



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 11, No. 3 May - June, 2021

Quick Look First Quarter Events

Every Friday 8:00 am
Park View Mennonite Church
parking lot, southeast corner Join
us for a 2 mile walk. Please note the
earlier start time!

Every Tuesday (for summer months)
8:30 to 9:30 am
Zoom Yoga

Tuesday, June 8, 3:30
Updates From Your Neighbors at
VMRC.

Thursday, June 17, 5:30 pm
Valley Village Supper Club

Monday, June 21, 4:00 pm
Board Meeting - Zoom

Thursday, June 24, 11:00 am
Hawksbill Greenway Walk & Lunch
at Nearby Restaurant

Monday, July 19, 4:00 pm
Board Meeting - Zoom

Tuesday, July 27, 4:00 pm
Progressive Dinner in Bridgewater area.

For details on all events see page 7 or
visit www.valleyvillage.org.

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

General Info - 540-705-0432
www.valleyvillagehbg.org

"Just One Call"
540-209-6484

Our Frontier Culture Museum Adventure



On April 29, 18 Valley Villagers had a near-perfect Spring day to tour the Frontier Culture Museum near Staunton. Golf carts, provided on-site, eased our travels over rolling hills to visit the growing complex of attractions. FCM, a "living history" museum opened in 1988, portrays life among those who, in varying circumstances, migrated to America from the Old World. The museum began with the importation of historic farmhouses from England (1600s), Ireland, and Germany (1700s) that had been disassembled, shipped across the Atlantic, then meticulously reconstructed in the Valley. Soon afterward the 1820's "American Farm" arrived from Timberville (Va.)

Newer attractions include the Western African Village, inspired by traditional homes in southeastern Nigeria's Igbo land, where the hot, humid climate was traditionally accommodated by thick clay walls and thatched roofs, explained Alex, our tour guide. He said temperatures may be 20 degrees cooler inside such a dwelling. Goats are the Igbo land's only domestic animal. The village is a work in progress; plans include growing bamboo to resemble rain forest.

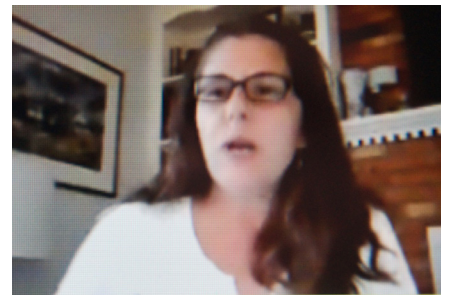
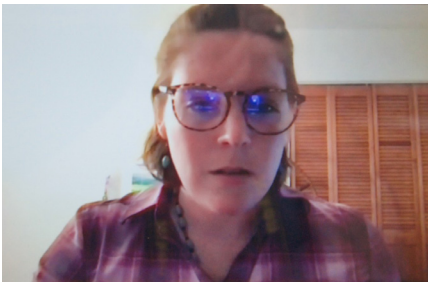
Near the 17th Century “yeoman farmer’s” home, we watched history interpreter Mary Kate Claytor and others perform the seasonal task of sheep shearing. Sheep are not harmed by shearing; in hot weather, it’s a comfort measure. A sheep’s lanolin holds the fleece together as it is shaved from the animal.

The Irish farm house came from Ulster, home to Protestants in Northern Ireland, dubbed “Scots-Irish” in America. Germans immigrated to the Valley from the 1680s to 1830. In the German farmhouse, we found wooden shoes, which Alex explained were actually worn over much of Europe.

Beside a teepee, docent Misti Furr displayed pelts of the animals most hunted locally. European settlers here never met Native Americans, who had moved West. On April 8, Mary Kate and Misti (pictured on Zoom photos) had given VV a preview for our FCM visit.

Meeting us at a frontier cabin, a docent showed corn, beans, squash, potatoes, cabbage, onions, carrots and beets growing in raised beds. She mentioned wealthy landowners of the time, such as William Beverley, who rented tracts to 18th Century settlers. Frontier life could be hard. The cabin, constructed on-site, has a clay chimney that leans . . . intentionally. Settlers used that strategy so that in case the chimney caught fire, it could be knocked down to save the house!

