



The

Lodger

January 2014
Issue 3

NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

There Are Noted Authors Among Us!

The Lodge can boast of a goodly share of writers among its residents, at least five of whom went to the extraordinary extent of writing and publishing full length books.

Ridges resident **Suzanne Semsch** is the author of three historical novels and is working on a fourth. Her first is *The Lees of Menokin*, a romantic, biographical novel based on her research of a signer of the Declaration of Independence. A “compelling” read says one reviewer. *The Sound of Caissons* is the multigenerational story of a 20th century military family created with the help of her recollections as daughter and wife of career Army officers and *Turn on No-Bridge Road* is about a granddaughter’s unexpected inheritance of an old, secretive house on the Rappahannock River about which an astonishing truth is finally revealed—both receiving glowing reviews from readers. Her books can be borrowed from the library at The Lodge, ordered online from Amazon in either print or ebook versions, or purchased at the Country Store in The Lodge. She maintains a website and blog at suzannesemch.com.



Ruth Lincoln Kaye became well known in Alexandria, Virginia for her relentless sleuthing of local historical documents and genealogical records. Her popular *Legends and Folk Tales of Old Alexandria, Virginia* published in 1975 is now in its fourth printing. She performed the painstaking research to produce the two-volume series of *The History of St. Paul’s Episcopal Church 1809-2009* in Alexandria where she lived for 60 years. She is the author of almost 400 histories prepared for owners of Alexandria Old Town historical properties. The Alexandria folk tale book is available directly from her, a resident of Piedmont Assisted Living.



Now residing in Seasons Memory Care, comedian **Van Harris** recounts growing up in Brooklyn during the Depression and a lifetime in show business in his book, *Thanks for the Warning*. A performer at Catskill Mountain resorts for 40 years, he appeared on the Ed Sullivan and Johnny Carson shows, hosted a weekly TV variety show, and entertained on cruise ships around the world. A hard copy edition of his book can be ordered from lulu.com. NOOK book versions can be downloaded from Barnes and Noble. (cont’d on back pg.)



RESIDENT FOCUS

Had we known him, in all likelihood we would have chosen him as our family doctor. A medical practitioner for 30 years, Russell Edward Herring, Jr. enjoys people and science and people enjoy him. Dr. Herring, or Russell as he prefers to be called, started as an old time physician making house calls and ended up using the sophisticated equipment of a radiologist.

Russell’s path to medicine took several twists and turns. After graduating from the University of Richmond with a Bachelor of Science degree in mathematics and biology, he landed a job as math teacher at the high school in Fishersville, Virginia near Staunton.

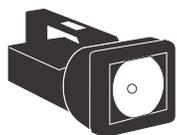
But his continued yearning for learning attracted him a year later to the University of North Carolina, made possible, says Russell, through a teaching assistantship. That, too, was shortened, this time by the outbreak of World War II when he was drafted into the U.S. Army in 1942.

As a candidate for Officer Candidate School, Russell became a “90 day wonder” and graduated from that rigorous training as a second lieutenant. Assigned to the 85th Infantry Division, he saw combat in Italy and the capture of Rome and was discharged with the rank of captain in 1946.

It was during his training at Fort Bragg, North Carolina that he says “he was picked out” by his future mother-in-law. She was

(cont’d on back pg.)





STAFFER SPOTLIGHT



Tina Howard

Born and raised in Crozet, Tina Howard did not venture far to become the Head of Housekeeping at The Lodge. Tickled to be employed so near to her hometown, Tina is also gratified to find her client residents to be "so sweet day after day."

If not for the pleasant working relations with residents, Tina and her assistants might find visiting nearly every square foot of The Lodge at least once per week a bit overwhelming. Every one of 96 apartments is cleaned at least weekly, apartments in Seasons twice per week. Offices and common areas get attention on weekends. All baseboards, hand rails, and glass are regularly inspected and wiped. Trash containers are kept emptied and the surfaces inside the elevators are cleaned daily. Bed linens get washed, folded, and delivered weekly.

Speaking of linens, many of us are dumbfounded to see our fitted sheets returned and folded as if never unfolded.

