlands at 2PM. Recent meetings have been lively with a wealth of information passed from one member to another. At one of our earlier meetings John Duling, Sunnyside's local IT guru, gave the members a very simple explanation of the very complex computer system at Sunnyside and how it is used for the benefit of the corporate needs of Sunnyside, but also how it interfaces with many of the services that residents use on a daily basis.

Jim Kellett has obtained the necessary items that allow the members to view computer screens as an adjunct to visualize their comments and to understand many of the functions and

applications of this technology.

We invite all those who are interested in exploring this technology to join us. As we grow, we hope that we may offer individual help to members who request it. Although we are not "experts", we are willing to try to solve your problems..

Additional information can be obtained by calling Mary Yarnell, our current chairperson, at 437-8903, or email at [<edmar@shentel.net>](mailto:edmar@shentel.net).

> Richard Thomas

WHAT A WONDERFUL WAY TO SPELL JOY!

About 35years ago when my husband was pastoring an American Baptist Church in New Jersey, the Baptist Home was one of our shared ministries.

Our Sunday to provide services there was coming up. At the time, our two girls were about ages four and seven. What a wonderful time for them to share in the services, I thought. I "adopted" another seven year old girl, the daughter of the Methodist minister to join us. Determined to make this experience the best I could, I made all three of them matching

flowered dresses. Several times a week, I had all three of them stand on an old fashioned radiator by the piano and I taught them this song: "*Jesus, Others, and You, What a Wonderful Way to Spell Joy*".

The service went well, and the girls must have enjoyed it more than I realized. Phone calls began coming early on school days from mothers who would ask "Is Pam wearing her 'Jesus, Others, and You' dress today?"

Later on, at parent conference the teacher asked me if I was aware that the two seven year olds were knocking on other class doors offering to sing and had been doing this for a few months! She assured me that this was no problem, since the other teachers and children seemed to enjoy it.

I wonder if this would be OK in today's world? Also, I wonder if they increased their repertoire.

> Janice Sweeny

FLIGHT 70

With the approach of my 70th birthday, I told Jane and our two children that I did not expect a big party or even any gifts. A funny card would suffice. After all, an age ending in zero did not seem that much more significant than one ending in a one or two or any other number. The family complied except there was a certificate in the card from my children, Jeff and Jennifer. The certificate entitled me to an hour of flight time in a light aircraft from a flying service at Shenandoah Valley Airport. I hold a Private Pilot's License but have not flown a plane since the early 1970's.



Here's My Check Pilot (Left) and the Birthday Boy

Jane and I arrived at the airport and while the pilot prepared the Piper Warrior for the flight, I mentioned my past flying experience. He asked if I would like to fly the aircraft and I quickly said yes. I assumed he meant that I could take the controls after we were in the air and get a little "stick time." He had me go through the preflight check with him and we taxied to the end of the runway. We received clearance to takeoff and he said "well, taxi onto the runway and takeoff." I tried to clear the sudden lump in my throat but complied. To my surprise I was able to stay on the centerline and at 65 mph eased back on the yoke and felt the Warrior lift off and begin to climb.

I flew the plane for the full hour, flying over Massanutten, Sunnyside, Staunton and Waynesboro while Jane snapped pictures from the back seat. I needed only a few verbal corrections by the pilot during the flight. As we returned to the airport the pilot said "go ahead and make the landing." The lump in my throat got much larger. I glanced back at Jane expecting a look of sheer terror but to my surprise saw none. We entered the flight pattern for the landing, the most difficult part of flying. We received clearance and "turned final" lining up with the runway. Over my head phones I heard the Pilot radio "Warrior niner five on final for 23." The lump got much larger as we crossed the end of the runway and the pavement came closer and closer. I needed only a little correction in my flair out and suddenly felt contact with the ground. We were down!



Where We Live (From 2500')

As I taxied back to the hanger I realized this was the best birthday present ever!

>Charles Lotts

SUSTAINABILITY

Much has been said in recent years about living sustainability i.e. living our lives in such a way that reduces our ecological footprint.

