

Mountain Women Minutes,
9 December 2011

A brief business meeting, held during the annual holiday brunch, was called to order by Vice-President Camille Kurtz at 11:35 a.m., with approximately forty in attendance.

Camille shared the sad news of the death of President Marti Szczur's mother.

The Epicurious group was thanked for the delicious food and Cyndy Morris and Barbara Marker were thanked for the lovely table decorations.

Hazel Griffith announced December birthdays in the absence of Helen Eisenhart:

Miriam Etris (7th), Kathryn Porter (9th), Mary Ellen Condon Rall (11th), Beth Caister (13th), Lois Vitt (14th), Carolyn Barkley (16th), Betty Kane (21st), Gloria Daly (22nd), Julia Manherz (27th), and Sylvia Stafford (28th)

The minutes of the November meeting were approved as distributed.

Barbara Marker announced that there was \$425 in the treasury.

Group reports:

- Gardening – no meeting until March.
- Book Club – next meeting scheduled for Monday, 12 December. The current reading theme is Pulitzer Prize novels. December's title is *Age of Innocence* and January's will be *The Bridge of San Luis Rey*.
- Handwork – the group will begin its winter meetings on 27 January.
- Epicurious – The wonderful starters were provided by Sylvia Stafford, Carolyn Wood, Martha Misker and Maria Spence; the entrée Cyndy Morris and Joyce Claman; The Hollandaise Sauce by Pat Harvey, the orzo salad by Cindy Coy; the green salad by Sarah Scott, Vera Jones and Susie Patton; and dessert by Yvonne Behm. Mimosas were provided by Pat Harvey. Recipes will be posted on the Mountain Women website.
Epicurious Group will be meeting on Thursday afternoon January 12th to plan the agenda for 2012.

Old Business:

Outgoing Steering Committee members Vera Jones and Barbara Marker were thanked for their contributions to the organization. Incoming members Ellen Hampton and Sylvia Stafford were approved by those present.

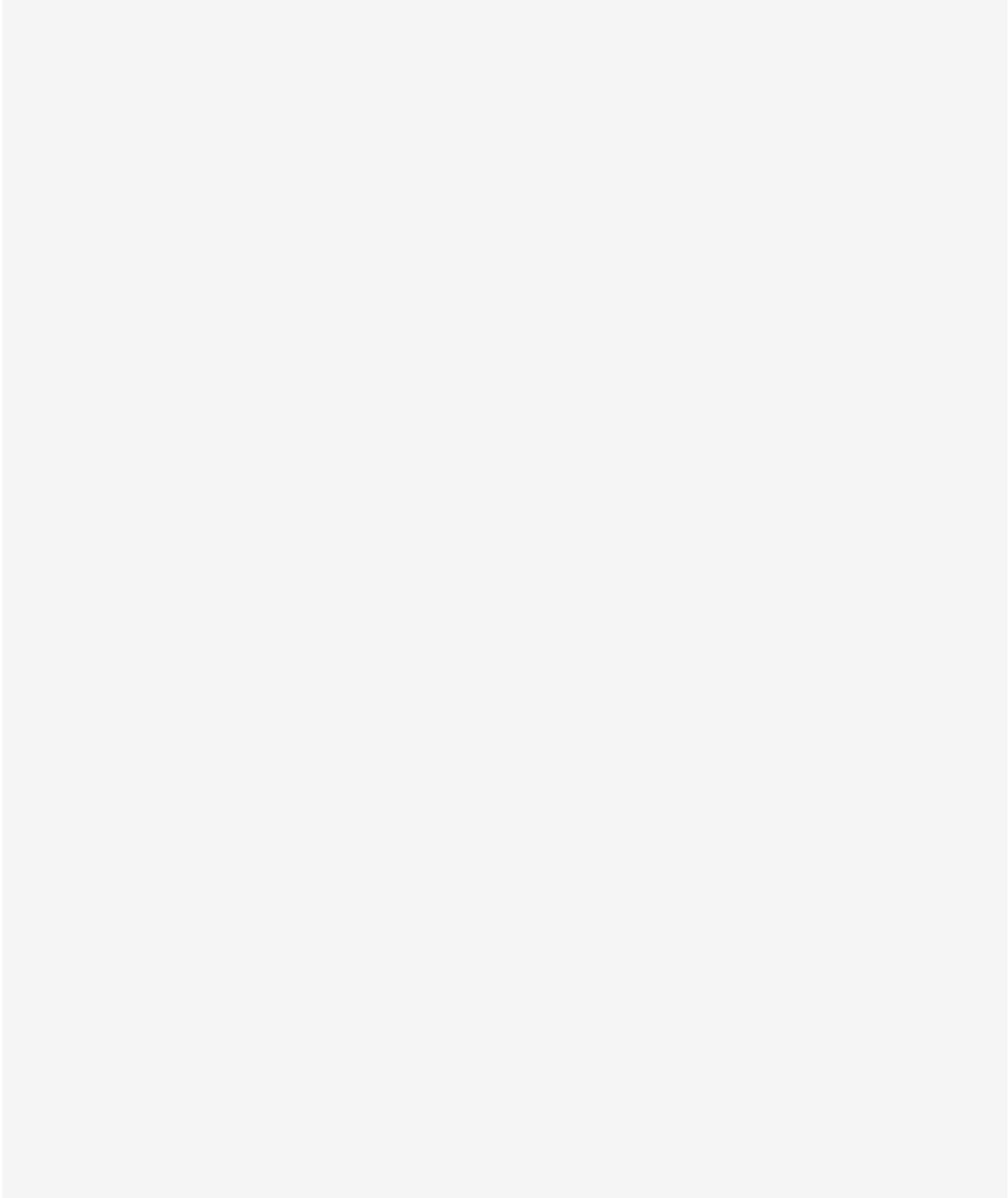
Announcements

- The Virginia Consort Christmas concert is scheduled for Sunday afternoon, 11 December. A few tickets are still available.
- Lynn Coffey will be presenting a talk and book signing at the Wintergreen Nature Foundation on Saturday afternoon, 10 December at 4:00.
- Lynn Luessen announced that she had brought poinsettias for sale for the benefit of Wintergreen Performing Arts. continued on next page

- The food donated at the meeting (as well as cash and checks donated) would be distributed to the Augusta County and Blue Ridge foodbanks.

New Business – none

The next meeting is scheduled for Friday, 13 January at Trillium House.



November 11, 2011 Mountain Women's Meeting

The meeting was called to order by President Marti Szczur at 10:30a.m. Vera Jones introduced our speaker, Alice Faintich. Alice presented a program about her father, who at age 15 was arrested with his parents in Poland after the 2nd World War. All three were then transported to Siberia via cattle cars and trucks eventually to a Russian labor camp. Stefan Waydenfeld, Alice's father, wrote THE ICE ROAD, a book about the experience and subsequent incredible journey through Soviet territory to Persia (now Iran) and eventually to England and freedom. Stefan Waydenfeld became a doctor and lived out his life in England where Alice was born and raised. Alice came to the U.S. in 1974, became a citizen in 1984 and now lives in Stoney Creek with her husband, Marshall. The dramatic presentation was nothing short of riveting. You could hear a pin drop! Alice's father died just recently on October 24th. He would have been very proud of his daughter and her presentation.

BUSINESS MEETING:

President Marti Szczur began the meeting by thanking Laurel Springs for being hostesses. She introduced a new member, Tam Smith, who lives on Crab Orchard and in Reston, VA

BIRTHDAYS:

Helen Jacobs (3), June Lyons (7), Jean Bertelsen (10), Kate Allenbach (12), Susan Solomon (12), Suzanne Street (15), Beverly Bach (16), Gana Dunlop (21)

The minutes of the last meeting were approved.

The Treasurers report was given by Cindy Coy: \$309.00 is our present balance.

Marti reported on the highlights from the MW Steering Committee, which met prior to the MW meeting at 9:15 a.m:

- The December brunch was discussed. The cost will be \$5.00 per person and reservations made with Sylvia Stafford. A notice will be sent out to members soon. The date is December 9, at 10:00a.m. The only business in December will be a selection of new members for the Steering Committee. If anyone has an interest in serving, please call Marti Szczur: 325-7164.
- It was suggested that meeting dates should be put on the new WPOA calendar. Chris Casey will do that.

Group Reports:

GARDEN GROUP had a meeting last month at the Waynesboro Garden Center with a demonstration and participation in making terrariums. The November meeting on the 18th will be at Cindy Coy's house and will be our annual seed exchange. Please let Cindy know if you are coming. Her phone number is 325-9144. Jill Toop, the chairman, encouraged all

members of Mountain Women to come; you don't need to bring seeds. Jill received a compliment on all the interesting information that she had been forwarding to the group. Jill mentioned that Garden Group will take a break until March, when she has scheduled a meeting on container gardens with vegetables.

BOOK GROUP is not meeting this month. It will meet on December 12th at Sarah Scott's house to discuss Edith Warton's THE AGE OF INNOCENCE.

HANDWORK will not meet in November or December.

EPICURIOUS will be hosting the Christmas Brunch on December 9.

ANNOUNCEMENTS:

Chris Casey announced upcoming events for WPA:

- December 4, 1 – 5p.m., Lake Monocan Building. YOUR TABLE IS READY! An event featuring beautifully designed tables and other decorating ideas.
- December 11, 4p.m. THE VIRGINIA CONSORT at the Rockfish Presbyterian Church.
- April 21, 6:30 CASABLANCA Gala, where Rick's café awaits you.
- May 19, DOWN BY THE RIVERSIDE, Many surprises and a picnic at a private farm.