Thanks go to Indra Rai for perfecting the process of folding those pesky sheets. Tina jokes that he should start an Olli course on how to fold fitted sheets.

Indra is one of Tina's four assistants. He and Amber Baniya have worked at The Lodge for over a year and emigrated from Nepal two years ago. They commute from Charlottesville via JAUNT, the local public transportation service. Avid soccer enthusiasts, they both play the game in their spare time and like to watch movies, too.

Wendy Harper is a recent addition to the housecleaning staff. She lives in Charlottesville and rides her motorcycle every chance she gets. Tina's fourth assistant, Tishelle Turner, will return to work after recuperating from surgery.

Besides playing with her dogs, Tina, a widow, finds time for reading, her favorite pastime.

One of the pleasures of living at The Lodge is to leave housecleaning behind. We thank Tina and her staff for making that possible.



Amber Baniya and Indra Rai

This and That

Several Common Area Room Names at The Lodge Have Special Meaning for Owner David Hilliard.

His grade school buddy **Gregg** was the inspiration for naming the pub in his honor. Gregg was also a co-investor in a similar senior living community in Vermont. "He taught me enough to put things together," says Hilliard.



The lower level meeting and screening room was named for his good friend **Leonard Harris**. Theater critic and actor, Harris was a commentator on television and played a part in the movie "Taxi Driver" with Robert DeNiro. He died shortly before the room in his memory was built.

The Lodger
Issued every other month for residents and friends of The Lodge at Old Trail.

Jim Clark, editor

Advisory Committee

Sue Clark

Fred Lach

Gae Lach

Ideas for publication are welcome by contacting Sue, Gae, Fred, or Jim.

Ham's billiard room on the first floor is named for Hilliard's "little brother." Ham is a developer in South Carolina and drives trucks in NASCAR races.



Named for his deceased great aunt, the **Betty Shelburne** Library would have been a favorite room for her habitual reading of the *Wall Street Journal*.



Think About Making an Entry!

The origin of the word "limerick" is debatable, but we know limericks can be fun to read and to hear. Ridges resident Jean Sellers tells us that a limerick can be witty or just plain silly, though that is not required. We thought it might be fun for Lodge residents to create their own.

Jean says limericks are five-line poems, with lines 1, 2, and 5 rhyming with one another and lines 3 and 4 rhyming with one another. The rolling, galloping beat is generally accomplished with two short syllables followed by a long one.

Here is Jean's example of a limerick, with bolded syllables defining the beat.

*The **elderly** pair couldn't stay,
For the **traffic** they **viewed** with dismay,
They **sold** their old **Dodge**,
And moved **into** The **Lodge**,
To ride the **bus** on the **loop** to Crozet.*

Try writing one on your own, or with others. Tip: End the first line with a word that's easy to rhyme with. "There once was a man they called Dan," or "There once was a girl from Peru."

The best of the lot will be in the next issue of *The Lodger*. Submit your entry to the front desk addressed to *The Lodger* by February 15. The more the merrier.

Latest Community Stats

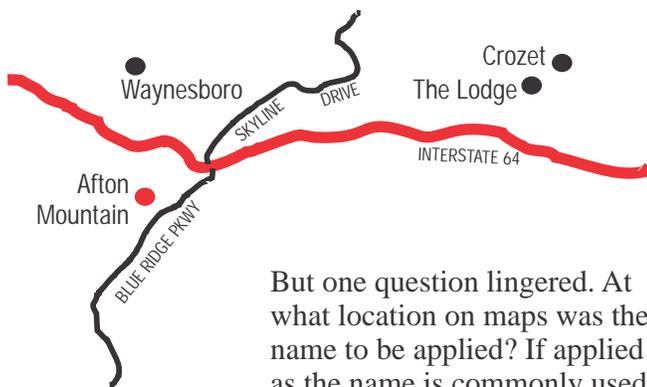
At year's end, 107 people had established their homes at The Lodge; 44 were in Ridges, 47 in Piedmont, and 16 in Seasons.

Afton Mountain Granted a Belated Stamp of Approval

Local residents have always known part of the Blue Ridge Mountains near Afton as Afton Mountain. But you couldn't find it on maps. It did not exist—at least up until 1998. That is when the U.S. Board of Geographic Names, the federal agency responsible for standardizing geographic names, approved the use of the mountain name on official government maps.

