



The

# Lodger

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NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

## Recalling the Stocking Evolution

You wouldn't know it today, but stockings were wildly popular among both men and women in the 16th century. Their popularity was made possible by the creation of the first knitting machines. The silk stockings worn by men and women were held up at the knee by garters. Then changes in clothing fashions brought about major changes in hosiery styles. Men's trousers became longer and women's dresses became shorter.

Toward the end of the 18th century men's longer trousers reduced the need for leg coverings and socks have been worn underneath ever since. Women's legs remained largely hidden until the early 20th century when shorter skirts and dresses became fashionable and long silk stockings became the fashion as well. Now, more than ever, bare legs and feet among both men and women are common especially during the summer months.

Nylon became an affordable alternative to silk in the 1940s when stockings were made with seams, but "Nylons" were unavailable after the artificial fiber production was directed solely to the war effort during World War II. Bare legs were so distasteful at the time that women painted lines on the back of their legs to simulate the stocking seam. Seamed stockings were fully replaced by reinforced heel and toe seamless stockings in the 1960s.

Today, many women don't wear any sort of hose or stocking, but when they do, seamless pantyhose has

become the favorite due to ease of wearing. Stockings are practically extinct, although they continue to be available at higher-end retail stores that specialize in retro fashion trends. Socks are still big sellers.

Just as fashions have changed, so have prices. A page in a 1911 Sears catalog lists silk stockings at four pairs for 76 cents plus postage!



## RESIDENT FOCUS

Her heavy purse was literally loaded, hanging from her shoulder all day long as she traveled the streets of Washington, D.C. "It was tiring to lug it around," says Lodge resident Joyce Long, but it contained the essential tools of her job: a handgun and police badge. Joyce was a policewoman in the Women's Bureau of the Metropolitan Police Department of the District of Columbia when female officers were a rarity. Perhaps not as much of a rarity, she was also the wife of an MPD detective known for his ability in recovering stolen vehicles.

Joyce was born in Coeburn, Virginia within hours after FDR was elected president in 1932. That event marked the end of her father's political appointment as Coeburn's postmaster and a move to Arlington, Virginia for an armed civil service job to safeguard the handling of registered mail. The move took Joyce and her mother from one of the tiniest Virginia communities to a far different urban landscape. The town of Coeburn in far southwest Virginia had a population of fewer than 1,000 and little more notoriety than the home of bluegrass musician Ralph Stanley. Through it all, Joyce remembers her family as being straight laced and avoiding extravagance, traits that she says have remained with her through the years.

After graduating from high school in Arlington, Joyce attended American University in D.C. as a day student and earned her degree in sociology. She learned from working at her first job with the U.S. Navy that "paper shuffling" was not her thing. That is when "the best friend I ever had" suggested making application to become a policewoman at MPD. Her background was perfect. Most of the officers in the Women's Bureau had training as teachers, nurses, or social workers.

Upon her acceptance, Joyce entered a regimen that included training in the use **Cont'd back pg.**



# DINING OUT

## A RESTAURANT REVIEW

—By Jean Sellers

On the half shell, fried, or in a po'boy, there's no doubt oyster is king at **Pub West and Oyster Bar**, Old Trail's only eatery specializing in seafood. Opened in the Town Center just six months ago, Pub West is the offshoot of the well known Public Fish and Oyster restaurant in Charlottesville. More casual than its forebear, Pub West expands the pub ambiance by serving a family-friendly assortment of sandwiches, salads, and main dishes in addition to seafood.

A warm welcome sets the tone as the diner steps inside. Seating is at the bar or one of eleven tables inside. Patio tables with a view of Buck's Elbow Mountain await spring weather. On each of my visits to the Pub, servers were prompt, efficient, and knowledgeable about the menu. A blackboard lists five or six varieties of oysters. Recently, Blue Points from Long Island Sound, Big Island Pearls from Marley Creek, Virginia, and Hatteras Salts from North Carolina were among the oysters of the day.

On the half-shell, oysters arrive on a bed of ice, reposing on their shells, plump and briny in their own incomparable liquor. The chef wisely allows their natural flavor to prevail, embellished by only aioli, a dollop of tangy seafood sauce, and perhaps a wedge of lemon. (Be there at Happy Hour for special prices on the bivalves and drinks.) Prefer your oysters cooked? Order them fried, with pickled red onions and aioli, or try oysters Rockefeller, finished with cream and bacon. On the other hand, if oysters aren't what you crave, discover the selection of fish and seafood, other main dishes, and pub fare.

