



# Valley Village

## Aging in My Home with Community Support

Member of  
Village to Village Network

Vol. 8, No. 6 November-December, 2018

### Quick Look

**Tuesday, Dec 11 5:30 PM**

Christmas Potluck Dinner and  
6:45, The Walking Roots Band  
Christmas Concert.

**Wednesday, Dec. 12 7:30 AM**

Breakfast at the Little Grill

**Friday Night Movie**

**Dec 21, 7:00 PM**

"The Zookeeper's Wife"

**Tuesday, Jan. 15, 7:00 PM**

VPAS Responds to the Grey  
Wave

**Friday Night Movie**

**Jan 18, 7:00 PM**

"Show Boat"

**Tuesday, Jan. 22, 6:30 PM**

New Member Orientation

See page 4 for more event  
details or visit the website.

### Board Members

Keith Gnagey – President  
Nancy Gunden – Treasurer  
Daryl Peifer - Member Recruitment  
John Spicher – Vendor Services Chair  
Clara Yoder – Secretary  
Paul Yoder – Volunteer Prog. Chair

### Newsletter

Chris Edwards, Editor  
Denise Sauder, Layout Design

General Info - 540-705-0432  
[www.valleyvillagehbg.org](http://www.valleyvillagehbg.org)

**"Just One Call"**  
**540-209-6484**



Alden and Louise Hostetter shared photos and recollections of Cuba with fellow Valley Villagers.

### ¡ UN VIAJE A CUBA !

#### VALLEY VILLAGE COUPLE SHARE A MEMORABLE JOURNEY

In October, Valley Village members Alden and Louise Hostetter treated us to slides and remembrances of their November, 2016 trip to Cuba.

The journey, one of the ongoing Cuba trips organized from Canada by Jenny Cressman, occurred in early November, 2016. The Hostetters were among 14 travelers flying from Toronto, said Alden Hostetter, a pathologist for Sentara.

The presentation was titled "Cuba 2016: Socialist Success or Failed State?" However, given the complexity observed on their brief, fascinating visit, Louise Hostetter said answering the question that title posed "would be very difficult for me."

Their slides show the century-old Plaza Hotel (elegant but with frayed wiring) and the Art Deco-designed Edificio Bacardi (once a posh Mafia gathering spot), in contrast with austere Soviet-era buildings. Sounds of wheels over cobblestones prevailed near the first governor's palace, Alden recalled. La Bodeguita del Medio, a cocktail bar, had been frequented by Salvador Allende and Ernest Hemingway in their time. Hemingway's fishing boat, the Pilar, was prominently displayed.

"The walking tour showed us many delightful plazas" with street vendors, dancers on stilts, musicians, Alden added. The old city of Havana, decaying in earlier years, has undergone restoration.

The group saw an old Spanish fort near Guantanamo Bay, and mosaic buildings everywhere. Classic American cars remain running, thanks to backyard mechanics' ingenuity throughout a six-decade trade embargo. "If you have a car, you're required to pick up hitchhikers," Alden noted.

They found Cuba had, in effect, two systems of currency, with the tourist peso worth five times the local coin. Lodging for a stay in the town, Trinidad, with a local professional family was arranged through Cuba's government – as were the services of Ramon, their guide throughout the Cuban tour. "All the information he gave us was government-approved," Louise said. She and Alden, not fluent in Spanish, suspected Ramon left out awkward facts. But hearing a perspective from him that Americans rarely encounter at home "was very good." WiFi access was often lacking, and it was Ramon who broke the news to them about the U.S. presidential election outcome.

Cuba celebrates the 1961 repelling of American-trained Cuban expatriate troops in the Bay of Pigs invasion. As Ramon quipped, "Swamp crocodiles assisted, deputized by Fidel Castro."

Prior to the trip Louise, a recently retired instructor with EMHS, had known two Cuban students well. Both had immigrated with their parents. Although one student's grandfather supported the Castro revolution, the family was forced off their land and had to live in extremely reduced circumstances. She told Louise, "My grandmother had to learn to cook. She was never a good cook."

The tour group saw classes of school children, in uniforms color-coded by academic level, but could not observe the quality of education. Louise added, "We didn't see people going hungry, but I don't think they had a lot of food choices." Once a woman was observed sorting rice, grain by grain, because it had to be dried on roadways, where it was contaminated with gravel and sand.