Cindy Coy announced activities at the Nature Foundation:

- November 11, a BIRDING DINNER with Dr. John Sphar, on a year traveling to various North American locations to identify as many birds as possible by sight and sound.
- November 11-13, DÉCOR AND MORE in the lobby of the Mountain Inn selling holiday gift items to support educational and research programs at the Foundation.
- December 4, POINT OF HONOR, a tour of the Lynchburg home of Dr. George Cabell, a walk along the James River Heritage Trail to the Hollins Mill Tunnel, (an original 1850s N&W tunnel,) followed by dinner in a restored train depot.
- December 8, 10:00a.m. to 2:00p.m. HOLIDAY OPEN HOUSE at the Foundation; 15% off everything you buy.
- December 10, 4:00p.m. to 6:00p.m. An afternoon of mountain lore with local author, LYNN COFFEY, publisher of BACKROADS, a "homespun newsletter about backroad ramblin'."

Marti Szczur announced that on Saturday, Nov. 12, Wintergreen community meetings would be held: WPOA at 10:00a.m. and WPI at 2:00p.m. Both meetings are in the Skyline Pavillion.

Our next meeting is December 9. Epicurious will provide the meal and Steering Committee will host.

The meeting was adjourned.

Respectfully submitted,

Vera Jones

Mountain Women
Friday, October 14, 2011
Minutes

The meeting was called to order by Vice-President Camille Kurtz at 10:25 a.m. with approximately 15 in attendance.

Devil's Knob neighborhood was thanked for the refreshments.

1. There were no new members or guests in attendance.
2. **Birthdays** for October were announced:
Fran Barnard (4th), Cindy Coy (7th), Terri Brooks (16th), Mike Williams (19th), Patty Roupe (20th), Lola Reinsch (21st), Anne Dowd and Barbara Dunkerton (29th), Glenna Martin (30th), Shirley Brauning and Shirley Huff (31st).
3. The **minutes** of the September meeting were approved as distributed via email.
4. The **Treasurer's report** indicated a balance of \$283.00 before the addition of the October meeting dues, but after payment for the use of the room.
5. **Group Reports**
 - **Gardening** – The gardening group will be traveling to the Waynesboro Garden Center on Friday the 21st for observers and hands-on participants interested in creating a terrarium. Eight are currently signed up to attend with five of those opting to make terraria during the program. The program is still open to observers (no more hands-on). If you are interested in attending, please contact Jill Toop at 325-9082 or gctoopt@aol.com. In November, the annual seed exchange will be held at Cindy Coy's house (59 Ash Lane) on November 18th. Complete information will be available at a later date.
 - **Book Club** – The book club will meet at Sarah Scott's house (125 Valley View Lane) on Monday, October 17th at 1:00. The book under discussion for October is *Fiery Trial: Abraham Lincoln and American Slavery* by Eric Foner.
 - **Handwork** – While the handwork group had expected to begin meeting again in October, too many people were otherwise occupied and the group will wait until January to resume its monthly meetings on the fourth Friday of each month. If you are interested in joining the group and being reminded about the January meeting, please email Sarah Scott at scottr1961@verizon.net
 - **Epicurious** – The Epicurious group's Harvest Dinner on October 8th, a fundraiser for the Wintergreen Nature Foundation's Connecting with the Land exhibit, was sold out and enjoyed by all who attended. Cindy Coy thanked Pat Thompson for her decorations which were lovely. The event raised in excess of \$3100 for the exhibit. The group's November meeting has been cancelled, but the group will put on the

annual Mountain Women holiday brunch and early planning will probably occur via email.

- **Support** – Cindy Coy reported that her son-in-law has experienced a 40% reduction in his tumor, will start an additional six-month regiment of chemo, and has a new job. Jill Toop reported that Lilly Schiedtke has experienced a complete remission of her ovarian cancer, largely thanks to her participation in an experimental drug company-sponsored program. Camille Kurtz shared information on the mammalian meat allergy that is caused by seed tick bites and under research at UVA.
6. **President's Report** – As President Marti Szczur is recuperating from knee surgery, there was no president's report, but Camille reminded those attending that if anyone has interest in serving on the Steering Committee for next year, she should contact either Marti (szczurmar@aol.com) or Camille (ckurtz@erols.com).
 7. **Old Business.** None.
 8. **New Business.** None.
 9. **Announcements.**
 - **History of Wintergreen Community book.** Carolyn Barkley shared information about this project which got underway last summer. Interviews of key individuals is underway and expected to be completed by the first of the year. The current phase is research and will be funded by donations. Cindy Coy, Doug Coleman and Carolyn have submitted a grant application to the Virginia Foundation for the Humanities in Charlottesville, to cover phase two (writing and design), and other funds will be determined to cover publication costs. Carolyn will be the author of the publication which will tell the story of the Wintergreen community, its early history, its development and growth, and its ongoing relationship with the larger Nelson County community, in addition to a look into the future.
 - **Bear Smart Community.** Sarah Scott reported that she would be attending a committee meeting during the afternoon of October 14th. It has been a “good” bear season with bears in the woods doing “bear things” with the exception of several bear incidents in the Warrior Run/Laurel Springs area. If you have an incident involving a bear, please report it to the Wintergreen Police. Your information will be evaluated with other such reports to determine if there is a nuisance situation or an isolated occurrence and an appropriate response can be determined.
 - **Candidate Forum.** The WPOA/WPI candidate forum, moderated by Sylvia Stafford and timed by Marti Szczur, attracted a “decent turnout,” particularly given the poor weather that day. It is expected that Mountain Women will be asked to organize the forum again next year.

Next month's Mountain Women meeting is scheduled for Friday, 11 November at Trillium House. The program, hosted by Laurel Springs, will feature a presentation by valley resident

Alice Faintich, whose father Stefan Waydenfeld is the author of *The Ice Road: an Epic Journey from the Stalinist Labor Camps to Freedom*.

The business meeting was adjourned at approximately 11:00 a.m.

Program

Cindy Coy introduced the program and distributed a handout listing fiction book lists and other reading sources of interest. (If you would like a copy, please contact her at ccoymtg@msn.com). Two literary programs in particular were described. The first is scheduled at the Wintergreen Nature Foundation on Saturday, December 10th from 4:00 to 6:00 (\$15.00 to TWNF members; \$18.00 nonmembers) and will provide an opportunity to meet local author Lynn Coffey as she shares stories about her life in Virginia and writing about Appalachia in her *Backroads* chronicles. Books and signing will be featured as well as sampling of local mountain recipes and the hammered dulcimer music of Dinah Ainsley, co-owner of Stone Soup Bookstore in Waynesboro. Please register for the event by visiting TWNF or by calling 325-8169. The second is the annual Virginia Festival of the Book to be held in Charlottesville March 21-25, 2012. To be put on a postal mailing list for the festival, go to http://www.vabook.org/site12/about/mail_list.html or call the festival office at 434-924-3296.

Several members provided “60 second book reviews” including the following (please note that the blurbs below are taken from Amazon.com):

Room by Emma Donoghue (Back Bay Books, 2011). “In many ways, Jack is a typical 5-year-old. He likes to read books, watch TV, and play games with his Ma. But Jack is different in a big way--he has lived his entire life in a single room, sharing the tiny space with only his mother and an unnerving nighttime visitor known as Old Nick. For Jack, Room is the only world he knows, but for Ma, it is a prison in which she has tried to craft a normal life for her son. When their insular world suddenly expands beyond the confines of their four walls, the consequences are piercing and extraordinary. Despite its profoundly disturbing premise, Emma Donoghue's *Room* is rife with moments of hope and beauty, and the dogged determination to live, even in the most desolate circumstances. A stunning and original novel of survival in captivity, readers who enter *Room* will leave staggered, as though, like Jack, they are seeing the world for the very first time.”

Maine by J. Courtney Sullivan (Knopf, 2011). “It is the final summer in Maine for the Kelleher family, and its four strong-willed women are dreaming of bare feet, cocktails at sunset, and that magical ocean air. Alice is the matriarch, a regular fixture at morning mass, and an equally regular fixture in the wicker chair on the sun porch where she spends all afternoon drinking manhattans and smoking cigarettes. Maggie is Alice's granddaughter, a thirty-two-year-old writer who has just realized she's pregnant, a fact she has yet to tell her off-again boyfriend. Maggie's mother, Kathleen, is the prodigal daughter, camped out in California, wishing desperately to avoid the annual Kelleher showdown. And Ann Marie, Alice's daughter-in-law, is the long-suffering Martir and avid dollhouse collector who is determined to keep this chaotic household in order. Over the course of this summer, long-held secrets are revealed, embarrassing crushes bloom, and gallons of vodka are consumed. While Alice must face reminders of a devastating tragedy, Maggie has to decide what to do about Gabe and the baby, Kathleen comes face to face with the woman she most fears, and Ann Marie desperately tries to maintain the image of a perfect family. Sullivan spins an unhurried and thoughtful tale that delves into familial love, romantic heartaches, tightly-held longings, and a lot of hope. I *loved* these women and felt grateful to join them as they returned to Maine--just in time to figure out where they needed to go next.”

Immortal Life of Henrietta Lacks by Rebecca Skloot (Broadway, 2011). “From a single, abbreviated life grew a seemingly immortal line of cells that made some of the most crucial innovations in modern science possible. And from that same life, and those cells, Rebecca Skloot has fashioned in *The Immortal Life of Henrietta Lacks* a fascinating and moving story of medicine and family, of how life is sustained in laboratories and in memory. Henrietta Lacks was a mother of five in Baltimore, a poor African American migrant from the tobacco farms of Virginia, who died from a cruelly aggressive cancer at the age of 30 in 1951. A sample of her cancerous tissue, taken without her knowledge or consent, as was the custom then, turned out to provide one of the holy grails of mid-century biology: human cells that could survive--even thrive--in the lab. Known as HeLa cells, their stunning potency gave scientists a building block for countless breakthroughs, beginning with the cure for polio. Meanwhile, Henrietta's family continued to live in poverty and frequently poor health, and their discovery decades later of her unknowing contribution--and her cells' strange survival--left them full of pride, anger, and suspicion. For a decade, Skloot doggedly but compassionately gathered the threads of these stories, slowly gaining the trust of the family while helping them learn the truth about Henrietta, and with their aid she tells a rich and haunting story that asks the questions, Who owns our bodies? And who carries our memories?”