Chef Bryan Sewall says he's loved seafood ever since, as a small boy, he went with his dad to the markets in Baltimore. He began cooking at home and by age 16 had a summer job as table chef at a country club. At the University of Vermont he studied natural resource management and later ran a tortilla bakery. He

brings to Pub West a dedication to fresh, sustainably harvested, and seasonal ingredients.

PFO Pan Roast hails from a signature entrée at Charlottesville's Public Fish and Oyster. This mélange includes Prince Edward Island Mussels, shrimp, clams, and haricot verts reposing, along with a mound of basmati rice, on a pool of velvety lobster veloute—a vision worthy of a gourmet magazine. Savoring every bite, we welcomed PFO Pan Roast to the neighborhood.

More recently, a friend and I decided to feast on shrimp. While I concentrated on the steamed version, he had jumbo shrimp mac and cheese. His portion was large enough to provide a generous taste for me. The addition of shrimp and seasoning, along with Gruyere cheese, elevated this popular favorite to a new level.

Only once was I disappointed with a meal at the Pub. Moules Marinieré (mussels with white wine), a classic but simple dish, came to the table barely warm. Although I had anticipated an aromatic sizzle, it was not to be, nor was the thin broth improved by the “splash of cream.” Our server dispatched the dish for reheating—an iffy prospect for a mussel.

A review of Pub West would be incomplete without passing along a tip on two exceptionally fine sides. First, the Belgian fries, twice cooked and sprinkled with sea salt, crisp on the outside and pleasingly tender inside. Accompanied by a smooth aioli, there's easily enough for two. The second tip: fried Brussels sprouts. Outer leaves, blackened to a crunchy dark green, encircle the gently firm, light green inner sprout. Pickled red onions accompany the sprouts and for dipping there's Thai peanut sauce.

Pub West and Oyster Bar is a great destination for a quick bite, dinner out with the kids, or just hanging around for a relaxing evening. The bar offers a selection of beers, wines, and cocktails.

**PUB HOURS**  
4:30-9:30 Tues.-Thurs.  
4:30-11:30 Fri., Sat.  
4:30-9 Sun.  
Tel: 434-812-2909

*The Lodge neighborhood as seen from 1,000 feet above.*



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# Pair of Historic Buildings Continue Benefitting Crozet

Two buildings in Crozet are prominent examples of eminently successful preservation efforts. Even though they no longer serve their original purposes, they continue to benefit the community and are testaments to the forward looking investors who converted them for modern-day uses. Standing within feet of one another, the 100-year old structures are remnants of the central role that the railroad played in the development of Crozet.

One of the buildings served as the passenger train depot when daily trains ferried people in Crozet to places as far away as Richmond and beyond. The other was used to make ice and to keep fruit in cold storage until shipped by rail to markets throughout the east. After being abandoned, the depot housed a branch of Jefferson Madison Regional Library for 29 years and is now the home of Crozet Artisans and the Albemarle Tourism and Adventure Center. The cold storage building sat idle for years after the apple and peach industry declined and was later transformed for senior living, referred to by locals as going from a “white elephant” to the “Miracle on Main Street.”

The end of passenger train service to Crozet in May 1968 resulted in the abandonment of the depot. The one-story brick building just around the corner from the railroad underpass and cold storage plant was built in 1923 to replace an ornate wood-frame station dating from the late 1800s. A C&O official agreed to the original train station,



but he told the prominent orchardist Abram Wayland, for whom the settlement had become known as Waylands, the depot will be named “Crozet or nothing.”

Purchased in 1984 by the philanthropic Perry Foundation of Charlottesville, the brick depot was renovated for the library which remained there until moving in 2013 to its present location. Albemarle County, now owner of the depot, is currently leasing the building to the artisans and tourism center.

Two-thirds of the area formerly used by the library is occupied by a shop operated by a partnership of Crozet-area artisans. The beautifully decorated, well-lighted shop contains a variety of items for sale including artwork, jewelry, edibles, and many gift ideas. At least one of the artisan partners is always on duty.

The remaining third of the building’s interior is devoted to loads of information on travel and recreation opportunities in western Albemarle and the Rockfish Valley as well as throughout the state of Virginia. An attendant is available to help with travel plans. The welcome center is an affiliation of the Charlottesville Albemarle Convention and Visitors Bureau.