There are a mind-boggling number of ways to define sustainability (just Google the word "sustainability" and you'll find out!).

The word sustainable was defined by the report of the U.N. World Commission on Environment and Development, (also known as the Brundtland Report). It defined sustainability as "meeting the needs of the present without compromising the ability of future generations to meet the needs of their own". This definition isn't universally accepted; It depends on who's doing the defining.

Wikipedia says that "in ecology it [sustainability] describes how biological systems remain diverse and productive over a long period of time, for humans it is the potential for long-term maintenance of the well being of the natural world and the responsible use of natural resources."

Sustainability encompasses every facet of life on earth and as such is a complex and sometimes confusing set of interrelated factors, some of which are energy, water quality, air quality, pollution and biodiversity. There are others, of course, but this list gives some sense of the complexity of the environmental issues confronting us. The way we decide to live our lives affects us now, and will have a profound affect on those who come after us.

In the words of The Great Law of the Iroquois Confederacy "In our every deliberation, we must consider the impact of our decisions on the Next Seven Generations"

The Green Committee is currently investigating ways to make our campus more sustainable. Toward this end, we are gathering information on the sustainability objectives of the city of Harrisonburg, RMH, JMU, EMU, Bridgewater College and UVA. The purpose is to develop a plan that both the administration and the

residents could implement to accomplish the goal of minimizing our campus's impact on the environment.

We intend to work with the Administration and the Resident Council to develop such a plan.

>Jim O'Hear

TECH TALK

Voice Recognition Software

After a right brain stroke in December of 2000 and after five months in therapy, I had regained most of my mobility except I was limited in my left hand and arm and left leg.

When most of my grandchildren, who could type 20 to 30 words a minute, chided me about typing with one finger, I told them that when I was in school "typing was for girls".

One day my oldest son gave me a program titled "Dragon Naturally Speaking". Once the program was loaded, my son took me through it step by step and before you knew it, I was speaking and the words were being typed on my monitor! I began writing letters and e-mails. When I had my stroke, I realized that there were things I could no longer do, but now I could learn different things I didn't know before. And voice recognition opened the door.

Anyone that can talk can do this. Once the program is loaded and the microphone is plugged into your computer, the next step is to follow the on-screen prompts. There will be a few administrative steps and then you will be asked to read a tutorial for about a minute so the program can get used to your voice and the way you speak. The next challenge is to remember that you have to speak *everything* that you want written. This includes punctuation. Let's see if I can demonstrate by starting a letter:

I say "Dear Bill colon" [for 'colon']" and the computer types:

Dear Bill:

I say "new paragraph" and a dark vertical line simply moves to the beginning of a new paragraph.

The challenge is to remember that everything you want written must be spoken. That includes ALL punctuation such as : !, ?, ", (), @, and all capitalization. The program will help you with grammar. Now let's get back to my letter to Bill:

Dear Bill:

I appreciate your inquiry about fixed wing aircraft being shot down by artillery fire in Vietnam. I was never aware of this when I was over there. I was with the 1st Air Cav Division on my first tour and any time we were carrying troops into a hot zone we were completely briefed on the gun-target line for all 280, 155 and 105 supporting artillery. We usually landed within one minute after the last 105 round hit the ground. I don't ever remember any damage to our helicopters from artillery fire.

If you hear from anyone else that aircraft were hit by artillery fire please let me know.

Thanks for sending, Whit

I spoke everything you see. There are times when I get excited and speak too fast and the words don't seem to come out right. So I simply move my black vertical line to the incorrect word and say "correct that". The program actually establishes a vocabulary and speech recognition dictionary just for you!

The Dragon program will help you compose letters, memos, and e-mail messages. You can cut and paste into your documents as well as revise and format the text. Just think about what you want to say and then say it into the microphone. You can also search the web, access information, and navigate through web pages.

I use Dragon Naturally Speaking for my letters, e-mails, committee agendas, memoranda, letters, and briefing notes. I've always been a poor speller so this program covers some of my stupidity.

