

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 csfrahm@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 of 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.