Cry No More by Linda Howard (Ballantine, 2004). “The superb opening chapter of Howard's new romantic thriller throws the reader deliciously off balance. Milla Edge lives in Mexico, where her doctor husband, David, is posted. She has just given birth to her first child and is basking in a maternal glow when baby Justin is stolen literally out of her arms, with chilling efficiency. A decade later, Milla is divorced from David and has become the devoted head of an organization called Finders. Hunting down the cabals that carry out these crimes, she combs North America for kidnapped babies, including her own. Her sometimes reckless exploits put her in harm's way and also land her in the path of two very different powerful men. Wealthy businessman True Gallagher contributes generously to Finders and pursues Milla with every donation. The dangerous and elusive Diaz, a mercenary-or is he a government agent?-provides Milla with the name of Justin's kidnapper, and offers to accompany her on the dangerous journey to his headquarters. Both men have secret personal agendas, and Howard, perhaps unwisely, gets into their heads to reveal them; the story works best when the reader is on the emotional and physical roller-coaster ride with Milla, not a few steps ahead of her. But Howard (*Dying to Please*; *Kill and Tell*; etc.) keeps a few surprises up her sleeve and delivers a number of exciting jungle scenes. Best of all is Milla, a complex woman whose struggles will win readers' hearts.”

Power of One by Bryce Courtenay (Penguin, 1998). “The *Power of One* is without a doubt, one of most compelling novels I've ever read, and what prompted me into researching a bit into the history of the African (and European) people under Apartheid living in South Africa. The book, although from a British perspective, seems very unbiased, unlike what you might be thinking. The *Power of One* begins with the main character (who names himself Peekay) heading off to boarding school, away from his beloved nanny, and into the arms of Boers (Dutch, also called Afrikaners), who not only despise him for being British but despise him as a human being. Throughout boarding school, Peekay is ridiculed but promises himself that he'll never cry again. Although Peekay loses a friend (Grandpa Chook- a chicken of all things), he comes to realize the horrible rift that lies between the Dutch and the British. After leaving boarding school, Peekay encounters a man who teaches him about some of the essentials of what he believed was the power of one, and from this man (a Boer) he discovers his love of boxing, which became his obsession, becoming Welterweight Champion of the World became his goal and his life. This is just the idea behind the power of one, and the introduction of the story. From there, the book tells about the many people Peekay encounters throughout his life and the influence they had upon him and what he believed was the power of one. But what struck me was really how beautifully written the novel is and the way it combines wit, humor, drama, and the everyday troubles of life, and still manages to get its message across and entertain the reader. Just an absolutely incredible novel that sets across a striking vision of South Africa before and during the terror that was Apartheid.”

Alex and Me: How a Scientist and a Parrot Discovered a Hidden World of Animal Intelligence – and Formed a Deep Bond in the Process by Irene Pepperberg (Harper, 2009). “Alex, an African gray parrot, died suddenly in his 30s and was mourned the world over. Pepperberg, Alex’s owner and researcher, limns the importance of Alex’s life and her work with him on the subjects of intelligence, cognition, and language. Pepperberg started her academic career pursuing a doctorate in chemistry, but she changed her focus to animal communication. Choosing to work with an African gray, due to their reputations as clear talkers, the author had the pet store choose a bird for her so that the choice would be random. The result was Alex, a parrot that would forever change the way science looked at the cognitive abilities of birds. In this highly readable, anecdotal book, Pepperberg describes the training techniques she and her assistants used with Alex, the breakthroughs he made, and his growing fame as word began to spread about the brainy parrot who could differentiate colors, count, and describe objects accurately and in human language. The flip side of Alex’s fame was the resistance Pepperberg faced from the entrenched scientific community.”

Heaven is for Real by Todd Burpo (Thomas Nelson, 2011). “*Heaven Is for Real* is the true story of the four-year old son of a small town Nebraska pastor who during emergency surgery slips from consciousness and enters heaven. He survives and begins talking about being able to look down and see the doctor operating and his dad praying in the waiting room. The family didn't know what to believe but soon the evidence was clear. Colton said he met his miscarried sister whom no one had told him about, and his great grandfather who died 30 years before Colton was born, then shared impossible-to-know details about each. He describes the horse that only Jesus could ride, about how "reaaally big" God and his chair are, and how the Holy Spirit "shoots down power" from heaven to help us. Told by the father but often in Colton's own words, the disarmingly simple message is heaven is a real place, Jesus really loves children, and be ready there is a coming last battle.”

The Double Bind by Chris Bohjalian (Vintage, 2008). “The story centers on Laurel Estabrook, a young social worker and survivor of a near-rape, who stumbles across photographs taken by a formerly homeless client and tries to understand how a man who'd taken snapshots of celebrities in the 50s and 60s might have wound up on the streets. However, an author's note tells us that Bohjalian conceived this book after being shown a batch of old photographs taken by a once-homeless man; and the actual photos of Bob "Soupy" Campbell are peppered throughout the text. In another neat twist, Bohjalian's resurrects details from *The Great Gatsby*, which become "real" in the context of his own novel--Laurel lives in West Egg; part of her hunt for her photographer's past involves meeting with the descendants of Daisy and Tom Buchanan. As a writer who counts *The Great Gatsby* as one of the books that changed her life, this inclusion was both startling and remarkable for me. Who doesn't want one's favorite characters to come to life--even if it's only within the constraints of another fictional work? But Bohjalian chose his text wisely: no discussion of *The Great Gatsby* is complete without alluding to missed opportunities and unreliable sources--critical elements in Laurel's quest. And therein lies Bohjalian's true double bind: all stories--even the ones we tell ourselves--are subject to our own interpretation, and to the degree we can make others believe them. *The Double Bind* may flirt with the classics, but it's not your father's stuffy old tome: it's the sort of book you want to read in one sitting, and it packs a twist at the end that will leave you speechless. It also, worthily, spotlights the cause of homelessness in a way that isn't preachy, but honest and explanatory. Ultimately, what Bohjalian's done is offer his lucky readers another reminder of why he's such an extraordinary author: by creating characters that become so real we lose the distinction between truth and embellishment; by reminding us that the story of any life--whether fictional, functional, or marginal--is one to be savored.

Mountain Women
Meeting Minutes, 9 September 2011

President Marti Szczur called the September meeting of the Wintergreen Mountain Women to order at approximately 10:30 a.m. with approximately 24 in attendance. (The program preceded the business meeting, but the minutes from the program follow the business meeting minutes in this document.)

- New Members: Jean White introduced herself. She lives in Arlington, and has owned property on the mountain with her sister, Christine, for about ten years.
- Helen Eisenhart read the following list of September birthdays:
Christine Casey (19th) Gwynn Litchfield (20th), Susan Moore (21st), Sara Dassance (24th), Diane Crannis (25th), Mary Beth Matthews and Hilary Partridge (27th).
- Barbara Marker, Treasurer, reported that the treasury currently totals \$345.00.
- President's Report: None for this month.
- Group Reports
 - Gardening. There will be no September meeting, but the group will visit the Waynesboro Garden Center on Friday, October 21st for a workshop on how to build a terrarium. The Wal-Mart kitchen department offers a selection of closed glass containers that would be good for this purpose. October is a good month to plant fall bulbs.
 - Book Club. The group will meet on Monday, September 12th at 1:00. The book for September is *The Red Badge of Courage* by Stephen Crane.
 - Handiwork group will again begin meeting in October. Details to be announced.
 - Epicurious. The October 8th harvest dinner fund raiser for the *Connecting with the Land* exhibit at the Wintergreen Nature Foundation is sold out with a waiting list. A task list for members for the dinner will be available soon and work is beginning on the December Mountain Women holiday luncheon.
- Announcements
 - Magic, the cat, update. Kathy Gunner has permanently adopted Magic, whom we met at the August Mountain Women meeting.
 - The WPOA and WPI candidates' forum is scheduled Saturday, September 24th at 4:30. The candidates' forum will be open to all. Remember, that the candidates' forum was started by Mountain Women, so please show your support.

- Susan McIver reported on the Ruritan/AARP national food drive program to be completed the weekend of September 10th-11th. All food stuffs collected in Nelson County will be provided to the Nelson County Food Bank. Bags are available and when filled, can be left at Susan's house (103 South Forest). There are also drop-off barrels at IGA and the UVA Credit Union in Nellysford and at the Food Lion in Lovingson. Items requested include canned or boxed nonperishables (not past sell-by date).
- Mary Ellen Condon-Rall announced the completion of her book focusing on the 9/11 medical response at the Pentagon. With a career in medical history writing, Mary Ellen began the book in January 2002, with a first draft completed in March 2005. The book, entitled *Attack on the Pentagon: the Medical Response 9/11* will be available as of Tuesday, 13 September and may be a topic of a future Mountain Women program and book signing event.
- An improv night in support of Wintergreen Performing Arts is scheduled for the Hamner Theater on Saturday, October 15th and a dog show on November 5th. Further details can be found on the Wintergreen Performing Arts website.
- Susan McIver reported that AARP and Ruritan have partnered in a national food drive in September. Collection barrels will be available at the UVA Credit Union and IGA in Nellysford, at the Food Lion in Lovingson, and at the Ruritan Park on Rte. 151. All food (non-perishable food in cardboard, plastic, cans, or other non-glass containers) collected will be provided to the Nelson County Food Pantry. Please contact Susan for collection bags or further information (325-2095 or <mailto:susanbmciver@verizon.net>).

The October meeting of the Wintergreen Mountain Women will be held on Friday, October 14th at Trillium House. Devil's Knob will be hosting the meeting.

Program Notes

Jay Roberts, vice president for resort operations, shared information on the Tough Mudder event scheduled to occur on the weekend of 22-23 October. Wintergreen management has undertaken impressive research into Tough Mudder events across the country and has determined that hosting the event makes good business sense for Wintergreen. They have considered various issues and have made careful decisions to make the event successful for participants while protecting the Wintergreen environment.