The lack of recognition of such a commonly known name bothered Marlene Condon, a writer and naturalist living in Crozet. "This is incredible," wrote Condon to the geographic name board, "because the name is in use constantly."

A case study was established in response to her letter and research was conducted to verify local acceptance of the name. Nelson and Augusta counties and the Virginia State Archivist favored the addition of the name to maps. The Virginia Department of Transportation was found to regularly refer to the Rockfish Gap area on Interstate Route 64 as Afton Mountain. Several businesses had adopted the name, too. It became clear to the board the name was well known to area residents.



But one question lingered. At what location on maps was the name to be applied? If applied as the name is commonly used,

several peaks would be involved, requiring either the name Afton **Mountains** or Afton **Range**. After first determining the name belonged in Augusta County, the naming agency finally designated one unnamed peak near the Swannanoa Golf & Country Club as Afton Mountain. It is 2,418 ft. high. Nearby Elk Mountain is slightly higher; Bucks Elbow Mountain rises 3,163 ft.

Finally in 1998 the name was authorized to appear on government maps. Even though the name officially applies to a single peak, area residents are not that specific and continue to consider Afton Mountain as the entire ridge cradling Rockfish Gap near the village of Afton. So be it.

Census Helps to Describe Our Neighbors

Besides the attractive scenery and upscale housing we know surrounds The Lodge, what do we know about our neighbors? The U.S. Census Bureau helps to answer the question with population statistics for the Crozet Census Designated Area.

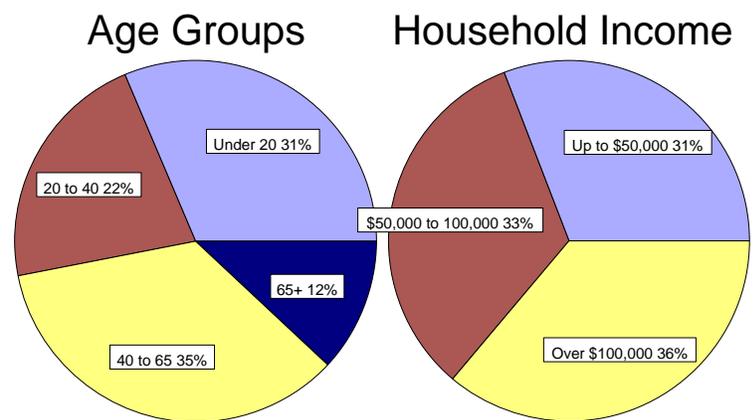
The agency establishes CDAs for unincorporated places like Crozet to simulate the area likely to be included if it were an incorporated place. The Crozet CDA extends westward to include the area between Crozet and Old Trail Drive.

The latest population data were collected through 2011. The statistics serve to represent who was here just before The Lodge was opened.

The Census Bureau tells us the total population in the Crozet CDA is 5,565 individuals living in 2,141 households. Females outnumber males, (53 to 47 percent), and the median age is 38 years. (Half the population is below the median age and half is above.) Nearly 12 percent is 65 years and over. Blacks makeup four percent, Hispanics and Asians three percent each, and whites the remainder.

Over 51 percent of the adult population have college degrees.

The latest income statistics indicate an average household income of \$93,000. Over one-third of the households in the Crozet CDA have incomes exceeding \$100,000. A third of the workers are employed in educational services, health care, and social assistance.



Voting in the Brownsville Precinct is indicative of our neighbors' political leanings. The precinct includes The Lodge and straddles the western edge of the Crozet CDA. Voters in the November 2013 gubernatorial election gave the Democratic candidate 51.9 percent of the vote. The Republican candidate garnered 36.6 percent and the Libertarian candidate received 10.6 percent. Half of the registered voters in the precinct sat out the November election.

Resident Focus (from front pg.)

serving coffee to service men at the train station and invited him to a home-cooked meal where he met her daughter Jane. If not love at first sight, it was close to it. That began "two years of writing how much we loved one another." They married and when Russell went overseas, Jane became a WAVE. Their love letters continued with one containing a picture of her in uniform that he carries in his wallet to this day; a replica hangs in his Ridges apartment..