Ramon claimed Cuban researchers have developed medications unknown elsewhere in the West, and Cuba's health care is widely believed successful. The group visited a clinic with a staff of three, who had kept handwritten files on 1,500 patients. In an apparent cultural difference, the group learned doctors do not inform patients' families of dire prognoses.

Jennica Cressman, the tour's organizer, continues lining up tours to Cuba, including one in January 2019. See <http://www.jennicacuba.com/> or email [jennicacuba@gmail.com](mailto:jennicacuba@gmail.com).

-Chris Edwards



Photos by Greg Versen

## BOARD PRESIDENT UPDATE:

The board is excited with the response following the Valley Village launch of the Project 2.0 initiative. We are pleased to have 22 new members and 4 returning members join since September. A member orientation is planned for Tuesday, Jan. 22, 2019 at the Park View Mennonite Church Fireplace Room. Along with new members, existing members who wish to become better informed about Valley Village are welcome to attend. More information is coming.

Thanks to Program Committee members Robin McNallie, Daryl Peifer and Greg Versen (chair), we have learned more about Cuba from Alden and Louise Hostetter, traveled to Carter Mountain Apple Orchard, and been informed by Gayl Brunk about the services from Valley Associates for Independent Living (VAIL) that help people live in their own homes. The VAIL program launched our "Community Services and In-Home Health Care Educational Workshop Series," designed to provide information about organizations and services that can help us plan for our future.

Yvonne Stutzman reported on our new "Just One Call" program. We are encouraged that since September, we have seen individuals receiving and volunteers providing assistance. To request volunteer assistance, please call Yvonne, Volunteer Coordinator, at 540-209-6484. We have amazing volunteer members who are available to respond.

See the page 1 calendar, watch your email and check our website ([www.valleyvillagehbg.org](http://www.valleyvillagehbg.org)) for upcoming events. Please invite friends and family to our events . . . and to join Valley Village.

Wishing you well,  
Keith Gnagey, VV Board President

## SMALL ENGINE REPAIR

Need Help to Service Your Snow Blower or Garden Equipment?

Virginia Pressure Washer Repair, located at 3262 Limestone Lane, Dayton, VA, has become my preferred maintenance provider for my Fall and Spring lawn and garden equipment. Its seven young Conservative Mennonite proprietors are also distributors for a wide variety of vacuum cleaning equipment and pressure washers. I found them to do good work at a very reasonable price when they serviced my snow blower and lawn mower.

Phone 540-879-2180. (You may call me at 540-442-8252 if you need delivery.)

John Spicher  
Vendor Services Chair



## Vendor Spotlight





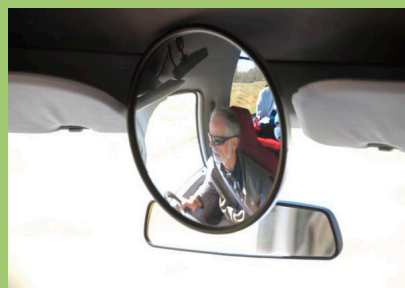
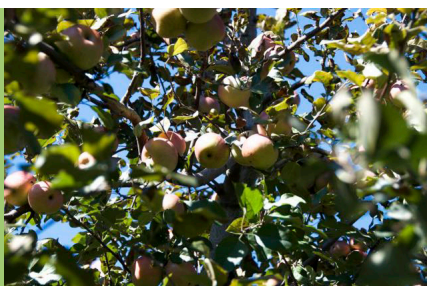
### Little Grill breakfast time

Here are the nine people who met for breakfast Nov. 7 at the Little Grill Collective. From left: J Lowell Wenger, Ann Bender, Clara Yoder, Linda Gnagey, Phil Helmuth, Keith Gnagey, Pearl Lantz, Paul Yoder & Ed Yoder. Next breakfast meeting is scheduled for Wednesday, December 12. All members and guests members are welcome. – Photo by Paul Yoder

### Valley Associates for Independent Living (VAIL)

Gayl Brunk executive director of VAIL, presented a program Nov. 14 about the local nonprofit's services and goals. VAIL's mission, Gayl wrote for the 2018 annual report, is "to ensure individuals receive the needed services in order to remain independent in the community,"