The event is not a race, but rather an endurance race that tests whether you are tough enough to finish (and you can't without the assistance of members of your team). Demographically, the event attracts individuals whose average age is 30 years, with an average annual income of \$75,000. Twenty percent of entrants are women.

Those completing the event receive a sweat band and a beer. Events should be completed each day before 7:00 p.m. Up to 9,000 participants will be on the mountain on Saturday and on Sunday, with an additional 2,000-3,000 spectators (mostly in the ski slope area). Assigned parking will be available for 1,000 cars on the mountain. An additional 4,000 cars will be assigned parking in the Beech Grove Area and those participants will be brought to the mountain via a fleet of sixty to sixty-five busses provided by the Tough Mudder organization. Teams will start the course every twenty minutes. WPOA is being reimbursed for fire and rescue services

and Tough Mudder is responsible for returning all areas of the resort used in the event to their original condition. Lodging is sold out for the weekend.

Homeowner impact will primarily be felt at the three road crossings (Blue Ridge Drive and Wintergreen Drive; Wintergreen Drive and Rough Run (gold maintenance); and Blue Ridge Drive and Highridge); and by those travelling 664 and Wintergreen Drive to the gatehouse. The shuttle service will be available to anyone wishing to travel to the Mountain Inn area from the mailbox parking lot (no shuttle on the Black Rock side). Wrecker service has been contracted to remove vehicles parked illegally. Spectators will pay a fee; WPI members who wish to spectate may do so at no cost.

The Saturday event is sold out and the Sunday event is 90% sold out. Further information, including a map of the areas affected, can be found on the Tough Mudder site at <http://toughmudder.com/events/virginia/> and on the Wintergreen Resort site at <http://www.wintergreenresort.com/Tough-Mudder/> and further information will be available in emails from WPOA and WPI.

The meeting was adjourned at 11:45.

Mountain Women
Meeting Minutes, 12 August 2011

President Marti Szczur called the August meeting of the Wintergreen Mountain Women to order at 10:25 a.m. with approximately 24 in attendance.

- There were no new members in attendance; Kathy Gunner introduced her guest, Margaret Prinstein (<mailto:mprinstein@hotmail.com>), a resident of Houston, Texas, who has owned property at Wintergreen for ten years.
- Helen Eisenhart read the following list of August birthdays:
Ellen Hampton (5th), Dorothy Rice (12th), Pat Harvey (14th), Marti Szczur (16th), Cindy Cobb (20th), Lynnda Gilliam and Kathy Tardy (21st), Martha Wertz (28th), Joanne Street (29th), Martha Misker (30th), Hazel Griffith (31st)
- Barbara Marker, Treasurer, reported that the treasury currently totaled \$315.00.
- President's Report: The Steering Committee met just previous to the August members' meeting.
 - The group brainstormed meeting topics for future meetings including programs on the TWNF Naturalist Program; Yvette and Tommy Stafford, editors/owners of *Nelson County Life*; Jay Roberts, WPI; Phyllis Gardner, local author; a repeat of last year's book exchange; representatives from WPOA and WPI, Mary Ellen Condon-Rall, local author; Nan Rothwell, local potter; and Carol Nash, James Madison archeologist.
 - Two members of the Steering Committee, Vera Jones and Barbara Marker, have terms that will expire this December. Vera has indicated that Sylvia Stafford agreed to replace her as the Laurel Springs Neighborhood Chair. Terri Brooks has indicated a willingness to serve as Treasurer. One other mountain woman is needed to join the committee and at the members' meeting, Barbara Porter volunteered, but as she has served on the committee quite recently (2008-2010), anyone else interested in serving should contact Marti at <mailto:szczurmar@aol.com>.
 - After another discussion of the MW telephone tree, it was decided to stop the tree as a means of emergency communication in favor of the improved email blasts currently being sent out in emergencies.

- Group Reports

- Gardening. A trip to Ridgeview Park in Waynesboro is scheduled for Friday, August 19th. A visit to the garden with its river walk and serenity garden will be followed by lunch at Stone Soup. Those planning to attend should meet at the mailboxes at 9:15 that morning.
- Book Club. The group will meet on Monday, August 15th at 1:00. The book for August is *The Widow of the South* by Robert Hicks.
- Handiwork group will again begin meeting in October. Details to be announced.
- Epicurious. Sylvia Stafford announced that Ellen English had won the Animal House Ball gift certificate sponsored by Epicurious and thanked those responsible for making the gift possible (Cindy Coy, Joyce Claman, Barbara Norton, et al). The group continues to plan the October 8th Harvest Dinner to be held as a fund raiser for TWNF.

- Announcements

- Ellen English reported on the Cat Conscious Council which had 39 cats fixed. While three kittens were born on the mountain last year, none were born so far in 2011. She introduced Magic, a litter-trained cat found abandoned in Fairway Woods and who needs a good home. Kathy Gunner has been fostering Magic. Barbara Porter shared positive experiences with the Cat Conscious program.
- Sylvia Stafford reported that the WPOA and WPI candidates' forum has been moved to September 24th at 4:30-6:30 at Pryor's Porch to remove the conflict with the Mountain Homesteader's annual meeting on the Sunday of Labor Day weekend. The candidates' forum will be open to all. Remember, that the candidates' forum was started by Mountain Women.
- Sue Carlson announced that there are still events available in the Wintergreen Performing Arts Events Fair including places at the August 27th progressive dinner. Reservations are available by calling WPA at 325-8292.
- Ellen English announced a new Events Fair event to be held at the Stoney Creek Golf Course Driving Range on November 6th at 2:00: Wintergreen Going to the Dogs, "our version of Westminster with lots of light-hearted fun and prizes, gourmet hot dogs, growlers of beer, special wine and great entertainment. Limited to 100 guests." Further information is available on the WPA web site: <http://www.wintergreenperformingarts.org/wintergreen-going-to-the-dogs-in-nellysford-va-on-110611/>
- Martha Misker reported that the WPOA Board would be meeting on August 12th. Road repairs have been underway, although currently almost all of the fund's reserves have been used in culvert repairs, etc. Resurfacing will continue until the funds are depleted (it costs \$17,000 to surface treat one mile of roadway and \$90,000 to repave one mile). Streets are resurfaced on a 7 to 8-year cycle. In

answer to questions about the Tough Mudder weekend, Martha indicated that all of the extra hours and repairs to course surfaces will be paid for by the Tough Mudder organization. Buses will be transporting participants up and down the mountain, with new teams starting every thirty minutes.

- Susan McIver reported that AARP and Ruritan have partnered in a national food drive in September. Collection barrels will be available at the UVA Credit Union and IGA in Nellysford, at the Food Lion in Lovingston, and at the Ruritan Park on Rte. 151. All food (non-perishable food in cardboard, plastic, cans, or other non-glass containers) collected will be provided to the Nelson County Food Pantry. Please contact Susan for collection bags or further information (325-2095 or <mailto:susanbmciver@verizon.net>).

The September meeting of the Wintergreen Mountain Women will be held on Friday, September 9th at Chestnut Springs Pavilion (last outdoor meeting of the year). Blackrock will be hosting the meeting.

The business meeting was adjourned at 11:08 a.m. and the group enjoyed a wonderful lunch provided by Springs members Yvonne Behm, Helen Eisenhart, Carolyn Wood and Jamie Kirkeby

Mountain Women
Minutes, 8 July 2011

The business meeting was called to order at 10:15 at Chestnut Springs Pavilion by President Marti Szczur.

Vera Jones and the Laurel Springs neighborhood were thanked for the refreshments.

Carolyn Wood and Arlene Stone introduced their guests, Valerie and Carol; Hilary Partridge introduced her guest, Sarah; Betty Kane was attending her first meeting, although she has been Vera Jones' neighbor for about a year and a half. Her full-time home is in Fairfax, near George Mason University.

July birthdays included: Nancy Wilkinson (9th); Sarah Scott, Ellen English and Kathy Gunner (all on the 15th); Barbara Marker (19th); Sue Tiller (24th).

The minutes from the June meeting were approved as distributed via email.

Barbara Marker reported that the Treasury totaled \$265.00.

President's report: Marti reported that the Steering Committee had rescheduled its normal July meeting until Friday, August 12th at 9:00 at the Pavilion.

Group reports:

- Gardening – Jill Toop reported on the successful weeding of the Lady Bird Johnson garden in June. There were so many volunteers that the work only took 45 minutes leaving time for clean up and a leisurely lunch at Devil's Grill, arranged by Joyce Claman. Please let Jill jgctoopt@aol.com, 325-9082) know if you are interested in being added to the gardening email list.
- The Book Club will not meet in July, but will meet on Monday, August 15th. As a part of this year's Civil War theme, the book for the August meeting is *The Widow of the South* by Robert Hicks. If you are interested in attending, please contact Barbara Porter (ports1999@aol.com, 325-7314).
- Epicurious will not meet in July, but is continuing to plan the benefit dinner for the Connecting to the Land Exhibit at the Nature Foundation, scheduled for October 8th.