Thanks to Pearl Lantz for organizing this memorable trip. If you missed it, or want to explore FCM further, see <https://www.frontiermuseum.org/>.



Supper Club Season

April 15:

Here is the extract of what happened on April 15, Supper Club.

On April 15 a total of 18 Valley Village members met at two locations for first monthly meeting of the Supper Club. Hosts for the event were Ken & Helen Nafziger and Sam and Vi Miller. Expecting Spring weather, the attendants experienced a cold evening to be sitting outside on a deck.

It was obvious that Valley Village members are interested in expanding social activities and willing to wrap in coats and blankets in order to keep warm. Although all members who attended had been vaccinated, some precautions were observed, such as no handshakes. As the evening progressed with cold winds, all members ended up inside, but with masks. One group even broke out in song before the shared soup. The hosts provided dessert, even though most guests had brought their own food or snacks.

Everyone had a chance to tell a favorite tale or experience which highlighted their lives.

Discussions about needs of Valley Village members, how we determine the needs of each other, produced some helpful comments. No photos this time. We all forgot, since we were having such great conversations.

How Supper Club emerges during the coming months depends on what members want and how safe they feel as the summer emerges. Paul Yoder, with Sam Miller

May 20:

Both the weather and pandemic reports had considerably improved by the May 20 suppers at the Nafziger and Spicher homes. Helen Nafziger served guests, including a smiling Mike Stauffer. The Spichers' guests, including Evelyn Driver and Chris Edwards (shown talking), were treated to a delicious cake in honor of Virginia Spicher's birthday, and shared their early memories.

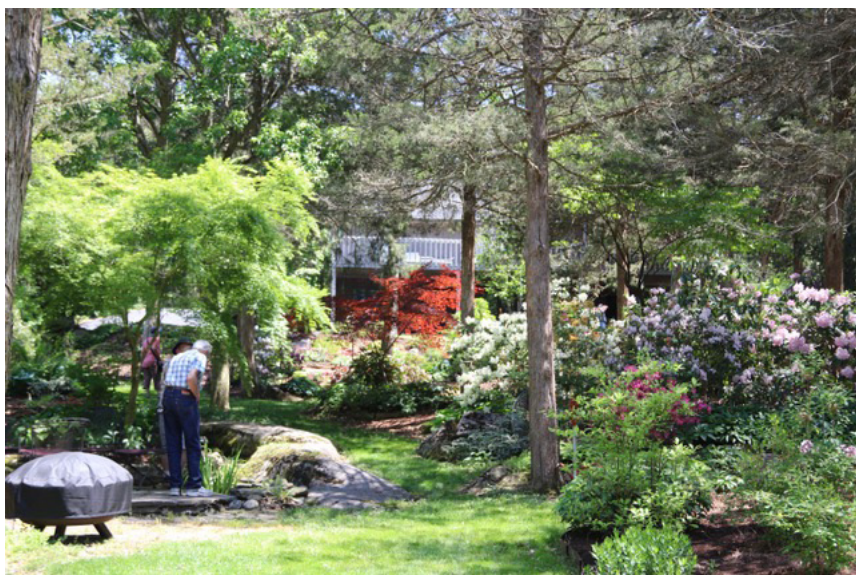
Photos by Julie Alderfer Stauffer (at Nafzigers) and Paul Yoder (Spichers)

Next Supper Club date: June 17!





Kauffman Gardens Luncheon and Tour



On May 19, 27 eager nature lovers met at the home of Glenn and Mary Kauffman. After a picnic lunch, provided by the committee on the patio, everyone was welcomed to enjoy, at leisure, the couple's extensive backyard filled with awesome flowers, shrubs, trees, and trails. Among many other flowering plants, the rhododendrons were outstanding in color and variety. Nestled among common varieties of plants were new and unusual gems that kept Mary and Glenn busy with our questions.

Also provided were a labyrinth to follow and a comfortable seating area with a waterfall.

The garden next door, equally as beautiful but different, was also available for browsing.

It was a feast for the eyes, so refreshing and relaxing!