See <https://govail.org/>. This program was the first of five planned for 2018-19 to introduce resources that can aid our goal of "living in community." – Photos by Greg Versen



### Carter Mountain Orchard Trip

It was a beautiful October day for pickin' apples and having lunch at Mrs. Rowe's. Our driver was new Valley Village member Rich Sider--rhymes with Cider--har har. – Greg Versen

## Upcoming Events

**Monday December 10, 4:00 pm:** Board Meeting\*

**Tuesday, December 11, 5:30 pm:** Christmas Potluck Dinner and 6:45, The Walking Roots Band Christmas Concert. At Park View Mennonite Church Fellowship Hall. Bring a dish to share.

**Wednesday, December 12, 7:30 pm:** Breakfast at the Little Grill, 621 N. Main Street, Harrisonburg. All are welcome; no reservations required.

**Friday, December 21, 7:00 pm:** Movie Night,\*\* Park Place Cinema Room. "The Zookeeper's Wife." A Resistance couple in occupied Poland, 1939, use a vacant zoo to save human lives. Adapted from Diane Ackerman's nonfictional book.

**Tuesday, January 15, 2019, 7:00 pm:** VPAS Responds to the Grey Wave. Beth Bland, Director of Valley Program for Aging Services. PVMC Fireplace Room.

**Friday, January 18, 7:00 pm:** Movie Night,\*\* Park Place Cinema Room. "Show Boat": The classic Jerome Kern/Oscar Hammerstein II musical about a Mississippi riverboat romance. Songs include "Ol' Man River."

**Monday, January 21, 4:00 pm:** Board Meeting\*

**Tuesday, January 22, 6:30 pm:** New Member Orientation. Facilitated by Daryl Peifer. Learn about Valley Village and website tutorials. All new (and not-new) VV members are welcome.

**Wednesday, February 13, 7:00 pm:** "Just Desserts and Jazz," Royce Campbell & partner, PVMC Fireplace Room. Bring your favorite Valentine dessert.

**Friday, February 15, 7:00 pm:** Movie Night,\*\* Park Place Cinema Room. "To Kill a Mockingbird": Based on Harper Lee's novel about childhood, racism and the human spirit in 1930s, small-town Alabama.

**Monday, February 18, 4:00 pm:** Board Meeting\*

**Tuesday, February 26, 7:00 pm:** Sentara Home Health and Hospice, by Ed Glover.**March (TBA):** VMRC, First Choice Home Health & Hospice, Donna Selby

**March (TBA):** Trip to Monticello

**April 9:** Home Instead, Jeanette Suter

**May 14, 10:00 am** Woodland Park Tour

**June (TBA):** Annual Picnic, 5:30 [non-rainy date!]

\*For updates and details that are "TBA," see the Calendar of Events on the VV website: [www.valleyvillagehbg.org](http://www.valleyvillagehbg.org).

Resources to aid our goal of "living in community" will be explored over the coming year in five of the above programs.

\*Board meetings are open to all Valley Village members. For future locations (now being arranged), or to submit an issue to the board for consideration, contact Keith Gnagey: [kagnagey@gmail.com](mailto:kagnagey@gmail.com), 540-383-9771.

\*\*Movie nights are one Friday per month, 7 pm, in Park Place Cinema Room. Note: Park Place's main entrance is usually locked by 7. Drive around to the right, park in any unnumbered spot, and enter door #8.



### December

Susie Versen  
Susan Godshall  
Phillip Helmuth  
Marie Snavelly  
Greg Versen  
Joseph Lapp  
Daryl Peifer

### January

Teresa Boshart Yoder  
Carol Schirch  
Alden Hostetter  
Jean Smucker Fisher  
Nancy C Faulkner  
Wayne D Kurtz  
Lloyd Weaver  
Dorothy Jean Weaver  
Martha Sider  
Aldine Musser

Valley Village newsletter is published bimonthly (every two months). Deadline is Jan. 22, 2019, for submissions to the January-February, 2019 newsletter (intended for publication, Jan. 29).

Send items to Chris Edwards, 434-0457; [chrisedwardshburg@gmail.com](mailto:chrisedwardshburg@gmail.com).