You might say the military became his hobby for he served as an army reservist for over 30 years achieving the rank of full colonel.

'The best achievement of my life was to marry Jane'

Thanks to the GI Bill and because he enjoyed school, Russell enrolled at the Medical College of Virginia in Richmond to start on his way to doctoring. He later realized how much he appreciated the emphasis the school placed on house call training, driving the students, equipped with their black bags, in cars belonging to a "flotilla" of 1948 Chevrolets to see poor patients.

One of his "first learning experiences" was the day he was assigned to an ambulance on an emergency call. The destination was a funeral home where a woman had collapsed and was motionless. Russell peered over the woman, wondering what to do, when the ambulance driver whispered in his ear to place the gauze he had over the woman's nose. She immediately sprung to life while the driver advised that is how you "raise the dead." The gauze was saturated with ammonia!

Equipped with his M.D. and eager to hang out his shingle, Russell and Jane headed to Crozet. Russell knew western Albemarle County from summer visits at his grandparents' farm in Free Union. He remembers when his



A picture of Jane Herring in her U.S. Navy uniform that Russell Herring carries in his wallet since she sent it to him during the second World War.

father, who had a pass as an employee of the C&O Railroad, would put him on the train in Richmond and tell the conductor to wake him up and put him off in Charlottesville. The 10-mile trip from the train station to the farm was by a Model T Ford. Those summers, he believes, helped him develop a strong work ethic. He was kept busy picking weeds, peaches, or apples while his grandparents endlessly performed essential chores like canning food.

Russell was on his own to establish a practice, but he and his nurse, nevertheless, saw it

Noted Authors (from front pg.)

By the Numbers is a textbook written by **Florence Greville**, the 100 year old mathematician living in Piedmont Assistant Living. The out-of-print book contains mathematical fundamentals to help prepare aspiring students for further study of algebra, geometry, calculus, and numerical analysis. The author taught mathematics at a variety of schools including Piedmont Virginia Community College and in Brazil where her mathematician husband was engaged in Point Four, the first technical assistance program by the United States for developing nations during post World War II.



Passages to the Sea, a work on the natural life of the Outer Banks of North Carolina, and its sequel *Gifts of Passage* were written by **Ellen Gwynn** who lives in Seasons at The Lodge. An ornithologist and plant and fauna researcher, she also wrote *The Woman Who Loved The Moon*, a collection of seven "deceptively powerful tales" and *Love Poems to the Earth*, her "attempt to come to terms with the forces of chance and transition in the history of the earth." All of her books are out-of-print.



grow, at the time treating whites and blacks in separate rooms which was the norm in Jim Crow Virginia. After 10 years of 24/7 office visits and house calls, he wanted a break and so did Jane. His workload required her to run the household and to raise their three sons and daughter.

Radiologists were in short supply and the University of Virginia hospital in Charlottesville was recruiting. Never averse to learning new skills, Russell enrolled and spent a residency there where he encountered another doctor with a philosophy and work ethic that he admired. Moreover, says Russell, "he was extremely smart." The two chose to team up and formed a new partnership in radiology at Memorial Hospital in Martinsville in southside Virginia. After practicing in Martinsville for 20 years, Russell decided it was time to retire and relax.

In anticipation of some day returning to western Albemarle, they had acquired Russell's grandparent's place and set about improving the house with indoor plumbing and electricity. Jane "fixed it up good," says Russell. The Herring's were ecstatic, living "snug as a bug," entertaining family members, and enjoying retirement until the four-mile drive to the closest store seemed like a cross-country trip. "We moved back into Crozet," says Russell, "to be closer to amenities."

Russell's life was shattered when his beloved wife of 67 years died in 2010. It was not unlike the trauma he had felt when his 30 year-old daughter drowned in a rip tide in North Carolina.

He moved to The Lodge in April 2013. Lodge residents have gotten to know his son from the Richmond area who frequently visits his father. His other sons and their families live in Waynesboro and Arlington, Virginia.

"The best achievement of my life was to marry Jane," exclaims Russell. Otherwise he considers himself just an ordinary guy. Extraordinary would be a better word.