Sam and Vi Miller



*"Lazarus, Come Forth!" **

Well-Being

by Stan Godshall, MD



Dr. Stan Godshall
(retired) worked 40
years in Family Practice
in Elizabethtown, PA,
with five years of work
(three short terms
scattered among those
40 years) in Tropical
Medicine and Surgery
in Shirati, Tanzania. He
and Susan are mem-
bers of Valley Village.

May 20, 2021 -- The CDC's recommendations on May 13, 2021 for Covid-19 fully-immunized folks to take off their masks and live life normally again were downright shocking---but also science-based and reasonable. Why did I react with both happiness... and dread? Had I completely adapted to the restricted in-home life of the past 14 months?

I looked ahead with questions like: Do Susan and I still remember how to entertain friends in our home? Is life really going back to "normal?" Will these CDC recommendations persist? I looked back and imagined myself as Lazarus hearing Jesus' call in John 11:43* (KJV). Was I also now emerging, taking off my wrappings (face mask) and facing a new world? What is "normal" life?

I recently read a May 5, 2021 NY Times article written by Adam Grant (recommended to me by a Valley Village friend) entitled, "There is a Name for the Blah You're Feeling: It's Called Languishing." He describes languishing with words like, "trouble concentrating," "stagnation and emptiness" and "joyless and aimless." He writes, "Languishing describes a low mental well-being in the absence of a diagnosable mental health condition."

Yes, I have experienced languishing. Have you? What shall we do?

First, name it. When someone asks you casually, "How are you doing?" the usual answer is, "Fine." Now I will answer, "Not so great. I have been languishing." Then truthful dialogue will continue.

Second, practice mindfulness. Focus on one activity. Do not multitask. Take what author Tiffany Shlain calls a "Tech Shabbat" in her recent book "24/6: The Power of Unplugging One Day a Week" (that means one day a week without media).

Third, resume your pre-Covid activities slowly. Try one activity at a time, and do not suddenly fill your schedule as before.

Fourth, enjoy being with friends ... in person. You can now make eye contact---a vital interaction totally missing in Zoom meetings---and feel the flow of energy and love as you do so!

Grant writes, "By acknowledging that so many of us are languishing, we can start giving voice to quiet despair and lighting a path out of the void."

May we all move from languishing to flourishing!

Service Provider Update



Vendor Spotlight

Big Painting LLC, headed by Israel Gonzalez, has been added to our recommended provider list. He and his team recently replaced selected boards on our deck, power washed the underside, sanded, and stained the entire deck. The prep work was done very meticulously, and the staining job was performed with great care. I couldn't have been more pleased with the result. Israel was also a great help in selecting the color, guiding us to avoid a color that looked good on the color sample chart, but which we would not have liked in the end. His pricing is reasonable.

Israel has 12 years' experience at painting, and just two years ago set up his own business. He can be reached by text or phone at 540-560-7386

Wayne Kurtz
Service Provider Coordinator
wdkurtz@outlook.com

Board President's Letter

Our thanks to Stan Godshall, MD for his research and his counsel helping us promote health and safety during this pandemic. Following Stan's advice, in May the board decided to return to sponsoring both inside and outside events, with masks optional and less physical distancing required. We are mindful of members with health and other considerations who wish to maintain physical distancing and wear masks. I personally hope we continue to use masks in the future when flu and colds sickness is running through our community.

This winter, the board researched and selected insurance policies to protect the organization, members and those who serve as volunteers in the future. As the organization grows and programs expand, the responsibility to manage risk also changes. We appreciate having policies with the Alliance of Nonprofits for Insurance (ANI) which also serve other village organizations around the country.

Watch the Village Happenings emails on Sundays and the monthly Valley Village Tours emails for updates on events — lots of good things happening! A recent update to our website allows us to browse Valley Village event photos, going back as far as 2013! Click on Resources to find the Photo Albums link.

We are looking for newsletter writers/editor, committee members and committee chairs, please let a board member know if you are interested or have questions. I'm very thankful for the hard work of our many volunteers.