Announcements:

- Carolyn Barkley invited members to enjoy the Connecting to the Land Exhibit in the Nelson Room at the Nature Foundation. Phase II illustrating the early landowners and properties in the county has just been completed.
- If you signed up to help with dinners for the music academy students and have not yet heard from Linda Harrington, you can contact her (linda.harrington7@verizon.net, 361-0359).
- Betty Kane commented on the improvement in the conditions at Chestnut Springs pool.
- Arlene Stone asked about water issues. Chris Casey replied that the problem is that the original pipe infrastructure installed in the 70s and 80s was not always installed with the necessary layer of crush under the pipes. Where piping rests on rocks, ruptures have occurred. Roads have been marked to identify locations requiring work over the next year. Chris continues to send out alerts and information as it becomes available.
- Joyce Claman reminded members about the Nelson County Community Fund which supports nonprofits in the community with grant funding. The fund's major fund-raiser, the Opportunity Ball, is scheduled for October 30th. She is looking for nice, fairly valuable items to include in the silent auction that occurs at that event. If you have any jewelry, antiques, or other such items, please contact her (grappagirl@verizon.net, 325-2052).
- There was discussion about the difficulty of getting *The Washington Post* from the boxes outside the Wintergreen Market. Essentially, the problem is from the *Post's* distribution end. Despite the

pleas made by Bud Simonton (our delivery man) for extra papers on weekends, particularly holiday weekends, it doesn't usually happen. A loss-loss situation - for folks trying to get the paper and Bud who loses out on extra income. Guess on the mountain, the early bird gets the paper ... maybe a worm as well.

The meeting was adjourned at 10:40 so that members could attend the Wintergreen Performing Arts rehearsal in the Evans Center from 11:00-12:30.

The August meeting is scheduled for Friday, August 12th at 10:30 with refreshments beginning at 10:00.

Mountain Women
Minutes, 10 June 2011

Vice-President Camille Kurtz called the business meeting to order at 10:30 a.m. with approximately 27 in attendance.

- Devil's Knob was thanked for the refreshments.
- Two new members introduced themselves:

Suzanne Street (166 South Forest) lives in Raleigh, North Carolina, but has had property on the mountain for 14 years (house for 10). She enjoys gardening and hiking and is looking forward to retirement.

Carolyn Benn (934 Devils Knob Loop) has had a house on the mountain for ten years and is usually here during the summer music festival, but normally lives in Australia. She and her husband are using their Wintergreen house as home base during two years of around the world travel celebrating their 50th wedding anniversary and joint 70th birthdays.

- Birthdays for June include: Susan McIver (1st); Eloise Strand, Gwynn Cain and Joy Leman (5th); Christine White (18th); Sue Carlson (20th); Anne Decker (22nd); Joanne White (23rd); Sandi Myer (25th); Lynne Luessen (28th); Barbara Morton (29th); and Camille Kurtz (30th).
- The minutes of the May meeting were approved as distributed via e-mail.
- The treasury now contains \$202.00.
- Group reports:

Gardening: Jill Toop has replaced Vera Jones as coordinator. She offered her thanks to Vera for all of her work with the group (and Lynnda Gilliam before that). The group meets on the 3rd Friday of each month from March through November, with the exception of July, when there is no meeting. The group hosts two types of meetings: in-home meetings for exchange of ideas, seeds, etc.; outings (with lunch!) to area farms, gardens, and other points of interest.

The June meeting will feature the annual weeding of the Lady Bird Johnson garden behind the Devil's Grill on Friday, June 17th. Joyce Claman is coordinating lunch at the Devil's Grill planned for 11:30; please contact her if you want to go to lunch (325-2052, grappagirl@verizon.net). For those who will be weeding, please meet at the garden at 10:30 – bring gloves and any favorite gardening implements.

The August meeting will be a visit to Ridgeview Park in Waynesboro on August 19th with lunch at Stone Soup. Barbara Marker will be presenting a program in September. This year's seed exchange will be held in November.

If you would like to be on the email list for the gardening group, please send your email to Jill (gctoopt@aol.com).

Book Club: The book club's theme for the year is the Civil War. The group, which meets on the Monday afternoon following Mountain Women, is discussing Michael Shaara's *The Killer Angels*, the book on which the movie *Gettysburg* was based. The meeting is scheduled for Monday, 13 June at 1:00 at Sue Carlson's house (115 Tyro Lane).

Epicurious: The group hosted a Guys Grill night at the Chestnut Springs Pavilion on Thursday evening, June 9th with about 28 in attendance. The group meets on the Thursday before Mountain Women in even numbered months. They cook together, support charity events, or host social events. In addition, the group caters the annual

Mountain Women holiday luncheon. The 2011 event will be a fund raiser for the Nature Foundation's *Connecting with the Land* exhibit and will feature a buffet (sit-down) on Saturday, October 8th (more details to be made available at a later date). The meal will be a five-course dinner featuring local fall foods and will be held at the Nature Foundation. There will also be an option to put a table of 10 together for a chef's table in the Wakeham Room with table service – more details to follow. There will be no August meeting.

Handwork: The handwork group does not meet during the summer months. When regular meetings recommence this fall, the group will meet on the 4th Friday of each month.

Support: Lilly Schmiedtke's husband died in Virginia Beach on Monday June 13th. If you would like to send her a card, please contact Jill Toop for her address. Jill can be reached at gctoopt@aol.com or at 325-9082.

➤ **New Business:**

Volunteers are needed to provide food for the 44 music academy students and interns here during the festival. This responsibility requires the delivery of two dinners per week to the Blue Ridge Commons. A sheet for volunteer sign-up was passed around. Others who are interested can contact Carolyn Frahm at 325-7978 or csfracm@verizon.net.

The availability of housing for the musicians during the festival (July 6th through August 7th) is in short supply and high demand this summer. If you can assist, please contact Nancy Neville as soon as possible at 325-9848 or wan@neville.com.

The business meeting was adjourned at approximately 11:15.

Carolyn Barkley presented a program on genealogical research.

Beginning in 1976 with Alex Haley's publication of *Roots* and continuing to commercial television's *Who Do You Think You Are*, aired in 2010 and 2011, the general public's interest in genealogical research has continued to grow exponentially.

Genealogists are problem solvers, detectives, and storytellers who start with themselves and move backward through the generations of their families, discovering and documenting new information. A good place to start is with the photographs and documents held by your family. Involving your grandchildren is a great way to provide historical and biographical context to their knowledge about their ancestors. Those attending the meeting had an opportunity to begin completing a pedigree chart for their family.

The Internet provides a resource for original records and other information at such sites as ancestry.com, familysearch.org (LDS church), findagrave.com, footnote.com, and many more. Census records, court records (wills, deeds, law suits, etc.), military records and family papers can all help enrich the story of individuals in a specific time and place. Other sources of information can be found in historical society libraries, state libraries, public libraries, and various archival institutions.

One question asked was if there was a definition of a plantation. Research after the meeting indicates that Clemson University did a survey of 70 "plantations" and found that the average acreage was 4,325.

Another question asked was about a web site dealing with ships on which our ancestors might have traveled to this country. One such site is <http://www.shipindex.org>; other sites include [Mystic Seaport](#). A book providing pictures of ships is Michael Anuta's [Ships of Our Ancestors](#) (Genealogical Publishing Company, 2006).

If you are interested in receiving electronic copies of any of Carolyn's handouts, contact her at cbarkleyis@verizon.net or 325-1161.

If you are interested in learning more, Carolyn writes a weekly blog (new articles every Friday) [Genealogy and Family History](#) and will be presenting a 3-session beginning genealogy course through OLLI at the Blue Ridge Community College site at Augusta Medical Center in Fishersville this fall on Sept. 27, Oct. 4, and Oct. 11. Details will be available in the upcoming OLLI course catalog and on the OLLI web site.

Mountain Women's meeting May 13, 2011 10:00a.m. Chestnut Springs Pool

President Marti Szczur called the meeting to order. It was our first outdoor meeting at the Chestnut Springs pool, and the weather was cool and not buggy. Marti thanked the Blackrock Neighborhood for coffee, sweets and fruit.

Two new members were introduced: Anne Marie Goss and her husband Ardin are now full time on Elm Dr. Millie Steele is hardly new to Wintergreen. She is the social director for Mountain Homesteaders, but she is relatively new to Mountain Women. Her email is not in the book. It is millsteele@aol.com.

May Birthdays: Sally Boykin - (1st,) Gail Neal - (6th,) Margaret Adams - (15th,) Renee Acosta - (16th,) Lee Klousia - (26th.)

The minutes of the last meeting were approved.

The treasurer reports that we have \$90 in our treasury.

There was some discussion of ideas for programs. Members are encouraged to give program ideas to the Steering Committee, or their neighborhood chair.

GROUPS:

Mountain Gardeners: The Gardeners have a trip next week, on Thursday, the 19th of May (instead of the usual 3rd Friday) to the Old City Cemetery in Lynchburg, VA. This is a "gardeners" destination with especially beautiful roses. Lunch will be at the Farm Basket. We will meet at the mailboxes at 8:45a.m. and car pool to Lynchburg. It is not too late to join us. Marti Szczur has arranged this trip. Call her at 434 325-7164.

Book Group: The group will meet at Sarah Scott's house at 125 Valley View Lane on Monday, May 16th at 1:00p.m. The group is reading Civil War literature and starting (of course) with Gone With The Wind.

Handwork: This group will now meet only from October to April.

Epicurious: The group has an event on June 9th, 5p.m. at Chestnut Springs Pool. It is a "Guys Grill." The group will also be having a benefit for the Nature Foundation and especially the "Connecting With The Land" exhibit on Saturday, October 8th. It will be a dinner; more details later.

ANNOUNCEMENTS:

WPOA: Martha Misker reported that there will be no major road work, only minor repairs, until the construction of the new water tank is completed. That particular work will involve so much heavy truck traffic that it is best to postpone extensive road work. Our recent very heavy rains have caused our crews to spend a lot of time repairing washouts and clearing ditches. There was much grumbling about the Seasons eyesore. Martha said that Wintergreen has done everything that it can legally do. The Seasons has promised to take down the foundations and landscape but so far.....nothing. There was some talk of an email campaign to the present owner but.....

WPI: Cindy Coy mentioned the opening of the former Blackrock Market, now the Wintergreen Market on Sat. the 14th. The Edge should be opening soon with new decor. The Devil's Grill has a new menu and should soon be open for lunch daily. It is presently only open on weekends. Susan Mclver mentioned that the Black Bear Cafe is open for breakfast, lunch and dinner, has take-out, and some especially good food. Bar-B-Q and Butternut Squash soup were mentioned as good choices.