When I'm writing a first time e-mail or letter to someone I generally close with:

"PS: This has been written using a voice recognition program so please excuse any mistakes. The program writes anything I say but unfortunately it doesn't write what I was thinking".

This article was written with Microsoft Word, using Dragon Speaking Naturally.

> Whit Scully

TWO RESTAURANTS "TO THE EAST"

Three Notch'd Grill, Crozet, Va. www.threenotchedgrill.com. Our dining experience there recently was rewarded with good food and ambiance. On a Friday evening all seating was occupied by about 6:30. Our menu choices were chilled cucumber garlic yogurt soup and shrimp gumbo; baked crusted salmon with wild rice, salad; and rich Chocolate Bourbon Pecan pie. Without wine and sharing the entree and dessert, the tab, including tip, was \$50. Driving time: approximately 40 min from Sunnyside.

JUST OPENED!!! A Bowl of Good Cafe has just opened in Harrisonburg. Located on Mt. Clinton Pike across Rt. 42 en route to EMU, this delightful dining venue offers wholesome, attractive, nutritious salads, wraps, soups. Stop by for breakfast at 7 AM, lunch, or early supper (before 6 pm). Owners are local residents Katrina and Ernie Didot, who have been vendors at the Harrisonburg Farmers market for several years and now have this delightful permanent location next to Artisans' Hope and Gift and Thrift. Plan to spend a bit of time at the latter shops, as well.

> Virginia Bethune

ORCHIDS AT SUNNYSIDE

Have you noticed newly bloomed orchids at our two reception areas every week? This began over 20 years ago when the Highlands was first completed. Lillian's parents were one of the first occupants, and we brought African violets, orchids, and other plants for Sunnyside's annual bazaar from our greenhouse in Augusta County.

Our love of orchids goes back over 50 years. It began with a few, bought at the Southern Living Show in Charlotte. Like most hobbies, it became entrenched in our way of life - and their numbers grew year by year. As we began thinking about our retirement years, it was decided that we would build a small commercial greenhouse to provide income to cover the expenses of our hobby. Thus Rocky Knoll Greenhouse came into being to house not only the orchids, but also African violets (the show type), plus many of the unusual houseplants that became popular with the florists around the area.

We became members of the American Orchid Society. Locally, we joined the Charlottesville Chapter of AOS, a group of like-minded souls who shared their love of orchids.

When we moved to Sunnyside in 1994, we brought about 100 of our favorite lady slippers with us. Unfortunately for us, the environment we provided for them was not sufficient for their needs. They grew, but they seldom bloomed. When they did, we would bring one and place it in the bank for the rest of Sunnyside to enjoy. In time, we reluctantly gave them to our orchid friends. Nine years ago, our love of orchids came to the fore again. This resulted in an addition to our cottage with skylights in the ceiling, fluorescent lights for additional illumination, a complete sink and workstation - and the accumulation of orchids began again.

Thus we have been able to enjoy our hobby over the years, and have been sharing their gorgeous blooms with Sunnyside for many years. As one of our residents once said: "We are probably the only retirement community in the country with a different orchid plan each week."

AN INTERESTING TRAIL WORTHY OF EXPLORING

Years before any of us in independent living came to Sunnyside, there was a walking trail constructed from the circle off Grattan Price Drive along the northern boundary of the Sunnyside property continuing to the area behind 4165 Woodside Drive and currently occupied by The Reverend and Mrs. John Earl. From there it is a short walk to the Village Apartments and somewhat more to the east entrance door of the Pannill Health Centre. Over the years, erosion had damaged the trail, making it a little iffy for some of us to safely walk it. For several years Robert in response to some requests from residents has been seeking funds and time to rebuild the trail for the recreation and convenience of residents.

Several months ago he was able to get members of Grace Covenant Church Boy Scout Troop No.72 to start the initial laying of the landscape timbers to define the trail and lessen the erosion. Mark Graham their Scout Master and former CFO for Sunnyside supervised the group. The workers were led by Will Long and Mathew Sayre as part of their qualification for the Eagle Scout Award.