Keith Gnagey, President

Valley Village Board Members

Ann Bender	Keith Gnagey 540-383-9771	Stan Godshall
Pearl Lantz	Lorie Merrow	Daryl Peifer
Rich Sider	Julie Alderfer Stauffer	Clara Yoder

Friday Walkers

These bracing walks continue each Friday in most kinds of weather, starting in front of the east entrance to Park View Mennonite Church, at 8 a.m., but adjustable by season. Walkers pictured bundled up to hike EMU's Park Cabin Woods on April 23, enjoyed a more Spring-like trek with some four-footed company on May 14, and on May 21, followed the path up the hill from where Harmony Drive ends at VMRC Gardens for a panoramic view to the West. Questions? Contact Pearl Lantz, 540-820-8309; dnplantz@comcast.net.



Event Calendar

JUN 8

Updates From Your Neighbors at VMRC, 3:30 pm. Meeting outside on the southeast corner of PVMC parking lot. Bring chairs. Presenters: Betsy Hay, VP of Wellness and Community Services, and Scott Richardson, VP of Residential Living.

JUN 17

Monthly Supper Club We meet normally on a patio or somewhere under roof, pending weather. Now 5:30 pm, may be adjusted as time and weather dictates. Signup online the day previous by 8 pm, or contact Paul Yoder, 810-0923 or email 41yoder89@gmail.com

JUN 21

Board Meeting - Zoom

Monthly Board of Directors Meeting, 4 pm-5:30 p.m.

JUN 24

Hawksbill Greenway Walk & Lunch at Nearby Restaurant – 11 am. Join us for a walk on the Hawksbill Greenway, a lovely paved, W/C accessible pathway along the creek in Luray, and meet afterward for lunch at a nearby restaurant. Register by June 21 (rain date, June 28). J Lowell Wenger, 540-908-6356 (c), jlwenger@aol.com

JUL 19

Board Meeting - Zoom

Monthly Board of Directors Meeting, 4 pm-5:30 p.m.

JUL 27

Progress Dinner in Bridgewater area.

Join us for a delightful 3 course meal served in three different locations on the Bridgewater area.

Our Progressive Dinner will begin at 4:00 PM with appetizers, provide for guests, in the Wildwood Park Pavilion. From there we will leisurely progress to The Cracked Pillar Restaurant for our main entrées, served in the covered porch area, with guests being responsible for their selections and payments. Finally, we will travel to nearby Smiley's Ice Cream where a variety of delicious flavors and sizes of ice cream and sorbets are available from their menu. Come hungry and enjoy a fun evening feasting and fellowshiping with VV friends!

Must login to website www.valleyvillage.org to register by July 20.

Due to limited parking, meet at Park View Mennonite Church parking lot (SE corner) at 3:30 PM to carpool.

ONGOING EVENTS

Friday Walkers meet each Friday morning, leaving promptly at 8 am from PVMC southeast corner of parking lot, to walk about two miles. Details: contact Pearl Lantz.

Zoom Yoga: Every Tuesday and Thursday at 8:30 am, a group meets for Zoom Yoga, using the DVD "YOGA FOR THE REST OF US with Peggy Cappy." The group has been meeting for approximately 10 years. Sessions last about 45 minutes. If interested, send an email to Ruby Friesen Zehr at rbyfzehr@gmail.com so she can add you to the mailing list.

FOR LATER EVENTS

See valleyvillage.org and log in. Also, look for emails with the subject lines "Valley Village," "Event Reminder," and a new feature that lists events of each coming week: "Village Happenings."



Our last question was, Have you completed your Covid-19 vaccine(s)? If so, how difficult or easy was it to get an appointment, and the shots? Or, what prevented it?

Some answers:

--“We were able to get our Moderna shots as soon as they became available for our age group. No side effects or problems.” – Janet and Lowell Wenger

--Carl and Vera Hansen have both received the two shots of the Moderna vaccine in March. It was not very difficult to get on the appointment list for the shots at that time. We have had not serious side effects of the shots.

--Through February, Robin McNallie and Chris Edwards searched impatiently for appointments. Then a friend said they were available at the Woodstock CVS, and guided us in navigating the company’s no-doubt overburdened system.

Voila! Apparently shipments to our area were just stepping up. What a relief!