WPA: Linda Gilliam said that the Performing Arts Box Office is open. Tickets are available. Season passes are \$375 until May 31st and then will be \$395. There will be 200 some events. Nancy Taylor mentioned the Wine Festival on Sunday, May 29th from 12:00 to 5:30 in the Evans Center.

Cindy Coy mentioned the Wild Flower Symposium May 13th, 14th and 15th at the Nature Center.

Kate Allenbach announced (sadly) that she and Louie are moving to Colorado. She is one of the founders of Mountain Women, and a part of the plant propagation group. She will be missed.

Vera Jones said that Bud Simonton, who has delivered newspapers up on the mountain for years, is seeking new customers for home delivery. Apparently the new Wintergreen Market no longer wants him to fill the machines there and that represented a big part of his revenue. They want to have papers inside so that people will come in the store. Bud and his wife Carol can deliver the Washington Post, the Charlottesville paper, the Richmond paper and The Virginian. Their number is 540-456-6163.

No program was scheduled for this meeting and after adjournment, members socialized.

The next meeting will be June 10th, at Chestnut Springs. It will be hosted by Devils Knob.

Submitted for Carolyn Barkley,

Vera Jones

Mountain Women's Meeting April 8, 2011

Marti Szczur opened the meeting with the introduction of Rob Sullivan, VP of WPI and WPI's Financial Officer. He came to talk briefly about changes at the Wintergreen Market, (formerly the Blackrock Market,) and to introduce Norm Jenkins, the new manager. Rob explained that the contract with the person who had leased the Blackrock Market for the last 14 years ended, and that Wintergreen saw an opportunity to take it over, provide good service, speciality items, local products, and coordinate with the Wintergreen food service to everyone's advantage.

Rob thought that Norm Jenkins was the perfect person to manage the transition and the enterprise. He had rescued the Batesville store, where there is a similiar mix of clientele, i.e. construction crews, Charlottesville suburbanites, and weekend tourists. The Batesville store is deemed a success and is now leased to a local couple. Mr. Jenkins talked with enthusiasm about his plans: using local resources, seasonal changes, lower prices for basic needs, co-operation with the food service to offer signature dishes. He hinted that Albemarle Baking Co. might deliver fresh baked goods 6 days a week! Trager Brothers Coffee, roasted in Lovingson, will be another local addition. The Open House is May 7th. There will be live music and samples of some products.

After a very short question and answer period, Rob Sullivan and Norm Jenkins left and the business meeting began with Marti thanking The Springs for hostess duties and the wonderful spread of goodies.

Birthdays for April were announced: Ellen Hampton - 5th, Pat Thompson and Susie Patton - 7th, Jill Toop - 15th, Lisa Garber - 19th, and Eva Blum - 28th.

The minutes from the last meeting were approved.

Barbara Marker, the treasurer said we have \$50 and are moving out of the red!

Marti reported on the discussions/decisions of the Steering Committee:

- We will add a membership form to the website

- We will add last month's minutes.

Privacy issues were again discussed concerning Wintergreen Friends recommendations, and should they be put on a public website? This time it was decided that we should not do that. We will just mention Wintergreen Friends and let people join if they want that information. It was also suggested that Wintergreen Friends do an annual list of recommendations, but not include services that go back further than a year.

Group Announcements:

Mountain Gardeners will meet together with the Handwork Group, on the 4th Friday, (instead of the usual 3rd) on the 22nd of April, for a program on Container Gardening. Susie Patton and

Georgia Orphan will provide ideas. The location will depend on the weather so that information will come later.

Handwork has cut down the monthly meetings to include only October, January, February, March and April.

Book Club will meet at Sue Carlson's house (115 Tyro Ln.) on Monday, April 11 at 1:00p.m. to discuss The Maltese Falcon.

Epicurious will be having a fund raising event Oct. 8th to support an exhibit at the Nature Foundation, CONNECTING WITH THE LAND. It will be a buffet, sit-down dinner. The group will also have a social event on June 9th. This will be a Guys Grill at Chestnut Springs. They will eliminate the August meeting.

Helen Eisenhart is recovering from a hip replacement operation. Pat Thompson is scheduled for a heart operation on April 12th. We do so wish them both well.

Cindy Coy announced the Earth Day celebration which will be held on Sat. April 23, at Wintergreen, in the Skyline Pavilion. Joan Stemmler, one of our founders, will be one of five people honored for their contributions. Fliers about the event are available at the Nature Center and at the post office boxes.

Cindy Coy also mentioned the Nature Foundation's Wild Flower Weekend, May 13th - 15th. The emphasis this year, in addition to the usual popular activities, will be on landscaping with native plants.

Cindy Coy announced a new Charitable Giving Program involving the IGA in Nellysford, Chirios Pizza, Thai-Mex Restaurant, Wild Wolf Brewing Co. and Fabulous Salon, all of whom are in the Valley Green Center in Nellysford. Upon presentation of a card with your purchase, these businesses will donate from 10 to 30 percent of the value of the purchase to the fund which your card represents. Cards are available at the Nature Center Desk for contributions to the Nature Foundation. WPA also has a card and other charities are sure to follow. One shopping is good for one donation to one charity.

Marti announced that the next meeting will be May 13th at Chestnut Springs and will be hosted by Blackrock.

The business meeting was adjourned.

PROGRAM

Josh Palumbo, Forest Manager, gave a power point presentation on the many activities at the Nature Foundation. He talked about maintaining 30 miles of hiking trails and gave much credit to the many hours that volunteers put in with this and all their other projects, which include:

Gypsy moth surveys and traps and spraying, (so far every three years.)

Deer management: In 2001 we had 170 deer per square mile; in 2009 we had 40. It is important to reduce numbers to maintain a healthy herd.

Open Space management: We do allow hunting and the Foundation does hunter surveys, which are very helpful.

Monitor Water Sheds: Stoney Creek, Paul's Creek, Pond Hollow

Monitor Tree Health: especially Oaks. Current "bad bug" is the Emerald Ash Borer

Research that goes on, some done by other institutions: Archeological - James Madison University, Orchid research - The Smithsonian, Bird Survey - The College of William and Mary, Interrupted Fern study - Sweet Briar College, and plant propagation.

Other activities include Youth Programs, Maple Sugar Days, River Trips, History Trips, Wildflower Weekend, Sara Ott Memorial Golf, Trip to Banff

The meeting was over at 11:45a.m.

Respectfully submitted, Vera Jones

Mountain Women
Meeting Minutes, 11 March 2011

The business meeting was called to order by President Marti Szczur at approximately 11:50 with approximately 24 members in attendance. *Notes from the program that preceded the business meeting appear here after the business meeting minutes.*

- Laurel Springs Neighborhood members were thanked for hosting the meeting and providing the refreshments.
- The minutes of the February meeting were accepted as emailed.
- Barbara Marker, Treasurer, reported that following the payment of March's rent, the Treasury had a total of \$71.00.
- March birthdays included Karen Sykes (3rd), Yvonne Behm (5th), Louise Cesaro (7th), Georgia Orphan (8th), Betsy Agelasto (9th), Vera Jones (14th), Lilly Schmiedtke (18th), Joyce Claman (23rd), Ann Brooks (24th), and Marylou Thibodeau (25th).
- The President's Report noted that the Steering Committee will meet at 9:00 on April 8th, preceding the regular monthly meeting. All members were asked to take a look at the Mountain Women website (<http://www.wintergreenmountainwomen.com>) as that will be the focus of discussion.

Group Reports:

- The Gardening group will be joined by members of Epicurious on a trip to Polyface Farm, followed by lunch at the Staunton Grocery, on Friday, March 18th. Thanks to Camille Kurtz for making all the arrangements. In April, the Gardeners will join the Handwork group for a program on container gardening that will be presented by Suzie Patton and Georgia Orphan on Friday April 22nd. Also in April, several members have volunteered to assist at one of the houses in Farmington/Garden Week tour. In May the group will take a tour of the Old City Cemetery in Lynchburg.
- The Book Club will meet on Monday, March 14th at 1:00 at the home of Marti Szczur (366 Blackrock Circle). The selection for this month is Raymond Chandler's *Big Sleep*.
- The Handwork group will meet at the home of Barbara Marker (31 Warrior Run) at 9:30 on Friday, March 25th. The group will be joining the Gardening group (see information above) on April 22nd which will be the last meeting until fall.
- Epicurious is meeting for lunch immediately following the Mountain Women meeting to discuss its fundraiser for the Nature Foundation. It will also be joining the Gardening group (see above) for a visit to Polyface Farm on March 28th. In April the group will meet at the home of Yvonne Behm (305 Crawford's Edge) to continue its planning efforts.

News:

- A petition was circulated concerning an Armenian family who has a booth at the farmer's market. The petition will be sent to Virginia's U.S. Senators urging that they take action to smooth the way for green cards to be issued to the family.
- Helen Eisenhart is in the hospital for hip replacement, but is expected home soon.
- Bear Smart: There have been no incidences since a car was broken into on December 22nd. Sarah Scott reminded everyone to keep her car locked if it is left outside. April 1st is the date by which to have feeders taken in for the spring/summer/fall seasons. It was noted that by planting red flowers as well as trumpet-shaped flowers will attract humming birds.