The Scouts completed the time required and Robert was able to work out time for the maintenance staff to complete the defining, not only of the original trail but some off shoots that had become paths through the years. There are many interesting perennial plants along both sides of the trail and quite a beautiful display in the spring of daffodils planted years ago by Sunnyside staff members at the behest of Georgia Brown a resident at that time. Numerous species of birds including owls and hawks have been observed nearby or in trees immediately adjacent to the trail. The trail is now available for walking, with care. We anticipate that it will be overlaid with compacted fine gravel as soon as the maintenance staff can be relieved of some of their mowing duties.

> William Young

ALGAE BE GONE

Most of you will no doubt be pleased to see that the growth of Blue Green Algae is no longer visible in the pond at the lower entrance and greatly diminished on the pond in the Glen. Blue Green Algae is a natural occurrence in relatively quiet ponds which are subject to fertilizer drainage from surrounding areas. Algae finds the intense sunlight and high temperatures of summer perfect for growth. A small concentration of algae is beneficial to the health of animal organisms in the pond, sheltering some in the food chain and a source of food for others. The application of suitable chemicals greatly diminishes the growth. The lasting effect of an application depends upon the rate of inflow and out go of the water. It is not an inexpensive effort to control the algae under optimum conditions such as we have here at Sunnyside in the summer.

> William Young

MEET YOUR NEIGHBOR

With Pat Armstrong

Cruising With John and Evelyn Earl (Celebrating 65th Anniversary)

Again, we wanted to share “big” anniversaries with our entire family (17 total). John started planning a trip to the Western Caribbean in January. Because of conflicts, we had to settle on the week of Aug. 9. (Two grandchildren still could not make it because of college conflicts). Again, we would have preferred a closer port and a different Cruise Line—but we made plans (through Turner Travel Agency) to sail on the Carnival Legend from Tampa at 4 PM on August 9. Because of work schedule—three had to fly to Tampa, the rest of us (12 & luggage) met in Charlotte (our son John's home) early Sat. and jammed into a 15 passenger rented van.

The next we boarded the Legend on Sunday, the ninth. We all sat together during the evening meals but otherwise most went their own way for the many ship activities. Three of the evening shows were outstanding. We succumbed to earthly standard by taking part in the “Sex and

Marriage” show. At 65 years (Oct. 10), we were the oldest married couple. The number of people who thanked us or spoke to us by name later surprised us.

All the Cruise Lines make money on their Shore Excursions. There are few places you can go without paying (\$40 per person is about the minimum). ALSO never get into a vehicle without first agreeing on the price. For example, our daughter Tempe and three of her family started walking to a beach—a taxi followed “pestering” them and wanting \$100 for the four. They refused but it was hot, so finally they said “We’ll give you \$25. He said, “Get in”. We found renting a car was cheaper than a taxi. In Grand Cayman, we used a bus. (\$2 each). All of us went to the beaches; the water was delightful and beautiful. Most everyone enjoyed scuba diving or snorkeling. (The fish were bountiful and beautiful). Evelyn and I went to see the Mayan ruins at Alton Ha in Belize, very impressive. Others loved the cave tubing in the rain forest. Stops were made at Grand Cayman, Cozumel, Belize and Roaton. The last was the best.

All had a wonderful memorable time and we thank God we all returned home safely. Those of us who traveled by van got home on schedule but the three who flew returned to work late, as the planes were held up and connections missed. That was our 11th cruise and we must admit one of the best.

Bettie Barksdale

What fun I had on a warm summer afternoon as Bettie Barksdale (lives in Lakeview) shared a lifetime of memories with me. The same enthusiasm that is always with Bettie came through as she relived so many interesting times. Bettie related she came into this world on the Ides of March 1925 in Cluster Springs, Va. (Halifax County). As David Copperfield said, “In the beginning, I was born” and Bettie tells me the same is true about her! She describes her parents as poor but honest and tells me that her community had 14 homes within sight of each other.