After our first vaccinations, several calls came from sources we’d tried before.

Valley Village Newsletter Editor Recognition

Our special thanks to Chris Edwards, who has served as the Valley Village newsletter editor for the past eight years. Chris has generously shared her talents as a writer and editor to get important information to members and prospective members. Her newsletters have been popular – our last survey showed that 95% of members read the VV news! This May-June Newsletter is her final newsletter. We are grateful for her dedication and service to Valley Village. Chris and her husband, Robin McNallie, hope to continue serving with the Film Committee and other activities.

Keith Gnagey

Folding Up After 8 Years

(from your editor, with a correction noted)

Timeline:

- 2011: Valley Village (then Park View Village) launched. The Vol. 1, #1 issue of the newsletter appeared in February, edited by Yvonne Stutzman
- 2013: I began as editor, with the September-October issue.

Sorry, I shared some wrong information earlier! Finding the newsletter’s earliest issues, I’ve realized I have not been on this gig for 10 years, only 8 – which is still plenty for one ink-stained human. 2013 was also the year of the Snowden leaks, the Boston Marathon bombing, a landmark U.N. report on climate change, and the bumpy but hopeful launch of the Affordable Care Act.

Much has changed, but many of our friends have been with PVV/VV from the beginning, including Keith Gnagey, Paul Yoder, Greg Versen, Evelyn Driver and Arlene Wiens. Meanwhile, member households doubled in number from 30 in 2011 to 60 this Spring.

Appreciation is due Yvonne; then-member Cindy Smoker for helping me with computer issues; Denise Sauder who built up, and administers, the website and has skillfully designed the newsletter’s layout for several years; photographers, most often the dedicated Greg; Pearl Lantz, who has organized some excellent programs despite the pandemic challenge; and regular contributors: board president, Keith, service provider coordinator Wayne Kurtz; and columnist Dr. Stan Godshall, who has kept us well-informed on the pandemic and other health issues.

I wish the best to Lorie Merrow and others as they continue the work.

Husband Robin McNallie and I expect to remain active in Valley Village.

Chris Edwards

A Valley Village Book Group!

A book group is forming, and you are invited to join! The readings will initially focus on race relations in the U.S. The Group will meet every month or so, to be determined by the participants. The co-coordinators are Lorie Merrow and Ann Bender. Below is a proposed list of four initial readings for the first four meetings. Please email elemerrow@gmail.com or call 540.908.1192 if you are interested or have questions. All are welcome!

Waking Up White, D. Irving [white privilege]

Washington Black, E. Edugyan [enslavement, historical fiction]

The Warmth of Other Suns, I. Wilkerson [great migration, history]

The New Jim Crow, M. Alexander [recent history]



Find Valley Village on Facebook!

Valley Village Page: facebook.com/ValleyVillageHarrisonburg

Valley Village [private] Group: facebook.com/groups/vvhbg

Board Members

Keith Gnagey, President
Pearl Lantz, Vice President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Ann Bender
Stan Godshall
Lorie Merrow
Julie Alderfer Stauffer
Clara Yoder

Valley Village Committees and Members:

Education Committee

Greg Versen-Chair, Ann Bender, Keaton Shenk and Keith Gnagey.

Film Committee

Steve Shenk-Chair, Virginia and John Spicher, Chris Edwards and Robin McNallie.

Social Committee

Clara Yoder-Chair, Julie Alderfer-Stauffer, Vi Miller, Faye Yoder, Paul Yoder.

Tour Committee

Pearl Lantz-Chair, Vi Miller, J. Lowell Wenger

MemCom (Membership and Communication)

Nancy Faulkner, Lorrie Merrow, Daryl Peifer.

Just One Call-Volunteer Program, Tom DuVal, coordinator

Service Provider Program, Wayne Kurtz, coordinator

Valley Village newsletter is published bimonthly (every two months). Deadline is July 21, 2021, for submissions to the July-August, 2021 newsletter. Send items to Editor (to be determined). New and recently new members: May we please put you in the New Members' Spotlights?? As you'll see from the two articles above, you can be flexible in length. Please include at least one digital photo, and send to TBD. Thanks!!