- The Animal House Ball, sponsored by the Nelson County SPCA, is planned for June 18th and will be held on the mountain. The Board and event managers are looking for individuals willing to volunteer for a few hours to help out with such things as centerpieces the day of the event and the night of the event. Items are being solicited for the auction, including the donation of frequent flier miles. Suggestions include such things as a picnic for two from Epicurious and a garden container.
- The annual Wintergreen Performing Arts fundraiser – Cruise Night: Postcards from the Caribbean - is planned for April 9th at the Skyline Pavilion. Discounted prices are available for tickets purchased before March 25th. Additional information is available on the WPA website (<http://www.wintergreenperformingarts.org/cruise-nite-postcards-from-the-mediterranean-in-wintergreen-resort-va-on-040911/>). It was suggested that Mountain Women could sponsor a horse for a \$100.00 donation. Epicurious has agreed to sponsor a horse.
- The Nelson County Community Fund which supports students from disadvantaged families who would be the first members of their families to go to college. The Fund will hold a masked Halloween Ball fundraiser on October 30th. Joyce Claman is the contact person for the Fund.
- The Master Gardener's annual plant sale is scheduled for the Ruritan Park on Rte. 151 on Sunday, May 1st and the Ruritan is hosting a horse show (equine rescue) on May 7th at the park.
- The 3rd annual Kite Festival is scheduled for Saturday April 9th across from Elk Hill on Rte. 151.
- The Wintergreen Nature Foundation is hosting a pancake breakfast on Saturday morning, March 12th.

The next meeting of Mountain Women is scheduled for Friday, April 8th at 10:00 and will be hosted by the Springs neighborhood.

The business meeting was adjourned at 12:15.

Program Notes

Martha Misker introduced Curtis Sheets, Wintergreen Chief of Fire and Rescue. He responded to questions from members:

- There are 15 career staff: in the winter there are 3 on the mountain and 2 in the valley; in the summer there are 2 on the mountain and 3 in the valley. In addition, there are 3 administrative staff who in the winter work a staggered shift in order to cover all 7 days of the week.
- Wintergreen has a contract with Nelson County for all EMS services from 5:00 a.m. to 6:00 p.m. Monday through Friday. This service is revenue neutral. Coverage is from mile post 5 to mile post 25 on the Parkway, down to Sherando, Beech Grove Road, mutual response with Rockfish, Brent's Mountain to Rte. 6, Rte. 6 to Aidal Road, Aidal to Rte. 151 and all roads off Rte.151.
- The recent tornado telephone calls to residents served as a test of the emergency system. Tommy Stafford (*Nelson County Life*) is a partner in getting out the word about emergency situations.
- There is currently a push on improving how homes are numbered. Residents are asked to remove signs that indicate lot numbers as this signage may delay response to emergency calls. Instead, house number signs that match the street signs are available and the Fire Department will provide the sign and put it up. Chief Sheets indicated that there is a place

to click on the website concerning this signage (but your Recording Secretary has been unable to find it!).

- The fire hydrants on Wintergreen drive all have red reflectors to assist in locating them. In addition they will now also display a reflective number to identify the block number.
- The closest emergency helicopter is located at the Weyers Cave airport and can arrive at Wintergreen in approximately 12 minutes. The ride to UVA Hospital takes 8-9 minutes. It costs approximately \$12-\$15,000 for each call.
- Currently there is no charge for ambulance service for any location on the master plan. In the next year or so, if the call is to a site on the master plan, but the person being transported is not a property owner, they will receive a bill.
- Fire and Rescue are always in need of volunteers. The Fire Department is currently down to only three volunteers. Volunteers for the Rescue Squad are required to commit to 24 hours per month. Training is provided and these volunteers are primarily ambulance drivers. There are currently 35 volunteers.
- The best smoke detector currently available is manufactured by Vector Security (formerly National Alarm).
- Each time the “door goes up” at the firehouse, the cost is \$800-\$900. Staff answer 2,000 calls per year, half of them under the Nelson County contract.
- In each fire truck is a computer like a GPS that includes the footprint of a specific building and any associated hazards like in-ground propane tanks, electrical service, etc.). The survey of all commercial structures has been completed and the residential survey is starting.
- Ski-related injuries have been averaging fewer refusals for transportation and a truck can be away from the mountain about 3 hours per run. Stuarts Draft can provide an additional ambulance if needed.
- Mountain routine calls include worker injuries; there is a technical rescue team that practices rope work once a month; valley calls are more routine; fires have been pretty minimal this year.
- 229 properties on the mountain are in Augusta County and represent \$81 million in real estate value and \$384,000 in real estate taxes.
- Thermal imaging cannot be done in spring or summer months. It will start again in September in partnership with the homeowner requesting the service. A lot of things are identified that cannot be fixed easily, particularly post and beam construction that lacks ceiling insulation. The project is three-fold including training, home owner information, and increased donations.
- \$150,000 is currently owed on the ladder truck.
- WPOA is making a push to enforce the 25 mile-per-hour speed limit. It was asked if more signs could be posted as reminders. It is important to remember that signs represent an expense in terms of maintenance, weed-eating and snow removal. The *Virginia Code* stipulates that the speed limit is 25 in any residential area unless otherwise posted. The

police car often seen in the Fire Station parking lot is shooting backwards, monitoring those automobiles coming up the mountain. Chief Sheets reminded members that the police on the mountain are not security guards, but are the only accredited private police officers in the state. Some also serve as sworn deputies for North Carolina. One suggestion was that speed limits be painted on the road surface on Wintergreen Drive, although this would require annual repainting. Chief Sheets will share this idea with the road maintenance department. More radar units are now in operation with two officers on all the time.

- The Fire Department provides Knox Boxes (see <http://www.wtgfireresq.org/knoxbox2.shtml> for more information).

Chief Sheet's presentation was followed by Tammy from Wintergreen Fire and Rescue and an informative presentation on Heart Disease in Women. She noted that women are different from men in that the signs for heart attack are totally different. Nutrients in oxygen are important for the brain and other organs. Cardiovascular disease narrows passages or may cause blockages that impedes the provision of oxygen. Signs and symptoms may include pain, pressure and discomfort, including neck, shoulder, upper back, and abdominal discomfort, shortness of breath, nausea and/or vomiting, sweating, lightheadedness/dizziness, and unusual fatigue. An EKG is only one piece of the puzzle.

Risk factors include metabolic syndrome, midsection weight, mental stress, depression, and smoking. High blood pressure and cholesterol are "silent killers." It is important to avoid tobacco, be more active and choose good nutrition. Risk factors can be reduced by a program of exercise 30-60 minutes each day on most days of the week; maintenance of a healthy weight; quitting smoking (or don't start); eating a diet low in saturated fat, cholesterol and salt; taking medication appropriately; and taking supplements like Omega-3 fatty acids.

50% of women experience no chest pain as a symptom; rather fatigue is the number one symptom. 80% of heart attacks can be prevented. One in 2 women will suffer from some form of heart disease which kills more women than all cancers combined. In America, one woman suffers a heart attack every minute. If a woman smokes, they can suffer the attack twenty years earlier. Increasing your HDL by 1% lowers the risk 3% in women and 2% in men.

It is a good idea to have a healthy EKG on file, have a regular heart disease checkup, know your risk factors, and live a healthy lifestyle.

During the meeting, the Fire & Rescue Staff were providing 12-point healthy heart EKGs. If you did not have one done at the meeting, you can call or stop into the Fire house and have one done or staff will come to your house. The results are carried on every response vehicle and serve as a base line if an emergency call is required. Tammy works every third day. You can call and leave a message about scheduling an EKG.

Mountain Women Meeting, 11 February 2011
Minutes

President Marti Szczur called the meeting to order at 10:30 a.m. with approximately 22 in attendance.

Refreshments were provided by the Devil's Knob neighborhood with some help from the Steering Committee. Thanks!

February birthdays were announced: Lois Conrad (7th), Ginny Morton (8th), Kathy Knowles (9th), Irma Graf (10th), Nanci Taylor (17th), Carolyn Wood (21st), and Susan Montgomery (27th).

As none of the celebrants were present, singing was "cancelled."

1. **Minutes.** A motion was made and seconded to approve the minutes from the January meeting as emailed to the membership. The motion carried.
2. **Treasurer's Report.** Barbara Marker reported that after paying the February room rent, but before inclusion of February dues, the treasury had a grand total of \$5.00. All agreed that the expenditure for the holiday brunch and for the donations to the Food Bank and the Nature Foundation was money well spent. It was agreed that there would be a \$5.00 charge for the 2011 brunch to assist in defraying expenses.
3. **Steering Committee Report.** None
4. **Group Reports**
 - a. **Gardening.** Vera Jones reported that the gardening group meets at 10:00 on the third Friday of each month. February is a "pamper yourself" month, with no scheduled meeting. The March 18th meeting will be a trip to Polyface Farm in Swope, Virginia, followed by lunch. Camille Kurtz is coordinating the trip.
 - b. **Book Club.** Marti Szczur reported that the book club meets on the Monday following the Mountain Women meeting, at 1:00. There will be no February meeting. The March meeting is scheduled for Marti Szczur's house (366 Blackrock Circle). In keeping with this year's theme of mysteries, the book will be Raymond Chandler's *Big Sleep*. If you are interested in attending, either email Barbara Porter (ports1999@aol.com) or call Marti (325-7164).
 - c. **Handwork.** The handwork group meets at 9:30 on the fourth Friday of each month. The February meeting is scheduled for Friday the 25th at Carolyn Barkley's house (211 Deer Springs Lane). Please email her at cbarkleyis@verizon.net or call at 325-1161 to let her know you'll be attending.
 - d. **Epicurious.** Sylvia Stafford reported that Epicurious meets in even months on the Thursday before the Mountain Women meeting. The group met on Thursday 10 February to plan events for 2011. Ideas include a Halloween-themed fundraiser for the Nature Foundation, an event for members and invited guests at the Chestnut Springs Pavilion with "the guys" grilling; a cooking class at Pharsalia, and catering the December Mountain Women brunch. The next meeting will be held on April 7th at Yvonne Behm's house (305 Crawford's Edge) and will focus on planning for the Halloween fundraiser. The Epicurious email list now includes 26 people, about 10 of whom are social members, with the rest attending the bi-monthly meeting. If you are interested in being added to the list, please email Sylvia Stafford at s.b.stafford@comcast.net.
 - e. **Support/Celebrations.** There were no announcements regarding support for members, but in the celebrations category, Barbara Marker noted that it was just two more weeks to

her daughter's wedding, and Camille Kurtz has adopted a poodle-mix puppy named Percy.