She remembers during the depression tobacco selling for 5 cents per pound and teachers were paid in script (paper on which was indicated the government would pay when able). Her mother was a teacher and her Dad drove a truck that delivered soda, Orange Crush. They were fortunate to have this Orange Crush vehicle and it was used to take them to church at a time when many folks did not have transportation.

College began in 1942 at Flora Macdonald College that later became St. Andrews Presbyterian College. After 2 years there, Bettie transferred to Mary Washington College to attend same school with her sister. In 1946, she graduated with a BA in education and went back to Martinsville to teach American History. Bettie describes this semester as a “disaster” as the students were about her age and she had no less than 50 in a class! She quit after this semester.

After a period of not working, Bettie was offered a position in social work and soon had opportunity to use a scholarship to do advance studying in this field. This took place at Tulane University and while in New Orleans, she took advantage of many good times—parties, college games and enjoying the excitement of the area.

The next adventure was social work in Norfolk and South Norfolk (separate city at this time). Then she went on to Cherry Point, NC, to do work in same field at Marine Base and from there to Lancaster, Pa. where she worked in Family & Children’s Service. She shared about childless Amish couples coming in for adoption and how important it was to them to have children. It is now 1961 and Bettie feels the need to return to Halifax where she resumes Child Welfare work just across the NC border in Reedsville.

Bettie eventually goes to Richmond to work in a State of VA office as Supervisor of Adoption Reports. Every adoption report in State of Va went across her desk. Bettie worked in this area from 1964-1975 and then returned to Halifax.

In 1988, Bettie became a Housemother for 10-12 year old boys at Chatham Jr. Academy and found

this position to be the happiest years of her 44 years of employment. When the Academy closed, Bettie goes to her another fun “job”—house sitting in homes of the very wealthy. At one time, she had 21 clients including one in Colonial Williamsburg.

Sunnyside eventually became home for Bettie. Her enthusiasm for living and sharing has been a blessing to so many and her detailed descriptions of the many exciting adventures in her life makes it a joy to visit with her. Hope other Sunnyside residents will get to visit with her and enjoy these adventures just I have done.

SAM HART'S MEMOIRS

Civil War Casualties

Life was rather dull for us as children. We had few playmates. Church and Sunday School helped. On occasion, our parents visited neighbors and other friends. So many lived in old farm homes that seemed Civil War relics. They lived in a few rooms and never used the front door. Their children had long since gone. I could well identify with such homes described by Ellen Glasgow in “Barren Ground,” when I read the book.

Many of these homesteads were still suffering from the effects of the Civil War. Only one or two in the family left and the farm production merely sustained them.

Jim Harris, a former schoolteacher who lived by himself, owned one such old brick house. A story was told of him that for the first week of school he let the children do as they pleased. The next Monday morning he said, “You ran the school last week but from now on out Jim Harris is running it.”

Social Outlets

Mother was concerned that we have some playmates and there were one or two birthday parties at the Lupton’s before they moved to Staunton, Virginia. The Roy Howards lived up at the Mountain on the Carters Bridge Road. We visited them and usually spent the day, which

meant having dinner and then leaving in time to get home for supper.

There we played with their four children, Bobby, Grace, George and Mary Lou. Mr. Howard was a real "Dirt Farmer." He was a hard-luck person. He suffered a broken leg as a Jockey and it healed shorter than the other did. His house burned down. He built it back. At one time, he ran a sawmill and moved it wherever the work was. This burned down. He was the first we knew to put in acetylene lights. He undertook to "charge" it at night, which consisted of putting in the carbide. He was using an oil lantern and it blew up the plant. He didn't think the lantern was an open light.

> Sam Hart

SUNNYSIDE RESIDENT LEADS EFFORT TO RAISE FUNDS "Give A Little Feed A Lot"

Friends at Play, eight hands at two pianos, and guests, in partnership with the Kiwanis Club of Harrisonburg, will give a benefit concert on behalf of the Blue Ridge Area Food Bank in celebration of National Hunger Action Month. The concert took place on Friday, September 25, 2009, 7:30 PM, at the Bridgewater Church of the Brethren, 420 College View Drive. Pat Armstrong drove the Sunnyside bus to this event.