The six-story reinforced concrete ice and cold storage plant was built alongside the railroad tracks by Navy doctor William Fitzhugh Carter and opened in 1915. The huge structure stored over 40,000 barrels of apples and peaches, manufactured ice, and supplied water and electricity to Crozet residents. The whole Crozet area was a veritable orchard. Peach season rivaled Christmas when entire families worked the orchards and packing houses to earn money for the things they dreamed of.

Cold storage enabled growers to wait for prices to rise before selling their fruit. Ice from the plant was conveyed to the railroad cars and trucks used to **Cont’d next page**



*Clockwise from top: The Lodge as seen from the top of the former cold-storage building; the Crozet train depot; the transformed cold-storage building.*

## Historic Buildings (cont'd)

carry the fruit to eastern seaboard markets.

No one seems to know when the cold storage building was shut down, but with the decline of orchards after the 1930s, it became essentially useless. Years went by before Stanley Paul Wilcox, president of a health care company and resident of Crozet, envisioned a new use of the old building. He purchased the property in 1978 and spent two years remodeling the building for senior housing. The renovated building opened in 1981 as Windham, housing 123 adults “in a comfortable, secure environment for leisurely living.”

Suddenly in 2002, Windham announced plans to close its doors and the non-profit JABA (Jefferson Area Board for Aging) came to the rescue by agreeing to take over the operation they renamed Mountainside Senior Living. Administrator Sharon Britt speculates that Mountainside is the only assisted living facility west of Richmond that accepts Medicaid residents. “Almost half of our 107 beds are Medicaid assisted,” says Britt, “enabling us to serve the working class including former police, firefighters, and nurses.” But Britt says that to continue providing affordable care, they must constantly rely on generous donations.

Be reminded as you look to the east from The Lodge and see the six-story Mountainside building breaking the skyline that you are gazing on a representative of Crozet’s very different past. And when riding through Crozet, pay special attention to these two historical artifacts and be sure to stop to visit the Crozet Artisan’s Depot.

### DEPOT HOURS

Closed Mondays and Tuesdays  
Wednesday-Saturday 10 am to 5 pm  
Sundays 12 noon to 5 pm



Counter clockwise from top right: the Crozet Artisans shop; the original Crozet train depot; the Carter Ice and Cold Storage building before remodeling.

## Resident Focus (cont'd)

of a firearm and the relevant laws that she was expected to enforce before graduating with the rank of private. At the time, policewomen were not uniformed and served in plain clothes. The Women’s Bureau was established in 1918 when the first three women were recruited and was abolished after women got the same training as men.



Joyce’s police badges.

Toward the end of her career on the force, Joyce was assigned to a new security detail on Capitol Hill as a detective sergeant. She monitored the visitor galleries and provided assistance when needed in evicting unruly spectators. Her most vivid memories are removing from the White House area the mentally ill women who seemed to gravitate to Washington in hopes of pleading for help from the President. “It was funny,” says Joyce, “as we took them to one of the city hospitals, they were told they were going to see the President when they were already at his residence!”

Joyce retired from MPD in 1977 after serving for 20 years. During her service she met her future husband on a case she was assigned to assist him on. They were married for 47 years until his death in 2014. Her husband, Robert “Bob,” began his police career walking the beat, a duty he simply loved, says Joyce. His joys were to meet and talk to people and to satisfy his craving for country music by stopping at a music venue on his beat. Bob saw many popular country singers including Patsy Kline and Roy Clark. His fellow officers were stunned when he got a telephone call from Elvis Presley whom he met on a visit to Memphis. Presley offered him a job on his security detail, but Bob was uninterested because of the travel it would have entailed.

His reputation to recover stolen vehicles took him from the beat to a promotion as plain clothes detective, a position he held until retiring. After 11 years in their Maryland apartment, the Longs moved to rural Albemarle County.

Driving on country roads in search of antiques became one of Joyce’s special joys. That led to her opening a booth at an antique gallery in Ruckersville where she resold furniture, jewelry, and glassware.

Her time as an entrepreneur lasted three years before she turned her attention to writing poetry, taking writing courses at the Charlottesville Senior Center and OLLI. Creating poetry requires “looking inside yourself,” says Joyce. “Things come out you did not realize.” Some of what came out earned awards and others got published, including a tender memory of her mother in a poem she entitled “Last Moments.”



Bob and Joyce, circa 1980.

After Bob’s death, Joyce realized tending to their house and caring for the grounds were too much to handle. She found a service to help her downsize and dispose of various belongings before selling the property and moving to The Lodge in 2014 with her daughter, Cindy.

Joyce says they are happy to have found The Lodge.