- f. **Shakespeare Club.** This group has been inactive for some time. Hilary Partridge indicated her interest in the group and 4-5 others did as well, including Joan Stemmler and Mary Ellen Condon-Rall. They planned to chat after the meeting to see if they wanted to restart the group.

If you have any ideas for groups you'd like to see started, workshop series you'd like to see scheduled, or program ideas for Mountain Women meetings, please contact Marti Szczur (szczurman@aol.com) or 325-7164.

5. Announcements

- a. **WPOA** – Martha Misker reported that the first WPOA Board meeting is scheduled for the week of February 14th. She added that the owner's of the Seasons (corner of Blue Ridge and Wintergreen Drive) now have the equipment to grind up the foundations on the corner lot which will then remain a parking lot (not aesthetic either, but a definite improvement) until plans can be finalized about what to do with the lot.
- b. **WPI** – Sylvia Stafford reported that the annual Candidates' Forum, previously hosted by Mountain Women, will be held on Saturday, 3 September, and will be organized by WPI. Sylvia has been asked to be involved and she is particularly interested in preserving the Mountain Women legacy in the program which began as a grassroots effort to get people to vote and to know the candidates.

Ski season is reported to be up 11% over 2010, although whether the increase is in revenue or volume is not clear. Vera Jones noted the big success of the rolling 4 or 8-hour ticket process which began last year, as well as the efficiency afforded by a computer system to both check-in and check-out rental equipment.

Several members indicated that they had used the skating rink and stressed that helmets are included at no cost and that tickets and rentals are now available at the skating rink itself.

Lynn Luessen recently attended a Food and Beverage Committee meeting and reported that planning has been completed for renovating the Edge and that it should have more of the feel of a traditional lodge. The Edge will be closed for one month, possibly April. The Black Rock Market will become part of the Resort on 1 April. Renovations being considered include a coffee area, flowers to order, takeout meals for pre-order, and lower prices on the basics such as milk, eggs, bread, and kids stuff.

- c. Nancy Nevill reported that this summer's music festival will begin just after the 4th of July and last into the first week of August. She is looking for volunteers for housing, both actual offers to house musicians as well as volunteers for the housing committee. The Cruise Night fundraiser is the next big event, scheduled for 9 April. Invitations have been mailed and more information can be found on the WPA website (<http://www.wintergreenperformingarts.org/cruise-nite-postcards-from-the-mediterranean-in-wintergreen-resort-va-on-040911/>).
 - d. Sylvia Stafford asked for suggestions about a DJ or music for the Halloween event at the Nature Foundation.
6. **March meeting.** Martha Misker announced that Laurel Springs will be hosting the March Mountain Women meeting at 10:00 a.m. on Friday, 11 March. Fire and Rescue Chief Curtis Sheets will be on

the program as well as the provision of Health Heart Histories for all attending who would like one done. These histories are made available to rescue staff in each ambulance in case of emergency. In addition, they will also complete the history at the firehouse or in your home.

The business meeting was adjourned by President Marti Szczur at approximately 11:15. The balance of the meeting was social with small groups discussing a variety of topics and/or answering one of two questions posed by Cindy Coy: **If you were suddenly gifted with one new talent or skill, what would it be?** or **What is one item still on your life list and why?** Respectfully submitted,
Carolyn L. Barkley, Recording Secretary

Mountain Women Minutes

14 January 2011

The meeting was called to order at approximately 10:30 by President Marti Szczur with approximately 27 members in attendance.

Program. The program preceded the business meeting.

Lynnda Gilliam introduced Foxy Morgan of Pharsalia (in Tyro) as the morning's speaker. Foxy provided a very interesting program about Pharsalia, built for William Massie by his father, Thomas, as a wedding gift in 1814, when William was 18 years old. Thomas lived at Level Green and the family had come to Nelson County from Clark County. Foxy represents the fifth generation of Massies in Nelson County. She shared information about William and his four wives and the history of the Pharsalia property including her childhood memories of summers spent there. Her stories were told enthusiastically, and those shared from the correspondence of William Massie were very enjoyable. She shared many items from the house as well. She and her husband are restoring a room a year and run the property now as a business in order to have the ability to carry on this restoration process. She stressed the need to document everything as well as the joys of participating in a project that is truly a family project. She announced several upcoming events scheduled at Pharsalia including a photography workshop in August and the Southern Gardening Association meeting to be held there in 2013. More information – and recipes – can be found on the Pharsalia website

(<http://www.pharsaliaevents.com/show/page/pharsalia>). If you are interested in more of the history of Pharsalia, you may want to read local author Errol Burland's *Pharsalia: An Antebellum Plantation* (Dietz Press, 2009 and available from Pharsalia) or Lynn A. Nelson's *Pharsalia: an Environmental Biography of a Southern Plantation, 1780-1880* (Univ. of Georgia Press, 2007). Mountain Women member, Carolyn Barkley, has also written an article, "[Learning from Southern Plantation Records](http://www.genealogyandfamilyhistory.com/?p=79)" (<http://www.genealogyandfamilyhistory.com/?p=79>), a portion of which presents information about the property and the Massie family.

Business Meeting.

The business meeting was called to order by President Marti Szczur at approximately 11:10.

1. **Minutes.** The minutes of the previous meeting were approved as distributed.
2. **Welcome.** Marti welcomed those in attendance, reminding them to sign in. She also noted the shift in name tag maintenance to Cindy Coy and thanked Sylvia Stafford for her previous work with name tags. She urged new members to provide their information so that they could be added to the roster quickly and have their name tags waiting for them the next time they attended. She thanked Blackrock for their hospitality.
3. **New members.** Leslie Sorich introduced herself as a new member. She has been a visitor to the mountain since 1982, now lives on Hemlock, and moved here full-time from McLean in April.
4. **Birthdays.** January birthdays included Joan Stemmler (11th), Helen Eisenhart (22nd), Barbara Porter (29th), and Wendy Valentine (31st).

5. **Treasurer's Report.** Barbara Marker reported that the treasury currently has a total of \$353.00. If there are any outstanding receipts for reimbursement from the December holiday brunch, please contact Barbara (tbmarke@aol.com).
6. **Steering Committee Report.** Marti reported that the Steering Committee met prior to the meeting and had elected officers (Marti Szczur, President; Camille Kurtz, Vice-President; Barbara Marker, Treasurer; Chris Casey, Communicating Secretary; and Carolyn Barkley, Recording Secretary. Vera Jones (Laurel Springs), Cindy Coy (Devil's Knob), Yvonne Behm (The Springs), and Terri Brooks (Blackrock) are neighborhood chairs. Cindy Coy is taking over name tag management. Please contact your neighborhood chair with any ideas you have for programs.
7. **Group Reports.**
 - a. **Gardening.** The garden group will meet at Vera Jones' house (193 Raven's Roost Lane) on Friday, 21 January at 10:00. All are welcome. The meeting will include a discussion of program ideas for 2011.
 - b. **Book Club.** The book club will meet at Sue Carlson's house (115 Tyro Lane) on Monday, 17 January at 1:00. The book for this month is *Maisie Dobbs* by Jacqueline Winspear.
 - c. **Handwork.** The handwork group will meet on Friday, 28 January at 9:40, place to be announced.
 - d. **Epicurious.** Epicurious meets every other month (even numbered months). A planning meeting for 2011 is scheduled at Sylvia Stafford's house (38 Hickory Springs) on 10 February at 2:00.
8. **Support.** Marti asked that members observe a 30-second moment of reflection for Jan Thompson, husband of member Pat Thompson, who died this month. Kate Allenbach mentioned that Earl Holliday's wife had passed away recently. Earl was a ski instructor at Wintergreen for many years and currently lives in the valley. Her comments prompted the need for awareness of widowers, not just widows, as individuals needing support. The Steering Committee's discussion about handling support needs more informally received general agreement.
9. **Website.** Sylvia Stafford reported that she has just renewed the [Mountain Women website](http://www.wintergreenmountainwomen.com) (<http://www.wintergreenmountainwomen.com>). Please review the site and send any corrections or additions to Sylvia. She is particularly interested in learning of upcoming mountain/Wintergreen-related meetings, events, and volunteer opportunities.
10. **Announcements.**
 - a. Betsy Agelasto announced the opening of their guest house across the street from Elk Hill.
 - b. Ellen English announced the need for more dry cat food. You can contact her at 325-2012 or rosa-ellen@verizon.net. She also announced that the Almost Home fundraiser would be held on March 12th and that tickets were available at Freestyle. The Animal House Ball will be held this year at Wintergreen on 18 June.

- c. Carolyn Barkley announced that the “Lunch Bunch” is a group of women from the valley (and a few from the mountain) who go out to lunch at an area restaurant on the second Tuesday of every month. She passed around an e-mail sign-up sheet for anyone who would like to be included in the email announcements about the month.
- d. Nanci Taylor announced that April 9th is the date for Wintergreen Performing Art’s major fund raiser: Cruise Night. The evening will feature five ports of call. She also announced that WPA will soon have a new website that will be easier to use and that WPA will be on Channel 2 with a ten-hour loop (changed every 4-6 weeks) when the new Nelson County Cable enhancement is rolled out. The summer music festival will be starting a little later than usual this week, and will be 5 weeks in length instead of 4, thus extending from opening night on 8 July through the weekend of August 6-7.
- e. Wounded Warriors weekend is scheduled for January 21-23. Yellow ribbons are being made by Mountain Women members following the January Mountain Women meeting. Sue Carlson volunteered to coordinate the volunteer schedule for the booth in the Mountain Inn this year as Karen will be away.
- f. Nanci Taylor reminded members that the Devil’s Grill is open for lunch on Saturdays and Sundays for WPI members only.
- g. Martha Misker did not have a WPOA report as the Board had not yet met.

The next Mountain Women meeting is scheduled for Friday, 11 February at 10:00 a.m. with Devil’s Knob hosting.

The meeting was adjourned at approximately 11:45.