Friends at Play is composed of five local music teachers and church musicians who enjoy playing piano in ensembles. Meeting weekly, they rehearse on the two pianos in the teaching studio of Mary Walters, the founding member. Repertoire includes jazz, folk, classical, sacred, and music just for fun.

For even more fun, as well as for regular church service music, pairs of the group do duets. Some of these duets were included on the September 25 program.

By the mid-nineteenth century the piano had become the chief way to hear music of the world's greatest composers. Symphonies, operas, and overtures were transcribed to be

played on pianos inside a small room by two or four pianists long before recordings and broadcasting made it possible for average folks to hear such music. The twentieth century has extended two-piano repertoire to include original pieces, arrangements of hymns, and transcriptions of orchestral works of many styles. *Friends at Play* devotes itself to playing original works, transcriptions, and arrangements for two pianos, eight hands.

Surprises can be in store when Carol Warner, professional piccolo player, joins pianists Patty Bird, Sharon Bloomquist, Teresa Crawford, Joyce Grove, and Mary Rouse Walters to produce a more varied program of music.

You are welcome to arrange to attend a rehearsal by calling 437-8805. We rehearse on Mondays at 11:00 AM at the Walters residence, 1010 Ballantrae Lane.

> Mary Walters

SHARING SHOES

Ladies, how fortunate we are to be living this this Country of America! In Kenya, when women become widows, they lose their sense of worth or value as far as their culture is concerned. This means they lose their belongings including their home. Ellen Campbell, a resident of the Glen, is involved in a Mission project where used shoes are sent to Kenya. These displayed women sell the shoes on the side of the road to get a little money to use for food and survival. Ellen feels so blessed to be involved with this project.

>Ellen Campbell

SOME GREEN RECOMMENDATIONS

The Green Committee has been considering ways to make our community more sustainable. Our recently implemented recycling Instigated and researched by Charlie Lotts who lives in the Glen. (The Committee is most grateful for his work on this project; it seems to be a great success.) Next on the agenda is finding a way to implement a recycling a recycling program for the Highlands. If anyone has a suggestion as to how we might accomplish this, please contact

Jim O'Hear (Phone: 8804 or email
<johear@comcast.net>)

occasional trips to ride with other nearby
cyclists.

> Jim Kellett

The Committee has given John Dwyer a list of
recommendations the administration might adopt
to make our community more sustainable.

In successive issues of Tips & Tales the
Committee will publish a few suggestions that
the residents of Sunnyside might consider
adopting.

The first of these are:

- *Buy items made with recycled materials

- *Recycle all recyclable materials

- *Avoid using plastic (& paper bags) at stores.

If you do be sure to recycle them.. Preferably use
cloth bags - these can be purchased in most
grocery stores.

- *Turn off lights when not necessary at night,
and when out of your residence for more than an
hour or out of a room that is not being used. You
may find it useful to install motion sensors to
turn lights on whenever you enter a darkened
room. You can purchase these from Lowes,
Home Depot, or from many hardware stores

- *Use compact fluorescent bulbs wherever
possible. These can be purchased in building
supply, hardware stores and most grocery and
drug stores.

Many thanks for thinking about improving the
environmental health of our community.

>Jim O'Hear, Chairman, the Green Committee

MORE MATERIAL NEEDED!

What's your hobby? Life story? Write it up!
Send new material to either Pat Armstrong or
Jim Kellett. BE AN AUTHOR!

ANY CYCLISTS ON CAMPUS?

I'm curious if there are any recreational or
touring cyclists among the readers of Tips and
Tales. Looking for companions for occasional
rides, 5 to 50 miles, in the area and/or

Your Volunteer Staff:

Where to Go: Pat Armstrong

Where to Eat: VACANT

Music: Virginia Bethune

Meet Your Neighbor: Pat Armstrong

Tech Talk: Jim Kellett
Do You Know?: Whit Scully
Gardening: Bill Young